

# **cookbook**

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# Preface

This is my personal cookbook. Many of the recipes are ones I've found on the internet, modified, developed with AI, etc. I've tried to attribute everyone appropriately; if I missed something please let me know.



# Recipe Progress

This file tracks the maturity of each recipe based on how many times it has been made.

## Bread

- ☐ The Everything Dough Recipe (Made many times. Now my recipe for most basic breads. I don't make the NYT recipe anymore. I do make the pizza crust recipe when making pizza, as the flavor profile is better.)
- ☐ Homemade Naan (Modified) (Made several times. Reworked with a "Cast Iron Inversion" technique and hybrid leavening to better simulate a tandoor. Untested.)
- ☐ Jay's Signature Pizza Crust (Made many times.)
- ☐ Basic White Sandwich Bread (Made several times, though not better than store bought bread unless you're on a boat and away from land for a while.)
- ☐ NYT No Knead Bread Recipe (Made several times. I use this baking technique with the simpler everything dough recipe above.)
- ☐ The "Considered Average" Shokupan (Made once as rolls. Texture perfect/flaky. Flavor was "light" - needs boosting.)

## Breakfast

- ☐ Good Old-Fashioned Pancakes (Modified v2) (Made many times. Reworked to sour the milk and include a resting phase for a more tender and taller pancake. Untested.)
- ☐ Quarter Sheet Pan Egg Roulade (Made several times.)
- ☐ Quarter Sheet-Pan Omelette (Made several times.)
- ☐ Kanto-Style (Sweet) Quarter Sheet Pan Tamagoyaki (v2) (Made: 0. Reworked with cornstarch, mayonnaise, and a high-heat, short-time protocol. Untested.)
- ☐ The Perfect British-Style Scone for the American Kitchen (Made many, many times. Now a staple to have in the freezer.)

## Desserts

- ☐ “The Baker’s Secret” Chocolate Chip Cookies (Made: 0. New recipe designed for high-yield, low-risk, using chemical mimicry to create bakery-style results. Replaces the previous brown-butter recipe. Untested.)
- ☐ Scientific Rough Puff Pastry (The American Strategy) (Synthesized from Hollywood/Ramsay/Saffitz. Uses frozen butter grating method. Untested.)
- ☐ The “Everything Batter” (1:1:1 Ratio) (Made: 0. Replaces the old 1-2-3-4 cake with a versatile ratio-based batter using the reverse creaming method. Can be used for cakes, crepes, waffles, and Yorkshire puddings. Untested.)
- ☐ Vanilla Pudding (Made several times. Not significantly better than store-bought.)
- ☐ Julia Child’s Fluffy Pumpkin Pie (Made: 0)
- ☐ Americanized “Old School” Sheet Cake (Made: 0)
- ☐ The Food Charlatan’s Snickerdoodles (Made: 0)

## Drinks

- ☐ Boardwalk Lemonade (Made many times. Now a go-to for homemade lemonade.)
- ☐ Pumpkin Spice Latte (Made: 0)
- ☐ Eggnog (Made several times. Updated with batch table to reduce cognitive load.)

## Main Courses

- ☐ Karachi Chicken Karahi (Made many, many times. Recipe is near final. An optional dry-brining step has been added to improve texture when using American chicken. Untested.)
- ☐ Okonomiyaki (Made many times. A family favorite.)
- ☐ Baotze (Chinese Steamed Buns) (Made several times. Hard work, but always enjoyed. Great party dinner/event.)
- ☐ Instant Pot Butter Chicken (Modified) (Made several times. Great recipe.)
- ☐ Mini Man Burgers with Grilled Onions (Modified) (Made several times. Great recipe, but cleanup is rough. Now prefer the recipe below.)
- ☐ The Best Cheeseburger Sliders You’ll Ever Make (Made several times. Great recipe, not quite as flavorful as mini-man burgers but good compromise for easier cleanup.)
- ☐ Dal Makhani (Made once or twice. Went well.)

## Soups & Stews

- ☐ 60-Minute Michelin Stock & Consommé (Added “Fick’s Law” Rotisserie method and Chris Young’s clarification techniques. Untested.)
- ☐ My take on a “medieval” stew (Made once. Flavor was good, but consistency was a bit thin. Added “v2” with roux/umami bomb notes.)t umami and create a “meaty” flavor without adding purines. Untested.)
- ☐ Cha Cha’s White Chicken Chili (Modified) (Made many times. Great to have in the soup/stew rotation.)
- ☐ Easy Butter Chicken Soup (Made: 0)

## Sauces & Marinades

- ☐ Korean BBQ Marinade for Chicken Thighs (Made a few times, very well received. Great recipe for large crowds).
- ☐ Peri-Peri Chicken Thighs (Scaled for 3.5 kg) (Made several times. Fantastic recipe, goes over very well. Now a go-to for crowds).
- ☐ Tailgate Tandoori Chicken (Made a few times. Recipe is going over well. Continue to test.)
- ☐ Simplified Pasta Sauce (Made many times, our base pasta sauce.)
- ☐ Exquisite Pizza Sauce (Modified) (Made many times, our go-to pizza sauce.)
- ☐ Instant Pot Apple Butter (Made a few times, goes over very well after apple picking or when seconds are in the market).
- ☐ Trinidadian Green Seasoning (Mother Sauce) + BBQ Chicken (Prep) (Made once at 500F. Tasty, but herbal flavor was muted by the high heat. Needs adjusting.)
- ☐ Apple Butter BBQ (Mother Sauce) + Burnt Ends Chicken (Prep) (Sauce made once for Jerk Turkey. Well received, no leftovers. Burnt Ends prep still untested.)
- ☐ Jamaican Jerk Marinade (Mother Sauce) + Jerk Chicken (Prep) (Made once. Flavor good but overcooked the turkey. Needs a proper re-test.)
- ☐ Pollo a la Brasa Marinade (Mother Sauce) + Roast Chicken (Prep) (Made once with boneless thighs. 500F grill for 7-8 mins/side. Extremely well received.)

## Side Dishes

- ☐ Smoked Paprika Boston Baked Beans (Made once or twice. Need to test more).
- ☐ Red Lobster Cheddar Biscuits (Made a few times, always a crowd hit).
- ☐ Sushi Rice (Made several times. Good recipe.)
- ☐ Kish Family Two-Bread Stuffing (Made: 0)

# 1 Breakfast

## 1.1 Good Old-Fashioned Pancakes (Modified v2)

Attribution: Based on [Good Old-Fashioned Pancakes](#) from Allrecipes.

### 1.1.1 Ingredients

- 300ml milk
- 15ml white vinegar
- 180g all-purpose flour
- 14g baking powder
- 13g white sugar
- 45ml butter, melted
- 1 large egg

### 1.1.2 Directions

1. **Sour the milk:** In a measuring cup, combine the milk and white vinegar. Let it stand for 5 minutes. This will create a buttermilk-like mixture that makes the pancakes more tender.
2. **Mix dry ingredients:** While the milk is souring, sift the flour, baking powder, and sugar together in a large bowl.
3. **Combine wet and dry:** Make a well in the center of the dry ingredients and add the soured milk, melted butter, and egg. Mix until just smooth. Do not overmix; a few lumps are okay.
4. **Rest the batter:** Let the batter rest for 10-15 minutes. This allows the flour to hydrate and the gluten to relax, resulting in a taller, fluffier pancake.
5. **Cook the pancakes:** Heat a lightly oiled griddle or pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 60ml (1/4 cup) for each pancake. Cook until bubbles form and the edges are dry, about 2 to 3 minutes.
6. **Flip and serve:** Flip and cook until browned on the other side. Repeat with remaining batter. Serve and enjoy!

## 1.2 Quarter Sheet Pan Egg Roulade

Yields: 4-6 servings Prep time: 15 minutes Cook time: 20-30 minutes (total)

### 1.2.1 Ingredients:

#### For the Egg Base:

- 4 large eggs
- 30ml milk or cream
- Salt and pepper to taste
- Optional flavorings: herbs (chives, parsley, dill), grated cheese, spices (nutmeg, paprika)

#### For the Filling (choose one or a combination of these pork-free options):

- Cooked and crumbled turkey sausage or beef sausage
- Shredded or diced chicken
- Shredded cheese (cheddar, mozzarella, Gruyere, goat cheese)
- Sautéed vegetables (spinach, mushrooms, onions, bell peppers)
- Smoked salmon or other cured fish
- Fresh herbs (basil, cilantro)
- Cream cheese or other spreadable cheese
- Roasted red peppers, chopped
- Sun-dried tomatoes, chopped

#### For Rolling:

- Parchment paper
- Cooking spray or butter for greasing

### 1.2.2 Equipment:

- A 23x33cm rimmed baking pan
- Large mixing bowl
- Whisk
- Rubber spatula
- Sharp knife

### **1.2.3 Instructions:**

#### **Prepare the Baking Pan:**

1. Preheat your oven to 175°C.
2. Lightly grease your 23x33cm baking pan with cooking spray or butter.
3. Line the pan with a piece of parchment paper that overhangs the two long edges. The overhang is crucial for lifting and rolling the roulade. You can also lightly grease the parchment paper for extra insurance against sticking.

#### **Make the Egg Base:**

1. In a large mixing bowl, whisk the 4 large eggs until they are light and slightly frothy.
2. Whisk in the milk or cream until well combined.
3. Season generously with salt and pepper.
4. If desired, whisk in any optional flavorings like chopped herbs, grated cheese, or spices.

#### **Bake the Egg Base:**

1. Pour the egg mixture evenly onto the prepared 23x33cm pan.
2. Bake for 10-15 minutes, or until the eggs are just set and no longer liquid in the center. The surface should be slightly spongy to the touch. Be very careful not to overbake, as this is the most common reason for cracking.

#### **Cool Slightly and Add Filling:**

1. Remove the pan from the oven and let the egg sheet cool for about 5 minutes. This makes it easier to handle.
2. Carefully loosen the edges of the egg sheet from the parchment paper using a thin spatula or knife.
3. Evenly distribute your chosen filling ingredients over the surface, leaving a small border (about 1.25cm) along one of the long edges to help with rolling.

#### **Roll the Roulade:**

1. Starting from one of the long edges, begin to gently roll the egg sheet up like a jelly roll. Use the parchment paper overhang to help you lift and guide the roll. Roll it tightly and evenly.
2. Once fully rolled, position the roulade seam-side down on the baking sheet (still lined with parchment).

#### **Heat Through (Optional):**

1. If you want to melt cheese or heat the filling, you can return the rolled roulade to the oven for another 5-10 minutes.

### Cool and Serve:

1. Let the roulade cool for a few minutes before slicing with a sharp knife. This will help it hold its shape and prevent the filling from oozing out.
- 

## 1.3 Quarter Sheet-Pan Omelette

### 1.3.1 Adjusted Ingredients

- **Large Eggs:** 12
- **Milk:** 120ml
- **Shredded Cheese:** 120g
- **Favorite Fillings:** 120-240g (see ideas below)
- **Salt and Black Pepper:** To taste
- **Cooking Spray or Butter:** For greasing the pan

#### 1.3.1.1 Recommended Non-Pork Fillings (choose 120-240g total)

- Cooked chicken sausage or turkey sausage: These are widely available and come in a variety of flavors, from mild to spicy.
- Ground turkey or chicken: Cooked and seasoned with a little salt, pepper, and herbs like thyme or sage.
- Shredded cooked chicken breast: A great way to use up leftovers.
- Smoked turkey or beef sausage: Check the ingredients to ensure they are pork-free.

#### 1.3.1.2 Vegetarian fillings: The most straightforward and flavorful option.

- Sautéed mushrooms and onions
- Roasted red peppers and spinach
- Diced tomatoes and fresh basil
- Steamed broccoli florets and cheddar cheese
- Diced potatoes, sautéed until tender
- Black beans and corn (gives it a “Southwest” feel)

### **1.3.2 Instructions**

#### **Preheat Oven:**

1. Preheat your oven to 175°C.

#### **Prepare the Pan:**

1. Grease the 23x33cm baking pan generously with cooking spray or butter. For even easier cleanup, you can line it with parchment paper first and then grease the paper.

#### **Whisk the Eggs:**

1. In a large bowl, whisk the eggs and milk together until they are well combined and slightly frothy. Season with salt and pepper.

#### **Add Your Fillings:**

1. Stir in your chosen cooked fillings and about half of the shredded cheese into the egg mixture.

#### **Pour and Top:**

1. Pour the egg mixture evenly into the prepared pan. Sprinkle the remaining cheese and any other toppings (like fresh herbs) over the top.

#### **Bake:**

1. Carefully place the pan in the preheated oven. Bake for 15-20 minutes, or until the eggs are set and the top is lightly golden. The center should not be “jiggly.”

#### **Cool and Serve:**

1. Let the omelette cool in the pan for a few minutes before slicing it into squares. Serve hot, or store in the refrigerator for future breakfasts.

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## **1.4 Kanto-Style (Sweet) Quarter Sheet Pan Tamagoyaki (v2)**

Yields: 4-6 servings Prep time: 10 minutes Cook time: 10-12 minutes



### 1.4.1 A Note on Tamagoyaki Styles

This recipe is for a sweeter style of tamagoyaki, often found in the Kanto region of Japan (around Tokyo). This version incorporates a starch slurry and mayonnaise to ensure a soft, flexible texture that can be rolled without cracking, a common issue with the sheet pan method.

### 1.4.2 Ingredients

#### 1.4.2.1 For the Egg Base:

- 4 large eggs
- 1.25g powdered hondashi
- 60ml cold water
- 5g cornstarch (approx. 1 tsp)
- 15ml mayonnaise
- 15ml mirin
- 7.5ml soy sauce (light soy sauce, or *usukuchi shoyu*, is preferred for a lighter color)
- 110g sugar
- A pinch of salt

#### 1.4.2.2 For Rolling:

- Parchment paper
- Cooking spray or butter for greasing

### 1.4.3 Chef's Note: Mirin Alternatives

Mirin is a sweet Japanese rice wine that adds a specific flavor and sweetness. If you don't have it, you can make a substitute: \* **Good substitute:** For every 1 tablespoon of mirin, use 1 tablespoon of dry sherry or sweet marsala wine. \* **Acceptable substitute:** For every 1 tablespoon of mirin, use 1 tablespoon of white wine or rice vinegar mixed with 1/2 teaspoon of sugar.

### 1.4.4 Equipment:

- A 23x33cm (9x13 in) rimmed baking pan
- Large mixing bowl
- Whisk
- Rubber spatula
- Sharp knife

### 1.4.5 Instructions

#### 1.4.5.1 Prepare the Baking Pan (HHST Protocol):

1. **Preheat your oven to 200°C (400°F).** This High-Heat, Short-Time (HHST) protocol is crucial.
2. Lightly grease your quarter sheet pan with cooking spray or butter.
3. Line the pan with a piece of parchment paper that overhangs the two long edges. This overhang will be crucial for lifting and rolling the egg sheet.

#### 1.4.5.2 Make the Tamagoyaki Mixture:

1. In a small bowl, dissolve the cornstarch in the **cold** water, then whisk in the hondashi powder until fully combined. This creates a starch slurry.
2. In a large mixing bowl, whisk the eggs until light and frothy.
3. Add the mayonnaise, mirin, soy sauce, sugar, and salt to the eggs. Whisk until the sugar is dissolved.
4. Gently whisk the dashi-cornstarch slurry into the egg mixture until just combined.

#### 1.4.5.3 Bake the Egg Base:

1. Pour the egg mixture evenly onto the prepared 23x33-cm pan.
2. **Bake for 10-12 minutes**, or until the eggs are just set and the center is not “jiggly.” The surface should be puffed and slightly golden. Do not overbake.

#### 1.4.5.4 Roll and Slice:

1. **Immediately** remove the pan from the oven. The egg must be rolled while still hot to prevent cracking.
2. Using the parchment paper overhang as handles, lift the egg sheet out of the pan and place it on a heat-resistant surface.
3. Starting from one of the long edges, begin to gently and tightly roll the egg sheet up like a jelly roll. Use the parchment paper to help guide and tighten the roll.
4. Once fully rolled, wrap the tamagoyaki tightly in the parchment paper (like a tourniquet) to help it hold its cylindrical shape as it cools.
5. Let it cool for at least 10 minutes before slicing into 2.5-cm thick pieces with a sharp knife.

## 2 Breads, Quick Breads, Biscuits, and Scones

### 2.1 The Everything Dough Recipe

Attribution: [Brian Lagerstrom](#)

#### Note

This dough aims for the “sweet spot” of handling—wet enough to generate significant steam and open crumb, but dry enough to be shaped by hand. The inclusion of olive oil coats the gluten strands, increasing extensibility and shelf life.

#### 2.1.1 Ingredients

- 420 g (1  $\frac{3}{4}$  c + 2 tbsp) warm water, 30–32 °C (86–90 °F)
- 7 g (2  $\frac{1}{4}$  t) instant yeast
- 20 g (1  $\frac{1}{2}$  T) sugar
- 20 g (1  $\frac{1}{2}$  T) olive oil
- 15 g (2  $\frac{1}{2}$  t) salt
- 680 g (3  $\frac{3}{4}$  c) all-purpose flour

#### 2.1.2 Mixing the Dough:

1. Combine the warm water in a tall, lidded 6-qt container.
2. Stir in the yeast until dissolved.
3. Add the sugar, olive oil, and salt to the water mixture.
4. Gradually stir in the flour with a sturdy spoon until a shaggy mass forms.
5. **Finish Mixing:** Wet your hands and gently squeeze the dough until it is homogenous. Alternatively, you can use a stiff silicone spatula to fold and press the dough against the side of the container until combined.
  - *Note:* If the dough feels too wet, you can perform one set of “stretch and folds” after 15 minutes. This builds gluten structure and makes the dough smoother and less sticky.

