

The Heinz Marketing Quarantine Cookbook

Dining In? The Kitchen's Open.



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Introduction

We'll be honest: We never once thought we'd ever be writing an introduction to a cookbook. But here we are. Guess we'll give this a go.

Besides, we're all doing things a bit out of our comfort zone at the moment. And yet, to say we're living in an unprecedented time feels like an understatement. If you're like us, Covid-19 has forced you to spend a lot of time at home. And while working from home has its ups and downs, talking about food, sharing recipes and cocktail ideas has made it easier to feel connected when we're all so far apart.

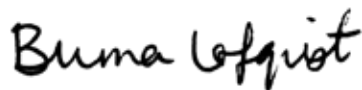
During the quarantine, the Heinz Marketing team has been spending an awful lot of time in the kitchen. We've been mixing and stirring and cutting up a storm! (We even made a Slack channel specifically to share the recipes we've tried.) And from breakfasts and snacks to dinners, drinks, and desserts, one thing was certain: the more we made the more we wanted to do and share. Thus, the inspiration for this endeavor.

So, whether you're looking for something new or recipes that are tried-and-true, look no further than the Heinz Marketing Quarantine Cookbook.

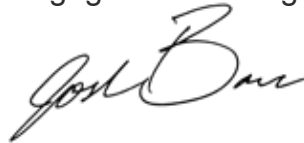
Let's get cookin'.

On behalf of Heinz Marketing,

Brenna Lofquist
Senior Marketing Consultant



Josh Baez
Engagement Manager



Section 1

Here We Go Again. Let's Eat, I Guess Breakfast

Grab your eggs, your bacon, and your fruit—it's time to wake up on the best side of the bed.

Or... egg?

...

It's time to wake up on the best side of the egg.



Heinz Marketing's Josh's Gordon Ramsay's Scrambled Eggs

Contributed by: Josh Baez

Notes: Don't forget to yell.

Ingredients

6 cold eggs

1-2 cups of butter

Salt and pepper

Crème fraîche

Chives

Directions

1. Crack 6 cold eggs into a deep saucepan
2. Add the butter. For smaller batches, use a 2-to-1 eggs-to-butter ratio
3. Put the pan on high heat
4. Stir continuously with a rubber spatula—don't whisk—making sure to scrape the bottom of the pan
5. After 30 seconds, take the pan off the heat. Keep stirring. After about 10 seconds, put back on the heat. Repeat for 3 minutes
6. In the last minute, season the eggs lightly. For extra creamy texture, stir in 1 tsp of crème fraîche
7. Plate and garnish with chopped chives

Source: [Gordon Ramsay](#)

The Ole' Reliable Breakfast Burrito

Contributed by: Josh Baez

Ingredients

Tortilla

Eggs (2 per person)

Breakfast sausage

½ of a russet potato

Butter

Olive oil

Hot sauce

Salt and pepper to taste

Optional cheese and sour cream

Directions

Cook your scrambled eggs (recipe from Gordon Ramsay)

1. In a deep saucepan, add 1-2 tablespoons of butter and your eggs
2. Cook over low heat, stirring—not whisking—with a rubber spatula, making sure to scrape the bottom of the pan
3. When eggs are slightly set, remove from heat and continue stirring
4. Add eggs back onto heat and continue stirring until eggs are slightly more set
5. Repeat this process until eggs are to your desired doneness
6. Add salt and pepper to taste

Cook your hashbrowns

1. Grate half of a russet potato
2. Add olive oil to a medium pan and heat
3. Add potato and cook until brown and crispy
4. Add salt and pepper to taste

Cook your breakfast sausage

1. Cut the cooked sausage into bite-sized pieces
2. Heat your tortilla in a pan

Assemble your burrito

1. Drizzle hot sauce to your tortilla
2. Add eggs
3. Add hashbrowns
4. Add sausage pieces
5. Add cheese and/or a dollop sour cream
6. Roll your tortilla back up

For added luxury, place your assembled burrito back on a hot pan and toast until sides are brown and crispy.

Good Morning, Smoothie

Contributed by: Josh Baez

Ingredients

Half of a banana

Handful of fresh spinach

1 cup of frozen fruit, recommended:

Frozen cherries

Frozen strawberries

Frozen berries

Frozen peaches

$\frac{3}{4}$ cup of water or milk

Optional: $\frac{1}{4}$ cup of Greek yogurt

Directions

1. Put all ingredients into a blender or cup (if using an immersion blender)
2. Blend until smooth
3. Health!
4. Check teeth for seeds before your next Zoom meeting

Egg Pancake

Contributed by: Brenna Lofquist

Notes: It's kind of like a frittata but, flatter like a pancake. Feel free to use whatever you have on hand!

Ingredients

2 eggs
3 brussel sprouts sliced/shaved
Some chopped onion
1 mushroom chopped
Salami or bacon
A sprinkle of cheese

Directions

1. Heat up small cast iron skillet and enough olive oil to coat the bottom of the pan
2. Add the brussel sprouts, onion, mushroom, and salami or cooked bacon (or even both) and a little bit of salt
3. If you want your salami a little crispy, you can cook it in the skillet before adding the oil and veggies. Cook on either side for a few minutes until you've reached the desired crunchy-ness.
4. Take out of the skillet, chop it up, and add it back to cook with the veggies
5. You don't have to saute your veggies before but I like mine a little soft, especially the brussel sprouts
6. Once your veggies are done, remove from the skillet
7. Spray the skillet with non-stick spray so your egg pancake doesn't stick
8. Crack two eggs into the skillet, you can whisk before if you prefer
9. Give them a little stir and make sure the bottom of the skillet is coated with egg
10. Add the veggies and salami (or bacon) mixture and use a spatula to move it around the pan evenly
11. Sprinkle a little salt and pepper over the top and add cheese
12. Turn your broiler on high while the pancake cooks in the skillet for 3-4 minutes
13. Once the egg looks mostly cooked around the edges, it's ready to go into the oven
14. Broil for a few minutes until the cheese starts to turn a light brown or the middle of the skillet looks cooked, usually 2-3 minutes
15. Watch your egg pancake closely as things can burn quickly
16. Take out of the oven and use a spatula to scoop out the pancake onto a plate
17. Top with your favorite hot sauce and enjoy!

Section 2

You're Not Hungry, You're Just Bored

Snacks & Appetizers

It's mid-morning. Or is it the mid-afternoon?
What time is it, really? When did I last eat?

...

Look, questions like these are hard. But
these snacks sure aren't!

Don't feel guilty. You deserve these.



Korean Marinated Cucumber Banchan

Contributed by: Matt Heinz

Ingredients

4 Persian cucumbers (about 10½ ounces; 300g), sliced crosswise ½-inch thick
1 tablespoon (8g) coarse ground gochugaru (Korean chili flakes)
1½ teaspoons (6g) kosher salt
1 teaspoon (5g) sugar
2 tablespoons (30ml) unseasoned rice wine vinegar
1 teaspoon (5ml) fish sauce
1 medium garlic clove (5g), very finely minced or grated
3 tablespoons (45ml) toasted sesame oil
1 tablespoon (10g) toasted sesame seeds

Directions

1. In a medium bowl, combine cucumbers, gochugaru, salt, and sugar. Using clean hands, massage cucumbers, squeezing and tossing them with seasoning, until cucumber is well-coated on all sides and begins to release liquid and color of gochugaru brightens to vibrant orange-red, about 1 minute.
2. Transfer cucumbers to a colander, then set the colander inside the bowl used to season cucumbers. Cut a round of parchment paper large enough to cover the surface of cucumbers, and place over cucumbers. Then place a weight on top of parchment to press down on cucumbers (canned goods, a cast iron skillet, a mixing bowl filled with water, or a Chef's Press all make for good weights). Set aside to drain for at least 30 minutes and up to 1 hour.
3. Meanwhile, in a separate medium bowl, whisk together rice wine vinegar, fish sauce, and garlic. Whisking constantly, slowly drizzle in sesame oil until emulsified.
4. Once cucumbers have drained, remove weight and discard parchment paper. Using clean hands, squeeze cucumbers to get rid of excess moisture, then transfer to a bowl with dressing; discard accumulated cucumber liquid. Toss cucumbers with dressing until well-coated all over, about 30 seconds. Add sesame seeds and toss to combine. Divide between small individual serving bowls and serve, or transfer to an airtight container and refrigerate for up to 2 days.

Source: [Serious Eat](#)

Goat Cheese Stuffed Bacon Wrapped Dates

Contributed by: Brenna Lofquist

Notes: Cotija and Parmesan work great too! They are also very tasty without the honey and rosemary if you don't have any available (I didn't). I used my air fryer instead of the oven. If you use the air fryer, lay down a piece of foil and cook at 390 degrees checking on them every 5 minutes.

Ingredients

6 ounces creamy goat cheese

24 plump Medjool dates

12 slices thinly sliced bacon, cut in half

1/3 cup honey

1 tablespoon chopped fresh rosemary

1/2 teaspoon cayenne pepper using more or less to taste

Kosher salt and black pepper

Candied or toasted walnuts (optional)

Directions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Split the dates in half lengthwise, but don't cut the date all the way through. Remove the pit and discard it. Stuff each date with goat cheese, then gently squeeze to seal. Wrap each date with bacon and place seam side down on the prepared baking sheet. Repeat with the remaining dates.
3. In a small bowl, combine the honey, rosemary, cayenne, and a pinch each of salt and pepper. Evenly drizzle the honey over the dates. The goal is to coat the bacon in honey so that it caramelizes in the oven.
4. Transfer to the oven and bake 20-25 minutes, until the bacon is crisping. Serve warm or room temperature with any remaining honey and walnuts, if desired.

Source: [Half Baked Harvest](#)

Clams with Garlicky, Herby, Creamy Broth

Contributed by: Brenna Lofquist

Notes: This was created from a handful of different recipes and adjusted to my own liking.

Ingredients

2lbs of clams

Butter

⅓ cup of minced garlic

⅓ cup of green onion

1 teaspoon red pepper flakes

½ cup white wine

1½ cup chicken stock (or bouillon equivalent)

½ cup + 1 tablespoon of cream

Parsley for garnish

Sourdough bread for dipping

Directions

1. Add clams to a large bowl of salted ice water - this makes the clams spit out any sand or dirt
2. In a large saute pan on medium heat, melt 2 tablespoons of butter
3. Add ⅓ cup of minced garlic, ⅓ cup of green onion, 1 teaspoon red pepper flakes and cook for 3-5 minutes or until softened
4. Add 1 ½ cup white wine and 1 ½ chicken stock or bouillon, bring to a boil
5. Reduce to a rolling simmer and add 2lbs of clams, cook until the clams are open
6. Remove the pan from the heat and stir in the juice of one lemon and add the juiced lemon to the pan
7. Add in 1 tablespoon and ½ cup of cream and stir
8. Garnish with parsley and serve with sourdough bread

Triple Threat Onion Galette

Contributed by: Maria Geokezas

Notes: Very rich, I would recommend eating as an appetizer, not a main dish.

