



**Baked with
Lingo Love**

Letter from the Editor:

This cookbook is not in any particular order because I simply could not be bothered.

ASIAN LETTUCE WRAPS

Susan

INGREDIENTS

- 16 Boston Bibb or butter lettuce leaves
- 1 pound lean ground beef
- 1 tablespoon cooking oil
- 1 large onion, chopped
- 1/4 cup hoisin sauce
- 2 cloves fresh garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons minced pickled ginger
- 1 dash Asian chile pepper sauce, or to taste (optional)
- 1 (8 ounce) can water chestnuts, drained and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

DIRECTIONS

- Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
- Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes.
- Drain and discard grease; transfer beef to a bowl.
- Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes.
- Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions.
- Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.
- Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.

Make it more healthy:
Substitute the ground beef with chicken, fish, tofu, or beans. Substitute water chestnuts with apple chunks without skin.

[Link](#)

BLACK BEAN SWEET POTATO CHILI

Simone

INGREDIENTS

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large red onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- $\frac{1}{2}$ teaspoon ground chipotle pepper
- $\frac{1}{2}$ teaspoon ground cumin
- 1/4 teaspoon salt
- 3 $\frac{1}{2}$ cups vegetable stock
- 1 15-ounce cans black beans, rinsed
- 1 14.5-ounce can diced tomatoes
- $\frac{1}{2}$ cup dried quinoa
- 4 teaspoons lime juice

DIRECTIONS

- Heat a large heavy bottom pot with the oil over medium high heat.
- Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened.
- Add the garlic, chili powder, chipotle, cumin and salt and stir to combine.
- Add the stock, tomatoes, black beans and quinoa and bring the mixture to a boil. Stir everything to combine.
- Cover the pot and reduce the heat to maintain a gentle simmer.
- Cook for 30-40 minutes until the quinoa is fully cooked and the sweet potatoes are soft and the entire mixture is slightly thick like a chili.
- Add the lime juice and remove the pot from the heat. Season with salt as needed.
- Garnish with avocado, cilantro, crema or cheese before serving.



VEGAN FALAFEL

Alyssa

YIELDS 12 FALAFELS

PREP TIME: 2 HOURS

COOK TIME: 10 MIN

INGREDIENTS

- 1 15-ounce can chickpeas (rinsed, drained and patted dry)
- 1/3 cup chopped fresh parsley
- 4 cloves garlic, minced
- 2 medium shallots (minced)
- 2 Tbsp raw sesame seeds
- 1 1/2 tsp cumin
- 1/4 tsp each sea salt and black pepper
- 3-4 Tbsp all-purpose flour
- 3-4 Tbsp avocado oil for cooking
- 1 healthy pinch each cardamom and coriander (optional)
- Panko bread crumbs for coating (optional)

PROCEDURE

- Add chickpeas, parsley, shallot, garlic, sesame seeds, cumin, salt, pepper (and coriander and cardamom if using) to a food processor or blender and mix/pulse to combine, scraping down sides as needed until thoroughly combined. You're looking for a crumbly dough, not a paste.
- Add flour 1 TBSP at a time and pulse/mix to combine until no longer wet and you can mold the dough into a ball without it sticking to your hands.
- Add more salt, pepper, and a dash of cardamom and coriander to taste.
- Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. If you're in a hurry you can skip this step but they will be a little more fragile when cooking.
- Once chilled, scoop out rounded TBSP amounts (~30 g in weight) and gently form into 11-12 small discs.
- Optional: Sprinkle on panko bread crumbs and gently press to adhere - flip and repeat. This will produce a crispier crust.
- Heat a large skillet over medium heat and add enough oil to generously coat the pan - about 2 TBSP. Swirl to coat.
- Once the oil is hot, add only as many falafel as will fit very comfortably in the pan at a time - about 5.
- Cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafel are browned - the deeper golden brown they are, the crispier they'll be. They will also firm up more once slightly cooled.
- Serve warm with garlic-dill sauce or hummus, inside a pita with desired toppings or atop a bed of greens.
- Best when fresh, though leftovers will keep in the refrigerator covered for several days. Freeze after that to keep fresh for up to 1 month.

"Here's one for the vegans and vegetarians in the community. Falafel is a great staple in my household. They freeze and defrost well, make a healthy and savory lunchbox food for my kiddo, and this recipe DOES take well to alterations, especially with the sauces. It can be adjusted and fudged to fit what you've got in your pantry, but the chickpeas are essential. I like to eat them with lettuce vs. pitas, but you can do whatever suits you!"

Link

Crystal's Cooking Tip #1:

**If you mess up a recipe,
hot sauce will make just about
anything taste better.**

Except for a dessert.

Probably.

