

# *Lab Cookbook*

## *Nepalese/Indian Cooking*

Sushil and Prativa: **Goat Curry** (*kbasi ko maasu* खसीको मासु)

### *Spices and herbs:*

A pinch asafoetida  
A small handful dried curry leaves  
3-4 cloves, whole  
3-4 green cardamom pods, whole  
1 cinnamon stick (cassia acceptable)  
3 Indian bay leaves  
1 tsp fenugreek seeds, whole  
1 tsp nigella seeds, whole  
A few long pepper pieces, whole  
1 tsp red chili powder (cayenne acceptable)  
1 tsp meat masala  
1 tbsp garam masala  
1 bunch cilantro, coarsely chopped

### *Remainder:*

1 red onion, finely chopped  
1 inch ginger, diced  
6 cloves garlic, minced  
1 tbsp salt  
2-3 medium tomatoes, diced  
1 lb goat, bone-in and coarsely chopped  
1 tbsp ghee or butter

In a pressure cooker in sauté mode temper the asafoetida and curry leaves in 2 tbsp vegetable oil until fragrance changes and curry leaves become translucent, then add the cloves, cardamom, cinnamon, Indian bay, fenugreek, nigella, and long pepper, frying until fragrant. Add red onion, fry until translucent, add ginger and garlic, fry one more minute.

Add in the goat, fry 5-6 minutes until nicely browned. Add the salt, meat masala, and chili powder, and fry 2 min, then add tomatoes and fry another 4-5 min until tomatoes begin to disintegrate and oil begins to separate.

Add a cup of water, pressure cook 15 minutes on low heat, then allow complete natural pressure release. Add garam masala and ghee/butter, nicely incorporate and briefly steep. Serve up with the cilantro over long-grain rice.

Optional (Prativa's special recipe): prepare fancy rice by adding one Indian bay leaf, 2 green cardamom pods, 1-2 star anise pieces, and half a stick of cinnamon to the rice cooker before turning it on, discarding these on serving.

### Sushil and Prativa: **Ciyā** (चिया)

*Spices; or substitute with tea masala:*

4 green cardamom pods, whole

1 cinnamon stick (cassia acceptable)

2-3 whole cloves

1 pinch black pepper (not too much!)

1 indian bayleaf

*Base:*

1 small slice ginger

2 tbsp sugar

3 tbsp Indian tea (I was instructed to buy Wagh Bakri)

1 ½ cup water

2 ½ cup milk (i.e., ~1:2 water to milk)

Assemble everything in a small pot and bring to boil 2-3 minutes over medium heat, reducing to low when it boils. It is done when a skin begins forming. Filter and serve up.

## *Thai Cooking*

Ryan: **Pad Thai** (ผัดไทย)

### *Sauce:*

- ¾ cup tamarind concentrate (the thin kind that flows easily; for the kind that is more like molasses take half or less the specified amount and cut with water to reach ¾ cup)
- 1 tbsp tamari (standard soy sauce acceptable, using twice as much)
- 2 tbsp Thai thin soy sauce
- 3 tbsp fish sauce
- 5 tbsp white sugar (other types acceptable)
- ¼ tsp white pepper

### *Remainder:*

- ½ lb thai or vietnamese rice noodles, cut with scissors to 1' long
- 1 block firm tofu
- ⅓ cup dried shrimp, minced finely
- 4 cloves garlic, diced
- 3 large shallots, chopped finely (sub ½ red onion)
- ½ - 1 lb garlic/chinese chives, chopped to 1 - 2"
- ½ - 1 lb mung bean sprouts (soybean sprouts acceptable)
- 3 eggs, beaten
- 3 tbsp roasted peanuts, diced

Set the noodles in a large bowl with hot tap water; later on during cooking, when about 20 minutes has passed, set the now softened noodles in a colander to drain. Cube tofu, spray with oil, and air fry 20 - 30 min at 400°F, shaking once or twice at intervals (alternately, fry in wok below before the shrimp step and reserve for the end). Combine sauce ingredients in a medium bowl, mix and set aside. Chop the dried shrimp, garlic, shallots, garlic chives, and peanuts as specified above and leave in separate piles. Leave out the bean sprouts; beat the eggs in a small bowl and leave to reach room temperature.