Ingredients

1½ cups (188 g) all-purpose flour, plus more for dusting
1 Tbsp. sugar
3 tsp. Diamond Crystal or 1¾ tsp. Morton kosher salt
16 Tbsp. (2 sticks) chilled unsalted butter, divided
1 large onion
8 garlic cloves
2 oz. Parmesan
12 scallions
2 Tbsp. Dijon mustard
Freshly ground black pepper

Directions

1. First, make the crust. Whisk 1½ cups (188 g) all-purpose flour, 1 Tbsp. sugar, and 1½ tsp. Diamond Crystal or 1 tsp. Morton kosher salt in a medium bowl to combine. Cut 12 Tbsp. (1½ sticks) chilled unsalted butter into ½" pieces, add to dry ingredients, and toss to coat and distribute. Using your hands and working quickly, rub and smash butter into flat irregular pieces (be careful not to overwork; you don't want to soften the butter too much. Just make sure you smash each piece at least once. And if the butter is getting too warm, throw the bowl in the fridge or freezer and let chill for a bit before proceeding)
2. Drizzle ⅓ cup cold water over and mix with a rubber spatula, smashing in butter, until dough mostly comes together—it will be dry and shaggy
3. Now you are going to fold the dough, which will give it distinct flaky layers when baked. Turn out onto a lightly floured surface. Working quickly and using a rolling pin and your hands, press dough together to form a mass. (The dough will seem like a crumbly dry mess at first but will come together as you fold and roll. Have faith and don't give up.) Roll dough into a rough square about ½" thick. Fold in half into a rectangle, then once again to make a small square. Press down on the dough with rolling pin to make it hold together. Roll dough out once more to make a rough square about ½" thick. Repeat folding process again, taking your time to make it neat, as this will be your final fold.
4. Using rolling pin, gently flatten dough, rotating as needed, to make a 6"-diameter disk. Dust surface with more flour (go heavy; you don't want the dough to stick) and roll disk into a 14"-diameter circle or oval about ⅛" thick. Brush off any excess flour with a pastry brush. Fold dough in half, then in half again to make a rough triangle (this just makes it easier to move). Transfer to a parchment-lined baking sheet and unfold (it's okay if dough is a bit larger than the baking sheet). Chill while you make the filling
5. Place a rack in middle of oven; preheat to 375°. Peel and thinly slice 1 large onion, then 8 garlic cloves

Triple Threat Onion Galette

Continued

6. Heat 3 Tbsp. unsalted butter in a medium skillet over medium until foaming, about 1 minute. Reduce heat to medium-low; add onion, garlic, and 1 tsp. Diamond Crystal or ½ tsp. Morton salt, and stir to combine. Cover and cook, stirring occasionally, until onion is tender and just beginning to brown, 6–8 minutes. Uncover and continue to cook, stirring occasionally and adding a splash of water if onion begins to stick, until golden brown in spots, about 5 minutes more. Transfer onion mixture to a plate; reserve skillet
7. While the onion mixture is cooking, finely grate 2 oz. Parmesan (you should have about 2 cups). Trim 12 scallions, then thinly slice on a steep diagonal. This will yield striking oblique disks, but if you're nervous about your knife skills, simply slice crosswise
8. Melt remaining 1 Tbsp. unsalted butter in reserved skillet (no need to wipe it out) over medium heat. Remove from heat and add scallions and remaining ½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt. Toss scallions until coated in butter
9. Now you are ready to assemble your galette! Remove dough from refrigerator and, using a small offset spatula or spoon, spread 2 Tbsp. Dijon mustard in a thin layer over the dough, leaving a 1½"–2" border around the edges. Scatter onion mixture over mustard and sprinkle with cheese; season with freshly ground black pepper
10. Cutting from edge of dough to the start of the mustard and filling, make slits in border of galette at 2"–3" intervals (the slits are optional but make for a more beautiful presentation). Fold flaps up and over filling, slightly overlapping. Scatter scallions over
11. Bake galette until crust is deep golden brown and scallions are lightly charred, 45–50 minutes. (Your crust isn't properly baked until it's the color of a well-worn penny. If your timer dings but the dough is pale, keep going.) Using parchment paper, slide galette onto a cutting board and cut into wedges.
12. Do ahead: Dough can be made 3 days ahead; wrap 6"-diameter disk tightly and chill until ready to roll out. Onion mixture can be cooked 3 days ahead; transfer to an airtight container, then cover and chill. Galette can be assembled 1 hour ahead; chill.

Source: [Bon Appetit](#)

Section 3

Everything but the Kitchen Sink

Soups & Salads

Something something soup and salad.

...

And then the fly goes: "Waiter! There's a
salad in my soup!"



Avocado Egg Salad

Contributed by: Matt Heinz

Notes: Add bacon bits!

Ingredients

8 whole Hard Boiled Eggs, Peeled
2 whole Avocados, Pitted
4 tablespoons Mayonnaise
3 teaspoons Red Wine Vinegar
½ teaspoon Kosher Salt
Black Pepper to Taste
1 teaspoon Chives, Chopped

Directions

1. Combine all ingredients (scrape avocado from skin) except for chopped chives in the bowl of a food processor. Pulse a few times, scraping the bowl once or twice if necessary. Continue pulsing until salad reaches the consistency you want: chunky or more smooth!
2. Remove blade from bowl and stir in chives. Check seasoning and adjust as necessary.
3. Serve on a sandwich (spread bread with a mix of Dijon and mayonnaise) or serve on a thick slice of tomato as a cool salad. Sprinkle on extra chives to make it purty.

Source: [The Pioneer Woman](#)

Citrus Shrimp Salad with Avocado

Contributed by: Stephanie Carrillo

Ingredients

1 pound medium Pan-Seared Citrus Shrimp (I use 31/40 shrimp)
8 cups greens (such as arugula, spinach, or spring mix)
Fruity or lemon-flavored extra virgin olive oil
Juice of ½ lemon or ½ orange
1 avocado , sliced or diced
1 shallot , minced
4 ounces sliced almonds, toasted
Kosher salt and freshly ground black pepper

Directions

1. Prepare the recipe for the Pan-Seared Citrus Shrimp, or gently warm the leftover shrimp. Or, if you prefer, serve the shrimp chilled.
2. Toss the shrimp with the salad greens in a large bowl.
3. Lightly drizzle with olive oil, and if desired, some of the sauce remaining from the shrimp with a generous squeeze of citrus, and toss lightly to coat.
4. Add the avocado, shallots and sliced almonds and then season with kosher salt and freshly ground black pepper and serve.

Source: [Foodie Crush](#)

Asian-Inspired Salad Dressing

Contributed by: Josh Baez

Ingredients

2-parts peanut butter
2-parts rice vinegar
1-part honey
1-part sesame oil
Dash of salt
Dash of pepper
Dash of cayenne pepper
Juice of half a lime
Tablespoon of freshly-grated ginger

Directions

1. Add peanut butter, honey, and sesame oil to a bowl and mix until uniform
2. Add salt, pepper, cayenne pepper, and ginger and mix
3. Incrementally add the juice of the lime and continue to mix
4. Incrementally add the vinegar and continue to mix
5. Store in the fridge until ready to use
6. Stir before using
7. Enjoy over a bed of spinach and shredded cabbage
8. Now that's a sharp looking salad!

Thai Slow Cooker Chicken and Wild Rice Soup

Contributed by: Lauren Dichter

Notes: Go heavy on the ginger and red curry paste if you want a kick

Benefits: Ginger is high in antioxidants, dairy free, can be made in the instant pot in just 10-20 minutes, depending on how many servings you make.

Ingredients

6 boneless skinless chicken thighs
4 carrots chopped
4 cups squash cubed (acorn & butternut were both great)
2 onions diced
2 tablespoons fresh ginger minced
3 tablespoons thai red curry paste
3 tablespoons brown sugar
3 tablespoons fish sauce
¾ cup wild rice or wild rice blend used in photos
4 cups chicken stock

After cooking:

2 400mL cans of coconut milk (full fat, not light coconut milk is recommended)
1 tablespoon lime juice

Directions

1. Combine all ingredients except the coconut milk in a 6 quart slow cooker
2. Cook on low for 6 hours or high for 4 hours
3. Stir in the coconut milk and lime juice and cook for 10 or so minutes until completely combined
4. Shred chicken with two forks
5. Serve with lime wedges and cilantro (if desired)

Source: [Sweet Peas and Saffron](#)

Easy Rosemary Garlic White Bean Soup

Contributed by: Brenna Lofquist

Notes: A super yummy soup for any occasion, especially during quarantine when you're huddled up inside. This recipe is budget friendly also!

Ingredients

2 Tbsp olive oil
4 cloves garlic
3 15oz. cans cannellini beans
2 cups vegetable (or chicken) broth
½ tsp dried rosemary
¼ tsp dried thyme
1 pinch crushed red pepper
freshly cracked black pepper to taste

Directions

1. Before you begin, pour one of the cans of cannellini beans (with its liquid) into a blender and purée until smooth. Drain the other two cans of beans.
2. Mince the garlic and add it to a soup pot with the olive oil. Sauté the garlic over medium for about one minute, or just until the garlic is very fragrant.
3. Add the puréed cannellini beans, the other two cans of drained beans, broth, rosemary, thyme, crushed red pepper, and some freshly cracked pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. Once boiling, turn the heat down to medium low, remove the lid, and allow it to simmer for 15 minutes, stirring occasionally.
5. Smash the beans slightly to thicken the soup even more. Taste the soup and add salt if needed (I did not add any, this will depend on the salt content of your broth). Serve hot, with crusty bread for dipping!

Source: [Budget Bytes](#)

French Onion Beef Noodle Soup

Contributed by: Maria Geokezas

Notes: A combination of ramen and French onion soup. It's a project but perfect while in quarantine!

Ingredients

2 Tbsp. vegetable oil
3 lb. English-style bone-in beef short ribs, cut into 2" segments
Kosher salt
6 scallions, white and dark green parts separated
8 garlic cloves
1 4" piece ginger, scrubbed, thinly sliced
6 star anise pods
2 3" cinnamon sticks
8 whole cloves
2 tsp. black peppercorns
2 tsp. coriander seeds
1 cup dry white wine
½ cup (or more) low-sodium soy sauce
3 Tbsp. unsalted butter
5 lb. onions (about 10 medium), thinly sliced
2 Tbsp. (or more) unseasoned rice vinegar
30 oz. fresh or 18 oz. dried ramen noodles

Directions

1. Heat oil in a large Dutch oven or other heavy pot over medium-high. Season short ribs with salt and, working in batches, cook, turning occasionally, until well browned on all sides, 12–14 minutes. Transfer to a platter as you go. Carefully pour off fat left behind in pot until there is just enough to cover bottom of pot; discard.
2. Return pot to medium heat. Cook whole white scallion parts, garlic, and ginger, stirring occasionally, until they are starting to brown, about 4 minutes. Add star anise, cinnamon, cloves, peppercorns, and coriander seeds and cook, stirring often, until fragrant and oil is sizzling, about 1 minute. Add wine, scraping up any browned bits from bottom of pot with a wooden spoon. Simmer until almost completely evaporated, about 3 minutes. Return beef to pot and add soy sauce and 12 cups water. Bring to a boil, then reduce heat and cover partially with a lid. Simmer until meat is not quite falling off the bone, about 1½ hours.

French Onion Beef Noodle Soup

Continued

3. Meanwhile, heat butter in another large pot or Dutch oven over medium-high until foaming subsides. Add onions, season with salt, and cook, stirring often, until they begin to take on some color, about 15 minutes. (If they don't fit in your pot, add as much as you can, cover, and steam 5 minutes. Stir in remaining onions and continue cooking.) Reduce heat to medium-low and cook, stirring occasionally, until onions are deep golden and softened but not mushy, 30–45 minutes.
4. Using tongs, remove beef from broth and let cool until you can handle. Tear meat into bite-size pieces, discarding any bone and excess fat as you go. Strain broth through a fine-mesh sieve into a large bowl; discard solids.
5. Add meat and broth to pot with onions. Bring to a boil, reduce heat to low, and simmer until liquid is reduced a bit and flavors have melded, about 30 minutes. Add vinegar; taste and add more vinegar and/or soy sauce if needed.
6. Thinly slice remaining scallion greens. Cook noodles according to package directions. Divide among bowls. Ladle soup over noodles, making sure each bowl gets some meat and plenty of onions. Top with scallion greens and serve.

Source: [Bon Appetit](#)

Section 4

Sidekicks

Sides

A little something here. A little something there. Get in on this side-action!



Grilled Shishito Peppers

Contributed by: Matt Heinz

Ingredients

2 ounces shishito peppers

1 teaspoon vegetable oil

¼ teaspoon kosher salt (a 2-finger pinch)

Directions

1. Season the peppers: In a small bowl, toss the shishito peppers with the vegetable oil and salt.
2. Set up the grill for direct medium heat: Set the grill up for direct medium heat. On my Weber kettle, I light a chimney starter $\frac{3}{4}$ full of charcoal, wait for it to be mostly covered with ash, then pour it in a loose single layer. (This gives me a little more than half the grill with direct medium heat.)
3. Grill the peppers: Put the peppers on the grate over direct medium heat and grill them, turning often, until the skin of the peppers blackens and blisters in spots, about 4 minutes. (You don't want completely blackened, just in spots). Move the peppers to a plate and serve.

Source: [Dad Cooks Dinner](#)

Crispy Salt and Vinegar Smashed Potatoes

Contributed by: Brenna Lofquist

Notes: Highly recommend following the recipe and laying the potatoes over the greek yogurt, so good! These can be made in the oven or instant pot.