### 2.1.3 Resting the Dough:

1. Cover the dough and let it rest at room temperature for 20-25 minutes, or until it has risen by about 50%.

### 2.1.4 Optional Same-Day Use:

1. If you don't want to wait overnight, you can continue to ferment the dough at room temperature for an additional 90 minutes.

### 2.1.5 Refrigerating the Dough (Optimal):

#### Note

Letting the dough rest for 24-72 hours in the refrigerator slows the yeast activity but allows enzymatic activity (protease and amylase) to continue. This adds significant flavor depth.

1. Transfer the dough container to the refrigerator.
2. The dough can be stored in the fridge for up to 7 days.
  - **Pro Tip (The Continuous Cycle):** For the best results and convenience, try to get into a “Make one, Bake one” cycle. Whenever you pull a matured dough out of the fridge to bake, mix a new batch immediately and put it in. This ensures you always have a 24-72 hour fermented dough ready to go.

## 2.2 Homemade Naan (v2 - Tandoor Simulation)

Attribution: Based on the [Homemade Naan recipe](#) from Once Upon a Chef, with significant technique modifications to simulate a tandoor oven.

### 2.2.1 Ingredients

#### 2.2.1.1 For the Dough (Hybrid Leavening):

- 240-360g all-purpose flour
- 13g sugar
- 3g instant dry yeast/rapid-rise yeast
- 4g baking powder

- 6g salt
- 60ml plain Greek yogurt
- 30ml extra virgin olive oil
- 180ml warm water (about 38°C / 100°F)

#### 2.2.1.2 For Cooking & Finishing:

- Water (for moistening)
- 28g (2 tbsp) melted salted butter (for brushing)
- 3g dried parsley or fresh cilantro (optional)

### 2.2.2 Equipment

- **A well-seasoned cast-iron skillet is essential for this technique.**
- Gas or high-output electric stovetop.

### 2.2.3 Instructions

1. **Activate Yeast & Mix Wet Ingredients:** In a medium bowl, whisk together the warm water, sugar, and yeast. Let it sit for 5 minutes until foamy. Whisk in the Greek yogurt and olive oil.
2. **Mix Dry Ingredients:** In a large bowl, whisk together the flour, baking powder, and salt.
3. **Combine and Knead:** Pour the wet ingredients into the dry ingredients. Mix with a fork until a shaggy dough forms. Dust your hands with flour and gently knead the dough in the bowl for 1-2 minutes until it comes together into a soft, slightly sticky ball.
4. **Rise:** Lightly oil a clean bowl, transfer the dough to it, and cover with plastic wrap or a damp towel. Let it rise in a warm place for 1 to 1½ hours, or until it has roughly doubled in size.
5. **Divide and Rest:** Turn the risen dough onto a lightly floured surface. Divide it into six equal portions. Roll each portion into a smooth ball. Cover the balls with a towel and let them rest for 10 minutes.
6. **Shape the Naan:** Working with one ball at a time, roll it into a teardrop or oval shape, about 3mm ( 1/8-inch) thick.

### 2.2.4 The Cast Iron Inversion Technique

This method simulates the intense, multi-directional heat of a tandoor. Read all steps before starting, as the process is fast.

7. **Preheat Skillet:** Place your cast-iron skillet on the stovetop over high heat. Heat it until it is smoking hot. This can take 5-10 minutes. Proper preheating is critical.
8. **Moisten and Apply:** While the skillet heats, take one of your rolled-out naan. Lightly brush one side with water. Carefully place the water-side-down naan onto the hot skillet. The steam will make it stick to the surface.
9. **Cook the Bottom:** Let the naan cook for about 60-90 seconds. You will see large bubbles forming on the top surface.
10. **Invert and Char the Top:** **Carefully invert the entire skillet**, holding it about 4-6 inches above the gas flame or electric coil. The naan will stay stuck to the pan. Move the skillet around to expose the top surface of the naan directly to the heat source. Cook for another 60-90 seconds, or until the top is blistered and charred in spots.
11. **Remove and Finish:** Turn the skillet back upright and use tongs to remove the finished naan. Brush immediately with melted butter and sprinkle with herbs, if using. Place the finished naan in a covered dish or wrap it in a towel to keep it warm and soft while you cook the rest.
12. **Repeat:** Repeat the process with the remaining dough balls, ensuring the skillet gets back to smoking hot between each one.

## 2.3 Jay's Signature Pizza Crust

Attribution: [Jay's Signature Pizza Crust](#) from Allrecipes.

### Note

You can use the everything bread dough above to make pizza too, but if you have the time and energy this recipe is much more complex.

### 2.3.1 Ingredients

- 360ml warm water (45°C / 110°F)
- 7g active dry yeast
- 2g brown sugar
- 30ml olive oil
- 6g salt
- 400g all-purpose flour, divided

### 2.3.2 Directions

1. Stir together warm water, yeast, and brown sugar in a large mixing bowl; let sit for 10 minutes.

2. Stir oil and salt into yeast mixture. Mix in 300g flour until incorporated. Turn dough out onto a clean, floured surface. Knead dough, adding remaining flour, a little at a time, until dough is no longer sticky. Place dough into an oiled bowl.
3. Cover with a towel and let rise until doubled in size, about 1 hour.
4. Punch down dough and form it into a tight ball. Allow dough to relax for 1 minute before rolling out.
5. Preheat the oven to 220°C (425°F).
6. If baking dough on a pizza stone, place toppings on dough and bake immediately. If baking dough on a pan, lightly oil the pan and let dough rise for 15 to 20 minutes before topping and baking it.
7. Bake in the preheated oven until cheese is melted and crust is golden brown, 15 to 20 minutes.

## 2.4 Basic White Sandwich Bread

Attribution: [Basic White Sandwich Bread](#) from The Kitchn.

### 2.4.1 Yields

2 (20cm) loaves

### 2.4.2 Ingredients

- 240ml warm water
- 6g active dry yeast
- 240ml milk (any kind)
- 28g (2 tbsp) unsalted butter, melted
- 25g granulated sugar
- 18g salt
- 660-780g all-purpose flour, divided
- Neutral-tasting oil, such as canola
- Cooking spray (optional)

### 2.4.3 Instructions

1. **Proof the yeast.** Make sure the water is warm to the touch. If you can't comfortably hold your finger in the water for several seconds, wait for it to cool. Pour the water into the bowl of a stand mixer or large bowl and sprinkle the yeast over top. Let stand for 5 minutes until the yeast is dissolved.

2. **Start the dough.** Place the milk, butter, sugar, and salt in a medium bowl and stir to combine. Transfer to the bowl with the yeast, add 120g of the flour, and stir until it forms a loose, lumpy batter.
3. **Add the flour.** Add 540g of the flour, reserving the remaining flour if the dough is sticky during kneading. Stir until a floury, shaggy dough is formed.
4. **Knead the dough.** Using the dough hook attachment on a stand mixer on medium speed, knead the dough for 8 to 10 minutes. (Alternatively, knead the dough by hand on the counter.) If the dough is bubble-gum sticky against the sides of the bowl or the counter, add extra flour a tablespoon at a time until it is no longer sticky. The dough is kneaded and ready when it is smooth, feels slightly tacky, forms a ball without sagging, and springs back when poked.
5. **Do the first rise.** Remove the dough from the stand mixer bowl. Clean and dry the mixing bowl. Coat with a thin film of oil. Form the dough into a ball, place it in the bowl, and turn it to coat all over with oil. Cover the bowl with plastic wrap or a kitchen towel and let the rise in a warm spot until doubled in volume, about 1 hour.
6. **Shape the dough.** Sprinkle a little flour on a work surface and place the dough on top. Divide the dough into 2 equal pieces and shape each piece into a loose ball. Let the balls rest for 10 minutes.
7. **Do the second rise in the loaf pans.** Grease 2 (20cm by 10cm) loaf pans with oil or coat them with cooking spray. Shape each ball of dough into a loaf (see Recipe Notes below for instructions or this tutorial for photos) and transfer to the loaf pans. It's important that the surface of the loaves be stretched taut; this helps them rise evenly and keep its shape. If your loaf still seems a little loose after the initial folding, just fold it in half again and pinch it closed. We do this by pressing the middle down and drawing up the sides.
8. **Heat the oven to 220°C (425°F).** Arrange a rack in the middle of the oven, remove any racks above it, and heat the oven to 220°C (425°F) about halfway through the second rise.
9. **Slash the loaves and bake.** Using a serrated knife, make a long, shallow slash down the center of each loaf. Place them in the oven. Immediately turn down the heat to 190°C (375°F) and bake 30 to 35 minutes. Finished loaves will be dark golden-brown and sound hollow when tapped on the bottom. Remove the loaves from the pans onto wire racks and let cool completely before slicing.

#### 2.4.4 Recipe Notes

- **Storage:** Loaves wrapped in foil and plastic will keep at room temperature for several days or freeze for up to 3 months.
- **How to Form Loaves:**
  1. **Flatten into a rectangle.** Use the heels of your hands to gently flatten the round into a rough rectangle. If the dough is sticking to the counter, sprinkle a little



flour underneath. Try not to use too much flour, though, or else you'll have trouble getting the dough to stick to itself once you shape.

2. **Fold the bottom third up.** This part is like folding a letter! Fold the bottom third of the dough over on itself.
3. **Fold the top third down.** Then fold the top of the dough down so that it overlaps the other layers.
4. **Pinch closed.** Use your fingers to pinch the dough closed where the top layer meets the bottom layers. Don't forget the sides!
5. **Fold the dough again.** The goal is to get the surface of the loaf as taut as possible. This will help the loaf rise evenly and keep its shape. If your loaf still seems a little loose after the initial folding, just fold it in half again and pinch it closed. We do this by pressing the middle down and drawing up the sides.
6. **Invert the loaf into the pan.** Roll the loaf over until the seam is facing down and then gently place the loaf into the pan. The seams should be on the bottom with the tight surface facing up.

## 2.5 The “Considered Average” Shokupan (Japanese Milk Bread)

Attribution: Internal comparative analysis and formulation.

### 2.5.1 Ingredients

#### 2.5.1.1 For the Tangzhong (Water Roux)

- 25g (3 tbsp) All-Purpose Flour
- 60ml (1/4 cup) Whole Milk
- 60ml (1/4 cup) Water

#### 2.5.1.2 For the Main Dough

- 325g (2 2/3 cups) All-Purpose Flour
- 35g (2 1/2 tbsp) Granulated Sugar
- 20g (2 tbsp) Nonfat Milk Powder (See Chef's Note)
- 5g (1 1/2 tsp) Instant Yeast
- 8g (1 1/2 tsp) Fine Sea Salt
- 50g (1 large) Whole Egg, room temperature
- 120ml (1/2 cup) Whole Milk, lukewarm
- 45g (3 tbsp) Unsalted Butter, softened

### 2.5.1.3 For Brushing (Optional)

- 1 large Egg
- 15ml (1 tbsp) Water or Milk

## 2.5.2 Instructions

### 2.5.2.1 Phase 1: The Tangzhong (Pre-Gelatinization)

1. **Combine:** In a small saucepan, whisk the flour, milk, and water until smooth.
2. **Heat:** Place over medium-low heat. Stir constantly with a whisk or silicone spatula.
3. **Observation:** The mixture will first froth, then liquid will evaporate, and it will suddenly thicken into a paste.
4. **Endpoint:** Cook until the whisk leaves lines in the mixture that do not immediately fill back in (approx 65°C / 149°F).
5. **Cool:** Transfer to the mixing bowl. **Crucial:** Let it cool to room temperature (or at least lukewarm). Adding yeast to hot Tangzhong will kill the yeast.

### 2.5.2.2 Phase 2: Mixing and Autolyse

1. **Layer:** In the bowl with the cooled Tangzhong, add the lukewarm milk, egg, sugar, and yeast. Whisk to break up the Tangzhong and dissolve the sugar.
2. **Add Flour:** Dump in the flour and salt.
3. **Shaggy Mix:** Mix on low speed (or by hand) just until no dry flour remains. It will look rough.
4. **Rest (Autolyse):** Cover the bowl and walk away for 20 minutes. This allows the flour to absorb the liquid fully and proteins to align naturally, reducing the need for mechanical kneading.

### 2.5.2.3 Phase 3: Kneading and Fat Integration

1. **Develop:** After the rest, knead on medium-low speed for 5-7 minutes. The dough should smooth out.
2. **Butter Addition:** Add the softened butter in two batches. Wait for the first piece to disappear before adding the next.
3. **Final Knead:** Knead for another 5 minutes. The dough should be tacky (sticky to the touch) but not messy. It should pass the “Windowpane Test”—stretching translucent without tearing.

#### 2.5.2.4 Phase 4: Bulk Fermentation

1. **Rise:** Form into a ball. Place in a greased bowl and cover.
2. **Environment:** Let rise for 1 to 1.5 hours at warm room temperature (24°C / 75°F).
3. **Cue:** Stop when the dough has just doubled. Do not let it triple, or the structure will collapse.

#### 2.5.2.5 Phase 5: Shaping (The 3-Fold Method)

1. **Divide:** Punch down the dough gently. Weigh total dough (approx 650g) and divide into 3 equal pieces (~215g each).
2. **Bench Rest:** Round into balls. Cover and let rest for 15 minutes to relax the tension.
3. **Lamination:**
  - Take one ball. Roll it out into a long oval (approx 8-10 inches).
  - Fold the right third into the middle. Fold the left third over that (like a letter).
  - Use the rolling pin to flatten this strip slightly.
  - Roll the strip up from the short end into a tight cylinder (swiss roll style).
4. **Pan:** Place the three cylinders into a greased 9x5 inch loaf pan, seam side down.

#### 2.5.2.6 Phase 6: Final Proof and Bake

1. **Proof:** Cover the pan. Let rise until the dough is about 1 inch below the rim of the pan (for a flat top) or just crowning the rim (for a domed top). This takes 45-60 minutes.
2. **Bake:** Preheat oven to 175°C (350°F). Brush the top with an egg wash (beaten egg with a splash of water) for shine if desired. Bake for 30-35 minutes.
3. **Finish:** The bread is done when the internal temperature reads 88°C (190°F). Remove from pan immediately to a wire rack.

#### 2.5.3 Chef's Note: Dinner Rolls Variation

This dough makes excellent, fluffy dinner rolls.

- **Shaping:** At the shaping step, instead of three cylinders divide the dough into 50-60g portions and roll into tight balls.
- **Pan Size:** For a standard 9x13 inch baking pan, you will need to **double the recipe**. This will yield 20-24 rolls (arranged 4x5 or 4x6). A single batch fits well in a 9x9 inch square pan (9 large rolls).
- **Baking:** Proof until the rolls are puffy and touching. Bake at 175°C (350°F) for 20-25 minutes, or until golden brown and the internal temperature reaches 88°C (190°F).

- **The Milk Powder Hack:** To address the “light” flavor of earlier tests, I’ve added **Nonfat Milk Powder**. This adds the signature milky aroma and richness without messing up the water/hydration ratios.
  - **Substitute:** If you don’t stock this, you can omit it, but the bread will be less fragrant. Alternatively, replace the 120ml liquid milk with **Evaporated Milk** for a similar boost.

## 2.6 NYT No Knead Bread Recipe

Attribution: [New York Times Cooking: No Knead Bread Recipe](#)

### Note

**Legacy Recipe / Paywall Archive:** This recipe is preserved here because the original source is often behind a paywall.

**Comparison:** While I almost exclusively use the “**Everything Dough**” recipe above (which produces a similar result in less time with easier handling), this recipe is still useful if you want the specific chemical effects of a very long, high-hydration bulk ferment (super-open, custardy crumb) and have 18+ hours to wait.

Very low yeast, high hydration dough that requires a long rise at room temperature to build gluten.

### 2.6.1 Ingredients

- 3 cups (430 g) all purpose flour
- 2 tsp (8g) kosher salt or 1 ½ tsp if using table salt
- ¼ tsp (~1g) active dry yeast
- 1 ½ cups (~350 ml) warm water

### 2.6.2 Instructions

1. Mix all ingredients until a sticky dough forms.
2. Cover and let rise, ideally 12+ hours. (Put in the refrigerator if > 18hrs or so)
3. Flour surface. (Let come up to room temp if refrigerated). Turn out dough and do a few tuck and folds.
4. Form into ball, cover, and let rise on parchment paper greased with olive oil until doubled in size (~ 2 hrs).
5. Pre-heat oven with dutch oven inside to 450°F (230°C).

6. (optional) just cover bottom of dutch oven with olive oil before placing dough into dutch oven. Score the dough.
7. Bake with lid on for 30 minutes.
8. Remove lid and bake until nicely browned and crust is well formed, ~15-30 more minutes.

## 2.7 The Perfect British-Style Scone for the American Kitchen

There is a moment of pure, simple bliss that comes from breaking open a warm, freshly baked scone. Not the dense, sugar-laden triangles you might find at a coffee shop, but a true British scone—impossibly light, flaky, and buttery, with a golden top and a soft, tender crumb. It’s a taste of tradition, a cornerstone of the classic “cream tea.”

This recipe bridges the gap between the hallowed halls of British baking and the modern American kitchen. We’ll use ingredients that are easy to find, like all-purpose flour and buttermilk, and employ simple techniques to achieve that authentic, melt-in-your-mouth texture. Forget dry, heavy scones; these are lofty, elegant, and ready to be slathered with your favorite jam and a dollop of cream.

