

# TAKEOUT COOKBOOKS

FAVORITE TAKEOUT RECIPES TO MAKE AT HOME

CHINESE



1 LINA CHANG



LINA CHANG

THAI



2 LINA CHANG

JAPANESE



3 LINA CHANG

KOREAN



4 LINA CHANG

INDIAN



5 LINA CHANG

LEBANESE



6 LINA CHANG

ITALIAN



7 LINA CHANG

GREEK



8 LINA CHANG

TEX-MEX



9 LINA CHANG

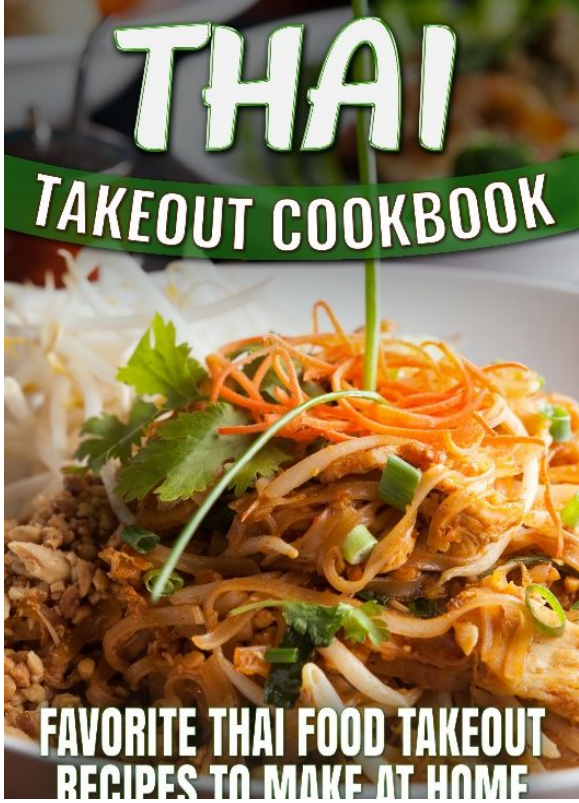
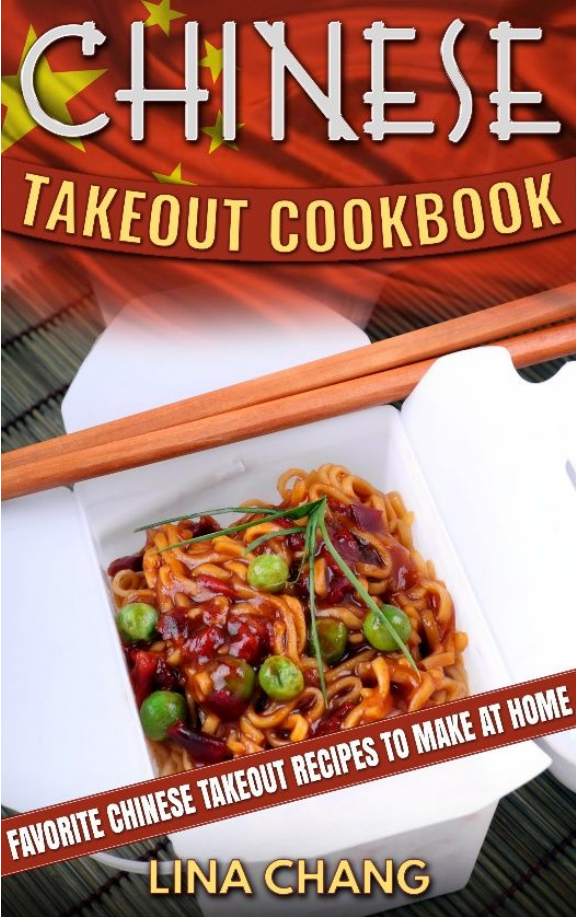
PIZZA



10 LINA CHANG

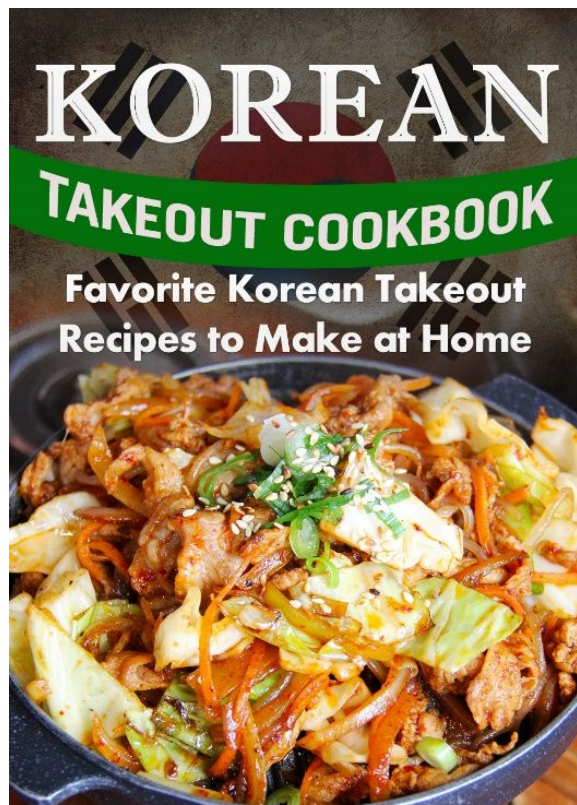
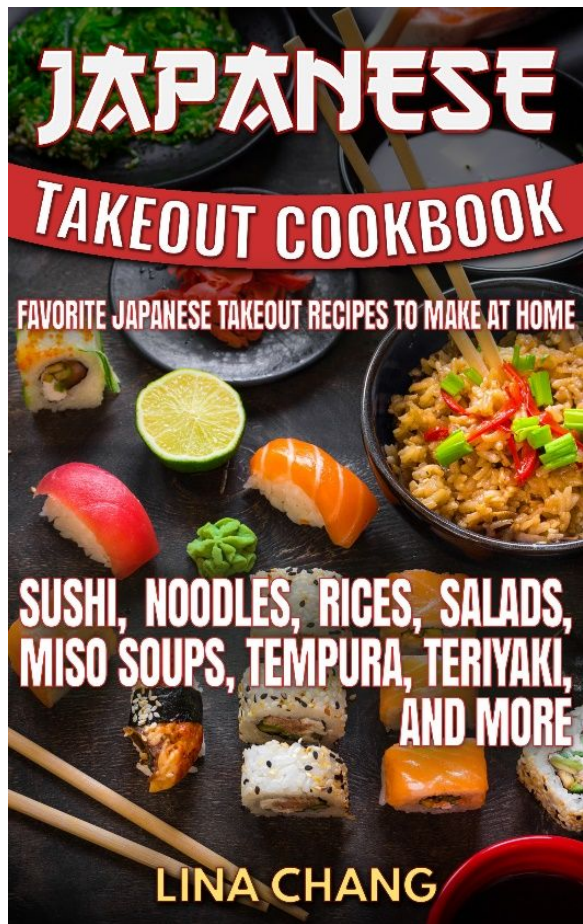
Thank you for downloading Copycat box set. In this book set, you will find the following ten books:





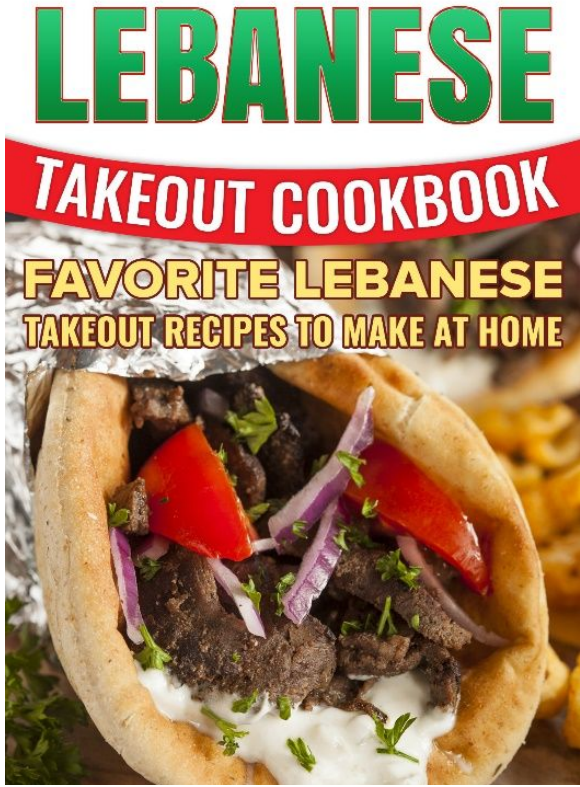
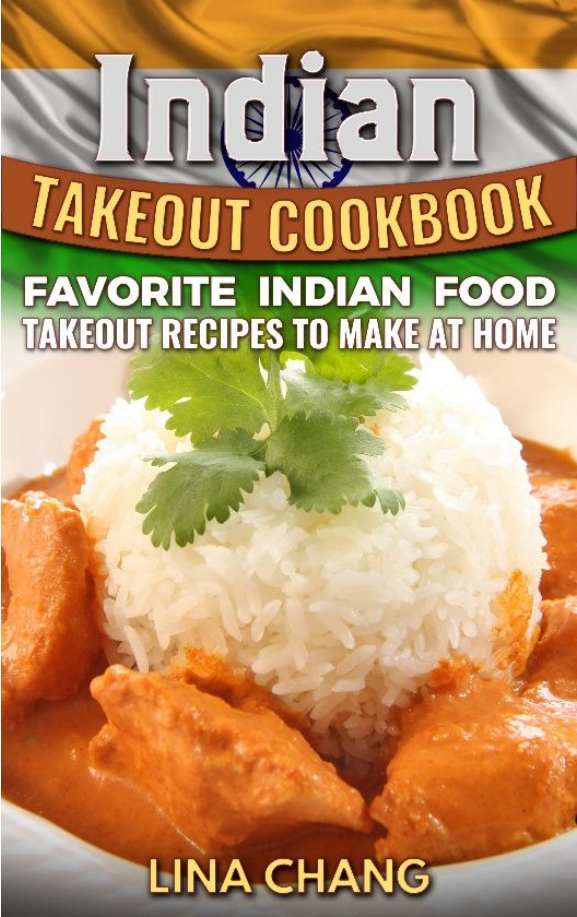
HOW TO MAKE IT HOME

LINA CHANG













# ITALIAN

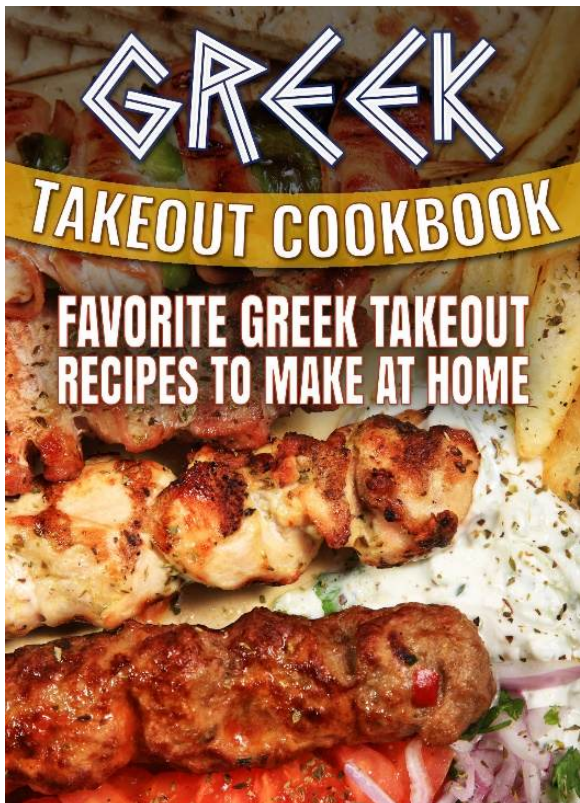
## TAKEOUT COOKBOOK



EASY ITALIAN RECIPES TO MAKE AT HOME  
INCLUDING PIZZA AND PASTA



LINA CHANG

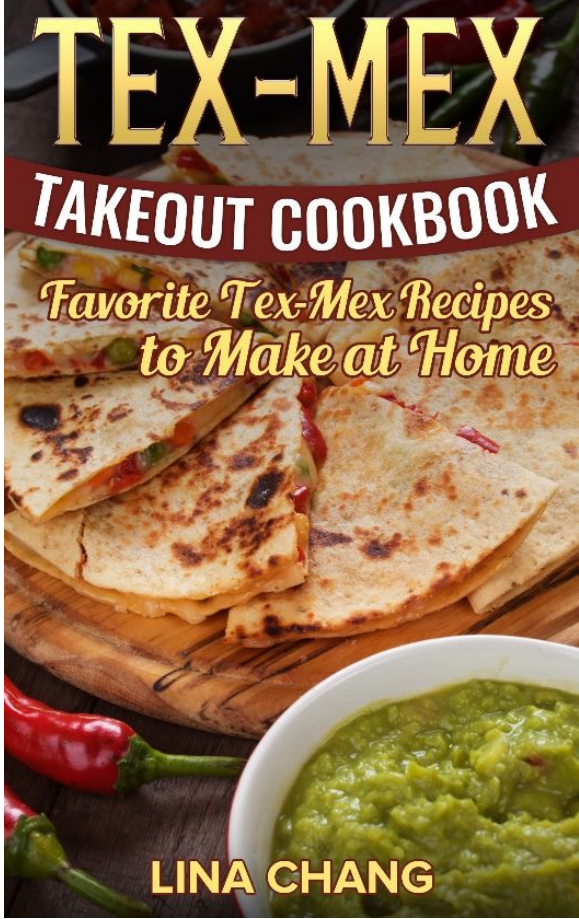


# GREEK

## TAKEOUT COOKBOOK

FAVORITE GREEK TAKEOUT  
RECIPES TO MAKE AT HOME





LINA CHANG

Each book is presented on its own in its full version.



## **Copyrights**

All rights reserved © 2018 by Lina Chang and The Cookbook Publisher. No part of this publication or the information in it may be quoted from or reproduced in any form by means such as printing, scanning, photocopying, or otherwise without prior written permission of the copyright holder.

## **Disclaimer and Terms of Use**

Effort has been made to ensure that the information in this book is accurate and complete. However, the author and the publisher do not warrant the accuracy of the information, text, and graphics contained within the book due to the rapidly changing nature of science, research, known and unknown facts, and internet. The author and the publisher do not hold any responsibility for errors, omissions, or contrary interpretation of the subject matter herein. This book is presented solely for motivational and informational purposes.

The recipes provided in this book are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in diet. Additionally, recipes' cooking times may require adjustment depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne illnesses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take any responsibility for any consequences that may result due to following the instructions provided in this book. The nutritional information for recipes contained in this book are provided for informational purposes only. This information is based on the specific brands, ingredients, and measurements used to make the recipe and therefore the nutritional information is an estimate, and in no way is intended to be a guarantee of the actual nutritional value of the recipe made in the reader's home. The author and the publisher will not be responsible for any damages resulting in your reliance on the nutritional information. The best method to obtain an accurate count of the nutritional value in the recipe is to calculate the information with your specific brands, ingredients, and measurements.





# Contents

## Volume 1 - Chinese Takeout Recipes

### Introduction

[A Little Bit of History](#)

[Ingredients](#)

[Cooking Methods](#)

[Tools for Chinese Takeout Recipes](#)

### Appetizer Recipes

[Classic Egg Rolls](#)

[Pork Spring Rolls](#)

[Vegetable Spring Rolls](#)

[Fried Wontons](#)

[Dumplings](#)

[Dumplings with Peanut Sauce](#)

[Shrimp Toast](#)

[Garlic Spare Ribs](#)

[Kon Tiki Bobo Meatballs](#)

### Soup Recipes

[Egg Drop Soup](#)

[Hot and Sour Soup](#)

[Wonton Soup](#)

### Noodle Recipes and Rice Recipes

[Singapore Noodles](#)

[Beef Chow Fun](#)

[Pork Chow Mein](#)

[Chicken, Pork, and Shrimp Lo Mein](#)

[Fried Rice](#)

[Yang Chow Fried Rice](#)

### Pork Recipes

[Twice Cooked Pork](#)

[Moo Shu Pork](#)

[Shanghai Pork Chops](#)

[Chinese Roasted Ribs](#)

[Sweet and Sour Pork](#)

[Pork with Snow Peas](#)

## Beef Recipes

[Beef with Garlic Sauce](#)

[Szechuan Beef Recipe](#)

[Beef Chop Suey](#)

[Beef in Oyster Sauce](#)

[Ginger Beef](#)

[Chinese Pepper Steak](#)

[Beef & Broccoli](#)

[Kung Pao Beef](#)

[Sesame Beef](#)

[Orange Beef](#)

## Chicken and Duck Recipes

[Empress Chicken](#)

[Moo Goo Gai Pan Recipe](#)

[Lemon Chicken](#)

[Crispy Duck and Pancakes](#)

[Sesame Chicken](#)

[Kung Pao Chicken Recipe](#)

[General Tso's Chicken](#)

[Orange Chicken and Vegetable Stir-Fry](#)

[Favorite Cashew Chicken](#)

[Sweet and Sour Chicken](#)

[Chicken Curry](#)

## Fish and Seafood Recipes

[Shrimp with Lobster Sauce](#)

[Salt and Pepper Squid](#)

[Kung Pao Shrimp](#)

[Fish with Spicy Bean Sauce](#)

[Fish with Black Bean Sauce](#)

[Shanghai Shrimp Stir-fry](#)

[Cashew Shrimp Stir-fry](#)

[Spicy Scallops in Garlic Sauce](#)

[Cantonese Style Lobster](#)

[Moo Shu Shrimp](#)

[Lake Tung Ting Shrimp](#)

## Vegetarian Recipes

[Mixed Vegetables](#)

[Egg Foo Yung](#)

[Dry-Sautéed Green Beans](#)

[Salt and Pepper Tofu](#)

[Mapo Tofu](#)

[Chinese Eggplant in Garlic Sauce](#)

[Hunan Bean Curd](#)

[Green Jade Vegetables](#)

[Dessert Recipes](#)

[Fortune Cookies](#)

[Mango Pudding](#)

[Almond Cookies](#)

[Chinese Doughnuts](#)

[Conclusion](#)

[Volume 2 – Thai Takeout Cookbook](#)

[Introduction](#)

[History](#)

[Ingredients in Thai Cuisine](#)

[Common Tools and Equipment](#)

[Cooking Methods](#)

[Appetizers](#)

[Classic Spring Roll \(Poh Pia Tod\)](#)

[Sesame Fried Tofu](#)

[Peanut dipping sauce](#)

[Fresh Summer Rolls with Tamarind Sauce](#)

[Tamarind dipping sauce](#)

[Thai Beef Jerky](#)

[Curry Puff](#)

[Crispy Chicken Wings](#)

[Thai Fish Cake](#)

[Crispy Fried Calamari](#)

[Andaman Shrimp Cake](#)

[Crab Rangoon](#)

[Satay Chicken](#)

[Soups](#)



[Spicy Lemongrass Soup \(Tom Yum\)](#)

[Quick Coconut Soup \(Tom Kha\)](#)

[Salads](#)

[Papaya Salad \(Som Tum\)](#)

[Thai BBQ Beef Salad](#)

[Thai Tofu and Chicken Salad with Peanut Dressing](#)

[Peanut dressing](#)

[Noodles and Rices](#)

[Chicken Pad Thai](#)

[Chicken Pad See Ew](#)

[Drunken Noodles \(Pad Kee Mao\)](#)

[Stir-Fried Glass Noodles \(Pad Woon Sen\)](#)

[Thai Fried Rice](#)

[Pineapple Fried Rice](#)

[Chicken and Duck Main Entrées](#)

[Easy Chicken Coconut Green Curry](#)

[Red Curry with Chicken](#)

[Panang Curry with Chicken](#)

[Jungle Curry](#)

[Tamarind Duck](#)

[Pork Main Entrées](#)

[Thai Lemongrass Pork Chops](#)

[Thai Barbecue Pork](#)

[Thai Spare Ribs with Tamarind](#)

[Beef Main Entrées](#)

[Massaman Beef Curry](#)

[Yellow Curry with Beef](#)

[Beef Peanut Curry](#)

[Seafood Main Entrées](#)

[Salmon Teriyaki](#)

[Seafood Stir-Fry with Basil](#)

[Vegetarian Main Entrées](#)

[Thai Mushrooms and Eggplant Stir-Fry](#)

[Steamed Mixed Vegetables and Tofu](#)

[Vegetable Stir Fry with Green Curry Paste](#)

[Desserts](#)

[Sweet Sticky Rice](#)

[Banana Fritters](#)

[Conclusion](#)

[Volume 3 – Japanese Takeout Recipes](#)

[Introduction](#)

[Ingredients in Japanese Cuisine](#)

[Common Tools and Equipment](#)

[Cooking Methods](#)

[Bento Boxes](#)

[Appetizers](#)

[Steamed Green Soybean \(Edamame\)](#)

[Dumplings \(Gyoza\)](#)

[Vegetarian Gyoza](#)

[Fried Eggplant in Tempura Sauce \(Agedashi Nasu\)](#)

[Japanese-Style Chicken Wings \(Tebasaki\)](#)

[Marinated Runny Yolk Boiled Egg](#)

[Stewed Pork Appetizer \(Chasu\)](#)

[Sushi](#)

[Basic Steps in Making Sushi](#)

[Sliced Raw Fish \(Sashimi\)](#)

[Thick Sushi Roll \(Futomaki\)](#)

[Dragon Roll](#)

[Nigiri Sushi](#)

[Vegetarian Nigiri](#)

[Vegetable Maki](#)

[Spicy Tuna Maki](#)

[California Maki](#)

[Smoke Salmon Philly Roll Sushi](#)

[Soups and Broths](#)

[Basic Japanese Stock \(Dashi\)](#)

[Basic Ramen \(Tonkotsu and Torigara\) Soup Stock](#)

[Miso Soup](#)

[Japanese Seafood Soup \(Nabe\)](#)

[Salads](#)

[Cucumber Salad \(Sunomono\)](#)

[Daikon Salad](#)

[Seaweed \(Wakame\) Salad](#)

[Noodles](#)

[Pork Bone \(Tonkotsu\) Ramen](#)

[Stir Fried Thick White Noodles \(Yaki Udon\)](#)

[Stir-Fried Noodles with Meat and Vegetables \(Yaki Udon\)](#)

[Hotpot Beef with Noodles and Vegetables \(Sukiyaki\)](#)

[Teriyaki \(Soy-Glazed Dishes\)](#)

[Chicken Teriyaki](#)

[Tofu Teriyaki](#)

[Steak Teriyaki](#)

[Hibachi and Teppanyaki \(Grilled Dishes\)](#)

[Hibachi Chicken and Fried Rice](#)

[Hibachi Vegetables and Sprouts](#)

[Beef and Salmon Teppanyaki](#)

[Fried Rice, Rice Bowls and Pork Cutlet \(Yakimeshi, Donburi and Katsu\)](#)

[Chicken Fried Rice \(Yakimeshi No Tori\)](#)

[Deep-Fried Breaded Pork Cutlet \(Katsudon\)](#)

[Katsu Curry](#)

[Beef Rice Bowl \(Gyudon\)](#)

[Chicken and Egg Rice Bowl \(Oyakudon\)](#)

[Tempura \(Battered and Deep-Fried\)](#)

[Shrimp Tempura](#)

[Mixed Vegetable Tempura](#)

[Dips, Sauces and Condiments](#)

[Multi-purpose Sauce \(Mentsuyu\)](#)

[Homemade Wasabi Paste Two Ways](#)

[Sushi Ginger \(Gari\)](#)

[Tempura Sauce](#)

[Soy Dipping Sauce](#)

[Spicy Dipping Sauce](#)

[Black Garlic Oil \(Mayu\)](#)

[Ponzu Sauce](#)

[Desserts](#)

[Tempura Ice Cream](#)

[Mochi with Sweet Bean Filling.\(Daifuku\)](#)

[Conclusion](#)

[Volume 4 – Korean Takeout Recipes](#)

[Introduction](#)

[A Brief History](#)

[The Usual Ingredients](#)

[Common Tools and Equipment](#)

[Korean Cooking Methods](#)

[Appetizers & Side Dishes](#)

[Fried Dumplings \(Mandu\)](#)

[Steamed Tofu with Scallion Soy Sauce \(Dubu Jjim\)](#)

[Kimchi](#)

[Spicy Rice Cake \(Tteokbokki\)](#)

[Kimchi Fries](#)

[Fries with Gochujang Aioli](#)

[Korean Pancakes with Green Onion \(Pajeon\)](#)

[Salads](#)

[Sesame Crust Ahi Tuna Salad](#)

[Bulgogi Steak Salad](#)

[Soup](#)

[Rice Cake Soup \(TteokGuk\)](#)

[Fermented Soybean Paste Soup \(Doenjang Jjigae\)](#)

[Beef Short Rib Soup \(Galbi Tang\)](#)

[Kimchi Soup \(Kimchi Jjigae\)](#)

[Rice](#)

[Kimchi Fried Rice \(Kimchi Bokkeumbap\)](#)

[Korean Rice Rolls \(Kimbap\)](#)

[Noodles](#)

[Black Garlic Noodles](#)

[Glass Noodles with Beef & Veggies \(Japchae\)](#)

[Easy Bulgogi Ramen](#)

[Fast & Easy Spicy Ramen with Rice Cake \(Rabokki\)](#)

[Spicy Korean Ramen](#)

[Noodles in Black Bean Sauce \(Jajjanmyeon\)](#)

[Hot Stone](#)

[Stone Bowl \(Dolsot Bibimbap\)](#)

[Vegetarian Hot Stone](#)

### [Beef](#)

[Marinated Beef BBQ \(Bulgogi\)](#)

[Korean Beef Stew](#)

[Beef Roll \(Bulgogi Kimbap\)](#)

[Prime Beef Short Rib Stew \(Galbijjim\)](#)

[Grilled Short Ribs \(Galbigui\)](#)

[Kimchi Burger](#)

### [Chicken](#)

[Chicken BBQ \(Dak Bulgogi\)](#)

[Korean Chicken Wings](#)

[Korean Fried Chicken](#)

[Spicy Chicken Stir-fry](#)

[Ginseng Chicken \(Samgyetang\)](#)

[Fire Chicken \(Buldak\)](#)

[Chicken Teriyaki with Vegetables \(Yangnyom Dak\)](#)

### [Pork](#)

[Army Stew \(Budae Jjigae\)](#)

[Spicy Pork BBQ \(Daeji Bulgogi\)](#)

[Spicy Pork Stir-fry](#)

[Grilled Pork Lettuce Wraps \(Samgyeopsal\)](#)

### [Seafood](#)

[Spicy Octopus Stir-fry \(Nakji Bokkeum\)](#)

[Fishcake Stew \(Eomuk Guk\)](#)

[Fried Squid \(Ojgingeo Tuigim\)](#)

[Tuna Kimbap](#)

[Spicy Seafood Stew \(Jjam Bbong\)](#)

### [Vegetarian](#)

[Vegetable Kimbap](#)

[Vegetable Bibimbap](#)

[Korean Vegetable Curry](#)

[Kimchi & Potato Croquettes \(Korokke\)](#)

[Vegan Bulgogi](#)

### [Conclusion](#)



## Volume 5 – Indian Takeout Recipes

### Introduction

[A Little Bit of History](#)

[Common Ingredients in Indian Cuisine](#)

[Tools and Equipment](#)

### Appetizer Recipes

[Vegetable Fritters \(Bajji/Pakora/Pakoda\)](#)

[Deep fried Pastry Triangles \(Samosa\)](#)

[Deep fried Cauliflower in Sweet and Spicy Sauce \(Kolkata Gobi Manchurian\)](#)

[Stir-Fried Dill Greens \(Shepuchi Bhaji\)](#)

[Paneer in Curds and Mint \(Paneer Pudina Tikka\)](#)

[Tiger Prawn in Creamy Coconut Curry \(Bagda Chingri Malai\)](#)

[North Indian Potato Croquettes \(Aloo Tikki\)](#)

[Dumplings in Yogurt \(Dahi Bara\)](#)

[Indian Fritters \(Pakora\) - Basic Recipe](#)

### Soup Recipes

[Spicy Soup \(Mulligatawny/Mooloogoo Thani\)](#)

[Red Lentil Soup \(Masoor Dal\)](#)

### Bread and Snack Recipes

[Spicy Gram Flour Rollups \(Khandvi, Surali Vadi, Suralichi Wadi\)](#)

[Deep fried Unleavened Bread \(Poori\)](#)

[Indian Flatbread \(Naan\)](#)

### Lamb Recipes

[Lamb Vindaloo](#)

[Classic Lamb Curry](#)

[Lamb in Creamy & Spicy Sauce \(Lamb Masala\)](#)

[Festive Lamb in Creamy Sauce \(Lamb Korma\)](#)

### Chicken

[Chicken Tikka Masala](#)

[Tandoori Chicken - Stovetop Method](#)

[Chicken Biryani](#)

[Quick Chicken Curry](#)

[Chicken Madras](#)

[Butter Chicken \(Murgh Makhan\)](#)

## Fish and Seafood

Goan Fish Curry

Fish Skewers (Fish Tandoori Tikka)

Mixed Seafood Curry

Fish Biryani

Malabar Tilapia

Tamarind Scallops (Ambli Wara)

## Vegetarian Recipes

Classic Cheese Skewers (Paneer Tikka)

Creamy Spinach & Fenugreek with Indian Cheese (Saag Paneer)

Lentils in Tempered Ghee & Spices (Dal Tadka)

Cucumber, Mint & Tomato Salad (Kachumbar/Kachumber)

Spicy Vegetable Stew (Vegetable Masala)

Green Chili Pickle (Achar or Mirchi-Ka-Achar)

Mango Chutney

Herbed Yogurt with Cucumber (Raita)

Indian-Style Vegetable Stir-Fry (Jalfrezi)

Spicy Pancakes with Potato Filling (Masala Dosa)

Spiced Cauliflower & Potatoes (Aloo Gobi)

Fresh Winter Greens with Indian Cheese (Palak Paneer)

Lemon Rice

Chickpeas in Tomato Sauce (Chana/Chole Masala)

## Dessert Recipes

Deep Fried Milk Dumplings in Rose Syrup (Gulab Jamun)

Carrot Fudge (Gajar Ka Halwa)

Traditional Indian Ice Cream (Kulfi)

Creamy Saffron-Infused Rice Pudding (Kesari Kheer)

Buttery Fudge Squares (Burfi/Barfi)

## Conclusion

## Volume 6 – Lebanese Takeout Recipes

### Introduction

History

Ingredients in Lebanese Cooking

Common Tools and Equipment

Cooking Methods

## Appetizers (Mezze), Dips & Sauces

Garlic Spicy Potatoes (Batata Harra)

Cucumber Salad (Laban bi Khyar)

Falafel (Fried Chickpea Balls)

Baba Ghanouj (Eggplant Dip)

Kibbeh (Beef and Bulgur Meatballs)

Hummus (Chick Pea Dip)

Labneh (Yoghurt Cheese)

Garlic Shrimp

Grilled Halloumi Cheese

Thyme Pie (Man'oushé bi-za'tar)

Stuffed Grape Leaves (Abrak)

Tahini Dip/Sauce

Garlic Sauce (Aka Toum)

## Soups

Red Lentil Soup

Lebanese Chicken and Vegetable Soup

## Salads

Parsley, Tomato & Onion (Tabouleh) Salad

Lebanese Salad with Pita Crisps (Fattoush Salad)

Lebanese Chicken (Meshwe) Salad

## Sandwiches

Basic Pita Bread Recipe

Falafel Sandwich

Shish Kebab Sandwich

Chicken Shish Taouk Sandwich

Beef Shawarma Sandwich

Avocado, Tahini and Sumac on Toast

Halloumi Cheese Sandwich

Lebanese Tuna Sandwich

Lebanese Hamburger

## Lebanese Pizza (Manakeesh)

Basic Homemade Lebanese Pizza Dough

Spicy Meat Pizza (Lahm Bi Ajin Manakeesh)

Lebanese Veggie & Cheese Pizza

Cheese Manakeesh

[Lamb Pizza \(Kafta Manakeesh\)](#)

[Beef](#)

[Roast Marinated Beef \(Shawarma\)](#)

[Lebanese Beef Kebabs \(Kofta\)](#)

[Grilled Lean Beef \(Shish Kebab\)](#)

[Chicken](#)

[Roasted Marinated Chicken \(Shawarma\)](#)

[Lebanese Chicken Cutlet with Citrus Sauce](#)

[Lebanese-Style Roast Chicken](#)

[Shish Taouk \(Grilled Chicken\)](#)

[Lamb](#)

[Spicy Lamb Sausages](#)

[Lamb Kofta](#)

[Lamb Diamonds \(Kibbeh Sinayee\)](#)

[Seafood](#)

[Lebanese Grilled Fish](#)

[Lebanese Baked Fish](#)

[Vegetarian](#)

[Stuffed Eggplant in Red Sauce](#)

[Lebanese Rice with Vermicelli](#)

[Deep Fried Vegetables \(Maqaali\)](#)

[Pickled Turnip](#)

[Desserts](#)

[Baklava](#)

[Lebanese Cheesecake \(Knafeh\)](#)

[Conclusion](#)

[Volume 7 – Italian Takeout Recipes](#)

[Introduction](#)

[History](#)

[Ingredients](#)

[Tools and Equipment](#)

[Cooking Methods](#)

[Appetizers](#)

[Mozzarella Sticks](#)

[Deep-Fried Rice Balls \(Arancini Di Riso\)](#)

[Eggplant Parmesan \(Parmigiana Di Melanzane\)](#)  
[Toast with Olive Oil, Garlic and Tomato \(Bruschetta\)](#)  
[Appetizer Platter \(Antipasto Misto Italiano\)](#)  
[Homemade Toasted Ravioli](#)

### [Soups](#)

[Minestrone](#)  
[Pasta and Beans \(Pasta e Fagioli\)](#)

### [Rices](#)

[Creamy Mushrooms Risotto](#)

### [Salads](#)

[Caesar Salad](#)  
[Italian Green Salad](#)  
[Capri's Tomato and Mozzarella Salad \(Caprese Salad\)](#)  
[Antipasto Salad](#)  
[Pear Gorgonzola](#)

### [Sandwiches and Bread](#)

[Garlic Bread](#)  
[Garlic Knots](#)  
[Italian Sandwich](#)  
[Grilled Vegetables Panini](#)  
[Meatball Parmigiana Hero](#)

### [Pasta](#)

[Homemade and Handmade Pasta Dough](#)  
[Homemade Pasta Sauce \(Marinara\)](#)  
[Gnocchi](#)  
[Spaghetti with Meat Sauce \(Bolognese\)](#)  
[Spaghetti with Meatballs](#)  
[Fettuccine Alfredo](#)  
[Classic Lasagna](#)  
[Creamy Pesto Linguini](#)  
[Fettuccini Carbonara](#)  
[Seafood Linguini \(Linguini al Frutti di Mare\)](#)  
[Shrimp in Spicy Sauce \(Fra Diavolo\)](#)  
[Pasta with Vegetables \(Primavera\)](#)  
[Pasta with Capers, Olives and Tomato \(Puttanesca\)](#)

### [Pizza](#)



[Basic Pizza Dough](#)

[Homemade Pizza Sauce](#)

[Cheese Pizza](#)

[Hawaiian Pizza](#)

[Super Meat Pizza](#)

[Pepperoni Pizza](#)

[Pesto Veggie Pizza](#)

[Italian Spicy Sausage and Mushrooms Pizza](#)

[White Pizza \(Pizza Bianca\) with Chicken and Broccoli](#)

[BBQ Chicken Pizza](#)

[Chicken](#)

[Chicken Parmigiana](#)

[Chicken Marsala](#)

[Dessert \(Dolci\)](#)

[Tiramisu](#)

[Homemade Cannoli](#)

[Conclusion](#)

[Volume 8 – Greek Takeout Recipes](#)

[Introduction](#)

[History](#)

[Ingredients](#)

[Cooking Methods](#)

[Cooking Equipment](#)

[Appetizers](#)

[Keftedakia - Greek Meatballs](#)

[Dolmades - Stuffed Grape Leaves](#)

[Spanakopita - Spinach Pie](#)

[Tiropita - Puff Pastry Stuffed with Cheese](#)

[Feta Fries](#)

[Zucchini Fritters](#)

[Fried Calamari](#)

[Saganaki - Fried Cheese](#)

[Salads](#)

[Marouli Salad](#)

[Tomato Greek Salad](#)

[Santorini Salad](#)

[Eggplant Salad \(Melitzanosalata\)](#)

[Classic Greek Salad](#)

[Kolonaki Salad – Greek Salad with Roasted Chicken](#)

[Soups](#)

[Avgolemono - Lemon-Chicken-Rice Soup](#)

[Domatosoupa - Tomato Soup](#)

[Sandwiches/Wraps](#)

[Basic Greek Pita Bread](#)

[Chicken Gyro Pita Sandwich](#)

[Greek Sausage Sandwich](#)

[Pork Souvlaki Pita Sandwich](#)

[Santorini Wrap – Grilled Vegetable and Feta Sandwich](#)

[Greek Burger with Kefalotyri](#)

[Beef/Lamb/Pork](#)

[Pork Souvlaki](#)

[Beef Kebab](#)

[Beefteki - Feta Burger](#)

[Lamb Chops](#)

[Classic Moussaka](#)

[Greek-Style Stuffed Peppers](#)

[Loukaniko - Homemade Greek Pork Sausage](#)

[Lamb Shanks](#)

[Chicken/Poultry](#)

[Greek-Style Grilled Chicken](#)

[Chicken Gyro](#)

[Baked Chicken with Rosemary and Lemon](#)

[Seafood](#)

[Shrimp Kebabs](#)

[Grilled Salmon](#)

[Grilled Greek-Style Fish](#)

[Stuffed Squid](#)

[Grilled Octopus](#)

[Vegetables and Sides](#)

[Baked Lemon Potatoes](#)

[Greek-Style Mixed Grilled Vegetables](#)

[Spanakorizo - Spinach Lemon Rice Pilaf](#)

[Gigantes Plaki - Butter Beans Baked in Tomato Sauce](#)

[Tzatziki - Yogurt and Cucumber Sauce](#)

[Skordalia - Potato and Garlic Dip](#)

### [Dessert Recipes](#)

[Galaktoboureko - Creamy Custard Pastry.](#)

[Baklava](#)

[Rizogalo - Rice Pudding](#)

### [Conclusion](#)

## [Volume 9 – Tex-Mex Takeout Recipes](#)

### [Introduction](#)

[Ingredients in Tex-Mex Cooking](#)

[Common Tools and Equipment](#)

[Cooking Methods](#)

### [Appetizers, Snacks and Dips](#)

[Queso Dip](#)

[Classic Tex-Mex Guacamole](#)

[Classic Tex-Mex Salsa](#)

[Pico de Gallo](#)

[Bean & Cheese Nachos](#)

[Patatas Bravas](#)

[Chili Cheese Fries](#)

[Texas Toast](#)

[Shrimp Diablos](#)

### [Sandwiches and Wraps](#)

[Homemade Tortillas](#)

[Shredded Chicken Burrito](#)

[Bean Burrito](#)

[Chimichanga \(Deep Fried Burrito\)](#)

[Beef Quesadilla](#)

[Cheese Quesadilla](#)

[Gorditas](#)

[Chalupas](#)

[Santa Fe Wrap](#)

[Bocadito \(Tea Sandwich\)](#)

[Enchiladas](#)

[Flautas \(Fried Tortilla Rolls\)](#)

[Rice, Salads and Bowls](#)

[Tex-Mex Chili Bowl](#)

[Tex-Mex Chicken Salad](#)

[Avocado Chicken Bowl](#)

[Classic Mexican Rice](#)

[Chicken, Rice and Pinto Beans Bowl](#)

[Vegetarian Tex-Mex Rice Bowl](#)

[Soups](#)

[Mexican Beef Soup](#)

[Tortilla Soup](#)

[Tex-Mex Chicken Soup](#)

[Tacos](#)

[Basic Taco Shell](#)

[Beef Tacos](#)

[Veggie Tacos](#)

[Tex-Mex Pork Tacos](#)

[Carne Asada Tacos \(Grilled Marinated Beef\)](#)

[Fish Tacos](#)

[Main Entrees](#)

[Tex-Mex Beef Stew \(Carne Guisada\)](#)

[Beef Fajitas](#)

[Tex-Mex Pork Chops](#)

[Fideo \(Mexican Spaghetti\)](#)

[Tex-Mex Pizza](#)

[Chicken Fajitas](#)

[Picadillo](#)

[Chicken & Rice Bake](#)

[Tex-Mex Burger](#)

[Desserts](#)

[Caramel Flan](#)

[Churros](#)

[Conclusion](#)

[Volume 10 – Pizza Takeout Recipes](#)

## Introduction

Just a Little History

Useful Tools and Equipment

Some Pizza-Making Tips

About the Recipes in This Cookbook

## RECIPES

### Pizza Crusts

Thin Crust (with Yeast)

Thin Crust (Yeast-Free)

Pan Pizza Crust

Stuffed Crust

Hand Tossed

Gluten-Free

Deep Dish

### Sauces

Basic Pizza Sauce

Basic White Sauce (Béchamel)

Marinara

Creamy White Sauce with Garlic

Buffalo Sauce

Barbecue Sauce

### Cheese Pizzas

All-Cheese (Tomato-Less)

New York Style

Margherita

Aglio E Olio with Cheese

Mac and Cheese

### Meat Pizzas

Meat Overload Pizza

Classic Pepperoni

Meat with Bell Pepper & Mushrooms

Barbecue Pizza

Meat with Mushrooms, Bell Pepper & Olives

Meatball Pizza

Spicy Italian Sausage Pizza

Brussels Sprouts & Pancetta Pizza



[Hawaiian Pizza](#)

[Breakfast Sausage Pizza](#)

[Bacon Cheeseburger](#)

[Philly Cheesesteak Pizza](#)

[Creamy Bacon](#)

[Neopolitan Apollonia Pizza](#)

[Sausage & Mushroom](#)

[Chicago-Style Deep-Dish Pizza](#)

[Sicilian Pizza](#)

[Chicken Pizzas](#)

[Chicken Alfredo](#)

[Chicken Supreme](#)

[Barbecue Chicken](#)

[Buffalo Chicken](#)

[White Pizza \(Pizza Bianca\) with Chicken & Broccoli](#)

[Vegetarian Pizzas](#)

[Veggie Pizza](#)

[Pesto Veggie Pizza](#)

[Creamy Mushroom with Spinach](#)

[Spinach and Tomato](#)

[Tomato Pie](#)

[Spinach Pizza \(Florentine\)](#)

[Seafood Pizzas](#)

[Steamed White Clam Pizza](#)

[Shrimp & Garlic Pizza](#)

[Dessert Pizzas](#)

[S'mores Pizza](#)

[Apple Pie Pizza](#)

[Conclusion](#)

[Review](#)

[More Books by Lina Chang](#)

[Image Credits](#)

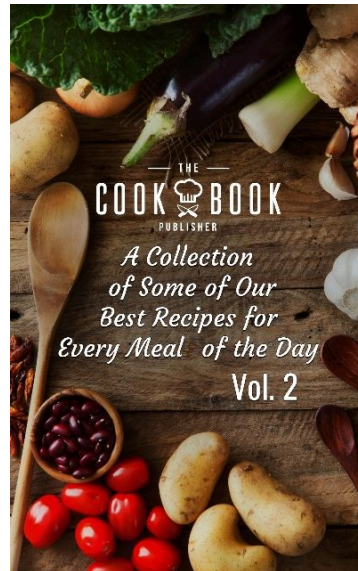
[Appendix - Cooking Conversion Charts](#)

**JUST FOR MY READERS!  
100% FREE BONUS!**

To thank you for downloading my book, for a limited time, you can get these two FREE COOKBOOKS from the Cookbook Publisher.

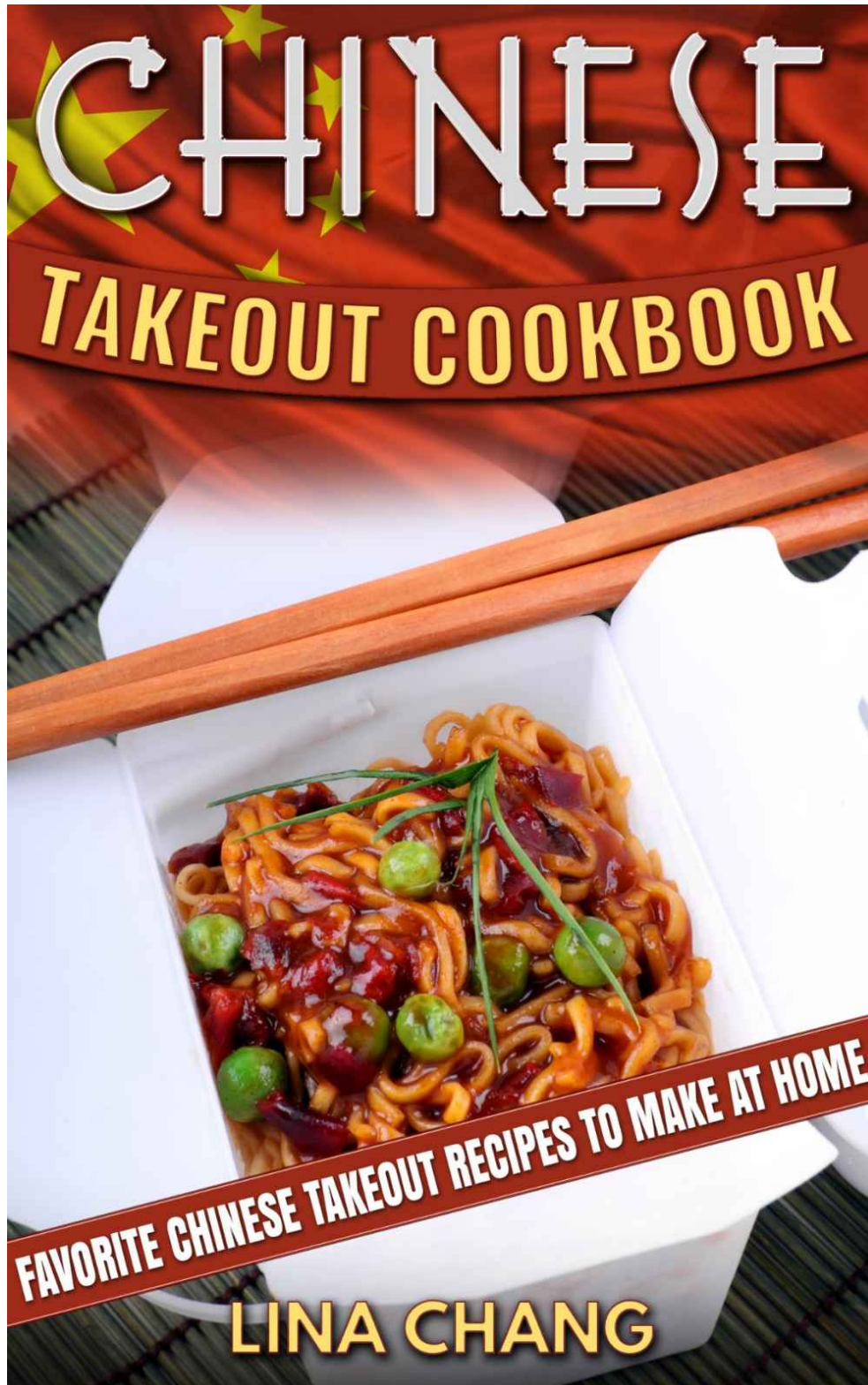


Just [CLICK HERE](#) to download your two free cookbooks





**Volume 1: Chinese Takeout Recipes**





## **Introduction**

Chinese takeout has been around for a long time. It's delicious, affordable, and conveniently available at any hour. It is served in the ingeniously designed and well-recognized cardboard box. Interestingly, most dishes on a takeout menu used to be considered strange by the Chinese themselves. The fortune cookie, for example, is an American invention. Other dishes that are now thought to be authentically Chinese, like fried rice and sweet-sour pork, are actually American.



## **A Little Bit of History**

Most Chinese restaurants as we know them today serve food of Cantonese influence. The Cantonese traders and travelers are credited for bringing Chinese cuisine to the West. The first places that served Chinese food in the US were the “chow chows” of 19<sup>th</sup> century California that catered to the Cantonese laborers who built the transcontinental railways. Having been initially viewed with prejudice, the enterprising owners revised their recipes to suit American taste. This made some question its authenticity, though others began to appreciate its “Americanness.” Chinese restaurants continued to evolve and gain American touches after WWII. Immigration laws became more accommodating and so other influences from Shanghai, Hunan, and Sichuan entered the country. By the ‘70s, fusion became popular and even Chinese restaurants in Asia began to adapt non-traditional ingredients in their recipes. The “chow chow” eateries of the 1800s have come a long way, with Chinese restaurants today numbering even more than McDonald’s outlets.

## **Ingredients**

Chinese takeout recipes are somewhat removed from their authentic counterparts. Chinese cooks let nothing go to waste, and make use of exotic ingredients such as pig ears, chicken feet, and duck blood. Takeout has been modified to suit the conservative westerner's preference. In general, westernized Chinese food is looked upon as more fattening and lacking in spices.

Authentic Chinese dishes favor mostly vegetables, rice, and soybeans, while Chinese takeouts serve these more as side dishes. Many western ingredients like carrots, broccoli, onion, tomato, and dairy have been used to make Americanized recipes. Canned fruit such as pineapple and sweet caramelized sauces are actually "all-American." Takeouts offer limited seafood choices compared to the wide array of those found in ordinary Chinese cuisine. In spite of these differences, Chinese takeout is undeniably well loved and has made it full circle, finding acceptance even in the East.

Here are some ingredients you usually find in authentic as well as in Chinese takeout recipes.

### ***Soy sauce***

Light soy sauce, dark soy sauce, and regular soy sauce are all made from fermented soy beans. Light soy sauce is lighter in color though stronger in terms of saltiness. Dark soy sauce has been fermented for a longer duration. It is less salty, slightly sweet, and has a rich caramel color. Regular soy sauce is somewhat in between light and dark sauces.

### ***Cooking Oil***

Deep frying is not really common in Chinese cooking but several oils are used. Peanut oil is used for its added fragrance. Corn and soy oil can also be used. Walnut oil is sought by pregnant women for its nourishing properties. Sesame oil is used to add flavor rather than for frying and is usually drizzled over dishes before serving.

### ***Ginger, garlic and scallions (spring onion)***

These are used fresh in various forms — whole, crushed, grated, or chopped. They are used for flavor and to remove “fishiness” as well as for their medicinal benefits.

### ***Five-spice Powder***

A combination of well-loved spices. It is made up of fennel, peppercorns, star anise, cinnamon, and cloves.

### ***Rice Vinegar***

This is what is traditionally used in Chinese recipes. It can be either white or black. It adds a distinct flavor to Asian dishes.

### ***Oyster Sauce***

A rich, thick, brown sauce made from oysters and soy sauce. It adds flavor to many dishes.

### ***Cornstarch***

Commonly mixed in water and used for thickening sauces. A slurry of cornstarch and water is usually added to simmering ingredients to arrive at just the right amount of sauce to coat the ingredients. It’s also used to make crispy coatings for fried meats, vegetables, and seafood.

### **Salt**

Salt is highly valued in Chinese cooking. It brings all flavors to life. (Which is why some doctors forbid Chinese food for patients who need to watch their sodium intake.)

### **Rice Wine**

Called *Shaoxing*, rice wine is used in marinating and braising. Its flavor is somewhat similar to dry sherry. It is added by pouring around the rim of the wok when stir-frying for quicker dispersion of alcohol and better flavor. It is also mixed with soy sauce and spices for making sauces or marinades. Substitutes are dry sherry and sake. If you use *mirin*, add ½ a teaspoon of sugar for every tablespoon of mirin.

## **Cooking Methods**

Chinese cuisine makes use of various techniques in cooking. Chinese chefs aim to preserve the freshness, color, nutrients, and texture of food. Takeout recipes make more use of frying. Although done in a wok, frying is not a popular cooking method in authentic Chinese cuisine. Breading is another method that has American roots. Americanized dishes, however, are evolving and westerners are becoming more adventurous in taste. Many Chinese restaurants are no longer hesitant to use traditional cooking methods and serve more authentic dishes.

### ***Stir-Fry***

This cooking method became popular in America because it is a quick, low-fat, and nutrient-preserving method of cooking. It involves cooking thinly sliced meat (sometimes pre-cooked) and vegetables with a soy sauce-based marinade. These are cooked in an ultra-hot wok with minimal oil and frequent stirring. The result is a hot, fresh dish of crisp and tasty ingredients. Large woks are preferred for better distribution of heat and more desirable texture and flavor. The key to stir-frying is to start with a very hot wok before adding oil.

### ***Steaming***

Chinese ingenuity and innovation is well-represented by this time, space, and fuel saving cooking method. The steamer is made up of bamboo baskets stacked one on top of the other, in about 3 layers. Several kinds of food can be cooked at a time over slow-boiling water. Popular steamed dishes are dim sum, such as buns or dumplings, pancakes, and fish.

### ***Red Stewing***

The name is taken from the resulting rich, brown color of the dishes using this cooking method. Unlike stir-fry, which uses the least amount of cooking time possible, this method requires several hours of cooking. Meats are usually seared first and cooked with soy sauce, rice wine, and traditional spices until tender and tasty.

### ***Roasting***

Large pieces of meat or whole chicken and duck are roasted in ovens. These are then chopped or sliced thinly and are usually served with a thick sauce or gravy.

### ***Boiling***

Commonly used for vegetables, which are boiled quickly, drained, and then served with a thick sauce. Noodles and soups are also cooked using this method.

### ***Poaching***

Fish are often cooked using this method. A tasty broth is used to impart flavor.

### ***Deep frying***

This method is said to be more popular in Americanized recipes, rather than in traditional cooking. The resulting dishes are crisp and tasty.

## **Tools for Chinese Takeout Recipes**

The basic tools are more or less the same as those found in any regular kitchen. Here are some useful tools that will give your cooking a fun and authentic feel.

### ***Wok***

What is Chinese cooking without a wok? The wok is versatile and can be used for stir-frying, boiling, steaming, and deep-frying. Its rounded bottom results in more efficient use of heat. Chefs prefer large woks for more efficient heat distribution and better results in terms of texture and flavor.

### ***Rice cooker***

This is a very useful item for Chinese cooking. It does away with the need to constantly watch the rice cooking in a clay pot and gives you time to make other preparations. The rice cooker can also be used for boiling and steaming.

### ***Steamer***

The traditional steamer makes use of tiers of bamboo baskets but modern designs can be metal. This is used for dim sum and fish dishes.

### ***Cleaver***

A large knife used for cutting, slicing, and chopping. The flat side doubles as a smasher or crusher for garlic, ginger, and peppercorns.

### ***Chopsticks***

Chopsticks are indispensable to the Chinese cook. They can be used for picking up ingredients, loosening noodle strands, mixing, flipping, and even measuring powdered ingredients. The chopsticks for cooking are made of bamboo or wood and are longer than regular ones.

### ***Chinese scissors***

These make cutting much easier and faster than using knives. They can be used for meats, poultry, seafood, vegetables, and herbs.

### ***Spider strainer***

This tool is used for scooping and straining at the same time. It has a web-shaped mesh and is ideal for freshly-boiled noodles and deep fried rolls, chicken, or seafood.

Now that we've got the basic ingredients and tools together, it's time to start cooking!





# **Appetizer Recipes**

## Classic Egg Rolls

*Serves: 8-10*

*Preparation Time: 10 minutes*

*Cooking Time: 15-29 minutes*



### ***Ingredients***

#### **For marinade**

2 tablespoons soy sauce

2 tablespoons oyster sauce

1 teaspoon rice vinegar

3 cloves garlic, minced

2 teaspoons fresh ginger, minced

½ teaspoon brown sugar

#### **For rolls**

1 pound ground pork  
1 tablespoon cornstarch  
2 tablespoons vegetable oil  
2 cups cabbage, shredded  
1 medium carrot, peeled and shredded  
Salt and pepper  
1 package egg roll wrappers  
Peanut oil for deep frying

### ***Directions***

1. Combine the ingredients for the marinade in a bowl, blending well.
2. Add the ground pork and cornstarch and combine. It's best to use your hands, clean or gloved, to do this.
3. Let the mixture marinate for about 5 minutes.
4. In a wok, heat the vegetable oil over medium heat. Stir-fry the pork until it is no longer pink.
5. Add the cabbage and carrots, and cook until heated through (about 2 minutes).
6. Season with salt and pepper as desired, and remove from the heat.
7. Place one wrapper at a time on a clean surface or tray, in a diamond shape.
8. Add about  $\frac{1}{4}$  or  $\frac{1}{3}$  cup of the pork filling close to the tip of the diamond at the bottom, closest to you. Do not put too much filling or the wrapper will break while frying.
9. Fold the bottom tip of the wrapper over the filling. Roll tightly once.
10. Fold the left and right corners inward, and continue rolling up to the top corner.
11. Moisten the top corner with a little water or a paste of water and cornstarch to seal the roll.
12. Repeat until all the filling or wrappers are used up.
13. Prepare the peanut oil by heating it in a wok over medium-high heat. The oil is ready when wooden chopsticks immersed in the oil release tiny bubbles.
14. Working in batches, fry the rolls until they are golden brown. For more efficient heating and to get crisp rolls, do not overcrowd the rolls in the oil.

15. Use a spider strainer or tongs to lift the rolls out of the oil, and place them in a dish lined with paper towels.
16. Serve hot.



## **Pork Spring Rolls**

*Serves: 25-50*

*Preparation Time: 30 minutes plus 20 minutes marinating time*

*Cooking Time: 30 minutes*



### ***Ingredients***

2 pounds ground pork

#### **For marinade**

2 tablespoons cornstarch

2 tablespoons rice wine vinegar

2 tablespoons rice wine

1 teaspoon salt

1 teaspoon ground black pepper

#### **For dipping sauce**



2 tablespoons water  
2 ½ teaspoons sugar  
4 tablespoons hot sauce  
6 tablespoons soy sauce  
2 tablespoons rice vinegar  
2 teaspoons rice wine

For filling

4 tablespoons vegetable oil, divided  
10 cups cabbage, shredded  
2 large carrots, shredded  
3 cloves garlic, minced  
1 teaspoon fresh ginger, peeled and grated  
1 8-ounce can bamboo shoots, drained, squeezed, and shredded  
10 dried shiitake mushrooms, rehydrated in boiling water, squeezed, and minced  
1 cup green onion, chopped  
2 tablespoons cornstarch  
1 teaspoon sugar  
4 tablespoons soy sauce  
2 teaspoons sesame oil  
2 tablespoons rice wine  
50 spring roll wrappers  
Oil for frying

***Directions***

For the pork

1. In a large bowl, combine the ingredients for the marinade. Add the pork and mix well. Allow the mixture to marinate for 15-20 minutes.

For the dipping sauce

2. In another bowl, whisk together the ingredients for the dipping sauce. Set it aside to allow the flavors to meld.

For the filling

3. Heat 2 tablespoons of oil in a wok over medium heat. Blanch the cabbage in the oil quickly, for about 2 minutes. Adjust the heat, if needed, to avoid scorching. Using a slotted spoon, remove the cabbage from the oil and set it aside to cool on a plate.
4. Using whatever oil is left in the wok (you may add another tablespoon, if needed), cook the carrots the same way. Remove the carrots from the oil using a slotted spoon and set them aside to cool.
5. Add the remaining oil to the wok and heat. Add the marinated pork and cook until the pork is browned and all the liquid is reduced.
6. Add the garlic and ginger and cook about 2-3 minutes longer. Do not burn the garlic.
7. Add the bamboo and mushrooms and heat through, about 3-5 minutes.
8. Remove the wok from the heat and set it aside to cool.
9. When the pork mixture has cooled down, add the cabbage and carrots, together with the mushrooms, green onion, cornstarch, sugar, soy sauce, sesame oil, and rice wine. Mix thoroughly.

#### To make the rolls

10. Place a wrapper on a clean surface. Position it so that it is diamond-shaped.
11. Place about  $\frac{1}{4}$ - $\frac{1}{3}$  cup of filling on the wrapper, about 1  $\frac{1}{2}$  to 2 inches from the bottom corner.
12. Fold the bottom corner over the filling and roll snugly upwards once.
13. Fold in right and left corners and continue rolling up to top corner.
14. Moisten the top corner with water to help seal the roll. You may also use a paste of water and cornstarch as an adhesive to make it stick better.
15. Repeat until the filling is used up. You should be able to make about 50 rolls.
16. Heat the cooking or peanut oil in a wok or frying pan, about 2 inches deep, over medium heat.
17. Fry the rolls until they are golden brown. For efficient frying and crisp rolls, do not fry too many rolls at once; fry them in several batches.

18. Use a spider strainer to fish out the finished rolls, and place them on a dish lined with paper towels.
19. Serve while hot with the dipping sauce. The rolls may also be halved diagonally before serving.



## Vegetable Spring Rolls

*Serves: 50*

*Preparation time: 45 minutes*

*Cooking time: 30 minutes*



### ***Ingredients***

1 ½ cups bean sprouts

8 shiitake mushrooms

1 tablespoon sesame oil

3 green onions, trimmed and diced

3 cloves, garlic, minced

1 teaspoon ginger, freshly grated

2 medium carrots, shredded

2 ½ cups green cabbage, shredded

8 ounces canned bamboo shoots, drained and thinly sliced

2 tablespoons low-sodium soya sauce

2 tablespoons peanut (or any other preferred) oil

50 spring roll wrappers, thawed

1 egg, beaten with 2 tablespoons of water  
Oil for frying

### ***Directions***

1. Wash and drain the bean sprouts. Set them aside.
2. Wash and pat the mushrooms dry. Julienne them very finely.
3. Heat 1 tablespoon of sesame oil in a skillet or wok over medium-high heat. Add the green onions, garlic, and ginger. Stir-fry for about 1 minute.
4. Add the remaining vegetables. Sauté until tender, about 3-4 minutes.
5. Add the soya sauce and peanut oil. Stir to combine well. Cook for 1 more minute and remove it from the heat.
6. Place the filling in a strainer to remove most of the cooking liquids. Place the filling in a bowl.
7. Open your package of spring rolls and place all but one wrapper under a clean, damp, dish cloth to ensure the wrappers do not dry out.
8. Set your wrapper on flat surface with one corner pointed at you.
9. Place a generous tablespoon of filling on the bottom of the wrapper, about two inches above the corner point.
10. Fold the bottom part of the wrapper over the filling, and then fold the sides over the filling, so you have what almost looks like an envelope with a long flap.
11. Roll the spring roll away from you until you get about two inches from the top, brush the edges at the top with your egg wash, complete roll and repeat.
12. Keep finished rolls under clean, damp, dish cloth as well.
13. Once you have all of your rolls set, line a plate with paper towels.
14. Fill a heavy pot halfway up with oil for frying. Warm the oil on medium heat until it reaches 350°F. You can also use a wok or a deep fryer. Deep fry spring rolls until they are golden, about 1-2 minutes on each side.
15. Place spring rolls on a plate lined with paper towels to absorb any excess oil before serving.
16. Serve with your favorite dipping sauce.



## Fried Wontons

*Serves: 10-12*

*Preparation Time: 1 ½ hours*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 pack (about 50 pieces) wonton wrappers

Oil for frying

### **For the filling**

1 pound ground pork

2 tablespoons scallions, finely chopped

1 teaspoon sesame oil

1 tablespoon soy sauce

1 tablespoon rice wine

½ teaspoon sugar



1 tablespoon peanut oil  
1/8 teaspoon ground white pepper

For the dipping sauce

1 tablespoon water  
1 tablespoon sugar  
1 1/2 tablespoons light soy sauce  
1 teaspoon Worcestershire sauce  
1/2 teaspoon rice vinegar  
1 teaspoon toasted sesame seeds

***Directions***

For the filling

1. Combine all the ingredients for the filling and mix thoroughly, with your hands or a food processor, until the mixture is paste-like in consistency.

To make the wontons

2. Line a baking sheet or tray with parchment paper.
3. Place a wrapper on a plate or clean surface, and put about a teaspoon of filling on the center.
4. Moisten the wrapper with a dab of water around the filling. This will help the sides of the wrapper to stick together.
5. Fold into either a rectangle or a triangle, pressing the edges together to seal. For rectangles, bring bottom corners together until they overlap, moisten with water, and press to seal. For triangles, bring the side corners together until they overlap and seal. Repeat until the filling is used up. Makes about 40-50 wontons.
6. Arrange the wontons on the lined baking sheet, leaving space to prevent sticking.
7. To store them, cover with plastic wrap and freeze. They keep for 2 months when frozen.

For dipping sauce

8. Prepare the sauce before frying the wontons, so the flavors can meld while the sauce is left standing.

9. Simply whisk the sauce ingredients together in a bowl.

To fry.

10. Heat enough oil for frying in a wok or pan over medium heat. The oil should be 2 to 3 inches deep.
11. Fry the wontons in batches, turning over if needed, or keeping them submerged for even frying.
12. Let them drain on paper towels.
13. Serve with the dipping sauce.



# Dumplings

*Serves: 30-40*

*Preparation Time: 2 hours*

*Total Time: 2 hours, 15 minutes*



## ***Ingredients***

3 pounds bok choy, washed

1 ½ pounds ground pork

⅔ cup rice wine

½ cup vegetable oil

3 tablespoons sesame oil

1 tablespoon salt  
3 tablespoons soy sauce  
¼ teaspoon white pepper  
⅔ cup water  
3-4 packages dumpling wrappers

Dipping sauce

½ cup soy sauce  
½ tablespoon rice vinegar  
1 dash hot chili sauce  
1 green onion, sliced thinly

***Directions***

1. Cut the bottoms off the bok choy, and blanch it in boiling water. Transfer it immediately to ice cold water. Drain, squeeze the water out gently, and wipe it dry with paper towels. Chop the bok choy finely and place it in a large bowl.
2. Add the ground pork, rice wine, vegetable oil, sesame oil, salt, soy sauce, white pepper, and water, and mix thoroughly.
3. Line a baking sheet with parchment paper, and set it aside.
4. Place a wrapper on a clean surface and spoon about a tablespoon of filling into the center.
5. Moisten the edges with water and fold the circle over, in half.
6. Press the edges together to seal.
7. Fold the edges to get a fan-like shape (about 4 folds).
8. Arrange the dumplings on the baking sheet, not too close so they don't stick to each other.
9. To store, cover with cling wrap and freeze overnight. Transfer the frozen dumplings to another container or to Ziploc bags and replace in the freezer.
10. The dumplings may be boiled or fried. When boiled, cooked dumplings float to the top when ready. To fry, deep fry until golden brown or pan fry
11. Serve with a dipping sauce made of ½ cup of soy sauce, ½ tablespoon of rice vinegar, and a dash of chili sauce. Add green onions and mix well



## Dumplings with Peanut Sauce

*Serves: about 40 pieces*

*Preparation time: 1 hour 30 minutes*

*Cooking time: 30 minutes*



### ***Ingredients***

#### **Dumplings**

- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 3 green onions, sliced
- 1 ½ cups napa cabbage, shredded
- 4 tablespoons bamboo shoots, shredded

1 pound ground pork  
2 tablespoons soya sauce  
1 teaspoon salt  
1 tablespoon rice wine vinegar  
¼ teaspoon white pepper  
2 tablespoons sesame oil  
40-50 round dumpling wrappers  
Egg wash for sealing (1 egg beaten with 1-2 tablespoons of water)

### Peanut sauce

½ cup smooth organic peanut butter  
1 cup water  
1 tablespoon soy sauce  
1 tablespoon hoisin sauce  
1 teaspoon chili paste  
1 pinch hot chili pepper flakes  
Crushed peanuts and sliced green onions for garnish

### ***Directions***

#### Dumplings

1. Warm 2 tablespoons of vegetable oil in a wok over medium-high heat. Add the garlic and ginger. Sauté for 30 seconds. Reduce the heat to medium and add the green onions, napa cabbage, and bamboo shoots. Sauté until the vegetables are tender. Remove them from the heat and let them cool down for a few minutes.
2. Add the vegetable mixture to the raw ground pork. Mix well. Stir in the soya sauce, salt, vinegar, white pepper, and sesame oil.
3. Place 1 to 1 ½ teaspoons of the pork filling on one half of the wrapper. Seal the dumplings by brushing the lightly with some egg wash on the edges and folding it over. Press lightly to seal. Pleat if desired.
4. You can cook the dumplings by either steaming (preferable for better flavor) or boiling them.
5. When boiling, add them to the pot only when the water has started boiling. Let them boil for about 12 minutes.



6. If you are using a bamboo steamer, place cabbage, bok choy or large lettuce leaves at the bottom of the steamer. It will prevent the dumplings from sticking to the bottom. Arrange the dumplings so they do not touch, and steam for 15 minutes.

### Peanut Sauce

7. Combine the sauce ingredients in a blender, and mix until smooth.
8. Add some more water if necessary for the desired consistency.
9. Add enough sauce to the dumplings to coat them well. Sprinkle with crushed peanuts and green onions if desired. Serve immediately.

*Note: this sauce can be very spicy depending on your chili paste. It is a good idea to taste to adjust the spice level. You can start by adding only a ¼ of the chili paste and omit the chili pepper flakes. Then adjust to own liking.*



## Shrimp Toast

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

8 ounces shrimp, cooked and peeled

2 cloves garlic, crushed

1 tablespoon soy sauce

1 teaspoon sesame oil

1 large egg

4 slices white bread, crusts removed

1 tablespoon sesame seeds, toasted

2 tablespoons vegetable oil

Sweet and sour sauce, to use as dip

### ***Directions***

1. Use a blender or food processor to puree the shrimp and garlic.
2. Add the soy sauce, sesame oil, and egg. Pulse or process a little longer until paste-like in consistency.
3. Spread the paste on the bread slices.
4. Sprinkle with sesame seeds. Press down on the sesame seeds with a spatula or the back of a spoon so they stick to the paste.
5. Heat the oil in a skillet over medium heat.
6. Cut the bread into small triangles, and fry them with the spread side up until golden brown, about 3-4 minutes.
7. Drain on a cooling rack or a plate lined with paper towels.
8. Serve with sweet and sour sauce.



## Garlic Spare Ribs

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

Water for boiling ribs

4 pounds spareribs, cut apart

### **For sauce**

1 ½ cups brown sugar

1 ½ cups water

5 cloves garlic

3 ½ tablespoons light soy sauce

1 tablespoon oyster sauce

1 ½ tablespoons dry mustard

Spring onions, chopped (for garnish)

***Directions***

1. Fill a pot with water and bring it to a boil.
2. Add the spareribs, cover, and simmer until the meat is tender (about 30 minutes).
3. Remove the ribs from the broth and drain.
4. In another pot or wok, combine the ingredients for the sauce.
5. Bring it to a gentle boil, and add the spareribs.
6. Bring once again to a boil, and simmer for 10-15 minutes.
7. Serve garnished with chopped spring onion, if desired.





## Kon Tiki Bobo Meatballs

*Serves: 6-8*

*Preparation time: 30 minutes*

*Cooking time: 10 minutes*



### ***Ingredients***

#### **Meatball ingredients**

1 pound ground pork  
1 cup white breadcrumbs  
½ teaspoon ground ginger  
¼ cup white sugar  
1 clove garlic, minced  
Salt and pepper  
Oil for frying

#### **Batter ingredients**

1 ½ cups all-purpose flour  
4 tablespoons white sugar  
2 teaspoons baking soda  
1 cup water  
2 eggs

***Directions***

1. In a mixing bowl, combine all the meatball ingredients. Season with salt and pepper.
2. Form meatballs of even sizes of about ¾ inch in diameter. Set them aside.
3. To prepare the batter, combine the flour, sugar, and baking soda. Season generously with salt and pepper. Pour the flour mixture into a shallow dish.
4. In another shallow dish, mix together the eggs and water.
5. Dip each meatball in the egg mixture and roll it in the flour mixture. Set the balls aside on a plate.
6. Heat the oil for frying, or use a deep fryer. Fry the meatballs in batches for 5 minutes. Place them on a plate lined with paper towel to drain the excess fat.
7. Serve with cocktail toothpicks and a dipping sauce like sweet and sour or cherry sauce.



# Soup Recipes

## Egg Drop Soup

*Serves: 4*

*Preparation Time: 10 Minutes*

*Cooking Time: 5 Minutes*



### ***Ingredients***

**For thickener**

2 tablespoons cornstarch

3 tablespoons water

For soup

1 14-ounce can chicken broth

1 cup water

¼ teaspoon white pepper

½ teaspoon salt

2 large eggs, lightly beaten

1 stalk spring onion, chopped

***Directions***

1. Prepare the thickener by combining the water and cornstarch. Stir it into a slurry, and set it aside.
2. In a saucepan, bring the broth and water to a boil.
3. Add the pepper, salt, and thickener. Stir until the soup begins to thicken, and remove it from the heat.
4. Pour in the beaten egg and stir it a couple of times with a pair of chopsticks to form egg “ribbons”.
5. Cover, and cook 2 minutes longer.
6. Sprinkle with spring onion and serve immediately.



## Hot and Sour Soup

*Serves: 10-12*

*Preparation Time: 5 minutes*

*Cooking Time: 25 minutes*



### ***Ingredients***

#### **For thickener**

5 tablespoons cornstarch



5 tablespoons water

For soup

6 cups chicken broth

4 ounces chicken breast, sliced thinly

2 tablespoons soy sauce

½ cup dried shiitake mushrooms, soaked in hot water to rehydrate, de-stemmed and sliced

1 15-ounce can peeled straw mushrooms

2 tablespoons garlic red chili paste

¾ teaspoon ground pepper

½ ounce dried black fungus (soak in water for an hour before using)

1 7-ounce can sliced bamboo shoots

1 7-ounce can sliced water chestnuts

1 15-ounce can baby sweet corn cobs

½ pound soft tofu, sliced into ¼-inch cubes

¼ cup rice vinegar

4 eggs, beaten

1 teaspoon sesame oil

Green onion, finely chopped (to garnish)

***Directions***

1. Mix the cornstarch and water together. Stir to make a slurry, and set it aside.
2. In a pot, bring the broth to a boil, and reduce to a simmer.
3. Add the chicken, soy sauce, mushrooms, and chili paste. Simmer for 10 minutes.
4. Add pepper, fungus, bamboo shoots, water chestnuts, baby corn, and tofu. Simmer for another 10 minutes.
5. Add the thickener while stirring. Stir until the soup begins to thicken.
6. Pour in eggs in a thin stream, stirring constantly. Cook for about 10 seconds and then remove from the heat.
7. Stir in the sesame oil.
8. Serve garnished with chopped green onion.



