

# **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.

# 1 Breakfast

## 1.1 Good Old-Fashioned Pancakes (Modified)

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

### 1.1.1 Ingredients

- 180g all-purpose flour
- 14g baking powder
- 13g white sugar
- 300ml milk (plus more, as needed, for desired consistency)
- 45ml butter, melted
- 1 large egg

### 1.1.2 Directions

1. Gather all ingredients.
  2. Sift flour, baking powder, and sugar together in a large bowl. Make a well in the center and add milk, melted butter, and egg; mix until smooth. Add additional milk, a little at a time, until the batter reaches a pourable consistency.
  3. 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.
  4. Flip and cook until browned on the other side. Repeat with remaining batter.
  5. Serve and enjoy!
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## 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.

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## 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 Kansai-Style Quarter Sheet Pan Tamagoyaki**

Yields: 4-6 servings Prep time: 10 minutes Cook time: 15-20 minutes

### **1.4.1 Ingredients**

#### **1.4.1.1 For the Egg Base:**

- 4 large eggs
- 1.25g powdered hondashi
- 60ml hot water
- 7.5ml soy sauce (or even less for a very light color)
- 30ml rice vinegar
- 60-90g sugar (Start with 60g and go up if you want it sweeter)

#### **1.4.1.2 For Rolling:**

- Parchment paper
- Cooking spray or butter for greasing

#### **1.4.2 Equipment:**

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

#### **1.4.3 Instructions**

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

1. Preheat your oven to 175°C.
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.

##### **1.4.3.2 Make the Tamagoyaki Mixture:**

1. In a small bowl, dissolve the 1.25g of powdered hondashi in the 60ml of hot water. Stir until completely dissolved.
2. In a large mixing bowl, whisk the eggs until they are light and frothy.
3. In a separate bowl, dissolve the sugar in the rice vinegar.
4. Add the prepared dashi, soy sauce, and the vinegar-sugar mixture to the eggs. Whisk until everything is well combined.

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

1. Pour the egg mixture evenly onto the prepared 23x33-cm pan.
2. Bake for 10-15 minutes, or until the eggs are just set and the center is not “jiggly.” The surface should be slightly spongy to the touch. Be careful not to overbake, as this will make it dry and prone to cracking.

#### **1.4.3.4 Roll and Slice:**

1. Remove the pan from the oven and let the egg sheet cool for about 5 minutes.
2. 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.
3. Let it cool for another few minutes before slicing into 2.5-cm thick pieces with a sharp knife.

## 2 Bread

### 2.1 The Everything Dough Recipe

Attribution: [Brian Lagerstrom](#)

#### 2.1.1 Ingredients

- 450 g (2 c) warm water, 30–32 °C (86–90 °F)
- 7 g (2 ¼ t) instant yeast
- 20 g (1 ½ T) sugar
- 20 g (1 ½ T) olive oil
- 15 g (2 ½ t) salt
- 680 g (3 ¾ 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. Wet your hands and gently squeeze the dough until it is homogenous.

#### 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:

1. Transfer the dough container to the refrigerator.
  2. The dough can be stored in the fridge for up to 7 days.
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## 2.2 Homemade Naan (Modified)

Attribution: Based on the [Homemade Naan recipe](#) from Once Upon a Chef.

### 2.2.1 Ingredients

- 240-360g all-purpose flour
- 13g sugar
- 3g instant dry yeast/rapid-rise yeast
- 6g salt
- 45ml plain Greek yogurt
- 30ml extra virgin olive oil
- 180ml warm water (about 38°C / 100°F)

#### 2.2.1.1 For Brushing

- 30ml melted salted butter (for brushing on finished naans)
- 3g dried parsley (optional)

### 2.2.2 Instructions

1. **Mix the dry ingredients:** In a large bowl, whisk together the flour, sugar, yeast, and salt.
2. **Mix the wet ingredients:** In a separate medium bowl, whisk together the Greek yogurt, olive oil, and warm water.
3. **Combine and stir:** Add the yogurt mixture to the dry ingredients and mix with a fork until the dough starts to come together.
4. **Knead:** Dust your hands with flour and gently knead the dough, adding more flour as needed (up to an additional 120g), until it forms a soft, slightly sticky ball that pulls away from the sides of the bowl. Stop kneading as soon as it comes together.

