

# The 'B' Ark Cookbook

Brett Kosinski

# Contents

<b>The ‘B’ Ark Cookbook</b>	<b>4</b>
<b>Bread</b>	<b>5</b>
Chipotle Gouda Cornbread . . . . .	5
Drop Biscuits . . . . .	7
Flax Bread . . . . .	8
Flour Tortillas . . . . .	9
Hamburger Buns . . . . .	10
Irish Soda Bread . . . . .	12
Light Rye Bread . . . . .	13
Naan . . . . .	14
New Whole Wheat Bread . . . . .	15
Whole Wheat Bread . . . . .	17
<b>Deserts</b>	<b>18</b>
Butter Tart Filling . . . . .	18
Pie Crust . . . . .	20
Pumpkin Pie Filling . . . . .	21
<b>Meals</b>	<b>22</b>
7 Layer Casserole . . . . .	22
Beef Stew . . . . .	23
Blintzes . . . . .	24
Borscht . . . . .	25
Breaded Pork Chops . . . . .	27
Cabbage Rolls . . . . .	29
Cheesy Beef Noodle . . . . .	31
Chicken with Stuffing . . . . .	32
Chili . . . . .	34
Glazed Ham . . . . .	36
Lemon Grilled Chicken . . . . .	37
Hamburger Soup . . . . .	38
Jambalaya . . . . .	39
Linguine with Chicken in Peanut Sauce . . . . .	40

CONTENTS

3

No Peek Chicken . . . . .	41
Penne a la Vodka . . . . .	42
Pierogis . . . . .	43
Risotto, Basic Version . . . . .	44
Risotto, Mushroom . . . . .	46
Sausage with Lentils . . . . .	48
Split Pea Soup . . . . .	49

**Miscellaneous 50**

Alfredo Sauce . . . . .	50
Apple Sauce . . . . .	51
Balsamic Vinaigrette . . . . .	52
Caesar Salad Dressing . . . . .	53
Guacamole . . . . .	54
Lenore's Sweet and Sour Sauce . . . . .	55
Mushroom Tarts . . . . .	56
Tim's Basic Beef Jerky . . . . .	57

**Pickles and Preserves 58**

Classic Dill Pickles . . . . .	58
Fermented Dill Pickles . . . . .	59
Fermented Vegetable Brine . . . . .	61
Pickled Cherry Tomatoes . . . . .	62
Quick Sour Pickle Brine . . . . .	63
Quick Sweet and Sour Pickle Brine . . . . .	64

**Side Dishes 65**

Black Beans and Rice . . . . .	65
Scalloped Potatoes . . . . .	66
Tangy Coleslaw . . . . .	67

# The 'B' Ark Cookbook

# Bread

## Chipotle Gouda Cornbread

From: <http://www.thefreshloaf.com/node/12310/chipotle-gouda-cornbread>

### Ingredients

---

Amt	Ingredient
5 oz	AP Flour
5 oz	Corn meal
1 1/2 oz	Sugar
1/2 oz	Baking powder;
1/2 tsp	Dry chipotle powder
3/4 oz	Non-fat dry milk
4 oz	Gouda, shredded
1	Egg, beaten
9 oz	Buttermilk
1/2 oz	Honey
6 oz	Butter, melted

---

### Instructions

1. Heat oven to 350F and spray a 12-cup muffin pan with non-stick spray.
2. In large bowl, combine flour, corn meal, sugar, baking powder, dry milk, and spices. Mix, then add cheese and combine.
3. In separate bowl, mix egg, milk, honey, and butter.
4. Add liquids to wet in dry ingredients, then fold under dry ingredients are moist. Don't over-mix.

5. Scoop into muffin pan, filling each cup half way.
6. Bake 18-20 minutes, then cool 3 minutes before turning out and serving.

## Drop Biscuits

### Ingredients

---

Amt	Ingredient
2 C	All-purpose flour
2 t	Baking powder
1/2 t	Baking soda
1 t	Sugar
3/4 t	Salt
1 C	Buttermilk
8 T	Unsalted butter, melted and room temperature

---

### Instructions

1. Pour butter into buttermilk and whisk.
2. Combine ingredients and mix until combined.
3. Spray 1/4C measuring cup with oil and use to scoop dough and drop into a parchment-lined baking sheet.
4. Bake at 475F for 12-14 minutes.

## Flax Bread

### Ingredients

#### Poolish

---

Amt	Ingredient
125 g	White flour
125 g	Brown flour
310 g	Water
1/4 t	Yeast

---

#### Final dough

---

Amt	Ingredient
80 g	White flour
476 g	Brown flour
30 g	Flax meal
8 g	Vital wheat gluten
1 t	Salt
1 t	Yeast
1/2 T	Sugar
1 1/2 T	Molasses
180 g	Water
1/2 C	Vegetable oil
1	Poolish

---

Bake 30 minutes at 350F.



## Flour Tortillas

### Ingredients

---

Amt	Ingredient
300g	Flour
1/2 t	Baking Powder
3/8 t	Salt
2 T	Oil
180g	Warm water

---

### Instructions

1. Combine all ingredients into a dough.
2. Allow to rest for 30 minutes.
3. Cut into 8 balls (50-60g each).
4. Roll each ball to 1/4" thickness and cook on a griddle.

## Hamburger Buns

Dough is a straight, enriched, standard hydration dough.

### Ingredients

#### Same Day Version

---

Amt	Ingredient
650g	AP Flour
260g	Water
200g	Milk
30g	Olive oil
13g	Salt
7g	Yeast

---

#### Polish Version

##### Polish

---

Amt	Ingredient
200g	AP Flour
200g	Water
1/8t	Yeast

---

#### Final Dough

---

Amt	Ingredient
450g	AP Flour
60g	Water
200g	Milk
30g	Olive oil
13g	Salt

---

## **Instructions**

### **Shaping**

1. Split dough into 160g pieces and let rest for 5 minutes (try not to degas too much).
2. Form each piece into a boule and place on a sheet with some room between.
3. Proof until approximately double.

### **Pre-bake Preparation**

1. Brush top of each bun with milk (add optional sesame seeds at this time).
2. Press buns down to flatten them a little.