## Wonton Soup

*Serves: 4-6*

*Preparation Time: 2 hours*

*Cooking Time: 30 minutes*



### ***Ingredients***

1 package wonton wrappers

For wonton filling

½ pound medium prawns (shelled, deveined)  
½ pound ground pork  
1 tablespoon shallots, finely chopped  
¼ cup cilantro, finely chopped  
2 green onion stalks, thinly sliced  
1 teaspoon fish sauce  
1 teaspoon sugar  
2 teaspoons rice wine

### For broth

1 cinnamon stick  
1 tablespoon fennel  
1 tablespoon coriander seeds  
1 star anise  
6 cups chicken broth  
2 tablespoons fish sauce  
1 teaspoon white sugar  
½ cup cilantro leaves, for garnish  
Green onion, for garnish  
Chili sauce

### ***Directions***

1. Wipe the prawns dry with paper towels, and chop finely.
2. Combine the ingredients for the filling in a bowl, and mix thoroughly.
3. Place a wonton wrapper on a clean surface.
4. Place about 1 teaspoon of filling in the middle of the wrapper.  
Moisten the wrapper with a dab of water around the filling; this will help the sides of the wrapper to stick together.
5. Fold into either a rectangle or a triangle, pressing the edges together to seal. For rectangles, bring the bottom corners together until they overlap, moisten with water, and press to seal. For triangles, bring side corners together until they overlap, and seal. Repeat until filling is used up.
6. Place the wontons on a parchment lined baking sheet. Leave some space between pieces to prevent sticking. For long term storage (about 2 months), cover with plastic wrap and freeze.

7. In a pot, bring water to a boil. Drop in the wontons in batches, and stir with chopsticks to prevent them from sticking to pan. The wontons are done when they float up to the surface, after about 3 minutes.
8. Distribute the wontons into serving bowls.
9. Place the cinnamon stick, fennel, coriander, and star anise in a square piece of cheesecloth, and tie it into a knot.
10. To prepare the soup, bring the chicken broth to a boil. Immerse the spice pouch in the boiling broth. Cover the pot and reduce it to a simmer.
11. Simmer for 30 minutes, and remove the spice pouch.
12. Add the fish sauce and sugar, adjusting the amounts according to your taste.
13. Scoop the hot broth into the bowls ready with wontons.
14. Serve garnished with cilantro and green onions, with chili sauce on the side.



# **Noodle Recipes and Rice Recipes**

## Singapore Noodles

*Serves: 2*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

2 eggs, beaten

1 14-ounce pack rice stick noodles

8-12 shrimp, peeled and deveined

1 tablespoon vegetable oil

1 Chinese sausage, chopped

3 cups napa cabbage, shredded

½ red onion, sliced thinly

3 dried red chili peppers



1 carrot, julienned  
1 ½ tablespoons curry powder  
2 teaspoons salt  
1 tablespoon rice wine  
½ teaspoon sesame oil  
½ tablespoon soy sauce  
Pinch of white pepper  
1 green onion, chopped

### ***Directions***

1. Cook the eggs into an omelet. Cut them into strips, and set them aside.
2. Soak the noodles in cold water for 20 minutes. Drain them when you are just about to cook.
3. Dry the shrimp with paper towels and make slits lengthwise, or “butterfly” them.
4. Heat the oil in the wok over high heat. Stir-fry the shrimp and sausage until the shrimp turn orange, about 10 seconds.
5. Add the cabbage, onion, chilies, and carrot. Continue stir-frying for about 30 seconds.
6. Add the curry powder and stir.
7. Maintain the heat at high. Tear the drained noodles into about 8-inch long strands while adding them to the wok.
8. Add the salt and wine. Mix continuously, and scrape to prevent the noodles from sticking to the bottom of the wok.
9. When the noodles have turned yellowish from the curry, add the sesame oil, soy sauce, and white pepper. Mix 2 minutes longer.
10. Top with the omelet strips and sprinkle with green onion.
11. Serve while hot.



## Beef Chow Fun

*Serves: 2-3*

*Preparation Time: 1 hour*

*Cooking Time: 5 minutes*



### ***Ingredients***

8 ounces flank steak, cut across the grain in strips

### **For the marinade**

¼ teaspoon baking soda

1 teaspoon cornstarch

1 teaspoon soy sauce

1 teaspoon oil

### For the rest of the dish

3 tablespoons oil, divided

1 thumb ginger, cut into thin slices

4 scallions, halved lengthwise and cut into 3-inch pieces

1 12-ounce pack fresh flat rice noodles, pre-cut

2 tablespoons rice wine

½ teaspoon sesame oil

2 tablespoons dark soy sauce

2 tablespoons regular soy sauce

⅛ teaspoon sugar

Salt and white pepper, to taste

4 ounces fresh mung bean sprouts

### ***Directions***

1. Mix the ingredients for the marinade together, and marinate the beef for 1 hour.
2. Heat the wok to smoking. Add 1 ½ teaspoons of oil, and sear the beef until browned. Remove the beef from wok and set it aside.
3. Add the rest of the oil and cook the ginger until fragrant.
4. Add the scallions and noodles, spreading them evenly inside the wok.
5. Stir-fry over high heat for about 15 seconds.
6. Add the wine, spooning it around the rim of the wok.
7. Add the sesame oil, soy sauces, sugar and white pepper. Scrape the bottom of the wok with a spatula, and lift the noodles upwards to mix.
8. Keep the heat high, and continue mixing the noodles until they are evenly coated with sauce, and heated through.
9. Add the beef and sprouts, mix, and cook until the sprouts tender and the beef is heated through.



## Pork Chow Mein

*Serves: 1*

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients:***

#### **For marinade**

1 teaspoon rice wine

1 teaspoon soy sauce

Dash salt

#### **For noodles**

4 ounces lean pork, cut into thin strips

7 ounces Hong Kong noodles (chow mein noodles)  
1 teaspoon vegetable oil, for noodles, divided  
1 tablespoon peanut or vegetable oil, for stir-frying  
Dash ground chili  
½ small onion, minced  
1 teaspoon ginger, chopped  
1 tablespoon green onion, chopped  
½ cup cabbage, shredded  
1 small carrot, julienned  
½ cup green beans, sliced  
2 small red bell peppers, sliced into strips  
½ teaspoon salt  
2 tablespoons chicken stock  
1-2 tablespoons tomato ketchup (or according to taste)

### ***Directions***

1. Mix the ingredients for the marinade together. Stir in the pork, and let it stand for 5-10 minutes.

### **To cook the noodles**

2. Prepare the steamer by filling it with water up to ¼ full, and bringing it to a gentle boil. Coat the bottom of the steamer basket with oil to prevent sticking.
3. Steam the noodles for 2-3 minutes.
4. Transfer the noodles to a bowl, and stir in ½ a teaspoon of oil with chopsticks.
5. Put the noodles back into the steaming basket and steam for another 2-3 minutes.
6. Transfer them to a bowl, and set them aside.

### **To cook the chow mein**

7. Heat a wok over high heat. Add the peanut or vegetable oil and stir-fry the pork until it is no longer pink in color.
8. Add the ground chili, onion, ginger, and green onion. Stir-fry until fragrant.

9. Add the cabbage, carrot, green beans, and bell pepper, and cook for 1 minute, stirring constantly.
10. Add the salt and chicken stock, and cook until the stock dries up.
11. Add the ketchup and noodles. Mix until well blended and heated through.





## Chicken, Pork, and Shrimp Lo Mein

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

2 cups chicken broth, divided

¼ cup rice wine

¼ cup soy sauce

4 teaspoons cornstarch

4 ounces lean pork, very finely sliced

4 ounces boneless skinless chicken breasts, cut into thin slices

2 teaspoons sesame oil  
2-4 pieces shrimp, cleaned, shelled and deveined  
3 cloves garlic, minced  
½ teaspoon ground ginger  
4 green onions, chopped, plus more for garnish  
½ small can water chestnuts, chopped  
2 cups cabbage, finely shredded  
1 cup celery, thinly sliced  
1 cup frozen green peas, thawed and drained  
1 carrot, peeled and shredded  
8 ounces thin or angel hair spaghetti, cooked and drained

### ***Directions***

1. Pour ½ cup of broth into a skillet.
2. In a separate bowl, add the wine, soy sauce, and cornstarch to the remaining broth. Stir well, and set aside.
3. Bring the broth in the skillet to a boil. Add the pork and boil it for 2 minutes. Add the chicken and cook until both are no longer pink in the center.
4. Use a slotted spoon to remove the pork and chicken to a plate, and set it aside. Discard any liquid left in the skillet.
5. Heat the sesame oil in the skillet, and keep the heat at medium-high.
6. Cook the shrimp, garlic, and ginger until they are fragrant and the shrimp has become orange in color.
7. Add the green onion, water chestnuts, cabbage, celery, peas, and carrots, and cook for 3 minutes or until tender-crisp.
8. Add the meat and pre-cooked pasta, and toss for about 2 minutes.
9. Stir the cornstarch mixture and pour it over the pasta.
10. Cook, while stirring, until thickened, and remove it from the heat.
11. Garnish with chopped green onion, if desired.



## Fried Rice

*Serves: 2-4*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

2 tablespoons vegetable oil

1 medium onion, chopped

4 cloves garlic, minced

1 teaspoon ginger, minced

$\frac{1}{3}$  cup boneless chicken, diced

$\frac{1}{3}$  cup Chinese sausage or ham, chopped

Salt and pepper

$\frac{1}{2}$  cup frozen peas

½ cup carrot, cut into small cubes  
Water, if needed  
1 tablespoon sesame oil  
2 tablespoons soy sauce  
½ teaspoon sugar (optional)  
¼ cup green onions, thinly sliced  
2 cups cooked day-old rice  
1 egg, fried (optional)  
Garlic chili sauce

### ***Directions***

1. Heat the vegetable oil in a wok over medium-high heat.
2. Add the onion, garlic, and ginger. Stir for 30 seconds to 1 minute or until fragrant.
3. Add the chicken and cook until it is no longer pink, then stir in Chinese sausage or ham, and season with salt and pepper.
4. Add the carrot and cook until tender. Add water, 1 tablespoon at a time, if more moisture is needed to cook the carrots.
5. Add the sesame oil, soy sauce, and sugar, if using.
6. Add the rice and mix well. Scrape the bottom of the wok with a spatula and lift the rice upwards to mix thoroughly.
7. Add the frozen peas.
8. Cook for about 10 minutes, mixing frequently.
9. Add the green onion and mix well. Adjust the flavor with seasonings, as desired.
10. Place on serving dish topped with a fried egg (optional), and with garlic chili sauce on the side.



## Yang Chow Fried Rice

*Servings: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

2 large eggs, scrambled (cooked)

2-3 tablespoons vegetable or peanut oil

1 medium onion, minced

½ cup ham, cut into cubes

½ cup Chinese roast pork

5 cups cooked or day-old rice, lumps broken

¾ cup frozen peas, thawed

4 ounces fresh shrimp, shelled and deveined

1 ½ teaspoons salt

¼ teaspoon sugar



1 teaspoon rice wine  
2 green onions, finely chopped  
2 cups lettuce, finely chopped  
¼ teaspoon freshly ground white pepper

***Directions***

1. Break the scrambled eggs into small pieces and set them aside.
2. In a saucepan, boil some water to blanch the shrimp. Immerse the shrimp momentarily, until the color changes to orange. Remove them from the pot, drain them, and set them aside.
3. Heat a wok over high heat. Add the oil and stir in the onion. Cook until it is translucent.
4. Add the ham and pork, and cook for 30 seconds to heat through.
5. Add the rice, and mix for 2 minutes to heat it through. Use the spatula to remove any remaining lumps, sprinkling water over any stubborn ones to soften them.
6. Add the shrimp and peas and cook, stirring constantly, for 2 minutes more.
7. Stir in the salt and sugar, and drizzle the wine around the rim of the wok.
8. Continue mixing, scraping the bottom of the wok with the spatula and lifting the rice upwards. Sprinkle with water to moisten or add a little more oil, if needed.
9. Add the scrambled eggs, green onion, lettuce, and pepper, and mix until the lettuce is wilted.



# Pork Recipes

## Twice Cooked Pork

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 35 minutes*



### ***Ingredients***

2 quarts water

1 pound slab of pork belly

2 slices ginger

2 tablespoons oil, divided

1 ½ tablespoons spicy broad bean paste

2 cloves garlic, sliced

2 long hot green peppers, seeds removed and cut into 1 ½-inch pieces

1 medium leek, split lengthwise, washed thoroughly, and cut in 2-inch pieces

1 tablespoon rice wine

1 teaspoon soy sauce

¼ teaspoon sugar

### ***Directions***

1. Fill a pot with 2 quarts of water and bring it to a boil.
2. Place the slab of pork belly and ginger in the boiling water. Bring to a boil again.
3. Reduce the heat and simmer for 30 minutes, or until the pork is tender and cooked through.
4. Take the pork out of the pot and place it under cold running water for 1 minute, then put it on a cooling rack to drain and set it aside.
5. Assemble all the other ingredients before beginning the next step or else pork will dry out.
6. Slice the pork into ⅛-inch slices.
7. Heat a wok over high heat. Add 1 tablespoon of oil and swirl it around.
8. Sear the pork slices until lightly caramelized, about 1 or 2 minutes. Reduce the heat to medium-low.
9. Remove the pork from the wok and set it aside.
10. Heat the remaining oil and add the bean paste. Let it fry until it is fragrant, about 30 seconds. Be careful not to scorch the bean paste; it should be red in color.
11. Add the garlic. Turn the heat up and return the pork to wok.
12. Stir in the peppers, leeks, wine, and sugar. The dish is ready when the leeks are wilted.



## Moo Shu Pork

*Serves: 4*

*Preparation Time: 45 Minutes*

*Cooking Time: 15 Minutes*



### ***Ingredients***

#### **For pancakes**

2 cups flour, unsifted

$\frac{3}{4}$  cup water

Sesame oil

#### **For filling**

3 eggs, scrambled (cooked)

3 tablespoons canola oil

1 pound pork, julienned  
1 tablespoon garlic, minced  
1 tablespoon ginger, minced  
2 cups white cabbage, shredded

¾ cup bamboo shoots, rinsed well, drained and julienned  
½ red bell pepper, trimmed and finely julienned  
¾ cup wood ear mushrooms, soaked in water overnight (refrigerated) to rehydrate, sliced  
1 cup shiitake mushrooms, sliced  
10 dried lily buds, soaked in water overnight (refrigerated) to rehydrate  
1 cup hoisin sauce  
1-2 tablespoons rice wine  
1 bunch green onion or scallions, leaves slit several times to make a scallion brush  
Salt and pepper

### ***Directions***

#### **For the pancakes**

1. Boil the water.
2. Place the flour in a bowl and make a well in the center.
3. Add the hot water and mix. You may gradually add more flour to get a kneadable dough.
4. Knead the dough on a floured surface for 5 minutes, then cover and let it rest for 30 minutes.
5. Knead it again for 5 minutes, and roll it into a 1 ½-inch cylinder.
6. Divide the cylinder into 16 pieces, and roll each piece into a smooth ball.
7. Spread some sesame oil on your hands and flatten a ball of dough.
8. Roll it into a smooth disc, and brush the top with sesame oil. Make another disc of a similar size and place on top of first disc. Roll them out into a 6- to 7-inch diameter double disc. Repeat for the rest of the dough balls.
9. Heat a skillet until water sprinkled into it bounces about in a small balls. Brush on a thin coat of sesame oil. Cook the double pancakes for 30 seconds on each side, without any browning. Remove them



from the pan and slap them on a hard surface to separate the 2 discs. Peel away the 2 discs from each other, and place them on a sheet of foil. Repeat this procedure for the rest of the discs.

10. To steam the pancakes, form a packet by sealing foil over the discs. Place the foil packet in a steamer or double boiler and steam it for 20-30 minutes.
11. Serve hot.

### For filling

12. Heat a wok over high heat. Add the oil and cook the pork for only 1 minute before removing it from the wok. Place it on a dish lined with paper towels, and set it aside.
13. Add the garlic, ginger, and ear mushrooms to the wok and stir-fry them for 2-3 minutes. Season with salt and pepper.
14. Add the cabbage, bamboo shoots, red bell pepper, remaining mushrooms and lily buds. Cook 3-4 minutes longer.
15. Add half of the hoisin sauce and the wine. Adjust the flavor with salt and pepper, according to taste.

### To assemble

16. Lay a hot pancake or tortilla on a clean surface and use the scallion brush to spread some hoisin sauce on it.
17. Add a spoonful of the pork mixture. Top with a little more hoisin sauce, and roll it up.
18. Repeat until all the pancakes are used, and serve hot.



## Shanghai Pork Chops

*Serves: 4*

*Preparation Time: 5 minutes with 2 hours marinating time*

*Cooking Time: 10 minutes*



### ***Ingredients***

4 pork chops

### **For marinade**

½ cup light brown sugar

½ cup soy sauce

¼ cup ketchup

3 green onions, thinly sliced

1 teaspoon fresh ginger, peeled and grated

1 teaspoon garlic, minced

### ***Directions***

1. Combine the ingredients for the marinade. Place it in a shallow container with a lid, or in a resealable bag.
2. Put the pork chops in the marinade, and turn to coat. Seal the container and refrigerate it for at least 2 hours.
3. Grill the pork chops for 8-10 minutes on each side, on a preheated grill over medium-high heat.



## Chinese Roasted Ribs

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour, 30 minutes*



### ***Ingredients***

1 large rack ribs

#### **For marinade**

5 cloves garlic, minced

1 tablespoon pineapple, minced

2 tablespoons pineapple juice

1 tablespoon freshly-squeezed lime juice

1 tablespoon salt

$\frac{1}{3}$  cup sugar

1 tablespoon honey

2 tablespoons peanut oil  
2 tablespoons hoisin sauce  
1 teaspoon ground bean sauce  
1 tablespoon tomato paste  
1 tablespoon water  
1/3 cup ketchup  
1/2 tablespoon 5-spice powder  
1 teaspoon fresh ground pepper  
1/2 tablespoon paprika  
1 star anise, ground

***Directions***

1. Mix all the ingredients for the marinade together in a bowl.
2. Brush the marinade over the ribs. Cover them with foil or plastic wrap and marinate overnight in the refrigerator.
3. Preheat oven to 325°F, and line roasting a pan with foil. Add water up to 1/2-inch deep.
4. Place the roasting rack in the pan, and position the ribs, rib-side up, on it.
5. Roast for 30 minutes, then turn the ribs over and roast 60 minutes longer. Replenish water in pan, if needed, so the ribs don't become too dry.
6. Broil for a few minutes for a darker color, if desired.





## Sweet and Sour Pork

*Serves: 2*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 20 minutes*



### ***Ingredients***

8 ounces boneless pork shoulder, cut into bite-size pieces

### **Sauce**

1/8 teaspoon salt

1 tablespoon sugar

2 teaspoons rice wine

2 teaspoons rice vinegar

1 tablespoon soy sauce

2 tablespoon plum sauce

3/4 teaspoon cornstarch

1/4 cup water

### For marinade

2 teaspoons rice wine

½ teaspoon oyster sauce

½ teaspoon regular soy sauce

### Other ingredients

1 egg

Cooking oil for deep-frying plus 2 teaspoons for sautéing

1 teaspoon plus about ⅓ cup cornstarch

1 onion, sliced

1 thumb ginger, peeled and minced

½ cup pineapple cubes

2 bell peppers, cut into 1-inch pieces

1 small ripe tomato, cut into wedges

1 green onion, thinly sliced

Cooked rice, for serving

### ***Directions***

1. Combine the sauce ingredients in a bowl and set it aside.
2. Mix together the ingredients for the marinade. Stir in the pork and marinate for 30 minutes.
3. Beat the egg in a medium-sized bowl, and put the cornstarch on a plate.
4. After marinating, dip the pork pieces in the beaten egg, and then into the cornstarch. Coat the pork well, and allow it to set for 3 minutes.
5. Heat a wok and add oil to about ¾-inch deep. Heat the oil to about 350°F.
6. Fry the pork in batches for 2-3 minutes, and place them on a dish lined with paper towels. After all the pieces have been pre-fried, heat up the wok further to 375°F. Drop all the pork in to refry, until it is brown and crisp.
7. Heat a clean wok over high heat. Add 2 teaspoons of oil, and the onion, ginger and pineapple. Cook for 2 minutes, until the pineapple begins to caramelize a little. Add the bell pepper and cook, stirring, until tender-crisp.

8. Stir in the sauce mixture and the tomato. Cook until it begins to boil and thicken.
9. Stir in the pork and mix to coat well. Remove the wok from the heat.
10. Sprinkle with green onion and serve with rice.



## **Pork with Snow Peas**

*Serves: 4-6*

*Preparation Time: 10 minutes, plus 30-40 minutes marinating time*

*Cook Time: 15 minutes*



### ***Ingredients***

- 1 pound pork tenderloin, cubed
- 2 tablespoons peanut (or other preferred oil)
- 1 teaspoon cornstarch
- 1 pound snow peas, cleaned and trimmed
- 1 clove garlic, crushed and minced
- 2 teaspoons fresh ginger, minced or grated
- ½ cup water chestnuts
- 4-5 green onions, finely sliced, green parts only
- 1 ½ tablespoons hoisin sauce

For marinade:

2 tablespoons soy sauce

1 teaspoon rice wine

1 ½ teaspoons sesame oil

2 teaspoons sugar

4-5 green onions, finely sliced, white parts only

1 clove garlic, crushed and minced

2 teaspoons fresh ginger, minced or grated

1 teaspoon cornstarch

Salt and pepper

Rice for serving

***Directions***

1. Begin by preparing the marinade for the pork by combining all the ingredients in a medium or large bowl. Whisk until blended. Add the cubed pork to the bowl and toss gently. Cover and refrigerate for 30-60 minutes.
2. Preheat a wok over medium-high heat. Add enough peanut oil to coat with some residual at the bottom.
3. While the oil is heating, mix one teaspoon of the cornstarch with enough water to make a smooth, thin paste. Set this aside for later use.
4. Add the snow peas, garlic, ginger, and water chestnuts to the wok. Cook, tossing gently for approximately 1-2 minutes until the snow peas start to turn a brighter shade of green. Season with salt and pepper if desired, remove them from the pan and set aside.
5. Return the wok to the heat and add more peanut oil. Add the pork, including the marinade, and sauté until golden brown, approximately 2-3 minutes.
6. Once the pork is browned, return the snow pea mixture to pan. Add the green onions, hoisin sauce, and the cornstarch mixture. Toss the ingredients gently to coat, and cook for 3 minutes or until the sauce begins to thicken.
7. Serve immediately with rice.



# Beef Recipes



## Beef with Garlic Sauce

*Serves: 2*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 20 minutes*



### ***Ingredients***

12 ounces beef tenderloin, thinly sliced

¼ cup oil for frying

### **For marinade**

¼ teaspoon salt

¼ teaspoon sugar

½ teaspoon white pepper

1 tablespoon soy sauce

1 teaspoon vinegar

For sauce

1 ½ teaspoons cornstarch  
1 tablespoon water  
2 tablespoons rice vinegar  
2 tablespoons granulated sugar  
1 tablespoon light soy sauce  
1 tablespoon dark soy sauce  
2 teaspoons Chinese rice wine or dry sherry  
½ teaspoon chili sauce  
¼ teaspoon sesame oil  
4 cloves garlic, chopped  
1 medium white onion, chopped  
½ cup green onions, sliced  
10 water chestnuts, sliced  
Chicken stock or water, as needed

***Directions***

1. Combine the ingredients for the marinade, and marinate the beef strips for 30 minutes.
2. In a small bowl, combine the water and cornstarch. Set it aside.
3. In a separate bowl, combine the vinegar, sugar, soy sauces, wine, chili sauce and sesame oil.
4. When the beef is ready, heat the oil for frying in a wok over high heat. Fry the beef until it is tender, and remove it to a paper-lined plate. Set it aside.
5. Remove any oil in excess of 2 tablespoons from the wok. Stir in the garlic until fragrant. Add the onions, green onions, and water chestnuts, and fry for 2-3 minutes. Stir the vinegar and wine mixture, and add it to the wok. Add broth or water, one tablespoon at a time, if needed to prevent the sauce from drying up. Simmer for about 3 minutes.
6. Add the pre-fried beef to the wok.
7. Stir the cornstarch in water, and pour it into the wok. Cook, with stirring, until the mixture thickens and coats the beef. Adjust the taste

with seasonings, as needed.  
8. Serve with rice.



## **Szechuan Beef Recipe**

*Serves: 2*

*Preparation Time: 20 minutes*

*Cooking Time: 5 minutes*



## ***Ingredients***

8 ounces beef tenderloin, cut into strips

### **Marinade**

1 teaspoon cornstarch

½ teaspoon rice wine

1 teaspoon dark soy sauce

### **Sauce**

½ tablespoon oyster sauce

½ tablespoon chili garlic sauce

1 ½ teaspoons soy sauce

2 teaspoons sugar

2 tablespoons water

½ teaspoon chili oil

½ teaspoon sesame oil

### **Other ingredients**

2 tablespoons oil, divided

2 cloves garlic, minced

¼ small green bell pepper, julienned

¼ small red bell pepper, julienned

1 small carrot, julienned

½ teaspoon chili oil or according to taste

2 stalks green onion, cut into strips

## ***Directions***

1. Combine the ingredients for the marinade. Stir in the beef, and marinate for 15-30 minutes.
2. In a bowl, mix together the sauce ingredients, and set aside.
3. Heat a wok over high heat. Add 1 tablespoon of oil and sear the beef until partly browned. Transfer it to a paper-lined plate.
4. Scrape off any brown bits from the wok, and add the remaining oil.
5. Add garlic and stir-fry until fragrant.
6. Stir in the peppers and carrot. Cook for about 30 seconds, and add the beef back to the wok.

7. Pour in the sauce mixture and stir well.
8. Add the green onion and chili oil. Stir for 30 seconds, or until the sauce is of the desired thickness.
9. Serve.





# Beef Chop Suey

*Serves: 2*

*Preparation Time: 5 minutes plus 1 hour marinating time*

*Cooking Time: 15-20 minutes*



## ***Ingredients***

### **For marinade**

1 tablespoon rice wine  
2 teaspoons oyster sauce  
1 teaspoon cornstarch  
White pepper

### **Slurry/Thickener**

$\frac{3}{4}$  cups chicken stock  
1 teaspoon cornstarch

2-3 tablespoons peanut oil, as needed

½ pound skirt steak, cut into strips  
2 cloves garlic, minced  
½ stalk celery, diced  
½ onion, minced  
½ carrot, shredded  
3 button mushrooms, sliced  
½ cup broccoli florets  
10 snow peas, trimmed,  
1 ½ teaspoons sesame oil  
Rice or noodles for serving

### ***Directions***

1. Combine the ingredients for the marinade. Marinate the beef for 1 hour.
2. Mix the ingredients for the thickener in a small bowl, and set aside.
3. Heat a wok over high heat. Add the peanut or vegetable oil, and sauté the garlic until fragrant.
4. Add the meat and fry until tender and no longer pink in color. Transfer it to a plate, and set it aside.
5. Stir-fry the garlic, celery, onion, carrot, and mushrooms until tender-crisp.
6. Add the cabbage, snow peas, and beef.
7. Stir the thickener and add it to the wok. Stir, and bring it to a simmer, until the sauce has thickened. Season with sesame oil.
8. Serve with rice or noodles.



## Beef in Oyster Sauce

*Serves: 2-4*

*Preparation Time: 5 minutes plus 30 minutes marinating time*

*Cooking Time: 12 minutes*



### ***Ingredients***

- 1 pound beef tenderloin, thinly sliced
- 1 tablespoon ginger, minced
- 1 tablespoon garlic, minced
- 2 teaspoons chili, minced (optional)
- 2 cups fresh spinach, cleaned
- 3 tablespoons cooking oil

### **For marinade**

2 tablespoons oyster sauce  
1 tablespoon soy sauce  
1 teaspoon salt  
½ teaspoon ground black pepper

***Directions***

1. Combine the ingredients for the marinade, and marinate the beef for 30 minutes.
2. Heat a wok over high heat and add the cooking oil.
3. Stir-fry the ginger, garlic, and chili until fragrant.
4. Add the spinach, and stir-fry until wilted.
5. Remove the vegetables from the wok, leaving as much oil as possible, and set them aside in a serving dish.
6. Use the remaining oil in the wok to fry the marinated beef until cooked and browned.
7. Arrange the cooked beef over the spinach mixture.





## Ginger Beef

*Serves: 2-3*

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*



### *Ingredients*

1 pound flank steak, sliced thinly



### For marinade

2 tablespoons dark soy sauce  
1 tablespoon rice wine  
1 teaspoon sugar  
1 tablespoon minced

### For sauce

1 tablespoon rice wine  
1 tablespoon light soy sauce  
2 tablespoons rice vinegar  
2 tablespoons sugar  
2 tablespoons water  
Hot chili oil or crushed red pepper flakes, to taste

### For batter

¼ cup flour  
¼ cup cornstarch  
1 tablespoon vegetable oil  
1 tablespoon hot chili oil (optional)  
⅓ cup water, or as needed

### Other ingredients

4 to 5 cups oil for deep frying  
2 tablespoons oil for stir-frying, or as needed  
3 red chili peppers, seeds left in, chopped  
2 cloves garlic, minced  
1 tablespoon fresh ginger, minced  
1 small carrot, julienned  
1 stalk celery, cut into thin strips  
1 red bell pepper, julienned  
1 teaspoon sesame oil

### ***Directions***

1. Combine the ingredients for the marinade, and marinate the beef for 30 minutes.
2. Mix together the sauce ingredients in a small bowl, and set it aside.

3. Prepare all the ingredients.
4. Begin to make the batter by combining the flour and cornstarch. Make a well in the center, and add the oil and chili oil (optional). Mix, while adding the water gradually. Use just enough water to reach the right consistency. The batter is just right when it lightly drips off the back of a wooden spoon.
5. Dip the marinated beef into the batter.
6. Preheat the wok over high heat. Add the oil for frying and heat to 350°F.
7. Deep fry the beef until it is golden brown. Lift it out of the oil, and transfer it to a plate lined with paper towels.
8. Heat the oil up to 400°F.
9. Fry the beef again until crispy, and remove it from the wok.
10. Heat a clean wok over high heat and add the oil for stir-frying. Add the chilies, minced garlic and ginger. Sauté until fragrant and chilies begin to blister.
11. Add the carrot and cook for about 1 minute.
12. Add the celery and bell pepper. Stir-fry for about 30 seconds.
13. Push the vegetables to the sides of the wok and pour in the sauce mixture.
14. Bring it to a boil (check that vegetables don't get scorched) and add the fried beef.
15. Mix all ingredients together and cook to heat through.
16. Remove from heat, stir in the sesame oil, and serve.



## Chinese Pepper Steak

*Serves: 4-6*

*Preparation Time: 10 minutes plus 2-4 hours marinating time*

*Cook Time: 15 minutes*



### ***Ingredients***

1 pound flank steak, sliced very thinly against the grain

4 tablespoons soy sauce

½ cup sherry

1 tablespoon ginger, minced

5 cloves garlic, minced

1 tablespoon coarsely ground black pepper

½-1 teaspoon crushed dried chilies, more if you want it very spicy

1 tablespoon cornstarch  
1 large yellow onion, sliced  
2 green bell peppers, sliced  
½ teaspoon salt  
4 tablespoons peanut oil  
Rice for serving

***Directions***

1. In a large bowl, combine the soy sauce, sherry, ginger, garlic, black pepper, chilies, and cornstarch. Whisk until all the ingredients are incorporated. Add the steak, toss until coated, and refrigerate for 2-4 hours.
2. In a hot pan or wok, heat three tablespoons of peanut oil over high heat. Being careful not to crowd the pan, quickly brown the steak, stir frying for no longer than 20 seconds. Remove the steak and set it aside.
3. Add more oil if needed, and stir-fry the bell peppers and onion with salt. Cook for 3-4 minutes or just until the peppers are tender.
4. Add the steak back in, as well as the remaining marinade. Reduce the heat and simmer until the sauce has thickened.
5. Serve over your choice of rice.



## Beef & Broccoli

*Serves: 4*

*Prep time: 10 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 pound beef, sliced into thin strips

2-3 tablespoons cooking or peanut oil

3 cloves garlic, minced  
1 cup beef broth  
½ cup soy sauce  
⅓ cup brown sugar  
2 tablespoons cornstarch  
4 tablespoons water  
2 cups frozen broccoli florets  
1 tablespoon sesame oil  
White rice, cooked

### ***Directions***

1. Heat a wok over high heat. Add 2 tablespoons of oil, and fry the beef until browned. Drain it on paper towels.
2. Using the oil remaining in the wok (add about 1 tablespoon more, if needed) and sauté the garlic until fragrant.
3. Add the broth, soy sauce, and sugar. Bring it to a boil.
4. Return the fried beef to the sauce. Let it simmer, covered, for about 10 minutes, until tender.
5. Scoop out about ¼ cup of the sauce from the wok and place it in a small bowl.
6. Mix the cornstarch and water to make a slurry, and stir it into the wok.
7. Drop in the broccoli and cook, stirring, for about 30 seconds to thicken the sauce and heat through.
8. Drizzle with sesame oil and serve hot over rice.





# Kung Pao Beef

*Serves: 4-6*

*Preparation Time: 1 hour, 10 minutes*

*Cook Time: 15 minutes*



## ***Ingredients***

1 pound flank or flat iron steak

1 tablespoon soy sauce

2 tablespoons sesame oil

1 tablespoon dry sherry

6 cloves garlic, minced (divided)

2 tablespoons peanut oil

4 dried red chilies, split

½ tablespoon grated ginger

1 teaspoon Szechwan peppercorns, crushed

2 green onions, slice white and green parts in ½ -inch pieces

1 red bell pepper, trimmed and cubed

For sauce:

2 tablespoons soy sauce

3 tablespoons dry sherry

2 tablespoons balsamic vinegar

1 teaspoon sugar

1 cup vegetable broth

1 tablespoon cornstarch

½ cup roasted peanuts

Rice for serving

***Directions***

1. In a large bowl, combine the soy sauce, sesame oil, dry sherry, and 2 minced garlic cloves. Add the steak and turn to coat. Marinate for at least one hour.
2. In a bowl, make the sauce by mixing together the sauce ingredients. Whisk and set it aside.
3. Heat a large pan or wok on high and add the peanut oil. Heat the oil for 30 seconds, and then add the red chilies, ginger, and Szechuan peppercorns. Stir-fry for 1 minute.
4. Add the remaining garlic, green onions, and bell pepper. Stir fry for 3 minutes, and add the steak. Sauté for an additional 2-3 minutes.
5. Whisk the sauce and add it to the wok. Simmer until the sauce thickens, about 3-4 minutes.
6. Add the peanuts and stir.
7. Serve with rice.



## Sesame Beef

*Serves: 4*

*Preparation Time: 40 minutes*

*Cook Time: 15 minutes*



### ***Ingredients***

2 tablespoons soy sauce

2 tablespoons dry sherry

1 tablespoon sugar

2 teaspoons rice vinegar

½ teaspoon red pepper flakes

½ teaspoon cornstarch

1 pound boneless sirloin steak, thinly sliced in strips against the grain

1 tablespoon sesame seeds

1 tablespoon peanut oil

2 teaspoons sesame oil

2-3 cloves garlic, minced

Rice for serving

***Directions***

1. In a small bowl, mix the soy sauce, dry sherry, sugar, rice vinegar, red pepper flakes, and cornstarch, and whisk until fully incorporated. Place the mixture in a resealable bag together with the sirloin steak strips. Turn to coat, and let them marinate in the refrigerator for at least 30 minutes. Drain the steak onto a plate and reserve the remaining marinade sauce.
2. In a small dry pan, toast the sesame seeds over medium heat, until the seeds are aromatic, about 1 minute.
3. Warm a large pan or wok over medium-high heat. Add both oils and heat for another 30 seconds. Once the oil is hot, add the garlic and steak strips. Stir fry for about 3 minutes.
4. Stir in the reserved marinade sauce. Stir to coat and continue cooking for 1-2 minutes on medium heat.
5. Add the toasted sesame seeds once the sauce is thick.
6. Serve with rice.





## Orange Beef

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cook Time: 10 minutes*



### ***Ingredients***

½ pound flat iron steak, sliced thinly

1 egg white

1 large orange, zested and juiced

3 tablespoons soy sauce



3 tablespoons sherry  
3 tablespoons rice wine vinegar  
2 teaspoons chili garlic sauce  
2 teaspoons sesame oil  
5 green onions, sliced, greens reserved for garnish  
1 tablespoon sugar  
1 teaspoon baking soda  
¾ cup cornstarch, divided  
Peanut oil for frying (or other preferred oil)  
Rice for serving

### ***Directions***

1. Brush steak with baking soda to form an even coat. Place in a bowl and refrigerate until ready to use.
2. In a small bowl, combine orange juice along with sherry, soy sauce, and rice wine vinegar. Add sugar to dissolve and then add 2 teaspoon of the cornstarch, whisking until the sauce is clump-free.
3. Place egg white in a shallow dish. Take meat out of the refrigerator, and toss with egg white to coat evenly. Add cornstarch gradually to the meat, tossing to coat. Keep adding cornstarch until meat has a thick, even coat on it.
4. Add oil to a wok and heat over high heat. The oil level in the pan should be high enough that the pieces of meat can be completely submerged.
5. Once oil is hot, slowly lower meat into the pan with a slotted spoon. Fry until coating is crisp and golden brown, approximately 3-5 minutes. Remove meat from pan, and place the beef pieces on a plate lined with paper towels to catch excess oil. Don't overcrowd the wok when cooking the beef. Depending on the size of the wok, meat may need to be cooked in several smaller batches.
6. Remove wok from heat and let oil cool for a few minutes. Discard oil, keeping enough to coat the pan. Add green onions and chili paste. Toss until fragrant, about 1-2 minutes. Add prepared sauce mixture into the wok along with orange zest and sesame oil. Bring mixture to a boil and cook until thickened, approximately 2 minutes.

7. Return beef to pan and toss to coat. Warm over low to medium heat until heated thoroughly, about 1-2 minutes.
8. Serve immediately with rice
9. Garnish with green onions, if desired.



# **Chicken and Duck Recipes**

## Empress Chicken

*Serves: 4*

*Preparation Time: 5 minutes plus 30 minutes marinating time*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **For marinade**

2 tablespoons cornstarch

1 tablespoon soy sauce

For sauce

1 tablespoon rice wine

2 tablespoons soy sauce

1 tablespoon sugar

1 teaspoon salt

1 teaspoon cornstarch

1 teaspoon sesame oil

1 pound boneless chicken, chopped into 1-inch pieces

1 cup cooking oil

10 dried hot red peppers or according to taste

1 teaspoon Sichuan peppercorns (Chinese coriander)

1 teaspoon ginger, minced

4 cups rice for serving

***Directions***

1. Mix the chicken, cornstarch, and soy sauce in a bowl. Let it marinate for 30 minutes.
2. Combine the ingredients for the sauce and set it aside.
3. When the chicken is ready, heat a wok over high heat. Add the oil and fry the marinated chicken until browned. Use a slotted spoon or spider strainer to remove it to a cooling rack or paper towels.
4. Remove any oil from the wok in excess of 2 tablespoons.
5. Sauté the dried peppers and Sichuan peppercorns for about 30 seconds.
6. Return the pre-fried chicken to the wok. Add the ginger and stir-fry for 1 minute.
7. Stir in the sauce and cook until thickened.
8. Serve hot, with rice.



## Moo Goo Gai Pan Recipe

*Serves: 3*

*Preparation Time: 30 Minutes*

*Cooking Time: 15 Minutes*



### ***Ingredients***

10 ounces chicken breast fillet, cut into thin slices

$\frac{1}{3}$  cup vegetable or peanut oil



### For marinade

1 egg white, lightly beaten  
1/8 teaspoon ground white pepper  
1/2 teaspoon salt

### For sauce

1/4 cup chicken broth  
1 tablespoon light soy sauce  
1/4 teaspoon sesame oil  
1/2 tablespoon sugar  
3 dashes of ground white pepper  
1 tablespoon rice wine  
1 teaspoon cornstarch

### Other ingredients

3 cloves garlic, peeled and minced  
1 baby carrot, peeled and sliced thinly  
1/2 of snow peas, trimmed  
1/2 cup button mushrooms, sliced  
1/2 cup straw mushrooms, sliced  
1/2 teaspoon sugar  
Salt to taste  
Cooked rice, for serving

### ***Directions***

1. Combine the ingredients for the marinade. Mix well.
2. Marinate the chicken slices for about 10 minutes, making sure all are well-coated, and drain any excess marinade.
3. Heat a wok over high heat. Add the oil and heat up to almost the smoking point.
4. Stir-fry the chicken until it is half cooked (about 45 seconds).
5. Use a slotted spoon to remove the chicken from the wok and drain it on paper towels. Set it aside.
6. Transfer 2 tablespoons of the oil to a clean wok.
7. Stir-fry the garlic until it is slightly browned.
8. Add the carrot and snow peas and stir-fry for 2 minutes.

9. Add the mushrooms, and stir-fry for another 2 minutes.
10. Add the chicken and sauce ingredients. Stir well.
11. Cover and simmer until the chicken is well done and the sauce has thickened.
12. Add the sugar and salt to taste, and serve with rice.



## Lemon Chicken

*Serves: 12*

*Preparation Time: 5 minutes plus 15 minutes marinating time*

*Cooking Time: 30 minutes*



### ***Ingredients***

3 pounds chicken breast fillets, halved

#### **For marinade**

1 tablespoon rice wine  
1 tablespoon soy sauce  
½ teaspoon salt

#### **For batter**

2 large eggs, beaten  
¼ cup cornstarch  
½ teaspoon baking powder

### Other ingredients

2 cups vegetable oil, for frying  
2 tablespoons vegetable oil  
1 lemon, sliced  
1 cup chicken broth  
1/3 cup sugar  
1 tablespoon cornstarch  
1 tablespoon lemon juice  
1 teaspoon salt

### ***Directions***

1. Combine the ingredients for the marinade, and marinate the chicken for 15 minutes.
2. When the chicken is ready, mix together the ingredients for the batter. Dip the chicken in the batter, coating each piece well.
3. Heat a wok over high heat and add the oil for frying. Reduce the heat to medium high, and fry the chicken until it is golden in color. Remove it and drain over paper towels.
4. Cut the chicken into bite-size pieces and arrange them on a serving dish.
5. In a non-stick frying pan, heat 2 tablespoons oil and stir-fry the lemon slices over medium heat.
6. Quickly mix the remaining chicken broth, sugar, cornstarch, lemon juice, and salt in a small bowl and pour it over the lemon slices.
7. Cook for 3 minutes more, or until sauce is thickened and translucent.
8. Pour the sauce over the chicken and serve hot.



# Crispy Duck and Pancakes

*Serves: 4*

*Preparation time: 20 minutes plus overnight salting*

*Cooking time: 1 ½ to 2 hours*



## ***Ingredients***

4 whole duck legs

### **For overnight salting**

1 teaspoon 5-spice powder

1 teaspoon Sichuan peppercorns, crushed

1 teaspoon salt

### **For baking**

1 teaspoon honey

¾ cup chicken stock

### For pancakes

2 cups flour, unsifted

$\frac{3}{4}$  cup water

Sesame oil

### For serving

Spring onions, julienned

Cucumber sticks

Hoisin sauce

### ***Directions***

1. Prick the duck legs all over using a fork or knife. Rub the salting ingredients into the duck legs. Let them sit, covered and refrigerated, overnight or for a few hours.
2. Preheat the oven to 400°F, and pat the duck legs dry with paper towels.
3. Place the duck legs face down in a non-stick frying pan.
4. Cook over high heat, not turning, until the skin begins to become crisp and brown (about 5 minutes). Flip them over and brown the other side as well.
5. Arrange the browned duck legs in a baking pan or oven-proof dish.
6. Drizzle them with honey and pour in the chicken stock.
7. Bake for 20 minutes, and then reduce the oven temperature to 275°F and bake for 1 hour. The duck flesh should fall off the bone at this point.
8. While the duck legs are in the oven, prepare the pancake dough. (See below)
9. When the duck legs are ready, remove them from the oven and let them cool for a short while.
10. Shred the duck meat with 2 forks, sprinkle it with spring onion, and serve it with hot pancakes, cucumber, and hoisin sauce.

### To make pancakes

1. Boil the water.
2. Place the flour in a bowl and make a well in the center.



3. Add the hot water and mix. You may gradually add more flour to get a kneadable dough.
4. Knead the dough on a floured surface for 5 minutes, then cover and let it rest for 30 minutes.
5. Knead it again for 5 minutes, and roll it into a 1 ½-inch cylinder.
6. Divide the cylinder into 16 pieces, and roll each piece into a smooth ball.
7. Spread some sesame oil on your hands and flatten a ball of dough.
8. Roll it into a smooth disc, and brush the top with sesame oil. Make another disc of a similar size and place on top of first disc. Roll them out into a 6- to 7-inch diameter double disc. Repeat for the rest of the dough balls.
9. Heat a skillet until water sprinkled into it bounces about in a small balls. Brush on a thin coat of sesame oil. Cook the double pancakes for 30 seconds on each side, without any browning. Remove them from the pan and slap them on a hard surface to separate the 2 discs. Peel away the 2 discs from each other, and place them on a sheet of foil. Repeat this procedure for the rest of the discs.
10. To steam the pancakes, form a packet by sealing foil over the discs. Place the foil packet in a steamer or double boiler and steam it for 20-30 minutes.



## Sesame Chicken

*Serves: 4*

*Preparation Time: 10-15 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

6 skinless chicken fillets, halved

2 tablespoons sesame seeds

### **For basting**

2 tablespoons lemon juice

2 tablespoons soy sauce

¼ cup ketchup

1 tablespoon sesame oil

¼ teaspoon ground ginger

2 teaspoons brown sugar

### ***Directions***

1. Preheat a grill to medium-high heat, and pat chicken dry with paper towels.
2. Combine ingredients for basting.
3. Grill the chicken for 10-13 minutes, turning the chicken over and brushing or basting frequently with the mixture.
4. The chicken is done when there is no longer any trace of pink and the juices run clear.
5. Remove the chicken from the grill and sprinkle with it sesame seeds before serving.



# Kung Pao Chicken Recipe

*Serves: 3-4*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*



## ***Ingredients***

### **For marinade**

- 2 teaspoons soy sauce
- 2 teaspoons Chinese rice wine
- 2 teaspoons cornstarch
- 1 teaspoon Sichuan peppercorns

### **For sauce**

- 1 tablespoon Chinese black vinegar
- 1 tablespoon chicken stock
- 3 teaspoons sugar

2-3 teaspoons soy sauce  
2 teaspoons cornstarch  
1/2 teaspoon sesame oil

### Other ingredients

1 pound skinless boneless chicken breasts, cut into 1/2 -inch cubes  
1 tablespoon peanut or vegetable oil  
8 dried red chilies, split length wise and seeds removed  
1 teaspoon Sichuan peppercorns  
4 cloves garlic, minced  
1 tablespoon fresh ginger, minced  
3 scallions, white parts thinly sliced, green parts set aside cut into 1-inch strips  
1/3 cup unsalted dry-roasted peanuts

### ***Directions***

1. Whisk the ingredients for the marinade together, and marinate the chicken for 20 minutes.
2. Whisk the sauce ingredients together, and set aside.
3. Heat a wok over high heat until almost smoking. Add the oil.
4. Turn off the heat and add the red peppers and the Sichuan peppercorns. Cook, while stirring, for 1 minute. Make sure the chilies do not get burned.
5. Turn the heat back on, and set it to medium-high.
6. Add the marinated chicken, and stir-fry until the chicken is half cooked.
7. Stir in the garlic and ginger, and cook for about 2 more minutes.
8. Gradually add the sauce, one tablespoon at a time. Allow the chicken to absorb the flavors while cooking.
9. When the chicken is done, add the green onion and peanuts.
10. Serve hot.





## General Tso's Chicken

*Serves: 4*

*Preparation Time: 1 hour 15 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

4 pieces chicken fillet, cut into 1-inch pieces

### **For the marinade and sauce**

½ cup hoisin sauce

¼ cup white vinegar

3 tablespoons soy sauce

3 tablespoons sugar

2 tablespoons cornstarch

1 ½ cups water

### For sautéing

1 tablespoon vegetable oil  
4 cloves garlic, minced  
2 tablespoons grated fresh ginger  
½ teaspoon red pepper flakes, crushed

### For coating and deep frying

3 egg whites  
1 ½ cups cornstarch  
½ cup all-purpose flour  
½ teaspoon baking soda  
4 cups vegetable oil

### For garnish

2 green onions, chopped

### ***Directions***

1. Combine the ingredients for the marinade in a bowl. Separate ⅓ cup of the marinade and use it to marinate the chicken for 30 minutes, refrigerated. Set aside the remaining, for sauce.
2. Heat a wok over high and heat the oil. Reduce the heat to medium-high, and add the garlic, ginger, and pepper flakes. Sauté until fragrant.
3. Stir in the remaining sauce mixture (about 2 cups) and cook, stirring constantly, until thickened. Remove it from the heat and cover. Keep it warm.
4. In a bowl, whisk the egg whites until frothy. In a separate bowl, combine the rest of the ingredients for the coating, and mix until the consistency is similar to coarse meal.
5. Drain the marinated chicken and pat it dry with paper towels. Dip each piece in the egg whites, and then coat with the cornstarch mixture.
6. Fry the chicken at 350°F until it is golden brown (about 3 minutes). Drain on paper towels.
7. Reheat the sauce to a simmer. Add the chicken and stir to coat.
8. Serve.



## Orange Chicken and Vegetable Stir-Fry

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

#### **For sauce**

½ cup orange juice

2 tablespoons soy sauce

2 tablespoons rice vinegar

1 tablespoon oyster sauce

1 tablespoon orange zest

2 cloves garlic

1 teaspoon ginger, peeled and minced

1 ½ teaspoons honey, or to taste

### For stir-fry.

1 pound chicken tenderloin, cut into bite-size pieces

Salt and pepper

3 tablespoons cornstarch

1 cup chopped broccoli, sliced

1 cup carrots, sliced

1 cup snow peas, trimmed

½ cup celery, sliced

½ cup mushrooms, sliced

2-3 tablespoons peanut or vegetable oil

½ cup medium yellow onion, chopped

Rice, for serving

### ***Directions***

1. Place all the sauce ingredients in a blender and blend for 10-15 seconds.
2. Transfer to a saucepan, and heat to a simmer. Cook for 5 minutes.
3. Pat the chicken dry with paper towels.
4. Mix together the salt, pepper, and cornstarch, and coat the chicken with the mixture.
5. In a saucepan or wok, boil enough water to cover the vegetables. Drop the broccoli, carrots, snow peas and mushrooms in the boiling water, and simmer for 3-5 minutes. Remove the vegetables from the water and drain on paper towels.
6. Heat a clean wok over medium high heat. Add the peanut oil and fry the onions with the chicken for 3-5 minutes.
7. Add the pre-boiled vegetables, and stir-fry for 2 minutes.
8. Gradually add the sauce while stirring constantly, allowing a few seconds between additions. The sauce should thicken and coat chicken pieces.
9. Serve while hot over rice.



## Favorite Cashew Chicken

*Serves: 4*

*Preparation Time: 15 minutes*

*Cook Time: 15 minutes*



### ***Ingredients***

- 1 cup raw unsalted cashews, coarsely chopped
- 1 tablespoon peanut (or other preferred oil)
- 1 ½ pounds boneless, skinless chicken, cubed
- 5 cloves garlic, crushed and minced
- ½ small red bell pepper, cubed
- 5 scallions, diced, green parts reserved for garnish
- ½ teaspoon salt (optional)
- ½ teaspoon pepper (optional)

Small pinch cayenne pepper, if desired  
2 tablespoons rice vinegar  
3 tablespoons hoisin sauce  
1 teaspoon honey  
1 ½ tablespoons soy sauce  
¼ teaspoon sesame oil  
3 tablespoons water  
Cooked rice for serving

### ***Directions***

1. Preheat the oven to 350°F.
2. Spread the cashews out on a baking sheet, and toast them in the oven for 5-7 minutes. Allow them to cool completely before use.
3. In a wok or large sauté pan, heat 1 tablespoon of peanut oil to very hot. Add the chicken, garlic, red bell pepper, white scallions, salt, pepper, and cayenne.
4. Cook, tossing gently, until the chicken is browned to a nice golden color, about 3-5 minutes. Do not cook the chicken thoroughly at this point, as that would result in an overcooked final dish.
5. Depending on the size of the pan, you may have to cook the chicken in two batches in order to achieve an equal golden color on all pieces.
6. In a bowl, whisk together the vinegar, hoisin sauce, honey, soy sauce, and sesame oil until well combined.
7. Add the sauce mixture to the pan, and continue cooking until the flavors are blended and the chicken is cooked to the point where it is no longer pink and the juices run clear.
8. Remove the skillet from the heat and toss in the roasted cashews. Season with salt and pepper, if desired.
9. Serve immediately with cooked rice, and garnish with scallion greens if desired.





## Sweet and Sour Chicken

*Serves: 4*

*Preparation Time: 15 minutes*

*Cook Time: 25 minutes*



### ***Ingredients***

1 pound boneless, skinless chicken, cubed

1 red bell pepper, seeded and cubed

1 green bell pepper, seeded and cubed

1 cup fresh pineapple, chunked

1 ½ cups vegetable oil for frying

Rice for serving

### **For sauce**

1 ½ cups water

¾ cup sugar  
½ cup rice wine vinegar  
½ cup fresh pineapple juice

For slurry.

¼ cup cornstarch  
¼ cup water

For batter

2 ¼ cups flour  
¼ cup cornstarch  
2 tablespoons vegetable oil  
1 egg, beaten  
Salt and pepper (to taste)  
1 ½ cups water

***Directions***

1. Begin by preparing the sauce. In a medium saucepan combine 1 ½ cups water, sugar, vinegar, and fresh pineapple juice.
2. In a separate small bowl, make the slurry by combining the cornstarch and water. Whisk until it is well blended and free of any clumps.
3. Heat the sauce in a saucepan until it boils, and then remove it from the heat. Slowly add the cornstarch mixture, stirring until it is well incorporated and the mixture begins to thicken slightly. Set the sauce aside.
4. To make the batter: In a separate bowl, combine the flour, cornstarch, oil, egg, and salt and pepper to taste. Whisk together until blended.
5. Gradually stir in up to 1 ½ cups water until a thick batter is formed. It should be thick enough to cling to the chicken in a medium-to-thick coat.
6. Add the cubed chicken to the batter and toss until well coated.
7. Heat the frying oil over medium-high heat in a wok or large sauté pan. It should reach 350°F on an instant read thermometer.
8. Once the oil is hot, add the chicken pieces in batches, and cook for 10-15 minutes until it is crispy and golden brown.

9. Remove the chicken from the oil and let any excess drain off. Remove any leftover oil from the pan.
10. Return the chicken to the pan and add the sauce, bell peppers, and pineapple chunks. Toss gently while heating over low heat.
11. Serve immediately with rice.



# Chicken Curry

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cook Time: 25 minutes*



## ***Ingredients***

2 tablespoons soy sauce

½ cup water

1 tablespoon sugar

2 tablespoons peanut (or other preferred) oil, divided

2 large yellow onions, cut into thick slices

5 cloves garlic, crushed and minced

1 pound boneless, skinless chicken, cubed

1 ½ tablespoons curry powder

3 medium potatoes, cubed

1 cup fresh or frozen peas

½ teaspoon salt

1 tablespoon cornstarch, blended with enough water to make a thin, smooth paste

Rice for serving

***Directions***

1. In a small bowl, combine the soy sauce, water, and sugar. Whisk until the sugar is dissolved, and set it aside.
2. Warm a wok over high heat. Add 1 tablespoon of oil to coat the surface. Add the onions and garlic, tossing gently until the onions just begin to soften, about 1-2 minutes. Remove the onions from the pan and set them aside.
3. Add the remaining oil to the wok, with the chicken and curry powder, and toss gently while cooking for 4 minutes.
4. Add the soy sauce mixture to the wok. Stir in the potatoes, peas, and onion. Season with salt. Bring it to boil for 1 minute, then reduce the heat to medium, cover, and simmer for 15 minutes.
5. Remove the lid, and add the cornstarch with water. Increase the heat to medium-high. Stir, while bringing it to a boil until the sauce thickens.
6. Serve immediately with rice.





# **Fish and Seafood Recipes**

## Shrimp with Lobster Sauce

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*

### ***Ingredients***

2 cups water

4 ounces ground pork

2 tablespoons vegetable oil

1 clove garlic, minced

10 shrimp, peeled and deveined

1 tablespoon rice wine

1 ½ cups chicken or seafood stock

½ teaspoon sesame oil

¼ teaspoon sugar

½ teaspoon salt

Ground white pepper, to taste

½ cup frozen peas

1 small carrot, diced

2 tablespoons cornstarch

2 tablespoons water

1 egg, beaten slightly

1 green onion, chopped for garnish

### ***Directions***

1. Boil the water in a wok or pan. Add the pork and boil for 1 minute, breaking up any lumps. When the pork is no longer pink, drain it in a strainer and rinse it quickly.
2. Dry the wok and heat it over medium heat. Add the oil and sauté the garlic until fragrant. Add the pork and shrimp, and stir-fry for 20 seconds.
3. Add the wine and cook for 10 seconds more.
4. Stir in the chicken stock, sesame oil, sugar, salt, white pepper, peas and diced carrots.

5. Bring the mixture to a simmer.
6. In a bowl, stir cornstarch and water together to make a slurry. Pour this into the wok.
7. Allow it to cook and thicken enough to coat a spoon. If it gets too thick, it can be thinned with water.
8. Pour the slightly beaten egg over the wok and allow it to simmer for 5 seconds.
9. Fold the egg over slightly with a spatula.
10. Serve hot over rice. Sprinkle with green onions.



## Salt and Pepper Squid

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 7-10 minutes*



### ***Ingredients***

1 ½ pounds squid, washed, cleaned, cut in uniform bite-size pieces

1 tablespoon rice wine

½ teaspoon sesame oil

Cooking oil for deep-frying

½ cup all-purpose flour

½ cup semolina flour

⅓ cup plain cornmeal

1 teaspoon salt, or to taste

White pepper, to taste, preferably freshly-cracked

1 tablespoon cooking or peanut oil or stir-frying

2 teaspoons ginger, minced

5 cloves garlic, sliced

2 long hot green peppers, cut lengthwise and thinly sliced

Cooked rice, for serving

***Directions***

1. Drain and dry the cleaned, cut squid with paper towels.
2. Combine the wine and sesame oil in a bowl. Marinate the squid for about 5 minutes.
3. Heat the oil for deep frying to 325°F in a wok or pot. The oil should be about 4 inches deep.
4. In a bowl, combine all-purpose flour, semolina flour, cornmeal, salt, and white pepper, and set aside.
5. When the oil is at the right temperature, gently squeeze the liquid from the squid and dredge it in the flour mixture.
6. Use a spider strainer or long handled sieve to lower the squid into oil, and fry until golden brown, 2-3 minutes.
7. Drain the squid on a plate lined with paper towels, and sprinkle with more white pepper.
8. Heat a clean wok over high heat. Add the tablespoon of oil and ginger. Cook until fragrant.
9. Stir in the garlic, and cook until lightly golden.
10. Add the peppers and stir-fry 30 seconds more.
11. Stir in the squid to heat through and to absorb the flavors, about 1 minute.
12. Serve hot over rice.



# Kung Pao Shrimp

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



## ***Ingredients***

1 pound medium shrimp, peeled and deveined

### **For marinade**

1 tablespoon rice wine

1 teaspoon cornstarch

½ teaspoon salt

### **For sauce**

1 tablespoon sugar

2 tablespoons water

1 tablespoon Chinese black vinegar



1 tablespoon soy sauce

$\frac{3}{4}$  teaspoon cornstarch

$\frac{1}{2}$  teaspoon sesame oil

### Other ingredients

2 tablespoons vegetable oil

1 large green or red bell pepper, seeds removed and thinly sliced

1 tablespoon garlic, minced

1 tablespoon ginger, peeled and minced

3 Thai chilies, broken in half and seeded

$\frac{1}{4}$  cup chopped unsalted, dry-roasted peanuts

3 cups cooked rice

### ***Directions***

1. Stir the marinade ingredients together, and marinate the shrimp for 10 minutes.
2. Whisk together the ingredients for the sauce. Set aside.
3. Heat a wok over high heat, and swirl in the oil.
4. Add the bell pepper, garlic, ginger, and chilies, and stir-fry for 1 minute.
5. Add the shrimp, and stir-fry for 2 minutes or until the shrimp have turned orange.
6. Stir in the sauce, and cook until thickened, about 30 seconds.
7. Sprinkle with peanuts and serve over rice.



## **Fish with Spicy Bean Sauce**

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 large tilapia fillet

### **For slurry.**

1 tablespoon water

1 tablespoon cornstarch

### For sauce

1 tablespoon rice wine  
1 tablespoon spicy bean sauce (douban)  
1 teaspoon hoisin sauce  
½ teaspoon sesame oil  
½ teaspoon sugar  
Ground white pepper

### Other ingredients

1-2 tablespoons vegetable or peanut oil, or as needed  
1 clove garlic, minced  
¼ cup finely chopped onion  
¼ cup ground pork  
¼ cup shiitake mushrooms, finely chopped  
¼ cup carrot, finely chopped  
¼ cup finely chopped red pepper  
½ cup water  
1 teaspoon sesame oil  
Cooked rice, for serving

### For garnish

2 teaspoons cilantro, chopped  
2 teaspoons green onion, chopped

### ***Directions***

1. Use a steamer, or steam the fish on a heatproof plate on a rack over 1 inch of water, covered, for 10 minutes. The fish is done when a butter knife can easily cut through it to the bottom. Remove it from the heat and place it on a serving dish.
2. Combine the ingredients for the slurry in a small bowl, and set aside.
3. Mix the ingredients for the sauce together, and set aside.
4. Heat a wok over high heat. Add the oil with the onions and garlic, and cook for a few seconds until fragrant.
5. Add the pork, mushrooms, carrot, and bell pepper. Stir-fry for about 1 minute.

6. Stir in the sauce and water, and bring it to a simmer.
7. Stir in the slurry and cook until the sauce coats a spoon. Add water if sauce becomes too thick.
8. Season with the sesame oil, remove it from the heat, and pour it over the steamed fish.
9. Sprinkle with cilantro and green onion, and serve hot over rice.



## Fish with Black Bean Sauce

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **For the sauce**

- 4 tablespoons black bean sauce
- 1 teaspoon ginger, minced
- 2 teaspoons garlic powder
- 3 tablespoons rice wine
- 1 teaspoon toasted sesame oil
- 2 tablespoons white sugar

#### **Other ingredients**

- 4 pounds fish fillets, towel dried and cut into bite-sized pieces
- 1 tablespoon cornstarch

5 tablespoons cooking or vegetable oil, divided  
1 medium onion, chopped  
1 large green bell pepper, seeded and chopped  
1 large red bell pepper, seeded and chopped  
3 cloves garlic, minced  
3 dried red chilies (optional)  
Cooked rice, for serving

***Directions***

1. Whisk the sauce ingredients together in a bowl. Set aside.
2. Coat the fish with the cornstarch, and set aside.
3. Heat a wok over high heat. Swirl in the oil and add the onion, bell peppers, garlic and chilies (optional). Stir to combine.
4. Add  $\frac{1}{3}$  cup of sauce mixture to the wok, and continue cooking until the vegetables are tender. Using a slotted spoon, transfer the mixture to a plate, and set aside.
5. Using the same wok, add 3 tablespoons oil. Add the fish, and stir.
6. Pour in remaining the sauce mixture and continue cooking until the fish turns opaque.
7. Return the vegetables to the wok. Continue cooking and stirring until everything is heated through.
8. Serve with rice.





## Shanghai Shrimp Stir-fry

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*

### ***Ingredients***

1 pound medium shrimp, shelled, deveined, washed, and drained  
1 cup oil, for frying  
2 green onions, white portion only  
3 slices ginger  
1 tablespoon rice wine  
½ cup chicken broth  
1 teaspoon sugar  
¼ teaspoon Chinese black vinegar  
1 teaspoon sesame oil  
Salt, to taste

### ***Directions***

1. Pat the shrimp dry with paper towels.
2. Heat a wok over high heat. Add the oil and fry the shrimp for about 10 seconds, or until opaque. Fry in batches so as not to crowd the shrimp in the wok. You may use a spider strainer to lower and lift the shrimp, as well as while draining the oil back into the wok. Set them aside.
3. Heat the oil in the wok almost to the smoking point. Lower the shrimp once again into the oil and fry for 5-10 seconds. Frying too long will cause shrimp to be dry. Remove them from the wok and turn off the heat.
4. Carefully remove all oil in excess of 1 tablespoon, and reheat the oil over low heat.
5. Sauté the green onion whites and ginger until fragrant.
6. Add the wine, broth, sugar, and vinegar. Bring to a simmer and stir for 30 seconds.

7. Return the shrimp to the wok and add the sesame oil. Stir-fry for 5-10 seconds, just to coat the shrimp with sauce.
8. Season with salt to taste, and serve.



## Cashew Shrimp Stir-fry

*Serves: 4*

*Preparation Time: 30 minutes plus 2 hours marinating time*

*Cooking Time: 5 minutes*

### ***Ingredients***

8 ounces medium shrimp, peeled and deveined

#### For soaking

1 teaspoon sugar

$\frac{1}{8}$  teaspoon baking soda

$\frac{1}{4}$  cup water

#### For marinade

$\frac{1}{2}$  teaspoon sesame oil

1 teaspoon cornstarch

Salt and white pepper

#### For blanching

Water, for boiling

4 stalks celery, cut into bite-sized pieces diagonally

1 small bell pepper, diced

Ice water

#### For stir-fry.

1  $\frac{1}{2}$  tablespoons vegetable or peanut oil

2 slices ginger, minced

1 green onion, chopped

$\frac{1}{4}$  teaspoon sugar

2 teaspoons oyster sauce

$\frac{3}{4}$  cup roasted cashews

Salt and pepper

### ***Directions***

1. Combine the ingredients for soaking, and immerse the shrimp. Cover and refrigerate for 2 hours.
2. Remove from refrigerator, drain and rinse well with cold water. Drain, and pat dry with paper towels.
3. Mix the ingredients for the marinade together. Add the shrimp, and set aside.
4. Boil just enough water to cover the celery and bell pepper in a pot. Blanch the vegetables by immersing them in boiling water for just 30 seconds. Lift them out of the water and quickly immerse them in ice water. Drain, and set aside.
5. Heat a wok over medium heat. Swirl in the oil and add the ginger and green onion. Stir-fry for 1 minute.
6. Turn the heat up to high and add the shrimp.
7. When the shrimp turn pink, add the blanched vegetables.
8. Mix in the sugar, oyster sauce, and cashews, and cook just to heat through.
9. Season with salt and pepper, according to taste.



## Spicy Scallops in Garlic Sauce

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cook Time: 15 minutes*



### ***Ingredients***

½ cup chicken broth

1 tablespoon fish sauce

2 teaspoons sherry

1 teaspoon sugar

Peanut (or other preferred) oil

2 green onions, sliced

5 cloves garlic, crushed and minced

1 pound scallops, rinsed and dried

½ cup fresh basil leaves

½ small red bell pepper, diced



1-2 small red hot peppers, sliced

1 tablespoon cornstarch dissolved in enough water to make a thin, smooth paste

Rice to serve

### ***Directions***

1. In a small bowl, combine the chicken broth with the fish sauce, sherry, and sugar. Whisk well until the sugar is completely dissolved. Set aside.
2. Heat a wok over high heat and add enough oil to coat the pan. Add the green onions and garlic to the pan, tossing until fragrant, about 1 minute.
3. Add the prepared scallops, basil leaves, red pepper, and red hot pepper, tossing gently while cooking. Cook for 2-3 minutes.
4. Reduce the heat to medium. Add the reserved sauce, stirring to coat the scallops. Let the sauce simmer for up to 4-5 minutes. Take care with keeping an eye on the scallops, as they can easily overcook.
5. Push the scallops and vegetables to the sides of the wok, leaving the sauce and cooking juices at the bottom of the pan. Add the cornstarch mixture to the sauce, stirring to incorporate.
6. Stir and cook until the sauce thickens, about 1-2 minutes. Serve immediately over rice.



## **Cantonese Style Lobster**

*Serves: 4-6*

*Preparation Time: 20 minutes*

*Cook Time: 20 minutes*

### ***Ingredients***

2 lobster tails (about 1 pound each)

Salt and pepper to taste

4 cloves garlic, minced

2 tablespoons black bean paste

Peanut (or other preferred) oil, for frying

1-inch piece of ginger, peeled and grated

2 green onions, cut into 1-inch pieces

¼ pound ground pork

1 teaspoon salt

1 cup vegetable or fish stock

2 tablespoons soy sauce

3 tablespoons sherry

1 egg, beaten

1 tablespoon cornstarch, dissolved in enough water to make a thin, smooth paste

1 green onion for garnish, if desired

Rice for serving

### ***Directions***

1. To prepare the lobster, cut each tail in half lengthwise. Leaving the shells on, wash the tails under cold running water, and pat dry with paper towels. Leaving the lobster meat in the shell, cut it into chunks no larger than 1-1 ½ inches. Season with salt and pepper to taste.
2. In a small bowl, mash the minced garlic and add the black bean paste. Mix them together and set aside.
3. Heat a wok over high heat. Add oil to the pan, ensuring there is enough to totally submerge the lobster pieces. Once the oil is heated, carefully lower the lobster tails into the oil. Fry until the shells turn

reddish. (It is best to use the shell color as an indicator of doneness in this recipe. Take care not to overcook the lobster.) Remove the fried lobster from the pan and place the lobster tails on a plate lined with paper towels to absorb excess oil.

4. Allow any oil remaining in the pan to cool and then discard all but just enough to coat the pan.
5. Add the black bean and garlic mixture to the wok, and cook while stirring gently for no more than 1 minute. Push the bean paste mixture up the side of the wok to slow further cooking.
6. Add the ginger, green onions, pork, and salt. Cook, stirring gently, until the pork begins to brown.
7. Add the stock, along with the soy sauce and sherry to the pan. Once the liquid is warm, reincorporate the bean paste mixture. Heat to near boiling.
8. Add the fried lobster tails to the pan. Stir, and cook for one minute. Cover and allow the lobster to steam for 3 minutes.
9. Remove the lid and add the cornstarch mixture. Season additionally if desired. Slowly pour in the beaten egg, and swirl it around until it is cooked.
10. Remove it from the heat, and garnish with green onion, if desired. Serve immediately with rice.



## Moo Shu Shrimp

*Serves: 4-6*

*Preparation Time: 30 minutes*

*Cook Time: 15 minutes*



### ***Ingredients***

#### **Mu Shu pancakes**

2 cups flour

$\frac{3}{4}$  cup water, boiling

2 tablespoons sesame oil

#### **Shrimp filling**

2 teaspoons cornstarch

1 teaspoon chili garlic sauce

2 tablespoons soy sauce

1 tablespoon hoisin sauce

1 tablespoon peanut (or other preferred) oil  
1 pound small shrimp, peeled and deveined  
5 cloves garlic, crushed and minced  
2 cups shiitake mushrooms, sliced  
3 green onions, sliced, with greens and whites separated  
1 medium carrot, shredded  
1 small head napa cabbage, shredded

### ***Directions***

#### **Mu Shu Pancakes**

1. To make the Mu Shu pancakes, gradually stir boiling water into the flour in a bowl. Mix with a fork until a soft dough begins to form. Turn the dough out onto a floured surface and knead until it becomes firm and elastic. Cover, and let it rest for 20 minutes.
2. Form the dough into a log, a little over a foot long. Cut it into 1-inch pieces, and form each into a small ball.
3. Flatten each ball with your hand and brush with sesame oil. Use a rolling pin to further flatten each pancake, until each is about 6 inches wide.
4. In a medium nonstick skillet, cook the pancakes over medium heat, one at a time, until they become lightly golden brown on the edges, about 1-2 minutes per side.
5. Cover them with foil and set them aside.

#### **Shrimp filling**

6. In a small bowl, combine the cornstarch with enough water to make a thin, clump-free paste. Add the chili garlic sauce, soy sauce, and hoisin sauce to the bowl. Whisk until the mixture is well blended. Set aside.
7. Heat a wok over high heat. Add oil to the pan to coat. Add the shrimp and garlic to the pan, and toss gently. Cook for 2-3 minutes until the shrimp are pink and cooked through. Remove them from the pan and place on a cutting board. Chop each shrimp into 4-6 pieces each and reserve.
8. Add more oil to the wok if needed. Once the oil is heated, add the mushrooms, onions, and carrots. Cook while tossing gently for 3-4

minutes. Add the cabbage to the vegetable mixture and cook until just wilted, about 2-3 minutes.

9. Put the shrimp pieces back into the wok.
10. Add the prepared cornstarch mixture, and stir gently to coat. Stir-fry for about 1 minute to warm the shrimp and sauce.
11. Serve immediately with Mu Shu Pancakes.





## **Lake Tung Ting Shrimp**

*Serves: 4*

*Preparation Time: 20 minutes, plus 30-60 minutes marinating time*

*Cook Time: 25 minutes*



## ***Ingredients***

2 tablespoons soy sauce  
½ cup sherry or dry white wine  
¼ cup water plus cooking water  
1 teaspoon cornstarch  
1 pound large shrimp, peeled and deveined (shells reserved)  
1 tablespoon peanut (or other preferred) oil  
2 cups broccoli florets  
1 medium carrot, sliced diagonally  
1 celery stalk, sliced diagonally  
1 cup green beans, washed and trimmed  
1 cup snow peas, washed and trimmed  
4 cloves garlic, crushed and minced  
1 1-inch piece of ginger, peeled and grated  
1 bunch green onions, greens reserved for garnish  
¼ cup fish stock  
Rice for serving

## ***Directions***

1. In a medium bowl, combine the soy sauce, sherry, ¼ cup water, and cornstarch. Whisk until blended and free of clumps. Add the shrimp to the bowl, and toss to coat. Cover and marinate for 30-60 minutes in the refrigerator.
2. Place the shrimp shells in a small saucepan, and add just enough water to cover them. Simmer over low heat while the shrimp is marinating in the refrigerator. The liquid in the pan will reduce, producing a flavorful broth. Drain, discard the shells, and set it aside.
3. Heat a wok over medium-high heat. Add enough oil to coat the pan. Add the broccoli, carrots, celery, green beans, and snow peas. Cook, tossing gently, until the vegetables are crisp and bright in color, approximately 4-5 minutes. Stir the garlic, ginger, and green onions into the vegetables, and stir-fry one minute longer.
4. Remove the shrimp from the refrigerator and add it to the wok. Toss to incorporate and cook 1 minute. Add the remaining marinade, fish sauce, and the shell stock. Mix thoroughly, and bring it to a boil. Stir

until the sauce thickens. The shrimp should be cooked through and have changed color.

5. Remove it from the heat and serve immediately over rice. Garnish with green onions, if desired.



# Vegetarian Recipes

## Mixed Vegetables

*Serves: 2*

*Preparation time: 10 minutes*

*Cooking time: 8 minutes*



### ***Ingredients***

#### **For thickener (slurry).**

2 ½ teaspoons cornstarch

1 tablespoon water

#### **For stir-fry.**

1 tablespoon vegetable oil

1 clove garlic, minced

1 small red pepper, sliced

1 small carrot, sliced

4 mushrooms, sliced



½ cup bamboo shoots  
½ cup water chestnuts  
1 cup broccoli florets  
½ cup vegetable stock  
Salt, to taste  
2 teaspoons soy sauce

***Directions***

1. Combine the ingredients for the thickener and stir. Set aside.
2. Heat the oil in a wok over high heat. Add the garlic, and stir-fry until fragrant.
3. Add the red bell pepper, carrots, mushrooms, bamboo shoots, and water chestnuts. Stir-fry for 1 minute.
4. Add the bean sprouts and stir-fry for 2 minutes.
5. Pour in the vegetable stock, and bring it to a boil.
6. Give the thickener a quick stir before pouring it into the wok. Stir until it thickens.
7. Add the salt, soy sauce, and adjust according to your taste.
8. Serve while hot.