5. **Rise:** Lightly oil a clean bowl, transfer the dough to it, and cover with plastic wrap or a damp kitchen towel. Let the dough rise in a warm place for 1 to 1½ hours, or until it has about doubled in size.
6. **Prep and divide:** Dust a work surface with flour. Turn the risen dough onto the floured surface, shape it into a long rectangle, and cut it into six equal portions.
7. **Heat the skillet:** Heat a large cast iron or heavy nonstick skillet over medium-high heat until it is very hot.
8. **Roll and cook:** While the skillet heats, roll one of the dough balls into an oval shape about ½-inch (3mm) thick. Gently place the dough in the hot, dry skillet. Cook until bubbles form and the bottom is browned in spots (a few minutes). Flip the naan and cook for another 1-2 minutes until the bottom is lightly browned and blistered.
9. **Finish and serve:** Remove the naan from the skillet and brush with melted butter. Repeat with the remaining dough balls. Sprinkle with dried parsley, if desired, and serve warm.

### 2.2.3 Notes on Modifications

- **Anise Seeds:** The anise seeds were an optional ingredient in the original recipe, so they have been removed completely.
- **Greek Yogurt:** Greek yogurt is thicker than regular plain yogurt. The recipe uses the same amount, which should work fine.
- **Dried Parsley:** Dried herbs are more potent than fresh ones. A general rule of thumb is to use one-third the amount of dried herbs as you would fresh. The original recipe called for 1 tablespoon of fresh parsley, so this recipe uses 1 teaspoon (now 3g) of dried parsley.
- **Flour:** Added up to 120g more flour to help the dough pull away from the bowl.

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## 2.3 Jay's Signature Pizza Crust

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

### **i** 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.
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## 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)
- 30ml 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.** Arrange a rack in the middle of the oven, remove any racks above it, and heat the oven to 220°C 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 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 NYT No Knead Bread Recipe

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

### **i** Note

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

## **2.5.1 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

## **2.5.2 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 450F.
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.

## 3 Sauces & Marinades

### 3.1 Korean BBQ Marinade for Chicken Thighs

This recipe is designed for approximately 2.7 kg of boneless, skinless chicken thighs and uses common pantry items for a delicious, spicy Korean-style marinade perfect for the grill.

#### 3.1.1 Ingredients

- 180ml soy sauce
- 50g brown sugar
- 30ml sesame oil
- 15ml ginger paste
- 2g red pepper flakes (or to taste, for desired heat)
- 150g of chopped onions
- 100g of sliced mushrooms
- 2.7 kg boneless, skinless chicken thighs

#### 3.1.2 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 the 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, to allow the flavors to meld.
  5. When you're ready to cook, preheat your grill to medium-high heat.
  6. Grill the chicken for 6-8 minutes per side, or until cooked through and nicely charred.
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## 3.2 Peri-Peri Chicken Thighs (Scaled for 3.5 kg)

This recipe makes a vibrant and flavorful peri-peri chicken, perfect for grilling. It's designed for boneless, skinless chicken thighs, and features a unique blend of spices including dried jalapeño flakes, Kashmiri red pepper, and ginger.

- **Yields:** 3.5 kg of chicken (approx. 7-10 chicken thighs)
- **Prep time:** 20 minutes (plus 4-24 hours marination)
- **Cook time:** 15-20 minutes per batch

### 3.2.1 Ingredients

#### For the Marinade:

- 30-40 ml (approx. 20-25 g) dried jalapeño flakes (see note 1)
- 2-3 large red bell peppers
- 25-35 g minced garlic (see note 2)
- 150 ml rice wine vinegar (see note 3)
- 30-60 ml lemon juice (see note 7)
- 150 ml olive oil (or neutral oil)
- 10-12 g Kashmiri red pepper powder (see note 4)
- 3-4 g cayenne powder (see note 5 - adjust to taste)
- 8-10 g onion powder
- 8-10 g dried oregano
- 8-10 g salt (adjust to taste)
- 3-4 g black pepper
- 5-7 g sugar
- 8-10 g ginger paste (see note 6)
- Medium handful of fresh cilantro or parsley (optional)

#### For the Chicken:

- 3.5 kg boneless, skinless chicken thighs

### 3.2.2 Instructions

#### 1. Prepare the Marinade:

- *Prepare Dried Jalapeño Flakes:* If your dried jalapeño flakes are very coarse, you can give them a quick pulse in a spice grinder or mortar and pestle. They do not typically require rehydration as they will soften in the marinade.

