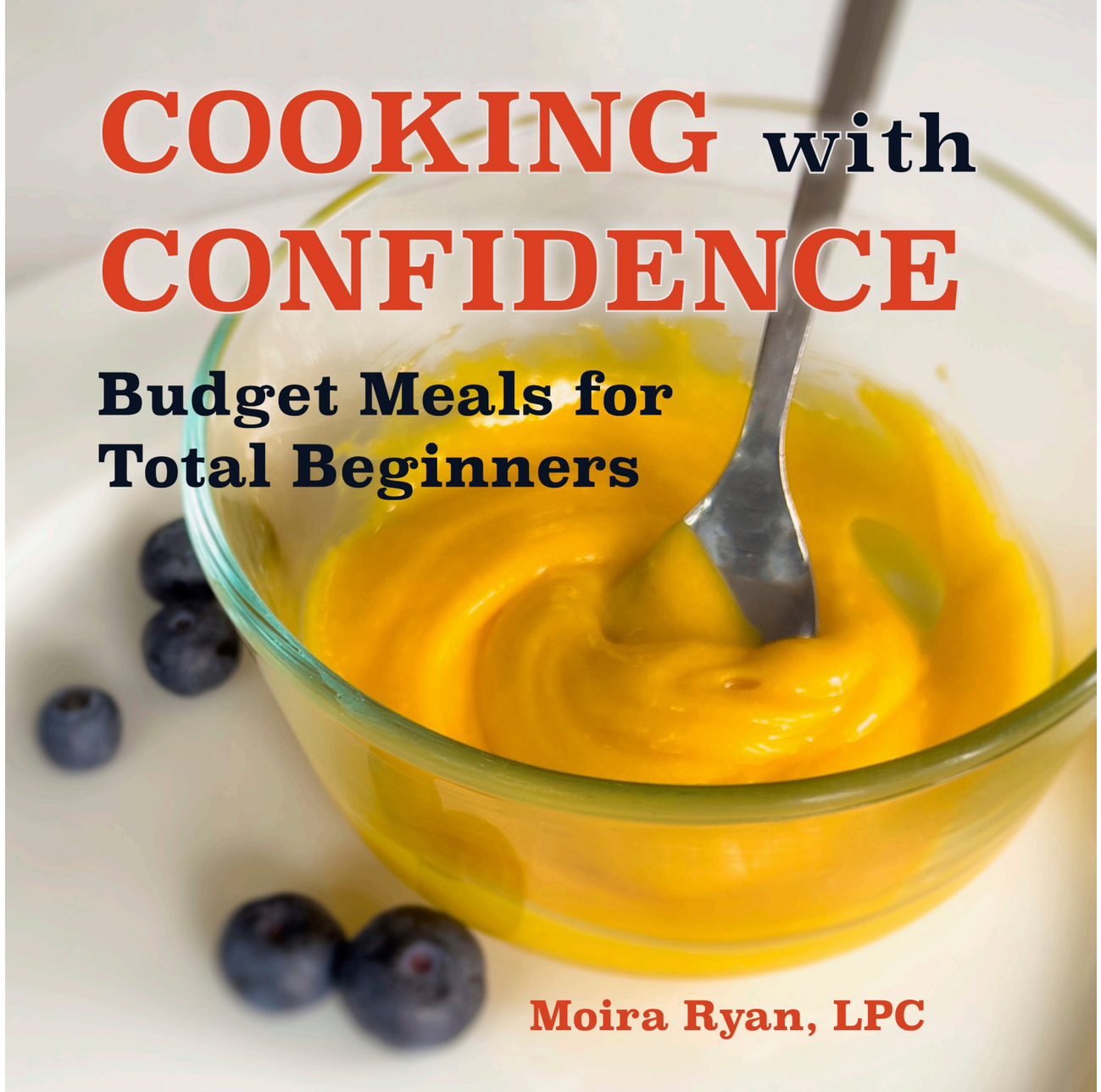

COOKING with CONFIDENCE
Budget Meals for Total Beginners
Moira Ryan, LPC

Hi friends!

This cookbook is not for everybody. It's not for folks lucky enough to already know they're awesome cooks. Nope, this cookbook is just for those of us who *don't yet know how great we are about to be at treating ourselves.*

This cookbook is for those of us who've been taught to think that we're not any good at cooking, so "why bother?" It's for the parts of us that think "TV dinners are better than I'll ever make," "Why bother cooking when it's just for me?" or "I get along ok eating what I know; why change?" Answer: because it feels good and you deserve good things THE END.

As with any cookbook, write all over this one. Next time you try something out and you hate it, put a big black X through that page. Next time you try something out and it does work, bookmark it. Cross out "oregano" if you hate oregano, and write in "cumin" instead. Add bacon to everything you want! In this way, a recipe becomes your own. Your cooking, with time and practice, becomes *yours*.

For the past ten years, I've facilitated cooking classes for single folks in recovery living on food stamps. I've learned a lot from my clients - they've been wonderfully honest about what's worth their time trying out.

Things you won't find here:

- meals that aren't budget-friendly
- meals that are too simple to bother with (like "one ingredient banana ice cream")
- recipes with too much prep work (chopping for more than ten minutes gets old)
- meals that are salads

One more thing: It's more fun to veer wildly around kinds of meals - pizza one week, followed by soup the next, then eggs. However, practicing this way isn't the most helpful in really feeling successful at learning to cook. Practicing one cheap, basic idea a few times in a row seems to do wonders for growing a feeling of cooking confidence. For that reason, we're organizing each chapter here around learning a basic idea, and then practicing variations of that idea over the following recipes toward building a skill set and increasing trust in yourself. You do you, but: much like learning a new word, if you make a basic recipe three times, *you own it*.

Don't worry too much about making the healthiest or prettiest meal (unless you enjoy that kind of pressure). Instead, consider giving yourself permission to focus on how great you're getting at *learning what you like* and practicing *treating yourself* like the awesome cook that you are about to become!

Have fun!

Moira
Portland, Ore.
March 2023

Take a moment to consider…

1) Which thing do you like or care about more when you are cooking a meal?

PIZZA	or	PLAIN TOAST
ADVENTUROUS	or	FAMILIAR
QUICK AND EASY, PLEASE	or	I ENJOY THE PROCESS
JUST SALT AND PEPPER	or	HERBS AND SPICES, TOO

2) Rate each item in order (1 = most important, 5= least important to you)

_____ Learning how to put together flavors

_____ Learning new techniques and recipes

_____ Doing something nice for myself

_____ Having a delicious meal

_____ Having a healthy meal

3) How confidant are you with cooking in general?

I CAN BOIL WATER! I'M OK I'M PRETTY GOOD I ROCK!!!



pantry basics

Must Have

- [ ] Fat
  (oil, butter, or ghee)
- [ ] Wine vinegar
  (white and red)
- [ ] Salt + Pepper
- [ ] Flour
- [ ] Sugar, honey or syrup
- [ ] Measuring cups + spoons
- [ ] Chef's knife
  (nobody needs more than one)

Really Nice to Have

Keep a lookout for these pictures throughout this book

- [ ]  Frying pan / skillet
  (you could use a pot instead)
- [ ]  Pot with a lid
  (you have to have a pot or a pan)
- [ ]  Baking pan / pie plate
  (you could use an oven-proof pot/skillet)
- [ ]  Colander / strainer
  (you could carefully pour out water)
- [ ]  Cheese grater
  (you could mince by hand)
- [ ]  Vegetable peeler
  (you could use a knife)
- [ ]  Blender
  (well… you could use a knife)
- [ ]  Food storage containers

What to Do with Fruit 8

What to Do with Vegetables 50

Cooking with Red Sauce 80

More Delicious Dips + Sauces 108

Eggs 126

Pizza 160

Pasta 178

Tortillas 208

Rice 224

Soup 248

Dumplings for Days 264

Fried Food 282

A Little Dessert Everyday 310

Rainy Day: Fresh Bread 347





what to do with fruit

Produce is cheapest and most delicious when it’s “in season.” (This is also when fresh fruits are more likely to be in a food box.) No hate for canned or frozen fruit, though!

Produce Prices

Averaged from two Portland-area grocery stores
Keep in mind prices change frequently!

Grapefruit	**$1 per pound**	Berries	$4 per half-pint
Orange	$1 per pound	**Melons**	**$2 per pound**
Tangerine	**$5 per bag**	Apricots	$1 per apricot
Kiwi	$.50 per kiwi	**Cherries**	**$3.50 per pound**
Pineapple	**$4 per pineapple**	Pear	$1 per pear
Strawberry	$4 per pint	**Grape**	**$2.25 per pound**
Peach	**$.80 per peach**	Apples	$1.50 per pound



shopping tips

How do you know if you like something if you haven't tried it? If something's in a cool-looking recipe, but you're note sure if you like the ingredient (or if it's too expensive), you won't make the recipe. So do a little research. Next time you're shopping, buy a little of something new and make a note. How pricey is it? How's it taste? Is the texture too weird? Is canned just as tasty as fresh?

When buying fresh fruit:

1. If it's priced by the pound, you are *not* obligated to buy the whole bag of cherries (or bunch of bananas, or whatever). Grab a few and bag.
2. Usually, soft and heavy-feeling (not mushy) = more ripe. Feel everything! And whatever you buy, keep it on the counter for a few days to let it ripen.
3. When a fruit is in season, there will be more *kinds* of this fruit at the store. For instance, in winter, you can find sumo oranges, cara cara oranges, minneolas, blood oranges… Check the produce section often to try new things. You deserve a treat!



winter

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on plain?	Might be good with...
Grapefruit	☐	☐	☐	
Orange	☐	☐	☐	
Tangerine/“cuties”	☐	☐	☐	spinach + feta salad
Kiwi	☐	☐	☐	



spring

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on plain?	Might be good with…
Pineapple	☐	☐	☐	
Strawberries	☐	☐	☐	



summer

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on plain?	Might be good with…
Peach	☐	☐	☐	
Apricot	☐	☐	☐	
Berries	☐	☐	☐	
Melons	☐	☐	☐	
Cherries	☐	☐	☐	



fall

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on plain?	Might be good with…
Pears	☐	☐	☐	
Grapes	☐	☐	☐	
Apples	☐	☐	☐	



Also known as Müesli (“myself”) or d’Spsys (“the dish”), this is an idea of combining oats, seeds, nuts, and fruit invented by a Swiss doctor around 1900. Close your eyes, taste, and you could be on a mountaintop covered with flowers, surrounded by goats!

Fruit + Granola

1. Don’t buy more than you need



Check the bulk foods aisle and look at prices. (Today, slivered almonds, pumpkin seeds, and dried blueberries were the cheapest nuts, seeds, and dried fruits.) This recipe makes about four cups of granola.

2. Measure ingredients into 1 pot and 1 bowl

Mix oats, nuts, seeds, salt, and coconut flakes in a bowl. Meanwhile, stir sugar, syrup, and oil in a pot over medium-low heat until the sugar dissolves. (It’s dissolved when you can’t see any specks of sugar granules.)

3. Mix + bake until dry

Pour hot liquids into dry ingredients and stir to combine.

Put in a 300-degree oven on a baking sheet for 20 minutes, then stir again. Bake 20 more minutes, or until golden and dry. Cover with a lid or foil; should be good for one month. Mix in fruit and store in a covered bowl. Eat in the morning with yogurt and fresh fruit, with milk like cereal, or plain, by the handful.

OATS, NUTS + SEEDS

- 1 1/3 cup rolled oats
- 1/2 cup any nuts
- 1/3 cup any seeds
- 1/2 cup coconut flakes
- 1 tablespoon salt

SAUCE

- 1/2 cup oil
- 3 tablespoons maple syrup or honey
- 3 tablespoons sugar

TOPPING

- 1/4 cup dried fruit



Fruit Snack

Circle what you like. Draw connecting lines to remember flavors you like to taste together.

bananas	yogurt (and maybe granola)
canned pineapple	Tajín (or chili powder, lime + salt) *(a Mexican tradition)*
canned oranges	peanut butter
pear slices	jalapeño, garlic, cilantro + salt *(a Trinidadian tradition)*
mangos	cheddar or blue cheese
plums	honey
kiwi fruits	canned milk
apple slices	cinnamon sugar
strawberries	balsamic vinegar + black pepper *(an Italian tradition)*





easy-peasy smoothies

Bought too much fresh fruit? Chop it into bite-sized pieces, stick it in a zip-loc, and throw it in the freezer! It’ll make a great smoothie next month :)



Morir Soñando

(In Spanish, “To die dreaming”)
A treat from the Dominican Republic

- 1/2 cup canned evaporated milk
- 1/2 cup orange juice
- 2 tablespoons sugar

1. **Stick milk in the fridge until cold**

2. **Shake everything together until freezing**

   Use something with a tight-fitting lid. Add several ice cubes and shake for about a minute, until your hand feels very cold. Then take out the ice cubes and enjoy.



Limonada de Coco

Summer in a glass from Columbia

- 1/2 can (14oz) coconut milk
- 2-3 tablespoons sugar
- pinch salt
- 1-3 tablespoons lime juice

1. **Stick milk in the fridge until cold**

2. **Shake everything together until freezing**

Use something with a tight-fitting lid. Add several ice cubes and shake for about a minute, until your hand feels very cold. Then take out the ice cubes.

Taste, and see if you'd like to add more lime or sugar.

You can definitely drink this just like this - a summery agua fresca. You can also blend up the drink with ice to make a thicker smoothie. We really liked plopping in some pineapple or melon for added texture, but it's flavorful enough as is.



Refreshing Yogurt Drinks

11th century drinks from Turkey, Iran, and India

1. If making lassi, chop your fruit

Or, use frozen chunks. Just don't include mango peel or strawberry greens. You will need a blender for lassis.

2. Shake everything together until freezing

Use something with a tight-fitting lid. Add several ice cubes and shake for about a minute, until your hand feels very cold. Then take out the ice cubes.

Taste! Does it need water (to thin it)? Would more salt or spice help, or more honey? (If you're making doogh and want to make it as they do in Afghanistan, add half a diced cucumber for extra crunch and flavor.)

These are especially delicious with a spicy meal.

AYRAN

- 1 cup plain yogurt
- 1/2 cup seltzer
- big pinch salt

DOOGH

- 1 cup plain yogurt
- 1 cup seltzer
- 1/2 teaspoon dried mint
- big pinch salt

SWEET LASSI

- 1 cup plain yogurt
- 1/2 cup milk
- 1/4 cup mango or strawberries
- honey or sugar to taste
- *optional:* big pinch ground cardamom





Milk Smoothie

LIQUID

- mixture of yogurt and/or milk to cover everything

FRUIT

- big handful frozen fruit

OPTIONAL EXTRA FLAVOR

- honey to taste

Juice Smoothie

LIQUID

- orange/apple juice to cover everything (or pineapple juice from the can)

FRUIT

- big handful frozen fruit
- *optional:* 1/4 cup pineapple chunks, mandarin slices, or other canned fruit



Good Morning Juice

YOUR CHOICE:

- 1 can mandarin oranges
- 1/2 a cantaloupe + honey
- 2 apples + lemon juice
- 1/4 a watermelon + lime juice
- 1 can pineapple + cilantro + lime

Peel, de-seed, and chop before blending.

Strain out fibrous pulp, if you like.

Strain two more times, if you're fancy.

Add water to thin it to your liking.







Green Smoothie

FRUIT

- 1/2 a frozen banana

EXTRA FLAVOR

- brown sugar to taste

PROTEIN

- huge spoonful peanut butter
- enough milk to cover everything

VEGETABLES

- big fistful spinach or kale



recipe basics

Fruit

Frozen berries are a great source of fiber and vitamin C. Frozen peaches or pineapple are delicious. Peel and bag some bananas and throw those in the freezer to add creaminess to your smoothie. Frozen fruits last for months, and you'll only use a handful per smoothie. (Fresh fruit works great, too.)





Liquid

Cow's milk is great for vitamin D, calcium, and protein. Non-dairy milk is delicious. Apple or orange juice also offer potassium and fiber. Yogurt can help thicken the smoothie (and help your digestion), if you like. Play around with how thick you like your smoothies.

Extra Flavor/Nutrition

Nut butter is delicious, and a tablespoon contains a good amount of fiber and protein. Avocado adds creaminess. Spinach is great for iron, magnesium and fiber. Kale is great for vitamins C and A. When liquified, greens don't have much of a taste.



Notes for next time...





Future Smoothie #1

Fruit _____

Liquid _____

Extra flavor (if any) _____

Vegetables / Protein (if any) _____



Future Smoothie #2

Fruit _____

Liquid _____

Extra flavor (if any) _____

Vegetables / Protein (if any) _____



cozy fruit compotes

(Hint: *Compote* just means something cooked in a syrup.)

Fruit is full of fiber and nutrients. Also, it's pretty good! Next time you're having yogurt, waffles, or dosas, consider adding some nice warm fruit. Yummmm!!





Spiced, Sautéed Any Fruit

1. **Prepare your fruit**
   Peel an apple and chop it thin. (Make sure to cut out the seedy middle.) If you prefer, a peach, a handful of cherries, or an orange will be delicious.

2. **Sauté with water, juice and sugar**
   Place your fruit, with **1/4 cup water, 1 teaspoon fruit juice, and as much sugar as you like**, in a pot over medium heat. Stir occasionally, and smash with the back of a spoon if you want a sauce. Add 1/2 teaspoon cornstarch plus 1 tablespoon water if you want a thicker sauce. Add a little more water if it dries out. Add **1/4 teaspoon cinnamon, allspice, and/or ginger**, if you like.



Roasted Any Fruit

1. **Preheat oven to 400 degrees**

2. **Add flavor and bake**
   Put 1/2 cup same-size-chopped fruits on a baking tray. Pour in liquids and as much sugar (or honey or syrup) as you like over top to add flavor and keep things moist.
   Option 1: 1 teaspoon water plus 1 teaspoon balsamic vinegar
   Option 2: 1 teaspoon water plus 1 teaspoon orange, apple, lemon, or lime juice.
   Option 3: sour cream (a Russian tradition - use enough to coat, more if you like)
   Cook until warm, or you can wait until the fruit melts into a jam.

   Q: Can you cook this on stovetop?

   A: Yup! Just stir everything in a pot over medium heat.





Broiled Grapefruit

1. **Add flavor to your fruit**
   Preheat oven to broil. Trace the outline of the triangular fruit segments with a knife. (This makes the fruit easier to eat.) If it won't sit still on a baking sheet (cut-side up), cut a thin slice off the bottom of it. **Add either 2 tablespoons brown sugar and a big pinch cinnamon (if you want it sweet), or 1 teaspoon olive oil and a big pinch red pepper flakes (if you want it savory)**.

2. **Broil!**
   Bake for 10 minutes, or until the top of the dish begins to brown. Eat while warm!



Warm Spiced Pineapple

1. **Prepare your fruit**
   You can use pre-cut pineapple spears, or pineapple chunks from a can. If using a whole pineapple, just chop off all the skin and get rid of the tough inner core.

2. **Sauté with butter and honey**
   Heat **1-2 tablespoons butter** in a pan over medium heat. Add 2 pineapple spears or one drained tin of pineapple chunks to the hot pan. After minute, begin turning fruit over. Cook 3-10 minutes, until browned on all sides. (Large pieces cook slower than tiny pieces.) Then add **1 teaspoon of honey, 1/4 teaspoon of cinnamon, and an optional teaspoon of lime juice**. Stir until flavors combine.



Akwadu

A breakfast bake from Equatorial Guinea

1. **Add flavor to your fruit**
   Preheat oven to 400 degrees. Cut banana in half lengthwise to create two long strips. Chop **1 tablespoon butter** into pieces and place on top. Drizzle over top: **1 tablespoon orange juice, 2 tablespoons brown sugar, 1/4 teaspoon cinnamon, and 2 tablespoons dried coconut.**

2. **Bake!**
   Bake for 10 minutes, or until the top of the dish begins to brown. Eat while warm!





Any Fruit You Like, Cooked

1. **Make some choices**
   Decide if you'd like to use fresh, frozen, or canned fruit. Decide if you'd like to bake or broil your fruit in the oven, or sauté your fruit on stovetop. Look at page 47 and decide what might taste good with your fruit. Chop your fruit however you like.

2. **Cook!**
   It's done whenever you want it to be done. (Taste to see if it needs anything.) Smash it with a spoon (or use a blender) if you want it smooth like sauce.



Any-Fruit-You-Like Crisp

1. Mash your dough together



Chop your butter small. (This helps to warm it up, which makes the next part easier.)

Use your hands to mash all the topping ingredients together in a bowl.

2. Layer + bake



Unless you're using small berries, chop your fruit into bite-size pieces. (This helps everything cook in the same amount of time - so some parts aren't undercooked.) Toss with sugar and lemon juice.

Layer topping over fruit in a baking tray and bake at 375 degrees until the topping is golden-brown, about 45 minutes.

DOUGH

- 4 tablespoons oats
- 2 tablespoons butter
- 2 tablespoons brown sugar or maple syrup
- 2 tablespoons flour
- 1/2 teaspoon cinnamon

FILLING

- 2 cups firm fruit (not bananas or melons)
- 1/2 cup sugar
- 1 tablespoon lemon juice



Warm Fruits + Seasonings

Circle what you like. Draw connecting lines to remember flavors you like to taste together.

grapefruit

orange

strawberry

blueberry

apple

pear

cherry

grape

plum

peach

sugar

honey

maple syrup

cinnamon

nutmeg

water + lemon juice

water + balsamic vinegar

crushed red pepper

olive oil

butter

vanilla

rosemary

Notes for next time...



Favorite fruits for a smoothie?

_____

_____

Favorite fruits to eat warm?

_____

_____

What fruit *might* you try pairing with savory (not sweet) spices?

_____

_____



what to do with vegetables

It’s hard to know what to do with unfamiliar vegetables. Put it in a salad? You could! Or you could try bringing out more flavor by cooking it. Aside from potatoes, most vegetables can be eaten raw, slightly heated, cooked through, or charred. You get to decide how you want it.

Produce Prices

Averaged from two Portland-area grocery stores
Keep in mind prices change frequently!

Potato	$.60 per potato	**Corn**	**$.50 per ear**
Brussels sprout	**$.75 per cupful**	Tomato	$1 per pound
Kale	$2.80 per bunch	**Bell pepper**	**$1.25 per pepper**
Artichoke	**$2.50 per artichoke**	Cucumber	$.50 per cucumber
Spinach	$2 per bag	**Carrot**	**$.30 per carrot**
Asparagus	**$2 per bunch**	Sweet potato	$.60 per potato
Broccoli	$2.25 per bunch	**Cauliflower**	**$2.25 per head**



shopping tips

It's so easy to get stuck in "I know what I like." Sure we do… *and* by not trying things, we might also be missing out. A lot of us grew up hating Brussels sprouts, and find that our tastes have changed in adulthood. So do a little research. Next time you're shopping, buy a little of something new and make a note. How pricey is it? How's it taste? Is the texture too weird? Is canned just as tasty as fresh?

When buying fresh veg:

1. Pre-packaged, pre-cut veggies are expensive! (But prettier/easier!) Wash, peel, chop, or grate your own veggies for a *huge* discount, if you like. (Did you know that "baby carrots" are just regular carrots that somebody else peeled and chopped? True story!)
2. Many, many vegetables can be eaten raw, warmed, or cooked (in any way you want). You get to decide how much to cook them.
3. Always do a quick lap of the produce section to see what's on sale.



winter

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on?	Might be good with...
Brussels sprouts	☐	☐	☐	bacon + dates
Potato	☐	☐	☐	
Kale	☐	☐	☐	



spring

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on?	Might be good with...
Broccoli	☐	☐	☐	
Asparagus	☐	☐	☐	
Spinach	☐	☐	☐	
Artichoke	☐	☐	☐	



summer

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on?	Might be good with…
Corn	☐	☐	☐	
Bell pepper	☐	☐	☐	
Tomato	☐	☐	☐	
Cucumber	☐	☐	☐	



fall

	Worth it to buy fresh?	Like it canned? Frozen?	Would snack on?	Might be good with…
Sweet potato/yam	☐	☐	☐	
Cauliflower	☐	☐	☐	
Carrot	☐	☐	☐	

Veggie Snack Plate

Circle what you like. Draw connecting lines to remember flavors you like to taste together.

cooked asparagus	vinaigrette
cherry tomatoes	hummus
carrot chunks	olive oil + black pepper
cucumber	peanut sauce
bell pepper	ricotta + balsamic
roasted cauliflower	butter + salt
cooked broccoli	ranch dressing
radishes	blue cheese dressing
snow peas	soy sauce





Baked Russet Potato, Sweet Potato, Ube, or (Russet-Sized) Yam

1. **Prepare the skin**
   Preheat oven to 425 degrees. This part's optional: Drizzle olive oil over the skin and sprinkle salt over top. If you're not going to eat the skin, don't bother with this.

2. **Bake!**
   Bake until fork-tender, about 45 minutes. Slice in half and add your choice of sauce (butter is a good sauce).



Baked Kale Chips

1. **Prepare your vegetable**
   Preheat oven to 250 degrees. Wash as much kale as you'd like to eat today (this doesn't keep) and pat it as dry as you can, chop out the central rib, and chop or tear the leaf into largish pieces. Use **the tiniest bit of oil** and use your fingers to rub that all over the kale.

2. **Bake!**
   Spread oiled kale pieces out onto a baking sheet. Sprinkle with a **pinch of salt and any other spices you like**. Bake for 20 minutes, then taste. Do you like how chewy it is, or would you like to bake 5-15 minutes more to get it crispier?

   (Pictured: with gochujang, a spicy-sweet sauce from Korea.)



Charred Baked Broccoli

1. **Prep your vegetable**
   Turn a head of broccoli flower-side-down on a cutting board. Chop the head into small trees. (Some people like to eat the stalk, and some only like the florets.)

2. **Bake!**
   Preheat oven to 425 degrees. Toss broccoli with **a little oil and salt and pepper** on a baking sheet. Make sure they're coated with oil. Spread them out so there's no overlapping, then roast in the oven until fork-tender and a little crispy on the edges, about 25 minutes. (To reheat, cook at 425 for a couple minutes.)

   (Pictured: with 1 tablespoon taco seasoning mixed into the oil.)



Charred-on-the-Stovetop Brussels Sprouts

1. **Char your vegetable**
   Pour **a little olive oil** into a pan over high heat. Wait a few minutes until the pan is very hot, and meanwhile cut each sprout in half. Add Brussels sprouts to the pan. Use something metal (tongs or a fork) to turn each piece so the cut side is down. Don't stir or move the pan for several minutes, or until cut sides are dark brown and starting to blacken. Then flip, sprinkle with **salt and pepper**, and keep cooking for a few more minutes, stirring frequently.

   (Char = to partially burn. This gives things a particular texture and flavor.)



Roasted Carrots

1. **Prepare your vegetable**
   Preheat oven to 425 degrees. Scrub and peel as many carrots as you want to eat (say, three or four carrots, either whole or chopped into bite-sized pieces). Place on a baking sheet with **1/2 tablespoon butter and a pinch of salt per whole carrot**.

2. **Bake!**
   After 2 minutes in the oven, shake the pan to coat the carrots with the now-melted butter. Every ten minutes, shake the pan again. If the carrots get dry, add a tablespoon of butter. Cook until fork-tender and starting to brown, 20-30 minutes.

   (Pictured with a little dried thyme and black pepper.)



Roasted Whole Cauliflower

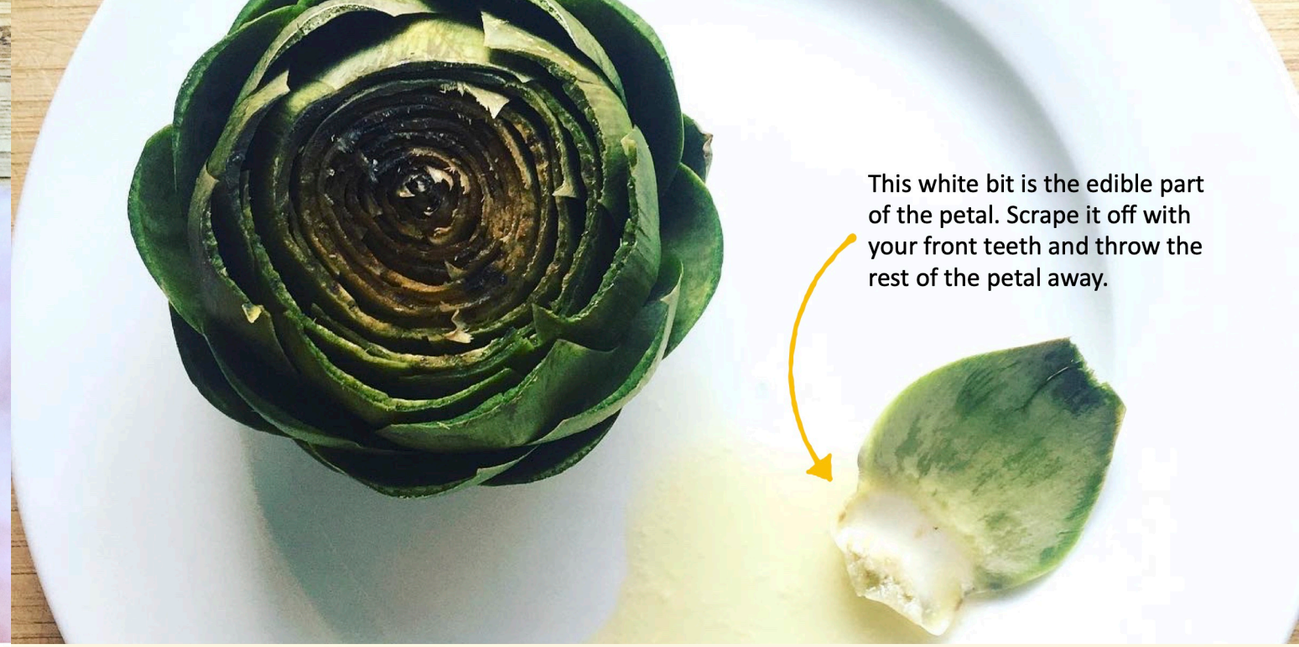
1. **Prep your vegetable**
   Preheat oven to 425 degrees. Cut or tear off the leaves and chop off the stalk.



2. **Bake!**
   Turn vegetable stalk-side-up on a baking pan and pour **1/4 cup oil** down the stalk. Rub the head into the oil (that's dripped onto the pan), then turn flower-side-up on the baking sheet. Roast until fork-tender and browned, about 40 minutes.

   (Pictured: with 3 tablespoons curry powder mixed into the oil.)





Boiled Asparagus

1. **Prep your vegetable**
   Hold each end of an asparagus stalk in each hand and bend your hands toward each other until the asparagus snaps. Get rid of the tough, stringy end (the part without the flower) and keep the part with the flower.

2. **Boil!**
   Bring **a pot of water** to a boil over high heat. When it boils, throw in the delicious parts of as many asparagus spears as you like. Wait until they turn bright green, about 2-4 minutes. They're done when fork-tender, although some folks like them softer and more overcooked.