## **Egg Foo Yung**

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*



***Ingredients***

3 tablespoons peanut oil, or as needed

Rice for serving

### For omelet

6 eggs, beaten

1 cup bean sprouts

¼ cup green onions, minced

¼ cup Chinese cabbage, shredded

4 water chestnuts, minced

½ cup ground vegetarian meat substitute or tofu, chopped

1 teaspoon soy sauce

### For thickener

1 tablespoon cornstarch

2 tablespoons water

### For Sauce

1 cup vegetable broth

1 tablespoon soy sauce

2 teaspoons sugar

2 teaspoons vinegar

Rice for serving

### ***Directions***

1. In a bowl, combine the ingredients for the omelet. Mix well.
2. Heat a wok over moderate heat. Swirl in the oil.
3. Scoop out about ⅓ cup of the egg mixture, and spread it in a circular motion into the wok.
4. When bottom is browned, flip it over to brown other side. Transfer it to a plate.
5. Stir the egg mixture, and scoop to make another omelet. Repeat until the omelet mixture is used up.
6. Combine the cornstarch and water to make thickener.
7. Mix the ingredients for the sauce in a saucepan. Bring it to a boil and simmer.
8. Stir in the thickener, and simmer until it is thick enough to coat a spoon.

9. Serve with omelet (egg foo young). The sauce may be poured over the omelet, or served in a separate bowl. Place omelet over rice for serving.



## Dry-Sautéed Green Beans

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

2 tablespoons peanut oil for stir-frying, or as needed

1 pound Chinese long beans, trimmed and cut into 3-inch pieces

1 tablespoon garlic, chopped

1 tablespoon ginger, chopped

2 green onions, white parts only, finely chopped

½ teaspoon chili paste

1 tablespoon dark soy sauce

½ teaspoon sugar

Salt and pepper, to taste

Sesame seeds for garnish



### ***Directions***

1. Heat a wok over medium heat. Swirl in 1 tablespoon of oil.
2. Add the beans and stir-fry until they shrivel and become slightly browned, about 7 minutes, then remove them to drain on paper towels. Set aside.
3. Adjust the heat to high, and add another tablespoon of oil.
4. Sauté the garlic, ginger, and green onions until fragrant.
5. Add the chili paste and stir to release the aroma.
6. Return the beans to the wok, and stir in the soy sauce, sugar, salt, and pepper.
7. Stir and adjust seasonings according to taste.
8. Sprinkle with sesame seeds and serve immediately.



## Salt and Pepper Tofu

*Serves: 2-4*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

#### **For tofu**

1 14-ounce block extra firm tofu, drained

4 tablespoons cornstarch

Salt and pepper

Vegetable or peanut oil for frying

#### **For stir-fry.**

1 tablespoon vegetable or peanut oil

1 cup leeks, white parts only, chopped

½ cup celery, chopped

½ cup green pepper, chopped

1 tablespoon garlic, minced

1 tablespoon ginger, minced

1 tablespoon light soy sauce

½ teaspoon brown sugar

For garnish

Green onions, chopped

Chili sauce

***Directions***

1. Combine the cornstarch, salt and pepper in a medium bowl.
2. Pat the tofu dry with paper towels, and cut it into cubes.
3. Toss the tofu cubes in the cornstarch mixture, making sure to coat each cube thoroughly.
4. Heat a wok over high heat. Add oil up to ½-inch deep, and allow it to heat up.
5. Fry the cubes in batches; do not crowd the wok, or the tofu will not be crispy. Flip to ensure all sides are golden brown.
6. Drain the tofu on paper towels.
7. Heat a clean wok over medium-high heat. Swirl in 1 tablespoon of oil, and stir-fry the leeks, celery, and green pepper for 2 minutes.
8. Add the ginger and garlic, and stir-fry 2 minutes longer.
9. Stir in the soy sauce and brown sugar, and cook for about 30 seconds more, then add the tofu cubes and toss well.
10. Garnish with green onions and serve with chili sauce on the side.



## Mapo Tofu

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **For thickener**

½ cup chicken or vegetable broth

1 teaspoon cornstarch

2 teaspoons soy sauce

1 teaspoon sugar

#### **For stir-fry**

1 tablespoon sesame oil

2 cloves garlic, minced

2 teaspoons ginger, minced

4 green onions, white part only, minced  
1 tablespoon fermented black beans, roughly chopped  
½ teaspoon Sichuan peppercorns, black seeds removed, ground  
6 ounces vegetarian ground meat substitute\*  
2 teaspoons chili bean paste  
1 14-ounce block silken tofu, drained and cut into ¾-inch cubes

For garnish

Green onions, green part only, minced

***Directions***

1. In a bowl, mix together the ingredients for the thickener. Set aside.
2. Heat the sesame oil in a wok over high heat. Stir-fry the garlic, ginger, and green onions until fragrant.
3. Add the black beans and Sichuan pepper. Stir for a few seconds.
4. Add the ground pork and break up any lumps while stirring. Cook until the pork is browned.
5. Stir in chili bean paste, mixing well.
6. Add the tofu pieces and toss, being careful not to mash them.
7. Stir the thickener, and pour it into the wok.
8. Stir the contents of the wok, and bring the sauce to a boil. When the sauce is thickened, remove the wok from the heat.
9. Garnish with green onion and serve with rice.

\* For non-vegetarian, you can use ground pork.





## Chinese Eggplant in Garlic Sauce

*Serves: 4*

*Preparation Time: 15 minutes*

*Cook Time: 15 minutes*



## ***Ingredients***

1 tablespoon peanut oil  
5 Asian eggplants, cut into 1-inch wedges  
1 1-inch piece fresh ginger, peeled and grated  
3 cloves garlic, minced and crushed  
1 fresh red chili, sliced  
2 green onions, sliced with white and green parts separated  
3 tablespoons soy sauce  
1 ½ tablespoons brown sugar  
1 tablespoon sesame oil  
2 tablespoons rice vinegar  
1 tablespoon cornstarch  
½ cup vegetable broth  
Toasted sesame seeds for garnish (optional)  
Thai holy basil for garnish (optional)  
Rice for serving

## ***Directions***

1. Heat a wok over high heat, and add peanut oil to coat the pan evenly.
2. To the hot wok, add a single layer of eggplant. Cook, stirring gently, for 2-3 minutes. Depending on the size of your wok, the eggplant may need to be prepared in batches.
3. Once the eggplant is cooked through, remove it from the wok, and set it aside.
4. Add a small amount of peanut oil back into the wok. Add the ginger, garlic, chili and the white parts of the green onions. Cook, tossing gently, until the ingredients start to let off a strong aroma, approximately 2 minutes.
5. In a small bowl, combine the soy sauce, brown sugar, sesame oil, vinegar and cornstarch. Whisk until well mixed and free of any clumps from the cornstarch.
6. Add the broth and soy sauce mixture to the pan, cooking until the sauce has thickened slightly, approximately two minutes.
7. Add the eggplant back into the pan and toss to coat.
8. Serve immediately with rice, and garnish with sesame seeds and basil if desired.



## Hunan Bean Curd

*Serves: 4*

*Preparation Time: 15 minutes*

*Cook Time: 20 minutes*



### ***Ingredients***

1 tablespoon peanut (or other preferred) oil

1 ½ 14-ounce blocks extra firm tofu, cubed

2 cups broccoli florets

1 teaspoon chili bean paste

2 teaspoons crushed red pepper

1 cup shiitake or any Asian mushrooms, cut into large pieces

3 cloves garlic, crushed and minced

1 cup vegetable stock

½ teaspoon soy sauce

2 teaspoons sherry

1 teaspoon sesame oil

½ teaspoon cornstarch, mixed with enough water to form a thin paste

½ teaspoon salt

Green onions for garnish (optional)

Rice for serving

***Directions***

1. Heat a wok over high heat, and add enough oil to lightly coat the pan.
2. Toss the tofu into the hot pan, and stir continuously until it begins to brown. Remove the tofu from the pan and set it aside.
3. Add the broccoli, bean paste, and crushed red pepper to the wok. Cook while stirring gently for about 2 minutes.
4. Add the mushrooms and garlic, cooking for one minute before adding the vegetable stock.
5. Return the tofu to the pan. Add the soy sauce, sherry, and sesame oil. Cook for 1 minute.
6. Add the cornstarch mixture to the pan and cook for 3 minutes, or until the sauce begins to thicken. Season with salt if desired. Serve immediately with rice, and garnish with green onions if desired.



## Green Jade Vegetables

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cook Time: 15 minutes*



### ***Ingredients***

2 cups mini bok choy, rinsed and trimmed

3 cups broccoli, chopped, including stems

1 teaspoon sugar

½ cup water

4 tablespoons low-sodium soy sauce

½ tablespoon sesame oil

1 tablespoon cornstarch

2 tablespoons peanut (or other preferred) oil

1 onion, diced

2 cloves garlic, crushed and minced

1 1-inch piece of fresh ginger, peeled and grated

2 cups snow peas, rinsed and trimmed  
3 tablespoons rice wine vinegar  
½ teaspoon salt  
Rice for serving

***Directions***

1. In a large saucepan filled with boiling water, blanch the bok choy and broccoli for 2 minutes. Drain, and rinse under cold water to stop the cooking process. Set aside.
2. In a small bowl, combine the sugar, water, soy sauce, sesame oil, and cornstarch. Set aside.
3. Heat a wok and add 1 or 2 tablespoons of peanut oil over medium-high heat. Add the onion, garlic, and ginger. Cook for one minute.
4. Add the broccoli, bok choy, and snow peas. Cook for 3-4 minutes, tossing gently, until the vegetables begin to soften just slightly and become brighter in color.
5. Add the rice wine vinegar and cover to let the vegetables steam and take on the wine fragrance. Cook for 1 minute.
6. Stir the soy sauce mixture, add it to the pan, and cook only until the sauce begins to thicken. Season with salt if desired, and serve immediately with rice.





# Dessert Recipes

## Fortune Cookies

*Serves: 36*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

3 egg whites

$\frac{3}{4}$  cup white sugar

$\frac{1}{2}$  cup butter, melted and cooled

$\frac{1}{4}$  teaspoon vanilla extract

$\frac{1}{4}$  teaspoon almond extract

1 cup all-purpose flour

2 tablespoons water

### ***Directions***

1. Prepare fortunes on strips of paper.

2. Preheat the oven to 375°F.
3. Line cookie sheets with parchment paper, or spray with non-stick spray.
4. Using an electric mixer, whip the egg whites and sugar at high speed until frothy, about 2 minutes.
5. Reduce the mixer speed to low, and mix in the melted butter, vanilla, almond extract, flour, and water.
6. Spoon the batter onto the cookie sheets in 3-inch circles. Repeat until the batter is used up. Be sure to leave enough space between circles.
7. Bake until the edges begin to turn golden brown, 5-7 minutes. Do not overbake, or they will be too stiff to fold. If you under-bake them, their texture will be too spongy.
8. Quickly take a circle, put the fortune strip on the center, and fold the cookie in half over the fortune.
9. Fold the ends together to make a horseshoe shape.
10. Allow to cool and set. You may put them in muffin pans to prevent them from springing open.



# Mango Pudding

*Serves: 8*

*Preparation Time: 3 hours setting time*

*Cooking Time: 15 minutes*



## **Ingredients**

2 tablespoons/envelopes unflavored gelatin

$\frac{3}{4}$  cup sugar

1 cup hot water

3 cups fresh mangoes, pureed

1 cup evaporated milk

8 ice cubes

Whipped cream and fresh mango slices or cubes for garnish

## **Directions**

1. Dissolve the gelatin and sugar in hot water. Make sure there are no lumps or undissolved gelatin.

2. Combine the mango puree, evaporated milk, and ice cubes in a large bowl.
3. Pour the mango mixture into the gelatin mixture while stirring. Continue stirring until the ice cubes are melted.
4. Pour into molds and chill to set (about 3 hours).
5. When set, loosen the edges with a butter knife and invert the mold over a serving dish. You can also briefly dip the mold into hot water to loosen.
6. Garnish with whipped cream and mango slices.





## **Almond Cookies**

*Makes: 60 cookies*

*Preparation Time: 10 minutes plus 2 hours chilling time*

*Cook Time: 15 minutes*



### ***Ingredients***

2 ½ cups all-purpose flour, sifted

½ teaspoon baking soda

½ teaspoon salt

½ pound butter

1 cup white sugar

1 large egg, lightly beaten

2 teaspoons almond extract

½ teaspoon vanilla extract

60 blanched almonds for garnish (optional)

### ***Directions***

1. In a large bowl, mix together the flour, baking soda, and salt.
2. In another bowl, cream the butter with an electric mixer until creamy. Add the sugar and mix well. Add the egg and extracts, mixing until

blended.

3. Add the dry ingredients to the creamed butter and sugar in 4 even increments, thoroughly mixing after each one. The dough will be coarse and crumbly after mixing. Form two tight balls with the dough and wrap with plastic wrap. Refrigerate for at least 30 minutes. The dough can also be frozen for later use.
4. Preheat oven to 350°F.
5. When ready to bake the cookies, remove the dough from the refrigerator. Form small 1-inch ball with your hands and place them on a parchment-lined cookie sheet, leaving about an inch between cookies. Push a blanched almond into the center of each cookie and flatten the edges.
6. Bake in batches for 12-15 minutes, or until the cookies are lightly golden brown on the edges, and fragrant.
7. Allow to cool before serving.



## Chinese Doughnuts

*Makes: 12*

*Preparation Time: 15 minutes*

*Cook Time: 10 minutes*



### ***Ingredients***

2 cups all-purpose flour

2 ½ teaspoons baking powder

½ teaspoon salt

⅓ cup butter, cubed

¾ cup milk

Oil for frying

Granulated sugar for dusting

### ***Directions***

1. In a medium-sized bowl, combine the flour, baking powder, and salt.
2. Using your hands, add butter to the flour mixture and incorporate until the mixture is crumbly but with no large clumps.
3. Add the milk and mix until a firm dough forms.
4. Turn the dough out onto a lightly floured working surface and knead just enough to form an elastic ball. Do not over-knead the dough in this stage.
5. In a wok or pan large enough for frying, heat 2 inches of oil over medium-high heat.
6. Shape the dough pieces into golf ball-sized balls. Flatten slightly, not applying too much pressure.
7. Fry the doughnuts in small batches, not overcrowding the pan. Slowly lower them into the oil and fry until golden brown, about 4 minutes, turning once.
8. Remove the doughnuts from the oil and dust with sugar.
9. Allow them to cool slightly before eating.



## **Conclusion**

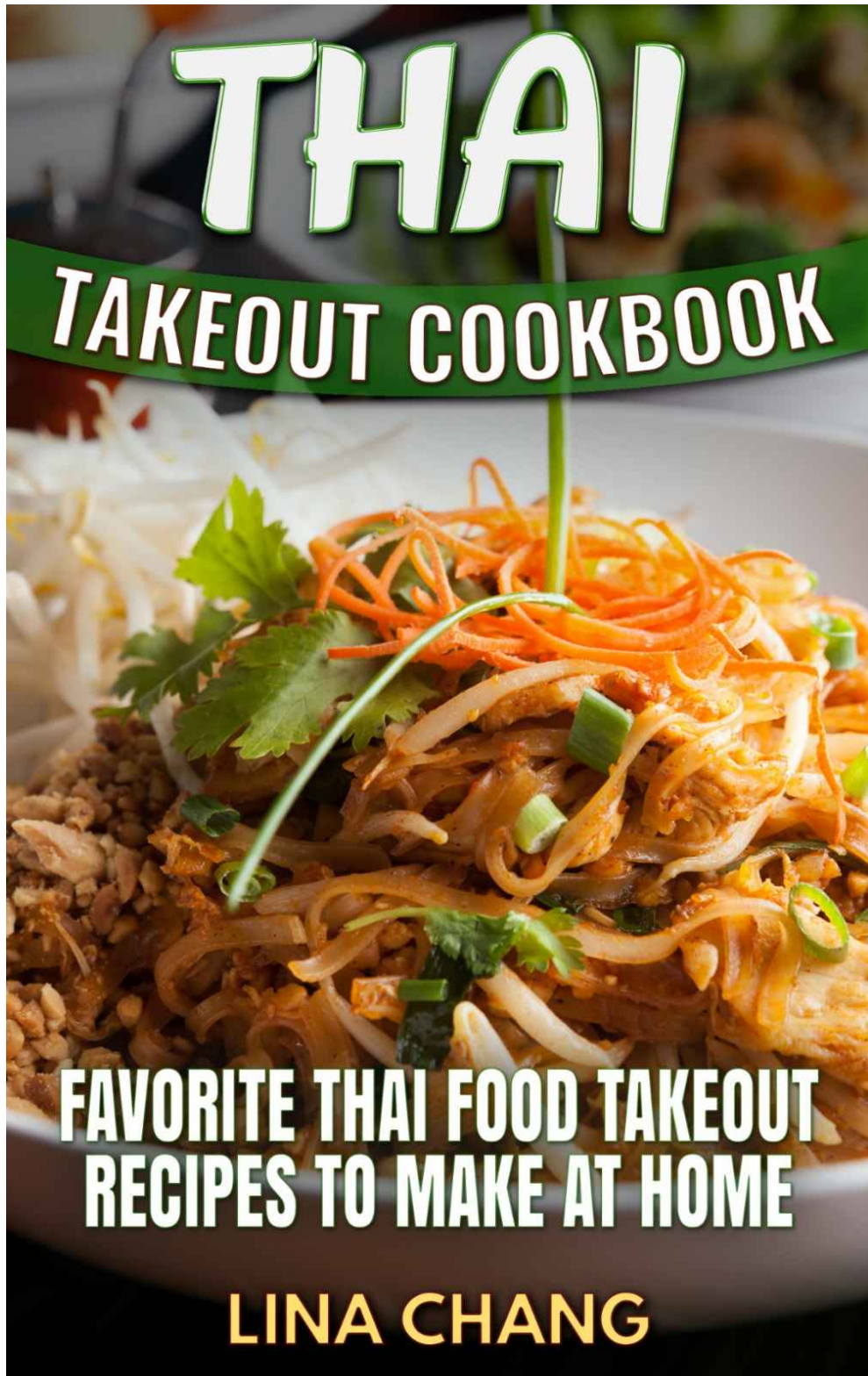
Chinese takeout is an important part of American history and culture. Cooking the dishes in this book is a participation in America's cultural heritage. Although you won't enjoy the convenience of simply having it delivered to your doorstep, making your own Chinese takeout-inspired dishes will be a unique experience as well as an opportunity to prepare healthy food for yourself and your family.

Enjoy the adventure!





**Volume 2: Thai Takeout Cookbook**



**THAI**

**TAKEOUT COOKBOOK**

**FAVORITE THAI FOOD TAKEOUT  
RECIPES TO MAKE AT HOME**

**LINA CHANG**

# Introduction

Thai cuisine has a character all its own. It is easily distinguishable from Chinese and other Asian cuisines. Thai cooking balances sweet, sour, salty, bitter, and spicy in its own unique way. But, as with all takeout recipes, popular Thai takeout dishes as we know them may no longer be considered authentic by purists. Thai takeout dishes are mostly westernized (though delicious) versions of their originals.

This recipe book will help you prepare your favorite recipes, in your home. Most are easy to make without losing that takeout feel. Cooking at home may take some work, but it's always healthier and more fun.

## History

Thai food is the result of the meeting of East and West. It is said to be basically Chinese but with many touches — ingredients and cooking methods — from neighboring Asian as well as faraway cultures from Europe that give it its own type of flavor. Chilies were said to have been introduced by Europeans, while curries were brought to them from India. The Arabs, Persians, Burmese, Laotians, and Khmers are also said to have influenced Thai cooking. The Thais innovated using their own resources, toning down the spiciness using their own herbs, and substituting ingredients such as ghee with coconut oil and cow's milk with coconut milk. The characteristics of Thai food also vary depending on the region of origin. The northern regions, for example, are largely Chinese-influenced; while the southern regions are more heavily Malay-influenced. Thai food as we know it in the West is said to be reminiscent of the ancient royal cuisine of central Thailand or of the former Ayutthaya Kingdom. The many cultures that have contributed to the colorful and exciting flavors of Thailand are still certainly uniquely Thai. Thailand was never colonized, and was therefore able to maintain its own identity and its own cuisine. When the monarchy was overthrown in the 1940s, Thailand's first Prime Minister, Phibun, initiated a drive to further establish a strong cultural identity. The selling and consumption of foreign dishes was discouraged. Chinese street food was banned and a call was made to develop a dish that they could call their own. This brought about the invention of *Pad Thai* (or *Phat Thai*), their national dish. Today, Thai restaurants are rated based on how well they make their Pad Thai.

Asian takeout in the United States began mainly with Chinese immigrants in the 1900s, but Thai takeouts only began to spring up much later. There may have been a very small number of Thai restaurants that were established from the late 50s to late 60s, but takeouts seem to have begun to mushroom in the 70s. Thai takeout in the West is seen by traditionalists as heavily westernized. Thai restaurants in the West are also restricted, perhaps, by the taste buds of the population as well as the availability of ingredients. Where authentic Thai cuisine is characterized by bold flavors, westernized Thai is

bland in comparison. Westernized Thai dishes contain more and bigger-sized portions of meat and fewer portions of herbs. Dried shrimp, a mainstay in true Thai cooking, is sometimes absent in the West. Perhaps it is perceived as too funky for the western palate. In spite of this, many are becoming more adventurous and appreciative of the authentic flavors. Meanwhile, with the heavy influx of tourists from the West to Thailand, Thai chefs are now coming up with many more western-inspired and fusion dishes.

## **Ingredients in Thai Cuisine**

Thailand has added its own ingredients to place its stamp on dishes that were introduced to them by foreigners such as the Chinese and Indians. You will usually find the following things in their dishes.

### Black Pepper

Black peppercorns are used in many dishes and were the original source of heat in Thai recipes. Chilies were only introduced in the 16<sup>th</sup> century.

### Chili Oil

Called *nam phrik phow*, this deep red oil is almost ever-present in Thai dishes and is more convenient to use than fresh chilies. It can be stored in the refrigerator, ready whenever it is needed.

### Chilies

For stir-fries and sauces, Thai or Bird chilies are used. For curries, cayenne chilies are the most common choice. Dried chilies are also used to make curry paste or for stir-fries and soups. Chilies can cause pepper burn and irritate the skin, so use rubber gloves when handling them, and be careful not to get them into your eyes. Avoid inhaling their powder or their vapors when cooking, as this can irritate the respiratory tract.

### Cilantro (*Pak Chee*)

This is the ubiquitous garnish in Thai cooking, which uses the leaves, stems, and roots of the plant. It is an aromatic herb that has a somewhat citrusy flavor. Some perceive its flavor as “soapy.” It is usually used raw, as a garnish, as heat dissipates its flavor. Thais also value this herb for its medicinal properties. It is said to be good for digestion and removal of toxins from the body. It is also called *Chinese parsley* or *coriander*, though we will use the term coriander to refer to the seed of the plant.

### Coconut Milk

Dairy may not be as popular and coconut milk is used instead. Canned coconut milk may also be used.

### Curry Paste

This is an essential ingredient in Thai curries that gives them a distinct flavor. There is red curry paste, green curry paste, yellow curry paste, *Panang* curry paste, and *Massaman* curry paste. Each is composed of a unique combination of herbs and spices to give characteristic flavor. These can also be purchased ready-made at Asian stores.

### Dried Shrimp

*Kung haeng* is used to add an umami element to Thai dishes. It is used to make chili and curry pastes. It is also an ingredient in Pad Thai as well as Thai salads.

### Fish Sauce

Called *nam pla*, it made from fish (usually anchovies) fermented in brine. Most Thai dishes make more use of fish sauce rather than soy sauce to add saltiness and flavor. Vietnamese and Filipino versions are also available but vary in flavor and level of saltiness.

### Galangal

This looks similar to ginger but is lighter in color with tinges of pink. It gives a distinct flavor, and fresh is best.. If you must use dried galangal, soak it first until it softens. Use 2 parts powdered to every 1 part fresh required in the recipe.

### Herbs

Fresh herbs such as cilantro, mint, Thai basil, and Vietnamese coriander are ever-present in a variety of Thai dishes.

### Lemongrass

Also called *takraii*, it gives a lemony flavor plus a hint of ginger. It may also be used dried or in powder and paste. When used fresh to make a paste, grinding or bruising using a mortar and pestle is said to better release its flavor.

### Lime

Limes are used to achieve zest and sourness in Thai dishes. Lime is used in soups and curries to add tartness and aroma. It also has a tenderizing effect on meat.

## Noodles

Thais use many different kinds of noodles. Here are just a few:

### *Bean Noodles (Wun Sen)*

Bean noodles or mung bean noodles, are also called transparent noodles, glass noodles, cellophane noodles, or thread noodles. There are different ways of cooking and preparing these noodles, depending on the recipe. They become pliable when soaked in hot water, and translucent when cooked.

### *Wide Rice Noodles (Sen Han)*

Large rice noodles often used in stir-fries. Commonly used for Drunken Noodles (*Pad Kee Mow*) and Stir-Fried Soy Sauce Noodles (*Pad See Ew*).

### *Medium Rice Noodles/Rice Sticks (Sen Lek)*

The noodles used to make Pad Thai. They are about the same size and appearance as linguine.

### *Rice Sticks/Thin Rice Noodles (Sen Yai)*

The thinnest, flat rice noodles that are used in soups and stir fries.

### *Rice Vermicelli (Sen Mee)*

These are the thinnest round type of rice noodles and may be mistaken for bean noodles. They also need to be soaked in water before adding to dishes, and are white in color when cooked.

## Palm Sugar

A sweetening ingredient made from the sap of the palmyra palm. If you buy it in tubs, check for softness by flexing the tubs. If it's too hard, warm it in the microwave to soften it. You may pound or grate it into a powder or soak it in water to soften it into syrup. It may also be bought in paste form, which

is more convenient to use. Many recipes call for ordinary refined cane sugar, but palm sugar is said to be more flavorful. Coconut sugar and muscovado sugar are similar in flavor and are suitable substitutes.

### Pandan Leaves

*Bai teoy hom*, as it is called, lends aroma and flavor to Thai dishes. Meats and fish are sometimes wrapped in pandan leaves. It can be used in savory and sweet dishes and even to flavor drinks. If you can't find the leaves, you can use pandan extract.

### Plum Sauce

A sweet, sour, and spicy sauce used as a dip or flavorful sauce for dishes.

### Rice

Sticky rice and jasmine rice are commonly used to partner meat and vegetable dishes. It is also used to make snacks and desserts. Sticky rice is more often eaten in the northern region of Thailand while jasmine rice is more common in the south.

### Rhizome (*Krachai* or *Gkrachai*)

Ginger and galangal are also rhizomes, but this is thinner and smaller and is also called lesser ginger, fingerroot or Chinese ginger. It is not a very well-known ingredient in the West but, in authentic Thai cuisine, it is used in salads, stir-fries and in Jungle Curry. Its flavor is described as mildly medicinal and it is said to be good for digestion. You may be able to buy this frozen or pickled in brine.

### Shallots and Garlic

These are chopped or minced and usually sautéed. They're used in many dishes.

### Shrimp Paste (*Kapi*)

This an essential ingredient in dips, sauces, and curry pastes, made from ground shrimp fermented in salt. It is used in making curry pastes and dipping sauces. It has a foul smell and some mistakenly think it is rotten or inedible.



### Sriracha Sauce

A popular condiment made from chilies, vinegar, garlic, and sugar. The Rooster brand, which is most popular in the US, was made by a Vietnamese immigrant. It is named after a town (Si Racha) in Thailand, where the sauce originated.

### Sweet Chili Sauce

*Nam chim kai* is a popular condiment for many Thai recipes, especially appetizers. It is made of chilies in vinegar and garlic.

### Tamarind

*Mahahm* is used to give food a sour note. The pods or the pulp may be used, although tamarind blocks or paste can also be bought and are convenient to use. Possible substitutes are vinegar, lime juice, HP sauce, or dates crushed in lemon.

### Thai Basil

A variety of sweet basil. The taste of Thai basil or *horapha* is said to be a mixture of anise and licorice. This basil has a higher heat resistance than sweet basil, although sweet basil can be substituted in recipes. This is used in Drunken Noodles (*Pad Kee Mow*) and curries. Most Thais prefer Holy Basil (*kaphrao*), which lends a peppery, clove-like flavor.

### Thai Pepper Powder

Known as *prik Thai*, it is mainly composed of white pepper with a bit of coriander and garlic. Is used to achieve an *umami* taste.

### Vinegar

Rice vinegar is commonly used to add sourness or as an ingredient for dipping sauces and salad dressings. White distilled vinegar or apple cider vinegar may also be used although the resulting flavor will differ a bit.

## **Common Tools and Equipment**

Thai cooking does not require highly-specialized equipment. It is possible to prepare their dishes with what is available in any conventional kitchen. Here are some tools that are commonly found in a Thai kitchen.

### Chopping Block

Wooden chopping blocks are used for chopping meat and fish.

### Cleaver

Usually just this one large knife is sufficient for making a variety of cuts and slices for meats and vegetables. The flat side can be used for crushing or smashing garlic or pieces of ginger.

### Coconut Grater

This used to be indispensable for preparing dishes requiring coconut milk, but canned coconut milk has made this unnecessary. However, those who prefer freshly-prepared coconut milk still have this in their kitchen. Freshly grated or frozen shredded coconut can also be purchased.

### Coconut Shell Spoon

This is the traditional ladle for cooking. But any modern ladle will do.

### Curry Pot

A traditional clay pot with large handles, exclusively for making curry dishes. A heavy-bottomed cooking pot can be used instead.

### Food Processor

This will be useful in preparing curry pastes and sauces. Using a mortar and pestle is more tiresome and time consuming but, if you do, the resulting flavor is said to be superior.

### Glutinous Rice Basket

A clever invention for cooking and keeping glutinous rice. It is a bamboo basket which ensures that the rice achieves the right stickiness and

fluffiness. It also prevents the sticky rice from spoiling easily, but it may be impractical for the modern cook. A splatter guard, fine-meshed metal sieve, or colander may be used instead.

### Mortar and Pestle

Traditionally made of stone and used to bruise lemongrass leaves and herbs and to crush garlic. Also used to prepare curry pastes.

### Skewer

Made of bamboo and used for grilling.

### Spatula or turner

This are valuable especially for stir-fries.

### Steamer

This was traditionally used to cook sticky rice and is ever-present in a Thai kitchen. The rice cooker is the modern replacement.

### Strainer

Useful for straining liquid or oil from other ingredients such as noodles or fried meats.

### Wok

The quintessential Asian cooking pan. Useful for stir-frying, deep-frying and a host of other cooking methods. Any ordinary frying pan can be used in place of a wok.

## Cooking Methods

Thai cooking normally does not require any complicated method of cooking. Thai dishes are usually simple to prepare and sparing in the use of oil.

### Stir-Frying

A quick, low-fat and nutrient-preserving method of cooking, in which ingredients are cooked in an ultra-hot wok with minimal oil and frequent stirring. The result is a hot, fresh dish of crisp and tasty ingredients. The key to stir-frying is to start with a very hot wok before adding oil. Prepare all the ingredients in advance and have them ready before stir-frying. Toss seafood quickly to seal in juices.

### Steaming

Steaming seals in flavor, nutrients, and freshness. Place a heat-proof dish over boiling water and cover it with a tight-fitting lid to keep the steam in.

### Stewing

This method involves slow cooking to soften meats and to seal in flavor. Ingredients are cut up into similar sizes and covered with water, and then simmered. The liquid may be served with the dish or reduced to make gravy.

### Deep frying

This is usually done in a wok filled about half-way with oil. The oil must be heated to 350°F before adding ingredients to be fried. Keep heat-proof tongs, a slotted spoon, or a strainer ready to fish the fried food out of the hot oil. It is best to drain the deep-fried food on paper towels to keep it crisp.

### Grilling

Food such as meat and fish are sometimes cooked over coals or flame. Sometimes the food is wrapped in *pandan* or banana leaves to impart flavor and reduce charring. Modern cooks now use aluminum foil. Heat must be well-regulated to ensure even cooking.

Now that you've got your ingredients and utensils ready, it's time to start cooking!



# **Appetizers**

## Classic Spring Roll (Poh Pia Tod)

*Serves: 8-16*

*Preparation Time: 10 minutes plus 20 minutes soaking time*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

#### **Sweet chili sauce**

- 1 cup water, divided
- 4 teaspoons cornstarch
- 2 teaspoons fresh ginger, minced
- 1 teaspoon garlic, minced
- 4-6 pieces Thai chili, minced
- 1 cup rice vinegar
- ½ cup sugar
- 2 teaspoons ketchup



### Sweet plum sauce

- 1 Japanese salted pickled plum
- 5 tablespoons sugar
- 1 tablespoon rice vinegar
- 2-3 tablespoons water

### Spring rolls

- 4 dried shiitake mushrooms
- 3 ounces bean thread noodles
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 5 medium to large prawns, cleaned, peeled and minced (or about 3-4 ounces ground pork or beef)
- ½ cup carrot, peeled and shredded
- 2 tablespoons soy sauce, preferably light
- 1 teaspoon sugar
- ½ teaspoon Thai pepper powder
- 1 cup fresh bean sprouts
- 2 tablespoons chopped spring onion
- 2 tablespoons chopped cilantro
- 16 fresh spring roll wrappers

### Flour paste

- 2 tablespoons flour or cornstarch
- 1 tablespoon water

### ***Directions***

#### For sweet chili sauce

1. In a cup or small bowl, mix 1 tablespoon of the water with the cornstarch. Set it aside.
2. Pound the ginger, garlic, and chili in a mortar and pestle to make a paste. Note: use rubber gloves when handling chili peppers to avoid pepper burns.
3. In a saucepan, pour the vinegar, remaining water, sugar, and ketchup. Bring it to a boil.
4. Reduce heat and simmer, stirring occasionally, for 5 minutes.

5. Stir the water and cornstarch mixture again and whisk it into the sauce. Stir until you notice some thickening.
6. Remove from the heat.

#### For sweet plum sauce

7. Place the ingredients in a small pot or saucepan and mash them together.
8. Bring them to a boil and continue boiling until they form a syrup.

#### For spring rolls

9. Soak the shiitake mushrooms in hot water for 10-20 minutes. Drain and squeeze out the excess water. Slice thinly, and set them aside.
10. Soak the noodles in water for 15 minutes. Drain and cut into 1-inch strands. Set aside.
11. In a small bowl, combine the flour paste ingredients and set it aside.
12. Heat the oil in a wok, and sauté the garlic until fragrant.
13. Stir in the minced shrimp, shiitake, noodles, and carrot.
14. Stir in the soy sauce, sugar, and pepper powder. Stir fry for 3-5 minutes.
15. Add the bean sprouts, spring onion, and cilantro. Mix to heat through, and remove to a bowl and allow the mixture to cool down.
16. Place one wrapper at a time on a clean surface or tray, in a diamond shape.
17. Add about 2 tablespoons of filling close to the tip of the diamond at the bottom or closest to you. Do not put too much filling or else the wrapper will break while frying.
18. Fold the bottom tip of the wrapper over the filling. Roll tightly once.
19. Fold the left and right corners inward, and continue rolling up to the top corner.
20. Moisten the top corner with the flour paste to seal the roll.
21. Repeat this process until all filling or wrappers are used up.
22. Fry the spring rolls until they are golden brown, in about one inch of vegetable oil. For more efficient heating and to get crisp rolls, fry in batches, and do not overcrowd the rolls in the oil.
23. Use a spider strainer or tongs to lift rolls out of the oil, and place them in a dish lined with paper towels.

24. Serve hot with sweet-sour plum sauce or sweet chili sauce.



## Sesame Fried Tofu

*Serves: 4*

*Preparation Time: 5-10 minutes plus 20 minutes pressing time*

*Cooking Time: 15-25 minutes*



### ***Ingredients***

12 ounces extra firm tofu

1 egg, lightly beaten

¼ cup cornstarch

¼ cup peanut or vegetable oil

1-2 tablespoons sesame seeds, lightly toasted

### **For sauce**

1 garlic clove, minced

½ cup sugar

2 tablespoons cornstarch

¾ cup water

⅛ cup rice vinegar

2 tablespoons soy sauce  
2 tablespoons sesame oil  
1 teaspoon chili paste

### **Peanut dipping sauce**

½ cup cilantro, chopped  
1 teaspoon chili pepper, ground to a paste  
2 tablespoons peanuts, toasted and crushed  
1 pinch salt  
2 tablespoons sugar  
2 tablespoons vinegar

### ***Directions***

1. Place the tofu in a shallow baking pan lined with a tea towel. Top with another towel followed by another baking pan. Add something heavy (like a can of soup) to press down for 20 minutes, to squeeze out the liquid. Drain the tofu, and wipe it dry, then cut it into 2-inch squares, half an inch thick, cut in halves.
2. Dip the cubes in egg and then toss in cornstarch to coat. Shake to remove any excess cornstarch. Arrange the pieces on a tray or plate, and set aside.
3. In a small saucepan, mix together the ingredients for the sauce. Boil for 5 minutes, until thickened.
4. Meanwhile, heat the oil in a wok. Fry the tofu for 3-5 minutes, or until golden brown on the bottom. Flip over gently to cook other side. When the cubes are golden brown on both sides, remove them to drain on paper towels.
5. Remove the oil from wok, leaving about a tablespoon. Return the fried tofu cubes to the wok and pour in the thickened sauce. Stir gently to coat the tofu and sprinkle it with sesame seeds. Serve with dipping sauce.
6. To make the dipping sauce, combine the sugar, chili paste, salt, and vinegar in a microwavable bowl and heat until the sugar is dissolved (about 1 minute). Stir well and sprinkle with peanuts and cilantro.



## **Fresh Summer Rolls with Tamarind Sauce**

*Serves: 40-60 (as snack or side dish)*

*Preparation Time: 40 minutes*

*Cooking Time: 2-5 minutes*



### ***Ingredients***

1 package rice wrappers small, round

### **Filling**

2 tablespoons soy sauce

1 tablespoon rice vinegar

1 tablespoon fish sauce

1 teaspoon brown, palm sugar or muscovado

1 cup thin vermicelli rice noodles, cooked and rinsed in cold water, drained

½ cup cooked shrimp, finely chopped

½ cup fried tofu, julienned

½ cup roasted chicken, shredded



1 cup lettuce, julienned  
½ cup cucumber, julienned  
½ cup fresh Thai basil, roughly chopped  
½ cup fresh coriander, roughly chopped  
¼ cup carrot, shredded or julienned  
3-4 spring onions, finely chopped

### Tamarind dipping sauce

½ cup water  
½ teaspoon tamarind paste  
2 teaspoons sugar  
1 tablespoon soy sauce  
1 tablespoon fish sauce  
1 teaspoon arrowroot or cornstarch powder, dissolved in 3 tablespoons water  
1 clove garlic, minced  
1 green or red chili, finely sliced

### ***Directions***

1. First, prepare the dipping sauce. Combine all the ingredients together in a saucepan. Bring to a near-boil and reduce heat. Continue cooking, stirring constantly, until the sauce thickens. Adjust the taste as needed. Remove from the heat and set it aside.
2. Set aside rice wrapper.
3. In a small bowl, whisk together the soy sauce, vinegar, fish sauce, and sugar. Set this mixture aside as well.
4. In a large bowl, combine all the filling ingredients. Pour in the soy sauce mixture and toss to coat.
5. Take a rice wrapper and submerge it in hot water (it should be tolerable to the touch). The wrapper should be of the right softness in 30 seconds.
6. Place the wrapper on a clean, flat surface and another wrapper from the package into the hot water.
7. Place a heaping tablespoon of filling about half an inch from the bottom of the wrapper. Spread out the filling to form a small rectangular shape.

8. Fold the bottom flap of the wrapper over the filling and tuck in the sides. Keep the roll tight as you roll from the bottom upwards. Moisten the top flap with a little water to seal.
9. Arrange the rolls, sealed side down, on a platter. You may slice the rolls diagonally in half to reveal the colorful filling.
10. Serve with prepared tamarind sauce.



## Thai Beef Jerky

*Serves: 2-3*

*Preparation Time: 10 minutes plus 1-12 hours marinating time, 3-4 hours drying time*

*Cooking Time: 3-5 minutes*



### ***Ingredients***

1 pound beef, cut into 3-inch by ½-inch pieces

2 cloves garlic, finely chopped

5 cilantro roots, crushed, or 2 teaspoons ground coriander

1 teaspoon pepper powder

3 tablespoons white sesame seeds

2 teaspoons sugar or honey

1 tablespoon fish sauce

2 tablespoons oyster sauce

1 tablespoon beef bouillon powder (optional)

### ***Directions***

1. Combine all the ingredients in a bowl. Using your hands, massage the seasonings into the beef thoroughly. Cover, and let it marinate for 1 hour to overnight (refrigerated).
2. Lay the beef strips on a rack and leave it in the sun for 3-4 hours, turning the beef occasionally.
3. If you want to use an oven, heat to 160°F and dry the beef in the oven for about 3 hours. When it's ready, the beef can be bent to break. If the beef is too dry, it will snap.
4. To fry, heat 2-3 tablespoons of oil in a wok and fry the beef strips until slightly caramelized.
5. Drain over paper towels.
6. Transfer to serving dish and serve with cucumber or tomato, chili or Sriracha sauce, and sticky rice.



# Curry Puff

*Serves: 12-25*

*Preparation Time: 20-30 minutes*

*Cooking Time: 25-30 minutes*



## ***Ingredients***

### **Cucumber relish**

1 cup rice vinegar

6 tablespoons sugar

1-3 teaspoons chili paste

2 tablespoons cucumber, peeled and finely chopped

1 tablespoon fresh cilantro, finely chopped

### **For pastry dough**

3 cups all-purpose flour, divided

6 tablespoons vegetable oil, plus more for frying

½ cup cold water

### For filling

2 tablespoons vegetable oil

1 small onion, minced

1 teaspoon Thai pepper powder

1 tablespoon butter (optional)

1 ½ cups chicken fillet, cut into quarter- or half-inch cubes (For a vegetable curry puff, omit the chicken and add 1 cup each of cubed carrots and green peas.)

1 ½ tablespoons curry powder

½ teaspoon cumin powder

2 teaspoons salt

1 tablespoon sugar

1 medium potato, peeled, cooked and cut into cubes

1 teaspoon ground white pepper

### ***Directions***

#### For cucumber relish

1. Whisk together the vinegar, sugar, and chili paste. Add the cucumber and coriander. Cover and keep in the refrigerator until ready to use.

#### For filling

2. Heat a wok over medium heat and add oil.
3. Add the onion, Thai pepper powder, and butter (optional). Sauté until the onion is translucent.
4. Add the chicken. Stir and cook until the chicken is almost done, about 8-10 minutes.
5. Add the seasonings, except the white pepper, and mix well.
6. Add the potatoes and continue cooking until they absorb most of the moisture.
7. Adjust the taste as needed. Ideally, the filling should be dry to prevent the dough from becoming soggy or bursting. It should also be a little salty, as the pastry will balance it out.
8. Turn off the heat and stir in white pepper powder. Set it aside and allow it to cool.



### For pastry dough

9. Separate 1 cup of the all-purpose flour to another bowl. You will have 2 bowls of flour, one bowl with 1 cup and another with 2 cups.
10. Add a tablespoon each of oil into each bowl of flour. (As you continue, always add the same amount of oil to each bowl.)
11. Using your hand, mix the oil and flour in the bowl that has 1 cup of flour. Add another tablespoon of oil to each bowl and continue mixing with your hand. You will mix the contents of the second bowl (containing 2 cups flour) later.
12. Add a third tablespoon of oil to each bowl. The flour should start to adhere by now in the first bowl. This is the “oil dough.” Set it aside.
13. To the second bowl, add the cold water and mix it together with one hand to make a smooth, slightly sticky dough. You may add a little more water if needed. Divide this dough into 5 roughly uniform pieces. Shape these into balls and flatten them using your palm and fingers to form discs. This is the “water dough.”
14. Go back to the first bowl, or oil dough, and separate this into 5 pieces as well. These pieces are smaller than the ones in the previous bowl.
15. Take one of the smaller pieces of oil dough and place it in the center of one of the discs of water dough. Fold the sides of the disc over the small dough ball and pinch the edges to seal. Gently and lightly shape this dough “dumpling” into a ball but do not knead. Do the same for the rest of the dough.
16. Using a rolling pin, roll out a ball of dough to about ¼-inch thickness. Lift the lower end and roll up the dough like a scroll. Position the “scroll” vertically on the table surface and flatten again with a rolling pin. Again, roll to make a scroll. This scroll should be cylindrical in shape. Cut this cylinder into 5 equal pieces using a knife or dough cutter. You will have 5 small discs and you will see the layers of water and oil dough that form the disc.
17. Roll out one of this discs with a rolling pin into a thin circle, about a sixteenth to an eighth-inch thick.
18. Place about 1 ½ teaspoons to 1 tablespoon of filling (not too much or the pastry will break) close to the center of the dough and fold it over to form a semi-circle, with the filling inside. Flute or crimp the edges by gently rolling the edge with your thumb and forefinger.

19. Heat oil for frying to 350°F (the dough will break apart if the oil is not the right temperature) and deep-fry until golden brown.
20. Drain over paper towels. Serve with [cucumber sauce](#).



## Crispy Chicken Wings

*Serves: 6*

*Preparation Time: 20 minutes plus 6 hours marinating time and 20 minutes air-drying*

*Cooking Time: 25 minutes*



### ***Ingredients***

4 pounds chicken wings

#### **For tamarind dipping sauce**

½ cup water

½ teaspoon tamarind paste

2 teaspoons sugar

1 tablespoon soy sauce

1 tablespoon fish sauce

1 teaspoon arrowroot or cornstarch powder, dissolved in 3 tablespoons water

1 clove garlic, minced  
1 green or red chili, finely sliced

For marinade

6 large cloves of garlic, peeled  
2 teaspoons whole coriander seeds  
1 tablespoon whole white peppercorns  
2 tablespoons cilantro roots or stems, finely chopped  
3 tablespoons oyster sauce  
2 teaspoons salt  
1 teaspoon sugar

For batter

1 ½ cups rice flour  
1 teaspoon salt  
1 teaspoon chicken bouillon powder or granules  
1 cup of water plus 2 teaspoons baking soda

For dry coating

2 cups of rice flour

***Directions***

1. First, prepare the dipping sauce. Combine all ingredients together in a saucepan. Bring it to a near-boil and reduce the heat. Continue cooking and stirring, until the sauce thickens. Adjust the taste as needed. Remove it from the heat and set aside.
2. Dry the chicken with paper towels and place it in a large bowl.
3. Make a paste by pounding the first four marinade ingredients in a mortar and pestle or food processor.
4. Add the paste and other marinade ingredients to the chicken, and rub it into the chicken with your hands.
5. Cover and let it marinate in refrigerator for 6 hours or overnight.
6. Whisk together the batter ingredients.
7. Coat the marinated chicken (do not drain or wipe off marinade) with the thin batter.

8. Follow this immediately with a coat of rice flour. Shake off some excess flour, and arrange the coated chicken on a tray or cookie sheet.
9. Let it air-dry for 15-20 minutes.
10. Heat up oil in a wok or fryer to 350°F.
11. Fry the chicken until the inside is thoroughly cooked and the outside is golden brown.
12. Remove from the oil and drain it on a cooling rack over paper towels.
13. Serve with [tamarind dipping sauce](#).



## Thai Fish Cake

*Serves: 10-15*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

#### **Cucumber Relish**

¾ cup Thai sweet chili sauce

½ cup cucumber, thinly sliced

2 tablespoons dry-roasted peanuts, finely chopped

2 tablespoon cilantro leaves, coarsely chopped

3 tablespoon shallots, thinly sliced

2 large egg whites

1 (4-ounce) can red curry paste

¼ cup sugar

4 tablespoons fish sauce



1 tablespoon paprika (optional)  
1 ½ pounds fish paste (store-bought)  
4 tablespoons chiffonade of kaffir lime leaves  
1 cup Chinese long beans, finely chopped  
½ cup chiffonade of basil leaves  
Vegetable oil, for deep-frying

### ***Directions***

1. First, prepare the cucumber relish. Mix the ingredients for the relish together, cover, and refrigerate.
2. Meanwhile, mix together the egg whites, red curry paste, sugar, fish sauce and paprika, if using. Add the fish paste and mix to make a thick paste. Use your hands to mix, or use the paddle attachment of a stand mixer. Mix for about 5 minutes.
3. When the paste is mixed well and feels very sticky, fold in the kaffir lime leaves, long beans, and chiffonade of basil leaves.
4. Cover with plastic wrap and refrigerate for 30 minutes.
5. Heat a wok over medium heat and fill it with oil, about 2 inches deep. The temperature of the oil should be 350°F.
6. Prepare a small bowl of water to wet your hands so that the fish paste won't stick.
7. After wetting your hands, scoop out a handful of the fish paste mixture. Make a ball and flatten it to make about a 2-inch diameter patty.
8. Fry the fish patties until golden brown (about 30 seconds). Flip over to cook the other side. The patty should be cooked after about 1 minute of frying. The patties are done when they resist a bit or bounce when tapped while frying.
9. Remove the cooked fish cakes and drain on paper towels.
10. Serve with [cucumber relish](#). May also be eaten with rice.



## Crispy Fried Calamari

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 pound squid tubes, cut into ½-inch rings (or use pre-cut rings)

2 cups semolina flour, divided

1 tablespoon teaspoon salt

1 tablespoon sugar

1-2 teaspoons dried crushed chilies or cayenne powder

1 teaspoon garlic powder

⅛ teaspoon 5-spice powder (optional)

⅛ teaspoon ground white pepper (optional)

2 eggs, lightly beaten

Vegetable oil for frying

Lettuce or fresh coriander leaves for serving

Lime wedges, for serving (optional)

## ***Directions***

1. Dry the squid rings with a towel.
2. Prepare 3 bowls. In the first bowl, place 1 cup of flour. The second bowl should contain the beaten eggs. In the third bowl, combine the remaining flour, salt, sugar, and spices. This is the coating mixture.
3. Prepare a tray for coated rings.
4. Take a ring and coat it with plain flour, gently shaking to remove any excess.
5. Next, dip it into the egg, then into the coating mixture.
6. Lay it on the tray. Do not let coated rings touch or else they will stick.
7. Repeat until all the rings are coated.
8. Pour oil into a wok or frying pan to 1-inch deep. Heat over medium-high, to 350°F. When the oil begins to shimmer, you can test it by placing a ring into the oil, it should begin to sizzle and cook.
9. Fry the rings in batches to avoid overcrowding and to maintain the right frying temperature, for about 1 ½ minutes on each side. You can use a skewer to flip the rings.
10. If the oil is too hot, it will splatter, so reduce the heat if necessary.
11. Fried rings should be light golden brown. Do not overcook or else the squid will turn rubbery.
12. Drain the cooked rings on paper towels.
13. Serve immediately with [Thai sweet chili sauce](#).



## Andaman Shrimp Cake

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

7 ounces pork belly, cubed  
5-6 cloves garlic, minced  
1 teaspoon ground white pepper  
1 cilantro root  
1 pound shrimp meat  
2 eggs  
4 teaspoons sugar  
2 tablespoons light soy sauce  
 $\frac{1}{3}$  cup all-purpose flour  
2 cups Panko bread crumbs  
Oil for frying

## ***Directions***

1. Combine the pork belly, garlic, pepper, and cilantro root in a food processor and grind to a coarse consistency.
2. Add 1/3 of the shrimp, eggs, sugar, soy sauce and flour into the food processor and continue grinding to a coarse but evenly-distributed mixture.
3. Add the rest of the shrimp and just pulse the food processor a few times.
4. To test, take a spoonful and microwave for 15 seconds. Make any needed adjustments with saltiness, sweetness, or spiciness accordingly. Add water if it's too dry.
5. Take 2 tablespoons of the shrimp mixture and flatten it into a patty using your hands, and coat with Panko bread crumbs.
6. Fry in 1-inch deep oil at 300°F, turning over now and then.
7. You must regulate the temperature so that patty is evenly cooked. The cake is done when it is golden brown outside and also well done inside.
8. Drain on paper towels.
9. Serve with [sweet plum sauce](#) or [sweet chili sauce](#).





# Crab Rangoon

*Serves: 8-10*

*Preparation Time: 10 minutes*

*Cooking Time: 2 minutes*



## ***Ingredients***

- 1 (6-ounce) can crabmeat
- 6 ounces cream cheese, softened to room temperature
- 3 cloves garlic, minced
- 1 dash Worcestershire sauce
- ½ teaspoon salt
- 1 dash white pepper
- Wonton skins
- 1 beaten egg, for sealing
- Oil, for frying

## ***Directions***

1. Combine the first 6 ingredients (through white pepper), mixing well.

2. Prepare the wontons and place a wrapper on a clean surface.
3. Spoon out about ½ teaspoon of filling for each wonton. Place in the middle of a wonton and pinch the opposite corners together.
4. Carefully squeeze out any air (this is very important, or else the filling make a mini-explosion when frying) and then seal the edges with the beaten eggs.
5. Deep-fry until golden brown, and drain on paper towels.
6. Serve with [sweet chili sauce](#) or [peanut sauce](#).



## Satay Chicken

*Serves: 3-4*

*Preparation Time: 30 minutes plus 4 hours marinating time*

*Cooking Time: 8-10 minutes*



### ***Ingredients***

#### **Peanut-coconut milk sauce**

- 1 tablespoon dark soy sauce
- 1 small onion, minced
- ½ cup peanut butter
- 2 tablespoons brown sugar
- 1 cup coconut milk
- 1 teaspoon Sriracha or red pepper flakes, or to taste
- Salt, as needed
- 2 tablespoons peanuts, toasted and crushed
- 2 teaspoons honey, or to taste (optional)

For satay.

2 pounds chicken breast fillets (you may also use pork or beef)  
1 tablespoon ground coriander  
1 tablespoon curry powder  
2 teaspoons cumin powder  
½ teaspoon turmeric powder  
½ teaspoon pepper  
¼ cup sugar  
2 teaspoons salt  
6 cloves garlic, peeled  
¼ cup lemongrass, roughly chopped  
¼ cup cilantro, roughly chopped  
½ cup coconut milk  
3-4 tablespoons condensed milk  
1 tablespoon vegetable oil

***Directions***

For peanut-coconut milk sauce

1. In a saucepan, whisk together all the ingredients EXCEPT the crushed peanuts and honey (optional).
2. Heat over medium-high heat and bring to a boil, stirring or whisking continuously.
3. Remove from the heat.
4. Taste and adjust the flavor with more chili sauce or salt. Add honey, if desired.
5. Add peanuts and mix well. May be used warm or at room temperature.

For satay.

6. Trim the chicken and remove any fat or cartilage.
7. Cut the meat into about 2-inch by 1-inch strips.
8. Butterfly the strips by cutting a ¼-inch thick strip horizontally up to about ¼-inch from where the meat is joined. Cut again to lengthen, cutting the thicker portion from the 'joint' outward. So you will have long piece of chicken meat, about 5-6 inches long and ¼-inch thick. Do the same for the rest of the chicken.

9. Place the meat in a bowl and add coriander, curry, cumin, turmeric, and pepper powders. Add the sugar and salt. Mix well and set aside.
10. In a blender, mix together the garlic, lemongrass, cilantro, and coconut milk. Blend until smooth.
11. Pour the coconut milk mixture over chicken.
12. Add the condensed milk and oil.
13. Mix everything together with your hands until well blended.
14. Cover with plastic wrap, refrigerate and let it marinate for 4 hours to overnight.
15. Using a kitchen knife, cut the edges of the skewered chicken so they don't dangle.
16. Use any leftover marinade as a glaze while grilling.
17. Grill the skewers over medium-low heat for 4-5 minutes on each side, brushing with marinade from time to time. The satay will look dry when it's done.
18. Serve with peanut-coconut milk sauce or [peanut dipping sauce](#) and toasted bread, if desired.



# Soups



## Spicy Lemongrass Soup (Tom Yum)

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients***

1 teaspoon soy sauce

1 teaspoon white sugar

1 teaspoon red curry paste, or to taste

4 cups water

2 stalks of lemongrass, sliced

4-6 kaffir lime leaves

1 bunch Bok choy, leaves separated, each leaf halved

½ cup baby corn, sliced

¼ cup carrot, diced small

1 medium tomato, sliced

3-4 ounces mushrooms, roughly chopped

1 red bell pepper, diced small  
2 tablespoons lime juice  
Salt to taste  
1 tablespoon Thai basil leaves, for garnish

***Directions***

1. Combine the soy sauce, sugar and red curry paste in a cup or bowl. Set it aside.
2. Heat the water in a saucepan, and add the lemon grass. Tear the lime leaves and drop them into the water.
3. Boil for 5 minutes, until the water has turned green and fragrant.
4. Strain out the lemon grass and lime leaves and return the stock to the saucepan.
5. Add the Bok choy, baby corn, carrot, tomato, mushrooms, and bell pepper.
6. Bring it to a boil. Cook until the vegetables are tender but not overcooked.
7. Add the soy sauce mixture and lime juice.
8. Season with salt and adjust the flavor according to taste. Tom Yum should be sour and spicy. Add more lime juice or red curry paste, as needed.
9. Serve hot, garnished with Thai basil.



## Quick Coconut Soup (Tom Kha)

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 (14-ounce) can coconut milk

2 cups chicken stock

1 1-inch piece of ginger, peeled and chopped

1 pound shrimp, cleaned, shelled and deveined OR chicken breast, trimmed and sliced OR a combination of both

1 cup mushrooms, cleaned and sliced

2 tablespoons fresh lime juice

Zest of 1 lemon or lime

1 tablespoon fish sauce

1 teaspoon chili paste or Sriracha

For garnish

Green onion, chopped

Cilantro, chopped

***Directions***

1. Bring the coconut milk, chicken stock and ginger to boil in a pot, then reduce to a simmer.
2. Add the rest of ingredients (except the garnishes) and simmer. Cook for 5 minutes for shrimp, or 10 minutes for chicken. If you're using both, add the chicken and cook for 5 minutes before adding the shrimp and cooking another 5 minutes.
3. Adjust the flavor with more fish sauce and chili or Sriracha, as desired.
4. Serve hot, garnished with green onion and cilantro.



# Salads

## Papaya Salad (Som Tum)

*Serves: 2*

*Preparation Time: 20 minutes*

*Cooking Time: 5 minutes or none*



### ***Ingredients***

2 cups shredded green papaya

2 cloves garlic, peeled

1 tablespoon dried shrimp (optional)

1-3 fresh birds eye chilies

½ piece palm sugar OR 1 tablespoon sugar

½ cup chopped tomato, preferably cherry

1-2 tablespoons green beans, topped and sliced thinly, 1 inch in length

Juice of 1 lime or lemon

1 ½ tablespoons fish sauce

2 tablespoons toasted peanuts, crushed

### ***Directions***



1. If using palm sugar, melt it in 2 tablespoons of water in a pan over low heat to make a thick syrup. Set it aside to cool.
2. In a mortar and pestle, crush the garlic and dried shrimp (optional). Follow this with the chili. Crush but do not puree. If your mortar and pestle is large enough, the green papaya and continue pounding to incorporate the flavor. If not, simply mix crushed garlic, shrimp, and chili with the papaya in a bowl.
3. Add the liquid palm sugar (or sugar), tomatoes, beans, lime juice and fish sauce. Mix thoroughly to blend flavors.
4. Sprinkle with crushed peanuts and serve.



# Thai BBQ Beef Salad

*Serves: 4*

*Preparation Time: 20 minutes plus 4 hours marinating time*

*Cooking Time: 10 minutes*



## ***Ingredients***

1 pound beef steak, sliced about 1 to 1 ½-inches thick

### For marinade or dressing (to be divided)

3 tablespoons lime juice, divided

3 tablespoons soy sauce

3 tablespoons vegetable oil

2 tablespoon brown sugar

3 cloves garlic, minced

1 ½ teaspoons ginger, minced

1 ¼ teaspoons red curry paste or chili-garlic sauce

### For salad

½ head red-leaf lettuce, torn  
½ red bell pepper, trimmed and julienned  
½ cucumber, seeded and julienned  
½ cup cilantro leaves, rinsed and dried  
1 cup chiffonade of basil leaves  
3 shallots, thinly sliced, divided, for garnish

***Directions***

1. Pat the beef dry with paper towels.
2. In a bowl, combine ingredients for marinade/dressing. Mix well to blend the flavors. Divide, and keep half to be used as dressing. Refrigerate.
3. Add the other half to the meat and let marinate in the fridge for 4 hours to overnight.
4. Grill the marinated beef to medium-rare (about 5 minutes on each side) or to desired doneness. Remove it from the heat and let it cool.
5. Slice the meat thinly against the grain.
6. Combine the rest of the ingredients, setting aside some shallots for garnish.
7. Add the dressing and toss the ingredients to coat.
8. Garnish with remaining shallots, and serve.



# Thai Tofu and Chicken Salad with Peanut Dressing

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 5-10 minutes*



## ***Ingredients***

### **Peanut dressing**

- 3 tablespoons water
- 2 tablespoons rice wine vinegar
- 1 tablespoon green onions, chopped
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon ginger, peeled and grated
- 1 teaspoon Sriracha or chili sauce
- 1 teaspoon dark sesame oil
- 2 teaspoons dry-roasted peanuts

### **For salad**

- 3 ounces extra-firm tofu
- 2 cups mixed baby salad greens
- ½ cup fresh bean sprouts
- 2 tablespoons red onion, vertically sliced

2 tablespoons fresh mint leaves  
2 tablespoons fresh cilantro leaves  
1 medium carrot, peeled and julienned  
4 cherry tomatoes, quartered  
1 cup cooked chicken breast, shredded

***Directions***

1. Prepare the dressing by first setting aside peanuts and then putting the rest of the ingredients in a blender. Blend until smooth. Add peanuts and blend for about 10 seconds, just to crush peanuts. Or, crush the peanuts beforehand in a mortar and pestle and sprinkle over the dressing. Set aside.
2. Fry the tofu until it is golden brown on all sides. Drain, and cut it into bite-sized pieces. Set it aside. Alternately, you may cut the tofu first before frying, to get a crisper texture.
3. For the salad, mix all the ingredients together. Add the dressing and toss to coat evenly.
4. Sprinkle with fried tofu cubes and serve.





# **Noodles and Rices**

## Chicken Pad Thai

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 (8-ounce) box pad Thai rice noodles

10 tablespoons pad Thai sauce, store-bought OR make your own  
3 tablespoons vegetable oil, divided  
3 cloves garlic, minced  
1 shallot, finely sliced  
8 ounces chicken breast fillet, trimmed and sliced thinly  
2 eggs  
1 cup bean sprouts

#### Pad Thai sauce ingredients

3 tablespoons soy sauce  
1 tablespoon chili sauce or Sriracha  
1 tablespoon tamarind paste OR 2 tablespoons lime juice  
1 tablespoon fish sauce  
2 tablespoons palm sugar or brown sugar  
2 tablespoons vegetable or peanut oil

#### For garnish

Cilantro, chopped  
Lime wedges  
Toasted peanuts, crushed

#### ***Directions***

1. Soak the noodles in hot (not boiling) water for about 10 minutes and drain (or follow the instructions on the package). Set aside.
2. If not using store-bought pad Thai sauce, whisk together the sauce ingredients in a bowl and set aside.
3. Heat a wok over high heat. Add 2 tablespoons of oil and sauté the garlic, shallots, and chicken.
4. Cook until the chicken is done, about 10 minutes. Remove from the wok.
5. Add remaining oil to the wok and scramble the eggs.
6. Reduce the heat and add the pad Thai sauce, then the noodles, and toss to coat evenly.
7. Add the chicken mixture and stir until heated through.
8. Serve with cilantro, peanuts, and lime.



## Chicken Pad See Ew

*Serves: 3*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

1 (8-ounce) pack rice stick noodles or *Sen Yai* Noodles

### **For sauce**

2 tablespoons dark soy sauce (or 1 ½ tablespoons soy sauce + 1 tablespoon honey)

2 tablespoons oyster sauce

2 teaspoons soy sauce

2 teaspoons white vinegar

2 teaspoons sugar

2 tablespoons water

### Stir-fry.

2 tablespoons peanut or vegetable oil

2 cloves garlic, smashed

1 cup skinless chicken thighs or breast fillet, cut into bite-sized pieces

Broccoli stems, julienned

1 large egg

4 cups Chinese broccoli (or you can use Bok choy or pak choy), separate leaves from stems

### ***Directions***

1. Soak the noodles in hot (not boiling) water for about 10 minutes and drain (or follow the packaging instructions). Set aside.
2. Combine the sauce ingredients and set aside.
3. Place the smashed garlic in the oil in a wok over high heat. Crush the garlic to mince as the wok heats up.
4. When the oil is hot and garlic is golden brown, add the chicken and broccoli stems. Stir-fry for 1 minute.
5. Push the garlic, broccoli, and chicken to the side of the wok, and scramble the egg in the oil. Expect some charring, which will add flavor.
6. Add the noodles, broccoli leaves, and the sauce.
7. Toss to coat evenly, and continue cooking until the leaves begin to wilt.
8. Remove from the heat and serve.



## **Drunken Noodles (Pad Kee Mao)**

*Serves: 2-3*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

1 (7-ounce) pack pad Thai noodles, dried

#### **For sauce**

3 tablespoons oyster sauce

3 tablespoons regular soy sauce (or 1:1 dark to light soy sauce)

2 teaspoons sugar

2 tablespoons water

#### **For stir-fry**

2 tablespoons peanut or vegetable oil

3 large cloves garlic, minced

1-3 birds eye chilies, deseeded and very finely chopped



10 ounces chicken thigh or breast fillet, cut into bite-sized pieces  
1 cup basil leaves, preferably holy basil (*kaphrao*)  
2 shallot stems, cut into 2-inch pieces  
½ cup carrot, julienned  
½ cup canned bamboo shoots, rinsed and drained (if using pre-cooked, vacuum packed, open pack just before use, rinse and cut)  
¼ red bell pepper, deseeded and julienned

### ***Directions***

1. Soak the noodles in hot (not boiling) water for about 10 minutes and drain (or follow the packaging instructions). Set aside.
2. Whisk together sauce ingredients in a small bowl and set aside.
3. Heat oil in wok or pan over high heat. Add the garlic and chilies and cook for 10 seconds.
4. Add the chicken and stir-fry until it is done, about 2-3 minutes.
5. Add the shallot stems, carrot, and about 1 tablespoon of sauce, and stir to coat the chicken.
6. Add the noodles, bamboo shoots, bell pepper, and the rest of the sauce, and cook until evenly coated. If the noodles are too dry, add about a tablespoon (or more, if needed) of hot water and stir.
7. Turn off the heat. Add the basil leaves and stir to wilt the leaves in the hot noodles.
8. Serve.



## Stir-Fried Glass Noodles (Pad Woon Sen)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

6 ounces glass or bean noodles (*woon sen*)

#### For the sauce

3 tablespoons fish sauce

3 tablespoons Sriracha sauce

1 tablespoon oyster sauce

1 tablespoon rice wine vinegar

½ teaspoon sesame oil

#### For the noodles

3 tablespoons peanut oil, divided

2 eggs

Pinch of salt

1 small yellow onion, julienned  
2 stalks celery, sliced thin on the bias  
3 garlic cloves, crushed and minced  
1 small carrot, peeled and julienned  
2 shallot stems, cut into 2-inch pieces  
1 cup Napa cabbage, finely sliced  
2 chicken fillets, trimmed and cut into very thin strips

### ***Directions***

1. Soak the noodles in hot (not boiling) water for about 10 minutes (or follow the packaging instructions). Drain, and set aside.
2. Add a pinch of salt to the eggs and beat thoroughly.
3. In a small bowl, whisk together the sauce ingredients and set that aside.
4. Heat a wok over medium heat. Add 2 tablespoons of peanut oil and swirl to coat the pan.
5. Add the beaten eggs and let them cook for about 1 minute. Transfer the cooked eggs to a cutting board and slice them into ribbons. Set aside.
6. In the same wok, add about a teaspoon more of oil and heat almost to the smoking point.
7. Sauté the onion until translucent. Add the celery and stir-fry for 30 seconds.
8. Add the garlic and stir-fry for 15 seconds.
9. Add another teaspoon of oil to the wok, if needed. Add the carrot and shallots and stir-fry for about 1 minute.
10. Add the Napa cabbage and cook until it begins to wilt. Remove this mixture of vegetables from the wok and transfer it to a dish.
11. To the same wok, add remaining oil as needed. Allow it to heat up for about 15 seconds and then add chicken slices. Stir-fry until the chicken is done.
12. Add the drained noodles and about 2/3 of the sauce. Toss and continue cooking until the noodles are well coated, the liquid has been absorbed. Adjust saltiness, if needed.
13. Transfer the noodle and chicken mixture to a serving dish. Pour in the remaining sauce, vegetables, and egg ribbons. Toss to coat evenly.

14. Serve.



## Thai Fried Rice

*Serves: 4-6*

*Preparation Time: 5 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

4 cups precooked cold jasmine rice

3-4 tablespoons peanut oil or vegetable oil

4 cloves garlic, minced

1 ½ cups boneless skinless chicken breast fillets (lean pork or beef may be used), thinly sliced

2 eggs, beaten and seasoned with salt and pepper

¾ cup snow peas, trimmed

½ cup carrot, julienned

4 green onions, sliced thin

1 tomato, chopped

2 teaspoons palm sugar or table sugar  
3 tablespoons Thai fish sauce  
1 tablespoon oyster sauce  
1-3 teaspoons chili sauce, or according to taste  
For garnish  
½ cup cilantro, chopped  
1 cucumber, sliced  
2 limes, cut into wedges

### ***Directions***

1. Break up the cold rice with a wooden spoon or your hands (this is better) to separate the grains. Use plastic gloves or wet your hands so the rice does not stick. Set it aside.
2. Heat a large wok or large nonstick skillet over medium-high heat.
3. Add the oil and swirl, then add the garlic and stir-fry for about 30 seconds.
4. Add chicken slices and stir-fry until done.
5. Move to the side of the wok and add more oil, if needed. Allow the oil to heat up again for about 15 seconds.
6. Pour in the beaten egg and scramble.
7. Add the snow peas and carrots, and stir-fry for about 45 seconds.
8. Add the rice, constantly scooping from the bottom up to ensure even frying. You should smell the rice getting toasted.
9. Add the spring onions, tomato, sugar, and sauces. Continue stir-frying to coat the rice with flavor.
10. Serve garnished with the cilantro, cucumbers, and lime wedges, with fish and chili sauces on the side.





## Pineapple Fried Rice

*Serves: 5*

*Preparation Time: 30 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

4 cups cold, precooked rice

2-3 tablespoons peanut or vegetable oil, divided

2 shallots, finely chopped  
3 cloves garlic, finely chopped  
1 red or green chili, thinly sliced  
2-4 tablespoons vegetable or chicken stock  
2 eggs, beaten and seasoned with salt and pepper  
½ cup frozen peas (optional)  
1 small carrot, julienned (optional)  
1 ½ cups pineapple chunks, canned or fresh, drained  
¼ cup raisins  
½ cup roasted, unsalted whole cashew nuts

#### For sauce

1 tablespoon fish sauce  
2 tablespoons soy sauce  
2 teaspoons curry powder  
½ teaspoon sugar

#### For garnish

3 stalks spring onion, chopped  
⅓ cup fresh cilantro, chopped

#### ***Directions***

1. Break up the cold rice with a wooden spoon or your hands (this is better) to separate the grains. Use plastic gloves or wet your hands so the rice does not stick. Set it aside.
2. Combine the sauce ingredients in a small bowl or cup. Set them aside.
3. Heat up a large wok or non-stick skillet over medium-high heat.
4. Add 2 tablespoons of oil.
5. Sauté the shallots, garlic, and chili for about 1 minute or until fragrant. Add 1 tablespoon of stock to sizzle and deglaze. Push it to the side of the wok.
6. Add the beaten eggs to the center of the wok and scramble.
7. Peas and carrots (if using) may be added at this point. Stock may be added a tablespoon at a time to prevent the mixture from drying out, if needed. Stir-fry for 1 minute.
8. Add about a tablespoon more of oil, if needed, and allow to heat up.

9. Add the rice, pineapple chunks, raisins, and cashew nuts.
10. Add the prepared sauce and gently stir-fry to combine over medium-high to high heat. “Shovel” the rice with a spatula from the bottom up constantly. The rice should make gentle popping sounds, about 5 minutes.
11. Adjust the flavor with a little salt or chili sauce, as desired. If necessary, the saltiness can be reduced with a few drops of lime juice.
12. This dish is traditionally served in a carved-out pineapple. Garnish with cilantro and spring onion.



# **Chicken and Duck Main Entrées**

## Easy Chicken Coconut Green Curry

*Serves: 8*

*Preparation Time: 5 minutes (does not include curry paste preparation)*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **Green Curry Paste**

4-6 green chilies, seeded and chopped

2 shallots, chopped

1 tablespoon ginger, peeled and grated

2 cloves garlic, crushed

1 bunch cilantro

2 stalks lemongrass, bruised

Zest of 1 lime

Juice of 1 lime

8 kaffir lime leaves, torn

1 tablespoon galangal, peeled and chopped

1 tablespoon coriander seeds, crushed  
1 teaspoon ground cumin  
1 teaspoon black peppercorns, crushed  
2 teaspoon fish sauce  
4 tablespoons peanut or vegetable oil

For curry.

2 tablespoons vegetable oil  
2-3 tablespoons green curry paste (homemade or store-bought)  
1 ½ pounds boneless chicken thigh or breast fillet, cut into 1-inch pieces  
3 cups coconut cream or coconut milk (about 2 cans)  
1 cup string beans, topped and cut into 1 ½- to 2-inch pieces  
½ medium carrot, peeled and thinly sliced  
4 ounces bamboo shoot, canned or vacuum packed, drained and sliced  
1 medium Japanese eggplant, cut into 2-inch pieces  
½ cup mixed bell peppers (red and green), seeded and cut into bite-size pieces  
1 tablespoon fish sauce, or to taste  
1 teaspoon sugar, or to taste  
Soy sauce, to taste (optional)

***Directions***

For green curry paste

Note: Use rubber gloves when handling chili peppers to avoid pepper burns.

1. Pound or mash the lemongrass in a mortar and pestle, and then blend it with all the other ingredients in a food processor. Store it in a glass jar, and refrigerate.

For curry.

2. Heat the oil in large wok, pot, or Dutch oven over medium heat.
3. Fry the curry paste until fragrant (about 2 minutes). Be careful not to inhale the vapors or smoke, as they can cause coughing.
4. Stir in the chicken slices and cook for about 5 minutes, allowing the chicken to absorb the curry flavor.
5. Add the coconut cream or milk and cook for 10-15 minutes, or until the chicken is done and you begin to see oil separated from the



coconut cream floating on the surface.