Ingredients

2 pounds baby Yukon gold potatoes
¾ cup + 2 tablespoons apple cider vinegar
1 tablespoon kosher salt plus more to season
½ cup extra virgin olive oil
2 teaspoons onion powder
1-2 cloves garlic, minced or grated
freshly cracked black pepper
¾ cup grated white cheddar cheese
¼ cup fresh herbs, such as parsley, basil, or dill, torn
2 tablespoons fresh chopped chives
2 cups plain Greek yogurt or sour cream

Stove-Top Directions

1. Preheat the oven to 450 degrees F. Place the potatoes, ¾ vinegar, and the salt in a large pot. Add water to cover by 1 inch. Bring to a boil, then reduce the heat to a simmer. Simmer 15 minutes, until the potatoes are fork tender. Drain the potatoes and transfer to a rimmed baking sheet, let cool slightly.
2. Place another rimmed baking sheet on top of the potatoes, then push down firmly to smash potatoes (see above photo). Alternately, use the bottom of a mug to smash each one individually. Toss the potatoes with olive oil, onion powder, garlic, and season with salt and pepper, lightly breaking the potatoes as you toss. Transfer to the oven and roast the potatoes until light golden brown, 25-30 minutes. Remove from the oven, sprinkle on the cheese, toss, and return to the oven for another 10 minutes, until the potatoes are crisp and golden brown.
3. Toss the potatoes with the remaining 2 tablespoons vinegar, herbs, and chives.
4. Spoon the yogurt onto a serving plate and then add the potatoes. Sprinkle with fresh herbs and flaky salt. Enjoy!

Instant Pot Directions

1. Preheat the oven to 450 degrees F. In the bowl of your instant pot, combine the potatoes, ¾ cup vinegar, ½ cup water, and the salt. Cover and cook on high pressure/manual for 6 minutes. Once done cooking, use the natural or quick release function and release the steam. Drain the potatoes and transfer to a rimmed baking sheet, let cool slightly.
2. Finish as directed above from step 2 on.

Source: [Half Baked Harvest](#)

Fried Rice

Contributed by: Josh Baez

Ingredients

2-day old rice (preferably rice that's been in the fridge)

Olive oil

1-2 dashes of salt

Trader Joe's Vegan Chicken-less seasoning salt (Seriously, you need this in your life)

1-2 dashes of cayenne pepper

1-2 dashes garlic powder

Dash of soy sauce

Dash of fish sauce

Splash of toasted sesame oil

Spicy chili crisp

1-2 eggs

Directions

1. Add olive oil to a pan and heat
2. Add rice to the pan and heat up
3. When able, break apart any chunks or larger pieces to form one even layer
4. Add salt to the rice and mix
5. Let rice cook, untouched, for 6-8 minutes or until crispy on the bottom
6. Add remaining spices and wet ingredients
7. Add your eggs and mix them into the rice
8. Stir rice and let cook, untouched, for another 6-8 minutes or (again), until crispy on the bottom
9. Plate and eat!

Section 5

Fire & Knives Grilling & Barbecue

Quarantine and grill.



Hawaiian Huli Huli Grilled Chicken Wings

Contributed by: Matt Heinz

Ingredients

3 pounds (1.4kg) chicken wings
1 cup (240ml) unsweetened pineapple juice
½ cup (120ml) soy sauce
½ cup (60g) light brown sugar, lightly packed
¼ cup (2 ounces) homemade chicken stock or low-sodium store-bought broth
1-inch piece ginger root (¼ ounce; 7g), peeled and finely grated
2 medium cloves garlic, minced
1 teaspoon (5ml) sriracha chili sauce
Thinly sliced scallions (white and light green parts only), for garnish
Grilled pineapple wedges, for serving (optional)

Directions

1. Place chicken wings in a large zipper-lock freezer bag. Set aside.
2. In a medium bowl, whisk together pineapple juice, soy sauce, light brown sugar, chicken stock, ginger, garlic, and sriracha. Pour half of sauce into bag of chicken, seal bag, and toss to coat. Cover remaining sauce in bowl with plastic wrap and refrigerate. Place bag of chicken in refrigerator and let marinate for at least 1 hour and up to 8 hours.
3. Light 1 chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and spread coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Clean and oil grilling grate.
4. Remove wings from marinade, allowing excess to drip off; discard marinade. Place wings on cooler side of grill, cover with vents partially open, and cook, occasionally brushing with reserved sauce and turning wings, until wings are well browned and cooked through, about 30 minutes. Move wings to hot side of grill and cook until browned all over, about 3 minutes per side, brushing often with sauce to build up a nice glaze.
5. Serve chicken wings with thinly sliced scallions and grilled pineapple, if desired.

Source: [Serious Eats](#)

Grilled Chipotle Rubbed Steaks with Lime Butter

Contributed by: Matt Heinz

Ingredients

4 tablespoons unsalted butter, softened
1 small garlic clove, minced (about ½ teaspoon)
¼ teaspoon finely grated zest from 1 lime
1 tablespoon fresh juice from 1 lime
Kosher salt
1½ teaspoons sweet paprika
1½ teaspoons ground cumin
1½ teaspoons chipotle powder
Four thick, boneless steaks, such as ribeye or hanger, 10- to 12-ounces each
Vegetable oil, for the grill

Directions

1. Combine the butter, garlic, lime zest, lime juice, and salt to taste. Set aside. Combine the paprika, cumin, and chipotle powder in a small bowl. Sprinkle the steaks with plenty of kosher salt, then evenly sprinkle the spice mixture over them and rub into the meat.
2. Oil the grates of the grill (or grill pan) and preheat over high heat until smoking. Reduce heat to medium high and add steaks. Cook without moving until well-charred, about 4 minutes. Flip steaks and continue to cook until center of steaks register 125°F on an instant-read thermometer for medium-rare, 135°F for medium, or 145°F for well done. Transfer to a platter and allow to rest for at least 5 minutes, adding the lime butter after a few minutes to melt from the residual heat.
3. Slice the steaks and serve immediately.

Source: [Serious Eats](#)

Thai Style Grilled Chicken

Contributed by: Matt Heinz

Ingredients

6 medium cloves garlic
12 sprigs cilantro, including thick stalks
3 tablespoons (45g) palm or light brown sugar
2 teaspoons (10g) ground white pepper
1 teaspoon (5g) ground coriander
2 tablespoons (30ml) fish sauce
2 teaspoons (10ml) dark soy sauce
2 (3-inch) segments lemongrass (optional)
1 whole chicken, spine removed, split in half along the breastbone
1 recipe Thai-Style Sweet Chili Dipping Sauce

Directions

1. Combine garlic, cilantro, sugar, white pepper, coriander, fish sauce, dark soy sauce, and lemongrass (if using) in the bowl of a food processor. Process until a rough paste is formed. Set aside.
2. Place chicken halves flat on a cutting board. Insert 2 metal skewers into each chicken half, running parallel through legs and breasts. Transfer chicken to a baking dish that just fits them. Rub on all surfaces with marinade. Cover, transfer to refrigerator, and allow to marinate for at least 2 hours and up to overnight.
3. When ready to cook, light 1 chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and spread coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Clean and oil grilling grate.
4. Place chicken, skin side up, on cooler side of grill, with legs facing toward hotter side. Cover grill, with vents on lid open and aligned over chicken. Open bottom vents of grill. Cook until an instant-read thermometer inserted into thickest part of breast registers 140°F (60°C), about 45 minutes. Carefully flip chicken and place, skin side down, on hotter side of grill, with breasts pointed toward cooler side. Cover and cook until skin is crisp and an instant-read thermometer inserted into thickest part of breast registers 145 to 150°F (63 to 66°C), about 3 minutes longer. (Be careful, as the skin is very prone to burning.) If chicken threatens to burn before temperature is achieved, carefully slide to cooler side of grill, cover, and continue to cook until done. Do not leave lid off for longer than it takes to check temperature, or chicken will burn.
5. Transfer chicken to a cutting board and allow to rest for 5 minutes. Carve and serve with chili dipping sauce.

Source: [Serious Eats](#)

BBQ Glazed Smoked Brussel Sprouts with Bacon

Contributed by: Matt Heinz

Ingredients

4 strips of bacon
1 onion minced
2 cloves garlic minced
1 lbs brussels sprouts stems trimmed and cut in half
1 tbsp BBQ Spice Blend
½ cup Apple Habanero Bar-B-Que Sauce or other desired Barbecue sauce

For Spicy Aioli

1 tbsp sour cream
1 tbsp mayo
1 tsp Barbecue Sauce
Salt and pepper
1 tsp BBQ Spice Blend

Directions

1. Preheat the smoker to high. Place a cast iron skillet over the highest heat and cook the bacon until crisp.
2. Remove from pan and drain, reserving the bacon fat in the pan.
3. Reduce the heat on your smoker to 250.
4. Add the onions, garlic, and brussels to the pan and toss to coat in the bacon drippings. Sprinkle the barbecue spice blend over top.
5. Cover the lid and allow to smoke for 1 to 1½ hours, until the sprouts are fork tender.
6. For the last 20 minutes of smoking, toss the brussels sprouts in half of the barbecue sauce.
7. Remove the sprouts from the smoker.
8. Chop the bacon and add it and the remaining barbecue sauce to the pan of sprouts, tossing to coat.
9. Serve hot.
10. Meanwhile, make the spicy aioli
11. Whisk the sour cream, mayo and barbecue sauce together in a small bowl. Season with salt and pepper to taste.
12. Sprinkle the barbecue spice blend over top and serve alongside the smoked brussels for dipping.

Source: [Girl Carnivore](#)

Section 6

I've Got All Day, Everyday Slow Cookers & Instant Pots

When you've got nothing but time, the world is your oyster. We don't actually have a recipe for oysters here.

...

Anyways.



Instant Pot Crispy Brisket Bites

Contributed by: Matt Heinz

Ingredients

Texas Barbecue Rub (or 3 tablespoons of store-bought rub)

1 teaspoon fine sea salt
1 teaspoon Ancho chili powder
½ teaspoon fresh ground black pepper
½ teaspoon onion powder
½ teaspoon garlic powder

Texas Barbecue Sauce (or ½ cup of store-bought sauce)

¾ cup ketchup
2 tablespoons brown sugar
2 tablespoons cider vinegar
2 teaspoons Worcestershire sauce
½ teaspoon Texas Barbecue Rub (from above)

Brisket Bites

3 pounds beef brisket, fat cap trimmed to ¼ inch, cut into 1½-inch cubes
1 cup water
1 teaspoon liquid smoke (optional)
1 teaspoon vegetable oil

Instant Pot Crispy Brisket Bites

Continued

Directions

1. Make the rub and sauce: In a small bowl, stir the barbecue rub ingredients until completely mixed, then set them aside. In a medium bowl, whisk the barbecue sauce ingredients (including ½ teaspoon of the rub) until smooth. Set aside.
2. Seasoned beef into the pot: Sprinkle the brisket cubes with the rub, then put the beef into the Instant Pot (or pressure cooker pot). Stir the cup of water and the liquid smoke together, then pour it into the pot.
3. Pressure cook for 25 minutes with a natural pressure release: Lock the lid on the Instant Pot. Cook on high pressure for 25 minutes in an electric pressure cooker (“Manual” or “Pressure Cook” mode in an Instant Pot), or for 20 minutes in a stovetop PC. Let the pressure come down naturally, about 15 minutes.
4. Pan-fry the brisket bites, toss with barbecue sauce, and serve: Unlock the Instant Pot lid and open it away from you – the steam is hot. Scoop the beef cubes into a bowl with a slotted spoon. In a 12-inch fry pan over medium-high heat, heat the vegetable oil until shimmering. Spread the brisket cubes in the frypan in a single layer and cook until the bottom is browned and crispy, about 3 minutes. Flip the brisket cubes and brown the other side, about 2 more minutes. Drizzle the barbecue sauce over the brisket and toss to coat. (We made ½ cup – just enough to glaze the beef, not so much that it’s swimming in barbecue sauce.) Serve the brisket bites and pass the rest of the sauce at the table for dipping.

Source: [Dads Cook Dinner](#)

Instant Pot Cheesy Taco Shells

Contributed by: Matt Heinz

Ingredients

1 tablespoon olive oil
1 pound lean ground beef
½ medium sweet onion, diced
1 small poblano pepper, diced
3 cloves garlic, minced
2½ teaspoons chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
3 cups beef stock
1 (8-ounce) can tomato sauce
1 cup mild salsa, homemade or store-bought
12 ounces medium pasta shells
Kosher salt and freshly ground black pepper, to taste
6 ounces shredded extra-sharp cheddar cheese, about 1½ cups
½ cup heavy cream
¼ cup chopped fresh cilantro leaves

Directions

1. Set a 6-qt Instant Pot® to the high saute setting. Heat olive oil; add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
2. Add onion and poblano, and cook, stirring frequently, until tender, about 2-3 minutes. Stir in garlic, chili powder, oregano and cumin until fragrant, about 1 minute.
3. Stir in beef stock, tomato sauce, salsa and pasta; season with salt and pepper, to taste. Select manual setting; adjust pressure to high, and set time for 5 minutes. When finished cooking, quick-release pressure according to manufacturer's directions. Stir in cheese and heavy cream until cheese has melted, about 1-2 minutes. Stir in cilantro.
4. Serve immediately.