### **Baking**

Bake at 450F for 15 minutes until internal temp reaches 195F. Allow to cool.

## Irish Soda Bread

### Ingredients

---

Amt	Ingredient
3 C	All-purpose flour
1 C	Cake flour
1 1/2 t	Baking soda
1 1/2 t	Cream of tartar
1 1/2 t	Salt
2 t	Sugar
2 T	Soft butter
1 3/4 C	Buttermilk

---

### Instructions

1. Work butter into flour with hands.
2. Combined rest of ingredients and mix until hydrated.
3. Press into loaf on parchment paper.
4. Bake at 400F for 40 minutes.
5. Butter top and cool 30 minutes.

## Light Rye Bread

### Ingredients

#### Polish

---

Amt	Ingredient
125 g	White flour
125 g	Brown flour
1/4 t	Yeast
310 g	Water

---

#### Final dough

---

Amt	Ingredient
80 g	White flour
140 g	Rye flour
366 g	Whole wheat flour
1 t	Salt
10 g	Vital wheat gluten
1 t	Yeast
1 T	Sugar
1 T	Molasses
180 g	Water
1/2 C	Vegetable oil

---

### Instructions

Bake 30 minutes at 350F.

## Naan

### Ingredients

---

Amt	Ingredient
325 g	Flour
1 t	Salt
1 t	Yeast
1 t	Sugar
pinch	Baking soda
170 g	Water
2 T	Vegetable oil
2 1/2 T	Yogurt

---

### Instructions

1. Combine all ingredients and kneed until smooth.
2. Rise 3-4 hours.
3. Roll 1/4" thick and bake in the hottest oven possible.

## New Whole Wheat Bread

### Ingredients

#### Formula

Amt	Ingredient
600g	Whole wheat flour
400g	AP flour
1 1/2 t	Salt
1 1/2 t	Yeast
1 T	Molassas
1 T	Sugar
375g	Water
325g	Milk
3/4 C	Vegetable oil

#### Poolish Formula

Amt	Ingredient
300g	Whole wheat flour
375g	Water
1/4 t	Yeast

#### Final Dough

Amt	Ingredient
300g	Whole wheat flour
400g	AP flour
1 1/2 t	Salt
1 t	Yeast
325g	Milk
1 T	Molassas
1 T	Sugar
3/4 C	Vegetable oil

*BREAD*

16

Amt	Ingredient
-----	------------



## Whole Wheat Bread

### Ingredients

---

Amt	Ingredient
200 g	White flour
630 g	Brown flour
8 g	Vital wheat gluten
1 t	Salt
1 t	Yeast
1 T	Molasses
550 g	Water
1/2 C	Vegetable oil

---

Bake 30 minutes at 350F.

# Deserts

## Butter Tart Filling

### Ingredients

Amt	Ingredient
1/2 C	Butter, melted
1 C	Brown sugar
1 C	Corn syrup
3 eggs	Beaten
1 pn	Salt
1 1/2 t	Vanilla
1 t	Nutmeg

### Instructions

#### Initial preparation

1. Place raisings in hot water and let sit until plumped.

#### Filling

1. In medium sauce pan, melt butter over medium heat.
2. Add sugar and corn syrup, and heat, whisking continuously, until well combined.
3. Temper eggs with two or three scoops of the hot butter/sugar mixture.
4. Whisking continuously, slowly pour tempered eggs into butter/sugar mixture.
5. Add salt, vanilla, and nutmeg and whisk until combined.

**Tarts**

1. To each shell, add 6-10 raisins.
2. *Half-fill* tart shells with filling.
3. Back at 375F for 20 minutes.

**Variations**

Replace 1C corn syrup with 3/4C corn syrup, 1/4C molasses (or some other ratio).

Replace raisins with roasted pecans.

## Pie Crust

### Ingredients

---

Amt	Ingredient
12.5 oz	Flour, chilled
1 t	Salt
2 T	Sugar
170 g	Butter
100 g	Shortening
1/4 C	Vodka
1/4 C	Ice water

---

### Instructions

1. With a food processor, process 7.5 oz flour, salt, and sugar until combine (2 1-second pulses).
2. Add butter and shortening, and process until texture resembles cottage cheese (15 seconds).
3. Add remaining flour and pulse until evenly distributed and mass is broken up (4-6 quick pulses).
4. Transfer mixture to bowl, add vodka and water, and mix until hydrated.
5. Divide dough, press into two flat disks, wrap in plastic, and chill for at least 30 minutes, preferably 60 minutes or more.

## Pumpkin Pie Filling

### Ingredients

---

Amt	Ingredient
2 C	Plain pumpkin puree
1 C	Packed dark brown sugar
2 t	Ground ginger
2 t	Ground cinnamon
1 t	Grated nutmeg
1/4 t	Ground clove
1/2 t	Salt
2/3 C	Heavy cream
2/3 C	Milk
4	Large eggs

---

### Instructions

1. Process pumpkin, brown sugar, ginger, cinnamon, nutmeg, cloves, and salt in food processor for 1 minute.
2. Transfer to saucepan and bring to sputtering simmer over medium-high heat.
3. Cook, stirring constantly until thick and shiny, about 5 minutes.
4. When ready to fill, whisk in heavy cream and milk, and bring to bare simmer.
5. Add eggs to food processor and mix until whites and yolks combine.
6. With motor running, slowly ladle in half of pumpkin mixture.
7. Stop machine, scrape in remaining mixture into bowl, and process for 30 seconds.
8. Fill pie shell immediately, and bake for 25 minutes, until the filling is cracked around the edges and wiggles in the middle.
9. Cool for 1 hour.

# Meals

## 7 Layer Casserole

### Ingredients

---

Amt	Ingredient
1 pkg	Pork sausages ( <i>not</i> maple!)
2-3	Potatos, sliced
1 C	Onion, sliced
1 C	Minute rice
1 C	Carrots, finely grated
1 can	Tomato soup
1 can	Water
1 C	Peas

---

### Instructions

1. Layer as follows: potatos, onions, rice, carrots.
2. Add 2/3 of soup and water.
3. Bake 45 minutes at 350F.
4. Meanwhile, brown sausages.
5. Remove from oven, add peas, sausages, and rest of soup.
6. Bake until peas and sausages are warmed through.