### 2.7.1 The Four Secrets to a Perfect Scone

- **Cold Ingredients are Non-Negotiable:** Your butter and liquids must be very cold. When small pieces of cold butter hit the hot oven, they release steam, creating tiny pockets of air that result in a light, flaky texture.
- **A Gentle Hand is Key:** Overworking the dough develops gluten, which leads to tough, chewy scones. Mix until the ingredients are just combined. A shaggy, slightly sticky dough is a good sign.
- **Pat, Don’t Roll:** While you can use a rolling pin, gently patting the dough to thickness with your hands prevents over-compacting it, keeping the final product tender.
- **Cut Cleanly:** When cutting your rounds, press the cutter straight down and pull it straight up. Don’t twist! Twisting the cutter seals the edges of the scone, preventing it from rising to its full, glorious height.

### 2.7.2 The Recipe

**Yields:** 8-10 (2.5-inch) scones **Prep time:** 15 minutes **Bake time:** 12-15 minutes

### 2.7.3 Ingredients

- 360g All-Purpose Flour, plus more for dusting
- 50g Granulated Sugar
- 12g Baking Powder
- 3g Salt
- 113g (8 tbsp / 1 stick) Unsalted Butter, very cold, cut into 1/2-inch cubes
- 1 large Egg
- 180ml Buttermilk, very cold (see Baker's Notes for substitutions)
- 1 large Egg, beaten with 15ml of milk or cream (for the egg wash)

### 2.7.4 Equipment

- Large mixing bowl
- Pastry blender or two knives (or a food processor)
- 2.5-inch round biscuit or cookie cutter
- Baking sheet lined with parchment paper
- Pastry brush

### 2.7.5 Instructions

1. **Prepare Your Station:** Preheat your oven to 200°C (400F). Line a large baking sheet with parchment paper.
2. **Combine Dry Ingredients:** In a large bowl, whisk together the flour, granulated sugar, baking powder, and salt.
3. **Cut in the Butter:** Add the cold, cubed butter to the flour mixture. Using a pastry blender or your fingertips, quickly cut the butter into the flour until the mixture resembles coarse crumbs with some pea-sized pieces of butter still visible. (For modern convenience, you can pulse the dry ingredients and butter in a food processor 8-10 times until the correct texture is reached. Then, transfer to a bowl.)
4. **Mix the Wet Ingredients:** In a separate small bowl, whisk the egg and the cold buttermilk together until just combined.
5. **Form the Dough:** Pour the wet mixture into the dry ingredients. Use a fork or a spatula to mix until a shaggy, slightly sticky dough begins to form. Do not overmix! It's okay if there are a few dry patches.
6. **A Quick Knead:** Turn the dough out onto a lightly floured surface. Gently and quickly knead the dough just 3-4 times to bring it together into a cohesive ball. It should still look a little rough.
7. **Pat and Cut:** Gently pat the dough into a round that is about 3/4-inch to 1-inch thick. Using a 2.5-inch round cutter dipped in flour, press straight down to cut out your scones. Do not twist the cutter. Place the scones on the prepared baking sheet, about an inch

apart. Gently bring the scraps together, pat down, and cut out more scones until all the dough is used.

8. **The Finishing Touch:** Using a pastry brush, lightly brush the tops (but not the sides) of the scones with the egg wash. This will give them a beautiful, glossy golden-brown finish.
9. **Bake:** Bake for 12-15 minutes, or until the scones have risen high and are a lovely golden brown.
10. **Cool:** Transfer the scones to a wire rack to cool slightly. They are best served warm on the day they are made.

### 2.7.6 Baker's Notes, Variations & Serving

- **Buttermilk Substitute:** If you don't have buttermilk, you can make a quick version. Add 1 tablespoon (15ml) of lemon juice or white vinegar to a measuring cup, then add enough whole milk to reach the 3/4-cup (180ml) line. Let it sit for 5-10 minutes before using. Alternatively, you can use heavy cream for a richer, more decadent scone.
- **Classic Fruit Scones:** For a traditional variation, gently fold 85g of dried currants or raisins into the dough just before you turn it out onto your work surface.
- **Savory Cheese Scones:** For a savory treat, reduce the sugar to 1 tablespoon. Add 113g of shredded sharp cheddar cheese and a pinch of cayenne pepper to the dry ingredients before cutting in the butter.
- **Freezing for Later:** You can freeze unbaked scones for future convenience. Cut them out, place them on a tray, and freeze until solid. Transfer to a freezer bag. They can be baked directly from frozen; just add 2-4 minutes to the baking time.
- **How to Serve a Proper Scone:** A "Cream Tea" is the traditional way to enjoy scones. This involves serving them with clotted cream and strawberry or raspberry jam. As clotted cream can be hard to find in the U.S., here are some excellent alternatives:
  - **Mock Clotted Cream:** Beat 1 cup (240ml) of cold heavy cream to stiff peaks. In a separate bowl, whisk 113g of mascarpone cheese with 8g of powdered sugar until smooth. Gently fold the whipped cream into the mascarpone.
  - **Lightly Sweetened Whipped Cream:** A simple and delicious option.
  - **Crème Fraîche:** Offers a wonderful tangy richness.

## 2.8 Red Lobster Cheddar Biscuits

Attribution: [Red Lobster® Cheddar Biscuits Recipe](#) from Allrecipes.

### 2.8.1 Yield

24 small biscuits (Serves 12)

## **2.8.2 Prep Time**

10 mins

## **2.8.3 Cook Time**

15 mins

## **2.8.4 Total Time**

25 mins

## **2.8.5 Ingredients**

### **2.8.5.1 For the Biscuits**

- 240g all-purpose flour
- 115g shredded Cheddar cheese
- 12g baking powder
- 6g salt
- 1g garlic powder
- 160ml milk
- 75g (5 tbsp) butter, softened and cut into pieces
- 1 large egg

### **2.8.5.2 For the Topping**

- 28g (2 tbsp) butter, melted
- 5g dried parsley (Optional)
- 3g garlic powder (Optional)

## **2.8.6 Directions**

1. Preheat the oven to 200°C (400°F). Grease or line a baking sheet with parchment paper.
2. Stir flour, Cheddar cheese, baking powder, salt, and garlic powder together in a bowl.
3. Stir milk, softened butter pieces, and egg together in a separate bowl. Add to the flour mixture and stir until just combined and chunky, being very careful not to overmix.
4. Drop batter by tablespoonfuls onto the prepared baking sheet.
5. Bake in the preheated oven for 10 minutes.



6. Meanwhile, stir melted butter, parsley, and garlic powder together in a small bowl. Remove biscuits from the oven and brush melted butter mixture over top.
7. Return to the oven and bake until golden brown, about 5 more minutes. Serve warm.

## 3 Sauces & Marinades

### 3.1 Korean BBQ Marinade for Chicken Thighs

#### Note

A sweet and savory marinade that caramelizes beautifully on the grill, bringing the flavors of a Korean BBQ house to your backyard.

This recipe is for a delicious, spicy Korean-style marinade perfect for the grill.

#### 3.1.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Soy Sauce</b>	30 ml	60 ml	300 ml
<b>Brown Sugar</b>	8 g	16 g	80 g
<b>Sesame Oil</b>	5 ml	10 ml	50 ml
<b>Ginger Paste</b>	3 ml (½ tsp)	6 ml (1 tsp)	30 ml (2 tbsp)
<b>Red Pepper Flakes</b>	0.5 g	1 g	5 g
<b>Chopped Onions</b>	25 g	50 g	250 g
<b>Sliced Mushrooms</b>	15 g	30 g	150 g

#### 3.1.2 Marination Instructions

1. In a large bowl, whisk together the soy sauce, brown sugar, sesame oil, ginger paste, and red pepper flakes until the sugar is dissolved.
2. Stir in the chopped onions and sliced mushrooms.
3. Add approximately 2.7 kg of boneless, skinless chicken thighs to the bowl, making sure they are fully coated in the marinade.
4. Cover the bowl and refrigerate for at least 30 minutes, or up to 4 hours.

### 3.1.3 Cooking Instructions

#### 3.1.3.1 Grilling

Preheat your grill to about 450-500°F (230-260°C). Grill the chicken for 6-8 minutes per side, or until cooked through and nicely charred.

#### 3.1.3.2 Baking

1. Preheat your oven to 200°C (400°F).
2. Arrange the marinated chicken in a single layer on a baking sheet.
3. Bake for 20-25 minutes, or until the chicken is cooked through.

## 3.2 Peri-Peri Chicken Thighs

### Note

A vibrant, citrusy, and spicy marinade inspired by Portuguese-African cuisine. It's all about the interplay of heat, acid, and aromatics.

This recipe makes a vibrant and flavorful peri-peri chicken, perfect for grilling.

### 3.2.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Dried Jalapeño Flakes</b>	3 g	6 g	30 g
<b>Red Bell Peppers</b>	0.5 pepper	1 pepper	5 peppers
<b>Fresh Garlic</b>	4 g (1 clove)	8 g (2 cloves)	40 g (1 head)
<b>Rice Wine</b>	20 ml	40 ml	200 ml
<b>Vinegar</b>			
<b>Lemon Juice</b>	5 ml	10 ml	50 ml
<b>Olive Oil</b>	20 ml	40 ml	200 ml
<b>Kashmiri Red Pepper</b>	1.5 g	3 g	15 g
<b>Cayenne Powder</b>	0.5 g	1 g	5 g

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Onion Powder</b>	1.5 g	3 g	15 g
<b>Dried Oregano</b>	1.5 g	3 g	15 g
<b>Salt</b>	1.5 g	3 g	15 g
<b>Black Pepper</b>	0.5 g	1 g	5 g
<b>Sugar</b>	1 g	2 g	10 g
<b>Ginger Paste</b>	1.5 g	3 g	15 g
<b>Fresh Cilantro</b>	Small pinch	Large pinch	1 Bunch

### 3.2.2 Marination Instructions

1. If your dried jalapeño flakes are very coarse, give them a quick pulse in a spice grinder or mortar and pestle.
2. Combine all marinade ingredients in a blender or food processor (in batches if necessary) and blend until completely smooth.
3. Taste the marinade and adjust seasonings (salt, sugar, and heat) to your preference.
4. Reserve about 1/4 of the marinade for basting and serving.
5. Place approximately 3.5 kg of boneless, skinless chicken thighs in large resealable plastic bags or shallow dishes.
6. Pour the remaining marinade over the chicken, ensuring each piece is thoroughly coated.
7. Seal or cover and refrigerate for at least 4 hours, and ideally 8-24 hours.

### 3.2.3 Cooking Instructions

#### 3.2.3.1 Grilling

Preheat your grill to about 450-500°F (230-260°C). Grill the chicken for 6-8 minutes per side, or until cooked through and nicely charred.

#### 3.2.3.2 Baking

1. Preheat your oven to 200°C (400°F).
2. Arrange the marinated chicken in a single layer on a baking sheet.
3. Bake for 20-25 minutes, or until the chicken is cooked through.

### 3.2.4 Chef's Notes

- **Substitution:** If you don't have Kashmiri Red Pepper powder, you can substitute it with standard Paprika. Kashmiri pepper provides vibrant red color without excessive heat, which is exactly what paprika does (though paprika is slightly milder).

## 3.3 Tailgate Tandoori Chicken

### Note

A yogurt-based marinade that tenderizes the chicken while delivering the warm, earthy spices of traditional Tandoori cooking, adapted for easy grilling.

Attribution: Based on Chef John's Tailgate Tandoori Chicken

### 3.3.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
Grated Ginger	2 g	4 g	20 g
Lemon Juice	12 ml	25 ml	120 ml
Tomato Paste	6 g	12 g	60 g
Minced Garlic	2 cloves	4 cloves	20 cloves
Vegetable Oil	12 ml	25 ml	120 ml
Greek Yogurt	30 g	60 g	300 g
Paprika	3 g	6 g	30 g
Cumin	2.5 g	5 g	25 g
Coriander	1.5 g	3 g	15 g
Cayenne	1 g	2 g	10 g
Allspice	0.5 g	1 g	5 g
Turmeric	0.5 g	1 g	5 g
Kosher Salt	6 g	12 g	60 g
Black Pepper	0.5 g	1 g	5 g
Sugar	1.5 g	3 g	15 g

### 3.3.2 Marination Instructions

1. In a large bowl, whisk together the grated ginger, lemon juice, and tomato paste. Let it sit for about 10 minutes.
2. Add all other marinade ingredients to the bowl and whisk to combine thoroughly.
3. Add approximately 1.1kg of boneless, skinless chicken thighs (cut into pieces if desired) to the marinade and mix thoroughly.
4. Cover and refrigerate for 30 to 60 minutes.

### 3.3.3 Cooking Instructions

#### 3.3.3.1 Grilling

Preheat your grill to about 450-500°F (230-260°C). Grill the chicken for 6-8 minutes per side, or until cooked through and nicely charred.

#### 3.3.3.2 Baking

1. Preheat your oven to 200°C (400°F).
2. Arrange the marinated chicken in a single layer on a baking sheet.
3. Bake for 20-25 minutes, or until the chicken is cooked through.

### 3.3.4 Serving Suggestion

Serve in hot dog buns, drizzled with the optional yogurt sauce, a squeeze of fresh lime, and/or your favorite Indian chutneys and condiments.

#### 3.3.4.1 Optional Yogurt Sauce

- 115g (1/2 cup) Greek yogurt
- 1 clove garlic, crushed
- 1/2 lemon, juiced
- A pinch of salt
- A pinch of cayenne

Whisk all ingredients together in a small bowl until smooth.

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## 3.4 Simplified Pasta Sauce

### **i** Note

A reliable, hearty meat sauce that serves as the backbone for weeknight pasta dinners. It's rich, savory, and comes together with pantry staples.

Attribution: Based on [World's Best Pasta Sauce](#) from Allrecipes.

### 3.4.1 Ingredients

- 900g of ground meat (any mix of ground beef, turkey, and/or chicken)
- 75g minced onion
- 2 cloves garlic, crushed
- 840g tomato paste
- 720ml water
- 25g white sugar
- Optional: 15ml olive oil (if using very lean meat)

#### 3.4.1.1 Spices

- 4g dried basil
- 3g Italian seasoning
- 1g fennel seed
- 3g salt
- 1g ground black pepper
- 0.5-1g red pepper flakes
- 1g smoked paprika

### 3.4.2 Instructions

1. Gather all ingredients.
2. In a large pot or Dutch oven, cook the ground meat, minced onion, and garlic over medium heat until the meat is browned. If using a very lean meat, you can add 15ml of olive oil to the pot before cooking to prevent sticking. Make sure to scrape the bottom of the pot to loosen any browned bits.
3. Drain any excess fat.
4. Stir in the tomato paste and water. Mix until the paste is fully dissolved and you have a smooth sauce, scraping the bottom of the pan to incorporate the browned bits.

5. Mix in the sugar, basil, Italian seasoning, fennel seed, salt, pepper, red pepper flakes, and smoked paprika.
  6. Cover and simmer, stirring occasionally, for about 1 ½ hours until cooked through. The sauce will thicken as it cooks. If it gets too thick, you can add a little more water.
  7. Serve with your favorite pasta and enjoy.
- 

## 3.5 Exquisite Pizza Sauce (Modified)

### **i** Note

A no-cook sauce that bursts with tomato flavor, enhanced by a touch of sweetness and a savory kick from parmesan and Worcestershire.

Attribution: Based on the [Exquisite Pizza Sauce recipe](#) from Allrecipes.

### 3.5.1 Ingredients

- 170g can tomato paste
- 180ml warm water (45°C / 110°F)
- 15g grated Parmesan cheese
- 30ml honey
- 5ml minced garlic
- 5ml Worcestershire sauce (or 2.5ml soy sauce)
- Salt to taste

#### 3.5.1.1 Spices

- 2g onion powder
- 1g dried oregano
- 1g dried basil
- 1g ground black pepper
- 0.5g cayenne pepper
- 0.5g dried red pepper flakes



### 3.5.2 Directions

1. Gather all ingredients.
  2. Place the tomato paste, warm water, Parmesan cheese, honey, minced garlic, the Worcestershire or soy sauce, onion powder, oregano, basil, black pepper, cayenne pepper, red pepper flakes, and salt into a medium bowl.
  3. Mix until well blended, breaking up any clumps of cheese.
  4. Set the sauce aside for 30 minutes to allow the flavors to blend.
  5. Spread the sauce over pizza dough and prepare the pizza as desired.
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## 3.6 Instant Pot Apple Butter

### Note

Concentrating the essence of apples into a thick, spiced spread. It captures the flavors of autumn and serves as a base for sweet and savory applications.

Attribution: Based on [Instant Pot Apple Butter](#) from A Bountiful Kitchen.

### 3.6.1 Ingredients

- 1.8 kg sweet apples (any variety)
- 120ml water
- 25g brown sugar
- 30ml lemon juice
- 5g (1 tsp) of butter
- A splash of vanilla extract

### 3.6.2 For the spice substitute

#### 3.6.2.1 For the Pot

- 4g ground cinnamon
- 2g ground ginger
- 2g salt
- 4g ground nutmeg, divided
- 2g ground allspice or cloves

### 3.6.3 Instructions

1. Wash the apples and cut them into chunks, discarding the core. There's no need to peel them.
2. With the instant pot on saute setting, melt the butter and add the cinnamon, ginger, 2g of the nutmeg, and allspice. Bloom for 1-2 minutes until fragrant.
3. Place the apple chunks into the Instant Pot. Add the water, brown sugar, salt, and vanilla extract to the spice mixture.
4. Secure the lid on the Instant Pot and turn the vent to the SEAL position.
5. Set the Instant Pot to the Manual/Pressure Cook setting for 15 minutes.
6. When the cooking cycle is complete, allow the pressure to release naturally for 15 minutes. After this time, manually release any remaining pressure by turning the dial to the VENT position.
7. Once the pressure is fully released, open the lid and stir in the lemon juice and another 2g of nutmeg.
8. Use an immersion blender to puree the apples until the mixture is smooth. If you don't have an immersion blender, let the mixture cool for about 30 minutes, then transfer it to a regular blender and blend in small batches until smooth.
9. Spoon the finished apple butter into jars or other containers. It can be stored in the refrigerator for up to 10 days or frozen for longer storage.

