

# **Our Recipes**

*A collection of our family's favorite recipes.*

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# **Bread**

# Bagels

🚧 A fun weekend baking project. 🚧

## Friday night, around 10 PM: Make poolish.

- Flour (bread), 525 g
- Water, 525 g
- Yeast, 0.5 g

Whisk together flour, water, and yeast in a medium bowl. Let sit on counter overnight.

Note that you only need 1000 g of poolish the next day; making extra now accounts for residue on your bowl and utensils.

## Saturday morning, around 10 AM: Make dough and bulk ferment.

- Poolish, 1000 g
- Malt syrup, 20 g
- Salt, 18 g
- Diastatic malt powder, 2.5 g
- Yeast, 4 g
- Water, 100 g
- Flour (bread), 500 g

In large bowl, combine all ingredients. *(Do not use a stand mixer, because this is a very tough dough and the mixer will break. Ask me how I know.)*

Knead *by hand* for 5 minutes. Let dough (and yourself) rest for 20 minutes, then knead for an additional 5 minutes.

Form dough into a neat ball and place back in bowl. Cover the bowl tightly and let rise until not quite doubled.

## Saturday: Shape and refrigerate overnight.

Divide dough into twelve 130 g portions. Pre-shape portions into balls and keep covered. Let rest for 20 minutes or so.

Form each portion into a bagel by pinching through the center and stretching it into a wide ring. Place finished bagels in proofing boxes.

Cover the proofing boxes and refrigerate immediately.

## Sunday: Boil and bake.

- Water
- Sodium carbonate, 1 spoonful: *Can sub baking soda.*
- Salt, 1 spoonful
- Sesame seeds: *Or other toppings.*

**Preheat oven to 450° convection roast.**

**Fill large pot with water. Stir in a spoonful of sodium carbonate (or baking soda) and a spoonful of salt. Bring to a boil.**

**Line two half-sheet pans with parchment paper, then dust with cornmeal. Place seeds or other toppings in a quarter-sheet pan.**

**Working in batches, drop the bagels into the water and boil for 60 seconds, then flip and boil for another 60 seconds. Dip each bagel in toppings, then transfer to sheet pans.**

**Bake for 9 minutes. Flip bagels over and rotate sheets. Bake for an additional 9 minutes.**

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**Based on a recipe from ChefSteps.**

# Basic Bread

*A simple everyday bread.*

## Make dough.

- Flour (bread), 500 g
- Salt, 10 g
- Yeast, 5 g
- Water, 325 g

Stir together dry ingredients in large bowl. Make a depression in the center and add water. Stir until a shaggy dough forms.

Turn out onto counter and knead until dough is well-developed.

## Bulk ferment.

Shape dough into neat ball and place seam-side down in bowl. Cover.

Let rise until approximately doubled in size.

## Pre-shape.

- Flour (bread)

Preheat oven to 450° convection roast.

Turn dough out onto floured surface. Split dough evenly in two. Pre-shape into two short logs, then let rest for 20 minutes.

## Shape and bake.

- Cornmeal

Shape into little baguettes sized to fit long dimension of half-sheet pan. Taper ends to a point.

Place onto a sheet pan lined with parchment and dusted with cornmeal. Let rest for 30 minutes.

Score each loaf with a razor or sharp knife. Alternatively, use kitchen scissors to make “pain d’epi”.

Spray bread with water, then bake for 20 minutes.

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For extra flavor, swap out 50 g of the bread flour and replace it with whole wheat flour.

# Biscuits

*Low effort drop-style biscuits.*

## **Prep dry ingredients; cut in butter.**

- Flour (all-purpose), 320 g
- Baking powder, 16 g
- Sugar (white), 16 g
- Salt, 8 g
- Baking soda, 4 g
- Butter (unsalted), 112 g

Combine dry ingredients in bowl. Cut in butter with forks or a pastry blender. Can be refrigerated overnight at this point.

## **Finish dough, portion, and bake.**

- Cheddar, 200 g: *Shredded. Optional.*
- Buttermilk, 320 g

Stir in cheese, if using. Add buttermilk and mix until no dry spots remain. Dough will seem dry at first but should come together and have the consistency of soft cookie dough.

Preheat oven to 450° conv roast. Line a sheet pan with parchment.

Drop biscuits onto pan, about 120 g (with cheese) or 95 g (without cheese) of dough for large biscuits, half as much for small biscuits. Bake for 10-12 minutes. If not browned on top, turn on broiler and cook for a few more minutes.

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If using Lodge biscuit pan, preheat in oven. Biscuits will be a little larger than called for above, so use a bit more dough for each.



# Focaccia

*Just a little sweet.*

## Make dough and bulk ferment.

- Honey, 20 g
- Olive oil, 20 g
- Salt, 10 g
- Water, 300 g
- Yeast, 5 g
- Flour (all-purpose), 400 g

Add all ingredients except flour to bowl. Add half the flour and whisk together. Add remaining flour, then mix until thoroughly combined.

Let rest for 20-30 minutes, then knead until smooth. Form into a neat ball, return to bowl, and cover.

Bulk ferment until doubled in size.

## Portion, pre-shape, and proof.

- Raisins, 100 g: *Optional.*
- Butter
- Olive oil

Grease a 9x13 pan with a little butter (to prevent sticking) and a fair bit of olive oil.

Laminate dough by spreading it out onto a board misted with water, then folding it into a rectangle. If using raisins, add to spread-out dough before folding.

Add dough to pan and allow to rest. Spread dough as far as possible without tearing. Cover. Allow to rest and spread again, repeating as necessary to cover bottom of pan.

Cover and allow dough to proof until puffy.

## Bake.

- Olive oil
- Maldon salt

Preheat oven to 450° convection roast. Adjust rack to middle position.

Drizzle dough with olive oil. Press fingers into dough. Sprinkle with Maldon salt.

Bake for 14 minutes.

Remove pan from oven. When slightly cooled, transfer to rack to cool to serving temperature. Slice and serve.

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**Olive oil and salt are all the toppings you need, but this dough makes a good base for just about any topping: olives, herbs, marinated vegetables. Go wild.**

# Italian Bread

*An attempt to replicate Brooklyn-style seeded bread.*

## **Make dough.**

- Flour (semolina), 50 g
- Olive oil, 15 g
- Malt syrup, 10 g
- Salt, 10 g
- Yeast, 3-5 g
- Water, 315 g
- Flour (all-purpose), 450 g

Whisk together everything except AP flour in large bowl. Adjust yeast quantity based on time available and ambient temperature.

Add AP flour and stir until shaggy dough forms. Knead briefly until no dry pockets of flour remain. Shape into neat ball and place seam-side down in bowl. Cover.

Perform a few stretch-and-folds, letting rest for a few minutes in between each. Keep bowl covered with damp kitchen towel.

## **Bulk ferment.**

Scrape down sides of bowl with plastic scraper and gather into a single mass. Form dough into a neat ball and place seam-side down. Cover bowl with a damp kitchen towel and a suitable lid.

Let rise until approximately doubled in size.

## **Pre-shape.**

- Flour (all-purpose)

Preheat oven to 450° convection roast.