Boiled Artichoke

1. **Prepare your artichoke + boil**
   Bring **a pot of salted water** to boil. Snip off the top inch of each leaf (the part with the thorn) and chop two inches off the top. Chop off the stalk, and place it stalk-side-down in the pot, and cover with a plate to keep it in the water. Boil 20-45 minutes, or until a knife easily cuts into the stalk's stump.

2. **Eat!**
   To eat, pull off the leaves one by one and dip the un-snipped end into your choice of sauce (butter is a good sauce). When you eat your way to the hairy middle, spoon that out and discard. Underneath is the tender and delicious heart.



Creamed Spinach

1. **Make your sauce**
   Heat 1 **tablespoon butter** over medium heat until melted. Add **1 tablespoon flour** and stir until a thick paste forms. Add **3-4 tablespoons chopped onions, garlic, or both** and stir to combine. Add **2/3 cup milk** and stir until the milk thickens. Add a little **salt and pepper**. Taste, and add more until it's tasty.

2. **Cook your spinach**
   In a large pot, cook one 8oz bag of spinach with a little oil. Or, boil a box of frozen spinach in water, then drain. When hot and wilted, it's done. Add the sauce to the spinach and stir to combine. Add more seasoning if you like.

   (Pictured: sprinkled with smoked paprika and parmesan.)





Sweet Summer Corn

1. **Prep your vegetable**
   Shuck your corn (tear off all the leaves and most of the stringy bits).

2. **Pan fry!**
   You can cut the kernels off the cob now, after cooking, or not at all. Cook a little fat over medium, and once it's hot, add the corn and toss around until warm, about 3 minutes. Keep cooking to char the corn, or don't. Toss with the sauce of your choice. (Butter is a good sauce, but why not make Mexico's esquites and try this with **mayonnaise to coat and garlic salt, chili powder, and lime juice to taste**.)





Any Vegetable You Like, Cooked

1. Make some choices

Decide if you'd like to use fresh, frozen, or canned vegetables. *Note: canned and frozen vegetables cook quicker than fresh - keep an eye on them by sautéing.*

Decide if you'd like to:

- just warm them up (microwaved, sautéed, boiled, or baked),
- or if you'd like to roast them until browned in the oven,
- or if you'd like to get a darker char on them, either in the oven or on stovetop

Look at the next page and decide what might taste good with your vegetable. Chop your vegetable however you like. Cook it however you like. Taste often!

Cooked Veggies + Seasonings

Circle what you like. Draw connecting lines to remember flavors you like to taste together.

potato

Brussels sprouts

broccoli

carrot

mushrooms

cauliflower

tomato

yam

asparagus

artichoke

garlic + ginger

fajita seasoning

garam marsala

salt + pepper

hot sauce

cumin + coriander

plain butter or ghee

plain olive oil

balsamic vinegar

garlic + onions

melted cheese

parsley + oregano

(Fresh) Vegetable Cooking Times

Vegetable	Microwave	Sauté (cook with a little fat on stovetop's medium heat)
Asparagus spears	1-2 minutes	2-4 minutes
Bell Pepper strips	3-4 minutes	3-5 minutes
Broccoli, bite-sized	6-8 minutes	3-5 minutes
Brussel Sprouts, halved	5-6 minutes	12-20 minutes
Carrots, 1-inch pieces	3-6 minutes	8-10 minutes
Cauliflower, bite-sized	8-10 minutes	10-12 minutes
Corn	2-3 minutes (whole ear)	3-5 minutes (kernels)
Kale	4-6 minutes	5-6 minutes (covered)
Russet potato	4-6 minutes (whole, pierced)	10-12 minutes (bite-sized)
Spinach	2-4 minutes	4-6 minutes
Sweet potato	5-7 minutes (whole, pierced)	10-15 minutes (bite-sized)

Notes for next time…



Top five vegetables?

_____

_____

Favorite vegetables to *cook* with?

_____

_____

What vegetables do you want to *start* cooking with more?

_____

_____

The one thing I see that consistently separates the chef from the home cook is that we taste everything, all the time, before we commit it to the dish, right down to the grains of salt. We slurp shot glasses of olive oil and aerate them in our mouths as if it were a wine we were trying to know. We taste the lamb, the fish, the butter, the milk before we use it. Before it's too late. And we chew salt to see how we like it in our teeth, on our tongues, and to know its flavor, its salinity. So taste your salt and your butter, and decide what you like.

- Chef Gabrielle Hamilton



cooking with red sauce

Fun fact: Popular for centuries in the area now known as Mexico, the tomato (or tomatl, in the language of the Aztecs) wasn't transported to Europe until the 1500s.

One more fun fact: If you only have salt and pepper on hand for seasoning, that'll work - and be pretty great!



Before Campbell's canned tomato soup came out in 1897, tomato soup wasn't really popular. Today, it's a top comfort food in both Poland and the United States.

Cream of Tomato Soup

1. Reheat red sauce in a pot over medium heat

Taste while reheating the sauce. Add a teaspoon of herbs/ spices or flavored butter to start.

Taste again. Add more if you like. (Personally, when I try fennel and tomato together, I don't love that combination. So I add extra thyme, and leave out the fennel. *Tasting is the most important part of cooking.*) You do you!

If you under-season your soup, it will taste bland and boring. Don't forget salt!

2. Add liquid to thin out the sauce into a soup

Add water (or broth) and optional orange juice. Stir, wait until it's warmed again, and taste. More seasonings? Add your cream at the end, when you're ready to eat.

3. Strain out the fibrous pulp, if you want to



Dump the pot of soup *through a strainer* into tupperware. Some people like a broth-like soup (thin), and some prefer a heartier soup (thick). You choose the flavors, and you also get to choose the texture that you like best.

CARBOHYDRATE

- slice of baguette

LIQUID

- 1 1/2 cup of red sauce
- 1/4 cup water or broth
- 1/2 cup heavy cream
- Fresh herbs, dried herbs, or herbed butter, to taste
- *optional:* 1/4 cup orange juice





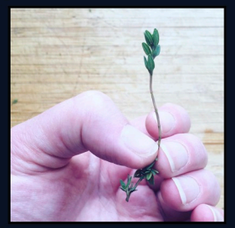
Herbed Butter

Isolating flavor to learn what you like

(Feel free to skip this step and just use dried herbs)

- 1 slice of baguette, torn
- 1/2 tablespoon butter per flavor
- 1/4 teaspoon of fennel seeds
- 1/4 teaspoon of tarragon
- 1/4 teaspoon of thyme

1. Toast your fennel, chop your herbs, keep everything separate, and put each flavoring into its own bowl. Crush your fennel seed with the back of a spoon.
2. Melt butter in a pot on medium-low until it liquifies.
3. Pour melted butter into bowls of herbs and stir.
4. Taste, and think about what you like. Wrap and refrigerate for up to 2 weeks.





Taste: Flavors of France



Tarragon

Slide leaves down and off the stem and chop

What I like about it _____

Might be good with _____



Fennel Seed

Toast in a dry skillet over medium heat until fragrant; crush

What I like about it _____

Might be good with sausage



Thyme

Slide leaves down and off the stem

What I like about it _____

Might be good with_____



For lots of kids in China, this is the first dish you learn to make on your own. In many households, it's just ketchup and eggs - yummmm! - mixed with white rice.

Tomato + Egg Stir Fry

1. Reheat red sauce in a pan over medium heat

Taste while reheating the sauce. Add a teaspoon of herbs/ spices or flavored oils to start.

Taste again. Add more if you like. (If you under-season your sauce, it will taste bland and boring.) Don't forget salt!

2. Fry your eggs

Wipe off the pan and Put a little oil in it on medium heat. When it's very hot, pour in your well-stirred eggs with a little water. (The water makes them fluffier.)

Wait until the edges of the egg appear solid. (This technique makes larger egg curds - if you smash and stir frequently, you'll get smaller pieces (see page 131).



Then, scrape the edges toward the middle. Experiment with not stirring very much. Flip large pieces as needed. When done, toss together with rice and sauce.

CARBOHYDRATE

- 1 cup cooked rice

SAUCE

- 1/4 cup red sauce
- Fresh spices, dried spices, or flavored oils, to taste

TOPPING

- 1 or 2 eggs

Flavored Oil

Isolating flavor to learn what you like

(Feel free to skip this step and just use dried aromatics and spices)

- 1 steamed bun
- 1/2 tablespoon peanut oil per flavor
- 1/4 teaspoon of MSG
- 1 clove of garlic
- a 1/2-inch piece of ginger

1. Chop garlic small. Peel and slice ginger. Toast these at opposite ends of a dry skillet over low heat until you can smell them, then place each flavor in its own bowl.
2. Heat oil in a pot on medium-low until it's hot.
3. Pour hot oil into flavored bowls and stir.
4. Taste, and think about what you like. Cover and refrigerate for up to 2 weeks.



Taste: Flavors of China



Ginger

Either use a cheese grater or chop small - then toast in a dry skillet over low heat until fragrant

What I like about it _____

Might be good with _____



Garlic

Chop small and toast in a dry skillet over medium heat until fragrant

What I like about it _____

Might be good with _____



MSG (Monosodium Glutamate)

(You might recognize this from many flavors of chips)

What I like about it _____

Might be good with_____



Shakshuka is a very old idea - the word (in both Arabic and Hebrew) means “a mixture” of eggs, tomatoes, and spices.

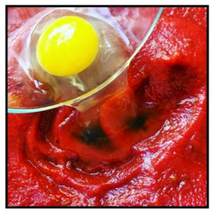
Shakshuka

1. Reheat red sauce in a pan over medium heat

Use your smallest pan or pot. Taste while reheating the sauce. Add a teaspoon of herbs/spices or flavored ghee.

Taste again. Add more if you like. (If you under-season your sauce, it will taste bland and boring.) Don't forget salt! (Traditionally, this is also made with garlic - add whatever you like.)

2. Fry your eggs



With the back of a large spoon, make a crater in the tomato sauce. (If your pan is large and thins the sauce out, hold it at an angle over the burner to keep the sauce in one corner.) Pour your egg from a bowl into the crater. (Get the bowl as close to the sauce as possible.)

Cover the egg with a lid and check after five minutes (may take longer).

<u>Eggs are cooked sunny-side up when:</u>

- the white parts are white, not cloudy
- the yolks are still bright, or only a little cloudy (if the yolks turn out hard-boiled, still good!)

CARBOHYDRATE

- 1/2 piece pita bread

SAUCE

- 1 cup red sauce
- fresh spices, dried spices, or flavored ghee, to taste

TOPPING

- 1 or 2 eggs

Flavored Ghee

Isolating flavor to learn what you like
(Feel free to skip this step and just use dried herbs and spices)

- 1/2 piece naan
- 1/2 tablespoon ghee per flavor
- 1/4 teaspoon of garam marsala
- 1/4 teaspoon of cayenne
- 1/4 teaspoon of mint

1. Chop mint leaves small, then place each flavor in its own bowl.
2. Heat ghee in a pot on medium-low until it's hot.
3. Pour ghee into flavored bowls and stir.
4. Taste, and think about what you like. Cover and refrigerate for up to 2 weeks.





Taste: Flavors of Iranian/Indian Food:



Garam Marsala

What I like about it _____

Might be good with _____



Cayenne Pepper

What I like about it _____

Might be good with _____

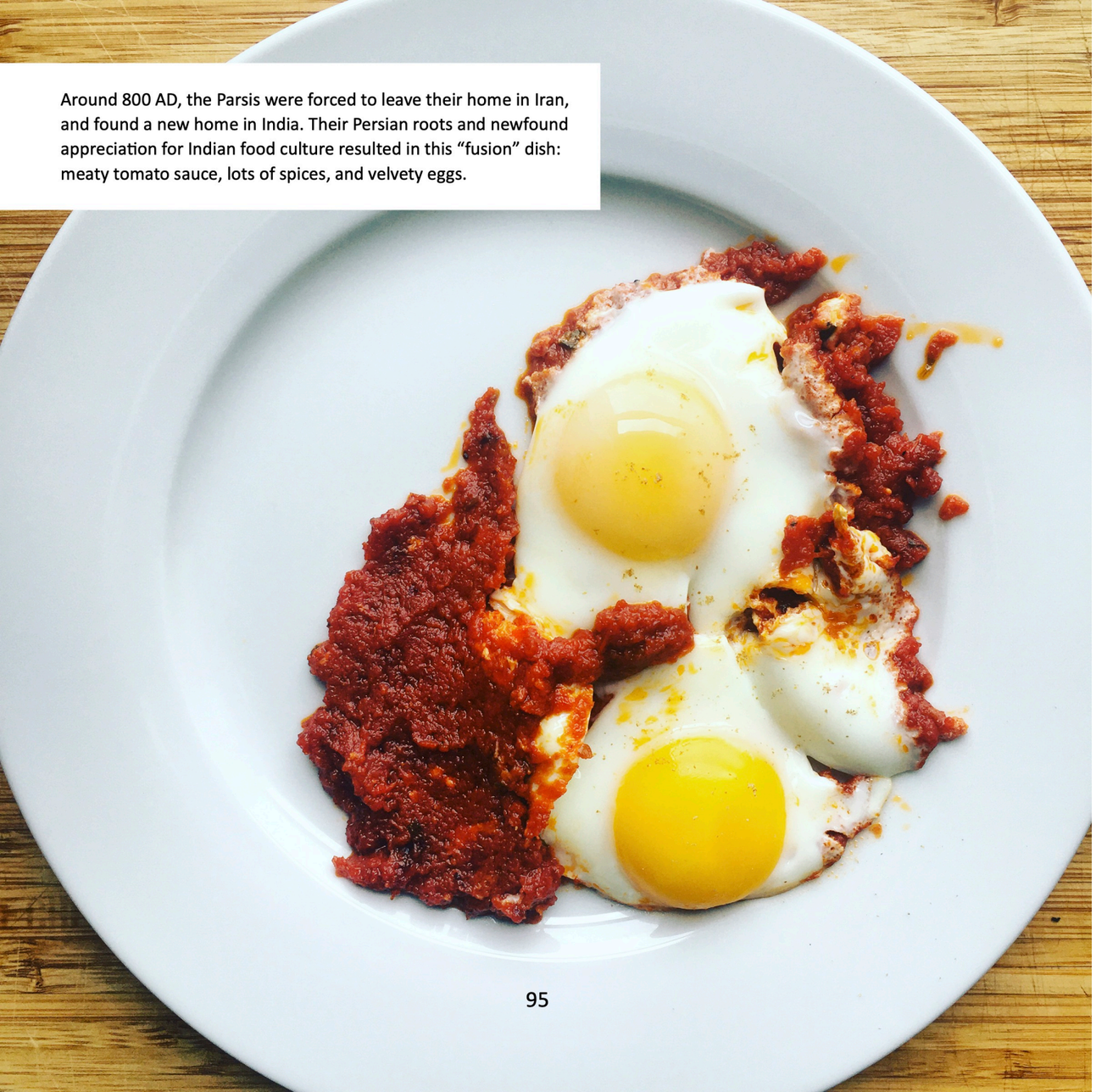


Mint

Rip leaves off the stem and chop

What I like about it _____

Might be good with_____



Around 800 AD, the Parsis were forced to leave their home in Iran, and found a new home in India. Their Persian roots and newfound appreciation for Indian food culture resulted in this “fusion” dish: meaty tomato sauce, lots of spices, and velvety eggs.

Meaty Tomatoes + Eggs

1. Reheat red sauce in a pot over medium heat

Heat red sauce over medium heat. Add a teaspoon of herbs/spices or flavored ghee to start, then taste and add more. Don’t forget salt, and maybe a pinch of sugar. (Traditionally, this is also made with coriander, cumin, garlic and/or ginger - add whatever you like.)



Cook and stir until most of the water evaporates and the texture becomes less like sauce and more like jam, about 15 minutes.

2. Add your eggs

With the back of a spoon, flatten your tomato jam evenly around the bottom of the pan.

Pour your eggs from a bowl right on top of the tomato jam.

Cover eggs with a lid, and cook until the whites are set but the yolks are still runny.

CARBOHYDRATE

- 1/2 slice naan

SAUCE

- 2 cups of red sauce
- Fresh spices, dried spices, or flavored ghee, to taste

TOPPING

- 2 whole eggs

Flavored Ghee

Isolating flavor to learn what you like
(Feel free to skip this step and just use dried herbs and spices)

- 1/2 piece naan
- 1/2 tablespoon ghee per flavor
- 1/4 teaspoon of garam marsala
- 1/4 teaspoon of cayenne
- 1/4 teaspoon of mint

1. Chop mint leaves small, then place each flavor in its own bowl.
2. Heat ghee in a pot on medium-low until it's hot.
3. Pour ghee into flavored bowls and stir.
4. Taste, and think about what you like. Cover and refrigerate for up to 2 weeks.





Taste: Flavors of Iranian/Indian Food:



Garam Marsala

What I like about it _____

Might be good with _____



Cayenne Pepper

What I like about it _____

Might be good with _____

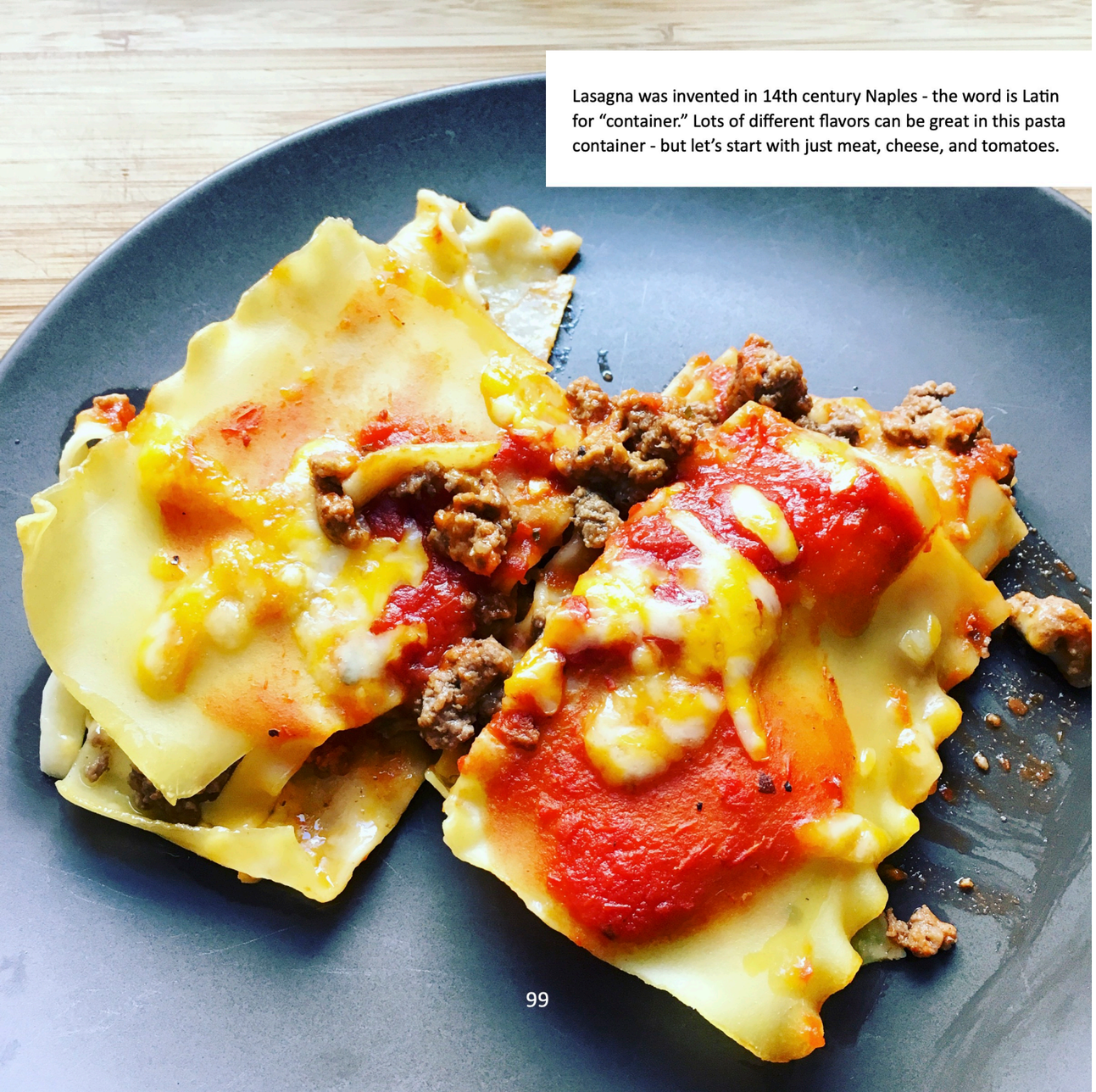


Mint

Rip leaves off the stem and chop

What I like about it _____

Might be good with_____



Lasagna was invented in 14th century Naples - the word is Latin for “container.” Lots of different flavors can be great in this pasta container - but let’s start with just meat, cheese, and tomatoes.

Lasagna

1. Reheat red sauce in a pot over medium heat

Taste while reheating the sauce. Add a teaspoon of herbs/ spices or flavored oils to start.

Taste again. Add more if you like. (If you under-season your sauce, it will taste bland and boring.) Don't forget salt!

2. Boil a pot of water + cook your pasta



You can break the noodles in half, or wait a minute and gently bend them into the water.

Read the pasta box to see how long it cooks for. Then drain.

3. Stir beef over medium heat until browned

4. Layer however you like, and cook at 350 for 20 minutes.

Rub a little oil around the pan first, so the pasta doesn’t stick.

CARBOHYDRATE

- 1/2 package dry lasagna noodles

SAUCE

- 1 cup red sauce
- Fresh herbs, dried herbs, or flavored oils, to taste

FILLING

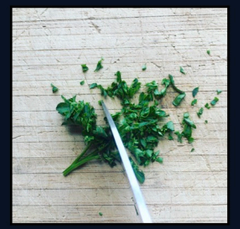
- 1-2 cups cheese
- 1 pound ground beef



Flavored Oil

Isolating flavor to learn what you like
(Feel free to skip this step and just use dried herbs)

- 1 slice ciabatta bread, cubed
- 1/2 tablespoon olive oil per flavor
- 1/4 teaspoon of parsley
- 1/4 teaspoon of oregano
- 1/4 teaspoon of sage



1. Chop herbs small, then place each flavor in its own bowl.
2. Heat oil in a pot on medium-low until it's hot.
3. Pour hot oil into flavored bowls and stir.
4. Taste, and think about what you like. Cover and refrigerate for up to 2 weeks.

Taste: Flavors of Italy



Parsley

Rip leaves off the stem and chop

What I like about it _____

Might be good with _____



Oregano

Rip leaves off the stem and chop

What I like about it _____

Might be good with _____



Sage

Rip leaves off the stem and chop

What I like about it _____

Might be good with _____

all about herbs

Salt, pepper, herbs, and spices are like magic for cooks. They last forever, and they can really help out any meal. But, buying fresh herbs can be spendy. And, you often have to buy an entire package rather than just buy what you're going to use today. So here are some tips about buying herbs:



If you do buy fresh:

Tie up leftover herbs and hang them upside down until they feel very dry (about a month). Then stick em in a zip-loc.

Herbs you dry yourself will turn out much more flavorful than store-bought dried herbs, and they'll last for months.

Or, buy dried herbs:

Check out the bulk aisle, and feel free to only bag 1 teaspoon of the dried herbs you need.

Or, check the prices of bottled dried herbs at the closest dollar store.



No shame in using dried herbs!

A good rule of thumb is, when the recipe calls for 1 *table*spoon of fresh herbs, substitute 1 *tea*spoon of dried herbs. Use less dried than fresh, because dried herbs are packed with flavor.



Herb + Spice Combos

Every once in a while, add some extra flavor when you're heating up a meal. Circle what you like, and draw lines to remind you of flavors that pair well together. Experiment!

Sage

Chives

Fennel Seed

White Pepper

Oregano

Parsley

Basil

Tarragon

Rosemary

Ginger

Coriander

Bay Leaf
(fresh)

Cumin

Paprika

Kitchen King
or curry powder

Thyme

Lemongrass

all about heat

Some people grow up with a lot of exposure to spicy foods, and some people haven't had that experience yet. If you do like a bit of heat - or would like to experiment - enjoy! Feel free to start with a tiny bit, and then build up.

Note: Any flavor you like is a flavor you can cook with and/or use as a topping.



About dried spices:

You might have a jar or two of dried spicy spices. These are great to cook with vegetables or beans, or to sprinkle on noodles or sandwiches.

Remember that dried spices are "dead" - if they're a subtle flavor, you'll need to "wake them up" by heating in a pan until you can smell them in the air, or just by adding a lot more than you think you need.

About hot sauces:



Anytime you visit a restaurant that offers sauce packets, grab a few and try them out on top of a cooked egg at home.

Instead of focusing on how hot it is, consider trying to figure out the flavor. Smoky? Tangy? Fruity? How about the texture? Would you prefer it mixed with a creamy mayo or ketchup?

Notice the parts that you like!

spices + hot sauces

	Spicy enough?	Do you like the flavor?	Might be good with...
Gojugang	☐	☐	on a taco (mix with mayo)
Chili Powder	☐	☐	
Dried Aleppo	☐	☐	
Harissa	☐	☐	
Tabasco	☐	☐	
Cholula	☐	☐	
Peri Peri	☐	☐	
Sriracha	☐	☐	
Red Pepper Flakes	☐	☐	
Lao Gan Ma	☐	☐	



more delicious dips and sauces

A great way to make leftover vegetables delicious - serve them to yourself on a platter with some dip!

Traditionally, these are all chopped and smashed together. If you want to use a blender, though - why not?

season... taste...
taste... season...

don't cook boring food



Compound Butter

Option 1:

- 8 tablespoons warm butter
- 1 bunch parsley
- 1 bunch basil
- 10 garlic cloves
- 1 teaspoon lemon juice
- big pinch chili powder
- salt to taste

Option 2:

- 2 tablespoons warm butter
- 1 teaspoon any herbs
- garlic and/or spices to taste
- salt to taste



Hand-Chopped Herb Salt

- 1/2 cup salt
- 2 cups mixed herbs
- 6-8 garlic cloves
- *optional:* 1-2 teaspoons spices

1. Chop herbs, garlic + salt together

Put everything in a big pile and chop until your pile is a grainy mass. You should have a little over 1 cup of herb salt.

2. Dry everything out



Spread everything out as much as you can on a large baking sheet.

Bake at 300 degrees for 20-30 minutes, stirring halfway through. You want all the herb pieces to become dry and brittle (some light brown coloring is normal).

3. Add spices

If using fresh spices, toast them on a dry skillet over medium-low heat until you can really smell them (1-2 minutes). Then crush them as much as you can.

Add a little fresh ground (or dried) spices to the herb salt. Mix, taste, and add more spice if you like.

Store in a closed jar or baggie until it no longer smells great.

Raita

from India



- 1 cup Greek yogurt
- 1 pinch red chili powder
- 1 cucumber, grated and squeezed hard to remove water
- 1 green onion
- salt to taste
- water to thin to your liking

Tzatziki

from Greece

Like a side salad, these are a great way to get a little acidic ***zing*** with your dinner!



- 1 cup Greek yogurt
- 1 teaspoon lemon juice
- 1/2 a cucumber, grated and squeezed hard to remove water
- 2 or 3 garlic cloves
- 1 packet fresh dill
- salt to taste

Chermoula

from North Africa



- 1/2 bunch cilantro
- 1 bunch parsley
- 4-6 garlic cloves
- 1/3 cup olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon lemon juice
- salt + cayenne pepper to taste

Basbaas Cagaar

from Somalia



- 1/2 bunch cilantro
- 1 spicy pepper, de-seeded and diced
- 1 garlic clove
- 1/2 cup Greek yogurt
- salt + lime juice to taste

Peanut Sauce

from Indonesia



- 1/4 cup peanut butter (any kind)
- 1 teaspoon white miso paste or soy sauce
- big pinch brown sugar
- hot water to thin it to your liking
- *optional*: cumin, garlic, and/or red pepper flakes, to taste

Romesco

from Spain



- 1/2 cup almonds
- 1/2 cup oil
- 2 tablespoons red wine vinegar
- 1 roasted red pepper
- 1 tablespoon smoked paprika
- 5-7 garlic cloves
- *optional:* 1 egg yolk
- salt + sugar to taste

Smoky Cashew Crema

inspired by Empellon Taqueria in New York City



- 1 cup cashews
- 1/2 teaspoon smoked paprika
- 1 teaspoon smoked Tabasco
- 2 tablespoons lime juice
- hot water to thin it to your liking
- salt to taste

Ajvar

from North Macedonia

Note: roast peppers (and/or eggplant) in a 475 degree oven for 30 minutes, then peel off skins



- 1/4 cup oil
- 2 roasted red peppers
- 2 tablespoons lemon juice
- 2 garlic cloves (or more)
- 1 roasted eggplant
- salt, pepper, and cayenne pepper to taste

Pico de Gallo

from Mexico



- 2 tomatoes, de-seeded and diced
- 2 tablespoons cilantro, diced
- 1/4 an onion, diced
- 1 spicy pepper, de-seeded and diced
- salt + lime juice to taste

Leave out for 1 hour before eating.

Hummus

from the Middle East



- 2 tablespoons oil
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 garlic cloves (or more)
- 1/2 can chickpeas, rinsed
- water to thin it to your liking
- salt to taste

Salsa Verde Cruda

from Mexico



- 3 tomatillos, husks removed then diced
- 2 tablespoons cilantro, diced
- 1/4 an onion, diced
- 1 spicy pepper, de-seeded and diced
- salt + lime juice to taste

Mojo Rojo

from the Canary Islands



- 3 de-seeded chipotle chiles
- 1/2 cup oil
- 1 tablespoon red wine vinegar
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 5-7 garlic cloves
- salt to taste



Fast, Juicy Chicken

1. “Brine” your chicken



Use a clean hammer or rolling pin to flatten a refrigerated (not frozen) cut of chicken until it’s about 1-inch thick. Then place it in a small bowl. Fill the bowl with enough warm water to cover the chicken, then add salt and stir.

Leave it alone for half an hour to soak. Then rinse.

2. Rub chicken with oil + season



Preheat oven to 450 degrees.

Rub both sides of the chicken with oil and season with salt and pepper. (Many people prefer to use about 1 teaspoon of seasoning.)

Bake chicken for 13-15 minutes. Then turn on the broiler and keep cooking for 3 minutes. (Every oven is different, and getting to know when chicken's done takes practice.)

Chicken’s done when a meat thermometer inserted into the thickest part reads 165 degrees. If you don’t have a meat thermometer, cut into the thickest part - when it’s done, there should be no pink inside.

Plain chicken’s great - but sauce makes everything better!