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## 3.7 Trinidadian Green Seasoning (The Fresh/Herbal Profile)

### Note

The “Mother Sauce” of the Caribbean. A vibrant, herbaceous puree that brings a fresh, grassy punch to any meat it touches. It is a fresh, herbal puree used to marinate meats for curries, stews, and barbeque. While traditionally made with chadon beni (culantro), this version uses cilantro, which is readily available and provides a similar profile.

Attribution: Traditional (with assistance from Gemini)

### 3.7.1 Ingredients

- 100g (2 bunches) fresh cilantro (leaves and tender stems)
- 100g (1 bunch) scallions (green onions), chopped
- 50g (1 head) garlic, peeled (approx. 10-12 cloves)
- 50g (approx. 4cm piece) fresh ginger, peeled

- 15g (1-2) fresh hot peppers (Scotch Bonnet, Habanero, or Jalapeño), seeds removed for less heat
- 15g (1 tbsp) dried thyme (or 1 bunch fresh)
- 60ml white vinegar or lime juice
- 30ml water (only if needed to help blend)

### 3.7.2 Instructions

1. Roughly chop the cilantro, scallions, and ginger.
2. Place all ingredients into a blender or food processor.
3. Pulse until you have a coarse paste. It should not be a smooth smoothie, but rather a textured, wet rub.
4. Store in a glass jar in the refrigerator for up to 2 weeks, or freeze in ice cube trays.

### 3.7.3 Preparation Suggestion: Trinidadian BBQ Chicken

Attribution: A “New World” grill classic.

Unlike American BBQ, which relies heavily on smoke and dry rubs, “Trini BBQ” relies on a wet, herbal marinade (Green Seasoning) followed by a sticky, ketchup-based glaze applied at the very end.

#### 3.7.3.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Green Seasoning</b> (Mother Sauce)	60 ml	120 ml	600 ml
<b>Soy Sauce</b>	15 ml	30 ml	150 ml
<b>Worcestershire</b>	7.5 ml	15 ml	75 ml
<b>Salt</b>	5 g	10 g	50 g
<b>Black Pepper</b>	2.5 g	5 g	25 g

#### 3.7.3.2 Trini BBQ Sauce Ingredients

- 240ml ketchup
- 50g brown sugar
- 30ml molasses
- 15ml soy sauce
- 15ml lime juice

- 5g garlic powder
- 2g dash of Angostura bitters (optional, but authentic) or a pinch of allspice

### 3.7.3.3 Instructions

#### 1. The Marination

1. Clean and trim the chicken.
2. In a large bowl or ziplock bag, massage the chicken thoroughly with the Green Seasoning, soy sauce, Worcestershire, salt, and pepper.
3. **Crucial Step:** Let this marinate for at least 6 hours, preferably overnight. The herbs need time to penetrate the meat.

#### 2. The Sauce

1. While the grill heats, whisk together all BBQ sauce ingredients in a small bowl. Set aside.

#### 3. The Grill

1. Preheat your grill for two-zone cooking.
  - **Hot Zone (Direct Heat):** Aim for 400-450°F (200-230°C).
  - **Cool Zone (Indirect Heat):** Aim for 300-350°F (150-175°C).
2. Place the chicken on the cooler side (indirect heat), skin side up. Cover and cook for 35-40 minutes at approx. 350°F (175°C). You want the chicken mostly cooked through without burning the herbs.
3. Move the chicken to the hot side of the grill (direct heat).
4. Brush generously with the BBQ Sauce.
5. Grill for 2-3 minutes per side, flipping and basting once more, until the sauce is bubbly, sticky, and charred in spots.
6. Serve immediately with extra sauce on the side.

### 3.7.4 Chef's Notes

- **Flavor Profile:** The herbal “Green Seasoning” flavor can be delicate. High-heat grilling (500°F) for 6-8 minutes tends to mute the fresh herbal punch compared to stewing. For a stronger herbal kick, try basting with a little extra fresh Green Seasoning (mixed with oil) right at the end, or apply the glaze earlier to seal it in.

## 3.8 Apple Butter BBQ Sauce (The Sweet/Smoky Profile)

### Note

A Kansas City-style sauce that uses our Apple Butter as a secret weapon. It's thick, sticky, and balances sweetness with deep, smoky spice. The natural pectin in the apples provides a luxurious thickness without needing cornstarch, and the winter spices (cinnamon, cloves) in the butter add a complex “secret ingredient” note that pairs perfectly with smoke.

Attribution: The “House” Sauce.

### 3.8.1 Ingredients

- 240ml (1 cup) Instant Pot Apple Butter (see recipe above)
- 120ml (1/2 cup) ketchup
- 60ml (1/4 cup) apple cider vinegar (or white vinegar)
- 30ml (2 tbsp) Worcestershire sauce
- 15g (1 tbsp) brown sugar (optional, depending on how sweet your apple butter is)
- 8g (1 tbsp) smoked paprika
- 4g (1 tsp) garlic powder
- 4g (1 tsp) onion powder
- 1-2g cayenne pepper (to taste)

### 3.8.2 Instructions

1. **Combine:** In a medium saucepan, whisk together all the ingredients.
2. **Simmer:** Bring the mixture to a gentle bubble over medium-low heat. Let it simmer for 5-10 minutes. *Note: You aren't really “cooking” it since the apple butter is already done; you are just marrying the flavors and blooming the paprika.*
3. **Adjust:** Taste the sauce.
  - If it's too thick, splash in a little water or more vinegar.
  - If it's too tart, add the brown sugar.
4. **Store:** Keep in a jar in the fridge for up to a month. The flavors will improve after sitting for 24 hours.

### 3.8.3 Preparation Suggestion: Kansas City Style “Burnt Ends” Chicken

Attribution: A technique for turning chicken thighs into bite-sized BBQ candy.

While “burnt ends” are traditionally made from beef brisket, this technique mimics that texture using chicken thighs. By cutting the chicken before grilling, you maximize the surface area for the rub and the glaze, ensuring every bite is sticky, smoky, and charred.

### **3.8.3.1 Ingredients**

- 1kg (2.2 lbs) boneless, skinless chicken thighs
- 1 batch Apple Butter BBQ Sauce (approx. 300-400ml)

### **3.8.3.2 The Rub**

- 10g (2 tsp) salt
- 5g (2 tsp) smoked paprika
- 5g (1 tsp) black pepper
- 5g (1 tsp) garlic powder

### **3.8.3.3 Instructions**

#### **1. Prep the Chicken**

1. Cut the chicken thighs into 4-5cm (1.5-2 inch) chunks. Trim off any excessive loose fat, but leave some for flavor.

#### **2. Season**

1. Toss the chicken chunks in a bowl with the Rub ingredients until thoroughly coated.

#### **3. The Cook (Two Options)**

- **Method A: Grill (Preferred)**

1. Preheat grill to medium-high (approx. 400°F / 200°C).
2. Grill the chicken chunks for 3-4 minutes per side until they develop a nice char and are mostly cooked through. *Tip: Use a grill basket or skewers if your grates are wide so you don't lose any meat.*

- **Method B: Oven Roast**

1. Preheat oven to 425°F (220°C).
2. Arrange chicken on a foil-lined baking sheet.
3. Bake for 15-18 minutes until browned.

#### **4. The “Burnt End” Finish**

1. Transfer the cooked chicken chunks into a large bowl.
2. Pour the Apple Butter BBQ Sauce over the chicken and toss to coat heavily.
3. **Return to heat:**
  - **Grill:** Place the sauced chunks back on the grill (or in a disposable foil pan on the grill) for 2-3 minutes, tossing often, until the sauce is tacky and caramelized.
  - **Oven:** Return the baking sheet to the oven (or switch to broiler) for 3-5 minutes until the sauce bubbles and darkens.
4. **Serve:** Pile onto a platter and serve with toothpicks or over rice.

## 3.9 Jamaican Jerk Marinade (The Spicy/Aromatic Profile)

### Note

A complex, fiery marinade defined by the heat of (ideally) scotch bonnets and the warmth of allspice. It's an aromatic powerhouse that transforms simple chicken into a culinary event.

This marinade is the perfect example of how the same ingredients can create vastly different cuisines. By taking the “sweet” spices from the Apple Butter chapter (allspice, cinnamon, nutmeg) and combining them with the savory engines of the Main Courses chapter (soy sauce, ginger, green onions), you create the unmistakable, fiery, and aromatic profile of authentic Jerk.

Attribution: The “Pantry Raid” Classic.

### 3.9.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Scallions</b> (Chopped)	25 g	50 g	250 g
<b>Garlic</b> (Peeled)	10 g	20 g	100 g
<b>Fresh Ginger</b>	8 g	16 g	80 g
<b>Scotch Bonnets</b>	8 g (0.5 pepper)	16 g (1 pepper)	80 g (5 peppers)
<b>Onion</b> (Chopped)	40 g	80 g	400 g
<b>Soy Sauce</b>	15 ml	30 ml	150 ml
<b>Vegetable Oil</b>	8 ml	15 ml	75 ml
<b>Vinegar / Lime</b>	8 ml	15 ml	75 ml
<b>Brown Sugar</b>	8 g	16 g	80 g

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Dried Thyme</b>	4 g	8 g	40 g
<b>Allspice</b>	2 g	4 g	20 g
<b>Cinnamon</b>	1 g	2 g	10 g
<b>Nutmeg</b>	1 g	2 g	10 g
<b>Salt</b>	1.25 g	2.5 g	12.5 g
<b>Black Pepper</b>	1.25 g	2.5 g	12.5 g

### 3.9.2 Instructions

1. **Combine:** Place all ingredients into a blender or food processor.
2. **Blend:** Pulse until you have a thick, somewhat chunky paste. It should be darker than the Green Seasoning due to the soy sauce and spices.
3. **Store:** This is a powerful marinade. It keeps in the fridge for 2-3 weeks.

### 3.9.3 Preparation Suggestion: “Sunday Best” Jerk Chicken

Attribution: Adapting the “Pimento Wood” method for a gas or charcoal grill.

True Jerk chicken is smoked over fresh pimento (allspice) wood, which gives it a distinct flavor. Since we can’t easily get that wood, we mimic the effect by using a heavy coating of the allspice-rich marinade and a slow, two-zone cooking method that allows the paste to form a dark, flavorful “bark” without burning.

#### 3.9.3.1 Ingredients

- 1.5 - 2 kg chicken pieces (bone-in, skin-on thighs and legs are best)
- 240ml (1 cup) Jamaican Jerk Marinade (recipe above)

#### 3.9.3.2 Instructions

##### 1. The Score

1. Using a sharp knife, make 2-3 deep slashes in the meat of each chicken piece, cutting all the way to the bone. *Why? This allows the marinade to penetrate deep into the meat and helps it cook evenly.*

##### 2. The Rub



1. **Wear gloves (the peppers are hot!).** Massage the marinade into the chicken, pushing it specifically into the slashes you just cut and under the skin.

### 3. The Wait

1. Marinate for at least 4 hours, but 24 hours is ideal. The longer it sits, the better it gets.

### 4. The Cook

1. **Preheat:** Set up your grill for two-zone cooking.
  - **Hot Zone (Direct Heat):** Aim for 400-450°F (200-230°C).
  - **Cool Zone (Indirect Heat):** Aim for 300-350°F (150-175°C).
2. **Slow Roast:** Place the chicken on the cool side of the grill, skin-side up. Close the lid and let it roast indirectly for 40-50 minutes. You want the chicken to be fully cooked and the marinade to look dry and baked-on.
3. **The Char:** Move the chicken over to the hot side of the grill. Sear for 2-4 minutes per side, flipping often, until the skin is crisp and you have that signature blackened char.
4. **Serve:** Serve with rice and peas or hard dough bread to soak up the heat.

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## 3.10 Pollo a la Brasa Marinade (The Savory/Umami Profile)

### Note

This marinade is the secret behind the addictive charcoal-roasted chicken of Peru. It relies on a heavy hand with Cumin and Soy Sauce, creating a dark, savory skin that tastes like it spent hours over a wood fire, even when cooked in a standard oven.

Attribution: The “Umami” Roast.

### 3.10.1 Marinade Ingredients (Scalable)

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Soy Sauce</b>	17 ml	34 ml	170 ml
<b>Vinegar</b>	17 ml	34 ml	170 ml
<b>Vegetable Oil</b>	9 ml	18 ml	90 ml
<b>Garlic</b> (Minced)	10 g	20 g	100 g
<b>Cumin</b>	4 g	8 g	40 g

Ingredient	1 lb Meat (450g)	2 lbs Meat (900g)	10 lbs Meat (4.5kg)
<b>Paprika</b>	4 g	8 g	40 g
<b>Dried Oregano</b>	1.5 g	3 g	15 g
<b>Black Pepper</b>	1.5 g	3 g	15 g
<b>Salt</b>	0.5 g	1 g	5 g

### 3.10.2 Instructions

1. **Whisk:** Combine all ingredients in a bowl or jar. Whisk until the spices are well hydrated.
2. **Texture:** The marinade will be thin and dark. This is correct; it's meant to penetrate the meat rather than sit on top like a glaze.
3. **Store:** Keeps for 1 week in the fridge.

### 3.10.3 Preparation Suggestion: Peruvian “Rotisserie-Style” Roast Chicken

Attribution: Achieving the “charcoal” crisp in a home oven.

The signature of Pollo a la Brasa is the crispy, salty skin. To replicate this without a rotisserie, we roast at a higher temperature than normal.

#### 3.10.3.1 Ingredients

- 1 Whole Chicken (approx. 1.5 - 1.8 kg), or 1.5 kg of bone-in chicken quarters
- 1 batch Pollo a la Brasa Marinade (recipe above)

#### 3.10.3.2 Instructions

##### 1. Marinate

1. Place the chicken in a large ziplock bag. Pour the marinade in.
2. **Crucial Step:** Massage the marinade under the skin of the breast and thighs. This ensures the meat turns dark and flavorful.
3. Let it sit for at least 6 hours, ideally 24 hours.

##### 2. Prep

1. Preheat your oven to 425°F (220°C).

##### 3. Roast

1. Place the chicken on a wire rack set over a baking sheet (or in a roasting pan). The rack is important for air circulation.
2. Roast for 45-60 minutes.
3. *Tip: If the skin starts getting too dark (due to the soy sauce caramelizing), tent a piece of foil over the breast for the last 15 minutes.*

#### 4. Rest

1. Let the chicken rest for 10 minutes before carving.

### 3.10.4 Preparation Suggestion: High-Heat Grilled Thighs

**Tested & Verified:** This method was tested with boneless, skinless chicken thighs and received extremely well.

1. **Prep:** Marinate boneless, skinless thighs for at least 4-6 hours.
2. **Grill:** Preheat grill to high (approx. 500°F / 260°C).
3. **Cook:** Grill for 7-8 minutes per side. The sugars in the soy sauce will char beautifully, creating a savory, dark crust while keeping the meat juicy.

#### 3.10.4.1 Serving Suggestion: “Green Sauce” (Aji Verde)

Serve this with a quick blender sauce using your existing pantry staples:

- 110g (1/2 cup) Mayonnaise
- 50g (1 bunch) fresh Cilantro (stems and all)
- 15-30g (1-2) Jalapeños (or heavy pinch of cayenne)
- 5g (1 clove) Garlic
- 5g (1 tbsp) Parmesan Cheese (from the Pizza recipe)
- 30ml (1 lime) Juice of 1 lime (or splash of vinegar)

**Instructions:** Blend until smooth and green. Dip the chicken (and fries!) in it.

## 4 Main Courses

### 4.1 Karachi Chicken Karahi

#### **i** Note

Chicken in America often contains a high percentage of retained water from processing. This recipe uses tomato paste to avoid making the final dish watery, which creates a specific, deep flavor.

**For a more traditional flavor using fresh tomatoes**, you must first pre-treat the chicken using the **Optional Dry-Brine** step below. This removes excess surface water, allowing the chicken to fry properly. If using this method, you can substitute the tomato paste and water with **4-5 medium-sized fresh tomatoes, deseeded and chopped**.

#### **i** Note

This recipe uses a significant amount of oil, which is crucial for the *bhunai* (high-heat frying) technique. The oil acts as a heat-transfer medium and a solvent for fat-soluble flavor compounds in the spices.

The visual cue you're looking for is the **tarka** (or *roghan*), where the oil separates and floats on top of the sauce. This indicates that the water has evaporated and the sauce has reached a temperature above 100°C, allowing for the Maillard reaction (browning and flavor-deepening) to occur.

**Do not reduce the oil during cooking.** Instead, cook with the full amount to achieve the correct flavor extraction. If you prefer a less oily final dish, simply spoon off the excess separated oil at the end before serving.

#### **i** Note

- Actual Karachi-style chicken karahi wouldn't use an onion. I do. We like the addition of the umami notes. You do you.
- For a charsi or Peshawari-style karahi omit the onion, tomato, and spices other than salt and pepper.