6. Add the vegetables and cook about 5 minutes more, or until the vegetables are cooked to the desired tenderness and the sauce has thickened.
7. Adjust the flavor with fish sauce, sugar, and soy sauce (optional). If more curry flavor is needed, sauté more curry paste in a small amount of oil before adding to the stew.
8. Serve with rice.



## Red Curry with Chicken

*Serves: 2*

*Preparation Time: 5 minutes (does not include curry paste preparation)*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **Red Curry Paste**

15-20 dried hot red chilies (*prik haeng*), seeded and chopped

4 teaspoons coriander seeds

2 stalks fresh lemongrass, outer leaves removed

1 teaspoon black peppercorns

4 teaspoons galangal, peeled and chopped

6 kaffir lime leaves, finely chopped

2 tablespoons cilantro roots or stems, chopped

5 small shallots, chopped

¼ cup garlic, chopped

15-20 fresh red bird's-eye chilies (*prik kii noo*), finely chopped

2 teaspoons Thai shrimp paste (*kapi*)  
½ teaspoon salt

For curry.

1 ½ tablespoons peanut or vegetable oil  
2-3 tablespoons red curry paste (homemade or store-bought), or to taste  
8 ounces chicken breast, cut into bite-sized pieces (you may also use beef, pork or shrimp)  
½ cup coconut milk  
½ cup chicken stock or water  
½ medium carrot, peeled and sliced thinly  
4 ounces bamboo shoot, canned or vacuum packed, drained and sliced  
1 medium Japanese eggplant, cut into 2-inch pieces  
5 kaffir lime leaves, lightly bruised  
2 pieces red chili, cut into thick strips  
1 tablespoon fish sauce  
1 teaspoon sugar or palm sugar, or to taste  
¼ cup Thai basil leaves  
½ small green bell pepper, seeded and cut into bite-size pieces (optional)  
½ small red bell pepper, seeded and cut into bite-size pieces (optional)

***Directions***

For red curry paste

Note: Use rubber gloves when handling chili peppers to avoid pepper burns.

1. Soak the dried, chopped chilies in water for about 20 minutes. Drain well.
2. Heat a skillet over medium heat, and toast the coriander until fragrant, about 3 minutes.
3. Bash the coriander and peppercorns in the mortar and pestle, and set aside.
4. Slice the lemongrass stalks thinly and bruise them in a mortar and pestle.
5. Combine the lemongrass, galangal, lime leaves, cilantro, shallots, garlic, fresh chilies, and soaked dried chilies in a bowl. Add the shrimp paste and salt. In 3 batches, blend the mixture in a food

processor, adding 1 ½ tablespoons of water per batch, to form a smooth paste.

6. Add the shrimp paste and salt, and pulse to blend.
7. Store it in small glass jars. Keep refrigerated.

For curry.

8. Heat up a wok or pot over medium heat and add the oil.
9. Sauté the red curry paste until fragrant.
10. Stir in the chicken, mixing well to ensure absorption of the curry flavor.
11. Pour in coconut milk and water or stock, and bring to a quick boil, about 2 minutes.
12. Add the carrot, beans, bamboo shoots, eggplant, kaffir lime leaves, and red chili.
13. Reduce the heat. Cover the pot and let it simmer until the sauce begins to thicken, about 10 minutes.
14. Add the fish sauce, sugar, basil leaves, and bell peppers (optional). Stir.
15. Adjust flavor with fish sauce, sugar, and soy sauce (optional). If more curry flavor is needed, sauté more curry paste in a small amount of oil before adding it to the stew.
16. Serve with rice.



## **Panang Curry with Chicken**

*Serves: 4*

*Preparation Time: 15 minutes plus 30 minutes preparation of homemade Panang curry paste*

*Cooking Time: 20 minutes*



### ***Ingredients***

#### **Panang Curry Paste**

- 2 tablespoons lemongrass, sliced thin
- 1 tablespoon coriander seeds, toasted
- ½ teaspoon cumin seeds, toasted
- 2 tablespoons black peppercorns, crushed
- 1 tablespoon galangal, peeled and chopped
- 6 kaffir lime leaves, chopped
- 2 tablespoons cilantro root, peeled and chopped
- 1 teaspoon salt
- 2 shallots, sliced thin

5 cloves garlic, chopped  
1 teaspoon shrimp paste  
4 pieces of mace, toasted  
2 cardamom pods, toasted  
4 large green peppers, roasted  
10 big red dried chilies, soaked in water for 10 minutes.

For curry.

2-3 tablespoons Panang curry paste (homemade or store-bought), or according to taste  
2-3 tablespoons peanut or vegetable oil  
4 cups coconut milk  
 $\frac{2}{3}$  pound boneless, skinless, chicken breast, cubed  
1 cup string beans, topped and cut into 1  $\frac{1}{2}$ - to 2-inch pieces  
 $\frac{1}{2}$  cup carrot, peeled and sliced thinly  
2 tablespoons palm sugar (you may use coconut sugar, muscovado, or table sugar)  
2 tablespoons fish sauce, or to taste  
6 kaffir lime leaves, torn  
 $\frac{1}{2}$  cup red and green bell pepper slices, chopped

For garnish

2 pieces red chili peppers, sliced  
 $\frac{1}{4}$  cup fresh Thai basil leaves

***Directions***

For Panang curry paste

1. Pound first 4 ingredients in a mortar and pestle one at a time.
2. Combine everything in a food processor and blend to make a smooth paste. You may also pound everything, adding ingredients one at a time in a large mortar and pestle, but the resulting flavor is better than when using a food processor. Note: Use rubber gloves when handling chili peppers to avoid pepper burns.
3. Store in glass jars and refrigerate.

For curry.



4. Heat up a wok or pot over medium heat, and add the oil.
5. Sauté the Panang curry paste until fragrant.
6. Stir in the coconut milk and bring it to a boil, about 2 minutes.
7. Add the chicken and cook, with frequent stirring, until chicken is done, about 10-15 minutes.
8. Add the string beans, carrot, sugar, fish sauce, kaffir lime leaves, and bell pepper.
9. Reduce the heat. Cover the pot and let it simmer until the sauce begins to thicken, about 5 minutes.
10. Adjust the flavor according to taste with more fish sauce, if necessary.
11. Remove from heat, and garnish with chili and Thai basil.
12. Serve with rice.



## Jungle Curry

*Serves: 4*

*Preparation Time: 8 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 cup water or chicken stock

1-3 tablespoons [red curry paste](#) (homemade or store-bought), or according to taste

1 1-inch piece fresh galangal, peeled and sliced or grated

1 teaspoon rhizome (optional), skin scraped off and thinly sliced

1 pound chicken thighs or breast fillet, thinly sliced

2 tablespoons fish sauce

1 teaspoon sugar

½ medium carrot, peeled and thinly sliced

½ cup bamboo shoots (canned or vacuum-packed), drained and sliced

½ cup canned baby corn, halved horizontally

½ cup canned straw mushrooms, sliced

8-10 string beans, cut into 2-inch pieces

½ cup green and/or red bell peppers, seeded and cut into bite-size pieces

6 kaffir leaves

1 bunch Napa cabbage, washed and leaves separated

15 basil leaves

***Directions***

1. In a wok or pot, combine the water, red curry paste, galangal, and rhizome (optional).
2. Bring the mixture to a boil, add the chicken, and simmer for 10 minutes.
3. Stir in the fish sauce, sugar, carrot, bamboo shoots, baby corn, straw mushrooms, string beans, bell peppers, and kaffir leaves.
4. Cover and bring again to a boil. Reduce the heat and let it simmer for 5 minutes.
5. Add the Napa cabbage and basil leaves, and cook for 2 more minutes.
6. Serve with rice.



## Tamarind Duck

*Serves: 2-3*

*Preparation Time: 5 minutes plus 30 minutes marinating time and 10 minutes soaking time (optional)*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

2 duck breasts, skin on, boneless

### **For marinade**

1 star anise, toasted

2 cinnamon sticks, toasted

4 cloves garlic

1 cilantro root

1 teaspoon white pepper powder

1 tablespoon light soy sauce

1 tablespoon oil

### For sauce

1 cilantro root  
3 cloves garlic  
1 star anise, toasted  
1 teaspoon white pepper powder  
1 tablespoon vegetable oil  
2 cinnamon sticks, toasted  
1 cup chicken stock  
1 ½ tablespoons palm sugar (or muscovado, coconut, or table sugar)  
1 teaspoon honey  
1 teaspoon dark soy sauce  
2 teaspoons light soy sauce  
1 ½ teaspoons fish sauce  
½ cup [tamarind sauce](#) (homemade or store-bought)  
Chili paste or sauce, to taste  
4 Chinese/shiitake mushrooms, rehydrated and halved (optional)  
1 cup chestnuts (optional)

### For steamed vegetables

Steamed baby Bok choy, bell pepper, broccoli, and baby corn (or any vegetable of choice)

### For garnish

3-4 Thai chilies  
Cilantro  
Fried onion flakes (optional)

### ***Directions***

1. Wipe the duck breasts dry with paper towels and cut several slits on the flesh for better absorption of the marinade.
2. Toast the cinnamon sticks and star anise in a hot wok or skillet for about 30 seconds.
3. If using dried mushrooms, soak them in hot water for 10-20 minutes and halve. Set them aside.

### For marinade

4. Pound the star anise, cinnamon sticks, garlic, and cilantro in a mortar and pestle to make a coarse paste.
5. Add the white pepper, soy sauce, and oil to the paste and rub this all over the duck breasts.
6. Cover and let marinate for at least 30 minutes (the longer the better).
7. Bake the marinated duck at 300°F for 25-35 minutes or until the surface is well browned and the flesh is no longer pink.
8. Transfer to serving dish.

### For sauce

9. Pound the cilantro, garlic, star anise and white pepper in a mortar and pestle to make a paste.
10. Heat a wok or skillet over medium heat and then add the oil.
11. Sauté the paste in the oil until fragrant.
12. Add the cinnamon sticks, chicken stock, palm sugar, honey, soy sauces, fish sauce, tamarind sauce, and chili sauce. Stir and cook for about 1 minute.
13. Add mushrooms and chestnuts (optional).
14. Continue cooking until thickened.
15. Adjust the saltiness, sweetness, or spiciness, as desired. Remove the cinnamon sticks, and pour the mixture over the roasted duck breasts.
16. Serve with steamed vegetables and garnish with Thai chilies, cilantro, and fried onion flakes (optional).





# **Pork Main Entrées**

## Thai Lemongrass Pork Chops

*Serves: 4*

*Preparation Time: 5 minutes plus 2 hours marinating time*

*Cooking Time: 10-15 minutes*



### ***Ingredients***

4 pork chops, about  $\frac{3}{4}$  inch thick, rinsed and drained

Lemon zest or cilantro (for garnish)

### **For marinade**

2 cloves garlic, minced

2 stalks lemongrass, thinly sliced

1 teaspoon cracked black pepper

2 tablespoons brown sugar

2 tablespoons fish sauce

1 teaspoon dark sesame oil

1 tablespoon rice wine

***Directions***

1. Dry the pork chops with paper towels, and set them aside.
2. Pound or bash the garlic, lemongrass, and black pepper in a mortar and pestle. Transfer it to a bowl.
3. Add the rest of marinade ingredients and mix well. Pour it over the pork.
4. Let pork chops marinate for 2 hours to overnight, refrigerated.
5. Let the chops warm to room temperature, and preheat the grill to about 450°F.
6. Brush the pork chops with oil and grill for 5-7 minutes on each side.
7. Garnish with lemon zest and serve with steamed vegetables (broccoli, baby corn, Bok choy, carrot, etc.), if desired.



## Thai Barbecue Pork

*Serves: 4*

*Preparation Time: 5 minutes plus 15 minutes marinating time*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 pound pork tenderloin, cut into ½-inch slices

Cilantro or Thai sweet basil (for garnish)

### **For marinade**

1 stalk fresh lemongrass, stem and coarse leaves trimmed, cut into chunks, bruised

1 tablespoon sugar

2 tablespoons soy sauce

1 tablespoon fish sauce

1 thumb (1-inch piece) fresh ginger, peeled and sliced

¼ teaspoon pepper

1 tablespoon Thai [red curry paste](#)

2 cloves garlic, peeled  
2 tablespoons vegetable oil

***Directions***

1. Dry pork using paper towels. Set aside.
2. Place marinade ingredients in a blender or food processor and make a paste, adding some water if too dry.
3. Preheat grill to 450°F.
4. Marinate the pork in the marinade for 15 minutes.
5. Grill for 5-7 minutes on each side.
6. Garnish with cilantro or Thai sweet basil, and serve with chili sauce and sticky rice.





## Thai Spare Ribs with Tamarind

*Serves: 4*

*Preparation Time: 1 hour and 35 minutes preparation a day before.*

*Cooking Time: 10 minutes*



### ***Ingredients***

1-1 ½ pounds pork spareribs  
10 kaffir lime leaves  
½ cup galangal, skin scraped off and chopped  
6 lemongrass stalks, bruised  
10 black peppercorns  
5 cilantro roots  
5 cloves garlic  
⅔ cup oyster sauce  
½ cup palm sugar  
5 tablespoons tamarind paste  
Coriander sprigs for garnish

### ***Directions***

1. Put the ribs in a pot and add water to cover.
2. Add the kaffir lime, galangal, and lemongrass.

3. Bring to a boil then reduce heat and simmer for 1 ½ hours, or until the pork is tender and no longer pink. Drain (you may save the stock to use in other dishes) and allow it to cool down.
4. Pound or bash the peppercorns, coriander roots, and garlic in a mortar and pestle to make a paste.
5. Rub the paste over the ribs, cover, and let them marinate in the refrigerator overnight.
6. When the ribs are ready, remove them from the refrigerator and allow them to warm to room temperature.
7. In a saucepan, mix the oyster sauce, palm sugar, and tamarind paste together and bring them to a gentle boil. Reduce the heat and cook until the sauce has thickened.
8. Add the ribs to the sauce, and mix to coat.
9. Grill the ribs until slightly charred (about 5 minutes). Another variation is to grill the ribs first and then glaze the ribs with the sauce.
10. Serve with coriander and chili or Sriracha sauce.



# **Beef Main Entrées**

## Massaman Beef Curry

*Serves: 8*

*Preparation Time: 5 minutes plus 40 minutes preparation of homemade massaman curry paste*

*Cooking Time: 35-40 minutes*



### ***Ingredients***

#### **Massaman Curry Paste**

3 shallots, whole and unpeeled

1 head garlic, whole and unpeeled

4-6 dried whole chilies

1 stalk lemongrass, (only lower half with stem and root) thinly sliced

½ inch piece galangal, julienned

4 pods cardamom

2 1-inch pieces cinnamon stick

5 cloves

1 tablespoon coriander  
1/3 tablespoon cumin  
1/3 tablespoon peppercorns  
1 tablespoon salt  
1 mace  
1 nutmeg  
1 teaspoon shrimp paste

For curry.

1 1/4 pounds round or topside steak  
Salt and pepper  
2-3 tablespoons vegetable oil, divided  
2 cloves garlic, crushed  
2 1/2 to 4 tablespoons massaman curry paste (homemade or store-bought),  
according to taste  
1 (14-ounce) can coconut milk or cream  
1 cup beef stock  
2 teaspoons palm sugar (or coconut or muscovado sugar)  
2 large potatoes, peeled and cut into bite-sized pieces  
1 large carrot, cut into chunks  
2 teaspoons fish sauce, or to taste  
Small handful of fresh basil leaves.  
1/2 cup peanuts, roasted  
Basil leaves (for garnish)

***Directions***

For paste

*Note: Use rubber gloves when handling chili peppers to avoid pepper burns*

1. Roast the shallots and garlic over direct heat or low flame until the skin is charred and the inside is soft (about 5-10 minutes). Let them cool and then remove the skin. Set aside (You will need these at the last step in making the paste).
2. Remove the stems and seeds from chilies. Chop roughly.
3. In a wok or skillet, toast the chilies and lemongrass by stirring over medium heat until slightly browned, about 2 minutes, until they are fragrant. Remove them from the skillet or wok.

4. Put the remaining paste ingredients, EXCEPT the shrimp paste, in the wok and toast them for a few seconds.
5. Place the chilies in a mortar and pestle and add the salt. Pound until the chilies are roughly broken.
6. Add the lemongrass and pound. Add the rest of the spices and continue pounding until a coarse paste results. This will take about 30 minutes. A food processor or blender may be used, but pounding is said to release more flavor from the ingredients.
7. Add the roasted shallots and ginger and pound to a smooth paste.
8. Lastly, add the shrimp paste and pound until well blended. The result should be a dark red, fragrant paste.
9. Transfer to a jar and refrigerate. Will keep, refrigerated, for 1 month.

For curry.

10. Preheat oven to 350°F.
11. Slice the steaks across the grain to make ½-inch wide strips (this kind of cut will help reduce cooking time). Season with salt and pepper. Drizzle with 1 tablespoon of oil, and mix well.
12. Heat a wok over medium-high heat. Add 1-2 tablespoons of oil, and working in batches, sear and stir-fry the beef in the hot oil. Use a slotted spoon to drain the oil back into the wok while transferring the beef to an oven-proof casserole dish or Dutch oven.
13. Sauté the garlic until fragrant (about 30 seconds). Reduce heat.
14. Add curry paste and continue sautéing for 2 more minutes.
15. Add the coconut milk, beef stock, and sugar. Stir, and bring it to a boil.
16. Add the potatoes, carrot, fish sauce, and the small handful of basil leaves. Simmer for about a minute.
17. Transfer this mixture to the casserole dish or Dutch oven where the beef is, and mix well.
18. Cover and place it in the oven.
19. Bake for 30 minutes. The beef and potatoes should be tender.
20. Sprinkle with roasted peanuts and garnish with basil leaves. Serve with rice.





## **Yellow Curry with Beef**

*Serves: 4*

*Preparation Time: 5 minutes plus 1 hour preparation of homemade curry paste*

*Cooking Time: 30 minutes*



## ***Ingredients***

### **Yellow curry paste**

4 large shallots, whole and peeled  
4 large heads of garlic, whole, outer skin removed  
½ cup fresh ginger, peeled and sliced  
5-20 whole dried Thai chilies  
1 ½ tablespoons salt  
2-3 tablespoons turmeric powder  
2-3 tablespoons mild curry powder  
2 teaspoons roasted ground coriander  
3 tablespoons lemongrass paste  
¼ cup cilantro leaves and stems, packed

### **For curry.**

¾-1 pound beef steak, cut into thin, bite-sized pieces  
1 tablespoon vegetable oil  
2 ½ tablespoons yellow curry paste (homemade or store-bought), or to taste  
1 small onion, minced  
1 (14-ounce) can coconut milk  
1 medium potato, peeled and cut into bite-size pieces  
1 medium carrot, peeled and sliced  
2 plum tomatoes, cut into wedges  
2 teaspoons fish sauce  
Juice of ½ lime  
Cilantro, chopped (for garnish)

## ***Directions***

### **For yellow curry paste**

Note: Use rubber gloves when handling chili peppers to avoid pepper burns

1. Preheat the oven to 350°F.
2. Do not separate the garlic into cloves. Slice off the pointy tops but leave the heads whole.
3. Drizzle the shallots, garlic, and ginger with oil.
4. Wrap the shallots and garlic separately in foil.
5. Arrange the ginger slices in a layer and wrap with foil.

6. Place on a baking sheet and bake for 15 minutes. Remove the ginger as it should already be tender.
7. Turn up the oven temperature to 400°F and continue roasting the shallots and garlic for 30 minutes or until golden brown and fragrant.
8. Meanwhile, soak the dried chilies in water for 15 minutes to rehydrate. Drain.
9. Place all the paste ingredients in a food processor or blender and process to make a paste. Keep refrigerated in glass jars.

For curry.

10. Heat a saucepan or wok over medium heat and add the oil.
11. Stir-fry the curry paste until fragrant.
12. Add the beef and onion, and mix well to coat with curry paste. Cook until the meat is no longer pink.
13. Stir in the coconut milk and bring it to a boil.
14. Reduce heat and simmer for 15 minutes. Beef should be tender.
15. Add potatoes and carrots and simmer another 15 minutes or until the vegetables are tender.
16. Add the tomatoes, fish sauce, and lime juice. Stir well to combine, and remove from the heat.
17. Garnish with coriander and serve with rice.



## Beef Peanut Curry

*Serves: 2-3*

*Preparation Time: 5 minutes*

*Cooking Time: 20-30 minutes*



### ***Ingredients***

1 pound steak, cut into bite-sized pieces or strips

Salt and pepper

2-3 tablespoons peanut or vegetable oil

3 cloves garlic, minced

2 teaspoons [red curry paste](#) (or to taste)

1 small carrot, peeled and sliced thinly

1 cup potatoes, sliced

1 cup coconut milk

1 tablespoon peanut butter

½ cup red and green bell peppers (mixed), cut in bite-size pieces  
Roasted peanuts (for garnish)

***Directions***

1. Dry the beef with paper towels and season with salt and pepper.
2. Heat up a wok or heavy skillet over medium-high heat. Add the oil.
3. Sear the meat on both sides, remove from the wok, and set aside.
4. Using the same wok with any leftover oil (add more if needed), sauté the garlic and curry paste until fragrant.
5. Stir-fry the carrot and potatoes. The carrot should darken in color and the potatoes should have some brown spots. Add about 1 tablespoon of water, if mixture becomes too dry, and to prevent scorching. Reduce the heat.
6. Stir in the coconut milk and peanut butter. Mix well and cook for about 5 minutes or until the sauce has thickened.
7. Add the seared beef pieces and continue simmering until beef as well as the vegetables are tender.
8. Add the bell peppers and simmer 1 minute longer.
9. Sprinkle with roasted peanuts and serve with rice.



# **Seafood Main Entrées**



# Salmon Teriyaki

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*



## ***Ingredients***

- 4 boneless, skinless salmon fillets
- 2 cloves garlic, grated and pounded to a paste
- 1 thumb (1-inch piece) fresh root ginger, peeled and finely grated
- 5 tablespoon soy sauce
- 5 tablespoon *mirin* (rice wine) or dry sherry
- 1 tablespoon golden caster sugar
- 1 tablespoon sunflower oil

## ***Directions***

1. Wipe the salmon fillet dry with paper towels.
2. In a mortar and pestle, pound the garlic and ginger into a paste.

3. Transfer the paste to a bowl and add soy sauce, mirin, and sugar. Whisk to blend and to dissolve sugar.
4. Preheat a grill or heavy skillet. Coat or brush the skillet with oil.
5. Dip the salmon in the sauce just to coat. Transfer the rest of the sauce mix to a sauce pan and bring to a simmer.
6. While simmering the sauce, grill the salmon over medium-low heat for 20 minutes, brushing occasionally with the sauce. Continue simmering the sauce until thickened and sticky.
7. Turn the salmon over, for even cooking. Remove from the grill when done and transfer to serving dish.
8. Pour the thickened sauce over the salmon and serve.



## Seafood Stir-Fry with Basil

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 8- 10 minutes*



### ***Ingredients***

1 pound mixed seafood (mussels, shrimp, scallops, calamari); cleaned, shelled, deveined, sliced (for calamari)

3 tablespoons peanut oil

3 cloves garlic, minced

½ red and green bell pepper; cut in bite-sized pieces

½ white onion, minced

2 scallions, white part chopped; green part sliced into 1-inch long pieces

3-4 Thai chilies, chopped

2 tablespoons oyster sauce

1 tablespoon fish sauce

1 teaspoon sugar (preferably palm sugar)  
¼ teaspoon ground white pepper  
¼ cup chicken stock (omit if you prefer a drier sauce)  
1 cup Thai holy basil; washed, dried, and stemmed

***Directions***

1. Heat a wok or skillet over high heat. Swirl in the oil and heat almost to the smoking point.
2. Add the garlic and stir for about 30 seconds.
3. Add the bell pepper, white onion, the white parts of the scallions, and the chilies. Cook for 10 seconds.
4. Add the seafood and stir-fry until the shrimp turns pink.
5. Add the sauces, sugar, pepper, stock, and the green part of the scallions, and bring the mixture to a boil. Cook for about 5 minutes.
6. Stir in the basil and cook for 20 seconds, or until the leaves are wilted.
7. Serve hot with rice or noodles.



# **Vegetarian Main Entrées**

## Thai Mushrooms and Eggplant Stir-Fry

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 pounds Japanese eggplant, cut into bite-sized pieces

3 tablespoons vegetable oil

1 tablespoon minced garlic

1 teaspoon ground chili paste

2 tablespoons minced fresh ginger

½ small yellow onion, cut into thin wedges

2 cups mixed mushrooms, sliced

½ cup carrots, julienned or spiralized

2 tablespoons soy sauce

2 tablespoons vegetarian oyster sauce or mushroom sauce

½ cup water

¼ cup fresh Thai basil leaves, halved



Rice for serving

***Directions***

1. Soak the cut eggplant in water to prevent browning or darkening of color. Drain and pat dry with paper towels when ready to cook.
2. Heat a large wok or skillet over medium heat.
3. Swirl in the oil and then add the garlic, chili paste, and ginger. Stir for 30 seconds or until fragrant.
4. Add the drained eggplant and stir-fry for 3 minutes.
5. Add the onion, mushrooms, carrots, soy sauce, and vegetarian oyster sauce. Toss to blend.
6. Reduce the heat and let it simmer for 5 more minutes.
7. Stir in the water one tablespoon at a time.
8. Cook until sauce is just thick enough to coat a spoon.
9. Add the basil and remove from heat.
10. Serve with rice.



## Steamed Mixed Vegetables and Tofu

*Serves: 4-6*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

- 2 large broccoli crowns, cut into bite-sized pieces
- 1 cup green beans or string beans, topped and cut into 1 ½-inch pieces
- 2 stalks lemongrass, cut in half and bruised (optional)
- 1 medium carrot, peeled and sliced
- ½ cup mixed (red or green) bell peppers, cut into bite-sized pieces
- 1 to 2 pieces Thai chili, seeded and finely chopped
- 2 scallions, cut into 1-inch long pieces
- 1 (8-ounce) package baked tofu, cut into bite-size pieces
- Salt, to taste

### ***Directions***

1. Place the broccoli florets and beans in a wok or stir-fry pan.

2. Add just enough water to keep the bottom of the pan moist.
3. Spread the bruised lemongrass leaves over the vegetables.
4. Cover and steam until the broccoli and beans begin to turn bright green (about 5 minutes).
5. Add the carrot, bell pepper, chilies, scallions, and tofu. Stir.
6. Cover and continue steaming (about 3 minutes) until the vegetables are all tender-crisp. Season with salt.
7. Serve with [peanut-coconut milk sauce](#) on the side, and rice.



## Vegetable Stir Fry with Green Curry Paste

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 12-15 minutes*



### ***Ingredients***

½-1 cup cashew nuts

1 ½ cup firm tofu

2 tablespoons vegetable oil

1 clove garlic, minced

3-4 tablespoons [green curry paste](#), or to taste

1 large onion chopped

¼ cup vegetable stock

2 cups broccoli florets

1 bell pepper, trimmed and diced roughly

1 carrot, peeled and sliced thinly  
1 cup zucchini, thinly sliced  
½ cup pineapple chunks  
2 tablespoons oyster sauce  
1 tablespoon soy sauce  
½ teaspoon sugar  
Cilantro leaves, to garnish (optional)

### ***Directions***

1. Toast the cashew nuts in an oven at 350-425° by spreading them on a baking sheet and baking for about 5 minutes. Or, toast them on the stovetop in a skillet with about a teaspoon oil. Heat over medium heat and toss for about 5 minutes. Set aside.
2. Wrap the tofu in towels and press down with a weight for about 30 minutes (optional, but this will make the tofu tastier). Wipe dry and cut into 1-inch squares. Roast in a non-stick pan or deep fry (you may fry whole and do the cutting after frying). Drain on paper towels and set aside.
3. Heat a wok over high heat. Swirl in the oil and sauté the garlic, green curry paste and onion until fragrant.
4. Add stock and vegetables, pineapple, sauces, and sugar. Stir-fry until the vegetables are crisp-tender.
5. Stir in the tofu, broccoli, zucchini, peppers, carrot, and cashews, and spring onions and cook about 1 minute more.
6. Remove from the heat and serve garnished with cilantro.





# Desserts

## Sweet Sticky Rice

*Serves: 4*

*Preparation Time: 10 minutes plus 1 hour*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 ½ cups uncooked Thai sticky rice

2 cups water

1 ½ cups coconut milk

1 cup white sugar

½ teaspoon salt

### **For sauce**

½ cup coconut milk

1 tablespoon white sugar

¼ teaspoon salt

1 tablespoon tapioca starch

### Accompaniment and topping

3 mangos, peeled and sliced

1 tablespoon toasted sesame seeds

### ***Directions***

1. Soak the sticky rice in enough water to cover, for 30 minutes to 1 hour. Drain.
2. Transfer the rice to a rice cooker, add 2 cups of water, and leave it to cook.
3. If you're cooking the rice manually; bring it to a boil and then cover and reduce the heat to low. Simmer over very low heat for 15 to 20 minutes, or until the rice has absorbed all the water.
4. While the rice is cooking, whisk the coconut milk, sugar, and salt in a saucepan and bring to a boil. Remove from the heat.
5. As soon as rice is cooked, gradually add the coconut milk mixture into the hot rice, stirring, until the rice has absorbed the sauce. You may not have to use all the sauce. Cover and let it sit until cooled and more pudding-like in consistency, about 30 minutes to 1 hour.
6. Meanwhile, prepare the sauce by mixing the sauce ingredients together in a saucepan. Bring it to a boil while whisking. Remove from the heat and set aside.
7. Arrange some of the sliced mango on a serving dish, with a cupful of the sticky rice. Pour the sauce on top and sprinkle with toasted sesame seeds.



## Banana Fritters

*Serves: 2-4*

*Preparation Time: 5 minutes*

*Cooking Time: 5-10 minutes*



### ***Ingredients***

4 ripe bananas (plantain bananas are also good), peeled and sliced lengthwise

### **For batter**

1 cup plus 2 tablespoons rice flour

1 ½ teaspoon baking soda

½ cup sugar

1 teaspoon salt

¾ cup water

½ cup grated coconut

Oil for deep frying

For garnish/topping

2 tablespoons toasted sesame seeds, for garnish

Coconut (or flavor of choice) ice cream, optional

***Directions***

1. In a bowl, sift the rice flour, baking soda, sugar, and salt together.
2. Add the water gradually while whisking, until there are no more lumps.
3. Stir in the grated coconut and mix to distribute evenly.
4. Heat the oil to 350°F in a deep pan, wok, or fryer.
5. Coat the banana slices with batter and fry, flipping over a few times, until golden brown.
6. Drain on paper towels, and sprinkle with toasted sesame seeds.
7. Serve with scoops of coconut ice cream (optional).



## **Conclusion**

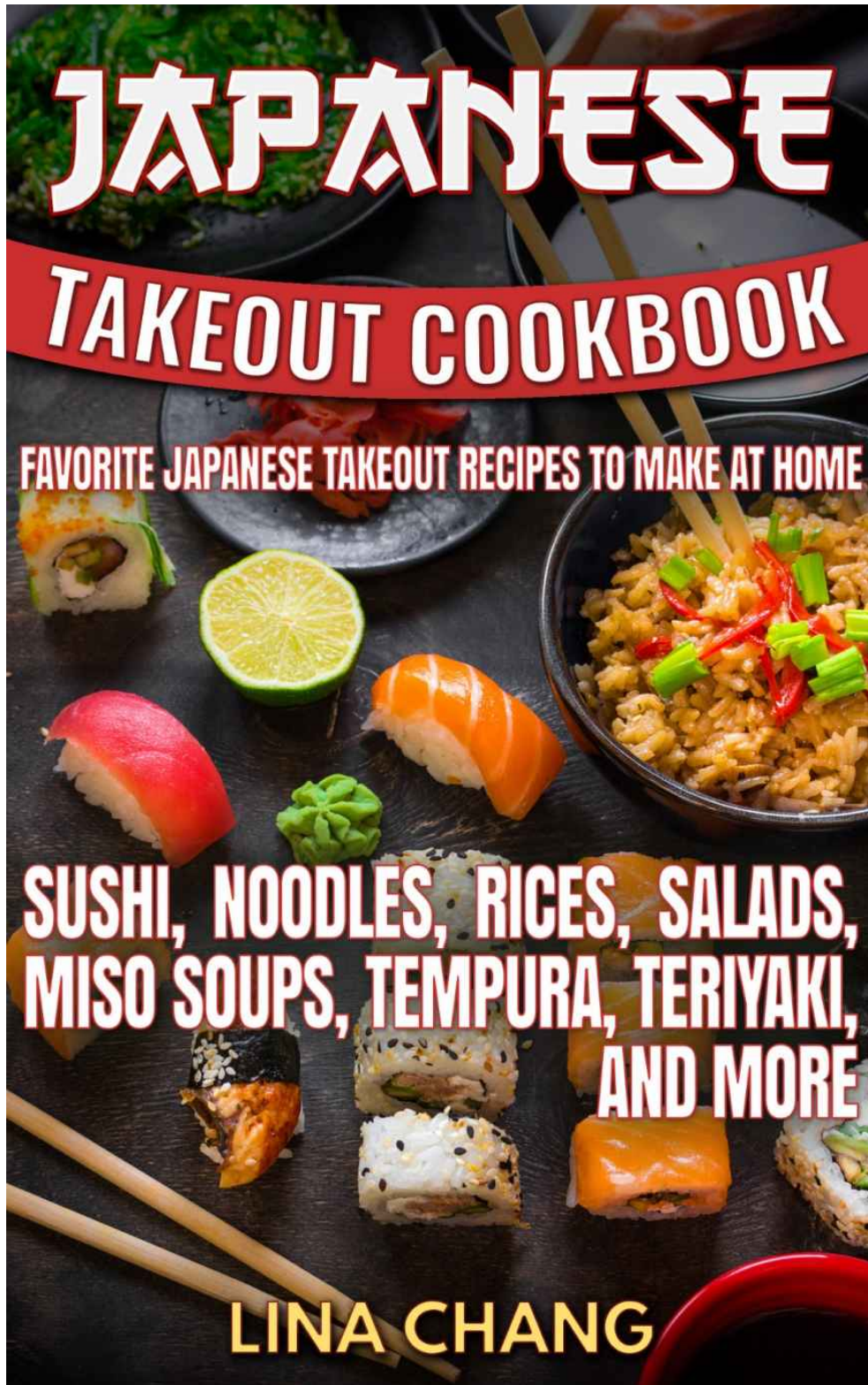
The recipes in this cookbook are a cultural journey into Thai influence on America's restaurant and food culture. Thai flavors and combination of spices are an exhilarating experience. I hope you have found your favorite Thai takeout dishes here, and that you will enjoy the experience of cooking it in your own home and giving it your own special touch. There is still so much joy to be found in preparing home-cooked dishes for loved ones or even for yourself.

Enjoy your cooking!





**Volume 3: Japanese Takeout Recipes**





# Introduction

Japanese food has lured Americans away from the usual meat and potato meals and French-style creamy dishes of the past, and its easy availability through takeout has brought this exotic cuisine closer to the everyday Joe, further enriching the multicultural American palate. Japanese food is rich in culture, being recognized by the UN for its cultural significance. It has introduced the concept of *umami* to the Western world. Umami may be translated as “rich, savory taste” that the Japanese consider as the fifth basic taste along with bitter, sweet, salty, and sour. Like other takeout dishes in America, original traditions and flavors have given way to alterations in order to cater to American taste buds. Some feel that *Washoku*, or the purest and most traditional Japanese cuisine, has been lost in Japanese takeout in America. The emphasis on simplicity and respect for the five basic flavors has been replaced by vibrant and what others might consider flamboyant flavors of Japanese-American takeout. But this blending perhaps reflects the dynamic traits of American culture such as diversity and adaptability.

Japanese cooking is recognized for its healthfulness because it is rich in plant-based ingredients and is sparing in the use of oil. However, due to time constraints and economic reasons, fresh ingredients are now being replaced with canned and processed substitutes.

Fish and vegetables have always formed the greater part of Japanese cuisine. Only around the 19<sup>th</sup> century did the Japanese begin to use large cuts of meat in their dishes, resulting in tasty recipes such as *Katsudon* (fried breaded pork cutlet). Being masters of innovation, the Japanese are known to take the best from other cultures and incorporate them in their own. Their dishes are also marked by influences from China in their dumpling and noodle dishes, and from other cultures in dishes such as curries, burgers, and steaks.

It is not exactly known when Japanese restaurants were first established in the US. It is likely that visiting Japanese businessmen knew where to find familiar fare as early as the 1950s, but Japanese food only began to be

recognized around the 1960s. Sushi restaurants in Little Tokyo, Los Angeles, began to gain popularity especially among the Hollywood crowd. Other restaurants were soon also put up in cities like New York and Chicago, until sushi became the rage by the 1980s.

Sushi refers to the vinegared, seasoned rice on which raw fish is placed. As raw fish was still not well-received at first, resourceful chefs thought of using local produce that would be more acceptable to the American palate. The California Maki was thus invented. This invention is credited to a Canadian chef named Hidekazu Tojo, who thought of substituting fatty fish with avocado during the 1970s. Today, more and more creations have emerged, putting Western ingredients in an originally Eastern dish, resulting in a fascinating fusion of flavors.



## Ingredients in Japanese Cuisine

Japanese ingredients were originally seasonal – for freshness and to welcome the coming of each new season. Although a wide variety of ingredients are used, below are the ones you are sure to find in Japanese cooking.

### ***Noodles***

Here some commonly used noodles in Japanese cooking.

1. Ramen – Noodles of Chinese origin, made from wheat and kansui, a natural and nutritious salt that lends the yellowish color to the noodles. These may be thin or curly and thick.
2. Soba – Healthy, often gluten-free buckwheat noodles. Some may contain small amounts of wheat.
3. Somen – Extremely thin wheat noodles popularly eaten cold in hot weather. It is also eaten in hot broth as nyumen.
4. Yaki Udon – Thin, curly wheat noodles that are stir-fried rather than cooked in broth.
5. Udon – Thick, versatile wheat noodles that absorb flavors well. Can be eaten hot or cold, dry (stir-fried) or in broth.
6. Shirataki – Gelatinous noodles made from konjac yam. Popularly used for sukiyaki.

### ***Rice***

Japanese rice is the staple and is present in every meal. Other rice varieties may not be suitable for Japanese cooking. Japanese rice is best for sushi because of its stickiness and ability to absorb moisture.

### ***Rice Wine***

Rice wines like *sake* and *mirin* are used to add flavor. Rice cooked with rice wine becomes more flavorful and shiny in appearance. Although both are rice wines, *mirin* is sweeter and contains less alcohol. To substitute sake for *mirin*, a little sugar must be added.

### ***Seafood***

Fish and other seafood are highly prized by the Japanese and freshness is a must. Japanese chefs are trained to choose the best and freshest fish. The Japanese eat a variety of produce from the sea. Tuna, salmon, mackerel, sardines, and herring are just some fish ingredients that are used. Bonito flakes or *katsuobushi* are dried tuna chips used as flavoring or garnish to give *umami* (a pleasant savory sensation considered as the “fifth taste”) to dishes.

### ***Soy Sauce***

To come up with the right flavor in a Japanese dish, one needs to master the use of authentic Japanese soy sauce in combination with other ingredients. There are two types – *koikuchi* and *usukuchi*. *Koikuchi* is dark in color while *usukuchi* is light in color but saltier.

### ***Vegetables***

Vegetables and herbs in season are widely used in Japanese dishes. Some popular ingredients are *daikon*, cucumber, carrots, onions, and green leafy vegetables. Beans, nuts, seeds, and mushrooms are also used. Again, freshness is the most important consideration. Seaweed, though taken from the sea, is classified as a vegetable and is used to flavor soup stocks, as toppings, and as an ingredient for salads. Edible seaweed like *wakame*, *nori* (laver or seaweed “paper”) and *kombu* (kelp) are some commonly used ingredients.



## **Common Tools and Equipment**

The basic tools and equipment found in any Western kitchen are adequate for Japanese cooking. Here are some other tools worth considering to save time and to make food preparation easier.

### ***Rice cooker***

Since rice is the staple Japanese food, this can be very helpful. There are several models with different functions but the most basic will do.

### ***Hangiri***

A wooden container for storing rice. This is needed by those who intend to make sushi frequently. The wood allows the rice to sweat, so it doesn't spoil as easily as it would in a metal or glass container.

### ***Wok***

The Japanese also use the wok for deep-frying and stir-frying. A flat bottomed one may be more stable and efficient. A heavy frying pan will also do.

### ***Sushi rolling mat (Makisu)***

A must for rolling your sushi. These are made of bamboo tied with cotton string.

### ***Stove-top grill***

This will make grilling more convenient. A heavy cast iron stove-top grill is good for cooking over a gas flame. This is a good replacement for the Japanese indoor grill called the *yakiami*.

### ***Cooking chopsticks (Saibashi)***

These are long, unlacquered, and tied with a string at the ends. Good for fishing out pieces of food when frying, turning, stirring, or arranging food for serving.

### ***Drop-lid (Otoshibuta)***

A wooden lid used when simmering to keep liquid in and prevent large bubbles from forming. It allows steam to escape around its side as it is not a tight-fitting type of lid and simply “floats” over the simmering contents of the pot. It helps food to develop flavor while cooking and also helps delicate ingredients to retain their shape.

## Cooking Methods

The Japanese want to keep their cooking as simple as possible to best preserve the freshness of the ingredients. They make use of four basic cooking methods:

### ***Frying (Agemono)***

This involves deep-frying in cooking oil and is the method used to make dishes like *tempura* and *tonkatsu*. This method is said to have been introduced by the Chinese and the Portuguese.

### ***Steaming (Mushimono)***

Traditional Japanese cooking is sparing in the use of oil, so many foods are cooked in a bamboo basket over simmering water. One popular steamed dish is *chawan mushi*, a custard with vegetables and chicken. In this case, the cups holding the custard are placed in a layer of water inside a covered pan to cook.

### ***Boiling (Nimono)***

Many dishes are boiled or simmered, sometimes all in one pot. Popular boiled or simmered dishes are *sukiyaki* (beef with vegetables), *yoseNabe* (seafood and vegetables) and *yudofu* (bean curd).

### ***Broiling (Yakimono)***

Many meats and seafood are broiled, such as *shioyaki* (skewered salted fish) and *teriyaki* (broiled meat in a sweetened sauce).

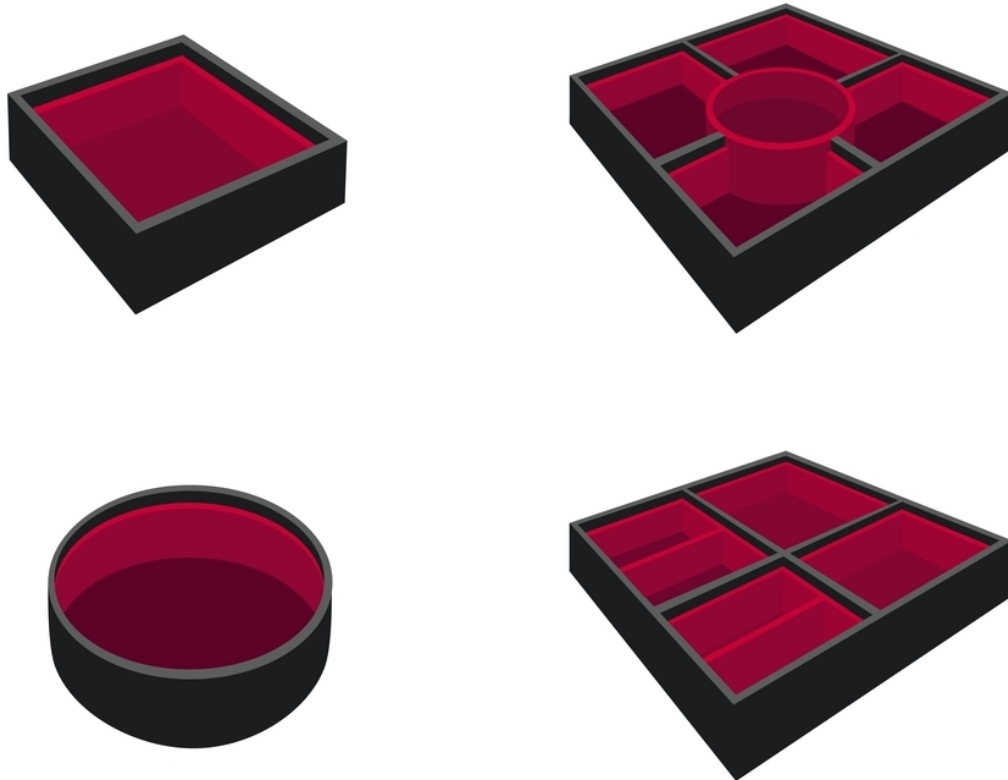
Though some recipes in this cookbook try to retain as much authenticity as possible, the needs and preferences of the modern American cook are also taken into consideration. This compilation of popular Japanese-American takeout dishes contains recipes that have been simplified as much as possible and modified so that the ordinary home cook can easily find the ingredients and prepare them using basic kitchen equipment; with the assurance of impressive results.



## Bento Boxes

Bento refers to home-packed meals placed in lunch boxes in Japan. Traditionally, a bento box would contain rice, fish or meat, and vegetables or pickles. The contents of the box are meant not only to be tasty and nutritious, but appealing to the eye as well.

Nowadays, Japanese restaurants offer bento boxes, offering complete meals in a box. Each partition is filled with a different kind of dish. The bento box eases the difficulty in choosing food combinations to order and can be taken home to enjoy a restaurant meal there, or taken to the office or school for lunch or dinner.



To make your own bento box, here are some considerations:

- Choose a box appropriate for your needs. A large box would not be suitable for a person who eats like a bird. Determine the amount of food to be eaten. Dieters can use this to their advantage for controlling portion size. The traditional boxes may hold portions that may be too little or too much for you. Look around for other containers that are suitable.
- Play with colors, textures, shapes, and flavors. It can be a fun way to mix and match foods to come up with an edible work of art. Sushi is particularly appealing to the eye and you can put a variety of flavors in a box. You can use cookie cutters to make heart- or star-shaped *nigiri* or sushi.
- Pack the food tightly, especially when using a box without partitions, to prevent shifting or spillage. Food like lettuce, celery, or carrots can also be used to separate the food. Start with solid, bulky items first, then insert flexible items into the spaces left. Brightly colored items inserted in spaces can serve as accents and give a more attractive overall appearance. Small containers can also be used to hold some items; those with lids can be used for sauces, dips, and soup.
- Determine the proportion of each type of food you intend to pack. There are traditional proportions followed (such as 4:3:2:1 for rice: side dish: vegetables: pickles or dessert) but you can set your own proportions based on your own requirements. This could be a good way to proportion one's intake of carbs, protein and fiber, for instance. Using the recipes in this book, you can come up with different combinations. Here are just a few suggestions:
  - An all-sushi bento with a seafood roll, a vegetable roll and a meat roll.
  - A meal combination containing an appetizer, soup, a salad, a main dish and dessert.
  - A combination of tempura, sushi, soup, and a salad or pickles (if there's space, you can add a small dessert).

- An all-seafood bento.
- An all-vegetable bento.

The possibilities are endless!

Let's now fill up these bento box with delicious food. Let's get cooking!





# **Appetizers**

## Steamed Green Soybean (Edamame)

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 3-5 minutes*



### ***Ingredients***

1 ½-2 cups edamame in the pod, topped and tailed, fresh or frozen

2 ½ tablespoons sea salt, divided

Water, for boiling

### ***Directions***

1. Soak the edamame in hot water for about 5 minutes. Drain and rinse.
2. Rub the pods with about 1 tablespoon of salt.

3. In a medium saucepan, boil enough water to cover edamame. Stir in the remaining salt.
4. Boil the edamame for 3-5 minutes, or until it floats to the surface. Remove the pot from the heat and drain out the water.
5. Spread the edamame on a tray in one layer to cool. You may use a fan for faster cooling.
6. Squeeze the pods with a thumb and forefinger to pop the beans out of the pod.
7. Serve. (Do not eat the pod.)



## Dumplings (Gyoza)

*Serves: 10*

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 (10 ounce) package wonton wrappers

1 tablespoon vegetable oil

¼ cup water

### **For filling**

1 tablespoon sesame oil

2 cups cabbage, chopped

½ small onion, chopped

1 clove garlic, chopped

¼ cup carrot, chopped

1 cup minced pork (minced chicken, beef, or seafood may also be used)

1 egg, beaten

### ***Directions***

1. In a large skillet, heat the sesame oil over medium-high heat.
2. In the sesame oil, sauté the cabbage, onion, garlic, and carrot until the cabbage is tender and translucent.
3. Add the pork and egg, stirring constantly. Cook until the pork is browned. Remove from the heat and let it cool slightly.
4. To make the dumplings, place about a tablespoon of filling on the center of each wrapper and fold it in half to enclose the filling. Moisten the inner edges and pinch to seal.
5. In a large skillet, preheat the vegetable oil over medium-high heat.
6. Fry the *gyoza* until lightly browned (about 1 minute per side).
7. Add the water and cover the skillet. Let the dumplings steam until almost all the liquid has evaporated.
8. Serve with [soy dipping sauce](#) or spicy [soy dipping sauce](#).



## Vegetarian Gyoza

*Serves: 12*

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 (10 ounce) package wonton wrappers

24 lettuce leaves

2 tablespoons peanut oil, divided

### **For filling**

Cooking spray

4 cups shiitake mushrooms, diced

4 cups cabbage, grated or finely chopped

2 tablespoons green onions, chopped

2 tablespoons *mirin*

2 tablespoons soy sauce



2 teaspoons fresh ginger, peeled and grated  
½ teaspoon salt  
¼ teaspoon dark sesame oil  
3 cloves garlic, minced

### ***Directions***

1. Coat a large skillet with cooking spray and heat it over medium heat.
2. First, cook the mushrooms, stirring constantly, until the moisture evaporates.
3. Add the cabbage and cook until softened (about 3 minutes).
4. Stir in the rest of the ingredients for the filling and simmer for 2 minutes.
5. Remove from the heat and let it cool.
6. To make the dumplings, place about 2 teaspoons to a tablespoon of the filling on the center of each wrapper and fold it in half to enclose the filling. Moisten the inner edges, and pinch to seal.
7. In a large skillet, preheat the vegetable oil over medium-high heat.
8. Fry the *gyoza* until lightly browned (about 1 minute per side).
9. Add the water and cover the skillet. Let it steam until almost all the liquid has evaporated.
10. Serve with [spicy dipping sauce](#) or [soy dipping sauce](#).



## Fried Eggplant in Tempura Sauce (Agedashi Nasu)

*Serves: 2*

*Preparation Time: 5-7 minutes*

*Cooking Time: 2-5 minutes*

### ***Ingredients***

1/3 cup plus 1 tablespoon [\*dashi\*](#) stock or broth

1 1/2 tablespoons soy sauce

1 tablespoon *mirin*

1 teaspoon sugar

Vegetable oil, for frying

2 medium-sized eggplants, destemmed, cut lengthwise and then crosswise

3/4 cup hot water

1 tablespoon ginger, grated, for garnish

Chopped green onion and bonito flakes, for garnish (optional)

### ***Directions***

1. In a medium serving bowl, combine the stock or broth, soy sauce, *mirin*, and sugar. Set aside.
2. Make diagonal slits on the eggplant skins, about 1/8 inch apart and halfway into the eggplant. Pat the eggplants dry with paper towels.
3. Heat oil in a frying pan over medium heat, about 1-2 inches deep, to 350°F.
4. Deep fry the eggplant for 1 minute on each side, then remove it from the heat and place it in a metal rack or colander.
5. Pour the hot water over the eggplant to remove any excess oil.
6. Place the still-warm slices of eggplant in the *Dashi*-based stock.
7. Garnish with the grated ginger or green onion and bonito flakes (optional) and serve.



## Japanese-Style Chicken Wings (Tebasaki)

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients:***

1 cup flour

½ teaspoon white pepper powder

½ teaspoon garlic powder (optional)

½ teaspoon cayenne pepper, or to taste

2 eggs, beaten  
3 pounds chicken wings, patted dry with paper towels  
1 cup butter plus 2 tablespoons vegetable oil  
Green onion, chopped, for garnish (optional)

For basting sauce

3 tablespoons soy sauce  
3 tablespoons water  
1 cup sugar (or ½ cup sugar plus honey, to taste)  
½ cup white vinegar  
½ teaspoon MSG (optional)  
¼ teaspoon Chinese 5-spice powder (optional)  
½ teaspoon salt

***Directions***

1. Combine the basting sauce ingredients in a bowl and set them aside.
2. Mix the flour and other dry ingredients together.
3. Dip the wings into the beaten eggs and then into the flour mixture.
4. Preheat the oven to 350°F.
5. Preheat butter and/or oil for frying in a heavy skillet over medium heat.
6. When butter/oil is hot, fry the wings until they are deep brown and crisp, then transfer them into a shallow roasting pan. Arrange them in a single layer.
7. Bake the wings for about 30 minutes, basting with the sauce and turning them over from time to time.
8. Serve garnished with chopped green onions (optional).



## Marinated Runny Yolk Boiled Egg

*Serves: 4*

*Preparation Time 15 minutes plus 2 hours marinating time*

*Cooking Time: 7-7 ½ minutes*



### ***Ingredients***

2 large eggs

Water for boiling

2 tablespoons vinegar

Ice water

### **For marinade**

6 tablespoons dark soy sauce

1 teaspoon sugar

2 tablespoons Chinese cooking wine

### ***Directions***



1. Place the eggs in a bowl of warm water to avoid cracking due to the sudden temperature change when they are placed in boiling water.
2. Boil enough water in a small pot or saucepan to cover the eggs.
3. Add the vinegar to the boiling water.
4. Using a pin, puncture the base (the wider end) of the egg to further prevent cracking due to pressure while boiling.
5. Use a large spoon to gently place the eggs in the boiling water.
6. Simmer for 7 ½ minutes, or just 7 minutes for medium-sized eggs. The timing is crucial for getting the right texture of whites and yolks.
7. Immediately transfer the cooked eggs to the ice water. The eggs should cool down so the contents will separate from the shell and stay intact when shelled.
8. When the eggs have cooled, tap them all over to break the shell (do not peel them yet).
9. Combine the marinade ingredients and pour them in a container just the right size to keep the eggs in a single layer, while submerged as much as possible. Top up with water to submerge fully.
10. Cover with plastic wrap and marinate, refrigerated, for 2 hours to overnight.
11. Slice each egg in half and carefully remove it from the shell.
12. Sprinkle the yolks with a little bit of the marinade mixture, and serve.



## Stewed Pork Appetizer (Chasu)

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 1 hour 25 minutes*



### ***Ingredients***

$\frac{3}{4}$ -1 pound pork belly block, skin or rind removed (do not remove the fat)

1 teaspoon salt

$\frac{1}{2}$  tablespoon cooking oil

2 tablespoons ginger, peeled and sliced

1 stalk *negi* (Welsh onion) or green onion, cut into 2-inch pieces, green and white parts separated

### **For seasoning**

$\frac{2}{3}$  cup water

$\frac{1}{3}$  cup sake

$\frac{1}{3}$  cup soy sauce

3 tablespoons sugar

### ***Directions***

1. Make sure to separate any green parts from the core of the white part of the *negi* or green onion.
2. Slice the white parts thinly and soak in cold water for 10 minutes. Drain well and cover with plastic wrap. Set aside.
3. Rub the salt over the pork. If your pork belly block is too large, roll it with the fat side out and tie it with twine. Small blocks may be kept as they are.
4. In a skillet or frying pan, heat the oil over high heat. Brown the pork belly evenly on all sides (about 10 minutes).
5. Combine the seasonings in a pot large enough for the pork to fit.
6. Place the pork in the pot, together with the ginger and green parts of the *negi* or green onion.
7. Add water, just up to the surface of the pork, and bring it to a boil.
8. Cover with an [\*otoshibuta\*](#) or aluminum foil.
9. Set the heat to medium low and simmer the pork, turning from time to time, until the liquid is about ¼ inch deep (about 1 hour). (At this point, you may set aside and freeze some of the *chasu* broth to be used for seasoning [\*tonkatsu ramen\*](#).)
10. Remove the *otoshibuta* and continue cooking until almost no liquid is left. Be careful not to scorch the pork but if you can, use the heat of the pot to caramelize the surface of the pork. Or remove the meat from the pot and use a propane torch to sear its surface.
11. Cut the pork as thinly as possible. To store, allow it to cool and pack it in an airtight container. It keeps for 5 days in the refrigerator, and for 3 weeks in the freezer.
12. Serve in soups, ramen noodles, rices, and more.



# Sushi

In Japan, sushi refers to vinegar rice with raw fish or other basic ingredients wrapped in nori or seaweed “paper.” Another version, *nigiri*, is a hand-shaped bite-sized portion of rice with a dash of wasabi and a thin slice of raw fish on top. The origin of sushi is traced back to Southeast Asia, where fish was stored in rice as a means of preservation. Through China, sushi was eventually introduced in Japan, during the 8<sup>th</sup> century. It was a street food that could be eaten quickly with the hands, an ancient kind of fast food. Sushi in America contains strong flavors and complicated ingredients. Compared to the modest and straightforward Japanese sushi, the American versions are big and bold in flavor. Particularly interesting is the way American sushi is rolled “inside out,” with the nori inside the roll. This was perhaps done to tone down the nori, which took some time to gain acceptance. Sushi as we know it is served with wasabi and a soy-based dipping sauce as well as other condiments.

Technically, *Sashimi* is not sushi as it does not contain vinegar rice. *Sashimi* is simply raw fish. In the West, however, sushi has been so associated with raw fish (*Sashimi*) that the two are often confused.

Whether authentic or not, sushi as we know it is here to stay and is enjoyed by millions. It is still evolving to suit our tastes and needs and it has become a permanent part of American food culture.

Here are some basics in making sushi.

## ***Basic Equipment***

- sushi rolling mat
- sharp, non-serrated knife
- rice cooker
- plastic wrap
- cutting board

## ***Basic Ingredients***

- nori (edible sheets of dried seaweed)
- sushi rice
- raw fish and other seafood (should always be *sashimi-grade*), meat, vegetables, fruit
- sushi condiments (there is a wide variety including soy sauce, wasabi, pickled ginger, mayonnaise, Sriracha, and many more)





## Basic Steps in Making Sushi

### 1. Prepare the nori sheet

Line the rolling mat with a sheet of plastic wrap (this will help in shaping and storing the roll). Place one full sheet of sushi nori on the lined sushi rolling mat, shiny side down.



### 2. Spread with sushi rice

Cover the nori sheet with prepared sushi rice, leaving the last inch and a half (away from you) bare. Use plastic gloves or moisten your hands with a solution of water and a little vinegar called [tezu](#) to prevent the rice from sticking.

**NOTE:** *To make an inside-out roll, cover the rice layer with a sheet of plastic wrap. Lifting with the bottom plastic wrap, turn over the nori onto the bamboo rolling mat. Remove top plastic wrap.*



### ***3. Place the filling***

Place ingredients for the filling crosswise over the rice-covered nori.





#### **4. Roll**

Fold the mat over, to roll the sushi. Apply firm pressure while rolling to make a tight roll.



## ***5. Tighten the roll***

Moisten the flap of uncovered nori and roll over it to seal. Repeat rolling to tighten the roll, if necessary. Be careful not to roll the plastic wrap into the sushi.

## ***6. Slice the roll***

Use a sharp, non-serrated knife and run cold water over the blade to keep the nori and rice from sticking. Do not use a sawing motion as this would tear the nori. To get even slices, begin slicing at the center of the roll then proceed to cut each piece at the center as well. Cut into 8 small pieces, or 6 larger pieces.





## Sliced Raw Fish (Sashimi)

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 pound fish (salmon, tuna, snapper, yellowtail, etc.), must be fresh,

*Sashimi-grade*

1 carrot, grated, for garnish

1 *daikon*, grated, for garnish

Soy sauce

[Wasabi](#)

Sushi ginger or [\*gari\*](#)

### ***Directions***

1. Freeze the fish so it is firm enough to cut thinly.
2. Use a very sharp, non-serrated knife to remove the skin.

3. Cut into ¼-inch thick pieces, about the size of a domino. Your knife should be sharp enough to prevent using a sawing motion that will destroy the flesh.
4. Arrange on a platter and garnish with grated *daikon* and carrot.
5. Serve with soy sauce, wasabi, and sushi ginger or *gari*.





## Thick Sushi Roll (Futomaki)

*Serves: 2-3*

*Preparation Time: 30 minutes plus 30 minutes cooling time*

*Cooking Time: 15 minutes (for sushi rice)*



### ***Ingredients***

3 sheets nori

15-20 large shrimp, cooked

3 pieces imitation crab sticks, halved lengthwise

$\frac{1}{3}$  cup carrot, finely grated

1 small Japanese cucumber, cut into strips

1 avocado, pitted, peeled, cut into strips

2 leaves romaine lettuce, shredded

4 cups cooked rice, seasoned with sushi vinegar

$\frac{1}{4}$  cup rice vinegar

[Wasabi](#), soy sauce, and [sushi ginger \(gari\)](#), as condiments

### Sushi rice

3 cups sushi rice (shari)

4 ¼ cups sushi vinegar (recipe below)

### Sushi vinegar

3 ½ cups water

½ cup of rice vinegar (do not use any other vinegar)

2 tablespoons white sugar

2 teaspoons refined salt

### Vinegar water for dipping hands (Tezu)

¼ cup water

2 teaspoon rice vinegar

### ***Directions***

#### For sushi vinegar

1. Combine all the sushi vinegar ingredient in pot and warm it on the stovetop over medium heat. Stir until the well dissolved. (You may also heat the vinegar solution in the microwave.)
2. Put the rice in a fine mesh strainer and wash under cold running water until the rinsing water runs clear. Drain well.

#### Sushi Rice - on the stovetop

3. Place the rice in a heavy-bottomed pot and add the water. Make sure the rice surface is level. Bring it to a boil, reduce the heat to minimum and cover the pot. If the boiling liquid overflows, remove the lid for it to go down and replace the lid immediately. Allow the rice to absorb all the water. Watch out for scorching. If you smell the rice burning, immediately remove it from the heat and allow it to cook in residual heat. The rice is done when all water has been absorbed.

#### Sushi rice - using a rice cooker

4. Place the washed rice grains in the rice cooker pot and add the 3 ½ cups of water. Cook according to the rice cooker's instructions (usually you just press the "cook" button).

5. Transfer the cooked rice to a [hangiri](#), or a large mixing bowl, and place it in the refrigerator to cool. At this stage, fillers can be prepared while waiting for rice to cool down.
6. Make sure the rice is completely cool, as the center may still be hot.
7. Pour the vinegar mixture over the rice and mix it into the rice with your hands.

#### To make the roll

8. As you will make 3 rolls, divide all the ingredients into 3.
9. Follow the [steps for making sushi](#).
10. In placing the filling:
  - Arrange 5-6 shrimp in a row about 2" from the close edge.
  - Add a row of sea sticks, then a row of shredded lettuce.
  - On top of the shrimp, place slices of avocado and shredded, stacked like logs of wood.
11. Cut each roll into 8 slices. Serve with soy sauce, wasabi and pickled ginger.



## Dragon Roll

*Serves: 2-4*

*Preparation Time: 1 hour*

*Cooking Time: 0 minutes*



### ***Ingredients***

#### **For filling**

2 avocados, halved, pitted, peeled, sliced thinly crosswise

½ lemon (optional), to squeeze on avocado to prevent browning

2 nori sheets, cut in half crosswise

2 cups prepared [sushi rice](#)  
1 Japanese cucumber, pitted, cut lengthwise into 8 pieces  
8 precooked [shrimp tempura](#)  
1/8 cup fish roe or *tobiko*, plus more for garnish  
Grilled eel or *unagi* (optional)

### For toppings

Spicy mayo (Japanese mayo mixed with Sriracha or hot sauce to taste)  
Unagi Sauce (store-bought)  
Green onion, sliced for garnish

### ***Directions***

1. Gently press the avocado slices with your fingers and then with the side of a knife to make them malleable. Sprinkle with lemon, if using.
2. Follow the [steps for making sushi](#). You'll be rolling it inside out.
3. After turning the roll inside out, put the cucumber strips, shrimp tempura, *tobiko* and *unagi* (optional) at the bottom end of the nori sheet.
4. Roll it up. After you are done rolling, BEFORE CUTTING, place the avocado slices on top to look like a dragon's "scales."
5. Cover with plastic wrap and place the mat over the roll. Squeeze gently to make the avocado wrap over the top of the roll.
6. Cut the roll into 8 slices.
7. Top each slice with a bit of roe. Drizzle with spicy mayo and sprinkle sliced green onions
8. Serve with *unagi* sauce.



# Nigiri Sushi

*Serves: 6*

*Preparation Time: 30 minutes plus 1 hour freezing time*

*Cooking Time: 0 minutes*



## ***Ingredients***

4-6 ounce piece sushi-grade tuna or salmon

About 3 cups prepared [sushi rice](#)

[Wasabi](#)

[Tezu](#) solution, for washing hands

## ***Directions***

1. If using salmon, cover the fish with salt and leave it for 1 hour.
2. Rinse off the salt and put the salmon into the freezer until it is completely frozen.
3. Defrost until it is easy to slice.



4. Slice the fish very thinly, about  $\frac{1}{4}$  inch thick and the size of a domino.
5. Dip hands into the *tezu*.
6. Take a scoop of sushi rice to fit your fist. Pack the rice in your fist to make a small rectangle of sushi rice.
7. Dab one side of the fish slice with wasabi and place it, wasabi side down, on the sushi rectangle.
8. Serve with more wasabi, soy sauce, and [sushi ginger](#).



## Vegetarian Nigiri

*Serves: 6*

*Preparation Time: 30 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

[Sushi rice](#)

1 small zucchini, sliced very thinly (paper thin)

1 slice small green *shiso* or *perilla*, cut lengthwise and in small diagonal strips

$\frac{1}{4}$  *nori* seaweed, cut into about  $\frac{1}{4}$ -inch wide strips

Wasabi

Salt

[Sushi vinegar](#)

Hot sauce

### ***Directions***

1. Sprinkle the zucchini slices generously with salt. Rub it in, and leave it to sit until the turnip has wilted. Rinse and drain, and squeeze out the water.
2. In a wok, warm the oil and quickly stir-fry the zucchini. Remove from wok and place on paper towel to absorb excess fat.
3. Take a scoop of sushi rice to fit your fist. Pack the rice in your fist to make a small rectangle.
4. Smear on a dab of wasabi paste, and place piece of *shiso* leaf on top.
5. Dip 2-3 slice of zucchini in sushi vinegar, lay it on the rice and adjust the shape.
6. Wrap a strip of nori like a belt around its width, tucking the ends underneath.
7. If desired, place a dab of hot sauce on top and serve.



# Vegetable Maki

*Serves: 6-8*

*Preparation Time: 30 minutes*

*Cooking Time: 0 minutes*



## ***Ingredients***

1 package nori roasted seaweed sheets

2 carrots, peeled and sliced lengthwise into narrow strips

1 cucumber, pitted and sliced lengthwise into narrow strips

1 avocado, halved, pitted and cut into narrow strips

Cream cheese (block form), cut into narrow strips

Soy sauce

Wasabi for serving

Sesame seeds

## ***Directions***

1. Follow the [steps to making sushi](#) up to step 3.
2. For the filling, place a carrot strip, cucumber strip, cream cheese, and avocado across the rice bed.

3. Proceed with the rest of the steps in making sushi.
4. Garnish each piece with sesame seeds.
5. Serve with soy sauce for dipping and wasabi.





## Spicy Tuna Maki

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

4 sheets nori, cut in half crosswise

2 cups [sushi rice](#)

[Sushi ginger](#)

Wasabi

Soy sauce

### **For filling**

5 ounces ahi tuna (yellowfin or bigeye), *Sashimi*-grade, finely chopped

2 tablespoons green onions, minced

2 tablespoons mayonnaise

1 tablespoon hot sauce

***Directions***

1. Combine the ingredients for the filling in a bowl and mix well.
2. Follow the [steps for making sushi](#) up to step 3.
3. For the filling, spoon a thin line of the tuna mixture down the center of the rice.
4. Proceed up to step 5 (do not cut yet).
5. Before cutting, remove the plastic wrap and set the roll aside, covering with a damp cloth while you work to finish the remaining rolls.
6. Cut the roll in half, then into thirds so each roll results in 6 pieces.
7. Serve with sushi ginger, wasabi, and soy sauce.



## California Maki

*Serves: 8-10*

*Preparation Time: 30 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

5 sheets nori

1 large cucumber, peeled, seeded, cut lengthwise into long strips

2-3 avocados, halved, pitted and cut into thin strips

Freshly squeezed lemon juice

Imitation crab sticks, cut lengthwise

Wasabi

Sesame seeds, if desired

### ***Directions***

1. Sprinkle the avocado with lemon juice to prevent browning.
2. Follow the [steps for making sushi](#) for an inside-out roll, up to step 3.

3. For filling, arrange the strips of avocado and cucumber along the center of the rice, and top with crab meat.
4. Proceed with succeeding steps up to step 5 (do not cut yet)
5. Wrap the plastic wrap around the roll and set aside until ready to cut. Refrigerate for longer storage. Repeat with remaining nori sheets to make additional rolls.
6. Roll in sesame seeds if desired. Cut into 6-8 rolls as desired.
7. Serve with wasabi, soy sauce, and [sushi ginger](#).



## Smoke Salmon Philly Roll Sushi

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

2 strips of cream cheese, 8x¼ inches (cut from the block)

3 ounces smoked salmon

2-4 narrow strips cucumber, to fit 8x¼ inches

2 *nori* sheets

1 cup [sushi rice](#)

### ***Directions***

1. Follow all the [steps for making sushi](#) to make about 16 rolls (8 slices each).
2. Serve.





# **Soups and Broths**

## Basic Japanese Stock (Dashi)

*Yields 3 ¾ to 7 ¾ cups*

*Preparation Time: 5 minutes plus 30 minutes soaking time*

*Cooking Time: 15 minutes*



*Bonito flakes*

### ***Ingredients***

1 4x5 inch kelp (*kombu*), wiped clean but not washed

3 cups packed dried bonito flakes (*katsuobushi*) or dried and smoked skipjack tuna and sardine flakes

4-8 cups water, depending on desired strength of flavor

### ***Directions***

1. Place the water in a pot or saucepan.

2. Make a couple of slits on the *kombu* and soak it in the water for at least 30 minutes (although 3-8 hours is ideal).
3. Gently bring it to a boil, skimming off any oil or scum.
4. Remove the *kombu* just before water begins to boil. (Set it aside to make rice seasoning.)
5. Turn off the heat and allow the water to cool.
6. Add the bonito flakes and bring it to a boil again.
7. Simmer for just 30 seconds, and turn off the heat. The flakes will sink to the bottom. Let it stand for 10 minutes.
8. Line a sieve with a thick piece of paper towel and strain the broth, gently squeezing out the *Dashi*. (Keep the flakes for rice seasoning).
9. Keeps for 1 week refrigerated or for 3 weeks frozen.





## Basic Ramen (Tonkotsu and Torigara) Soup Stock

*Serves: 5-7*

*Preparation Time: 20 minutes*

*Cooking Time: 2 hours*



### ***Ingredients***

2 pounds pork leg bones, cut and washed with warm water (For chicken or *Torigara* soup stock, substitute this with 1 pound of chicken bones with flesh to make a total of 2 ½ pounds)

1 ½ pounds chicken breast, washed with warm water, blood clots removed

½ pound pork trotters, washed well with warm water

1 gallon of water

2-3 cloves garlic

1 stalk green onion, cut into about 3 pieces per stalk

## ***Directions***

1. Place all the cleaned bones in a pressure cooker (check your manual as not all pressure cookers work the same way) and fill it with about a gallon of water. The water should not reach up to more than  $\frac{2}{3}$  of the pot's height, it should just cover the bones.
2. Bring it to a boil, uncovered, and remove any scum (optional).
3. Add the green onion and garlic cloves. Cover.
4. Reduce the heat to low. If you're using an electric stove, you may transfer the whole pot to a second burner with a lower setting. Be careful that you do not get scalded by the steam. Pressure cook for 30 minutes.
5. Let the pot cool, or submerge it in a basin of water for faster cooling.
6. Remove the lid. Mix the contents thoroughly, mashing the vegetables and meat for more flavor. Add water, if needed.
7. Replace the lid and pressure cook for another 30 minutes.
8. After the pressure has gone down, stir and mash again as thoroughly as you can. Repeat two more times, for a total of 120 minutes of intermittent cooking and mixing/mashing.
9. The resulting stock is shimmery, with meat and bones reduced to fragments. You may boil another 30 to 60 minutes, if desired and time allows.
10. Strain out any solids (may be kept for other recipes).
11. Freeze any unused stock as this spoils easily.





# Miso Soup

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



## ***Ingredients***

4 cups [dashi](#) stock (you may also use granules, following the packaging instructions)

3-4 tablespoons *miso* paste, preferably yellow (but white or red may be used)

1 cup firm tofu, diced and drained on towels

2 green onions, cut into ½-inch pieces

## ***Directions***

1. Heat the *dashi* stock in a pot or saucepan, and bring it to a boil.
2. Reduce the heat.



3. Put the *miso* in a strainer, and submerge it in the boiling stock. Press the *miso* through the sieve into the stock.
4. Add the tofu and green onions.
5. Simmer about 3 minutes, and serve.



## Japanese Seafood Soup (Nabe)

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 20-30 minutes*

### ***Ingredients***

Water to make broth (about 4-8 cups) or ready-made [\*dashi\*](#) stock

1 cup dried boiled anchovy (optional if using ready-made *Dashi* stock)

1 piece *kombu* or kelp (optional if using ready-made *Dashi* stock)

1 medium onion, sliced

1 cup shiitake mushrooms, cored and cut into bite-sized pieces

½ cup *enoki* mushrooms, roots cut off and washed

½ cup green onions, each cut into 4 pieces of equal length

½ head Napa cabbage, cut into large pieces

1 cup firm tofu, cubed

1 pound shrimp, deveined, clean and shelled

½ pound cod fillet or fillet of any fish of choice

### ***For dipping sauce***

2 tablespoons green onion, chopped

1-2 tablespoons green Thai chili, chopped

1 cup cold water

¼ cup white vinegar

1 cup soy sauce

### ***Directions***

1. Fill a 4-quart pot about  $\frac{3}{4}$  full with water or *dashi* stock.
2. Drop in the anchovies and *kombu*.
3. Bring it to a boil. Reduce the heat and allow it to boil for 10 minutes.
4. Remove it from the heat and scoop out the anchovies and *kombu* from the broth.
5. Add all the vegetables, tofu, and seafood to the broth.
6. Bring it to a boil again and continue the shrimp have changed color.

7. While cooking the soup, combine the ingredients for the sauce in a bowl and set it aside.
8. Serve soup with the dipping sauce.