Turn dough out onto floured surface. Split dough evenly in two. Pre-shape into two short logs, then let rest for 20 minutes.

## **Shape, add seeds, and bake.**

- Sesame seeds: *Unhulled*.
- Cornmeal

Shape into bâtards sized to fit long dimension of half-sheet pan. Taper ends to a point.

Spray lightly with water, then dip into a tray of sesame seeds. Place onto a sheet pan lined with parchment and dusted with cornmeal. Let rest for 30 minutes.

Score each bâtard with a razor. Spray bread with water, then bake for 20 minutes.

# Soda Bread

*Hearty and rustic.*

## Make dough.

- Flour (all-purpose), 225 g
- Flour (whole wheat), 125 g
- Rolled oats, 100 g
- Sugar (brown), 5 g
- Salt, 5 g
- Baking soda, 5 g
- Buttermilk, 365 g: *Can sub 50/50 mix of yogurt and milk.*

Preheat the oven to 400° F convection roast.

Chop oats in blender, leaving some texture. Whisk together with remaining dry ingredients, then quickly mix in buttermilk.

Turn dough out on table, form into round loaf, and cut a cross in the top with a knife, about half way down.

## Bake and brush with butter

- Butter, 50 g: *Melted.*

Place on a parchment-lined baking tray, and bake in the preheated oven for 40 minutes.

Transfer the loaf to a wire rack when it's baked and brush all over with melted butter. Let cool for at least 30 minutes.

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Based on a recipe from Jack Sturgess.

# Sourdough Bread

## Feed starter.

- Sourdough starter, 30 g: *Existing, well-maintained.*
- Flour (bread), 60 g
- Water, 60 g

Add some existing starter to a small bowl. Mix in flour and water.

Clean starter jar, then return mixture to it. Leave at room temperature until at least doubled.

## Make dough and bulk ferment.

- Sourdough starter, 100 g: *From above.*
- Water, 300 g
- Salt, 9 g
- Flour (bread), 450 g

Stir together starter, water, and salt.

Mix in flour and continue mixing until a shaggy dough forms. Allow to rest for a few minutes, then mix again until no dry spots remain.

Perform a few stretch and folds at half-hour intervals, until dough is strong and smooth.

Shape the dough into a neat ball and allow to rise until at least doubled. This will take around 4-8 hours.

## Shape, proof, and refrigerate.

Dust counter lightly with flour. Turn dough out onto counter.

If making multiple loaves, portion accordingly.

Pre-shape each portion into a smooth ball. Cover with a towel and let rest for 30 minutes.

Dust banneton(s) with flour, then shape each portion again and into a banneton.

Let proof for about 60 minutes, then place in refrigerator, uncovered.

## Bake.

- Cornmeal

Preheat the oven to 450°F convection roast.

Remove loaf from fridge and let it rest on the counter while the oven preheats.

Turn out the loaf out into the shallow side of a bread cloche. Score the top. Cover the cloche and transfer to oven.

**Bake for 25 minutes, then remove the cover and bake for an additional 20 minutes.**

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**Based on a recipe from Jack Sturgess.**

# **Breakfast**

# French Toast

*Good way to use up stale bread.*

## **Make custard; soak bread.**

- Bread, 8 small slices: *Lightly toast if needed.*
- Eggs, 4
- Milk, 300 g
- Vanilla extract, 5 g
- Sugar (white), 20 g
- Salt, 2 g
- Cinnamon, 1 g

Combine custard ingredients in blender, blend thoroughly.

Place bread in shallow tray, pour mixture over top. Flip and rearrange bread as needed to soak up mixture.

## **Cook and serve.**

- Butter
- Sugar (white)
- Fruit

Preheat griddle to 350°.

Generously butter griddle. Fry bread on both sides.

When almost done, sprinkle with sugar, flip, and fry for a few seconds longer. Repeat as needed.

Transfer to warm oven or serve immediately with butter, syrup, and fresh fruit.



# Pancakes

## Prep dry ingredients.

- Flour (all-purpose), 200 g
- Sugar (white), 20 g
- Baking powder, 6 g
- Baking soda, 4 g
- Salt, 4 g
- Cinnamon, 1 g

Whisk together dry ingredients.

## Finish batter.

- Buttermilk, 350 g
- Eggs, 2
- Olive oil (mild), 20 g
- Vanilla extract, 5 g

Make well in center of dry ingredients; add wet ingredients. Whisk to combine.

## Cook and serve.

- Blueberries: *Optional.*
- Chocolate chips: *Optional.*
- Butter
- Maple syrup

Cook on 350° griddle. Scant #24 scoops will make servings of 3 pancakes each. A very light swipe of butter on the griddle before each batch gives them a nice look.

If using inclusions, add immediately after pouring batter on griddle. Flip each pancake after the bottom has taken on enough color and holes on top begin to set without closing.

Add a thin pat of butter to each pancake as it comes off the griddle.

## **Dessert**

# Apple Crisp

*With caramel!*

## Prepare crumble topping.

- Rolled oats, 200 g
- Flour (all-purpose), 70 g
- Sugar (white), 70 g
- Sugar (brown), 70 g
- Cinnamon, 1 tsp.
- Butter, 170 g: *Cut into small pieces.*

Combine all ingredients except butter in a large bowl. Stir until combined.

Add butter pieces and toss mixture. Use hands to rub butter pieces into mixture. Continue massaging mixture until crumbly and no dry spots remain.

Cover and refrigerate, ideally overnight.

## Prepare apples.

- Apples, 3 lbs.

Peel apples and cut into medium slices. Add a splash of lemon juice or apple cider vinegar if apples are very sweet.

## Prepare caramel.

- Sugar (white), 100 g
- Butter, 55 g
- Heavy cream, 2 Tbsp.
- Vanilla extract, 2 tsp.

Place a 10" iron or steel skillet over medium heat. Sprinkle about half of the sugar evenly over the surface of the pan.

Sugar will begin to melt. As it melts, sprinkle in remaining sugar. Stir sugar until completely melted.

Continue stirring as sugar begins to take on color and caramelize.

When sugar is just about done, turn off heat and add butter. Stir continuously.

Add heavy cream and vanilla, continuing to stir.

## Complete filling.

- Water, 2 Tbsp.
- Cornstarch, 1 Tbsp.

Add a handful of apples to skillet on stovetop. Stir to coat with caramel, and cook until apples begin to soften.

Apples will cook down. Add more remaining raw apples in batches, continuing to stir.

When apples are cooked and liquid has reduced, stir together water and cornstarch, then add to skillet.

Stir continuously and bring liquid to a boil, then remove from heat and allow to cool slightly.

### **Top and bake.**

Preheat oven to 350°.

Use spatula to gently press apples in skillet into an even layer. Sprinkle crumble mixture over top of apples.

Bake for 45 minutes or until top is nicely browned.

### **Serve.**

- Ice cream (vanilla)

Serve warm with ice cream.

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Based on a recipe by Claire Saffitz.

# Berries and Cream

*Super-fast summertime dessert.*

## **Prepare berries.**

- Berries, 100 g
- Sugar (white), 10 g
- Salt, 0.1 g

Scale ingredients as necessary.