## Beef Stew

### Ingredients

Amt	Ingredient
1 3/4 lb	Chuck, or round, cubed
1/3 C	Flour
1/4 t	Pepper
1/2 t	Salt
3 T	Oil
1/2	Onion, chopped
1 clove	Garlic, minced <sup>8</sup>
2 3/4 C	Boiling water
28 oz	Tomatoes, canned
1/2 t	Salt
1/2 t	Worcestershire
1 pn	Basil
1 pn	Thyme
2	Bay leaf
4	Medium potatoes, quartered
2	Onions, quartered
1 lb	Carrots, 2 inch pieces

### Instructions

1. Combine flour, pepper, and salt in bag.
2. Add meat and shake til coated.
3. Heat oil in Dutch oven. Brown meat on all sides.
4. Add onion, garlic, water, tomatoes, salt, and worcestershire.
5. Cover, reduce heat To low and simmer 2 hours, until meat begins to get tender.
6. Add potatoes, onions, and carrots.
7. Cook 30-45 mins, until vegetables are done.

## Blintzes

### Ingredients

#### Batter

---

Amt	Ingredient
2 C	Flour
3	Eggs
2 C	Buttermilk
1 C	Cold water
1 t	Salt

---

#### Cottage Cheese Filling

---

Amt	Ingredient
500 mL	Cottage cheese
pinch	Salt and pepper
1	Egg, beaten
2 T	Sugar

---

#### Apple Filling

---

Amt	Ingredient
4-5	Peeled, sliced apples
1 t	Water
3 T	Brown sugar

---



## Borscht

I originally got this recipe from my mom who got it from her dad, so it comes with a little bit of history. Since then, as is tradition with all borscht, I've made my own changes, including a searing step for the meat to deepen the umami flavours, slow cooking the onions, and, most recently, adding some dill to the finishing step, which I think adds a really nice additional dimension to the whole thing.

Of course, all Borscht is different, so experiment with this!

I recently tried replacing half the stewing beef with two pounds of beef rib that I seared before cooking. After skimming off a truly astounding amount of fat off the top of the soup (I probably should've trimmed the ribs and rendered more of the fat out by searing it on the grill), it came out exceptionally tender and delicious.

I've also experimented with adding a few quartered and sliced potatoes to the soup, which can be a nice addition. Just make sure you put them in early enough that they cook through, but not so early that they turn mushy (I'd estimate that took about 45 minutes the last time I tried this).

My next experiment will probably be to add a little of my own dill pickle brine to replace some of the vinegar and dill and add some garlicky goodness.

## Ingredients

Amt	Ingredient
2 T	Olive oil
8 C	Water
1 T	Salt
1	Bay leaf
4	Medium beets, quartered and sliced
3	Medium carrots, sliced
2	Small onions, quartered and sliced
1	Small cabbage <sup>1</sup> , sliced into short 1/4" pieces
2 lbs	Stew meat
1 can	Tomato paste
1	Medium beet, shredded
4 T	Vinegar
4 T	Sugar

Amt	Ingredient
1 Handful	Fresh dill, chopped

## Instructions

1. Cut stew meat into bite-sized pieces.
2. In a stock pot, pre-heat 1 T of olive oil over medium-high heat.
3. Brown stew meat in small batches to get a nice sear, then remove and set aside. If you're using stainless steel, you should build up a nice *fonde* in the pan. This is good!
4. Reduce heat to low and add the other 1 T of olive oil to the pot.
5. Add the onions and a pinch of salt.
6. Slow cook the onions for 15-20 minutes while prepping your other vegetables. Make sure to scrape up that *fonde*!
7. Add water, salt, bay leaf, beets, carrots, stew meat (with any juices), and enough cabbage to fill the pot. Note, there should be enough water to cover. If not, add more as needed.
8. Bring to a boil, then reduce to a simmer and cook for 2 hours.
9. Add tomato paste, shredded beet, vinegar, sugar, and dill.
10. Simmer until beet is cooked through.
11. Add additional salt, sugar, and vinegar to taste (we like a strong sweet-and-sour flavour in our household).
12. Serve with a large dollop of sour cream.

---

<sup>1</sup>The original recipe called for four cups of broth but my experience is this recipe easily requires double that. It's possible I'm cooking at too high a temperature and stirring too much, leading to moisture boiling off, but four cups has never gotten the rice even close to *al dente* in my experience.

## Breaded Pork Chops

### Ingredients

#### Brine

Amt	Ingredient
3/4"	Center cup pork chops
4 C	Water
1/4 C	Salt

#### Breading

Amt	Ingredient
6 Slices	White sandwich bread
6 Cloves	Garlic
1/4 t	Salt
1/4 t	Pepper
1	Shallot, minced
2 T	Vegetable oil
2 T	Parmesan cheese, grated
1 t	Fresh thyme

#### Egg wash

Amt	Ingredient
3	Egg whites
3 T	Dijon mustard
6 T	All-purpose flour

### Instructions

#### Breading

1. Make brine and add pork chops, allow to brine for 30 minutes.
2. Cut bread into cubes and add to food processor, then process in 8 1 second

pulses.

3. Toss bread crumbs, garlic, salt, pepper, shallots, and vegetable oil until combined.
4. Spread evenly on a baking sheet and bake in a 350F oven for 15 minutes, until well browned.
5. Allow crumbs to cool, then, add cheese, parsley, and thyme and toss until combined.

**Pork**

1. Pre-heat oven to 425F.
2. Combine egg wash ingredients and whisk until combined.
3. Rinse pork and season with salt and pepper.
4. Bread pork (dip in egg wash, then into bread crumbs).
5. Bake for 20 minutes, until internal temperature reaches 150F.

## Cabbage Rolls

### Ingredients

Amt	Ingredient
1 lbs	Ground pork
1 lbs	Ground beef
1	Onion, finely chopped
1 T	Olive oil
1/2 C	Rice
1/2 C	Water
28 oz	Tomato sauce
1/2	Lemon
dash	Worcestershire sauce
1 sm	Cabbage
pinch	Salt, pepper

### Instructions

#### Prepping the cabbage

1. In a stock pot, place a couple inches of water and bring to a hard simmer.
2. Cut the bottom core out of the cabbage, place in the pot, and cover with a lid.
3. As the leaves steam and soften, remove and let cool.

