

OVER
100
TESTED RECIPES



**At
The
Stove**

with Don Dickey

eBook Edition

***Textbook for Culinary Essentials
Basic Kitchen Skills***

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At The Stove

with Don Dickey



**More than 100 Tested Recipes
Optimized for Ease of Use
by a Culinary Instructor with
35 Years Experience**

***Textbook for Culinary Essentials
Basic Kitchen Skills***

ABOUT CULINARY ESSENTIALS - BASIC KITCHEN SKILLS

First apartment? Out on your own? Engaged or newly married? Shopping in the frozen food aisle? This course is designed specifically for budding cooks and is based on the concept that you should know how to feed yourself and your family wholesome and tasty freshly cooked meals. It will introduce basic kitchen skills while teaching you how to prepare several fundamental foods: chicken, beef, pasta, eggs, soups, vegetables, and more. The class format features a combination of demonstrations and hands-on cooking with an experienced culinary arts instructor. You will also learn about essential kitchen equipment and how to choose ingredients. The course is fully supported with this complete textbook including class notes and web site www.AtTheStove.com

SYLLABUS

Class 1: Eggs - Let's Break Fast

- Quiche Lorraine
- Omelets and/or Frittatas
- "Italian" French Toast
or
- Whole Wheat Pancakes

Class 2: Beef - It's What's for Dinner

- Beef Stew
- Steak au Poivre
or
- Meatloaf

Class 3: Chicken - Don't Chicken Out

- Whole Roast Chicken
- Pan-Sauteed Breast
- Mashed Potatoes
- Green Beans

Class 4: Pasta - A Penne for Your Thoughts

- Red Sauce
- Pesto Sauce
- Asian Peanut Sauce

Class 5: Pork - The Other White Meat

- Roast Tenderloin
- Grilled Sausage
- Roasted Potatoes
- Roasted Vegetables
- Raspberry-filled Crepe Dessert

Class 6: Seafood Diet - See Food and Eat It

- Onion-crusting Salmon
- Basmati Rice
- Broccoli or Asparagus
- Hollandaise Sauce
- Mousse Dessert

Class 7: It's Chili Tonight - Soups to Warm You

- Turkey or Vegetarian Chili
- Corn Bread
- Broccoli & Butternut Squash Soup
- Baking Powder Biscuits

Class 8: Bread & Pizza - Rolling in the Dough

- Basic Bread Dough
- Pizza

DISCUSSION TOPICS

Equipping Your Kitchen:

- Knives
- Pots & Pans
- Utensils
- Herbs & Spices
- Pantry Staples
- Mis en Place

Ingredients & Shopping:

- Local Supermarkets
- Options for Produce
- Options for Meats & Poultry
- Fresh / Frozen / Canned
- Stocks: Making & Buying
- Grow Your Own Herbs

Recipes & Education:

- Cookbooks & Libraries
- Magazines & Newspapers
- Supplier Web Sites
- Online Media: YouTube
- Cooking Shows on TV
- Continuing Ed Courses

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GENERAL TIPS - GETTING STARTED

Seasoning:

- Season in 3 stages: before cooking, during cooking, just before serving.
- Taste food between seasoning stages and adjust as required.
- Diamond Crystal kosher salt is half as dense as table salt.
- Recipes in this book use DC kosher salt; to substitute table salt use half as much.
- For consistency, always use the same kind of salt.
- Always grind pepper fresh; don't even buy ground pepper.
- Use fresh herbs whenever possible (better flavor but not as strong).
- Crush dried herbs between fingers to release flavor.
- Crush whole dried spices with mortar & pestle (or rolling pin) to release flavor.
- Know how 1 tsp and 1 TBS look in your palm; measure using your hand.
- Only use measuring spoons for critical ingredients (e.g. yeast).

Knives:

- Avoid knives made with Chinese steel; German steel is best: Wusthof & Henckels.
- Swiss & Japanese knives also OK: Victorinox, Global, & Shun.
- Use diamond stone for sharpening (1~4 times/year as necessary).
- Use butcher's steel to "reset teeth" on knife edge (daily).
- Minimum kit: 7~10" chef or santuko, 3~4" paring, 8-10" serrated bread.
- Forged knives cost 3X stamped knives but don't cut any better.
- Forged knife has bolster between handle and blade for balance, comfort and safety.
- Stamped knife has no bolster.
- Always store knives with blades protected, never loose/unshielded in a drawer.
- Do not store knives where small children have access.
- Start kids with a lettuce knife (chef knife with serrated plastic edge).

Knifework:

- Pinch chef knife blade between thumb and index finger.
- Wrap 3 remaining fingers around handle.
- Never hold food with hand parallel to knife action; cut at right angle to holding hand.
- Always protect thumb from knife injury.
- Curl in fingers; expose only upper part of finger to potential danger.
- Chop onion: cut in half, remove end but keep root, divider cuts to near root, crosscut.
- Use a knife big enough for the task (e.g. do NOT halve acorn squash with 6" knife).

Pots & Pans:

- Non-stick coating very handy for some tasks but not good for browning.
- Use a non-stick (NS) pan for omelets & sticky foods (e.g. rice, peanut sauce).
- Use a stainless steel (SS) lined saute pan or stockpot for browning meat & chicken.
- Use a non-reactive (SS/NS/glazed) pan for acetic foods (e.g. tomato, citrus, wines).
- Don't bother with a 1 qt saucepan (too small); 2 qt and/or 3 qt are more useful.
- Minimum kit: 8" NS omelet, 10" saute, 2~3 qt NS sauce, 6~8 qt stockpot/dutch oven.

Kitchen Fire:

- Put lid on pan to extinguish stove-top fire.
- Have an "A-B-C" fire extinguisher nearby (but not next to the stove).

EGGS - LET'S BREAK FAST

Class 1 Notes

Quiche Lorraine:

- “Bind bake” crust so it doesn’t end up soggy OR
- Make crustless quiche in a good non-stick pan.
- Pre-saute onion; use sweet onions (e.g. Vidalia) for milder flavor.
- Use real bacon bits or pieces (not imitation).
- Tradition calls for Swiss cheese, but cheddar adds more flavor.
- Can use half & half or whole milk instead of cream for lower fat/calories.
- See recipes on page 31 for more info.

Omelets:

- Non-stick pan is essential to success; 8-inch pan OK for 2-egg omelet.
- Don’t break eggs on sharp edge to avoid contamination; beat egg thoroughly.
- Add 1 TBS milk per 2-egg omelet for tenderness.
- Pan should not be smoking hot but hot enough that eggs sizzle when added.
- Lift cooked egg so uncooked egg can seep under and reach hot cooking surface.

Frittata:

- Basically an Italian omelet that is not usually flipped or folded.
- Often includes vegetables and/or potato (vs. omelets which rarely do.)
- Use a non-stick pan; 10-inch is OK for a 4-egg frittata.
- Cook on stovetop until bottom is done.
- Finish cooking top in oven using broil or bake.
- Good way to cook eggs for 2 ~ 4 people at a time: quarter or cut like a pie.

French Toast:

- Day-old bread is better than fresh, soak thoroughly in egg wash before cooking.
- Non-stick pan/griddle is very helpful or use enough oil to prevent sticking.
- Basics: for each beaten egg add $\frac{1}{3}$ C milk; Italian bread is ideal.
- Kick up with ground cinnamon and powdered sugar.

Pancakes:

- Can use white whole wheat flour for good nutrition and milder flavor.
- Non-stick pan/griddle is very helpful or use enough oil to prevent sticking.
- If all you have is an 10-inch skillet, just make 1 large pancake, serve and repeat.
- Basics: 2 beaten eggs + 1 C milk + 1 C flour + 2 TBS sugar + 1 TBS baking powder.
- Let batter rest 15~30 minutes after mixing before using for best results.

Tips:

- Real maple syrup is best on French toast and pancakes. If you can’t afford to use it straight, blend it 50/50 with table syrup. Try to avoid buying table syrup that is simply flavored high fructose corn syrup.
- For an affordable change of pace, try raspberry syrup.

BEEF - IT'S WHAT'S FOR DINNER

Class 2 Notes

Beef Stew:

- Temper Proteins to room temp before cooking.
- Cut everything to bite-size pieces: beef in 1-inch ~ 1¼-inch cubes.
- Toss beef in flour before browning - helps make rich sauce.
- Brown meat evenly in hot shortening (or oil) before adding stock.
- Beware of sodium content in purchased broth/stock, adjust salt accordingly.
- Find and remove bay leaves before serving (warn guests not to eat them).
- See recipe on page 44 for more info.

Meatloaf:

- Add sauteed chopped onion and BBQ sauce for both flavor and moisture.
- Meatloaf mix = ⅓ beef, ⅓ pork, ⅓ veal but 85/15 beef is OK, 93/7 is too lean.
- Add BBQ sauce + 1~2 tsp liquid smoke for flavor if desired.
- Basics: 1 beaten egg + ½ C milk + ¾ C bread crumbs per # of meat + seasonings.
- See recipe on page 45 for more info.

Steak au Poivre:

- Temper steak to room temp before cooking and dry with paper towel.
- Trim excess perimeter fat before cooking.
- Season heavily with fresh-ground pepper and kosher salt.
- Heat pan, add 1 TBS oil + 1 TBS butter; should not smoke.
- Add steaks (do not over-crowd pan), cook 3~4 minutes before turning.
- Turn and cook 3~4 minutes.
- Finish in 400°F oven if over 1-inch thick.
- Make pan sauce with chopped shallots (saute), stock, and green peppercorns.
- Finish with ¼ C heavy cream, splash of brandy, and patty of butter.
- See recipe on page 47 for more info.

CHICKEN - DON'T CHICKEN OUT

Class 3 Notes

Roast Chicken:

- Temper proteins to room temp before cooking.
- Remove wishbone (with paring knife) to make splitting cooked bird easy.
- Truss with twine using figure-eight.
- Season heavily from a distance with kosher salt + pepper.
- Roast in 425°F oven using a low pan to 165°F internal (approx 15 minutes/pound).
- Allow to rest 10~15 minutes before carving so juices can redistribute.
- Remove meat and enjoy.
- Use bones and scraps to make chicken stock; do not waste.
- See stock recipe on page 26.

Chicken Breast:

- Temper Proteins to room temp before cooking.
- Optionally butterfly breast to cut cooking time in half.
- Heat non-reactive saute pan to medium hot.
- Season chicken on both sides with salt + pepper.
- Coat chicken with flour and shake off excess.
- Add 1 TBS butter + 1 TBS olive oil to pan (should not smoke).
- Saute chicken to golden on both sides (2~3 min/side).
- Add deglazing liquid (i.e. dry white wine), reduce heat, cover.
- Cook until done, about 5~10 minutes (less for butterflied breast).
- Finish with another 1 TBS butter before plating.
- See chicken piccata recipe on page 57.

Mashed Potatoes:

- Scrub off dirt but no need to peel if you don't mind the skin.
- Cook until knife inserts easily, about 15 minutes.
- Pre-heat milk+buttermilk in saucepan or microwave (do not add cold milk to potatoes).
- Season with salt (and granulated garlic if desired).
- After taken off-heat, prepare and serve as quickly as possible.
- At long events (e.g. Thanksgiving dinner), keep warm in covered crock pot.
- See recipe on page 65 for more info.

String Beans:

- Tip & tail, rinse in cold water, drain, have ready in pan. Boil water in kettle.
- When ready, cover beans with boiling water.
- Cook ~7 minutes to desired softness.
- Drain, toss with EVO oil.
- Season with salt & granulated garlic, toss again to distribute seasonings.
- Refer to cooking instructions on page 61.

PASTA - A PENNE FOR YOUR THOUGHTS

Class 4 Notes

Pasta:

- Dreamfields: “white” with fewest digestible carbs but pricey (~\$3/box).
- Ronzoni SmartTaste: “white” with added fiber, calcium.
- Ronzoni Garden Delight: has added vegetables.
- Whole Grain: 51% whole wheat (not quite as pasty as 100%).
- Recommend “white” with red sauce, whole grain OK with other sauces.
- Do not overcook - read packaging for cook time.
- For ultimate: make your own; see recipe on page 39 for more info.

Red Sauce:

- Very good jar sauce is available if you shop carefully.
- Look for ingredients: imported plum tomatoes and fresh herbs.
- Avoid sauces made with paste (Ragu, Rinaldi, etc.).
- Recommended: Simply Enjoy and Mezzetta, both available at Stop & Shop.
- “Doctor” jar sauce with sauteed chopped sweet onion, olives, mushrooms, etc.
- Make your own: saute chopped sweet onion; add canned crushed tomatoes.
- Try RedPack brand canned tomatoes pre-seasoned with basil, garlic & oregano.
- Don’t boil sauce, just heat to a simmer.
- Don’t pour sauce over pasta to serve; mix with pasta.
- Sauce and pasta should be “at one” with each other.
- See recipe on page 33 for more info.

Asian-style Peanut Sauce:

- Use coconut milk for best results; regular whole milk also OK.
- Make it spicy with cayenne pepper if desired.
- Taste and adjust seasonings before serving.
- See recipe on page 34 for more info.

Basil Pesto Sauce:

- Great summer sauce when basil is in season.
- Grow your own basil, make sauce, freeze to enjoy off-season.
- This sauce works hot or cold (pasta salads); also nice with orzo.
- See recipe on page 34 for more info.

Alfredo Sauce:

- Never microwave cheese-based sauce; use non-stick saucepan.
- Make your own with $\frac{1}{3}$ C cream, 1 TBS butter, and 2 TBS grated cheese per serving.
- See recipe on page 39 for more info.

Lemon Cream Sauce:

- Used for spaghetti al limone; add shrimp for a delicious and elegant meal.
- Goes well with broccoli and shrimp or chicken mixed in.
- See recipe on page 35 for more info.

PORK - THE OTHER WHITE MEAT

Class 5 Notes

Roast Pork Tenderloin:

- Buy on sale and freeze; often packaged in cryovac (ready to freeze).
- Temper Proteins to room temp before cooking.
- Season with garlic + S&P or rub with prepared dijon mustard.
- Roast at 350°F until 145°F internal; do not overcook!
- Typical cook time: 35-45 minutes.
- Can also be cooked on outdoor grill.
- “Rest” meat 5~10 minutes before cutting.
- Alternates: seared medallions or butterflied & apple stuffed.
- See recipes on page 51 & page 52 for more info.

Pork Sausages:

- Do not cook from frozen; thaw first.
- Brown evenly in butter or oil.
- If necessary, add some water and finish cooking with steam (covered).
- Can finish on top of dirty rice or cabbage.

Roasted Potatoes:

- Wash off dirt, dry, and quarter potatoes; no need to peel.
- Put cut potatoes in liquid-proof bag and toss with EVO oil to lightly coat.
- Spread potatoes in shallow roasting pan skin down/flesh up.
- Season flesh with chopped fresh rosemary, salt and garlic powder.
- If no fresh rosemary: process dry rosemary leaves to powder before using.
- Roast in 375°F oven to done, about 45 minutes.
- Refer to instructions on page 62 for more info.

Roasted Vegetables:

- Cut into strips.
- Coat lightly with EVOO.
- Season (different for each veggy).
- Roast at 400F for 45~60 minutes.
- Refer to instructions on page 62 for more info.

Dessert Crepes with Preserves Filling:

- Non-stick pan is essential to success.
- Cook to lightly golden (not brown).
- Flip carefully toward you.
- If using room temp filling, spread on top of crepe right after flipping to second side.
- If using cold filling from fridge, heat in saucepan first.
- Finish with powdered sugar and sauce of choice.
- Basics: 2 eggs + 1 C milk + 1 C flour + 1 TBS sugar + 1 tsp baking powder + pinch salt
- Let batter rest 15~30 minutes after mixing before using for best results.
- See recipe on page 82 for more info.

SEAFOOD DIET – SEE FOOD & EAT IT

Class 6 Notes

Onion Crusted Salmon Fillet:

- Buy fresh, not frozen for best texture; seafood should not smell like seafood.
- Process French-fried onions in food processor to make “breeding.”
- See recipe on page 58 for more info.

Hollandaise Sauce:

- Non-stick saucepan recommended for easy cleanup.
- Nylon whisk won’t damage non-stick surface.
- Separate eggs using yolks for sauce and reserving whites for mousse dessert.
- Whisk lemon juice and softened butter into egg yolks.
- Cook with pot submersed in simmering water, whisking continuously until thickened.
- Will “break” if temperatures differ between ingredients.
- Basics: 4 egg yolks + 1~2 TBS lemon juice + 4~6 TBS soft butter + pinch of salt + pepper.
- See recipe on page 30 for more info.

Basmati Rice:

- Naturally fragrant white rice from India and Pakistan. Texmati is a domestic hybrid.
- Simmer 15 minutes, covered; non-stick pan recommended.
- 200 g/C (uncooked) if measuring by weight.
- Basics: 1 part rice + 1 tsp EVO oil to coat grains + 2 parts water + dash salt.
- Use less water for larger batches.
- See recipe on page 59 for more info.

Broccoli:

- Peel stalks only if exceptionally woody; trim tough ends off and cut into sections.
- Rinse in cold water, drain, have ready in pan.
- Boil water in separate kettle.
- When ready, add 1” boiling water and cook 6~7 minutes to desired softness.
- Drain, sprinkle with EVO oil, salt, and granulated garlic.
- Sprinkle with True Lemon crystals or fresh-grated peel if desired.
- Toss to distribute seasonings.

Asparagus:

- Break off tough stalk ends and discard (or save in freezer for vegetable stock).
- Usually no need to peel unless very thick.
- Rinse, cook, and season using broccoli instructions above; do not overcook.

Mousse Dessert:

- Basics: start with instant pudding mix + 1½ C cold milk per package instructions.
- Fold beaten egg whites OR whipped cream into pudding - be careful to not deflate.
- Use egg whites for lightest possible mousse, less fat, and fewer calories.
- If available, beat whites in copper bowl for max volume.
- Use whipped cream if egg freshness/quality dubious.
- See recipe on page 83 for more info.

IT'S CHILI TONIGHT - SOUPS TO WARM YOU

Class 7 Notes

Turkey or Vegetarian Chili:

- Brown ground turkey OR
- Substitute TVP (texturized vegetable protein) for meat.
- Use red and black beans for variety; add pink beans for large batches.
- Optionally, add diced bell peppers sauteed with onion.
- Add sweet corn for color.
- Make it mild or spicy as you like it; add cayenne pepper for heat.
- See recipe on page 24 for more info.

Corn Bread:

- What to bake when there's no time to knead + rise.
- Goes great with roasted chicken, grilled pork, and chili.
- Make in 5 minutes while oven pre-heats.
- Mix dry ingredients, mix wet ingredients separately.
- Mix wet into dry just before baking.
- Don't over-mix.
- Ready in < half-hour from start to finish.
- See recipe on page 70 for more info.

Broccoli & Squash Soup:

- Use frozen veggies to keep it simple.
- Thickened with pureed butternut squash.
- Sweetened with Vidalia onion.
- Use chicken stock for regular soup, OR
- Use vegetable stock for vegetarian soup.
- Diced ham makes this soup a meal in itself.
- See recipe on page 19 for more info.

Baking Powder Biscuits:

- Quick and easy substitute for bread/rolls.
- Simple ingredients; no need for Bisquick.
- Mix dry ingredients, mix wet ingredients separately.
- Mix wet into dry just before baking.
- Don't over-mix.
- Roll center out to ½-inch thick.
- Cut rounds, place on sheet pan.
- Use parchment for easy cleanup.
- Bake at 425°F for 10~12 minutes.
- Ready to eat right from the oven.
- Basics (small batch): 1 C unbleached flour + ½ tsp DCK salt + 1 tsp sugar + 2 tsp baking powder + ¼ C butter (half stick) or cold shortening + ⅓ C milk
- Option: Cream Biscuits = substitute ⅔ C heavy cream for milk+butter
- See recipes on page 68 for more info.

BREAD & PIZZA – ROLLING IN THE DOUGH

Class 8 Notes

Basic Dough:

- Put 1 C warm (110°F) water in mixing bowl.
- Mix in 1 C King Arthur All-Purpose flour.
- Mix in 1 tsp sugar.
- Mix in 1 tsp instant yeast .
- Optionally, set aside 15~30 minutes for sponge to develop.
- Mix in 1 tsp kosher salt.
- Mix in 2 TBS olive oil.
- Mix in additional flour (~ 2 C) until dough comes away from sides of bowl.
- Knead on floured counter until dough is smooth and elastic.
- Rise, covered, in oiled bowl 45~60 minutes.
- Divide dough in half for 2 pizza crusts.
- See recipe on page 72 for more info.