Combine berries, sugar, and salt. Let sit, tossing occasionally, up to two hours.

## **Serve.**

- Whipped cream

Serve berries with whipped cream.

---

Based on a recipe from ChefSteps.

Great with a slice of pound cake, granola, crumbled cookies, or ice cream.

# Chocolate Chip Cookies

*With browned butter and walnuts*

## **Prepare sugar mixture.**

- Butter (unsalted), 60 g
- Sugar (brown), 150 g
- Sugar (white), 100 g
- Baking soda, 3.5 g
- Salt, 6 g

Add to mixer bowl; stir to combine.

## **Brown butter and add to sugar mixture.**

- Butter (unsalted), 140 g

Add butter to small saucepan. Cook gently over medium heat until solids are browned, then immediately add to sugar mixture in mixer bowl and allow to cool slightly.

## **Preheat oven; prep pans.**

Preheat oven to 350° with convection. Line two half-sheet pans with parchment paper.

## **Finish dough.**

- Egg, 1
- Egg yolk, 1
- Vanilla extract, 10 g
- Flour (all-purpose), 250 g
- Chocolate, 250 g: *Use chips or roughly-chopped bar.*
- Walnuts, 75 g: *Roughly chop.*

Once dough mixture is mostly cooled (to around 120° or less), add egg, yolk, and vanilla extract. Whisk thoroughly, until sugar has dissolved and color has lightened.

Stir in flour, chocolate chips, and walnuts.

## **Portion and bake.**

Portion generously with #16 disher (often blue), 12 cookies per sheet.

Bake 12-14 minutes, rotating pans halfway through. Allow to cool on rack.

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Based on a recipe from Cooks Illustrated.

If you only have salted butter available, reduce salt in dough to 2.5 g.

# Oatmeal-Raisin Cookies

*With browned butter*

## **Prep dry ingredients.**

- Rolled oats, 150 g
- Flour (all-purpose), 75 g
- Sugar (white), 75 g
- Raisins, 50 g
- Salt, 3 g
- Baking soda, 1.5 g
- Cinnamon, 1 g

Combine all ingredients in large bowl; mix well.

## **Brown butter and incorporate into dough.**

- Butter (unsalted), 100 g
- Sugar (brown), 75 g

Begin browning **\*\*half\*\*** the butter in small saucepan.

When butter is browned, add brown sugar to saucepan to prevent further cooking. Stir until sugar melts.

Add remaining butter. Stir until butter melts.

Add mixture to dry ingredients and mix well.

## **Finish dough.**

- Vanilla extract, 10 g
- Egg, 1

Combine eggs and vanilla in small bowl. Whisk thoroughly, then add to dough and stir to combine very well.

Refrigerate for at least 10 minutes, and up to 24 hours.

## **Portion and bake.**

Preheat oven to 350°.

Portion as desired. A half-ounce #60 scoop (pink) works well and makes 24 cookies.

Arrange on cookie sheets lined with parchment paper.

Bake for 14 minutes. Remove from oven. Cool on pan for a few minutes, then remove and allow to cool completely.

---

Based on a recipe from Grant Crilly.

# Pecan Nate-ies

*Remember pecan pie? It's back, in bar form!*

## **Prepare pan.**

Line a 9"x13" pan with parchment: cut the corners out of a large piece of parchment, creating a cross shape with a central rectangle that is the same size as the bottom of the pan. Fold the legs of the cross over the edge of the pan and crease so they stay in place.

## **Prepare shortbread crust.**

- Sugar (white), 140 g
- Butter (unsalted), 280 g
- Salt, 5 g
- Flour (all-purpose), 420 g

Cut room-temperature butter into small pieces and add to stand mixer bowl with sugar and salt. Turn on mixer to low. Increase speed and cream butter and sugar for 4 minutes, scraping sides after each minute. Add flour all at once, then stir using low speed until very well combined and a cohesive dough forms.

Press dough into pan, then press into a cohesive, even layer. Prick thoroughly all over with a thin chopstick, bamboo skewer, or fork.

Refrigerate at least 1 hour before baking.

## **Par-bake crust.**

Preheat oven to 350° with convection. Remove dough from fridge.

Bake 25 minutes. Puncture any large bubbles that form during baking with a fork. Remove from oven and set aside.

## **Make topping.**

- Butter (unsalted), 170 g
- Maple syrup, 170 g
- Sugar (brown), 170 g
- Vanilla extract, 10 g
- Salt, 4 g
- Pecans, 8 oz: *Roughly chop.*

While crust is baking, combine all ingredients in saucepan. Heat gently and stir until sugar has dissolved.

## **Assemble and bake.**

When crust is ready, remove pan from oven. Bring filling to a boil, and boil for one minute.



**Pour filling into crust.**

**Bake for 15 minutes.**

**Let cool for a few minutes, then use parchment as a sling to remove from pan. Invert and remove parchment, then invert again onto a cooling rack. When cooled, cut into bars.**

**Ideally, let rest overnight at room temperature.**

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**Omit salt if using salted butter.**

**Based on a recipe from Martha Stewart.**

# Pizzelle

*Italian waffle cookies.*

*Makes about 32 cookies.*

## **Prepare batter.**

- Eggs, 4
- Sugar (white), 200 g
- Olive oil (mild), 100 g
- Baking powder, 8 g
- Salt, 4 g
- Fiori di Sicilia, 1/2 tsp
- Flour (00), 400 g

**Whisk together everything except flour.**

**Stir flour into mixture with spatula, and continue mixing until well combined. Batter will be thick.**

## **Bake.**

**Place dollops onto preheated pizzelle iron. Cook for 20 seconds. Repeat until done.**

**Top or fill pizzelle as desired.**

---

**Based on a recipe from GialloZafferano.**

**You can get Fiori di Sicilia from King Arthur Baking.**

## **Drinks**

# Agua Fresca

*A refreshing summer drink.*

## **Blend all ingredients.**

- Watermelon, 100 g
- Water, 100 g
- Honey, 10 g
- Limes

Scale ingredients as needed.

Cut watermelon into chunks. Add to blender with water (some of which can be ice!) and honey. Blend until smooth.

Add lime juice to taste.

---

Based on a recipe from Rick Bayless.

# Limoncello

*Italian lemon liqueur.*

## **Make lemon infusion.**

- Everclear 151, 750 mL
- Lemons, 12-15

Peel zest from lemons using a vegetable peeler. Avoid getting any of the white pith underneath the yellow skins. You'll need a total of 180 g lemon zest.

Place zest in glass container along with alcohol. Let set at room temperature for 24 hours, agitating occasionally. Alternatively, place container in a 50°C sous vide bath and cook for two hours.

## **Make simple syrup.**

- Sugar (white), 480 g
- Water, 240 g

Combine water and sugar in saucepan or heatproof container. Heat gently on stovetop or in microwave, stirring until all sugar is dissolved. This will take a while.

## **Combine and chill.**

Wait until syrup has cooled to room temperature.

Strain out lemon skins from alcohol infusion. Combine infused alcohol and simple syrup in a large bottle. Stir to combine. Chill thoroughly.