#### Preparing the filling

This recipe uses partially cooked rice as part of the filling, with the remaining cooking occurring during baking.

1. Partially cook the rice:
  1. Put the rice and water in a saucepan.
  2. Bring to a boil, stir, then reduce to a simmer.
  3. Cook for 7-10 minutes, until water is absorbed.
  4. Remove from heat, fluff with a fork and allow to cool.
2. In a frying pan, heat the olive oil over medium heat. Add onions and fry until translucent. Remove from heat and allow to cool.
3. In a bowl combine pork, beef, onions, rice, 3-4 T of tomato sauce, a squeeze of lemon, a dash of worcestershire sauce, and season with salt and pepper.
4. Mix to combine.

**Preparing the cabbage rolls**

Note, this recipe tends to make enough to fill a 9x13" and a 9x9" pan.

1. In a bowl combine the remaining tomato sauce, a squeeze of lemon, and a dash of worcestershire sauce.
2. In a baking pan pour a small amount of sauce to coat the bottom of the pan.
3. For each leaf of cabbage, using a paring knife, pare away thick portion of stem.
4. Take a handful of filling, compress into a ball, and wrap, and place in the pan.
5. Repeat until the pan is filled.
6. Pour remaining sauce over the cabbage rolls.

**Cooking the cabbage rolls**

1. Pre-heat oven to 375F.
2. Bake until the filling reaches 165F.

## Cheesy Beef Noodle

### Ingredients

---

Amt	Ingredient
1 lb	Ground beef
1	Medium onion, chopped
2	Cloves garlic, minced
1 can	Mushrooms
1 t	Salt
1/4 t	Pepper
1/2 t	Basil
1/2 t	Oregano
1/2 t	Thyme
14 oz	Canned tomato sauce
14 oz	Canned tomatos
8 oz	Cream cheese
1 C	Sour cream
1/4 C	Chopped green onions
8 oz	Medium egg(?) noodles
2 C	Shredded mozzarella cheese
1/2 C	Shredded cheddar cheese
1/4 C	Grated parmesan cheese

---

### Instructions

1. Brown beef with onion and garlic, and drain.
2. Add mushrooms, seasonings, tomato sauce, and tomatos, cover, and simmer for 20 minutes.
3. Beat cream cheese, sour cream, and green onions until smooth (warm cream cheese first to make this easier).
4. Cook noodles until almost tender.
5. In a greased 9x13 baking dish, layer hal of noodles, meat, and cheese mixture, then repeat, and top with shredded cheese.
6. Bake at 350F for 45 minutes.

## Chicken with Stuffing

### Ingredients

Amt	Ingredient
6 slices	White sandwich bread, cut into 1/4" cubes
2 T	Unsalted butter
1	Small leek, cut into 8" slices (~1 C)
1	Small rib celery, chipped fine (~3/4 C)
8 oz	Button mushrooms, cleaned and chopped (~2 1/2 C)
1	Large clove garlic, minced (~1/2 t)
1/2 t	Fresh sage, minced
1/2 t	Fresh thyme, minced
1/4 C	Fresh parsley, minced
1	Large egg
1/2 C + 2 T	Low-sodium chicken broth
1/2 t	Salt
1/2 t	Black pepper, ground

### Instructions

#### Stuffing

1. Adjust oven rack to middle position, and pre-heat to 250F.
2. Spread bread cubes on sheet pan until dried but not browned, about 30 minutes.
3. Heat butter in 12-inch skillet over medium-high heat until foaming subsides.
4. Add leek, celery and mushrooms and cook, stirring occasionally, until vegetables soften, about 4 minutes.
5. Add garlic and fry until vegetables begin to brown, 2 to 3 minutes.
6. Add sage, thyme, and parsley, and cook until fragrant, about 1 minute.
7. Whisk egg, broth, salt, and pepper in large bowl until combined.
8. Add bread cubes and leek/mushroom mixture, toss gently until evenly moistened and combined.

#### Chicken

1. Butterfly chicken.
2. Loosen skin on breast and legs, and insert butter and some of the remaining sage and thyme.



3. Using foil, form a bowl and spray with oil.
4. Place stuffing in bowl, and place into roasting pan.
5. Lay chicken over bowl.
6. Roast at 425? until leg meat registers whatever is safe for chicken. . .

## Chili

I genuinely cannot figure out where I got this chili recipe, but it's fantastic. The one caveat I would note, here, is that if you use hot Chorizo, you might want to skip the Cayenne (or vice versa), as this recipe can go from zero to nuclear hot pretty easily.

### Ingredients

Amt	Ingredient
2 t	Vegetable oil
2	Onions, chopped
3	Cloves garlic, minced
32 oz	Fresh/uncooked Chorizo sausage
12 oz	Beef sirloin, cubed
1 can	Guinness
1 C	Strong coffee
28 oz	Canned diced tomatoes
1 can	Tomato paste
1 can	Beef broth
1/4 C	Brown sugar
3 1/2 T	Chili sauce
3 T	Chili powder
2 T	Cumin
1 T	Cocoa
1 t	Oregano
1 1/2 t	Cayenne pepper (optional)
1 t	Coriander
1 t	Salt
4 cans	Chili beans (I use have Kidney, half Pinto)

### Instructions

This recipe should be executed in a large stock pot or dutch oven.

1. Remove sausage from casings, chop, brown, drain, and set aside.

2. Heat oil, brown sirloin, and set aside.
3. Fry onions until translucent.
4. Add garlic and fry until fragrant.
5. Return sirloin to pot and add rest of ingredients, *except 2 cans beans*, and simmer 1 1/2 hours.
6. Add remaining cans of beans, and simmer for another 30 minutes.

This chili is best served with a big dollop of sour cream (and some shredded cheddar cheese if you're feeling decadent).

## Glazed Ham

You really can't go wrong with ham, and this recipe is absolutely fantastic. Gently pre-heating the ham in hot water and then warming in the oven low and slow ensures the ham comes out nice and juicy. Make sure to get a bone-in ham and save that bone to make Split Pea Soup!

You'll really want an instant read thermometer for this one, and allow for ample time in case you need to heat the ham longer to hit that target temperature.