# Salads

## Cucumber Salad (Sunomono)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

2-3 cups cucumber (use Japanese or other thin-skinned cucumbers), sliced as thinly as possible

¼ teaspoon salt

3 tablespoon rice vinegar

1 tablespoon sugar

¼ teaspoon soy sauce

1 teaspoon sesame seeds

### ***Directions***

1. Add salt to the sliced cucumbers and mix well. Let them sit for 5 minutes.
2. Meanwhile, combine the vinegar, sugar, and soy sauce in a small bowl until the sugar is completely dissolved. Set aside.
3. Drain away all the liquid, squeezing as much as you can from cucumbers.
4. Add the vinegar mixture and sesame seeds to the prepared cucumbers and mix well.





## Daikon Salad

*Serves: 3-4*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 ½ tablespoon soy sauce

1 ½ tablespoon rice vinegar

1 ½ tablespoon sesame oil

1 teaspoon sugar

¼ *daikon* (white radish) peeled and spiralized or julienned finely

1 carrot, peeled and spiralized or julienned finely

1 tablespoon black sesame seeds

Roasted seaweed (*nori*), thinly sliced

***Directions***

1. Whisk together the soy sauce, vinegar, sesame oil, and sugar in a bowl.
2. Add the vegetables and mix well.
3. Serve garnished with sesame seeds and *nori*.



## Seaweed (Wakame) Salad

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

½ cup dried, salted *wakame* seaweed

*Kaiware* radish sprouts or garden cress for garnish, optional

Toasted white sesame seeds for garnish

### ***For dressing***

1 tablespoon soy sauce

1 tablespoon vinegar

1 tablespoon [\*dashi\*](#) water

½ teaspoon sugar

1 tablespoon olive oil or sesame oil

½ teaspoon ginger, peeled and grated

½ teaspoon garlic, grated (optional)

### ***Directions***

1. Rinse the *wakame* under running water. Squeeze and soak in a bowl of water for 2-3 minutes.
2. Squeeze again and drop into a sieve submerged in a pot of hot water to blanch (about 2 seconds).
3. Lift the *wakame* out of the hot water and immediately pour cold water over it to cool it down quickly. Squeeze out the water.
4. Slice the *wakame* thinly. Set it aside.
5. Whisk together the ingredients for the dressing in a bowl until the sugar is dissolved. Pour the dressing over the *wakame* salad. Add sesame seeds to taste. Mix well.
6. Top with radish sprouts or garden cress, if desired.
7. Mix the dressing again and drizzle it over the salad.



# Noodles



# Pork Bone (Tonkotsu) Ramen

*Serves: 1*

*Preparation Time: 5 minutes*

*Cooking Time: 5 minutes*



## ***Ingredients***

### For seasoning sauce

2 tablespoons soy sauce

[Dashi](#) to taste

½-1 teaspoon sugar

½ teaspoon [chasu broth](#), or to taste (optional)

MSG or fish sauce, if desired, to taste

Dash white pepper powder (optional)

1 teaspoon *mirin* (optional)

### To assemble ramen

Ramen noodles (Sapporo, Hakata or Cantonese egg noodles), fresh, frozen, or dried

1 ½-2 cups [basic ramen soup stock](#)

1 ½ tablespoons seasoning sauce, or according to taste NOTE: Use plain salt instead if you do not want soy sauce in your broth and you want a more basic flavor

2 thin slices [chashu](#)

½ slice [marinated runny yolk boiled egg](#)

Scallions, finely chopped

[Black garlic sauce \(mayu\)](#)

### Other optional toppings

Fermented bamboo shoot (*menma*), store-bought

Nori (seaweed paper), shredded

Whole kernel corn

Bean sprouts

Wood ear

### ***Directions***

#### To assemble the ramen

1. Prepare the noodles according to the packaging instructions and place a handful (or your own estimate of what would be enough for one serving) in a ramen bowl or soup bowl.
2. Combine the seasoning sauce ingredients in a small bowl.
3. Heat up the basic ramen soup stock to boiling and stir in the seasoning sauce (or plain salt, if preferred). Adjust the taste by adding more seasoning sauce, salt, or more broth, as desired.
4. Pour this hot seasoned stock over the noodles.
5. Top with *chasu*, runny yolk boiled egg, and chopped green onions.
6. Add more toppings, as desired.
7. Drizzle with [mayu or black garlic oil](#) and serve.



## Stir Fried Thick White Noodles (Yaki Udon)

*Serves: 3*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 packages udon noodles

2 tablespoons vegetable oil

½ pound pork belly, cut into bite-sized pieces NOTE: You may substitute other meats, seafood or vegetables of choice

1 small onion, sliced

1 cup cabbage, cut into bite-sized pieces

1 medium carrot, julienned

2 shiitake mushrooms, destemmed and sliced

2 green onions, 2 inches of the tips set aside, the rest cut into 2-inch pieces

3 tablespoons [mentsuyu](#) or leftover [sukiyaki sauce](#)

1 teaspoon soy sauce

Freshly ground black pepper, to taste  
3 tablespoons bonito flakes or *katsuobushi*

***Directions***

1. Prepare the noodles according to the packaging instructions. Frozen noodles should be boiled to loosen them, then rinsed and drained.
2. Heat the oil in a wok or frying pan over medium heat, and sauté the pork until browned.
3. Add the onion and cook until translucent (about 2-5 minutes).
4. Add the cabbage, carrots, shiitake, and green onion. Cook until the vegetables are wilted.
5. Add the noodles, *mentsuyu*, soy sauce, and black pepper, and mix well.
6. Adjust the flavor with more seasonings, as needed.
7. Transfer to a serving dish and top with bonito flakes and chopped green onion tips.



## Stir-Fried Noodles with Meat and Vegetables (Yaki Udon)

*Serves: 3*

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

2 tablespoons vegetable oil

1 pound boneless chicken breast, cut into bite-sized pieces

1 small onion, sliced

1 cup snow peas

1 cup bean sprouts

½ cup shiitake mushrooms, destemmed and sliced///

Freshly ground black pepper, to taste

½ cup *Yaki Udon* sauce (recipe below, or ready mix) or [mentsuyu](#), divided

1 package *Yaki Udon* noodles

### Yaki Udon sauce

½ cup light soy sauce or *usukuchi*

1 teaspoon dark soy sauce or *koikuchi*

2 teaspoons sugar

2 teaspoons salt

### **Directions**

1. To prepare *yaki udon* sauce, combine the sauce ingredients in a saucepan. Bring it to a boil and simmer it over low heat for about 10 minutes. Let it cool. Will keep for about 2 weeks in the refrigerator. Set aside ½ cup for this recipe.
2. Heat the oil in a wok or frying pan over medium-high heat, and sauté the chicken until cooked through.
3. Add the onion and cook until translucent (about 2-5 minutes).
4. Add the snow peas, mushrooms, and bean sprouts. Cook until the vegetables are wilted.
5. Season with black pepper.
6. Add ¼ cup *yaki udon* sauce.
7. Before adding the noodles, rinse them with warm water to loosen them, and drain.
8. Reduce the heat and add the noodles, stirring constantly to loosen noodles and prevent charring at the bottom of wok or frying pan.
9. Add the remaining ¼ cup of *yaki udon*, adjusting the amount to taste. Serve immediately, garnished with dried seaweed powder and pickled ginger.





## Hotpot Beef with Noodles and Vegetables (Sukiyaki)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 3-5 minutes*



### ***Ingredients***

1 pound beef tenderloin or sirloin, very thinly sliced

2 tablespoons beef suet, oil, or butter

1 package *shirataki* (*konjac* yam) or cellophane noodles, washed, drained, and cut into 3-inch pieces

8 shiitake mushrooms, destemmed

1 enoki mushroom, trimmed

1 leek, cut into 2-inch pieces

½ head Chinese cabbage, cut into 2-inch pieces, stalks separated from leaves

1 bunch chrysanthemum leaves (*shungiku*); or other leafy greens; torn from stalk

1 grilled tofu, cut into bite-sized pieces

4 pasteurized eggs (fresh and preferably free-range)

### Sukiyaki sauce

⅓ cup soy sauce

3 tablespoons sake

5 tablespoons sugar

¾ cup water

### **Directions**

1. Follow the packaging instructions for the noodles. Some may need to be parboiled to remove an offensive odor. Submerge them in cold water in a pot and bring it to a boil. Immediately remove the noodles from the boiling water, drain and submerge in cool water. Drain again.
2. To pasteurize your own eggs, submerge them in water at 140°F for 4 minutes (This is optional if you are sure that the eggs are fresh and you are used to eating raw egg). Remove them from the hot water.
3. Combine the *sukiyaki* sauce ingredients in a bowl. Set it aside.
4. Preheat an electric pan or skillet on the table for cooking ingredients. The meal is served hot, served straight from the pan.
5. Arrange all ingredients on a large serving platter beside the skillet.
6. Add the suet, oil, or butter to the skillet and fry the beef just until it is no longer pink.
7. Push the beef to one side and pour in 2-3 tablespoons of *sukiyaki* sauce.
8. When the sauce begins to boil, add the other ingredients. Traditionally, these are arranged in the skillet in an orderly manner; bunching each type of ingredient in a section of the pan.
9. Start adding the tofu, mushrooms, and cabbage stalks.
10. Next, add the noodles, making sure to place them away from the beef as the shirataki can cause the beef to toughen. Add the leafy greens

and onions last, and more sauce, if needed.

11. Place a lid over the skillet and let it simmer for 3 to 5 minutes.
12. Meanwhile, crack one egg per person in a bowl and beat.
13. *Sukiyaki* is eaten by dipping ingredients from the hotpot in raw beaten egg.
14. Make sure the liquid does not dry up. Add more sauce or hot water to the pan when needed.
15. Leftover *sukiyaki* broth is traditionally saved to make [udon](#).



# **Teriyaki (Soy-Glazed Dishes)**

# Chicken Teriyaki

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



## ***Ingredients***

2 boneless, skinless chicken breasts

Freshly ground black pepper

2 teaspoons vegetable oil

2 green onions, green and white parts, sliced

## **Teriyaki sauce**

¾ cup soy sauce

¼ cup light brown sugar, packed

1 tablespoon rice wine vinegar

1 tablespoon ginger, grated

2 cloves garlic, minced

For slurry\_(optional)

2 teaspoons water

1 teaspoon cornstarch

***Directions***

1. Mix the *teriyaki* sauce ingredients together in a bowl. Set it aside.
2. Place the chicken breasts on a cutting board, smooth side facing up. Cover with plastic wrap and pound to flatten them to ½-inch thickness. Cut each piece in half. Season evenly with freshly ground pepper.
3. Heat the oil in a large pan over medium-high heat. Cook the chicken until golden brown (about 3 to 4 minutes on each side).
4. Pour the *teriyaki* sauce mixture over the chicken. Do not stir. Allow the chicken to absorb the sauce as it cooks. Flip the chicken pieces over, if needed. Ensure that the chicken is evenly cooked and that there are no pink areas, especially inside.
5. Remove the chicken pieces with tongs and transfer them to a serving dish.
6. Heat the sauce in the pan 3 to 5 minutes longer for a thin sauce.
7. For a thicker sauce, whisk together the slurry ingredients in a bowl. Whisk the sauce while pouring in the slurry. Keep mixing for about 30 seconds, until thickened. Remove from the heat.
8. Pour the sauce over the chicken.
9. Best served with steamed rice.





# Tofu Teriyaki

*Serves: 3*

*Preparation Time: 5 minutes plus 10 minutes marinating time*

*Cooking Time: 15 minutes*



## ***Ingredients***

1 (14 ounce) package extra firm tofu, drained and sliced into bite-sized cubes

Oil for frying

$\frac{3}{4}$  cup [teriyaki sauce](#)

2 shallots, thinly sliced

2 green onions, chopped, divided

## ***For slurry.***

1 teaspoon cornstarch

2 teaspoons water

## ***Directions***

1. Dry the tofu by wrapping it in paper towels.
2. After drying the tofu, let it marinate in the *teriyaki* sauce for 10 minutes. Drain, saving the sauce for later.
3. Heat the oil in a non-stick pan over medium heat.
4. Fry the tofu slices until they are crispy and golden on all sides. Expect the oil to splatter because of moisture from the marinade.
5. Remove the fried tofu from the pan and drain it on paper towels.
6. Drain any oil from the pan in excess of 1 teaspoon.
7. Sauté the shallots and half the chopped green onions. Cook until fragrant (about 2 minutes).
8. Add the *teriyaki* sauce and let it simmer.
9. Mix together the ingredients for the slurry and add it to pan, stirring the sauce continuously. Turn off the heat as soon as the sauce thickens.
10. Pour the sauce over the tofu and garnish with the remaining chopped green onion.
11. Serve with steamed rice.



## Steak Teriyaki

*Serves: 4*

*Preparation Time: 5 minutes plus 1 hour marinating time*

*Cooking Time: 30 minutes*



### ***Ingredients***

1 ½ pounds flank or skirt steak

Olive oil

Cooked rice and steamed vegetable for serving.

### **For marinade**

⅓ cup *mirin*

⅓ cup *sake*

⅓ cup soy sauce

- 1 tablespoon sugar
- 1 tablespoon fresh ginger, grated

### ***Directions***

1. Combine the ingredients for the marinade in a bowl and transfer it to a shallow container or resealable bag.
2. Marinate the steak for one hour to overnight. Keep it chilled, and remove it from the refrigerator an hour before cooking.
3. Drain off the marinade into a saucepan. Bring it to a boil.
4. Reduce the heat and simmer until the marinade is reduced to a thin glaze (about 10 minutes).
5. To grill, oil the grates and preheat the grill to high heat. Or heat up a large cast-iron pan over high heat.
6. Pat the steaks dry and rub evenly with olive oil.
7. Sear the meat on the grill or in the pan until one side is well browned (3-5 minutes).
8. Flip over to sear the other side, while basting with the *teriyaki* marinade.
9. After cooking the meat to the desired doneness, remove it from the heat.
10. Let it rest for 10-15 minutes. Keep the sauce warm.
11. After cooling, divide the steak by cutting it thinly along the grain.
12. Slice each half diagonally, this time against the grain, in thin ( $\frac{1}{4}$ -inch thick) slices.
13. Arrange the slices on a serving plate.
14. Pour the *teriyaki* sauce over the steak slices and serve over rice and steamed vegetables.



## **Hibachi and Teppanyaki (Grilled Dishes)**



## Hibachi Chicken and Fried Rice

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

#### **For chicken**

1 ½ pounds boneless chicken breast, sliced thinly into bite-sized pieces  
(may be substituted with beef, pork, or seafood)

1 tablespoon vegetable oil

½ teaspoon sesame oil

1 tablespoon butter

3 tablespoons soy sauce

2 teaspoons fresh lemon juice

Salt and pepper, to taste

### For fried rice

2 tablespoons vegetable oil  
½ teaspoon sesame oil  
1 small white onion, chopped  
1 cup bean sprouts  
2 large eggs, beaten  
Salt and pepper, to taste  
4 cups cooked rice, preferably chilled for a few hours or overnight  
4 tablespoons butter  
½ teaspoon garlic powder  
3 tablespoons soy sauce, or to taste  
1 tablespoon *sake* (optional)

### **Directions**

1. Prepare all the ingredients in advance and have them lined up for quick succession in cooking and to maximize the use of heat and flavors in the pan or skillet, which serves as your “*hibachi*” or grill.
2. Break the chilled rice apart using your hands or a large spoon, to separate the grains. Set it aside.
3. Heat a large heavy skillet or large wok over medium-high heat.

### For chicken

4. Pour the vegetable and sesame oils in the pan.
5. Add the chicken and toss with a spatula while adding the butter, soy sauce, lemon juice, salt, and pepper. Continue sautéing the chicken until it is cooked through (about 6-8 minutes).
6. Transfer the chicken to a serving dish and reserve the skillet (do not clean) for the next dish. The oils and seasonings left on the skillet from the chicken will add to the overall flavor of the next dish. Keep it warm and follow immediately with next dish. You may need to scrape off charred bits, if any.

### For fried rice

7. With the same skillet used previously, heat up the oils.
8. Add the chopped onion and sauté until almost tender (about 3-4 minutes).

9. Add the bean sprouts and continue sautéing (about 2 minutes).
10. Move onions and bean sprouts to the side of pan and add the eggs, mixing to scramble as you add them, and seasoning lightly with salt and pepper.
11. Add the rice, butter, and garlic powder, and continue stirring for about 5 minutes. Use a shoveling motion to mix.
12. Add the soy sauce and *sake* and continue cooking, mixing constantly (about 1 to 2 minutes). Adjust the taste with more salt and pepper or soy sauce, as needed.
13. This may be followed with [hibachi vegetables and sprouts](#).



## Hibachi Vegetables and Sprouts

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

1 tablespoon vegetable oil

½ teaspoon sesame oil

1 large white onion, sliced into slivers

1 large zucchini, quartered

1 cup shiitake mushrooms, destemmed and sliced

1 tablespoon butter

2 tablespoons soy sauce

Salt and pepper, to taste

### **For bean sprouts**

1 tablespoon butter

3 cups bean sprouts

1 tablespoon soy sauce

½ teaspoon sesame oil

### ***Directions***

1. Prepare all the ingredients in advance and have them lined up for quick succession in cooking and to maximize use of heat and flavors in the pan or skillet, which serves as your “*hibachi*” or grill.
2. Heat a large heavy skillet or large wok over medium-high heat.

### **For vegetables**

3. Heat the vegetable oil and sesame oil in warmed skillet.
4. Add the onion, zucchini, mushrooms, butter, soy sauce, salt, and pepper, and sauté until the veggies are tender (about 5-10 minutes).
5. Transfer the cooked vegetables to serving dish.
6. Do not clean the pan. The oils and seasonings left on the skillet will add to the overall flavor of the next dish. Keep it warm and follow

immediately with the next dish. You may need to scrape off charred bits, if any.

For bean sprouts

7. Melt the butter in the same skillet and add the bean sprouts. Sauté for 1minute.
8. Drizzle with soy sauce and sesame oil as you sauté until the sprouts are translucent but still crisp (about 1 minute).



## Beef and Salmon Teppanyaki

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

4 ounces beef tenderloin, cut into bite-sized cubes or thin strips

4 ounces salmon

1-2 tablespoons vegetable or olive oil

1 tablespoon soy sauce

Salt, to taste

Freshly ground pepper

2 tablespoons butter

2 tablespoons *sake*

White pepper, to taste

Flour for coating

### ***Directions***

1. Season the salmon and beef (separately) with salt, black pepper, and white pepper.



2. Coat the salmon evenly with flour.
3. Heat a heavy skillet or wok, which will serve as the “*teppan*” or grill.
4. Add the oil and fry the salmon until evenly browned, opaque, and easy to flake with a fork.
5. Move the salmon to the side of the pan and drain off any excess oil. Transfer it to a serving plate. Keep the skillet or wok warm, for cooking the beef.
6. Pan fry the beef in the same skillet until the desired doneness is reached. Season it with freshly ground pepper, and transfer it to the same dish as the salmon.
7. In the same skillet or wok, add butter, *sake*, and white pepper.
8. Turn off the heat and stir to melt the butter.
9. Pour this sauce over the salmon and beef and serve while hot.



# **Fried Rice, Rice Bowls and Pork Cutlet (Yakimeshi, Donburi and Katsu)**

## Chicken Fried Rice (Yakimeshi No Tori)

*Serves: 4-5*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

¼ cup vegetable oil

5 cups cooked rice, preferably chilled overnight

1 clove garlic, minced

2 cups cooked chicken, shredded (may be substituted with pork belly or shrimp)

1 small onion, chopped

½ cup celery, diced

¼ cup bell pepper, diced

½ cup combination of peas, carrots and corn (if not the frozen, be sure to blanch first and drain)

2 eggs, beaten

2 tablespoons soy sauce

Salt, to taste

Dash white pepper

***Directions***

1. Break up the cooked rice with your hands or a large spoon to loosen the grains. Set it aside.
2. Heat up a wok. A very hot wok is important for cooking fried rice.
3. Add the oil and let it warm for a second or two.
4. Add the rice and garlic, mixing constantly using a “shoveling” motion (This is to keep the rice from sticking to the bottom of the pan).
5. Add the other ingredients EXCEPT eggs, soy sauce, salt, and pepper.
6. Keep “shoveling” until well mixed.
7. Push the rice to one side and drop the beaten eggs into the pan. Let the eggs cook, scrambling them with a spatula. Mix them into the rice.
8. Add the soy sauce, salt, and white pepper and mix well. Serve hot.



## Deep-Fried Breaded Pork Cutlet (Katsudon)

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 medium onion, thinly sliced

2 large eggs, beaten

2 servings steamed white rice, freshly cooked

Green onion, chopped, for garnish

### **For sauce**

½ cup [dashi](#) stock

2 teaspoons sugar

1 tablespoon soy sauce

2 teaspoons *mirin*

### **Katsu or breaded cutlet**

2 pieces boneless pork chops, pounded to 1/8-inch thickness (may be substituted with chicken breast or thigh, or beef)

Salt and pepper

Flour, for dusting

1 egg, beaten (for coating)

1 cup panko breadcrumbs

Cooking oil, for frying

### ***Directions***

1. Whisk together ingredients for sauce in a bowl. Set aside.

### **For breaded cutlets**

2. Place the egg and panko in separate shallow bowls.
3. Season the pork chops with salt and pepper. Dust lightly with flour.
4. Heat up a skillet or wok and add the oil. Test if the oil is hot enough by dropping in a pinch of panko. The panko should sizzle.
5. Dip the pork in the egg, followed by the panko. Press down on the breadcrumbs to make sure they stick well to the pork.
6. Fry the breaded pork until golden brown (about 5 minutes on both sides).
7. Remove from the pan and drain on paper towels. Cut the pork into 1/2-inch strips, but not all the way to the other one edge, so you can still pick it up as a whole piece.

### **For sauce and to assemble Katsudon**

8. Heat up another wok or skillet over medium heat. Add 1 tablespoon of oil from that used to fry the cutlets.
9. Add the onions and sauté until slightly caramelized.
10. Pour the sauce over the onions and bring it to a boil.
11. Arrange the cutlets over the onions.
12. Reduce the heat to low, and pour the eggs over the meat. Do not stir. At this point, fill 2 *donburi* bowls (or regular bowls) with hot rice and set them aside.
13. When the egg has set, turn off the heat.
14. Place the cutlets with sauce, onions, and egg over steamed rice and garnish with green onion.







# Katsu Curry

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 30 minutes*



## ***Ingredients***

2 pieces cooked [katsu](#)

2 bowls steamed rice

## **For the curry sauce**

2 tablespoons flour

4-5 teaspoons curry powder

2 tablespoons vegetable oil

2 onions, sliced

5 cloves garlic, chopped

2 medium carrots, peeled and sliced

2 ½ cups chicken stock

2 teaspoons honey or sugar

4 teaspoons soy sauce

1 bay leaf

### ***Directions***

1. Combine the flour and curry powder in a bowl. Set it aside.
2. Heat the oil in a non-stick saucepan over medium heat.
3. Sauté the onion and garlic until softened (about 2-5 minutes).
4. Add the carrots and cook, with stirring, over low heat (about 10 minutes).
5. Add flour and curry mixture and stir for 1 minute.
6. While stirring, gradually pour in the stock until combined.
7. Stir in the honey, soy sauce, and bay leaf, and bring it to a boil.
8. Reduce the heat and simmer until the sauce is thickened but pourable (about 20 minutes).
9. Adjust the flavor by adding more curry powder, honey or sugar, or soy sauce, to taste.
10. Strain out the vegetables, if desired, and remove the bay leaf. Blend to a smooth consistency and heat up again. Otherwise, use the sauce as is.
11. Place katsu over rice, and pour curry sauce over it, and serve.



## Beef Rice Bowl (Gyudon)

*Serves: 1-2*

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

7 ounces beef, sliced into thin strips or bite-sized pieces

1 small onion, sliced thickly (about ½ inch)

1-2 servings steamed rice, freshly cooked

### **For sauce**

¾ cup water

1 tablespoon sugar

1 tablespoon white wine

1 tablespoon red wine

1 tablespoon *mirin*

2 tablespoons soy sauce  
1 tablespoon [dashi](#)  
2 cloves garlic, grated  
1 teaspoon ginger, grated

Toppings (optional)

Red pickled ginger or *beni shoga*  
Seven spice powder or *shichimi togarashi*

***Directions***

1. Combine the sauce ingredients in a saucepan and bring it to a boil.
2. Add the onions and cook for 1 minute.
3. Add the beef. Reduce the heat and let it simmer until the beef is done (about 10-15 minutes). Let it cool to develop the flavors, and then reheat (skip this step if you're in a hurry).
4. Pour over the prepared rice and add your choice of toppings (optional).





## Chicken and Egg Rice Bowl (Oyakudon)

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

10 ounces boneless chicken thighs, skin on

¼ teaspoon salt

2 tablespoons *sake*

3 scallions, cut in half

1 large egg, beaten just to break the yolk

### **For sauce**

½ cup [dashi](#) or chicken stock  
2 teaspoons soy sauce  
2 teaspoons honey (or 2 teaspoons sugar + 1 teaspoon water)  
¼ teaspoon salt

### ***Directions***

1. Combine the sauce ingredients in a bowl and set it aside.
2. Season the chicken evenly with ¼ teaspoon salt.
3. Place the chicken pieces on an unheated flat-bottomed pan.
4. Place the pan on the stovetop (do not turn on the heat yet) and weigh down the chicken pieces by placing another heavy pan (or a pot filled with water) over them to keep them flat.
5. Now, turn on the heat to medium. This method allows the chicken to cook evenly and fat to render out. Let the chicken fry until the skin is golden brown (about 7-10 minutes).
6. Remove the chicken from the pan and cut it into bite-sized pieces (It may not thoroughly done at this point).
7. Drain any oil from the pan, leaving just a thin coating and any bits from the chicken.
8. Return the chicken and its juices to the pan. Add the sake and stir-fry until all the liquid has dried up.
9. Add the sauce mixture and bring it to a boil.
10. Sprinkle with scallions and pour in the egg.
11. Cover the pan and reduce the heat to low. Let it cook until the egg is of the desired doneness.
12. Portion over the rice in the bowls, and serve.



# **Tempura (Battered and Deep-Fried)**

# Shrimp Tempura

*Serves: 2-3*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



## ***Ingredients***

1 pound large shrimps, shells removed and deveined, tails intact

2 cups panko breadcrumbs

Cooking oil for frying

[Tempura sauce](#) or [mentsuyu](#) for dipping

## **Basic tempura batter**

½ cup all-purpose flour

½ cup cornstarch

1 teaspoon baking powder

½ teaspoon salt

1 teaspoon garlic powder (optional)  
1 teaspoon onion powder (optional)  
½ teaspoon white pepper (optional)  
1 cup ice cold water

***Directions***

1. Whisk ingredients for the batter in a bowl and keep it refrigerated until use (cold batter contributes to getting crispier results).
2. Place the breadcrumbs in a shallow bowl.
3. To straighten the shrimps or prawns, make a diagonal slit on the undersides. Set them aside.
4. One at a time, dip the shrimp into the cool batter.
5. Next, dip them in the breadcrumbs, making sure to pack the crumbs well onto the surface of the shrimp. Set aside on a platter, and continue until all the shrimps are battered.
6. Heat up oil in a wok or fryer, at least 2 inches deep.
7. While heating the oil, dip the shrimps in batter and breadcrumbs a second time.
8. Drop the shrimps into the hot oil one by one. Do not crowd.
9. Cook until golden brown (about 3 minutes).
10. Drain on paper towels.
11. Serve with tempura sauce or *mentsuyu* for dipping.



## Mixed Vegetable Tempura

*Serves: 3-4*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 pound assorted vegetables such as:

Broccoli, cauliflower or green beans, cut in 3-inch lengths

Sweet potatoes, sliced ¼-inch thick

Zucchini or eggplant, cut in 3-inch strips

Carrots, sliced ¼-inch thick

Others: onions, bell pepper, squash, lotus root, mushrooms

[Basic tempura batter](#)

2 cups panko breadcrumbs

Oil for frying

[Tempura sauce](#) or [mentsuyu](#) for dipping



### ***Directions***

1. Place the breadcrumbs in a shallow bowl.
2. Dip the vegetables in the cool batter.
3. Next, dip them in breadcrumbs, making sure to pack them well.
4. Heat up the oil in a wok or fryer, at least 2 inches deep.
5. While heating the oil, dip the vegetables in batter and breadcrumbs a second time.
6. Drop the vegetables into hot the oil one by one. Do not crowd.
7. Cook until golden brown (about 2-3 minutes), and drain on paper towels.
8. Serve with tempura sauce or *mentsuyu* for dipping.



# **Dips, Sauces and Condiments**

## Multi-purpose Sauce (Mentsuyu)

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

$\frac{1}{2}$  cup soy sauce

$\frac{1}{2}$  cup *mirin*

$\frac{1}{4}$  cup *sake*

Handful of dried bonito flakes

### ***Directions***

1. Place everything in a pot or saucepan and bring it to a boil.
2. Remove from the heat as soon as it starts to boil, and allow it to cool completely.
3. Strain out the bonito flakes.
4. To use as a dipping sauce, dilute 1:1 sauce to water.
5. For cooking, adjust the amount according to taste.
6. Good for making sauces for noodle dishes or as an alternate dip for tempura.

7. Keeps for 2 weeks in the refrigerator.



## Homemade Wasabi Paste Two Ways

*Serves: 1-5*

*Preparation Time: 10-15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

#### **From the rhizome**

Wasabi root

#### **From horseradish (imitation wasabi)**

4 teaspoons horseradish, grated

1 teaspoon Chinese mustard, pounded or pureed

A few drops of soy sauce, according to taste

A few drops vinegar, to taste (enhances pungency)

1 cooked anchovy, chopped finely (optional)

### ***Directions***

#### **From the fresh rhizome**

1. Wash the wasabi rhizome and let it air dry.
2. Peel about ½ inch around the end.
3. Grate using a fine grater, or special wasabi shark skin grater, enough for 1 serving or more.
4. Shape the resulting paste into a ball and let it stand for about 10 minutes for the flavor to develop.
5. Wrap any leftover in a damp paper towel and then with plastic wrap.

*Note: Wasabi is pungent, so be careful not to get it in your eyes. Also, the flavor quickly deteriorates.*

#### To store wasabi root

6. Wrap it in muslin cloth, leaving the cut end exposed.  
Immerse the cut end in a little water and refrigerate. Change the water every 3 days. Wasabi will keep this way for about a month.

#### To make imitation wasabi

7. Combine ingredients thoroughly and adjust flavor accordingly.
8. Store in an airtight jar and refrigerate.
9. A regular condiment for sushi.





## Sushi Ginger (Gari)

*Yields over 1 ⅓ cups*

*Preparation Time: 40 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

1 cup fresh young ginger root, peeled and sliced thinly, preferably young ginger

1 ½ teaspoons sea salt

1 cup rice vinegar

⅓ cup white sugar

### ***Directions***

1. Coat the ginger slices well with salt and let stand for 30 minutes.
2. Squeeze out any liquid and place the slices in a glass jar.
3. In a saucepan, stir sugar in vinegar until it is dissolved.

4. Bring it to a boil and immediately pour it into the jar with sliced ginger.
5. Let it cool and place a lid on jar. It keeps for a week, refrigerated.
6. Serve with sushi.



## Tempura Sauce

*Yields 1 ½ cups*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 cup [\*Dashi\*](#) stock

¼ cup *mirin*

¼ cup soy sauce

½ tablespoon sugar

¼ cup *daikon* radish, peeled and grated

### ***Directions***

1. Mix the ingredients, except the *daikon*, together in a saucepan.
2. Bring it to a boil.
3. Remove it from heat and let it cool down.
4. Add grated the *daikon* and serve.



## Soy Dipping Sauce

*Yields over 1/3 cup*

*Preparation Time: 3minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1/4 cup soy sauce

2 tablespoons rice vinegar

### ***Directions***

1. Mix the soy sauce and vinegar in a small bowl.
2. Use this as a dip with dumplings or tempura.





## Spicy Dipping Sauce

*Yields ¾ cup*

*Preparation Time: 3minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

⅓ cup rice vinegar

¼ cup green onions, chopped

¼ cup soy sauce

½ teaspoon red pepper, crushed

### ***Directions***

1. Mix the ingredients together and let them stand for a few minutes, so the flavor can develop, before serving.
2. May be used for dumplings or tempura.



## **Black Garlic Oil (Mayu)**

*Yields ¼ cup*

*Preparation Time: 3 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

¼ cup sesame oil

5 garlic cloves, grated

### ***Directions***

1. Combine the sesame oil and garlic in a saucepan and heat it over medium heat. Stir occasionally.
2. When the garlic is browned, reduce the heat to low.
3. Continue cooking until the garlic turns black.
4. Immediately remove from the heat and let it cool.
5. When it is cool, place it in a blender and pulse until it is uniform in color and consistency.
6. Store it in the refrigerator.
7. Drizzle over *tonkatsu* or use it in salad dressings, meat sauces, and dips.



## Ponzu Sauce

*Serves: 10*

*Preparation Time: 3 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

½ cup soy sauce

¼ cup orange juice

2 tablespoons lemon juice

1 tablespoon water

1 tablespoon mirin

1 teaspoon brown sugar

¼ teaspoon crushed red pepper flakes

### ***Directions***

1. Combine all the ingredients in a small bottle, and shake to combine.
2. Store it in the refrigerator.

3. Drizzle over *gyoza*, tempura, or meat dishes.





# Desserts

## Tempura Ice Cream

*Serves: 2-4*

*Preparation Time: 15 minutes plus 2 hours freezing time*

*Cooking Time: 2 minutes*



### ***Ingredients***

1 cup all-purpose flour

1 teaspoon baking soda

1 egg

1 cup ice cold water

1 teaspoon vanilla extract

Vegetable oil to deep fry, should not have flavor

2 cups ice cream, any flavor, completely frozen

Ice cubes

Powdered sugar for dusting (optional)

Chocolate syrup and whipped cream for garnish, if desired

### ***Directions***

1. Make scoops of ice cream with an ice cream scoop, and place them on a baking tray. Cover with plastic wrap and freeze for 2 hours to overnight.

### **For batter**

2. Fill a large bowl with ice cubes.
3. Place another smaller bowl in the bowl of ice and sift the flour and baking soda together in that smaller bowl.
4. Beat the egg in another bowl, lightly, until begins to froth.
5. Add the ice-cold water and vanilla to the beaten egg and mix well.
6. Combine the egg and flour mixtures, whisking until just combined. Do not over mix.
7. Preheat the oil for frying, about 2 inches deep, to 350°F and not more than 400°F.
8. Get your frozen ice cream balls out of the freezer. Take one and dip it into the tempura batter.
9. Very carefully drop the ice cream ball into the hot oil and fry it for about 30 seconds. The batter will be pale brown.
10. Serve immediately. Top with chocolate syrup and whipped cream, if desired.



## Mochi with Sweet Bean Filling (Daifuku)

*Serves: 6*

*Preparation Time: 30 minutes*

*Cooking Time: 9 minutes*



### ***Ingredients***

1 ½ cups *mochiko* sweet rice flour

1 cup sugar

1 ½ cups water

¼ teaspoon salt

2 drops rice vinegar

2 drops red food coloring (optional)

½ can sweet red bean paste

### **For coating**

4 tablespoons potato starch or cornstarch  
2 tablespoons sugar

### ***Directions***

1. Whisk together the *mochiko*, sugar, water, salt, and rice vinegar in a microwavable bowl.
2. Add the food coloring (optional) and whisk until the batter turns pink.
3. Cover the bowl loosely with plastic wrap, and microwave on high for 9 minutes.
4. Taste a small piece of *mochi*. If it is still grainy, microwave for 1 more minute.
5. Use a cookie scoop to portion the sweet red bean paste into 12 smooth balls.
6. Mix the *mochi* coating ingredients together, and sprinkle half of it onto a large cutting board.
7. Dump the hot *mochi* onto the cutting board.
8. Using the flat edge of a large chef knife, push the *mochi* into an even rectangle shape.
9. Working while the *mochi* is still hot, cut the *mochi* slab evenly into 12 small rectangles.
10. Take one piece and flatten it with your hands. Put a ball of red bean paste in the middle and carefully fold the rectangle corners upward.
11. Pinch the edges around the filling to seal.
12. Dust the bottom and top with the *mochi* coating. Smoothen and place, sealed side down, on a plate or tray.
13. Repeat for the remaining *mochi*. Cover with plastic wrap and store at room temperature.
14. Best eaten the same day.



## **Conclusion**

Japanese dishes are so diverse and exotic, you will always have something new to learn and discover. This cookbook serves only as an introduction to the fascinating world of Japanese-American cuisine.

As you enjoy preparing the dishes and sharing them with family and friends, perhaps you will do your part in helping this kind of cooking to evolve further, happily merging the flavors and techniques of East and West.

Although Japanese takeout in America may not be considered as authentic Japanese cuisine, it still reflects America's dynamic lifestyle and promises more delicious concoctions to come.





**Volume 4: Korean Takeout Recipes**

# KOREAN

## TAKEOUT COOKBOOK

**Favorite Korean Takeout  
Recipes to Make at Home**



**LINA CHANG**



## Introduction

It's not surprising that Korean food is America's fastest rising star on the food scene today. It meets this generation's quest for new, exotic, and exciting gastronomic adventures. Americans are no longer hesitant to try things that are unlike what they're accustomed to; they're willing to try new flavors, spices, and textures. Korean cuisine undoubtedly offers all these and more. It is a diverse and versatile cuisine. For the health conscious, there are also numerous non-dairy, gluten free, and low fat dishes to choose from. Korean food makes use of a multitude of grains, beans, vegetables, seafood, meat, and fruit. Dive into the world of Korean cuisine, and discover that it is so much more than just *kimchi*!

## A Brief History

Korea has 4000 years of history behind them that helped shape their cuisine. Meals were always significant; a time to spend with family or the community, an important respite after back-breaking farm work. The people made use of the vegetation, seafood, and livestock that were available to them. Their dishes share some similarities with that of neighboring China and Japan, but with their own distinct combination of ingredients. The introduction of Buddhism brought restrictions in meat consumption and may perhaps have brought about *banchan*, an array of side dishes consisting mostly of vegetables cooked in various ways to accompany the main dishes, rices, and soups. After this, the Mongolians removed restrictions on the slaughter of cattle, making beef a popular meat choice.

The Joseon Period in the 15<sup>th</sup> century was said to have played a large role in developing and refining Korean cuisine as food was given much attention and importance at that time. Ingredients and dishes from all regions were brought to the Royals, to be sampled and used to develop more dishes. The food of the royals gradually became accessible to the upper class and, much later, to all levels of society.

Foreigners also came, introducing new dishes and ingredients. For instance, chili peppers were introduced by the Portuguese during the 17<sup>th</sup> century.

Many popular Korean dishes are a testament to people's innovation and resourcefulness. The Budaе Jjigaei (Troop or Army Soup), for example, was invented after the Korean War when food was scarce. Leftover canned meats, like Spam, from U.S. bases were cooked into a stew with *gochujang* (a ubiquitous Korean chili paste). Street food came about to meet the needs of the hurried and budget-restricted passersby. Much street food fare – like *tteokbokki* (rice dumplings in spicy sauce), *odeng* (fishcake), and *pajeon* (Korean pancake) are now served in restaurants.

In America, Korean food took a bit of time to take off. Some say this is because Korean immigrants who put up restaurants never intended them for

non-Koreans. Americans in the past, moreover, were quite hesitant to try food that looked and smelled so different from what they were used to. The few who ventured into Korean eateries may have found the flavors too bold and the prices relatively costly.

The various Koreatowns in America, which in the past had catered solely to Korean immigrants and visitors, gradually became more accommodating to non-Koreans. Or perhaps conversely, non-Koreans became more curious about them. Easy-to-love dishes like Korean barbecued meats and fried chicken soon found their place on the American food scene.

It seems Korean food has slowly found its place in America. Fusion seems inevitable, as globalization manifests on our plates. You'll now find Korean ingredients in Mexican and Italian dishes – we now have *bulgogi* burgers and *kimchi* fries. At the same time, Korean restaurants are using non-traditional ingredients like cheese and other dairy in their dishes. But this somewhat laid back introduction of Korean flavors is encouraging many of us to go for the real thing. Aside from this, we may also have the rising popularity of Korean dramas, K-pop, and social media to thank for the rising interest in all things Korean and the growing of Korean cuisine in America.

## **The Usual Ingredients**

As varied and diverse Korean dishes are, there are still some particular ingredients that seem to bind them together. Here's a list of some the ingredients that are most commonly found in Korean cooking.

### ***Anchovies***

These are used to add richness and flavor to banchan (side dishes), broths, and stews. They are used dried, whole, or as a fish sauce.

### ***Bean Sprouts***

Usually soybean or mung bean. They can be used in soups or salads. Soybean is cooked while those of mung bean can be eaten raw.

### ***Chili***

May be used fresh or in dried, flaked, stranded, powdered, or paste form. Chili is used in most dishes, adding to heat, richness of flavor, color, and impact. Green chilies, called cheong-gochu, may be substituted with jalapeño or serrano peppers. When these turn red, they are called hong-gochu.

### ***Danmooji or Yellow Pickled Radish***

One of the essential ingredients of gimbap (Korean rice roll or sushi). Has a tangy, refreshing flavor and adds color to dishes.

### ***Doenjang***

A pungent fermented bean paste that is used in soups and stews or as a dip. It literally means "thick paste." This may be the one ingredient that marks a dish as truly Korean. Dark reddish-brown Japanese miso is a possible substitute, although its flavor a lot milder.

### ***Fish Sauce (Oejang)***

Usually made from anchovies. It is a crucial ingredient in Kimchi and sauces. It can be used instead of gukjang (light soy sauce for flavoring broths).

### ***Garlic***

This is used in almost all recipes. Like the Italians, Koreans are said to love garlic and they use large amounts in their dishes.

### ***Gochujang***

A red chili paste or sauce composed of chili, rice, fermented soybeans, and salt. It is thick, spicy, and pungent. Some say this is becoming almost as popular as ketchup. This is the sauce used in dishes such as tteokbokki and bibimbap.

### ***Gosari (Fernbrake or Bracken)***

Edible green of the fern family. A characteristic ingredient of bibimbap (“mixed rice,” a popular rice dish with vegetables).

### ***Green Onions or Scallions***

Another well-loved ingredient in Korean dishes. It is made into pickles, salads, and pancakes, or simply used to add more flavor to a variety of dishes.

### ***Jjajang***

Black bean paste. It is what gives the favorite “Jajjanmyeon” or black bean sauce noodles their signature color and flavor. Sometimes also called chunjang.

### ***Korean Corn Syrup or Mulyeot***

“Liquid candy” used to sweeten stir fries and side dishes.

### ***Korean Sea Salt or Sogum***

Kosher salt or ordinary table salt will do just as well, although some prefer sogum in making kimchi.

### ***Napa Cabbage***

The most popular ingredient for kimchi. It is also used in stew and as a wrap for meats.



### ***Noodles***

Often substituted for rice. A variety are used, many of which are similar to the Chinese and Japanese types of noodles. But the favorite are the dangmyeon, or glass noodles, made from sweet potato, which are used to make japchae (also spelled chapchae) or stir-fried noodles.

### ***Rice***

Rice is of course the staple food and the word “bap” (cooked rice) also means “meal.” Koreans use short-grain varieties for popular dishes like bibimbap, gimbap, and porridge.

### ***Rice Wine or Cheong-ju***

Also called mirim (mirin in Japanese), a traditional rice wine used as a beverage or for cooking to enhance flavor. It also removes gaminess in meat dishes and the strong fishy odor in seafood. It is often used in marinades to help tenderize meat. It is used sparingly because of its strong flavor. Suitable substitutes are dry white vermouth, dry sherry, or gin. Soju (a distilled alcohol from grains) can also be a substitute but does not impart sweetness the way cheong-ju does.

### ***Salted Shrimp or Saeujeot***

Tiny fermented shrimp, a usual ingredient in kimchi. Adds richness or umami to the flavor of a dish.

### ***Seaweed***

Sheets of dried, roasted seaweed or gim are used to wrap rice rolls or gimbap. Another dried form of seaweed called miyeok is used to make soup and salads.

### ***Sesame Oil***

Lends flavor to marinades and stir-fries. Used to flavor rice in gimbap. Chamgireum is made from toasted sesame and can be used as cooking oil. Deulgireum is made from wild sesame or perilla and has a milder flavor.

### ***Sesame Seeds***

These are used roasted whole or crushed and used to add flavor to dishes.

### ***Soy Sauce or Ganjang***

One of the staples in Korean cooking. Yangjo ganjang is naturally brewed. Guk-ganjang (also called joseon ganjang) is a light soy sauce for broths (If not available, Korean fish sauce can be used.) For braising, use jorim ganjang. If you need to cut down on sodium, joyeum ganjang is the healthier option because it is low sodium.

There is also jin ganjang, a mix of naturally fermented and chemically produced soy sauce bases. Guk ganjang is safe to use for almost any recipe.

### ***Spicy Dipping Sauce or Ssamjang***

A mixture containing chili paste (gochujang) and soybean paste (doenjang), used for barbecues, dips, and sauces.

### ***Tofu***

Use firm tofu for frying and medium soft for stews and soups. An unpressed tofu called soondubu is used to make spicy tofu stew (soondubu jjigae).

## **Common Tools and Equipment**

Korean cooking does not require too many special tools or utensils. You can start making dishes using what you have in your kitchen. Here are some items that might not be commonly found in the standard American kitchen:

### ***Bamboo Mats***

These are very helpful for making gimbap (Korean sushi) as they help get a tighter roll.

### ***Kimchi Fermentation Container***

To make sure your homemade kimchi ferments properly, this container has an inner lid to keep air out and encourage probiotic fermentation.

### ***Korean Barbecue Grill***

If you want to have your own Korean-style barbecues like in the restaurants, you'll need this. It's portable and designed with a trough so the oil from the meat runs off to the sides and bottom of the grill and collects in a receptacle.

### ***Rice Cooker***

With a rice cooker, you don't have to go through all the trouble of measuring the rice and water and carefully watching the pot all throughout the cooking process.

### ***Stone Pot or Dolsot***

Traditionally used for bibimbap. Because it retains heat, the rice develops a crunchy layer at the bottom, adding to the delectability of the dish.

### ***Wok***

Although a cast iron skillet can do just as well; the versatile wok can come in handy. It can be used to deep fry, stir-fry, steam, stew, and grill.

## Korean Cooking Methods

### ***Grilling***

The Korean barbecue was one of the first cooking methods to be introduced in restaurants. Food is grilled on the tabletop using a specially designed and portable barbecue grill. Meat and seafood are usually grilled and wrapped in leafy vegetables, with condiments like *ssamjang*.

### ***Pan-Frying***

Many Korean dishes such as ribs (*galbi*) and a variety of Korean pancakes (*jeon*) are cooked in a minimal amount of oil. Tofu, meat, and seafood are also frequently pan fried.

### ***Pickling***

This used to be the main method of preserving vegetables during the harsh winter months. Pickling is the method used in preparing *kimchi*. The vegetables, the most popular of which is napa cabbage, are fermented in brine.

### ***Stewing***

In the past, beverages were not served with meals. Instead, a soup or stew was served along with the main dish and *banchan*. Soup names are suffixed with *guk* or *tang*, such as *tteokguk* (rice cake soup) and *samgyetang* (ginseng-chicken soup). The thick, rich stews are called *jjigae*. *Doenjang jigae* is a hearty stew with soybean paste, vegetables, and tofu.

### ***Stir-Frying***

Although Korean restaurants in America often offer stir-fried dishes; traditionally, stir-frying was hardly ever used in Korean food preparation. Some Koreans find stir-fried dishes too greasy for their liking. However, delicious stir-fried dishes containing meat, seafood or vegetables, have become very popular.

Now that you have been introduced to the history, ingredients, and cooking methods in Korean cuisine, it's time to try out the recipes in this cookbook!





# **Appetizers & Side Dishes**

## Fried Dumplings (Mandu)

*Serves: 10-20*

*Preparation Time: 20 minutes plus 15 minutes standing time (degorging)*

*Cooking Time: 10 minutes*



### ***Ingredients***

40 dumpling wrappers or *mandupi*

### **For the sauce**

1 tablespoon soy sauce

1 teaspoon vinegar

1 tablespoon water

½ teaspoon sugar

Black pepper, to taste

Red pepper flakes or *gochugaru*, to taste



### For the filling

1 medium zucchini, finely chopped  
1 tablespoon Korean sea salt or sogum  
½ head of a small cabbage, shredded  
½ pound ground pork or chicken  
¼ pound ground shrimp  
1 ½ cups fresh shiitake mushrooms, finely chopped  
1 small onion, finely chopped  
3 scallions, finely chopped  
3 cloves garlic, minced  
1 thumb ginger, finely minced  
1 tablespoon sesame oil  
1 egg  
1 tablespoon all-purpose flour  
½ teaspoon Korean sea salt or sogum, or to taste  
½ teaspoon pepper

### ***Directions***

1. Whisk the sauce ingredients together and set them aside.
2. Place the zucchini in a bowl and sprinkle it generously with Korean sea salt or sogum. Do the same in a separate bowl to the cabbage. Let them stand for about 15 minutes, and then squeeze out the moisture. (This called *degorging* – to draw out moisture and reduce bitterness.)
3. Combine all the ingredients for the filling in a large bowl, and mix thoroughly.
4. Lay a wrapper on a flat surface.
5. Place about a teaspoon of the filling on the center of the wrapper.
6. Fold the wrapper over and press out any air. Seal well by fluting the edges. Repeat for the rest of the wrappers.
7. Heat about 3 inches of oil to 350°F in a deep fryer or skillet.
8. Fry the dumplings until golden brown (about 2 minutes).



## Steamed Tofu with Scallion Soy Sauce (Dubu Jjim)

*Serves: 1-2*

*Preparation Time: 5 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

1 (18 ounce) block silken tofu

### For the sauce

3 tablespoons regular soy sauce

½ tablespoon Korean soy sauce for soup (*guk ganjang*)

1-2 teaspoons Korean chili flakes, or to taste

1 teaspoon sesame oil

1 teaspoon toasted sesame seeds

2 tablespoons green onion, chopped, plus more for garnish

1 tablespoon water

1 tablespoon sesame seeds for garnish

### ***Directions***

1. Heat the tofu in a steamer for about 7 minutes. You may also place the unopened package in a pot of simmering water.
2. While the tofu is steaming, combine the sauce ingredients in a bowl and set it aside.
3. Drain the tofu and place it on a plate or cutting board.
4. Cut it into 4 pieces and arrange them on a serving dish.
5. Spoon some sauce over the heated tofu.
6. Sprinkle with more green onion to garnish.



# Kimchi

*Serves: 32-40*

*Preparation Time: 40 minutes plus 2 hours salting and 48 hours fermentation*

*Cooking Time: 11 minutes*



## ***Ingredients***

### **For salting**

7 ½ quarts (30 cups) water

2 ½ cups Korean sea salt or sogum, divided

6 pounds napa cabbage (3-4 medium-sized heads)

### **For the gruel**

2 cups water

2 tablespoons sweet rice flour (glutinous rice flour)

2 tablespoons turbinado sugar (brown or white sugar)

### Seasoning mix

- ½ cup garlic cloves, minced
- 2 teaspoons ginger, minced
- 1 medium onion, minced
- ½ cup fish sauce
- ¼ cup fermented salted shrimp (*saeujeot*) with brine, chopped
- 2 cups hot pepper flakes (*gochugaru*)

### Other veggies

- 2 cups radish, julienned
- 1 cup carrot, julienned
- 5 green onions, chopped
- 1 cup chopped Asian chives (*buchu*), or substitute with 3 green onions
- 1 cup water dropwort (*minari*), or substitute with watercress or parsley

### ***Directions***

#### For salting the cabbage

*Note: Always use rubber gloves in handling these ingredients, because salt and chilies can sting.*

1. Fill a large basin with the water and add 2 cups of the salt.
2. Carefully split the heads of cabbage lengthwise, keeping the leaves connected to the base.
3. Immerse the cabbage in the salty water.
4. Sprinkle the rest of the salt in between the leaves, putting more where the leaves are thicker.
5. Let the basin sit for 2 hours, turning the cabbage over every 30 minutes or so for even salting.
6. Carefully cut the cabbage into quarters and rinse thoroughly.
7. Drain well.

#### For the gruel, seasonings, and veggies

8. This can be done while the cabbage is soaking in the salt water. Combine the water and rice flour in a pot and stir well.

9. Bring it to a boil (about 10 minutes).
10. Add the sugar, stirring constantly, and cook 1 minute longer.
11. Remove the pot from the heat and let it cool completely.
12. Add the seasonings, mixing thoroughly until a thin paste is formed.
13. Add the vegetables and mix well.

#### For fermentation

14. Separate a leaf from the stalk and spread about a quarter of it with the seasoning paste. Roll up the leaf and place it in a jar (or any sealable container). Repeat until the container is full. Cover with plastic wrap before placing the lid. If you are using resealable bags, squeeze out the air before sealing.
15. Leave the containers or bags out at room temperature (optimum would be at 70°F) for two days (fermentation will be faster under warmer conditions).
16. After two days, refrigerate to regulate fermentation. Excessive fermentation will make the kimchee too sour.





## Spicy Rice Cake (Tteokbokki)

*Serves: 4-6*

*Preparation Time: 5 minutes plus 20 minutes soaking*

*Cooking Time: 25 minutes*



### ***Ingredients***

1 ½ pounds rice cake or *tteok*, preferably fresh (also available chilled or frozen)

4 cups cold water, for soaking

3 cups anchovy broth

3 tablespoons red chili paste (*gochujang*)

½-1 tablespoon chili pepper flakes (*gochugaru*)

1-2 tablespoons corn syrup or sugar

1 tablespoon soy sauce

4 cloves garlic, minced

2 scallions, cut into 2-inch long pieces

1 sheet fish cake (*eomuk/odeng*), cut into 2-inch long pieces  
1 teaspoon sesame oil  
2 hard-boiled eggs, shelled (optional)  
Sesame seeds, for garnish

### Anchovy Broth

8 large dried anchovies, with heads and intestines removed  
1 4-inch square dried kelp (*dashima*)  
4 cups water

### **Directions**

1. Soak the rice cake in cold water for about 20 minutes (This is especially important if the rice cake has been chilled or frozen.)
2. After soaking the rice cakes, cut them into 2-3 inch pieces.
3. Prepare the anchovy broth by putting all the ingredients in a pot and bringing the mixture to a boil, uncovered. Boil for 10 minutes. Remove the anchovies and kelp from the broth.
4. Add the gochujang, gochugaru, corn syrup, soy sauce, and garlic to the anchovy broth.
5. Bring it to a boil over medium heat, stirring to dissolve the gochujang.
6. Add the rice cakes and continue boiling, stirring frequently, until the rice cakes are soft and the sauce is thickened (about 7 minutes). Check that the rice cakes do not stick to the bottom of the pot.
7. Add the scallions and fish cake and continue cooking, still stirring, for 5 more minutes.
8. Add the sesame oil. Adjust the seasonings as desired.
9. Serve hot with halved hard-boiled eggs (optional) and sprinkle with sesame seeds.



## Kimchi Fries

*Serves: 3-4*

*Preparation Time: 10 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

3 large potatoes, cut into French fries

3 tablespoons olive oil

1-2 teaspoons gochugaru or chili powder

Salt and pepper, to taste

4 slices bacon

1 small onion, thinly sliced

2 teaspoons sugar

$\frac{2}{3}$  cup kimchi, roughly chopped

1 cup grated cheddar cheese

$\frac{1}{3}$  cup mozzarella (optional), for added gooeyness

1 scallion, chopped  
Sour cream for garnish

***Directions***

1. Toss the potatoes with oil, gochugaru, salt, and pepper. Spread them out on a baking sheet.
2. Bake in a preheated oven at 450°F for about 45 minutes, tossing a few times for even cooking.
3. Meanwhile, cook the bacon until crisp. Remove it to a paper-lined plate, leaving the drippings in the pan.
4. Caramelize the onions with the sugar in the bacon drippings over medium heat (about 10 minutes).
5. Add the kimchi to the onions, mixing well.
6. About 2-3 minutes before the fries are nicely browned, spread the kimchi mixture on top.
7. Sprinkle with the cheeses and continue baking until they have melted.
8. Remove the baking sheet from the oven and sprinkle the fries with crumbled bacon and chopped scallion.
9. Garnish with sour cream and serve.



## Fries with Gochujang Aioli

*Serves: 2-3*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

$\frac{2}{3}$  cup mayonnaise

1  $\frac{1}{2}$  tablespoons lemon juice

2 tablespoons *gochujang*

1 clove garlic, finely minced

Salt and pepper, to taste

Dash chili powder (optional)

4 cups French fries, deep fried or baked

### ***Directions***

1. Combine the ingredients, mixing well.
2. Use the sauce as a dip, or drizzle it over the French fries.
3. Serve.





## Korean Pancakes with Green Onion (Pajeon)

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

#### **For the dip**

¼ cup soy sauce

1 ½ tablespoons rice vinegar

1 green onion, minced

1 clove garlic, minced

½ teaspoon chili flakes

¼ teaspoon sugar (optional)

¼ teaspoon sesame seeds

#### **For the batter**

1  $\frac{3}{4}$  cups all-purpose flour

$\frac{1}{4}$  cup cornstarch

2 cups water

1 egg, beaten

2-3 tablespoons oil

1 cup green onion, chopped into 2-inch pieces, divided

Salt and pepper, to taste

### ***Directions***

1. Combine the ingredients for the dip and set it aside to allow the flavors to develop.
2. Combine the flour and cornstarch. Make a well in the center, and add the water and egg. Mix to combine, but do not overmix.
3. Heat a pan (preferably non-stick) over medium heat and add the oil.
4. Sprinkle about a third of the green onion into the pan and season it with salt and pepper.
5. Pour a third of the batter over the scallions.
6. When one side has browned a little, flip it over and let brown on the other side.
7. Do the same for the rest of the scallions and batter.
8. Cut into squares or wedges and serve with dipping sauce.



# Salads

## Sesame Crust Ahi Tuna Salad

*Serves: 2*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 4 minutes*



### ***Ingredients***

1 pound tuna, sashimi grade

2 tablespoons vegetable oil, divided

1 tablespoon toasted sesame oil

Dash black pepper

¼ cup sesame seeds

3 cups mixed greens of choice (lettuce, kale, spinach, arugula, etc.) washed and drained

### **For the marinade**

2 tablespoon soy sauce

2 tablespoons honey

Juice of half a lime

1 tablespoon rice wine

1 tablespoon freshly grated ginger

2 cloves garlic, minced  
½ teaspoon wasabi powder  
Dash chili flakes

For the dressing

2 tablespoons honey  
Juice of half a lime  
2 tablespoons cilantro, chopped  
1 tablespoon soy sauce  
½ teaspoon ginger, grated  
1 shallot, diced

***Directions***

1. Combine the marinade ingredients, and pour it over the tuna in a glass dish or resealable bag.
2. Marinate the tuna for 30 minutes, in the refrigerator.
3. While marinating the tuna, combine the dressing ingredients in a bowl. Whisk and then set it aside.
4. Remove the tuna from the marinade, and discard the marinade.
5. Rub 1 tablespoon of vegetable oil and the sesame oil over the marinated tuna and sprinkle it generously with black pepper. Pat the sesame seeds onto the surface of the fish.
6. Heat a skillet over medium heat.
7. Add the remaining vegetable oil and sear the tuna on both sides (about 2 minutes per side). Slice or flake the fish as desired.
8. In a serving bowl or dish, toss the greens and dressing together. Place the seared tuna on top, and serve.





# Bulgogi Steak Salad

*Serves: 3-4*

*Preparation Time: 20 minutes*

*Cooking Time: 6-10 minutes*



## ***Ingredients***

1 pound beef (use tender cuts like sirloin or tenderloin), sliced as thinly as possible

2 tablespoons olive oil

## **For the dressing**

5 tablespoons olive oil

3 tablespoons rice wine or white wine vinegar

1 tablespoon freshly squeezed lime juice

1 teaspoon soy sauce

1 tablespoon sesame oil

1 teaspoon maple syrup

## **For the marinade**

2 tablespoons soy sauce

2 cloves garlic, minced  
3 teaspoons sugar  
2 tablespoons sesame oil  
Black pepper, to taste

For the salad

4 cups lettuce, cut or torn into small pieces  
1 medium carrot, peeled and sliced  
2 radishes, peeled and sliced  
2 cucumbers, seeded and thinly sliced  
2 shallots, thinly sliced  
¼ cup thinly sliced chili pepper of choice (like jalapeño, bell pepper, chipotle, etc., or a combination, depending on desired heat)  
Sesame seeds for garnish

***Directions***

1. In a bowl, whisk together the dressing ingredients and set the mixture aside to allow the flavors to meld.
2. Combine the ingredients for the marinade and rub it into the beef. Let it marinate for 15 to 30 minutes.
3. Heat the olive oil in a skillet and brown the marinated beef slices to the desired doneness. Set them aside.
4. Combine the salad ingredients and drizzle them with the dressing.
5. Top the vegetables with fried beef slices, and serve. Sprinkle with sesame seeds, if desired.



# Soup

## Rice Cake Soup (TteokGuk)

*Serves: 4-6*

*Preparation Time: 10 minutes plus 15 minutes soaking time*

*Cooking Time: 15 minutes*



### ***Ingredients***

$\frac{3}{4}$  pound *tteok* or Korean rice cake

4  $\frac{1}{2}$  cups beef stock

1 pound beef (tenderloin or sirloin), very thinly sliced, soaked in water and drained

Salt and pepper, to taste

2  $\frac{1}{2}$  teaspoons sesame oil

1 tablespoon *guk-* or *joseon ganjang* (light soy sauce for broth)

2 cloves garlic, minced

2 eggs, beaten

$\frac{1}{2}$  teaspoon fish sauce (optional), or to taste

1 cup *gim* or seaweed paper, torn or shredded  
Green onions, chopped, for garnish

***Directions***

1. Soak the tteok in cold water for 15 minutes. Drain.
2. In a pot, bring the broth to a boil.
3. Drop the beef slices into the boiling broth and let it cook until it is no longer pink.
4. Fish out the beef with a slotted spoon, and drain it in a strainer over a dish.
5. Season the cooked beef with salt and pepper, and coat it with sesame oil. Set it aside.
6. Meanwhile, bring the broth, again, to a boil and add the soy sauce, garlic, and tteok. Cook for 1 minute.
7. Pour the beaten eggs into the boiling broth, allowing them to cook slightly before stirring once or twice very gently to form ribbons. Cook about 1-2 minutes longer. Adjust the flavor with salt, soy sauce, or fish sauce if needed.
8. Serve hot topped with beef and shredded seaweed paper. Garnish with chopped onion.



## Fermented Soybean Paste Soup (Doenjang Jjigae)

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 33 minutes*



### ***Ingredients***

1 cup potato cubes

1 cup onion, chopped

1 small zucchini, cut into bite-sized pieces

1 green chili pepper, chopped

4 garlic cloves, minced

4 large shrimp, shelled and coarsely chopped

2 ½ cups water

7 dried anchovies, guts removed, wrapped in cheesecloth

5 tablespoons *doenjang* or fermented soybean paste

1 cup medium soft tofu, cut into bite-sized pieces



Green onions, chopped, for garnish

***Directions***

1. Put all the ingredients EXCEPT the doenjang, tofu, and green onions in a pot.
2. Bring it to a boil (about 10 minutes).
3. Add the soybean paste and stir.
4. Let it simmer for 15-20 minutes, or until the vegetables are of the desired tenderness.
5. Add the tofu and cook just to heat through (about 3 minutes).
6. Discard the anchovies.
7. Serve the soup hot, garnished with green onion.



## Beef Short Rib Soup (Galbi Tang)

*Serves: 4*

*Preparation Time: 20 minutes plus 1 hour soaking time*

*Cooking Time: 50 minutes*



### ***Ingredients***

2 pounds beef short ribs, cut into 2-inch squares

½ large Korean radish (or use daikon), peeled and sliced

4 cups water

2 cups *dangmyeon* or glass noodles

Korean sea salt or sogum, to taste

2 stalks green onion, sliced

Korean chili powder or *gochugaru*, to taste

### **For the seasoning sauce**

3 tablespoons soy sauce  
2 teaspoons sesame oil  
8 cloves garlic, divided  
Ground black pepper, to taste

***Directions***

1. Soak the ribs in water for at least 1 hour to remove the blood. Drain.
2. Meanwhile, combine the sauce ingredients and mix it with the radish. Set it aside.
3. Place the drained ribs in a pot and cover them with water. Bring it to a boil and cook for 5 minutes.
4. Remove the ribs and rinse them with water to remove any scum.
5. Place the ribs, again, in a clean pot and add the 4 cups of water.
6. Bring it to a boil. Let it simmer for 30 minutes.
7. Add the radish with the sauce, and continue simmering for about 10 minutes.
8. Add the glass noodles and continue simmering for about 4 minutes.
9. Adjust the taste with salt, if needed.
10. Add the green onions, and remove the pot from the heat.
11. Sprinkle with chili powder and serve.



## Kimchi Soup (Kimchi Jjigae)

*Serves: 2*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 30 minutes*



### ***Ingredients***

1 ounce skinless pork belly, very thinly sliced

1 small onion, thinly sliced

2 cups kimchi

### **For the marinade**

3 cloves garlic, grated

2 tablespoons fresh ginger, peeled and grated

2 tablespoons *guk-ganjang* or light soy sauce for broth

2 tablespoons *soju* (distilled Korean alcoholic beverage)

### For the liquid

3 cups water

1 cup kimchi liquid/brine

4 teaspoons *gochujang* (Korean chili paste), or to taste

4 tablespoons *doenjang* (fermented bean paste)

4 tablespoons *gochugaru* (chili flakes)

1 cup tofu, cut into cubes

2 stalks green onion, sliced

2 tablespoons butter

### ***Directions***

1. Combine the ingredients for the marinade.
2. Mix the marinade into the pork belly slices. Let it marinate for at least 30 minutes.
3. Heat a skillet or non-stick pan and add the marinated pork belly.
4. When the pork sizzles in its own grease, add the onion and kimchi.
5. Sauté until fragrant.
6. Add the other ingredients, EXCEPT for the tofu, green onion, and butter.
7. Bring the mixture to a boil.
8. Add the tofu and simmer until pork is tender (about 15 minutes).
9. Adjust the heat and flavors with *gochugaru* or *gukjang*.
10. Sprinkle with green onion and remove the soup from the heat.
11. Add the butter and stir very briefly.
12. Serve.





# Rice

## **Kimchi Fried Rice (Kimchi Bokkeumbap)**

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 6-10 minutes*



### ***Ingredients***

2 tablespoons cooking oil

1 cup kimchi, chopped  
1 cup cooked ground chicken, beef, or pork  
1 teaspoon *gochujang* (chili paste), or to taste  
½ teaspoon sugar, or to taste  
3 cups cooked rice  
1 tablespoon soy sauce  
Korean sea salt or sogum or fish sauce, to taste  
½ cup *gim* or seaweed paper, torn or shredded  
⅛ cup green onion, chopped  
2 eggs, fried sunny-side up

### ***Directions***

1. Heat the oil in a skillet or non-stick frying pan over medium heat.
2. Add the kimchi and sauté until fragrant (about 2 minutes).
3. Add the cooked meat and cook until heated through (about 1 minute).
4. Add the *gochujang* and sugar. Mix well and cook until fragrant (about 1 minute).
5. Add the rice, breaking up the grains and mixing well to distribute the other ingredients.
6. Add the soy sauce and continue mixing.
7. Adjust the flavor with more *gochujang* (to add more heat and richness), salt, fish sauce, or sugar (to balance heat), as needed.
8. Sprinkle with *gim* and green onion, and top with a fried egg.
9. Serve.



## Korean Rice Rolls (Kimbab)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

4 sheets *gim* or nori seaweed paper (laver)

12 pieces *danmooji* (pickled radish), cut into strips

1 cucumber, washed, seeded and sliced lengthwise into ¼-inch thick strips

2 pieces crab sticks, cut into thin strips

¼ cup kimchi, chopped finely

### **For the rice filling**

2 cups steamed Korean or Japanese white rice, freshly cooked and still hot

1 tablespoon sesame oil

1 tablespoon sesame seeds

½ teaspoon Korean sea salt or sogum

### **For the plain omelet**

1 large egg, beaten

Salt, to taste

Cooking oil

For the meat filling

1 tablespoon cooking oil

½ cup ground beef, chicken or pork

1 teaspoon soy sauce

½ teaspoon sugar

2 cloves garlic, minced

⅓ teaspoon sesame oil

1 teaspoon *cheong-ju* or mirin

Black pepper, to taste

1 teaspoon *gochujang* (chili paste)

**Directions**

1. Mix the ingredients for the rice filling well together and allow it to cool. NOTE: Hot rice will spoil the texture and flavor of the gim.
2. Prepare the meat filling. Heat the cooking oil in a skillet over medium heat. Combine the other ingredients for the meat filling and mix well. Cook the mixture in the hot oil until the meat is browned. Remove it from the heat and let it cool.
3. Make the omelet. Heat the oil in a non-stick or omelet pan, and add a little salt to the beaten eggs.
4. Pour the eggs into the oil and swirl the pan to spread them. Cook until the eggs are set. Remove the omelet from the heat and cut it into strips.
5. To assemble the rolls, line a sushi mat with gim, shiny side down.
6. Spread rice over the gim, leaving about a ½-inch allowance around the edges for sealing. The rice will be easier to spread with moistened hands or a Teflon ladle.
7. About an inch from the bottom edge, line up the different fillings (danmooji, cucumber, crab sticks, kimchi, and meat filling) lengthwise.
8. Roll up tightly, moistening the end of the seaweed slightly with water to seal. Twist the gim at both sides also, to seal.

9. Wipe a knife with a little sesame oil or water and slice the roll into  $\frac{1}{2}$ -to  $\frac{3}{4}$ -inch pieces.
10.           Serve.





# Noodles

## **Black Garlic Noodles**

*Serves: 1-2*

*Preparation Time: 5 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

2 ½ cups linguini noodles, cooked according to the packaging instructions and drained

⅓ cup extra virgin olive oil, divided

3 cloves Korean black garlic, minced

Salt and freshly ground pepper to taste

Toasted sesame seeds for garnish

### ***Directions***

1. Heat up about a tablespoon of the oil in a non-stick skillet.
2. Sauté the garlic until it is fragrant. Immediately remove it from the heat (garlic will be too bitter if overcooked).
3. Add the sautéed garlic to the rest of the olive oil.
4. Season with salt and pepper.

5. Toss the oil with the pasta.
6. Sprinkle with sesame seeds, and serve.



## Glass Noodles with Beef & Veggies (Japchae)

*Serves: 6*

*Preparation Time: 35 minutes plus 30 minutes marinating time*

*Cooking Time: 20 minutes*



### ***Ingredients***

4 ounces rib eye fillet, cut into thin strips

1 cup fresh shiitake mushroom, cleaned, stemmed, and thinly sliced

1 cup baby spinach, rinsed and drained

¼ teaspoon fine salt

½ teaspoon garlic, minced

1 teaspoon sesame oil

8 ounces Korean *dangmyeon* or glass noodles

1 egg, separated

2 tablespoons cooking oil (plus more, if needed)

1 small onion, thinly sliced

1 medium carrot, peeled and julienned

¼ small red bell pepper, julienned

1 tablespoon sesame seeds  
1 tablespoon sesame oil

For the marinade

1 tablespoon soy sauce  
1 teaspoon rice wine (*cheong-ju* or *mirin*)  
½ teaspoon minced garlic  
¼ teaspoon ground black pepper  
1 teaspoon sesame oil

For the sauce

4 tablespoons soy sauce  
1 tablespoon honey  
1 tablespoon brown sugar  
1 tablespoon sesame oil  
⅛ teaspoon ground black pepper

***Directions***

1. Combine the ingredients for the marinade, and mix it with the beef strips. Cover with plastic wrap and let it marinate for 30 minutes.
2. In a separate bowl, whisk together the sauce ingredients.
3. Scoop out 1 tablespoon of the sauce and mix it with the sliced mushrooms. Set them aside.
4. Place the spinach in a strainer and blanch it for about 8 seconds or so in boiling water. Rinse immediately with cold water. Drain it well and wipe it dry with towels, then season it with salt, garlic, and sesame oil. Set it aside.
5. Place enough water for the noodles in a pot and bring it to a boil. Add the noodles and cook for 7 minutes. Rinse them immediately with cold water, and let them drain for 2 minutes. Cut them to about 8-inch strands. Toss them with the remaining sauce mixture in a large bowl. Set them aside.
6. Beat the egg white and yolk separately.
7. Heat about 2 tablespoons of cooking oil in a non-stick skillet. Add the egg white, cooking over low heat on both sides, about 2 minutes.

Transfer it to a cutting board, and do the same for the egg yolk. Cut them into strips and set aside.

8. Add more oil to the pan, if needed, and adjust the heat to medium low. Sauté the onion until translucent.
9. Add the carrots and cook until tender. Sprinkle with salt.
10. Add the bell pepper and sauté for about 2 minutes.
11. Add the mushrooms in sauce and cook for about 2 minutes.
12. Transfer the cooked vegetables to a large mixing bowl, and set them aside. Keep the skillet on the heat.
13. Add more oil, if needed, and add the marinated meat. Stir-fry until done, about 3 minutes.
14. Add the noodles and toss. Cook until heated through, about 2 minutes.
15. Add the meat with noodles and the seasoned spinach to large mixing bowl with the other cooked ingredients. Add the sesame seeds and sesame oil, and toss to combine the flavors. (This mixing is traditionally done with the hands when the mixture has cooled down enough to handle safely.)
16. Add the strips of egg and mix a bit more.
17. Serve.





# Easy Bulgogi Ramen

*Serves: 1-2*

*Preparation Time: 5 minutes plus 15 minutes marinating time*

*Cooking Time: 15 minutes*

## ***Ingredients***

1 pack shin ramyeon (Korean spicy noodles)

3 ounces bulgogi beef (tender beef cut into very thin strips)

2 cups water

1 packet soup base (from the shin ramyeon pack)

1 bunch chives, cut into 1 ½-inch long pieces

⅛ cup crumbled *gim* or *nori* (toasted seaweed)

1 egg yolk

## **For the thickener (slurry)**

1 ½ tablespoons cornstarch

3 tablespoons water

## **For the marinade**

3 cloves garlic, minced

1 tablespoon sesame oil

1 tablespoon soy sauce

2 teaspoons sugar

## ***Directions***

1. Combine the ingredients for the marinade.
2. Add the beef and let it marinate for at least 15 minutes.
3. Meanwhile, put the water and soup base in a pot and bring it to a boil.
4. Add the marinated beef to the water, and simmer until the beef is tender and no longer pink.
5. Add the noodles and boil until the noodles are done (about 4 to 5 minutes or according to the instructions on package).
6. With a slotted spoon or strainer, scoop out the noodles with beef. Place them in a serving bowl. Reserve the remaining soup to make the

sauce.

7. Sprinkle chives and *gim* over noodles.
8. Combine the ingredients for the thickener and whisk it into the soup.  
Cook until thickened.
9. Carefully place the egg yolk on top of the noodles.
10. While it is still boiling hot, carefully pour the thickened sauce over the yolk and noodles.
11. Serve.