VEGAN SLOPPY JOES

Tracey

INGREDIENTS

- 1 cup uncooked green lentils
- 4 cups water
- 1 tablespoon olive oil
- 1 medium yellow onion, diced small
- 1 green pepper, diced small
- 2 cloves garlic, minced
- 3 Tablespoons chili powder
- 2 teaspoons oregano
- 1 teaspoon salt
- 8 oz can tomato sauce
- 1/4 cup tomato paste
- 3 tablespoons maple syrup
- 1 tablespoon yellow mustard
- 4 to 6 kaiser rolls or sesame buns (optional – for serving)

DIRECTIONS

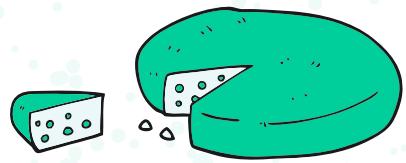
- Put the lentils in a small sauce pot and pour in 4 cups water. Cover and bring to a boil. Once boiling, lower heat and simmer for about 20 minutes, until lentils are soft. Drain and set aside.
- About 10 minutes before the lentils are done boiling, preheat a medium soup pot over medium heat. Saute the onion and pepper in the oil for about 7 minutes, until softened. Add the garlic and saute a minute more. Add the cooked lentils, the chili powder, oregano and salt and mix. Add the tomato sauce and tomato paste. Cook for about 10 minutes.
- Add the maple syrup and mustard and heat through. Turn the heat off and let sit for about 10 minutes, so that the flavors can meld, or go ahead and eat immediately if you can't wait.

PARMESAN GARDEN GALETTE

Hillary

INGREDIENTS

- Homemade pie crust recipe (click)
- Thyme, black pepper, salt to taste
- "3 guys of Kale" (This is what my girlfriend said when I asked her. What she means is "three large, separate leaves." These should be sliced into small pieces and taken off the rib. Some might even use the term "shredded.")
- 1.5 cups of fresh cremini mushrooms, sliced
- 4 garlic cloves - don't hold back though if you want more
- 1 yellow onion
- All the Parmesan your heart desires
- Enough olive oil to lightly saute things



WHAT TO DO

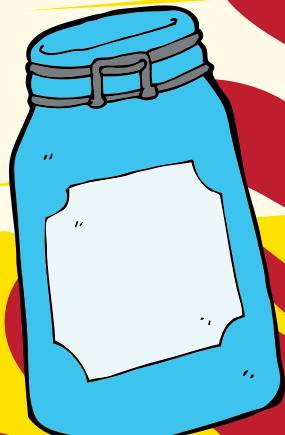
- Follow the pie crust instructions and make sure that she is good to go! It really tastes SO much better than a store bought one, so I recommend taking the time to prep it!
- Wash everything that needs to be washed and chop everything that needs to be chopped. Prepping ahead saves time!
- In a pan, saute the garlic in olive oil. Recipes almost always say to do this first and separate from other veggies, so I did.
- Add the onion. Before it is translucent, add mushrooms. Cook these down until you either feel good about how they look OR they are slightly brown. At the same time you add the mushrooms, add the right amount of salt, thyme, and pepper.
- Add the kale. Stir until it is *almost* fully cooked. Not all the way because you're about to bake this for a while.
- Put the sauteed vegetables over a fine mesh strainer and push out any extra liquid. This step is important if you want to avoid a soggy pie crust! I recommend using a wooden spoon or utensil to avoid burns.
- Roll out your crust.
- Dust the rolled out crust with Parm (leaving maybe a 1.5 inch space between the filling and the edge for crust to be folded in.) I am a lover of all things cheese, so I am generous here.
- Evenly spread the filling over the parmesan.
- Cover filling in Parmesan and cracked black pepper (yum.)
- Fold the remaining edges of crust partially over the center (see picture - from the internet, not mine)
- Bake your galette! I usually do a little lower than 400F for 30 minutes
- Take a picture for Instagram & enjoy!

Try it with a side of vegetables such as green beans, brussel sprouts, summer squash OR serve it with roasted chicken! - Hillary



HOMEMADE SAUERKRAUT

Alyssa



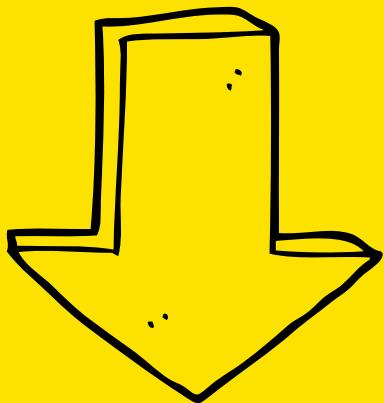
equipment

- Cutting board
- Chef's knife
- Mixing bowl
- 2-quart wide-mouth mason jar
- Canning funnel (optional)
- Smaller jelly jar that fits inside the larger mason jar
- Clean stones, marbles, or other weights for weighing the jelly jar
- Cloth for covering the jar
- Rubber band or twine for securing the cloth

ingredients

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons kosher salt
- 1 tablespoon caraway seeds (optional, for flavor)