### Ingredients

#### Glaze

Amt	Ingredient
3/4 C	Maple Syrup
1/2 C	Orange Marmalade
2 T	Unsalted butter
1 T	Dijon mustard
1 t	Pepper
1/4 t	Cinnamon

### Instructions

#### Ham

1. Place ham, in packaging, in a hot water bath for 45 minutes. Then replace water and bathe for another 45 minutes.
2. Take ham from packaging and place in an oven bag and cook at 250F to 100F, between 1 and 1 1/2 hours.
3. Open bag and push back, then brush with 1/3 of glaze.
4. Put ham back in oven and bake until ham reaches an internal temperature of 120F.

Might want higher serving temp.

#### Glaze

1. Combine all ingredients and reduce to 1C.

## Lemon Grilled Chicken

### Ingredients

Amt	Ingredient
1 t	Dijon mustard
2 T	Lemon juice
6 T	Olive oil
1 T	Minced parsley
1 1/4 t	Sugar
1/4 t	Salt
3/4 t	Pepper
3	Garlic cloves, minced
2 T	Water
4	Boneless, skinless chicken breasts (170 - 225g each)

### Instructions

1. Combine mustard, 1 T lemon juice, 3 T olive oil, parsley, 1/4 t sugar, 1/4 t salt, and 1/4 t pepper in bowl; set aside.
2. Combine 1 T lemon juice, 3 T olive oil, 1 t sugar, 1 1/2 t salt, 1/2 t pepper, garlic, and water, then add marinade and chicken to bag. Marinade in refrigerator 30-60 minutes, flipping every 15 minutes.
3. Heat and clean grill, then turn left burner to high and right burner off.
4. Place chicken on right side of grill and cook until no longer translucent (6-9 minutes).
5. Turn, and grill until internal temperature reaches 140F.
6. Transfer chicken to left side of grill and sear for 1-2 minutes, then turn and sear other side, until center reaches 160F.
7. Rest chicken 5 minutes, then drizzle with sauce and serve.

### Notes

First attempt was overly salty. Cut salt in marinade in half.

## Hamburger Soup

### Ingredients

---

Amt	Ingredient
1 lb	Ground beef
1	Medium onion, chopped
2 cans	Consomme
1 pkg	Onion soup mix
28 oz	Canned tomatoes
3-4	Small potatoes, diced
4	Carrots, sliced
3	Celery stalks, sliced
1 can	Tomato soup
2 C	Water
1	Bay leaf
1/4 C	Pot barley
1/4 t	Thyme
1/4 t	Basil
1 t	Salt
1/2 t	Pepper

---

### Instructions

1. Fry onions until translucent.
2. Brown beef (can be done with onions) and drain.
3. Combine all ingredients in dutch oven or slow cooker.
4. Bring to boil, then reduce to simmer and cook for 3-4 hours.

## Jambalaya

### Ingredients

---

Amt	Ingredient
2 T	Oil, divided
1 T	Cajun seasoning
10 oz	Andouille sausage
1 lb	Boneless, skinless chicken breasts
1	Onion, diced
1	Small green pepper, diced
2	Celery stalks, diced
3 cloves	Garlic, minced
16 oz	Crushed tomatos
1/2 t	Red pepper flakes
1/2 t	Ground black pepper
1 t	Salt
1/2 t	Hot pepper sauce
2 t	Worcestershire sauce
1 1/4 C	White rice
4 C	Chicken broth

---

### Instructions

1. Season sausage with cajun seasoning and brown in 1 T oil, then remove with slotted spoon and set aside.
2. Add rest of oil, then brown chicken and remove with a slotted spoon.
3. In the same pot, saute onion, bell pepper, celery, and garlic until tender.
4. Add crushed tomatos, red pepper, black pepper, salt, hot pepper sauce, and Worcestershire sauce.
5. Add chicken and sausage, then cook for 10 minutes, stirring occasionally.
6. Add rice and chicken broth, bring to a boil, reduce heat, and simmer for 20 to 25 minutes, or until liquid is absorbed.

## Linguine with Chicken in Peanut Sauce

### Ingredients

---

Amt	Ingredient
3	Boneless, skinless chicken breasts, sliced
2 T	Oil
1 C	Chicken stock
2 T	Soy sauce
2 T	Liquid honey
2 T	Corn starch
1/4 C	Peanut butter
2-3	Green onions
1	Red pepper, julienne
500g	Linguine

---

### Instructions

1. Saute chicken in oil until golden.
2. In a saucepan, combine stock, honey, soy sauce, corn starch, and peanut butter, and cook until thickened.
3. Add green onion, peppers, and chicken, and heat through.



## No Peek Chicken

### Ingredients

---

Amt	Ingredient
1 pkg	Skinless chicken thighs
1 can	Cream of chicken soup
3/4 can	Water
1 T	Onion soup mix
1 C	Minute rice

---

### Instructions

1. Combine soup, water, and onion soup mix.
2. Add rice to pan and half of sauce, and stir until blended.
3. Lay chicken over rice, then add remaining sauce.
4. Bake at 350F for 1 hour.

## Penne a la Vodka

### Ingredients

---

Amt	Ingredient
28 oz	Whole tomatoes
1 T	Vegetable oil
1/4 C	Onion, minced
1 T	Tomato paste
2	Cloves garlic, minced
1/2 t	Red pepper flakes
1/2 t	Salt
1/3 C	Vodka
16 oz	Penne noodles
2 T	Fresh basil, chopped
250ml	Cream

---

### Instructions

1. Drain tomatoes, but reserve liquid.
2. Dice tomatoes and top up with juice to reach 2 C.
3. Fry onion and tomato paste in oil for 3 minutes.
4. Add garlic and red pepper flakes, fry until fragrant, about 30 seconds.
5. Add tomatoes, salt, and vodka, and simmer 8-10 minutes.
6. Add cream.
7. Cook noodles until just before al dente.
8. Combine noodles, sauce, and basil, then cover and let stand 10 minutes.

