

The 'B' Ark Cookbook

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The 'B' Ark Cookbook

Bread Recipes

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 RECIPES

Amt	Ingredient
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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.

Desert Recipes

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. Bake 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.

Fondue Recipes

Boston Lager Cheese Fondue

From: <http://www.wkyc.com/news/article/212558/268/The-Melting-Pot-Boston-Lager-Cheddar-Cheese-Fondue-102811->

Ingredients

Amt	Ingredient
4 oz	Sam Adams Boston Lager
1 t	Bacon, onion, and dijon mustard mixture
3 shakes	Tabasco sauce
pinch	Fresh ground pepper
5 oz	Cheddar cheese

Instructions

1. Add beer to pot and heat.
2. Add half cheese and other ingredients.
3. Stir until melting, then add remaining cheese.

Mojo Broth

From: <http://www.food.com/recipe/the-melting-pot-mojo-fondue-broth-372114>

Ingredients

Amt	Ingredient
5 1/4 C	Vegetable or chicken broth
1/4 C	Orange juice, fresh-squeezed
1/4 C	Chopped cilantro
2 T	Cumin
2 T	Jerk seasoning
2 T	Black pepper, cracked
2 T	Lime juice, fresh-squeezed
1 T	Minced garlic

Instructions

1. Combine and boil.

Meal Recipes

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 ⁸
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

Ingredients

Amt	Ingredient
8 C	Water
1 T	Salt
1	Bay leaf
4	Medium beets, quartered and sliced
3	Medium carrots
2	Onions, quartered and sliced
1	Small cabbage, 1/4" sliced
1	Package stew meat
1 can	Tomato paste
1	Beet, shredded
2 T	Vinegar
2 T	Sugar

Instructions

1. Cut stew meat into bite-sized pieces.
2. Brown stew meat.
3. Combine water, salt, bay, beets, onions, cabbage, and stew meat, bring to a boil, and simmer for 2 hours.
4. Add tomato paste, shredded beet, vinegar and sugar.
5. Simmer until beet is cooked through.

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
2 lbs	Ground pork
Some	Minute rice
28 oz	Tomato sauce
1 sm	Cabbage
pinch	Salt, pepper

Instructions

1. Oh, you know already.

Total cost: Approx. \$12.50

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 Tikka

Ingredients

Rub

Amt	Ingredient
4	Chicken Breast
1/2 t	Cumin
1/2 t	Coriander
1/4 t	Cayan Pepper
1 t	Salt

Marinade

Amt	Ingredient
1 C	Yogurt
1 T	Ginger, grated
2	Cloves garlic, minced
2 T	Vegetable oil

Sauce

Amt	Ingredient
1 C	Onion, minced
3 T	Vegetable oil
2	Cloves garlic, minced
2 t	Ginger, grated
1 T	Tomato paste
1 T	Masala
1	Cerano Chili
28 Oz	Crushed Tomatoes
2 t	Sugar
1/2 t	Salt
2/3 C	Cream

Amt	Ingredient
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Instructions

1. Combine rub ingredients and rub on chicken. Let rest for 30 minutes.
2. Combine marinade ingredients and let rest.
3. Fry onion in oil until translucent (8 minutes).
4. Add garlic, ginger, tomato paste, masala, and chilli and fry until fragrant (3 minutes).
5. Add tomatos, sugar, and salt, and allow sauce to simmer for 15 minutes.
6. Coat chicken in yogurt blend, and broil 10-18 minutes, flipping half-way through, until internal temperature reaches 160F.
7. Rest chicken 5 minutes.
8. Cut chicken into 1" cubes and add to sauce.

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

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.

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.

Turkish Pizza

Ingredients

Dough

Amt	Ingredient
500g	White Flour
2 t	Yeast
1 t	Salt
20g	Olive Oil
1 C	Water

Filling

Amt	Ingredient
400g	Beef or lamb, minced
1	Clove garlic, minced
2 t	Coriander, ground
1 t	Cumin, ground
1/2 t	Fennel seeds, ground
1/8 t	Chili flakes
200ml	Canned tomatoes
1 t	Salt
1/2 C	Cooked spinach

Extras

- Pizza sauce
- Chopped fresh tomato
- Parmesan cheese
- Cilantro
- Lemon wedges

Instructions

1. Combine ingredients for dough and let double.
2. Brown meat, add spices and canned tomatos, and salt to taste. Let reduce until thickened, then add spinach.
3. Roll out dough, add sauce, beef mix, chopped tomatos, and cheese. Crimp edges, brush with olive oil, then bake.
4. After, add cilantro and lemon.