Source: [Damn Delicious](#)

Slow Cooker Butter Chicken

Contributed by: Brenna Lofquist

Ingredients

1 lb. boneless, skinless chicken breast (or chicken thighs)
1 medium onion, diced
2 tsp coconut oil
4 cloves garlic, finely minced
1 tsp fresh ginger, finely minced
1 tsp coriander
1 tsp cumin
1 tsp cardamom
½ tsp salt
¼–½ tsp cayenne pepper (optional)
1 (14oz) can coconut milk (full fat, please)
1 (6oz) can tomato paste
juice of 1 lime
¼ cup cilantro, or to taste

Directions

1. In a medium saute pan, heat coconut oil over medium heat. Add onion and sauté until translucent and fairly tender. Add garlic, ginger, spices, and salt. Cook 1 minute longer, till all the spices are fragrant and amazing. Stir in coconut milk and tomato paste and stir until well combined.
2. Add chicken to the slow cooker. Pour sauce over everything.
3. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.
4. Shred or dice chicken into the sauce, squeeze in lime juice, top with cilantro, and serve with your favorite vegetable, rice, or naan.

Source: [One Lovely Life](#)

Slow Cooker Coconut Curry Lentils

Contributed by: Brenna Lofquist

Ingredients

1 yellow onion
2 cloves garlic
2 cups brown lentils
1 sweet potato (about $\frac{3}{4}$ lb.)
2 carrots
3 Tbsp curry powder (hot or mild)
 $\frac{1}{4}$ tsp ground cloves (optional)
1 15oz. can petite diced tomatoes
1 15oz. can tomato sauce
3 cups vegetable broth
1 14oz. can coconut milk (full fat)

For serving

10 cups cooked rice
 $\frac{1}{2}$ red onion
 $\frac{1}{2}$ bunch fresh cilantro or green onions

Directions

1. Dice the onion and mince the garlic. Peel the sweet potato and carrots. Dice the sweet potato ($\frac{1}{4}$ – $\frac{1}{2}$ inch cubes) and slice the carrots.
2. Add the onion, garlic, sweet potato, carrots, lentils, curry powder, cloves, diced tomatoes, tomato sauce, and vegetable broth to the slow cooker. Stir to combine. Place the lid on the slow cooker and cook on high for 4 hours or low for 7-8 hours. Once cooked, the lentils should be tender and most of the liquid should be absorbed.
3. Stir the can of coconut milk into the lentils. Taste and adjust the salt or other spices as needed (the amount of salt needed will depend on the type of broth used and the salt content of the canned tomatoes).
4. To serve, add 1 cup cooked rice to a bowl followed by 1 cup of the lentil mixture. Top with finely diced red onion and fresh cilantro.

Source: [Budget Bytes](#)

Slow Cooker Al Pastor Loaded Tacos

Contributed by: Brenna Lofquist

Notes: This is a paleo recipe but ingredients can easily be swapped for non-paleo ones.

Ingredients

For the pork

2 cups fresh diced pineapple
½ white onion, roughly chopped
2 garlic cloves
½ cup orange juice
2 tablespoons white vinegar
2 chipotle peppers in adobo sauce
1 tablespoon chipotle chili powder
1 teaspoon cumin
1 teaspoon salt
Juice of 1 lime
2 pound pork loin, cubed

For the tacos

Siete Foods Tortillas (I prefer the coconut & cassava) or make your own from Juli Bauer's Paleo Cookbook
¾ cup diced pineapple
½ white onion, minced
Handful of fresh cilantro, minced
Tessemæ's Creamy Ranch (optional)
Lime wedges

Directions

1. Place all pork ingredients (except for the pork) in a high speed blender and blend until smooth. Place cubed pork loin in a crockpot and cover pork with pureed mixture. Cover crockpot and cook on low for about 8 hours.
2. Once pork has cooked through, use two forks to shred the meat and mix to coat with the cooked down sauce.
3. To heat tortillas: place tortilla over a gas stovetop until slightly browned on both sides (about 10-15 seconds per side).
4. To build tacos: use a slotted spoon to scoop out the meat and place in taco shell. Top with pineapple, onion, cilantro, a small amount of creamy ranch, and squeeze fresh lime juice on top!
5. Serve up, buttercup!

Source: [PaleOMG](#)

Crockpot Carne Asada Tacos with Cilantro Lime Garlic Sauce

Contributed by: Brenna Lofquist

Notes: I used this recipe only for the meat but the rest of it sounds delicious! I used the Instant Pot to cook the meat and it didn't come out as tender so instead of shredding it, I cut against the grain into thin strips. It still came out super delicious!

Ingredients

Carne Asada

2 pounds flank steak
4 cloves garlic, minced or grated
1 tablespoon chipotle chili powder
2 teaspoons onion powder
1 teaspoon smoked paprika
Kosher salt
2 tablespoons extra virgin olive oil
Zest and juice of 1 lime
½ cup Mexican beer, such as Negra Modelo (or water)
1 tablespoon honey
Warmed corn or flour tortillas,
Avocado, feta cheese, jalapeños, pickled onion, and shredded lettuce, for serving

Mexican Fries

4 potatoes, cut into ¼-inch-thick matchsticks
3 tablespoon extra virgin olive oil
1 teaspoon chipotle chili powder
1 teaspoon smoked paprika
1 teaspoon garlic powder
Kosher salt

Cilantro Garlic Lime Crema

Zest and juice of 1 lime
1-2 cloves garlic, grated
½ cup plain Greek yogurt or sour cream
½ cup fresh cilantro, finely chopped
2 green onions, finely chopped

Crockpot Carne Asada Tacos with Cilantro Lime Garlic Sauce

Continued

Instant Pot Directions

1. Cut the steak into 4 pieces. In the bowl of your instant pot, combine the steak, garlic, chili powder, onion powder, paprika, pinch of salt, olive oil, lime juice and zest. Rub the seasonings into the steak. Add the beer. Cover and cook on high pressure/manual for 8 minutes. Once done cooking, use the natural or quick release function and release the steam.
2. Preheat the broiler to high. Remove the steak from the sauce to a baking sheet. Let rest 10 minutes. Lightly shred. Add ½ cup of the cooking liquid, then drizzle on the honey. Transfer to the broiler. Broil for 2-5 minutes, until the steak caramelizes. Watch closely! Toss with additional cooking liquid, if desired.
3. Follow the directions as directed above for steps 3-6.

**Link to recipe include Directions for using a slow cooker and grill*

Source: [Half Baked Harvest](#)

Section 7

Comfort Food

Food as comfy as your work-sweats.



Sausage Spinach Ricotta Calzone

Contributed by: Stephanie Carrillo

Notes: Modified by purchasing Trader Joe's ready-made garlic and herb pizza dough and pizza sauce. Used fresh mozzarella and a food processor to chop it up. Recommend brushing the top with olive oil before cooking.

Ingredients

Crust

1 ½ cups all-purpose flour, or more if needed
1 envelope Fleischmann's® Pizza Crust Yeast
1 teaspoon sugar
¾ teaspoon salt
⅔ cup very warm water (120 degrees to 130 degrees F)*
1 tablespoon vegetable oil

Filling

8 ounces Italian sausage
2 cups fresh spinach leaves
¼ cup water
¾ cup ricotta cheese
¾ cup shredded mozzarella cheese
1 egg
1 teaspoon Spice Islands® Italian Herb Seasoning
½ teaspoon Spice Islands® Crushed Red Pepper
½ teaspoon Spice Islands® Garlic Salt
Pizza sauce OR marinara sauce

Sausage Spinach Ricotta Calzone

Continued

Directions

1. Preheat oven to 375 degrees F.
2. Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes. Cover and let rest on floured surface while preparing filling.
3. Cook sausage in skillet over medium-high heat until cooked through; remove from skillet and drain excess fat. Add spinach and water to skillet; saute 1 to 2 minutes until spinach is wilted; drain. Return sausage to pan.
4. Combine ricotta, mozzarella and egg in a mixing bowl. Stir in Italian herb seasoning, crushed red pepper and garlic salt; set aside.
5. To make calzones divide dough into four portions. Roll 1 portion into an 8-inch circle on a floured surface. Spread approximately $\frac{1}{3}$ cup ricotta mixture in center bottom half of dough. Top with heaping $\frac{1}{3}$ cup sausage spinach mixture leaving outer $\frac{1}{2}$ -inch free of filling. Fold top half of dough over filling. Pull edge of lower crust over top; folding and pressing layers together to form a seal. Carefully transfer to greased baking sheet. Cut 3 to 4 vents in top. Repeat with remaining dough. Bake for 15 to 20 minutes until lightly browned. Transfer to cooling rack to keep bottom crust crisp while cooling slightly. Serve with pizza sauce or other sauce for dipping.

Source: [All Recipes](#)

Lauren's 20ish-minute Penne Arrabiata

Contributed by: Lauren Dichter

Ingredients

3 Cloves of Garlic

Olive Oil

½ tsp or more red pepper flakes (as preferred)

14 oz. Crushed tomatoes

Kosher salt

1-2 tsp sugar

¼ finely chopped Italian flat leaf
parsley

1 lb. penne rigate pasta

Parmesan or pecorino romano

Directions

1. In a large skillet over medium heat, add a little less than ½ cup olive oil, 3 cloves minced garlic, and desired amount of red pepper flakes.
2. Saute on medium heat just until garlic sizzles then add 1 can crushed tomatoes. Add kosher salt to taste and sugar (I usually just add 1 tsp because I don't want it too sweet).
3. Continue to simmer on medium heat for 10 mins or so, and start cooking penne rigate (see below).
4. Then add ¼ cup finely chopped Italian flat leaf parsley to the sauce.
5. Boil 1 lb. penne rigate in salted water (usually 1 heaping tbsp of salt).
6. Once cooked al dente, drain pasta and toss back into the saucepan on high heat.
7. Serve with parmesan or pecorino romano!

White Clam Pizza

Contributed by: Matt Heinz

Ingredients

3 large cloves garlic, chopped
¼ cup extra-virgin olive oil, plus more for drizzling
1 pound refrigerated pizza dough
All-purpose flour, for kneading
Cornmeal, for dusting
Kosher salt
½ cup thinly sliced mozzarella cheese (4 ounces)
2 6.5-ounce cans chopped clams, juice drained and reserved
¼ teaspoon dried oregano
2 tablespoons grated parmesan cheese
2 cups baby arugula
Juice of 1 lemon
Red pepper flakes, for garnish (optional)

Directions

1. Preheat the oven to 500 degrees. Place a pizza stone or inverted rimmed baking sheet on the bottom rack.
2. Mix the garlic and ¼ cup olive oil in a small bowl. Knead the dough about 6 times on a lightly floured surface. Roll and stretch into a 12-inch round. Place the dough on a pizza peel, or another inverted baking sheet, dusted with cornmeal.
3. Brush half of the garlic-oil over the dough; season with salt. Scatter the mozzarella and clams over the crust; drizzle with 2 tablespoons of the reserved clam juice and the remaining garlic-oil. Sprinkle with the oregano, parmesan, and salt to taste. Slip the pizza onto the preheated pizza stone or baking sheet (the cornmeal will help it slide off). Bake until the crust is light brown, 13 to 15 minutes.
4. Just before the pizza is done, drizzle the arugula with olive oil and lemon juice. Slice the pizza; top each piece with arugula and season with red pepper flakes, if desired.

Source: [Food Network](#)

Peruvian Style Roast Chicken with Green Sauce

Contributed by: Matt Heinz

Notes: Chicken marinates for at least 6 hours, so plan ahead!