## Pierogis

### Ingredients

#### Dough

---

Amt	Ingredient
4 C	Flour
1 t	Salt
1/4 t	Baking powder
1 C	Warm water
1	Egg, beaten
2 T	Vegetable oil

---

### Instructions

1. Combine ingredients and knead for 8-10 minutes.
2. Allow dough to rest 2 hours before making pierogis.

## Risotto, Basic Version

This recipe itself acts as a base for many risotto variations. So treat this as a blank slate and do whatever you want with it! I myself make a Mushroom Risotto with this recipe as a base and it's out of this world!

Just note, this is *not* what I would think of as a weeknight meal. In my experience, stage two, alone, is a forty-five minute affair, and that's ignoring the prep work. I'd estimate the base recipe, here, takes a solid sixty minutes, and variations add thirty minutes on top of that.

The good news is that the result will easily feed six people, particularly if you pair it with a roll or a nice salad, and it makes excellent leftovers!

### Ingredients

Amt	Ingredient
7-8 C <sup>2</sup>	Stock (chicken, fish, or vegetable as appropriate)
1 T	Olive oil
3	Large shallots (or 2 small onions), finely chopped
1/2 head	Celery, finely chopped (discard tough outer ribs)
2 cloves	Garlic, finely chopped
14 oz	Arborio rice
1/2 C	Dry white vermouth (e.g. dry Martini or Noilly Prat)
5 T	Butter
3 1/2 oz	Freshly grated parmesan cheese

### Instructions

This recipe is described in three stages. In the first stage you build a base of aromatics, lightly fry the rice, and add the vermouth. In the second stage, you ladle in the stock to cook the rice. In the final stage, you add the butter and cheese and make it all gooey!

#### Stage 1

1. Heat the stock in a separate saucepan. You'll want it very lightly simmering.
2. In a stock pot, heat the olive oil over medium heat until shimmering.

---

<sup>2</sup>The original recipe called for four cups of broth but my experience is this recipe easily requires double that. It's possible I'm cooking at too high a temperature and stirring too much, leading to moisture boiling off, but four cups has never gotten the rice even close to al dente in my experience.

3. Add shallot or onions, celery, and a pinch of salt, and sweat for 3 minutes.
4. Add the garlic and cook for 2 minutes.
5. When the vegetables are softened, add the rice.
6. Increase heat to medium high and slowly, continuously stir the rice for 2 to 3 minutes. Note, *you don't want any colour in the rice*, so no browning. If the heat is too high, lower it.
7. Continue stirring and add the vermouth, and cook until the vermouth is absorbed.

### Stage 2

1. Add your first ladle of stock (the original recipe also suggests adding a pinch of salt along the way but I prefer to season at the end).
2. Turn down the heat to a high simmer–medium low to low. We don't want a hard boil as the liquid will boil off before the rice is cooked through.
3. Stir until the stock is mostly absorbed.
4. Repeat steps 1-3 for about 25-30 minutes<sup>3</sup>.
5. Taste the rice. Is it cooked? If not, keep going. You want the rice to be soft but with just a bit of a bite.
6. Check seasoning and salt to taste.

### Stage 3

1. Remove from the heat and add butter and cheese (and make sure to save a little for later to sprinkle on top!) Stir gently.

---

<sup>3</sup>The original recipe stated 15-20 minutes, here, which is wholly inadequate in my experience. Even 25-30 minutes is probably too little, but I've not gotten around to measuring the actual time. Just... be prepared for it to take a while!

## Risotto, Mushroom

This recipe starts with the Basic Risotto Recipe and builds off of it, so you're going to want to familiarize yourself with that recipe before you read through this one.

Note, the great thing about this recipe is that you can really use any kind of mushroom you like. Just make sure not to wash them, as they soak up the water (which you don't want)! Gently brush off any dirt with a pastry brush or dish towel.

And don't turn up your nose at dried mushrooms, either!

### Ingredients

Amt	Ingredient
1	Basic risotto recipe
9 oz	Fresh mushrooms (one type or a mixture), sliced or torn
3 T	Olive oil
Small handful	Fresh thyme, chopped
1 clove	Garlic, finely chopped
1 handful	Parsley, roughly chopped (optional)
1 pinch	Chili powder
1	Lemon, halved

### Instructions

Note, in this recipe, you'll be searing mushrooms in a very hot pan. You'll want to do this work in 2-3 batches so you don't crowd the pan. You'll also want a very good vent fan as this can produce a bit of smoke. . .

1. In a hot pan<sup>4</sup>, heat one tablespoon of olive oil until just smoking.
2. Add mushrooms and some of the thyme.
3. Cook for 1 minute, toss, then add some garlic and a pinch of salt.
4. Cook for another minute or two until softened and browning.
5. Add parsley, small pinch of chili powder, squeeze of lemon, and some fresh cracked pepper.
6. Toss, season to taste.
7. Let cool, then chop *half* of the cooked mushrooms.

<sup>4</sup>I strongly recommend cast iron or stainless steel for this, as operating a non-stick pan at very hot temperatures is bad for the pan and results in dangerous fumes that can injure or kill household pets.

8. At basic recipe stage 2 (after the vermouth has been added, before adding the first ladle of stock), add the chopped mushrooms.
9. Add the remainder at stage 3.

## Sausage with Lentils

### Ingredients

Amt	Ingredient
60 g	Pancetta, cut into 1/2 inch pieces
1	Small onion, chopped fine
2	Carrots, peeled and chopped fine
3 cloves	Garlic, sliced thin
1 T	Fresh rosemary, minced
1 T	Tomato paste
3 C	Chicken broth
1 C	Dried brown lentils, rinsed and picked over
1	Bay leaf
1 lb	Sweet italian sausage
1/2 C	Fresh basil (optional)

### Instructions

1. Cook pancetta in 12-inch skillet over medium heat until fat is rendered and pancetta is crispy, about 6 minutes.
2. Add onion, carrots, garlic, and rosemary, and cook until vegetables have softened, about 4 minutes.
3. Stir in tomato paste and cook for 30 seconds.
4. Stir in broth, lentils, and bay leaf, scraping up the fond.
5. Nestle sausage into lentils and bring to a boil.
6. Reduce heat to medium-low, cover, and simmer until lentils are tender and sausage registers at least 160 degrees, about 40 minutes.
7. Remove lid and continue cooking to reduce liquid to preferred consistency (a little broth is nice, though!)
8. Remove skillet from heat and transfer sausage to cutting board.
9. Stir in basil and season with salt and pepper to taste.
10. Transfer sausage to carving board and cut into 1 inch slices along the bias.
11. Place sausage on top of lentils and serve.