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HOMEMADE SAUERKRAUT

directions

- Clean everything: When fermenting anything, it's best to start off with as clean an environment as possible. Make sure your jars are washed and rinsed of all soap residue. You'll be using your hands to massage the salt into the cabbage, so give those a good wash, too.
- Slice the cabbage: Discard the wilted, limp outer leaves of the cabbage, trim out the core, cut cabbage into very thin ribbons.
- Combine the cabbage and salt: Transfer the cabbage to a big mixing bowl and sprinkle the salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. At first it might not seem like enough salt, but gradually the cabbage will become watery and limp – more like coleslaw than raw cabbage. This will take 5 to 10 minutes. If you'd like to flavor your sauerkraut with caraway seeds, mix them in now.
- Pack the cabbage into the jar: If you have a canning funnel, this will make the job easier. Every so often, tamp down the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar.
- Weigh the cabbage down: Once all the cabbage is packed into the mason jar, slip the smaller jelly jar into the mouth of the jar and weigh it down with clean stones or marbles. This will help keep the cabbage weighed down, and eventually, submerged beneath its liquid.
- Cover the jar: Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine. This allows air to flow in and out of the jar, but prevents dust or insects from getting into the jar.
- Press the cabbage every few hours: Over the next 24 hours, press down on the cabbage every so often with the jelly jar. As the cabbage releases its liquid, it will become more limp and compact and the liquid will rise over the top of the cabbage.
- Add extra liquid, if needed: If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.
- Ferment the cabbage for 3 to 10 days: As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature – ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid.
- Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days – when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate. You can also allow the sauerkraut to continue fermenting for 10 days or even longer. There's no hard-and-fast rule for when the sauerkraut is "done" – go by how it tastes.
- While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.
- Store sauerkraut for several months: This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.
- I like to use it make a simple meal with sauerkraut, sausages, and mustard, and some fresh arugula with olive oil and garlic on nights that I work late. Just fry the kraut up in a pan, steam the sausages, and put it on a plate. It's a good crowd pleaser and takes less than 10 minutes to put together.

Crystal's Cooking Tip #2:

If you have a child who doesn't like onions, you can just chop them up very tiny (the onion, that is) and add them into any dish and your child won't notice.

(My mom did it to me and brother for years.)

(I like onions now.)

LAO HOT SAUCE

Arouna

INGREDIENTS

- 4-5 medium size tomatoes halved
- 7-8 large garlic cloves peeled
- 3 medium shallots peeled and halved
- 2-3 jalapenos and 1 serrano cut in half length wise (scoop seeds out if you don't want it as hot)
- 1/2 cup olive oil
- 1 Tbsp salt and pepper
- 1/2 cup fish sauce (Red Boat has a "cleaner" taste but Three Crabs is good too if you want a little more funk)
- 2 Tbsp white sugar
- Fresh lime juice (2 half limes you can squeeze)
- Fresh cilantro
- Glasses to prevent the sauce from splattering up into your eyes (it can and has happened)!
- Mortar and pestle



Arouna (Lingo Live Head of Strategic Accounts) wearing her glasses and using a traditional Lao mortar and pestle.

INSTRUCTIONS



- Preheat oven to 400
- Line 2 medium size baking sheets/pans with aluminum foil and coat lightly with olive oil
- Put tomatoes in one pan and toss them around in the oil
- Put garlic, shallots, peppers in the other pan and toss them around in the oil
- Salt and pepper ingredients in both pans
- Bake in the oven until browned/slightly charred (15-30 minutes) It will take longer for the tomatoes which will start shrinking and their juices seeping over a bit
- When garlic, shallots, and peppers are roasted, set them aside to cool slightly. Same for the tomatoes when they are roasted.
- Using a mortar and pestle, start smashing up the garlic, shallots, peppers. Then add the tomatoes and continue smashing them all up.
- Season to taste with fish sauce, sugar, and lime juice.
- You just have to keep adjusting the fish sauce, sugar, and lime until it tastes "right" to you.
- Let it sit for 10-20 minutes and taste again. Then add more fish sauce, sugar, or lime if necessary.
- You can also adjust the peppers to how hot you like it. Sometimes we'll put it some freshly chopped pepper at the end to make it hotter.
- Sprinkle fresh cilantro leaves at the end to give it that contrast of freshness!

Sake-Steamed Shredded Ginger Chicken

Alyssa

ingredients

- 3.5 pound chicken, rinsed and patted dry
- 1.5 cups dry sake
- Kosher salt
- 2 tablespoons soy sauce
- 2 tablespoons orange juice
- 2 teaspoons rice vinegar
- 1.5 teaspoons lemon juice
- 1.5 teaspoons mirin or sweet sherry
- 1 tablespoon chopped ginger root
- 1 large garlic clove, minced
- 3 thinly sliced scallions
- 2 tablespoons sesame seeds, preferably black.
- Cooked rice