- Combine the dried jalapeño flakes, red bell peppers, minced garlic, rice wine vinegar, lemon juice, olive oil, Kashmiri red pepper powder, cayenne powder, onion powder, dried oregano, salt, black pepper, sugar, ginger paste, and optional fresh herbs in a blender or food processor (you may need to blend in batches depending on blender size).
- Blend until the mixture is completely smooth. You can use a small amount of water or the jalapeño soaking liquid (if you rehydrated whole dried jalapeños) if needed to achieve a smooth consistency.
- Taste the marinade and adjust seasonings (salt, sugar, and especially heat from cayenne) to your preference.
- Reserve about 1/4 of the marinade for basting during grilling and for serving with the cooked chicken. Do not use the reserved marinade on raw chicken to avoid cross-contamination.

## **2. Marinate the Chicken:**

- Trim any excess fat from the chicken thighs.
- Place the chicken thighs in several large resealable plastic bags or large shallow dishes (you will likely need multiple).
- Pour the main portion of the marinade over the chicken, ensuring each piece is thoroughly coated.
- Seal the bags or cover the dishes and refrigerate for a minimum of 4 hours, and ideally 8-24 hours for the best flavor penetration.

## **3. Barbecue the Chicken:**

- Take the chicken out of the refrigerator about 30 minutes before grilling to allow it to come to room temperature.
- Preheat your grill to a two-zone setup: one side on medium-high heat (direct heat) for searing, and the other side on low to medium heat (indirect heat) for cooking through. Lightly oil the grill grates.
- Place the chicken thighs on the direct heat side of the grill in batches to avoid crowding. Sear for 2-3 minutes per side to get a nice char.
- Move the chicken to the indirect heat side of the grill. Close the lid and continue to cook for 10-15 minutes, or until the internal temperature reaches 74°C (165°F).
- During the last few minutes of cooking, you can baste the chicken with the reserved marinade for extra flavor.
- Once cooked, remove the chicken from the grill and let it rest for 5-10 minutes before serving.

### **3.2.3 Notes on Substitutions and Ingredients:**

1. **Dried Jalapeño Flakes:** We are assuming you have dried, crushed jalapeño flakes. If using whole dried jalapeños (which would be approximately 7-9 whole dried peppers

for 3.5 kg of chicken), they should be rehydrated by soaking in boiling water for 20-30 minutes before blending. Fresh jalapeños can also be used, but the dried ones provide a more concentrated, smoky flavor.

2. **Minced Garlic:** This is a direct substitution for garlic cloves. Approximately 1 teaspoon of minced garlic (5g) per medium clove.
  3. **Rice Wine Vinegar:** This was used as a substitute for sherry or red wine vinegar. It offers a milder, slightly sweeter acidity.
  4. **Kashmiri Red Pepper Powder:** Used for its vibrant color and mild, aromatic heat. If not available, regular paprika can be used, but the color may be less intense.
  5. **Cayenne Powder:** Used for adjustable heat. This is a potent spice, so start with a small amount and add more to taste. You can also use red pepper flakes if preferred, but cayenne provides a more uniform heat throughout the marinade.
  6. **Ginger Paste:** This was an addition for an extra layer of warmth, zest, and aromatic complexity. It pairs wonderfully with the other flavors.
  7. **Lemon Juice:** This measurement assumes the use of readymade lemon juice. If using fresh lemons, the yield can vary, but typically 1-2 lemons will provide approximately 30-60 ml of juice.
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## 3.3 Simplified Pasta Sauce

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

### 3.3.1 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)

#### 3.3.1.1 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

### 3.3.2 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.

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## 3.4 Exquisite Pizza Sauce (Modified)

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

### 3.4.1 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

#### 3.4.1.1 Spices

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

#### 3.4.2 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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### 3.5 Instant Pot Apple Butter

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

#### 3.5.1 Ingredients

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

### **3.5.2 For the spice substitute**

#### **3.5.2.1 For the Pot**

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

### **3.5.3 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.

## 4 Main Courses

### 4.1 My take on a “medieval” stew

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.