Ingredients

For the chicken

3 tablespoons extra virgin olive oil
¼ cup lime juice, from 2 limes
4 large garlic cloves, roughly chopped
1 tablespoon kosher salt
2 teaspoons paprika
1 teaspoon black pepper
1 tablespoon cumin
1 teaspoon dried oregano
2 teaspoons sugar
4 pound whole chicken

For the green sauce

3 jalapeño chili peppers, seeded if desired (I use about half the seeds for a medium-hot sauce), and roughly chopped (see note)
1 cup packed fresh cilantro leaves
2 cloves garlic, roughly chopped
½ cup mayonnaise, best quality such as Hellmann's
¼ cup sour cream
1 tablespoon fresh lime juice, from one lime
½ teaspoon salt
⅛ teaspoon freshly ground black pepper
2 tablespoons extra virgin olive oil

Peruvian Style Roast Chicken with Green Sauce

Continued

Directions

For the chicken

1. Combine all of the ingredients except the chicken in a blender or mini food processor, and blend until smooth. Remove the giblets from the inside of the chicken and pat the outside of the chicken dry with paper towels; place in a bowl, breast side up with the legs facing you.
2. Using the handle of a wooden spoon or your fingers, loosen the skin from the flesh over the breasts and legs, being careful not to tear the skin or push all the way through (you want the marinade to stay inside the bird).
3. Spoon about $\frac{2}{3}$ of the marinade evenly underneath the skin, and spread the remaining $\frac{1}{3}$ evenly over the skin.
4. Marinate the chicken in the refrigerator for at least 6 hours or overnight.
5. Adjust the oven rack to the lower-middle position, and preheat the oven to 425 degrees. Line a roasting pan with aluminum foil for easy clean-up.
6. Spray a rack (preferably a v-shape) with non-stick cooking spray and place the chicken on top. Tie the legs together with kitchen string.
7. Roast for 20 minutes, until the skin is golden. Turn the heat down to 375 degrees, and continue to roast for about an hour and ten minutes more, or until the juices run clear when you cut between the leg and thigh. (Keep an eye on it -- if it's browning too quickly, cover it loosely with foil.)
8. Tent the chicken with foil and let rest for about 20 minutes. Tilt the chicken over the roasting pan to release the juices, then transfer to a cutting board. Carve the chicken and serve with green sauce.

For the green sauce

1. Combine all of the ingredients except the olive oil in a blender or food processor and blend into a smooth sauce.
2. With the motor running, open lid and slowly drizzle in olive oil. It will seem very runny at this point but, don't worry, it will thicken up as it sits.
3. Transfer the sauce to a bowl, cover and refrigerate until ready to serve.
4. *Be sure to wash your hands well after handling hot peppers, and do not touch your eyes while working with them

Source: [Once Upon a Chef](#)

Beef Broccoli

Contributed by: Matt Heinz

Ingredients

1 pound flat iron steak, cut into ¼-inch thick strips (flank steak, skirt steak or hanger steak may be substituted, but won't be as tender)
¼ cup soy sauce (use gluten-free if needed)
¼ cup Shaoxing wine (Chinese rice wine) or dry sherry
2 teaspoons cornstarch
¼ cup oyster sauce
⅓ cup low sodium chicken broth
1 tablespoon sugar
1 teaspoon Asian (or toasted) sesame oil
4 scallions, whites finely sliced, greens cut into ½-inch segments on the diagonal, reserved separately
3 cloves garlic, minced
1 tablespoon finely minced fresh ginger
3 tablespoons vegetable oil
1 pound bite-size broccoli florets, from about 1-1½ pounds broccoli crowns
⅓ cup water

Beef Broccoli

Continued

Directions

1. Combine the beef with 1 tablespoon of the soy sauce and 1 tablespoon of the Shaoxing wine (or dry sherry) in a bowl and toss to coat. Let marinate for 30 minutes at room temperature or 1 hour in the refrigerator.
2. Meanwhile, combine the remaining 3 tablespoons of soy sauce with the cornstarch and stir with a fork until the cornstarch is dissolved. Add the remaining 3 tablespoons of Shaoxing wine (or dry sherry), oyster sauce, chicken broth, sugar, and sesame oil. Stir and set aside.
3. Combine the scallion whites, garlic and ginger in a bowl and set aside.
4. When you're ready to cook, heat 1 tablespoon of oil in a large sauté pan or wok over high heat until smoking. Add the broccoli and stir-fry for 30 seconds, then add the water. Cover the pan with a lid (or tightly with foil) and lower the heat to medium; steam the broccoli until tender-crisp, about 2 minutes, then transfer to a paper towel-lined plate.
5. Wipe any excess water out the pan. Increase the heat to high and heat another tablespoon of oil in the pan until smoking. Add half of the beef, so that it is in a single layer, and cook without moving until the beef is well seared, about 1-1½ minutes. Continue cooking while stirring until the beef is lightly cooked but still pink in spots, about 30 seconds. Transfer to a plate.
6. Add another tablespoon of oil to the pan and heat until smoking. Add the remaining beef and cook without moving until the beef is well seared, about 1-1½ minutes. Add the scallion whites, garlic and ginger mixture and cook, stirring constantly with the beef, for about 30 seconds.
7. Return the reserved beef and broccoli to the pan, along with the reserved sauce and scallion greens and cook, tossing and stirring constantly until the sauce is lightly thickened, about 45 seconds. Transfer to a serving platter and serve with rice.
8. Pair with Jasmine Rice

Source: [Once Upon a Chef](#)

Honey Garlic Chicken

Contributed by: Michelle Voznyuk

Ingredients

8 chicken thighs (skinless and boneless)
2 tbsp cornflour (or cornstarch)
½ tsp salt
½ tsp pepper
2 tbsp vegetable oil
1 tbsp unsalted butter
4 cloves minced garlic
⅓ cup (110g) honey
⅓ cup (80ml) chicken stock
1 tbsp rice vinegar
1 tbsp light soy sauce

To serve:

1 tbsp finely chopped fresh parsley
½ tsp chilli flakes
Boiled rice

Directions

1. Place the chicken thighs in a bowl and add the cornflour (cornstarch), salt and pepper. Toss the chicken in the cornflour until fully coated.
2. Heat the oil in a large frying pan (skillet) over a high heat.
3. Add the chicken thighs, and cook on one side until golden brown (about 4-5 minutes), then turn over and cook for a further 2 minutes.
4. Add the butter to the pan, let it melt, then add the garlic and stir together. Turn the heat down to medium so the garlic doesn't burn, then make the sauce.
5. To make the sauce, combine the honey, stock, rice vinegar and light soy sauce in a bowl and stir together.
6. Add the sauce to the pan. Turn the heat up and bring the sauce to the boil, then simmer for 4-5 minutes until the sauce reduces and thickens, and the chicken is cooked through (and no longer pink in the middle).
7. Sprinkle on the chopped parsley and chilli flakes and serve over boiled rice.

Source: [Kitchen Sanctuary](#)

30 Minute Caramelized Shallot Beef Ramen Noodles

Contributed by: Matt Heinz

Ingredients

2 tablespoons sesame oil, or extra virgin olive oil
4 shallots, thinly sliced
1 pound ground beef, chicken, or pork
4 cloves garlic, minced or grated (or 2 teaspoons garlic powder)
1 inch fresh ginger, grated (or 2 teaspoons dried ginger)
¼ teaspoon ground cinnamon (optional)
1 teaspoon black pepper
½ cup low sodium soy sauce or tamari
2 tablespoons rice vinegar
2 tablespoons fish sauce (optional)
3 tablespoons honey
2-3 tablespoons chili paste (sambal oelek)
3 squares brown rice ramen noodles
3 tablespoons salted butter
1 cup fresh basil or cilantro, roughly torn
¼ cup toasted peanuts or sesame seeds
Carrots, green onions, and limes, for serving

Directions

1. Heat the oil in a large skillet over medium heat. When the oil shimmers, add the shallots and cook until the shallots begin to caramelize, about 5 minutes. Stir in the beef, garlic, ginger, cinnamon, if using, and pepper. Brown all over, breaking the beef up as it cooks, about 5 minutes. Pour in the soy sauce, vinegar, fish sauce, honey, and chili paste. Bring the sauce to a boil over medium-high heat and cook until the sauce coats the beef, about 5-8 minutes.
2. Meanwhile, cook the noodles. Bring a large pot of water to a boil. Boil the ramen according to package directions, until al dente. Before you drain the noodles, scoop out about ½ cup cooking water, drain.
3. Add the noodles and ¼ cup of the reserved water to the beef. Add the butter and basil, tossing to combine.
4. Divide the noodles between plates. Top with peanuts (or sesame seeds), carrots, green onions, and fresh limes. Enjoy!

Source: [Half Baked Harvest](#)

Healthy Salmon Quinoa Burgers

Contributed by: Brenna Lofquist

Notes:

- Can swap kale for other greens such as arugula
- Can swap onions and garlic for shallots
- I don't use the salad part of the recipe and instead eat the burgers over arugula, goat cheese, green apple, walnuts, extra quinoa (if you want), salt/pepper, and olive oil, lemon juice, and white wine vinegar for a dressing but whatever dressing you have works!

Ingredients

For the burgers

16 oz wild salmon fillet, skin removed
1 tsp olive oil
1/3 cup diced shallots
1 cup kale, chopped
Kosher salt and freshly ground black pepper, to taste
3/4 cup cooked quinoa
2 tbsp Dijon mustard
1/2 tsp Old Bay
1 large egg, beaten

For the salad

2 1/2 tbsp olive oil
2 1/2 tbsp champagne vinegar
2 tbsp minced shallots
1 1/4 tsp dijon mustard
salt and pepper, to taste
10 loose cups baby arugula
1 large pink grapefruit, peeled and diced

Healthy Salmon Quinoa Burgers

Continued

Directions

1. In a small bowl, whisk the olive oil, vinegar, shallots, dijon, salt and pepper.
2. Cut about a 4 oz piece off of the salmon and place in a food processor or chopper to finely chop. This will help hold the burgers together.
3. With a knife finely chop the remaining salmon, transfer to a large work bowl.
4. Heat a large nonstick skillet over medium heat, add the oil and saute shallots and kale. Season with salt and pepper and cook over medium heat until wilted and tender, about 4 to 5 minutes.
5. Transfer to the bowl with salmon along with quinoa, Dijon, Old Bay and egg. Mix to combine, then form into 5 patties, about ½ cup each.
6. Lightly heat a nonstick grill pan or skillet over medium heat, when hot spray with oil and add the salmon patties. Cook the 4 to 5 minutes, then gently turn and cook an additional 4 to 5 minutes, or until cooked through.
7. Toss the dressing with the arugula and grapefruit; divide on four plates.
8. Top each salad with a salmon burger.

Source: [Skinny Taste](#)

Sheet Pan Lemon Rosemary Dijon Chicken and Potatoes with Feta Greek Goddess Sauce

Contributed by: Brenna Lofquist

Notes:

- Added broccoli
- Use whichever herbs you have - for the sauce, I used basil and parsley
- Enjoyed this dish over Israeli Couscous from Trader Joe's
- If I made this again I would sear the chicken in a pan first to get some color and texture before finishing in the oven to cook with the vegetables

Ingredients

Sheet pan

6 tablespoons extra virgin olive oil, plus more for serving
2 tablespoons Dijon mustard
4 cloves garlic, minced or grated (or 1 teaspoon garlic powder)
1 medium shallot, finely chopped (or 1 teaspoon onion powder)
2 tablespoons chopped fresh rosemary (or 1 tablespoon dried rosemary)
1 teaspoon smoked paprika
juice and zest of 1 lemon
kosher salt and black pepper
2 pounds boneless chicken breasts or thighs
3-4 medium russet potatoes, cut into 2 inch pieces
1 tablespoon raw sesame seeds
kosher salt and black pepper
1 small bunch asparagus, ends trimmed

Feta sauce

4-6 ounces feta cheese
¼ cup plain Greek yogurt
1 clove garlic grated
juice from 1 lemon
¼ cup chopped fresh tender herbs, such as dill, basil, or parsley (or 2 tablespoons dried herbs)
¼ teaspoon smoked paprika
1 pinch crushed red pepper flakes

Sheet Pan Lemon Rosemary Dijon Chicken and Potatoes with Feta Greek Goddess Sauce

Continued

Directions

1. Preheat oven to 425 degrees F. In a medium bowl, combine the remaining 4 tablespoons olive oil, the mustard, garlic, shallot, rosemary, paprika, lemon zest, lemon juice, and a pinch each of salt and pepper. Add the chicken and toss well to combine. Let sit 15-20 minutes.
2. On a rimmed baking sheet, toss the potatoes with 2 tablespoons olive oil and the sesame seeds. Season with salt and black pepper. Roast for 20 minutes, or until tender.
3. Remove the potatoes from the oven and push them to one side of the pan. Put the chicken on the other side. Arrange asparagus around the chicken. Drizzle over 1 tablespoon olive oil, season with salt and pepper. Return the pan to oven and roast for 20-25 minutes more, until the chicken is cooked through.
4. Meanwhile, make the feta. Combine the feta, yogurt, garlic, and lemon juice in a blender and blend until smooth and creamy. Stir in the herbs, paprika, and a pinch of red pepper flakes. If desired, thin with additional lemon juice.
5. To serve, divide the chicken, potatoes, and asparagus between plates. Spoon the feta sauce over the chicken. Eat and enjoy!