Pizza:

If using a stone:

- For gas ovens place stone in bottom of oven.
- For electric ovens place stone on rack in lowest position.
- Preheat oven (and stone) to 475°F.
- Give dough time to “rest” (relax gluten).
- Flour counter liberally for easy roll-out.
- Always roll from center>out.
- Flip dough several times during roll-out.
- “Mis” = have all toppings pre-cut & ready.
- Saute raw meat and veggie toppings that require cooking; cool before using on pizza.
- Optionally, prepare sheet pan with parchment paper.
- Use semolina on sheet pan or parchment under pizza to prevent sticking.
- Add sauce, cheese, and then toppings.

If pizza won't slide off sheet pan onto stone:

- Bake halfway with sheet pan on stone.
- Free pizza with spatula and slide off sheet pan onto stone.
- Finish baking on stone.

If not using stone:

- Bake halfway on sheet pan.
- Free pizza with spatula, and slide off sheet onto an upper oven rack.
- Finish baking on oven rack.

GUACAMOLE

1 Avocado, peeled and chopped
1 small Tomato
1 Chili Pepper, minced
2 TBS Red Onion, minced
1 TBS Juice of ½ Lime
1 TBS fresh chopped Cilantro or Parsley
Salt & Pepper to taste

- Peel, seed, and dice tomato.
- Combine all ingredients and mix well.
- Taste and adjust seasonings.
- Serve with crackers or corn chips.

• • • • • • • • • • • • • • • •
• Recipe Tips •
• Do not over-process - leave rough. •
• Use hot pepper for heat if desired. •
• • • • • • • • • • • • • • • •

PICO DE GALLO

Salsa Fresca

4~5 Roma Tomatoes, chopped
1 Lime, juiced
2 cloves Garlic, minced
½ Red Onion, finely chopped
1 Red Pepper, finely diced
¼ C Jalapeno Pepper, finely chopped
½ tsp ground Ancho Chili Pepper
¼ tsp ground Cumin
2 TBS Cilantro or Parsley, minced (optional)
Salt to taste

- Mix all ingredients together.
- Taste and adjust seasonings.
- Transfer to air-tight container.
- Chill several hours while flavors blend.
- Serve with tortilla chips.

• • • • • • • • • • • • • • • •
• Recipe Tip •
• Use canned diced tomatoes in a pinch. •
• • • • • • • • • • • • • • • •

HUMMUS

15-oz can	Garbanzo Beans (chickpeas)
3~4 TBS	Tahini
3~4 TBS	Lemon Juice
3~4 TBS	Extra Virgin Olive Oil
2 cloves	Garlic, crushed & peeled
dash	Toasted Sesame Oil (optional)
pinch	Cayenne Pepper, ground (optional)
pinch	Cumin, ground (optional)
	Water (or dry white wine) as required
	Salt & Pepper to taste

- Drain beans and rinse briefly.
- Put beans into food processor work bowl.
- Add other base ingredients above to work bowl.
- Add special ingredients from table below:

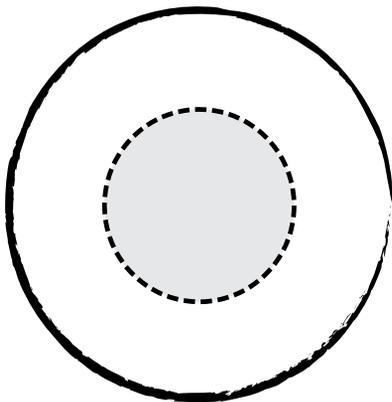
Hummus Type	Special Ingredients
Artichoke	½ C Artichoke Hearts (in water, drained) ½ tsp Paprika
Basil	¼ C Prepared Pesto (reduce EVOO in base)
Lemon	Zest of 1 Lemon Juice of 1 Lemon (as base ingredient)
Olive	1~2 tsp minced ginger (optional) ½ C Assorted Olives, chopped 1 tsp balsamic vinegar (optional) OR 4 oz Olive Tapenade
Red Pepper	½ C Red Pepper, chopped ½ tsp Ancho Chili Pepper, ground
Roasted Garlic	10~12 Garlic Cloves, roasted & cooled
Sun-dried Tomato	½ C Sun-dried Tomatoes (reduce EVOO if packed in oil)
Walnut	½ C Toasted Walnuts substitute Walnut Oil for EVOO substitute OJ for lemon juice

- Process to combine ingredients.
- Add water (or wine) to adjust consistency as desired.
- Re-process to creamy smooth and light.
- Taste and adjust seasonings.
- Transfer to air-tight container.
- Chill several hours while flavors blend.
- Serve on crackers, pita chips, toast points, or raw veggies.

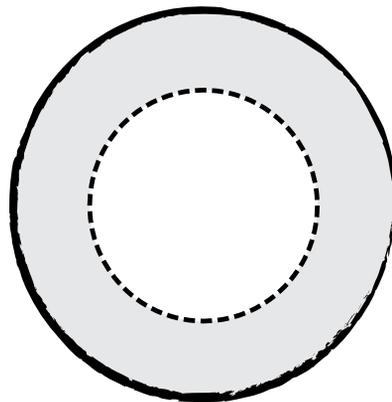
PIEROGIES

1 large	Potato
1~2 TBS	Half & Half or Milk
1/3 C	Cheddar Cheese, grated
	Salt & Pepper to taste
1 pkg	Pasta Dough or Dumpling Wrappers (round)

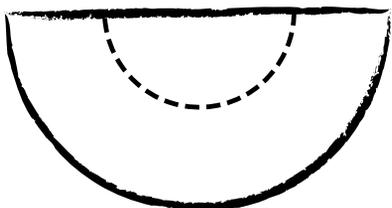
- Peel, slice, and cook potato; drain; allow to cool.
- Mash with a little half & half.
- Stir in some grated cheese.
- Season to taste.
- Prepare pasta dough, cut into 3½-inch circles.
OR open a package of dumpling wrappers.
- Arrange some wrappers on a non-stick surface.
- Place 1 tsp of filling in center of a wrapper.
- Brush edge lightly with water.
- Fold wrapper in half and press edge to seal.
- Crimp seal with tines of a fork.
- Transfer to waxed paper to prevent sticking.
- Repeat until desired number are ready to cook.
- Pan fry to golden on both sides.



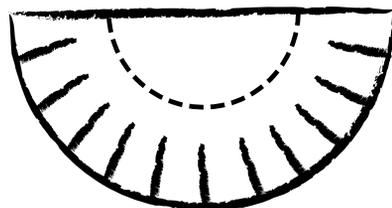
Place Filling in Shaded Area



Moisten Shaded Area



Fold Over & Press to Seal



Crimp with Tines of Fork

POTSTICKERS

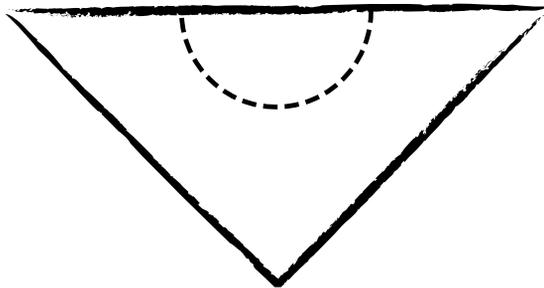
Asian-style Vegetable Dumplings

1 C	Cabbage, shredded (or well-rinsed sauerkraut)
2 TBS	Scallions, finely chopped
2 TBS	Carrot, peeled and finely shredded
1 TBS	Ginger, fresh grated (or 1 tsp powdered)
1~2 tsp	Soy Sauce
	Salt & Pepper to taste
1 pkg	Dumpling or Gyoza Wrappers (3½-inch square)

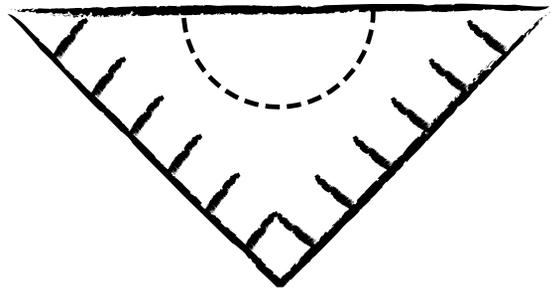
Dipping Sauce

½ C	Soy Sauce
1 TBS	Sugar
1 TBS	Ginger, fresh grated (or 1 tsp powdered)
2 TBS	Orange Juice Concentrate (frozen)
1 TBS	Molasses
1 tsp	Toasted Sesame Oil

- Cook cabbage, drain, and cool.
- Mix cabbage, scallions, and carrots with ginger and soy sauce.
- Taste and adjust seasonings.
- Arrange some wrappers on non-stick surface.
- Place 1 tsp of filling in center of a wrapper.
- Brush edge lightly with water.
- Fold wrapper in half along diagonal and press edge to seal.
- Crimp seal with tines of a fork.
- Transfer to waxed paper to prevent sticking.
- Repeat until desired number are ready to cook.
- Pan fry to golden on both sides.
- Optionally, add ¼ C water to pan and steam dumplings, covered.
- Transfer cooked potstickers briefly to paper towel or wire rack.
- Whisk together dipping sauce ingredients & serve with potstickers.



Fold Over & Press to Seal



Crimp with Tines of Fork

BROCCOLI & SQUASH SOUP

1 large	Sweet Onion, chopped
2 TBS	Butter or Extra Virgin Olive Oil
1 clove	Elephant Garlic (or 4 regular cloves), chopped
20 oz bag	Frozen Cubed Butternut Squash
3 C	Chicken or Vegetable Stock
16 oz bag	Frozen Chopped Broccoli
1 C	Diced Cooked Ham or ¼ C Cooked Bacon Pieces
1 C	Whole Milk or Half & Half
	Salt & Pepper to taste

- In a large pot, saute onion in butter or oil until translucent.
- Add garlic, saute briefly.
- Add squash and stock, bring to simmer, cook, covered, 10 minutes.
- Remove from heat; puree in blender or food processor until smooth.
- Return to saucepan; add broccoli and bacon or ham.
- Cook another 3~5 minutes until broccoli is tender.
- Finish with milk or half & half; heat to serving temperature.
- Taste and adjust seasonings before serving.

ROAST PUMPKIN SOUP

2~4 #	Pumpkin
1 large	Sweet Onion
2~4 TBS	Extra Virgin Olive Oil
2~3 C	Chicken or Vegetable Stock
1~2 tsp	Cinnamon, ground (optional)
½ C	Heavy Cream
	Salt & Pepper to taste



- Set oven for preheat to 425°F.
- Line 2 rimmed sheet pans with foil and spray lightly with release (PAM).
- Cut pumpkin into 1½-inch wide wedges; remove ends and seeds.
- Place wedge on side; cut off skin; cut wedge into 1½-inch cubes.
- Toss cubes with olive oil in a plastic bag and dump onto prepared pans.
- Halve onion, coat with olive oil, place on prepared pan with pumpkin.
- Season pumpkin and onion as desired with salt & pepper.
- Roast until pumpkin flesh is tender, about an hour.
- Puree pumpkin and onion in blender or food processor with stock as required.
- Heat puree with remaining stock; add cinnamon if desired.
- Finish with cream and adjust seasonings before serving.

LEEK & POTATO SOUP

1~2	Leeks (2 C), chopped
1 TBS	Extra Virgin Olive Oil
1 C	Mushrooms, diced (optional)
4 C	Stock (Chicken or Vegetable)
1 C	Instant Potato Flakes
1 C	Milk (optional)
	Salt & Pepper to taste
	Chives or chiffonade of Chervil garnish

- In 3 qt saucepan, sweat leeks with EVOO until just tender.
- If stock is unseasoned, season leeks with salt & pepper.
- Add mushrooms if desired; saute 1~2 minutes.
- Add stock and bring to a simmer.
- Whisk in potato flakes, stirring continuously, and cook 1~2 minutes.
- To finish, stir in milk if desired, taste and adjust seasonings.
- Portion, garnish with chives or chervil, and serve.

based on techniques by Jacques Pepin

SAUSAGE & POTATO SOUP

1 large	Sweet Onion, chopped
2 TBS	Extra Virgin Olive Oil
2 TBS	Butter
2~4 cloves	Garlic, minced
2 stalks	Celery, chopped
2	Carrots, peeled and chopped
2 C	Cabbage, shredded
2 QT	Chicken Stock
½ tsp	Marjoram (dried)
2 C	Red Potatoes (unpeeled), cubed
½ C	Instant Potato flakes
2 C	Polish Kielbasa (¾ #), sliced
	Salt & Pepper to taste
	Parsley, minced, for garnish

- Saute onion in EVO oil until translucent.
- Add butter, garlic and vegetables; saute 5 minutes.
- Add stock and seasonings; bring to boil, reduce heat, simmer ~ 15 minutes.
- Add potatoes and sausage; cook ~ 15 minutes until potatoes are soft.
- Taste and adjust seasonings, portion into servings, garnish with parsley.

PASTA E FAGIOLI

Pasta Fazool

½ #	Dry Cannellini Beans
2 TBS	Olive Oil
1 #	Beef, ground (omit for vegetarian)
1	Sweet Onion, chopped
1 stalk	Celery, chopped
2	Carrots, peeled and chopped
2 cloves	Garlic, minced
15-oz can	Diced Tomatoes
15-oz can	Crushed Tomatoes
2 tsp	Oregano (dried)
1 tsp	Basil (dried)
½ tsp	Thyme (dried)
2 whole	Bay Leaves
4 C	Stock (as required)
1 C	Macaroni (ditalini is typical)
	Salt & Pepper to taste
	Grated Italian Cheese garnish

- Cover beans with water; soak 24 hours; drain & rinse.
- In a large pot, brown beef (if desired) in olive oil.
- Add onion, celery, and carrot; saute to soften.
- Add garlic; saute briefly.
- Add tomatoes, beans, and seasonings.
- Add stock to desired consistency.
- Bring pot to a boil; reduce heat; simmer 45 minutes.
- Add pasta to soup; raise heat; cook until pasta is soft.
- Taste and adjust seasonings as required.
- Portion, garnish and serve.

Recipe Tips

- Substitute canned beans for dry to avoid the need for an overnight soak. Canned beans will also be much softer. Try pre-seasoned canned tomatoes which include basil, oregano, and garlic. If you do, reduce herbs in recipe accordingly. Substitute V-8 juice for half of stock. Add a dash or two of Tabasco for flavor.

TURKEY OR VEGETARIAN CHILI

1 #	Ground Turkey
	OR
1 C	Bobs Red Mill TVP (textured vegetable protein)
1 large	Sweet Onion, chopped
1	Pepper, green or red, chopped (optional)
1 clove	Elephant Garlic, chopped (or 4 regular)
29-oz can	Diced Tomatoes
15-oz can	Red Beans
15-oz can	Black Beans
2 TBS	Chili Powder
1 TBS	Cumin, ground
pinch	Cayenne Pepper for heat if desired
1 can	Sweet Corn (or 1 box frozen corn)
	Salt & Pepper to taste

In large pot:

- Brown turkey if using.
- Saute onion (and pepper if desired).
- Add garlic and saute briefly.
- Add diced tomatoes (do not drain).
- Add beans (do not drain).
- Stir in seasonings.
- Stir in TVP if making vegetarian.
- TVP will absorb a lot of the liquid.
- Add some water if needed to adjust consistency.
- Cook an hour or more on low heat.
- Stir in corn 10 minutes before serving.
- Taste and adjust seasonings as required.

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• Recipe Tips •
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- The TVP will look like and replace ground beef.
 - The corn is optional but gives the dish more color.
 - To cut recipe in half, use a small (14.5 oz) can of
 - diced tomatoes with a can of red beans and halve
 - other ingredients. Use partial bag of frozen corn
 - and re-seal remainder with a twist-tie. To give chili
 - a smoky flavor add liquid smoke or finely ground
 - lapsang souchong tea to taste.
- •

VICHYSOISE

Chilled Leek & Potato Soup

2	Leeks
1 TBS	Extra Virgin Olive Oil
2 C	Stock (Chicken or Veggy)
2	Potatoes
1 C	Half & Half
	Salt & Pepper to taste
	Chives or chiffonade of Basil garnish

- Trim, clean and rough-chop leek(s):
- Peel and slice the potatoes.
- In 3 qt saucepan, saute leeks with EVOO ~ 5 minutes.
- Add stock and potatoes to leeks.
- Simmer until potatoes are tender.
- Allow to cool 10~15 minutes.
- Process in blender with half & half to smooth.
- Strain through a sieve (optional).
- Chill in fridge.
- Thin with additional ½ C half & half or milk if desired.
- Taste and adjust seasonings as required.
- Portion, garnish and serve.

Recipe Tips

- Chilled soups require more seasoning than hot soups.
- It is important to adjust the seasoning for this dish in the chilled state prior to portioning and serving.

WORKING WITH LEEKS

- Trim root end off leek removing about half an inch.
- Trim/remove dark green parts from each layer.
- Make 2 or 3 cuts down the long way.
- Wash thoroughly under running water.
- Chop as required for recipe using cross-cuts.
- Save & freeze trimmings for future use in stock.

CHICKEN STOCK

Whole Chicken

Water to cover

Seasonings as desired (salt, pepper, bay leaf, thyme, etc)

Vegetables as desired (onion, garlic, celery, carrots, etc)

- Cook a whole chicken.
- Remove and enjoy the meat.
- Optionally roast the bones in a hot oven 30 minutes.
- Put bones and scraps into a stockpot and cover with water.
- Bring to a boil and reduce to a gentle simmer.
- Skim any foam that comes to the surface.
- Add seasonings as desired.
- Cook 2~4 hours at a gentle simmer.
- Add aromatics as desired during last 30 minutes.
- Strain through a fine mesh to remove all solids.
- Refrigerate to use within a few days.
- Freeze or “can” to use within a few months.
- Remove fat from top before use.
- Use as a base for soups, sauces, and stews.

CREOLE SEASONING

2 parts Garlic Powder

2 parts Paprika

2 parts Salt, fine

1 part Onion Powder

1 part Cayenne Pepper

1 part Black Pepper

1 part Basil

1 part Oregano

1 part Thyme

STEAK SEASONING

8 parts Kosher Salt

2 parts Black Pepper

2 parts Granulated Onion

1 part Granulated Garlic

1 part Crushed Red Pepper

1 part Ground Coriander

1 part Rosemary

1 part Thyme

ZAATAR SEASONING

4 parts Thyme

1 part Toasted Sesame Seeds

1 part Ground Sumac

1 part Salt

•••••
• Seasoning Recipe Tips •
• Combine ingredients using a tsp for small batch or a TBS for larger •
• batch. Transfer to a shaker-top container for storage and easy use. •
•••••

VEGETABLE STOCK

1~2 TBS	Olive Oil
1 large	Sweet Onion, rough chopped
3~4	Carrots, peeled and rough sliced
2~3 stalks	Celery (no leaves), rough sliced
2 QT	Water
6 cloves	Garlic, smashed & peeled
	Vegetable Trimmings (see tip below)
2~3 whole	Bay Leaves
	Herbs: Parsley, Thyme, Rosemary as desired
	Salt & Pepper to taste

- In a large stock pot, sweat onion, carrots, and celery in olive oil over medium-high heat 5~10 minutes to caramelize.
- Add water, garlic, trimmings, and seasonings; bring to a boil.
- Reduce heat to a simmer; cook 1 hour.
- Strain through fine mesh to remove all solids.
- Refrigerate to use within a few days.
- Freeze or “can” to use within a few months.
- Use as a base for soups, sauces, and stews.
- Yield: approximately 2 x 28-oz mason jars.

Recipe Tips

- Save aromatic vegetable trimmings such as leek greens, outer layers of onions, broccoli, carrot and asparagus ends, etc in a bag in the freezer. Use trimmings to make stock when you have enough or add to other veggies if you don't.
- For maximum flavor, roast vegetables on a sheet pan in a 425°F oven for 30~45 minutes until golden to caramelize before using to make this stock.

STOCK CANNING PROCESS

- Add ½ inch water to a large stock pot, cover, and bring to a boil.
- Set clean mason jars and lids in stock pot; simmer, covered, 5~10 minutes.
- Bring strained stock to a boil; a pan with a lip makes pouring easier.
- Remove cover from stock pot and use tongs to stand jars upright.
- Pour boiling hot stock into boiling hot jars; screw on lids immediately.
- Set jars to cool to room temperature; lids should pop down as stock cools.
- Label jars with stock type and canning date.
- Optionally, refrigerate stock until needed; discard any if lid pops back up.
- Fat will solidify on top of cold stock; remove and discard before heating.