- 1 skinless, boneless chicken breast or thigh

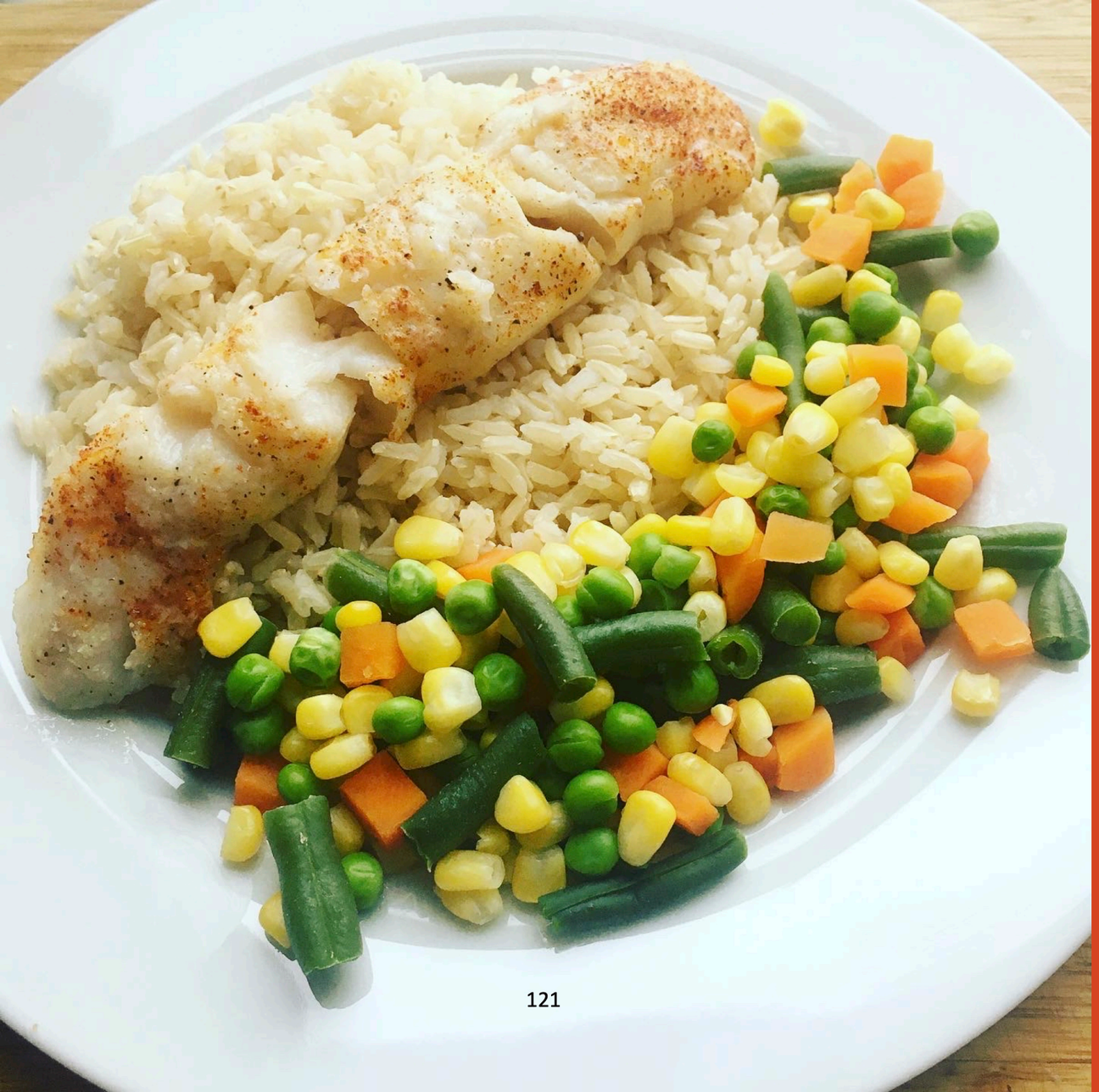
BRINE

- 1 bowl warm water
- 1/4 cup salt

RUB

- 2 tablespoons oil
- salt + pepper to taste
- *optional:* garlic powder, paprika, and/or whatever spices you like





Fast, Juicy Fish

1. Rub fish with butter + seasonings



Check the bag of frozen fish's directions about how to thaw your fish. (Some bags require thawing overnight, and some just need to be kept in their bag and put in a bowl of cold water for 30 minutes.) When the fish is thawed, line a pan with foil and coat with a little oil to keep the fish from sticking. Sprinkle salt and pepper over it and top with pieces of butter.

2. Broil!



Turn on your oven's broiler.

Broil fish for 6-14 minutes, checking every few minutes. Thinner cuts of fish will take less time to finish cooking. (Every oven is different, and getting to know when fish is done takes practice.)

Fish is done when a meat thermometer inserted into the thickest part reads 145 degrees. If you don't have a meat thermometer, wait until it's no longer pink or see-through and pierce the fillet with a fork and see if the fork easily pulls up flakes of fish - if it's opaque and flakes up, it's done.

Plain fish is fine - a splash of lemon juice is even better.

- 1/2 pound piece of frozen fish (like cod, tilapia, swai, halibut)

RUB

- 1 tablespoon butter
- salt + pepper to taste
- *optional:* garlic powder, paprika, etc

OPTIONAL SAUCE

- splash lemon juice

make-ahead meals

part 1

At the beginning of the week, make a big thing of any sauce.

You'll need about 1/4 cup of sauce per meal. (Sauce can also be a pat/drizzle of oil, ghee or butter.)

At the beginning on your week, chop some cooked meat and/or vegetables into bite-sized pieces. Cover and refrigerate.



When it's time for dinner, pick a carb (pasta, rice, etc) and cook it. Toss it in a pan with your sauce to coat and reheat. You could also toast a couple slices of bread. (Carbs are important because they help us feel full.)

Top your carb and sauce with a handful of your topping. How easy is that!

Your Ideas:

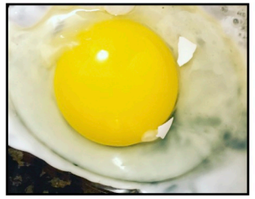
	Sauce?	Topping?
1/4 a box of pasta	red sauce + MSG	cooked spinach
1 packet Ramen noodles		
1/2 cup of rice		
Cooked chicken breast		
Cooked fish filet		
Big handful tortilla chips		
1 frozen burrito		
1 pita bread		
1 baked potato		
1 cup of cooked beans		
2 scrambled eggs		



eggs

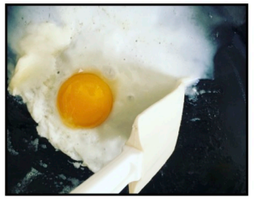
One egg is very cheap. It’s filling, easy (once you get the hang of it), and takes on flavor like a champ. Plus: CHEAP!

anxiety eggs



1. Put a little oil or butter in a hot pan. Crack an egg into the pan - and burn your fingers trying to fish out the shell fragments.

   Stare at the egg with anxiety - "I am going to ruin this."



2. The egg white keeps spreading! Maybe cover it with a lid? Maybe use a spatula to collect the whites back toward the middle?

   Who knows? Think, "It's basically ruined already."



3. When the whites are cooked solid, freak out about how to get it out of the pan. Shoot, the yolk just broke… And the whites are stuck to the pan.

   Beat self up. Scream, "Why do I even bother?"

One egg is very cheap.

(*Nine cents* if you're practicing with dollar store eggs)

***Consider* offering yourself these gifts:**

- **"Everybody needs practice before they make a perfect egg."**
- **"I will not beat myself up for ruining seven eggs."**
- **"I will not guilt myself into eating an overcooked egg that I don't want."**

Sunny-Side Up Egg



1. Crack an egg into a bowl and take out the shell fragments.

   Turn heat to medium. Pour a good amount of oil into a pan - enough oil that you can get some into a small spoon. When the oil's hot, gently pour your egg into the middle of the pan.



2. Immediately start spooning some of the hot oil over the egg whites. This is called basting.

   Eggs are done when no part of the egg white looks cloudy or see-through. Everything but the yolk should be a solid white color. Only flip it if you feel the urge to do that - it'll be fine if you don't.



3. With your most confident attitude, try taking the egg out in one go.

   Don't beat yourself up if it breaks!

   Perfectly cooked whites, and a delicious runny yolk. Season and enjoy!

Crispy Egg



1. Start off the same way you would if you were making a sunny side up egg: Crack an egg into a bowl. Remove shell fragments. Add good amount of oil to a pan - more than you think you need.

   Put the pan over high heat and wait until the oil starts to smoke a little.



2. Pour the egg into the middle of the pan gently, and stand back.

   Be careful of the oil popping!



3. In a minute or two, the edges should crisp up and turn brown. Once all the whites are solid white, your egg is done.

   Perfectly cooked whites, crispy textured underside, and a delicious runny yolk. Season and enjoy!

Soft-Scrambled Egg



1. Crack an egg into a bowl… Shoot, the yolk broke. Guess we're making scrambled egg!

   Add a little water for extra fluffiness. Mix.

   Add a little butter if you want creamier eggs.



2. Add a good amount of butter to the pan, and put it on low heat. When the butter's melted, swirl it around the pan and then pour in your egg.

   Stir and scrape every 15 seconds or so, to help it all cook evenly. When big curdles form, you can smash them down or leave them in large pieces.



3. Eggs are done when all the egg liquid is solid-*ish*. (Some folks like more solid, overcooked eggs, and some folks like their eggs a little undercooked. Notice what you prefer.)

   Delicious, fluffy, buttery eggs! Season and enjoy.

Hard- and Soft-Boiled Eggs

1. Fill a pot with 4-5 inches of water and put over high heat. Add a splash of any vinegar (this helps to keep an egg from leaking from its shell if the shell cracks).

   When the water comes to a rolling boil (lots of big bubbles), put a cold egg into the water. The shell is less likely to crack if you dump the egg from a cup as close to the water as possible, or gently lower it in using a soup ladle.



a. Soft-Boiled:
   Boil five minutes, then dump in a bowl of ice water to let cool for 30 seconds (if you want it warm) or 10 minutes (if you want it cooled). Next roll it around the counter to create a bunch of cracks. Quickly peel it for a delicious, jammy egg.



b. Hard-Boiled:
   Boil ten minutes, then dump into a bowl of ice water for 10 more minutes. Then roll and peel.

   Hard-boiled eggs are perhaps nature's greatest run-out-the-door foods. Perfect for dipping with guacamole, or sprinkling with salt and eating on the bus.



egg sandwiches



One of the most common cheap, French staple is the tapenade, or olive dip. It's the kind of thing folks in France make a cup of, then eat all week - with bread, on roasted chicken, or spooned over vegetables.

Olive Tapenade with Egg

1. Make your sauce



Pour oil into a puddle on a cutting board and chop olives and capers into that oil. Make it as chunky or as fine as you'd like.

2. Cook an egg + put it all together

Decide how you want to cook your egg.

Then, practice cooking it that way.

Layer your sandwich however you want.

CARBOHYDRATE

- 1 english muffin

SAUCE

- 1 teaspoon olive oil
- 3-5 any olives
- *optional:* 3 big capers
- pepper to taste

TOPPING

- 1 egg



Invented for factory workers in 19th century England who needed a filling “to-go” breakfast, the B.E.C. is still around today because it’s still handy and amazing.

Bacon, Egg + Cheese

1. Cook your bacon + egg



Use medium-high heat (no need for oil), and flip your bacon every once in a while until it’s the way you like it. Blot on a towel when it's done.



Decide how you want to cook your egg.

Then, practice cooking it that way. (See page 88 to practice making large curds of scrambled eggs.)

2. Put it all together

Spread butter over both sides of an English muffin.

Then layer your bacon, egg and cheese any way you want.

CARBOHYDRATE

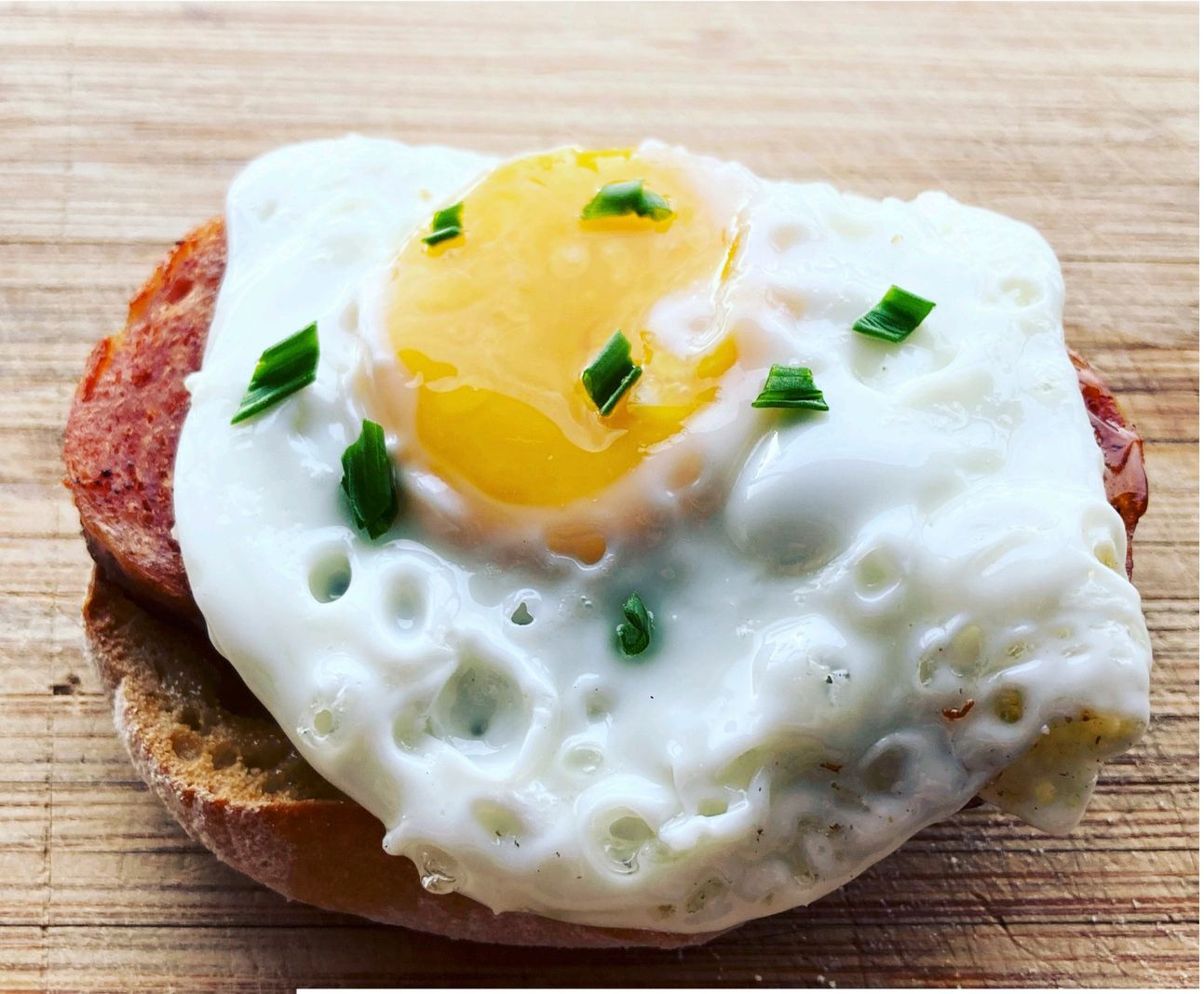
- 1 english muffin

SAUCE

- 1 teaspoon butter
- salt + pepper to taste

TOPPINGS

- 1 egg
- 1 slice bacon
- 1 slice cheese



Spam is a popular because it's cheap, it has a delicious proportion of fat in each bite, and because it lasts almost forever. Anyplace US troops were stationed in the 20th century — Guam and Korea, for example - is a place that Spam became popular. Delicious Spam was especially embraced by Filipinos, and here is a great dish they came up with!

Spamsilog

1. Fry your Spam



Open a can of Spam and cut one half-inch thick slice off of it. (Put the rest back in the can and in the fridge.)

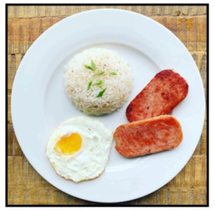
Put a pan over medium heat and add a little oil. When the pan's hot, fry your Spam until browned on both sides.

2. Cook an egg + put it all together

Decide how you want to cook your egg.

Then, practice cooking it that way.

Rub garlic several times on the toasted sides of your muffin.



Note: Traditionally, this dish is a combination of Spam, Sinangag na Kanin (garlic fried rice) and Itlog (egg) - *Spam-si-log*! And it's usually eaten with 1/2 cup of cooked white rice, sautéed over medium heat with a little oil and 4-6 chopped garlic cloves for 3 minutes, or until it smells garlicky.

CARBOHYDRATE

- 1 english muffin

SAUCE

- 1 garlic clove
- 1/2 teaspoon oil

TOPPING

- 1 egg
- 1 slice Spam
- 1 green onion



Smooth, garlicky yogurt. Sweet, earthy spice. Butter. Egg. This simple recipe, once eaten for breakfast by sultans of the Ottoman Empire, is fit for Turkish royalty - and for you!

Sexy, Sexy Çilbir

1. Make your sauces



Dice your garlic and spoon it into a bowl. Crush it with the back of a spoon into paste. Mix in yogurt, and add salt to taste.

In a pan over low heat, melt your butter and stir in your spices. Taste! Add more spice if you like.

2. Cook an egg + put it all together

Decide how you want to cook your egg.

Then, practice cooking it that way.

Layer your sandwich however you want.



Note: Traditionally, this is eaten with loads more yogurt, and with bread on the side for dipping. If you'd prefer, mix 1/2 cup yogurt with 4-6 chopped garlic cloves and a pinch of salt for a more yogurt-forward meal.

CARBOHYDRATE

- 1 english muffin

SAUCES

- 2 tablespoons plain Greek yogurt
- 1 garlic clove
- salt to taste
- 1 tablespoon butter
- Aleppo pepper or paprika, to taste

TOPPING

- 1 egg



Here’s an interesting snack you never see outside of France: fresh radishes paired with soft butter and salt. Here, we're adding lemon for flavor, salad greens for crispy texture, an egg for protein, and bread to fill up. Might need a fork!

Radish, Butter + Egg

1. Make your sauce



Peel or scrape off some of the bright yellow of a lemon peel. You can use a peeler and chop small, or use a knife and chop small, or use a zesting tool.

Zest is the bright yellow parts (not the bitter white parts) of the lemon peel.



Smash together butter, lemon zest, and salt. Taste, and add more zest or salt, if you'd like.

2. Cook an egg + put it all together

Decide how you want to cook your egg.

Then, practice cooking it that way.

Layers: muffin, sauce, leaves, radish, egg.

CARBOHYDRATE

- 1 english muffin

SAUCE

- 1 teaspoon butter
- zest of 1/4 of a lemon, or to taste
- salt to taste

TOPPINGS

- 1 egg
- 1 radish, scrubbed
- a few leaves of something crunchy and green



The egg is a great blank slate (and full of protein!). Try out combining herbs and spices with it for a taste adventure, as we'll do here, with some big, bold spices.

Indian-Spiced Egg Salad

1. Cook your egg

Boil a pot of water, add an egg, and boil for ten minutes.

Dump the egg into a bowl of ice water and leave it there until it's cold. Then roll and peel.

2. Smash your egg into sauce



Put the peeled egg in a bowl. Use the back of a fork to smash it into small pieces. Add mayo and keep smashing.

Add one pinch of each of your spices. (If you don't have all of them, don't worry - even two of these is lots of flavor). Smash everything together, then taste. When using cold, dried spices, most of us want to add more than a couple pinches.

Q: I don't have these spices. Can I use other flavorings?

A: Yup! Remember to taste early and often!



Note: Another thing you can do with the same exact ingredients: **deviled egg.**

Chop a hard-boiled egg in half and scoop out the yolk. Crush yolk into mayo-spice mix, then scoop it back into the egg white. For texture, fry each half with a little oil on medium-high heat until golden brown.

CARBOHYDRATE

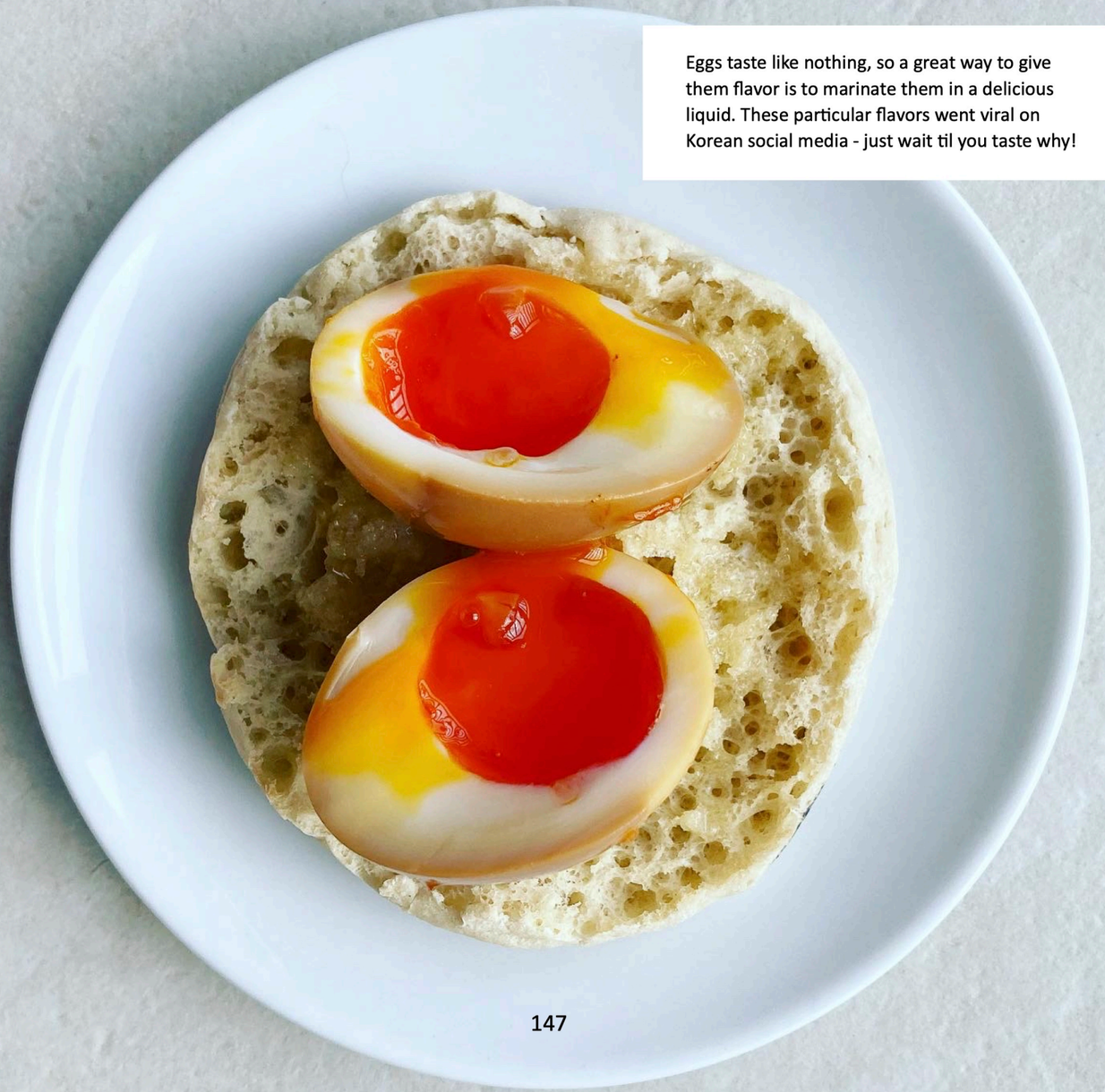
- 1 english muffin

SAUCE

- 1 tablespoon mayo
- 3 big pinches garam masala
- 3 big pinches turmeric
- 2 big pinches garlic powder
- 1 big pinch cayenne
- salt to taste

TOPPING

- 1 egg



Eggs taste like nothing, so a great way to give them flavor is to marinate them in a delicious liquid. These particular flavors went viral on Korean social media - just wait til you taste why!

Mayak Eggs

1. Make your sauce

Pour sauce ingredients into a wide bowl. Taste! This flavor will soak into your egg whites, and will taste differently over time. (If you know that you like spicy foods, 1/2 teaspoon of dried spices will give a mild heat to this dish; you can also just do without it.)

2. Cook your eggs + put it all together



Boil 2 or 3 eggs for five minutes.

Move to a bowl of ice water for 10 minutes or so. Then peel, and place boiled eggs into your bowl of sauce for 6+ hours. Turn them in 2-3 hours.

In the morning (or afternoon or middle of the night), toast an english muffin and butter or oil it. Cut your egg in half, stick it in the middle of your bread, smash, and eat!

You can eat the other egg(s) tomorrow or the next day.



Note: If you want, you can make this marinated egg into **egg salad**. Boil for *ten* minutes, cool, peel, marinate… then smash your egg into 1 tablespoon mayo and a few shakes of hot sauce.

CARBOHYDRATE

- 1 english muffin

SAUCE

- 1/4 cup water
- 1/4 cup soy sauce
- 2 tablespoons sugar
- 2-4 garlic cloves
- red pepper flakes or chili powder, to taste

TOPPING

- 1 egg (plus 1-2 more eggs, so the sauce doesn't go to waste)
- 1 teaspoon fat



Let this sandwich take you on a mental vacation. You're in the south of France, looking out over the ocean, smelling the salty breeze. And you're eating this: it's usually a simple mixture of olive oil, egg, tinned fish, and tomatoes, but you're hungry, so you add some bread. And maybe a big, cold bottle of Orangina.

Salad Niçoise

1. Toss toppings together in a bowl



Spoon out the seeds and chop your tomato. Chop your olives.

Drain your tuna, and squeeze in a towel to get the water out.

Add oil, lemon juice, salt and pepper to the bowl of toppings. Taste, and see if you need to add more of something.

2. Cook an egg + put it all together

Boil a pot of water, add an egg, and boil for ten minutes.

Dump the egg into a bowl of ice water and leave it there until it's cold.

Chop up or slice your egg, and add it to the bowl along with salad leaves. Pile everything onto your muffin.

CARBOHYDRATE

- 1 english muffin

SAUCE

- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- salt and pepper to taste

TOPPINGS

- 1 egg
- 1/2 tin canned tuna
- 1 cherry tomato
- 2-3 olives
- a few leaves of something crunchy and green



Let this sandwich take you on a mental vacation. You're in sunny Vietnam, looking out over your choice of white sand beaches or limestone mountains, smelling the distinctive scent of Vietnamese coffee in the air. And you're eating this: chewy bread, mayonnaise, pickled delights, fresh cilantro, and an umami egg bomb. How could things be any more luxurious?

Bánh Mì Trứng

1. Prep your vegetables

Quick pickle your vegetables: Slice a little onion, radish, jalapeño, and/or carrot fine. Put each in a cup with a pinch of salt, a pinch of sugar, and a little wine vinegar. Stir and wait 10 minutes.

Chop your cucumber, and begin putting together your sandwich. After the egg's cooked, you'll want to eat as quick as possible.

2. Cook an egg + put it all together



Mix together 1 egg, 1 teaspoon water, and 1/2 teaspoon soy sauce until frothy. (Corn starch will add crispiness.)

Heat a pan on medium heat, and add enough oil that you could spoon it out.



When the pan is hot, pour in your egg mixture. When the egg looks set, turn the heat to medium-high and fry it for 1 more minute on each side, until browned. (Flip it the best you can - you won't ruin it!)

Blot the egg on paper towels before shoving it in your banh mi.

CARBOHYDRATE

- 1/3 of a baguette

SAUCE

- 1-2 tablespoons mayo

TOPPINGS

- 1 egg
- 1 teaspoon water
- 1/2 teaspoon soy sauce
- *optional:* 1/2 teaspoon corn starch
- a few cilantro leaves
- 1/4 of a cucumber
- a handful of pickled vegetables *(see next page)*

Whatever's-in-the-Fridge Pickles

Perfect on tacos, salads, hard-boiled eggs, spicy soups, or boring sandwiches

- 1 teaspoon any acid (vinegar or a tart juice)
- A few thin slices any vegetable (less than fresh = A-OK!)
- Pinch of salt + sugar







Stir, then let everything sit for 10 minutes.

Refrigerate overnight for best results, but 10 minutes works fine, too.
Keep in a jar or baggie in the fridge for a month.

Taste: Quick Pickles



Pickled Onion

What I like about it _____

Might be good with _____



Pickled Carrot

What I like about it _____

Might be good with _____



Pickled Pepper

What I like about it _____

Might be good with_____



This is a silly little snack, for whenever you're feeling fancy. Chef Alain Passard invented this as a pre-dinner thing to try at his restaurant in Paris. The yolk is warm and gooey, the "whites" are cold and creamy, plus there's a little tang and a little sweetness - a complicated experience in a tiny shell.

Party Trick: The Hot-Cold Egg

1. Prepare your egg

Gently poke at the top of an egg with something sharp. Try to open up just a knuckle-size top of the egg by tracing a sharp knife around the top. Try to watch the egg to make sure no shell fragments enter the egg shell.

Now pour out the whites - or as much of the whites are you can. Season each egg with salt, pepper, and a little chopped chives.

Put an inch of water in a pot on medium heat. Cover it with a lid to make it boil faster. When the water is simmering (lots of little bubbles), gently float each egg shell, hole-side-up, into the water. (This will work!) Turn off the heat. Cook for three minutes, enough time to heat the yolk but not so long that the yolk becomes hard-boiled.

2. Make your sauce + put it all together



In a cold, metal bowl (or a blender), combine all your sauce ingredients. Whip this cream until it forms soft peaks (see page 314 for more information about whipping cream).

When the eggs have cooked for three minutes, put each egg into a shot glass or egg cup. Spoon in your cream mixture and garnish with syrup or honey and more chives. Eat immediately.

SAUCE

- 1/4 cup heavy cream
- splash lemon juice or white wine vinegar
- pinch nutmeg
- pinch ginger
- pinch cloves
- pinch salt

TOPPINGS

- 2 eggs
- pinch salt
- pinch pepper
- 1 chive
- drizzle maple syrup or honey

Your Ideas:

Try to remember every sandwich, pizza or taco you've ever loved…

Sauce?	Toppings?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Notice if there are patterns. Do you like similar things because you know what you like, or because you like what you're familiar with? Or, "who knows?!"

Notes for next time…



Favorite *method* for cooking an egg?

_____

_____

Interesting herbs/spices you might use to *punch up* a plain old egg?

_____

_____

Favorite *textures* you like to pair with cooked egg? (Crispy, velvety, crunchy, chewy, squishy, etc)

_____

_____







pizza

There’s lots of ideas out there about the “right way" to make pizza - like, it has to be baked on a special stone, in a special oven, or “I’m not good at baking.”