## Fast & Easy Spicy Ramen with Rice Cake (Rabokki)

*Serves: 2-3*

*Preparation Time: 15 minutes soaking time*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 cups *tteok* or sticky rice cakes

1 cup *eomuk* or Korean fried fish cakes, cut into small triangles

1 onion, chopped

1 small carrot, thinly sliced

1 pack shin ramyeon (Korean spicy noodles)

3 hard-boiled eggs

2 stalks green onion, chopped

Sesame seeds, for garnish

### For the sauce

3 cups water

¼ cup *gochujang* (Korean chili paste)

2 tablespoons sugar, or to taste

1-2 teaspoons *gochugaru* (Korean chili powder), or to taste

1 ½ teaspoons spicy seasoning mix (from ramyeon pack)

1 teaspoon soy sauce

2 cloves garlic, minced

### ***Directions***

1. Soak the tteok in cold water for 15 minutes. Drain.
2. Mix the sauce ingredients together in a pot on the stove top and bring it to a boil.
3. Simmer for 5 minutes over medium heat.
4. Add tteok, eomuk, onion, and carrots.
5. Continue simmering for another 5 minutes.
6. Adjust the flavor with soy sauce, gochugaru, or gochujang, according to taste. Sugar helps balance the heat.
7. Add the noodles and hard-boiled eggs. Cook another 5 minutes, or until the noodles are done.
8. Stir in the green onions.
9. Sprinkle with sesame seeds, and serve.



# Spicy Korean Ramen

*Serves: 4*

*Preparation Time: 30 minutes plus overnight refrigeration*

*Cooking Time: 4 hours 35 minutes*



## ***Ingredients***

Ramen noodles for 4, cooked according to the packaging instructions

### For the kelp infusion

4 cups water

1 piece *kombu* or sea kelp

2 ounces *katsuobushi* or bonito flakes

### For the basic broth

1-2 tablespoons cooking oil

2 pounds beef short ribs

1 medium onion, chopped  
1 knob fresh ginger, peeled and cut into chunks  
6 cloves garlic, peeled and smashed  
2 tablespoons *gochujang*  
1 tablespoon *doubanjiang* (Chinese chili bean sauce)  
6 cups chicken stock  
Kelp infusion

For crisped beef and mushrooms

1 tablespoon cooking oil  
1 cup shiitake mushrooms, finely sliced  
Meat from the ribs (cooked in making broth)

For the final soup

Basic broth  
1 tablespoon *gochugaru*, or to taste  
1/8 cup kimchi juice or liquid  
2 cloves garlic, minced into paste or puree  
1 tablespoon soy sauce  
Korean sea salt or *sogum* and freshly ground black pepper

For the toppings

1/2 cup kimchi, drained (juice used for soup)  
4 scallions, peeled and sliced thinly  
Crisped beef and mushroom mixture  
4 soft-boiled eggs, halved

***Directions***

To make the kelp infusion

1. In a pot, soak the kombu in the water and bring it to a boil. Reduce the heat to low and add the bonito flakes. Simmer at low heat for 15 minutes, and then drain. Set the broth aside.

To make the basic broth

2. In a large, heavy-bottomed pot, heat 1 tablespoon of oil. Sear the ribs evenly, about 10 minutes, adding more oil if needed. Remove the ribs



to a dish and set them aside.

3. Using the same oil and pot, sauté the onions and ginger until browned, about 5 minutes. Add the garlic and cook until browned but not burned, about 3 minutes.
4. Add the gochujang and doubanjiang to the pot.
5. Return the browned ribs to the pot as well, and stir to coat evenly with the sauce.
6. Pour in the chicken stock and the kelp infusion. Bring it to a boil.
7. Reduce the heat and let it simmer until the meat is tender and begins to separate from the bone (about 4 hours).
8. Allow the soup to cool, and refrigerate overnight.
9. After overnight chilling, skim off the fat and strain the solids. Reheat, if needed.
10. Transfer the ribs to a cutting board and discard the other solids.
11. Pull and shred the meat. Discard the bones. Set the shredded meat aside to make the crisp topping.

#### To make the crisped beef and mushroom mixture

12. Meanwhile, prepare crisped beef and mushroom mixture. Heat the oil in a skillet and brown the mushrooms, about 4 minutes. Add the shredded beef and cook until crisp, about 5 minutes. Remove it from the heat.

#### To make the final soup

13. Bring the skimmed and strained basic broth to a boil.
14. Add the other ingredients for the final soup. Adjust the flavor with seasonings and spices according to taste. Maintain at a low simmer to keep it warm.

#### To assemble the ramen

15. Place cooked ramen in individual bowls. Pour the soup over the noodles. Top with kimchi, sliced scallions, crisped mushrooms and beef, and a soft-boiled egg.
16. Serve while hot.



## Noodles in Black Bean Sauce (Jajjanmyeon)

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 25-30 minutes*



### ***Ingredients***

3 pounds thick noodles of choice, cooked according to the packaging instructions

½ medium onion, finely sliced

½ cup white vinegar

### ***To make the black bean sauce***

2 tablespoons cooking oil

2 cups pork loin, diced

4 medium potatoes, peeled and diced

2 medium onions, chopped

2 cups *jjajang* or black bean paste  
8 cloves garlic, minced  
2 tablespoons sesame oil  
1 tablespoon sugar  
6 cups water  
3 carrots, peeled and diced

*For thickening (slurry).*

4 tablespoons cornstarch  
½ cup cold water

***Directions***

1. Begin by making the black bean sauce. Heat the oil in a large skillet over medium heat.
2. Add the pork and sauté until the color changes, about 3 minutes.
3. Add the potatoes and continue sautéing for another 3 minutes.
4. Add the onions and sauté until translucent, about 3 minutes.
5. Stir in the *jjajang*, garlic, sesame oil, and sugar. Cook until fragrant, about 3 minutes.
6. Pour in the water and add the carrots.
7. Bring the pot to a boil and then reduce the heat to simmer.
8. Combine the ingredients for the thickener and pour it into the simmering broth.
9. Cook, stirring occasionally, until the vegetables are tender and the broth has thickened into a sauce, about 15 minutes.
10. Pour the broth over the prepared noodles.
11. Top with sliced onion and serve with vinegar on the side.



# Hot Stone

## Stone Bowl (Dolsot Bibimbap)

*Serves: 4*

*Preparation Time: 60 minutes plus 3 hours soaking time*

*Cooking Time: 90 minutes*



### ***Ingredients***

4 to 5 cups cooked short grain white rice

Sesame oil, for greasing stone bowls

*Gochujang* (Korean chili paste)

Sesame seeds, for garnish

For gosari

1 ounce *gosari* (Fernbrake or Bracken)  
1 teaspoon sesame oil  
2 cloves garlic, minced  
1 tablespoon *guk-ganjang* (light soy sauce for broth)  
2 tablespoons water  
1 teaspoon green onions, chopped  
Pinch black pepper  
Dash sesame seeds

For the beef

1 cup ground beef  
1 teaspoon soy sauce  
½ teaspoon sugar  
2 cloves garlic, minced  
1 teaspoon sesame oil  
1 teaspoon green onions, chopped  
Pinch black pepper  
Dash sesame seeds  
2 tablespoons cooking oil

For the shiitake mushrooms

2 cups water  
1 tablespoon sugar  
½ cup dried shiitake mushrooms  
1 teaspoon sesame oil  
2 cloves garlic, minced  
1 teaspoon green onions, chopped  
1 teaspoon soy sauce  
½ teaspoon sugar  
Pinch black pepper  
Dash sesame seeds

For the carrot

1 medium carrot, peeled and julienned



1 teaspoon sesame oil  
Salt and pepper

For the zucchini

½ cup zucchini, peeled and julienned  
1 teaspoon sesame oil  
2 cloves garlic, minced  
1 teaspoon green onions, chopped  
Salt and pepper  
Dash sesame seeds

For the spinach

2 cups spinach  
½ teaspoon sesame oil  
¼ teaspoon *guk-ganjang* (light soy sauce for broth)  
2 cloves garlic, minced  
1 teaspoon green onions, chopped  
Salt and pepper  
Pinch sesame seeds

For the bean sprouts

1 cup bean sprouts  
1 clove garlic, minced finely into a paste or purée  
½ teaspoon sesame oil  
1 teaspoon green onions  
Salt and black pepper  
Dash sesame seeds.

For the eggs

4 large eggs  
2 tablespoons cooking oil  
Salt and pepper

***Directions***

For the gosari

1. Soak the gosari in water for 3 hours to overnight.

2. Rinse thoroughly with cold water, and drain.
3. Boil water in a pot with a pinch of salt. Drop in the gosari and boil until soft, about 10 minutes or more, depending on how long it was soaked. Remove the pot from the heat and rinse the gosari with cold water. Squeeze out the water and drain well. Pat dry with paper towels, if needed.
4. Heat the sesame oil in a skillet over medium heat.
5. Add the gosari and garlic and sauté for 3 minutes.
6. Add the guk-ganjang (soy sauce), water, and green onions. Cook until tender, about 5-10 minutes.
7. Remove the skillet from the heat and sprinkle the gosari mixture with black pepper and sesame seeds.

#### For the beef

8. Combine all the ingredients EXCEPT the cooking oil thoroughly in a bowl.
9. Leave the mixture to marinate while you prepare the vegetables.
10. After preparing the rest of the ingredients, heat the cooking oil in a skillet over high heat and brown the marinated beef, about 5 minutes.

#### For the shiitake mushrooms

11. Dissolve the sugar in the water.
12. Soak the dried shiitake mushrooms for 30 minutes, or until they are soft.
13. Rinse thoroughly and squeeze out the water. Drain well, and julienne the mushrooms.
14. Sauté the mushrooms in heated sesame oil with garlic, green onions, soy sauce, and sugar until tender, about 3 minutes.
15. Season with black pepper and sprinkle with sesame seeds.

#### For the carrot

16. Sauté the julienned carrot in sesame oil and season with salt and black pepper.
17. Cook until tender, about 5 minutes.

### For the zucchini

18. Sauté in sesame oil with garlic and green onion until tender, about 3 minutes.
19. Season with salt and pepper and sprinkle with sesame seeds.

### For the spinach

20. Boil water with a pinch of salt and blanch the spinach by immersing it for 1 minute. Remove it from the hot water and rinse with cold water. Squeeze out all the water and drain well. Pat dry with paper towels, if needed.
21. Sauté in heated sesame oil with garlic, green onion, and gukanjang until tender.
22. Season with salt and pepper, and sprinkle with sesame seeds.

### For the bean sprouts

23. Boil water with a pinch of salt.
24. Drop in the bean sprouts and place a lid on the pot.
25. Boil for 5 minutes without opening the lid.
26. Strain out the hot water and rinse with cold water. Drain without squeezing.
27. In a bowl, combine the rest of the ingredients thoroughly.
28. Add the blanched bean sprouts and coat well with the mixture.

### For the eggs

29. Heat the oil. Fry the eggs separately and season with salt and pepper.

### To prepare the stone bowls, or dolsot, and to assemble

30. Heat the stone bowls in a skillet over low to medium heat.
31. Swirl a small amount of sesame oil in the bottom of each bowl.
32. Fill each bowl with about a cup each of rice, pressing down lightly.
33. Arrange the other ingredients on top, positioning them in sections for an attractive presentation.
34. Sprinkle with sesame seeds.

35. Serve with gochujang and sesame oil on the side.



## Vegetarian Hot Stone

*Serves: 2-4*

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients***

4 cups cooked rice

*Chamgireum* (toasted sesame oil) to grease the bowls

½ sheet roasted seaweed, torn or cut into strips

Toasted sesame seeds

Gochujang

### **For the cucumber**

½ cucumber, thinly sliced

Salt

For the tofu

1 cup firm tofu

1 tablespoon *chamgireum*

For the carrot

1 large carrot, julienned

1 tablespoon *chamgireum*

Pinch salt

For the bean sprouts

1 cup soybean sprouts

1 teaspoon *chamgireum*

Pinch salt

Pinch sesame seeds

For the spinach

5 cups spinach leaves

1 teaspoon *chamgireum*

Pinch salt

Pinch sesame seeds

For the eggs

2 eggs

2 tablespoons sesame or cooking oil

Salt and pepper, to taste

***Directions***

For the cucumber

1. Sprinkle the cucumber slices with salt.
2. Place the slices in a colander to drain, about 20 minutes.
3. Squeeze out any excess water.

For the tofu

4. Rinse the tofu and wrap it in towels.

5. Place a weight on top to press out the excess liquid. Leave it for 15 minutes.

6. Drain and dry thoroughly.
7. Heat 1 tablespoon of sesame oil in a non-stick pan.
8. Brown the tofu on both sides.
9. Remove it from the pan and let it cool slightly.
10. Cut it into bite-sized cubes.

For the carrot

11. Sauté the carrot in heated sesame oil until tender, about 3 to 5 minutes.

For the bean sprouts

12. Boil water with a pinch of salt.
13. Drop in the bean sprouts and place a lid on the pot.
14. Boil for 5 minutes without opening the lid.
15. Strain out the hot water and rinse with cold water. Drain without squeezing.
16. In a bowl, mix with sesame oil, salt, and sesame seeds.

For the spinach

17. Boil water with a pinch of salt and blanch the spinach by immersing it for 1 minute. Remove it from the hot water and rinse with cold water. Squeeze out any excess water and drain well. Pat dry with paper towels, if needed.
18. Mix with sesame oil, salt, and sesame seeds in a bowl.

For the eggs

19. Heat the oil in a skillet or non-stick pan.
20. Fry the eggs sunny-side up and season them with salt and pepper.

NOTE: You may also use raw eggs, as they will cook when placed in the hot stone.

To prepare the stone bowls or dolsot and to assemble

21. Heat the stone bowls in a skillet over low to medium heat.



22. Swirl a small amount of sesame oil in the bottom of each bowl.
23. Fill each bowl with about a cup each of rice, pressing down lightly.
24. Arrange the other ingredients on top, positioning them in sections for an attractive presentation.
25. Sprinkle with sesame seeds.
26. Serve with gochujang and sesame oil on the side



# Beef

## Marinated Beef BBQ (Bulgogi)

*Serves: 2-3*

*Preparation Time: 10 minutes plus 1 hour marinating time*

*Cooking Time: 10 minutes*



### ***Ingredients***

- 1 pound beef sirloin, very thinly sliced
- 1 tablespoon cooking oil
- 1 small onion, thinly sliced
- 1 scallion, thinly sliced, white and green parts separated
- 1 small carrot, peeled and julienned
- 2 teaspoons sesame seeds

### **For the marinade**

- 3 tablespoons soy sauce
- 1 tablespoon rice wine (*cheong-ju* or *mirin*)

1 ½ tablespoons brown sugar  
¼ onion, grated  
2 cloves garlic, minced  
⅓ cup grated apple or pear  
1 tablespoon fresh ginger, minced  
1 tablespoon sesame oil  
Black pepper, to taste

***Directions***

1. Mix the marinade ingredients together.
2. Marinate the beef for 1 hour to overnight.
3. Heat the oil in a skillet over high heat.
4. Add the onion and the white parts of the scallion, and sauté until fragrant, about 1 minute.
5. Add the beef and carrots, and stir-fry until the beef is done, about 5 minutes.
6. Serve sprinkled with the green parts of the scallion, and sesame seeds.



## **Korean Beef Stew**

*Serves: 8*

*Preparation Time: 10 minutes*

*Cooking Time: 60 minutes*



### ***Ingredients***

2 pounds beef short ribs

Salt and pepper

2 tablespoons cooking oil

2 tablespoons fresh ginger, minced

1 large onion, chopped

8 cloves garlic, peeled and crushed

2 tablespoons sesame seeds

1 leek, cut into 2-inch pieces

### For the sauce

½ cup soy sauce

1 tablespoon sugar

1 tablespoon rice wine

1 teaspoon sesame oil

½-1 tablespoon Sriracha

3 ½ cups hot water

### ***Directions***

1. In a medium mixing bowl, whisk the sauce ingredients together. Set it aside.
2. Pat the beef ribs dry with paper towels, and season them with salt and pepper.
3. Heat the oil in a heavy-bottomed pot over medium to high heat.
4. Sauté the ginger until fragrant.
5. Add the onions, and cook until translucent.
6. Add the garlic, and stir quickly to release the fragrance.
7. Add the beef ribs, and cook until the surface is no longer pink.
8. Pour in the sauce mixture.
9. Cook over low heat until the beef is tender, 1 hour or longer.
10. Add the leeks and cook 10 minutes more.
11. Sprinkle with sesame seeds, and serve.





## Beef Roll (Bulgogi Kimbap)

*Serves: 6-8*

*Preparation Time: 30 minutes*

*Cooking Time: 5 minutes*

### ***Ingredients***

6 sheets *gim* or *nori* (laver or seaweed ‘paper’)

3 cups cooked *bulgogi*

12 pieces *danmooji* (pickled radish), cut into strips

12 pieces crab sticks, cut lengthwise

1 large carrot, cut into strips

### **For the rice**

5 cups cooked, short grain white rice

1 tablespoon rice vinegar

2 teaspoons sesame oil

2 teaspoons sesame seeds

1 teaspoon Korean sea salt or *sogum*

### **For the spinach**

½ cup spinach

½ teaspoon sesame oil

Pinch salt

### **For the egg**

2 eggs

1 tablespoon cooking oil

Pinch salt

### ***Directions***

1. Mix the ingredients for the rice filling together and allow them to cool. NOTE: Hot rice will spoil the texture and flavor of the *gim*.
2. Blanch the spinach in boiling water for 1 minute. Rinse with cold water and then squeeze. Drain and pat dry, if needed. Mix it with the

sesame oil and salt.

3. In a bowl, add salt to the eggs and whisk them together. Heat a non-stick or omelet pan with the cooking oil. Spread the egg over bottom of pan and flip over when one side is done, after about 2 minutes. Transfer the egg to a cutting board and cut it into strips.
4. Line a sushi mat with gim.
5. Spread a layer of rice over the gim, leaving about a ½-inch allowance around the edges for sealing. The rice will be easier to spread with moistened hands or a Teflon ladle.
6. About an inch from the bottom edge, line up the different fillings, lengthwise.
7. Roll up tightly, moistening the end of seaweed slightly with water to seal. Twist the gim at both sides also, to seal.
8. Slice it into ½- to ¾-inch pieces and serve.



## Prime Beef Short Rib Stew (Galbijjim)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 1-2 hours*



### ***Ingredients***

3 pounds short ribs

2 small potatoes, cut into large chunks

2 medium carrots, peeled and cut into 2-inch lengths

3 scallions, finely chopped

1 tablespoon sesame seeds

### **For the sauce**

1/3 cup brown sugar

1/3 cup soy sauce

2 tablespoons rice wine

6 cloves garlic, minced

½ onion, grated  
1 tablespoon sesame oil  
½ cup pear, grated

***Directions***

1. Whisk the sauce ingredients together in a pot. Add the ribs.
2. Bring the mixture to a boil and then reduce the heat to simmer. Add a little water, if needed, so the sauce doesn't dry out.
3. Let the ribs simmer until the beef is very tender and easily falls from the bone, about 1 hour or longer.
4. Add the potatoes, carrots, scallions, and sesame seeds, and cook until vegetables are done, about 15 more minutes.



## Grilled Short Ribs (Galbigui)

*Serves: 4-6*

*Preparation Time: 15 minutes plus overnight marinating time*

*Cooking Time: 6-10 minutes*



### ***Ingredients***

3 pounds beef short ribs, washed and drained

#### **For the marinade**

½ cup soy sauce

½ cup water

¼ cup sugar

2 tablespoons honey

¼ cup rice wine

2 tablespoons sesame oil

½ pear or apple, grated

½ medium onion, grated



3 scallions, thinly sliced  
8 cloves garlic, minced  
1 thumb ginger, minced  
Dash black pepper

***Directions***

1. Whisk the marinade ingredients together in a bowl.
2. Wipe the beef ribs dry with a towel, and score the meat with a sharp knife for better absorption of the flavors.
3. Marinate the ribs overnight in the refrigerator.
4. Grill over high heat, about 3 minutes on each side.



# Kimchi Burger

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 8-10 minutes*

## ***Ingredients***

4 hamburger buns

### For the hamburger patties

1 ½ pounds ground chuck

2 tablespoons soy sauce

¼ cup green onions

1 tablespoon fresh ginger, minced

1 tablespoon garlic, minced

1 teaspoon sesame oil

### For kimchi relish

1 teaspoon rice vinegar

1 teaspoon fresh ginger, grated

½ teaspoon sugar

1 ½ teaspoons sesame oil

2 cups kimchi, drained and chopped

1 cup napa cabbage, shredded

¼ cup thinly sliced green onion

### For the spicy mayo

1 teaspoon Sriracha

⅓ cup mayonnaise

## ***Directions***

1. Mix the patty ingredients EXCEPT the ground chuck together in a bowl until they are well blended. Add the ground chuck and mix lightly but evenly (overmixing will toughen the meat). Shape the patties about a ½ inch thick. Set them aside.

2. Mix the kimchi relish ingredients together in a bowl.
3. Mix together the spicy mayo ingredients in another bowl.
4. Preheat the grill to 450°F, and greased the grates. Cook the patties for 4 minutes on each side.
5. Toast buns on the grill, if desired.
6. Place the patties into the buns with a dollop of spicy mayo and a generous scoop of kimchi relish.
7. Serve.



# Chicken

## Chicken BBQ (Dak Bulgogi)

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 pound chicken breast fillet, sliced into thin strips

#### **For the sauce**

¼ cup onion, minced

⅓ cup soy sauce

2 ½ tablespoons brown sugar

8 cloves garlic, minced

2 tablespoons sesame oil

1 tablespoon sesame seeds

Dash *gochugaru* or chili powder

Salt and black pepper, to taste

***Directions***

1. Mix the sauce ingredients together in a pan.
2. Add the chicken and stir.
3. Bring the mixture to a boil, and then reduce the heat.
4. Simmer until the chicken is done, about 15 minutes.
5. Serve.





## Korean Chicken Wings

*Serves: 4*

*Preparation Time: 15 minutes plus 15 minutes marinating time*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

2 pounds chicken wings

4 tablespoons cornstarch

Cooking oil, for frying

Chopped green onion, for garnish

Red chili pepper, sliced, for garnish

### **For the marinade**

4 cloves garlic, finely minced

2 tablespoons rice wine

Salt and pepper

### For the sauce

- 4 tablespoons soy sauce
- 2 tablespoons water
- 3 tablespoons honey
- 1 ½ tablespoons vinegar
- 4 cloves garlic, finely minced

### ***Directions***

1. Combine the marinade ingredients in a bowl. Mix well, and stir in the chicken. Cover with plastic wrap and let it marinate for at least 15 minutes.
2. Dredge the marinated chicken with cornstarch, and shake off any excess.
3. Heat the oil in a pan or fryer, and fry the wings until they are golden brown. Drain the excess grease on paper towels.
4. In another pan or skillet, combine the sauce ingredients and bring them to a boil. Continue boiling, stirring often, until the sauce is reduced and thickened, about 1 minute. Drop the fried wings into the sauce to coat.
5. Transfer the wings to a serving dish and garnish with green onion and chili pepper.
6. Serve.



## Korean Fried Chicken

*Serves: 6*

*Preparation Time: 20 minutes plus 4 hours soaking time*

*Cooking Time: 15 minutes*



### ***Ingredients***

6 pieces chicken wings

6 pieces drumsticks

Oil for frying

### **For the brine solution**

½ cup salt

1 quart warm water

### **For dredging**

¾ cup cornstarch

2 teaspoons baking powder

For the tempura batter

½ cup cornstarch

1 teaspoon baking powder

¾ cup all-purpose flour

12 ounces light beer (or club soda)

For the sauce

½ cup *gochugang* (Korean chili paste)

¼ cup soy sauce

¼ cup rice vinegar

¼ cup brown sugar

3 tablespoons sesame oil

5 garlic cloves, smashed

1 tablespoon fresh ginger, grated

1 tablespoon Sriracha

***Directions***

1. Combine ingredients for the brine, stirring to dissolve the salt. Add the chicken pieces and cover with plastic wrap or a lid. Let it soak in the refrigerator for at least 4 hours. After soaking, drain and dry the chicken using towels. Let it sit out to air dry.
2. Preheat the oil for frying to 350°F.
3. Combine the ingredients for dredging, and coat the chicken pieces evenly. Shake off any excess.
4. Prepare the tempura batter by first mixing the dry ingredients together and then whisking in the beer. Dunk the chicken into the batter two times, shaking off any excess.
5. Test the oil temperature with a little batter, it should brown gradually, otherwise the oil is too hot. Fry the chicken until it is golden brown, about 10-15 minutes.
6. Combine the sauce ingredients in a saucepan and bring them to a boil. Reduce the heat and let the sauce simmer to thicken, about 2 minutes. Remove the pot from the heat.
7. Dunk the fried chicken into sauce and coat evenly.

8. Serve.





# Spicy Chicken Stir-fry

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*

## ***Ingredients***

3 pounds boneless chicken breast, cut into bite-sized pieces

1 tablespoon cooking oil

2 cups *tteok* or rice cake

½ onion, sliced

¼ large cabbage, sliced

1 sweet potato, sliced into rounds

½ teaspoon sesame seeds, for garnish

1 scallion, chopped, for garnish

## ***For the sauce***

1 tablespoon rice wine

½ cup water

1 tablespoon brown sugar

2 tablespoons soy sauce

2 tablespoons *gochugaru* (red pepper powder)

4 tablespoons *gochujang* (red pepper paste)

4 garlic cloves, minced

¼ teaspoon ground black pepper

¼ teaspoon ground ginger

1 tablespoon sesame oil

2 scallions, chopped

## ***Directions***

1. Whisk sauce ingredients together in a bowl.
2. Heat the oil in a skillet or non-stick pan.
3. Add the chicken, and stir-fry until it is opaque.
4. Stir the sauce into the chicken and continue cooking until the chicken is well browned.

5. Add the tteok, onion, cabbage, and sweet potato. Continue cooking until the sweet potato is done, about 10 minutes.
6. Garnish with sesame seeds and scallions.



## Ginseng Chicken (Samgyetang)

*Serves: 1*

*Preparation Time: 10 minutes*

*Cooking Time: 50 minutes*



### ***Ingredients***

- 1 (2 pound) Cornish hen, cleaned
- 1 cup sweet rice, soaked for 1 hour, drained
- 4 cloves garlic, whole, peeled
- 7 cups water
- 1 small onion, peeled
- 1 piece Korean ginseng
- 3 pieces jujube dates
- 3 pieces ginkgo nuts
- Salt and pepper
- Green onions, chopped, for garnish

### ***Directions***

1. Clip the tips off the wings, and the tail off the chicken.
2. Stuff the cavity with soaked sweet rice and garlic.
3. Place the hen in a pot.
4. Add the water, onion, ginseng, dates, and ginkgo nuts.
5. Bring the liquid to a boil.
6. Reduce the heat and let it simmer until the flesh separates from the bone (about 50 minutes).
7. Season with salt and pepper.
8. Garnish with green onion and serve.



## Fire Chicken (Buldak)

*Serves: 4*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 20 minutes*



### ***Ingredients***

8 chicken thighs, washed

2 tablespoons cooking oil

### ***For the marinade***

2 tablespoons rice wine

1 tablespoon soy sauce

1 tablespoon olive oil

1 tablespoon sugar

1 tablespoon honey

Black pepper

*For the sauce*

2 tablespoons *gochujang* (chili paste)

2 tablespoons soy sauce

1 tablespoon sesame oil

2 tablespoons honey

1 tablespoon sugar

2 teaspoons *gyeoja* (Korean yellow mustard) or karashi mustard

Hot chilies, to taste

3 cloves garlic

½ large onion

½ large pear, cored and seeded

***Directions***

1. Pat the chicken dry with paper towels.
2. Whisk the marinade ingredients together. Add the chicken and turn it to coat well. Let it marinate for at least 30 minutes.
3. Place the sauce ingredients in a blender and pulse until smooth.
4. Heat the cooking oil in a skillet over medium heat.
5. Add the chicken and brown on one side, about 10 minutes.
6. Turn and brown the other side, about 5 minutes.
7. Add the pureed sauce mixture. Reduce the heat and mix well.
8. Let it simmer until the chicken is done, about 5 more minutes.





## Chicken Teriyaki with Vegetables (Yangnyom Dak)

*Serves: 6*

*Preparation Time: 10 minutes plus 1 hour marinating time*

*Cooking Time: 20 minutes*



### ***Ingredients***

2 pounds boneless, skinless chicken thighs, cut into bite-sized pieces

2 cup broccoli florets

½ cup celery, chopped

½ cup snow peas

1 ½ cups pineapple chunks

1 tablespoon oil

### **For the marinade**

6 tablespoons soy sauce

1-2 tablespoons *gochujang* (chili paste)

4 tablespoons sugar  
2 tablespoons ketchup  
2 tablespoons vinegar  
1 teaspoon hot sauce  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 tablespoon ginger, minced  
½ teaspoon black pepper

***Directions***

1. Combine the marinade ingredients in a bowl, mixing well.
2. Add the chicken pieces and coat them well with marinade.
3. Cover the bowl and marinate in the refrigerator for 1 hour or longer.
4. Heat the oil in a skillet.
5. Fry the marinated chicken, reserving the marinade.
6. When the chicken is browned, add the marinade and vegetables to the pan.
7. Let it simmer until chicken is done and vegetables are crisp tender, about 10 minutes.



# Pork

## Army Stew (Budae Jjigae)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*

### ***Ingredients***

4 cups chicken or seafood broth  
2 cups kimchi, diced  
2 hot dogs, sliced diagonally into bite-sized pieces  
3 strips bacon, each cut into 4 pieces  
 $\frac{1}{3}$  cup Spam, cut into bite-sized cubes  
1 cup tofu, cut into bite-sized cubes  
 $\frac{1}{2}$  medium onion, thinly sliced  
4 mushroom caps, sliced  
 $\frac{1}{4}$  red bell pepper, sliced  
2 scallions, roughly chopped  
2 cups pre-cooked ramen noodles, drained

### **For the seasoning**

1 tablespoon gochugaru, Korean red chili pepper flakes  
1 teaspoon gochujang, Korean red chili pepper paste  
1 teaspoon light soy sauce  
1 teaspoon minced garlic  
1 tablespoon water  
Salt and pepper to taste

### ***Directions***

1. Mix the seasoning ingredients together in a pot. Whisk in the broth.
2. Add the rest of the ingredients.
3. Bring the stew to a boil. Continue cooking until the kimchi has softened, about 10 minutes. Add a little water, if needed, to prevent the stew from drying out.
4. Adjust the flavor with salt, soy sauce, gochujang, or gochugaru, as needed.

5. Add the noodles and let them heat through.
6. Serve.





## Spicy Pork BBQ (Daeji Bulgogi)

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 pound pork, sliced into strips

#### **For the marinade**

3 tablespoons soy sauce

2 tablespoons rice wine

2 tablespoons brown sugar

1 onion, finely minced

8 cloves garlic, minced

2 tablespoons *gochujang* (chili paste)

1 teaspoon *gochugaru* (chili flakes or powder)

2 teaspoons ginger root, grated

2 tablespoons sesame oil

***Directions***

1. Whisk the marinade ingredients together in a bowl.
2. Add the pork and coat it well with the marinade.
3. Cover and let it marinate for at least 30 minutes.
4. Pan grill the pork until it is cooked through.
5. Serve.



## Spicy Pork Stir-fry

*Serves: 4*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 10 minutes*



### ***Ingredients***

2 pounds pork belly, cut into bite-sized pieces

2 tablespoons cooking oil

10 perilla leaves, washed and thinly sliced

1 small onion, sliced

1 small carrot, peeled and sliced

½ cup shredded cabbage

8-12 pieces *tteok* (rice cake)

### **For the marinade**

4 tablespoons *gochujang* (chili paste)

2 ½ tablespoons soy sauce  
1 ½ tablespoons sugar  
1 tablespoon ginger, minced  
5 cloves garlic, minced  
2 tablespoons rice wine  
1 teaspoon *gochugaru* (chili powder)  
½ apple, grated  
1 small onion, finely minced  
½ teaspoon black pepper

***Directions***

1. Combine the marinade ingredients in a bowl.
2. Add the meat and mix well to coat evenly.
3. Cover and marinate for at least 30 minutes.
4. Heat a wok over high heat, and heat the oil.
5. Add the meat, with the marinade, to the wok and stir-fry until the color changes, about 5 minutes.
6. Add the rest of the ingredients and stir-fry until meat is cooked through.



## Grilled Pork Lettuce Wraps (Samgyeopsal)

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

3 pounds pork belly, thinly sliced and cut into 1- to 2-inch pieces

2 heads lettuce, washed well and separated

10-20 garlic cloves, peeled

10-20 Korean perilla leaves

Kimchi and *danmooji* (pickled radish), for toppings

Sesame oil seasoned with salt and black pepper, for dipping

For gochujang sauce

1 cup gochujang  
2 tablespoons sesame oil  
2 tablespoons honey

For the green onion salad

10-12 green onions, finely shredded or sliced lengthwise  
1 tablespoon sesame oil  
1 teaspoon *gochugaru*, or to taste  
2 teaspoons sesame seeds  
Salt

***Directions***

1. Mix the gochujang sauce ingredients well. Set the sauce aside.
2. Mix the green onion salad ingredients together. Adjust the flavor with salt or gochugaru, as needed. Set it aside.
3. Set up the table with table grill, raw pork belly slices, lettuce, garlic cloves, perilla leaves, green onion salad, and gochujang sauce in separate dishes. You may also serve the pork and garlic cloves already grilled.
4. Guests can assemble the lettuce wraps by themselves by placing a perilla leaf on a lettuce leaf and filling them with a few pieces of grilled pork, grilled garlic, gochujang sauce and green onion salad. Toppings like kimchi or danmooji may be added. The ends of the leaf are then folded over and the wrap is ready to eat. Provide sesame oil, salt and pepper as additional dip for the pork.





# Seafood

## Spicy Octopus Stir-fry (Nakji Bokkeum)

*Serves: 2*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 15 minutes*

### ***Ingredients***

1 pound octopus, cleaned and cut into strips  
2 tablespoons sesame oil  
1 small onion, thinly sliced  
4 cloves garlic, finely minced  
1 small carrot, thinly sliced into 2-inch lengths  
2 chili peppers, sliced diagonally  
2 green onions, sliced into 2-inch lengths  
Sesame seeds and chopped green onion, for garnish

### **For the marinade**

2 tablespoons *gochujang* (chili paste), or to taste  
1 tablespoon *gochugaru* (chili powder/flakes), or to taste  
1 tablespoon soy sauce  
1 tablespoon brown sugar

### ***Directions***

1. Combine the ingredients for the marinade in a bowl.
2. Add the octopus slices and coat well. Cover and marinate for 30 minutes.
3. Heat a skillet over medium heat and add the oil.
4. Add the vegetables, EXCEPT the green onions, and stir-fry until tender, about 5 minutes.
5. Add the octopus and green onion, together with marinating liquid, and continue cooking until the octopus is just cooked (not rubbery) and vegetables are tender-crisp. Adjust the flavor with more gochujang or gochugaru, according to taste.
6. Garnish with sesame seeds and chopped green onions.
7. Serve.





## **Fishcake Stew (Eomuk Guk)**

*Serves: 6*

*Preparation Time: 30 minutes*

*Cooking Time: 35 minutes*

### ***Ingredients***

10 large dried anchovies

2 pieces *kombu* (sea kelp)

1 cup *moo* or Korean radish, cut into 2-inch lengths

1 onion, quartered

8 cups water

2 tablespoons rice wine

3 tablespoons soy sauce

1 teaspoon salt

8 ounces Korean fish cake

2 green onions, chopped

Ground black pepper

Hot English mustard, for dipping

### ***Directions***

1. In a pot or pan, combine the anchovies, kombu, radish, and onion, and pour in the water.
2. Bring it to a boil.
3. Remove the kombu. Reduce heat and simmer for 15 minutes.
4. Remove the anchovies and onion.
5. Add the rice wine, soy sauce, salt, and fish cake.
6. Simmer for 10 minutes more.
7. Sprinkle with green onion and black pepper.
8. Serve with mustard as a dip for the fishcake.



## Fried Squid (Ojgingeo Tuigim)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

½ pound squid, cleaned, skinned and cut into 1-inch strips

Salt and pepper

Oil for frying

5 tablespoons flour

### **For the batter**

1 cup flour

1 teaspoon salt

½ teaspoons baking powder

½ cup ice water



For the choganjang (soy sauce and vinegar dip)

3 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sugar

1 teaspoon green onion, chopped

***Directions***

1. Whisk the choganjang ingredients together and set the sauce aside.
2. Season the squid with salt and pepper, and let it sit for 5-10 minutes.
3. Prepare the batter by first combining the dry ingredients in a medium bowl, and then whisking in the cold water. Avoid overmixing.
4. Preheat the oil to 350°F.
5. Dredge the squid with flour and then dip it in the batter.
6. Test the oil by dropping in a small amount of batter. It should float up to the top immediately.
7. Fry the squid strips until they are golden brown, and drain them on paper towels.
8. Serve with choganjang.



# Tuna Kimbap

*Serves: 2-4*

*Preparation Time: 25 minutes*

*Cooking Time: 8-10 minutes*



## ***Ingredients***

1 tablespoon cooking oil

6 pieces crab sticks, cut lengthwise

1 cup ham, cut into strips

1 carrot or cucumber, cut into ¼-inch thick lengths

2 pieces fish cake, cut into strips

6 pieces *danmooji* (pickled radish)

## **For the rice**

2 cups steamed short grain rice

2 teaspoons sesame oil

Salt, to taste

Toasted sesame seeds, optional

### For the tuna

1 cup cooked or canned tuna, drained

½ cup mayonnaise

### For the eggs

2 eggs

Pinch of salt

1 tablespoon cooking oil

### ***Directions***

1. Heat the oil in a skillet over medium-high heat and sauté (separately) the ham, carrot (if using) and fish cake, for about 2 minutes each.
2. Mix the ingredients for the rice filling together and allow it to cool.  
NOTE: Hot rice will spoil the texture and flavor of the gim.
3. Add a little salt to the beaten eggs. Heat the oil in a non-stick or omelet pan, and pour in the egg to make a thin omelet. Remove it from the heat and cut it into strips.
4. Mix the drained tuna with the mayonnaise.
5. Line a sushi mat with gim, shiny side down.
6. Spread rice over the gim, leaving about a ½-inch allowance around the edges for sealing. The rice will be easier to spread with moistened hands or a Teflon ladle.
7. About an inch from the bottom edge, line up the different fillings lengthwise: tuna, egg, crab stick, ham, fish cake, danmooji, and strips of carrot or cucumber.
8. Roll it up tightly, moistening the end of the seaweed slightly with water to seal. Twist the gim at both sides also, to seal.
9. Wipe a knife with a little sesame oil or water and slice the roll into ½- to ¾-inch pieces.
10.           Serve.



## Spicy Seafood Stew (Jjam Bbong)

*Serves: 2-4*

*Preparation Time: 15 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

4 to 5 cups thick noodles of choice, cooked according to the packaging instructions

1 tablespoon cooking oil

3 ounces pork, thinly sliced

1 thumb ginger, peeled and minced

2 scallions, cut into 2-inch lengths

1 tablespoon *gochugaru* (chili flakes or powder)

1 tablespoon soy sauce

¼ cup onion, thinly sliced

½ cup carrot, sliced 2-inch lengths

½ cup cabbage, cut into 2-inch lengths

½ cup zucchini, sliced thinly into 2-inch lengths  
Salt and pepper  
4 cups seafood or chicken broth  
6 clams, cleaned  
6 mussels, cleaned and debearded  
4 shrimp, peeled and deveined  
3 ounces squid, cleaned and cut into 1-inch pieces

### ***Directions***

1. Place the cooked noodles in one large bowl or individual serving bowls.
2. Heat the oil in a large pot over medium heat.
3. Sauté the pork until it is lightly browned.
4. Add the ginger, scallions, *gochugaru*, soy sauce, and onion. Stir-fry until it is fragrant and the pork is cooked through.
5. Add the carrot, cabbage, and zucchini. Stir-fry 2 minutes longer, or until the vegetables are tender. Season with salt and pepper.
6. Add the stock and bring it to a boil.
7. Add the seafood and continue cooking until the shells open. Discard any clams or mussels that do not open.
8. Adjust the taste with salt or *gochugaru*, as needed.
9. Pour over noodles, and serve.





# Vegetarian

# Vegetable Kimbap

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 2 minutes*



## ***Ingredients***

6 sheets *gim* (laver or seaweed paper)

6 pieces crab sticks

1 large cucumber, seeded and cut into strips

6 pieces pickled daikon

## **For the carrot**

1-2 tablespoons cooking oil

1 large carrot, cut into strips

Salt

## **For the rice**

3 bowls cooked rice

½ teaspoon salt

2 teaspoons sesame oil

1 tablespoon sesame seeds

### For the spinach

1 bunch spinach

1 teaspoon sesame oil

Dash of salt

### ***Directions***

1. Heat the oil in a skillet and blanch the carrot strips in the oil. Season them with salt.
2. Mix the ingredients for the rice filling together and allow it to cool.  
NOTE: Hot rice will spoil the texture and flavor of the gim.
3. Blanch the spinach for 1 minute in boiling water. Remove it from the hot water and rinse immediately with cold water. Drain well and dry with towels. Mix it with the sesame oil and a dash of salt.
4. Line a sushi mat with gim, shiny side down.
5. Spread a layer of rice over the gim, leaving about a ½-inch allowance around the edges for sealing. The rice will be easier to spread with moistened hands or a Teflon ladle.
6. About an inch from the bottom edge, line the different fillings lengthwise.
7. Roll it up tightly, moistening the end of the seaweed slightly with water to seal. Twist the gim at both sides also, to seal.
8. Wipe a knife with a little sesame oil or water, and slice the roll into ½- to ¾-inch pieces.
9. Serve.



# Vegetable Bibimbap

*Serves: 3*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*

## ***Ingredients***

3 teaspoons *gochujang* (chili paste), or to taste

¼-½ cup sesame oil

### For the vegetables

2 tablespoons sesame oil

1 cup carrot, peeled and julienned

1 cup zucchini, peeled and julienned

1 cup bean sprouts

1 (6 ounce) can bamboo shoots, drained

1 (4 ½ ounce) can sliced mushrooms, drained

Salt and pepper

### For the rice

2 cups cooked and cooled rice

⅓ cup green onions, sliced

2 tablespoons soy sauce

Dash of black pepper

### For the eggs

3 eggs

1 tablespoon butter

## ***Directions***

1. Heat the 2 tablespoons of oil in a wok over medium heat, and sauté the vegetables until they are tender. Season them with salt and pepper. Remove them from the wok to a dish.
2. Using the same wok, add the ingredients for the rice. Mix well.

3. In a separate pan, melt the butter and fry the eggs. The yolks should remain runny.
4. Assemble the dish by distributing the rice into 3 large serving bowls. Bowls should be large enough to allow for the mixing of ingredients.
5. Top the rice with vegetables and egg.
6. Serve with gochujang and sesame oil on the side.



# Korean Vegetable Curry

*Serves: 2-4*

*Preparation Time: 15 minutes*

*Cooking Time: 15-20 minutes*

## ***Ingredients***

1 teaspoon sesame oil  
1 small onion, finely chopped  
1 clove garlic, minced  
2 teaspoons *gochugaru* (chili flakes or powder)  
2 teaspoons soy sauce  
1 cup vegetable stock  
1 cup medium firm tofu, cut into bite-sized cubes  
½ cup zucchini, finely chopped  
Salt and pepper, to taste  
1 ½ tablespoons Korean curry powder, or to taste  
1 teaspoon sugar (optional)  
1 tablespoon cornstarch (optional)  
1 bunch spinach, chopped into fine strips  
1 bell pepper, thinly sliced  
1 green onion, chopped

## ***Directions***

1. Heat the oil in a heavy-bottomed pan over medium heat.
2. Add the onion, garlic, gochugaru, and soy sauce, and sauté until fragrant.
3. Add the stock and bring it to a boil.
4. Add the tofu and zucchini.
5. Season the mixture with salt, pepper, curry powder, and sugar, if using. Stir.
6. Reduce the heat and place the lid on the pot. Let it simmer until the zucchini is tender, about 5 minutes.
7. If you find the stew too watery, scoop out about 2 tablespoons and mix it with cornstarch in a bowl. Stir until it is smooth, and pour it



back into the stew. Mix gently and continue simmering until the mixture thickens. Otherwise, proceed to the next step.

8. Adjust the flavor with salt, gochujang, or curry powder, as desired.
9. Add the spinach, bell pepper, and green onion.
10. Remove the pan from the heat.
11. Serve.



## Kimchi & Potato Croquettes (Korokke)

*Serves: 6-8*

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

- 4 large potatoes, peeled
- 1-2 tablespoons sesame oil
- ½ cup kimchi, drained and chopped
- 1 small onion, minced
- ½ cup canned whole kernel corn
- ½ cup green peas
- ½ cup carrot, peeled and chopped
- Salt and pepper
- 2 eggs, beaten
- 1 cup flour

2 cups bread crumbs

Oil for frying

Sriracha (hot sauce)

***Directions***

1. Boil the potatoes until a fork goes through easily up to the center.  
Drain.
2. Mash the potatoes to a smooth consistency.
3. Heat the oil in a wok or skillet over medium heat and sauté the kimchi, onion, corn, peas, and carrot until tender (about 5 minutes).
4. Mix the potato and vegetable mixture together.
5. Season with salt and pepper.
6. Shape the mixture into balls the size of golf balls.
7. Preheat the oil to 350°F.
8. Dredge each ball with flour, then dip it into the egg, and finally into the breadcrumbs.
9. Fry the balls until they are golden brown.
10.           Serve with Sriracha.



## Vegan Bulgogi

*Serves: 2-4*

*Preparation Time: 10 minutes plus 15 minutes standing time*

*Cooking Time: 15-20 minutes*

### ***Ingredients***

- 1 ½ cups extra firm tofu
- 2 tablespoons cooking oil
- 3 cups mushroom of choice
- 2 green onions, chopped

### **For the sauce**

- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 1 tablespoon sesame oil
- 1 teaspoon sesame seeds
- 3 cloves garlic, minced

### ***Directions***

1. Whisk together the ingredients for the sauce, and set it aside.
2. Wrap the tofu with paper towels and press it down with weights for 10-15 minutes. Remove the paper towels and cut it into bite-sized pieces.
3. Heat the oil in a wok or non-stick skillet over medium-high heat.
4. Fry the tofu until it is evenly browned.
5. Add the mushrooms and allow them to brown.
6. Add the sauce and simmer. It should reduce quickly.
7. Remove the skillet from the heat.
8. Sprinkle with green onion, and serve.



## **Conclusion**

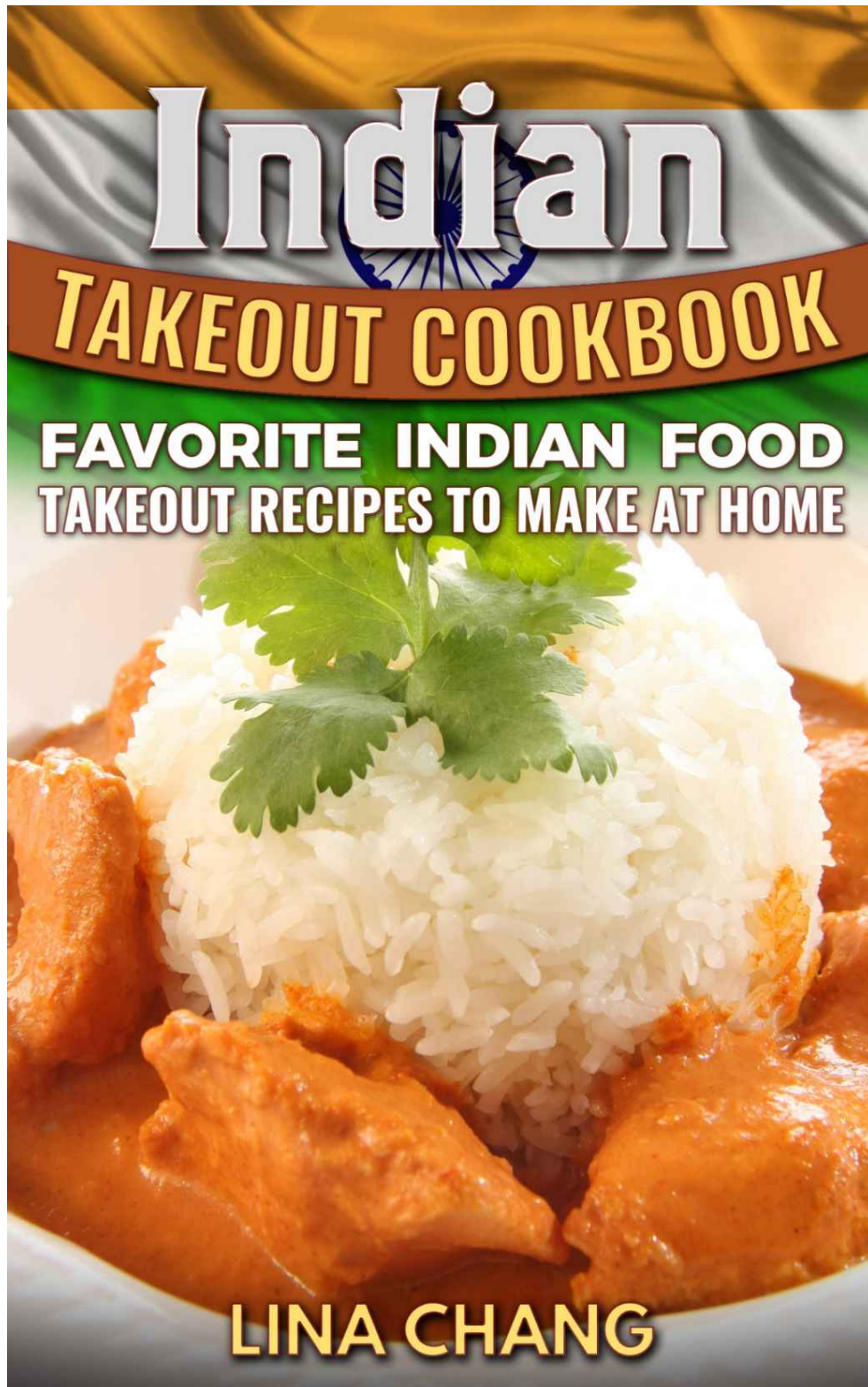
It's truly not surprising that Korean dishes have become so popular in America. This food is exotic, healthy, and versatile! The traditional ingredients lend us new and exciting ideas for our own recipes. We are slowly finding Korean flavors in our own traditional dishes.

Hopefully, this cookbook will help you discover and explore this fascinating world of Korean cuisine.





**Volume 5: Indian Takeout Recipes**





# Introduction

Indian food is exhilarating. It is a mixture of exotic ingredients, scents, spices, and flavors. Some may find this cuisine a bit intimidating but today's adventurous and globally astute generation is now opening up to it. Despite the seductive nature of Indian cuisine, food experts say it has not really taken off as one would expect. Sadly, some think of Indian food only as "spicy vegetarian curry." Perhaps the strong spices are difficult to get used to, or the cost is comparatively higher than other cuisines. Another possible reason is the diversity of dishes involved. India is vast in terms of population and land area, and the culture is equally diverse. Hence, the variations due to geographical location, religion, available resources, language, and traditions offer perhaps a too-dizzying array of dishes to choose from. The names are confusing as well as they, too, vary from region to region. Presently, Indian takeout in America is said to be predominantly Northern Indian and other regions are not represented.

Indian food is not only vegetarian. Chicken, lamb, and fish are popularly used. But the ingredients are always fresh and varied, and many of them are excellent for the health.

Indian takeout, unfortunately, is seen by some as watered-down, westernized and inauthentic versions of the real thing. Ironically, the formerly "fake" Indian dishes have now come full circle and are now accepted even to native Indians as authentic. This is the nature of fusion cooking, it mixes the best from both cultures to come up with an exciting dish that appeals to all. Some also say that fusion is just the first step to true appreciation of the genuine.

This cookbook has no pretensions to being authentic. It contains a collection of recipes for dishes that are well-loved and that we hope you will find time to prepare on your own, not only because it is healthier, but also for the pure enjoyment of it. Many dishes, if done the traditional way, may be too time consuming, intricate, and impractical for today's generation. The recipes you'll find here are designed to make the dishes easy to prepare without

sacrificing the authenticity of the flavors and textures. This is just the beginning of your journey towards experiencing and indulging in fascinating Indian cuisine!

## A Little Bit of History

Indian cuisine is an amalgam of influences in its history. It contains touches from the Persians, the Arabs, the Aryans, the Chinese, the Portuguese, and the British. Food preparation has always been a big deal in Indian families and mothers lovingly and meticulously pass on the recipes and techniques to their children, most especially to their daughters.

Surprisingly, many mainstays in Indian restaurants and all-around favorites are actually not Indian inventions. The curry that we know, for example, is actually a British concoction. The spices are Indian but the proportions have a British twist. Authentic curry is not exactly the same as the one we're familiar with. It is difficult to pinpoint which is "authentic" in India because each region, each state, each family, and each restaurant has its own curry recipe. Other ingredients have been introduced here and there to make the original dishes more appealing. Americans have added cream to *palak paneer* (Indian white cheese cooked in spinach) while the British have added a tomato-based gravy to *chicken tikka masala*. Vindaloo is a Portuguese dish (*vinha d'alhos*) using Indian spices and potatoes (another American addition). *Samosas* were originally only vegetarian but now also have Pakistani-inspired versions containing meat.

Indian food is said to have only picked up in the last decade. In the past, immigrants prepared their own meals at home. Indian restaurants were not very popular compared to Chinese and Mexican restaurants. Nowadays, children of immigrants seek the comforts of both familiar dishes, and others they've become accustomed to in American restaurants.

Non-Indian Americans have also become more adventurous, and many restaurants are beginning to cater to this new demand. Unlike Chinese and Korean restaurants, which tend to be clustered together, Indian restaurants are more randomly located. Yet many diners are now seeking them out. Chefs are now preparing dishes using authentic spices and techniques as well as new dishes which are "Indian-inspired." Cooking Indian food requires special knowledge of cooking spices that is not used in, let's say,

French cuisine. Many new chefs find the special methods mysterious and intriguing and are learning the skills and applying them to new recipes. So there are many new dishes being offered in restaurants that are not exactly Indian but have an “Indian touch” to them.

## Common Ingredients in Indian Cuisine

Indian cuisine makes use of a vast number of ingredients. This may be confusing or too overwhelming for some. It is important to start with the basics and build your supplies as you go along. Remember that spices lose their flavor when stored for too long so it's better to stock them in small quantities.

The use of a certain spice is not the only requirement to achieve an Indian touch in your dishes. Indian cuisine involves a “layering” of flavors to achieve the desired result. Each ingredient is cooked in a special way at a certain point in the cooking process to release the desired flavor notes. You will notice this in the recipes.

Many ingredients that were previously considered inauthentic, such as cream and potato, are now being incorporated in dishes. After all, authentic Indian cuisine traditionally allows for resourcefulness and creativity in cooking.

Here are some ingredients recommended for a beginner in Indian cuisine:

### ***Aniseed/Star Anise (Vilayati Saunf)***

Use whole. Has a strong flavor and is commonly used in slow-cooked dishes.

### ***Asafetida/Asafoetida (Hing)***

This has a fetid odor (hence its name) and must be kept in a sealed container away from other spices. It is added to oil during cooking and its pungent odor mellows to a pleasant aroma. The resulting flavor it imparts is akin to that of leeks.

### ***Bay Leaves (Tej Patta)***

Leaves from the laurel tree. These are added for aroma and to neutralize strong flavors. They are not actually eaten but only used to impart flavor.



### ***Black Pepper/Peppercorns***

These originated from India — specifically from Malabar and Western Ghats. The flavor is best when freshly ground.

### ***Black Salt (Sanchal/Kala Namak)***

A pinkish-gray salt used in India and South Asia. It contains trace elements other than sodium chloride, giving it a pungent odor. Its sulfur content gives an egg-like flavor to vegetarian dishes.

### ***Cardamom (Elaichi)***

Stock up on black, white, and green types. Green is most commonly used. It has a sweetish taste with a touch of eucalyptus. Used in pod form or as a powder.

### ***Carom Seeds (Ajwain)***

The “seeds” are actually dried fruit, with a bitter, pungent flavor. Best fried in ghee or dry-roasted to enhance its flavor.

### ***Chaat Masala***

A pungent-smelling spice blend made from dried mango powder, cumin, black salt, coriander, dried ginger, salt, black pepper, asafetida, and red pepper. It imparts a sweet-sour pungency. This is usually sprinkled over dishes after cooking.

### ***Cinnamon Stick or Cassia Bark (Chilani)***

Usually used in stick form and sometimes in powder form, cassia bark is milder and sometimes referred to as “fake” cinnamon. It has a milder flavor but is more commonly used in India.

### ***Cloves***

Used whole, with a flavor similar to anise. Use sparingly as it can impart a very strong, medicine-like flavor. It is also used as a remedy for toothache and is a natural preservative.

### ***Coriander (Dhania)***

Probably the most widely used spice in Indian dishes. Used in powder form for convenience, as whole seeds have to be toasted until golden and then ground. It gives a mild citrusy note to curries and pickles.

### ***Cumin Seeds (Jeera)***

These are black or white in color and in seed or powder forms. It gives a sweetish-bitter, smoky note. Has a stronger flavor when freshly ground.

### ***Curry Leaves (Kadi Patta/Karapincha/Methi Neem)***

Also known as “sweet neem leaves.” These are usually added at the beginning of the cooking process along with onions. They have a curry-like flavor with a smoky, citrus touch, and are believed to prevent diabetes.

### ***Dal/Daal***

This is are often referred to as lentils. More correctly, it refers to a variety of pulses (including lentils, peas, chickpeas, kidney beans, mung beans, and the like) which are split. These are also understood to be cooked with liquid, as in soup. Some common dal are:

*masoor* - split red lentil

*mung* or *moong* - split yellow lentils; also called green gram

*urad* - black lentil or black gram

*chana* - split chickpeas or Bengal gram

*toor* - pigeon pea or tropical green pea

### ***Dried Mango Powder (Amchur/Amchoor)***

Made from unripe or green mango. The mango is dried and ground into a powder which is used as a souring agent in dishes.

### ***Dry red chilies/Chili Flakes/Chili Powder***

Some recipes call for whole or coarsely ground. These chilies range in color from orange to fiery red. Indian chili powder is more pungent than American chili powders, so some adjustments may be needed in making substitutions.

### ***Fenugreek Seeds (Kasuri Methi)***

These are used whole and give curry its characteristic flavor.

### ***Fish Masala (Meen Masala)***

A special spice mix for fish recipes. Consists of dried or toasted and then ground coriander seeds, black pepper, red chilies, turmeric, and curry leaves. Can be bought ready-mixed.

### ***Flours***

Indian cooking makes use of many kinds of flours. Here are some more commonly used:

Aata or atta - Finely ground whole wheat flour used to make chapatis, parathas, and other Indian breads.

Gram or besan - A gluten-free flour made from ground chickpeas. Used for making pakoras, khandvi, and halwa.

Maida - All-purpose flour used for naan, cakes, and pastries.

Rice flour or chawal ka atta- Ground rice used for roti, bhajji, and bhakri. Gluten-free.

### ***Garam Masala***

This may be referred to as the authentic curry powder. It is a mixture that basically contains cumin, coriander, cloves, cardamom, cinnamon, and black pepper. Other variations may also contain fennel, mustard, mace, bay leaf, turmeric, nutmeg, and chilies. *Garam* means hot and *masala* means spices. This can be bought ready-mixed at the grocery store. There is no standard formula – proportions vary from home to home, chef to chef, state to state, or region to region.

### ***Ghee***

Clarified butter that has been simmered in such a way that the milk solids have caramelized and a nutty flavor is imparted. Used for a variety of dishes or as a substitute for oil.

### ***Ginger***

Used as a paste or in powder form.

### ***Green chilies***

Green Thai chilies are the usual option, and they must be fresh, so buy only when needed. Serrano may be used for less heat. Jalapenos are rarely used.

### ***Green Chili (Hari Mirch) Paste***

A fiery paste of green chilies with lime and salt.

### ***Kashmiri Red Chili Powder (Kashmiri Mirch)***

This is a chili powder that is used to impart a rich color with milder heat compared to red chili powder.

### ***Madras Curry Paste***

Consists of *garam masala* with additional ingredients such as garlic, ginger, vinegar, and oil. Madras curry is said to be the fieriest of them all. Can be bought ready-mixed at Asian and Indian stores.

### ***Mustard seeds***

These are used whole and are yellow, black, or brown. Crush in oil to release its nutty, slightly smoky flavor.

### ***Oil***

Mustard oil is a staple but you may also use any vegetable or cooking oil. Ghee is also a popular substitute. Southern parts of India use light sesame oil, which has a high smoking point compared to dark sesame oil (which is more popular in East Asia) and is ideal for deep frying.

### ***Onion Seeds (Nigella/Kalonji)***

Black onion seeds are used to enhance the flavor of vegetable dishes. These are first fried in hot oil (cold oil makes it bitter) or are toasted.

### ***Paneer***

Traditional Indian unsalted cheese made from fresh milk curdled with lemon juice or vinegar. Cottage cheese is an acceptable substitute.

### ***Red Chili Powder (Lal Mirchi)***

Indispensable in Indian cuisine. Made from dried red chilies ground into a fine powder. Adds considerable heat and a little color to dishes. Stores usually sell regular and extra-hot versions.

### ***Rice***

Basmati rice is traditional but cooking it may be a bit complex for the beginner or if one is pressed for time. If you're not confident about your rice-cooking skills, you can use parboiled or converted rice (like Uncle Ben's). *Gobindobhog* is a sticky rice popular in Southern Indian recipes and desserts. Jasmine rice can be substituted because it has a good fragrance and flavor.

### ***Saffron (Kesar)***

This is expensive and used sparingly. It is dissolved in water, broth, or milk to release its deep golden yellow color to dishes. It may also be toasted and made into a powder.

### ***Tamarind***

Blocks of pulp from the sour fruit are used. You take some pieces from the block and soak them in hot water to make them malleable. Break them up and strain them to remove the seeds and skin. The liquid is used as a souring agent.

### ***Tandoori Masala***

A spice mix specifically for dishes cooked in the tandoor or traditional clay oven. Consists of *garam masala* with other ingredients like onion, garlic, ginger, and cayenne.

### ***Turmeric powder (Haldi)***

It has an earthy flavor, somewhat bitter and lends a golden yellow color to dishes (it stains wooden utensils and clothes, too). Turmeric was used in ancient times, when the refrigerator had not been invented yet, as a natural preservative.

## **Tools and Equipment**

One might assume that, because of the exotic blend of spices and the novelty of Indian dishes, highly specialized and expensive equipment might be needed. There is nothing further from the truth. Anyone with a kitchen equipped with the basics will happily find it easy to prepare Indian dishes. In special cases, a little resourcefulness and innovation is all you need.

Take a look at this list of things you will most probably need:

### ***Blender***

Some recipes require this to make pastes and purees. It's more convenient than the traditional method using a mortar and pestle.

### ***Chopping boards***

Have separate ones for meat and vegetables. Wood or plastic is good.

### ***Colander/Sieve***

A great helper for draining rice, vegetables, noodles, and other ingredients.

### ***Cooking spoons***

Wooden or metal spatulas, ladles, and slotted spoons will come in very useful. It may be worthwhile to keep separate wooden spoons just for cooking Indian food as the spices can stain and leave residual flavors.

### ***Food processor***

Very useful for making purees and pastes. As the flavor of spices remain even after washing, the use of a spice grinder is sometimes recommended.

### ***Grater***

Very useful as many recipes require coarse pastes or purees.

### ***Knives***

Have at least three different sizes and keep them sharp.

### ***Mixing bowls***

Have bowls of various sizes on hand for assembling and combining ingredients. This will help you keep your work flow smooth and organized.

### ***Mortar and pestle***

Traditionally, garlic, fresh herbs, and spices are crushed or ground using this. Can also be used to make coarse pastes.

### ***Pots and pans***

You must have pans of different sizes for different uses — saucepans, frying pans, flat-bottomed pans, pancake pans, griddles, etc. Heavy-bottomed as well as nonstick are preferable.

### ***Pressure cooker***

For Indian dishes that require cooking in their own juices and to speed up cooking time.

### ***Rice cooker and Steamer***

Save time and trouble in cooking rice. The steamer attachment will make it possible to steam vegetables while cooking rice.

### ***Rolling pin***

This is handy especially for making Indian breads.

### ***Slotted spoon***

Useful for fishing out ingredients while simultaneously draining out the liquid or oil.

### ***Spice grinder/Coffee Grinder***

Many Indian households make use of a coffee grinder to grind toasted spices. This is the more modern counterpart of the mortar and pestle. Be sure to use a separate one for coffee, unless you like spicy hot coffee!

### ***Spice Box (masala dabba)***

This is one item that is not common in non-Indian kitchens. Spices deteriorate easily when not stored properly. Ideally they should be stored in

a cool, dry place, away from direct sunlight. The spice box is the ideal storage container for all your spices. It is a stainless steel container with seven compartments, a stainless steel spoon for scooping out the spices, and an airtight lid. This will help make cooking more organized.

***Tawa (also called tava)***

A flat, disc-shaped, sometimes slightly concave metal pan. Similar to a pancake griddle. This is used for making Indian breads like chapatti, naan, and roti.

***Tongs***

Another very helpful tool for turning breads or grilled food over. Also good for flipping or picking up fried food.

***Wire whisk***

This is useful for whisking eggs, sauces, and gravies. Metal is also okay.

***Wok***

Called *kadai* or *karahi*, it can be used for boiling, frying, roasting, pickling, and sautéing.

Now that you've got your basic ingredients and equipment ready, you're all set to cook some homemade Indian dishes!





# **Appetizer Recipes**

## Vegetable Fritters (Bajji/Pakora/Pakoda)

*Serves: 3-4*

*Preparation Time: 10 minutes*

*Cooking time: 15 minutes*



### ***Ingredients***

2 cups vegetables of choice (broccoli or cauliflower florets, potato, onion, etc.)

½ cup water

Oil for frying

For bajji flour

2 cups [gram flour](#)

2 tablespoons rice flour

1 teaspoon red chili powder

⅛ teaspoon baking soda

¼ teaspoon salt

### ***Directions***

1. Cut the vegetables into small pieces or thin slices. Pat dry with paper towels, if needed.
2. In a bowl, combine the bajji flour ingredients.
3. Make a well in the center and gradually add water, a few tablespoons at a time, while stirring and pressing out any lumps with the back of a ladle or spoon.
4. Heat the oil in a kadai or wok over medium-high heat. The oil should be about 2 inches deep.
5. Drop small amounts of the vegetables at a time into the batter and coat evenly.
6. Drop into the hot oil and fry evenly until golden brown.
7. Remove from oil and drain over paper towels.
8. Best served hot, with chutney or ketchup.



## Deep fried Pastry Triangles (Samosa)

*Serves: 3*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

4 pieces spring roll wrapper (circular), tortilla sheets or uncooked chapatti  
Oil for frying

### **For filling:**

2 tablespoons mustard or vegetable oil  
¼ teaspoon cumin seeds  
½ teaspoon ginger, grated  
½ teaspoon, garlic, grated or minced finely  
2 pieces green chili, chopped  
2 cups potato, boiled, peeled, and cubed  
1 cup carrot, boiled, peeled, and chopped

1 cup green peas  
Salt, to taste  
½ teaspoon chili powder  
½ teaspoon coriander powder  
⅛ teaspoon turmeric powder  
½ cup cilantro, chopped  
1 tablespoon freshly squeezed lemon juice

### ***Directions***

1. Make sure the potato, carrots and peas are completely dry. Pat dry with paper towels, if needed. Set aside.
2. Heat the mustard oil in a wok over medium-high heat.
3. Add the cumin seeds, ginger, garlic, and green chilies and sauté until fragrant.
4. Add the rest of the ingredients, EXCEPT the lemon juice, and stir-fry for about 2 minutes or until heated through and well blended.
5. Turn off the heat and stir in the lemon juice. Allow it to cool down completely.
6. On a clean surface, lay out a wrapper.
7. Cut it in half. Make a cone shape and spoon some filling into the center.
8. Seal all edges of the wrapper, using water as adhesive. Place it on a tray and cover with a towel.
9. Repeat until all the filling is used up.
10. Heat oil, about 3 inches deep, in a pan or wok over high heat. Reduce the heat to medium, and leave it for 2 minutes.
11. Deep fry the samosas until crisp and golden brown in color, and drain over paper towels.
12. Best served warm with mint chutney or ketchup.





## Deep fried Cauliflower in Sweet and Spicy Sauce (Kolkata Gobi Manchurian)

*Serves: 4*

*Preparation Time: 45 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 medium cauliflower, broken into large florets, washed and drained

2-3 cups water

1 teaspoon salt

oil for frying

### **For the batter:**

1 cup all-purpose flour

3 tablespoons cornstarch

½ teaspoon garlic, minced

½ teaspoon green chili, seeded and minced  
1 teaspoon soy sauce  
½ teaspoon black pepper powder  
¾ cup water  
¼ teaspoon salt

For thickener:

1 tablespoon cornstarch  
¼ cup water

For the sauce:

¾ cup spring onions, finely chopped, separate white and green parts  
3 teaspoons ginger, grated  
3 cloves garlic, peeled and grated  
2 green chilies, finely chopped  
1 tablespoon soy sauce  
2 tablespoons tomato sauce  
1 ½ cups water  
Salt and pepper, to taste

***Directions***

1. Boil the water in a medium-sized pot or saucepan. Add the salt and drop in the cauliflower florets. Cook for 3-4 minutes, then drain well and let them dry on a clean towel.
2. In a medium bowl, mix together the ingredients for the batter.
3. Heat 1-2 inches of oil in a karahi or wok over medium-high heat.
4. Working in batches, coat the florets with batter, and fry until golden brown.
5. Use a slotted spoon to remove the florets and drain on paper towels. Set aside.
6. Carefully drain away the oil from karahi, leaving about 1 tablespoon for sautéing.
7. Add the white parts of the onions and sauté for 30 seconds to 1 minute.
8. Add ginger, garlic and chilies. Stir fry until fragrant (about 30 seconds).

9. Add soy and tomato sauces. Stir and season with salt and pepper.
10. Add the water and bring it to a boil. Reduce the heat.
11. In a small bowl or cup, stir together the thickener ingredients, making sure there are no lumps. Add this to the karahi while stirring.
12. Cook, stirring constantly, until the sauce thickens and thickener has incorporated into the rest of the sauce. There should be no trace of white thickener.
13. Drop in the florets and let them simmer to heat through and for the florets to absorb the flavors. Simmer until the sauce is of the desired thickness.
14. Add the onion greens and transfer to a serving dish.
15. Best eaten with rice or noodles and chili-tomato sauce.

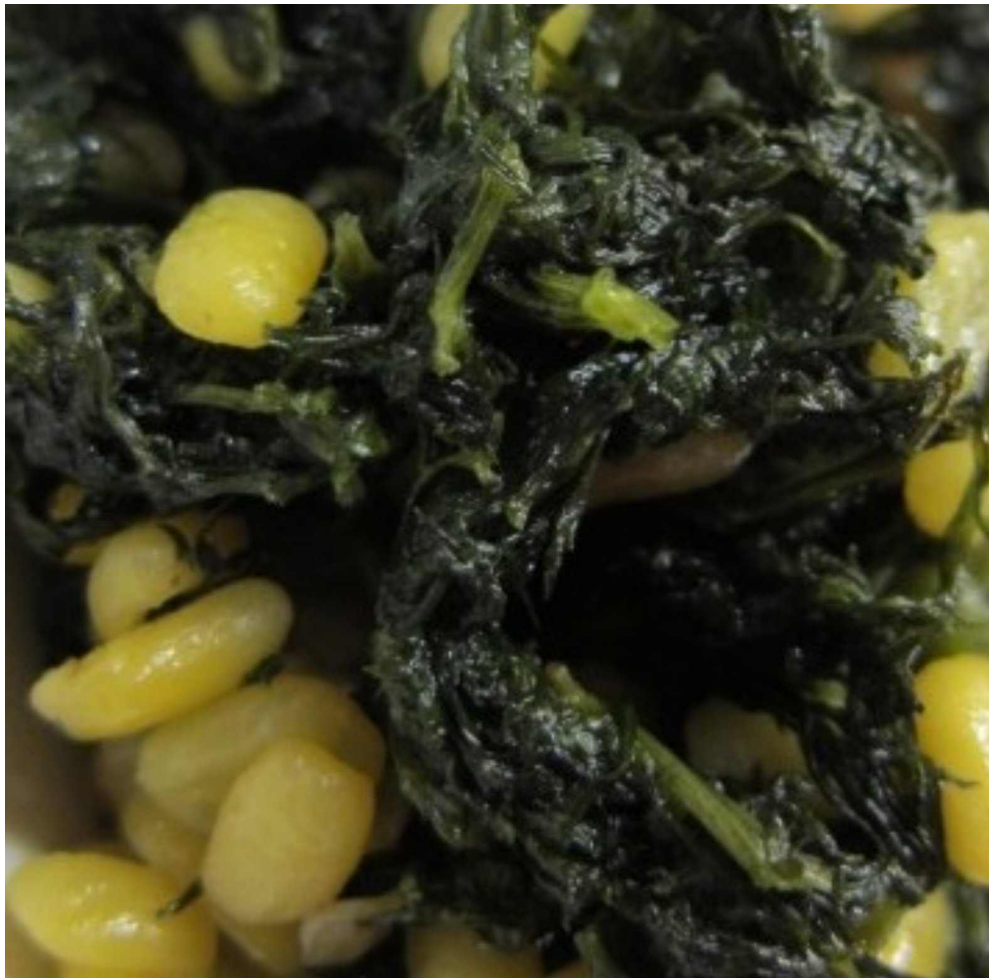


## **Stir-Fried Dill Greens (Shepuchi Bhaji)**

*Serves: 3*

*Preparation Time: 10 minutes plus 1 hour soaking time*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 tablespoons moong dal (green gram or yellow lentils)

Water, as needed

2 cups chopped shepu (dill leaves), washed and drained

1 tablespoon vegetable oil

½ teaspoon mustard seeds

½ teaspoon cumin seeds

Pinch asefetida

2 teaspoons garlic, chopped  
1 teaspoon green chilies, chopped  
½ teaspoon haldi turmeric powder  
Salt as needed  
Roti or chapatti, for serving

***Directions***

1. In a small bowl, soak moong dal in water for 1 hour. Do not drain.
2. Meanwhile, make sure the dill leaves are completely dry. Pat dry with towels, if necessary. Set aside.
3. Heat a wok over medium heat. Fry the mustard and cumin seeds. Stir and allow them to crackle.
4. Add the asafetida and stir for about 10 seconds.
5. Add the chilies and garlic. Stir for 1 minute.
6. Stir in the lentils, adding more water if needed.
7. Cover and cook for 5 minutes or until lentils are tender.
8. Add the dill leaves and season with turmeric powder and salt.
9. Cover until the dill has wilted.
10. Serve with roti or chapatti.