directions

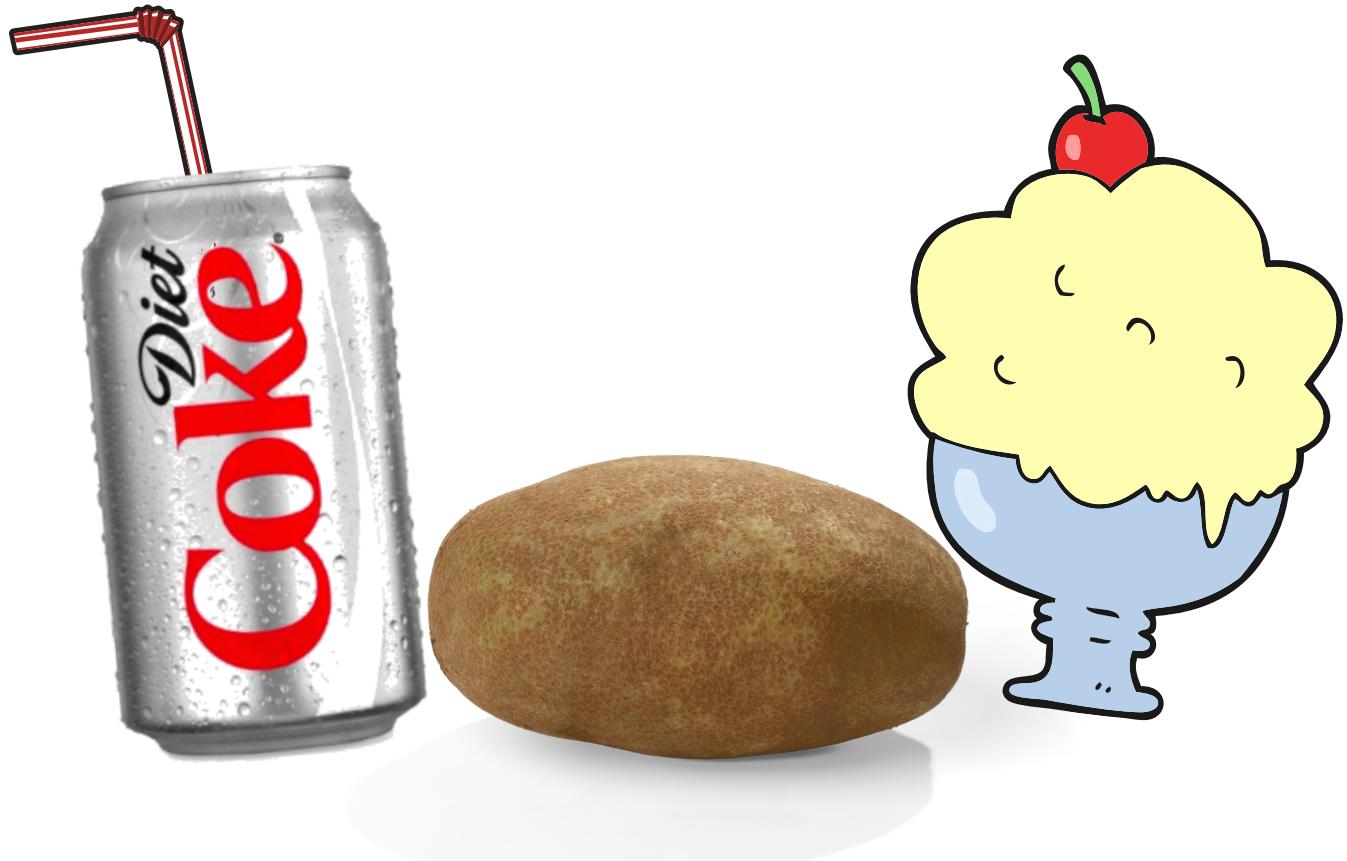
- Place a steamer basket in the bottom of a large stockpot. If you don't have an official steamer basket, a metal colander will work fine. Pour in equal amounts of sake and water, enough to reach the bottom of the steamer basket. Bring to a boil.
- Generously salt the chicken inside and out; set breast side up in the steamer basket. Reduce the heat to low and cover. Steam the chicken until the juices run clear when pierced with a knife, about 1 to 1 1/2 hours. Turn off the heat and allow to cool for about 20 minutes.
- To prepare the sauce, in a small bowl whisk together the soy sauce, orange juice, rice vinegar, lemon juice, mirin, ginger and garlic.
- Remove the chicken from the pot and place on a large cutting board; shred into bite-sized pieces. Place some rice on each plate, and spoon the shredded chicken over the rice. Spoon some of the sauce over the chicken and sprinkle with scallions and sesame seeds. Serve extra sauce on the side for dipping.

"This recipe was the first time I steamed meat and MAN I have done it at least once every other week since. One of the most amazing cooking methods for meat ever!" - Alyssa

Link

Jim's Baked Potatoes

Jim



Begin with 2 washed potatoes. Pierce on ends with a fork up to about 2 inches.

Place in pre-heated oven at 375 deg F. (or about 180 deg. C) for about 30 minutes.

While they are baking, prepare your stuffing...

Dice about 1 oz. chives (if you don't know what 1 oz. is, fake it).

Add just a pinch of powdered cinnamon (hold it... not too much there).

You will need about 1 tbl. margarine for each potato.

Mix chives and margarine (with the pinch of cinnamon) together.

When potatoes are baked, open, mix in a portion of the stuffing in each potato, salt to taste.

Great. Oh, I almost forgot...don't forget to add bacon bits and a bit of olive oil. YES, AND... $\frac{1}{2}$ gallon of ice cream beside each potato and $\frac{1}{4}$ cup of chocolate chips as dessert.

Drink 8 oz of diet coke to balance out the calories. GREAT!