We are not letting boring thoughts like those get in our way, y’all. Let’s get to practicing!

pizza dough

- 3/4 cup warm water
- 1/2 teaspoon yeast
- 1/2 teaspoon sugar
- 1 1/2 cups flour
- 1 tablespoon olive oil
- 1 teaspoon salt



1. Stir water, sugar + yeast.

2. Mix in flour, oil + salt.



3. Mix together until combined. Cover with a towel or plastic wrap, stick it in a warm spot, and wait 6 to 8 hours.

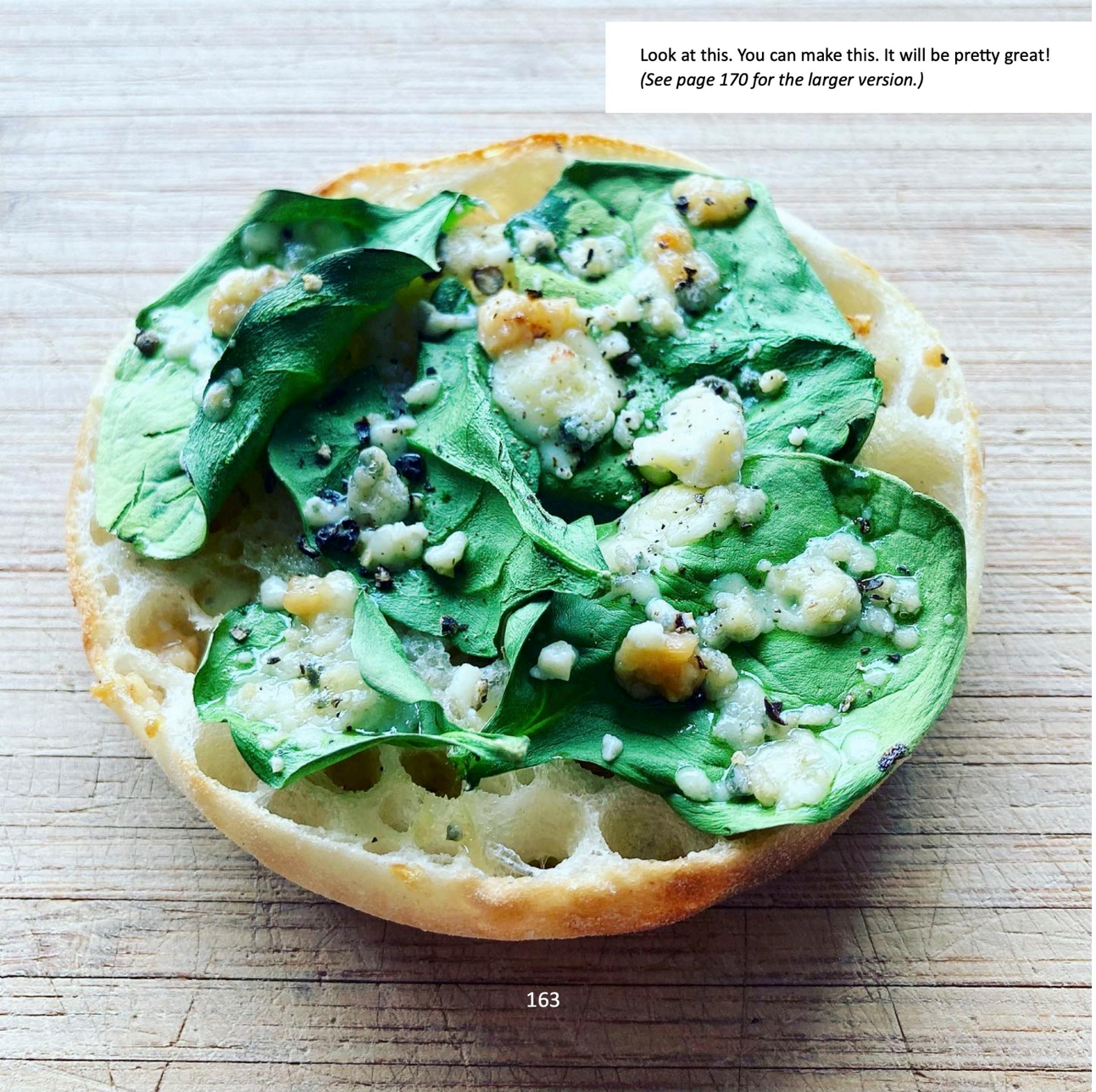
Whatever's-in-the-Fridge Pizza (page 164)
~~Pizza dough~~
Any kind of sauce + any toppings

Red Pepper + Anchovy Pizza (page 166)
Sauce: Red Sauce
Toppings: Mozzarella + Anchovies + Roasted Red Pepper
Extra: Oregano

Goat Cheese + Mushroom Pizza (page 168)
Sauce: Olive Oil
Toppings: Mozzarella + Mushrooms + Goat Cheese
Extra: Thyme

Spinach + Feta Pizza (page 170)
Sauce: Olive Oil
Toppings: Mozzarella + Roasted Garlic + Spinach + Feta
Extra: Oregano

Pizza Margherita (page 172)
Sauce: Olive Oil
Toppings: Mozzarella + Roasted Garlic + Cherry Tomatoes
Extra: Basil



Look at this. You can make this. It will be pretty great!
(See page 170 for the larger version.)

Whatever's-in-the-Fridge Pizza

1. Find some bread and pick a sauce - any sauce!

Making your own dough is fun, but you can also buy a ball of pre-made pizza dough from a local pizza place for a couple of dollars.

No dough? No problem - just toast some kind of bread and do your own thing!


butter or oil


soy sauce


tortilla or naan

2. Put *a little bit* of whatever you want on top
(Fewer toppings = less soggy pizza)

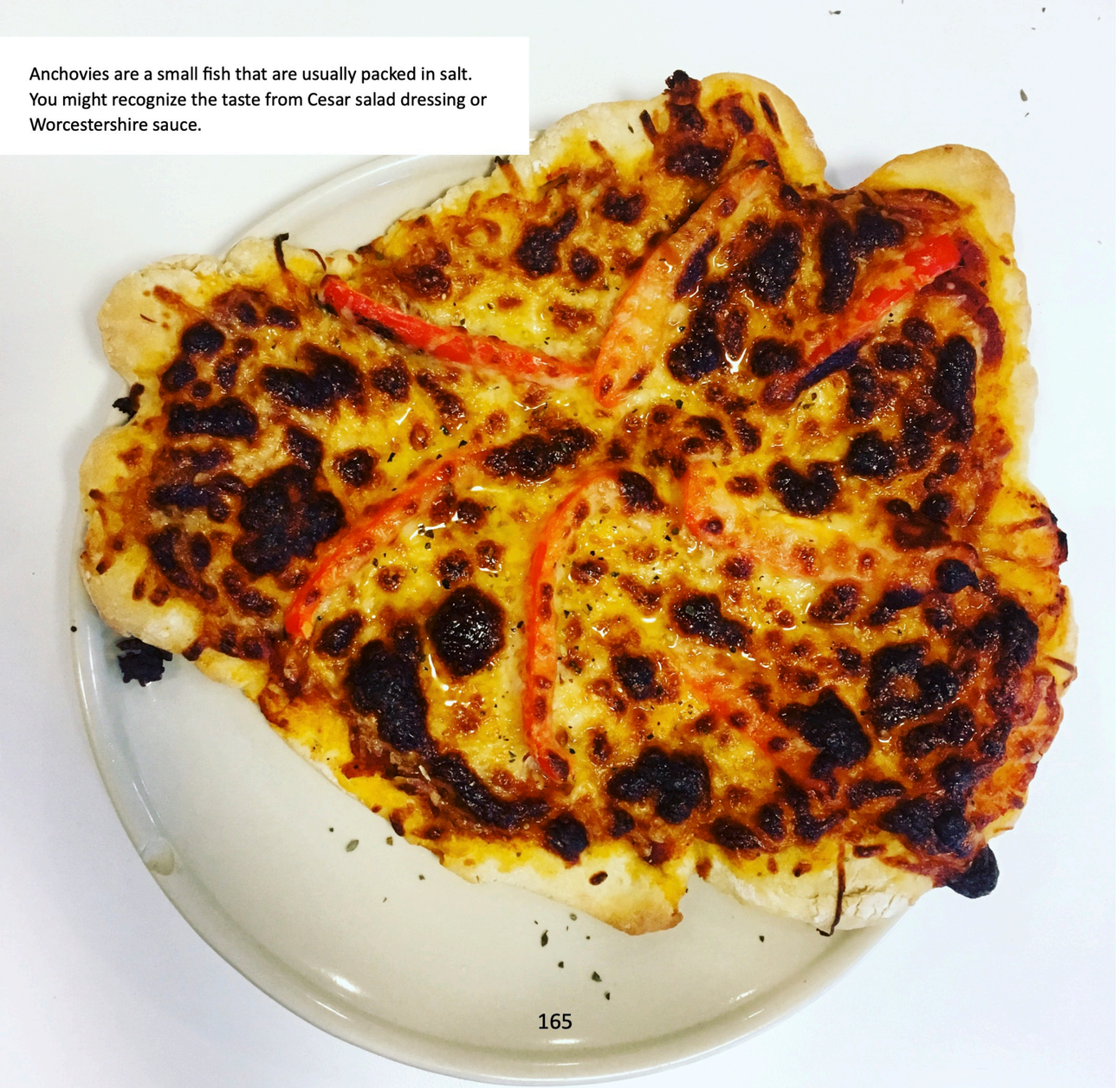

Parmesan + black pepper


cooked broccoli + garlic


mozzarella + pepperoni

3. Preheat and bake in an oven at 325 degrees until hot.
(Low temperature because: You're not cooking dough, just heating cooked bread.)

Anchovies are a small fish that are usually packed in salt. You might recognize the taste from Cesar salad dressing or Worcestershire sauce.



Red Pepper + Anchovy Pizza

1. Roast + prep a red pepper

(These are also available canned.)



Roast your pepper. Bake at 475 degrees for 30 minutes. Or, using a gas stove (and holding it with a metal fork or tongs), blacken as much of the skin of the pepper as you can. Let cool, then peel off the charred skin.



Gently flatten with your hand and slice your pepper into matchsticks. Remove the bitter white pith and seeds.

(This matchstick technique is called a julienne cut).

2. Rinse your anchovies

(This removes extra salt.)



3. Bake!

Oil a pan and press dough as thin as you can onto that pan. If a hole forms, just pinch it closed. Layer your toppings and bake at 500 degrees until cheese melts and browns in spots, about 7-8 minutes. Optional: after the pizza's baked, drizzle with oil and/or lemon juice, and add a sprinkle of oregano.

CARBOHYDRATE

- 1 pizza dough

SAUCE

- 2 tablespoons red sauce

TOPPINGS

- 1/2 red pepper
- 8 anchovies
- 3/4 cup mozzarella

TO FINISH

- pinch dried oregano
- drizzle olive oil
- drizzle lemon juice







If you've never tried goat cheese (chèvre), you're in for a treat! If your grocery store has a cheese counter, ask for 25 cents' worth of something exciting - like Humbolt Fog or Truffle Tremor. For this pie, any inexpensive goat cheese will do.

Goat Cheese + Mushroom Pizza

1. Prep your mushrooms



Slice mushrooms with an even thickness, and toss in a cup with a splash of oil and salt. Shake to coat.

2. Bake!

Oil a pan and press dough as thin as you can onto that pan. If a hole forms, just pinch it closed. Layer your toppings and bake at 500 degrees until cheese melts and browns in spots, about 7-8 minutes.

Optional extra step for adding flavor: after the pizza's baked, drizzle with oil, and add a sprinkle of thyme.

CARBOHYDRATE

- 1 pizza dough

SAUCE

- 2 tablespoons olive oil

TOPPINGS

- handful mushrooms
- 1/2 cup mozzarella
- 1/4 cup goat cheese

TO FINISH

- pinch dried thyme
- drizzle olive oil



Spinach and feta... a classic Greek combination.

Spinach + Feta Pizza

1. Roast one head of garlic (takes 45 minutes)



Remove paper from a head of garlic, and chop 1/4-inch off the top. Drizzle with oil.



Wrap in tin foil and bake for 45 minutes in a 450 degree oven. When cooled, squeeze garlic cloves out of their paper.

You can chop or rip them, or use whole.

2. Bake!

Oil a pan and press dough as thin as you can onto that pan. If a hole forms, just pinch it closed. Layer your toppings and bake at 500 degrees until cheese melts and browns in spots, about 7-8 minutes.

Optional extra step for adding flavor: after the pizza's baked, drizzle with oil, and add a sprinkle of oregano.

CARBOHYDRATE

- 1 pizza dough

SAUCE

- 2 tablespoons olive oil

TOPPINGS

- 5-10 garlic cloves
- handful spinach leaves
- 1/2 cup mozzarella
- 1/4 cup feta cheese

TO FINISH

- pinch dried oregano
- drizzle olive oil





Pizza margherita is always made in the colors of the Italian flag (green for Italy's plains and hills, white for the snowy mountains, and red for the blood spilled in the war for independence).

Pizza has been a popular street food in Italy for at least 2,000 years. But it was looked down on as a poor person's food, a food made with just dough and leftovers. It wasn't until Queen Margherita of Savoy publicly ate pizza - ate *this* pizza - in the late 1800s that fancy people decided they could like it, too.

Pizza Margherita

1. Roast one head of garlic (takes 45 minutes)



Remove paper from a head of garlic, and chop 1/4-inch off the top. Drizzle with oil.



Wrap in tin foil and bake for 45 minutes in a 450 degree oven. When cooled, squeeze garlic cloves out of their paper.

You can chop or rip them, or use whole.

2. Bake!

Oil a pan and press dough onto pan. Top with garlic, oil, and tomatoes.

Bake for five minutes, then add cheese and bake another 3 minutes, or until cheese melts. Top with torn fresh basil leaves (and oregano and oil, if you like).

CARBOHYDRATE

- 1 pizza dough

SAUCE

- 2 tablespoons olive oil

TOPPINGS

- 5-10 garlic cloves
- 2 handfuls cherry tomatoes
- 3/4 cup mozzarella

TO FINISH

- 10 large basil leaves
- pinch dried oregano
- drizzle olive oil



Taste: Mozzarella



Low-moisture mozzarella (pre-shredded)

Most affordable + best for melting

What I like about it _____

Might be good with _____



Fresh mozzarella

(Often seen in a caprese salad)

What I like about it _____

Might be good with _____



Mozzarella di bufala

Fresh cheese made from buffalo milk

What I like about it _____

Might be good with_____

cheeses

	You like?	Would snack on?	Might be good with...
Parmesan Powder	☐	☐	pasta with meat sauce
Parmigiano-Reggiano	☐	☐	
Oaxaca cheese	☐	☐	
Paneer	☐	☐	
Smoked Gouda	☐	☐	
Feta	☐	☐	
Goat Cheese	☐	☐	
Ricotta	☐	☐	
Blue Cheese	☐	☐	
Fried Halloumi	☐	☐	

Pizza Topping Ideas:

Sauce: Butter
Toppings: Mozzarella + Cooked Asparagus
To Finish: Dollops of Chermoula

Sauce: Olive Oil
Toppings: Mozzarella + Asiago + Broccoli + Cooked Sausage
To Finish: Oregano

Sauce: Red Sauce
Toppings: American + Provolone + Onion + Cooked, Shredded Chicken Thigh
To Finish: Hot Sauce

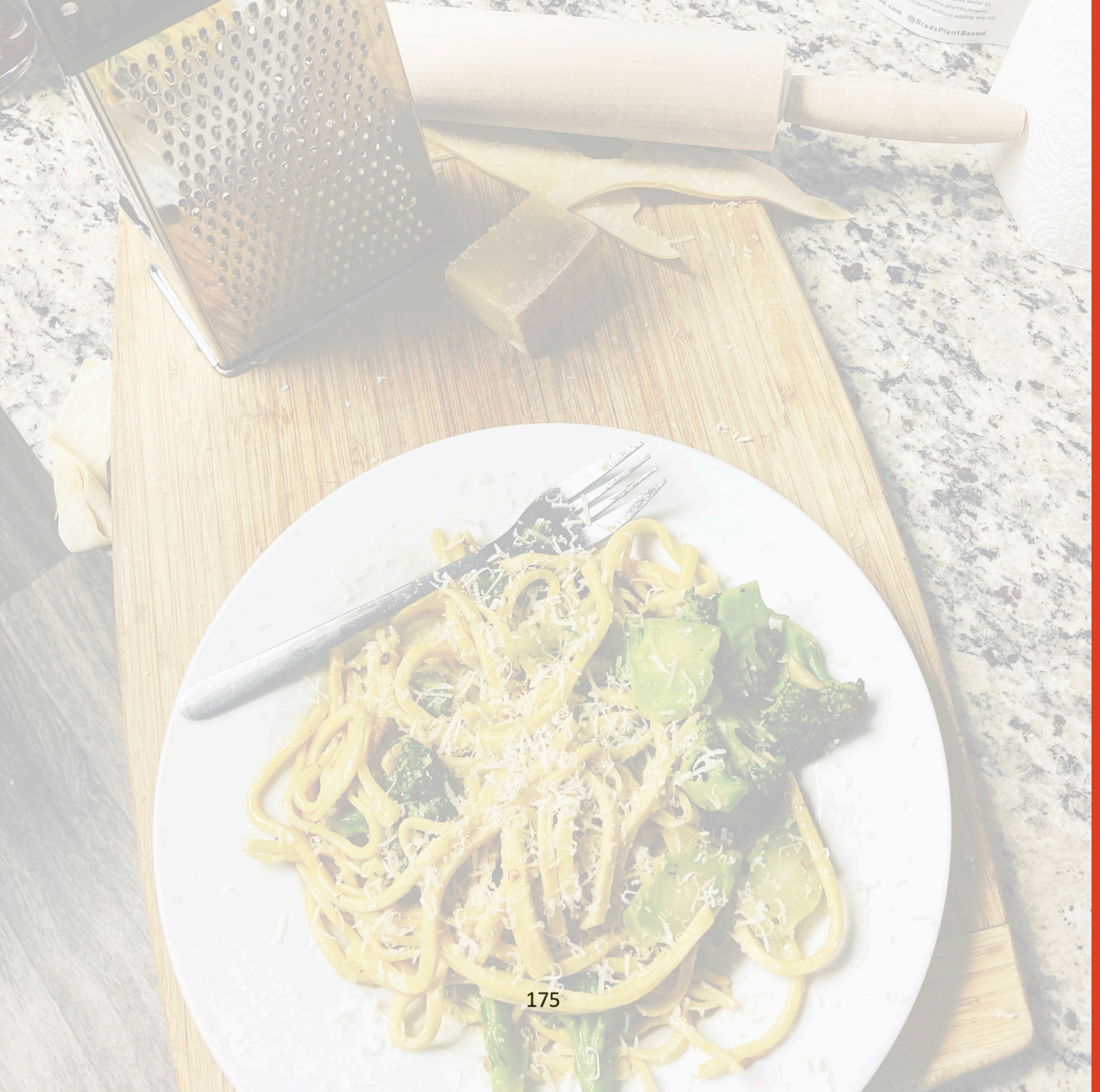
Sauce: Refried Beans
Toppings: Pepper Jack + Cooked Ground Beef
To Finish: Black Olives + Chopped Tomato

Sauce: Olive Oil
Toppings: Cooked Bacon + Black Olives + Chopped Canned Artichoke Hearts
To Finish: Dollops of Ricotta

Sauce: None
Toppings: Dollops of Ricotta
To Finish: Peach Slices + Honey + Fresh Basil

Your Ideas for Pizzas:

Carb	Sauce?	Toppings?
English Muffin	_____	_____
Tortilla	_____	_____
Piece of toast	_____	_____
Naan bread	_____	_____
Pita bread	_____	_____
Pizza dough	_____	_____
Pizza dough	_____	_____
Pizza dough	_____	_____
Pizza dough	_____	_____



pasta

rainy day pasta

- 1 teaspoon water
- 2 egg yolks
- 1 whole egg
- 1 cup flour
- 1/2 teaspoon salt



1. Stir together flour and salt. Then hollow it out, so it looks like a volcano.

Separate egg yolks from whites by cracking two eggs into your palm. Let the whites fall through your fingers, and save the yolks. Carefully pour your whole egg and two yolks into the mouth of the volcano.

Slowly stir the eggs with a fork, bringing in more flour as you stir.



2. At first, your dough will be a shaggy mess.

Add the teaspoon of water and begin kneading your dough by hand. After a while, it will become a smooth ball of dough.

Cover your dough ball with a towel and leave it alone for 30 minutes.



3. Flour your surface. Begin rolling with a floured rolling pin.

Pick up dough, move it around, and keep rolling until it's almost see-though. Keep going - you want it as thin as you can.

Finally, cut your dough into noodles AND GET EXCITED!!!

Box Mac + Cheese: Make It Fancy (page 184)

~~Fresh pasta~~
Mornay + Any Vegetable or Canned Meat

Homemade Mac + Cheese (page 188)

Sauce: Mornay
Toppings: None
Extra: Black Pepper

Pasta Primavera (page 192)

Sauce: Mornay
Toppings: Broccoli + Asparagus + Zucchini + Tomato + Garlic
Extra: Parsley

Lo Mein (page 196)

Sauce: Tamari + Sesame Oil + Mirin
Toppings: Any Vegetables
Extra: None

Pasta Salad, Two Ways (pages 200 + 201)

Sauce: Mayonnaise *OR* Lemon Vinaigrette
Toppings: Roasted Cherry Tomatoes
Extra: Salt and Pepper

Why Make Fresh Pasta?

What do you prefer: making something that's quick and easy, or making something that takes some time and effort?

For most of us, quick and easy's best. Dry pasta with some canned sauce or a cheese packet works just great!

If just cooking for yourself, it can feel stupid - or even terrible - to bother making even box mac + cheese. We think: "Don't waste time making dinner if it's just for me. What's the point?"

Why is it so hard to treat ourselves?

The feeling of making yourself something really delicious is a damn good feeling. Even better if it's fresh noodles, yummy sauce, and a very tasty dinner (and maybe tomorrow's lunch).

The best feeling in the world - to my mind, anyway - is when I can give myself permission to be extra nice to myself. "Sauce from scratch just for me today!" It's like permission to give myself a high five.

And when I do have the funds and energy to cook, I almost never feel like I've wasted my time. Usually, it's kind of fun. Most of the time, it lets me shut off the parts of my brain that want to worry about other things. And, cooking tends to be the one experience that, as long as I kind of follow the directions, at the end of it I'll have something tasty to eat - and a feeling of success at doing something well. That's a rare feeling.

Of course we can't all make fresh meals from scratch every day - and thank goodness we don't have to! But every once in a while? It's the best.





Got a bag of frozen vegetables (or a couple fresh carrots) on hand? How about a can of tuna? Let's make this childhood favorite just a little more nutritious. (It's pretty great on its own!)

Box Mac + Cheese: Make It Fancy

1. Prep your vegetable

Chop 'em bite-sized.

2. Boil your noodles + veggie

Bring a pot of salted water to a boil. When the water's at a "rolling boil" (lots of big bubbles), then it's time to add the noodles and vegetables.

Check the package to see how long noodles should be boiled. When cooked, spoon noodles into a large bowl.



Taste your vegetables from time to time to see if they're as soft as you'd like. They're ready when you want them to be.

3. Add 1/2 cheese packet + milk and butter

Stir well to combine. This is a good time to stir in drained tuna or chicken. If you'd like a crunchy topping, crush some crackers over top.

CARBOHYDRATE

- 1/2 box mac + cheese

SAUCE

- 2 tablespoons milk
- 2 tablespoons butter
- 1/2 cheese packet

TOPPINGS

- 1 cup chopped vegetables, your choice
- *optional:* 1 can tuna or chicken, drained
- *optional:* 3-5 saltine crackers

What Tastes Good with Noodles?

Bring a pot of water to boil over high heat. Boil a handful of a fresh vegetable you like right in the pasta water, and cook until fork-tender.

Broccoli
Boil 4-6 minutes

Asparagus
Boil 2-4
minutes

Spinach
Boil 20 seconds
(until wilted)

Carrots
Boil 12-14
minutes

Peas
Boil 3-4
minutes

Corn
Boil 2-4
minutes

Brussels sprouts
Boil 10-12
minutes

Kale
Boil 5-8
minutes

Cauliflower
Boil 10-12
minutes

Tomato
Don’t boil - just chop and mix in





Every grocery store in America has at least one shelf full of instant macaroni and cheese - perhaps the coziest American food. Did you know the reason every kid in America knows and loves it is because of the amazing Black chef James Hemmings? He trained in Paris and is the reason this dish (and whipped cream, crème brulée, and several other recipes) became popular in the States.

Homemade Mac + Cheese

1. Boil your noodles

If using homemade noodles, cook for 2 minutes. If using dry noodles, use 1/4 of a box and follow package directions for boiling. Drain and set aside.

2. Make your Mornay
(Cheese sauce)



Melt butter in your pot on medium heat.

Add flour and stir constantly to make a roux.

Add milk and bring to a boil. Stir. The milk will thicken.

Add cheese and stir fast to combine.

Add drained pasta to the sauce and stir until it all comes together. Taste, and add salt and pepper to taste.

If you'd like a crunchy topping, sprinkle breadcrumbs over top and put into your oven on "broil" for 2-5 minutes, or until golden-brown.

CARBOHYDRATE

- 1/2 recipe pasta dough, or 1/4 package dry pasta

SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup milk
- 3/4 cup grated cheese
- salt + pepper to taste

OPTIONAL

- 1/2 cup breadcrumbs



building a sauce

beschamel: one of France's "five mother sauces"





1. **WHAT A ROUX IS:**

Equal parts FAT (like butter or oil) and FLOUR cooked together to make a paste. This will thicken the liquid you add next.



2. **ROUX + MILK =**

BESCHAMEL SAUCE

(Think of gravy, creamed spinach, or chicken pot pie)

3. **BESCHAMEL SAUCE + CHEESE =**

MORNAY SAUCE

(Think of mac + cheese)

* *Fun fact:* Fettuccini Alfredo (invented by Alfredo de Lileo in 1914) is just warm noodles tossed with butter and freshly grated Parmesan - no milk or cream!



This was the most talked-about dish of 1976, after Ed Giobbi brought this recipe to his friends at the New York restaurant Le Cirque. Spring vegetables (primavera is Italian for “spring”), lightly cooked, in a creamy parmesan sauce - delish!

Pasta Primavera

1. Chop some fresh spring vegetables



Snap the tough, stringy end off each asparagus spear. Slice zucchini into coins. Mince your garlic. De-seed and dice your tomato. Hold the broccoli by its stem, and cut across the top to create tiny pieces.

2. Boil noodles

3. Cook your vegetables

Toss green vegetables into boiling pasta water. Boil for four minutes.

Coat a pan on medium heat with oil. Cook tomatoes and garlic together until warm but before mushy, about five minutes.



Scoop greens out and place in an ice water bath. (This is called blanching - it stops things from continuing to cook in their own heat and becoming wilted or overcooked.)

When cool, drain.

4. Make your Mornay

Melt butter in your pot over medium heat. Add flour and stir constantly until a paste (roux) forms.

Pour in milk, stir, and let it come to a boil.

Take off the heat and stir in cheese. Add vegetables and pasta to sauce, and stir to coat.

CARBOHYDRATE

- 1/2 box of dry pasta, or 1 recipe pasta dough

SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup milk
- 3/4 cup parmasean
- salt, pepper + dried parsley to taste

TOPPINGS

- fist-sized piece of broccoli
- 1/2 bunch asparagus
- 1/2 small zucchini
- 1/2 roma tomato
- 2 garlic cloves



knife cuts

Q: Why does it matter how small you chop something?

A: If the vegetable's more firm, chopping it small helps it cook quicker. If it's softer, tiny pieces will turn to mush more quickly. If the flavor's more intense, chopping it small helps thin out the flavor.

But! It's <u>your</u> meal. If you learned how to do things one way, and it feels not great to do things a different way - you do you. 😉



"Chunk"
"Cube"
"Large Dice"

penny (or bite-sized) squares



"Dice"

pea-sized squares



"Mince"
"Chop fine"
"Small Dice"

as small as you can get the thing



"Chop"

don't worry, just cut the thing up



"De-seed"

(seeds can be spicy or hard on the digestion)



"Coins"

chop into flat circles, but don't dice



Chinese folks invented noodles thousands of years ago. Eventually, noodles made their way to Europe, where the Italians called them pasta (probably because the dough is like a gluey “paste”). In China, they’re often called mein (like lo mein, or “stirred noodles”).

Note: the sauce ingredients for this dish are all in the same aisle as soy sauce at any grocery store, are pretty affordable, and last forever.

Lo Mein

1. Prep your vegetables



Julienne, cube or dice - up to you!

(If using bok choy, chop off the toughest ends of the white stalk.)

2. Boil your noodles

If using homemade noodles, cook for 2 minutes. If using dry noodles, use 1/4 of a box and follow package directions for boiling.

3. Heat + mix your flavors

Get everything ready and close at hand, because the stir-frying goes very fast.



In a pot over medium-high heat, toss a tablespoon of oil with your vegetables and fry until cooked through (but not soggy, unless that’s your preference), about 3-5 minutes.

Then add your sauce and noodles and stir everything to combine flavors for a minute or so.

CARBOHYDRATE

- 1/2 recipe pasta dough, or 1 cup dry noodles

SAUCE

- 2 tablespoons tamari or soy sauce
- 2 tablespoons toasted sesame oil
- 1 tablespoon mirin
- *optional:* ginger, garlic and/or red pepper flakes to taste

TOPPINGS

- 1 handful chopped vegetables (carrot, broccoli, red pepper, bok choy, frozen “stir fry mix,” etc)



flavortown markets

Noodles = the easiest!

But eating the same kind of noodles every day = kinda boring.

If you are lucky enough to live in a town that has an Asian market (or an Indian market, an Eastern European market, or a West African market), then you can cheaply eat a different kind of instant noodle dish every day.



These specialty markets are so fun to visit. You will certainly find sweets you've never heard of before (Canned milk tea! Gulab Jamun!). You will also find sauces you can't wait to try (Maggi! Rahm-Champignons!). Finally, you will find amazing - and extremely affordable - instant noodle packets. Why not take a trip around the world, using only some water and a pot?

(In a separate pot, boil an egg and cook frozen veggies for extra *oomph!*)

Noodles to try:

- ☐ Japanese noodles
- ☐ Korean noodles
- ☐ Nigerian noodles (Indomie)
- ☐ German noodles (Sternchen Suppe)



Cooking's so fun, and so good for us, but we can get caught up in the "right" and "wrong" way to eat certain things - "that's not healthy enough," "I don't have the right kind of noodle," etc. Here's a couple options for pasta salads. Choose for yourself - it's your meal.

Mayo Macaroni Salad

1. Roast your cherry tomatoes (takes 35 min)



Preheat oven to 450 degrees. Cut tomatoes in half. Sprinkle with salt. Drizzle with oil. Bake for 35 minutes.

Roasting brings out a deeper flavor and a chewier texture.

2. Boil noodles

Boil a pot of hot water and salt over high heat. When it's at a rolling boil, add your pasta. When they're tender, drain (two minutes for fresh pasta; follow package directions for dry pasta). Rinse with cold water, and set aside.

3. Put it all together

Mix cold, rinsed noodles with mayonnaise, and then gently fold in your tomatoes. Taste! Does it need more salt? Don't forget black pepper.

CARBOHYDRATE

- 1/4 package dry pasta, or 1/2 recipe pasta dough

SAUCE

- enough mayo to coat
- salt + pepper to taste

TOPPING

- 1 handful cherry tomatoes



Pasta Salad al Limone

1. Roast your cherry tomatoes (takes 35 min)



Preheat oven to 450 degrees. Cut tomatoes in half. Sprinkle with salt. Drizzle with oil. Bake for 35 minutes.

Roasting brings out a deeper flavor and a chewier texture.

2. Boil noodles

Boil a pot of hot water and salt over high heat. When it's at a rolling boil, add your pasta. When they're tender, drain (two minutes for fresh pasta; follow package directions for dry pasta). Rinse with cold water, and set aside.