Source: [Half Baked Harvest](#)

Street Enchiladas

Contributed by: Brenna Lofquist

Ingredients

1 tablespoon vegetable oil
½ cup chopped onion (1 medium)
3 cloves garlic, minced
Salt
1 14.5 ounce can petite diced tomatoes, undrained
2 tablespoons ground ancho chile pepper
2 tablespoons ground pasilla chile pepper
¼ teaspoon cayenne pepper
1 28 ounce can red enchilada sauce (do not use green enchilada sauce)
¾ cup beef broth or vegetable broth
½ ounce unsweetened chocolate, chopped (1-1½ tablespoons chopped)
1 tablespoon honey
Corn oil or vegetable oil for frying
20 6 inches corn tortillas
1 ¼ cups crumbled queso fresco or feta cheese (5 ounces)
1 cup snipped fresh cilantro
1 cup finely chopped onion (1 large)

Directions

1. In a large saucepan heat the 1 tablespoon oil over medium-high heat. Add the ½ cup chopped onion, the garlic, and a pinch of salt; cook for 2 minutes, stirring frequently. Stir in tomatoes, ancho pepper, pasilla pepper, and cayenne pepper. Cook, covered, for 4 to 5 minutes or until tomatoes can be easily mashed. Transfer mixture to a food processor or blender. Cover and process or blend until smooth. Return mixture to saucepan over medium heat.
2. Stir in enchilada sauce, broth, chocolate, and honey. Simmer, uncovered, about 20 minutes or just until sauce thickens enough to coat the back of a spoon. Season to taste with salt. Remove from heat.
3. Heat an extra-large skillet over medium heat. Add just enough oil to lightly coat the bottom of the skillet. When oil is hot, use tongs to dip each tortilla into enchilada sauce to generously coat both sides. Working in batches, cook each tortilla in hot oil for 15 to 20 seconds or until lightly browned on one side (be careful not to burn the sauce). Sprinkle about 1 tablespoon of the queso fresco on one half of each tortilla. Using a spatula, fold each tortilla in half over cheese; fold again so the tortilla is quartered. Transfer enchiladas to a serving platter. Top each with some of the cilantro and some of the finely chopped onion. Repeat to make 20 enchiladas total, adding more oil to the skillet as needed. (Refrigerate any leftover sauce for up to 3 days or freeze for up to 3 months).

Source: [Better Homes & Garden](#)

Whole 30 Cashew Chicken Curry

Contributed by: Brenna Lofquist

Ingredients

4 cups Cauliflower, cut into florets
2 large Fresh Tomatoes, quartered (like Hot House tomatoes)
1 medium Red Onion, roughly chopped
2 tablespoons Coconut Oil, melted
1 tablespoon Yellow Curry Powder, plus ½ teaspoon, divided
Sea Salt and Freshly Ground Black Pepper
⅔ cup Roasted Cashews, (salted)
1 pound Boneless Skinless Chicken Breast, (4 small breasts)
1 large Egg White
2 cups Cucumber, thinly sliced and halved
Chopped Fresh Mint, for garnish
Minced Fresh Cilantro, for garnish

Directions

1. Preheat your oven to 425°F.
2. Place the cauliflower florets, quartered tomatoes and chopped red onion into a large bowl. Toss with the coconut oil and sprinkle with 1½ tsp of the curry powder, reserving the rest for later, until well combined and the curry powder is evenly dispersed. Place on a large, rimmed baking sheet in one layer and sprinkle generously with salt and pepper.
3. Add the remaining curry powder, the cashews and a pinch of salt and pepper into a SMALL food processor (mine is 3 cups) and pulse until broken down, but leaving some cashews a little chunky for texture.
4. Dry the chicken breasts off and place the egg white into a shallow, sided plate. Additionally, place the cashews into a shallow, sided plate. Dredge a chicken in the egg white, gently shaking off any excess, and then press into the cashews. Flip and press the other side into the cashews, lightly pressing to adhere cashews to both sides of the chicken.
5. Place the chicken breast onto a small cooling rack (one that fits on your sheet pan, and preferably one with legs so it sits over the veggies. This allows both sides of the chicken to cook and get crispy.) Repeat with the remaining breasts.
6. Place the cooling rack on top of the sheet pan, over top of the veggies, and bake until the chicken reaches an internal temperature of 165°F, which takes about 14-15 minutes.
7. Once cooked, toss the fresh cucumbers onto the pan, and garnish with mint and cilantro.
8. DEVOUR.

Source: [Food Fanatic](#)

Rotisserie Chicken

Contributed by: Matt Heinz

Ingredients

2 (4-pound) chickens
2 quarts cold water
½ cup table salt (or 1 cup kosher salt)
¼ cup sugar (optional)

Directions

1. Brine chicken: Make the brine by dissolving the salt and sugar in the water. Submerge the chicken in the brine, and refrigerate for 4 hours (if you're pressed for time, brine for at least 1 hour, but no more than 6 hours)
2. Truss and spit the chicken: Remove the chicken from the brine, and pat it dry with paper towels. Fold the wingtips underneath the wings, then truss the chicken. Skewer the chicken on the rotisserie spit, securing it with the spit forks. Let the chicken rest at room temperature while the grill pre-heats.
3. Set the grill for indirect high heat (425°F or higher): Remove the grill grate, and set up the grill for indirect high heat with the drip pan in the middle of the grill. (For my Weber kettle, I light a chimney starter full of charcoal, wait for it to be covered with ash, then pour it in two equal piles in the charcoal baskets on the sides of the grill, and put the drip pan in the middle, between the baskets. On my Weber Summit, I preheat with all burners on high for ten minutes, then turn off all burners except for the outer burners and light the infrared rotisserie burner.)
4. Rotisserie the chicken: Put the spit on the grill, start the motor spinning, and center the drip pan under the chicken. Close the lid and cook until the chicken reaches 160°F in the thickest part of the breast, about 1 hour.
5. Serve: Remove the chicken from the rotisserie spit and then remove the trussing twine. Be careful — the spit and forks are blazing hot. Let the chicken rest for 15 minutes, then carve and serve.

Source: [Dad Cooks Dinner](#)

Patatas a la Riojana

Contributed by: Win Salyards

Notes: Very old style of Spanish peasant stew.

Ingredients

3 pounds russet potatoes, peeled and cracked
1/3 cup olive oil
1 yellow onion, thinly sliced
1-2 Red Bell Peppers, thinly sliced
1 clove garlic, thinly sliced
3 (3-ounce) semi-cured chorizos, casings removed and cut into half-inch-thick slices
1 1/2 tablespoons hot pimentón (spanish smoked paprika spicy)
2 Tomatoes, diced
2 Bay Leaf
3 fresh sprigs of thyme, leaves separated
2 dried hot peppers cracked in half
Splash of red wine vinegar
Salt to taste

Directions

1. Peel the potatoes. To “crack” the potatoes into chestnut-sized pieces, make a small cut in each potato and then break it open the rest of the way. Set the potato pieces aside.
2. In a large saucepan, heat the olive oil over medium heat. Add the onion and bell peppers and sauté until almost translucent then add in the garlic, cook until fragrant (DON'T BURN IT). Add the chorizo, dry pepper and bay leaf and heat until the oil turns red and the fat in the chorizo slices have melted, about 1-minute. Add pimentón and warm for a few seconds, immediately add the chopped tomatoes so the pimenton doesn't burn. Crack in the potatoes into the pot and stir to mix. Add in thyme and the vinegar. Add water to just below the top level of the ingredients (about 1 liter) and add a good pinch of salt. Cover, and bring to a boil. Once boiling, uncover and decrease the heat to medium-low, and stew for 40 minutes, or until the potatoes are fork-tender.
3. Remove from the heat. Mash a piece or two of the potato against the side of the pot with the back of a spoon to thicken the soup. Stir once, re-cover, and let stand for 10 minutes.
4. Stir again, ladle into warmed bowls, and serve immediately with warm crusty bread.
5. Optional: add in 1/4 lb of bulk uncased raw chorizo and brown right before you add in the semi-cured chorizo.

Chicken and Vegetable Penne Alfredo

Contributed by: Michelle Voznuyk

Ingredients

¾ lb Penne Pasta (boiled according to package Directions with ½ Tbsp salt)

1½ Tbsp butter

1 Sweet Bell Pepper, sliced

½ to ¾ lb Button Mushrooms

1 small onion

1 Tbsp Butter + 1 Tbsp Olive oil

⅛ tsp freshly ground black pepper and ½ tsp salt for the veggies

1 lb chicken breast or chicken thigh

Salt, Pepper and Your favorite seasoning to sprinkle over the chicken (I love the Garlic Mrs. Dash)

½ cup sun-dried tomatoes, coarsely chopped into small pieces

2 cups heavy whipping cream

¾ cup shredded parmesan cheese

½ cup Sweet Chili Sauce, optional if you want a spicy kick (We used Mae Ploy Brand from Cash & Carry)

Directions

1. Boil pasta according to package Directions (except I only used ½ Tbsp salt) I also like my noodles to be squishier and so does my son so we fully cook them. No al dente for us ;). Drain cooked pasta and mix in 1½ Tbsp butter so the noodles don't stick to each other.
2. Season chicken with salt, pepper and your favorite seasoning such as Mrs. Dash. Grill or saute your seasoned chicken (we grilled because we were desperate to use the grill). Let it rest to cool down slightly, then slice it against the grain.
3. Heat a deep/large skillet over medium/high heat. Toss in 1 Tbsp butter and a couple Tbsp olive oil. Saute sliced bell peppers, sliced mushrooms and finely diced onions until soft (about 8 min).
4. Once the veggies are cooked, stir in the pasta, chopped sun-dried tomatoes and cooked chicken and mix well. Pour in 2 cups heavy whipping cream, ¼ cup sweet chili sauce (if using) and ¾ cup shredded parmesan cheese. Stir to combine. Set the pan back over the heat and heat everything thoroughly stirring several times until the sauce is creamy and cheese is melted.

Source: [Natasha's Kitchen](#)

Josh's Weeknight-or-End Air-Fryer Chicken

Contributed by: Josh Baez

Ingredients

2 lbs of chicken thighs and/or 2 lbs of chicken drumsticks
5-6 dashes of salt
3-4 dashes of paprika
2-3 dashes of cayenne pepper
1-2 dashes garlic powder
1-2 dashes of curry powder
Splash of soy sauce
Splash of fish sauce
Splash of toasted sesame oil
Healthy dose of gochujang (Korean red chili paste)

Directions

1. Preheat your air fryer to 400 degrees for 5-10 minutes
2. Using a large mixing bowl, mix all your spices and wet ingredients
3. Add in your chicken pieces and mix by hand
4. Don't think to yourself how gross this concoction looks/feels
5. Let rest covered in the fridge for 10-20 minutes
6. When ready, place the chicken in your air fryer leaving a little space in between pieces
7. Cook skin-side up for 20 minutes
8. After 20 minutes, flip the chicken to the other side and cook for another 4-6 minutes
9. Done-zo!

Air-Fried Pork Belly Bites with Crispy Basil

Contributed by: Josh Baez

Ingredients

2 lbs of pork cutlet or pork belly
Handful of basil leaves
5-6 dashes of salt
1-2 dashes garlic powder
Splash of soy sauce
Splash of fish sauce
Splash of toasted sesame oil
Spoonful of gochujang (Korean red chili paste)
Cooking spray

Directions

1. Preheat the Air Fryer at 400 degrees for 5-10 minutes.
2. Wash, dry, and cut your basil leaves into strips, then dry some more
3. Place your basil leaves in the basket of your air fryer and spray with cooking spray
4. Leave in for 3-4 minutes or until crispy
5. Set aside for now
6. Cut the pork belly into bite-sized cubes and place in a bowl, removing excess skin if needed
7. Mix pieces with salt, garlic powder, soy sauce, fish sauce, sesame oil, and gochujang
8. Let rest covered in the fridge for 10-20 minutes
9. When ready, place the pork belly pieces in your air fryer leaving a little space in between pieces
10. Cook for 12-18 minutes until cooked and crispy, shaking and flipping and the pork belly throughout the cooking process
11. Season with additional salt & pepper
12. Top with crispy basil leaves
13. Yumbo!