HOMEMADE RAMEN

Alyssa

PREP TIME

15 hours

COOK TIME

15 minutes

SERVINGS

3-4

INGREDIENTS

Salted Pork

1 lb pork
1 tsp salt

Soup

6 cups water (1.5L)
50g ginger root, sliced
3 cloves garlic, skinned
1 bunch green onions
4 Tbsp soy sauce
2 Tbsp sake
1 tsp salt
1 tsp sesame oil

Noodles

9 oz fresh angel hair pasta (225g)
8 cups water (2L)
2 Tbsp baking soda

Toppings

boiled egg halves
bean sprouts, blanched briefly
green onions, cut finely



INSTRUCTIONS

- Rub salt on pork and let it sit overnight in the fridge.
- In a pot, put water, ginger root, garlic, green onions and salted pork, and boil at high heat. Skim fat and other floating scums. Then cover, reduce to low heat, and simmer for 1.5-2 hours. Let the broth and pork cool completely in pot. Strain and save pork. Slice pork and set aside for a topping.
- Prepare the rest of the toppings now as well (boiled eggs, blanched bean sprouts, cut green onions), before making the soup and noodles. Once the noodles are cooked, you will need to add the soup and toppings right away or the noodles will get soft, so you won't have time to prepare the toppings at the end.
- Boil the broth and add soy sauce, sake, salt and sesame oil. Let it simmer at very low heat until noodles are ready.
- In boiling water in a pot, add baking soda (be careful, it may boil over), then add the fresh angel hair pasta. Cook the pasta for 30 seconds, and strain. Immediately divide noodles into bowls and add soup onto noodles. Top with boiled eggs, bean sprouts, green onions and sliced pork.

"This is a DEEELICIOUS homemade ramen recipe. I recommend following the recipe EXACTLY and making no alterations. When I followed it exactly, it was so savory, simple, and delicious; when I altered, it completely lost the balance. You can add veggies if you want, but I recommend starting simple (e.g. steaming broccoli separately and adding it at the end vs. directly in the broth). You can substitute udon noodles for ramen, too, if you prefer. Using this recipe was the first time I ever cooked with mirin/sake. It's not as daunting as it sounds, and since then, has inspired all sorts of Japanese recipes and flavors in the house!" - Alyssa

[Link](#)

Crystal's Cooking Tip #3:

If you don't like one of the ingredients a recipe calls for (or you don't have it), just skip it. It probably doesn't matter.

Unless you're making "apple pie" and you don't have apples.

Then it probably matters.

CRYSTAL'S MOM'S CHEESY POTATO SOUP

Crystal Abing

INGREDIENTS

- 3.5 cups potatoes; peeled and diced
- $\frac{1}{3}$ cup diced celery
- $\frac{1}{3}$ cup finely chopped onion
- 3 $\frac{1}{4}$ cups water
- 2 TBSP chicken bouillon granules
- $\frac{1}{2}$ TSP salt (or to taste)
- 1 TSP pepper (or to taste)
- 5 TBSP butter
- 5 TBSP all-purpose flour
- 2 cups milk
- $\frac{1}{2}$ lb of Velveeta (cut into cubes)
- $\frac{1}{2}$ cup of shredded cheddar cheese

DIRECTIONS

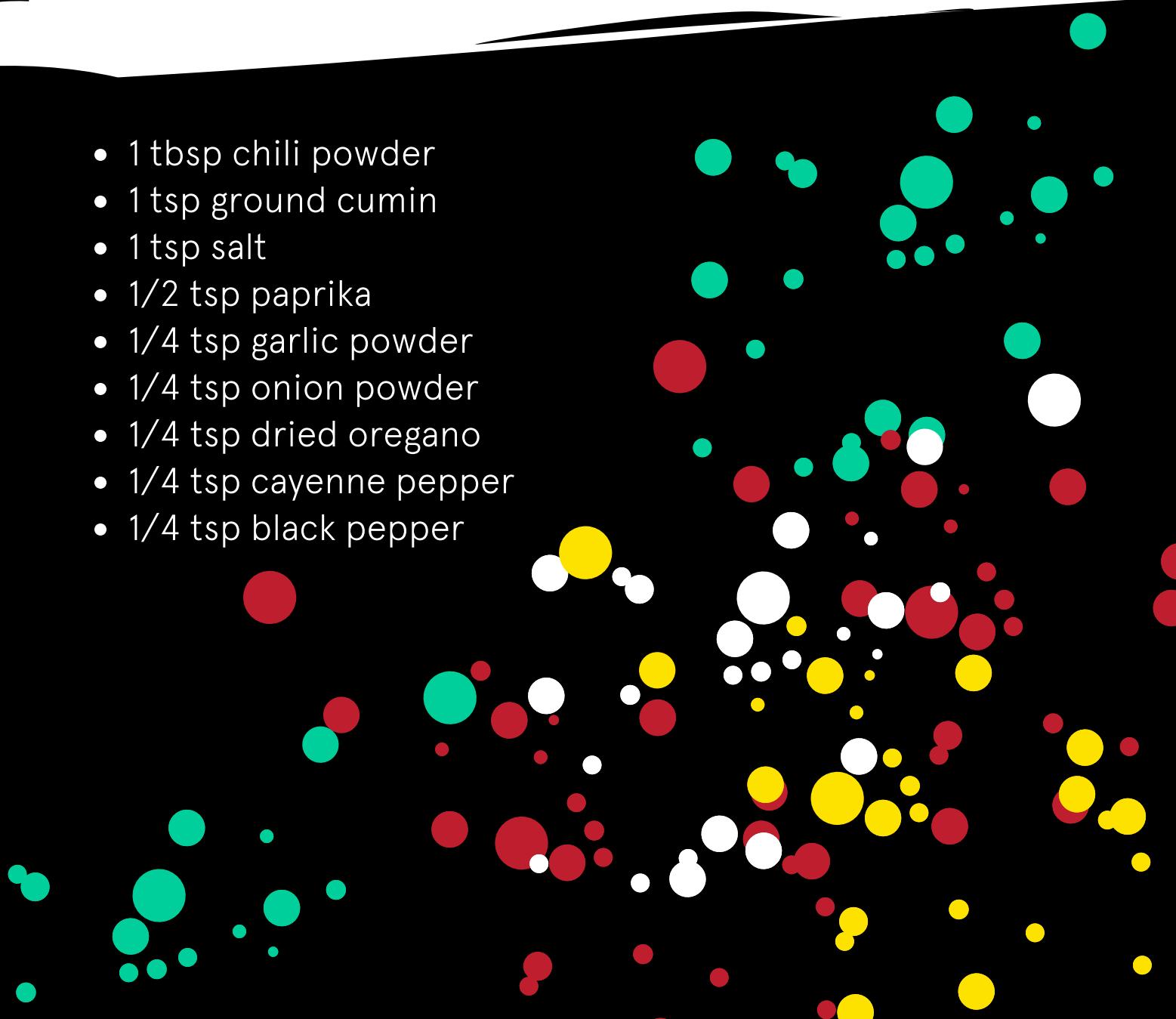
- Combine the potatoes, celery, onion, and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10-15 minutes. Stir in the chicken bouillon, salt and pepper.
- In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about one minute. Slowly stir in the milk as not to allow lumps to form until all of the milk has been added. Continue stirring while adding in the cheese over medium-low heat until thick.
- Stir in the milk mixture into the stockpot and cook soup until heated through. Serve immediately.