3. Make your vinaigrette



Zest half of a lemon. You can use a peeler and mince it, or use a zesting tool. Zest is the bright yellow parts (not the bitter white parts) of the lemon peel. Add your lemon juice, oil, minced basil, and cheese, and mix well.

Stir in your noodles, and then gently fold in your tomatoes. Taste! Does it need more salt or more lemon? Don't forget black pepper.

CARBOHYDRATE

- 1/4 package dry pasta, or 1 recipe pasta dough

SAUCE

- 1 tablespoon olive oil
- juice + zest from 1/2 a lemon
- 7 basil leaves
- 3 tablespoons parmesan
- salt + pepper to taste

TOPPING

- 1 handful cherry tomatoes





Vinaigrette

(Choose Your Own Adventure)



3 teaspoons fat

Any oil you like or have on hand! Lots of people like olive oil, but lots of us use olive oil just because we think we're supposed to.



2 teaspoons acid

Any vinegar you like, or a tart juice - or a combination!

Vinaigrette Ideas:

Fat:	Canola Oil
Acid:	Lime Juice
To Taste:	Jalapeno, Cilantro + Garlic

Fat:	Olive Oil
Acid:	White Wine Vinegar
To Taste:	Honey + Dijon Mustard

Fat:	Mayonnaise
Acid:	Apple Cider Vinegar
To Taste:	Maple Syrup + Dijon Mustard

Fat:	Canola Oil
Acid:	Red Wine Vinegar
To Taste:	Soy Sauce, Hot Sauce + Garlic

Fat:	Olive Oil
Acid:	Red Wine Vinegar
To Taste:	Mayonnaise, Mustard + Garlic

Fat:	Canola Oil
Acid:	Grapefruit Juice
To Taste:	Honey

Building a Recipe

No matter where you are in the world, we're all probably eating almost the same exact thing for dinner. This is how the whole world gets enough calories, flavor, and nutrition to stay alive:

1) Some delicious sauce - like butter, ghee, oil, or something more extravagant
2) Some toppings - meat, tomatoes, greens, or whatever's in season now
3) Some herbs / spices to make things more delicious - plus salt + pepper
4) Some carbohydrate to fill you up - like rice, noodles, tortillas, or bread

Consider what tastes, textures and flavors you like best when you're at a restaurant or cooking, and don't worry about getting it "right." Do you like the taste and texture of corn tortillas? Beef, beans, and salsa taste great with tortillas - but there's no law saying you can't put sweet potato, peanuts, and feta in a tortilla instead.

We all grew up loving certain flavors and textures. It's great to treat yourself with those things from childhood that you miss! It can feel harder to branch out. Pizza without red sauce - or tacos without salsa - can feel *wrong*, somehow. But this kind of thinking leads a lot of us to not cook unless we have everything we think needs to go with a dish on hand. Which is why *nobody makes tacos at home*. Wouldn't it be great to shake those thoughts off, and feel ok about experimenting?

Random idea: the food we think of as the fanciest restaurant foods are almost always recipes that started out as "peasant foods." French Onion Soup's just a clever thing to cook when there's nothing left in the cupboard but old onions, stale bread, and a little cheese. The only reason we have red sauce is because someone curious noticed there were a lot of tomatoes that were about to rot, and they thought to cook them before they went bad. Experiment, and you might end up the next person to invent something amazing from not much.

Putting a Meal Together

Rule #1: Experiment! Give yourself permission to bounce ideas around, to try stuff out and sometimes fail. Feel free to bounce ideas around. What protein, meat, or veggies do you have right now? Would those things work on pasta, toast, rice, or tortillas? What herbs and spices might make it great?

Recipe	Carb	Sauce	Topping	Herbs/spices
Shakshuka	Pita bread	Red sauce	Egg	Cumin, paprika, coriander
Indian-spiced egg salad	English muffin	Mayonnaise	Egg	Garam masala, turmeric, ginger, garlic
Pizza margherita	Dough	Olive oil	Tomato, mozzarella	Basil, oregano
Lo mein	Noodles	Soy sauce, tamari, mirin	Bok choy, carrot	Ginger, garlic



tortillas

rainy day tostadas

- 3/4 cup water
- 1 cup masa harina
- 1/4 teaspoon salt



1. In a bowl, mix together masa harina and salt. (Masa harina is dried corn dough, a powdery product.)

   Start by adding 1/2 a cup of warm water. Mix with your hands, then add a tablespoon more water at a time until you can pick up your dough and smush it into a ball.



2. Cover with a damp towel and let dough rest 30 minutes.

   (If you don't own a tortilla press, find your heaviest pan, book, or similar. Find some parchment paper to place in-between the dough and the heavy thing.)



3. Pinch off 2-inch pieces and roll each into a ball. You can flatten them using a tortilla press, or you can just use a something heavy to smash as flat as you can.

   Cook, turning often, over high heat until golden and crispy. (You can also fry these in a little oil.)

Quesadilla (page 212)
Sauce: Hot Sauce or Sour Cream
Toppings: Cheese

Burritos for Later (page 214)
Sauce: Pico de Gallo
Toppings: Cheese + Chorizo + Eggs

Empalmes (page 216)
Sauce: Pico de Gallo
Toppings: Refried Beans + A Fried Egg

Salbutes (page 218)
Sauce: Lime Juice + Hot Sauce
Toppings: Chicken + Lettuce + Tomato + Pickled Onion

Baja Fish Tacos (page 220)
Sauce: Hot Sauce
Toppings: Fried Fish + Cabbage Slaw + Avocado



The Aztec people had been using corn tortillas and filling them with vegetables for ages. We don't know exactly who invented this simple, satisfying "little cheesy thing," but it quickly spread from southern Mexico throughout the world.

Quesadilla

1. Heat your pan



Place a little oil in a pan on medium heat. Spoon cheese (and whatever else you'd like) onto half of a tortilla. Fold! When the oil's hot, add your quesadilla.

2. Cook your quesadilla



Move the tortilla around the pan every once in a while, to make sure the edges cook as much as the center does. When the bottom's golden brown, flip it over and cook the other side.

When both sides are fully cooked, sprinkle the top with salt and hot sauce (or whatever you like on top).

CARBOHYDRATE

- 1 flour or corn tortilla

FILLING

- 1/4 cup to 1/2 cup cheese (Oaxaca cheese is traditional, mozzarella is similar to Oaxaca, and Monterey jack is most usual in the US)
- salt and hot sauce or sour cream to taste



Much like Britain's bacon egg and cheese, the burrito is an old, old to-go food. It likely originated by the Mayans of thousands of years ago (although they were more likely to wrap up the more plentiful vegetables than animal products). We're not sure why they're called burritos, but we do know that burro is the Spanish word for donkeys and the unimaginative. Huh. Let's make a few for the freezer - feel free to add a little of whatever in the fridge is about to go bad - and get ready to have some easy, yummy breakfasts.

Burritos for Later

1. Cook up your meat + cheese

In a pan over medium heat, chop, smash, and cook your chorizo until browned, about eight minutes. Either wash that pan or use another to cook your butter and eggs over medium heat until the eggs are scrambled and cooked. Season your eggs, taste, then season again.

2. Prepare for the freezer

Let everything cool until cold, about 30 minutes.

Then begin to form your burritos. Pile a little cheese onto each tortilla. Top with meat and cheese. Fold into a burrito, and don't beat yourself up if yours aren't perfect yet.







Place on a tray in the freezer. After they're frozen solid (the next day), you can put them in a freezer bag.

Whenever you want a burrito, just pop one in the microwave or heat one with a little oil over medium heat until hot.

CARBOHYDRATE

- 4-5 flour tortillas

FILLINGS

- 1/2 pound chorizo
- 1 tablespoon butter
- 4 eggs
- salt, cayenne, and/or smoked paprika to taste
- 1/4 cup shredded cheese



This creamy-crunchy sandwich comes from Mexico's Nuevo León, a state filled with beautiful mountains (most people live in the valleys between). Try these with Frijoles Puercos (Pork Beans) with plenty of cumin for a delicious treat.

Salbutes

1. Prep your chicken and tortillas

Beat your chicken breast with a rolling pin until it's all about the same width. Sprinkle with a little salt (and oregano, if you have it on hand).

In a bowl, mix masa, baking powder, and salt. Then mix in your water. If the dough is too dry, add 1 teaspoon of water at a time until it is like play dough. Then separate it into four balls.



Place each ball between two sheets of parchment paper, and smash with your palm to flatten. (The parchment paper keeps the dough in a tortilla shape, rather than sticking to your counter.) Put the parchment and dough in between two heavy books and jump on those books to flatten your tortillas.

2. Cook your chicken and tortillas



Add a little oil to a pan over medium heat. Cook chicken until brown on both sides. Cut into the middle to make sure there's no pink there (if pink, keep cooking). Use two forks on a cutting board to shred up your chicken.

Pour a half inch of oil into a second pan over medium heat, and wait ten minutes for it to heat up. When hot, fry your tortillas for a couple of minutes, until golden and puffed. When done, add your toppings!

CARBOHYDRATE

- 1/2 cup masa harina
- 5 tablespoons water
- 1 teaspoon baking powder
- big pinch salt

TOPPINGS

- 1 chicken breast
- 1/4 cup shredded lettuce
- 1 roma tomato
- 2 tablespoons pickled onion *(p. 153)*
- lime juice and hot sauce, to taste



People who live by the water have been eating fish for centuries. People who've lived on the border towns between California and Mexico have been even luckier: they get to have fish tacos with white sauce!

Baja Fish Tacos

1. Make your slaw

Mix everything together with a spoon. Taste, and see if you need more lime, garlic - or maybe a little sugar?

2. Cook your fish and your tortillas

Check the bag of frozen fish's directions about how to thaw your fish. (Some bags require thawing overnight, and some just need to be kept in their bag and put in a bowl of cold water for 30 minutes.) In a bowl, mix together flour, baking powder, salt, and beer. It should be thick like pancake mix.







Put an inch of oil in a pot over medium-high heat, and wait ten minutes. When the fish is thawed, pat it dry, chop it into 3-4 pieces, and dredge each piece through your flour mixture. Cook for a couple minutes each side, or until golden. Fish is done when it's no longer see-through in the middle, or is 145 degrees.

This part will go very quick: Place your tortillas and in the hot oil and cook until golden. (Use a fork to fold them if you prefer that shape).

CARBOHYDRATE

- 4 corn tortillas

TACO SLAW

- 1/2 cup crunchy vegetables, chopped
- mayonnaise to coat
- lime juice, garlic powder, salt and pepper to taste

TOPPINGS

- 1 fish filet
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup light beer (chilled)
- 1/2 an avocado
- hot sauce to taste

Quick! Lunch!

If you want a tortilla, you probably most want one with ***all*** the toppings. What if you only have 10 minutes, and want to use just two or three ingredients? Can you do it, or would you prefer to spend the money for fast food?

Cheese

Scrambled Egg

Fried Egg

Cabbage Slaw

Chorizo

Avocado

Chicken

Fish

Turkey

Refried Beans

Ground Beef

Pickled Something

Tofu

Beans

Lettuce

Onion

Tomato

Notes for next time...



Pick one tortilla, or more!

flour corn blue corn all of em

_____

Favorite herbs, spices, and chiles for a crispy corn taco?

_____

_____

Favorite *textures* you like to pair with a chewy flour burrito? (Crispy, velvety, crunchy, chewy, squishy, etc)

_____

_____



rice

white rice

- 3/4 cup water
- 1/2 cup white rice
- 1/2 teaspoon salt



1. In a small pot, mix the rice with 3/4 cup cold water and 1/2 teaspoon salt. Cook on high heat.

   Put on a lid now to cook rice faster, or (if you don't have a see-through lid) put the lid on after it starts to boil.



2. When it boils, reduce the heat to medium-low, and simmer for ten minutes, or until rice looks plump and dry.

   NEVER lift the lid while rice is cooking.
   This is why it's nice to have a pot with a see-through lid.



3. After ten minutes, move the pot off of the heat. Wait five more minutes before lifting the lid and fluffing with a fork.

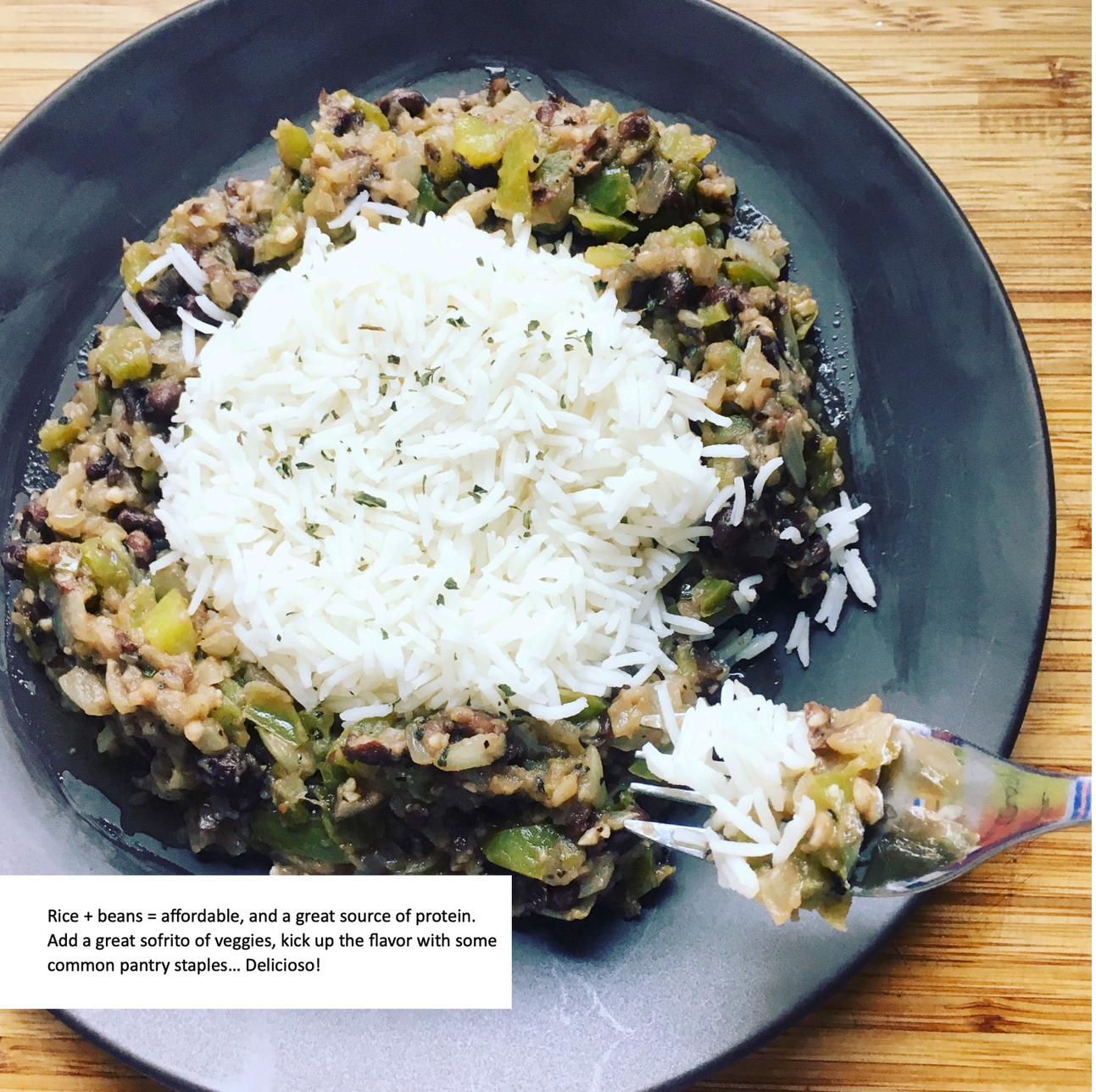
Cuban-Style Rice + Beans (page 228)
Sauce: Vinegar + Sugar
Toppings: Canned Beans + Bell Pepper + Onion + Garlic
Extra: Cumin + Oregano

Tex-Mex Rice Bowl (page 232)
Sauce: Guacamole
Toppings: Canned Beans + Frozen Onions + Peppers
Extra: Black olives

SoCal Rice Bowl (page 236)
Sauce: Canned Beans + Sun-Dried Tomato + Garlic + Cumin
Toppings: Lemony Greens
Extra: An optional third sauce

Thai Fried Rice (page 238)
Sauce: Fish Sauce + Soy Sauce + Sugar
Toppings: Pork Sausage + Scrambled Egg
Extra: Green Onions + Garlic + Cucumber

Curry, Three Ways (page 240, 242 + 244)
Sauce: Spices + Cream, Coconut Milk, *or* Water
Toppings: Choose Your Own Adventure



Rice + beans = affordable, and a great source of protein. Add a great sofrito of veggies, kick up the flavor with some common pantry staples... Delicioso!

Cuban-Style Rice + Beans

1. Fry your bacon



Place your bacon in a pan on medium heat. Cook, flipping every once in a while, until cooked. When cooled, dice.

2. Cook your sofrito + sauce

Add a little oil to the pan and cook diced onion, garlic, and bell pepper over medium heat until they're soft. Add sauce ingredients, then turn heat to medium-low.

3. Add beans + mash



Add beans and mash them in the pan with the back of a spoon. Add in bacon pieces and diced, deseeded tomato.

Keep cooking for about 10-15 minutes, tasting often, until it's delicious.

Optional tip for plating: Stuff your rice into a small bowl, and turn rice-side-down onto a plate. The rice will keep its shape.

CARBOHYDRATE

- white rice *(see p. 225)*

SAUCE

- 1 tablespoon vinegar
- 1 teaspoon sugar
- 1/2 teaspoon dried oregano
- salt + pepper to taste

TOPPINGS

- 1/2 can black beans
- 2 strips bacon
- 1/2 green pepper
- 1/2 onion
- 5-6 garlic cloves
- 1/2 roma tomato





your sofrito

Have you noticed that a whole lot of recipes start with cooking diced vegetables in oil? These “starter” or base vegetables are called ***aromatics*** - they smell great, and they make the finished dish more flavorful.

A **sofrito** is the Cuban recipe for a base sauce made from aromatics cooked in fat.

If a recipe asks you to start with a sofrito you don't love, feel free to change it out for vegetables that work for you.



In Spain,
a *sufrito*



In the Philippines,
a *ginisá*



In Ecuador,
a *refrito*



In Russia,
an *obzharka*



In France,
a *mirepoix*

Fun fact: crispy tacos and fajita bowls like this one are the result of combining cultures. Texans of Mexican descent who lived among Spanish cooking styles invented this.

Tex-Mex Rice Bowl

1. Cook your vegetables (today's sofrito)



Add a little oil to a pan on medium heat.

When the oil's warm, toss your frozen vegetables around for about 2 minutes, or until almost cooked. They'll keep cooking after this step. Season with salt and pepper to taste.

2. Add beans + finish



Push your veggies to the side of your pan and heat your (drained) beans directly over the heat until soft. This only takes a minute or two. Season with salt and pepper to taste.

Layer hot rice, beans, and veggies first, then cold ingredients on top.

CARBOHYDRATE

- white rice *(see p. 225)*

SAUCE

- guacamole

TOPPINGS

- 1/2 can black beans
- handful frozen onions + peppers
- salt + pepper to taste

OPTIONAL - TO FINISH

- 2 tablespoons black olives
- 1 tablespoon sour cream
- 1 tablespoon salsa





Guacamole

- 1 avocado
- 1 Roma tomato
- 3 tablespoons onion
- 1/4 teaspoon lime juice
- salt and cilantro to taste

1. Make an onion paste

With the back of a spoon, mash half of your onion and a pinch of salt until it's almost a paste. Add lime juice and stir.

2. Add everything else



Chop an avocado in half and twist to open. Get rid of the seed/pit.

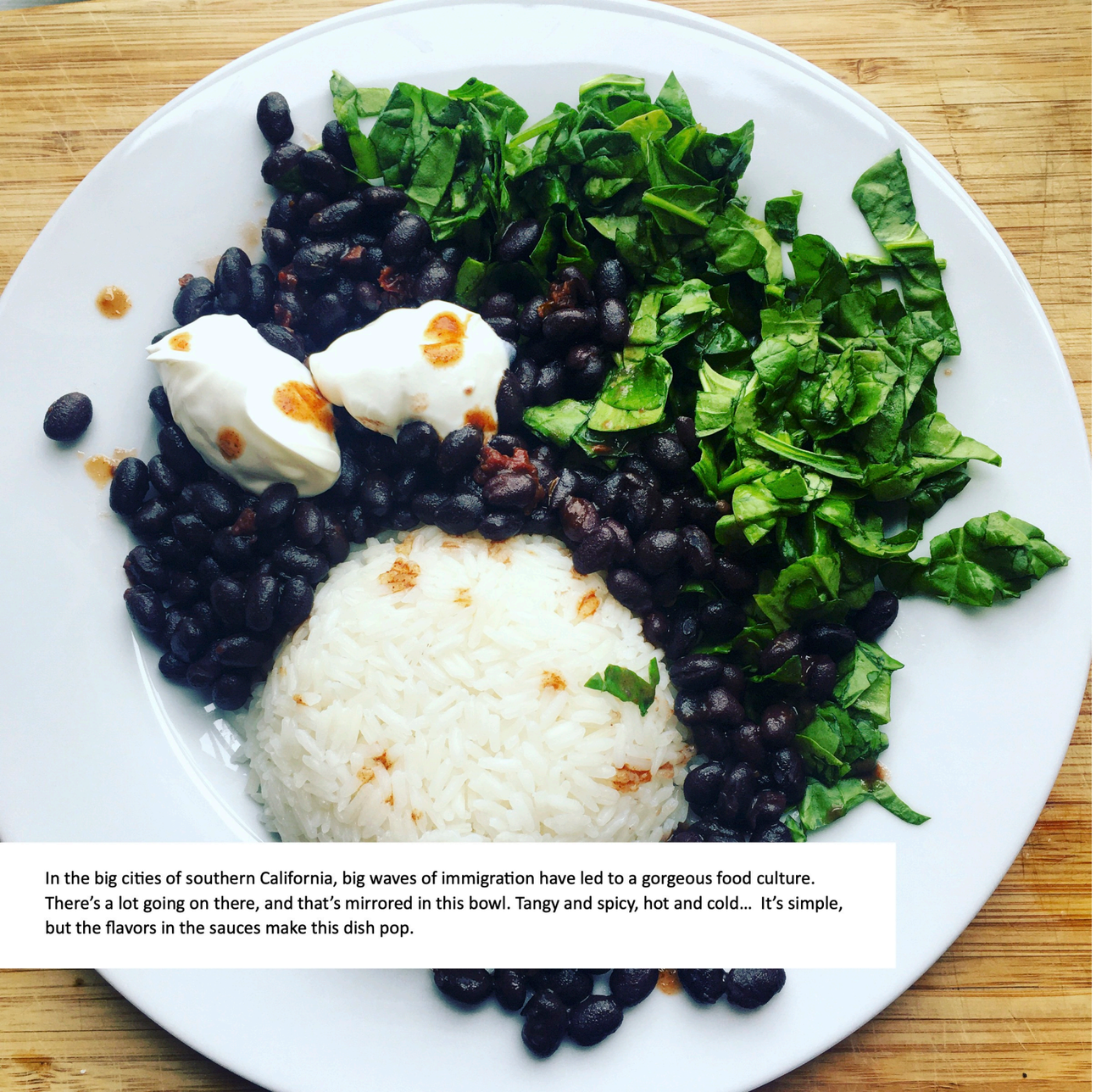
Slice down into the peel one way, then slice across, making tiny cubes.

Spoon avocado out of its peel and into the onion paste. Stir well.



Chop a tomato in half and remove seeds. Dice with the rest of your onion, and fold those into your guac. Taste! Does it need more salt now?





In the big cities of southern California, big waves of immigration have led to a gorgeous food culture. There's a lot going on there, and that's mirrored in this bowl. Tangy and spicy, hot and cold... It's simple, but the flavors in the sauces make this dish pop.

SoCal Rice Bowl

1. Heat your beans + sauce



Stir together your beans with oil, sun-dried tomatoes, smoked tabasco, cumin, garlic, and salt. Heat in a pot over medium heat, stirring frequently, until hot.

2. Prep your greens + sauce

Chop your greens. Put them with lemon juice and a little salt in a cup, and shake it up to coat all your greens. Taste, and add more salt if you like.

3. Think about a third sauce to tie it all together

What flavors might taste good with the spicy beans and lemony greens? Romesco? Raita? Hummus? Sour Cream and hot sauce? Drop a dollop or two and enjoy.



Note: If you want your rice to hold a shape, spoon it into a small bowl and carefully turn the bowl upside down on your plate.

CARBOHYDRATE

- white rice *(see p. 225)*

BEANS + SAUCE

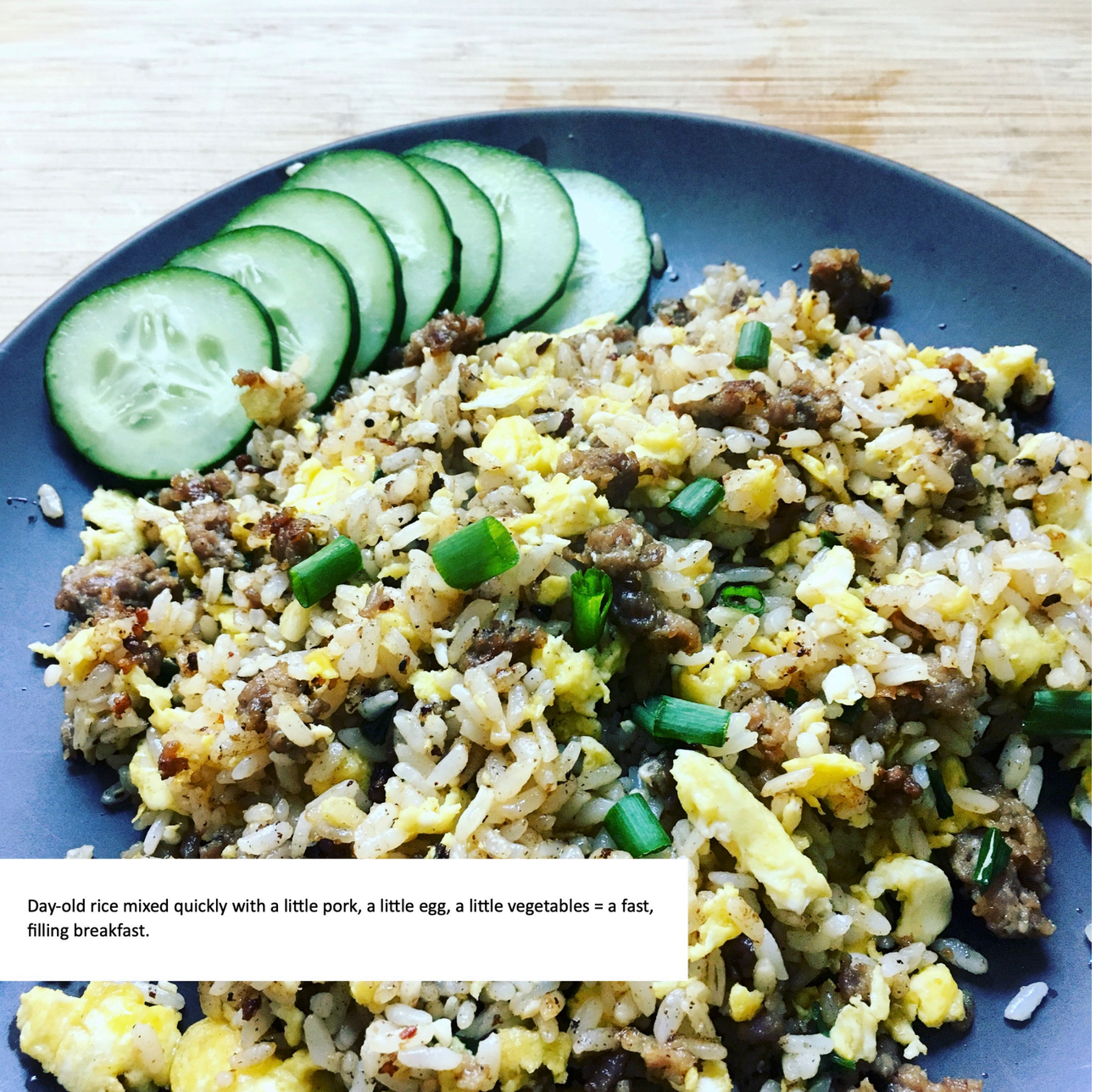
- 1/2 can black beans
- 1 tablespoon oil
- 1 tablespoon jarred sun-dried tomatoes
- 1/4 teaspoon hot sauce, your choice
- 1/4 teaspoon cumin
- 2 garlic cloves
- 1/4 teaspoon salt

GREENS + SAUCE

- handful spinach
- 1/4 teaspoon lemon juice
- pinch salt



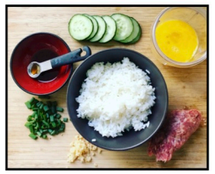




Day-old rice mixed quickly with a little pork, a little egg, a little vegetables = a fast, filling breakfast.

Thai Fried Rice

1. Prep everything and put it near the stove



Slice cucumber. Chop green parts of green onions. Mix your sauce. Scramble raw egg in a cup.

The next part goes really, really fast.

2. Fry everything!



Put a little oil in your largest pan over medium-high heat. When the oil smokes, toss eggs around until almost cooked, then push the egg to the side of the pan, away from the heat.



Add garlic, stir for ten seconds, then push it into the egg. Add ground pork and stir that until it's completely browned. Last, add the sauce, rice, and green onions, and stir everything in the pan together for five minutes to combine the flavors.

CARBOHYDRATE

- white rice *(see p. 225)*

SAUCE

- 1/2 tablespoon fish sauce
- 1/2 tablespoon soy sauce
- 1/2 teaspoon sugar

TOPPINGS

- 1 egg
- handful pork sausage
- 4 cloves garlic
- 3-4 green onions

OPTIONAL - TO FINISH

- 1/4 cucumber





Kaeng kari ("curry curry") is a dish many Thai kids love, because it's rich, flavorful, and very mild. This dish shows off its Indian influences (coriander! garlic! turmeric!), as the British introduced Indian spices to Thailand's traditional curries.

Kaeng Kari

1. Cook your vegetables (today's sofrito)



Bring a pot of water to a boil. Add your cubed potato and cook until fork-tender, about ten minutes. Drain.

Put a large pan over medium-high heat. Add two tablespoons oil, then sauté the onion and carrot until the carrot softens a bit, about five minutes. Then add in your cooked potato.

2. Add coconut milk + curry



**Find it in specialty Asian markets*

Add your coconut milk. When the sauce comes to a boil (which should happen quickly), turn the heat to low and add your curry paste.

Stir constantly until everything is yellow. Add a little water, sugar or extra spice at the end, if you like. Pour over rice.

Optional:

If you want to add in chicken, cook it (either whole or cubed) with a little oil over medium heat in a separate pan until no longer pink in the middle. Shred or chop if you cooked it whole. Then add it into the curry.