Perform all following steps fairly briskly: add 3 tbsp oil to a wok and warm over high heat; fry dried shrimp until fragrance begins to transform and become mild (1 - 2 min), add garlic and fry 30 s until fragrance changes, add shallots and fry 30 s. Reduce heat to medium, push contents of pot to one side and pour eggs in the oil (adding more if needed). Leave eggs alone until the bottom layer becomes

opaque white, and very gently scrape to the side with a soft spatula; do this several times until the egg is almost fully cooked, then chop up somewhat. It is important not to fuss with the eggs too much or they will flocculate.

Return to high heat, add drained noodles, toss in oil briskly to coat and fry a moment. Add sauce and fry a moment; add garlic chives, incorporate, and fry a moment; do likewise with the mung bean sprouts. Continue to cook, turning over frequently with a spatula, until chives become dark green, glistening, and begin to flop; add tofu and incorporate into sauce; this dish should not be cooked so much that the sauce begins to dry up. Serve up immediately in plates, topped with diced peanuts.

Keep leftovers in the fridge; structure suffers in the freezer. For a gathering the components are easily doubled for the purpose of mixing and chopping, but unless you have a restaurant-style wok the stir fry should be sequential in single-recipe batches.

Alternate to tofu: marinate 1 large thinly sliced chicken breast in 1 tbsp thai thin soy sauce, 1 tbsp corn starch, 1 tbsp water at beginning, set aside. Fry in wok before dried shrimp, taking care not to overcook, and reserve till end.

Other than those noted above, substitutions are generally not acceptable in this recipe, particularly for chinese chives and Thai thin soy sauce. The common recommendation of enoki substituting for sprouts is disgusting because it emphasizes a slimy consistency.

### Ryan: **Tom Yum Goong** soup (ต้มยำกุ้ง)

2 lb shrimp or tiger prawn, shell and head on, shelled, beheaded, and deveined. Often these will be bought frozen; defrost thoroughly and bring to room temperature or peeling will be miserable.

4 stalks lemon grass, crushed with flat of knife and cut to 2" (crush only somewhat or it will come apart as fibers in the pot)

24 kafir lime leaves

24 birds eye chilis, chopped (substitute serrano or similar, adjusting heat as necessary)

2 lbs mushrooms, chopped diagonally (any kind and usually 1 lb each of two types, but oyster is most traditional and best; prefer king oyster for half if you can get it)

8 tbsp thai chili paste solids (น้ำพริกเผา *nam prik pao*; traditionally this product is left to separate and the solids and liquid are treated as separate cooking ingredients)

8 tbsp thai chili paste oil phase

4 tbsp fish sauce

7/8 cup lime juice  
One bunch cilantro, chopped  
One bunch thai basil, chopped

Twist off shrimp heads into 12 cups water in a large stock pot. Shell shrimp, add shells also to stock pot. Devein shrimp and set aside.

Bring stock to boil until water turns slightly orange. Reduce heat, simmer until livid orange (~30 min) and ~15% reduced volume, occasionally smashing shrimp heads with a spatula to extract the liquor in them. Strain solids from the stock and discard the former.

Return stock to high heat, add lemon grass, lime leaves, chilis, mushrooms, thai chili paste solids and oil, bring to boil. Add in shrimp and boil gently until shrimp is nearly cooked. Add fish sauce, lime juice. Finish cooking shrimp. Serve up with cilantro and thai basil. Freezes excellently.

#### Ryan: **Tom Kha Gai** soup (ต้มข่าไก่)

1 onion (red traditionally), sliced  
4 cloves garlic, diced  
4 thai chilis, chopped (serrano or similar acceptable, with appropriate heat adjustments)  
6" galangal, sliced (ginger acceptable if not ideal)  
2 stalks lemon grass, crushed with flat of knife and cut to 2" (crush only somewhat or it will come apart as fibers in the pot)  
2 tbsp red Thai curry paste  
8 cups chicken stock  
4 standard cans (13 - 15 oz) coconut milk (avoid "light" products)  
4 large chicken breasts, thinly sliced according to taste  
2 lb mushrooms, chopped diagonally (any kind and usually 1 lb each of two types, but oyster is most traditional and best; prefer king oyster for half if you can get it)  
6-8 tbsp fish sauce  
4 tbsp white sugar (others acceptable, prefer jaggery if you can get it)  
3/8 cup lime juice  
2 tbsp thai chili paste solids (น้ำพริกเผา *nam prik pao*; traditionally this product is left to separate and the solids and liquid are treated as separate cooking ingredients)  
1 bunch cilantro, chopped  
1 bunch scallions, chopped diagonally

Over medium-high heat, heat 2 tbsp oil (traditionally coconut, vegetable oil acceptable) in a large stockpot. Add onion, garlic, chilis, galangal/ginger, lemon grass, curry paste. Fry 5 min until onion translucent, add chicken stock, bring to boil, reduce heat and simmer 30 min.