CAESAR SALAD

1 large	Egg, pasteurized (or ¼ C pasteurized liquid product)
2 TBS	Lemon Juice (1 lemon)
1 tsp	Worcestershire Sauce
1~2 cloves	Garlic, minced
2	Anchovies, flat, minced (optional)
1 tsp	Dijon Mustard
¼ tsp	Fresh Ground Pepper
¼ tsp	Kosher Salt
3 TBS	Extra Virgin Olive Oil
2~3	Romaine Hearts, washed, dried, chopped
¼ C	Sharp Italian Cheese, grated
1 package	Seasoned Croutons (or home-made)

- Beat egg with whisk in a large mixing bowl.
- Add juice, sauce, garlic, anchovies, and seasonings.
- Whisk ingredients well to combine.
- Mix in olive oil whisking continuously to emulsify.
- Taste and adjust seasoning, especially if not using anchovies.
- Add chopped romaine and toss with dressing and grated cheese.
- Top with croutons and some freshly grated cheese.

Recipe Tips

- Use pasteurized eggs to minimize health risks.
- Can substitute ¼ C Egg Beaters or equivalent.
- If not using anchovies, increase salt to taste.
- If you add the oil too quickly the dressing can separate.

CROUTONS

Base Ingredients

1 loaf	Day-old French/Italian Bread
2~3 TBS	Olive Oil or Melted Butter
dusting	Salt & Pepper to taste

Optional Seasonings

Garlic Powder, Onion Powder
Cayenne Pepper, Paprika
Basil, Oregano, Rosemary, Thyme

- Set oven for preheat to 375°F.
- Line a rimmed sheet pan with foil and spray lightly with release (PAM).
- Cut bread into ¾ ~ 1 inch cubes (sized as you like them).
- Toss cubes with olive oil, dust with salt, pepper, and seasonings.
- Toast on prepared pan ~ 15 minutes until golden and crispy.

WILTED SPINACH SALAD

5 oz	Spinach (half bag)
¼	Sweet Onion, sliced thin
2~3 TBS	Extra Virgin Olive Oil
2~3 cloves	Garlic, minced
2 TBS	Cooked Bacon Pieces
1 medium	Tomato, diced
1 tsp	Toasted Sesame Oil
1 tsp	Balsamic Vinegar
	Salt & Pepper to taste

- Wash and dry spinach; remove thick stems.
- Saute onion in oil in skillet to translucent.
- Add garlic, bacon, and other ingredients; saute briefly.
- Pour hot saute over spinach and toss.
- Taste and adjust seasonings.
- Serve as a first course.

SMOKY TOMATO VINAIGRETTE

Salad Dressing

¼ C	Water
¼ C	Vinegar, cider or red wine
3 TBS	Tomato Paste
1 TBS	Balsamic Vinegar
2 tsp	Liquid Smoke
1 tsp	Worcestershire Sauce
1 tsp	Dijon Mustard (or dry ground)
1 clove	Garlic
1 tsp	Oregano, dried
¼ tsp	Black Pepper
¼ tsp	Paprika
¼ C	Olive Oil
	Kosher Salt to taste

- Combine all ingredients except oil; whisk in oil to create an emulsion.
OR mix all ingredients at high speed in a blender.
- Taste and adjust seasonings as required.

•
• Recipe Tip •
• This dressing works well with assorted •
• greens, spinach, and “spring mix” salads. •
• •

CORN GRATIN

1 TBS	Butter or shortening
3~4 ears	Fresh Corn, husked
¼ C	All-Purpose Flour
3 large	Eggs
2 tsp	Kosher Salt
½ tsp	Black Pepper, fresh ground
1 C	Milk or Half & Half
¼ C	Cottage Cheese (optional)
3 TBS	Parmesan or Pecorino-Romano Cheese

- Set oven for pre-heat to 375°F.
- Butter a 7"x11" heat-proof casserole dish.
- Cut kernels off corn into the food processor workbowl.
- Add flour, eggs, salt, and pepper to workbowl.
- Process until completely pureed.
- Add milk, cottage cheese, and 2 TBS of P-R cheese.
- Process briefly to combine.
- Pour into prepared casserole dish.
- Sprinkle top with remaining 1 TBS of P-R cheese.
- Bake ~ 30 minutes until set and golden.
- Serve as a side dish.

based on techniques by Jacques Pepin

HOLLANDAISE SAUCE

4 large	Egg Yolks
1 TBS	Lemon Juice (use more for a tart sauce)
6 TBS	Butter, softened
dash	Worcestershire or Hot Sauce (optional)
pinch	Salt & White Pepper to taste

- Bring 2 C water to a simmer in a wide, low-sided pan.
- Whisk egg yolks in a small saucier or stainless steel bowl.
- Whisk in lemon juice.
- Lower saucier into simmering water creating a double-boiler.
- Whisk in butter, 1 TBS at a time, to make a smooth emulsion.
- Continue whisking as eggs cook gently to thicken sauce; do not overcook.
- Remove from heat; whisk in seasonings while pan cools; use promptly.

CRUSTLESS QUICHE

1 TBS	Butter (or EVO oil)
1 large	Shallot (or small sweet onion), chopped
¼ C	Cooked Ham or Bacon, diced
5 large	Eggs, beaten
1¼ C	Half & Half
6 oz	Cheddar or Swiss Cheese, grated
	Salt & Pepper to taste

- Set oven for pre-heat to 375°F.
- In a 10-inch non-stick skillet, saute shallot in butter until translucent.
- While shallot cooks, whisk eggs in 1-qt mixing bowl.
- Whisk half & half into eggs.
- Season eggs lightly with salt & fresh ground pepper.
- Add diced ham to cooked shallots; saute briefly to warm.
- Pour egg mixture over ham & shallots.
- Sprinkle grated cheese over mixture.
- Transfer skillet to oven.
- Bake 25~30 minutes until mixture is set.

Recipe Tip

- A good non-stick pan is essential to success. If you don't have one, make pate brisee below and layer fillings in crust to bake.

PATE BRISEE

Basic Quiche Crust

1¼ C	All-Purpose Flour
pinch	Salt
½ C	Butter or Shortening (cold)
2~3 TBS	Water (ice-cold)

- Mix flour & salt.
- Add butter in ½ TBS chunks to flour; mix until pea-size crumbs form.
- Mix in just enough water until a dough forms; knead briefly into a ball.
- Flatten dough ball into a disc, wrap in plastic, and chill in fridge ~30 minutes.
- While dough chills, set oven for pre-heat to 375°F.
- Roll dough out on a floured surface and transfer to quiche pan; trim edge.
- Cover with aluminum foil & top with baking weights or dry beans.
- Blind-bake in pre-heated oven ~15 minutes until foil releases from dough.
- Remove from oven and cool briefly before adding fillings.

SAVORY DINNER CREPES

2 large	Eggs, beaten
1 C	Milk
1 C	All-Purpose Flour
1 tsp	Baking Powder
¼ tsp	Kosher Salt

- Whisk ingredients together to make a smooth batter; let rest 15~20 minutes.
- Heat large non-stick pan (on medium-high) & spray with release (PAM).
- Pour ~ 1.5 fl. oz. (¼ C ladle almost full) batter into center of hot pan.
- Swirl to create an even thin layer about 8 inches across before it sets.
- Cook to lightly golden on both sides, flipping carefully toward you.
- Stack cooked crepes, staggered, on parchment until needed.

CREPES MEXICANI

Burritos

Refried Beans	Black Beans	Shredded Lettuce
Shredded Cheese	Sliced Black Olives	Rice (cooked)
Diced Peppers (sauteed)	Diced Onions (sauteed)	Sweet Corn (cut)
Beef (sauteed)	Chicken (grilled, cut)	Bacon pieces (cooked)
Sour Cream	Salsa Roja	Salsa Verde

- Place crepe on oven-safe (or microwave-safe) plate.
- Add desired fillings and roll up ending with flap on bottom.
- Heat in oven or microwave.
- Top with salsa of choice.

CREPELLE

Manicotti

2 C	Filling, as desired
8~9	Savory Crepes, cooked
2 C	Marinara Sauce
⅓ C	Parmesan Cheese

- Make filling; refrigerate until used; make savory crepes; set aside until used.
- Preheat oven to 350°F while you fill and assemble the crepes.
- Cover bottom of a 9x13-inch (non-stick) baking pan with thin layer of sauce.
- Spread ~ ¼ C filling down middle of a crepe; roll up; place in baking dish.
- Continue, placing filled crepes next to each other in a single layer in the pan.
- Cover with sauce, top with cheese, and bake at 350°F ~30 minutes.

NO-SAUCE PASTA TOSS

1 medium	Sweet Onion, quartered and thinly sliced
2 TBS	Extra Virgin Olive Oil
3~4 cloves	Garlic, minced or thinly sliced
6-oz jar	Sun-dried Tomatoes, julienne cut, in oil with herbs
6-oz jar	Pitted Kalamata or Black Olives. drained and sliced
1~2 tsp	Oregano (dried)
3~4 links	Chicken Sausage with Apples
1/3 C	Walnuts, chopped
1 #	Penne Pasta, cooked al dente
	Salt & Pepper to taste
1/3 C	Asiago Cheese, grated

- Saute onion in EVO oil until translucent in a large skillet.
- Add garlic; saute briefly to soften; do not brown.
- Add tomatoes with herb-infused oil, olives and oregano.
- Cut sausages on a bias into quarter-inch thick slices.
- Mix in sausage and nuts and heat everything thoroughly.
- Toss with cooked penne, adjust seasonings, and serve.
- Top with grated cheese as desired.

MARINARA SAUCE

Vegetarian

1 medium	Sweet Onion, finely chopped
2 TBS	Extra Virgin Olive Oil
2 cloves	Garlic, minced
28-oz can	Crushed or Diced Tomatoes
2 TBS	Basil, fresh, about 8 leaves (skip if not fresh)
1~2 tsp	Oregano (dried)
	Salt & Pepper to taste

- Saute onion in EVO oil until translucent.
- Add garlic; saute briefly to soften; do not brown.
- Add tomatoes and seasonings; simmer 15 ~ 20 minutes.
- Taste and adjust seasonings.
- Toss with al dente cooked pasta and serve.

•
• Recipe Tip •
• Try RedPack seasoned canned tomatoes: •
• petite diced with garlic & olive oil OR •
• crushed with basil, garlic & oregano. •
• •

SIMPLE CREAM SAUCE

1⅓ C Heavy Cream (divided)
4 TBS Butter (half stick, split or divided to melt faster)
¾ C Parmesan or Pecorino Romano Cheese, grated
Salt & Freshly Ground Pepper to taste

- In a large non-stick saute pan, combine 1 C cream and butter.
- Heat gently until butter melts and cream barely simmers; turn off heat.
- Cook pasta in boiling salted water to al dente; do not overcook.
- Drain pasta and transfer to pan with warm cream and butter.
- Mix in remaining ⅓ C cream and cheese.
- Heat gently 1~2 minutes until sauce thickens, tossing to mix well.
- Portion and serve immediately.

LEMON CREAM SAUCE

2 TBS Butter (or Extra Virgin Olive Oil)
1 medium Shallot (or ½ small sweet onion), minced
1~2 cloves Garlic, minced
1½ C Pasta Cooking Water, divided
½ C Heavy Cream
1 TBS Zest of 1 Lemon
2 TBS Juice of 1 Lemon
½ C Parmesan or Pecorino Romano Cheese, grated
½ tsp Black & White Pepper, fresh ground
Salt to taste
3~4 fresh Basil leaves, chiffonade cut

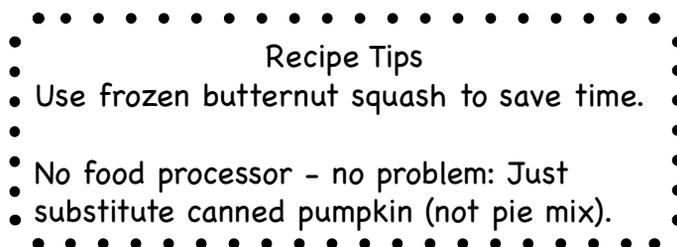
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• Recipe Tip •
• No pasta water? Substitute •
• 1 TBS corn starch whisked •
• into 1 C cold water. •
• • • • • • • • • • • • • • • •

- In a large non-stick saute pan, cook shallot in butter until soft.
- Add garlic to pan and saute briefly; do not brown.
- Cook pasta to al dente and drain, reserving ~ 2 C of cooking water.
- Add 1 C pasta water and cream to pan; bring to simmer.
- Mix in lemon zest & juice.
- Add hot cooked pasta and toss to coat.
- Mix in grated cheese, pepper, and salt (to taste).
- Sauce will thicken as the pasta cools.
- Adjust thickness with additional pasta water as desired.
- Plate dishes and garnish with fresh cut basil.
- Serve immediately with additional grated cheese for the table.

BUTTERNUT SQUASH SAUCE

1 #	Butternut Squash or Fresh Pumpkin
2 TBS	Extra Virgin Olive Oil (as required)
1 medium	Sweet Onion, chopped
1~2 cloves	Garlic, thinly sliced
1 C	Vegetable Stock (or pasta cooking water)
¼ C	Tomato Sauce (optional)
3~4	Sage leaves, fresh, chopped (or ½ tsp dried)
½ C	Cream or Half & Half
¼ C	Parmesan or Pecorino Romano Cheese, grated (optional)
	Salt & Pepper to taste

- Preheat oven to 400°F while you proceed with the recipe.
- Halve squash lengthwise, remove seeds, peel, and cut into 1-inch cubes.
- Toss (in plastic bag or mixing bowl) with EVOO to coat lightly.
- Spread coated cubes in a single layer on a sheet pan lined with foil.
- Season with salt & pepper; roast until soft ~ 1 hour.
- Saute onion in EVOO or butter until translucent; add garlic; saute briefly.
- Transfer cooked squash and onion/garlic to a food processor.
- Add stock, tomato sauce, sage, and cream; process until smooth.
- Transfer to a non-stick saucepan and heat to barely simmering.
- Mix in grated Italian cheese if desired.
- Taste and adjust seasonings.



BUTTER & SAGE SAUCE

8 TBS	Butter (1 stick)
2~3 TBS	Fresh Sage leaves, minced
	Kosher Salt, as required

- Melt butter in a saute pan; continue heating until it begins to take on color.
- Mix in sage and cook until golden, about 3 minutes; do not burn.
- Mix in salt as desired (optional if using salted butter).
- Ideally, add cooked ravioli and toss with warm sauce.
- Otherwise, keep warm until ready to use.

SPINACH & RICOTTA FILLING

For Ravioli - Tortellini - Manicotti

10-oz pkg	Spinach, frozen chopped
1~2 TBS	Butter
1 medium	Shallot (or small sweet onion), minced
1~2 cloves	Garlic, minced
1 large	Egg Yolk, beaten
1 C	Ricotta Cheese
¾ C	Parmesan or Pecorino Romano Cheese, grated
1 tsp	Oregano, dried (optional)
as required	Salt & Pepper to taste

- Cook spinach per package directions; cool; drain and squeeze dry.
- Saute shallot in butter until soft; add garlic and saute briefly.
- Beat egg in a medium bowl; mix in remaining ingredients.
- Use immediately or cover and refrigerate overnight to use next day.

CRIMINI MUSHROOM FILLING

For Ravioli - Tortellini - Manicotti

1~2 TBS	Butter or EVOO
1 medium	Shallot (or small sweet onion), minced
1~2 cloves	Garlic, minced
10 ounces	Fresh Crimini (baby portobello) Mushrooms, minced
¼ C	Fresh Flat-leaf Parsley, minced
1 C	Ricotta Cheese
¼ C	Parmesan or Pecorino Romano Cheese, grated
1 large	Egg Yolk
	Salt & Pepper to taste

- Saute shallot in butter until translucent; add garlic; saute briefly.
- Remove mushroom stems; mince in food processor; add to saute pan.
- Cook mushrooms until wilted, 3~4 minutes.
- Mix in parsley and seasonings as desired; cook 1~2 minutes.
- Remove mushrooms from heat and allow to cool 5~10 minutes.
- Beat egg in a medium mixing bowl; mix in ricotta.
- Mix cooked and cooled mushrooms into ricotta.
- Use immediately or cover and refrigerate overnight to use next day.

PARSLEY & RICOTTA FILLING

For Ravioli - Tortellini - Manicotti

1 large	Egg Yolk
1 C	Ricotta Cheese
¾ C	Parmesan or Pecorino Romano Cheese, grated
½ C	Fresh Flat-leaf Parsley, minced
	Salt & Pepper to taste

• • • • •
• Recipe Tip •
• Try with basil for •
• a pesto-like filling. •
• • • • •

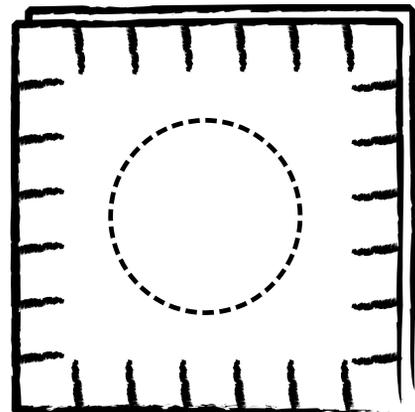
- Beat egg in a mixing bowl; mix in cheeses and parsley.
- Season as desired with salt and pepper.
- Use immediately or cover and refrigerate overnight to use next day.

RAVIOLI

Filling as desired
Fresh Pasta Dough OR Asian Dumpling Wrappers
Sauce as desired

- Prepare pasta dough on opposite page; roll and cut into 1½ x 3 inch pieces.
OR for quick & easy dough, simply open a package of dumpling wrappers.
- Place 1~2 tsp of filling on dough; repeat for rest of batch of 6~8 at a time.
- Wipe or brush upper edge with water to moisten.
- Fold dough over and press edge to seal completely.
- Transfer to waxed paper to prevent sticking.
- Repeat until rest of batch is covered and sealed.
- Crimp seals with tines of a fork (optional).
- Simmer 3~4 minutes/batch in un-crowded pan.
- Serve with your favorite sauce or with butter, salt & pepper.

• • • • •
• Recipe Tips •
• Optional cooking method for large batch: •
• coat bottom of baking dish with sauce, cover •
• with layer of ravioli, add layer of sauce, and •
• repeat; bake 20~30 minutes in 375°F oven. •
• •
• You can substitute thawed and drained frozen •
• spinach for fresh. No ricotta? Substitute •
• cottage cheese pureed in the food processor. •
• • • • •



HOME-MADE EGG PASTA

makes 14 ounces = 400 g

3 large	Eggs, beaten
2 C	All-purpose Flour (unbleached)
½ C	Flour for bench & dusting

- Mix flour into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10~20 minutes.
- Secure pasta machine to counter with clamp.
- Adjust machine's rollers to the widest setting.
- Divide dough into 4 pieces; work with 1 at a time; keep others covered.
- Roll well-floured dough through machine twice.
- Adjust rollers 1 step closer together and roll dough through twice.
- Roll dough through twice at progressively closer settings.
- Stop rolling when dough reaches desired thickness.
- Add filling, fold, divide, and crimp for ravioli OR continue for fettuccine.
- Divide dough into 10-inch pieces with bench scraper.
- Crank dough through fettuccine cutters.
- Support pasta where it emerges under machine.
- Hang pasta to dry or arrange in well-floured "nests" on counter.

FETTUCCHINE ALFREDO

4 QT	Water to cook pasta
1 TBS	Kosher Salt for pasta water
1⅔ C	Heavy Cream (divided)
5 TBS	Butter (divided into TBS pieces to melt faster)
14 oz	Fresh Egg Fettuccine (using recipe above)
1 C	Parmesan Cheese, grated
	Salt & Freshly Ground Pepper to taste

- Bring a large pot of water to a rolling boil; add salt to water.
- In a large non-stick saute pan, combine 1⅓ C cream and butter.
- Heat gently until butter melts and cream barely simmers; turn off heat.
- Cook pasta in boiling salted water to firm al dente ~ 3 minutes.
note: fresh pasta cooks quickly; do not overcook; finish cooking in sauce.
- Drain pasta and transfer to pan with warm cream and butter.
- Mix in remaining ⅓ C cream and cheese.
- Heat gently 1~2 minutes until sauce thickens, tossing to mix well.
- Portion and serve in warmed bowls: 3~4 entrees or 5~6 appetizers.

WHOLE WHEAT FETTUCCINE

3 large Eggs, beaten
¾ C Whole Wheat Flour
1¼ C All-purpose Flour
Flour for dusting

• • • • •
• Recipe Tip •
• Use finely ground King Arthur •
• whole wheat for best results. •
• • • • •

- Mix flours into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.

FETTUCCINE WITH SPINACH

10 oz pkg Spinach, chopped frozen
2 large Eggs, beaten
2 C All-purpose Flour (approx)
Flour for dusting

• • • • •
• Recipe Tip •
• This pasta will be green. •
• Serve with half regular •
• pasta for a 2-tone dish. •
• • • • •

- Cook spinach per package directions.
- Drain spinach; then squeeze or wring out as much water as possible.
- Transfer spinach and eggs to a food processor.
- Run processor to puree spinach thoroughly.
- Add flour and pulse processor to combine and knead dough into a ball.
- Add more flour as required so dough is not overly sticky.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.