CARBOHYDRATE

- white rice (see 227)

SAUCE

- 3 tablespoons yellow curry paste
- 1 can coconut milk
- *optional:* sugar and/or chili powder, to taste

TOPPINGS

- 1/2 an onion
- 1 carrot
- 1 Russet potato

OPTIONAL

- 1 chicken thigh





Meet your new favorite dish! It was an Indian rice + sauce dish that was changed up to suit the tastes of British folks, and then brought to Japan (and changed again to suit Japanese tastes). According to government statistics, folks in Japan eat this an average of 84 times per year, making it one of the most popular comfort foods there.

Japanese Curry

1. Cook your vegetables (today's sofrito)



Put a large pan over medium-high heat. Add two tablespoons oil, then the onion and carrot until the carrot softens a bit, about five minutes.

Add mushrooms and cook, stirring occasionally, just until they soften a little - about five minutes.

2. Add water + curry



**Find it in the soy sauce aisle*

Add enough water to cover everything. When the water comes to a boil (which should happen quickly), turn the heat to low and add your curry squares.

Stir constantly until the sauce thickens. Add water if you want it thinner.



Optional side:

To add a bite of tang, add a quick-pickled radish. Use a peeler or a knife to thinly slice it, then toss with salt, sugar and lemon juice. Wait until radish slices turn bright pink and soften.

CARBOHYDRATE

- white rice *(see p. 225)*

SAUCE

- 1/3 curry packet

TOPPINGS

- 1 onion
- 1 carrot
- 4 mushrooms

OPTIONAL - TO FINISH

- 1 radish
- 1 teaspoon lemon juice
- pinch salt + sugar





The English word “curry” comes from the Tamil word “kari” (sauce for rice), and describes an Indian dish that’s been popular for 4,000 years. When the British began trading with - and exploiting - India in the 1700s, some of the thousands of different kinds of Indian curries became known to the rest of England’s trading partners. Folks in Korea, South Africa, Pakistan, and the Caribbean put their own spins on the idea, and just like all good foods, people keep adding new flavors and creating new dishes. In the 1950s, Indian restauranteur Kundun Lal Gujral mixed leftover tandoori chicken with a creamy tomato gravy, and in this way Murgh Makhani (“butter chicken”) was invented.

Chicken Makhani

1. Cook your vegetables (today's sofrito)

Chop and cook your onion and pepper with a little oil over medium heat until soft.

Add a can of tomatoes and start breaking them up with a spoon. Add a tablespoon each of your spices, with a little salt. Cook everything for 5-10 minutes. Taste, and add more flavor if you like.

2. Cook your chicken and add it all together

While your sauce is cooking, marinate your chicken to give it extra flavor. This marinade mixes 1 tablespoon chili powder with 2 tablespoons yogurt or oil in a large bowl.



Chop your chicken into bite-sized pieces and toss them raw into your marinade. Let sit 15 minutes (or over night), then cook with a little oil over medium heat just until golden-brown. (It’ll finish cooking in the next step.)



Mash or blend your tomato sauce (or don’t!). Add in your chicken, cream, and butter and cook everything together for five more minutes, stirring frequently. Add water if you’d like a thinner sauce.

CARBOHYDRATE

- white rice *(see p. 225)*

SAUCE

- 1 onion
- 1 hot pepper
- 1 28oz can tomatoes
- garlic, ginger, cumin, garam masala, chili powder, and salt to taste
- 1/2 cup heavy cream
- 1/3 cup butter

TOPPINGS

- 2 tablespoons yogurt or oil
- 1 tablespoon chili powder
- 4 boneless chicken thighs



What *Textures* Do You Want to Eat?

Circle what's good!

crunchy

raw carrots

blanched broccoli

green onions

nuts / seeds

pickled vegetables

raw cucumber

chewy

corn

canned tuna

roasted tomatoes

cooked mushrooms

cooked hearts / gizzards

undercooked bacon

creamy / soft

avocado

roasted yams

cooked beans

cooked chicken

cooked potato

curry / guac / sauce

crispy

cooked chicken skin

toasted nuts / seeds

tortilla chips

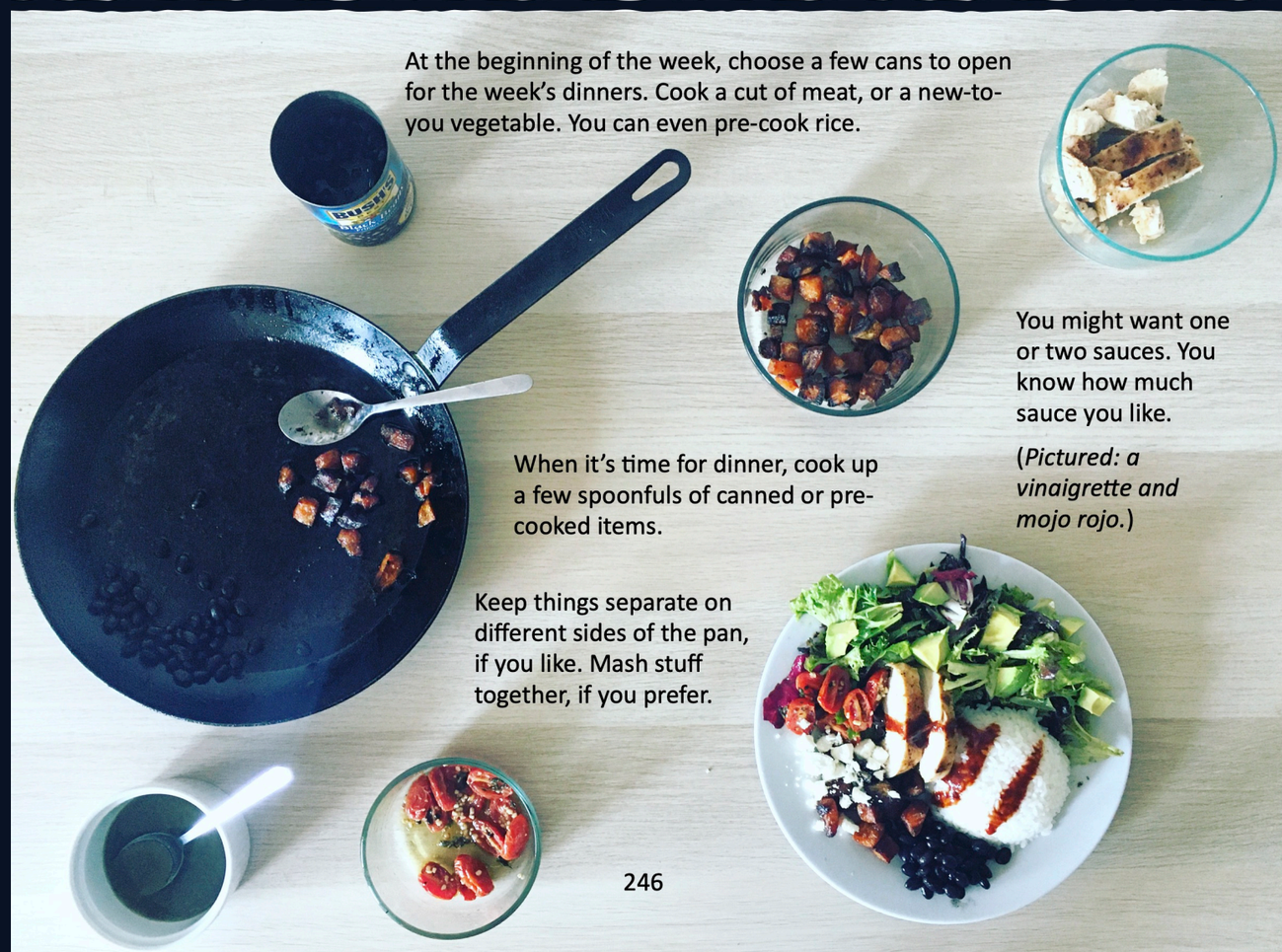
kale chips

fried food

salad greens

make-ahead meals

part 2



At the beginning of the week, choose a few cans to open for the week's dinners. Cook a cut of meat, or a new-to-you vegetable. You can even pre-cook rice.

You might want one or two sauces. You know how much sauce you like.

(*Pictured: a vinaigrette and mojo rojo.*)

When it's time for dinner, cook up a few spoonfuls of canned or pre-cooked items.

Keep things separate on different sides of the pan, if you like. Mash stuff together, if you prefer.



soup

recipe basics



1. Choose a combination of flavors that you like (this probably includes an onion). Cook your vegetables in a little fat (butter, ghee or oil) on medium heat.

   Season with salt, pepper, and other herbs and spices. Stir and cook until flavors have combined. Taste often!



2. If using meat, cook in a separate pan on medium heat until done. Then chop or shred.



3. Add enough liquid to cover your veggies, turn heat to high, and bring to a boil. Add meat now, if using.

   Turn heat back down to medium-low and let simmer 20-30 minutes, or until flavors combine and potatoes (if used) are fork-tender (they're so soft a fork *easily* cuts into them).



4. Mash to a creamy consistency, or don't. Add milk, or don't. Drizzle with oil, vinegar, hot sauce, or lemon juice - or don't!

   To reheat, just pour some from tupperware - or squeeze some from a freezer bag - into a pot over medium heat.

Egg Drop Soup (page 252)

Liquid:	Broth
Main Flavors:	Egg
Extra:	Something Salty, Pepper, Garlic + Ginger

French Onion Soup (page 254)

Liquid:	Beef Broth + Water
Main Flavors:	Onion
Extra:	Swiss Cheese, Salt + Pepper

Potato Cheddar Soup (page 256)

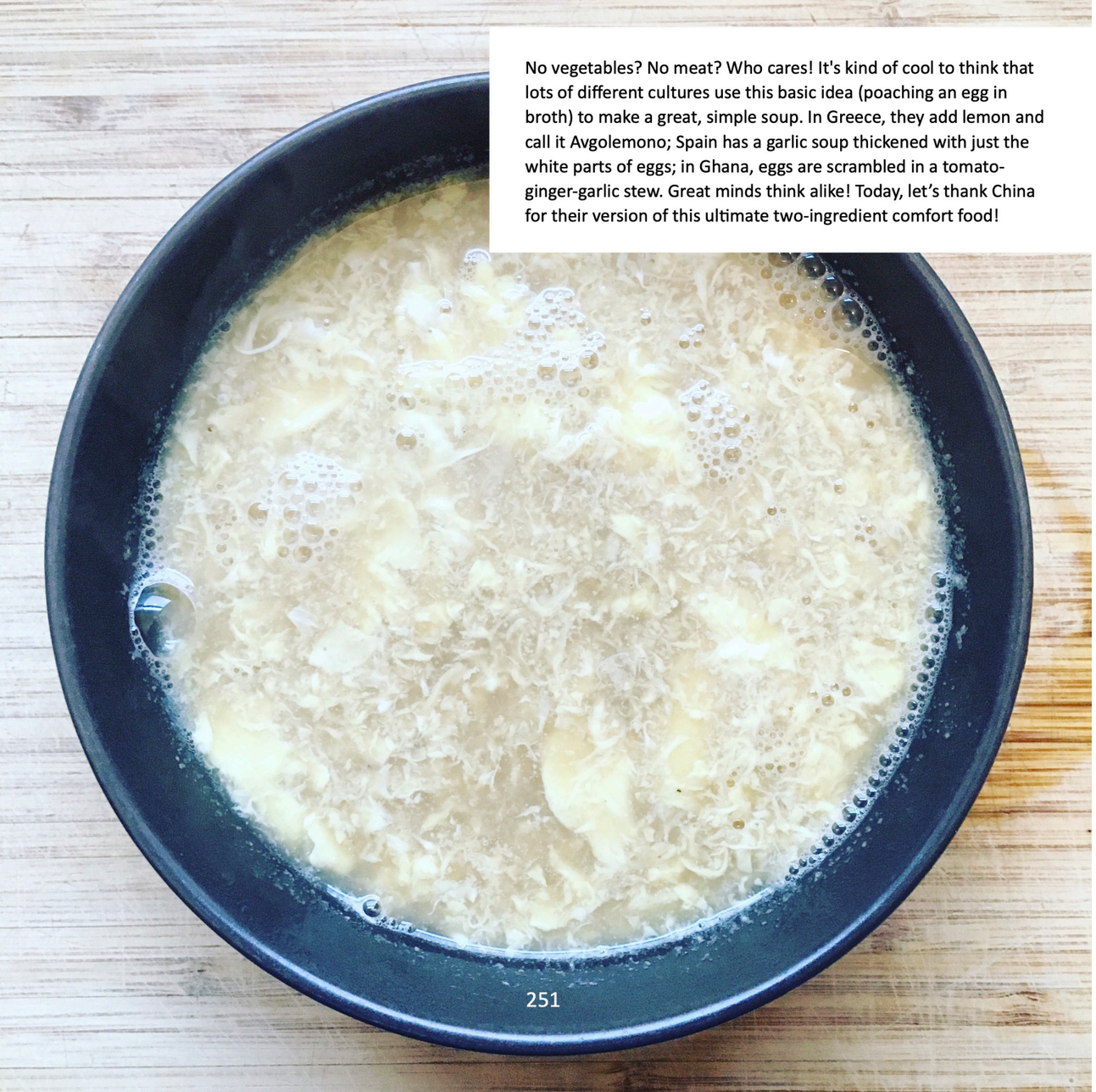
Liquid:	Broth or Water + Milk
Main Flavors:	Potato, Carrot, Garlic + Cheddar
Extra:	Salt, Pepper + Parsley

Maafe (page 258)

Liquid:	Broth or Water
Main Flavors:	Yam, Tomato, Carrot, Chicken + Peanut Butter
Extra:	Salt, Pepper, Ginger + Cayenne

Ribollita (page 260)

Liquid:	Broth or Water
Main Flavors:	Tomato, Beans, Potato, Kale, Celery + Garlic
Extra:	Salt, Pepper, Thyme, + Bread



No vegetables? No meat? Who cares! It's kind of cool to think that lots of different cultures use this basic idea (poaching an egg in broth) to make a great, simple soup. In Greece, they add lemon and call it Avgolemono; Spain has a garlic soup thickened with just the white parts of eggs; in Ghana, eggs are scrambled in a tomato-ginger-garlic stew. Great minds think alike! Today, let's thank China for their version of this ultimate two-ingredient comfort food!

Egg Drop Soup

1. Heat your broth



Pour broth into a pot over medium heat. Cook until hot!

Taste! Add a little soy sauce or other seasonings, stir and taste again.

2. Prep your eggs

In a small bowl, mix your egg yolks and whites. The optional part: add cornstarch or flour. This makes eggs a little silkier.

3. Cook your eggs in broth



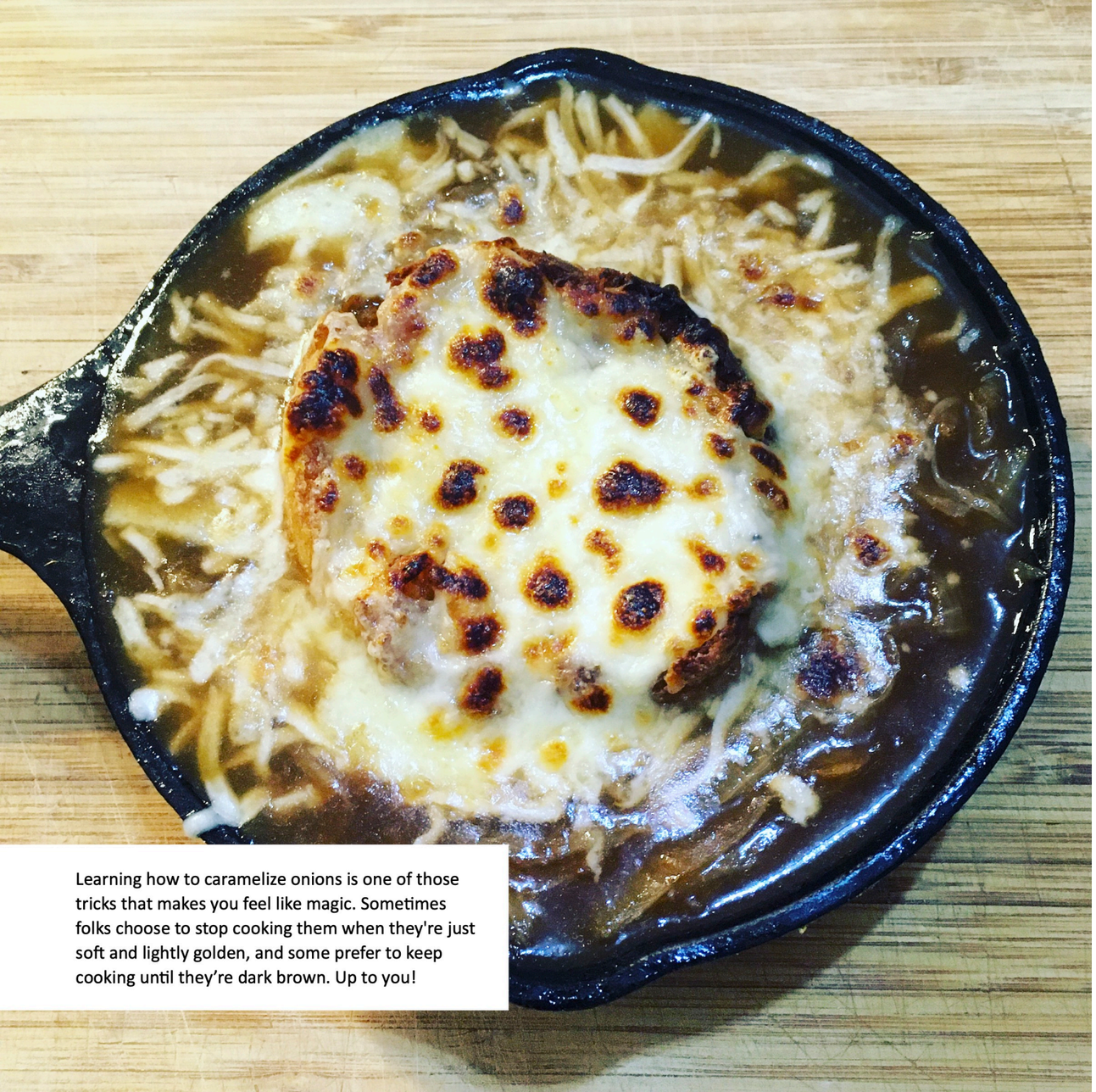
Slowly pour the egg mixture through the tines of your fork into the broth. (It might look clumpy - that's ok.) Stir the eggs into the broth a couple times, then let egg pieces cook for 20 seconds. Then you're done!

LIQUID

- 1 can (2 cups) broth
- *optional:* soy sauce, ground garlic, ground ginger, and/ or pepper to taste

TOPPING

- 2 eggs
- *optional:* 1 teaspoon cornstarch or flour



Learning how to caramelize onions is one of those tricks that makes you feel like magic. Sometimes folks choose to stop cooking them when they're just soft and lightly golden, and some prefer to keep cooking until they’re dark brown. Up to you!

French Onion Soup

1. Caramelize your onion (takes 45 minutes)





Chop onion in half, and then into slices. Cook with a little fat and a pinch of sugar and salt, over medium heat for about 45 minutes, or until golden brown. Stir often.

Add a little flour to thicken your onion jam. Stir and cook until the raw flour taste is gone, about one minute.

2. Add water and broth and boil

Turn heat to high and wait until soup comes to a boil. Then reduce heat to low and cook another ten minutes.

(Or, skip steps 1 + 2 and just heat up a can of French Onion Soup + 1 can water. Then go to step 3.)

3. Broil with toast and cheese

Turn the oven to broil. Pour your soup into an oven-proof bowl or pot. Top with a slice of stale bread. (If you don't have stale bread, toast a slice until it's very dry.) Sprinkle grated cheese over bread and broil until cheese bubbles, about four minutes.

LIQUID

- 2 tablespoons fat
- 1 large onion
- pinch sugar
- pinch salt
- 1 teaspoon flour
- 1 cup beef broth
- 1 cup water

OR

- 1 can French Onion soup + 1 can water

TOPPING

- 1 slice any bread
- 1 handful swiss cheese





For some folks, the velvety texture of Egg Drop Soup is the ultimate comfort food. For others, creamy/cheesy velvet feels more comforting. Why choose one when you can cook both!

Potato Cheddar Soup

1. Chop + cook today's sofrito



Sauté your diced garlic, onion, carrots and potatoes with a little oil on medium heat. Stir frequently for fifteen minutes, then add in spices.

Taste! Add more seasonings if you like.

2. Add liquid, boil, and mash

Add enough broth or water (or a mix) to completely cover all the vegetables in the pot. Turn heat to high to bring it to a boil.

When it boils, turn heat back to medium. Cook about twenty minutes, until potatoes are fork-tender (until a fork easily pokes through a piece of potato). Taste, and add more seasoning if you want to. Take the pot off the heat and mash everything.

3. Finish with cheese and cream cheese

Stir over low heat until it all mixes in and warms up again.

LIQUID

- 2 tablespoons oil
- 1 onion
- 2 cloves garlic
- 2 carrots
- 2 Russet potatoes
- salt, pepper, oregano, and/or red pepper flakes to taste
- water or broth to cover
- 1 package cream cheese
- 1 cup grated cheddar





Also called “Groundnut Soup” or “Peanut Stew,” this is a lot of West African folks’ go-to comfort food. Rich, creamy, spicy (or as spicy as you want it to be), peanut-buttery… Say “MAH-fey,” and think: yum!!

Maafe

1. Cook your chicken



Add a little oil to a pot or pan over medium-high heat.

Flatten out your chicken pieces in the pan, sprinkle with salt and cook until brown on both sides. Make sure there’s no pink in the center.

Use a fork to cut chicken into bite-sized pieces. Set aside.

2. Cook today’s sofrito in oil

Add a little oil to a large pot on medium heat with your diced onion, carrot, and tomato. Add spices and cook five minutes. Taste! If it’s a little bland, add more seasonings.

3. Add everything else + boil



Add your chicken, potato, and liquid to cover everything. Turn heat to high, bring to a boil, then turn down the heat to medium and cook until sweet potato is fork-tender, about 20 minutes. Then mash everything, add peanut butter, and stir until it warms up again. Top with green onions.

LIQUID

- 2 boneless chicken thighs
- 2 tablespoons oil
- 1 onion
- 2 carrots
- 1 tomato
- 1/4 teaspoon cayenne
- 1/4 teaspoon ginger
- salt + pepper to taste
- water or broth to cover
- 1 sweet potato
- 1/2 cup peanut butter

TOPPING

- 3-4 green onions



Italian for “reboiled,” this soup’s traditionally yesterday’s *minestrone* soup, reheated with whatever other leftover vegetables or bread needs to be used before they go bad. It tastes sooo much better the next day - food science is interesting!



Ribollita

1. Chop your veggies + cook your sofrito





This longish list of veggies shouldn't cost much, and leftovers will last several meals.

De-rib your kale, and chop as small as you’d like. Slice your celery and carrots. Dice onion and garlic. Cut potatoes in half, and then cube. Cook all fresh vegetables on medium heat for five minutes with the olive oil.

2. Make your own croutons



If bread isn’t stale, first toast it until golden and very dry to the touch. Slice your bread into squares, and layer them in the bottom of a bowl.

Never throw away bread! Stick it in the freezer and toast whenever.

3. Add everything else + boil

Add tomatoes, water or broth to cover everything, and then add seasonings to the pot.

Turn heat to high, bring to a boil, then reduce heat to medium-low, cover with lid and cook for 20 more minutes to combine your flavors. Taste, and add more salt if needed.

CARBOHYDRATE

- 1 slice bread per bowl

LIQUID

- 3 tablespoons oil
- 1 onion
- 2 carrots
- 2 garlic cloves
- 2 stalks celery
- 1/2 bunch kale
- 2 small gold potatoes
- 1 can tomatoes
- water or broth to cover
- salt + pepper to taste

Notes for next time...



Favorite soup texture (circle one or some)

Creamy Clear broth Chewy A mixture

Favorite cheap vegetables to bulk up a soup

_____

_____

Favorite carbohydrates to add to soup (circle one or some)

Noodles Rice Croutons Matzo balls







When you find a flavor combo that you love, try interpreting it in a new way.

That way, you can eat more of it - with different textures - without getting bored!

Pictured:

Potato Cheddar English Muffin Pizza
Butter, chips, roasted carrot, cheddar, onion

Potato Cheddar Pasta
Mornay sauce, sautéed potato and carrot, onion

Potato Cheddar Dumpling
Baked potato, boiled carrot, cheddar, onion



dumplings for days

recipe basics



1. Chop veggies, and cook the tough ones until tender.

   Mash your filling into a sticky paste.



2. Asian specialty grocery stores sell square-shaped or circular wonton wrappers in the freezer section. (Or, you can make and roll your own pasta sheets - see page 179.)

   Form your dumplings, and pinch wet edges to close.



3. Place uncooked dumplings on foil - make sure they're not touching - and put in the freezer. (This way, they won't stick together or rip.) When they're frozen solid, you can put them in a plastic baggie for easy storage in the freezer. (Now, they won't stick.)



4. Whenever you're hungry over the next three months, grab some frozen dumplings. Boil or pan-fry (or both!) until the fillings are cooked through.

Pelmeni (page 268)
pil-MEAN-yi / Russian dumplings

Sauce: Vinegar, Butter + Parsley
Main Flavors: Onion, Pork + Beef

Pierogi (page 270)
pier-OH-gee / Polish dumplings

Sauce: Sour Cream
Main Flavors: Onion, Ricotta + Potato

Tortelloni (page 272)
tor-tuh-LOW-nee / Italian dumplings

Sauce: Red Sauce + Basil
Main Flavors: Ricotta, Any Cheese + Spinach

Empanadas (page 274)
emp-an-AHH-dahs / Argentinian dumplings

Sauce: Salsa
Main Flavors: Chicken, Cheddar, Olives, Chili Pepper

Gyōza (page 276)
gee-OW-za / Japanese dumplings

Sauce: Soy Sauce, Vinegar + Hot Sauce
Main Flavors: Pork, Cabbage, Onion, Ginger + Garlic



Portland restauranteur Bonnie Frunkin Morales calls these dumplings “the original frozen food. Way before refrigeration, families in Siberia would gather together to make hundreds at a time and throw them out the window into the snow as they worked.”

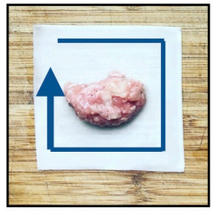
This recipe is adapted from Bonnie Frumkin Morales’s *Kachka: A Return to Russian Cooking*.

Pelmeni

1. Mix cold filling ingredients in a bowl

Use your hands to squeeze everything into a wet, sticky paste.

2. Form your dumplings



Use a teaspoon to drop your filling into the center of each wonton wrapper.

Dip your finger into a cup of water and wet the rim of each dumpling. Pinch the wet edges tight to close.

Freeze the ones you won’t eat today.

3. Boil!

Bring a pot of salted water to a boil. Add a few pelmeni, stir, and wait until about a minute after they’ve surfaced before scooping from the water. (If frozen, boil six minutes.) Drain, toss with sauce, and enjoy.

(If you’re not sure if they’re done, take one dumpling out, cut in half, and check to see if the meat’s cooked through and no longer pink.)

CARBOHYDRATE

- 50 wonton wrappers

SAUCE

- 1 tablespoon butter
- 1/2 teaspoon white wine vinegar
- pinch salt
- dried parsley to taste

FILLING

- 1/2 pound pork sausage
- 1/2 pound ground beef
- 1 onion
- 2 tablespoons salt





Basically: cheesy baked potatoes in a slick little pocket. Pierogi have been popular since at least the 1600s as a food made for weddings, holidays, and other festive occasions. Today, they're Poland's national dish.

Pierogi

1. Cook your veggies + mash your filling





Drop potatoes in boiling water until fork-tender (a fork easily cuts into them, about 15 minutes). Put them in the fridge and, after they've cooled, peel them. Stir minced onions in a little butter over medium heat until see-through. Add cheese, spices and peeled potatoes. Then mash - and season to taste.

2. Form your dumplings



Drop your filling into the center of each wonton wrapper.

Use water to wet the rim of each wrapper. Pinch the edges tight to close.

Freeze the ones you won't eat today.

3. Boil + fry

Bring a pot of salted water to a boil. Add a few pierogi, and wait until about a minute after they've surfaced before scooping up. (If frozen, boil 10 minutes.) Then fry with a little oil in a pan on medium until golden browned.

CARBOHYRATE

- 50 wonton wrappers

SAUCE

- sour cream

FILLING

- 2 Russet potatoes
- 1/2 an onion
- tablespoon butter
- 1 cup ricotta cheese
- salt + pepper to taste





Tortell*i*ni are small, usually meat-filled pasta. Tortell*o*ni are larger pasta, usually filled with a leafy green and cheese. Both are Italian for “naval-shaped” (they’re named after the Roman goddess Venus’s belly button).

Tortelloni

1. Cook your vegetable + mash your filling



In a large pot over medium heat, cook a little oil with your spinach until it’s wilted. While it’s cooking, stir from the bottom to get all the spinach cooked evenly.

Dump spinach onto a cutting board and dice (chop small). Blot spinach with a towel to get rid of extra water.

When cool, stir cheese, eggs and spices into spinach. (The eggs will fry if the spinach isn’t cooled.) Add salt and pepper.

2. Form your dumplings



Drop your filling into the center of each wonton wrapper.

Use water to wet the rim of each wrapper. Pinch the edges tight to close.

Freeze, or don’t.

3. Boil!

Bring a pot of salted water to a boil. Add a few tortelloni, and wait until about a minute after they’ve surfaced before scooping from the water. (If frozen, boil 10 minutes.)

CARBOHYRATE

- 50 wonton wrappers

SAUCE

- red sauce with basil

FILLING

- 1 teaspoon oil
- 1/2 of an 8oz bag of spinach
- 1 cup ricotta cheese
- 1/2 cup parmasean
- 2 eggs
- salt + pepper to taste



Argentina's delicious take on the dumpling? The empanada! The name comes from the Spanish word empanar, meaning “to wrap in bread.”

This recipe adapted from America’s Test Kitchen.

Empanadas

1. Cook your chicken

Add a little oil to a pan over medium heat. Flatten out your chicken pieces in the pan, sprinkle with salt and cook chicken until brown on both sides. Cut into the middle to make sure there's no pink coloring (if pink, keep cooking).

Use two forks to shred up your chicken.

2. Form your dumplings







Dice cilantro, olives and pepper. Mix with shredded chicken, cheese and lime juice. Open your round of pie crust, flatten, and twist out 2-inch rounds with a small cup. Crimp dumpling edges with a fork to seal.

3. Bake!

Don’t freeze! Pour a bit of oil into a pan, and spread oil around so that dumplings don’t stick to the pan.

Bake at 425 degrees for about 25 minutes. Flip each dumpling over at the ten minute mark so that they get golden on both sides. These won’t spoil for two days.

CARBOHYRATE

- 1 box pie crust

SAUCE

- pico de gallo *(p. 117)*

FILLING

- 1 chicken thigh
- salt to taste
- 1/2 cup cheddar
- 1/2 packet cilantro
- 3 green olives
- 1/2 of a spicy pepper
- 2 teaspoons lime juice







About 2000 years ago, meat-and-vegetable-filled dumplings called Jiaozi became popular in China - and are still popular today. After World War II, Japanese soldiers returned home from war with China - with a new love for comforting Jiaozi, which they renamed gyōza.