Asian Chicken Wings

Contributed by: Josh Baez

Ingredients

2 lbs of chicken wings
4-5 dashes of salt
1 dash of cayenne pepper
1 dash garlic powder
Splash of soy sauce
Splash of fish sauce
Splash of toasted sesame oil
Healthy dose of gochujang (Korean red chili paste)

Directions

1. Preheat your air fryer to 400 degrees for 5-10 minutes
2. Using a large mixing bowl, mix all your spices and wet ingredients
3. Add in your chicken pieces and mix by hand
4. Mix, mix, mix
5. Let rest covered in the fridge for 10-20 minutes
6. When ready, place the chicken in your air fryer leaving a little space in between pieces
7. Cook for 20 minutes
8. After 20 minutes, flip the chicken to the other side and cook for another 4-6 minutes
9. Wing time!

Instant Pot Chicken Tortilla Soup

Contributed by: Josh Baez

Inspired by: [Feasting at Home](#)

Ingredients

Splash of olive oil
1 diced yellow onion
6-8 garlic cloves, roughly chopped
1-2 carrots, chopped
1-2 celery sticks, chopped
1 x 14.5 oz. can of fire-roasted tomatoes and juices
1 x 4 oz. can of mild green chilies
1 x 4 oz. can of adobo peppers
2 lbs of chicken thighs
1 can of black beans
1 can of corn
4 cups chicken stock or broth
2 cups water
1-2 dashes of salt
3-4 dashes of chili powder
1-2 dashes of cayenne pepper
Juice from 1-2 limes

Directions

1. Set the Instant Pot to the saute function
2. Saute onions and garlic in the oil for 3-4 minutes
3. Add carrots and celery to the pot and saute for an additional 4-5 minutes
4. Take a whiff—ooh boy, that's fragrant!
5. Add the diced tomato, green chilies, chicken thighs, black beans, chicken stock, water, salt, and spices
6. Give a good stir and set the Instant Pot to pressure cook on high for 14 minutes
7. Manually let pressure out
8. Shred chicken thighs with two forks
9. Add the can of corn
10. Squeeze a generous amount of lime juice and add salt and pepper for taste
11. Top with tortilla strips
12. Thumbs up!

Section 8

Stress Baking

Baked Goods, Breads, & Desserts

For something savory, something sweet,
something flakey, something wheat.



Rustic Bread

Contributed by: Lisa Heay

Notes: Not sure how they calculated the 5 minutes when it takes 2x as long just to read the 15-step directions.

Ingredients

3 cups lukewarm water (100°F or 38°C), plus more for the broiler tray
1 tablespoon granulated yeast (active dry, instant, quick rise, or bread machine is fine)
1 to 1½ tablespoons kosher or other coarse salt, to taste
6½ cups unbleached all-purpose flour, measured by the scoop-and-sweep method
Cornmeal, for dusting (optional)

Directions

1. Warm the 3 cups water just a little so that it feels just slightly warmer than body temperature. That should put it at about 100°F (40°C).
2. In the large bowl of a standing mixer or a 6-quart container with a lid, mix the yeast, warm water, and salt. Don't worry about getting the yeast to dissolve.
3. Add the flour to the yeast mixture all at once, then use a spoon or stand mixer to mix until the flour is completely incorporated and you have a blobby dough. (If you're hand-mixing the dough and it becomes too difficult to incorporate all the flour with the spoon, just use very wet hands to press the mixture together.) Don't knead the dough! It's not necessary. You just want the dough to be uniformly wet and loose enough to conform to the shape of its container. All you need to do is be certain that there are no dry patches of flour.
4. Loosely cover the container and let the dough hang out at room temperature until it begins to rise and collapse or at least flatten a little on the top, about 2 hours. (Relax. It's bread dough, not a newborn. You don't need to monitor it constantly. And don't worry about the dough being precisely double or triple its original volume as you would with a traditional bread recipe. Just walk away, go about your business, and come back in 2 hours. Seriously.)
5. After 2 hours, stash the container of dough in the fridge. That's it. (If your container isn't vented, you want to ensure the gases can escape by leaving the cover open a crack for the first couple days in the fridge; after that, you can seal it.)
6. You can use the dough anytime after the initial 2-hour rise, although the refrigerated wet dough is less sticky and easier to work with than dough at room temperature, so it's best to refrigerate the dough overnight before handling it. Once refrigerated, the dough will seem to have shrunk back upon itself as though it will never rise again—that's normal. Whatever you do, do not punch down this dough. You're trying to retain as much gas in the dough as possible, and punching it down knocks gas out and results in denser loaves. Just be certain to use the dough at some point within 14 days.
7. When you want to bake a loaf of artisan bread, dust a pizza peel or a baking sheet turned upside down with cornmeal or line it with parchment paper.

Rustic Bread

Continued

8. Grab a hunk of the dough and use a serrated knife or scissors to cut off about a 1-pound piece of dough. Hold the dough in your hands and, if necessary, add just enough flour so the dough doesn't stick to your hands. (What you're trying to do is surround the surface of the dough with flour so that it can be handled. You're not trying to incorporate more flour into the dough, so for the love of all things good, resist the temptation to get rid of all the dough's inherent and lovely stickiness by working the flour into the dough.)
9. Gently stretch the surface of the dough, tucking the ends underneath the ball and rotating it a quarter turn as you go. Most of the dusting flour will fall off, and that's okay, because as we just said, it's not intended to be incorporated into the dough. The bottom of the ball of dough may appear to be a collection of bunched ends, but it will flatten out and adhere during resting and baking. The rest of your round loaf should be smooth and cohesive, and the entire shaping process should take no more than 20 to 40 seconds—don't work the dough any longer or your loaves may be dense.
10. Place the shaped ball of dough on the prepared pizza peel and let it rest for about 40 minutes. It doesn't need to be covered. (You may not see much rise during this period, but don't fret. It will rise much more during baking.)
11. Preheat the oven to 450°F (230°C) for at least 20 to 30 minutes. Preheat a baking stone (or an upside-down cast-iron skillet) on a middle rack for at least 20 to 30 minutes. Place an empty metal broiler tray on any rack that won't interfere with the rising bread. (Do not use a glass pan as it could shatter.)
12. Dust the top of the raised loaf generously with flour and, using a serrated bread knife, slash a ½-inch deep cross or a couple gashes or a tic-tac-toe pattern in the top. There's no need to dust the flour off the loaf.
13. Place the far edge of the peel or the upside-down baking sheet in the oven on the baking stone a few inches beyond where you want the bread to land. Give the peel or baking sheet a couple quick back-and-forth jiggles and then abruptly pull it out from under the loaf. The loaf should land on the baking stone with very little drama.
14. Quickly but carefully pour about 1 cup hot water into the broiler tray and immediately shut the oven door to trap the steam. Bake the bread for a total of 20 to 35 minutes, until the crust is richly browned and firm to the touch. Because the dough is so wet, there's very little risk of it becoming dry despite how dark the crust may become.
15. Remove the bread from the oven and let the loaf cool completely, preferably on a wire rack for the best flavor, texture, and slicing. (Crazily enough, a perfectly baked loaf will audibly crackle, or "sing," when initially exposed to room temperature.) The crust may initially soften but will firm when cooled.

Source: [Lettie's Cullinaria](#)

Banana Banana Bread

Contributed by: Lisa Heay

Notes: Especially fun when you let your kids help. The recipe should still work even when most of the egg white ends up on your kid's hand instead of in the bowl.

Ingredients

2 cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
½ cup butter
¾ cup brown sugar
2 eggs, beaten
2 ⅓ cups mashed overripe bananas

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Source: [All Recipes](#)

Chocolate Chip Granola Blondie Bars

Contributed by: Maria Geokezas

Notes: A healthy yet fun/delicious breakfast

Ingredients

½ cup unsweetened apple sauce
½ cup smooth peanut butter
¼ cup milk (dairy or non-dairy)
1 teaspoon vanilla
½ cup light brown sugar
1 cup whole wheat flour
1 cup oats
½ teaspoon cinnamon
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder
½ cup unsweetened coconut flakes (not desiccated coconut)
¼ cup almond slices
½ cup chocolate chips (EnjoyLife is a good vegan option)

Directions

1. Whisk together the wet ingredients, including the brown sugar, until the mixture is smooth. In a separate bowl mix together the dry ingredients, not including the coconut flakes, almond slices, and chocolate chips. Fold together the wet and dry ingredients until only some dry spots remain so as to not overmix. Fold in coconut, almond slices, and chocolate chips; reserve one tablespoon of chocolate chips for topping.
2. Cut a piece of parchment paper so that it covers the bottom of an 8×8" pan and drapes over the sides. Spray the parchment lined pan with oil. Spread the blondie mix into the pan and press down so that there is no empty space in the pan. Top with the remaining chocolate chips.
3. Bake blondies for 30-35 minutes. The top should be a golden brown. Transfer pan to a cooling rack and allow to cool for 10 minutes. Using the parchment sling remove the cooked blondies from the pan and cool on the rack until room temperature. These can be enjoyed warm, but they cut best when they have been cooled or even refrigerated overnight.

Source: [Lose it Blog](#)

Cinnamon Date Sticky Buns

Contributed by: Maria Geokezas

Notes: Beautiful and delicious!

Ingredients

¾ cup plus 3 Tbsp. buttermilk or plain whole-milk yogurt (not Greek)
10 Tbsp. vegetable oil, divided
1 large egg
1 ¼-oz. envelope active dry yeast (about 2¼ tsp.)
½ cup (packed; 100 g) dark brown sugar, divided
3 cups (375 g) all-purpose flour
1½ tsp. kosher salt, divide
¼ tsp. baking soda
1 cup (packed; 180 g) Medjool dates
2 tsp. ground cinnamon
¾ cup (83 g) powdered sugar
1 tsp. vanilla paste or extract

Directions

1. Combine ¾ cup buttermilk and 6 Tbsp. vegetable oil in a small microwave-safe bowl (it won't get smooth and that's okay) and heat in the microwave in three 10-second bursts until just about body temperature (it shouldn't feel hot or cold to the touch; an instant-read thermometer should register about 98°). If you don't have a microwave, you can heat in a small saucepan over medium-low, stirring constantly, about 1 minute.
2. Whisk 1 large egg, one ¼-oz. envelope active dry yeast (about 2¼ tsp.), and ¼ cup (packed; 50 g) dark brown sugar in a measuring glass to combine, then whisk into buttermilk mixture.
3. Pulse 3 cups (375 g) all-purpose flour, 1 tsp. kosher salt, and ¼ tsp. baking soda in a food processor to combine. With the motor running, stream in buttermilk mixture. Process until about 80% of dough comes together into a ball (mixture will look very wet at first, then begin to pull away from the sides of processor), about 2 minutes.
4. Using a bowl scraper or rubber spatula, scrape dough onto an unfloured surface. (It should still be pretty wet and sticky.) Knead, pushing it away from you, then pulling it back toward you, until a smooth ball forms, about 3 minutes. The dough will grow silkier, tighter, and easier to work with as you knead. (Don't be tempted to add flour; if dough is too sticky to work with, lightly oil your hands.)
5. Roll out dough into a rough 8" square. Fold dough over onto itself to make an 8x4" rectangle, then flatten it slightly and fold over once more to make a 4" square. Roll dough back out to an 8" square and repeat folding process (you should be back at a 4" square). Pour 1 Tbsp. vegetable oil into a medium bowl and add dough (still folded); turn to coat. Cover bowl tightly and chill dough until doubled in volume, at least 8 hours and up to 1 day.