## Paneer in Curds and Mint (Paneer Pudina Tikka)

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients***

1 ½ cups Indian cottage cheese (*paneer*), cut into about 1 ½-inch cubes

1 teaspoon dried fenugreek leaves (*kasuri methi*)

1 large tomato, sliced in large circles

1 green bell pepper, deseeded and cut into large squares

1 tablespoon butter

¼ teaspoon *chaat masala*

Salt to taste

Lemon wedges (optional)



For minty marinade:

1 cup mint leaves (*phudina*)

½ cup cilantro (*dhania*) leaves

1-2 pieces green chili, halved

2 teaspoons ginger, grated

1 ½ teaspoons black salt (*sanchal/kala namak*)

½ cup hung curds or hung yogurt (*chakka dahi*)

**Directions**

1. Combine the ingredients for the minty marinade in a blender. Blend to make a smooth paste.
2. Stir in the fenugreek leaves.
3. Coat the paneer with the mint marinade and arrange it on a tray, and do the same with the tomato and bell pepper slices.
4. Cover and refrigerate for 2 hours, or freeze for 15 minutes.
5. Preheat the oven to 375°F.
6. After marinating, place the vegetables on a baking sheet.
7. Grill in the oven for about 20 minutes, flipping over halfway through the cooking time. You may also toast them on an oiled flat pan or tawa.
8. Remove from the oven and brush with butter to moisten.
9. Sprinkle with chaat masala and salt, to taste.
10. Squeeze some lemon juice over the paneer, if desired.
11. Serve hot.



## **Tiger Prawn in Creamy Coconut Curry (Bagda Chingri Malai)**

*Serves: 3-4*

*Preparation Time: 30 minutes plus 1 hour marinating*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 pounds tiger prawns, washed, shelled and deveined

For marinade:

2 teaspoons turmeric powder

½ teaspoon salt

For curry sauce:

2 tablespoons ghee, divided

2-3 green chilies, whole

¼ teaspoon onion seeds (kalonji/nigella)  
1 teaspoon ginger, grated  
1 teaspoon turmeric powder  
1 teaspoon red chili powder  
1 ½ cups coconut milk  
1 teaspoon sugar  
2 tablespoons heavy cream or yogurt  
Salt, to taste  
Cilantro, chopped, for garnish

### ***Directions***

1. Combine the turmeric and salt. Coat the prawns and let them marinate for 1 hour.
2. Melt 1 tablespoon of ghee in a hot karahi or wok. Sauté the green chilies and onion seeds until fragrant.
3. Add the ginger and sauté until fragrant.
4. Add the turmeric and red chili powder. Stir for about 30 seconds
5. Turn off the heat and add the coconut milk. Stir until it thickens slightly.
6. Stir in the sugar and set the pan aside.
7. In another wok or skillet, heat up the remaining ghee until melted.
8. Add the marinated prawns. Stir-fry for about 2 minutes or until the prawns turn opaque.
9. Transfer the cooked prawns to the curry sauce, and bring it to a boil.
10. Quickly stir in cream or yogurt. Turn off the heat.
11. Season with salt as needed, garnish with cilantro, and serve.
12. Also good with rice, naan, or chapatti.



## North Indian Potato Croquettes (Aloo Tikki)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

3 large potatoes, peeled, boiled and mashed

$\frac{3}{4}$  cup frozen peas (uncooked)

1 small onion, minced

1 green pepper, minced

1 tablespoon ginger, grated

$\frac{1}{2}$  cup cilantro leaves, chopped

$\frac{1}{2}$  teaspoon red chili powder

2  $\frac{1}{2}$  teaspoons *garam masala*

2 tablespoons bread crumbs  
1/3 cup all-purpose flour  
1/2 teaspoon sugar  
1/4 teaspoon salt  
2-3 tablespoons oil for frying

***Directions***

1. Boil about 2 cups of water. Drop in the peas and simmer for 5 minutes. Drain well.
2. Combine all the ingredients. Mix thoroughly and form into patties. Start by forming balls and then flatten them with the palm of your hand or a rolling pin. You should be able to make 8-10 patties.
3. Heat the oil in a heavy-bottomed pan or in a nonstick pan (to use less oil).
4. Fry the patties in batches until crisp and golden brown on both sides.
5. Serve with tamarind or garlic chutney.





## Dumplings in Yogurt (Dahi Bara)

*Serves: 2-3*

*Preparation Time: 15 minutes*

*Cooking Time: 15-20 minutes*

### ***Ingredients***

For dumplings:

1 ½ cups gram flour

¼ teaspoon baking soda

¼ teaspoon salt

1 teaspoon dried red chili, ground

¼ cup water + more to make thick batter

Oil for frying

For yogurt sauce:

1 cup yogurt

2 teaspoons sugar

1 teaspoon *chaat masala*

Ground dried red chili and salt, to taste

### ***Directions***

1. To make the dumplings combine the flour, baking soda, salt, and chili in a bowl.
2. Add water gradually, starting with ¼ cup, while mixing.
3. Gradually add more water by the tablespoon until you get a thick batter (not a dough).
4. In a pot or wok, heat some oil, about 1 inch deep, over medium heat.
5. Drop in 1 tablespoon of batter to make a dumpling. Add more, but do not crowd too much in the pan.
6. Fry until golden brown on both sides. Flip the dumplings over to brown both sides. Monitor the temperature, the oil should not be too hot, to ensure that dumplings are well-done in the centers.
7. Drain the dumplings on paper towels.
8. Fill a bowl or pan with water and soak the dumplings to soften them.

9. Meanwhile, whisk together the yogurt sauce ingredients and place in a serving dish.
10. Gently squeeze the dumplings to remove excess water.
11. Drop the dumplings in the yogurt sauce, and stir once, gently.
12. Sprinkle with more chaat masala, if desired, and serve.



## Indian Fritters (Pakora) - Basic Recipe

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 10-15 minutes*



### ***Ingredients***

Oil for deep frying

#### **For batter:**

1 cup gram flour

1 teaspoon fresh ginger, peeled and minced

1 small onion, finely chopped

1 green chili, chopped

2 tablespoons coriander leaves, chopped

1/8 teaspoon baking soda

1/4 cup water

Salt, to taste

### ***Directions***

1. In a bowl, mix all the dry ingredients first and then add the water. The result should be a thick, smooth batter. You may gradually (by the tablespoonful) add more water, if needed. Break up any lumps with the back of a spoon.
2. Heat some oil, about 1 inch deep, in a karahi over medium-high heat.
3. Drop in batter by the tablespoon, but don't overcrowd the karahi.
4. Fry until golden brown and crisp.
5. Drain on paper towels.
6. Serve while with chutney of your choice.



# **Soup Recipes**

## Spicy Soup (Mulligatawny/Mooloogoo Thani)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

¼ cup butter

1 small onion, chopped

2 stalks celery, chopped

1 carrot, peeled and diced

1 ½ tablespoons all-purpose flour

1 ½ teaspoons curry powder or *garam masala*

4 cups chicken stock

½ cup apple, peeled and chopped

3 tablespoons basmati rice



1 boneless skinless chicken breast fillet, diced  
Salt and freshly ground black pepper to taste  
1 pinch dried thyme  
½ cup heavy cream

***Directions***

1. In a heavy-bottomed soup pot, melt the butter over medium heat.
2. Sauté the onions, celery, and carrot.
3. Add flour and curry powder. Cook for 5 more minutes, while stirring.
4. Pour in the chicken stock, and bring it to a boil. Reduce the heat and simmer for 30 minutes.
5. Add all the other ingredients EXCEPT the cream.
6. Stir and bring to a boil again.
7. Simmer for 20 minutes, or until the rice is soft.
8. Remove from the heat and allow it to cool slightly. Stir in the cream and serve.



## Red Lentil Soup (Masoor Dal)

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

- ½ teaspoon cumin seeds
- 1 medium onion, chopped
- 1 ½ cups tomatoes, diced
- 1 ½ cups red lentils
- 2 cups vegetable or chicken broth
- 1 cup light coconut milk
- 2 tablespoons freshly squeezed lemon juice
- 2 cups water
- 1 ½ cups shredded kale
- ¼ teaspoon fine sea salt

### ***Directions***

1. Heat a soup pot over medium-high heat.
2. Add the cumin and stir for 1 minute to toast.
3. Add the onions and stir-fry for about 5 minutes, or until the onion has caramelized and begins to stick to the pot.
4. Add the tomatoes and cook for about 2 more minutes, stirring constantly.
5. Add the lentils, broth, coconut milk, lemon juice, and water. Stir and bring to a boil.
6. Cover and simmer for 30 minutes, stirring frequently. The lentils are done when they are tender.
7. Turn off heat, and stir in the kale and salt.
8. Serve hot.



# **Bread and Snack Recipes**

## Spicy Gram Flour Rollups (Khandvi, Surali Vadi, Suralichi Wadi)

*Serves: 4-6*

*Preparation Time: 15-20 minutes*

*Cooking Time: 10-15 minutes*



### ***Ingredients***

Non-stick cooking spray or oil

#### For gram paste:

1 cup yogurt

1 cup water

1 cup gram flour

¼ teaspoon ginger paste

¼ teaspoon green chili paste

1/8 teaspoon turmeric powder  
1/8 teaspoon asafetida  
Salt, to taste (preferably black salt of *kala namak*)

For seasoning:

2 tablespoons vegetable oil  
1 teaspoon mustard seeds  
1 teaspoon sesame seeds  
1 dry red chili flakes  
5-6 curry leaves (*kadi patta*)

For garnish:

Cilantro, finely chopped  
Grated coconut

**Directions**

1. Prepare a smooth, greased surface (like a cookie sheet, the back of a tray, or a sheet of aluminum foil on table surface) on which to make the rollups. Set it aside.
2. In a bowl, mix the yogurt and water together. Set aside.
3. In a nonstick pan, combine the rest of the ingredients for the gram paste.
4. Gradually add the yogurt mixture to the gram mixture, while stirring or using a wire whisk, to make a smooth batter. Make sure there are no lumps.
5. Heat the batter and cook for about 8-10 minutes over low heat, with continuous stirring. There may be some splattering. Scrape down from the sides for even cooking.
6. The batter will thicken into a paste. Test the paste by spreading a small amount on the greased surface. Let it stand for a few seconds. If the paste can't be rolled up, it needs to be cooked a few minutes longer.
7. When the paste is ready, remove it from the heat.
8. Scoop the cooked paste with a spatula onto the prepared, greased surface.
9. Spread thinly and evenly and let it cool.



10. To prepare the seasoning, heat the oil in a *karahi* or a nonstick pan.
11. Add the mustard seeds to the heated oil and stir. Allow them to crackle.
12. Add the rest of the seasoning ingredients and sauté for about 30 seconds. Remove from the heat.
13. Cut the cooled paste to make about 1 ½-inch wide strips. Lift the end of each strip gently and roll.
14. Arrange the rolls on a plate. Spread the seasonings over the rollups.
15. Serve garnished with cilantro and grated coconut.



## Deep fried Unleavened Bread (Poori)

*Serves: 4-5*

*Preparation Time: 20 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

Ghee or oil for deep frying

### **For dough:**

2 cups wheat flour (*atta*)

1 teaspoon salt

2 tablespoons semolina (optional)

1 cup water

### ***Directions***

1. Mix the dry ingredients for the dough.

2. Add water a little at a time while kneading. The resulting dough should be slightly stiff.
3. Divide the dough into about 12 parts of equal sizes.
4. Roll each piece into a ball and flatten into small circles using a rolling pin. Arrange them on a tray and cover with a towel to keep the dough from drying out.
5. Heat the oil or ghee for deep frying. Test the oil by dropping in a small piece of dough. The oil is hot enough if the dough steadily floats to the surface. If it doesn't, the oil isn't hot enough. If the dough rises too rapidly, the oil is too hot.
6. Fry the poori one at a time. Press down gently with a ladle or slotted spoon. The poori will puff up. Flip over and fry until golden brown.
7. Take the fried poori out and drain on paper towels.
8. Serve hot with curry or sweet dishes.



## Indian Flatbread (Naan)

*Serves: 4-6*

*Preparation Time: 2 hours (includes resting and proofing of dough)*

*Cooking Time: 30 Minutes*



### ***Ingredients***

1 tablespoon sugar

½ teaspoon instant yeast

1 cup water or as required

3 cups wheat flour (*atta*), divided

3-4 tablespoons yogurt

2 tablespoons butter, softened or ghee

¾ teaspoon salt

Sesame seeds or nigella seeds/*onion seeds (kalonji)*, optional

### ***Directions***

1. In a medium bowl, combine the sugar, yeast, and water. Stir.
2. Add 1 cup of the wheat flour and stir to make a dough.

3. Cover and let rest for 40-45 minutes.
4. Add the remaining flour, yogurt, butter and salt.
5. Knead into a smooth dough. Adjust the consistency by adding a little flour (if too sticky) or water (if too dry).
6. Place it in a bowl, cover, and let it rise for 25 to 30 minutes.
7. Divide the dough evenly (about 12-14 pieces) and roll it into balls. At this point, you may sprinkle some sesame or nigella seeds into the dough while rolling.
8. Cover and allow to it rise or proof for 15-20 minutes.
9. Roll into small circles, about 1/8- to 1/4-inch thick. Cover with a towel.
10. Heat up a *tawa* or flat pan.

Without the traditional *tandoori* oven, you can cook the *naan* over the stovetop in two ways:

#### First Method

11. Place a circle of dough on the tawa. When it begins to bubble, flip it over.
12. When the other side is cooked, pick up the naan with a pair of tongs and hold it directly over the flame (set the tawa aside for a while). Flip over when the naan puffs up. The naan should have brown spots all over.
13. Spread with some butter or ghee. Serve immediately or place in a casserole dish to keep warm and moist before serving.

#### Second Method (For this, DO NOT use a nonstick tawa)

11. Moisten the top of a circle of dough with about a teaspoon or two of water. This will make it stick to the tawa, so you can turn the pan without having the bread fall off.
12. Place the naan circle wet side down, on the tawa.
13. When the top or visible side begins to darken slightly, that means the other side is cooked.
14. Hold the handle of the tawa and flip the whole pan over so that the top side of the naan is directly over the flame. Position the pan in such a way that the naan can be reached by the flame and, at the same time, you can still see it cooking (pan should be slightly slanted over the

flame). When the side exposed to the flame begins to bubble and is covered with brown spots, the naan is cooked.

15. Spread with some butter or ghee. Serve immediately or place in a casserole to keep warm and moist before serving.





# Lamb Recipes

## Lamb Vindaloo

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 1 hour 45 minutes*



### ***Ingredients***

#### **For spice paste:**

6 tablespoons grainy mustard

4 teaspoons ground cumin

4 teaspoons turmeric powder

1 ½ teaspoons cayenne pepper, or according to taste

2 tablespoons red wine vinegar

#### **For lamb:**

4 pounds boneless lamb shoulder, cut into 1 ½-inch cubes  
4 tablespoons mustard or vegetable oil, divided  
Salt and pepper  
1 large sweet onion, diced  
12 cloves garlic, minced  
3 cups coconut milk  
1 cup water

For garnish:

Fresh cilantro, chopped

***Directions***

1. Combine the spice paste ingredients and set it aside to allow the flavors to meld.
2. Rub lamb chunks with 2 tablespoons of oil. Season with salt and pepper.
3. Heat a large pot to medium-high heat and sear the lamb cubes in batches, until well-browned. Remove from pot and set aside.
4. Add the remaining oil to the same pot.
5. Cook the onion until tender (about 5 minutes).
6. Add the garlic and sauté until fragrant (about 1 minute).
7. Add the spice paste and sauté for another minute.
8. Pour in the coconut milk and water, and return the lamb to the pot. Add more water, if needed, to cover the lamb.
9. Bring it to a simmer and reduce the heat to medium-low.
10. Continue simmering until the meat is tender (about 1 ½ hours).
11. Garnish with cilantro and serve with rice.



## Classic Lamb Curry

*Serves: 4*

*Preparation Time: 15 minutes plus optional 1 hour marinating time*

*Cooking Time: 1 hour 20 minutes*



### ***Ingredients***

3 tablespoons mustard or vegetable oil

1 onion, finely chopped

4 cloves garlic, crushed

½ teaspoon cumin seeds

1 pound lamb stew meat, cubed

Water to cover the lamb, as needed

1 large potato, peeled and cubed

### **For marinade:**

3 tablespoons tomato paste

2 teaspoons ground coriander  
Salt, to taste  
2 teaspoons *garam masala*  
1 ½ teaspoons turmeric powder  
1 teaspoon red chili powder, or according to taste

***Directions***

1. Combine the ingredients for the marinade, and toss in the lamb cubes. Let marinate in refrigerator for 1 hour.
2. Heat the oil in a saucepan or pot. Add the cumin seeds and allow them to sizzle (about 30 seconds).
3. Add the onion and garlic and sauté until fragrant and onion is tender (about 10 minutes).
4. Add the marinated lamb as well as the marinade. Add about ½ cup water, or as needed, and stir. Bring it to a simmer, and cook until the lamb is tender (about 1 hour).
5. Add the potato cubes and cook until the potatoes are tender (about 10 minutes).
6. Serve with rice or naan.





## Lamb in Creamy & Spicy Sauce (Lamb Masala)

*Serves: 6*

*Preparation Time: 5 minutes*

*Cooking Time: 1 hour 40 minutes*



### ***Ingredients***

1 tablespoon ghee

1 onion, coarsely chopped

4 cloves garlic, crushed

1 tablespoon ginger, grated

1 long green chili, seeded, finely chopped

2 teaspoons coriander powder

2 teaspoons cumin powder

1  $\frac{3}{4}$  pounds lamb rump steaks, cut into 1-inch pieces

1  $\frac{1}{2}$  cups yogurt

2 ripe tomatoes, finely chopped  
2 tablespoons tomato paste  
2 teaspoons *garam masala*, or according to taste  
2 tablespoons tamarind puree  
Salt and pepper  
Fresh cilantro leaves, chopper, for garnish

***Directions***

1. Heat the ghee in a saucepan over medium heat.
2. Sauté the onion, garlic, ginger, and chili until the onion is tender (about 5 minutes).
3. Add the coriander and cumin powders and cook 1 minute longer or until fragrant.
4. Add the lamb and stir.
5. When the lamb cubes are slightly browned, stir in the yogurt, tomatoes, and tomato paste.
6. Reduce the heat. Cover and simmer, stirring occasionally, until the lamb is tender (about 1 ½ hours).
7. Add the *garam masala*, tamarind puree, salt, and pepper. Stir.
8. Cook a little longer to thicken the sauce, if needed.
9. Serve garnished with chopped cilantro.



## **Festive Lamb in Creamy Sauce (Lamb Korma)**

*Serves: 4*

*Preparation Time: 15 minutes plus 1 hour marinating time*

*Cooking Time: 1 hour 20 minutes*



### ***Ingredients***

2 pounds lamb leg meat, in 1 ¼-inch cubes

#### **For spice paste marinade:**

1 medium onion, chopped

2 teaspoons ginger, grated

4 cloves garlic, minced

2 teaspoons coriander powder

2 teaspoons cumin powder

1 teaspoon cardamom seeds

¼ teaspoon cloves

¼ teaspoon ground cinnamon  
3 long green chilies, seeded and chopped

For sauce:

2 tablespoons ghee  
1 medium onion, sliced  
2 ½ tablespoons tomato paste  
½ cup plain yogurt  
½ cup coconut cream  
½ cup ground almonds  
½ teaspoon sugar  
Salt and pepper, to taste  
Toasted almonds, slivered, for garnish

***Directions***

1. Combine all the ingredients for the spice paste marinade in a food processor or spice grinder to make a paste. You may also use a mortar and pestle and pound the ingredients until smooth.
2. Rub the paste evenly over the lamb cubes. Refrigerate and let them marinate for 1 hour.
3. In a pot or saucepan, heat the ghee over low heat.
4. Add the sliced onion and cook for 5-7 minutes or until tender.
5. Adjust the heat to medium-high. Add the lamb in the spice paste and cook, stirring constantly, until the lamb is no longer pink (about 8-10 minutes).
6. Add the tomato paste, yogurt, coconut cream, ground almonds, and sugar.
7. Reduce the heat. Cover and simmer, stirring occasionally, until the lamb is tender (about 1 hour). Add a little water if the mixture dries out.
8. Season with salt and pepper.
9. Garnish with slivered almonds and serve.



# Chicken



## Chicken Tikka Masala

*Serves: 3-4*

*Preparation Time: 5 minutes plus 20 minutes marinating time*

*Cooking Time: 45-50 minutes*



### ***Ingredients***

1 pound boneless skinless chicken, cut into 1-inch cubes

#### **For marinade:**

2 ½ tablespoons yogurt

1 teaspoon freshly squeezed lemon juice

½ teaspoon turmeric powder

¼ teaspoon cayenne pepper or red chili powder, or according to taste

¼ teaspoon *garam masala*, or according to taste

Salt and pepper, to taste



For sauce:

1 tablespoon mustard or vegetable oil  
1 tablespoon butter  
1 1-inch stick of cinnamon  
1 large onion, chopped  
Salt, to taste  
1 tablespoon ginger, grated  
1 tablespoon garlic, crushed  
1 tablespoon ground cumin  
½ tablespoon ground coriander  
½ tablespoon fenugreek leaves  
¼ teaspoon cayenne pepper, or according to taste  
¾ cup tomatoes, diced  
2 tablespoons tomato paste  
1 cup water  
¾ teaspoon *garam masala*  
1 tablespoon brown sugar  
½ cup water, or as needed  
4 tablespoons heavy cream

For garnish:

Cilantro leaves, chopped

**Directions**

1. Combine the marinade ingredients, and stir the chicken in. Cover and leave to marinate for about 20 minutes while you prepare other ingredients.
2. Heat the oil in a large pot over medium heat.
3. Add the cinnamon, onion, and salt. Cook for about 3-5 minutes or until the onions are slightly caramelized.
4. Add the ginger and garlic and cook for 1 minute or until fragrant.
5. Add the cumin, coriander, fenugreek, cayenne, tomatoes and tomato paste.
6. Cook, with occasional stirring. The mixture will thicken and the oil will separate from the spices. You will see the oil floating on the surface.

7. At this point, add the chicken to the same pot and cook for about 10 minutes.
8. Add the garam masala, brown sugar, and enough water to cover the chicken.
9. Reduce the heat to medium-low. Cover and simmer for 20-25 minutes. The chicken should be tender and the sauce should have thickened. The ideal consistency of the sauce should be like that of pasta sauce. Turn up the heat to thicken or add water to thin it.
10. Reduce the heat to low and add cream. Stir.
11. You may adjust the taste with seasonings, sugar, garam masala, and cayenne powder according to your taste.
12. Remove the cinnamon stick.
13. Serve garnished with chopped cilantro. Best with basmati rice or naan.



## Tandoori Chicken - Stovetop Method

*Serves: 4-6*

*Preparation Time: 25 minutes plus 4 hours 20 minutes marinating time*

*Cooking Time: 40-45 minutes*



### ***Ingredients***

1 ½ pounds chicken breasts or thighs

#### **For the first marinade:**

2 teaspoons minced ginger

2 teaspoons minced garlic

2 teaspoons paprika

2 teaspoons ground coriander

Juice of half a lemon or of 1 lime

Salt and fresh black pepper

For the second marinade:

- 1/3 cup yogurt
- 1 tablespoon ginger, grated
- 3 cloves garlic, minced
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon *garam masala*
- 1/4 teaspoon turmeric powder
- 1 teaspoon black pepper
- 1 tablespoon salt, or to taste
- 1 teaspoon red chili powder (preferably Kashmiri), or according to taste
- 1 teaspoon fenugreek leaves
- 2 drops red food color (optional)
- 1 tablespoon mustard or vegetable oil

For baking:

- 1 small onion, cut into wedges
- 2 small carrots, diced
- 1/2 bell pepper, diced
- 1 tablespoon mustard or vegetable oil

For stove-top grilling and smoking (optional):

- 1 tablespoon juice of lime or lemon
- 1-2 teaspoons *chaat masala*, or according to taste
- 1 small piece charcoal
- 1/2 teaspoon vegetable oil

For garnish:

- Cilantro, chopped

**Directions**

1. Wash the chicken with warm salted water. Drain well and pat it dry with paper towels. You may or may not want to remove the skin.
2. Make deep cuts into the chicken flesh for better absorption of the marinade.

3. Combine the ingredients for the first marinade. Rub it into the chicken, making sure to rub into the cuts in the flesh. Spread it as evenly as possible. Cover, and allow it to marinate for 15-20 minutes.
4. In another bowl, combine all the ingredients for the second marinade, EXCEPT the oil. Immerse the chicken into this marinade and rub it evenly and thoroughly all over the chicken. Drizzle 1 tablespoon of oil over the chicken. Cover and marinate for at least 4 hours, or overnight.
5. When the chicken is ready, preheat the oven to 425°F.
6. Line a baking tray or shallow baking pan with foil. Place the vegetables in a layer close to the center of the tray to make a “bed” for the chicken.
7. Put the chicken pieces on top of the vegetables. Spread any leftover marinade over the chicken. Drizzle with oil.
8. Bake for 15 minutes.
9. Reduce the temperature of the oven to 400°F. Bake for 20-25 minutes more.

To get a grilled and smoked effect, this step is optional but it will enhance the flavor.

10. Heat a nonstick pan over medium-high heat.
11. Place the baked chicken in the pan and brown it for 1 minute per side. Remove the pan from heat.
12. Hold the piece of charcoal with a pair of tongs and touch the coal to the flame.
13. Place the heated charcoal in a piece of aluminum foil. Place this in the middle of the pan containing the chicken. Pour oil over the charcoal to release smoke. Cover the pan and let it smoke for 1-3 minutes.
14. Garnish the chicken with chopped cilantro and serve with baked vegetables, sliced sweet onions, and lime wedges. Best with rice and [raita](#).



# Chicken Biryani

*Serves: 4-6*

*Preparation Time: 20 minutes plus 1 hour soaking time*

*Cooking Time: 45 minutes*



## ***Ingredients:***

1 ½ pounds chicken pieces (may be boneless or bone-in)

### **For rice:**

2 cups Basmati rice, uncooked

4 cups water for soaking rice

6-8 cups water to boil rice

2 tablespoons vegetable oil

3 pieces bay leaf



1 tablespoon salt

For marinade:

3 tablespoons curry powder  
½-1 teaspoon red chili powder, or according to taste  
1 tablespoon ginger garlic paste  
¼ teaspoon salt  
¼ teaspoon ground cinnamon  
¼ teaspoon turmeric powder  
⅓ cup yogurt  
2 tablespoons coriander leaves, chopped  
1 tablespoon mint leaves, chopped  
2 teaspoons freshly squeezed lime juice  
¼ cup vegetable oil

For vegetables:

1 tablespoon vegetable oil  
2 small onions, cut into rings  
2 pieces green chili, halved  
Pinch of salt, or as needed  
1 chicken bouillon cube, crumbled (optional)

For final layering:

3 tablespoons cilantro leaves  
2 tablespoons mint leaves  
2 tablespoons raisins  
1 ½ teaspoons saffron threads, soaked in 2 teaspoons hot rice broth  
1 tablespoon ghee

For garnish:

1 tablespoon green onions, chopped  
1 tablespoon sliced almonds

**Directions:**

1. Put the rice in a medium bowl and cover it with water. Soak for 1 hour.
2. Wash the chicken, drain it well, and wipe it dry.

3. In a large bowl, combine all marinade ingredients and rub it thoroughly into the chicken pieces. Cover with cling wrap and marinate for 20 minutes in the refrigerator.
4. Drain the soaked rice. The grains should have lengthened noticeably.
5. Bring about 6-8 cups of water in a medium pot to a rolling boil.
6. Add the oil, bay leaves, and salt.
7. Add the drained rice to the boiling water. The amount of water should be enough to make the rice grains “dance” in the bubbling water.
8. Cook until the rice is about 60-70% cooked (about 3 minutes). The grains should break into pieces when pinched. In the mouth, the grain will feel cooked outside but uncooked inside. It is better to stop cooking while the grains are half cooked than to overcook. Strain the rice out of the water, saving 2 teaspoons of the hot broth.
9. In a small cup, mix the 2 teaspoons of hot broth from the rice with the saffron threads. Let them soak.
10. Meanwhile, prepare the chicken sauce. Heat a large, heavy-bottomed or nonstick pot over medium-high heat. NOTE: The pot should have a tight-fitting lid.
11. Add the oil and fry onions until golden brown (about 7-10 minutes).
12. Scoop out half of the onions and set them aside.
13. Add the green chilies and salt to remaining onions in the pot. Stir until fragrant.
14. Add the chicken and marinade and mix well. Mix in the chicken bouillon cube (optional). Cover and cook for 10 minutes.
15. Arrange the chicken pieces so they are all touching the bottom of pot. This is the first layer.
16. Spread half the rice over the chicken, as evenly as possible. This is the second layer.
17. Spread the cilantro and mint leaves over the rice layer. Sprinkle with some of the fried onion.
18. Add the remaining rice to form another layer.
19. Sprinkle with remaining fried onion rings and add the raisins. Pour the liquid with the saffron in a circular motion over the rice, and repeat with the ghee.
20. Reduce the heat to low. Cover and cook for 20 minutes.

21. Turn off the heat, but do not remove the lid. Let it stand for 5-10 more minutes before removing lid.
22. Open and dig into pot to get the chicken pieces. Do not mix. Simply spoon some rice onto serving dish with the chicken.
23. Garnish with cilantro and almond slices.



## Quick Chicken Curry

*Serves: 4-6*

*Preparation Time: 5 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

2-3 pounds cooked chicken, poached or roasted

1 ½ tablespoons mustard or vegetable oil

1 small onion, thinly sliced

1 teaspoon ginger, grated

3 cloves garlic, minced

1 tablespoon curry powder

½-1 teaspoon red chili flakes

1 medium tomato, diced

½ cup yogurt

1 (14-ounce) can coconut milk

1-2 pieces bay leaf

½ teaspoon salt, or to taste  
¼ teaspoon black pepper  
½ teaspoon sugar (optional)  
¼ cup fresh cilantro leaves, roughly chopped  
1 cup white rice

### ***Directions***

1. Shred the pre-cooked chicken, or cut it into bite-sized pieces.
2. Heat the oil in a frying pan or wok over medium-high heat and sauté the onions and ginger until fragrant and the onion is tender (about 5-8 minutes).
3. Add garlic and sauté about a minute longer until fragrant.
4. Add the chicken and stir-fry. For roast chicken pieces, heat through. If you're using poached chicken, cook until slightly browned.
5. Add the curry powder, chili flakes and tomato. Stir-fry for about 3 minutes, or until the tomatoes are slightly mushy.
6. Reduce the heat to medium-low and add yogurt, coconut milk, bay leaves, black pepper, salt, and sugar (optional). Stir and simmer until thickened, about 3-5 minutes.
7. Adjust the seasoning and spices, if desired.
8. Remove from the heat, sprinkle with cilantro, and serve with rice or naan.



## Chicken Madras

*Serves: 4*

*Preparation time: 30 minutes*

*Cooking time: 30 minutes to 1 hour*



### ***Ingredients***

4 boneless skinless chicken breasts or thighs, cut into bite-sized pieces

#### **For marinade:**

1 ½ tablespoons freshly squeezed lemon juice

1 teaspoon *garam masala*

Salt, to taste

#### **For sauce:**



2 tablespoons ghee or vegetable oil  
1 large onion, finely chopped  
3-5 tablespoons [Madras curry paste](#)  
1 (16-ounce) can chopped tomatoes  
½ cup desiccated coconut

For garnish:

¼ cup fresh cilantro, chopped

***Directions***

1. Combine the ingredients for the marinade and toss in the chicken pieces. Set aside.
2. Heat the oil in a karahi/wok, or frying pan. Sauté the onion until it is almost golden in color (5-8 minutes).
3. Add the chicken and cook for 5 minutes, stirring constantly.
4. Add the Madras paste and stir to distribute the flavor, than cook for 2 more minutes.
5. Add the tomato and coconut, cover, and let it simmer for 20 minutes. The chicken should be cooked through.
6. Add more salt or Madras paste, if desired.
7. Garnish with cilantro and serve with rice or naan.



## **Butter Chicken (Murgh Makhan)**

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

1 cup butter, divided

1 onion, minced  
1 tablespoon minced garlic  
1 ½ pounds boneless skinless chicken breast, cut into bite-sized chunks  
2 tablespoons vegetable oil  
2 tablespoons [tandoori masala](#)  
1 (15-ounce) can tomato sauce  
3 cups heavy cream  
2 teaspoons salt  
1 teaspoon cayenne pepper  
1 teaspoon *garam masala*

### ***Directions***

1. Preheat the oven to 375°F.
2. Take about 2 tablespoons of the butter and melt it in a karahi (or any skillet) over medium heat.
3. Add the onion and garlic and cook for 15 minutes, stirring occasionally, or until the onion becomes dark brown in color.
4. In a bowl, combine the chicken with the oil and toss to coat. Add the tandoori masala and mix well.
5. Arrange the chicken pieces in one layer on a baking sheet.
6. Bake for about 12 minutes, or until the chicken is thoroughly cooked.
7. In another pan, melt the rest of the butter over medium-high heat.
8. Stir in the tomato sauce, cream, salt, cayenne, and garam masala.
9. Reduce the heat to medium low and simmer for 30 minutes.
10. Add the caramelized onion and the baked chicken, and simmer for 5 minutes.



# **Fish and Seafood**

## Goan Fish Curry

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 20-30 minutes*



### ***Ingredients***

2 tablespoons vegetable oil

1 large onion, finely chopped

4 large cloves fresh garlic, minced

1 cup water

1 teaspoon salt, or to taste

1 cup coconut milk

2-3 tablespoons tamarind paste

1 ½ pounds fish fillets, 1 inch thick, cut into 2-inch pieces

¼ cup finely chopped fresh cilantro, including soft stems

For spice mix:

3 dried red chili peppers, broken into pieces

1 teaspoon coriander seeds

1 teaspoon cumin seeds

1 teaspoon ground turmeric

***Directions***

1. Grind together the red chili peppers, coriander, cumin, and turmeric in a small spice grinder. Set aside.
2. Heat the oil in a large nonstick wok or saucepan over medium-high heat and stir-fry the onion for 5 minutes or until golden.
3. Add the garlic and stir 1 minute, then stir in the spice mixture and cook 2 minutes more.
4. Pour in the water and coconut milk. Bring to a boil, stirring constantly. Reduce the heat and simmer for 5 minutes.
5. Add the tamarind paste and salt. Stir well.
6. Add the fish and continue simmering for 10-15 minutes, or until the fish is opaque and easy to flake with a fork.
7. Sprinkle with cilantro and serve.





## **Fish Skewers (Fish Tandoori Tikka)**

*Serves: 4*

*Preparation Time: 10 minutes plus 8 hours and 10 minutes marinating time*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 ½ pounds fish fillets, cut into 1 ½-inch cubes

#### **For first marinade:**

Salt, to taste

⅛ teaspoon red chili powder

4 tablespoons freshly squeezed lemon juice

#### **For second marinade:**

1 cup yogurt

½ teaspoon *garam masala*  
¼ teaspoon red chili powder  
¼ teaspoon cumin powder  
¼ teaspoon pepper powder  
2 cloves garlic, minced  
1 teaspoon ginger, minced

For garnish:

Pinch of *chaat masala*  
Lemon wedges

***Directions***

1. Wipe the fish with paper towels to dry.
2. Gently rub the ingredients for the first marinade all over the fish.  
Cover, and refrigerate for 10 minutes.
3. In a bowl, combine ingredients for second marinade.
4. Gently massage the mixture onto the fish and let it marinate for 6-8 hours.
5. Skewer the fish pieces and grill for about 7-8 minutes on each side.
6. Sprinkle with chaat masala and serve with wedges of lemon.



## Mixed Seafood Curry

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

- 2 tablespoons vegetable oil
- 1 medium onion, halved and sliced
- 1 tablespoon ginger, minced
- 1 tablespoon garlic, minced
- 2-3 pieces green chili
- ½ teaspoon red chili powder (optional)
- ½ teaspoon turmeric powder
- 1 (14-ounce) can light coconut milk
- 3 tablespoons lime juice
- 1 tablespoons curry powder, or according to taste
- 1 tablespoon brown sugar

12 medium shrimp, peeled (tails left on) and deveined  
12 sea scallops, halved  
2 tablespoons chopped cilantro  
Salt to taste

***Directions***

1. Heat oil in a karahi/kadai or wok over medium-high heat.
2. Sauté the onion until tender, about 2-3 minutes.
3. Stir in the ginger, garlic, and green chili, and sauté until fragrant, about 1 minute.
4. Add red chili powder (optional), turmeric, coconut milk, lime juice, curry powder, and brown sugar. Bring to a simmer and cook for 5 minutes.
5. Add the shrimp, scallops, cilantro, and salt, and cook until the shrimps and scallops become opaque, about 5 minutes.
6. Adjust the flavor with more salt and spices if needed.





# Fish Biryani

*Serves: 4-6*

*Preparation Time: 10-15 minutes, plus 1 hour soaking*

*Cooking Time: 30-35 minutes*



## ***Ingredients***

### **For rice:**

2 cups basmati rice, presoaked for 1 hour and drained

2 tablespoons olive oil, for rice

3 cups water

### **For sautéing:**

¼ cup vegetable oil

1 medium red onion, sliced



1 medium yellow onion, sliced  
1 tablespoon salt  
1 tablespoon black pepper  
1 tablespoon red chili powder  
1 tablespoon *garam masala*  
1 tablespoon coriander powder  
1 tablespoon turmeric powder  
1 tablespoon cumin seeds  
1 tablespoon minced garlic  
1 tablespoon ginger paste  
2 pounds fish nuggets or fillets cut in medium-size pieces, deep fried

For layering:

½ cup olive oil  
3-4 drops red-orange food color, dissolved in 1 tablespoon water (optional)  
3 tablespoons cashews  
3 tablespoons almonds (optional)  
3-6 green and red chilies, halved  
Cilantro, chopped

**Directions**

1. Place the basmati rice in a saucepan and add the olive oil. Mix well. Pour in the water and turn the heat to medium high. Cover and let it cook until it starts to steam and the rice is half-cooked but beginning to dry out. Turn off the heat, and leave it covered to sit.
2. Meanwhile, heat the oil for sautéing in another skillet or karahi/kadai.
3. Sauté the onions until browned. Separate half of the onions to be used later.
4. Push the onions in the pan to the side, and sauté the ginger and garlic until fragrant. Mix them in with the onions.
5. Add the rest of the spices and mix well.
6. Add fried fish nuggets/pieces, stir and cook to heat through.
7. Cover and simmer for 2 minutes, for the fish to absorb the flavors.
8. Get a deep, heavy-bottomed pan. Coat it thinly with olive oil and heat to medium-high.

9. Spread half of the partly cooked rice and sprinkle with some onion slices.
10. Spread about half of the chilies, nuts, parsley, and cilantro over the rice layer.
11. Add half of the food color, pouring over the contents of the pot.
12. Arrange half of the fish nuggets or pieces on top.
13. Repeat the layering with rice, onions, chilies, nuts, parsley, cilantro, food color and fish.
14. Reduce the heat to low.
15. Cover with aluminum foil, seal sides, and replace the lid.
16. Cook 10 minutes. You may place the pot over a tawa or a skillet to prevent scorching at the bottom.
17. Remove the lid and mix a little to distribute the flavors and colors.
18. Spoon onto serving plate or tray.



## Malabar Tilapia

*Serves: 3-4*

*Preparation Time: 15 minutes plus 5-10 minutes soaking time*

*Cooking Time: 40 minutes*



### ***Ingredients***

#### **For marinade:**

2 pounds fish fillets, cut into medium pieces

1 teaspoon red chili powder

¼ teaspoon turmeric powder

Salt, to taste

#### **For tamarind juice:**

1 tablespoon tamarind puree

2/3 cup hot water

For gravy:

2 tablespoons coconut oil

1 medium onion, sliced

15 curry leaves (*methi neem*), divided

1 tablespoon coriander powder

2 tablespoons [fish masala](#) (*meen masala*) powder

1 medium onion, quartered

2 plum tomatoes, quartered

1 cup grated coconut

1 cup water

***Directions***

1. Wash the fish. Drain it, and wipe dry with paper towels.
2. Mix the ingredients for the marinade together, and coat the fish with it. Set aside.
3. Soak the tamarind in hot water for about 5-10 minutes. Squeeze and strain out pulp or any solids. Set aside.
4. Heat the coconut oil in a pan or karahi and sauté the sliced onions and curry leaves for about 3-5 minutes or until the onion has browned. Remove from the pan and set aside.
5. *Using remaining oil, sauté the coriander and fish masala until fragrant.*
6. In a blender or food processor, combine the quartered onion, tomatoes, grated coconut and the sautéed spices. Blend until smooth. You may add a few teaspoons of water from the measured amount if it is too dry. Pour in the rest of the water and the tamarind juice. Pulse to mix.
7. Pour the blended mixture back into the same pan. Stir, and bring it to a boil.
8. Reduce the heat to medium low. Cover and simmer for 15 minutes, with occasional stirring.
9. Add the marinated fish and simmer for 15 minutes or until fish is cooked.
10. Taste and adjust flavors with salt and more spices, if needed.

11. Add the browned onion and curry leaves and cover. Turn off the heat.
12. Serve with rice.



## Tamarind Scallops (Ambli Wara)

*Serves: 4*

*Preparation time: 10 minutes*

*Cooking time: 4-8 minutes*



### ***Ingredients***

2 large cloves garlic, chopped

$\frac{3}{4}$  teaspoon salt

2 teaspoons tamarind paste

2  $\frac{1}{2}$  teaspoons sugar

$\frac{1}{2}$  teaspoon chili powder

2 tablespoons vegetable oil

12 large scallops

1-2 tablespoons butter, unsalted

1 lemon, cut into wedges

### ***Directions***

1. Make a paste of the garlic and salt by pounding them together in a mortar and pestle.



2. Add the tamarind paste, sugar, chili powder, and vegetable oil to the garlic paste, and mix well.
3. Toss scallops in this marinade, making sure to coat each evenly. Let sit for up to 5 minutes.
4. Heat a frying pan or karahi over medium-high heat, and melt the butter.
5. Arrange the scallops in the butter and let them brown on one side, about 2-4 minutes.
6. Flip them over to brown on the other side.
7. Serve with lemon wedges.



# Vegetarian Recipes

## Classic Cheese Skewers (Paneer Tikka)

*Serves: 3-4*

*Preparation Time: 1 hour*

*Cooking Time: 20 minutes*



### ***Ingredients***

2-3 tablespoons oil

### **For skewers:**

10 ounces Indian cottage cheese (*paneer*), cut into ¼-inch by 1 ½-inch cubes

1 small green bell pepper, cut into 1-inch squares

1 small red or yellow bell pepper (optional), cut into 1-inch squares

1 medium tomato, cut into squares and seeded

1 medium onion, peeled and halved, layers separated

For the marinade:

- 2 ¼ cups thick yogurt or hung curds (*dahi*)
- 4 tablespoons gram flour (*besan*)
- ½ teaspoon turmeric powder
- ½ teaspoon black pepper powder or white pepper powder/*kali mirch* powder
- ½ teaspoon carom seeds
- ½ teaspoon caraway seeds (*shahjeera*)
- ½ teaspoon dry fenugreek leaves, crushed
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon *chaat masala* powder
- 1 teaspoon *garam masala* powder or *tandoori masala* powder
- 1 teaspoon dry mango powder (*amchur*)
- 2 teaspoons [kashmiri red chili powder](#) or 1 teaspoon red chili powder
- ¾ tablespoon ginger-garlic paste
- 5 cloves garlic, crushed
- ¾ teaspoon ginger, crushed
- ¾ teaspoon lime juice
- ¾ teaspoon salt, or to taste

For garnish:

- Chaat masala*
- Lemon wedges

***Directions***

1. Whisk the ingredients for the marinade thoroughly. Taste and adjust according to your preference.
2. Drop in the cheese and vegetables and mix with your hands.
3. Cover and refrigerate. Let marinate for 45 minutes to overnight.
4. Heat a tawa or nonstick frying pan over low or medium flame and add the oil.
5. Separate paneer from veggies, as they fry faster.
6. Coat with marinade and fry until browned on one side. Flip over to fry other side.
7. Drain on paper towels, and repeat with the vegetables.

8. After frying, skewer the fried cheese and veggies on wooden skewers or toothpicks.
9. Sprinkle with chaat masala and serve with lemon wedges. Goes well with mint chutney and pickles.



## Creamy Spinach & Fenugreek with Indian Cheese (Saag Paneer)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

2-3 tablespoons butter, ghee or coconut oil

10 ounces *paneer*, cubed

1 1-inch piece of cinnamon stick

2 dried red chilies, broken into pieces

1 small bay leaf

1 medium tomato, chopped

½ teaspoon red chili powder (*lal mirch*)

¼ teaspoon turmeric powder

1 ⅓ tablespoons gram (*besan*) or corn flour (*makki ka atta*)



Salt, to taste

½ cup water

1 teaspoon dried fenugreek leaves, crushed

For spinach paste:

1 bunch spinach (*palak*)

1 cup fenugreek (methi) leaves

2-3 tablespoons daikon (*mooli*), peeled and chopped

For garlic paste:

2 dry red chilies

1 medium sized onion, chopped

1 green chili, chopped

1 teaspoon fresh ginger, minced

3 cloves garlic, minced

**Directions**

1. To make spinach paste: Sprinkle the fenugreek leaves with salt. Let it sit for 10-20 minutes, and then squeeze to remove the juice and reduce the bitterness. Rinse well and drain. Immerse in boiling water for 5 minutes, together with the spinach and daikon. Drain well and wipe off excess water. Put in a blender and blend to a coarse paste.
2. To make garlic paste: Combine the ingredients for garlic paste and blend until smooth.
3. Fry the paneer cubes until light golden brown. Set aside.
4. Add more oil or butter to the pan, if needed, and stir-fry the cinnamon, red chilies and bay leaves until fragrant.
5. Add the garlic paste and stir-fry until browned.
6. Add the tomatoes, red chili powder, and turmeric, and continue cooking until the tomatoes have softened.
7. Add the spinach paste, and mix in the gram or corn flour. Stir to remove lumps.
8. Add the salt and water. Simmer for 5-7 minutes.
9. Add the fried paneer cubes and heat through.
10. Crush the dried fenugreek in your hand as you add it to the mix, and simmer for 1 minute.

11. Serve while hot with bread, such as naan.



## Lentils in Tempered Ghee & Spices (Dal Tadka)

*Serves: 4 to 5*

*Preparation Time: 10 minutes plus presoaking for 1-2 hours*

*Cooking Time: 55 minutes to 1 hour*



### ***Ingredients***

#### **For dal:**

½ cup split pigeon pea lentils, soaked for 1-2 hours, rinsed and drained

½ cup split pink lentils, soaked for 1-2 hours, rinsed and drained

1 medium onion, chopped

2 medium tomatoes, chopped

1 green chili, chopped

1 teaspoon ginger, grated

1 teaspoon turmeric powder

A pinch of asafetida

2 tablespoons cream

¼ teaspoon *garam masala* powder  
1 teaspoon dry fenugreek leaves, crushed  
1 tablespoon cilantro leaves, chopped  
Salt, to taste

For the tempering:

1 ½ tablespoons ghee or butter  
1 teaspoon cumin seeds  
2-3 red chilies  
⅛ teaspoon asafetida  
5 cloves garlic, finely chopped  
½ teaspoon red chili powder

For garnish:

1 tablespoon cilantro leaves, chopped

For smoky flavor (*dhungar* method):

Small piece of natural charcoal  
¼ teaspoon ghee or oil

***Directions***

1. Place the re-soaked lentils in a deep pot and add 4-5 cups water. Add the chopped onions, tomato, green chilies, and ginger.
2. Bring it to a boil. Remove the lid or cover only slightly and simmer for about 45 minutes, or until the lentils are soft and creamy. You may need to add more water while cooking to prevent them from drying out and scorching.
3. Add the turmeric powder and asafetida. Stir well.
4. Add the cream, *garam masala* powder, crushed dried fenugreek leaves, chopped cilantro leaves, and salt. Remove from heat.
5. Mix well and taste. Adjust the salt if needed.
6. For smoky flavor (*dhungar* method): Using a pair of tongs, heat up a small piece of charcoal until it becomes red hot. Place the red hot charcoal in a small steel bowl. Pour about ¼ teaspoon of oil or ghee on the charcoal. The charcoal will start to emit smoke. Place this bowl

on the dal. Cover the pot for 1 to 2 minutes. Remove the little bowl carefully with tongs. Cover the dal and set aside.

7. Tempering/tadka: Heat the ghee or butter in a small pan over a low heat. Add the cumin seeds and mix until they begin to crackle. Be careful not to burn them.
8. Add the red chilies, asafetida, and chopped garlic. Cook until the garlic is browned.
9. Add the red chili powder, stir, and switch off the heat. Pour the entire tempering, along with the butter or ghee, into the dal. You may or may not mix the tempering into the dal (some prefer it simply poured on top).
10. Garnish with cilantro leaves.
11. Serve hot with steamed basmati rice or Indian bread.



## Cucumber, Mint & Tomato Salad (Kachumbar/Kachumber)

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: none*



### ***Ingredients***

1 large cucumber, peeled and finely chopped

4 plum tomatoes, finely chopped

½ sweet onion, very finely chopped

3-5 pieces green chili, seeded, very thinly sliced

### **For dressing:**

Salt, to taste

½ teaspoon sugar

¼ teaspoon cumin seeds, slightly crushed

¼ cup lemon juice

2 tablespoons fresh mint, finely chopped



1 tablespoon fresh cilantro, chopped

***Directions***

1. Combine the ingredients for the dressing and let it sit to allow the flavors to meld. Adjust saltiness or sweetness according to taste.
2. Combine the prepared vegetables, chilies and onion.
3. Add to the dressing and refrigerate for 15 minutes.
4. Serve (best when chilled). Goes well with curries.



## Spicy Vegetable Stew (Vegetable Masala)

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 40 minutes*



### ***Ingredients***

- 1 teaspoon fresh ginger, sliced
- 2 cloves garlic, peeled
- 1 (15-ounce) can diced tomatoes, undrained
- ½ teaspoon cayenne pepper
- 2 tablespoons canola or vegetable oil
- 1 medium onion, chopped
- 1 small bell pepper, diced
- 2 medium potatoes, peeled and cubed
- 1 carrot, sliced
- ½ cup peas

1 cup green beans  
1 ½ teaspoon *garam masala*  
½ teaspoon red chili powder  
2 cups cauliflower florets  
½ cup water  
½ cup light coconut milk

***Directions***

1. Use a mortar and pestle or food processor to chop the ginger and garlic.
2. Add the tomatoes and cayenne pepper, and pulse or stir to combine. Set aside.
3. Heat the oil in a saucepan or karahi over medium heat.
4. Sauté the onion and bell pepper until softened, about 10 minutes.
5. Add the potatoes, carrot, *green beans*, *garam masala*, and chili powder. Stir.
6. Cover, reduce heat, and simmer for 10 minutes.
7. Add the cauliflower, peas, tomato mixture, and water. Continue simmering for 20 more minutes.
8. Turn off the heat, add the coconut milk, and stir.
9. Serve immediately or let sit for stew to develop more heat and spiciness.



## **Green Chili Pickle (Achar or Mirchi-Ka-Achar)**

*Serves: 4*

*Preparation Time: 5-10 minutes, plus overnight drying time*

*Cooking Time: none*



### ***Ingredients***

10-12 small hot chilies, washed and drained

1 cup fresh ginger, peeled and julienned

2 whole lemons

½ tablespoon salt

¼ tablespoon turmeric powder

### ***Directions***

1. Wash and wipe the chilies dry. It's best to wash the day before and leave them to air dry overnight.
2. Wash a glass jar with a tight lid and dry thoroughly.

3. Cut the lemons in half and microwave for 10 seconds to soften the pulp.
4. Squeeze the lemon juice into a glass or glass bowl. Add the salt and turmeric to the juice. Mix well.
5. Stir in the chilies and ginger, and transfer the mixture to the prepared jar.
6. Seal the jar and keep it refrigerated. Shake the jar at least once a day.
7. The pickles can be served after 2 days but the flavor will be best by the third or fourth day.





## Mango Chutney

*Serves: 5*

*Preparation Time: 10 minutes*

*Cooking Time: 1 hour 10 minutes*



### ***Ingredients***

1 tablespoon cooking oil

2 teaspoons fresh ginger, finely minced

2 cloves garlic, finely minced

1 red chili, sliced

2 teaspoons whole nigella seeds  
1 teaspoon ground coriander  
½ teaspoon ground cumin  
¼ teaspoon turmeric  
¼ teaspoon ground cardamom  
¼ teaspoon ground cloves  
¼ teaspoon ground cinnamon  
4-5 (about 2 pounds) ripe mangoes, peeled and diced  
2 cups white granulated sugar  
¼ teaspoon salt  
1 cup white vinegar

### ***Directions***

1. Heat the oil in a pot over medium-high heat.
2. Add ginger, garlic and red chili. Sauté for 1 minute.
3. Add all the other spices and sauté for another minute.
4. Next, add the mangoes, sugar, salt and vinegar. Stir, and bring to a boil.
5. Reduce the heat to medium-low and simmer for 1 hour.
6. Mash with a potato masher to break the mango into smaller pieces. Allow the mixture to cool before storing.
7. Place in jars.
8. Will keep for 2 months, in sealed jars, in the refrigerator.
9. May be consumed immediately, but it's best to keep it for 2 days before eating to get the best flavor.



## Herbed Yogurt with Cucumber (Raita)

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: none*



### ***Ingredients***

½ medium cucumber, washed and dried

1 cup plain yogurt

¼ teaspoon salt

¼ teaspoon cumin

¼ teaspoon coriander

¼ cup fresh cilantro, chopped

¼ cup mint leaves, chopped

½ teaspoon fresh ginger, peeled and grated

### ***Directions***

1. Peel the cucumber and cut it lengthwise. Scoop out the seeds and julienne the flesh. Place in it a strainer to drain any excess moisture. Sprinkle with a dash of salt, and set aside.
2. Stir together the yogurt, salt, cumin, and coriander in a bowl.
3. Add cilantro, mint leaves and grated ginger. Mix well.
4. Press down on the julienned cucumber to squeeze out any moisture.
5. Add it to the yogurt mixture and stir.
6. Serve chilled. Great with Indian bread and curries.



## Indian-Style Vegetable Stir-Fry (Jalfrezi)

*Serves: 3-4*

*Preparation time: 15 minutes*

*Cooking time: 20 minutes*



### ***Ingredients***

- 1 ½ cups paneer, cubed
- 1-2 tablespoons vegetable oil
- ½ teaspoon cumin seeds
- ½ teaspoon nigella seeds (*kalonji*)
- 1 cup onion, thinly sliced
- 1 teaspoon ginger, freshly minced
- 1 teaspoon garlic, freshly minced
- ¾ teaspoon red chili, or according to taste
- 2 teaspoons coriander powder
- ¼ teaspoon turmeric powder
- 1 cup canned whole tomatoes, crushed

½ cup of carrots, julienned  
½ cup green peas (optional)  
½ cup cauliflower, sliced into bite-size pieces (optional)  
½ cup baby corn, halved lengthwise  
1 cup green pepper, julienned  
1 cup water  
½ cup ripe tomato, cubed  
1 tablespoon ketchup  
½ teaspoon dried fenugreek leaves  
1 teaspoon *garam masala*

### ***Directions***

1. Heat a pan with oil and fry the *paneer* on both sides until golden brown. Drain it on paper towels.
2. Use the remaining oil (add a little more, if needed) in the pan to fry the cumin and nigella. Allow it to crackle for about 30 seconds.
3. Add the onion and cook until translucent.
4. Add the ginger and garlic, and cook until fragrant, about 2 minutes.
5. Stir in the chili, coriander and turmeric powders. Reduce the heat, if necessary, so as not to burn the spices.
6. Stir in canned tomato, carrots, peas, cauliflower, baby corn and green pepper. Mix well.
7. Stir in the water and bring to a boil.
8. Cover and simmer for 3-5 minutes or until the carrots are tender.
9. Add the cubed tomato, ketchup, and fried paneer. Mix gently and simmer 4 minutes longer, or until the sauce has thickened to a gravy-like consistency.
10. Crush the fenugreek leaves in your hand as you sprinkle them into the pot. Stir in the *garam masala* and salt. Adjust the flavor with more salt or seasonings, if needed.
11. Remove from the heat and serve.





## Spicy Pancakes with Potato Filling (Masala Dosa)

*Serves: 5-6*

*Preparation time: 10 minutes plus 4-6 hours soaking time and 8 hours fermentation time*

*Cooking time: 40 minutes*



### ***Ingredients***

#### **For the *dosa* batter:**

2 cups short-grain rice

½ cup black gram or black lentil (*urad dal*)

1 teaspoon fenugreek seeds

4-5 cups cold water for soaking

1 cup cold water for grinding

½ teaspoon salt  
Vegetable oil, for frying

**For potato filling:**

3 tablespoons ghee or vegetable oil  
1 teaspoon mustard seeds  
½ teaspoon cumin seeds  
2 small dried hot red peppers  
1 medium onion, diced  
½ teaspoon salt  
½ teaspoon turmeric  
Pinch asafetida  
1 tablespoon ginger, grated  
6-8 curry leaves  
4 cloves garlic, minced  
2 small green chilies, finely chopped  
1 ½ pounds yellow-fleshed potatoes, peeled and cubed  
½ cup cilantro, roughly chopped

***Directions***

**To make the dosa batter:**

1. Put the rice in a bowl, rinse well, and cover with 4 cups of cold water.
2. Put the black gram and fenugreek seeds in a small bowl, rinse well, and add cold water to cover.
3. Leave both to soak for 4-6 hours.
4. Drain the mixtures separately.
5. Put the rice in a food processor or blender. Add 1 cup of cold water and grind to a smooth paste, about 10 minutes. Don't put too much in your food processor or blender. Dividing the mixture into batches will make blending more efficient.
6. Do the same for the dal-fenugreek mixture.
7. In a medium bowl, whisk together the rice and dal-fenugreek pastes. Add water to get a medium-thick consistency.
8. The resulting batter should be about 6 cups in quantity.
9. Place the bowl in a warm place and cover with a kitchen towel. Let it stand for 8 hours to ferment.

10. Stir in the salt. Use the batter immediately, or store it in the refrigerator. It will keep for 1 week.

To make potato filling:

11. Put the ghee or oil in a skillet or karahi over medium heat. Wait for it to shimmer.
12. Add the mustard seeds and cumin seeds. Allow them to crackle and sizzle, about 1 minute.
13. Add the red peppers and onion. Stir-fry until the onions are tender, about 5 minutes.
14. Add the salt, turmeric, asafetida, ginger, curry leaves, garlic and green chilies. Stir and let sizzle for 1 minute.
15. Add potatoes and  $\frac{1}{2}$  cup of water.
16. Cook, while stirring, until the liquid is reduced, about 5 minutes.
17. Mash the potatoes coarsely with the back of a ladle.
18. Add the salt and cilantro. Mix well and set aside.

To make the dosas:

19. Set a tawa or griddle over medium heat, and brush it with about 1 teaspoon of vegetable oil.
20. Scoop out  $\frac{1}{4}$  cup of batter and pour it in the center of the tawa.
21. Using the bottom of the ladle, quickly spread the batter outward in a circular motion. The diameter should be about 7 inches.
22. Drizzle  $\frac{1}{2}$  teaspoon of oil over the top of the dosa.
23. Let it cook until the outer edges begin to look dry, about 2 minutes. Cook on one side only.
24. With a spatula, carefully loosen the dosa. The bottom should be crisp and beautifully browned. Do not flip it over.
25. Spoon  $\frac{1}{2}$  cup of potato filling onto the center of the dosa and flatten the potato mixture slightly.
26. Using the spatula, fold one side of the dosa over the filling like an omelet. You may also fold over both sides to make a cone shape.
27. Serve immediately.



## Spiced Cauliflower & Potatoes (Aloo Gobi)

*Serves: 8-10*

*Preparation Time: 10 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

4 cups cauliflower, broken into florets

2 teaspoons vegetable oil

¼ teaspoon mustard seeds

¼ teaspoon cumin seeds

5 curry leaves

1 green chili, finely chopped

½ onion, finely diced

½ teaspoon ginger garlic paste

1 medium tomato, diced

2 medium potatoes, cut into cubes

1 celery stalk, diced

¼ teaspoon turmeric powder

½ teaspoon chili powder  
¼ teaspoon coriander powder  
½ teaspoon green mango powder (*amchoor*)  
1 teaspoon fenugreek seeds  
¼ teaspoon *garam masala* powder  
Salt, to taste  
Cilantro leaves, for garnish

### ***Directions***

1. Soak the cauliflower florets in hot salted water. Drain, and pat dry with towels.
2. Heat the oil in a nonstick pan. Add mustard seeds, cumin seeds, and curry leaves until they crackle.
3. Add the chopped green chilies, celery, and onion and stir-fry until the onions turn golden brown.
4. Stir in the ginger garlic paste and tomato, and sauté until fragrant.
5. Add potatoes, turmeric, red chili powder, coriander powder, green mango powder, fenugreek seeds, *garam masala*, and salt. Stir and cover. Simmer over low heat, about 3 minutes.
6. When the potatoes are half cooked, add the cauliflower.
7. Cover and cook for another 3-5 minutes. Sprinkle with water, if needed, to prevent the mixture from drying out.
8. Garnish with cilantro leaves. Serve with rice, poori, or curry.





## Fresh Winter Greens with Indian Cheese (Palak Paneer)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*



### ***Ingredients***

1 bunch spinach (*palak*)

4-5 cloves garlic

3 pieces green chili

2 medium tomatoes, chopped

Oil for frying

7 ounces Indian cheese (*paneer*), cut into cubes

½ teaspoon cumin seeds

1 medium onion, chopped

1 tablespoon coriander powder

½ teaspoon turmeric powder

1 teaspoon *garam masala*

1 tablespoon red chili powder

Salt, to taste

### ***Directions***

1. Boil 2 cups of water and add the spinach, garlic, and green chilies, and cook until the spinach has wilted. Remove from the heat immediately and drain well. Set aside some of the boiled liquid for later use.
2. Place the boiled spinach mixture in a blender and add the chopped tomatoes. Blend a little to make a coarse paste. Set aside.
3. Meanwhile, fry the paneer in about 2 tablespoons of oil. Flip it over when one side is browned. Remove the paneer cubes and drain on paper towels.
4. Use the remaining oil in the pan to sauté the cumin seeds and chopped onion. Sauté until onion becomes brown in color.
5. Add the coriander, turmeric masala, and chili powders and stir for 5 minutes.
6. Stir in palak paste and salt. Use drained water to adjust consistency. Mix it well and boil for 2 minutes.
7. Add paneer cubes. Cover and let simmer for 2 minutes.
8. Serve hot with naan or rice.



## Lemon Rice

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 5-7 minutes*



### ***Ingredients***

2-3 tablespoons vegetable oil or Indian sesame oil (*til oil*)

½ teaspoon mustard seeds (*rai/sarson*)

½ teaspoon black gram or black lentils (*urad dal*)

1 teaspoon split chickpea or Bengal gram (*chana dal*)

5 to 6 curry leaves

½ teaspoon grated ginger

2 whole dry Kashmiri red chilies, broken into pieces

¼ cup peanuts, roasted until golden brown

½ teaspoon turmeric powder

2 ½ cups cooked rice, cooled down and broken apart to remove lumps

1 ½ tablespoons lemon juice

Salt to taste

1 tablespoon cashew nuts, roasted until light golden brown (optional)

### ***Directions***

1. Heat the oil in a nonstick pan over medium heat and add the mustard seeds. Allow the seeds to crackle.
2. Add the black gram, split chickpea, and curry leaves and sauté for 1 minute.
3. Add the ginger, red chilies, and roasted peanuts. Sauté for 30 seconds.
4. Add the turmeric powder and cooked rice. Cook, stirring constantly, for 2 minutes.
5. Lastly, add lemon juice and salt. Continue cooking while stirring for 2 more minutes.
6. Sprinkle with roasted cashew nuts (optional).
7. Serve hot.



## **Chickpeas in Tomato Sauce (Chana/Chole Masala)**

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*



***Ingredients***

- 1 tablespoon coconut oil
- 1 teaspoon cumin seeds
- 1 yellow onion, chopped



5 cloves garlic, minced  
1 tablespoon fresh ginger, peeled and minced  
1 green Serrano pepper, minced and seeded  
1 ½ teaspoons *garam masala*  
1 ½ teaspoons ground coriander  
½ teaspoon ground turmeric  
¾ teaspoon fine-grain sea salt  
¼ teaspoon cayenne pepper (optional)  
1 (28-ounce) can whole peeled tomatoes, undrained  
2 (14-ounce) cans chickpeas, drained and rinsed  
Lemon wedges, for garnish  
Fresh cilantro, chopped, for garnish  
1 lemon, cut in wedges

### ***Directions***

1. Heat a large saucepan or Dutch oven over medium heat. If a drop of water sizzles when it hits the pan, the temperature is just right.
2. Add the oil, reduce the heat to medium-low, and add the cumin seeds. Oil that is too hot will burn the seeds.
3. Stir the seeds until they turn golden and fragrant, about 1-2 minutes.
4. Adjust the heat to medium.
5. Add the onion, garlic, ginger and Serrano pepper. Stir-fry for 5 minutes.
6. Add the *garam masala*, coriander, turmeric, salt, and cayenne (optional), and cook for 2 more minutes.
7. Add the tomato with its liquid. As you stir, break the tomato into smaller pieces with the spoon.
8. Adjust the heat to medium-high and add the chickpeas.
9. Bring the pot to a simmer and cook for 10 minutes.
10. Adjust the flavor with salt and spices, according to taste.
11. Garnish with cilantro.
12. Serve with steamed rice and lemon wedges.



# Dessert Recipes

## Deep Fried Milk Dumplings in Rose Syrup (Gulab Jamun)

*Serves: 5-7*

*Preparation Time: 5 minutes plus 2 hours resting time*

*Cooking Time: 15 minutes*



### ***Ingredients***

#### **For dumplings or milk balls:**

1 cup milk powder

3 tablespoons all-purpose flour (*maida*)

½ teaspoon baking soda

Pinch salt

1 teaspoon ghee

2 tablespoons yogurt or milk

Oil or ghee, for deep frying

#### **For syrup:**

1 ½ cups sugar  
2 cups water  
1 teaspoon cardamom powder  
4 drops rose water, or according to taste  
⅛ teaspoon saffron

***Directions***

1. Sift the milk powder, flour, baking powder, and salt into a bowl.
2. Mix and make a hole in the center.
3. Add the ghee and yogurt, and knead the mixture into a soft, sticky dough. If it's too stiff, gradually add more yogurt.
4. Let it rest.
5. In a saucepan, combine the water and sugar and bring it to a boil.
6. Simmer for 5-8 minutes.
7. Add the cardamom powder, rose essence, and saffron. Mix well.
8. Start making small balls with the dough. The balls or dumplings (jamun) should be about 1 inch in diameter and should not have cracks.
9. Heat the ghee or oil for deep frying over medium heat.
10. Reduce the heat to low and then drop in the jamun.
11. The jamun should sink to the bottom and then slowly rise to the top.
12. Fry until golden brown.
13. Drain well and then immerse into the prepared syrup.
14. Cover and let soak for 2 hours before serving.



## Carrot Fudge (Gajar Ka Halwa)

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 1 hour and 20-25 minutes*



### ***Ingredients***

- 2 tablespoons ghee or neutral cooking oil
- 8 green cardamom pods, seeds only, crushed
- 1 pound carrots, peeled and grated
- 3 cups whole milk
- 1 ¼ cups sugar
- ¼ cup raisins
- Pinch saffron

¼ cup unsalted pistachio or roasted cashew nuts, chopped

***Directions***

1. Heat the ghee or oil in a heavy, high-sided skillet or saucepan.
2. Add the crushed cardamom seeds and stir for about 30 seconds, or until fragrant.
3. Add the grated carrots and fry for 3 minutes.
4. Add the milk and bring it to a boil. Boil, stirring constantly, for 5 minutes.
5. Reduce the heat to low and simmer the halwa, uncovered, for about 1 hour.
6. Stir frequently to prevent scorching. The milk should have reduced by over a third by the end of the hour.
7. Stir in the sugar, raisins, and saffron.
8. Turn the heat up to medium and cook, stirring frequently, until the halwa is thick and glossy (15 to 20 minutes)
9. To serve hot, spoon the mixture into bowls and sprinkle with pistachios.
10. To serve cold, press into individual ramekins, muffin tins, or small bowls, and chill. Then, overturn onto serving plates and sprinkle with pistachios or cashews.





## **Traditional Indian Ice Cream (Kulfi)**

*Serves: 6*

*Preparation Time: 5 minutes*

*Cooking Time: 28 minutes*



### ***Ingredients***

2 ½ cups full cream milk

½ cup condensed milk

¼ cup milk powder

½ teaspoon cardamom powder

### ***Directions***

1. Combine the milk, condensed milk, and milk powder in a deep nonstick pan.
2. Mix well and bring it to a boil. Reduce the heat to medium.

3. Stir in the cardamom powder and simmer for 22 to 25 minutes, scraping the sides down from time to time, stirring occasionally.
4. Remove from the heat and allow it to cool completely.
5. Once it is cooled, pour the mixture into 6 kulfi or ice pop molds and freeze overnight or until firm.
6. Allow them to thaw for a few minutes to make them easy to pull out of molds.
7. Serve immediately.



## **Creamy Saffron-Infused Rice Pudding (Kesari Kheer)**

*Serves: 4*

*Preparation Time: 5 minutes plus 1-2 hours soaking*

*Cooking Time: 40 minutes*



### ***Ingredients***

½ cup Bengali sticky rice (Gobindobhog) or jasmine rice

⅛ teaspoon saffron (kesar)

2 tablespoons milk

2 cups milk

¼ cup sweetened condensed milk

⅓ cup raisins

⅓ cup sugar

1 tablespoon almonds, slivered

2 tablespoons cashew nuts

2 tablespoon crushed pistachios, for garnish

¼ teaspoon cardamom, crushed

### ***Directions***

1. Wash and soak the rice for 1-2 hours. Drain.

2. Soak the saffron strands in 2 tablespoons of milk for 1 hour.
3. Pour the milk into a heavy-bottomed pan and bring it to a boil.
4. Add the soaked rice to the boiling milk, stirring constantly.
5. Stir in the saffron-milk mixture.
6. Reduce the heat to medium-low and simmer until the rice is tender but not mushy, about 20-25 minutes. Mix frequently to avoid scorching at the bottom.
7. Add the condensed milk and raisins and continue cooking, stirring often. Add hot water in small amounts, if needed, to prevent the mixture from drying out and scorching.
8. Add sugar, almonds, and cashews, and cook for another 5 minutes.
9. Lastly, add the crushed cardamom. Remove it from the heat and let it cool.
10. Serve lukewarm or chilled (the flavor is enhanced when chilled) and garnished with crushed pistachio nuts.



## Buttery Fudge Squares (Burfi/Barfi)

*Serves: 9*

*Preparation Time: 5 minutes*

*Cooking Time: 15 to 20 minutes*



### ***Ingredients***

¼ cup ghee or butter, plus more for greasing

¾ cup all-purpose flour (*maida*)

1 cup sugar

⅓ cup water

A few drops or a pinch yellow food coloring

### ***Directions***

1. Prepare a tray, about 1 ½-inch to 2 inches deep. Grease with ghee or butter. Set aside.
2. Melt the ghee in a nonstick pan over medium low heat.
3. Add flour and stir until fragrant, then transfer to a bowl.



4. Using the same pan over medium heat, mix the sugar, water and food coloring together.
5. Cook until 1-string consistency is attained. To test: Dip a wooden spoon into the syrup and let cool for a few seconds (hot syrup can scald). When cooled to a safe temperature, place between thumb and forefinger. Gently separate fingers. If a string of syrup is formed that does not break, your syrup is ready.
6. Turn off the heat immediately and add the flour mixture, stirring continuously.
7. Keep mixing for 3 to 5 minutes, until the mixture thickens.
8. Pour into the greased tray and smooth the top with a spatula.
9. Let set for 15 to 30 minutes.
10. Cut it into squares and serve.



## Conclusion

I have no doubt that you will truly find pleasure in using this cookbook. The procedures may seem like hard work at first and the ingredients too unfamiliar, but the scrumptious results and the joy you will see on everyone's face will be worth it all!

Indian cooking is quickly gaining popularity in the United States as more and more people are open to new flavors, textures, and colors. Ingredients are now easier to access and even exotic names of dishes and ingredients are becoming common household terms. It's all a part of the world becoming a global family.

Enjoy your cooking! *Namaste!*



**Volume 6: Lebanese Takeout Recipes**

# **LEBANESE**

**TAKEOUT COOKBOOK**

**FAVORITE LEBANESE  
TAKEOUT RECIPES TO MAKE AT HOME**



**LINA CHANG**



## **Introduction**

It's no surprise that the cuisine from what was once called "the Paris of the Middle East" has become one of America's best loved. Mediterranean food at its best, Lebanese cuisine boasts freshness, healthfulness, and variety. The Lebanese tradition of hospitality ensures that their dishes comfort, delight, and satisfy. Though relatively new in America, it is a cuisine that dates back thousands of years, with touches from both the East and West, emphasizing freshness according to what is abundant in a particular season. Lebanese food consists of the freshest grains, vegetables, fruit, seafood, poultry, and meat. The flavors are always full, seasoned with herbs and spices.

## History

Being at the easternmost point of what was once the “Fertile Crescent”, Lebanese culture dates back to the beginnings of Western civilization and shares many similarities with the cuisine of other Middle Eastern countries. It was often traversed by nomads who introduced their own dishes, herbs, and spices. But it is the influence of two of Lebanon’s foremost occupiers that makes their cooking distinct.

The Ottomans occupied Lebanon for 400 years, from the early 1500s to the early 1900s. We have them to thank for the Lebanese preference for lamb and the variety of dishes containing fruit and nuts. The Turks also introduced bread, coffee, and baklava.

The French defeated the Turks in World War I, bringing their culinary influence to Lebanon. Thus, you have ancient Middle Eastern cooking, refined by French cooking ideals – which give it an irresistible international appeal.

Lebanese immigrants first arrived in the U.S. in the late 1800s, mostly from Beirut and Mount Hermon. Later, when civil war broke out in Lebanon in 1975 and continued until 1991, more Lebanese immigrants came in. They brought with them their food and their tradition of hospitality, offering guests a variety of hearty and delicious dishes.

American interest in healthy Mediterranean cuisine has helped spark more interest in Lebanese cuisine as well. Of course, Lebanese food in the U.S. has been adjusted somewhat to suit American expectations. Although lamb and poultry were the preferred meats originally, availability has brought about dishes with beef. Meats in Lebanon were used sparingly, but American tastes have called for the use of large chunks of meat. Traditionally subtle, spice combinations have been made stronger. Lemon, which is widely used traditionally, is not very popular among Americans and has been toned down. Unlike the Lebanese tradition of sitting leisurely while enjoying a meal, take-outs have sprouted up to cater to the fast food



crowd. Dishes are presented with pictures to help those who are unfamiliar with the cuisine to pick out what they want. Today, you can find Lebanese food in health food stores as well as gourmet shops. Hummus and pita, for instance, are now familiar household fare.