Gyōza

1. Chop today's sofrito

Chop cabbage fine - keep in mind it needs to fit inside a dumpling. Use a cheese grater to grate your ginger. Slice green onions and mince your garlic.

2. Cook cabbage + mash your filling

In a large pot, stir cabbage with a little oil over medium heat until it's wilted to half of its original size, about 15 minutes. Let cool.

Add green onions, garlic, ginger, 1/2 tablespoon soy sauce, and uncooked pork to the pot of cabbage. Mix with your hands until everything is mixed together and a little sticky.

Form your dumplings. Drop your filling into the center of each wonton wrapper. Use water to wet the rim of each wrapper. Pinch the edges tight to close. Freeze any extras.

3. Pan-fry!



Heat a little oil in a non-stick pan over medium heat. Add the gyōza and fry until the bottoms are brown.

Quickly pour 1/3 cup of water into the pan and immediately place a lid on top. (Have the lid ready to go!)

Steam the dumplings until most of the liquid has boiled away (takes 10-20 minutes, depending on your stove). Take off the lid and cook until the dumplings are crispy again on the bottom (only takes a couple minutes).

CARBOHYRATE

- 50 wonton wrappers

SAUCE

- 1 tablespoon soy sauce
- 1 teaspoon wine vinegar
- splash hot sauce

FILLING

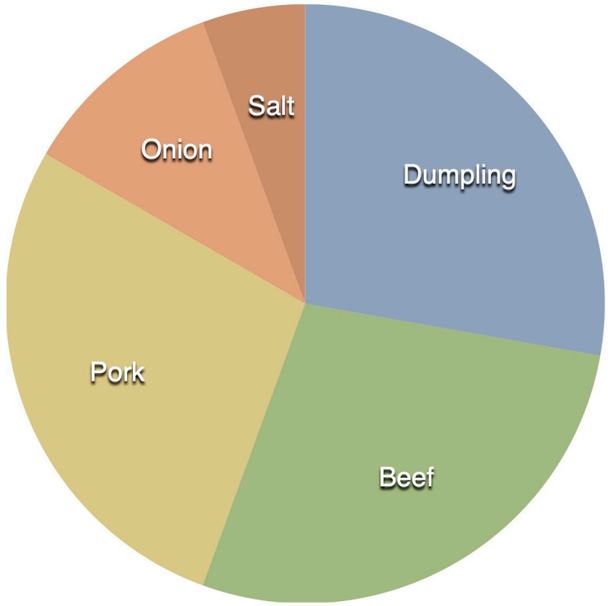
- 1 head cabbage
- 1 teaspoon oil
- 4 green onions
- 1-inch piece ginger
- 1/2 tablespoon soy sauce
- 1/4 pound pork sausage



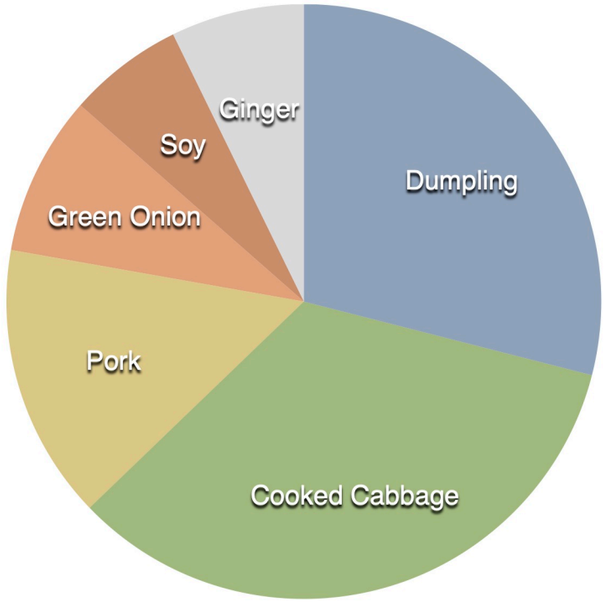
Balancing Flavors

When you're coming up with your own recipe, think about:

- which flavors you want to taste (***example:*** pork)
- which flavors are super strong (***example:*** ginger)
- which flavors are pretty bland (***example:*** dumpling wrapper)
- which flavors make other flavors taste even better (***example:*** soy/salt)



Pelmeni



Gyōza

Your Ideas:

Think of sandwiches, burritos, or dumplings that you've loved. Think of any flavor combinations that sound fun or interesting.

make-ahead meals

part 3

What do you think about meal prep? For me, it goes something like this: *I like cooking, but sometimes I'm too tired. I like eating my own cooking, but I hate having to eat leftovers all week. I've tried meal prepping a couple times, but I get so bored with eating the same thing every day.* When I talk to myself like this, I look at cooking like it's a chore. But! If I practice cooking a little bit every day, and try to make it fun and flavorful, then it can stop being a chore and start being a treat.

Example #1:

I shop on Sunday for bacon, eggs, cheese, frozen fish, canned vegetables, ramen, and rice. Every morning, I make a breakfast that I really like. Every lunchtime, I eat a packet of ramen noodles with a jammy egg (not great, but fine). Every evening, I make fish (which I really like) with rice and vegetables. For $20, I cook a little every day to make myself three easy, filling meals. And I play around a little with seasoning.

Are there any foods that you like cooking that you'd like to eat every day for one week? (Think small and easy: oatmeal, canned potatoes, ramen…)

Breakfast: _____

Lunch: _____

Dinner: _____

Example #2:

SUNDAY SHOPPING LIST:

- Oats, nuts and seeds *(to make granola)*
- Chicken, vegetables and broth *(to make maafe)*
- Yogurt
- Sliced cheese
- Eggs
- Bacon
- Fruits and veg *(for snacking)*
- Olives
- Onion *(for pickling)*
- Potato
- Carrots + Cilantro
- Frozen fish
- Canned mixed vegetables
- English muffins
- 2 frozen baguettes

	M	T	W	Th	F	S	Su
Breakfast							
Lunch							
Dinner							

Next week: curry!



fried food



- Stale english muffin
- Fresh basil leaf
- Frozen chunk of mango, ice rinsed off

Sautéed in a puddle of fat

- Bread toasts (still very dry)
- Basil crisps up immediately
- Mango browns a little at the edges

Dipped in egg + milk, then sautéed in a puddle of fat

- Bread becomes moist and eggy
- Basil leaf isn't wet (oily or juicy) and can't take in the egg or milk, but does crisp up immediately
- Mango takes in a little of the sweetness of the milk and browns slightly

Dipped in flour, then egg, then breadcrumbs + fried in an inch of fat

- Bread becomes moist in the inside and crispy on the outside
- Basil isn't wet and can't make the breading stick to it, but does crisp up immediately
- Mango stays moist on the inside and crispy on the outside



Fried green tomatoes is usually thought of as a southern American food. But nobody considered them southern until that movie came out in the 90s. Frying flavorless food to make it yummy is an idea as old as 6th century Greece, but frying unripe tomatoes probably originated in the midwest US in the 1800s.

Fried Green Tomatoes

1. Prep your vegetable



Green tomatoes are great for frying! They're also really hard to find outside of farmer's markets in early August.

So pick any vegetable! (Including hard red tomatoes.) Chop whatever it is into thick (1/2-inch-ish) slices and blot on a towel to remove extra moisture.

2. "Bread" your vegetable





Pour one inch of oil into a pot over medium heat, and set aside for 15 minutes.

Meanwhile, grab three bowls, and line them up. You'll dip each vegetable slice into a bowl of flour, then egg, then panko, then set aside. (This will be messy.)

3. Fry your vegetable

When the oil's hot, drop a few slices of breaded vegetable into the oil. When each is golden-brown on the bottom, use something metal to flip it to brown on the other side. Blot on a towel (to remove extra oil) and season before eating.

VEGETABLE

you decide:

- 2 firm tomatoes
- 6 mushrooms
- 1 zucchini

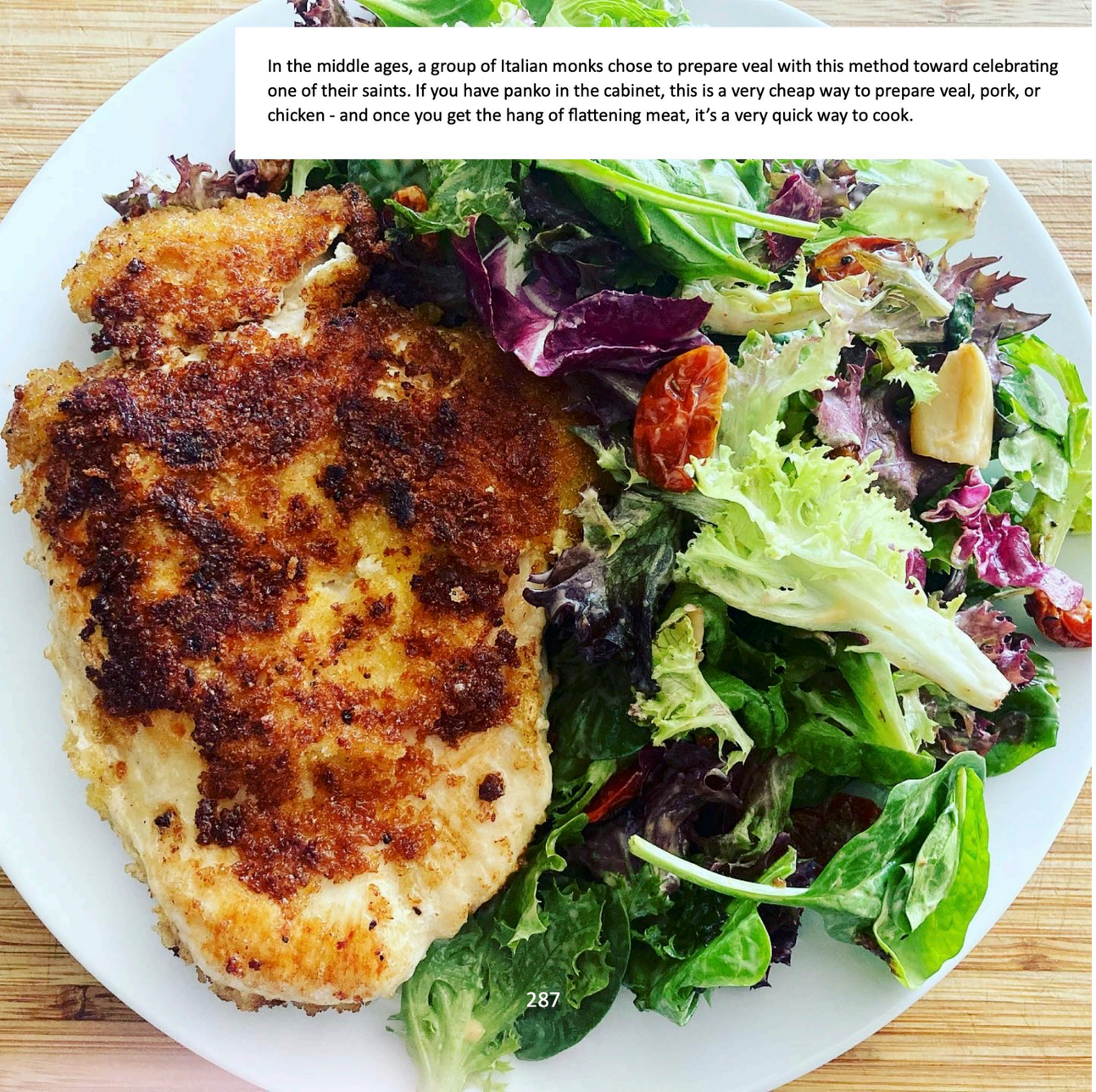
BREADING

- 1/4 cup flour
- 1 egg
- 1/2 cup panko or bread crumbs
- salt + pepper to taste

OIL

- 1 inch of oil in a pot

In the middle ages, a group of Italian monks chose to prepare veal with this method toward celebrating one of their saints. If you have panko in the cabinet, this is a very cheap way to prepare veal, pork, or chicken - and once you get the hang of flattening meat, it's a very quick way to cook.



Chicken Milanese

1. Prep your chicken





Cover your chicken breast (on both sides) with a piece of saran wrap or parchment paper. Use a clean hammer or a rolling pin to beat it as flat as you can.

2. "Bread" your chicken



Pour equal parts butter and oil into a pan on medium heat.

You can use the same flour-egg-panko method as when making fried vegetables. Many Italians prefer to dunk their chicken into panko, then into egg, and then back into the panko, pressing breadcrumbs into the meat.

3. Fry your chicken

When the butter melts, drop your chicken into the pan. When it's golden-brown on the bottom, use something metal to flip it to brown on the other side. This might take 6-12 minutes. It's done when you cut into the middle and don't see any pink. Blot on a towel and season with salt, pepper, and cheese before eating.

MEAT

- 1 boneless chicken breast

BREADING

- 1 egg
- 1/4 cup panko or bread crumbs
- salt + pepper to taste
- 2 tablespoons parmesan

OIL

- 2 tablespoons oil
- 2 tablespoons butter



Perhaps the most popular food in the UK (after Tikka Masala), fried fish was first brought there by Jewish immigrants from the Netherlands in the 1800s. For hundreds of years now, fish and chip shops (called “chippys”) have been all over Britain - though they no longer serve fish wrapped in newspaper.

British Pub Fish

1. Prep your fish



Read the back of your bag of frozen fish for thawing directions. (Sometimes you need to thaw fish overnight, sometimes for 15 minutes.)

When the fish is thawed, sprinkle salt and pepper over it (press seasonings into the fish to coat) and cut into thumb-sized strips.

2. “Bread” your fish



Pour one inch of oil into a pot over medium heat, and set aside for 15 minutes.

Meanwhile, grab three bowls, and line them up. You’ll dip each fish strip into a bowl of flour, then egg and milk, then panko, then set aside. (This will be messy.)

3. Fry your fish

When the oil’s hot, drop a few slices of breaded fish into the oil. When each is golden-brown on the bottom, use something metal to flip it to brown on the other side. This might take 10-20 minutes. Blot on a towel and season with salt and pepper before eating.

MEAT

- 1/2 pound piece of frozen fish (like cod, tilapia, swai, halibut)

BREADING

- 1/4 cup flour
- 1 egg
- 2 tablespoons milk
- 1/4 cup panko or bread crumbs
- salt + pepper to taste

OIL

- 1 inch of oil in a pot

If you’d prefer to make beer-battered fried fish, see p. 220

Chips (Fries)

1. Prep your potato



If you want to fry your potatoes in oil, it's important to soak them in water (to get rid of starch) then fry, then drain, then fry again (to remove extra water).

It's much easier to boil or bake potatoes.

Cut your potato lengthwise into four long pieces. Then slice into thin chip shapes (not so thin that they're see-through).

2. Broil!

Turn on the oven's broiler.

Rub a pan with oil so the fries don't stick, then layer the fries over top. (Don't overlap them.) Sprinkle with your choice of seasonings.

Broil for 5-8 minutes, or until most are starting to turn brown at the edges. Then use something metal to flip them over and broil on the other side for 2-5 more minutes. Some will burn - don't worry too much about saving every chip.

Move fries to a bowl and sprinkle with more salt if you like, and add any sauce that might taste good.

VEGETABLE

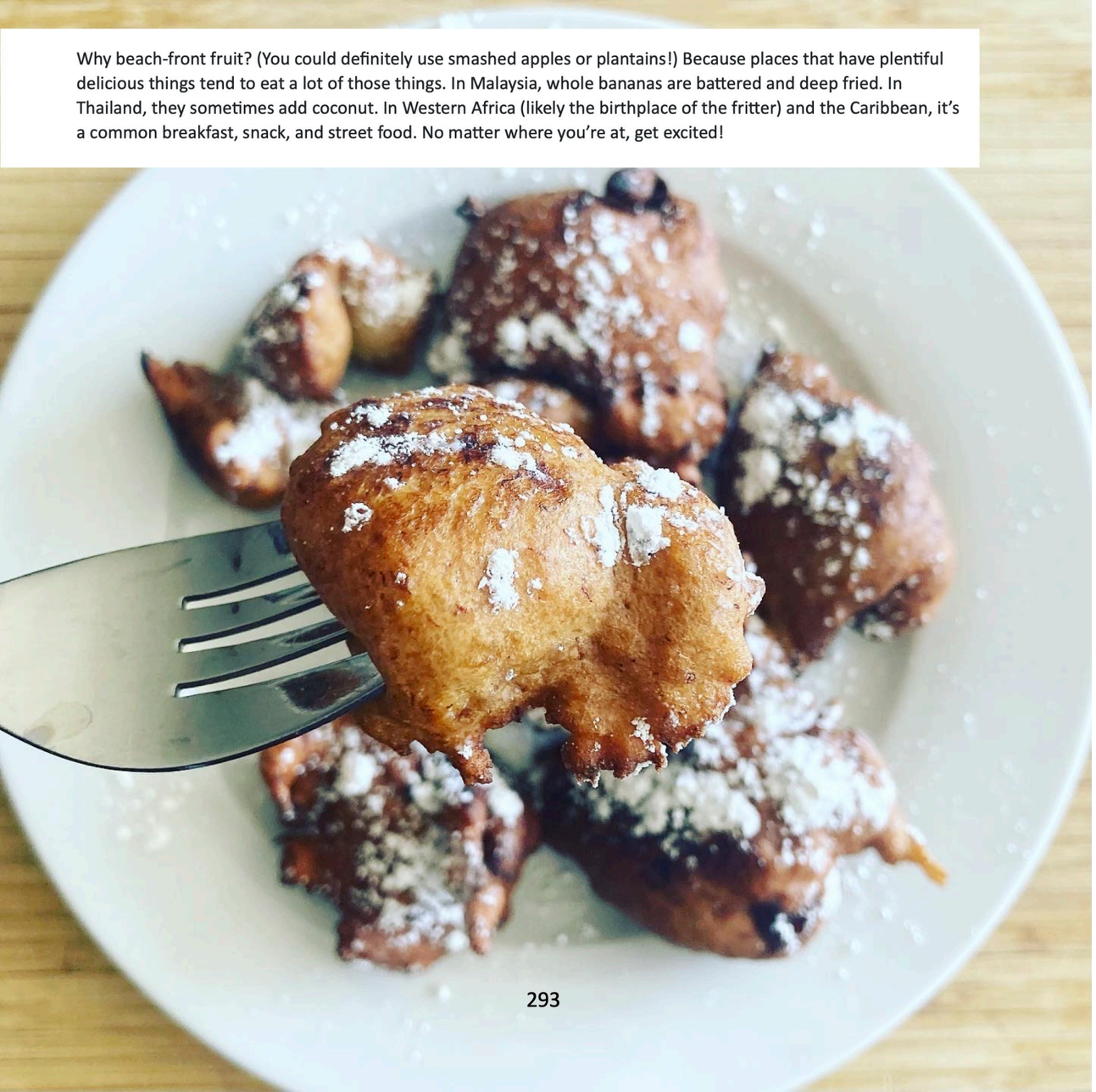
- 2 tablespoons oil
- 1 potato, any kind
- salt + pepper to taste
- *optional*: chili powder, garlic powder, rosemary, paprika, or any combination of herbs and spices



Your Ideas:

	Sauce? Topping or Carbohydrate?
Fried Fish	chermoula with a side of rice
Fried Chicken	_____
Fried Zucchini	_____
Fried Mushrooms	_____
Fried Bacon	_____
Fried Pickles	_____
Fried Slice of Pound Cake	_____
Fried _____	_____
Fried _____	_____
Fried _____	_____
Fried _____	_____

Why beach-front fruit? (You could definitely use smashed apples or plantains!) Because places that have plentiful delicious things tend to eat a lot of those things. In Malaysia, whole bananas are battered and deep fried. In Thailand, they sometimes add coconut. In Western Africa (likely the birthplace of the fritter) and the Caribbean, it's a common breakfast, snack, and street food. No matter where you're at, get excited!



Tropical Fritters

1. Prep your oil + topping

Pour an inch of canola or vegetable oil into a pot and leave it on medium-high heat for about ten minutes (to give it time to heat up).

(If you want powdered sugar and you have a blender, just blend regular sugar until it's powder.)

2. "Bread" your fruit

In a large bowl, mash your fruit until it's almost watery. Then stuff it into a 3/4 cup to measure it out.

Add sugar, salt, and then all other dough ingredients and mash to combine.

The main thing to think about here is getting the right consistency. It should slide off a spoon easily - more soupy than gloopy. If it's super wet, add a little more flour. If it's a little too dough-like, add a little milk or water. Fry one, blot, then cut open and eat to check on the texture.

3. Fry your fritters



When the oil's hot, spoon a little dough into the pot. When each fritter is deep brown on the bottom, use something metal to flip it to brown on the other side. Blot on a towel (to remove extra oil) before sprinkling with your topping.

TOPPING

- 3 tablespoons powdered sugar
- *optional:* cinnamon or lime zest to taste

DOUGH

- 3/4 cup mashed banana and/or mashed pineapple (fresh or frozen)
- 1/4 cup flour
- pinch salt
- 1 tablespoon brown sugar
- *optional*: 1/2 teaspoon vanilla

OIL

- 1 inch of oil in a pot

These aren't fluffy and light - they're cheesy and a little bit savory. Every Ukrainian grandparent's favorite, every Russian kindergartner's favorite - it's about to be your favorite, too!



Syrniki

1. "Bread" your cheese

In a large bowl, mash together your cheese and eggs. Then add the rest of your ingredients. You can't over-mix it, so keep stirring with a fork until it's all the same consistency.

The main thing to think about here is getting the right consistency. It shouldn't slide off a spoon easily, but be more like bread dough than like pancake mix. If it's too soupy, add flour a tablespoon at a time until you can pick up a 1/4 cup's worth of dough and shape it in your wet hands.

Then, throw it in a bowl of 1/2 cup flour to coat it on all sides.

2. Fry your fritters



Pour 3-4 tablespoons oil in a pan over medium heat.

When the oil's hot, carefully place a few syrnitki onto the pan. Flatten them into a disk (not too thin).

Fry 2-5 minutes on each side, or until golden-brown.

TOPPING

- kefir or sour cream
- jam or berry compote *(see p. 38)*

DOUGH

- 1 pound (3 1/2 cups) farmer's cheese
- 2 eggs
- 1/2 cup flour
- 1/4 cup sugar
- 1 teaspoon vanilla
- 1/2 cup flour (for dusting)

OIL

- 3-4 tablespoons oil





Latkes are a holiday food for many Jews - a special treat to enjoy during Hanukkah, the festival of light. In Poland, this dish is known as placki ziemniaczane, and became popular in the 1800s as a dish for Catholics to eat on no-meat-allowed Fridays. No matter what you call them, they're salty, crispy, chewy deliciousness! Betayavon!

Latkes

1. Prep your vegetables



Wash and grate your potato. Remove the papery skin from your shallots or onion, and grate them up into the same bowl.

Put vegetables in a towel and wring out as much water as you can. Set aside five minutes, then wring it out again.

2. "Bread" your vegetables



Pour 1/2-inch of oil into a pan over medium-high heat.

In a large bowl, mix your egg and flour. Add the wrung-out potato and onion to the bowl with the egg mixture. Mix with your hands, and form into balls.

3. Fry your fritters



When the oil's hot, drop a few balls into the oil, then flatten into a disk. When each is golden-brown on the bottom, use something metal to flip it to brown on the other side. While it's piping hot, sprinkle with salt and pepper. Blot on a towel before eating (with whatever sauce you like).

TOPPING

- kefir or sour cream
- *optional:* salsa verde *(see p. 117)* or applesauce *(p. 39)*

DOUGH

- 1 Russet potato
- 2 shallots or 1 onion
- 2 cloves garlic
- 1/4 cup flour
- 1 egg
- salt + pepper to taste

OIL

- 1/2 inch of oil in a pot





This is a very old recipe the French call pain perdu (“lost bread”). Livening up stale bread by soaking it in eggs and milk isn’t just a French thing, however. In the Caribbean, coconut milk is used instead of cow milk. In Slovakia, no milk is used, and the eggy bread is topped with Happy Cow or sour cream. In India, stale bread is soaked, covered in spice and served with ketchup. Choices, choices!

French (or Indian!) Toast

1. Soak your bread

In a bowl wide enough to easily fit a slice of bread, or on a wide plate, mix eggs, milk and optional spices.

Press each slice of bread into the liquid, then flip and soak the other side.

2. Fry your bread

Heat a little fat in a pan over medium heat and swirl it around to coat the pan. Place slices into the pan - don’t let them overlap. When they’re golden brown, flip and fry the other side. If the bread sticks to the pan, add more fat.

Move your toasts to a plate, and pour whatever sauce you like into the pan, to heat it up a little.

(If you have fruit on hand, add it to the syrup as it cooks.)



Another thing you can do with the same exact ingredients: **bread pudding**.

Rip up the bread and put it in a small baking dish. Pour the egg-milk-spice mixture over top. Bake at 350 degrees for 45 minutes, or until the egg mixture is golden. Top with sauce if you like.

CARBOHYRATE

- 2-3 slices stale bread

SOAKING LIQUID

- 1 egg
- 1/4 cup milk
- 1/2 teaspoon cinnamon (sweet) or Kitchen King or curry powder (savory)

SAUCE

- maple syrup or honey (sweet) or ketchup or Maggi (savory)
- *optional:* handful fresh or frozen fruit (sweet) or green onions (savory)



The history of this dish is a bit cloudy, but it seems to have gained popularity as a calorie-rich food during times of food insecurity in the middle ages. Today, it's a crucial dish to serve during the Holy Week surrounding Easter for many Catholics in Spain. Some use wine instead of milk, some use a honey syrup on top... You can flavor your stale bread however you like. (*Pictured with crème anglaise - see p. 318*).

Torrijas de Leche

1. Infuse your milk



Heat your milk, orange peel, sugar, and spices over medium-low heat for 10 minutes to infuse the milk with flavor.

Taste, and see if you want more flavor. If it's pretty good, pour it through a strainer (to remove the peels) and stir in your vanilla. Remove from heat.

2. Fry your bread

Place a large pan on medium heat and add about 1/4 inch of olive oil. (Spain produces 50% of the world's olive oil, so they don't use butter for this.)

Whisk your egg on a plate until there's no whites showing. Dip each piece of bread into the milk mixture (on both sides).



When the pan's very hot, dip your milk-soaked bread into the egg mixture (on both sides), then lay it in the pan.

Fry your bread until golden brown on both sides, then transfer to paper towels to sop up some of the oil. Sprinkle with cinnamon sugar and enjoy!

CARBOHYRATE

- 2-3 slices stale bread

SOAKING LIQUID

- 1/4 cup milk
- peel of 1/2 an orange
- 1/2 teaspoon cinnamon
- 1 teaspoon sugar
- 1/2 teaspoon vanilla
- 1 egg

TOPPING

- 1 tablespoon sugar
- 1 teaspoon cinnamon





Where do churros come from, and when can I eat more of them?? China's youtiao, a fried pastry stick, was probably imported to Spain hundreds of years ago. They're extremely popular in Portugal. More importantly, you can make churros right now - like, *immediately* - and you totally should!!

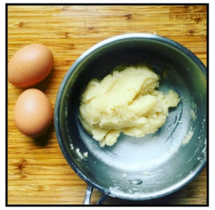
Churros

1. Prep your topping + oil

Mix some cinnamon and sugar in a bowl. Taste to see if you need more sugar.

Pour an inch of canola, vegetable, or peanut oil into a pot and leave it on medium-high heat for about ten minutes (to give it time to heat up).

2. Make your dough (technically, *pâte à choux*)





Add salt, sugar, butter and water to a small pot. Stir dough over medium-high heat until the butter melts.

Add the flour and stir quickly until the dough comes together.

Let the dough cool for ten minutes, then dump dough and egg into a ziplock and squeeze to combine.

(Add 2 eggs if you want squiggly, poofy "elephant ears.")

3. Fry your churros

When the oil's hot, cut a corner off the baggie and squeeze a few finger-sized lengths into the oil. When each is deep brown on the bottom, use something metal to flip it to brown on the other side. Blot on a towel (to remove extra oil) before tossing with cinnamon sugar and eating.

TOPPING

- 1/2 teaspoon cinnamon
- 3 tablespoons sugar

DOUGH

- 1/2 cup flour
- 1 egg
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 4 tablespoons butter
- 1/2 cup water

OIL

- 1 inch of oil in a pot





Fried yeast doughs are popular all over the world. In Germany, these fritters are called Berliners and are filled with jam after they're fried. In Portugal, they're called malasadas. In New Orleans, beignets are served piping hot, drenched in powdered sugar, and eaten as a street food you eat while walking around.

Beignets

1. Start your dough

Mix yeast, sugar, and warm water in a bowl. Set it aside for ten minutes, until bubbles form.

Why? The airy, puffy bubbles in bread are made when yeast eats sugar and starts releasing carbon dioxide. Without this step, called proofing, dough won't rise.

2. Finish your dough (takes 1-2 hours)

Add milk, egg, butter, salt, and flour. Squeeze it all together with your hands, then drop it into an oiled bowl. Cover it with a towel and leave it alone for an hour or two in a warm spot.

3. After dough rises, fry it



Pour an inch of canola, vegetable, or peanut oil into a pot and leave it on medium-high heat for about ten minutes (to give it time to heat up).

Meanwhile, flour a surface and a rolling pin, and roll our your dough to be about 1/4-inch thick. Then cut it into pillow shapes, drop some into the hot oil and fry, flipping with something metal to get both sides golden. Then remove and dump tons of sugar on top.

(If you want powdered sugar and have a blender, just blend regular sugar until it's powder.)

TOPPING

- 1/4 cup powdered sugar

DOUGH

- 1 teaspoon active dry yeast
- 2 tablespoons sugar
- 3 tablespoons warm water
- 2 tablespoons milk
- 1/2 of a well-mixed egg (1 tablespoon)
- 1/2 tablespoon butter, diced
- 1/2 teaspoon salt
- 1 cup flour

OIL

- 1 inch of oil in a pot





You don't need a silver fork to eat good food.

- Chef Paul Prudhomme

Notes for next time…



Spices/sauces that might go with french toast (to unstale-ify bread)

_____

_____

Top 5 vegetables to try frying next

_____

_____

Fried dough (churros, beignets, etc) - circle one:

Worth the time Too big a project



a little dessert everyday

recipe basics



1. Decide you deserve something nice, and choose whether to buy a thing of cookies from the convenience store or whether to make a treat for yourself. No wrong answers!



2. Keep a few pantry staples on hand, so you can make basically any mental-health-helper when you need it:

- milk
- butter
- eggs
- heavy whipping cream
- baking chocolate
- vanilla extract
- fruit (frozen's fine)
- canned milk



3. Keep in mind that cheesecakes and pies are fun afternoon projects, but a frozen waffle and a little sauce are fantastic things to have on hand when it's 4pm and there's a good judge show on TV.