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Everclear makes for a potent drink. Everclear 151 will make an infusion at about 80 proof or 40% ABV. You can use 100-proof vodka instead, which will get you about 30% ABV.

Based on a recipe from Dario Bressanini.

# **Holiday**

# Mac and Cheese Casserole

*Southern-style macaroni and cheese.*

**Preheat oven and pasta water; butter casserole dish.**

- Water
- Salt
- Butter

Preheat oven to 350° convection roast. Set a large pot of water to boil. Add a generous amount of salt (about 1 g for each 100 g of water). Butter a 9"x13" casserole dish.

**Make cheese sauce.**

- Cheddar, 680 g: *Cut into small cubes.*
- Parmesan, 30 g: *Grated.*
- Sodium citrate, 25 g
- Egg yolks, 4
- Frank's Red Hot, 5 g
- Salt, 1 g
- Milk, 710 g

Add ingredients to blender in order listed. Blend, slowly increasing speed, until thoroughly combined.

**Make cracker crumb topping.**

- Ritz crackers, 125 g: *Crushed into medium crumbs.*
- Parmesan, 50 g: *Grated.*
- Butter, 25 g: *Microplaned.*

Combine ingredients in small bowl. Stir until combined.

**Cook pasta; combine with sauce.**

- Cavatappi, 454 g

Boil pasta until barely al dente, then drain and return to pot.

Pour cheese mixture into pot with hot pasta and stir until combined.

**Assemble and bake.**

Pour macaroni mixture into baking dish. Top with cracker crumb mixture.

Bake for 30 minutes. Let cool for 15 minutes before serving.

---

Based on a recipe from Dave Arnold.

**For the cheddar, three 8-oz. packages will yield 680 g. Use a variety from mild to sharp, but lean towards the sharper end of the spectrum. Store brand or one step up should be fine.**



## **Mains**

# Baked Ziti

*Mom's famous baked pasta.*

## **Cook pasta and preheat oven.**

- Mezze rigatoni
- Salt
- Pasta sauce (jarred)

Bring a large pot of water to a boil. Add salt. Cook pasta according to package directions.

Drain pasta, return to pot, and combine with sauce.

Preheat oven to 350°.

## **Assemble and bake.**

- Mozzarella (low-moisture): *Shredded.*
- Ricotta
- Parmesan cheese

Spread a portion of the pasta into a 9x13 baking dish. Sprinkle with mozzarella and a bit of parmesan. Add a few dollops of ricotta.

Continue layering remaining pasta and cheese.

Bake for about 30 minutes.

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Of course, you can use actual ziti, but (1) rigatoni are better than ziti and (2) “baked mezze rigatoni” sounds ridiculous.

# Beans and Rice

*Vaguely reminiscent of Cuban or Mexican beans and rice.*

## Soak beans.

- Beans (any dry), 450 g: *Check for debris.*
- Water, 1250 g: *Boiling.*
- Salt, 10 g

Combine beans, water, and salt. Allow to soak for as much time as you have.

## Cook rice.

- Jasmine rice, 3 gō
- Olive oil, 3 Tbsp
- Vegetarian bouillon
- Water
- Salt

Add rice and oil to sauté pan and cook gently until rice is translucent. Add to rice cooker along with some salt and some bouillon, fill with water to the appropriate mark, then set to cook.

## Saute aromatics and cook beans.

- Olive oil, 125 g
- Onion, 1: *Chop fine.*
- Red bell pepper, 1: *Chop fine.*
- Garlic, 2 cloves: *Chop fine.*
- Mexican oregano

In a pot, heat olive oil over medium heat. Add onion, pepper, and garlic and cook gently for as long as you have patience for.

Add beans with soaking liquid to the pot.

To cook on stovetop: Bring to a boil and cook for 15 minutes, then reduce to a simmer, cover, and cook until done, about 1-2 hours. Top off with water as needed.

To cook in pressure cooker: Bring to a simmer, stirring occasionally. Pressure cook for 30 minutes, then release pressure.

## Finish and serve.

- Lime
- Salt

Use immersion blender to puree a small portion of the beans. Stir well and simmer briefly to thicken.

**Correct for acid and seasoning. Serve with rice.**

---

**Based on a recipe from Rancho Gordo.**

**If desired, add Mexican seasoning or chile powder to taste.**

# Black Bean Tacos

*Super fast tacos with rice.*

## **Make rice.**

- Jasmine rice, 2 gō
- Olive oil
- Onion: *Finely chopped.*
- Salt
- Tomato salsa
- Vegetarian bouillon
- Water

Add rice, oil, and onion to sauté pan and cook gently until onion has softened and rice is translucent.

Add to rice cooker along with salt, a few spoonfuls of salsa, and a small spoonful of bouillon.

Fill with water to the appropriate mark, then set to cook while you prepare the beans.

## **Make taco filling.**

- Olive oil
- Onion: *Finely chopped.*
- Garlic: *Chopped.*
- Black beans (canned), 2 cans: *Drained.*

Sauté onion and garlic in olive oil, then add black beans.

Use a potato masher to mash beans into a coarse puree. Cook for a few minutes to thicken.

Season to taste.

## **Serve.**

- Tortillas (corn)
- Queso fresco
- Tomato salsa

Add a schmear of beans to each tortilla, then top with queso fresco and salsa. Throw on some cilantro if you've got it.

---

Based on a recipe from Rick Bayless.

# Chickpea Salad

*Fast summertime meal that travels well.*

## **Roast peppers.**

- Red bell pepper

Roast peppers using blowtorch or on gas stove until blackened all over. Place in a bowl and cover.

Allow to steam for a few minutes, then rub off charred skin using a paper towel.

Chop into small pieces.

## **Make pasta.**

- Small pasta

Boil pasta in salted water according to package directions. Drain.

## **Assemble.**

- Chickpeas (canned), 2 cans
- Beans (any canned), 1 can
- Artichokes (jarred)
- Olives
- Onion: *Finely minced.*
- Olive oil
- Vinegar (balsamic)
- Salt
- Black pepper

Chop any large ingredients into small pieces. Combine in bowl along with peppers and pasta.

Dress with oil and vinegar and season to taste.

---

For variety, you can add chopped cabbage, parsley, or prepared antipasti vegetables.

Use jarred roasted peppers can cut prep time.

# Farro and Bean Soup

*Farro and beans in broth.*

## **Soak beans.**

- Beans (any dry), 225 g: *Check for debris.*
- Salt, 6 g
- Water, 1000 g

Combine all ingredients in a stainless pot. Allow to soak for as much time as you have.

## **Cook beans.**

- Olive oil, 50 g
- Onion, 100 g: *Coarsely chop.*
- Carrot, 75 g: *Coarsely chop.*
- Celery, 50 g: *Coarsely chop.*
- Vegetarian bouillon
- Italian seasoning
- MSG

Set bean pot over high heat while you prepare the rest of the ingredients.

In a saute pan, heat olive oil over medium heat. Add onion and carrot. Cook until just barely golden. Add to bean pot.

Add bouillon to bean pot.

Bring beans to a boil, boil for 15 minutes, then reduce to a simmer. Cover and cook until almost done, *approximately 45 more minutes.*

Alternatively, cook in pressure cooker for about 25 minutes.