### 4.1.1 Ingredients

- **Chicken:** about 1.5 kg (3.3 lbs) boneless chicken thighs
- **Ghee or Oil:** 120ml
- **Onion:** 1 medium onion, finely diced
- **Tomato Paste:** 1 can (170g)
- **Garlic:** 75ml, minced or crushed
- **Ginger:** 75ml, minced or crushed (plus a small amount, julienned, for garnish)
- **Water or Chicken Broth:** 120ml
- **Green Chilies:** 6-8, slit lengthwise

#### 4.1.1.1 Spices:

- **Salt:** 12-18g (use the lower amount if dry-brining)
- **Coriander Powder:** 6g
- **Cumin Powder:** 7g total
- **Red Chili Powder or Paprika:** 6-10g
- **Black Peppercorns:** 7g, freshly crushed
- **Allspice:** 1g *Note: Use at the end!*

#### 4.1.1.2 Garnishes:

- **Fresh Cilantro:** A generous handful, chopped
- **Fresh Ginger:** A small amount, julienned

### 4.1.2 Instructions

#### 4.1.2.1 Optional but Recommended: Dry-Brine Pre-Treatment

1. Cut the chicken into bite-sized pieces.
2. Toss the chicken with 1% of its weight in salt (for 1.5kg of chicken, use 15g of salt).
3. Place the salted chicken on a wire rack set over a baking sheet, uncovered.
4. Refrigerate for 4-6 hours. This process will draw out excess moisture, resulting in a much better sear and a thicker final gravy.
5. Do not rinse the chicken before cooking.

#### 4.1.2.2 Cooking the Karahi

1. **Sauté the Onion:** Heat the ghee or oil in a large wok or pot over medium heat. Add the diced onion and cook, stirring occasionally, for 8-10 minutes until it is soft and translucent.
  2. **Bloom the Tomato Paste:** Add the tomato paste to the wok and stir it in with the onion. Cook for 2-3 minutes until the color deepens. (If using fresh tomatoes with dry-brined chicken, add them here and cook until they break down).
  3. **Add Aromatics:** Add the minced ginger and garlic. Add the coriander powder, 6g of cumin powder, red chili, and black pepper. Cook for 1-2 minutes until fragrant.
  4. **Fry the Chicken:** Add the chicken pieces to the wok. Increase the heat to high. Stir well and cook for 5-7 minutes until the chicken is browned and the spices are fragrant.
  5. **Simmer:** Reduce the heat to medium-low. Add 120ml of water or broth (omit if using fresh tomatoes). Stir, then cover and cook for 15-20 minutes, or until the chicken is tender.
  6. **Final Touches (Bhunai):** Remove the lid and increase the heat to high. Cook and stir for a few minutes until the sauce thickens and the oil begins to separate from the masala (the *tarka*). If desired, carefully spoon off any excess oil at this stage.
  7. **Add Finishing Spices:** Turn off the heat. Stir in the green chilies, julienned fresh ginger, chopped cilantro, the remaining 1g of cumin, and the 1g of allspice.
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## 4.2 Okonomiyaki

Attribution: Based on the [Best Okonomiyaki Recipe](#) from Okonomiyaki World.

This recipe is for a single pancake, which helps keep the proportions right. The ingredients are also mixed together in a bowl before cooking for a more uniform pancake.

### 4.2.1 Ingredients (Makes 1)

- **Okonomiyaki Flour:** 50g (1/2 cup)
- **Water:** 80ml (1/3 cup)
- **Egg:** 1
- **Cabbage:** 150g (2 cups), cut into 3cm x 2-3mm strips
- **Green Onion:** 1 stalk, thinly sliced diagonally
- **Tenkasu (Tempura bits):** 15g (1/8 cup)
- **Turkey Bacon:** 3 strips, cut into 8cm (3") pieces
- **Beni Shoga (Pickled Ginger):** 15g (1/2 oz)

#### 4.2.1.1 Optional Ingredients

- **Raw Shrimp:** 50g (1/4 cup), cut into approx. 1cm (1/2”) chunks

#### 4.2.1.2 Toppings

- Kewpie Mayonnaise
- Homemade Okonomi Sauce
- Aonori (Seaweed Flakes)
- Katsuobushi (Bonito Flakes)

#### 4.2.2 Homemade Okonomi Sauce

This recipe makes enough sauce for one pancake with some extra. If you don't have oyster sauce, you can simply use a little extra soy sauce and a pinch of sugar.

- 30ml Ketchup
- 30ml Worcestershire sauce (make sure it's alcohol-free)
- 15ml Soy sauce
- 15ml Honey or Sugar

Combine all ingredients in a small bowl and mix until smooth.

#### 4.2.3 Instructions

1. In a large bowl, whisk together the Okonomiyaki Flour and Water until the mixture is smooth.
2. Add the Egg, Cabbage, Onion, Tenkasu, Ginger, and any optional ingredients to the bowl and mix lightly. Be careful not to over-mix the batter.
3. Heat a griddle or frying pan to 200°C (400°F) and oil it.
4. Pour the entire okonomiyaki mixture onto the griddle, forming one pancake.
5. Use a spatula to flatten and shape the pancake to a thickness of about 1.5cm (3/4”).
6. Place the Turkey Bacon pieces on top, covering the surface.
7. After about 3 minutes, flip the pancake over so the bacon side is down and cook for 4 minutes.
8. Flip the pancake again (bacon side up) and cook for another 3 minutes, or until it is firm and well browned.
9. Remove the finished pancake to a plate and drizzle with Kewpie mayonnaise and your homemade Okonomi sauce. Sprinkle with Aonori and Katsuobushi.
10. Eat quickly while it's hot.

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## 4.3 Baotze (Chinese Steamed Buns)

Attribution: Karl and Jennifer Hsu

### 4.3.1 Ingredients (for 40-60 baotze)

- 450g ground meat (e.g., beef, turkey, chicken; 80% lean)
- 280g frozen chopped spinach
- 4 rolls buttermilk biscuit dough (e.g., Pillsbury, 10 doughs per roll)
- 5 medium size chinese dry mushrooms
- 50g chopped green onion
- 7.5ml chopped ginger
- 30ml soy sauce
- 15ml broth
- 7.5ml rice wine vinegar
- 5ml sesame oil
- 4g sugar
- Salt to taste

### 4.3.2 Preparation of Filling

1. Thaw frozen chopped spinach and squeeze away excess water.
2. Soak chinese mushrooms in warm water for 30 minutes. Remove and discard the stems; chop the mushrooms.
3. Mix well ground meat, chopped spinach, and all other ingredients. If necessary, add a small amount of water during the mixing.

### 4.3.3 Preparation of Baotze

1. Use a rolling pin to press biscuit dough into approximately 10cm (4in) diameter skins.
2. Place filling on the center of the skin and then wrap the skin around the filling.
3. Place a small piece of wax paper at the bottom of each baotze. (Can also use steamer cloth, cheesecloth, or cabbage leaf).



#### 4.3.4 Steam

1. Steam for 10 minutes.
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### 4.4 Instant Pot Butter Chicken (Modified)

Attribution: Based on [Urvashi Pitre's Now & Later Instant Pot Butter Chicken](#) from Food52.

#### 4.4.1 Ingredients

- 170g can tomato paste
- 240ml warm water
- 5 to 6 garlic cloves, minced
- 15ml minced ginger
- 3g ground turmeric
- 3g ground cayenne pepper
- 3g ground paprika
- 5g ground cumin, divided
- 1g ground allspice, divided
- 6g salt
- 450g boneless, skinless chicken (breasts or thighs)
- 115g (1/2 cup/8 tbsp) butter, cut into cubes
- 120ml heavy (whipping) cream or alternative (see notes)

#### 4.4.2 Directions

1. **Sauté and bloom the spices:** Set your Instant Pot to Sauté on normal heat. Add the tomato paste and a little bit of the warm water to create a slurry. Add the minced garlic, ginger, turmeric, cayenne, paprika, 4g of the cumin, and 0.5g of the allspice. Cook, stirring constantly, for 1-2 minutes until the spices are fragrant and the paste has deepened in color.
2. **Pressure cook:** Pour in the remaining warm water, stirring to deglaze the pot and mix with the tomato paste and spice mixture. Add the salt, then place the chicken pieces on top of the sauce.
3. Lock the lid into place. Select Manual or Pressure Cook and set the timer for 10 minutes on high pressure.
4. When the cooking is complete, let the pressure release naturally. Carefully remove the chicken and set it aside.

5. Using an immersion blender, blend the sauce until it is smooth. Let the sauce cool for a few minutes.
  6. Add the cubed butter, heavy cream (or your chosen substitute), the remaining 1g of cumin, and 0.5g of allspice. Stir until well incorporated. The sauce should be thick enough to coat the back of a spoon.
  7. Remove half of the sauce and freeze it for later, or refrigerate for up to 3 days.
  8. Add the chicken back to the pot, cut into bite-size pieces if desired. Set the Instant Pot to Sauté on low heat and let the chicken heat through.
  9. Serve warm.
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## 4.5 Mini Man Burgers with Grilled Onions (Modified)

Attribution: Based on [Mini Man Burgers with Grilled Onions](#) by Alton Brown from Food Network.

### 4.5.1 Ingredients

- 1g garlic powder
- 1g freshly ground black pepper
- 14g kosher salt, divided
- 2 onions, finely chopped
- 450g ground meat (e.g., beef, turkey, chicken)
- 30ml yellow mustard, plus more for serving
- Eight 7.5cm buns or rolls (e.g., Hawaiian rolls), split in half
- 8 dill pickle chips, ice cold, finely chopped
- 8 slices American cheese

### 4.5.2 Directions

1. Combine the garlic powder, black pepper, and 2g of kosher salt in a small bowl and set aside.
2. Combine the onions and 12g of kosher salt in a bowl and set aside for 10 minutes. Strain and reserve the juices.
3. Line a half sheet pan with parchment paper and place the ground meat in the middle of the pan. Cover the meat with a large sheet of plastic wrap and roll out the meat with a small rolling pin into a large rectangle that covers the surface of the pan; it will be very thin.

4. Add a thin layer of yellow mustard and season the meat with the spice mixture. Pick up the edge of the parchment and fold the meat in half, widthwise. Roll a couple of times just to seal the two layers.
  5. Refrigerate for 10 minutes then cut into 8 even squares with a pizza cutter.
  6. Preheat a griddle pan over medium heat. Spread the onions out on the griddle in an even layer in a rectangular shape. Put the patties on top of the onions. Resist the urge to press them with your spatula. Squeezing burger patties is the culinary equivalent of picking at a scab, and you remember what your mom told you about that.
  7. Pour over some of the remaining onion juice to create steam. Top each patty with a slice of cheese and the bottom half of a bun. Cover the griddle with foil (but do not seal) and reduce the heat to low. Steam the burgers until cooked, 3 to 5 minutes.
  8. Construct burgers thusly: Add pickles and mustard to each bun top. Using a large spatula, pick up a burger-bottom bun stack and place it on the top half of a bun. Repeat with the remaining burger stacks and bun tops until there's nothing left to build. Consume mass quantities.
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## 4.6 The Best Cheeseburger Sliders You'll Ever Make

Attribution: [Epicurious](#) / [Chef Frank](#)

These sliders are designed to feed a crowd fast, with easy assembly and batch cooking. This recipe is presented as a homemade, much better version of a White Castle slider.

*Yields: 12-16 sliders Prep time: ~15 minutes*

### 4.6.1 Ingredients

#### 4.6.1.1 For the Meat

- 900g (2 lbs) 80/20 ground beef
- 1 finely diced white onion
- Salt to taste
- Freshly cracked black pepper to taste

#### 4.6.1.2 For the Buns

- 12-16 Hawaiian rolls (or preferred potato rolls)

#### **4.6.1.3 For the Garlic Butter**

- 113g / 8 tbsp butter
- Chopped garlic to taste
- Fresh chopped parsley to taste

#### **4.6.1.4 Toppings**

- 12-16 slices of deli-sliced American cheese
- Ketchup
- Pickles

### **4.6.2 Instructions**

#### **1. Prepare the Meat Slab:**

- Press the ground beef evenly into a cookie sheet or half sheet tray.
- Spread the finely diced white onions over the meat.
- Season generously with salt and pepper.
- Refrigerate the meat slab.

#### **2. Prepare the Garlic Butter Buns:**

- Melt the butter in a pot over medium-high heat.
- Add chopped garlic and stir.
- Lower the heat to medium and set aside to cool slightly.
- Without separating the rolls, slice them horizontally.

#### **3. Broil and Build the Sliders:**

- Broil the meat slab for 5-7 minutes.
- Drain any excess liquid.
- Cut the meat slab in half and place it on the bottom bun slabs.
- Layer with cheese, ketchup, and pickles.
- Add fresh chopped parsley to the garlic butter and mix.
- Brush the top bun slabs with the garlic parsley butter.
- Place the top bun slabs on the assembled sliders.
- Cover with foil and bake at 350°F (175°C) for about 5 minutes.
- Remove from the oven, uncover, and cut into individual sliders.
- Serve immediately.

## 4.7 Dal Makhani

### 4.7.1 Ingredients

- **Whole Black Lentils (Urad Dal):** 200g
- **Kidney Beans (Rajma):** 50g
- **Water:** 960-1200ml (for soaking and cooking)
- **Salt:** To taste
- **Butter or Ghee:** 30-45g (2-3 tbsp)
- **Onion:** 1 medium, finely chopped
- **Garlic:** 1-2 cloves, minced (just omit for garlic allergies)
- **Ginger Paste:** 15g
- **Tomato Paste:** 60g (approx. 2-3 tablespoons)
- **Water:** 120ml (for blooming tomato paste)
- **Cumin Powder:** 5g
- **Allspice Powder:** 0.5g
- **Red Chili Powder:** 1g (adjust to taste)
- **Fresh Cream or Heavy Cream:** 120-240ml

### 4.7.2 Preparation

#### Soak the Lentils and Kidney Beans:

1. Rinse the urad dal and rajma thoroughly under cold water.
2. Soak them together in at least 960ml of water overnight (8-12 hours). This is crucial for proper cooking and achieving the right texture.

#### Cook the Lentils and Kidney Beans:

1. Drain the soaked lentils and kidney beans.
2. Transfer them to a pot or pressure cooker with fresh water (enough to cover them by about 5cm). Add salt to taste.
3. Cook until they are very soft and mushy. This will take longer than other lentils.
  - **Stovetop:** Bring to a boil, then reduce heat and simmer for 1-2 hours, or until the lentils and beans are completely tender and can be easily mashed. You may need to add more water during cooking.
  - **Pressure Cooker:** Cook for 8-10 whistles on medium heat. Allow the pressure to release naturally.
  - **Instant Pot:** Cook on high pressure for 30-40 minutes, followed by a natural pressure release for at least 15 minutes, then a manual release if needed.

#### Prepare the Base Flavor:

1. Heat butter or ghee in a separate heavy-bottomed pan or pot over medium heat.
2. Add the finely chopped onions and sauté until they are golden brown (about 8-10 minutes).
3. Add the tomato paste and 120ml of water. Cook, stirring constantly, for 3-5 minutes until the paste has deepened in color and the oil starts to separate.
4. Add the ginger paste and sauté for another minute until fragrant.
5. Stir in the cumin powder, allspice powder, and red chili powder. Sauté for about 30 seconds, stirring continuously.

#### **Combine Lentils and Base:**

1. Pour the cooked lentils and kidney beans (along with the cooking liquid) into the pan with the tomato-onion base.
2. Mix well and bring to a gentle simmer.

#### **Simmer and Cream:**

1. Reduce the heat to low, cover the pan partially, and let the dal simmer for at least 30-45 minutes, or even longer if time permits. This slow simmering helps the flavors meld together and creates a creamy texture. Stir occasionally to prevent sticking.
2. Stir in the fresh cream. Simmer for another 5-10 minutes. Adjust the consistency by adding more cream or a little water if needed. Check and adjust the salt.

#### **Garnish and Serve:**

1. Garnish with thinly sliced fresh ginger juliennes and a squeeze of lemon juice at the end.
2. Serve hot with naan, roti, paratha, or rice. A dollop of extra butter or cream on top is often added before serving for extra richness.

#### **Key to Dal Makhani's Richness:**

- **Whole Black Lentils and Kidney Beans:** These specific lentils and beans contribute to the unique texture and flavor.
- **Slow Cooking:** Long, slow simmering is essential for developing the rich and creamy consistency.
- **Butter and Cream:** Generous use of butter (or ghee) and fresh cream is what gives Dal Makhani its signature luxuriousness.

# 5 Soups & Stews

## 5.1 Foundations: Scientific Stocks & Consommé

Attribution: [Chris Young / Modernist Cuisine](#). Confirmed by experimentation at The Fat Duck.

### 5.1.1 Recipe 1: The “60-Minute Michelin” Stock (Rotisserie Hack)

This recipe uses **Fick’s Law of Diffusion** to beat traditional French stock. By increasing surface area (shredding meat) and using pressure (higher temp without turbulence), we extract optimum gelatin and flavor in just 45-60 minutes.

#### 5.1.1.1 Ingredients

- 1 Costco/Supermarket Rotisserie Chicken (skin removed if you want less fat, keep it if you want schmaltz)
- 1 onion, thinly sliced (more surface area)
- 1 carrot, thinly sliced
- 2 garlic cloves, smashed
- 2 Liters (2 Quarts) Water

#### 5.1.1.2 Chef’s Note: To Skin or Not to Skin?

- **If clarifying via The ‘Raft’ (Technique 2): Remove the skin** (or skim the fat after cooling). A protein raft cannot trap a heavy layer of fat; it will just break or leave a grease slick.
- **If clarifying via Ice-Filtration (Technique 3): Keep the skin!** The fat provides flavor during extraction but will remain frozen solid in the filter, leaving the consommé crystal clear and fat-free.