An actual recipe from Crystal (that she stole from the internet)

(I actually do use this recipe ALL the time. I used to buy premade taco seasoning but now I just make my own.)

TACO SEASONING

- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp salt
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp dried oregano
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper



PICADILLO

-FLOR DE DOMINGUEZ

McKenzie

INGREDIENTS

- 1 kg of ground meat-beef
- Small bag of potatoes, carrots and peas.
(or frozen carrots and peas)
- 5 or 6 tomatoes
- Small piece of onion
- Clove of garlic
- 3 or 4 chipotles, depending on desired spice
- One bay leaf, pieces of dried thyme, pieces of dried oregano
- Chicken bouillon in powder
- Salt with garlic to taste

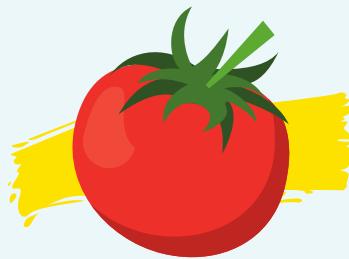
DIRECTIONS

- Put a small amount of oil in a large cooking pot, such as a short stock pot with the heat on medium-low.
- Put in meat and add a good amount of garlic salt to season. Break down meat slightly when it starts to gray. When most of meat on the outside has changed, add vegetables**.
- Cook for about 8 to 10 minutes until vegetables begin to soften and change color, stirring occasionally.
- Use your utensil to chop the meat into desired pieces while stirring (I prefer small).
- In the meantime put tomatoes, onion, and garlic in blender. Add enough water to cover the tomatoes 2/3 of the way. Blend and set aside.
- Once the vegetables have cooked a little, add the chipotles and one or two tablespoons (judge it yourself, whatever) of chicken bouillon powder to the blender.
- Blend it and then pour into the pot with the meat.
- Using the blender, add more water to the meat mixture until the meat is covered (be sure to swirl the water in the blender to get any excess tomato or bouillon flavoring).
- Add the bay leaf, dried thyme and dried oregano.
- Turn the flame on high and let it boil.
- Continue to boil until you arrive at desired consistency, stirring frequently.
- **If cooking with raw vegetables, add them as shown in directions. If using frozen vegetables, run them under water to separate them. Add the frozen vegetables at the same time you add the tomato and chipotle mixture to the meat.**

This is a comfort food recipe from before my vegetarian days haha. This recipe is a 100% authentic Mexican recipe passed down from my mother-in-law to me when I first got married 3 years ago. I have come across so many delicious recipes while living here in Mexico but for me, this one makes me warm and fuzzy inside.

COOKING WITH YOUTUBE
SOUP EDITION

KIRBY



**Tomato Soup
and Grilled
Cheese**



**Cream of
Mushroom Soup**



Crystal's Cooking Tip #4:

**There is no such thing as
"too much garlic".**

Don't let anyone tell you otherwise.