## **Add farro.**

- Farro, 100 g
- Water

When beans are starting to soften but are not quite done, add the farro and additional water to maintain consistency.

Continue cooking until farro is done, about 20 minutes.

## **Finish and serve.**

- Frozen spinach, 75 g
- Lemon
- Salt
- Black pepper
- Olive oil

**When farro is just about done, add frozen spinach. Let cook briefly.  
Correct for acid and seasoning, and finish with a drizzle of olive oil. Serve.**

---

**Based on a recipe from Rancho Gordo.**



# Fried Rice

*Vaguely Thai egg-fried rice.*

## Cook rice.

- Jasmine rice, 3 gō
- Water

Add to rice cooker, fill with water to the appropriate mark, then set to cook.

## Prep ingredients.

- Eggs, 4: *Lightly scrambled.*
- Green onions, 1 bunch: *Sliced.*
- Garlic, 4 cloves: *Minced.*
- Peas and carrots (frozen)

Prepare all ingredients, setting aside in separate bowls. For the green onions, separate the white and green parts.

## Cook.

- Olive oil (mild)
- Soy sauce
- Vegetarian bouillon

Add oil to large pan over high heat. Add garlic and white parts of onion, and cook until fragrant.

Add rice and stir to distribute onion and garlic.

Make a well in rice to expose bottom of pan. Add a bit more oil, then add eggs. Scramble briefly, then stir into rice.

Stir in seasonings to taste.

## Finish and serve.

- Salt
- Sugar (white)
- Limes
- Red pepper flakes

When everything looks about done, add green parts of onion and stir to incorporate.

Correct for salt, sweetness, acid, and heat. Serve.

# Lentil Soup

*Simple soup with caramelized onions.*

## **Cook rice.**

- Jasmine rice, 1 gō
- Water
- Salt

Wash rice. Add to salt cooker with a bit of salt, fill with water to the appropriate mark, then set to cook.

## **Caramelize onions.**

- Onions, 250 g: *Quarter, then slice thin.*
- Olive oil, 50 g
- Salt
- Black pepper
- Tomato paste, 30 g

Place onions and oil in a large skillet over medium heat. Season to taste.

Cook gently, stirring frequently, for about 20 minutes or until the onions are a deep golden brown.

When onions are done, add tomato paste and cook until fragrant.

## **Add and cook lentils.**

- Lentils, 225 g: *Check for stones, then rinse.*
- Water, 1500 g
- Vegetarian bouillon

Add lentils, water, and bouillon to pot. Bring to a gentle boil.

Cook for 30 minutes, or until lentils have softened but are not quite done.

## **Finish and serve.**

- Salt
- Black pepper

Add rice to pot. Season to taste with salt and pepper.

## Pasta con Ceci

*Pasta with chickpeas in a garlicky tomato broth*

### **Prepare base of garlic, oil, and tomato paste.**

- Olive oil, 50 g
- Garlic, 25 g: *Roughly chopped.*
- Tomato paste, 125 g
- Salt
- Black pepper

Add oil and garlic to a large heavy-bottomed pot and cook gently. Stir in the tomato paste with some salt and pepper, then fry for 30 seconds or so.

### **Add water, chickpeas, and pasta, then simmer until done.**

- Chickpeas (canned), 2 cans: *Drained and rinsed.*
- Water, 1 L: *Boiling.*
- Pasta, 150 g: *Ditalini or similar*
- Salt

Add the chickpeas, stir to combine, and cook for a minute or so.

Add pasta, boiling water, and salt to taste.

Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and some of the liquid has been absorbed, about 15 to 20 minutes.

### **Adjust consistency and seasoning.**

- Water
- Salt
- Black pepper
- Pecorino
- Olive oil
- Bread

Add water to desired consistency. Add oil, salt, and pepper to taste.

Portion into bowls, then drizzle with oil and sprinkle with cheese. Optionally, toast bread, cut into points, and nestle against sides of bowls.

---

Based on a recipe from Victoria Granof.

# Pasta e Fagioli

*Pasta and beans in a simple broth.*

## Soak beans.

- Beans (any dry), 450 g: *Check for debris.*
- Water, 2000 g: *Boiling.*
- Salt, 10 g

Combine beans, water, and salt in a sealable container. Soak for a while.

## Cook beans.

- Olive oil, 75 g
- Onion, 1: *Chopped.*
- Vegetarian bouillon
- Black pepper
- Water

In a large pot, heat olive oil over medium heat. Add onion and a few grinds of pepper. Cook gently until just barely golden. Add the tiniest bit of cinnamon and cook for a few seconds, until fragrant.

Add the beans and soaking liquid to the pot. Add additional water, if necessary, to cover by one inch. Bring to a boil and cook for 15 minutes, then reduce to a simmer, cover, and cook until done, about 1-2 hours.

## Add pasta.

- Pasta, 300 g: *Ditalini or similar.*
- Water

When beans are just about done, add the pasta and additional water, if necessary to maintain consistency. Continue cooking until pasta is done, about 15 minutes.

## Finish and serve.

- Salt
- Black pepper

Correct for seasoning. Serve.

---

Based on a recipe from Dean Martin's mom.

# **Quesadillas and Beans**

## **Make the beans.**

- Black beans (canned), 3 cans
- Olive oil
- Tomato salsa
- Vegetarian bouillon
- Liquid smoke

Drain most, but not all, of the bean cooking liquid. Add to small pot and bring to simmer. Add salsa, oil, and seasonings to taste.

Optionally, use a spoon to mash a portion of the beans.

## **Make the quesadillas.**

- Tortillas (large flour), 4
- Queso Quesadilla, 15 ounces
- Olive oil

Heat a large griddle to about 400°F.

Working in batches, make quesadillas, adding a bit of oil to the griddle before laying each tortilla. Top tortillas with cheese, let cook until lightly browned, then fold in half continue cooking until cheese is melted.

## **Serve.**

- Sour cream
- Hot sauce

Slice quesadillas and serve with beans, sour cream, and hot sauce.

---

This is not haute cuisine by any stretch, but it's fast and the kids eat it:)

# Red Beans and Rice

*Vaguely reminiscent of New Orleans red beans and rice.*

*Serves 4.*

## **Soak beans.**

- Red beans (dry), 450 g: *Check for debris.*
- Water, 1250 g: *Boiling.*
- Salt, 10 g
- Vegetarian bouillon
- Soy sauce, 2 Tbsp
- Smoked paprika, 1 tsp
- Liquid smoke, 1 tsp
- Thyme, 1/2 tsp
- Oregano, 1/2 tsp
- Kombu, 1 piece

Combine beans, water, salt, and remaining ingredients in a sealable container. Allow to soak for as much time as you have.

## **Cook rice.**

- Jasmine rice, 3 gō
- Butter, 3 Tbsp
- Water
- Salt

Add rice and butter to sauté pan and cook gently until rice is translucent. Add to rice cooker along with some salt, fill with water to the appropriate mark, then set to cook while you prepare the beans.