FETTUCCINE WITH LEMON

3 large Eggs, beaten
2 TBS Fresh Lemon Zest
2 C All-purpose Flour
Flour for dusting

• • • • •
• Recipe Tip •
• No lemons? Substitute 5 •
• packets of True Lemon. •
• • • • •

- Beat eggs; mix in lemon.
- Mix flour into beaten eggs by-hand, food processor, or stand mixer.
- Knead dough briefly by-hand or with dough hook.
- Wrap dough in plastic and bench-rest 10 ~ 20 minutes.
- Divide dough, roll, and cut as for fettuccine; dry or cook as desired.

LO MEIN

Chinese-style Noodles

Protein Options (pick one or skip for vegetarian)

1 #	Chicken, cut in bite-size strips
1 #	Pork, cut in bite-size strips
¾ #	Jumbo Shrimp, peeled and deveined, tails removed

Aromatics (required)

4 whole	Scallions (green onions), sliced (including green part)
2~3 cloves	Garlic, peeled and minced

Vegetable Options (1 green, 1 red/orange, 1 crunchy)

1 head	Broccoli, stalk finely chopped, top cut into florets OR
handful	Sugar Snap or Snow Peas (de-string as required)
1 medium	Red Pepper, julienne cut OR
1~2 large	Carrots, peeled and julienne cut
handful	Bean Sprouts OR
1~2 stalks	Celery, thinly sliced

Sauce Ingredients (required)

2 TBS	Hoisin Sauce
2 TBS	Oyster Sauce
2 TBS	Soy Sauce
1 TBS	Toasted Sesame Oil
2 TBS	Fresh Ginger, grated
¼~½ tsp	Black Pepper, fresh ground, to taste

Other Ingredients

as required	Peanut or Vegetable Oil for stir frying
12 oz (¾ #)	Fresh Lo Mein Noodles (or spaghetti if not available)
handful	Cashews or Peanuts (optional garnish)

- Mix sauce ingredients together in a small bowl and set aside.
- Prep the protein (if using) and veggies (more if making vegetarian).
- Boil several quarts of water in a large pot.
- Stir-fry protein (if using); set aside when done.
- Stir-fry aromatics and veggies to not quite done.
- Mix sauce with aromatics/veggies, bring to simmer.
- Cook noodles 3~5 minutes (or per package instructions) to al dente.
Fresh noodles cook quickly; be careful to not overcook them.
- Reheat cooked protein with veggies and sauce while noodles cook.
- Immediately before draining pasta add 2 TBS of pasta water to sauce.
- Drain noodles; toss with sauced ingredients to mix and coat noodles.
- Check and adjust seasoning as required, portion, garnish and serve.

BEEF STEW

	Shortening or Oil for saute/browning steps
1½ #	Beef (chuck roast or boneless ribs)
1 C	Unbleached Flour (approx)
1 large	Sweet Onion, chopped coarsely
4 cloves	Garlic, thinly sliced
¼ C	Brandy or Cognac
2 C	Cabernet Sauvignon, Malbec, or Shiraz Wine
2	Bay Leaves (whole)
1 tsp	Orange Zest (or 2 strips of fresh peel)
pinch	Ground Cloves
1 tsp	dried Thyme or several fresh sprigs
dash	Liquid Smoke
2 C	Beef Stock
1 #	Carrots, peeled and cut in ¾-inch pieces
¾ #	Small Potatoes, quartered
½ #	Crimini (baby portobello) Mushrooms, quartered
½ #	Peas (frozen)
	Salt & Pepper to taste
	Parsley, fresh, added as final garnish

- Heat up a large (6-quart) heavy pot or Dutch oven.
- Cut beef into 1-inch cubes; toss in flour just before cooking.
- Brown beef in stages to keep the cooking surface hot.
- Remove just-browned beef from pot.
- Saute onion to translucent; then add garlic, saute briefly.
- Deglaze pot with brandy (off-stove, carefully).
- Add wine, browned beef, & all seasonings.
- Bring to a simmer; hold for 1 hour.
- Add stock, carrots, and potatoes; simmer 1 hour.
- Add mushrooms; simmer 15~30 minutes.
- Add peas; simmer 3~5 minutes.
- Remove bay leaves & orange strips.
- Taste & adjust seasoning before serving.
- Garnish with some fresh parsley and serve.

Recipe Tips

- The amount of salt to add will depend on your stock.
- Commercial stocks can be very salty. Adjust accordingly.
- To make a quicker stew, eliminate wine and double stock.
- Tie bay leaves, orange peel, and thyme sprigs in cheese cloth (bouquet garni) for easy removal before serving.

BEEF STROGANOFF

with Spatzle

1 TBS	Kosher Salt
½ #	Spaetzle, cooked al dente
1 TBS	Extra Virgin Olive Oil
1	Sweet Onion, thinly sliced
1~2 C	Mushrooms, sliced (optional)
1~2 cloves	Garlic, minced
1 #	Beef Steak (strip or fillet)
1~2 TBS	Worcestershire Sauce
1 C	Stock (Beef or Chicken)
½ C	Greek Yogurt (or sour cream)
1 C	Sweet Green Peas (frozen OK)
1 TBS	Lemon Juice
1 TBS	Dijon Mustard
	Salt & Pepper to taste

- Cook spaetzle in ~3 quarts of salted water (per package instructions).
- In a deep saute pan, cook onion in EVOO to translucent.
- Add mushrooms and garlic and saute briefly.
- Slice beef into ¼-inch thick x 2-inch long strips.
- Add beef and saute until barely browned.
- Mix in remaining ingredients; heat briefly.
- Taste and adjust seasonings as required.
- Drain spaetzle when al dente; do not overcook.
- Serve stroganoff over spaetzle OR combine to coat noodles before serving.

MEATLOAF

1	Sweet Onion, chopped & optionally sauteed to translucent
2 #	Ground Beef or Meatloaf Mix (⅓ beef, ⅓ pork, ⅓ veal)
2 large	Eggs, beaten
½ C	Milk
1½ C	Bread crumbs or crushed Ritz crackers
½ C	Hickory flavored B-B-Q Sauce

- Set oven for preheat to 350°F while you proceed with the recipe.
- Chop and saute onion until translucent.
- Combine all ingredients with stand mixer or by-hand.
- Transfer mixture to a non-stick loaf pan.
- Bake, uncovered, ~55 minutes to 160°F internal.
- Allow cooked loaf to rest 10 minutes before cutting to serve.

STEAK AU POIVRE

Peppercorn Steak

2	Strip Steaks or 1 Flatiron Steak
2 TBS	Coarse ground or cracked pepper
2 tsp	Kosher Salt
1 TBS	Extra Virgin Olive Oil
1 TBS	Butter
1	Sweet Onion, chopped
1	Shallot, chopped
1 TBS	Green Peppercorns (rinsed)
1 C	Beef Stock
¼ C	Heavy Cream
¼ C	Brandy or Cognac
¼ C	Butter

- Dry steaks with paper towel.
- Season steaks heavily on both sides with pepper.
- Press pepper into meat.
- Season steaks on both sides with salt.
- Heat pan to medium high.
- Add 1 TBS oil and 1 TBS butter to pan.
- Cook steak on both sides several minutes as desired.
- For thick steaks, finish in hot oven to desired doneness.
- Remove steaks to plates.
- In sauce pan, caramelize chopped onion.
- Add shallots and cook a few minutes.
- Add green peppercorns.
- Deglaze saucepan with 6 oz beef stock.
- Add 2 oz heavy cream.
- Strain sauce to remove solids if desired.
- Deglaze steak pan with brandy (off-stove, carefully).
- Add brandy deglaze to sauce.
- Whisk in 1~2 TBS butter.
- Serve steaks with sauce.

Recipe Tips

- Make the sauce while steaks cook.
- This sauce is also great with tuna.
- Rinse off brine and store green peppercorns in brandy in fridge.

STEAK DIANE

2	Strip Steaks or Filet Mignon Steaks
1 tsp	Coarse ground or cracked pepper
1 tsp	Kosher Salt
2 TBS	Extra Virgin Olive Oil
3 TBS	Butter
2 TBS	Brandy
½ C	Mushrooms, sliced
2 medium	Shallots (or small sweet onion), minced
1~2 cloves	Garlic, minced
1 tsp	Lemon Juice
1 tsp	Worcestershire Sauce
1 tsp	Mustard, prepared Dijon
2 TBS	Parsley, fresh chopped

- Dry steak with paper towel.
- Season steak on both sides with pepper and press it into the meat.
- Season steak on both sides with salt.
- Heat pan to medium high.
- Add 1 TBS oil and 1 TBS butter to pan.
- Cook steak on both sides several minutes as desired.
- For thick steaks, finish in hot oven to desired doneness.
- Remove steak to plates.
- Deglaze pan with brandy (off-stove, carefully).
- Add butter & EVOO; saute mushrooms and shallots.
- Add garlic, saute briefly.
- Stir in lemon, worcestershire, mustard, and parsley.
- Whisk in 1 TBS butter.
- Serve steaks with sauce.

PERSONAL SHEPHERD'S PIE

quick & easy - no oven required

½ C each	Mashed Potatoes (recipe in Sides section)
⅓ C each	Sweet Corn or Carrot/Corn/Pea Mix (cooked from can, fresh, or frozen)
⅓~½ # each	Angus Burger, grilled as you like them salt & pepper to taste

- Cook burgers to the doneness you like; cook mashed potatoes & corn.
- Top cooked burgers with a layer of hot mashed potato to cover.
- Top mashed potato with a layer of hot corn/veggies to cover.

RACK OF LAMB

generously serves 2

1½ #	Lamb Rack (8 ribs)
1 tsp	Granulated Garlic
1 tsp	Kosher Salt

- Set oven for preheat to 425°F.
- Prepare roasting pan with foil; spray lightly with PAM (release).
- Dry lamb with paper towel.
- Remove material between rib ends for the last 2 inches (aka “French”).
- Carefully remove as much fat as possible to help prevent flare-ups.
- Season lamb with garlic and salt.
- Place lamb on prepared pan and roast 8~10 minutes.
- Finish under the broiler for about 2 minutes on each side.
- Check temp with quick-read thermometer; do not overcook!
- Lamb is medium-rare when internal temp reaches 130~140°F.
- Remove lamb from oven; allow to rest 10 minutes before carving.
- With 3 cuts, divide rack into four 2-rib pieces (2 pieces/serving).
- Plate with ends of ribs intertwined;
helps prevent turning when cutting.

PAN ROASTED DUCK BREAST

2	Duck Breasts, about ½ each
1 TBS	Kosher Salt
1 tsp	Pepper, freshly ground

- Set oven for preheat to 400°F.
- Score the fatty sides in a criss-cross pattern.
- Season duck with salt and pepper.
- Heat a heavy 10-inch skillet to medium (not hot).
- Place the duck in the skillet, fat side down.
- Render the fat, about 5~6 minutes.
- Pour off and reserve all but 1 TBS of the fat.
- Turn duck over and sear the flesh sides ~ 1 minute.
- Transfer the skillet to the pre-heated oven.
- Roast duck 7~9 minutes until 135°F (internal) for medium rare.
- Remove duck from oven and rest ~ 5 minutes before slicing.

MARINATED LAMB

2~3 #	Boneless Leg of Lamb (domestic preferred)
½ C	Lemon Juice
¼ C	Soy Sauce
¼ C	Olive Oil
2 TBS	Dijon Mustard
¼ C	Brown Sugar
3 cloves	Garlic, minced
½ tsp	Black Pepper
1 TBS	Ginger, fresh grated (optional)
½ tsp	Thyme (optional)
½ tsp	Rosemary (optional)

- Trim excess fat and silver skin off lamb.
- Butterfly lamb with 1 or 2 cuts depending on thickness.
Be careful - do not cut all the way through.
This will both reduce the thickness for quicker cooking and increase the surface area for a more effective marinade.
- Unfold to create a large rectangle.
- Place the meat in a large non-reactive container.
- Mix marinade ingredients in non-reactive bowl.
- Pour marinade over the meat.
- Turn the meat to be sure both sides are coated.
- Cover and refrigerate overnight.
- Turn the meat before going to bed and again in the morning.
- Remove the meat from the marinade.
- Season and roast or grill how you like it done.

The best way to determine doneness is with a thermometer:

110°F/42°C = rare 120°F/58°C = medium-rare 145°F/68°C = medium-well

- If grilling, turn meat over every 5~7 minutes to cook from both sides.
- Allow meat to rest off-heat for 10~15 minutes before slicing. You can tent it with foil while it rests if you wish.

Recipe Tips

- The USDA recommends cooking to 145°F. Avoid cooking lamb beyond 145°F or it can be dry and tough.
- Understand that the temperature will continue to rise and the meat will continue to cook after you take it off-heat.
- Resting before carving will allow juices to re-incorporate into the meat and also provide a more even doneness.
- Domestic grain-fed lamb typically has a milder flavor than the grass-fed lamb from Australia and New Zealand.

STUFFED PORK TENDERLOIN

with Apples

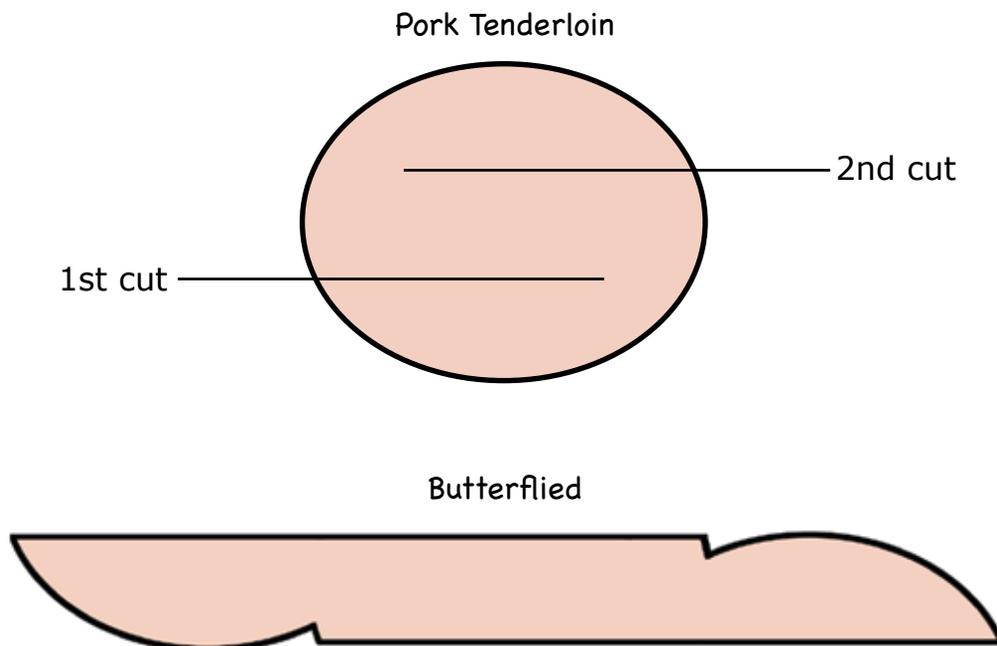
Pork Tenderloin

Apple

Roasting Vegetables (see recipe in Sides section)

Salt & Pepper to taste

- Set oven for preheat to 375°F.
- Butterfly meat with 1 or 2 cuts depending on thickness.
(be careful - do not cut all the way through)
- Unfold to create a large rectangle.
- Season the pork with salt and pepper.
- Peel and dice the apple.
- Distribute the apple pieces over the pork.
- Roll the meat up around the apple to create a roulade.
(if the tenderloin is small, start at short side and roll in long direction)
- Truss the roulade with butcher's twine using half-hitches.
- Season the outside of the roulade.
- Place the roulade in a roasting pan.
- Prep veggies for roasting.
- Arrange vegetables in the pan with the roulade.
- Roast approximately 50 minutes until 145°F internal.
- Remove roulade from oven and rest 5~10 minutes before slicing.



CHICKEN CORDON BLEU

Chicken Cutlets (breast butterflied or pounded to ¼-inch thick)
thin-sliced Ham or Prosciutto
thin-sliced Cheese
Butter as required
Ritz Cracker or Panko Crumbs (optional)
Granulated Garlic
Salt & Pepper to taste

- Set oven for pre-heat to 375°F.
- Butter a small heat-proof casserole dish.
- Season tops of cutlets with garlic, salt & pepper.
- Lay a slice of ham on top followed by a slice of cheese.
- Roll up as tightly as possible; repeat with additional cutlet(s).
- Season roulades with salt + pepper.
- Drizzle roulades with melted butter.
- Optionally, coat roulades with crumbs.
- Place roulades in baking dish with flap underneath.
- Roast to internal temp of 165°F, about 20~25 minutes.
- Serve as roulades or slice into pinwheels before plating.

CORNISH HEN DINNER

Cornish Hen (each hen serves 2)
Roasting Vegetables (see recipe in Sides section)

- If frozen, thaw the hen in the refrigerator overnight.
- Set oven for pre-heat to 400°F.
- Prep veggies for roasting & put in oven.
- Truss the hen with twine using a figure-8.
- Place the hen in an 8-inch skillet.
- Season with salt and pepper.
- Roast the hen to 165°F internal temp, about 40 minutes.
- Hen is done when thigh juices run clear.
- Do not overcook or hen will be dry.
- Remove hen from oven and allow to rest 10~15 minutes.
- Remove twine and cut hen in half (bilaterally, on long axis).
- Plate each half in center of a dish.
- Arrange roasted veggies around hen and serve.

SMOKED TURKEY

10~12#	Turkey, separated into sections: thighs, wings, breast (reserve back)
2 QT	Cold Water
¼ C	Kosher Salt
¼ C	Granulated Sugar
2 C	Wood Chips (hickory, apple, cherry, alder, but NOT mesquite)

Prep (skip if turkey is "enhanced" with broth/brine)

- Put breast in a large zip-top bag; put thighs and wings in another bag.
- Mix salt and sugar in cold water to make brine; divide brine between bags.
- Refrigerate turkey parts covered in brine for 6~12 hours.

Smoking & Cooking

- Drain turkey parts and pat dry with paper towels.
- Remove one grill grate; pre-heat grill to 450°F.
- Soak wood chips in water while grill heats; drain chips before using.
- Put chips in 8x8 metal pan; cover tightly with heavy foil; perforate foil.
- Place smoker pan directly on heat diffuser in hottest corner of grill.
- When smoke appears, grill turkey parts on lightly oiled grate (cover closed).
- Brown parts evenly and turn off burner(s) to switch to indirect heat.
- Continue cooking parts to 165°F internal at thickest section.
- Rest meat 10~15 minutes before serving.

GRAVY

	Back section of turkey
¼ C	Dry white wine, vermouth, or water
optional	Rough chopped onion, carrots, celery, garlic, bay leaf, thyme, salt, pepper
2 TBS	Turkey fat and/or Butter
3 TBS	Flour

- Roast reserved back section on rack in shallow pan in 425°F oven ~ 1 hour.
- Remove roasted back to a stock pot; cover with water.
- Deglaze roasting pan with dry white wine and add to stock pot.
- Add vegetables and herbs to stock pot if desired.
- Simmer 1~2 hours (while turkey cooks and rests) to make turkey stock.
- Strain stock into a fat separator or other suitable container.
- Cook turkey fat and flour to make roux, whisk continuously until browned.
- Whisk de-fatted stock into roux and reduce by half to make gravy.

Recipe Tips

- Roast back in oven while parts grill. You can roast back and
- make stock in advance to free up oven for sides. No separator?
- Use a baster to draw fat-free stock from below floating fat layer.

PAELLA

	EVO Oil as required for saute steps
1 #	Chicken, boneless thighs or breasts
¾ #	Chorizo Sausage, thickly sliced
1 medium	Sweet Onion, chopped
2~3 cloves	Garlic, minced
15-oz can	Diced Tomatoes, undrained
2 C	Rice (long grain)
2 C	Chicken Stock
1 C	Water
¼ tsp	Saffron (large pinch)
1 #	Extra-Jumbo Shrimp, peeled & de-veined
1 #	Mussels and/or Clams, shells cleaned
½ C	Peas (thawed frozen)
	Parsley, chopped for garnish
	Lemon wedges for garnish
	Salt & Pepper to taste

- Cut chicken into chunks:
 - thighs into quarters, breasts into 1-inch slices, breast tenders into thirds
- Season chicken with salt & pepper (or “essence”).
- Saute chicken pieces to brown; remove from pan.
- If chorizo is raw, saute to brown; remove from pan.
- Saute onion to translucent.
- Add garlic; saute 1 minute.
- Add tomatoes and cook several minutes.
- Stir in rice and cook briefly to coat completely.
- Add stock, water, and saffron; bring to boil.
- Reduce heat; simmer approx 10 minutes.
- Taste & adjust seasonings.
- Add chicken pieces; cook 2 minutes.
- Add shrimp and chorizo; cook 2 minutes.
- Add mussels; cook 2 minutes until open; discard any that fail to open.
- Add peas; cook 2 minutes.
- Garnish with chopped parsley; serve with lemon wedges.