Cinnamon Date Sticky Buns

Continued

6. To make the date filling, bring 1½ cups water to a boil in a small saucepan. Tear 1 cup (packed; 180 g) Medjool dates in half and remove pits; discard. Place dates in a small bowl.
7. Pour hot water over. Let soak until softened, about 10 minutes. Drain dates and transfer to clean food processor; discard soaking liquid. Add 2 Tbsp. vegetable oil, 2 tsp. ground cinnamon, and remaining ½ tsp. kosher salt. Purée, scraping down sides as needed, until smooth, about 4 minutes. (You should have about ½ cup purée.)
8. Time to assemble the buns! Grease a 10" cast-iron skillet with remaining 1 Tbsp. vegetable oil. Punch down dough, then transfer to a clean, unfloured surface and roll out to an 8" square. Fold in half into an 8x4" rectangle, then fold rectangle over itself to form a 4" square (this is the same folding process you did before). If dough feels tough and uncooperative, let it sit about 5 minutes to relax and try again. Roll out dough to a 12" square about ¼" thick.
9. Dollop date purée all over. Using a small offset spatula or spoon, spread evenly over dough, leaving a ½" border without purée along edge farthest from you. Sprinkle remaining ¼ cup (packed; 50 g) dark brown sugar over purée.
10. Starting at edge closest to you, roll dough away from you into a tight log. Using a sharp serrated knife and long sawing motions, trim about ½" of dough from both ends and discard. Slice log crosswise into 3 sections, wiping knife clean between slices. Slice each section crosswise into 3 buns (you should have 9 buns total that are each about 1" thick). Transfer buns to prepared pan as you go. When you first place the buns in the pan, space them evenly. As they proof, the buns will start to touch (this is what you want so that when then bake they rise vertically in the oven.)
11. Cover pan tightly with foil (or a domed lid if you have one) and place in a warm, dry spot. Let buns rise until they're doubled in volume and spring back slowly when poked, leaving only a small indentation, 1–1½ hours, depending on how warm and humid your kitchen is. (If your kitchen is cold, you can let the buns rise in a turned-off oven with its light on.)
12. Place a rack in middle of oven; preheat to 350°. Bake buns, still covered, until puffed, pale, and mostly set, about 20 minutes. Remove foil and continue to bake until golden brown, about 15 minutes if you prefer a soft and squishy bun and up to 25 minutes for a more toasted bun. Let cool slightly.
13. Meanwhile, whisk ¾ cup (83 g) powdered sugar, 1 tsp. vanilla paste or extract, and remaining 3 Tbsp. buttermilk in a medium bowl to combine. (Vanilla bean paste will give you cute flecks, but extract offers the same flavor.)
14. Brush glaze over warm buns (warm buns are key so that the glaze can soak into all the crannies) and serve from skillet.

Source: [Bon Appetit](#)

Frozen Chocolate Peanut Butter Banana Bites

Contributed by: Lauren Dichter

Ingredients

3 bananas ripe but still firm

¼ cup peanut butter or your favorite nut butter – I used natural smooth peanut butter

10 oz - 280 g dark chocolate chopped. You can also use chocolate chips.

2 teaspoons coconut oil optional but recommended!

Directions

1. Cut banana into slices (about ¼-inch - 0.7 cm each). Set aside half of the slices and arrange the other half on a baking sheet lined with parchment paper.
2. Heat peanut butter in the microwave on low/medium for about 30 seconds to 1 minute, stirring in between, until it's smooth and easily spreadable.
3. Spoon about one heaped ¼ teaspoon (up to ½ teaspoon if the banana is large) on the banana slices you arranged on the baking sheet. Top with the other half of the banana slices you set aside earlier. Freeze for two hours.
4. When the banana sandwiches are frozen, prepare the chocolate. Place chopped chocolate (or chocolate chips if using) in a microwave-safe bowl along with the coconut oil (it helps the chocolate melt and stay smooth).
5. Microwave on low/medium heat in 30 seconds bursts, stirring in between each, until chocolate is fully melted and glossy (watch carefully so the chocolate doesn't burn).
6. Prepare another baking sheet (or a plate) with parchment paper. Take two to three bites out of the freezer. One by one, dip them in the melted chocolate and using two forks, "roll" them in chocolate to cover all sides.
7. Remove excess chocolate and place on prepared baking sheet (watch the video to see the process - it's very easy). Repeat with remaining frozen sandwiches.
8. We are working with only a few bites at a time so you don't have to rush before they defrost and start getting mushy. If the chocolate is not smooth enough towards the end, remelt it in the microwave for 30 seconds or so.
9. Place the chocolate covered bites back in the freezer until set. Once they are set, you can transfer them in a container. Store in the freezer.
10. If your teeth are sensitive to the cold, take them out of the freezer a couple of minutes before eating them so they're not too cold.

Source: [Not Enough Cinnamon](#)

Tahini Chocolate Chunk Cookies

Contributed by: Brenna Lofquist

Notes:

- Recipe is gluten-free, dairy-free, and refined sugar free (I am none of these but you can modify however you want)
- You can use normal chocolate chips instead of chopping up a chocolate bar
- If you store them in the freezer, they are the perfect texture and they don't get hard and crunchy
- I like this recipe because it doesn't require that many ingredients and most of them you likely have on hand (except maybe the tahini)

Ingredients

1 egg
½ cup tahini
1 tsp vanilla extract
3 tbsp maple syrup
3 tbsp coconut oil, melted and cooled to room temp
⅓ cup raw cacao powder
2 tbsp almond flour
pinch flakey sea salt
¼ tsp baking soda
⅓ cup dark chocolate bar, coarsely chopped (or substitute ⅓ cup chocolate chips)
Pinch flakey sea salt
3-4 tbsp additional chocolate chunks

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, whisk together egg, tahini, vanilla, maple syrup, and coconut oil until well-combined.
3. Tablespoon by tablespoon, fold in cacao powder (could get messy!), almond flour, sea salt and baking soda. Once chocolate has been chopped, fold into the dough.
4. Using a cookie scoop (or two oiled spoons), transfer dough to parchment paper covered baking sheet.
5. Bake for 8-9 minutes. Let cool for at least 5 minutes. Enjoy! xx

Source: [Rachael's Good Eats](#)

“Healthy” Chocolate Chip Cookies

Contributed by: Lauren Dichter

Notes: Subbed regular sugar instead of coconut sugar and used crushed up almond Hershey’s kisses instead of chocolate chips - use what you have lying around!

Ingredients

½ cup olive oil
¾ cup coconut sugar
1 egg
2 tsp vanilla extract
2¾ cups almond flour
½ tsp sea salt
½ tsp baking soda
¾ cup chopped dark chocolate or chocolate chips

Directions

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. Whisk olive oil, egg, coconut sugar, and vanilla together until smooth.
3. Stir in the dry ingredients until everything is well combined, then fold in chocolate chips.
4. Scoop dough out into about 1.5 tbsp sized balls- roll with your hands to make them smooth. leave room between each cookie for them to spread while baking.
5. Bake for 11-12 minutes. Allow to cool before serving or cookies will be fragile.

Source: [Gathered Nutrition](#)

Tri-Level Brownies

Contributed by: Sheena McKinney

Notes: Inspired by [this version on AllRecipes](#). You probably have everything you need in your pantry (even during quarantine) to make these decadent but not-naughty treats. A bottom, oatmeal cookie like bottom crust, with a brownie layer and a chocolate frosting makes for a perfect chocolatey bite with great texture. Comforting and delicious. Easy to make Gluten free by substituting GF flour. Make it lower carb with alternative sweeteners.

Ingredients

Bottom layer

1 C Oats (whole rolled is best, but use what you have on hand)

½ C Flour

½ C Brown sugar, packed

¼ t Baking soda

⅛ t Salt

6 T, Butter melted

Brownie layer

⅔ C flour

¼ t Baking powder

½ t Salt

¾ C sugar

¼ C (½ stick) butter

1 oz melted unsweetened chocolate (or melt semi-sweet chocolate chips, and add a pinch more salt) You can also mix 3 T powdered baking cocoa with 1 T soft butter)

1 egg

¼ C Milk (any fat content or non-dairy milk is fine)

½ t Vanilla

Frosting

Melt 2 T Butter and 1 oz. Unsweetened chocolate (see above alternatives)

Add

1½ C powdered sugar

1 t Vanilla

1 t Salt, or to-taste

Hot water, enough to soften (~2T or more as needed)

Tri-Level Brownies

Continued

Directions

1. Preheat oven to 350
2. In a medium bowl, mix together the oats, flour, brown sugar, baking soda, salt, and melted butter
3. Press into an ungreased 9x13 pan or dish and bake for 10 minutes. Remove but keep the oven on.
4. While the bottom layer is baking, make the brownie layer. Cream together the sugar and butter
5. Add/mix the unsweetened chocolate (or melt semi-sweet chocolate chips, and add a pinch more salt. You can also mix 3 T powdered baking cocoa with 1 T soft butter), egg, milk, and vanilla
6. Mix dry ingredients in a separate bowl (flour, baking powder, and salt) and then add to wet ingredients
7. Spread evenly over the oatmeal layer. Remember your pan is hot still—so use hot pads to put it back in the oven.
8. Bake for 25 minutes and cool completely before frosting.
9. While the brownies are baking, make the frosting
10. Melt the butter and unsweetened chocolate (see above alternatives)
11. Add powdered sugar, vanilla, salt or to-taste, and hot water (enough to soften ~2T or more as needed)
12. Frost cooled brownies and enjoy!

Section 9

Beyond Quarantinis Drinks

Liquor stores are essential businesses, too.



Clayton's Margarita

Contributed by: Brenna Lofquist

Notes: You can use Triple Sec instead of Cointreau. Make your own simple syrup - we have a recipe for that!

Ingredients

1 cup Good Tequila (Clayton likes Casamigos, you can do a little less if you don't want it as strong)

¼ cup cointreau

½ cup fresh lime juice

½ cup of Simple Syrup

1 teaspoon egg whites (fresh or out of the carton is fine!)

Tajin, for serving (a sprinkle of kosher salt is okay if you don't have tajin)

Directions

1. Combine in a blender, and let roar!!!!!!
2. Pour over a glass filled with ice and top with a dash of tajin or a sprinkle of kosher salt.
3. Enjoy!

Source: [The Defined Dish](#)

Pineapple-Strawberry Mimosa Slushie

Contributed By: Josh Baez

Ingredients

Pineapple juice

Frozen strawberries

Champagne

Directions

1. Blend frozen strawberries and champagne together until uniform
2. Pour into a chilled glass
3. Add champagne and stir
4. Drinkies are served

Watermelon Rose Paloma

Contributed by: Brenna Lofquist

Ingredients

2-3 cups cubed watermelon
1½ ounces silver tequila
Juice from ½ lime
3-4 ounces sparkling or regular Rosè wine, chilled
¼ cup sparkling water for topping
¼ cup flaky sea salt
2 teaspoons Tajin or 1 teaspoon chili powder
1 pinch granulated sugar
Zest from 1 lime

Directions

1. To make the watermelon juice, blend 2 cups cubed watermelon in a blender. Strain through a fine-mesh sieve into a pitcher. Store in the fridge for up to 5 days.
2. To make the chili lime salt. Combine all the ingredients on a shallow plate. Rim your glasses in salt.
3. To your cocktail glass, add ¼ cup watermelon juice, the tequila, lime juice, and the Rosè, gently stir to combine. Add ice, then top off with a splash of sparkling water. Garnish as desired with watermelon and thyme. Enjoy!

Source: [Half Baked Harvest](#)

Quarantine Coffee

Contributed By: Matt Heinz

Ingredients

Your favorite coffee
Margarita fixings

Directions

1. Start with black coffee
2. Make a margarita
3. Leave the coffee

Perfect Gin & Tonic

Contributed by: Josh Baez

Ingredients

Juice of 1 lime + 1 lime wedge

Gin

Tonic

Directions

1. Start with a double old-fashioned glass
2. Squeeze a whole lime
3. Fill with ice
4. Add 2-3 oz of gin
5. Fill the rest with tonic
6. Wedge of lime to garnish

Whiskey Sour for Non-Math Majors

Contributed by: Matt Heinz

Ingredients

Whiskey

Juice of 1 lemon

Simple syrup

Directions

1. Four parts whiskey
2. Two parts fresh lemon juice
3. One part simple syrup
4. Make it big or small, that's up to you!

Simple Syrup

Contributed by: Matt Heinz

Ingredients

Sugar

Water

Directions

1. Boil one cup of sugar with one cup of filtered water
2. Let it cool
3. It will stay good in the fridge for at least a couple of months

Alex's Old Fashioned

Contributed by: Matt Heinz

Ingredients

Extra-fine sugar

Bitters

Whiskey

Soda water

Candied cherry for garnish

Directions

1. Muddle 1.5 tsp of extra-fine sugar with 3-4 dashes of bitters
2. Mix in 2oz of whiskey and 2oz of soda water
3. Add ice and a cherry
4. No fruit needed!

Homeschool Whiskey Special

Contributed by: Matt Heinz

Ingredients

Whiskey

More whiskey

Directions

1. Start with a really tall glass and fill with ice
2. Fill with whiskey
3. Hope that lasts until first morning recess

The End.