#### 4.1.1 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:** Use starches like flour, cornstarch, rice, or potatoes to thicken the stew.
- **Flavor:** Rely on a base of vegetables, herbs, and spices rather than high-purine meat broths.

#### 4.1.2 1. Building the Flavor Base (The Sauté)

This is the most important step for a rich, deep flavor. This is where you start your stew.

- **Fats:** 15-30ml of olive oil.
- **Aromatics:** Always start with these. Finely chop onions, shallots, or garlic. Sauté them until they are soft and translucent.
- **“Long-Cooking” Vegetables:** These need a head start to become tender. Add these after the aromatics and sauté them for a few minutes.
  - Carrots
  - Celery
  - Parsnips
  - Turnips
  - Hard squash (like butternut or pumpkin)

### 4.1.3 2. Adding the Protein and Spices

Once your flavor base is sautéed, it's time to bring in the main ingredients.

1. **Protein:** Add your cubed chicken or turkey. Sauté it until it's lightly browned on all sides. This adds a great layer of flavor.
2. **Dry Spices:** Add your spices now, such as paprika, cumin, oregano, black pepper, and a very small amount of cloves or cardamom. Sautéing the spices for about a minute will "bloom" them and release their full aroma.
3. **Thickener (if using flour):** Sprinkle about 30ml of flour over the ingredients. Stir constantly for 1-2 minutes until it coats everything and forms a paste.

### 4.1.4 3. The Simmering Stage

Now you add the liquid and the ingredients that need a long time to cook through.

1. **Liquid:** Slowly pour in your unsalted broth or water, stirring to prevent any lumps from forming if you used flour. Add enough liquid to just barely cover the ingredients.
2. **"Hard" Ingredients:** Add any ingredients that require a long cooking time to become tender and help thicken the stew.
  - Potatoes (cut into large chunks)
  - Rice (120ml is a good start)
  - Bay leaves
3. **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 30-45 minutes.

### 4.1.5 4. Finishing the Stew

Towards the end of the cooking process, add the ingredients that cook more quickly.

1. **"Quick-Cooking" Vegetables:** These will become mushy if added too early. Add these 15-20 minutes before the stew is done.
  - Bell peppers
  - Cabbage
  - Zucchini or summer squash
  - Mushrooms
2. **Remaining Thickener:** If you didn't use flour and the stew isn't as thick as you want, mix cornstarch with a little cold water to make a slurry. Stir it in and simmer until thickened.

3. **Seasoning and Fresh Herbs:** Once the stew is ready, remove the bay leaves. Taste and add salt as needed. Stir in fresh herbs like chopped parsley or basil to add a bright flavor.
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## 4.2 Karachi Chicken Karahi

### **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.
- This is a lot of oil. Evidently the oil separation (or “tarka”) is a desired visual cue in a good karahi. We don't like it, so I'll probably cut the amount of oil in future versions, but this does make frying in a wok easier.
- This recipe is scaled to a can of tomato paste. This is because:
  - Tomato paste is already cooked, so you don't need as much time to develop the tomato flavor.
  - Chicken available in America has a lot more water than desi chicken. Using tomato paste instead of tomatoes or tomato sauce helps us keep the dish from getting watery.
  - This isn't a lot of tomato paste, but cooking it first gets the maximum amount of flavor from the one can. If you don't cook it first, you'll probably want a second or third can.
- To this end, I may cut the amount of water even further. It should be just enough to let everything stew together without burning. Admittedly I'm aiming for a dryer karahi, and I understand regional variations exist.