Recipe Tips

- Seasoning will depend on stock. If using store-bought you will need to adjust accordingly. Recommend “simple-peel” shrimp which is already de-veined and shells are split, easy to remove.
- Also try pre-cooked frozen mussels as a time-saver.

PICCATA

Chicken or Veal

	Chicken or Veal Cutlets (butterflied or pounded to ¼-inch thick)
2 TBS	Butter
1 TBS	Olive Oil
¼ C	Dry White Wine
2	Lemons, 1 sliced/1 squeezed
1 TBS	Capers, drained/rinsed
½ C	Chicken Stock
	Fresh Parsley
	Salt & Pepper to taste

- Season cutlets on both sides with salt + pepper.
- Optionally, dredge cutlets in flour and shake off excess.
- Fry cutlets in 1 TBS butter + oil to light golden on both sides.
- Remove cutlets from pan and cover with foil to keep warm.
- Deglaze pan with wine.
- Add juice of lemon, capers, and stock to pan.
- Reduce by half.
- Stir in 1 TBS butter + chopped parsley.
- Optionally, put cutlets back in pan to warm.
- Plate cutlets and drizzle with pan sauce.
- Adjust seasonings if necessary.
- Garnish with sliced lemon and parsley.

PAN-FRIED FISH CAKES

1 large	Egg, beaten
1 C	Fish Fillets (½ # bass, cod, flounder, salmon, etc), chopped
½ C	Crushed Ritz Crackers or bread crumbs
2 TBS	Red Bell Pepper, finely chopped
2 TBS	Red or Sweet Onion, Scallions, or Shallot, finely chopped
2 TBS	Parmesan or Pecorino-Romano Cheese, grated (optional)
½~1 tsp	Creole Seasoning
	Butter & Extra Virgin Olive Oil as required

- Beat egg in a mixing bowl; mix in fish and other ingredients; stir to combine.
- Heat 1 TBS each butter and EVO oil in a non-stick skillet.
- Spoon ~3 TBS batter into 3-inch cakes in skillet, leaving room for turning.
- Pan-fry in to golden turning once to cook both sides.
- Serve with tarter sauce or salsa roja.

SHRIMP IN COCONUT CURRY

1 medium	Sweet Onion, halved & thinly sliced
1 medium	Red Pepper, 2-inch long julienne (optional)
1~2 TBS	EVO, Peanut, or Vegetable Oil
2 cloves	Garlic, thinly sliced or finely minced
2~3 large	Carrots, peeled, 2-inch long julienne
1 medium	Zucchini, 2-inch long julienne
¼ #	Broccoli florets, Sugar Snap Peas or Green Beans (or 1 C frozen)
1¼ C	Coconut Milk (or 1 pkg powder mixed into 1 C water)
1 TBS	Toasted Sesame Oil
1 TBS	Soy Sauce (optional)
1 TBS	Ginger, fresh grated (or 1 tsp powder)
½ tsp	Garam Masala spice mix (or mild curry powder)
3 packets	True Lime crystals (or fresh juice of ½ lime)
pinch	Cayenne Pepper
1 #	Jumbo Shrimp, peeled & deveined (or ¾ # frozen cooked)
	Salt & Pepper to taste

- In a large pan, saute onion and red pepper in oil until soft, 5~7 minutes.
- Add garlic and remaining vegetables and saute briefly to warm.
- Add coconut milk and flavorings; simmer 3~5 minutes to cook vegetables.
- Add shrimp and cook 3~5 minutes until they are pink and just done.
- Taste and adjust seasonings; you will need some salt if soy is omitted.
- Serve over rice.

WHITE RICE

1 C	Basmati or long-grain Rice
1 TBS	EVO, Peanut, or Vegetable Oil
2 C	Water
1 tsp	Kosher Salt

- Measure rice into a non-stick 1-quart saucepan.
- Add oil and stir rice to lightly coat the grains.
- Add water and salt.
- Bring to a boil, reduce to simmer, and cover.
- Cook ~ 15 minutes until water is absorbed and rice is tender.
- Turn off heat and leave covered to keep warm until served.

• • • • •
• Recipe Tip •
• If you multiply this recipe subtract 2 •
• TBS water for each extra C of rice. •
• • • • •

TUNA MARTINIS

for 2

Marinade

2 TBS	Soy Sauce
1 tsp	Sugar
1 tsp	Lemon Zest
1 TBS	Lemon Juice
2 TBS	Mayonnaise or Sour Cream
1 TBS	Toasted Sesame Oil
1 TBS	Ginger, freshly grated (or 1 tsp powder)
¼ C	Red Onion, minced
1~2	Scallions, finely sliced
1 TBS	Toasted Sesame Seeds
pinch	Cayenne or Wasabi (optional)

Martinis

1 #	Tuna, sushi-grade fresh-caught
¾ C	Seaweed Salad
1 TBS	Toasted Sesame Seeds
2 TBS	Pickled Ginger

- Combine all marinade ingredients.
- Cut tuna into ¾-inch cubes.
- Toss tuna with marinade; refrigerate for 30~60 minutes.
- Spread seaweed salad in bottoms of 2 large martini glasses.
- Layer marinated tuna on top of seaweed.
- Sprinkle with toasted sesame seeds.
- Garnish with several slices of pickled ginger.
- Serve with a quality chardonnay or pinot grigio.

Warning

- Eat un-cooked seafood at your own risk. While this dish might be considered a civeche, it is not cooked to kill bacteria and parasites.
- Purchase high-quality seafood from a reliable source. Refrigerate properly during transport and preparation. Discard all left-overs.

Recipe Tips

- You can purchase seaweed salad at an Asian grocery or as restaurant take-out. No seaweed... no problem... substitute mesclin or spring mix.

COOKED VEGETABLES

- Rinse vegetables under cool running water and drain; dry when practical.
- Prep and season before OR after cooking per suggestions below or to taste.
- Cook to desired doneness; suggested times below are in minutes; serve hot.

Veggy	Prep	Suggested Method	Time
Acorn Squash	halve, remove seeds brush flesh w/butter	season: nutmeg, s&p microwave skin-on	5~8
Asparagus	break off ends	poach season: evoo, lemon, salt	6~7
Broccoli	trim ends, divide into pieces	poach or steam season: evoo, lemon, salt	5~7
Brussels Sprouts	trim ends, cut cross in stem	poach or steam season: butter, garlic, salt	10~12
Butternut Squash	buy cleaned & cubed OR halve, remove seeds & skin	poach, then mash season: butter, s&p	7~10
Carrots	peel, slice on bias OR buy baby ready-to-eat	poach season: butter, tarragon	7~10
Corn	husk, remove silk	poach or steam season: butter, s&p	6~10
Green Beans	cut off tips and tails	poach season: evoo, garlic, salt	6-8
Mushrooms	trim stems, slice or quarter	poach in white wine season: butter, garlic, salt	5~10
Peas, green	remove from pods	poach season: butter, salt	3~5
Peas, sugar snap	remove tips and string	poach or stir-fry season: butter, salt	4~6
Peppers	seed & de-rib, cut into strips	saute in evoo season: salt	10~15
Summer Squash	halve (long way)	season: evoo, creole microwave	2
Sweet Onion	halve, peel, slice thin	saute in butter or evoo season: salt & pepper	10~15
Sweet Potato	pierce twice with knife	microwave season: butter, s&p	5 (each)
Zucchini	halve (long way)	season: evoo, creole microwave	2

Notes:
 Poach = covered with boiling cooking liquid in covered or open pot
 Steam = minimum cooking liquid in covered pot
 Saute = cooked with butter or EVO oil, medium heat
 Stir-Fry = cooked with peanut oil, high heat
 Garlic = granulated
 Lemon = True Lemon or fresh-grated zest

ROASTED VEGETABLES

Assorted Veggies
Extra Virgin Olive Oil
Kosher Salt & Pepper

Granulated Garlic
Rosemary, powdered
Tarragon

Creole seasoning blend
Lemon Pepper blend
Zaatar seasoning blend

- Set oven for preheat to 425°F.
- Line a rimmed sheet pan with foil and spray lightly with release (PAM).
- Rinse vegetables under cool running water and drain.
- Prep vegetables to desired size and shape.
- Toss vegetables with olive oil in an inflated plastic bag to coat lightly.
- Spill out onto prepared pan and arrange in a single layer, flesh side up.
- Season each vegetable separately so they do not all taste the same.
- Roast approximately 45 ~ 60 minutes per suggestions below until done:

Veggy	Prep	Suggested Seasonings	Time
Brussels Sprouts	trim ends, cut cross stem	salt + garlic	45
Carrots	peel, 3-inch lengths	salt + tarragon	60
Eggplant	peel, thick slices	zaatar seasoning	45
Fennel	thick slices or wedges	salt + pepper	60
Mushrooms	trim ends, leave whole	salt + garlic + pepper	45
Peppers	seed, quarter, remove ribs	salt	60
Potatoes (red)	quarter (unpeeled)	salt + garlic + rosemary	60
Summer Squash	halve, 3-inch lengths	lemon pepper OR zaatar	45
Sweet Onion	halve, peel, sliced	salt + pepper	60
Zucchini	halve, 3-inch lengths	creole seasoning	45

Recipe Tips

- You can also roast most veggies in a covered grill. Turn 90° halfway through cooking to create crosshatch grill marks. Since grilling includes direct heat, times will be significantly less.

CABBAGE WITH APPLES & JUNIPER BERRIES

perfect with roast cornish hens

1	Sweet Onion, chopped
1~2	Carrots, peeled and chopped
4 TBS	Butter
1	Apple, peeled and diced
1 head	Cabbage, shredded
½ C	White Wine
2 TBS	juice of ½ Lemon
6	Juniper Berries, crushed or finely chopped
1 TBS	Cognac / Brandy (optional)
	Salt & Pepper to taste

- In a large stockpot, saute onion and carrot in butter until onion is translucent.
- Add apple and cabbage and cook, stirring, until cabbage is wilted.
- Mix in wine, lemon juice, and berries.
- Cover and cook 20~30 minutes on low heat.
- Finish with a splash of brandy if desired.
- Adjust seasonings before serving.

CREAMED SPINACH

perfect with steak and lamb

1 medium	Sweet Onion, minced
2 TBS	Butter
2~3 cloves	Garlic, minced
10 oz box	Spinach (frozen)
¼ C	Sour Cream or Heavy Cream
1 TBS	Extra Virgin Olive Oil
to taste	Kosher Salt
to taste	Black Pepper, freshly ground

- Transfer spinach to microwavable dish; thaw in microwave on low power.
- Sweat onion briefly; then saute in butter until translucent.
- Add garlic; saute briefly to cook.
- Add thawed spinach; cook thoroughly (without adding water per pkg).
- Blend in sour cream; heat through to serving temperature.
- Finish with drizzle of EVOO; season as desired (taste); serve hot.

RÖSTI POTATOES

2 large	Potatoes (russets or Yukon Golds recommended)
1 small	Sweet Onion, minced (optional)
2 tsp	Kosher Salt
¼ tsp	Black Pepper, freshly ground
2 TBS	Oil (evoo, peanut, or vegetable)

- Coarsely grate potatoes with box grater or food processor disc.
- Using your hands, squeeze out as much liquid as possible.
- Transfer grated and drained potatoes to a large bowl.
- Toss the potatoes with the onion, salt and pepper to mix.
- Heat some oil in a 10-inch non-stick skillet; do not let oil smoke.
- Press the potato mixture into the skillet to form a large pancake.
- Cook slowly to deep golden on both sides.
- If you are challenged by flipping, transfer to a second skillet OR cook the top to golden under the broiler instead.
- Slide out of pan onto cutting board and cut into wedges to serve.



POTATO PANCAKES

2 large	Potatoes
1 large	Egg
2 TBS	All-purpose Flour
1 small	Sweet Onion, chopped
½ tsp	Baking Powder
1 tsp	Kosher Salt
1 TBS	Oil (evoo, peanut, or vegetable)

- Coarsely grate potatoes with box grater or food processor disc.
- Submerge grated potatoes in cold water for 15~20 minutes.
- While potatoes soak, combine all other ingredients in food processor.
- Drain potatoes, squeezing out as much water as possible.
- Add potatoes to other ingredients; process briefly to mix.
- Heat some oil in large non-stick skillet; do not let oil smoke.
- Ladle potato mixture into skillet a few TBS at a time to form pancakes.
- Cook slowly to golden on both sides; remove to paper towel to drain.
- Serve with applesauce and sour cream on the side.

GARLIC SMASHED POTATOES

1 #	Yukon Gold or Red Potatoes
2 TBS	Butter
½ C	Milk
½ tsp	Roasted Garlic Powder or Granulated Garlic
	Salt & Pepper to taste

- Wash and quarter potatoes; no need to peel unless you want to.
- Put potatoes in a saucepan and cover with water; add 1 tsp kosher salt.
- Bring to a simmer; cook until tender when a knife inserts easily.
- While potatoes cook, heat butter and milk in another pan to warm.
- Drain potatoes, mash with milk/butter and garlic, taste/adjust seasonings.
- Serve while hot or keep warm in a pre-heated crock-pot, covered.

DIRTY RICE

1 medium	Sweet Onion, chopped
2 TBS	Toasted Sesame Oil
1	Pepper, green or red, chopped (optional)
1 clove	Elephant Garlic (or 4 regular cloves), chopped
1½ C	Long-Grain Rice
3 C	Stock or Water
3 TBS	Soy Sauce
1 can	Sweet Corn (or 1 box frozen)
2 TBS	Cooked Bacon Pieces (optional)
pinch	Cayenne Pepper (for heat if desired)
	Salt & Pepper or Creole Seasoning to taste

In a large, deep saute pan (non-stick recommended):

- Saute onion (and pepper if desired) in toasted sesame oil until translucent.
- Add garlic, saute briefly.
- Stir in rice to coat grains with oil.
- Add stock or water, bring to simmer.
- Stir in soy sauce.
- Cover and cook 10 minutes.
- Add corn (and bacon if desired).
- Add cayenne if you want it spicy.
- Cook, covered, another 7~10 minutes, until rice is done.
- Adjust seasonings before serving.

Recipe Tips

- For variety, add broccoli florets, peas (sugar snap or green).
- To make it a one-pot meal, add chicken strips or shrimp.

CORNBREAD STUFFING

with wild rice, chestnuts, and brandy

1 recipe	Cornbread (see page 70)
1 C	Wild Rice (6 oz)
3 C	Stock, vegetable or chicken
2 large	Sweet Onions, chopped
2 stalks	Celery, finely chopped
2~3 TBS	EVO Oil
3 cloves	Garlic, minced
8~10 oz pkg	Crimini Mushrooms, sliced (optional)
½ C	Fresh Parsley, minced
¼ C	Fresh Sage, minced
¼ C	Cooked Bacon, chopped (omit for vegetarian)
10 oz	Chestnuts (roasted & shelled), quartered
½ C	Butter (1 stick), melted
⅓ C	Brandy (unflavored)
	Salt & Pepper to taste

- Make cornbread, preferably the day before; allow to cool, unwrapped.
- Cook wild rice in stock ~ 1 hour, covered; continue while rice cooks.
- In a large (8-qt) stockpot, saute onion and celery in oil until tender.
- Add garlic, mushrooms, herbs, and bacon; saute 8~10 minutes.
- While above cooks slice and dice cornbread into ¼-inch cubes.
- Mix cooked rice, chestnuts, butter, and brandy with vegetables.
- Add cornbread and mix well.
- Taste and adjust seasonings as required.
- Transfer to smaller (4-qt) oven-proof casserole for re-heating & serving.

STOVETOP MAC & CHEESE

1 C	Elbow Macaroni
4 slices	American Cheese, deli type
½ small	Sweet Onion, chopped & sauteed (optional)
1~2 TBS	Milk or Cream, warmed (optional)

- Cook macaroni in non-stick pan per box instructions; do not overcook.
- Drain cooked macaroni in colander.
- Layer macaroni with cheese and onion in pan; cover while cheese melts.
- Stir to combine ingredients; adjust consistency as desired with milk.

FLOUR TORTILLAS

for burritos

2 C Unbleached All-Purpose Flour
1 tsp Kosher Salt
1 tsp Baking Powder
¼ C Lard or Shortening or Vegetable Oil
½~¾ C Water
as required Flour for bench

- Mix dry ingredients in a medium mixing bowl.
- Cut in lard or shortening (or mix in vegetable oil).
- Mix in water until a sticky ball forms.
- Knead dough briefly on a floured board until smooth and elastic.
- Wrap in plastic and let rest for 20~30 minutes.
- Divide dough into 6~8 equal size pieces; shape into balls, covered.
- Heat a dry griddle or heavy skillet on a medium-high burner.
- On a floured board, roll one ball out to ~ 8-inch diameter round.
- Keep other pieces of dough covered until later.
- Cook the tortilla until golden or a few brown spots form on both sides.
- Do not over-cook or they will dry out and become hard.
- Place cooked tortillas under a damp towel to keep soft.
- Repeat to shape and cook remaining tortillas.

CORN TORTILLAS

for tacos

1½ C Masa Harina
½ tsp Kosher Salt
1 C Water, hot from tap (approx)
as required Flour for bench

- Mix masa harina and salt in a medium mixing bowl.
- Mix in water until a ball of dough forms.
- Knead dough briefly on a floured board until smooth and elastic.
- Wrap in plastic and let rest for 15~30 minutes.
- Divide dough into ping-pong size pieces; shape into balls.
- Heat a dry griddle or heavy skillet on a medium-high burner.
- Press or roll one ball out to ~ 6-inch diameter round.
- Cook the tortilla 1~2 minutes on each side until dry and pebbly.
- Wrap cooked tortillas in a clean towel.
- Repeat to shape and cook remaining tortillas.

BAKING POWDER BISCUITS

2 C	All-Purpose Flour	¼ C	Cold Butter or Shortening
1 TBS	Baking Powder	¾ C	Milk (approx)
1 tsp	Kosher Salt		
2 tsp	Granulated Sugar (optional)		

- Preheat oven to 425°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- In a large bowl, mix flour, baking powder, salt and sugar.
- Cut in butter with a pastry blender; add milk, stir only enough to mix well.
- Turn out onto a floured counter and knead very briefly.
- Roll out to ½ ~ ¾ inch thick (thick for fluffy, thin for crispy).
- Cut into 2½-inch disks with a biscuit cutter, inverted glass or clean tin can.
- Place on a prepared sheet pan, close for fluffy or spaced for crispy.
- Bake 12~14 minutes until biscuits are golden brown.
- Transfer to a cooling rack for a few minutes before enjoying warm.

SIMPLE DROP BISCUITS

so easy a cave man could make them

2 C	Self-Rising Flour	1⅓ C	Heavy Cream (approx)
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- Preheat oven to 425°F & prepare sheet pan with parchment.
- In a large bowl, fold cream into flour and stir briefly to form a dough.
- Drop by ¼ C scoops onto prepared pan and bake 12~14 minutes until golden.

SWEET DESSERT BISCUITS

ideal for strawberry shortcake

2 C	All-Purpose Flour	1 C	Heavy Cream (approx)
1 TBS	Baking Powder	1 tsp	Vanilla Extract
1 tsp	Kosher Salt		
3 TBS	Granulated Sugar		

- Preheat oven to 425°F & prepare sheet pan with parchment.
- In a large bowl, mix dry ingredients well; mix wet ingredients separately.
- Fold wet ingredients into dry; adjust amount to make a soft dough.
- Knead briefly, roll out, cut into 3-inch disks, and bake to barely golden.
- Transfer to a cooling rack ~ 15 minutes before cutting in half for shortcakes.

SODA BREAD

Quick Skillet Bread

3 C	All-Purpose Flour	2 TBS	Butter
2 TBS	Sugar (optional)	1½ C	Milk
1 TBS	Baking Powder		
2 tsp	Kosher Salt		

- Preheat oven to 425°F while you proceed with the recipe.
- Combine dry ingredients in a large mixing bowl.
- Measure butter into an 8-inch non-stick skillet.
- Warm skillet on stove to melt butter; brush pan; pour off excess into milk.
- Gently mix milk and butter into dry ingredients until a stiff batter forms.
- Transfer batter to prepared pan.
- Dust top lightly with flour and cut a 1-inch deep cross in the top.
- Bake 35~40 minutes until done (test with toothpick).
- Remove from pan; cool on a wire rack before cutting or storing.