Add coconut milk, raw chicken, and mushrooms. Simmer until chicken just cooked. Add fish sauce, sugar, lime juice, thai chili paste, boil 2 min. Check fish sauce level and adjust if necessary; serve up with chopped cilantro and scallions. Freezes excellently.

## ***Korean Cooking***

Ryan: **Kimchi-Jjigae** (김치찌개)

Based on Maangchi's recipe.

6 scallions, sliced diagonally and reserving the roots  
14 large dried anchovies, heads and guts removed (optional; packaged varieties are usually clean enough)  
⅔ cup daikon radish, sliced thinly  
2 piece kombu  
2 lb kimchi, cut to bite-size pieces  
½ cup kimchi brine (or whatever you have from the kimchi)  
1 lb pork shoulder (or pork belly), cut to bite-size pieces  
1 package of firm tofu, cubed  
2 medium onions, sliced  
1 tbsp sea salt  
1 tbsp sugar  
1 tbsp gochugaru (Korean hot pepper flakes; accept no substitutes)  
2 tbsp gochujang (hot pepper paste; likewise accept no substitutes)  
1 tbsp toasted sesame oil

Put anchovies, kombu, scallion roots, and daikon in a medium stockpot with 4 cups water. Boil 20 min on medium-high. Simmer on low 5 min. Strain and discard solids.

Add to the stock: the kimchi, kimchi brine, pork, onion, 2/3 of the sliced scallions, all seasonings, and sesame oil, on top without mixing. Cover and cook on medium-high heat 10 min. Open and mix, lay tofu on top, again without mixing. Cook 10-15 min on medium.

Mix nicely and serve up immediately with the rest of the scallions on top, also with rice separately. Freezes excellently.

Ryan: **Mung Bean Panchan** (숙주나물무침 *sukjunamul-muchim*)

This recipe is most useful for making use of sprouts threatening to go bad.

1 lb mung bean sprouts (soy sprouts acceptable)



2 cloves garlic, minced  
2 scallions, chopped diagonally  
1 tbsp fish sauce  
1 tbsp toasted sesame oil  
1 tsp toasted sesame seeds  
½ tsp kosher salt

Bring a large pot of water to a boil, then blanch sprouts 1 min. Rinse thoroughly in a colander under cold water. Then transfer back to the cool pot and toss gently with all remaining ingredients. Serve warm or cold, traditionally with the main course in small portions, with kimchi and other panchan. Store in the refrigerator.

## *Japanese Cooking*

Ryan: **Miso Soup** (*misoshiru* 味噌汁)

Great care should be taken not to cook beyond the times given below, which generally involves no extended boiling of any kind. Particularly, when miso is added the soup should never be allowed to come to a full boil. Do not salt anything. Below is a bulk recipe for convenience; traditionally only dashi is made in bulk but the soup itself would be made in smaller batches for immediate consumption. For this purpose a 1/8 recipe of the soup given below is a single serving.

*Dashi:*

2 standard pieces kombu (about 4" × 6"; never wash the white powder off)

2 cups bonito flakes

*Miso soup (8 servings):*

8 cups dashi (prepared below)

8 tbsp miso (I prefer red)

2 block firm tofu (Western style; Asian taste is for softer tofu in this kind of dish)

1 bunch scallion, chopped diagonally

1 handful wakame

*Optional additional soup ingredients, adding actual amounts to taste, appearance, and season:*

1 or 2 root vegetables (daikon, prepared konnyaku [often combined with other root vegetables], onion, carrot, taro, burdock root, etc.; this is winter style)

1 bunch baby bok choy (this is spring style)

1 lb or more or less of Manila clams

1 lb or more or less of mushrooms (dried or fresh shiitake, king oyster, etc.)

Dashi (stock): Bring kombu to a boil in 8 cups water on medium-low heat. When it boils, immediately turn down heat and remove kombu, and bring to a simmer just before a rolling boil. Do not steep kombu; used kombu can be saved for panchan. Add bonito flakes, simmer 1 min, turn off heat, and steep 10 minutes. Strain in fine mesh sieve; freeze any extra.

Soup: Take the 8 cups dashi in a small stock pot, add any root vegetables or clams if using them. Separately rehydrate any dried mushrooms in hot tap water. Bring dashi to a boil and immediately

lower heat to a simmer. Continue until any roots are softened and clams are open. At this point add any leafy greens and mushrooms (save rehydration water as dashi stock or add to this soup). Add the miso, stirring it in well, taking care at this point that the pot is not allowed to boil at all. Add tofu when the miso is incorporated to avoid breakage. Bring back to a simmer if the tofu was cold.