### 4.2.1 Ingredients

- **Chicken:** 1.6 kg 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

#### 4.2.1.1 Spices:

- **Salt:** 12-18g
- **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!*

#### 4.2.1.2 Garnishes:

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

#### 4.2.2 Instructions

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.
  3. **Add Aromatics:** Add the minced ginger and garlic. Cook for 1-2 minutes until fragrant.
  4. **Fry the Chicken & Initial Spices:** Add the chicken pieces to the wok. Increase the heat to high. Add the coriander powder, 6g of cumin powder, red chili, and black pepper. 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. Stir, then cover and cook for 15-20 minutes, or until the chicken is tender. The sauce should be thick.
  6. **Final Touches:** 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. If there is an excessive amount of oil, you can carefully tip the wok and spoon some of it out.
  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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## 4.3 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.

### 4.3.1 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)

#### 4.3.1.1 Optional Ingredients

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

#### 4.3.1.2 Toppings

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

### 4.3.2 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.



### 4.3.3 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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## 4.4 Baotze (Chinese Steamed Buns)

Attribution: Karl and Jennifer Hsu

### 4.4.1 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

#### 4.4.2 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.

#### 4.4.3 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).

#### 4.4.4 Steam

1. Steam for 10 minutes.
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### 4.5 Cha Cha's White Chicken Chili (Modified)

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

#### 4.5.1 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)

#### 4.5.2 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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## 4.6 Instant Pot Butter Chicken (Modified)

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

#### 4.6.1 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 butter, cut into cubes
- 120ml heavy (whipping) cream or alternative (see notes)

#### 4.6.2 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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### 4.7 Mini Man Burgers with Grilled Onions (Modified)

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

#### 4.7.1 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

#### 4.7.2 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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## 4.8 Dal Makhani

### 4.8.1 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

- **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

#### 4.8.2 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 Side Dishes

### 5.1 Smoked Paprika Boston Baked Beans

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

#### 5.1.1 Ingredients

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

##### 5.1.1.1 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

#### 5.1.2 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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## 5.2 Red Lobster Cheddar Biscuits

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

### 5.2.1 Yield

24 small biscuits (Serves 12)

### 5.2.2 Prep Time

10 mins

### 5.2.3 Cook Time

15 mins

### 5.2.4 Total Time

25 mins

### 5.2.5 Ingredients

#### 5.2.5.1 For the Biscuits

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

#### 5.2.5.2 For the Topping

- 30ml butter, melted
- 5g dried parsley (Optional)
- 3g garlic powder (Optional)

### 5.2.6 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.
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## 5.3 Sushi Rice

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

### **5.3.1 Ingredients**

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

#### **5.3.1.1 For the Seasoning:**

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

### **5.3.2 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.

## 6 Desserts

### 6.1 1-2-3-4 Cake

Attribution: [Allrecipes](#)

#### 6.1.1 Ingredients

- 225g butter
- 400g white sugar, divided
- 360g cake flour
- 4 egg yolks, room temperature
- 4 egg whites, room temperature
- 8g baking powder
- 240ml milk, room temperature
- 5ml vanilla extract

#### 6.1.2 Instructions

1. Preheat the oven to 175°C (350°F). Grease and flour three 23-cm round pans.
2. Beat butter and 200g of sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
3. In a separate bowl, beat egg yolks well, then add to the butter mixture.
4. Sift together flour and baking powder. Add alternately with the milk to the butter-sugar mixture. Beat well. Add vanilla.
5. Beat egg whites until stiff but not dry. Add the remaining 200g of sugar to the egg whites. Fold into cake batter. Divide evenly into prepared pans.
6. Bake in the preheated oven for 25 minutes.

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### 6.2 Vanilla Pudding

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

### **6.2.1 Yield**

6 to 8 servings (about 960ml)

### **6.2.2 Prep Time**

10 min

### **6.2.3 Inactive Time**

4 hr

### **6.2.4 Cook Time**

10 min

### **6.2.5 Ingredients**

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

### **6.2.6 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.

### 6.2.7 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.

# 7 Drinks

## 7.1 Boardwalk Lemonade

Attribution: Replicated from Ocean City, NJ boardwalk lemonade.

### 7.1.1 Ingredients

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

#### 7.1.1.1 For Garnish

- Optional: lemon slices for garnish

### 7.1.2 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.