### 5.1.1.3 Instructions

1. **Prep:** Pull all the meat off the chicken carcass. Shred the meat finely (this maximizes surface area for extraction). Break the carcass bones to expose the marrow.
2. **Sauté:** In your Instant Pot/Pressure Cooker, sauté the onion, carrot, and garlic in a little oil until browned.
3. **Combine:** Add the shredded chicken meat, bones, and water.
4. **Pressure Cook:** Cook on HIGH pressure for **45 minutes** (or **60 minutes for Turkey**).
  - *Why 45 mins?* Chris Young's data shows that 1 hour of pressure cooking equals 6 hours of simmer. Going beyond 90 minutes degrades quality.
5. **The “Clarifying” Release:** Allow the pressure to release **NATURALLY**.
  - *Critical Science:* Venting manually causes the superheated water to flash-boil violently, emulsifying the fat and clouding the stock. A natural release keeps it still and clear.
6. **Strain:** Pour through a fine mesh sieve.

### 5.1.2 Technique 2: Rapid Clarification (The “Meat Smoothie” Raft)

If you need crystal clear consommé *fast* (same day), use this method. It relies on **myosin**, a sticky protein in muscle fiber, to trap impurities.

1. **The “Smoothie”:** Take 100g of **RAW** chicken (ground or chopped breast/thigh) and blend it with 1 egg white and 100ml of cold stock/water. Blend it until it is a smooth paste.
  - *Critical Warning:* **Do NOT succumb** to the temptation to use cooked leftovers. Cooked proteins are already denatured and cannot form a raft; they will simply dissolve into mush and make your stock cloudier.
  - *Substitutions:* You can use **Lean Ground Beef**, which is excellent at clarifying. However, be aware that using beef to clarify chicken stock will darken the color and add a distinct beefy flavor (creating a hybrid stock).
  - *Turkey Tip:* If making turkey stock, check the cavity! The **Heart and Gizzard** are pure muscle and packed with myosin. If they look small (under 100g), simply **add an extra egg white** to the blend to ensure a strong raft. (Avoid the liver; it's too bitter).
2. **Mix:** Whisk this paste into your **COLD** pressure cooker stock.
3. **Cook:** Bring back to high pressure for 15 minutes, then Natural Release.
4. **The Raft:** The proteins will coagulate into a solid “raft” at the top, trapping all particles. The liquid underneath will be consommé.



### 5.1.3 Technique 3: Ice-Filtration (“Cryo-Clarification”)

If you have time (24 hours) and want the absolute purest, clearest essence of chicken (perfect for drinking), use this method. It filters the stock through a microscopic mesh of gelatin.

1. **Freeze:** Take your strained stock (fat and all) and freeze it into solid blocks or cubes.
2. **The Setup:** Line a colander with cheesecloth or a coffee filter. Place the colander over a large bowl/pot.
3. **The Thaw:** Place the frozen stock blocks in the lined colander. Put the entire setup **in the fridge**.
4. **The Meltdown:** As the ice slowly melts, the liquid gelatin and flavor compounds drip through. The fat and large, cloudy protein molecules are trapped in the remaining ice lattice and cheesecloth.
5. **The Result:** You will be left with a golden, jewel-like liquid (Consommé) in the bowl, and a thick, brown goo (impurities + concentrated gelatin) in the cloth.
  - *Chef’s Tip:* Don’t throw away the goo! It’s essentially “Chicken Demiglace.” Add it to sauces for body.

### 5.1.4 Usage Guide: Stock vs. Consommé

- **When to use Base Stock:** Use the unclarified stock for **90% of recipes** (like the *Medieval Stew* or *Butter Chicken Soup* below). These recipes add thickeners, dairy, or vegetables that will cloud the liquid anyway, so clarification is a waste of time. The unclarified stock also retains more fat, which adds richness to heartier dishes.
  - **When to Clarify:** Only clarify if the liquid is the “star” and needs to be beautiful (e.g., French Onion Soup, a delicate broth with dumplings, or for drinking straight).
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## 5.2 My take on a “medieval” stew (v2)

As I understand it, innkeepers in medieval times would keep a pot on simmer. As people took a serving out of the pot, they would add whatever they had (meat, vegetables, etc.) to the stew. Because I have gout, I’ve made some notes to help lower purine. This version is designed to create a deep, “meaty” flavor and a thicker consistency without using high-purine meat stocks.

### Note

To build a rich, savory flavor without meat stock, this recipe creates an “umami bomb” using the synergy between two key compounds:

- **Glutamates:** Found in ingredients like tomato paste.
- **Guanalytes:** Found in dried mushrooms (like shiitake or porcini).

Combining these doesn’t just add flavor—it multiplies it, creating a “meaty” depth and mouthfeel that is crucial for a satisfying stew.

## 5.2.1 Foundational Principles

Keep these in mind for gout-friendliness:

- **Protein:** For low-purine options. Chicken (breast is best), turkey, or lean fish. Avoid organ meats, red meats, and shellfish.
- **Thickener:** This recipe uses a **roux** (a cooked mixture of flour and fat) for a silky, thick consistency.
- **Flavor:** We rely on a powerful base of aromatics, vegetables, and the “umami bomb” from dried mushrooms.

## 5.2.2 Ingredients

- **Dried Mushrooms:** 15g (0.5 oz) dried shiitake or porcini mushrooms
- **Hot Water:** 240ml (1 cup) for rehydrating mushrooms
- **Fats:** 45ml (3 tbsp) olive oil or other neutral oil
- **Butter:** 30g (2 tbsp) unsalted butter
- **Flour:** 30g (approx. 3 tbsp) all-purpose flour
- **Aromatics:** 1 large onion, chopped; 2-3 cloves garlic, minced
- **Mirepoix:** 2 carrots, chopped; 2 celery stalks, chopped
- **“Long-Cooking” Vegetables:** Parsnips, turnips, hard squash (optional)
- **Protein:** 500g cubed chicken breast or turkey
- **Dry Spices:** Paprika, cumin, oregano, black pepper, and a very small amount of cloves or cardamom.
- **Liquid:** 720ml (3 cups) unsalted chicken broth or vegetable broth
- **“Hard” Ingredients:** 2 large potatoes, cut into chunks
- **“Quick-Cooking” Vegetables:** Bell peppers, cabbage, zucchini (optional)

### 5.2.3 Instructions

1. **Create the Umami Base:** Place the dried mushrooms in a bowl and cover with the 240ml of hot water. Let them steep for 20-30 minutes. Once softened, remove the mushrooms, chop them finely, and **reserve the flavorful soaking liquid**.
2. **Sauté Aromatics & Mushrooms:** In a large pot or Dutch oven, heat the olive oil over medium heat. Add the chopped onion, carrots, and celery (and other long-cooking vegetables, if using). Sauté for 8-10 minutes until softened. Add the garlic and the chopped, rehydrated mushrooms. Cook for another 2 minutes until fragrant.
3. **Brown the Protein:** Add the cubed chicken or turkey to the pot. Sauté until it's lightly browned on all sides.
4. **Make the Roux for Thickness:** Push the vegetables and meat to one side of the pot. Add the 30g of butter to the empty side. Once melted, sprinkle the 30g of flour over the butter and whisk them together to form a paste (the roux). Cook this paste, stirring constantly, for 2 minutes. This cooks out the raw flour taste. Now, stir the roux into the meat and vegetable mixture until everything is coated.
5. **Bloom Spices:** Add your dry spices (paprika, cumin, etc.) to the pot and stir for 1 minute until fragrant.
6. **The Simmering Stage:** Slowly pour in the reserved mushroom soaking liquid and the 720ml of broth, stirring constantly to prevent lumps. Add the potatoes and any bay leaves.
7. **Simmer:** Bring the stew to a boil, then immediately reduce the heat to a low simmer. Cover the pot and let it cook for at least 45-60 minutes, or until the potatoes are tender and the flavors have melded. The stew should be noticeably thicker.
8. **Finishing the Stew:** If using “quick-cooking” vegetables, add them in the last 15-20 minutes of cooking. Before serving, remove any bay leaves, taste, and adjust seasoning with salt and pepper.

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## 5.3 Cha Cha's White Chicken Chili (Modified)

Attribution: Based on [Cha Cha's White Chicken Chili](#) from Allrecipes.

### 5.3.1 Ingredients

- 15ml vegetable oil
- 1 onion, chopped
- 2-4g dried red pepper flakes
- 3g paprika or 1g Kashmiri red pepper
- 3 cloves garlic, crushed
- 5g ground cumin
- 3g dried oregano
- 3g ground cayenne pepper
- 3 (425g) cans white beans, drained
- 860ml chicken broth (note: There's a lot of flavor elsewhere, so this isn't a bad recipe to just go bouillion on.)
- 420g chopped cooked chicken breast
- 115g shredded cheese (see note)

### 5.3.2 Directions

1. Heat the vegetable oil in a large saucepan over medium-low heat.
2. Add the chopped onion and cook, stirring, until it is tender (5 to 8 minutes).
3. Add the dried red pepper flakes, paprika or Kashmiri red pepper, garlic, cumin, oregano, and cayenne pepper to the pot and cook, stirring, for 3 minutes.
4. Stir in the drained white beans, chicken broth, and chopped cooked chicken breast.
5. Simmer the mixture for 15 minutes, stirring occasionally.
6. Remove the saucepan from the heat.
7. Slowly stir in the shredded cheese until it is completely melted.
8. Serve the chili warm.

**Note:** The cheese should be a good melting cheese, such as cheddar or any type of jack cheese.

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## 5.4 Easy Butter Chicken Soup

Attribution: [Simply Delicious Food](#)

### 5.4.1 Ingredients

#### 5.4.1.1 For the Chicken

- 500g (1.1 lbs) boneless, skinless chicken thighs
- 15ml (1 tbsp) canola oil / vegetable oil
- 11.25g (2.25 tsp) cumin
- 3.75g (0.75 tsp) allspice
- 2.5g (½ tsp) ground cardamom
- 2.5g (½ tsp) paprika
- 5g (1 tsp) salt

#### 5.4.1.2 For the Soup

- 100g (1/2 cup) dried Great Northern or cannellini beans
- 28g (2 tbsp) butter
- 1 onion, finely chopped
- 10g (2 tsp) crushed garlic
- 5g (1 tsp) crushed ginger
- 7.5g (1.5 tsp) cumin
- 2.5g (0.5 tsp) allspice
- 5g (1 tsp) paprika
- 5g (1 tsp) ground cardamom
- 5g (1 tsp) turmeric (optional, for color)
- 170g (6 oz) tomato paste
- 960ml (4 cups) chicken stock
- 5-10g (1-2 tsp) salt
- 5g (1 tsp) pepper
- 5g (1 tsp) sugar
- 360ml (1.5 cups) heavy / whipping cream

### 5.4.2 Instructions

#### 5.4.2.1 Prepare the Beans

1. **Soak the beans:** The night before, rinse the dried beans and place them in a large bowl with enough water to cover them by at least 2 inches. Let them soak overnight.
2. **Cook the beans:** Drain the soaked beans.
  - **Stovetop:** Place the beans in a pot with fresh water to cover. Bring to a boil, then reduce the heat and simmer for 1-1.5 hours, or until tender.

- **Pressure Cooker / Instant Pot:** Place the beans in the pressure cooker with fresh water to cover. Cook on high pressure for 10-15 minutes, followed by a natural pressure release. Once cooked, drain the beans and set them aside.

#### 5.4.2.2 Make the Soup

1. **Slice and season the chicken:** Slice the chicken into small, bite-size pieces. In a medium bowl, toss the chicken with the oil, cumin, allspice, cardamom, paprika, and salt.
2. **Sear the chicken:** In a large, deep pot, sear the chicken until browned on both sides. Remove from the pot and set aside.
3. **Sauté aromatics:** In the same pot, melt the butter then add the onion, garlic, and ginger. Cook until fragrant.
4. **Toast spices and bloom tomato paste:** Add the remaining spices (and turmeric, if using) and the tomato paste to the pot. Cook for 2-3 minutes, stirring constantly, until the spices are fragrant and the tomato paste has deepened in color.
5. **Simmer the sauce with beans:** Pour in the chicken stock, add the cooked beans, and stir to combine, scraping up any browned bits from the bottom of the pot. Bring the sauce to a simmer and let it cook for 10 minutes.
6. **Purée the sauce:** Use an immersion blender to blend the sauce and beans until completely smooth and creamy.
7. **Add chicken:** Return the seared chicken to the puréed sauce and simmer for 10-15 minutes, until the chicken is cooked through.
8. **Finish the soup:** Stir in the heavy cream and season with salt, pepper, and sugar.
9. **Serve:** Ladle the soup into bowls and garnish with a drizzle of cream, fresh cilantro, and fresh chilies (optional).

#### 5.4.3 Chef's Notes

- **Bouillon Substitute:** If you don't have chicken stock on hand, you can use bouillon cubes or powder. A good rule of thumb is 1 teaspoon of bouillon powder or 1 cube per cup (240ml) of water. For this recipe, you would use 4 teaspoons of powder or 4 cubes dissolved in 960ml (4 cups) of water.
- **Milk Substitute for Cream:** If you don't have heavy cream, you can use whole milk with a few adjustments. To achieve a similar richness and prevent curdling, reduce the chicken stock by 1 cup (240ml). Before adding the milk, temper it by slowly whisking about a cup of the hot soup into the milk. Then, stir the warmed milk mixture back into the pot. For extra richness, you can also add another tablespoon of butter at this stage.

- **Canned Bean Shortcut:** To save time, you can use one 15 oz (425g) can of Great Northern or cannellini beans. Simply rinse and drain them, skip the “Prepare the Beans” section, and add them to the soup along with the chicken stock.
- **Canned Chicken Variation:** For an even quicker soup, you can substitute one 12.5 oz (355g) can of cooked chicken breast. If you do, you can skip the “Slice and season the chicken” and “Sear the chicken” steps. Drain the chicken and add it to the soup for the final 10-15 minutes of simmering. Note that this will change the final flavor, as you will miss the depth developed from searing fresh chicken.

## 6 Side Dishes

### 6.1 Smoked Paprika Boston Baked Beans

Attribution: Based on [Boston Baked Beans](#) from Allrecipes.

#### 6.1.1 Ingredients

- 400g dry beans (navy, kidney, black, or whatever you have)
- 1 medium onion, diced

##### 6.1.1.1 For the Sauce

- 120ml ketchup
- 45ml molasses
- 50g brown sugar
- 15ml Worcestershire sauce
- 12g salt
- 1g ground black pepper
- 5ml prepared yellow mustard or 15ml prepared Dijon mustard (instead of dry mustard)
- 3g smoked paprika

#### 6.1.2 Instructions

1. **Soak the beans:** Soak the dry beans in water overnight.
2. **Boil the beans:** Transfer the soaked beans and their soaking water to a large saucepan. Bring to a boil, then reduce the heat and simmer for 1 to 2 hours until the beans are nearly tender. Drain the beans and reserve the cooking liquid.
3. **Combine ingredients:** Preheat the oven to 165°C (325°F). Layer the cooked beans and the diced onion in a 2-quart (approx. 1.9-liter) casserole dish.
4. **Make the sauce:** In a separate saucepan, combine the ketchup, molasses, brown sugar, Worcestershire sauce, salt, pepper, your chosen mustard substitute, and the smoked paprika over medium heat. Bring to a boil.



5. **Assemble and bake:** Pour the sauce over the beans in the casserole dish. Add enough reserved cooking liquid to just cover the beans.
6. **Bake the beans:** Cover the casserole dish and bake for 1.5 hours. Then, remove the lid and continue to cook for another 1.5 to 2.5 hours, or until the beans are soft and tender. Add more cooking liquid every half hour if the beans start to get too dry.
7. Serve hot.

**Note:** For a spicier version, you can substitute Kashmiri red pepper for the smoked paprika.

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## 6.2 Sushi Rice

A basic recipe for seasoned rice, perfect for sushi or rice bowls.

### 6.2.1 Ingredients

- 200g uncooked short-grain white rice (yields about 400-600g of cooked rice)

#### 6.2.1.1 For the Seasoning:

- 45-60ml rice vinegar
- 30g sugar
- 5g salt

### 6.2.2 Instructions

1. Cook the rice according to your preferred method (rice cooker, pot, etc.).
2. While the rice is cooking, combine the rice vinegar, sugar, and salt in a small bowl or saucepan.
3. Heat the mixture gently over low heat, stirring until the sugar and salt are completely dissolved. Do not bring it to a boil.
4. Once the rice is cooked, transfer it to a large, non-metallic bowl while it is still hot.
5. Gently pour the warm vinegar mixture over the rice.
6. Use a rice paddle or a large spoon to “cut” and fold the seasoning into the rice. The motion should be a slicing and lifting one, not a stirring one, to avoid mashing the grains. The goal is to coat each grain evenly.
7. Let the rice cool to room temperature before using it for sushi. You can cover the bowl with a damp cloth to prevent the rice from drying out.