## **Saute aromatics and cook beans.**

- Olive oil, 125 g
- Onion, 1: *Chop fine.*
- Green bell pepper, 1: *Chop fine.*
- Celery, 1 stalk: *Chop fine.*
- Garlic, 4 cloves: *Chop fine.*

In a pot, heat olive oil over medium heat. Add onion, pepper, and garlic and cook gently for as long as you have patience for.

Add beans with kombu, spices, and soaking liquid to the pot.

To cook on stovetop: Bring to a boil and cook for 15 minutes, then reduce to a simmer, cover, and cook until done, about 1-2 hours. Remove kombu halfway through. Top off with water as needed.

To cook in electric pressure cooker: Simmer for a few minutes, then remove kombu. Pressure cook for 30 minutes, then release pressure.

**Finish and serve.**

- Vinegar (sherry)
- Salt
- Black pepper

Use immersion blender to puree a small portion of the beans. Stir well and simmer briefly to thicken.

Correct for acid and seasoning. Serve with rice.

---

This recipe resists being expressed entirely in metric units.

If you're in a hurry, you can make this with two large cans of cooked red beans and eyeball the rest.

# Ricotta Gnocchi

*Cheesy dumplings in tomato sauce.*

## **Prepare sauce.**

- Olive oil, 75 g
- Onion, 100 g: *Peel and finely chop.*
- Carrot, 50 g: *Peel and finely chop.*
- Tomato passata, 500 g
- Salt
- Black pepper

In a large heavy-bottomed pot, heat the olive oil over medium heat. Add the onion and carrot, season lightly, and cook gently, stirring until vegetables are soft and just barely golden. Stir in tomato and simmer over low heat while preparing the gnocchi.

## **Prepare gnocchi.**

- Ricotta, 425 g
- Parmesan, 75 g: *Grated.*
- Egg, 1
- Salt, 5 g
- Flour (all-purpose), 175 g

In medium bowl, stir together (*do not whip*) ricotta, Parmesan, egg, and salt. Stir in flour. Continue stirring until mixture is homogeneous.

## **Poach gnocchi and combine with sauce.**

Fill a pot with water and bring to a gentle boil over high heat.

Use small disher (#100, orange) or two spoons to drop gnocchi into water.

Cook gnocchi until nearly doubled in size, about 2-3 minutes, then use a slotted spoon to remove from water and add to sauce.

---

Normally I just do garlic for sauce, but the classic onion/carrot combo works really well with the ricotta. I think it's particularly good when made with Vidalia onions.



# Spaghetti with Salad

*Classic pasta, with a green salad.*

## **Make the sauce.**

- Olive oil, 75 g
- Onion, 150 g: *Chop finely.*
- Carrot, 75 g: *Chop finely.*
- Tomato paste, 25 g
- Tomato passata, 680 g
- Salt
- Black pepper

Add oil and vegetables to large saucepan. Set over medium-low heat and cook gently until very soft. Add paste and cook briefly.

Add passata and bring to a gentle simmer. Stir well to incorporate oil into tomatoes. Season with salt and pepper.

## **Cook the pasta.**

- Spaghetti, 450 g

Set a large pot of salted water over high heat. Bring to a boil while sauce simmers.

Add spaghetti and cook according to package directions.

## **Combine pasta and sauce.**

- Basil: *Optional.*
- Salt
- Black pepper
- Olive oil

A few minutes before pasta is done: (1) use a measuring cup to reserve a bit of the cooking liquid; (2) add basil to sauce, if using.

When pasta is done, drain well and add to pan with sauce. Remove basil. Stir to combine.

Add parmesan, stir, then correct seasoning if needed. Add additional oil to taste.

## **Make salad.**

- Salad greens
- Salt
- Black pepper
- Olive oil
- Vinegar (balsamic)

Place greens in large bowl. Season with salt and pepper, then oil, then vinegar, mixing and tasting as you go.

**Finish and serve.**

- Bread

Serve pasta with bread and salad.

---

For variety, swap out the onion and carrot for finely sliced garlic.

# Stovetop Mac and Cheese

*Better than the box.*

## **Make cheese sauce.**

- Milk, 425 g
- Cheddar, 450 g: *Cut into cubes.*
- Sodium citrate, 16 g
- Salt, 4 g

In small saucepan, combine milk, cheese, sodium citrate, and salt. Slowly heat to just under a simmer.

When cheese begins to melt, whisk continuously until sauce is smooth, or use stick blender.

## **Cook pasta and combine with sauce.**

- Cavatappi, 454 g

Cook pasta in salted water (a minute or two less than package directions), then drain.

Stir cheese sauce into pasta.

Cook on low heat for a minute or so, then let cool. Sauce will absorb into pasta and thicken as it cools.

---

Use sharp cheddar, not “extra sharp.”

Based on a recipe from Modernist Cuisine.

# Tomato Soup

*Rich tomato soup with grilled cheese.*

## **Saute aromatics.**

- Olive oil, 100 g
- Onion, 150 g: *Roughly chop.*
- Garlic, 2 cloves: *Roughly chop.*

In large saucepan, gently sauté onion and garlic in oil until softened.

## **Blend soup.**

- Bread, 60 g: *Tear into small pieces.*
- Tomatoes (canned), 1600 g: *Two 28-ounce cans.*
- Vegetarian bouillon
- Water, 500 g

Add ingredients to saucepan and stir to combine.

Blend using stick blender, or in batches in countertop blender.

Bring soup to a gentle simmer.

## **Make grilled cheese.**

- Bread, 8 slices
- American cheese, 8 slices
- Butter

Preheat griddle. Add a few pats of butter and spread around with spatula.

Place down four slices of bread, top with cheese, then top with four remaining slices of bread. Grill for a few minutes, flip, and grill for a few minutes more.

## **Finish and serve.**

- Salt
- Black pepper

Season soup to taste. Serve with grilled cheese.

---

Based on a recipe from Serious Eats.

# Veggie Hash

*Mom's roasted vegetables on farro with a poached egg*

## **Advance prep: cook farro.**

- Farro, 2 gō: *Rinsed until water runs clear.*
- Water
- Vegetarian bouillon
- Black pepper
- Olive oil

Add farro to rice cooker pot. Rinse several times, then drain and refill to the no. 2 mark for brown rice.

Season to taste. Cook using brown rice program.

## **Roast vegetables.**

- Broccoli
- Carrot
- Red bell pepper
- Olive oil
- Salt
- Black pepper

Cut vegetables into small, irregular pieces. Preheat oven to 375F convection roast. In a large bowl, toss vegetables with olive oil, salt, and pepper.

Spread vegetables on baking sheet and roast for 20–25 minutes, or until tender and lightly browned.

## **Poach eggs.**

- Eggs, 4
- Salt
- Vinegar (white)

Fill a saucepan with a few inches of water. Add a splash of vinegar and some salt. Heat to 180–190F.

Crack each egg into a small bowl, then slide gently into the water. Cook for 3–4 minutes, then reserve in a bowl of warm water.