Quick Treats

Whipped Cream (page 314)
Pineapple Curd (page 316)
Crème Anglaise (page 318)
Brigadeiros (page 320)
Ganache (page 322)
Hot Milk Steamer (page 324)
Kremas / Coquito (page 326)
Posset (page 328)
Caramel (page 330)
Toffee Nuts (page 332)
Honeycomb Candy (page 334)
Shortcake From a Box (page 336)

Something Special

Blueberry Muffins for Nana (page 338)
Salty Citrus Mini Pies (page 340)
Cheesecake Bites (page 342)
Portokalopita (page 344)



This is literally what it says it is - cream that's been whipped until it's like foam. So much cheaper and more yummy to make it than to buy in a can (but you do you).

Whipped Cream

"Milk snow" from France

- 1/4 heavy whipping cream
- *optional:* 1/4 teaspoon sugar + extra flavor to taste (vanilla, lime juice, orange zest, basil, cinnamon, one smashed-up strawberry…)

1. Start whipping

Think about whether you'd like to add any flavor to your cream. Pour your cream (plus whatever you want) into a bowl, tilt the bowl, and make small, quick circles. This might take several minutes, especially if you're using a fork instead of a whisk. (Spoons won't work.)

To speed up the process: Use the widest bowl you own, metal if possible. Place this bowl inside a bowl of ice to keep things cold. (If you have a blender, this will take 30 seconds.)

2. Finish whipping

When to stop? It depends! Some people like "soft peaks" (think Cool Whip), while others prefer to keep whipping until the cream has "stiff peaks."



Cream | Soft peaks | Stiff peaks | Cream separates into buttermilk and butter | Handmade butter



Want to add some fruity tanginess to your cheesecake, frozen waffle, or crepe? Try curd - the sexy dessert sauce originating with the English Protestant Quakers of the 18th century! Quakers famously “see the light of God in everyone.” Reader, please see the light of God in this delicious fruit spread!

Pineapple Curd

1. Make some decisions

What kind of juice do you have on hand? The juice in canned fruit works great. Tangerine, lemon, lime, and pineapple all work well, but feel free to try something else.

I like to make this with confectioner’s sugar, but regular sugar works great, too. Could you use honey? Why not!

2. Start your custard



Bring a pot of water to boil, then turn the heat down to medium. Dump all curd ingredients into a bowl that fits above the pot of water (the bowl shouldn’t touch the boiling water).

Stir like crazy.

3. Keep stirring like crazy



Depending on how hot your stovetop gets, it might take 8-12 minutes for the curd to thicken. It’s done when your spoon drags through the custard and leaves a trail where you can see the bottom of the pot for a few seconds.

If your eggs scrambled a bit, you might want to strain that out. Refrigerate for an hour or two, until cold and thickened.

- 2 egg yolks
- 1/4 cup sugar
- 3 tablespoons butter
- 3-5 tablespoons juice **or** juice + zest from one fruit



Have you ever had crème brûlée? It's just milk, eggs, sugar, and vanilla heated, baked and then blowtorched to form a creamy pudding underneath a crisp sugary top. The same ingredients, made with a simplified method, make this delicious "pouring custard."

Crème Anglaise

1. Heat your milk

Pour milk, salt, and optional extra flavorings into a pot over medium-low heat. Stir slowly until the mixture starts to bubble. Then remove from the heat.

2. Temper your eggs

In a bowl, whisk together your egg yolks and sugar until well blended.

When your milk is heated, very slowly pour that milk into your egg mixture, whisking your eggs the whole time. (This is called tempering, and is a method for heating eggs without cooking them.)

Return egg-milk mixture to your pot and cook your custard over medium heat, stirring constantly, until thickened. (This should take about 5-7 minutes. You'll know it's done when the custard coats the back of your spoon thickly. (It won't thicken in the fridge, so you decide when it's a good consistency and call it done.)

3. Strain + refrigerate

Take your thickened custard off the heat and stir in your vanilla. Strain everything through a sieve if you've got one to remove any cooked egg bits or orange peel.

Cover the surface of your custard with cling wrap and refrigerate until you want to pour it over something.

HEATED

- 1 cup milk
- pinch salt
- 3 egg yolks
- 3 tablespoons sugar
- 1/2 teaspoon vanilla

OPTIONAL

- peel of 1/2 an orange
- 1 teaspoon cinnamon





What if you had dulce de leche... but with chocolate in it? Could anything be more delicious? Perfect for your favorite holiday. Terrific in a tin for your neighbor's birthday. Best eaten whenever you want.

Brigadeiros

The national bonbon of Brazil

- 1 can sweetened condensed milk
- 3 tablespoons Nesquik powder (or 2 tablespoons cocoa powder + 1 tablespoon sugar)
- 1 tablespoon butter
- 1/4 cup plain sugar, coconut flakes, crushed nuts, or sprinkles

1. Heat milk, butter + cocoa

In a small pot, heat milk, Nesquik, and butter over medium heat. It'll feel thick, then very liquid, then thick again.



When it starts bubbling, start stirring constantly. After about 30 minutes (start to finish), it'll be so thick that you can scrape the bottom and see the bottom of the pot a few seconds later. Then, your candy is done.

2. Pour into a greased pan

Butter a pan well. Pour in candy mixture.

Refrigerate for one hour, or until cool and hard to the touch.

Then scoop out a tablespoon at a time and roll between your hands like clay to make a ball. (This will be messy.)

3. Add some texture and extra flavor

Dump into a bowl of sugar or coconut flakes (or other topping) to coat. Refrigerate truffles overnight.



The idea of heating cream and using that to make a moldable chocolate was invented in 1862 in Paris. This new idea was called ganache to celebrate a popular play's satire of old-fashioned beliefs (*Les Ganaches*, or "The Chumps").

Ganache

1. Heat cream + filling

Chop chocolate small and set in a wide bowl.

In a small pot, heat cream over medium heat, stirring occasionally, just until it starts to boil. Then pour over the chocolate (and a bit of coffee or any other flavorings you want) and let sit for 30 seconds. (If you don't wait, the chocolate might be gritty.) Stir with a fork until smooth.

2. Decide how to use this

Things you can do with ganache:

- use as a dip for churros or a topping for ice cream
- layer under a posset, or alongside warm fruit
- dip it while warm onto things, then refrigerate (or freeze) them (on wax paper or foil) until the ganache hardens

3. If you want to make chocolate truffles...



Refrigerate the ganache for three to four hours, or until it firms up.

Then scoop out a tablespoon at a time and roll between your hands like clay to make a ball. (This will be messy.)

Dump into a bowl of cocoa powder (or other topping) to coat. Refrigerate truffle balls overnight.

FILLING

- 4 ounces chocolate (semi-sweet's best)
- *optional:* 1/4 to 1/2 teaspoon instant coffee, orange zest, chipotle sauce, salt, etc

CREAM

- 1/4 cup heavy whipping cream

OPTIONAL - TRUFFLES

- 1/4 cup cocoa powder or confectioner's sugar
- *optional:* cinnamon, cayenne, chopped nuts, smashed cereal, etc







For thousands of years, folks in Mexico have been enjoying hot drinks made from roasted cacao beans. The word “chocolate” comes from the Mexican Indian words for *drinking* chocolate: choco (“foam”) and alt (“water”). Hot chocolate’s probably the best idea ever, but what if you don’t have chocolate on hand? You can still have a pretty sweet treat!

Hot Milk Steamer

1. Make some decisions

Put any spice bottles you might use together and smell them - do you want cayenne pepper with your cinnamon, or do you like the smell of just plain nutmeg? How about chili powder? Cloves? Ginger? Turmeric? Vanilla? Allspice? Cardamom? Pumpkin pie spice? Instant coffee?

For sweeteners: do you prefer the taste of plain sugar, brown sugar, honey, or syrup? Does butter in milk sound gross, or will you give it a try?

2. Mix everything in a pot on medium heat

Stir sometimes. Taste, and add more of whatever you like. When it’s hot, you can drink it!

3. If you want to make hot chocolate…



If using Abuelita, add that now and stir like crazy.

Otherwise: pour milk mixture over your chocolate. Wait 30 seconds to give it time to heat the chocolate, then stir until combined.

Q: Can I accidentally add too much flavoring?

A: No, you cannot. If it turns into mud, just add more milk.

HEATED

- 1 1/2 cup milk (or coconut milk)
- 2 tablespoons sugar, honey or maple syrup

OPTIONAL

- 1/2 tablespoon butter or ghee
- a big pinch or more of any spices
- 1/4 tablet of Abuelita, or 1 ounce of a chocolate bar, well-chopped



In Puerto Rico, coquito (which means “little coconut”) is a popular holiday beverage made with canned milks and warming spices. In Haiti, kremas is the thing to drink on Christmas, Haitian Independence Day (January 1st) and Ancestors’ Day (January 2nd). They’re similar - sweet and creamy - and easy to love. Who needs eggnog?!

Kremas / Coquito

1. Mix everything together

Mix together one each of your canned milks. Then stir in your spices and vanilla. Taste! Some folks like more coconut milk, and some prefer extra sweetened condensed milk. (In northern Haiti, coconut isn’t used at all; some Puerto Ricans would add two cans of cream of coconut, if they couldn’t find fresh coconut.)

When it’s tasty, add your lime juice and stir again.

Cover and refrigerate until very cold, about 1 hour.

If you care about getting out clumps of spice, you can strain the whole mixture after letting the spices steep in the milk during refrigeration. (Steeping or soaking spices in liquid makes the drink taste of the spices you added.)

- 1 can evaporated milk
- 1 or 2 cans sweetened condensed milk
- 1 or 2 cans cream of coconut
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon star anise
- 1 teaspoon vanilla
- 1 teaspoon lime juice



Posset is the English word for a tangy, custardy treat from the 1500s comprised of nothing more than sugar, cream, and flavoring. You've probably never heard of this super-simple alternative to pudding. Time to make one!

Posset

1. Heat cream + sugar

Pour into a pot over medium heat. Stir slowly until the mixture starts to boil.

When it comes to a boil, keep stirring for two more minutes. Then take the pot off of the heat.

2. Add filling

Keep stirring while you add in the juice (and optional zest). Then stir for two more minutes.

3. Refrigerate + decide how to use this

Pour mixture into a cup and refrigerate for three hours.

You can top with roasted berries, whipped cream - whatever you like. Lime posset and caramel sauce taste great together. Get creative!

HEATED

- 1 cup heavy whipping cream
- 2 tablespoon sugar

FILLING

- 2 tablespoon lemon or lime juice, *or* 1 citrus fruit's juice + zest



Caramel

1. Melt your sugar

Tell yourself before you begin: “Everyone needs two or three tries to make a caramel that works. Sugar is cheap. When this burns, I’ll just boil some water in this pot until the sugar melts, and then I’ll try again!”



Dump sugar into a pot on medium heat and watch it melt. You can stir with a fork to help the different parts melt evenly. When it darkens at the edges, turn the heat to medium-low. It’s done when it’s all the color of a penny.

(If a bunch of crystals form, just keep melting them.)



To make **spun sugar**: when the mixture’s golden-brown, dip the pot into a bowl of ice water. Dip a fork into the caramel and wave it back and forth over an oiled bowl. Keep dipping and making more floss until you have as much as you want to decorate another dessert.

2. If you want to make sauce…

When the sugar turns golden-brown, quickly add the butter and stir like crazy until it’s all mixed in. Remove from heat and stir in your cream and salt. If clumpy with sugar crystals, you can strain out the clumps. (Stored in the fridge, this sauce will be thick, but will thin again when re-heated.)

HEATED

- 1 cup sugar

CARAMEL SAUCE

- 6 tablespoons butter
- 1/4 teaspoon salt
- 2/3 cup heavy cream



Toffee = sugar + butter heated to the point of caramelization, then cooled. It's a very old, delicious idea.

Toffee Nuts

Caramel praline from England

- 1/2 cup sugar
- 2 tablespoons water
- 2 tablespoons butter
- 1 cup any nuts
- salt to taste

1. Boil sugar + water

Tear off a sheet of foil and curl up the sides to make a tray.

In a small pot over medium heat, heat sugar and water. The sugar will melt, then the mixture will come to a rolling boil.

2. Add nuts + butter





Pour in your nuts and stir. Soon, the sugar will un-melt and turn back into crystals.

At this point, add your butter. Keep stirring. The sugar will melt again, and the mixture will quickly darken. When it's the color of a penny, pour everything onto your foil tray and sprinkle with salt.

Let cool.



If you've never worked with melted sugar before, get excited! (Also, get *careful*, because touching melted sugar is the easiest way to get a horrible burn!) In the UK, this is cinder toffee; in China it is fēngwōtáng; in Korea it's dalonga honeycomb; and in Taiwan it's swollen sugar. The magic here comes from adding baking soda to the liquid, which makes it puff with air in a really beautiful way.

Honeycomb Candy

Caramel Part Three!

1. Boil sugar, syrup + water



Tear off a sheet of parchment or wax paper and lay it on a baking sheet.

In a small pot over medium heat, heat sugar, syrup and water. The sugar will melt, then the mixture will come to a rolling boil. If you need to stir, use a fork. In less than 20 minutes, the sugar mixture will turn clear, then golden-brown. (This gives you 20 minutes to enjoy listening to sugar boil.)

2. Add baking soda



When the sugar mix turns golden-brown, get ready, because this part goes very fast. Pour in your baking soda and stir like crazy while you slowly count to ten. The mixture will puff up fast. Dump it quickly onto the baking tray. It will harden within an hour into honeycomb candy. Snap it into pieces.

3. If you want to make it peanut-buttery...



Ten seconds after stirring in the baking soda, very quickly fold in warm peanut butter and vanilla. This will be stringy. Quickly smash it into the corners of an 8x8 baking tray and wait 20 minutes before sawing it gently into candy bars.

HEATED

- 1 cup sugar
- 3/4 cup corn syrup
- 1/4 cup water
- 2 teaspoons baking soda

OPTIONAL

- 1 1/2 cups peanut butter, warmed
- 1 tablespoon vanilla



This recipe is from the Bisquick box, and for many kids in the US, it's the first thing they learn to cook on their own.

You can certainly make shortcakes from scratch, but if you do, you'll have to buy a whole thing of buttermilk. A box of Bisquick costs less and will last you at *least* 4 servings of breakfast or dessert.

Shortcake from a Box

1. **Mix everything together in a bowl**

2. **Bake!**

Oil a pan. Spoon dough batter onto the pan to make two big shortcakes. Bake at 425 degrees until golden brown, about 10-12 minutes.

Decide what kind of fruit compote (see page 38 for ideas) or dessert sauce - or both! - you want to eat with these.

If you want to use fresh fruit, consider macerating them (that means softening them). Toss slices of fruit in a bowl with a little sugar for ten minutes until they look very juicy.

DOUGH

- 3/4 cup + 1 teaspoon Bisquick
- 1 tablespoon butter, ghee or oil
- 2 tablespoons sugar
- 3 tablespoons milk
- *optional:* 1/8 teaspoon orange zest





When my mom was growing up around Boston, Massachusetts, there was a big department store that sold muffins a lot like these. After a long day of shopping in town, what a treat: big, fluffy, sugary, and chock full of berries! Whenever I visit, I love to make these for her.

Blueberry Muffins for Nana

1. Make your dough

Preheat oven to 375 degrees, and butter a muffin tin. In a large bowl, mash together the butter and sugar. Then add eggs, baking powder, salt, vanilla, and lemon zest.

2. Prepare your blueberries

In a second bowl, mash half your berries. In a third bowl, gently stir 1/4 cup flour (or a little bit more) with the rest of your berries - you want your berries to be coated with flour on all sides. (If you choose not to coat the berries with flour, that's ok - the berries will mostly be at the bottom of the muffins, though.)

3. Finish your dough + bake!

Add half of the remainder of your flour to the dough mix, and stir to combine. Then add half of your milk, and stir to combine. Add the rest of your flour, stir, then the rest of your milk (and stir to combine again). Carefully stir in your flour-covered berries and your mashed berries.

Spoon your dough into your muffin tray. Spoon a good amount of sugar over top (this will make your muffin tops crunchy). Bake for half an hour, or until golden brown.

DOUGH

- 8 tablespoons butter
- 1 cup sugar
- 2 eggs
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 1 tablespoon lemon zest
- 2 cups flour
- 1/2 cup milk
- 2 3/4 cups blueberries (frozen or fresh)

TOPPING

- 1/4 cup sugar





According to North Carolina restauranteur Bill Smith: “When I was growing up, in the ’50s, people believed as absolute truth that if you ate dessert after a meal of seafood, you would probably die… There was one exception, though: lemon pie. If you asked why, you were told something about lemon and fish.” These cupcakes are a blend between US faves magic lemon pie and key lime pie, and are a great beachy treat.



Salty Citrus Mini Pies

1. Make your crust

Crush saltines. Chop butter small, then smash it into the crust batter. Taste - is it salty enough for you?

2. “Par-bake” your crust

Either use baking cup liners, or decide you don’t care how these are going to look. Press 1 spoonful of dough into the bottom of 12 holes of a cupcake pan.

Stick in the freezer for 15 minutes to chill.

Then bake at 350 degrees for 7 minutes.

3. Mix filling + bake your pies



Stir everything together. Pour about 1/3 cup filling into each crust. (You par-bake the crusts before this step so the filling doesn’t leak into it - the layers stay separate.)

Bake your pies in the oven for 16 minutes. Custard pies like this are “set” (done) when you gently shake the pie back and forth and can see that the filling is mostly solid on the sides, but still jiggles slightly in the center. Sprinkle with salt.

Refrigerate for a few hours, until completely chilled.

DOUGH

- 1 sleeve saltines
- 6 tablespoons butter

FILLING

- 2 cans sweetened condensed milk (28oz)
- 6 egg yolks
- 1 1/4 cup lime juice, lemon juice, or a mix
- 1/2 teaspoon flaky sea salt (or regular)



1700 years ago, the Greens and Romans celebrated their gods with a sweet dessert cake. They called it placenta, and made it with whole grains, honey, and a cheese similar to feta. Today, we're calling it cheesecake, and making it with pre-made cookies, machine-processed sugar, and factory-made cream cheese. Either way, it is divine!

Cheesecake Bites

1. Make your crust

Put cookies (ginger snaps or graham crackers work great) in a towel or bag and hit them until almost dust. Then add cinnamon. Chop butter small, then smash with your hands into the crust batter. (If it won't stick together, add more butter. If it's too sticky, add another cookie.)

2. "Par-bake" your crust



Press 1 spoonful of dough into the bottom of 12 holes of a cupcake pan.

Stick in the freezer for 15 minutes to chill.

Then bake at 350 degrees for 7 minutes.

3. Mix filling + bake your cheesecakes

Smash everything together. Taste! Pour filling into baked pie crust. (You par-bake the crust before this step so the filling doesn't leak into it - the layers stay separate.)

Bake your cupcakes in the oven for 16 minutes. Custard cakes like this are "set" (done) when you gently shake the pan back and forth and can see that the filling is mostly solid on the sides, but still jiggles slightly in the center.

Refrigerate for a few hours, until completely chilled.

DOUGH

- 1 cup crushed cookies
- 4 tablespoons butter
- 1/4 teaspoon cinnamon

FILLING

- 2 packages cream cheese (16oz)
- 2 eggs
- 1/2 cup sugar
- 1/4 cup sour cream
- 1/2 teaspoon vanilla
- pinch salt
- *optional:* 1 tablespoon pumpkin pie spice



This dish, which translates to “orange pie,” is a super-smart thing that some Greek people made up when they noticed they had leftover phyllo dough flakes and needed to use them up before they dried out. Imagine wanting to make a cake, and letting yourself try out using leftover dough instead of flour?! In Greece, this is a popular way to have breakfast, an easy treat to have on hand for guests, and a great way to use all the oranges from your trees. It’s also just delicious.

Portokalopita

1. Make your syrup

Peel or grate an orange. Try not to include any of the bitter white pith - you just want the orange zest. Boil that, with sugar and water, on high heat for ten minutes, then remove the pot from the heat.

2. Mix filling + bake your pie

Unwrap your frozen phyllo dough, but keep it in its roll. If you can cut into the center of the roll, great! if not, you may need to keep it on the counter to defrost while you do the next steps.

Preheat oven to 375 degrees. Oil a baking pan.

In a large bowl, mix together your oil and sugar until smooth. Then add everything else and mix well with a fork until it’s all the same consistency.



Now chop your phyllo dough into thin rounds, or rip it up anyway you want. Toss the dough into the pan and ladle the egg mixture over top. Smooth it out.

Bake your pie in the oven for about 25 minutes (if using a 9x13 pan) or 45 minutes (if using an 8x8 pan). It’s done when the top is golden brown and a toothpick put into the center comes out clean.

While it’s hot, ladle your syrup over top. Cool, then eat!

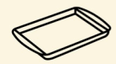
SYRUP

- zest of 1 orange
- 2 cups sugar
- 3 cups water

FILLING

- 1 cup oil
- 1 1/2 cup sugar
- 4 eggs
- zest of 1 orange
- *optional:* 1/2 teaspoon cinnamon
- 1 cup greek yogurt
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 pound phyllo dough





What Kind of Sweet Tooth Are You?

Try a little of everything, and maybe try combining items. Circle what's good. Draw connecting lines to remember the flavors/textures you like.

Dark chocolate

Milk chocolate

Coconut

Cinnamon

Creamy

Vanilla

Strawberry

Tangy/tart

Lemon

Spicy

Herbs

Crunchy

Graham cracker

Buttery

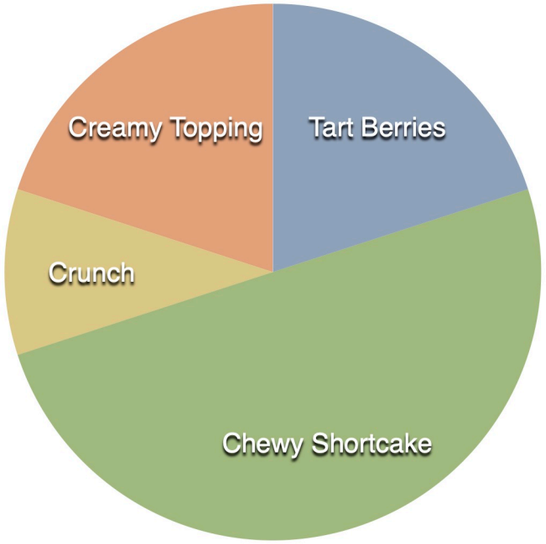
Chocolate cookie

Nutty

Sea salt

Your Ideas:

Think of every dessert you've ever loved. Think of any flavor/texture combinations that sound fun or interesting.





rainy day: fresh bread

Bread is perhaps the oldest prepared food. We have evidence that 30,000 years ago, people took the time to spread plants onto a flat rock, pounded those plants into paste, and cooked them over a fire to make a flatbread. 30,000 years ago, humans had just started finding Ireland, inventing rope, and drawing people. What a time to be alive!



Popovers (page 352)

from the US by way of England

Dry ingredients: Flour, salt
Wet ingredients: Milk, egg

Bannock (page 354)

from the Indigenous Peoples of Canada

Dry ingredients: Flour, baking powder, salt
Wet ingredients: Milk, water

Garlic + Onion Naan (page 356)

from India

Dry ingredients: Flour, baking powder, salt
Wet ingredients: Garlic, green onions, greek yogurt

Crêpes sucrées (page 358)

from France

Dry ingredients: Flour, salt
Wet ingredients: Milk, egg, butter

Buttermilk Biscuits (page 360)

from the Appalachian Mountains of the US

Dry ingredients: Flour, baking powder, salt, sugar
Wet ingredients: Butter, buttermilk



Here's yet another version of an old idea from somewhere that became something else in a different place. The English have been eating "Yorkshire puddings" since the 1700s. In the 1850s, the Americans changed the recipe a bit and called them popovers instead. These eggy little breads are hard to mess up, and easy to love. They're great alongside a beef dish, and are just as lovely eaten warm with some butter and salt.

Popovers

1. Mix your dry ingredients, then add wet

Preheat your oven to 400 degrees.

In a bowl, stir your flour and salt together. Add your milk and egg, and stir with a fork or whisk until everything's smooth.

Meanwhile, rub some fat (butter's traditional for flavor) all over two of the cups of a cupcake pan. Use more fat than you think you'll need - this keeps the dough from sticking to the pan.

2. Bake your bread

Pour your dough into the two wetted cupcake cups. Set your cupcake pan in your oven and bake for 25 minutes. They should look like this:



Popovers are done when golden brown and very tall ("popping over" their tin!). Poke them carefully with a knife a few times to let out a puff of hot air.

DOUGH

- 1/3 cup flour
- 1 pinch salt
- 1/3 cup milk
- 1 egg

This frybread is made from ingredients that were provided by the Canadian government after that government forced indigenous peoples off of their land. If you like delicious things, you'll love this treat, which is popular today at First Nations festivals and powwows.

Bannock

1. Mix your dry ingredients, then add wet

In a bowl, stir together your flour, salt, and baking powder. Then add the rest of your ingredients and stir to combine.

2. Fry your bread

Put your largest pan over medium heat for a couple of minutes to get it very hot. When hot, add enough oil to coat the bottom of your pan.



Using a large spoon (or a 1/4 cup measuring cup), dump a bit of dough into your hot, oiled pan.

After a couple of minutes, flip your dough over so it fries on both sides.

Your frybread is done when it's golden brown on both sides. Cut into a piece to make sure it's not still runny in the center.

If you'd like, pour some cinnamon and sugar into a bowl larger than your bread. Taste, to make sure there's enough cinnamon for you. Then put your bread in the bowl and swirl to coat on both sides. Bannock also tastes great with a little butter, with jam, with both, or with whatever you'd like.

DOUGH

- 1/2 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup milk
- 2 tablespoons water
- *optional:* a little butter, jam, or cinnamon sugar



This flatbread (naan comes from the Persian word for “bread”) has been made since ancient times. Hunter-gatherers of the Fertile Crescent (which today we call Syria and Iraq) began to domesticate crops around the time breads like this were first made. It’s a carbohydrate (so it helps you feel full!), and it’s a plate (you can put food inside of it!) and it’s a spoon (you can tear off a piece and dip it into the food!). What an invention!

Garlic + Onion Naan

1. Mix your dry ingredients, then add wet

Chop your garlic and onions small. In a large bowl, stir together your flour, salt, and baking powder. Then add the rest of your ingredients.

Smash and spread your dough between your hands until it has absorbed all the flour and is starting to feel a little stretchy. Shape it into six equal pieces and roll into balls.

2. Let it rest a bit

Cover your dough with a clean towel and let it rest on your counter for 20 minutes. Or, put the covered dish in your fridge and take out a piece or two as you want it - the dough will keep in the fridge for a week or so.

3. Cook your bread



Put your largest pan over medium-high heat for a couple of minutes to get it very hot.

While the pan is heating, carefully roll out one piece of naan as thin as you can. This is a sticky dough, so you’ll need to sprinkle flour over your surface and over the dough. Try to only add a small sprinkle of flour at a time.

Fry bread in your *dry* pan for a couple of minutes, flipping occasionally, until your bread is spotted with brown but still flexible. Rip and enjoy!

DOUGH

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 5-8 garlic cloves
- 2-5 green onions
- 1 cup greek yogurt



This thin pancake dates back to at least 472 CE, when the pope offered these flatbreads to folks who travelled to Rome for the Candlemas holiday. Crêpes have a suspicious similarity to similar flatbreads from India (like dosas or naan), but we're not sure exactly when they were invented. Today, they're a popular street food throughout Europe, Japan, and Mexico (eaten as pictured, with powdered sugar and lemon juice, or with bananas and Nutella, or packed with savory foods like huitlacoche).

Crêpes sucrées

1. Mix your dry ingredients, then add wet

Melt 1 tablespoon butter. In a bowl, stir together your flour and salt. Then add the melted butter, milk, and egg. Stir quickly with a fork or whisk for a couple of minutes, until the batter is very, very smooth.

2. Let it rest a bit

Cover bowl and refrigerate for one hour (or overnight).

3. Fry your crêpes

Put your largest pan over medium-low heat for a couple of minutes to get it hot. When hot, add enough fat (butter is traditional for flavor) to coat the bottom of your pan.

Now is the time to remind yourself: the first crêpe never works. You always eat the first one while making the rest.

Using a large spoon (or a 1/4 cup measuring cup), dump a bit of dough into your hot, buttered pan. Swirl the pan to spread out the dough into the thinnest circle you can.

After 3-5 minutes, flip your rubbery dough over so it cooks on both sides.



Your bread is done when it's pale but dotted with golden-brown on both sides.

If a hole forms, spoon a little wet dough over the hole and wait for it to cook closed.

DOUGH

- 2/3 cup flour (buckwheat flour's traditional, regular flour works fine)
- pinch salt
- 1/3 cup milk
- 1 egg
- 1 tablespoon butter



The word biscuit comes from the Latin for “twice-cooked,” and is a very old idea, because for a long time in human history, we needed to have foods we carried with us during long journeys, and because breads help us feel full. If you were a sailor for Spain in the late 1500s, likely all you’d be given to eat would be biscuits and beer. In the 1900s, biscuits made their way to the US, where they were often eaten with gravy, ham, or eggs, and became popular in the southern US.

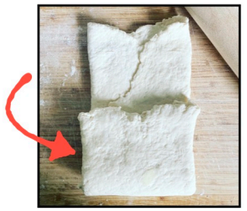
Buttermilk Biscuits

1. Mix your dry ingredients, then add wet

The night before you make these, freeze one stick of butter. In a large bowl, mash together your flour, salt, sugar, and baking powder. Stir, then grate in your frozen butter. Stir!

Pour in your buttermilk. Smash and spread your dough between your hands until it has absorbed all the flour.

2. Give your biscuits buttery layers



On a floured surface, roll out your dough until it’s about half an inch thick (about half the distance from one knuckle to another). Fold it into thirds then roll it out again. Then fold again, and roll out again.

Fold once more, then flatten until your dough is about *one* inch in thickness.

3. Bake your bread



Use something very sharp to cut dough into a rectangle. If you saw or twist at your dough, the layers will collapse.

Cut dough into six pieces.

Bake at 425 degrees for 15-18 minutes, or until light golden.

DOUGH

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 6 tablespoons butter
- 1 cup buttermilk

**Because buttermilk goes bad quickly, you may want to double this recipe so you can use up all your buttermilk. Bagged in the freezer, these cooked biscuits will last a month.*





If you are careful, if you use good ingredients, and you don't take any shortcuts, then you can usually cook something very good. Sometimes it is the only worthwhile product you can salvage from a day; what you make to eat... Cooking, therefore, can keep a person who tries hard sane.

- John Irving, writer

Now that you've cooked a book...

1) Which thing do you like or care about more when you are cooking a meal?

PIZZA	or	PLAIN TOAST
ADVENTUROUS	or	FAMILIAR
QUICK AND EASY, PLEASE	or	I ENJOY THE PROCESS
JUST SALT AND PEPPER	or	HERBS AND SPICES, TOO

2) Rate each item in order (1 = most important, 5= least important to you)

_____ Learning how to put together flavors

_____ Learning new techniques and recipes

_____ Doing something nice for myself

_____ Having a delicious meal

_____ Having a healthy meal

3) How confidant are you with cooking in general?

I CAN BOIL WATER! I'M OK I'M PRETTY GOOD I ROCK!!!


WHITE ONION
SAGE
BASIL