Serve up in small bowls with scallions and wakame, allowing the latter to rehydrate in the soup ~½ min. Stores well in the refrigerator (not for purists!).

### Ryan: **Tonkotsu Ramen** (豚骨ラーメン)

Based on the *Ramen Kaonashi* website. Steps 1 and 2 are done the night before the broth is prepared. This recipe is a lot of work but worth it, and the broth freezes excellently for many meals. The stock must be attended to fairly frequently and will need a whole afternoon; consider making this outside with a friend and a propane unit for turkey or crawfish.

#### 1. *Chāshū* チャーシュー (Japanese interpretation of 叉焼 *char siu*)

4-5 lbs pork belly  
1 cup cooking sake  
3 slices ginger  
½ cup soy sauce  
¼ cup mirin  
4 tbsp sugar

Put the belly in a pan, add 2 ½ cups water and the sake, bring to a boil, skim off scum, boil uncovered 10 min, turn, boil another 10 min, cover, cut heat and and leave overnight on the stove.

The next day, remove oil that surfaced, add the ginger, soy sauce, mirin, and sugar, cook on low continuously while preparing the broth, turn to marinate, continue to simmer some hours until caramelized with a sheen, keeping covered.

#### 2. *Tare* タレ

1 lb mussels or clams  
1 cup soy sauce  
3 tbsp fish sauce  
½ cup mirin  
¼ cup cooking sake  
3 tbsp apple cider vinegar

¼ lb sake kasu (substitute miso)  
2 tbsp honey  
1 tbsp sea salt  
2 pieces kombu

Put 2 cups water in a pot, add the mussels or clams, cook until half reduced, strain into a pot. Add the soy sauce, fish sauce, mirin, sake, vinegar, sake kasu/miso, honey, and salt. Bring to a boil mixing, then turn off heat, add the kombu, and store overnight in the refrigerator. Remove kombu the next day.

### 3. *Tonkotsu broth* スープ

7.5 lbs pork bone  
4 or more pork trotters  
2 standard pieces fatback

In a very large stockpot, add the bones and trotters with 1 ½ gallons water, bring to a boil, remove scum, boil on high 20 min, simmer 2 hrs, removing scum at intervals. Pour off 90% of liquid and set aside, then bring the solids to the same level with new water, add the fatback, boil on high 90 min, adding water to maintain the level if not covered. The liquid should be milky at this point. Add back in ½ of the reserved broth, boil 30 min, add rest of the reserved broth, boil another 30 min to 1 hr, then strain. If serving immediately, straining will cool the broth which should be heated again to serving temperature.

### 4. *Tonkotsu ramen* 豚骨ラーメン

1 bunch scallions, sliced diagonally  
Good-quality ramen noodles to taste, softened by boiling 1 min  
Cloud ears or similar fungus, rehydrated in hot tap water if dried and larger pieces lightly cut to bite-size, preserving the natural shape  
Menma (fermented bamboo sprouts), whole or in thin strips if cutting is needed

Serve up 1 ¼ cup tonkotsu in a nice Japanese bowl with high sides, with at least 3 tbsp tare (above), noodles, chashu (above; now scorch briefly with a kitchen torch), scallions, menma, cloud ears. Add and arrange these components according to taste and presentation. Tare and broth freeze excellently.

## *Tex-Mex*

Nick: **Salsa Verde**

4 poblanos, grilled and chopped  
12 tomatillos, halved or quartered  
2 serranos or 4-6 Jalapenos, grilled and chopped  
1 medium onion, halved or quartered  
4 cloves garlic, minced  
1 bunch cilantro, coarsely chopped.  
1-2 juiced limes  
Pinch of salt

Grill or pan roast peppers until blistered and scorched. Peel tomatillos, wash, and chop to fit in a food processor. Likewise with the onion, then add the peppers, garlic, lime juice, cilantro, and salt. Food process in pulses until fine. Taste for lime juice and salt. Freezes well.