BEER BREAD

Quick Loaf Bread

3 C	All-Purpose Flour	1½ C	Beer (12-ounce can/bottle)
3 TBS	Sugar	4 TBS	Butter, melted
1 TBS	Baking Powder		Optional:
2 tsp	Kosher Salt	¾ C	Cheddar Cheese, grated

- Preheat oven to 375°F while you proceed with the recipe.
- Butter a non-stick 8½ x 4½-inch loaf pan.
- Combine dry ingredients in a large mixing bowl.
- Gently mix beer and 2 TBS butter into dry ingredients; do not over-mix!
- Transfer batter to prepared pan.
- Bake 30 minutes.
- Brush top with remaining 2 TBS butter.
- Bake an additional 20~25 minutes until done (test with toothpick).
- Remove from pan; cool on a wire rack before cutting or storing.



BASIC YEAST DOUGH

for bread and pizza crust

2 C	Warm Water (120°~130°F)
1 TBS	Granulated Sugar
6¼ C	Unbleached Flour (approx)
1 TBS	Instant Yeast
1 TBS	Kosher Salt
¼ C	Softened Butter (for pan bread) or EVO Oil (for Italian bread/pizza)
1 TBS	Semolina for dusting pans

Basic Dough

- Measure water into a large mixing bowl.
- Mix in sugar and 3 C of flour; stir or whisk briskly until smooth.
- With batter temperature under 110°F, mix in yeast and stir well.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, butter OR olive oil, and then 2 C of flour, one at a time; stir well.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.

for Loaves

- Preheat oven to 375°F while dough rises.
- Spray pans lightly with release (PAM) and sprinkle with semolina.
- Fold dough on itself a few times; knead briefly; divide in half.
- Shape dough into loaves and place on prepared baking pans.
- Rise, covered, until almost doubled; do not allow to over-rise.
- Slash tops diagonally with serrated knife.
- Bake in preheated oven 30~35 minutes until done.
- Remove from pans; cool on a wire rack before cutting or storing.

for Pizza

- Preheat oven (and stone if you have one) to 450°F while dough rises.
- Prepare pans: sprinkle with semolina.
- Fold dough on itself a few times; knead briefly; bench rest 5~10 minutes.
- Divide dough for 2 large OR 3 medium OR 4 personal pizzas.
- Shape dough into rounds or rectangles and place on prepared pans.
- Add thin layer of sauce, grated cheese, and other toppings as desired.
- Bake in hot oven 10~15 minutes until done and cheese is melted.

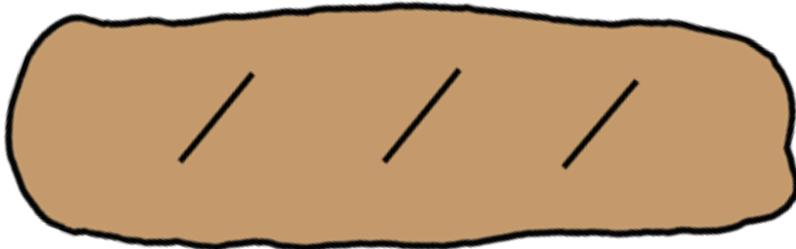
Recipe Tip

• Salt = Diamond Crystal kosher. To use table salt cut amount in half.

STROMBOLI

1½ #	Basic Yeast Dough (half of recipe on previous page)
7~8 oz	Sliced Meats: Ham, Salami, Pepperoni
4~5 oz	Sliced or Shredded Italian Cheeses
1 TBS	Semolina for dusting pan

- Preheat oven (and stone if you have one) to 375°F while you continue.
- Prepare sheet pan with parchment (optional) and dust with semolina.
- Flatten dough; roll or stretch out to a 10-inch tall x 16-inch wide rectangle.
- Top middle of dough with layers of meats and cheeses.
- Fold in thirds with 2-inch overlap; pinch seams to seal; fold ends over on top.
- Turn over and place seam-side-down on prepared sheet pan.
- Brush stromboli with olive oil; cut several vents in the top.
- Bake 25~30 minutes until done; slide off pan onto rack for last 10 minutes.
- Cool briefly; slice into servings for appetizers or entrees.



Stromboli



Calzone

CALZONES

makes 2

1½ #	Basic Yeast Dough (half of recipe on previous page)
6 oz	Sliced Meats: Ham, Salami, Pepperoni
4 oz	Sliced or Shredded Italian Cheeses
1 TBS	Semolina for dusting pan

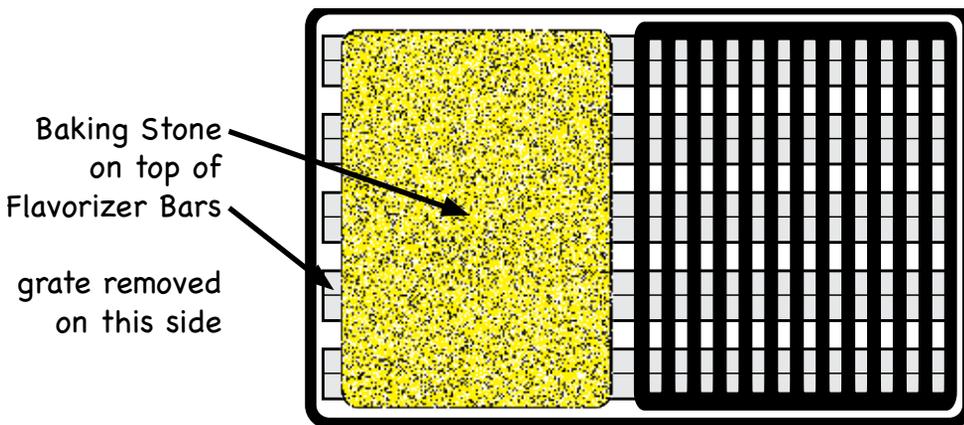
- Preheat oven (and stone if you have one) to 375°F while you continue.
- Prepare sheet pan with parchment (optional) and dust with semolina.
- Divide dough into 2 equal size pieces (10~12 oz each).
- Flatten dough; roll or stretch out to a 7-inch wide x 12-inch tall oval.
- Cover bottom half with layers of meats and cheeses; leave half-inch border.
- Fold top half dough down to cover fillings; pinch seams to seal well.
- Place on prepared pan; repeat with other piece of dough.
- Brush calzones with olive oil; cut 1 or 2 small vents in the top of each.
- Bake 20~25 minutes until golden and done.
- Serve hot with warmed marinara sauce on top as desired.

GRILLED PIZZA

makes 2 large pies

- 1 # Pizza Dough (prepare 1~2 hours ahead or purchase)
- ¼ C Flour for bench & dusting when rolling out
- ¾ C Pizza Sauce (marinara, pesto, etc.)
- ½ # Shredded Cheese (mix of mozzarella, asiago, provolone, & parm)
- as required Toppings of choice (meats, veggies, olives, etc.)

- Remove one cooking grate from the top of the grill and set aside.
- Place a baking stone above the burners on top of “flavorizer bars.”
- Light and heat up grill (closed) and stone while you roll out dough.
- Divide dough in half for 2 pies; keep unused dough wrapped.
- Roll out dough to fit your stone shape (rectangular or round).
- Pre-bake crust on hot stone, about 1~2 minutes per side, to golden.
- Pre-bake additional crust(s) now or later (before each pizza) as desired.
- When all crusts are done you can replace the grate removed earlier.
- Place pre-baked crust on un-rimmed (or upside-down) heavy sheet pan.
- Add toppings: sauce (thin layer), cheese, and then other toppings.
- Bake pizza half-way on the pan (3~5 minutes), keeping grill closed.
- Slide pizza off pan onto grate to finish baking and make grill marks.
- Remove pizza from the grill when the cheese is fully melted.



Recipe Info

- Because a grill heats mostly from only one direction, the challenge of grilled pizza is avoiding a blackened bottom
- by the time the crust is baked and cheese is melted.
- The solution is to pre-bake the crust on both sides using a very hot stone. Then finish the topped pizza on the grate using a sheet pan to insulate the bottom for part
- of the bake in a closed grill while the cheese melts.

FOOD PROCESSOR PIE DOUGH

makes 2 bottom crusts or top & bottom set

2½ C	All-Purpose Flour
2 TBS	Sugar
2 tsp	Kosher Salt
¾ C	Butter, frozen (1½ sticks)
½ C	Shortening or Lard, cold, in several pieces
¼ C	Vodka, ice cold from freezer
¼ C	Water, ice cold

- Mix dry ingredients in food processor.
- Switch to grating disk and grate butter on top of flour.
- Switch back to mixing blade and pulse shortening and butter into flour.
- Transfer flour mixture to a chilled mixing bowl.
- Fold vodka and water into flour; work briefly until dough comes together.
- Divide dough in half; press into 1-inch thick disks; wrap in plastic.
- Refrigerate ½ hour before rolling; dough can rest in fridge up to 2 days.
- On floured surface, roll dough to size at least 1 inch larger than pan.
- Transfer dough to pan using rolling pin as a carrier.
- Form dough to shape of pan; shape edge as desired; trim excess.

TRADITIONAL PUMPKIN PIE

2 large	Eggs, beaten
12-oz can	Evaporated Milk
15-oz can	Pumpkin (not pie mix)
¾ C	Sugar
1 tsp	Kosher Salt
1 tsp	Cinnamon, ground
½ tsp	Ginger, ground
¼ tsp	Cloves, ground
½ recipe	Pie Shell (recipe above)
as required	Whipped Cream for topping (optional)

- Preheat oven to 425°F while you proceed with the recipe.
- Prepare pie shell from dough recipe above.
- Beat eggs in a medium mixing bowl.
- Mix in milk, pumpkin, and spices.
- Pour into pie shell.
- Bake 15 minutes; then reduce temp to 350°F and bake ~ 45 minutes.
- Pie is done when knife inserted in center comes out clean.
- Cool on wire rack to room temperature for serving or refrigerate.

CRANBERRY-ORANGE SCONES

2 C	All-Purpose Flour	5 TBS	Butter, frozen ($\frac{1}{3}$ C)
3 TBS	Sugar	$\frac{1}{2}$ C	Sweetened Dried Cranberries
$\frac{1}{2}$ tsp	Kosher Salt	2 TBS	Orange Zest (or 1 tsp extract)
$2\frac{1}{2}$ tsp	Baking Powder	1 large	Egg, beaten
$\frac{1}{2}$ C	Cream or Half & Half		

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- Combine flour, sugar, salt, and baking powder in a mixing bowl.
- Grate frozen butter into flour mixture.
- Mix in cranberries and orange.
- In a small bowl, beat egg; whisk in cream to mix.
- Stir cream and egg mixture (as required) into flour mixture to moisten.
- Knead gently on floured surface 5~10 times (less than 1 minute).
- Pat or roll to a form a $\frac{1}{2}$ -inch thick round disk.
- Cut disk into 8 pie shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream and sprinkle with sugar.
- Bake 18~20 minutes until golden.

LEMON-BLUEBERRY CREAM SCONES

2 C	All-Purpose Flour	$\frac{1}{2}$ C	Sweetened Dried Blueberries
$\frac{1}{4}$ C	Sugar	1 TBS	Lemon Zest (or 1 tsp extract)
1 tsp	Kosher Salt	$1\frac{1}{4}$ C	Heavy Cream
1 TBS	Baking Powder		

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- Combine flour, sugar, salt, and baking powder in a mixing bowl.
- Mix in blueberries and lemon.
- Stir cream (as required) into flour mixture to moisten.
- Knead gently on floured surface 5~10 times (less than 1 minute).
- Pat or roll to a form a $\frac{1}{2}$ -inch thick round disk.
- Cut disk into 8~12 pie shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream and sprinkle with sugar.
- Bake 18~20 minutes until golden.

CINNAMON CHIP SCONES

2½ C	All-Purpose Flour	2 large	Eggs
2 TBS	Sugar	¾ C	Heavy Cream
½ tsp	Salt (DC kosher)	1 tsp	Vanilla
4 tsp	Baking Powder		
1 C	Cinnamon Chips		
5 TBS	Butter, frozen (⅓ C)		

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- In a large bowl, mix sugar, salt, baking powder, and chips into flour.
- Grate butter into flour mixture.
- In a small bowl, beat eggs; whisk in cream and vanilla.
- Add cream and egg mixture (as required) to flour mixture and stir to combine.
- Be careful to not add more liquid than necessary!
- Knead gently on floured surface 3~5 times (less than 1 minute).
- Pat or roll to a form a ½-inch thick round disk.
- Cut disk into 8 pie-shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream and sprinkle with sugar.
- Bake 18~20 minutes until golden and just done.

CHEESE & CHIVE SCONES

2 C	All-Purpose Flour	⅓ C	Chives (fresh), finely chopped
1 TBS	Sugar	1 C	Sharp Cheese, grated (asiago or cheddar work well)
2 tsp	Salt (DC kosher)		
1 TBS	Baking Powder	1½ C	Heavy Cream

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- Combine flour, sugar, salt, and baking powder in a mixing bowl.
- Mix in chives and cheese.
- Stir cream (as required) into flour mixture to moisten.
- Be careful to not add more cream than necessary!
- Knead gently on floured surface 3~5 times (less than 1 minute).
- Pat or roll to a form a ½-inch thick round disk.
- Cut disk into 8 pie shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream.
- Bake 18~20 minutes until golden and just done.

CRANBERRY ORANGE MUFFINS

2 C	All-Purpose Flour	1 large	Egg, beaten
¾ C	Sugar	¾ C	Orange Juice
1 tsp	Salt (DC kosher)	¼ C	Vegetable Oil
½ tsp	Baking Soda		
2 tsp	Baking Powder		
¾ C	Sweetened Dried Cranberries		
2 TBS	Zest of 1 Orange		

- Preheat oven to 400°F while you proceed with the recipe.
- Combine flour, sugar, salt, baking soda and powder in a large bowl.
- Mix cranberries and zest into dry ingredients.
- In a small bowl, beat egg; mix in juice, and oil.
- Mix wet ingredients into dry ingredients.
- Spoon batter into greased or paper-lined muffin cups.
- Bake ~20 minutes until done (test with toothpick).
- Cool briefly on a wire rack before enjoying.

APPLE CINNAMON MUFFINS

2 C	All-Purpose Flour	2 large	Eggs, beaten
¾ C	Sugar	½ C	Milk
2 tsp	Baking Powder	¼ C	Applesauce
1 tsp	Salt (DC kosher)	¼ C	Vegetable Oil
1 tsp	Cinnamon	1 tsp	Vanilla Extract
1 C	Cinnamon Chips		

- Preheat oven to 400°F while you proceed with the recipe.
- Combine flour, sugar, baking powder, salt, and cinnamon in a large bowl.
- In a small bowl, beat eggs; mix in milk, applesauce, oil, and vanilla.
- Mix wet ingredients into dry ingredients.
- Lastly, stir in chips.
- Spoon batter into greased or paper-lined muffin cups.
- Bake ~20 minutes until done (test with toothpick).
- Cool briefly on a wire rack before enjoying.

SUGAR COOKIES

¼ #	Butter	1 TBS	Cream
¾ C	Granulated Sugar	1¼ C	All-Purpose Flour
1 large	Egg	pinch	Salt
½ tsp	Vanilla Extract	¼ tsp	Baking Powder

- Preheat oven to 350°F while you proceed with the recipe.
- Cream butter; gradually add sugar; beat until light and smooth.
- Add egg, vanilla, cream; beat thoroughly.
- In a separate bowl, combine flour, salt, and baking powder.
- Add dry ingredient mixture to the first mixture and stir well.
- Drop teaspoon-size dollops on sheet pan, 1 inch apart.
- Bake 8 ~ 10 minutes until lightly browned.

CHOCOLATE CHIP OATMEAL COOKIES

¼ #	Butter	½ tsp	Salt
½ C	Dark Brown Sugar	½ tsp	Baking Soda
½ C	Granulated Sugar	½ C	Rollled Oats
1 large	Egg	1 C	Chocolate Chips
¾ tsp	Vanilla Extract	1¼ C	All-Purpose Flour

- Preheat oven to 375°F while you proceed with the recipe.
- Grease sheet pans if not non-stick.
- Cream butter; gradually add sugars; beat until light and smooth.
- Beat in egg and vanilla.
- In a separate bowl, combine flour, salt, and baking soda.
- Add dry ingredient mixture to the first mixture and stir well.
- Stir in oats and chocolate chips.
- Drop teaspoon-size dollops on sheet pan, 1 inch apart.
- Bake 8 ~ 10 minutes until lightly browned.

MOLASSES COOKIES

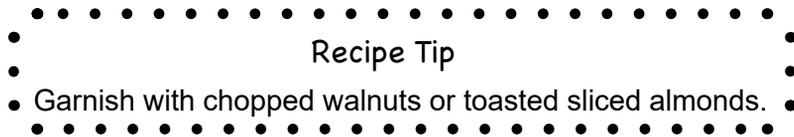
¼ C	Molasses	½ tsp	Salt
½ C	Shortening	½ tsp	Baking Soda
¾ C	Dark Brown Sugar	1 C	All-Purpose Flour
1 large	Egg		

- Preheat oven to 375°F while you proceed with the recipe.
- Mix molasses, shortening, brown sugar and egg.
- In a separate bowl, combine flour, salt, and baking soda.
- Add dry ingredient mixture to the first mixture and stir well.
- Drop teaspoon-size dollops on sheet pan, 1 inch apart.
- Bake 8 ~ 10 minutes until lightly browned.

BANANAS FOSTER

4	Bananas
4 TBS	Butter (½ stick)
1	Orange, juiced
1	Lemon, juiced
1 C	Brown Sugar
1 tsp	Cinnamon (ground)
2 oz	Grand Marnier or Dark Rum (optional)
	Ice Cream (vanilla or butter pecan recommended)

- Quarter bananas (1 cross cut + 1 long cut); remove skins.
- Melt butter in large non-stick skillet.
- Add orange and lemon juice; bring to simmer.
- Mix in sugar and cinnamon.
- Cook bananas until softened.
- Flambe if desired with liquor of choice, added carefully off-flame.
- Serve over ice cream.



STRAWBERRY SOUR CREAM PIE

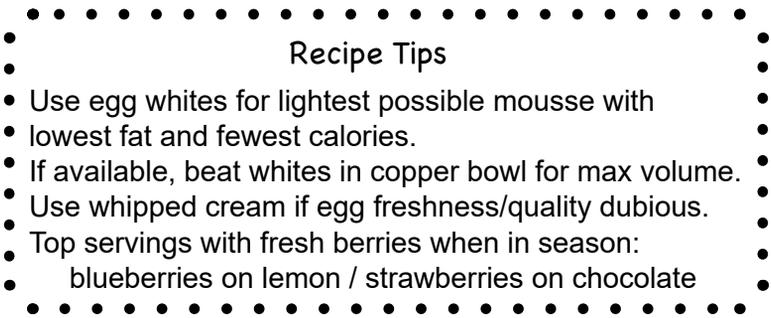
2 C	Sour Cream
½ C	Sugar
1 tsp	Vanilla Extract
1 C	Strawberries, drained frozen
2 TBS	Crushed Pineapple, drained canned
1	Graham Cracker Crumb Crust
4	Fresh Strawberries, hulled and halved (optional)

- Preheat oven to 350°F while you proceed with the recipe.
- Mix sour cream, sugar, and vanilla.
- Stir in strawberries and pineapple.
- Pour into crust.
- Bake 25~30 minutes until set.
- Cool on rack; then refrigerate.
- Optionally, decorate top with fresh berries before serving.

EASY MOUSSE DESSERT

1½ C Cold Whole Milk
1 Pkg Instant Pudding Mix (lemon or chocolate)
1 C Heavy Whipping Cream
OR whites from 4 fresh eggs

- Pour milk into a large mixing bowl.
- Mix in instant pudding mix; whisk for 2 minutes.
- Pour whipping cream into another mixing bowl.
- Whip cream with electric mixer/beater.
- Carefully fold whipped cream into pudding.
- Spoon mousse into 4 equal size servings.
- Refrigerate for an hour or more to set.
- Add optional toppings just before serving.



Recipe Tips

- Use egg whites for lightest possible mousse with lowest fat and fewest calories.
- If available, beat whites in copper bowl for max volume.
- Use whipped cream if egg freshness/quality dubious.
- Top servings with fresh berries when in season:
 - blueberries on lemon / strawberries on chocolate

GINGER ZEBRA CAKE

variation on an Ice Box Cake theme

10 oz Ginger Snaps (36 cookies)
2 C Heavy Whipping Cream
1 TBS Sugar
1 tsp Vanilla Extract

- Whip cream until soft peaks form.
- Beat in sugar and vanilla until stiff.
- Make a cookie-cream-cookie sandwich stack with 6 cookies.
- Repeat to make a total of 6 stacks.
- Plate stacks on edge in 2 or 3 rows.
- Frost top and sides with additional whipped cream to cover.
- Refrigerate at least 6 hours (or overnight), covered.
- With a sharp knife, slice on a diagonal into servings.