## Split Pea Soup

This is hands down one of my favourite soups to make. The ingredients are cheap and readily available, the effort is fairly low, and the result is delicious and filling! And it's the perfect way to use the bone after you've made Glazed Ham.

The only downside to this recipe is the wallclock time required. The full recipe takes two to two and a half hours to put together, but most of that time is spent letting the soup bubble away doing its thing. If, like me, you're fortunate enough to be able to work from home, this is pretty doable as a weekday meal. If not, you'll probably want to save this for the weekend.

### Ingredients

---

Amt	Ingredient
1	Small ham hock or ham bone
2 C	green split peas, rinsed and picked over
8 C	Cold water
1	Large carrot, diced
1	Large celery rib, diced
1	Medium onion, minced
2 cloves	Garlic, minced
Small handful	Fresh thyme sprigs

---

### Instructions

1. In a large stock pot combine ham hock or bone, split peas, and cold water.
2. Bring to a boil, reduce heat, and simmer for 1 hour.
3. Stir in carrot, celery, onion, garlic, and thyme.
4. Simmer one more hour.
5. Remove from heat and remove ham hock or bone.
6. Discard bone, skin, and fat; dice the meat and return to soup.
7. Simmer to desired consistency.

# Miscellaneous

## Alfredo Sauce

From: <http://allrecipes.com/recipe/alfredo-sauce-2/>

### Ingredients

---

Amt	Ingredient
2 T	Butter
1/2 C	Cream
1	Clove garlic, minced
3/4 C	Grated parmesan cheese
2 T	Chopped parsely (optional)

---

### Instructions

1. Melt butter in a saucepan over medium-low heat.
2. Add cream and simmer for 5 minutes.
3. Add garlic and cheese and whisk quickly until smooth and heated through.

## Apple Sauce

### Ingredients

---

Amt	Ingredient
4 lbs	Pink lady apples
1/4 C	Sugar
pinch	Salt
1 C	Water

---

### Instructions

1. Combine all ingredients in dutch oven and cook over medium-high heat for 15 minutes.
2. Mill.

## Balsamic Vinaigrette

From (halved): <http://allrecipes.com/recipe/balsamic-vinaigrette/>

### Ingredients

---

Amt	Ingredient
1/4 C	Extra virgin olive oil
1/4 C	Balsamic vinegar
1/2	Clove garlic
1/2 t	Ground mustard
pinch	Salt
pinch	Ground pepper
1/2 t	Honey

---

### Instructions

1. Combine all ingredients.

## Caesar Salad Dressing

From (halved): <http://www.reluctantgourmet.com/caesar.htm>

### Ingredients

---

Amt	Ingredient
1/2	Egg, coddled
1/2 t	Worcestershire sauce
1 1/2 T	Lemon juice
1/2	Clove garlic
pinch	Salt
1/4 t	Ground pepper
2	Anchovies
1/2 t	Dijon mustard
2 T + 2 t	Olive oil

---

### Instructions

1. Cook egg for 45 seconds in boiling water
2. Add ingredients to blender.
3. With blender on, slowly add oil to emulsify.

## Guacamole

From (halved): <http://allrecipes.com/recipe/guacamole/detail.aspx>

### Ingredients

---

Amt	Ingredient
1	Avocado
1/3	Lime, juiced
1/3 t	Salt
2 T + 2 t	Diced onion
1 T	Cilantro, chopped
2/3	Roma tomato, diced
1/3 t	Garlic, minced
pinch	Ground cayenne pepper

---

### Instructions

1. Mash avocado, lime juice, and salt.
2. Add remaining ingredients and stir to combine.
3. Refrigerate for one hour.

## Lenore's Sweet and Sour Sauce

### Ingredients

---

Amt	Ingredient
1 can	Tomato soup
1 C	Brown sugar
1/4 C	Soy sauce
1/4 C	Vinegar
1 can	Water (less?)
some	Pineapple juice

---

## Mushroom Tarts

### Ingredients

Amt	Ingredient
2 T	Flour
1 C	Cream
1 t	Salt
1/4 C	Butter
3 T	Onion, minced
2 cans	Mushrooms
1 t	Lemon juice
pinch	Parsley
	Parmesan cheese
20 slices	Bread

### Instructions

1. Bake bread at 250C for 10 minutes.
2. Sautee mushrooms and onions.
3. Add flour and mix, then gradually add cream. Stir until thickened.
4. Make the tarts.
5. Bake at 350F until bubbling.



## Tim's Basic Beef Jerky

### Ingredients

---

Amt	Ingredient
1 C	Soy sauce
1 C	Worcestershire sauce
1 T	Maggi suace
5 cloves	Garlic (minced)
1 T	Montreal steak spice
1	Meat

---

### Instructions

1. Cut mean into 1/4" slices.
2. Marinate meat for 24 hours, turning over every 8 hours.
3. Lay on racks and top with black pepper.
4. Cook at 150F - 170F for 10 hours with the oven door cracked.

# Pickles and Preserves

## Classic Dill Pickles

Originally from Today.

### Ingredients

---

Amt	Ingredient
4	Pickling cucumbers
4 Cloves	Garlic, peeled and sliced
1	Dill head
1/4 t	Black peppercorns
1	Quick Sour Pickle Brine

---

### Instructions

1. In each jar, layer cucumbers, garlic, and peppercorns.
2. Add dill head.
3. Pour hot brine into jars and close.
4. Allow to cool and then transfer to the refrigerator.
5. Allow to pickle for 24 hours.

## Fermented Dill Pickles

Modified from my Classic Dill Pickles recipe.

I only started fermenting pickles in 2022, and while I still need to dial this recipe in a bit (the last batch didn't have a strong enough hit of dill and could probably use some other ingredients to round out the flavour of the brine), the umami flavours you get in a fermented pickle are delicious and addictive!

Plus, fermenting foods is fun!