## **Assemble and serve.**

- Olive oil
- Salt
- Black pepper
- Lemon

**Reheat farro if necessary and correct for seasoning and acidity. Portion into bowls.**

**Top each bowl with vegetables and an egg. Drizzle with additional oil and some lemon juice.**

# **Pizza**

# American Pizza

*NY-style toppings for Neapolitan dough.*

## **Make sauce.**

- Tomato passata, 300 g
- Tomato paste, 30 g
- Oregano
- Salt
- Black pepper

Whisk tomato passata and paste together. Season to taste.

## **Prep cheese.**

- Mozzarella (low-moisture), 400 g: *Shred.*
- Parmesan
- Olive oil

Cook the same way as Neapolitan pizza, but use low-moisture mozz instead of fresh.



## Basic Pizza

*Minimum viable pizza.*

### **Advance Prep, around 10 am: Make dough.**

- Olive oil, 32 g
- Salt, 16 g
- Malt syrup, 12.8 g
- Yeast, 2 g
- Water, 384 g
- Flour (00), 640 g

In large bowl, whisk together all ingredients except flour. Adjust yeast based on time available and ambient temperature.

Whisk in half the flour. Stir in remaining flour and mix until a shaggy dough forms. Optionally, cover and let rest for a few minutes.

Knead thoroughly until smooth. Scrape down sides of bowl. Form dough into a neat ball, place back into bowl, and cover with damp cloth and a plate.

### **Advance Prep, around 12 pm: Portion and pre-shape dough.**

- Flour (semolina)

Divide dough into portions as desired. Form each portion into a neat ball. Place in a covered container that has been dusted with semolina flour.

### **Make sauce.**

- Tomato passata, 300 g
- Tomato paste, 30 g
- Oregano
- Olive oil
- Salt
- Black pepper

Whisk ingredients together. Season to taste.

### **Assemble and bake.**

- Mozzarella (low-moisture), 400 g: *Shredded.*
- Parmesan: *Grated.*

Preheat oven to 500°, convection roast.

Stretch dough balls into large rounds, using semolina liberally to prevent sticking. Place on pan, then add cheese and top with dollops of sauce.

**Bake for about 12 minutes, or until cheese is bubbly and just barely beginning to brown. Rotate halfway through.**

# Detroit Pizza

*The best pan pizza.*

## Prepare dough.

- Honey, 32 g
- Olive oil, 32 g
- Salt, 16 g
- Water, 480 g
- Flour (semolina), 160 g
- Yeast, 6 g
- Flour (00), 480 g

Whisk together all ingredients, except 00 flour, in the order listed.

Stir in 00 flour, continuing to stir until no dry spots remain. The semolina will be slow to absorb water, so expect dough to look too wet at first.

Fold a few times as the dough rises, forming dough into a neat ball each time.

When dough is coherent and has more than doubled in size, cover and place in refrigerator.

## Make sauce.

- Olive oil, 40 g
- Garlic, 2 cloves: *Slice thinly.*
- Tomatoes (canned), 794 g
- Salt
- Black pepper

Add garlic to oil and cook gently over low heat. Add tomatoes to pan. Use stick blender to puree sauce. Reduce until thick. Season to taste.

## Portion dough; prepare pans.

- Butter, 30 g: *Melted.*
- Olive oil, 30 g

A few hours before baking, remove dough from fridge, divide in half, and form into two neat balls.

Stir together butter and olive oil. Use pastry brush to grease two large Detroit-style pizza pans with mixture. Add a dough ball to each pan and flip twice to coat. Spread dough as far as possible without tearing. Allow to rest and spread again, repeating as necessary to cover bottom of pan.

## Assemble and bake.

- Oregano

- **Mozzarella (low-moisture), 450 g:** *Shredded.*
- **Muenster, 225 g:** *Shredded.*
- **Parmesan, 60 g:** *Grated.*

**Preheat oven to 450° convection roast. Adjust rack to lower third of oven.**

**Toss together mozzarella, muenster, and parmesan cheeses.**

**Top dough with a light sprinkling of oregano. Add cheese mixture. Add other toppings as desired.**

**Bake for 16-18 minutes.**

**Top with sauce.**

**Remove pan from oven. After a minute or so, transfer to wire rack and immediately top with 3-5 diagonal stripes of sauce. Let cool to serving temperature.**

---

**Based on a recipe from the late Shawn Rendazzo of the Detroit-Style Pizza Company.**

# Neapolitan Pizza

*Direct dough and simple toppings.*

## **Advance Prep, around 10 am: Make dough.**

- Salt, 19 g
- Yeast, 0.7 g
- Water, 384 g
- Flour (00), 640 g

Whisk together water, salt, and yeast in large bowl.

Stir in flour, then knead thoroughly until a smooth dough forms. Scrape down sides of bowl. Form dough into a neat ball, place back into bowl, and cover with damp cloth and a plate.

## **Advance Prep, around 12 pm: Portion and pre-shape dough.**

- Flour (semolina)

Divide dough into 250-gram portions. Form each portion into a neat ball. Place in a covered container that has been dusted with semolina flour.

## **Make sauce.**

- Tomatoes (canned), 400 g
- Salt, 4 g

Quickly puree tomatoes with salt in blender or food processor, leaving a bit of texture.

## **Shape, assemble, and cook.**

- Mozzarella (fresh), 400 g: *Cut into small pieces.*
- Parmesan: *Grate.*
- Pecorino: *Grate.*
- Basil
- Oregano
- Garlic: *Roughly chop.*
- Olive oil
- Flour (semolina)

Preheat pizza oven at maximum setting. Oven is ready to cook when floor reads about 450°C.

Dust counter with a thick coating of semolina. Stretch each dough ball into a pizza base, then brush excess semolina aside and top as desired.

For margherita pizza, top with tomato, oil, mozzarella, grated cheese and basil.

**For marinara pizza, top with tomato, oil, oregano, and garlic.**

**Cook each pizza for about 90 seconds, rotating at approximately the 30-second and 1-minute marks.**

---

**Based on AVPN guidelines.**

## White Pizza

*Makes enough for 2 pizzas.*

### **Make poached garlic.**

- Garlic, 30 g
- Olive oil, 60 g
- Salt
- Black pepper

Peel garlic, remove green germ in center, and lightly crush.

Combine garlic and olive oil in narrow oven-safe jar. Oil should cover garlic.

Bake in 135°C (275°F) oven for one hour.

Allow to cool, then mash garlic and season to taste.

### **Prep cheese.**

- Ricotta, 150 g
- Parmesan, 15 g
- Salt
- Black pepper
- Mozzarella (low-moisture), 200 g: *Shred.*
- Olive oil

Stir together ricotta and parmesan; season to taste.

Top each base with garlic-oil mixture and use low-moisture mozz instead of fresh.

Add dollops of ricotta mixture to taste.

## **Sides**



# **Green Salad**

~

**Dress greens and serve.**

- Salad greens
- Salt
- Black pepper
- Olive oil
- Vinegar (balsamic)

**Place greens in a medium bowl. Season with salt and pepper.**

**Drizzle with oil, then vinegar.**

**Toss, adding more salt, pepper, oil, and vinegar as necessary.**

# Roasted Broccoli

~

## **Prepare broccoli.**

- Broccoli: *Cut into small florets.*
- Olive oil
- Salt
- Black pepper

Toss broccoli, olive oil, salt, and pepper in a large bowl.