Nick: **Guacamole**

3-4 garlic cloves, crushed  
3 Roma tomatoes (substitute 1 large beefsteak tomato), coarsely chopped  
1-1.5 onions (traditionally red), finely chopped  
½ bunch cilantro, coarsely chopped  
6 perfectly ripe avocados, smashed  
½ tsp paprika (prefer a better brand, try smoked)  
¼ tsp cumin  
1 pinch salt  
Juice of ½ lime (to taste)

Grind garlic in a mortar and pestle, crushing until it loses structure. Remove avocado pit with a small knife and flesh from skin with a small spoon, put in a large bowl and chop up a bit with spoon. Incorporate tomatoes and onion, mixing up, turning over, and crushing with a spoon gradually until a coarse paste. Incorporate the garlic, spices, and salt and mix more, then incorporate the lime juice and mix until the mixture begins to become creamier, but with large chunks remaining according to taste. Check lime level to taste. Serve up; store leftovers refrigerated in a bowl with all parts exposed to air

coated in more lime juice, alternatively in a ziplock with the inside first wetted in lime juice. This does not freeze well.

Nick: **Pico de Gallo**

1 onion, somewhat finely chopped

1 bunch cilantro, coarsely chopped

5-6 Roma tomatoes, somewhat finely chopped

1 pinch salt

Juice of ½ - 2 limes to taste

Optionally 5-6 cloves garlic (richer, but less fresh-tasting)

Incorporate vegetables, add salt and lime juice, mix well.

## *Miscellaneous soups*

Ryan: **French Onion Soup** (*soupe à l'oignon*)

An intense dish if made correctly. Do not cut corners on wine and stock.

6 tbsp butter

6 lbs yellow onions, finely sliced (these become sweeter than other types)

1 tbsp white sugar

16 cups best quality beef stock

2 cups marsala (cooking grade acceptable)

2 cups sherry (cooking grade acceptable)

2 tbsp flour

2 tbsp black pepper, or to taste

2-3 tbsp dried thyme, or to taste

6 bay leaves

Slice the onions, melting the butter slowly in the meantime in a large stockpot. Transfer the onions to the pot (do not fuss about volume, they will reduce to  $\sim\frac{1}{6}$ ), bring to medium high heat, stir and turn over to incorporate butter, steam covered  $\sim 5$  min to soften, checking and stirring a few times. Cook open over medium heat about 1 hr 20 min, stirring and turning over as needed, until chestnut brown. Watch more closely at the beginning and later when the onions begin to exude milky liquid; brown at the bottom of the pot is good, but not black. At the point the onions become milky, add the sugar to accelerate caramelization; the color change will be sudden at the end similar to roux.

Deglaze the pot with the wine, bring back to a boil. Homogenize the flour with a little water in a saucer then incorporate, thicken 1-2 min on medium heat. Add the stock, then black pepper, thyme, and bay. Boil 10 min, checking salt level.

Serve up with melted mild cheese (classically Gruyère but many are acceptable, cheap smoked provolone is my go-to) and croutons or diagonally sliced toasted baguette (broil in ramekins for best presentation). Freezes well.

Nick: **Butternut Squash Soup**

8-10 cups stock

2 butternut squash, peeled and cubed  
3 stalks celery, chopped  
2 large carrots, peeled and chopped  
2-3 potatoes, peeled and cubed  
2 onions, cubed  
3 cloves garlic, minced

*The following spices and seasonings to taste:*

Cayenne pepper  
Allspice  
Nutmeg  
Salt  
Black pepper

*Optionally:*

White wine or sherry to taste  
½ - 1 cup heavy cream  
4 tbsp butter

Saute all vegetables in olive oil until browned a bit, add to stock, boil until soft, seasoning towards the end. Purée and serve, adding cream last. Freezes well.

#### Brian Williams: **Gumbo**

1.5 lbs shrimp, shell-on, peeled with half diced and half left whole  
1 lb lobster tail, shelled and diced to ¼"  
½ - 1 lb lump crab meat  
1-2 lbs denser fish (mahimahi, catfish, cod, etc.), coarsely cubed according to preference  
1 large green bell pepper, diced  
1 large white onion, diced  
1 - 1.5 cups celery, diced  
6-10 cloves garlic, minced  
12 cups lobster stock (chicken acceptable)  
Mushroom powder, to taste (1 tbsp or more; optional and fresh mushrooms acceptable because it will be strained; additional stock vegetables also acceptable)  
Salt, to taste



Black pepper, to taste  
White pepper, to taste  
Cayenne, to taste  
Oregano, to taste  
Thyme, to taste  
Paprika, to taste and appearance  
Hot sauce, to taste (prefer Louisiana brand)  
12-16 bay leaves  
1 cup flour  
¾ cup olive oil (vegetable oil acceptable)  
1 tbsp Worcestershire sauce  
Cooked rice, for serving  
Filé to taste, for serving (substitute okra as given below)

Peel and dice the shrimp and lobster. Dice the bell pepper, onion, celery, and garlic.