EQUIPPING YOUR KITCHEN

Essential Equipment:

Cookbooks, minimum of 2
Chef or Santuko Knife, 7~10"
Utility Knife, 5~6"
Paring Knife, 3~4"
Sharpening Steel
Sharpening Stone
Bread Knife, 8~10" (serrated)
Cutting Boards, large & small
Peeler
Rolling Pin
Measuring Cup Set, dry
Measuring Cup, liquid, 2 Cup
Measuring Spoons, tsp & TBS
Mixing Bowl, large (9~10")
Colander, large
Strainer, fine
Rubber/Silicone Spatula
Wooden Spoon
Pancake Turner
Potato Masher
Metal Spatula (long, narrow)
Large Spoon (long handle)
Slotted Spoon (long handle)
Tongs
Balloon Whisk
Grater/Shredder
Cooking Fork (long handle)
Ladle
Pastry Brush, silicone
Pot Holders or mitts, min of 2
Towels (smooth, not terry)

Essential Cookware:

Non-stick Skillet, 8"
Saute Pan w/cover, 3~5 qt
Sauce Pan w/cover, 3 qt
Stock Pot w/cover, 6~8 qt
Tea Kettle w/Whistle

Essential Bakeware:

Oblong Casserole, oven-proof
Cake Pans, round non-stick
Pie Plate, oven-proof
Loaf Pans, non-stick
Sheet Pans, non-stick
Cooling Racks

Other Equipment:

Tomato Knife, 6~8"
Fillet Knife, 6~9", flexible
Boning Knife, 5~7", stiff
Slicer Knife, 8~10"
Pastry Blender
Juicer (manual)
Mixing Bowl, small
Funnel
Pasta Spork
Salad Spinner
Electric Blender, beaker/stick
Food Processor, 7~9 cup
Mixer, hand and/or stand
Nutmeg Grater/Grinder
Mortar and Pestle
Slow Cooker (Crock-Pot)
Thermometers
Potato Ricer
Mushroom Brush
Biscuit Cutter
Squeeze Bottles
Mallet, smooth/tenderizing
Kitchen / Poultry Shears
Baster (squeeze bulb type)
Silicone Baking Mat (SILPAT)

Other Cookware:

Coffee Press/Pot/Maker
Dutch Oven w/cover, 4~6 qt
Grill Pan
Ramequins, 5 oz
Roasting Pan with rack
Muffin Pan
Skillet, seasoned cast iron, 9~12"
Wok, seasoned iron

Essential Supplies:

Aluminum Foil
Baking Cups/Liners (paper/foil)
Beans, dry (or baking weights)
Cheese Cloth
Parchment Paper
Waxed Paper
Plastic Wrap
Spray Oil (Pam)
Paper Towels

STOCKING YOUR KITCHEN

Essential Pantry:

All-Purpose Flour, unbleached
Baking Powder (aluminum-free)
Baking Soda
Beans, red and/or black, canned
Cornstarch
Extracts: vanilla, lemon, orange
Bread and/or Panko Crumbs
Honey
Molasses
Nuts: almonds, cashews, walnuts
Olives, black & green, canned/jar
Pasta: penne, spaghetti, elbows
Pasta Sauces: marinara, pesto
Peanut Butter, creamy
Rice, basmati or long grain
Sugar: table, brown, confectioners
Stocks: beef, chicken, vegetable
Tomatoes, jar, sun-dried, in oil
Tomatoes, canned, crushed & diced
Sweet Corn, canned

Essential Fridge:

Barbecue Sauce
Bacon, bits or pieces (real)
Butter (or margarine)
Cheese: asiago, cheddar, Swiss
Eggs, large
Fresh Fish, Meat, and/or Poultry
Fresh Vegetables
Milk
Herbs: garlic, sweet onions, shallots
Ketchup
Lemons and Lemon Juice
Maple Syrup
Mayonnaise
Mustard (prepared Dijon)
Salsa
Vegetable Shortening
Yeast, instant

Alcohol:

Wine: chardonnay, merlot
Brandy (unflavored)
Marsala, sweet
Sherry, dry
Vermouth, dry

Essential Ingredients:

Balsamic Vinegar
Kosher Salt (Diamond Crystal)
Liquid Smoke
Oils: EVO, peanut, vegetable
Pepper Mill (w/peppercorns)
Pepper Sauce (Tabasco)
Soy Sauce
Toasted Sesame Oil
Worcestershire Sauce

Spice Rack:

Allspice
Ancho Chili, ground
Basil, leaf
Bay Leaves
Caraway Seeds
Cardamom, ground
Celery Flakes, dried
Chervil
Chives, dried
Cinnamon, ground
Cloves, ground
Coriander, ground
Cumin, ground
Dill Weed
Garlic, granulated/powder
Ginger Powder
Juniper Berries
Lapsang Souchong Tea
Lemon Peel (or True Lemon)
Marjoram
Mustard, dry
Nutmeg, whole
Orange Peel (or True Orange)
Oregano
Paprika
Parsley
Pepper, Cayenne
Poppy Seeds
Rosemary, leaves
Saffron
Sage
Sesame Seeds
Tarragon
Thyme
Wasabi, ground

SECRET INGREDIENTS



Cooked Bacon

- real bacon with half the fat of pan-fried
- recipe-ready bits, pieces, or crumbles
- use in omelets, quiche, soups, and carbonara
- also available as whole slices - use in BLTs
- so convenient I haven't cooked bacon in years
- available at most supermarkets
- usually found in salad dressing aisle



Pitted Kalamata Olives

- choose olives imported from Greece
- more assertive flavor than Californian olives
- buying pitted saves prep time
- better yield since you don't pay for pits
- cut in half lengthwise or cross-cut into slices
- use in no-sauce pasta toss on page 33
- available at most supermarkets



Julienne-cut Sun Dried Tomatoes in Oil

- olive oil keeps tomatoes soft and moist
- Italian herbs add significant flavor to oil
- recipe-ready julienne cut strips save time
- also available as whole tomato halves
- use in no-sauce pasta toss on page 33
- available at most supermarkets
- often found in the produce department



Green Peppercorns

- jars are usually packed in vinegar
- cans are usually packed in brine
- drain, rinse, and repack in brandy
- use in sauce for steak au poivre on page 47
- available at Stop & Shop

SECRET INGREDIENTS



True Lemon - True Lime - True Orange

- crystallized citrus includes flavorful oil
- also includes ascorbic acid (vitamin C)
- use True Lemon on asparagus and broccoli
- use to flavor hollandaise sauce and hummus
- use True Lime in guacamole instead of juice
- use True Orange in rye breads e.g. limpa
- find near sugar substitutes or drink mixes



Coconut Milk Powder

- pouch makes 1 cup of milk
- no waste - mix only as much as you need
- fold top and clip to reseal after opening
- contains less fat than canned products
- mix with cold water to avoid clumps
- add 1~2 TBS to water to make coconut rice
- available at Walmart, Apple Tree, & PriceRite



Lapsang Souchong Tea

- smoked tea leaves imported from China
- remove from bags - grind leaves to fine powder
- remove coarse pieces with fine mesh sieve
- transfer to shaker-top jar ready to use
- use to add smoke flavor to rubs and stews
- vegetarian substitute for bacon flavor
- find with Twinings products in the tea isle



Roasted Shelled Chestnuts

- recipe-ready to chop or use whole
- saves considerable time cooking and shelling
- typically packed in 150g pouches
- most brands labeled as organic
- use in cornbread stuffing on page 66
- available at Ocean State Job Lot
- available at Stop & Shop (seasonal)

WHERE TO SHOP

Greater Hartford Area

Inexpensive All The Time
No Gimmicks or Gotchas
Savings Average 15-30%

Aldi

Unique Double Guarantee:
Replaces item & refunds price
Easy returns without receipt
All returns given in cash
Choice-graded fresh beef
Dairy is from Guida (local)
Bar cheeses are lactose-free
Few national brands
Most produce is pre-packaged
No fresh seafood
No credit cards or checks
Cash and debit cards only
Shopping cart deposit (25c)
Bring your own bags (or pay)
Closes early: 8PM (7 on Sun)

Walmart

National & store brands
Exceptional variety
Choice & un-graded beef
Asian, Caribbean & kosher
No fresh seafood
Shop here for:
• unbleached baking flour
• rotisserie chicken
• groceries & household items

Ocean State Job Lot

Save via internet coupons
Shop here for:
• Bobs Red Mill products
• canned oysters & mussels
• coffee & tea
• dried mushrooms
• evo oil, balsamic vinegar
• extracts, herbs & spices
• honey, molasses, syrup
• peeled chestnuts

PriceRite

Low-cost ShopRite subsidiary
Most prices similar to Aldi
Cart deposit at some locations
Bring your own bags (or pay)

Expensive but
Can Save via Sales
Save with Store Brands
Beware Gimmicks & Gotchas

Big Y

Weekly flyer starts Thursday
Very expensive regular prices
Gimmicks: store card & coins
Sales often force you to buy 3

ShopRite

Weekly flyer starts Sunday
Expensive regular prices
Gimmicks: store card
Good baking section

Stop & Shop

Weekly flyer starts Friday
Expensive regular prices
Can shop online via Peapod
Gimmicks: store card
Shop here for:
• %-off meat (look for sticker)

Geisslers

Weekly flyer starts Saturday
Can shop online

Trader Joes

Up-scale Aldi subsidiary
Moderate regular prices
Limited sales (see flyer)
Mostly store brand products
Most produce is pre-packaged
Shop here for:
• specialty cheeses
• unbleached & W-W flour
• wild rice

Whole Foods

Exceptionally expensive
Limited sales (see flyer)
Save via store brand "365"
Shop here for:
• fresh fish (on-sale)
• free-range / gluten-free
• organic produce
• Quorn vegetarian products

Specialty Markets

Apple Tree

Good prices (all the time)
Shop here for:
• excellent fresh produce

Cosmo International

Good prices (all the time)
Shop here for:
• basmati rice (10# bag)
• Indian specialties
• spices, bagged bulk

Hall's Market

Good sales (see flyer)
Butchers on-premises
Shop here for:
• fresh fish & meats (on sale)

Penzeys Spices

Fair prices, quality products
Shop here for:
• dried herbs & spices
• bagged products to save \$\$

Tangiers International

Moderate prices (all the time)
Shop here for
• Middle Eastern foods

Wades Farm Fresh

Fair prices (all the time)
Shop here for:
• fresh produce
• fresh-made pies
• herbs for garden (seasonal)

Warehouse Clubs

BJ's / Costco / Sams Club

Good prices (all the time)
BUT Must join club (\$50/yr)
Expect large quantities/sizes
National & store brands
Shop here for:
• fresh foods you can freeze
• packs you & friend can split
• baking yeast, KA flour
• paper & canned goods

SHARPEN YOUR KNIVES

Chances are, your knives aren't as sharp as they should be. Dull knives are one of the things that can separate you from good cooking. Besides, dull knives can actually be more dangerous than sharp ones since you need to force your way through some foods. Time to fix that.

If you have a sharpener, this tip doesn't even cost you a cent... unless, of course, you cut yourself in the process and end up at the emergency room! If you don't have a sharpener, it's time to invest in one. I recommend a kit with diamond sharpening stones. Stores that cater to fishing and hunting like Cabelas and Bass Pro Shops and even some Walmarts are good places to shop for a sharpener kit.

Start by reading the instructions that came with your kit. If all you have is an old sharpening stone, that's fine. Just learn how to use it. Work through your knife rack one at a time until they're all sharp. If you're limited on time, sharpen one knife each evening.

Be careful! Don't let anyone talk to you until your done! My wife knows enough to leave me alone when I'm busy sharpening knives. Stay focused. Nuff said!

Not comfortable sharpening knives yourself? You can always opt to send them out to a professional or take them to a store that offers sharpening services like Sur la Table or Williams-Sonoma. Just do it.

Finally, use a good butcher's steel to reset the "teeth" on your knife every time you start to cook.

MEASURE "BY HAND"

When I was learning how to bake, the instructor only let the class use measuring spoons on the first night! We were told to measure 1 TBS (tablespoon) and 1 tsp (teaspoon) into our hand to see what each looked like. After than, we were supposed to use our hand to measure these basic amounts.

Next time you cook, try it! Fill your TBS spoon with salt or sugar and dump it into your hand. That way you can skip the spoon and use your hand next time. Same thing for the teaspoon.

You will be surprised how easy it is to measure basic dry ingredients by hand. And, as a bonus, you'll actually be able to measure much faster than using a spoon.

With the possible exception of yeast, few ingredients need to be measured with a high degree of precision. Your hand is good enough and, with practice, will get even better.

HANG YOUR COOKWARE

Do you store pots and pans in a cupboard? Are they hard to get out? Do you have trouble finding the right lid for each pot? If you answered "Yes" to any of these questions, then this tip is for you!

Start by finding a place to hang your pots. I had lots of unused space in my pantry above the walkway from the garage to the kitchen. I installed pre-painted peg board with stand-offs in this area. Then, I used standard peg board hangers for the pots and pans.

I wanted ready access to the lids as well, but also wanted to be able to grab a pot without the lid when it isn't needed. So, I used some coat hanger wire to make lid hanger hooks. These hold the lids on the peg board under the pot each fits. Now it is easy to grab any pot with or without its matching lid.

POTS & PANS

Ask any serious cook, and after you listen to their opinions on knives, you'll likely hear even more on pots and pans! There are avid cast iron skillet fans out there, and even more serious All-Clad fans who'd rather go hungry than cook in anything less!

So, what you're about to read on this page is my take on the subject. First off, you only need 4 pans to get started, and I find a whistling tea kettle to be really handy; more on that later. Here's my list:

Essential Cookware:
Non-stick Skillet, 8"
Saute Pan w/cover, 3~5 qt (10~12")
Non-stick Sauce Pan w/cover, 3 qt
Stock Pot w/cover, 6~8 qt
Tea Kettle w/Whistle

So, let's cover them one at a time. First off, you should have a non-stick skillet for making omelets and small saute tasks. 8-inch is the perfect size for a 2-egg omelet or a couple of fried eggs and that's what I recommend. Because the non-stick surface won't last forever, it doesn't make sense to buy a really expensive one. I personally like professional grade pans with good solid rivets and a removable sleeve on the handle. That lets me use the pan in the oven (minus the sleeve) up to 400°F. You can find these at your local professional kitchen supply manufactured by Nordicware, Lincoln-Wearever, Carlisle and Tramontina.

Next up, you need a saute pan. This is a fry pan with straight sides. Curves are nice, but they take up valuable space you can't cook a steak on. A straight sided saute pan of the same diameter will have a larger usable cooking surface. The saute pan should NOT be non-stick! Some cooking tasks require food to bond to the cooking surface for a browning reaction to take place. This creates a "fond" which can be used as the base of a sauce. Because you may want to use acids (citrus or wine) to deglaze the pan, it should also be non-reactive. This eliminates raw aluminum and cast iron from consideration. I like stainless-lined aluminum or tri-ply. All-Clad immediately comes to mind as a good choice if you can afford one (\$200+) or find a factory second in nice shape. If they're too expensive, try finding a SSAL 2000 by Carlisle. I like their 10.5" 3-qt model which you should be able to find online for under \$100 or the 12-inch model for \$10 more.

You need a sauce pan to cook vegetables and sauces. I like something around 3 quarts. You can cook 2 quarts of food in a 3-quart pan, but you can't cook 3 quarts of food in a 2-quart pan! If you're starting with just one pan, make it a 3-qt. This should be thick aluminum and a non-stick surface is useful since it helps prevent you from burning rice and other starches. Look for something like models from Nordicware or find one locally made by T-Fal. If you opt for a non-stick pan, don't spend a ton of \$\$ since you will probably replace this pan in 5 years when the non-stick coating wears out.

You need a stock pot or Dutch oven to make stew, soup, or simply cook a box of linguini. For 2 people, a 6- quart is fine; for family-size cooking, go with an 8-quart. This, like the saute pan, should be stainless-lined aluminum or tri-ply. Again, All-Clad makes nice ones but they're really expensive (over \$300!). Until you win the lottery or find a factory second, try a SSAL 2000 by Carlisle for less than half that.

Finally, I really like having boiling water to pour over vegetables to start the cooking process instantly. I use a kettle for this. I recommend one with a whistler that can NOT be removed or disabled. That way you'll be less likely to boil it dry. Mine is a Copco. Check HomeGoods, Marshalls, TJ Maxx or Target.

POTS & PANS

continued

I don't like cookware sets and don't think you should you start with a set. Because I recommend that half of your cookware is stainless-lined and the other half is non-stick, you won't find a set like that. Furthermore, even good brands like All-Clad include dysfunctional pots and pans in their sets. For example, their 3-qt sauce pan is perfect because it is wide enough to cover a standard burner and not too tall. Yet, they include a tall and narrow 2-qt saucepan or an unwieldy 4-qt saucepan in sets. Ditto for their ridiculous 7-qt stock pot... too tall and narrow for making stew or simmering stock!

If you cook on gas, your pans should have sides just as thick as the bottoms because gas heat wraps around the pan. If the sides are thin, particularly with a sauce pan, food will burn. Electric stoves only heat the bottom of the pan, so thick-bottom pans with thin sides are OK.

You may not use the lid all the time, but you should have a lid for every pot and pan! A lid allows you to cook more types of food. It retains heat and allows food to cook faster as well. The lid can also be a very effective fire extinguisher; never fry without it handy! I hate glass lids. They can break and they're hard to clean. All my lids are stainless steel with a hot but oven-proof loop. If you buy professional pots and pans, they do not typically come with lids and must be purchased separately.

COOKING WITH WINES & SPIRITS

Even if you don't drink alcohol you should consider the culinary benefits of cooking with it. There are several entrees that immediately come to mind: Beef Bourguignon, Chicken Marsala, and Coquilles St. Jacques, to name a few classics. Mushrooms, in particular, seem to benefit from poaching in wine.

Do not even think of buying so-called "cooking wine" at the supermarket. Those vile liquids are heavily laden with salt and preservatives. Furthermore, the general rule-of-thumb is to never cook with a wine you wouldn't be pleased to drink or proud to serve to guests who do.

There are several options for having decent cooking wines on-hand in your pantry. The simplest is to stock a few "fortified" wines which have a high enough alcohol content to be shelf-stable after opening. These include marsalas, sherries, and vermouths. While these can each run the gambit from sweet to dry (not sweet), you need not have both sweet and dry versions of each one. Start with one sweet wine, either a marsala or sweet red vermouth and one dry wine, either a dry sherry or dry white vermouth.

Another fine option is to buy some small bottles of regular table wines. You should have one white wine like chardonnay or pinot grigio and one red wine like cabernet sauvignon, merlot, or shiraz. You should be able to find these locally, usually sold in 4-packs, with screw-off caps. They will keep for months unopened in your pantry. Once opened, their life can be extended by storing in the refrigerator. They can even be rushed into emergency service if you have unexpected guests and find your wine cellar bare!

You may also want to have a few "spirits" on-hand as well. I recommend brandy (unflavored), rum (80~100 proof, for a flambé), and possibly something orange-flavored like Cointreau, Grand Marnier, or triple sec. The same rule-of-thumb applies: choose something worthy of drinking or serving. Straight brandy will be the most useful, primarily as a deglazing liquid for dishes like steak au poivre.

Always add spirits "off-heat" and be prepared for the inevitable flare-up. If the situation seems to be getting out-of-control you can set the pan on an open oven door or even inside the oven (assuming the oven is off and cold, of course). Always have the pan lid nearby which you can use if necessary.

LACTOSE-FREE COOKING

Eliminating lactose can challenge the best of cooks, but these tips will greatly expand your options.

Start with lactose-free cow milk available in the Lactaid brand along with many store brands. Avoid soy milk which may cause thyroid problems if consumed on a regular basis. Try unsweetened almond milk as a dairy-free option, and coconut milk for some Asian dishes; both are shelf-stable for pantry storage.

Use pecorino-romano made from sheep's milk to replace parmesan cheese. Sheep and goat milk are naturally lower in lactose. Beware that inexpensive romano cheeses are usually made from cow milk. Certain brands of bar and shredded cheese are also lactose-free, including many from Cabot and Kraft. Check the label to be sure as some, particularly soft cheese like mozzarella, may contain lactose. Lactaid also makes a lactose-free cottage cheese which can be drained and pureed to replace ricotta.

As for ice cream, Lactaid makes a handful of flavors including vanilla, chocolate, cookies and cream, strawberries and cream, and butter pecan, but the flavors you'll find will typically be limited. Bryers lactose-free vanilla is available in some markets. It is exactly the same as their very good regular product but its contents include the lactase enzyme. You may even find this at your local Walmart.

SHALLOTS

Most home cooks are familiar with onions and garlic, but many have never cooked with shallots for one reason or another. They are an ingredient that can separate the men from the boys in the kitchen.