### Ingredients

Amt	Ingredient
4	Pickling cucumbers
4 Cloves	Garlic, peeled and sliced
1	Dill head
1/4 t	Black peppercorns
1	Fermented Vegetable Brine

### Equipment

1. Two mason jars
2. Airlock lids
3. Fermentation weights

### Preparation

I tend to ferment pickles in small batches right in the jars rather than the old school method of crocking them.

1. Clean and sterilize mason jars and airlock lids. My preferred method is to wash with soap and water and then boil for 10-15 minutes.
2. Wash and sterilize fermentation weights as per manufacturer instructions (mine are glass so soap and water is sufficient).

### Instructions

1. In each jar, layer cucumbers, garlic, and peppercorns.
2. Add dill head.
3. Place the fermentation weights into the jars on top of the veggies.
4. Pour hot brine into jars leaving a 1/4" of headspace and close with airlock lids.

5. Allow to cool and then transfer to a cool, dark place to ferment. Aim for a location with a stable temperature between 18-22C (which describes my basement).
6. Allow to ferment for 7 days.
7. Replace airlock lid with standard lid and transfer to refrigerator.

At step 5 it's a good idea to taste the pickles to see if they've reached the desired level of sourness. If you prefer more tang, ferment for longer before transferring to the refrigerator.

I'd also check the jars every few days to make sure no garlic has escaped past the fermentation weights, as any exposure of food to the air can result in spoilage.

## Fermented Vegetable Brine

I expect I'll make some adjustments to this, as this results in a ~5% brine that's a little too salty for my taste.

This basic brine was taken from Mastering Fermentation.

For the salt, any straight salt that *excludes* iodine or anti-caking agents is suitable. This would include coarse or fine grained kosher salt, pickling salt, or sea salt. Most recently I got a jar of Himalayan sea salt because it was the only thing I could find and it worked well, aside from imparting a pink colour to the brine and the yeast produced during fermentation.

### Ingredients

---

Amt	Ingredient
2 C	Distilled water
1 1/2 T	Pickling salt or equivalent

---

### Instructions

1. Combine water and salt in a pot and boil until dissolved.

## Pickled Cherry Tomatoes

Every time I've mentioned this recipe to someone, their first reaction "Pickled tomatos? I've never heard of that!" And when they try them they're blown away by how incredibly delicious they are! My first attempt at this recipe was with Candyland currant tomatoes and they're absolutely perfect in this application, producing nice, small, firm, flavourful pickles.

Originally from Spruce Eats.

### Ingredients

---

Amt	Ingredient
1 lb	Cherry/grape/currant tomatoes
4 Cloves	Garlic, peeled and sliced
2	Rosemary sprigs
1 t	Black peppercorns
1/2 t	Red pepper flakes
1	Quick Sweet and Sour Pickle Brine

---

### Instructions

1. Using a skewer or something similar, poke a hole in each tomato so the brine can penetrate the tomato.
2. In each jar, place a rosemary sprig, and layer tomatoes, garlic, peppercorns, and red pepper flakes until jars are filled.
3. (Optional) Place a weight on the top of the tomatoes (e.g. a glass pickling weight).
4. Pour hot bring into jars and close.
5. Allow to cool and then transfer to the refrigerator.
6. Allow to pickle for two days.

## Quick Sour Pickle Brine

### Ingredients

---

Amt	Ingredient
1 1/3 C	White vinegar
2/3 C	Water
1 T	Pickling salt

---

### Instructions

1. Combine ingredients in a pot and boil until salt is dissolved

## Quick Sweet and Sour Pickle Brine

### Ingredients

---

Amt	Ingredient
1 1/3 C	White vinegar
2/3 C	Water
1 1/2 T	Pickling salt
1/3 C	Granulated sugar

---

### Instructions

1. Combine ingredients in a pot and boil until salt and sugar is dissolved



# Side Dishes

## Black Beans and Rice

### Ingredients

Amt	Ingredient
1 tsp	Olive oil
1	Onion, chopped
3 cloves	Garlic
2 tsp	Cumin
1/2 tsp	Coriander
1/2 tsp	Chilli powder
1/4 tsp	Cayene pepper
3/4 cup	Rice
1 can	Black beans
1 can	Corn niblets
1 1/2 C	Stock

### Instructions

1. In a stock pot, heat oil, fry onion until translucent
2. Add garlic, spices, and fry until fragrant
3. Add rice and fry for 2 minutes
4. Add broth, bring to boil, then cover and lower heat for 15 minutes
5. Add black beans and corn, cover, cook for additional 5 minutes
6. Salt to taste

## Scalloped Potatoes

This is hands down one of my favourite side dish recipes, and not just because I have a terrible weakness for potatoes. The thyme and bay leaf add a fantastic depth of flavour, here. Pair this with Glazed Ham for a fantastic holiday meal.

### Ingredients

Amt	Ingredient
2 T	Unsalted butter
1	Medium onion, minced (~1 C)
2	Garlic cloves, minced
1 T	Fresh thyme, chopped
1 1/4 t	Salt
1/4 t	Black pepper
2 1/2 lbs	Russet Potatoes (~5 medium), peeled and sliced, 1/8" thickness
1 C	Low sodium chicken broth
1 C	Heavy cream
2	Bay leaves
4 oz	Cheddar cheese, grated (~1 C)

### Instructions

1. Adjust oven rack to middle position, and pre-heat to 425F.
2. In dutch oven, melt butter over medium-high heat until foaming subsides.
3. Add onion and cook until soft and lightly browned, about 4 minutes.
4. Add garlic, thyme, salt, and pepper, and cook until fragrant, about 30 seconds.
5. Add potatoes, chicken broth, cream, and bay leaves.
6. Cover and simmer over medium-low until potatoes are almost tender.
7. Transfer to greased 8" baking dish.
8. Sprinkle evenly with cheese and bake until cream is bubbling and top is golden brown, about 15 minutes.
9. Cool 10 minutes before serving.

## **Tangy Coleslaw**

### **Ingredients**

---

Amt	Ingredient
1	Small head cabbage
1/4 C	Cider vinegar
1/4 C	Mayonnaise
1 T	Sugar
1/2 T	Black pepper
1 t	Salt

---

### **Instructions**

1. Slice cabbage.
2. Mix remaining ingredients.
3. Add cabbage and toss.