Put all shells in a large stockpot, optionally sauté these 5 min in a little olive oil, add the stock and any extra stock vegetables, the mushroom powder, half the bay leaves, and salt and black pepper to taste. Simmer 1 hr covered, being careful with the heat. Strain, discard solids, and return to pot, keeping this warm on the stove.

In a small skillet (classically cast iron), stir the flour into the olive oil, cook on medium heat stirring constantly, ~20 min until color changes to chestnut brown. Color change is sudden at the end as the mix becomes grainier in appearance. Add the minced garlic, celery, bell pepper, and onion to the roux, continue to cook until onions translucent.

Transfer the roux to the warm stockpot, bring to a boil and then simmer, add to taste the black and white pepper, cayenne, oregano, thyme, salt, and paprika. Simmer 1-2 hr, then add hot sauce to taste, the rest of the bay, Worcestershire sauce, and meat of shrimp, lobster, and fish. Cook ~20 min, adding the crab meat 5 min before this is done.

Serve up with rice and filé. Improves in the refrigerator; freeze extras. Filé may be substituted with 1 lb chopped okra, added 30 min before cooking is done. This recipe may be made cheaper with whole lobster or by replacing lobster with more crab, more shrimp, etc. Freezes well; extra rice freezes well stored separately.

## Shushu: **Corn Chowder**

Panera duplication.

2 tbsp olive oil  
2 tbsp butter  
1 large onion, diced to ¼"  
3 tbsp flour  
5 cups vegetable broth  
2 russet potatoes, peeled and diced to ¼"  
4 cups fresh corn kernels (about 5 cobs, roasted or boiled ahead of time)  
½ cup red bell pepper, diced to ¼"  
½ cup green bell pepper, diced to ¼"  
Salt, to taste  
2 tbsp freshly ground black pepper  
Crushed red pepper to taste  
1 cup half-and-half (substitute ½ cup heavy cream and ½ cup water, stock, or milk)

### *Optional:*

2 ripe plum tomatoes, de-seeded and diced to ¼", as a garnish (the liquid and seeds can be added to the soup)  
Handful fresh basil, thinly slivered as a garnish

Melt butter with oil over low heat, add onion and cook 10 min. Sprinkle flour over this and cook stirring 3-5 min. Add broth and potatoes, bring to a boil. Reduce heat to medium, cook partly covered until potatoes tender (~10 min), stirring occasionally. Add corn, all bell peppers, salt, pepper, and half-and-half/cream. Cook over low heat 8 min, stirring occasionally.

Serve up with tomatoes on top in the center and basil all around. Chives form a nice simpler garnish. If too thin, add corn starch slurry or potato flakes and boil nicely.

## Ryan: **Potato Leek Soup**

8 cups chicken stock  
6 medium potatoes, chopped  
4-6 leeks, sliced (both white and green parts)  
6 stalks celery, chopped

6 bay leaves  
6 sprigs fresh thyme, chopped  
Salt, to taste  
Pepper, to taste  
1 cup heavy cream

Add vegetables, thyme, and bay to broth in a large stock pot, salt and pepper to taste. Boil till all ingredients are soft. Remove bay, puré, add cream and heat to just boiling, then serve up with chopped scallions or chives or parsley.

### Ryan: **Chicken Noodle**

3-4 large chicken breasts, cut as you like (I like thin diagonal slices)  
8 cups chicken stock  
2 yellow onions, chopped  
8 stalks celery, chopped  
10-12 medium to large carrots, peeled and chopped (the amount of onion, celery, and carrot should look about equal in the pot and should be filled up at only a little below the level of the stock)  
6 bay leaves  
Salt to taste (~1 tbsp, depends on the stock)  
1 tbsp black pepper  
1 tbsp thyme  
1 tbsp rosemary  
1 tbsp rubbed sage  
1.5 cups medium-sized egg noodles

While chopping the vegetables (start with celery and carrots, which take longer to cook), in a medium pan, fry the chicken in a little neutral oil until cooked through. Set aside. Meanwhile, bring the stock to a boil in a large stock pot. Put the vegetables in the stock as you complete them. Put in all seasonings. When the celery is becoming a bit soft, add the chicken mostly drained of fat and oil. After a few minutes, put in the noodles. Serve up in a few minutes when soft. Freezes well. Can be garnished with chopped fresh parsley, scallions, or chives. Dill, oregano, and/or crushed red pepper can also be used as seasonings.