Technically, shallots are alliums which is informally referred to as the onion genus. Allium is actually Latin for garlic. Shallots taste more like an onion, however, but with a milder flavor.

Don't confuse dry shallots in a jar with what I'm talking about... fresh shallots are the real deal:

Next time you're at the market, pick up a few to experiment with. Make sure they are nice and firm, not soft or squishy.

Try using one in a wine reduction sauce for steak. Mince it finely, saute in some butter, add some wine and/or stock, and then reduce the liquid to intensify the flavor. Serve over your favorite steak dish like au poivre or off the grill. Make a compound butter by processing some sauteed chopped shallot with a stick of good butter. You could also try adding some diced shallots to smashed red potatoes, an omelet or frittata, or a batch of home-made marinara sauce.

SQUEEZE BOTTLES

Yea, kind of flashy, almost celebratory, but you can use them like the pros to make dishes look nice too. To learn the basics, grab a copy of Kitchen Confidential by Anthony Bourdain at your local library. On page 78 the author covers squeeze bottles, why you should have some, and how to decorate a plate with two different color sauces and a simple toothpick.

Don't want to buy a set of squeeze bottles just to try them? If you wear contact lenses, simply save those plastic bottles that cleaning and wetting solutions come in. Wash them out really well, sterilize them in the dishwasher, and fill them with your favorites like chocolate syrup, raspberry sauce, and even ketchup and mustard. What fun... painting with condiments! You can even color-code the labels to help speed up identification and prevent you from putting hot sauce on a dessert crepe!

HERBS & SPICES

Weed Out your Rack:

- Replace dried herbs and spices when aroma & flavor aren't up to par. You can often tell if a spice is past prime by smelling it; if it smells bland, toss it. Ditto if the color is faded.
- Longevity varies between whole and ground spices. Whole spices aren't as convenient, but they do keep longer, sometimes twice as long.
- Here are some shelf life guidelines for herbs and spices:

WHOLE Spices: 3 - 4 years
GROUND Spices: 2 - 3 years
Leafy Herbs: 1 - 3 years
Seasoning Blends: 1 - 2 years

- Note that spice companies recommend you replace your herbs and spices more often, but they have a vested interest in doing so.

Maximize Flavor:

- Since whole spices keep their flavor longer, grinding them yourself will usually produce the best results.
- Consider investing in a mortar and pestle or spice mill. Some spices can be ground by smashing with a heavy pan or rolling with a pin. Put them between sheets of plastic or parchment first. You can also grind spices in a small jar with your blender.
- The presence or lack of a good quality herb or spice can make or break a dish. All your efforts to cook it properly might be wasted without attention to this simple detail.

Buy Good Quality Herbs & Spices:

- Good seasonings will have longer useful lives than marginal ones.
- Good herbs & spices don't have to cost more.
- Avoid buying them at supermarkets where they are overpriced 2x or 3x. Besides, Durkee and McCormick are only so-so at best.
- I shop locally at Penzeys, Cosmos International and, believe it or not, Ocean State Job Lot.
- Cosmos has a great selection of herbs and spices for Indian cooking, and they are very reasonable. Many are packaged in bags instead of jars.
- Penzeys offers many products in plastic pouches which are more economical than jars. This is especially helpful when you want to refill jars you already have on-hand.
- If you want to shop online, try MySpiceSage.com which ships for free. I don't have any experience with them but may give them a try next time I need something and can wait a few days for it.
- Don't buy more than you'll use before they need replacement. One thing I like about Penzeys is how they sell small, ¼ cup jars of most products. These are perfect for the herbs and spices you either use very little of at a time or the ones you use less frequently like those for holiday baking once a year.

Store Properly - if possible:

- Ideally, herbs and spices should be kept somewhere cool and dark for longest life. I chose to have mine readily available for easy use as this also encourages experimentation. In so doing, I recognize that I'll have to replace some more often than if they were kept in the pantry or fridge.
- Definitely avoid storing herbs and spices on or near your stove, dishwasher, or other any appliance that generates heat and/or moisture. The top of the stove control panel is, perhaps, the worst place in the kitchen to keep herbs and spices yet it is a common sight. Besides, you should not need to reach over a hot burner or boiling pot to grab a seasoning! That's just an accident waiting to happen.
- Definitely avoid storing herbs and spices in direct sunlight like on a windowsill.

FRESH HERBS

Most home cooks use dry herbs, some old enough to be in those small metal tins! If that sounds familiar (and you know who you are) then this tip is for you!

It's time to move past the quick and easy and try some fresh herbs. This is one thing that can separate you from good cooking. With few exceptions (i.e. oregano) there is a world of difference between fresh and dry.

Start simple, trying a different bunch of fresh herbs every other trip to the market. Start with some rosemary. Find a recipe you like that uses rosemary and give it a go. Learn what you can do with rosemary... what dishes that might benefit from good fresh rosemary. Don't know any? OK... I've got one for you!

Make rosemary roasted potatoes:

- Get some red potatoes. You don't even need to peel them. Just wash off any dirt and dry them.
 - Quarter the potatoes with a knife.
 - Put the pieces in a plastic bag, drizzle in some extra virgin olive oil, puff in some air to inflate the bag, and give them a good shake to coat the pieces evenly.
 - Spill the coated pieces into a roasting pan lined with foil to make cleanup easy.
 - Now, chop a few sprigs of rosemary. Just "pull backwards against the grain" to remove the leaves from the stalk. Chop them as you would anything else with a rocking chef's knife.
 - Sprinkle the spuds with chopped rosemary and kosher salt.
 - Roast the spuds with other vegetables in a 400~450°F oven until done, about 45~55 minutes.
- Next time try some thyme. Find a recipe that uses thyme and give it a try.
Third time try tarragon. You get the idea!

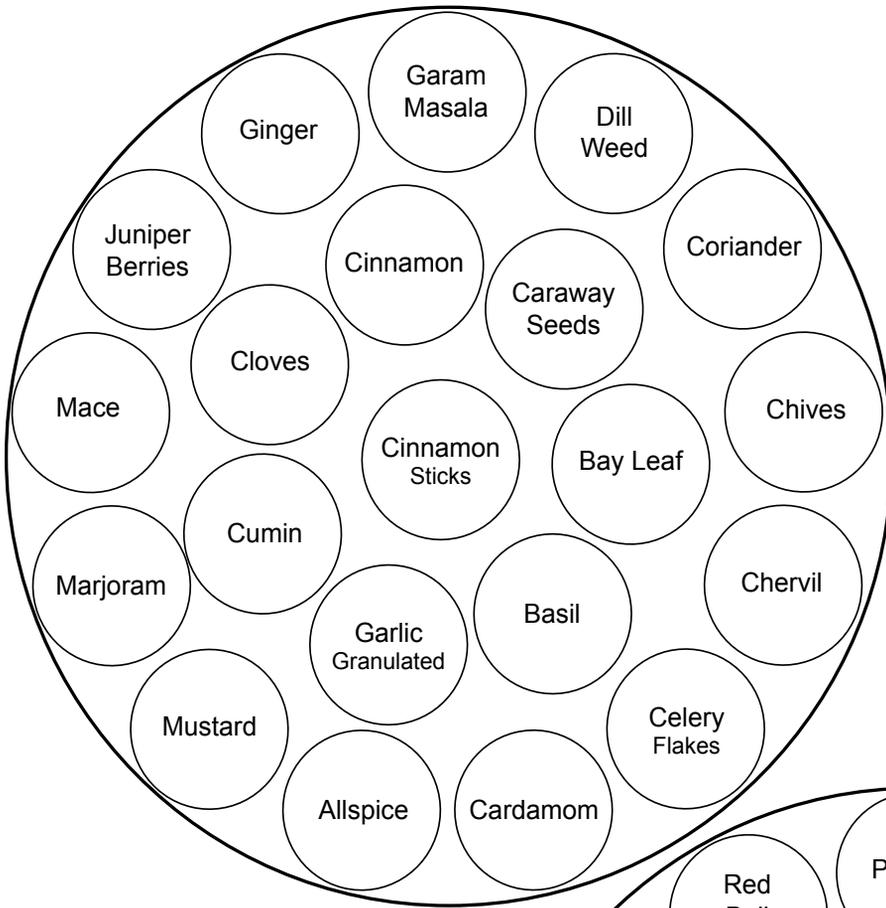
• As soon as possible when Spring arrives, plant some herbs in your garden. You can even grow them in pots. Either way, it's great to be able to fetch a snip or two when you want to add some flavor to a dish. If you're not a gardener, try asking your spouse to grow them for you; that's what I did!

ORGANIZE YOUR SPICE RACK

- My spice rack is part of my "mise en place" so I want to be able to find what I need quickly and easily.
- I like turntables (lazy susans) for herbs and spices. I have 2 of these rotating racks which hold 13 short jars around the outside perimeter and 7 tall jars around the inside plus 1 jar in the center. With this arrangement I can easily see all the jar labels (except the center jar) when I spin the racks.
- I recommend organizing your rack alphabetically to make it easy to what you need. You could have separate racks for cooking (mostly herbs) and baking (mostly spices) if you want, but I don't.
- Make a list of what you need. I created the diagrams on the next page to help determine which herbs and spices should be short and tall so I could buy the right sizes with short jars for less-used items.
- If your jars don't have expiration dates, put stickers on the bottoms of the jars or write the month and year purchased on the labels. This will help you determine when to replace them next time around.
- I have a third turntable for liquid condiments: extra virgin olive oil, toasted sesame oil, balsamic vinegar, liquid hickory smoke flavoring, Tabasco, Worcestershire, brandy, sherry, vermouth, rum, etc.

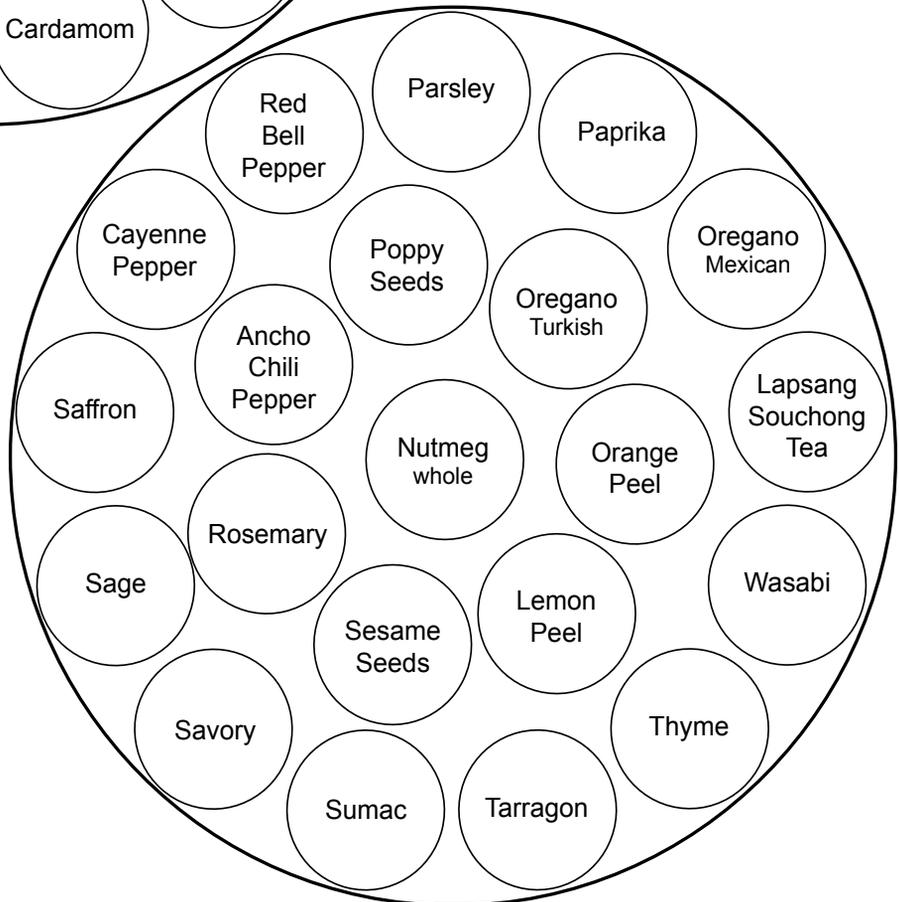
SPICE RACK TURNTABLES

short jars outside - tall jars inside



"Lazy Susan" Turntables:
Source: Rubbermaid
Model: 2936
Material: Plastic
Outside Diameter: 10½ inches
Inside Diameter: 10¼ inches

Spice Jars:
Source: Penzeys
Jar Material: Glass
Lid Material: Plastic
Jar Diameter: 2 inches
Outer: ¼-cup, 2¼ inches tall
Inner: ½-cup, 4¼ inches tall



WEIGHTS OF INGREDIENTS

in grams

	1 C	$\frac{3}{4}$ C	$\frac{2}{3}$ C	$\frac{1}{2}$ C	$\frac{1}{3}$ C	$\frac{1}{4}$ C	TBS	tsp
Baking Powder/Soda	221	166	147	111	74	55	13.8	4.6
Butter	226	170	151	113	75	57	14.1	4.7
Chocolate Chips	170	128	113	85	57	43	10.6	3.5
Cocoa Powder	86	65	57	43	29	22	5.4	1.8
Coconut, shredded	71	53	47	36	24	18	4.4	1.5
Corn Syrup, dark	328	246	219	164	109	82	20.5	6.8
Corn Syrup, light	341	256	227	171	114	85	21.3	7.1
Cornmeal, coarse	130	98	87	65	43	33	8.1	2.7
Cream, heavy/sour	232	174	155	116	77	58	14.5	4.8
Flour, all-purpose	120	90	80	60	40	30	7.5	2.5
Honey	340	255	227	170	113	85	21.3	7.1
Lard	205	154	137	103	68	51	12.8	4.3
Maple Syrup	315	236	210	158	105	79	19.7	6.6
Milk, instant dry	69	52	46	35	23	17	4.3	1.4
Milk, whole	244	183	163	122	81	61	15.3	5.1
Molasses	337	253	225	169	112	84	21.1	7.0
Oats, flour	104	78	69	52	35	26	6.5	2.2
Oats, rolled	80	60	53	40	27	20	5.0	1.7
Oil, vegetable	224	168	149	112	75	56	14.0	4.7
Potato, instant flakes	66	50	44	33	22	17	4.1	1.4
Raisins, packed	160	120	107	80	53	40	10.0	3.3
Raisins, unpacked	144	108	96	72	48	36	9.0	3.0
Salt, DC kosher	160	120	107	80	53	40	10.0	3.3
Salt, table	314	236	209	157	105	79	19.6	6.5
Semolina	168	126	112	84	56	42	10.5	3.5
Shortening, vegetable	205	154	137	103	68	51	12.8	4.3
Sugar, confectioners	115	86	77	58	38	29	7.2	2.4
Sugar, dark brown packed	238	179	159	119	79	60	14.9	5.0
Sugar, granulated	200	150	133	100	67	50	12.5	4.2
Sugar, light brown packed	218	164	145	109	73	55	13.6	4.5
Vanilla Extract	208	156	139	104	69	52	13.0	4.3
Water	236	177	157	118	79	59	14.8	4.9
Yeast, instant	150	113	100	75	50	38	9.4	3.1
Yogurt	245	184	163	123	82	61	15.3	5.1
Large Egg no shell	50	each						
Large Egg Yolk	19	each						
Large Egg White	30	each						

WEIGHTS OF INGREDIENTS

in ounces

	1 C	$\frac{3}{4}$ C	$\frac{2}{3}$ C	$\frac{1}{2}$ C	$\frac{1}{3}$ C	$\frac{1}{4}$ C	TBS	tsp
Baking Powder/Soda	7.8	5.8	5.2	3.9	2.6	1.9	0.5	0.2
Butter	8.0	6.0	5.3	4.0	2.7	2.0	0.5	0.2
Chocolate Chips	6.0	4.5	4.0	3.0	2.0	1.5	0.4	0.1
Cocoa Powder	3.0	2.3	2.0	1.5	1.0	0.8	0.2	0.1
Coconut, shredded	2.5	1.9	1.7	1.3	0.8	0.6	0.2	0.1
Corn Syrup, dark	11.6	8.7	7.7	5.8	3.9	2.9	0.7	0.2
Corn Syrup, light	12.0	9.0	8.0	6.0	4.0	3.0	0.8	0.3
Cornmeal, coarse	4.6	3.4	3.1	2.3	1.5	1.1	0.3	0.1
Cream, heavy/sour	8.2	6.1	5.5	4.1	2.7	2.0	0.5	0.2
Flour, all-purpose	4.2	3.2	2.8	2.1	1.4	1.1	0.3	0.1
Honey	12.0	9.0	8.0	6.0	4.0	3.0	0.7	0.2
Lard	7.2	5.4	4.8	3.6	2.4	1.8	0.5	0.2
Maple Syrup	11.1	8.3	7.4	5.6	3.7	2.8	0.7	0.2
Milk, instant dry	2.4	1.8	1.6	1.2	0.8	0.6	0.2	0.1
Milk, whole	8.6	6.5	5.7	4.3	2.9	2.2	0.5	0.2
Molasses	11.9	8.9	7.9	5.9	4.0	3.0	0.7	0.2
Oats, flour	3.7	2.8	2.4	1.8	1.2	0.9	0.2	0.1
Oats, rolled	2.8	2.1	1.9	1.4	0.9	0.7	0.2	0.1
Oil, vegetable	7.9	5.9	5.3	4.0	2.6	2.0	0.5	0.2
Potato, instant flakes	2.3	1.7	1.6	1.2	0.8	0.6	0.1	0.0
Raisins, packed	5.6	4.2	3.8	2.8	1.9	1.4	0.4	0.1
Raisins, unpacked	5.1	3.8	3.4	2.5	1.7	1.3	0.3	0.1
Salt, DC kosher	5.6	4.2	3.8	2.8	1.9	1.4	0.4	0.1
Salt, table	11.1	8.3	7.4	5.5	3.7	2.8	0.7	0.2
Semolina	5.9	4.4	4.0	3.0	2.0	1.5	0.4	0.1
Shortening, vegetable	7.2	5.4	4.8	3.6	2.4	1.8	0.5	0.2
Sugar, confectioners	4.1	3.0	2.7	2.0	1.4	1.0	0.3	0.1
Sugar, dark brown packed	8.4	6.3	5.6	4.2	2.8	2.1	0.5	0.2
Sugar, granulated	7.1	5.3	4.7	3.5	2.4	1.8	0.4	0.1
Sugar, light brown packed	7.7	5.8	5.1	3.8	2.6	1.9	0.5	0.2
Vanilla Extract	7.3	5.5	4.9	3.7	2.4	1.8	0.5	0.2
Water	8.3	6.2	5.5	4.2	2.8	2.1	0.5	0.2
Yeast, instant	5.3	4.0	3.5	2.6	1.8	1.3	0.3	0.1
Yogurt	8.6	6.5	5.8	4.3	2.9	2.2	0.5	0.2
Large Egg no shell	1.8	each						
Large Egg Yolk	0.7	each						
Large Egg White	1.1	each						

ABOUT THE AUTHOR

"Many chefs show you the hardest way to prepare a dish.
I teach you the easiest... so you will try it yourself!"
- Don

Don Dickey studied bread making with award-winning baker Michael Jubinsky of Stone Turtle Baking and Cooking School. He has also studied Chinese, French, Italian, Japanese, and Mexican cuisines as well as taken advanced courses in puff pastry and international wines.

Don has been teaching culinary arts in the Greater Hartford area for 35 years. His students currently number over 3,000 and the roster grows every semester.

Don also runs Party to Cook, a company he founded to combine culinary instruction and fun in party format for both adults and children. Career highlights include baking bread for the great Julia Child and her husband and making bread tips shows for WHC-TV.

For more information please visit: www.AtTheStove.com



What Students Are Saying

"Don's enthusiasm is contagious. Class activities were always well thought out. You won't believe how much you will learn!" - Harry, Bloomfield, CT

"This class is just what I've been looking for - practical tips and hands-on lessons for recipes that I can actually cook and everyday food that my family will eat!" - Angela, West Hartford, CT

"Like me, if you have been disappointed with attempting things on your own, then get professional help! Don was most helpful and made my first cooking class memorable. Thank you." - Margaret, Cromwell, CT

"You are a top-notch instructor and your love of the subject is evident." - Barbara, Cromwell, CT

"My husband, Hank, took your class and I have really enjoyed all the meals he has prepared. I don't think I have cooked a meal since the course started. I know he enjoyed the classes. And I thank you for turning my husband into a great cook. We really have fun and enjoy our meals." - Donna, West Hartford, CT

"Don, your enthusiasm for food and cooking is infectious. I couldn't wait to get home and try the recipe on my own. I made a batch last night and they are a big hit. I can't wait to venture out with some more recipes." - Louise, Berlin, CT



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