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## 6.3 Kish Family Two-Bread Stuffing

Attribution: [Food & Wine](#)

### 6.3.1 Yield

Serves 12 to 16

### 6.3.2 Ingredients

- Unsalted butter, for greasing
- 60ml (1/4 cup) extra-virgin olive oil
- 4 cups (approx. 600g) finely chopped yellow onions
- 4 cups (approx. 400g) finely chopped celery
- 10g (1/4 cup) fresh sage, finely chopped
- 15g (1 tbsp) garlic, grated
- 12 cups (approx. 600g / 1 1/3 lbs) prepared cornbread, torn into 1-inch pieces
- 2 (450g / 1 lb) loaves day-old white sandwich bread, torn into 1-inch pieces
- 10g (3 tbsp) fresh flat-leaf parsley, finely chopped
- 10g (1 tbsp) kosher salt, plus more to taste
- 1g (1/2 tsp) black pepper
- 1.4L (6 cups) chicken stock or canned lower-sodium broth

### 6.3.3 Instructions

1. **Dry the Bread:** Preheat oven to 135°C (275°F). Spread the torn cornbread and sandwich bread on two baking sheets. Bake for 45 minutes to 1 hour, tossing occasionally, until the bread is dried out and crisp but not browned. Let cool. Increase oven temperature to 175°C (350°F).
2. **Preheat:** Grease two 13- x 9-inch baking dishes with butter.
3. **Sauté Aromatics:** Heat the olive oil in a large skillet over medium-high heat. Add the onions and celery and cook, stirring occasionally, until softened but not browned, about 10 minutes. Add the sage and garlic and cook, stirring often, until fragrant, about 2 minutes.
4. **Combine:** Transfer the cooked vegetables to a very large bowl. Add the dried cornbread and sandwich bread, parsley, salt, and pepper. Stir until well combined.
5. **Moisten:** Gradually stir in the chicken stock until the breads are evenly moistened.

6. **Bake:** Scrape the mixture into the prepared baking dishes. Bake in the preheated oven until hot and lightly browned, about 30 minutes.

**Chef's Note:** To ensure you have the right amount, it's helpful to weigh your onions and celery before trimming and chopping. Aim for about 700g of whole onions and 550g of whole celery to yield the correct chopped amounts.

## 7 Desserts

### 7.1 The “Everything Batter” (1:1:1 Ratio)

This recipe replaces several single-use batters with one memorable ratio, using the reliable “reverse creaming” method for a consistently tender crumb. It can be adapted to make cakes, Yorkshire puddings, crepes, and waffles.

#### 7.1.1 The Core Ratio (by Weight)

- 1 part **Egg**
- 1 part **Liquid** (e.g., milk)
- 1 part **Flour**

##### Note

**The Reverse Creaming Method:** Unlike traditional methods that cream butter and sugar first, reverse creaming starts with the dry ingredients and blends in fat *before* adding liquids. By coating the flour in fat, we inhibit gluten development, resulting in a finer, more tender, velvety texture that is less prone to “tunneling” or toughness.

#### 7.1.2 Base Recipe: Everyday Cake / Yorkshire Pudding Batter

This default configuration is perfect for a simple, tender cake or can be used for savory Yorkshire puddings.

**Yields:** One 8-inch cake or ~12 Yorkshire puddings **Prep time:** 10 minutes

##### 7.1.2.1 Ingredients (by Weight for Precision)

- 100g All-Purpose Flour
- 100g Granulated Sugar (*Omit for savory Yorkshire Puddings*)
- 4g Baking Powder (1 tsp)
- 2g Salt (a generous pinch)

- 50g Unsalted Butter, softened to room temperature
- 100g Large Eggs (approx. 2 eggs), room temperature
- 100g Whole Milk, room temperature
- 5ml Vanilla Extract

#### 7.1.2.2 Instructions (Reverse Creaming)

1. **Combine Dry Ingredients:** In the bowl of a stand mixer (or a large bowl with a hand mixer), whisk together the flour, sugar, baking powder, and salt.
2. **Add Fat:** Add the softened butter to the dry ingredients. Mix on low speed until the mixture resembles coarse, damp sand and all the flour is coated.
3. **Combine Wet Ingredients:** In a separate bowl, whisk together the eggs, milk, and vanilla extract until just combined.
4. **Finish the Batter:** Pour half of the wet ingredients into the flour-butter mixture and mix on low-medium speed until incorporated. Scrape down the sides of the bowl, then add the remaining wet ingredients. Mix for another 20-30 seconds until the batter is smooth. Do not overmix.
5. **For Cake:** Pour into a greased and floured 8-inch round cake pan. Bake at 350°F (175°C) for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
6. **For Yorkshire Puddings:** See variation below.

#### 7.1.2.3 Chef's Notes

- **Internal Temperature:** For the cake variation, if you are using an instant-read thermometer, pull the cake when it reaches **200°F (93°C)**. There will be a few degrees of “carry-over” cooking as it cools in the pan.
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### 7.1.3 Variations

#### 7.1.3.1 1. For Savory Yorkshire Puddings

- **Modification:** Use the **Base Recipe** but **omit the sugar and vanilla**.
- **Method:**
  1. Place 1 tsp of beef drippings or neutral oil in each cup of a 12-cup muffin tin.
  2. Preheat the oven with the tin inside to 425°F (220°C) until the fat is smoking hot.
  3. Carefully pour the batter evenly into the hot-fat-filled cups.
  4. Bake for 15-20 minutes, or until puffed, golden, and crisp. **Do not open the oven door** for the first 15 minutes.

### 7.1.3.2 2. For Thin Crepes

- **Modification:**
  - Use the **Base Recipe** but **omit the baking powder**.
  - **Double the milk** to 200g.
- **Method:**
  1. Mix the batter as described in the base recipe. The result will be very thin.
  2. Rest the batter in the refrigerator for at least 30 minutes.
  3. Heat a lightly buttered non-stick skillet over medium heat.
  4. Pour about 60ml (1/4 cup) of batter into the pan, swirling to create a thin, even layer.
  5. Cook for 1-2 minutes per side, until lightly golden.

### 7.1.3.3 3. For Crispy Waffles

- **Modification:**
  - **Increase flour** to 150g.
  - **Increase butter** to 75g.
  - (Optional, for extra crispiness): Separate the eggs. Add the yolks to the wet ingredients. Whip the egg whites to stiff peaks and fold them into the finished batter at the very end.
- **Method:**
  1. Mix the batter using the reverse creaming method.
  2. If using whipped egg whites, fold them in gently.
  3. Cook according to your waffle iron's manufacturer instructions.

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## 7.2 Vanilla Pudding

Attribution: [Vanilla Pudding Recipe](#) from Food Network Kitchen.

### 7.2.1 Yield

6 to 8 servings (about 960ml)

### **7.2.2 Prep Time**

10 min

### **7.2.3 Inactive Time**

4 hr

### **7.2.4 Cook Time**

10 min

### **7.2.5 Ingredients**

- 1080ml whole milk, divided
- 200g sugar
- 40g cornstarch
- 3g kosher salt
- 5 large egg yolks, beaten
- 10ml vanilla extract

### **7.2.6 Directions**

1. Heat 960ml of the milk in a large saucepan over medium heat until steaming. Whisk the sugar, cornstarch, and 3g salt in a large bowl. Whisk in the egg yolks and the remaining 120ml milk.
2. Whisk half of the hot milk into the egg mixture until smooth, then gradually whisk the egg-milk mixture into the saucepan. Cook over medium heat, whisking constantly, until the mixture boils. Continue to cook, whisking constantly, until it has thickened to a pudding-like consistency, 3 to 4 minutes.
3. Remove from the heat and stir in the vanilla. Cool slightly, stirring a few times to prevent a skin from forming. Place a piece of plastic wrap directly on top of the pudding and refrigerate until completely cooled and thickened, about 4 hours.
4. Before serving, whisk the pudding vigorously until smooth and creamy.

### 7.2.7 Stir-ins (optional)

- **Cookies and Cream:** Crush 20 chocolate wafer cookies, stir some into the pudding and top with the rest.
- **Fresh Berries and Gingersnaps:** Fold in 2 cups (approx. 280g) of fresh, mixed berries and top with about 12 finely crushed gingersnaps.
- **Vanilla-Banana:** Fold in 3 sliced bananas. Cover and refrigerate for 1 hour. Fold in 24 crushed vanilla wafer cookies and top with more sliced bananas.
- **Rocky Road:** Fold in 1 cup (approx. 100g) each mini marshmallows and toasted chopped walnuts and 1/2 cup (approx. 50g) of mini chocolate chips. Sprinkle with more chocolate chips.
- **Peanut Butter and Jelly:** Fold in 1 cup (approx. 140g) quartered red grapes and 1/3 cup (approx. 50g) each chopped roasted peanuts and peanut butter chips. Top with whole grapes.

**Cook's Note:** Some people have allergies to peanuts, and if serving to guests, please make them aware of the inclusion of this peanut product.

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## 7.3 “The Baker’s Secret” Chocolate Chip Cookies

This recipe is the result of a deep-dive into the chemistry of the perfect chocolate chip cookie, designed to deliver “bakery quality” results with high reliability for the home cook. It replaces the high-risk, high-reward brown butter technique with a series of “hacks” that use specific ingredients to mimic the same complex flavors and textures.

By using melted butter for chewiness, nonfat milk powder for “brown butter” flavor, cornstarch for softness, and an extra egg yolk for richness, this recipe builds a superior cookie without the technical difficulty.

**Yield:** 16–18 Large Cookies **Prep Time:** 15 Minutes **Chill Time:** 30 Minutes **Bake Time:** 10–12 Minutes

### 7.3.1 Ingredients

#### 7.3.1.1 Wet Ingredients

- 170g (12 tbsp) Unsalted Butter
- 240g (1 1/4 cups) Granulated Sugar
- 10g (1/2 tbsp) Molasses



- 1 Large Egg (cold)
- 1 Large Egg Yolk (cold)
- 15ml (1 tbsp) Vanilla Extract

#### 7.3.1.2 Dry Ingredients

- 280g (2 1/4 cups) All-Purpose Flour
- 6g (2 tsp) Cornstarch
- 15g (2 tbsp) Nonfat Milk Powder
- 4g (3/4 tsp) Baking Soda
- 4g (3/4 tsp) Salt
- 1g (1/2 tsp) Espresso Powder (Optional)

#### 7.3.1.3 Mix-ins

- 250g (1 1/2 cups) Semi-Sweet Chocolate Chips

#### Tip

- Weighing ingredients (grams) is highly recommended for consistency. If using cups, be sure to spoon the flour into the cup and level it off, do not pack it.
- Measuring molasses is a pain. If you're comfortable eyeball it, or use the brown sugar & white sugar combination in the notes.

### 7.3.2 Instructions

1. **Melt Butter & Dissolve Sugar:** Cut the butter into chunks and melt in a microwave-safe bowl (approx 45-60 seconds) or a saucepan. Immediately pour the warm butter over the Granulated Sugar in a large bowl. Whisk vigorously for 60 seconds. The mixture should look glossy, like wet sand.
2. **Emulsify:** Add the molasses, cold egg, cold egg yolk, and vanilla extract. Whisk briskly for another 30-45 seconds until the mixture lightens slightly and thickens.
3. **Combine Dry Ingredients:** In a separate bowl, whisk together the Flour, Cornstarch, Milk Powder, Baking Soda, Salt, and optional Espresso Powder.
4. **Fold:** Add the dry ingredients to the wet mixture. Switch to a rubber spatula and gently fold until just a few streaks of flour remain. Do not overmix.
5. **Add Chocolate:** Add the chocolate chips and fold until just combined and no flour streaks are visible.

6. **Chill (Critical Step):** Cover the bowl and refrigerate for at least 30 minutes. This step is non-negotiable; it allows the flour to hydrate and the fat to firm up, preventing the cookies from spreading into greasy puddles. (**Nadia:** clean the kitchen while you're waiting.)
7. **Preheat & Prep:** While the dough chills, preheat your oven to 350°F (175°C). Line baking sheets with parchment paper.
8. **Shape:** Scoop dough into 3-tablespoon mounds (large golf ball size). For thicker cookies, roll the dough balls to be slightly taller than they are wide. Space them about 2 inches apart on the prepared sheets.
9. **Bake:** Bake for 10–12 minutes. The edges should be set and golden brown, but the centers should still look soft and slightly under-baked.
10. **Cool:** Let the cookies cool on the baking sheet for 10 minutes before transferring to a wire rack. The residual heat will finish cooking the centers to a perfect fudgy consistency.

### 7.3.3 Chef's Notes: The Science Behind the Secrets

- **The “Maillard Hack” (Milk Powder):** Brown butter gets its nutty flavor from toasted milk solids. By adding nonfat milk powder to the flour, we supercharge the dough with these solids, creating deep toffee and butterscotch notes *inside* the cookie as it bakes—no stovetop required.
- **The “Softness Insurance” (Cornstarch):** Cornstarch interferes with gluten development, creating a “short,” tender texture. It ensures the center of the cookie remains soft and pliable, acting as insurance against accidental over-baking.
- **The “Shiny Top” Technique (Hot Dissolve):** Whisking the sugar into the warm melted butter helps dissolve the sugar crystals. In the oven, this dissolved sugar forms a thin, meringue-like crust on the surface of the cookie that creates a coveted shiny, crackly finish.
- **The “Fudgy” Emulsifier (Extra Egg Yolk):** The extra yolk adds richness and fat, but more importantly, its lecithin content helps emulsify the melted butter into the dough. This prevents a greasy texture and leads to a denser, fudgy cookie.
- **Using Brown Sugar:** For a more classic flavor profile, you can use brown sugar. Replace the 240g of granulated sugar and 10g of molasses with **150g (3/4 cup packed) of dark brown sugar** and **100g (1/2 cup) of granulated sugar**. The recipe will work identically otherwise.
- **Why Chocolate Chips?:** This recipe defaults to chips because they contain stabilizers that help them hold their shape. This is critical for preventing the “greasy puddle” effect, especially since we are using melted butter.
- **Pro-Tip: Using Chopped Chocolate:** If you prefer the luxurious “puddles” of chopped bars, you **must** make two adjustments to avoid greasy, flat cookies:

1. Reduce the amount to **200g**.

2. **Sieve the chopped chocolate** to remove the fine dust. The dust melts directly into the dough, increasing the fat content and causing the cookies to fry and spread. Only add the chunks.
- **Peanut Butter Chips:** Heretical, but I like the substitution. Toss the chips in a little flour before adding them if you can.

### 7.3.4 Troubleshooting

- **My cookies came out flat and greasy.**
  - **Diagnosis:** The fat was too liquid when it went into the oven.
  - **Fix:** Ensure you chilled the dough for the full 30 minutes (or longer if your kitchen is warm). Also, make sure you measured your flour correctly (preferably by weight).
- **My cookies are too cakey.**
  - **Diagnosis:** Too much flour or too much egg white.
  - **Fix:** Weigh your flour to ensure accuracy. Double-check that you used one *whole egg* and one *egg yolk*, not two whole eggs. The extra egg white adds water, which creates steam and a cake-like texture.
- **Can I skip the milk powder?**
  - **Answer:** Yes, the cookies will still work structurally, but they will taste like standard homemade cookies. You will lose the “bakery-style” toffee and nutty background flavors that make this recipe special.

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## 7.4 Scientific Rough Puff Pastry (The American Strategy)

Attribution: A technical synthesis of [Paul Hollywood](#), [Gordon Ramsay](#), and [Claire Saffitz](#).

### **i** Note

**The “Lipid State” Strategy:** This recipe reconciles British techniques with the American kitchen. It uses **Frozen Butter** (Hollywood’s hack) to keep the fat discrete in hot American kitchens, and **All-Purpose Flour** (Saffitz’s adjustment) for tenderness. By controlling the thermodynamic state of the butter, we achieve a lift comparable to full puff pastry with a fraction of the effort.

**Yield:** Approx. 1kg of dough (Generous amount for 1 Deep-Dish Double Crust Pie or 2 Galettes). **Prep Time:** 30 Minutes (active). **Rest Time:** 2 Hours.

## 7.4.1 Ingredients

### 7.4.1.1 The Structure

- 450g (3 3/4 cups) All-Purpose Flour (spooned & leveled)
- 9g (1.5 tsp) Fine Sea Salt (or 9g [which is NOT 1.5tsp] Kosher Salt)

### 7.4.1.2 The Lipids

See Chef's Notes for information on choosing a butter.

- **75g (5 tbsp)** Unsalted Butter, **Chilled** (40°F / 4°C)
- **300g (2.5 sticks)** Unsalted Butter, **Frozen Solid** (min. 2 hours)

### 7.4.1.3 The Hydration

- 165ml (approx 2/3 cup + 1 tbsp) Ice Cold Water
- 15ml (1 tbsp) Apple Cider Vinegar (essential for inhibiting gluten snap-back)

## 7.4.2 Instructions

### 7.4.2.1 1. The “Sand” Phase (Shortening the Dough)

1. **Whisk:** In a large metal bowl (pre-chilled if your kitchen is hot), whisk the flour and salt.
2. **Rub:** Cut the **75g of chilled butter** into cubes. Rub it into the flour using your fingertips until the mixture creates a texture like coarse sand.
  - *Why?* This coats some flour particles in fat, limiting gluten development appropriately for a tender bite (The “Hollywood” Shortcrust Base).
  - *Tech Shortcut:* You can pulse the flour, salt, and chilled butter in a **food processor** (5-7 pulses) to achieve this texture instantly. Transfer to a bowl before proceeding to hydration.

#### 7.4.2.2 2. The Hydration (The “Shaggy Mass”)

1. **Combine Liquids:** Mix the vinegar into the ice water.
2. **Hydrate:** Drizzle the liquid over the flour mixture while fluffing constantly with a fork.
3. **The “Squeeze Test”:** Stop mixing when the dough looks dry and shaggy but holds together when squeezed firmly in your hand. **Do not over-hydrate.** If it looks like smooth cookie dough, it is too wet. You *probably won't use* all the water.
4. **Initial Rest:** Gather the shaggy mass into a loose ball, wrap tightly in plastic, and **refrigerate for 2 hours.**
  - *Why?* This allows passive hydration (autolyse) without mechanical kneading, preventing toughness.