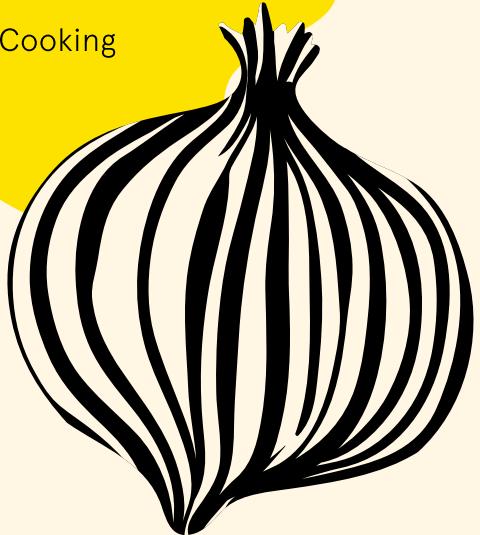
THE GREATEST FRENCH ONION SOUP

Tracey 

Adapted from Mastering the Art of French Cooking

INGREDIENTS

- 1 1/2 pounds (680 grams or 24 ounces or about 5 cups) thinly sliced yellow onions
- 3 tablespoons (42 grams or 1 1/2 ounces) unsalted butter
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 grams) table salt, plus additional to taste
- 1/4 teaspoon (1 gram) granulated sugar (helps the onions to brown)
- 3 tablespoons (24 grams or 7/8 ounce) all-purpose flour
- 2 quarts (8 cups or 1.9 liters) beef or other brown stock*
- 1/2 cup (118 ml) dry white wine or dry white vermouth
- Freshly ground black pepper
- 3 tablespoons (45 ml) cognac or brandy (optional)



GRATINÉE (OPTIONAL)

- 1 tablespoon grated raw onion
- 1 to 2 cups (to taste) grated Swiss (I often use Gruyere) or a mixture of Swiss and Parmesan cheese
- 1 tablespoon butter, melted
- 12 to 16 1-inch thick rounds French bread, toasted until hard



next page 

DIRECTIONS



- Melt the butter and oil together in the bottom of a 4- to 5-quart saucepan or Dutch oven over moderately low heat. Add the onions, toss to coat them in oil and cover the pot. Reduce the heat to real low and let them slowly steep for 15 minutes. They don't need your attention; you can even go check your email.
- After 15 minutes, uncover the pot, raise the heat slightly and stir in the salt and sugar. Cook onions, stirring frequently, for 30 to 40 minutes until they have turned an even, deep golden brown. Don't skimp on this step, as it will build the complex and intense flavor base that will carry the rest of the soup. Plus, from here on out, it will be a cinch.
- After the onions are fully caramelized, sprinkle them with flour and cook, stirring, for 3 minutes. Add the wine in full, then stock, a little at a time, stirring between additions. Season to taste with salt and pepper. Bring to a simmer and simmer partially covered for 30 to 40 more minutes, skimming if needed. Correct seasonings if needed but go easy on the salt as the cheese will add a bit more saltiness and I often accidentally overdo it. Stir in the cognac, if using. I think you should.
- Set aside until needed. I find that homemade onion soup is so deeply fragrant and flavor-rich that it can stand alone, but that doesn't mean we don't enjoy the gratinéed top once in a while. Here's how to pull it off:
- Preheat oven to 325. Arrange six ovenproof soup bowls or crocks on a large, foil-lined baking sheet. Bring the soup back to a boil and divide among six bowls. To each bowl, add 1/2 teaspoon grated raw onion and a tablespoon of grated cheese. Stir to combine. Dab your croutons with a tiny bit of butter and float a few on top of your soup bowls, attempting to cover it. Mound grated cheese on top of it; how much you use will be up to you. [Julia Child, in another era, felt that 1/2 cup of grated cheese could be divided among 6 bowls. I can assure you that if you'd like your gooey bubbling cheese lid to be anything like what you get at your local French restaurant, you are looking to use more, such as a generous 1/4 cup.]
- Bake soups on tray for 20 minutes, then preheat broiler. Finish for a minute or two under the broiler to brown the top lightly. Grab pot holders, and serve immediately.
- * Porcini or mushroom stock are a robust vegetarian substitution.



Cheesy Jalapeno Cornbread in a Cast Iron Pan

ingredients

- 1 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup buttermilk
- 1/2 cup milk
- 1 whole egg
- 1/2 teaspoon baking soda
- 1 cup grated Cheddar
- 1/4 cup shortening
- 2 tablespoons butter
- 1 red bell pepper, finely diced
- 1 fresh jalapeno, seeded and diced
- 1/2 onion, diced
- NOTE: can use just a box of Jiffy cornbread mix, replacing cornmeal, flour. Will be sweeter and cake like.

directions

- Preheat the oven to 425F.
- Combine the cornmeal, flour, baking powder and salt in a bowl. Stir together.
- Measure the buttermilk and milk in a measuring cup and add the egg. Stir together with a fork. Add the baking soda and stir. Pour the milk mixture into the dry ingredients. Stir with a fork until combined. Fold in the cheese. Set aside.
- In a small bowl, melt the shortening in the microwave. Slowly add the melted shortening to the batter, stirring until just combined.
- In an iron skillet, melt the butter over medium heat. Saute the peppers and onions until soft, 4 to 5 minutes. Pour the batter into the hot skillet with the veggies. Spread to even out the surface. (Batter should sizzle.)
- Cook for 1 minute, and then transfer to the oven and bake until golden brown, for 20 to 25 minutes.