## ***Southern/Soul***

### Ryan: **Collard Greens**

2 large bunches collards  
½ - ¾ lb bacon (or preferably equivalent salt pork), chopped  
1 onion, diced  
6 cloves garlic, minced  
4 cups chicken stock  
Salt to taste  
Black pepper to taste  
Red pepper flakes to taste  
1-2 tbsp apple cider vinegar

Wash collards if sandy or dirty (grit is a problem). Then fold and quickly rip the lamina from the midvein (does not need to be perfect); compost the latter (which cook slower and become bitter) or save for some other purpose. Coarsely slice leaves to 1" × 2".

Put 2 tbsp oil and the bacon in the bottom of a large stockpot, fry till the bacon is done, remove bacon and keep the grease. Fry in this grease the onion till translucent, add and fry the garlic 30 s till fragrant. Add the collards, stock, and seasonings, cover and cook 30-40 min until tender, stirring every 10 min. At first stirring is tricky but the collards will wilt nicely with more time.

Turn off the heat, put the bacon in with the vinegar, stir and serve immediately. Sop the liquid ("potlicker") with cornbread. Freezes well.

### Ryan: **Black-Eyed Peas**

1.5 lbs bacon (or preferably equivalent salt pork), chopped  
2 onions, finely chopped  
12 cloves garlic, minced  
8 cups chicken stock  
2 lbs black-eyed peas, having bean soaked overnight, drained and rinsed  
1 tbsp thyme  
1 tsp cayenne pepper

6 bay leaves

Salt, to taste

Pepper, to taste

4 tbsp butter

Fry the bacon with no oil until crispy; set bacon aside and reserve grease in pan. Fry in this the onions until translucent, add the garlic, fry 30 s. Add stock, pease, thyme, cayenne, bay, pepper, and salt. Boil softly, covered, until done (~ 1 hr). Add the bacon and butter, cook until incorporated, serve up.

## *Miscellaneous American food*

### Ryan: **Okra Fries**

1 lb okra, quartered lengthwise into long sticks  
3 tbsp canola oil  
1 tbsp salt  
½ tbsp garlic powder  
½ tbsp onion powder  
½ tbsp coriander  
½ tbsp cumin  
½ tbsp turmeric  
½ tbsp cayenne powder  
2 tbsp corn starch

Toss in a large bowl until very thoroughly coated. Air fry at 400 F for 20 minutes, tossing every 5-10 min. Okra can be used in various sizes depending on the cultivar. If chopping the stem off gives any resistance, it is too tough.

### Ryan: **Sunday Roast**

3-5 lb chuck, round, or brisket of beef  
1 tbsp ground black pepper  
1 tbsp sea salt  
6 cloves garlic, minced  
1 ½ cup broth (beef or other)  
1 ½ cup red wine  
¼ cup Worcestershire Sauce  
2 large onions, coarsely chopped  
1 lb potatoes (~ 3), coarsely chopped  
1 lb carrots, chopped  
Rosemary and fennel to taste

Coat the roast in the pepper and salt, and sear in olive oil until nicely browned on all sides. Place in slow cooker. Sauté the garlic 1 min, deglaze pan with broth and wine. Pour the deglaze and Worcestershire sauce over roast, add the vegetables, rosemary, and fennel, slow cook 8 hours.

### Ryan: **Beef Stroganoff**

1 ½ lb flank steak strips  
4 tbsp butter  
1 large onion, sliced  
1 lb sliced mushrooms  
4 cloves garlic, minced  
½ cup white wine  
3 tbsp flour  
1 tbsp Worcestershire Sauce  
1 ½ cup beef stock  
½ cup sour cream  
½ lb egg noodles

Melt 2 tbsp butter, rub the beef in salt and pepper, and sauté in a thin layer (so as to sear rather than steam) on high heat. If water develops, pour off and save for final sauce. Sear on both sides. Set aside, do not clean pan.

Meanwhile cook egg noodles to al dente in salted water. Be careful of the ratio of sauce to noodles, it is not tasty if there are too many noodles.

In same pan, melt 2 tbsp butter, sauté onion, then add mushrooms, continue to sauté until both are cooked. Add the garlic, sauté one min, then deglaze pan with the wine, scraping gently, and simmer gently 3 min. Whisk the flour into the Worcestershire sauce and ¼ cup of the beef stock. When fully mixed, add the rest of the beef stock and add all of this to the deglazed vegetables. Simmer 5 min.