#### 7.4.2.3 3. The Lamination (The Frozen Grate)

1. **Roll:** On a floured surface (or marble slab), roll the dough into a rectangle approx 12x6 inches.
2. **Turn 1:** Take your **Frozen Butter** and a box grater. Grate **1/3 of the frozen butter** directly onto the bottom 2/3 of the dough sheet. Fold the top (unbuttered) third down, and the bottom (buttered) third up over it (like a letter).
  - *Tech Shortcut:* If your food processor has a **grating disk/attachment**, use it! Process the entire frozen block at once. Keep the grated butter in the freezer and sprinkle 1/3 of the pile by hand for each turn. This is superior to hand-grating as it prevents body heat transfer.
3. **Turn 2:** Rotate the dough 90 degrees. Roll out again to 12x6. Grate/Sprinkle the **next 1/3 of frozen butter**. Fold.
4. **Turn 3:** Rotate 90 degrees. Roll out. Grate/Sprinkle the **final 1/3 of frozen butter**. Fold.

#### 7.4.2.4 4. The Refinement (The “Shatter” Turns)

1. **Integrate:** Perform 2-3 more “blind” turns (roll and fold *without* adding more butter).
  - *Why?* This creates the “shattered glass” effect favored by Gordon Ramsay, breaking the butter strands into thousands of micro-layers.
2. **Final Chill:** Wrap and refrigerate for at least 30 minutes before using.

### 7.4.3 Chef's Notes & Troubleshooting

- **Europe vs. America:** American butter has more water (16-18%) than European (14%). **We have reduced the water in this recipe to 110ml to compensate.** If you use European butter (Kerrygold/Plugra), you may need to add that 10ml back to get the dough to come together.
  - **The “Graying” Prevention:** The vinegar isn't just for gluten relaxation; it lowers the pH to prevent the flour from oxidizing and turning gray in the fridge over time.
  - **Troubleshooting - Shrinkage:** If your pastry shrinks significantly in the oven, it wasn't rested enough (gluten tension) or was hydrated too much. Ensure the 2-hour rest is respected.
  - **Troubleshooting - “Pool of Butter”:** If butter leaks out during baking, your oven was likely too cool. Puff pastry needs a “thermal shock” of **400°F+ (200°C+)** to turn water to steam *before* the butter melts out.
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## 7.5 Julia Child's Fluffy Pumpkin Pie

Attribution: Based on [Julia Child's Fluffy Pumpkin Pie Review](#) from Simply Recipes.

### 7.5.1 Yield

Two 9-inch pies (Serves 16)

### 7.5.2 Ingredients

- 2 prepared pie crusts (unbaked), chilled
- 820g (29 oz) pumpkin purée (2 x 15oz cans or 1 x 29oz can)
- 200g (1 cup) granulated sugar
- 220g (1 cup packed) light brown sugar
- 240ml (1 cup) heavy cream
- 180ml (3/4 cup) whole milk
- 5 large egg yolks
- 45ml (3 tbsp) molasses
- 45ml (3 tbsp) spiced rum or bourbon
- 8g (3 tsp) ground cinnamon
- 5g (3 tsp) ground ginger
- 6g (1 tsp) salt
- 0.5g (1/4 tsp) ground nutmeg

- 0.5g (1/4 tsp) ground cloves
- 5 large egg whites

### 7.5.3 Instructions

1. **Preheat:** Place a rack in the center of the oven and preheat to 450°F (230°C). Lightly grease two 9-inch pie pans.
2. **Prepare Crust:** Line the two pie pans with the pie dough, trimming and crimping the edges. The edge should extend about 1/2 inch above the pan. Refrigerate while making the filling.
3. **Make Filling Base:** In a large bowl, whisk together the pumpkin purée, granulated sugar, brown sugar, heavy cream, milk, egg yolks, molasses, rum (or bourbon), cinnamon, ginger, salt, nutmeg, and cloves until well mixed.
4. **Whip Egg Whites:** In a stand mixer with the whisk attachment (or using a hand mixer), beat the egg whites on medium-low speed until foamy. Increase speed and beat until stiff peaks form. Do not over-beat.
5. **Fold:** Add a quarter of the egg whites to the pumpkin mixture and mix to lighten it. Carefully fold in the remaining egg whites until just combined.
6. **Bake:** Immediately divide the filling between the two prepared pie pans and smooth the tops. Place in the oven and bake for 15 minutes at 450°F (230°C).
7. **Reduce Heat:** Without opening the oven, reduce the temperature to 375°F (190°C) and bake for another 15 minutes.
8. **Reduce Heat Again:** Reduce the temperature to 350°F (175°C) and bake for a final 15 minutes. Check for doneness: a thin skewer inserted two inches from the edge should come out clean. If not, bake in 5-minute increments.
9. **Cool:** Turn off the oven, prop the door open slightly with a wooden spoon, and let the pies cool slowly in the oven for 30 minutes. Transfer to a cooling rack to finish cooling. Serve slightly warm or chilled.

### Chef's Notes:

- This recipe relies on the initial high oven temperature (450°F) to set the bottom crust, so parbaking is not required. Ensure your pie dough is well-chilled before baking to prevent shrinking.
- The original recipe calls for 4 egg yolks and 5 egg whites; I have adjusted this to 5 yolks to avoid a leftover yolk and add richness.

## 7.6 Americanized “Old School” Sheet Cake

This recipe captures the nostalgia of classic school dinners with a simple, robust sheet cake and the iconic “Pink Custard” made without specialty powders.

### 7.6.1 Ingredients

#### 7.6.1.1 For the Cake

- 240g (2 cups) All-Purpose Flour (spooned and leveled if using volume measurements)
- 12g (3 tsp) Baking Powder
- 3g (1/2 tsp) Salt
- 227g (1 cup / 2 sticks) Unsalted Butter, softened
- 200g (1 cup) Granulated Sugar
- 4 Large Eggs, room temperature
- 10ml (2 tsp) Vanilla Extract
- 45ml (3 tbsp) Whole Milk

#### 7.6.1.2 For the Thick White Icing

- 300g (2 1/2 cups) Powdered Sugar (Confectioners’ Sugar)
- 45–60ml (3–4 tbsp) Warm Water
- Rainbow Sprinkles (jimmies or nonpareils)

#### 7.6.1.3 For the Homemade “Pink Custard”

- 480ml (2 cups) Whole Milk
- 38g (3 tbsp) Sugar
- 16g (2 tbsp) Cornstarch (Cornflour)
- 5ml (1 tsp) Vanilla Extract
- 1 drop Red or Pink food coloring

### 7.6.2 Instructions

#### 7.6.2.1 The Cake

1. **Prep:** Preheat oven to 350°F (175°C). Grease a 9x13-inch metal baking pan. For easy removal, line the bottom with parchment paper.



2. **The “DIY Self-Rising” Mix:** In a small bowl, whisk together the flour, baking powder, and salt. This ensures the leavening is evenly distributed so your cake doesn’t have “craters.”
3. **Creaming:** In a large bowl, cream the softened butter and sugar together until pale and fluffy (about 3 minutes with a hand mixer).
4. **Combine:** Add eggs one at a time, beating well after each. Stir in the vanilla.
5. **Fold:** Gradually add the flour mixture. Once combined, stir in the milk to reach a smooth, “dropping” consistency.
6. **Bake:** Spread into the pan and bake for 25–30 minutes. A toothpick inserted into the center should come out clean. Cool completely in the pan.

#### 7.6.2.2 The Icing

1. **Mix:** Whisk the powdered sugar and warm water (start with 45ml/3 tbsp, add more if needed) until it’s the consistency of thick toothpaste.
2. **Decorate:** Pour over the completely cooled cake and spread with an offset spatula. Add sprinkles immediately before the icing sets.

#### 7.6.2.3 The Pink Custard

1. **The Slurry:** In a small cup, mix the cornstarch with 45ml (3 tbsp) of the cold milk until it’s a smooth liquid with no lumps.
2. **Heat:** Pour the rest of the milk and the sugar into a saucepan. Heat over medium until it just starts to simmer (steaming, with small bubbles at the edges).
3. **Thicken:** Pour the cornstarch slurry into the hot milk while whisking constantly.
4. **Finish:** Continue to cook for 1–2 minutes as it thickens. Remove from heat and stir in the vanilla and food coloring. It will thicken further as it sits!

#### 7.6.3 Chef’s Notes

- **Internal Temperature:** If you are using an instant-read thermometer, pull the cake when it reaches **200°F (93°C)**. There will be a few degrees of “carry-over” cooking as it cools in the pan, which will bring it to the perfect final temperature (205°F (96°C)) without drying it out.

## 7.7 The Food Charlatan's Snickerdoodles

Attribution: [My Favorite Snickerdoodles](#) by Karen from The Food Charlatan.

These are widely considered the quintessential Snickerdoodles: pillowy soft, tangy from the cream of tartar, and coated in a generous layer of cinnamon sugar. They have that classic “cracked earth” look and a texture that stays soft for days.

### 7.7.1 Yields

2–3 Dozen Cookies

### 7.7.2 Prep Time

20 Minutes

### 7.7.3 Bake Time

8–10 Minutes

### 7.7.4 Ingredients

#### 7.7.4.1 For the Dough

- 350g (2 3/4 cups) All-Purpose Flour (spooned and leveled)
- 8g (2 tsp) Cream of Tartar
- 6g (1 tsp) Baking Soda
- 3g (1/2 tsp) Salt
- 227g (1 cup / 2 sticks) Unsalted Butter, softened
- 300g (1 1/2 cups) Granulated Sugar
- 2 Large Eggs
- 10ml (2 tsp) Vanilla Extract

#### 7.7.4.2 For the Cinnamon-Sugar Coating

- 67g (1/3 cup) Granulated Sugar
- 15g (2 tbsp) Ground Cinnamon

### 7.7.5 Instructions

1. **Prep:** Preheat oven to 350°F (175°C). Line baking sheets with parchment paper or silicone mats.
2. **Dry Mix:** In a medium bowl, whisk together the flour, cream of tartar, baking soda, and salt. Set aside.
3. **Cream:** In a large bowl (or stand mixer), cream the softened butter and 300g (1 1/2 cups) sugar together until light and fluffy (about 2–3 minutes).
4. **Wet Mix:** Add the eggs one at a time, beating well after each. Stir in the vanilla.
5. **Combine:** Gradually add the dry ingredients to the wet mixture. Mix until just combined. The dough will be thick.
6. **Make Coating:** In a small bowl, whisk together the coating sugar and cinnamon.
7. **Shape:** Scoop the dough into 1.5-tablespoon balls. Roll each ball generously in the cinnamon-sugar mixture to coat completely.
8. **Bake:** Place balls 2 inches apart on the baking sheets. Bake for 8–10 minutes.
  - *Visual Cue:* They should look set and puffy, but still soft in the center. The edges should be barely golden.
9. **Cool:** Let cool on the baking sheet for 5 minutes, then transfer to a wire rack. They will deflate slightly and develop their signature crackled surface as they cool.

### 7.7.6 Chef's Notes

- **Cream of Tartar:** This is essential for the signature tangy flavor and chewy texture. If you absolutely cannot find it, you can replace *both* the cream of tartar (2 tsp) and the baking soda (1 tsp) with **3 teaspoons (12g) of baking powder**. *Warning:* The result will be slightly cakier and lack the classic Snickerdoodle tang, but you'll have a decent cinnamon-sugar cookie.
- **Don't Overbake:** These cookies rely on being slightly underbaked to maintain their softness. If they look wet, bake a minute longer. If they look dry, you've gone too far.
- **Internal Temperature:** If you are technically inclined, you can pull these when the internal temperature registers between **175°F - 180°F (79°C - 82°C)**. They will finish setting as they cool.

## 8 Drinks

### 8.1 Boardwalk Lemonade

Attribution: Replicated from Ocean City, NJ boardwalk lemonade.

#### 8.1.1 Ingredients

- 240ml freshly squeezed lemon juice (about 4-6 large lemons)
- 200g granulated sugar
- 960-1200ml cold water (adjust to taste)
- Ice

##### 8.1.1.1 For Garnish

- Optional: lemon slices for garnish

#### 8.1.2 Instructions

1. **Make a Simple Syrup:** In a small saucepan, combine 200g of sugar and 240ml of water. Heat over medium-low heat, stirring until the sugar is completely dissolved. Do not boil. Remove from heat and let it cool to room temperature. This step is crucial for “state fair” quality lemonade, as it prevents a gritty texture from undissolved sugar.
2. **Juice the Lemons:** While the simple syrup cools, squeeze your lemons to get about 240ml of fresh lemon juice. Roll the lemons on the counter before cutting them in half to help extract more juice. Strain out any seeds or excessive pulp if you prefer.
3. **Combine Ingredients:** In a large pitcher, combine the cooled simple syrup and the fresh lemon juice.
4. **Add Water and Adjust:** Gradually add 720-960ml of cold water, stirring well after each addition. Taste the lemonade as you go and adjust the amount of water to achieve your desired level of sweetness and tartness. Some prefer a stronger, more tart lemonade, while others like it sweeter.

5. **Chill and Serve:** For best results, chill the lemonade in the refrigerator for at least an hour before serving. This allows the flavors to meld and ensures it's refreshingly cold. Serve over ice, with lemon slices for garnish if desired.

**Note:** You can add some lemon zest to the syrup for extra flavor. You can also use bottled lemon juice instead of fresh if time is a factor.

## 8.2 Pumpkin Spice Latte

This recipe is based on research to replicate the Starbucks Pumpkin Spice Latte at home.

### 8.2.1 For the Pumpkin Spice Sauce

This recipe makes enough for 6-8 drinks.

#### 8.2.1.1 Ingredients

- 397g (1 can) sweetened condensed milk
- 80g (1/3 cup) pumpkin purée
- 5g (1 tsp) pumpkin pie spice
- 2.5g (1/2 tsp) ground cinnamon
- 5ml (1 tsp) vanilla extract

#### 8.2.1.2 Instructions

1. Combine condensed milk, pumpkin purée, spices, and vanilla extract in a small saucepan.
2. Warm the mixture over medium heat for approximately 4 minutes, whisking continually until the ingredients are completely homogeneous and the mixture is hot, but not boiling rapidly.
3. Remove from heat. Blend using an immersion blender.
4. Allow to cool. Store the concentrate in an airtight container in the refrigerator.

### 8.2.2 For the Latte

This recipe makes one latte.

### 8.2.2.1 Ingredients

- 30-60ml (2-4 tbsp) Pumpkin Spice Sauce
- 14-18g finely ground coffee
- 50-60ml hot water (98°C / 208°F)
- 200-300ml milk

### 8.2.2.2 Garnish

- Whipped cream
- Pumpkin spice topping (cinnamon, ginger, nutmeg, cloves)

### 8.2.2.3 Instructions

1. Place the Pumpkin Spice Sauce into a serving mug.
2. Brew the coffee concentrate using an Aeropress with the hot water, plunging the finished liquid directly into the mug. Stir vigorously to dissolve the sauce.
3. Heat the milk to 60-70°C (140-160°F) and froth using a French Press.
4. Pour the frothed milk over the coffee/sauce mixture.
5. Top with whipped cream and a sprinkle of pumpkin spice topping.

## 8.3 Eggnog

Attribution: [Cyril K. Collins via 256stuff.com](#)

This version is presented as non-alcoholic by default. See the Chef's Notes for the traditional alcoholic preparation.

### 8.3.1 Ingredients

Ingredient	1 Batch (8 Servings)	2 Batches (16 Servings)	3 Batches (24 Servings)
<b>Large Eggs</b> (Separated)	4	8	12
<b>Sugar</b> (Divided)	100g (1/2 cup)	200g (1 cup)	300g (1.5 cups)
<b>Milk</b> (Whole or 2%)	840ml (3.5 cups)	1680ml (7 cups)	2520ml (10.5 cups)
<b>Heavy Cream</b> (Divided)	240ml (1 cup)	480ml (2 cups)	720ml (3 cups)
<b>Vanilla Extract</b>	5ml (1 tsp)	10ml (2 tsp)	15ml (1 tbsp)

Ingredient	1 Batch (8 Servings)	2 Batches (16 Servings)	3 Batches (24 Servings)
<b>Nutmeg</b>	Garnish	Garnish	Garnish

### 8.3.2 Instructions

1. **Separate Eggs:** Carefully separate the egg yolks and whites into two large bowls.
2. **Prepare Yolks:** Beat the egg yolks with **half of the sugar** until light and creamy.
3. **Prepare Whites:** In the other bowl, beat the egg whites until they form stiff peaks. Gradually beat in the **remaining half of the sugar** until the mixture is glossy.
4. **Combine Mixtures:** Gently fold the yolk mixture into the beaten egg whites. Be careful not to deflate the whites.
5. **Add Milk and Vanilla:** Slowly stir in the milk and vanilla extract.
6. **Add Cream:** Stir in **half of the heavy cream**.
7. **Whip Remaining Cream:** In a separate bowl, whip the remaining **half of the cream** until it forms soft peaks.
8. **Fold in Whipped Cream:** Gently fold the whipped cream into the eggnog mixture.
9. **Serve:** Serve chilled or at room temperature with a sprinkle of ground nutmeg.

### 8.3.3 Chef's Notes

- **On Raw Eggs:** This recipe uses raw eggs. If you are concerned about salmonella, it is recommended to use pasteurized eggs.
- **Alcoholic Version:** For a traditional boozy eggnog, **per batch:** replace 480ml (2 cups) of the milk with 240ml (1 cup) of white rum and 240ml (1 cup) of whiskey (Bourbon or Canadian). Add the alcohol along with the remaining milk in step 5.
- **Leftovers:** Leftover eggnog makes excellent French toast batter.