HARD-BOILED EGGS

Jim

When hard-boiling eggs, place the eggs in the water first, bring to a boil, and continue to boil for 1 minute. Then, cover the pot and turn off the heat, leaving the eggs in the hot water for 15 minutes. You will have perfectly boiled eggs and use a lot less energy that way.

Good eating!!

The Perfect Brownies

Eve



1. Preheat the oven at 350F.

2. Mix the following ingredients:

1/2 cup of oil

1 cup of sugar

1 teaspoon of vanilla extract

2 eggs

1/2 cup of flour

1/3 cup of unsweetened cocoa powder

1/4 teaspoon of salt

1/4 teaspoon of baking powder

3. Lightly grease the pan before pouring the batter. Bake for 25 minutes.

Bon appétit!

AMARETTO SNOWBALLS

Tamasin

INGREDIENTS

2 cups ground almonds
1 cup Icing sugar (plus more for coating)
2 tsp almond extract
1-2 tbsp amaretto liqueur

PROCEDURE

- Mix the icing sugar, ground almonds, almond extract, and amaretto together well.
- Roll the mixture into snowballs, (if the mixture is too runny at this stage to shape, put it in freezer for few mins to let it harden)
- Roll in extra icing sugar for a snow covered look.

RUSSIAN CREPES

Rachel

Here's my family's recipe for *блинчики* (pronounced "blinchiki"), or "Russian crepes".

INGREDIENTS

280 ml all-purpose flour:

3 eggs

500 ml milk

1 tsp of salt

1 tbsp of sugar

3 tbsp of vegetable oil

Butter to grease (смазывать) over
the crepes

DIRECTIONS

Mix in a bowl: eggs, 200 ml of milk, sugar, and salt. Add flour and stir with a whisk (flour should be added in small portions after the previous ones are dissolved).

After all flour is dissolved, add remaining 300 ml of milk and vegetable oil.

Put a little bit of oil on the pan and heat it to medium-high. (no need to add oil later on) Pour small portion at a time and turn over after it is slightly brown. Put cooked crepes one onto another, smearing the top of each one.

We fill them with red caviar... but they are also really yummy with things like jam, Nutella, berries, meat.

Crystal's Cooking Tip #5:

**Cooking is an adventure.
Get silly, have fun.**

It's okay if your recipes don't turn out perfect.

Don't be afraid of failure.

**After all, they created a whole Netflix show
about cooking fails.**

CLASSIC VICTORIA SPONGE

Haylee

INGREDIENTS

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk

FOR FILLING

- 100g butter, softened
- 140g icing sugar, sifted
- 1 tsp vanilla extract
- half a 340g jar good-quality strawberry or raspberry jam
- icing sugar, to decorate

DIRECTIONS

- Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.
- In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
- Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
- Bake for about 20 mins until golden and the cake springs back when pressed.
- Turn onto a cooling rack and leave to cool completely.
- To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).
- Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.
- Dust with a little icing sugar before serving.



LUSCIOUS LEMON-BAKED CHEESECAKE

Haylee

INGREDIENTS

- 225g digestive biscuits
- 100g butter, melted
- 250g tub mascarpone
- 600g cream cheese
- 2 eggs, plus 2 yolks
- zest 3 lemons, juice of 1
- 4 tbsp plain flour
- 175g caster sugar

FOR TOPPING

- 1/2 a 284ml pot soured cream
- 3 tbsp lemon curd
- handful raspberries, to serve on top

DIRECTIONS

- Heat oven to 180C/fan 160C/gas 4. Line the bottom of a 23cm springform tin with greaseproof paper. Tip the biscuits and melted butter into a food processor, then blitz to make fine crumbs. Press into the tin and chill.
- Whisk all the other ingredients in a large bowl until completely combined, pour into the tin, then bake for 35-40 mins until the cheesecake has a uniform wobble.
- Turn off the oven and leave the cake inside until cool. When it is completely cooled, remove from the tin and top with soured cream. Swirl lemon curd over the top and decorate with raspberries, if you like.





raw dog food

Alyssa

INGREDIENTS

2 1/2 lbs ground beef
4 oz chicken livers
1 carrot, chopped
1 small apple, cored
1/2 c baby spinach
2 whole eggs (including shell)
1/2 c plain yogurt
1 tbsp ground flaxseed
1 tbsp olive oil

DIRECTIONS

Put carrot, apple and spinach in food processor. Process until finely chopped. Add remaining ingredients except beef and process until well-combined. Transfer mixture to a large bowl and add the beef until well mixed. Form into patties the size of your palm and place on parchment lined baking sheet. Freeze patties and transfer to a storage container and keep frozen. Remove patties the night before and place in refrigerator to thaw before serving.

NOTES:

A raw dog food recipe for your pets, cause hey, we love dogs! I recommend continued research about raw food, but this is a pretty good overview. Make sure to get dogs plenty of calcium - you can save your egg shells throughout the week and grind them in your raw food mix for an added boost!