Stir in steak and sour cream, incorporate, and salt and pepper to taste. Serve over the noodles.

### Ryan: **Filet au Poivre**

1 lb filet, tenderloin etc. of beef or venison



4 tbsp butter  
2 tbsp peppercorns, lightly cracked in a mortar  
1 shallot, minced (substitute garlic)  
½ cup brandy or cognac (substitute sherry, etc.)  
1 cup beef stock  
¼ cup heavy cream

Salt meat, set at room temperature at least 30 min (less for thin cut). Heat 3 tbsp of the butter to smoking. Sear steaks briefly on both sides. Remove steak to rest, fry shallot in butter until beginning to brown. Deglaze pan with the brandy, cooking until half volume. Add stock and peppercorns, boil vigorously until a wooden spoon leaves a trail. Turn off heat, add cream and remainder of butter, stirring vigorously. Serve up immediately.

## *Pickles and ferments*

Nick: **Gravlax**

Based partly on the *New York Times* recipe.

- 1 bunch dill
- Zest of 2 grapefruits and 3 lemons
- 1 ¼ cups kosher salt
- 1 cup brown sugar
- 1 tbsp cracked black peppercorns
- 1 complete side of raw salmon or equivalent in filet pieces

Finely chop dill, combine with remainder of ingredients but the fish in a medium bowl and mix well by hand. On a baking sheet or shallow casserole set parchment paper, pour ⅓ of cure lengthwise, lay salmon skin-down on top of cure, pack remaining cure over this and inside any folds. Larger cures with a doubled recipe can layer further parchment paper and repeat.

Cover fish with more parchment paper, tightly saran-wrap; set atop this another baking sheet. Weigh down with a heavy pot or similar, set in the refrigerator. Chill 3 days, then wipe down fish with wet rag; do not rinse. While fish is cold, slice thinly at a steep angle with a gravlax knife. Cut for servings that will be eaten soon, since the fish gets saltier over time in this form. Should keep for weeks as whole filet.

Sushil and Prativa: **Nepalese Radish Pickle** (*mula ko achaar* खौँदेको मूलाको अचार)

- 3 lb daikon, cut into small sticks
- 4-5 tbsp or so powdered black mustard seeds, ground in a mortar
- 10-15 green chilis, chopped
- 2-3 tbsp red chili powder
- 3-4 tbsp and 1 ⅓ cup mustard oil
- 2 tbsp turmeric
- Pinch or two of timur powder (Nepali Sichuan pepper)

Cut the daikon and set in a dehydrator for 20 min. In a large bowl add the daikon, mustard seed powder, salt to taste (about 1 tbsp), green chilis, red chili and timur powder. Separately in a small pan,

heat the 3-4 tbsp mustard oil until quite hot, turn off heat, add the turmeric directly to the hot oil, mix quickly and pour over the daikon mixture before it burns. Add the rest of the mustard oil (room temp), enough to cover the mix, and mix thoroughly. Put this mixture in mason jars and set them in a sunny window for a few weeks, releasing pressure every other day. Make sure the vegetables are completely covered in liquid, but allow 8 hours for the daikon to release water and push down with a fork before adding more mustard oi. Store at room temp.

## *Liqueur*

### Carol: **Figcello**

This is a traditional Brazilian recipe. The flavor is a bit of a surprise, more like coconut than figs. The color when ready is emerald green and presents excellently in a fancy bottle, but fades rapidly; keep in the freezer for this reason.

0.75 l Everclear (190 proof) or other very high proof neutral spirit (traditionally standard proof vodka would be used in Brazil due to availability)  
12 mature, healthy, whole fig leaves  
1.5 cups white sugar

Stuff leaves in an empty fifth, fill up with Everclear, and leave two weeks at room temperature in the dark. Remove leaves, prepare a simple syrup (1.5 cups white sugar, 1.5 cups water, fully dissolved on the stove and cooled), and mix this with the infusion.

### Nick: **Limoncello**

Any citrus can be used. Grapefruit and lime may be too strong for straight consumption. Oranges are excellent. Zest before juicing leftovers.

Zest of 10 lbs citrus  
2 fifths Everclear (190 proof)  
6 cups white sugar

Fill to the halfway point a 1.75 l bottle with the zest, then fill to the top with everclear. Let extract 2-4 weeks at room temperature in the dark, then strain and add a simple syrup of 10 cups water and 6 cups white sugar, dissolved on the stove and cooled. Bottle again, this time in empty fifths, then allow to mellow at room temperature in the dark for a month.