Miscellaneous Recipes

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.

Pot Stickers

From: <http://userealbutter.com/2007/10/04/chinese-dumplings-and-potstickers-recipe/>

Recipe, as written, makes about 80 (!) potstickers... might want to dial this back for a simple meal, or freeze extra filling for later use.

Ingredients

Pork Filling

Amt	Ingredient
1 lb	Ground pork
4	Large napa cabbage leaves, minced
3	Stalks green onions, minced
7	Shitake mushrooms, minced
1/2 C	Bamboo shoots, minced
1/4 C	Ginger root, minced
3 T	Soy sauce
2 T	Sesame oil
2 T	Corn starch

Shrimp Filling

Amt	Ingredient
1/2 lb	Raw shrimp, peeled, deveined, and coarsely chopped
1/2 lb	Ground pork
3	Stalks green onions, minced
1/4 C	Ginger root, minced
1 C	Water chestnuts, minced
1 t	Salt
3 T	Sesame oil
2 T	Corn starch

Dough

Amt	Ingredient
4 C	AP Flour
1 C	Warm water

Dipping Sauce

Amt	Ingredient
2 parts	Soy sauce
1 part	Vinegar (red wine or black)
few drops	Sesame oil

Other optional ingredients:

Chili garlic paste Minced ginger Minced garlic Minced green onion Sugar

Instructions

Filling

Combine all filling ingredients in a large mixing bowl and mix thoroughly (I mix by clean hand). Cover and refrigerate until ready to use.

Dough

1. In a large bowl mix flour with 1/4 cup of water and stir until water is absorbed.
2. Continue adding water one teaspoon at a time and mixing thoroughly until dough pulls away from sides of bowl. We want a firm dough that is barely sticky to the touch.
3. Knead the dough about twenty strokes then cover with a damp towel for 15 minutes.
4. Take the dough and form a flattened dome.
5. Cut into strips about 1 1/2 to 2 inches wide. Shape the strips into rounded long cylinders.
6. On a floured surface, cut the strips into 3/4 inch pieces.
7. Press palm down on each piece to form a flat circle (you can shape the corners in with your fingers).
8. With a rolling pin, roll out a circular wrapper from each flat disc. Take care not to roll out too thin or the dumplings will break during cooking. Leave the centers slightly thicker than the edges.

Forming Dumplings

Place a tablespoon of filling in the center of each wrapper and fold the dough in half, pleating the edges along one side (see images above).

Cooking

Boiling Bring a large pot of water to a boil and add dumplings to pot. Boil the dumplings until they float.

Steaming Place dumplings on a single layer of napa cabbage leaves or on a well-greased surface and steam for about 6 minutes.

Pan Frying

1. Place dumplings in a frying pan with 2-3 tbsp of vegetable oil.
2. Heat on high and fry for a few minutes until bottoms are golden.
3. Add 1/2 cup water and cover.
4. Cook until the water has boiled away and then uncover and reduce heat to medium or medium low.
5. Let the dumplings cook for another 2 minutes then remove from heat and serve.

Freezing

1. Assemble dumplings on a baking sheet so they are not touching.
2. Freeze for 20-30 minutes until dumplings are no longer soft.
3. Place in ziploc bag and freeze for up to a couple of months.

Prepare per the above instructions, but allow extra time to ensure the filling is thoroughly cooked.

Serving

Serve dumplings or potstickers hot with your choice of dipping sauce combinations.

Roasted Tomato Salsa

From (halved): <http://allrecipes.com/Recipe/Roasted-Tomato-Salsa-I/Detail.aspx>

Ingredients

Amt	Ingredient
6	Roma tomatoes, halved and cored
2	Cloved garlic, peeled
1/2	Small onion, quartered
1	Jalapeno pepper
1 T	Olive oil
1/2 t	Cumin, ground
1/8 t	Salt
1 T	Lime juice
2 T	Cilantro, chopped

Instructions

1. Preheat broiler.
2. In a baking dish, add tomatoes, garlic, onion, and pepper. Drizzle with oil.
3. Broil 5 to 10 minutes until outside of veg is charred.
4. In a food processor, coarsely chop roasted vegetables.
5. Transfer to bowl, add cumin, salt, lime juice, and cilantro.

Tims 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.

Side Dish Recipes

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

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.

Scalloped Potatoes

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	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.

Total Cost: Approx. \$12