## **Roast.**

Preheat oven to 400°.

Add broccoli to half-sheet pan. Roast for 20 minutes or until tender and lightly browned.

---

Use the same procedure for Brussels sprouts.

# Sautéed Asparagus

*Tender and garlicky.*

## **Prepare asparagus.**

- Asparagus

If asparagus is very thick, peel it. (Jacques Pepin can show you how.).

Cutting on a bias, cut off the thick end of each stalk and discard. Roll cut the rest of each stalk.

In a bowl, toss the asparagus with olive oil, salt, and pepper.

## **Sauté the asparagus.**

- Garlic: *Roughly chop.*
- Olive oil
- Water
- Salt
- Black pepper

Set a saucepan over medium heat. Add olive oil, garlic, and asparagus. Sauté briefly until garlic is aromatic, then add a few tablespoons of water and cover.

Remove the cover, and check for tenderness. Repeat adding water, covering, and checking until asparagus is just shy of done.

Remove the cover and shake the pan to emulsify the oil with any remaining water.

Correct for seasoning and serve.

## **Snacks**

## Chipotle Dip

*Vegan dip for crudités.*

### **Assemble.**

- **Veganaise, 12 oz**
- **Chipotles en adobo, 2-3**

**Combine in blender. Puree.**

# Gougères

*Fancy cheese puffs.*

*Makes 30 gougères.*

## Make choux.

- Water, 225 g
- Butter (unsalted), 75 g
- Salt, 3 g
- Flour (all-purpose), 150 g
- Eggs, 3

Bring the water, butter, salt to a boil in a saucepan.

Remove from heat, add flour all at once, and mix with wooden spoon until mixture forms a ball.

Return pan to medium heat and cook, stirring occasionally, for about 1 minute to dry the mixture a bit. Aim for an internal temperature of 165-175°.

Transfer paste to food processor or stand mixer and mix briefly. Let cool to 130°.

Add the eggs one-by-one to the bowl, mixing for 10-20 seconds after each, or until well mixed.

## Finish and bake.

- Gruyère, 225 g; *Shredded.*
- Maldon salt

Preheat oven to 400° convection roast.

Add cheese to paste and stir with spoon until well combined.

Line two\* sheet pans with silicone mats. Use two teaspoons to portion dough onto pans, 15 puffs per pan. Top lightly with flaky salt.

Bake for about 23-25 minutes, rotating pans halfway through.

---

Based on a recipe from Jacques Pépin.

# Hard-Boiled Eggs

*Protein!*

## **Make ice bath.**

- Water
- Ice

Make ice bath in large bowl.

## **Cook eggs.**

- Eggs

Fill steamer pot with water and bring to a boil.

Add eggs to steamer basket and cover.

Steam 6 minutes for soft boiled eggs, 12 minutes for hard boiled eggs.

---

Based on a recipe from Serious Eats.

# Nacho Cheese

*Worth the effort.*

## **Prepare.**

- Cheddar, 225 g: *Cut into small cubes.*
- Milk, 225 g
- Sodium citrate, 8 g
- Salt, 2 g
- Pickled jalapeños, 40 g

Combine all ingredients in saucepan.

Warm over low heat, stirring occasionally, until cheese is mostly melted. Puree with immersion blender.

---

Based on a recipe from ChefSteps.



# Pa Amb Tomaquet

*Good as an after-school snack.*

## **Prepare tomatoes.**

- Tomatoes (fresh): *Can substitute canned.*

If using canned tomatoes, pulse in blender to form a coarse puree.

If using fresh tomatoes, slice in half. Then rub open face of each half onto a coarse grater until the flesh is gone. Discard the skin.

## **Assemble.**

- Bread: *Toast.*
- Garlic: *Optional.*
- Olive oil
- Maldon salt

If using garlic, peel and rub on surface of toasted bread.

Top bread with tomatoes, olive oil, and salt.

---

Based on a recipe from Jose Andres.

# Spinach-Artichoke Dip

*Indulgent, but a crowd-pleaser.*

## Cook spinach.

- Olive oil, 1 Tbsp
- Garlic, 3 cloves: *Mince.*
- Baby spinach, 10-12 ounces: *Chop coarsely.*
- Black pepper

Heat oil in 12-inch skillet over medium-high heat until shimmering. Add garlic and cook until fragrant, about 30 seconds.

Add spinach, 1 handful at a time, allowing each to wilt slightly before adding next.

Cook until wilted and liquid has evaporated, about 4 minutes.

## Make dip.

- Cream cheese, 8 oz: *Softened.*
- Gouda, 6 oz: *Shredded.*
- Parmesan, 3 oz: *Grated.*
- Artichokes (jarred), 12 oz: *Drained and chopped.*
- Mayonnaise, 230 g

Off heat, add cream cheese and stir until melted and combined, about 1 minute. Stir in gouda, Parmesan, artichokes, mayonnaise, pepper, and cayenne until combined. Transfer to 2-quart baking dish and smooth top with rubber spatula.

## Bake and serve.

Adjust oven rack to middle position and heat oven to 400 degrees.

Bake until spotty golden brown and bubbling around edges, about 22 minutes. Let cool for 10 minutes. Serve.

---

Based on a recipe from America's Test Kitchen.

Can be made ahead of time. Cover dish with plastic wrap before baking and refrigerate. Increase baking time by 10 minutes.

## **Quick Bites**

## **Snacks**

- **Peanut Butter on Bread:** Peanut butter, Bread
- **Apples and Peanut Butter:** Apples, Peanut butter
- **Fruit:** Bananas, Grapes, Clementines, Apples, Berries
- **Yogurt Shake:** Yogurt shakes
- **Hummus with Pretzels:** Hummus, Pretzels
- **Tortilla chips with Salsa:** Tortilla chips, Salsa
- **Peanut butter pretzels**
- **Dried fruit**
- **String cheese**
- **Goldfish**
- **Triscuits**
- **Protein shake:** Protein shake mix

## **Breakfast and Light Meals**

- **RXBARs**
- **Fried eggs:** Eggs, Olive oil, Bread
- **Breakfast Hash:** Frozen potatoes, Onions, Red bell pepper, Eggs, Olive oil
- **Cereal with Milk:** Cereal, Milk
- **Grilled cheese:** Sandwich bread, American cheese, Butter

## **Kids' Lunches**

- **Yogurt and Jelly:** Greek yogurt, Fruit preserves, Oranges, Dried fruit, Asian snacks, Peanut M&Ms
- **Yogurt Cups:** Yogurt cups, Oranges, Dried fruit, Asian snacks, Peanut M&Ms

## **Mains**

- **Chik'n Nuggets and Fries:** Chik'n nuggets, French fries, Ketchup
- **Impossible Burgers and Fries:** Hamburger buns, Impossible burgers, French fries, Ketchup, American cheese

## **Dessert**

- **Sorbet**
- **Ice cream**
- **Fro-yo bars**

## **Drinks**

- **Diet Coke**
- **Root beer**

- **Fruit juice**
- **Chocolate milk**
- **Coffee: Coffee, Distilled water**
- **Wine**

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