## **Ingredients in Lebanese Cooking**

Ingredients should always be fresh and in season; this is the secret to the healthy goodness of Lebanese cuisine. Below are some of the ingredients that give Lebanese cooking distinct flavor.

### ***Ashta***

A form of clotted cream used in a variety of Lebanese desserts.

### ***Bread***

Pieces of torn bread are often found in salads. Bread is so important in the Middle East that sometimes it is called “life.” Lebanese flatbread or pita bread is popular because it is easy to make, healthy, and a good match for a number of other ingredients.

### ***Fruit***

The Lebanese have a variety of fruit in season for dessert and also incorporate it in their main dishes.

### ***Garlic***

Along with olive oil, this is considered to be one of the ingredients that give Lebanese dishes their characteristic flavor.

### ***Herbs and Spices***

Various fresh herbs and spices are valued and used to make dishes tasty. *Sumac* and *zahtar* are examples. Parsley, mint, cumin, coriander, paprika, cloves, allspice, and nutmeg are popularly used. Lebanese coffee is flavored with cardamom.

### ***Kibbeh Meat***

This is lamb meat that has been passed through the grinder several times until emulsified. Modern appliances do away with the arduous and unpleasant traditional method of preparing the meat using a mortar and pestle to prepare *kibbeh*, Lebanese paté, or meatball filling.

### ***Lamb***

Traditionally, meat is eaten sparingly, but lamb is the usual meat of choice. Seasoned or marinated, it is eaten in a variety of ways, from raw to grilled. Lebanese methods of cooking of lamb minimize gaminess and bring out the flavor.

### ***Lebanese 7-spices***

A combination of allspice, coriander, cinnamon, black pepper, ground nutmeg, ground cloves, and white pepper.

### ***Lemon Juice***

Another quintessential ingredient in Lebanese cooking. It is added to almost everything.

### ***Nuts***

An assortment of nuts, like walnuts, almonds, pine nuts, and pistachios, are used on the side or as ingredients in main dishes and desserts. Nut pastes are used to fill delicious pastries.

### ***Olive Oil***

Along with garlic, olive oil is said to give Lebanese cooking its distinct flavor, and it is used in generous amounts.

### ***Poultry***

Poultry is the preferred meat over red meats, aside from lamb. It is eaten sparingly with bread or grilled on skewers. It can also be an ingredient for salads and pies.

### ***Rose Water or Orange Blossom Water***

Made from distilled roses or oranges. These are used as flavoring for desserts.

### ***Seafood***

Bordered by the Mediterranean Sea to its west, Lebanese cooking involves many dishes that make use of the freshest produce from the sea.

### ***Sumac***

A dried berry seasoning that is described as salty with a lemony flavor. It is used for salads, pies, and meats.

### ***Tahini***

A smooth sauce or paste made from sesame seeds; a very common ingredient in dips.

### ***Vegetables***

Fresh vegetables in season, usually raw or pickled, are valued in Lebanese cooking to make salads, wraps, and dips, or to be added as fillings for pies and bread. Olives, squash, cucumber, eggplant, greens, and tomatoes are popular. Chickpeas are used to make creamy hummus.

### ***Yogurt and Yogurt Cheese***

Natural, unsweetened and unflavored yogurt is often used as a dip or ingredient. So is *labneh* (sometimes spelled *labne* or *labna*), which is cheese made by squeezing the liquid out of the yogurt.

### ***Wheat***

Wheat is used to make bread or pastry. Cracked bulgur wheat is added to meats to make meatballs.

### ***Zahtar or Za'atar***

A Lebanese spice or a spice mix that is used in seasoning many dishes. Its main ingredient is thyme. Other ingredients are cumin, coriander, sesame seeds, and *sumac* (a dried berry).

## Common Tools and Equipment

Fortunately, modern equipment helps do away with some unpleasant and difficult food preparation methods. Nowadays, Lebanese cooking makes use of what is normally available in the modern kitchen. The food processor is a valuable tool in preparing a kind of lamb paté or *kibbeh*. Alternatively, one may also purchase pre-ground *kibbeh* meat from the butcher.

One special piece of equipment that is noteworthy may be a spice or coffee grinder. As many recipes require fresh herbs and spices, having a grinder ensures that you have some on hand, with the freshest flavor.

Generally, no special equipment is required for preparing Lebanese dishes. Make sure you have the usual equipment for measuring, cutting, mixing, turning or flipping, scooping, grating, or grinding as well as equipment for storage (like bowls, plastic containers, canisters, or boxes). Kitchen thermometers can be useful to avoid overcooking. You will also need some heavy-bottomed skillets and pots as well as a grill.

## **Cooking Methods**

Preparing Lebanese food entails the usual methods of boiling, frying, stewing, and roasting. At some stages of preparation, ingredients may have to undergo drying, smoking, or salting. A lot of seasoning and marinating goes into food preparation as well, making use of fresh spices, herbs, and seasonings.

Lebanese dishes may share the same names with other Middle Eastern and Mediterranean dishes. But the ingredients are distinct from others and the cooking methods are influenced by French cuisine.

It's time to try out this vibrant cuisine that does not disappoint. The recipes here are as user-friendly as possible, to help you make these recipes successfully at home.



# **Appetizers (Mezze), Dips & Sauces**



## Garlic Spicy Potatoes (Batata Harra)

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

Oil, for frying

2 pounds potatoes, peeled and cut into large cubes

Salt, to taste

2-3 cloves garlic, finely minced

½ cup cilantro, finely chopped

½ teaspoon chili powder, or to taste

½ teaspoon paprika (optional)

½ lemon, juiced

### ***Directions***

1. Heat the oil, at least 2 inches deep, in a large pot over medium heat.
2. When a cube of bread dropped into the hot oil turns golden brown in 10 seconds, the oil is the right temperature (about 350°F).
3. Fry the potatoes until they are evenly browned and golden (about 6 minutes). Do not crowd the pot. Fry in 2 batches, if needed.
4. Using a strainer or slotted spoon, lift the potato cubes out of the oil and drain them on paper towels.
5. Meanwhile, heat about a tablespoon of oil in a skillet over medium heat and sauté the garlic, cilantro, chili powder, and paprika until fragrant (about 30 seconds).
6. Turn off the heat and toss in the drained potatoes. Drizzle with the lemon juice.
7. Serve hot.



## Cucumber Salad (Laban bi Khyar)

*Serves: 3-4*

*Preparation Time: 5 minutes plus overnight refrigeration time*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 long and thin cucumber, with dark green skin, washed

### **Yogurt sauce**

1-2 large cloves garlic, peeled

½ teaspoon salt

1 ½ cups plain yogurt

½ teaspoon tahini (optional)

1 tablespoon fresh mint leaves, finely chopped

1 tablespoon fresh dill, chopped

### ***Directions***

1. Using a mortar and pestle, crush the garlic thoroughly with the salt. Mix this well with the yogurt, tahini, dill, and mint. The sauce for the salad is best after it is refrigerated overnight.

2. When you are ready to make the salad, cut the cucumber in half lengthwise, and slice each half in fine slices
3. Combine the cucumber with the dressing and serve.





## Falafel (Fried Chickpea Balls)

*Serves: 10*

*Preparation Time: 30 minutes*

*Cooking Time: 7 minutes*



### ***Ingredients***

Oil, for frying

1 teaspoon baking soda

### **For the falafel patties:**

1 ¼ cups dry fava beans, preferably pre-peeled, soaked overnight, rinsed and drained

2 cups dried chickpeas/garbanzos, soaked overnight, rinsed and drained

¼ cup parsley, destemmed and chopped

½ cup cilantro, destemmed

8 cloves garlic, peeled and crushed

1 large onion

½ cup green onion, chopped  
2 tablespoons salt  
black pepper, to taste  
2 tablespoons flour  
Red chili pepper, to taste  
1 teaspoon cumin  
3 teaspoons coriander

### [Tahini Dip](#)

#### ***Directions***

1. Place the presoaked fava beans in a food processor and let it run until the beans are the consistency of bread crumbs. Do the same for the chickpeas. Combine the two together in a bowl.
2. Place the rest of the falafel ingredients in the food processor and let it run until they are paste-like in consistency. Add this to the processed beans.
3. Mix the ingredients together until they resemble a dough. Add a small amount of water, if needed. Adjust the flavor with seasonings, if necessary.
4. Just before frying, add the baking soda to the bean dough and mix well. Let it rest for about 5 minutes.
5. Using 2 spoons or an ice cream scoop, shape the mixture into compact balls. If you like, you can flatten the balls a little to form patties.
6. Fry in preheated oil about 1 inch deep over medium heat, until evenly browned (about 2-3 minutes).
7. Remove the falafel from the oil with a slotted spoon or tongs, and drain them on paper towels.
8. Serve warm with tahini dip.





## Baba Ghanouj (Eggplant Dip)

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

6 pieces pita bread, warmed  
Chopped parsley, for garnish  
Tomato or pickled turnip (optional)  
Olive oil, for serving

### **For the dip:**

1 large eggplant, washed, dried and sliced lengthwise  
2 cloves garlic, peeled  
1 teaspoon salt  
 $\frac{1}{3}$  cup tahini  
 $\frac{1}{4}$  cup lemon juice

### ***Directions***

1. Preheat the broiler and line a baking pan or tray with foil and grease it lightly.
2. Place the eggplant slices in the lined pan.
3. Put the pan under the broiler to char the eggplant skin (about 15 minutes).
4. Remove the pan from the heat and scrape out the eggplant pulp. Place it in a bowl and into the refrigerator to cool.
5. After cooling, tip the bowl to drain out any liquid.
6. Place the garlic in blender or food processor to mince. Add the rest of the ingredients and pulse. Scoop the mixture into a serving bowl, and adjust the flavor as needed.
7. Garnish with parsley and drizzle some olive oil (if desired) before serving with pita bread or cut vegetables.



## **Kibbeh (Beef and Bulgur Meatballs)**

*Serves: 6-8*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

Oil, for frying

### **To make the kibbeh shell:**

2 cups *kibbeh* meat or finely ground beef or lamb, lean

1 ¾ cups medium (or #2) bulgur cracked wheat, soaked in cold water for 30 minutes, drained

1 teaspoon salt

1 teaspoon pepper

1 medium onion, coarsely chopped

Ice cubes, if needed

For the filling:

- 2 tablespoons olive oil
- 2 medium onions, 1 finely chopped
- 2 cups *kibbeh* meat or finely ground beef or lamb, lean
- 1 teaspoon allspice
- ¼ teaspoon cumin
- ½ cup toasted pine nuts (optional)

**Directions**

For the kibbeh shell

1. Place the drained wheat in a thick towel and squeeze out any excess moisture.
2. Combine the wheat, kibbeh, salt, pepper, and onion in a food processor. Mix until it reaches a dough-like consistency, dropping an ice cube in at a time, if needed, to adjust the thickness. Place it in a bowl, cover, and set it aside.

For the filling

3. Heat the olive oil in a skillet over medium heat and sauté the onions until translucent.
4. Add the meat and the rest of the ingredients and cook until the meat is evenly browned, breaking it up with a wooden spoon while cooking.
5. Remove the skillet from the heat and let it cool for at least 10 minutes.

To assemble

6. Form about 2-3 tablespoons of the shell mixture into a bowl shape in the palm of your hand.
7. Using your finger, make a depression in the shell for the filling.
8. Add the filling and pinch the shell around it to seal. At this point, prepared balls may be stored in an airtight container in the freezer for later use.

Frying

9. Heat oil about 3 inches deep to 350°F, and fry the kibbeh until they are golden brown (about 3 minutes).

10. Use a slotted spoon to remove the balls from the oil and drain them on paper towels.





## Hummus (Chick Pea Dip)

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

2 (16 ounce) cans chickpeas/garbanzos, drained, juice reserved

4 cloves garlic, minced

$\frac{3}{4}$  cup tahini

1  $\frac{1}{2}$  teaspoons salt

$\frac{1}{2}$  cup lemon juice, or as needed

Chopped parsley, for garnish

Dash of cayenne powder (optional)

6 pieces pita bread, warmed

Olive oil

Paprika

### ***Directions***

1. Process the drained chickpeas and garlic in a food processor to mince. Add the tahini, salt, and lemon juice. Use the reserved liquid from the chickpeas to adjust the consistency, adding it gradually until the hummus is thick and creamy.
2. Adjust the flavor with more salt and lemon juice, if needed. Spoon the dip into a serving bowl.
3. Sprinkle the top with cayenne powder (optional) and garnish with parsley.
4. Drizzle with olive oil and a dash of paprika, if desired. Serve with pita or cut vegetables.



## Labneh (Yoghurt Cheese)

*Serves: 2-3*

*Preparation Time: 10 minutes plus overnight straining*

*Cooking Time: 0 minutes*



### ***Ingredients***

4 cups plain yogurt

Salt and pepper, to taste

1 tablespoon fresh herbs like thyme, mint, parsley, or chives, minced (optional)

2 cups extra-virgin olive oil, optional

Extra sprigs of desired herbs

1 hot pepper, trimmed and sliced thinly for serving (optional)

Fresh herbs for serving

***Directions***

1. Place a colander in a bowl, and line it with cheesecloth or coffee filters.
2. Spoon the yogurt into the colander and let it drain for 24 hours. Refrigerate if a mild flavor is desired, or leave it at room temperature for a tangier flavor.
3. After 24 hours, mix the drained yogurt with salt, pepper and herbs (optional). Spoon the labneh into a clean glass jar to keep for 1 week. (Drained out whey may be stored, refrigerated, for 1 month to be used for other recipes.)
4. For longer storage, shape the soft cheese into balls using hands greased with olive oil. Place them in clean jar layered with herb sprigs. Pour in olive oil to cover them, and refrigerate. Labneh will keep this way for 2 months.
5. Serve with pita and sprinkle with hot pepper slices and fresh herbs if desired



## Garlic Shrimp

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 4-5 minutes*



### ***Ingredients***

14 ounces medium-shrimp, cleaned and peeled

¼ cup olive oil

3 cloves garlic, crushed

1 teaspoon ground cumin

1 teaspoon paprika

1 teaspoon ground chili, or according to taste

Salt and pepper, to taste

1 tablespoon spring onion, finely chopped

1 tablespoon parsley, finely chopped

Juice of 1 lemon

### ***Directions***

1. Heat the oil in a skillet over medium heat and add the shrimp, garlic, cumin, paprika, chili, salt, and pepper.
2. Cook until the shrimp is opaque and pink in color (about 3 minutes).
3. Add the spring onion, parsley, and lemon juice, and cook for another minute.
4. Serve.





## Grilled Halloumi Cheese

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 6 minutes*



### ***Ingredients***

2 (8 ounce) packages Halloumi cheese, cut into 4 pieces (3-inch x 1-inch pieces)

8 cherry tomatoes

8 cubes of bread

Extra-virgin olive oil, for brushing

1 teaspoon paprika

1 teaspoon dried thyme  
1 tablespoon fresh oregano, chopped  
Juice of ½ a lemon

***Directions***

1. Preheat a grill or non-stick skillet to medium heat. Soak wooden skewers in water for 15 minutes.
2. Put the cut cheese, cherry tomatoes, and bread in an alternating pattern on the skewers.
3. Brush the skewers with oil and season them evenly with paprika and thyme.
4. Grill the cheese until it is warmed through (about 3 minutes per side).
5. Sprinkle with oregano and lemon juice.
6. Serve.



## Thyme Pie (Man'oushé bi-za'tar)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 9-12 minutes*



### ***Ingredients***

- 4 pieces uncooked flatbread or pita dough
- 6-8 tablespoons za'atar, or wild thyme mixture
- ¼ cup olive oil
- ¼ cup vegetable oil

### **Za'atar (or wild thyme mixture)**

- 4 teaspoons sesame seeds
- 4 tablespoons fresh oregano, finely chopped
- 4 teaspoons dried marjoram
- 4 teaspoons ground sumac
- 1 teaspoons sea salt
- 4 teaspoons ground cumin

## ***Directions***

### **To make the za'atar**

1. Heat a skillet over medium heat.
2. Toast the sesame seeds in the heated skillet for about 2 minutes.  
Remove from the heat.
3. Place all the ingredients in a blender, and pulse until they reach a fine texture. The spice mixture may be stored in a sealed jar for 1 week in the refrigerator.

### **For the pies**

4. Preheat the oven to 400°F, and grease a baking tray lightly.
5. Combine the za'atar with the olive and vegetable oils to make a creamy mixture. Spread this on the prepared pieces of dough.
6. Place the dough on the prepared tray and bake the pies for 7-10 minutes.
7. Serve hot.



## Stuffed Grape Leaves (Abrak)

*Serves: 6-8*

*Preparation Time: 35 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

50 large fresh grape leaves, rinsed thoroughly and cut vertically along the large vein

1 pound ground lamb (beef may be substituted)

$\frac{3}{4}$  cup uncooked white rice

$\frac{1}{2}$  teaspoon ground cinnamon

1 teaspoon garlic powder

2 teaspoons allspice

Salt and pepper

1 pound lamb bones or lamb chops

1 tomato, sliced

$\frac{1}{4}$  cup olive oil

12 cloves garlic



½ cup lemon juice

Water

Pita bread (optional)

### ***Directions***

1. Mix the rice and ground lamb together. Add the cinnamon, garlic powder, allspice, salt, and pepper, and mix thoroughly.
2. Fill the grape leaves with meat mixture and roll them up like eggrolls.
3. Prepare a Dutch oven or heavy-bottomed deep pan on a burner over medium heat, and pour in the olive oil.
4. Layer the lamb bones or chops in the pot, and arrange the tomato slices over the lamb bones.
5. Place the rolls, seam side down, in a layer over the tomatoes. Add the garlic cloves randomly between the rolls. Make sure the rolls are tightly packed into the pot.
6. Pour the lemon juice over the rolls.
7. Add enough water to cover up to 2 inches above the layered rolls. Place a heatproof plate over the rolls to keep them in place.
8. Bring everything to a simmer.
9. Continue cooking over low heat until the rice and meat are done (about 1 hour).
10. May be served with pita bread, if desired.



## **Tahini Dip/Sauce**

*Serves: 1-2*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

2-3 tablespoons tahini paste  
½-1 cup lemon juice, freshly squeezed  
2 gloves garlic, crushed  
Salt, to taste

### ***Directions***

1. Place the ingredients, using ½ cup of lemon juice, in the blender and pulse until smooth.
2. Adjust the flavor and consistency by adding salt, tahini, or the rest of the lemon juice, if needed.



## **Garlic Sauce (Aka Toum)**

*Serves: 1-2*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

3 heads of garlic, peeled

1 teaspoon of salt

4-5 cups light vegetable oils (such as safflower, sunflower or canola, NOT olive oil)

Juice of 1 lemon

NOTE: Heavy oils like olive or avocado oil will cause the taste to be too bitter.

### ***Directions***

1. Pound the salt and garlic in a mortar and pestle or food processor until it looks pasty.

2. Add the oil gradually in a thin stream, about  $\frac{1}{2}$  a cup at a time, alternating with about  $\frac{1}{2}$  teaspoon lemon juice, mixing and crushing to make a suspension.
3. Continue this pattern until a paste is formed. Be careful not to add too much oil or juice that the consistency turns runny and no longer paste-like.



# Soups



## Red Lentil Soup

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients***

- 6 cups chicken or vegetable stock
- 2 cups red lentils
- 1 medium-sized potato, peeled and quartered
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 large onion, chopped
- 1 small carrot, peeled and thinly sliced
- 1 tablespoon ground cumin, or to taste
- 1 teaspoon Lebanese 7-spice (optional)
- ½ teaspoon cayenne pepper

¾ cup fresh lemon juice

***Directions***

1. Place the stock, lentils, and potato in a pot or large saucepan and bring it to a boil.
2. Reduce the heat to a simmer and continue cooking for 20 minutes.
3. In a skillet, heat the olive oil over medium heat and sauté garlic, onion, and carrot until tender (about 3 minutes).
4. Add the sautéed vegetables to the soup, along with the cumin, Lebanese 7-spice, and cayenne pepper. Continue simmering for another 10 minutes.
5. Use an immersion blender to smooth, or carefully transfer the soup to a blender and pulse until you reach the desired texture.
6. Stir in the lemon juice and serve hot.



## Lebanese Chicken and Vegetable Soup

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 1 hour and 3 minutes*



### ***Ingredients***

- 8 cups chicken stock
- 2 chicken breasts
- 1 cinnamon stick
- 2 bay leaves
- 1 medium onion, finely chopped
- 1 cup finely chopped parsley
- 3 tomatoes, chopped
- ½ teaspoon allspice
- ½ cup egg vermicelli, crushed
- Salt and pepper to taste

### ***Directions***

1. Place the chicken stock, chicken breasts, cinnamon stick, and bay leaves in a pot and bring it to a boil.
2. Reduce the heat, cover, and simmer for 30 minutes.
3. Remove the chicken to a cutting board, and discard the cinnamon and bay leaves.
4. Add the onion, parsley, and tomatoes to the stock and bring it back to a simmer.
5. Meanwhile, shred the cooled chicken breast with forks or a knife.
6. Put the shredded chicken back into the simmering stock, together with the allspice, salt, and pepper. Simmer for another 20 minutes.
7. Add the vermicelli, and cook 3 minutes more.
8. Serve hot.



# Salads



## **Parsley, Tomato & Onion (Tabouleh) Salad**

*Serves: 4-6*

*Preparation Time: 40 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

- $\frac{1}{3}$  cup bulgur wheat #2, soaked in cold water for 20 minutes, drained
- 2 medium tomatoes, finely diced
- 3 cups fresh flat-leaf parsley, finely chopped
- $\frac{1}{2}$  cup fresh mint, finely chopped
- $\frac{1}{2}$  seedless English cucumber, peeled, cored, and cut into  $\frac{1}{4}$ -inch pieces
- Salt and pepper, to taste
- 3-4 tablespoons olive oil
- $\frac{1}{3}$  cup fresh lemon juice
- 4-6 pieces freshly warmed pita bread
- Center leaves of romaine lettuce, washed thoroughly and dried

### ***Directions***



1. Wrap the drained bulgur wheat in a thick towel and squeeze off any excess water.
2. Using a wooden spoon or your hands, gently mix together the bulgur, tomatoes, parsley, mint, cucumber, salt, and pepper in a large bowl.
3. Gradually add the olive oil and lemon juice until the desired taste is achieved. Too much lemon juice will make it too tart, and too much oil will make it slushy.
4. Cover, and let it stand for 30 minutes.
5. Serve with pita and romaine lettuce for scooping.



## Lebanese Salad with Pita Crisps (Fattoush Salad)

*Serves: 2-3*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

2 cups lettuce, washed, dried and shredded

1 cup cucumber, finely diced

1 large tomato, chopped

½ cup parsley leaves, chopped

¼ cup mint leaves, chopped

1 green pepper, diced

2 radishes, thinly sliced

⅓ cup green onions, finely sliced

½ teaspoon sumac

2 pieces of pita bread, broken and toasted into crisps

### **For the dressing**

½ cup lemon juice

½ cup olive oil  
3 cloves garlic, finely chopped  
Salt and pepper, to taste

***Directions***

1. Combine the ingredients for the dressing and set it aside to allow flavors to develop.
2. Toss the salad ingredients together in a large bowl.
3. Add ½-1 cup dressing.
4. Serve.



## Lebanese Chicken (Meshwe) Salad

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 3 minutes*

### ***Ingredients***

1 tablespoon olive oil

1 cup cherry tomatoes, halved

4 mushrooms, sliced

¼ teaspoon Lebanese 7-spice mix

1 cup precooked lentils

1 medium carrot, peeled and grated

1 small cucumber, sliced

1 small red onion, sliced

1 bell pepper, deseeded and sliced

8 ounces grilled or roast chicken, shredded or chopped

½ cup feta cheese, crumbled

1 cup lettuce, shredded

Juice of 1 lemon

### **For the dressing**

½ cup plain yogurt

½ teaspoon Lebanese 7-spice

1 clove garlic, minced

Freshly ground black pepper

### ***Directions***

1. Mix dressing ingredients together and set it aside.
2. Heat a skillet over medium heat and add the olive oil, tomatoes and mushrooms. Sauté until they are tender (about 3 minutes).
3. Add spice and stir in the lentils to heat through.
4. Transfer the mixture to a bowl and add the carrot, cucumber, red onion, and bell pepper.
5. Add the dressing, chicken, and feta.

6. Top with lettuce and drizzle with lemon juice.





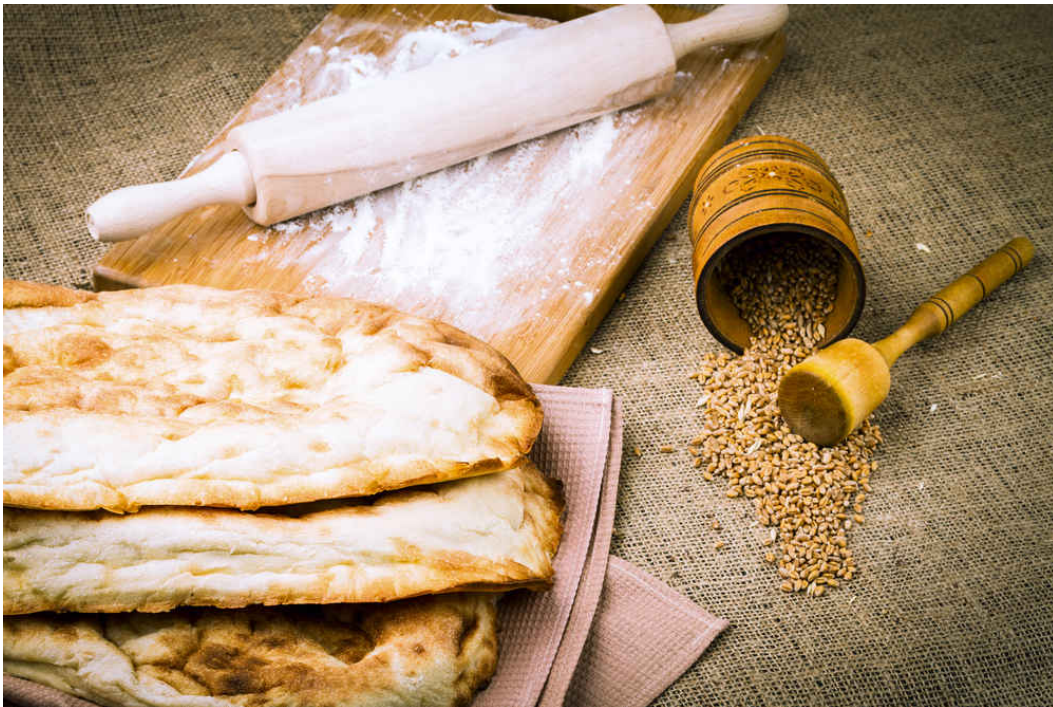
# Sandwiches

# Basic Pita Bread Recipe

*Serves: 3*

*Preparation Time: 5 minutes*

*Cooking Time: 8 minutes*



## ***Ingredients***

2 tablespoons warm water

½ teaspoon sugar

½ teaspoon dry yeast

¾ cup whole wheat flour

Salt to taste

2 teaspoons olive oil

Whole wheat flour for dusting

## ***Directions***

1. Mix warm (not hot and not cold, or else yeast will not be activated) water, sugar, and yeast in a small bowl. Cover and let it stand for about 5 minutes.

2. Place the flour and salt in a large bowl and mix. Add the yeast mixture and mix slightly.
3. Knead in the olive oil. Sprinkle with water if necessary, to get a soft dough consistency.
4. Cover with a wet kitchen towel and let it expand to double its size (about 30 minutes).
5. Punch the dough down and knead it to remove any large air bubbles.
6. Divide the dough into 3 equal parts and form them into balls.
7. Roll out each ball of dough to about 7 inches in diameter and ¼-inch thickness.
8. *To cook on griddle:* Heat a non-stick griddle and cook the pita on both sides until it is blistered (about 1 minute on each side). Remove it from the pan with a pair of tongs and hold it over the flame, until the pita puffs up and develops brown spots.
9. *To grill:* Light the charcoal and let it burn until you see the grey ash covering it. Spread out the coals over the coal grate. Put the grate in place and cover grill. After preheating for about 5 minutes, place the pita on clean, greased grilling grate. The pita is ready when it becomes pliable (about 30 seconds per side).
10. If pita pockets are desired, cut cooked pita loaves horizontally.



## Falafel Sandwich

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

4 pieces pita bread, warmed or freshly cooked

8 [falafel patties/balls](#), freshly fried and still warm

[Tahini sauce](#)

Hot sauce (optional)

1 medium onion, sliced

2 small tomatoes, quartered

[Pickled turnip](#)

Fresh mint, parsley, cilantro, chopped

### ***Directions***

1. Line a plate with foil or sandwich paper, large enough to wrap the pita when it is rolled.
2. Place the pita on the lined plate.
3. Place two warm fried falafel on center of the pita and press down to flatten or spread them.
4. Top the falafel with 2 wedges of tomato, a few slices of onion, pickled turnip, and a sprinkling of herbs.
5. Top with tahini sauce and a few drops hot sauce (optional).
6. Roll and wrap snugly with foil or sandwich paper.



## Shish Kebab Sandwich

*Serves: 4-5*

*Preparation Time: 35 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

4-5 pieces grilled pita bread

2 medium tomatoes, diced

½ small onion, sliced thinly

[Yogurt with cucumber](#)

Chopped parsley, for garnish

### ***For the kebab filling:***

1 pound ground lamb leg (with fat) or 1 pound ground chuck

1 small red onion, finely minced

2 cloves garlic, finely minced

1 tablespoon red wine vinegar

1 egg, lightly beaten

⅓ cup dry breadcrumbs



2 tablespoons thick, plain yogurt  
1 teaspoon dried oregano  
½ teaspoon ground cumin  
¼ teaspoon ground cinnamon  
¼ teaspoon ground allspice  
¼ teaspoon ground cayenne pepper  
Salt and pepper

### ***Directions***

1. Combine all the filling ingredients in a bowl and mix thoroughly.  
Shape the filling into 5-inch long sausages. Cover and chill for 1 hour.
2. Preheat oven to 400°F and prepare a baking sheet with aluminum foil.
3. Bake the kebab “sausages” until browned and cooked through (about 15 minutes).

### ***To assemble the sandwich***

4. Place a grilled pita on a plate.
5. Arrange 2 kebabs at the center of pita, vertically, and top with a few slices of tomato and onion.
6. Add about a tablespoon of yogurt cucumber sauce.
7. Sprinkle with parsley and roll it up snugly.
8. Wrap half of the roll with foil (to secure the sandwich and to catch any drips), and serve.



## Chicken Shish Taouk Sandwich

*Serves: 4-5*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

4-5 pieces cooked or grilled pita bread

2 cups [shish taouk](#)

2 tablespoons [garlic sauce](#)

2 small tomatoes, diced

½ onion, finely sliced

[Pickled turnip](#) (optional)

Lemon wedges

### ***Directions***

1. Place one piece of grilled pita on a plate.
2. Spread 1 teaspoon garlic sauce, vertically, down the center.
3. Add some tomato, onion, and pickled turnip (optional).
4. Top with about 2-3 tablespoons shish taouk.
5. Roll up the sandwich and secure the bottom with foil or sandwich paper.
6. Serve with lemon wedges and the salad of your choice.



## Beef Shawarma Sandwich

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 large onion, sliced, drained

5 tablespoons sumac

¼ cup red wine vinegar

6 pieces warmed or grilled pita bread

$\frac{1}{3}$  cup [tahini sauce](#)

2 small tomatoes, diced (optional)

$\frac{1}{2}$  cup [pickled turnip](#) (optional)

$\frac{3}{4}$ -1 cup shredded [beef shawarma](#), warmed or freshly cooked

1 cup fresh parsley, chopped

### ***Directions***

1. In a small bowl, mix together the onion, sumac, and vinegar. Let sit for at least 15 minutes, and then drain the liquid.
2. Place a piece of pita on a plate, and spread tahini sauce over it.
3. Add a few pieces onion, tomato (optional), and turnip (optional).
4. Add about 2 tablespoons beef shawarma.
5. Roll up the sandwich and secure the bottom half with foil or sandwich paper.
6. Serve immediately.





## Avocado, Tahini and Sumac on Toast

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 1-3 minutes*



### ***Ingredients***

- 1 avocado, peeled, pitted, sliced thinly
- 2 slices toasted bread
- 2 tablespoons tahini, well stirred
- 2 teaspoons lemon juice, plus extra for sprinkling
- ¼ teaspoon salt plus extra for sprinkling
- ¼ teaspoon dried thyme, crumbled into a powder
- Olive oil, for drizzling (optional)
- Salt and black pepper
- Dash of sumac

### ***Directions***

1. Sprinkle the avocado with a little lemon juice to prevent discoloration.
2. Mix the tahini, lemon juice, salt, and thyme until it has a spreadable consistency.
3. Spread tahini mixture over the toast, and arrange the avocado slices on top.
4. Drizzle with olive oil (optional).
5. Sprinkle with salt, pepper, and sumac.



## Halloumi Cheese Sandwich

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

4 pieces grilled pita bread

1 pound *halloumi* cheese, sliced ¼-inch thick

2 small tomatoes, sliced crosswise ¼-inch thick

1 small red onion, thinly sliced

1 small head red leaf lettuce, rinsed and dried

1 cup [yogurt-cucumber sauce](#)

½ cucumber, peeled and sliced thinly (optional)

Pickled turnip (optional)

### ***Directions***

1. Grill the pitas and cheese over medium heat. The pitas should be ready after grilling 30 seconds on each side, while the cheese will take 2-3 minutes per side.
2. Place the grilled halloumi on pita.

3. Top with tomato, onion, lettuce, and yogurt-cucumber sauce. Sliced cucumber and pickled turnip may also be added, if desired.
4. May be served open-faced or rolled up like a burrito.



# Lebanese Tuna Sandwich

*Serves: 8-10*

*Preparation Time: 5 minutes*

*Cooking Time: 53 minutes*

## ***Ingredients***

3 large sweet onions, thinly sliced

1/3 cup vegetable oil

Salt and pepper, to taste

1/3 cup pine nuts

4 (6 ounce) cans tuna packed in or in water, drained well and flaked

2/3-1 cup [tahini sauce](#), divided

6-8 pieces pita bread, warmed or grilled, quartered and cut into pockets

1 cup fresh flat-leafed parsley leaves, finely chopped

## ***Directions***

1. Heat the oil in a heavy skillet over medium heat. Drop in the sliced onions and let them cook for 50 minutes, stirring occasionally. The onions should be golden brown and crisp. Drain them on paper towels, and season with salt and pepper. Place them in a serving dish.
2. In the same skillet, reduce the heat to medium low and cook the pine nuts until golden in color, stirring frequently. Remove them from the oil and drain on paper towels. Place them in a separate serving dish.
3. Combine the drained tuna flakes and half the dressing, mixing thoroughly. Place them in a third serving dish. Place the remaining dressing in a small bowl for serving.
4. Allow guests to assemble their own sandwiches by placing tuna filling in pita pockets, adding crisp onion, pine nuts, and chopped parsley, then drizzling with dressing.





# Lebanese Hamburger

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 8-12 minutes*



## ***Ingredients***

Oil, for brushing

6 hamburger buns, split

## ***Za'atar cucumbers***

1 English cucumber, cut in ¼-inch thick slices on the diagonal

2 teaspoons [za'atar seasoning](#)

### Red Pepper Spread (Muhammara)

1 cup jarred roasted red peppers, drained  
1/3 cup walnuts, toasted  
1 tablespoon pomegranate molasses (optional)  
2 cloves garlic, chopped  
2 tablespoons lemon juice  
1/4 cup extra-virgin olive oil

### For the burger patties:

1 1/2 pounds ground chuck  
1/2 cup fine grind bulgur wheat, soaked in 1/2 cup warm water for 30 minutes, drained  
1/4 cup yellow onion, finely chopped  
1/4 cup pine nuts, toasted and finely chopped  
1 1/2 teaspoons ground cumin  
1/2 teaspoon ground allspice  
2 teaspoons salt  
1/4 teaspoon freshly ground black pepper

### **Directions**

1. To make the za'atar cucumbers, toss the cucumber slices in za'atar spice to coat. Set them aside.
2. To make the red pepper spread, combine all the ingredients in a blender and puree. Set it aside.
3. Preheat a grill to medium heat.
4. To prepare the meat patties, mix all the patty ingredients together. Do not overmix, so as not to make the meat too sticky. Divide the mixture into six portions, and shape it into patties.
5. Brush oil on the grill rack and grill the patties. Turn the patties over only once, cooking for 4-6 minutes, depending on desired doneness. Place the buns on the rack edges to toast it lightly.
6. To assemble the burgers, spread red pepper spread over the bottom pieces of the buns. Add a patty and top with za'atar cucumbers. Place the bun tops on, and serve.



# **Lebanese Pizza (Manakeesh)**

## **Basic Homemade Lebanese Pizza Dough**

*Serves: 15-16*

*Preparation Time: 50-55 minutes*

*Cooking Time: 10-15 minutes*

### ***Ingredients***

2 cups flour

1 tablespoon active dry yeast

1 teaspoon sugar

½ cup warm water

3 tablespoons vegetable oil

½ teaspoon salt

### ***Directions***

1. In a large bowl, combine the flour, yeast, and sugar.
2. Add the warm water and mix. Do not knead.
3. Stir in the vegetable oil and salt, and knead the mixture until it is smooth and the edges detach from the bowl (about 5 minutes).
4. Cover and allow it to proof for 45 minutes.
5. Preheat the oven to 400°F and prepare baking sheets lined with parchment paper.
6. After the dough is finished proofing, knead it a few times to release any trapped air.
7. Divide the dough into balls, depending on the required size (15 small, 4 medium, or 2 large pizzas).
8. Spread each ball of dough into a thin circle with a rolling pin.
9. Place the crusts on the prepared baking sheets and cover them with your toppings.
10. Bake for about 10-15 minutes, or as directed by recipe.
11. The pies are ready when the crust edges are golden.



## Spicy Meat Pizza (Lahm Bi Ajin Manakeesh)

*Serves: 15*

*Preparation Time: 15 minutes*

*Cooking Time: 35-40 minutes*



### ***Ingredients***

2 tablespoons olive oil

1 onion, chopped

3 cloves garlic, chopped

Hot chili pepper, to taste

1 tablespoon paprika

1 tablespoon Lebanese 7-spice blend

1 pound ground beef or lamb (or a mixture of both)

½ bunch parsley, finely chopped

½ bunch cilantro, finely chopped

2 tomatoes, finely diced

Salt and pepper

1 cup toasted pine nuts, for garnish

### ***Directions***

1. Prepare a batch of [Basic Homemade Lebanese Pizza Dough](#), for 15 small pizzas.
2. While it is proofing, heat the olive oil and sauté the onion and garlic until they are fragrant and translucent (about 3 minutes).
3. Stir in the chili pepper and 7-spice blend, cooking 2-3 minutes more.
4. Add the meat and stir, breaking it up with the spoon, until slightly browned. Stir in the herbs and tomatoes, and season with salt and pepper.
5. Simmer for 15 minutes, stirring occasionally.
6. Remove the skillet from the heat, and divide the mixture among 15 small pizza dough circles, spreading it and pressing it down with the back of a spoon.
7. Toast the pine nuts by stirring them in a hot skillet until they are golden. Sprinkle them on top of the pizzas.
8. Bake at 400°F for 10-15 minutes, or until the edges of the crusts are golden.





## Lebanese Veggie & Cheese Pizza

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 10-15 minutes*



### ***Ingredients***

Dough for 1 pizza crust, 10 inches in diameter and 1/8-inch thick

1 1/2-2 tablespoons za'atar-oil mixture (below)

1/2 small red onion, peeled and finely sliced

1/2 red bell pepper, seeded, cut into bite-sized pieces

2 medium tomatoes, sliced

1 zucchini, thinly sliced (optional)

1/2-1 cup [labneh](#) or crumbled feta

1/4 cup fresh flat-leaf parsley, coarsely chopped

2 tablespoons mint leaves, chopped

### **Za'atar oil mixture**

8 tablespoons [za'atar](#)

½ cup extra-virgin olive oil

***Directions***

1. Preheat oven to 400°F.
2. Prick the dough with a fork or dimple it with your knuckle.
3. Combine the oil and za'atar in a bowl, and brush it evenly over the dough.
4. Distribute the onions, bell pepper, tomato and zucchini over the dough.
5. Bake pizza until edges of dough are golden (about 10-15 minutes).
6. Dot with cheese and sprinkle with parsley and mint.



## Cheese Manakeesh

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 15-20 minutes*



### ***Ingredients***

4 small pieces pizza dough

[Zaatar oil mixture](#) for brushing (optional)

1 cup mozzarella cheese, shredded

1 cup halloumi cheese, shredded

### ***Directions***

1. Preheat the oven to 400°F.
2. Brush the za'atar oil mixture over the pizza dough (optional).
3. Top with mozzarella and halloumi cheeses.
4. Bake until the edges of the dough are golden and the cheese is melted (15-20 minutes).



## **Lamb Pizza (Kafta Manakeesh)**

*Serves: 4-8*

*Preparation Time: 25 minutes*

*Cooking Time: 7-8 minutes*



### ***Ingredients***

4 pieces pita bread

1 pound ground lamb



1 teaspoon garlic powder  
1 tablespoon ground coriander  
1 tablespoon ground cumin  
Salt and pepper  
1 tablespoon olive oil  
2 tablespoons pine nuts  
1 cup shredded mozzarella (optional)

For garnish

$\frac{3}{4}$  cup [yogurt sauce](#)  
 $\frac{1}{2}$  red onion, finely sliced  
 $\frac{1}{2}$  cup arugula

***Directions***

1. Preheat the oven to 400°F, and line 2 baking trays with parchment paper.
2. Place the pita circles on the lined trays.
3. In a bowl, combine the lamb, garlic powder, coriander, cumin, salt, and pepper. Use clean, damp hands to mix the ingredients together.
4. Spread the mixture on the pitas, leaving about  $\frac{1}{2}$ -inch allowance around the edges. Brush the edges with olive oil.
5. Scatter pine nuts over the pizzas and press them down slightly into the dough with a fork or the back of a spoon.
6. Sprinkle with mozzarella (optional), and bake for about 7-8 minutes.
7. Remove the trays from the oven, and top the pitas with onion slices and arugula.
8. Drizzle with yogurt sauce and serve.





# Beef

## Roast Marinated Beef (Shawarma)

*Serves: 6-8*

*Preparation Time: 20 minutes plus overnight marinating time*

*Cooking Time: 2 hours*



### ***Ingredients***

2 pounds beef (fatty cuts like butter steak or steak cut), cut into 4-inch x ½-inch pieces

¼ cup of olive oil

[Tahini sauce](#)

### **Beef Shawarma Marinade:**

8 cloves of garlic

½ cup of freshly squeezed lemon juice

¼ cup of red vinegar

1 teaspoon cloves

½ teaspoon cumin

½ teaspoon caraway  
½ teaspoon cardamom  
½ teaspoon of oregano  
½ teaspoon thyme  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon of cayenne pepper  
¼ teaspoon ground ginger  
Salt and pepper

### ***Directions***

1. Place the marinade ingredients in a blender or food processor, and run it for about 2 minutes.
2. Rub some of the marinade on the beef, alternating the spice with olive oil. Massage the oil into the meat before adding more spice.
3. Cover the beef and let it marinate overnight.
4. When beef is ready, preheat oven to 270°F.
5. Prepare a glass baking tray with cooking spray and spread a little marinade on the bottom.
6. Arrange the beef in a single layer in the pan and cover it with aluminum foil.
7. Bake for 2 hours or until the beef is tender.
8. Shred or thinly slice the beef and serve it hot with tahini sauce.



## Lebanese Beef Kebabs (Kofta)

*Serves: 2*

*Preparation Time: 20 minutes*

*Cooking Time: 4 minutes*



### ***Ingredients***

8 ounces ground beef chuck, cold

2 tablespoons parsley, finely chopped, left exposed to air dry

2 tablespoons sun-dried tomatoes, finely chopped

2 tablespoons “fruity” pepper (like Marash, Antebi or Aleppo)

¼ teaspoon ground allspice

¾ teaspoon dried mint

½ teaspoon ground cumin

½ teaspoon ground coriander

¼ teaspoon ground cinnamon

½ medium onion, grated, drained well in a strainer

1 egg, beaten

¼ cup breadcrumbs  
Salt and pepper  
2 large onions, cut into large chunks  
8 small tomatoes, halved

***Directions***

1. Preheat a grill to medium heat.
2. Combine all the ingredients thoroughly in a large bowl EXCEPT tomatoes and onions chunks.
3. Shape about a tablespoon of the beef mixture around one skewer. Alternate meat on the skewers with a piece of onion, then another tablespoon of the beef, tomatoes and meat again The recipe should make about 8-10 skewers.
4. After wrapping the meat and vegetables around the skewers, cover and let them set in the refrigerator for about 1-2 hours.
5. Cook over the grill, turning frequently, until cooked though, and slightly charred (about 4-6 minutes).





## Grilled Lean Beef (Shish Kebab)

*Serves: 6-8*

*Preparation Time: 30 minutes plus overnight marinating time*

*Cooking Time: 6-8 minutes*



### ***Ingredients***

#### ***For the marinade:***

5 cloves of garlic, minced

Salt and pepper

½ cup freshly-squeezed lemon juice

¼ cup extra virgin olive oil

1 teaspoon crushed red pepper flakes

1 tablespoon dried mint, crushed finely

½ small onion, finely chopped

1 jalapeño pepper, seeded and chopped

¼ cup Worcestershire sauce

½ tablespoon hot sauce, or to taste

*For the kebabs:*

2 medium sweet yellow onions, quartered

2 bell peppers, cut into large pieces

2 cups cherry tomatoes

3 ½ pounds beef sirloin, cut into large even cubes

Olive oil for brushing

***Directions***

1. In a blender, combine the garlic, salt, pepper, and lemon juice, and pulse until the mixture is almost homogenous.
2. Add the rest of the ingredients and run briefly to mix.
3. Divide the marinade into two.
4. Use one half to marinate the beef. In the other part, marinate the onion, bell peppers, and tomatoes. Refrigerate overnight.
5. When the marinated beef and vegetables are ready, preheat the grill to medium. If you are using wooden skewers, soak them in water for 20 minutes before using them, to prevent burning.
6. Thread the skewers, alternating meat with vegetables.
7. Brush them with olive oil.
8. Grill until the meat is of the desired doneness (about 3-4 minutes each side).



# Chicken

## Roasted Marinated Chicken (Shawarma)

*Serves: 4-6*

*Preparation Time: 10 minutes plus overnight marinating*

*Cooking Time: 10 minutes*



### ***Ingredients***

6 boneless, skinless chicken thigh fillets

[Yogurt Sauce](#)

### **Chicken Shawarma Marinade**

2 cloves garlic, minced

1 tablespoon ground coriander

1 tablespoon ground cumin

1 tablespoon ground cardamom

½-1 teaspoon ground cayenne pepper

2 teaspoons paprika

Salt and pepper

2 tablespoons lemon juice  
3 tablespoons olive oil

***Directions***

1. Mix the marinade ingredients together in a shallow container with a lid, or a resealable bag.
2. Add the chicken and marinate overnight.
3. When you are almost ready to cook, preheat the grill to medium.
4. Grill the chicken about 4 minutes on one side and 2-3 minutes on the second side. It should be slightly charred.
5. Remove the meat from the grill. Cover it loosely with foil, and let it sit for 5 minutes.
6. Pull the flesh apart with forks, or slice it thinly with a knife.
7. Serve with yogurt sauce and a salad of your choice.





## Lebanese Chicken Cutlet with Citrus Sauce

*Serves: 4-6*

*Preparation Time: 15 minutes plus 30 minutes setting time*

*Cooking Time: 12 minutes*



### ***Ingredients***

4-6 boneless, skinless chicken breast halves, trimmed and pounded to ½-inch thickness

Salt and pepper

1 large egg, lightly beaten

¼ cup [labneh](#)

1 cup fresh breadcrumbs

½ cup walnuts, finely ground

1 tablespoon garlic, minced

¼ cup olive oil

¼ cup orange juice



1 cup chicken broth

1 medium orange, peel grated for zest, pith removed, cored and cut into sections

1 large lemon, peel grated for zest, pith removed, cored and cut into sections

¼ cup toasted pine nuts

### ***Directions***

1. Season the chicken evenly with salt and pepper.
2. Mix the egg and labneh together in a shallow bowl to make a wet mixture.
3. Combine the breadcrumbs, walnuts, and garlic to make a dry mixture, and spread it in a shallow dish.
4. Dip the chicken in the wet mixture, draining off any excess, and then into the dry mixture. Press the coating so it clings to the surface of the chicken.
5. Cover and refrigerate for the coating to set (at least 30 minutes).
6. Heat the oil in a non-stick skillet over medium heat.
7. Fry the cutlets until they are golden brown (about 4-5 minutes on each side).
8. Remove them from the pan and drain on paper towels. Transfer them to a serving dish and keep them warm.
9. Wipe out the pan, and add the orange juice and broth. Bring the liquid to a boil.
10. Cook, stirring occasionally, until it is slightly thickened (about 5 minutes).
11. Reduce the heat to low.
12. Stir in the orange and lemon zest and sections as well as the pine nuts. Cook until it is heated through.
13. Spoon the sauce over the cutlets and serve immediately.



## Lebanese-Style Roast Chicken

*Serves: 6*

*Preparation Time: 20 minutes plus 1 hour marinating time*

*Cooking Time: 1 hour 20 minutes*



### ***Ingredients***

1 whole chicken

2 cloves of garlic, peeled and crushed

1 ½ teaspoons salt

1 tablespoon ground coriander

Juice of 1 lemon

3 tablespoons olive oil

Freshly ground black pepper

### ***Directions***

1. Combine the garlic, salt, and coriander in a mortar and pestle, food processor or grinder, and mix well.
2. Stir in the lemon juice and olive oil.
3. Rub the mixture all over the chicken and let it marinate in the refrigerator for at least 1 hour.
4. Preheat the oven to 450°F.
5. Place the chicken in a roasting pan, breast side down, and sprinkle it generously with freshly ground black pepper.
6. Roast for 10 minutes. Reduce the heat to 325°F and continue roasting for 20 minutes per pound of chicken, or until browned (1 hour for a 3-pound chicken).
7. Turn the chicken over and continue roasting until the breast side is browned as well (about 10 minutes). The chicken is done when it is golden brown and the juices run clear.
8. Let it rest for 10 minutes before carving.



## Shish Taouk (Grilled Chicken)

*Serves: 4-5*

*Preparation Time: 20 minutes plus 4 hours marinating time*

*Cooking Time: 6-9 minutes*



### ***Ingredients***

8-10 pieces skinless boneless chicken breast, cut into cubes

#### [Garlic sauce](#)

Tomato, diced (optional)

[Pickled turnip](#) (optional)

#### For the marinade:

1 cup freshly squeezed lemon juice

12 cloves garlic, crushed

6 tablespoons plain yogurt

6 tablespoons olive oil

2 tablespoons red vinegar  
2 teaspoons ground white pepper  
½ teaspoon ground ginger  
½ teaspoon ground thyme  
½ teaspoon ground oregano  
⅓ teaspoon paprika  
Salt, to taste  
1 teaspoon tomato paste

***Directions***

1. Combine the ingredients for the marinade, and mix well.
2. Add the chicken, and turn to coat it in the marinade. Cover, and refrigerate for 4 hours.
3. Preheat a grill to medium heat.
4. Thread chicken cubes on pre-soaked wooden skewers, and grill for 6-9 minutes per side.
5. Serve immediately, or place them in a warm pot, covered, for 8 minutes. The chicken will absorb the vapors and become more tender.
6. Serve with garlic sauce, tomato and/or pickled turnip on the side, if desired.





**Lamb**

## Spicy Lamb Sausages

*Serves: 4*

*Preparation Time: 5 minutes plus overnight refrigeration*

*Cooking Time: 10 minutes*



### ***Ingredients***

- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon sweet paprika
- 1 teaspoon freshly grated nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon crushed cherry seeds or *mahlab*
- 1 pound minced lamb shoulder
- Salt and pepper
- 2 tablespoons red wine
- ¼ cup pine nuts
- Olive oil, for frying
- Juice of ½ a lemon
- Pita bread

## Lemon wedges

### ***Directions***

1. Combine the cinnamon, ginger, paprika, nutmeg, cloves, mahlab, minced lamb, salt, pepper, and red wine. Mix well.
2. Fry a small amount of the mixture. Taste it, and adjust the flavor accordingly.
3. Add the pine nuts and mix well.
4. Cover, and refrigerate the mixture overnight.
5. Moisten your clean hands, and shape the meat into sausages (like chipolata).
6. Heat the olive oil in a skillet, and fry the sausages until they are evenly browned and cooked through. While they are in the pan sprinkle, them with lemon juice.
7. Serve hot, with pita bread and lemon wedges.



## Lamb Kofta

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 10-15 minutes*



### ***Ingredients***

1 ½ pounds lean ground lamb or ½ pound lamb plus 1 pound ground beef

2 teaspoons Lebanese 7-spices

1 egg

¼ cup breadcrumbs

2 large onions, finely minced and drained well

¼ cup parsley, destemmed, finely chopped, air-dried for a few minutes

Salt to taste

***Directions***

1. Combine all the ingredients thoroughly in a bowl.
2. Divide the mixture into 4-6 portions, and wrap each around a skewer, or shape them into patties.
3. Chill for 1-2 hours (optional), to set.
4. Grill over medium heat until they are evenly browned and cooked through (about 10-15 minutes).
5. Serve with the salad of your choice.





## Lamb Diamonds (Kibbeh Sinayee)

*Serves: 4-6*

*Preparation Time: 40 minutes*

*Cooking Time: 40 minutes*



### ***Ingredients***

#### ***For the kibbeh pâté***

- ½ head fresh cauliflower
- 1 medium onion, coarsely chopped
- 1 pound ground lamb
- ½ teaspoon allspice
- ½ teaspoon ground cumin
- ½ teaspoon dried mint leaves
- Salt and pepper, to taste

#### ***For the filling***



½ tablespoon lard or ghee  
1 medium onion, finely diced  
2 tablespoons pine nuts  
½ teaspoon ground cumin  
1 pound ground lamb  
Salt and pepper, to taste

### ***Directions***

#### **For the pâté**

1. Chop the cauliflower into pieces, and rice it by pulsing it in a food processor. Do not over process it, or it will become mushy. Transfer it to a bowl and set it aside.
2. Put the rest of the pâté ingredients into the food processor and run until smooth.
3. Add this mixture to the riced cauliflower, and combine well.
4. Cover the bowl and set it aside.

#### **For the filling**

5. Heat the lard or ghee in a large skillet over medium heat.
6. Sauté the onion, pine nuts, and cumin until tender (about 10 minutes).
7. Add the lamb, and season with salt and pepper, breaking the meat up with a wooden spoon while stirring.
8. The mixture is done when the meat is no longer pink. Remove the skillet from the heat and let it cool to room temperature.

#### **To assemble**

9. Preheat the oven to 400°F.
10. Grease a 9-inch round or square pan with non-stick spray.
11. Divide the pâté mixture in half. Spread the first half in the pan. Moisten your hands and press it out evenly.
12. Spread the filling mixture evenly over the pâté layer.
13. Cover the filling with the second half of the pâté, smoothing it over with clean, wet hands.
14. Use a chilled, wet knife to cut the surface in a pattern of diamonds.
15. Bake until browned (35-40 minutes). Let it sit for 5 minutes before slicing.

16. Serve.



# Seafood

## Lebanese Grilled Fish

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 35 minutes*



### ***Ingredients***

2 whole red snappers, cleaned and rinsed

½ teaspoon salt

Oil for brushing

1 lemon, cut into 8 wedges

### **For the garlic rub:**

2 heads garlic, peeled and crushed

1 teaspoon of salt

½ cup olive oil

Juice of 2 lemons

### ***Directions***

1. Wipe the fish dry with paper towels and make a series of ½-inch cuts into the flesh.
2. Season with salt.
3. Prepare the garlic rub by crushing the garlic and salt in a mortar and pestle or spice grinder. Continue crushing, while adding oil gradually in a thin stream. When the oil is fully incorporated, whisk in the lemon juice.
4. Preheat the oven to 400°F.
5. Brush the inside of a sheet of foil with oil, and place the fish at the center.
6. Fill the cuts and the inside of the fish with the garlic rub, and stuff the fish with lemon wedges.
7. Fold the foil over the fish and turn the edges to seal. Place it on a baking sheet or tray.
8. Bake for 30-35 minutes.



## Lebanese Baked Fish

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 40 minutes*

### ***Ingredients***

3 large fish fillets  
2 tablespoons olive oil, divided,  
4 cloves garlic, crushed  
1 cup chopped cilantro  
½ cup tahini  
½ cup lemon juice  
¼ cup pine nuts  
Chili powder, to taste  
Salt, to taste

### ***Directions***

1. Preheat the oven to 400°F.
2. Brush the inside of a sheet of foil with oil and place the fish at the center.
3. Tent the foil over the fish, leaving vents for the steam to escape, and arrange it on a baking sheet or tray.
4. Bake for 20-30 minutes, or until all the liquid has evaporated.
5. Break or cut the fish into bite-sized pieces, and set it aside.
6. In a frying pan, heat 1 tablespoon of oil over medium heat and fry the garlic and cilantro until their juices begin to dry up. Set aside.
7. In a small bowl, whisk the tahini and lemon juice together. It will curdle. If necessary, gradually add small amounts of water while whisking, until it is smooth.
8. Reheat the pan and warm the tahini sauce. Bring it to a simmer and reduce the heat. Stir in the chili powder and salt. Remove it from the heat and set it aside.
9. In a clean, dry skillet, heat the remaining oil and fry the pine nuts until they are golden.



10. Add the fish and tahini sauce and heat through. Serve with the bread of your choice.



# Vegetarian

## Stuffed Eggplant in Red Sauce

*Serves: 4*

*Preparation Time: 25 minutes*

*Cooking Time: 1 hour 40 minutes*



### ***Ingredients***

4 small to medium eggplants, washed and dried

¼ cup olive oil

3 tablespoons sliced almonds

1 large onion, finely chopped

2 cloves garlic, crushed and minced

1 cup vegetable broth

1 (14 ounce) can tomato sauce

1 teaspoon red pepper flakes (optional)

1 ½ teaspoons salt, divided

¾ teaspoon black pepper, divided

½ cup long-grain or jasmine rice, rinsed until water runs clear, and drained well

1 (15 ounce) can chickpeas, drained and rinsed

½ cup golden raisins

1 teaspoon ground allspice

½ lemon

3 tablespoons parsley, chopped

### ***Directions***

1. Preheat oven to 375°F.
2. Cut one end off each of the eggplants and scoop out the insides, leaving about ½ an inch of flesh around the sides. The scooped out flesh can be reserved for other recipes.
3. Heat the oil in a skillet and fry the almonds over medium-high heat until they are golden (about 3 minutes). Remove them from the pan with a slotted spoon and drain them on paper towels.
4. Sauté the onion and garlic, stirring occasionally (about 6 minutes). Remove about half the onion mixture and transfer it to a bowl, together with the almonds. To the remaining mixture in the skillet, add the broth, tomato sauce, red pepper flakes (optional), ½ a teaspoon of salt, and ¼ teaspoon of pepper.
5. Let it simmer, uncovered.
6. While the sauce is simmering, prepare the stuffing. Combine the rice, chickpeas, raisins, allspice, one teaspoon salt, and ½ a teaspoon of pepper to the bowl with the onion mixture and stir well.
7. Stuff the eggplant with the rice-chickpea mixture. Do not pack them too tightly, because the rice expands while cooking.
8. Pour the tomato sauce mixture in a baking dish that will fit your eggplants nicely, and is not too large. Arrange the stuffed eggplants in the sauce.
9. Cover the pan with foil and bake until the rice is done and the eggplant is tender (about 1 ½ hours).
10. Sprinkle with lemon juice and garnish with chopped parsley.



## Lebanese Rice with Vermicelli

*Serves: 4*

*Preparation Time: 20 minutes plus 10 minutes standing time*

*Cooking Time: 20 minutes*



### ***Ingredients***

2 cups uncooked medium-grain rice, rinsed until water runs clear, drained well

Water for soaking rice

2 ½ tablespoons olive oil

1 cup broken vermicelli pasta

3 ½ cups water for cooking rice

Salt, to taste

½ cup toasted pine nuts, for garnish

### ***Directions***

1. Place the drained rice in a bowl. Add enough water to cover it, and soak for 20 minutes. Drain well.
2. Pour the oil in a nonstick pot over medium heat, and toast the vermicelli. Stir continuously to prevent scorching.
3. Stir in the rice and salt.
4. Add 3 ½ cups of water and bring it to a boil. Continue boiling until almost all the water has been absorbed by the rice. Be careful not to burn the rice.
5. Reduce the heat to low and cover the pot. You may need to remove it from the heat for a while if rice begins to scorch.
6. Let it cook for 10-15 minutes. Do not remove the lid during this time.
7. Turn the heat off. Leave the lid on, and let it cook in the residual heat 10-15 minutes longer.
8. Serve garnished with toasted pine nuts.





## Deep Fried Vegetables (Maqaali)

*Serves: 2-3*

*Preparation Time: 15 minutes*

*Cooking Time: 4-8 minutes*



### ***Ingredients***

1 head cauliflower, cut into florets

3 medium eggplants or zucchini

1 tablespoon oregano

¼ teaspoon paprika

¼ teaspoon cayenne pepper, or to taste

### **For the batter (optional):**

¼ cup all-purpose flour

¼ cup cornstarch

½ cup water  
½ teaspoon salt

Oil, for frying

[Tahini dip](#)

### ***Directions***

1. Break or cut the cauliflower into uniform, bite-sized florets. They may be blanched in boiling water and drained beforehand.
2. If you are using eggplant or zucchini, peel it and cut it into 1-inch slices. Sprinkle with salt and let them sit for 30 minutes. Pat them dry with paper towel.
3. In a mixing bowl, toss the vegetables with the oregano, paprika, and cayenne pepper.
4. If you are using a batter, combine the flour, cornstarch, water, and salt, and stir to make a sticky batter. Drop in the vegetables and stir to coat them.
5. Heat about 2 inches of oil in a skillet. Fry the vegetables in batches until the pieces are golden brown (about 4 minutes), and drain them on paper towels.
6. Serve with tahini sauce.



## Pickled Turnip

*Serves: 2*

*Preparation Time: 15 minutes plus 30 minutes cooling time, 2 days for pickling*

*Cooking Time: 2 minutes*



### ***Ingredients***

1 small beet, washed, peeled, and cut into 8 wedges

4 cloves garlic, peeled

2 dried chilies

5 medium turnips, washed, peeled, and sliced

For the brine:

3 cups water  
1 ½ cup white vinegar  
1 ½ tablespoons salt  
1 ½ tablespoons sugar

***Directions***

1. Prepare two 1-quart glass jars with lids. Sterilize them by boiling, or wash them with a sterilizing solution. Set them aside.
2. Distribute the beet slices, garlic, and chilies into the two jars.
3. Add the turnip slices until the jars are packed. Cover and set them aside.
4. Combine the brine ingredients in a saucepan and bring it to a boil.
5. Boil for 2 minutes, and remove it from the heat.
6. Pour the hot brine over the turnips until they are covered. Seal the jars and let them cool.
7. When they have cooled to room temperature, transfer them to the refrigerator.
8. Wait at least 2 days before using them. Keep refrigerated.



# Desserts



## **Baklava**

*Serves: 12*

*Preparation Time: 1 hour*

*Cooking Time: 30 minutes*



### ***Ingredients***

Ground pistachios, for garnish

### **For the stuffing:**

1 cup walnuts or cashew nuts, coarsely ground

1/3 cup pistachios, finely ground  
2 teaspoons sugar  
1 teaspoon orange blossom water  
1/4 teaspoon nutmeg

For the rolls:

1 pack filo dough, thawed  
2/3 cup sweet unsalted butter, melted

Baklava sugar syrup:

1 cup sugar  
3/4 cup water  
1/2 teaspoon lemon juice  
1 teaspoon orange blossom water

***Directions***

1. Preheat the oven to 350°F, and grease a baking tray with butter.
2. In a small mixing bowl, combine the stuffing ingredients together. Set it aside.
3. To make the rolls, lay a sheet of filo on a cutting surface and brush it with butter. Lay another sheet on top and butter that as well. Repeat to make 3 layers.
4. Spoon 4 teaspoons of the stuffing along the width of the dough. Roll it tightly to make a 3/4-inch thick roll. Cut away any excess, to be used to make more rolls.
5. Cut the roll into 2-inch lengths and place the pieces on the baking tray, seam side down. Brush them with butter again. Repeat until all the dough and filling is used up.
6. Bake until the baklava are light golden brown (about 30 minutes). Do not overbake.
7. Meanwhile, prepare the syrup. Mix the sugar with the water in a pot over medium heat. Cook, stirring occasionally, until it comes to a boil. Add the lemon juice and reduce the heat to low. Let it simmer for 10-15 minutes. Turn off the heat and add the orange blossom water. Allow the syrup to cool down.

8. Remove the baklava from the oven and pour a few spoonfuls of syrup over the hot rolls. Garnish with ground pistachios, and let the rolls rest for 45 minutes.
9. Serve.



## Lebanese Cheesecake (Knafeh)

*Serves: 8*

*Preparation Time: 10 minutes plus 12 hours desalting time*

*Cooking Time: 1 hour 50 minutes*



### ***Ingredients***

1 (12 ounce) pack Ackawi or mozzarella cheese, cut into ¼-inch slices

1 stick unsalted butter, cut into chunks

12 pieces bread

2 cups milk

½ cup farina (cream of wheat)

3 pebbles of mastic or Arabic gum (optional)

1 teaspoon sugar

For the syrup:

- 1 ½ cups of sugar
- ¾ cup of water
- 1 teaspoon fresh lemon juice
- 2 teaspoons orange blossom water
- 1 teaspoon rose water

***Directions***

1. Prepare the cheese a day ahead. Place the slices in a bowl and cover them with cold water. Soak for 12 hours, changing the water several times, to desalt the cheese. Drain, and wipe the slices dry with paper towels. Grate them with a food processor and set aside.
2. To make the crust, dry the bread in a 200°F oven for 1 hour. Cool the toast and pulse it in a blender or food processor to make it into coarse crumbs. Add the chunks of butter and pulse to make a moist, crumbly mixture. Press it into the bottom of a pie pan to form the crust.
3. If you are using mastic, pound it in a mortar and pestle with the sugar. Set it aside.
4. Preheat oven to 350°F.
5. Pour the milk into a saucepan and bring it to a boil. While stirring, add the cream of wheat gradually. Cook, stirring constantly, for 3 minutes. Add the grated cheese and stir until the cheese melts. Add the mastic (optional), and stir for a few seconds. Let it cool for a couple of minutes, and then pour it over the crust.
6. Bake until the crust is golden brown (about 40 minutes). Remove it from the oven and let it sit for 15 minutes.
7. Combine the ingredients for the syrup. While the cheesecake is baking, place the sugar, water, and fresh lemon juice in a heavy-bottomed pan. Bring it to a boil and stir to melt the sugar. Boil for about 8 minutes, then remove it from the heat and add the orange blossom water and rose water. Set it aside to cool.
8. After the knafeh has cooled down slightly, flip the baking pan over on serving dish.
9. Serve it hot, with syrup on the side.



## **Conclusion**

As you can see, Lebanese food is well worth the effort it takes to bring it into your household to share with your family and friends. With its exotic tastes and healthy combinations, it is no wonder that this “new” cuisine has so easily won the hearts of Americans. Stepping into the world of Lebanese food is just another step to healthier living as well as broadening your culinary horizons.





**Volume 7: Italian Takeout Recipes**

# ITALIAN

## TAKEOUT COOKBOOK



**EASY ITALIAN RECIPES TO MAKE AT HOME  
INCLUDING PIZZA AND PASTA**



**LINA CHANG**



## **Introduction**

Italian food is a part of American culture. Pizza and spaghetti are the icons of Italian-American cuisine. Though some may not accept Italian-American dishes as authentic, these dishes undoubtedly embody the things that best characterize Italian cuisine – passion, freshness, palatability and simplicity.

Food in Italy has always been regional, with each having its own distinct flavor or method of cooking. Perhaps America has become another “region” with its own distinct style of Italian cooking.

## History

As with other immigrants, Italians, who came as early as 1880, brought their own dishes to the United States. The majority of the immigrants came from the southern parts of Italy such as Calabria, Abruzzi, and Sicily, and have left their mark on Italian-American cuisine.

These newcomers adjusted to the new environment by making use of available resources to create new dishes. Spaghetti with meatballs is one example. Where meat was reserved for special occasions back in Italy, the ready availability of ground beef gave way to the meatball. It was smothered with marinara sauce, which also became the most popular sauce because canned tomatoes were readily available. The same thing happened with spaghetti – one of the few other Italian ingredients then available in the US.

Aside from the immigrants, soldiers coming after World War II began looking for the Italian cuisine which they had sampled while stationed in Italy. This gave rise to more establishments rising to meet this new market.

From the modest pizza from Naples, which usually consisted of basil, garlic, and tomato; American pizza, with tomato sauce and a variety of toppings, has evolved.

American cities now have their own signature “Italian” dishes such as the Philly cheese steak of Philadelphia, the muffuletta sandwich of New Orleans, and chicken tetrazzini, as well as cioppino of San Francisco.

Today, America is willingly embracing authentic dishes as diverse ingredients are now easy to find. Many new restaurants have opened up, selling real Italian food as well as fusion dishes, blending Italian and other American flavors and ingredients.

## **Ingredients**

Olive oil, garlic, and herbs are said to be the basic ingredients in Italian cooking. These, together with the ingredients listed here, will help you begin your Italian cooking journey.

### Balsamic Vinegar (*Aceto Balsamico*)

A sweet-sour vinegar from Italy made from reduced and aged juice of Trebbiano grapes. It is used for marinades, dips, sauces, and salad dressing.

### Basil (*Basilico*)

Preferably fresh. Basil has become known as the herb that is distinctively Italian. Sweet basil is commonly used for sauces, salads, and soups.

### Beans (*Fagioli*)

These are common in soup, pasta, and stews. Popular beans are cannellini (white kidney beans), fava beans, and chickpeas.

### Cheeses (*Formaggio*)

Italian cheeses are very diverse as almost every region in Italy has its own variety. Cheese is used for pasta, sandwiches, pizza, and desserts. Well-known cheeses are Asiago, fontina, Gorgonzola, mascarpone, mozzarella, and Parmigiano-Reggiano (Parmesan cheese).

### Garlic (*Aglione*)

Italians use a lot of garlic for soups, stews, sauces and for grilled meat.

### Herbs (*Erbe*)

Oregano, sage, and thyme are often used to add flavor to dishes.

### Mortar and Pestle

For crushing vegetables and herbs.

### Pasta

Thin sauces are said to go best with thin pasta, while tubular pasta goes well with thicker sauces. More well-known pastas are spaghetti, lasagna, macaroni, fettuccine, rotini, linguine, penne, cannelloni, and rigatoni.

### Olive Oil (*Olio d'Oliva*)

This is a staple of Italian dishes. Oils from different regions have slightly different flavors. Extra-virgin, first- and cold-pressed are said to be high quality. DOP or 'denomination of origin' denotes that it meets the standards of the local government. Extra-virgin is recommended by chefs to be used for dressings and finishing while regular olive oil may be used for longer or high-temperature cooking.

### Rice

*Arborio* or *Carnaroli* are preferred as they have a creamy consistency when cooked, which is desirable in *risotto*.

### Tomato (*Pomodoro*)

Italian-American dishes make more use of canned tomato, tomato sauce, and tomato paste, as these were what Italian immigrants found to be more conveniently available in the past, where the same dishes in Italy would have called for fresh tomato. This may be one of the main differences between Americanized Italian dishes and authentic dishes.

### Wine (*Vino*)

Red and white wines are used to enhance the flavor of dishes. Marsala is a sweet wine used for dishes like Chicken Marsala. It may be substituted with brandy, sherry, or port.

## **Tools and Equipment**

A conventionally well-equipped kitchen is all you need to prepare Italian dishes. To make homemade pasta and pizza dough, some extra equipment may be needed.

### Cheese Grater

Choose one with at least 2 sides and grating sizes. Soft cheese like mozzarella requires a larger grating size, while harder cheese like Parmesan would require a smaller grating size. A rotary grater is also useful, especially for grating large amounts of cheese.

### Garlic Press

This is very handy as Italian cooking requires handling a lot of garlic. The garlic clove can be inserted unpeeled into the press for crushing.

### Knives

Various sizes will come in handy for cutting meat and vegetables.

### Pasta Maker

Recommended, if one intends to make homemade pasta. With this and a good pasta dough, any cook can easily make a variety of pastas using different attachments.

### Pasta Drying Rack

A rack with “arms” for hanging freshly-formed pasta and to help them keep the right shape while drying.

### Pizza Cutter or Pizza Wheel

For convenient cutting of cooked pizza, pastry, or uncooked dough.

### Pizza Peel

A shovel-like tool used for safely and easily putting in or removing the pizza from a hot oven. It is usually made of wood, although it may also be metal.



### Pizza Stone

A kind of cooking surface for pizza dough, made of stone, ceramic, firebrick, or other materials. Although any baking sheet or tray will do, the pizza stone is said to yield a better-tasting and better-textured pizza crust.

### Pot with Draining Basket

For convenient cooking of pasta. After cooking, one can pull out the pasta to drain it quickly.

### Wooden Spoons

Keep many different sizes on hand for mixing sauces, batters, and various other mixtures.

## Cooking Methods

Italian cooking is usually quick and simple, with more focus given to the quality and freshness of the ingredients. Common cooking methods such as boiling, steaming, sautéing, braising, frying, stewing and grilling are used.

The braising of meat is done by cooking slowly in a tight-lidded pot with vinegar, wine, water, broth, or tomatoes. This is done to tenderize the meat and build flavor.

In sautéing, ingredients are cooked in hot oil, and flavors are enhanced by reduction and caramelization. Grapeseed or other cooking oils, not olive oil, are used for deep-frying.

Pasta is made tastier by allowing it to absorb flavor from the sauce. This is done by removing the pasta a minute before it is expected to be done, and cooking it in the sauce with a little of its cooking water for a minute or two. Italians prefer pasta *al dente*, or firm to the bite, so they may cook pasta for a shorter time than indicated in the packaging.

Now that you have your kitchen equipped with the basic ingredients and equipment, it's time to try cooking some truly delicious Italian takeout dishes!



# **Appetizers**

## Mozzarella Sticks

*Serves: 12*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

1 cup Italian style bread crumbs

2 eggs

1 tablespoon milk

1 pound mozzarella cheese, cut into  $\frac{3}{4}$ -inch x  $\frac{3}{4}$ -inch strips

1 cup vegetable oil

Tomato sauce for dipping

Fresh basil for garnish

### ***Directions***

1. In a bowl, whisk the eggs and milk together.
2. Place the bread crumbs in another bowl, or on a tray.
3. Dip the cheese in the egg mixture first, then the bread crumbs.

4. Dip it in the egg mixture and then the bread crumbs a second time, making sure to coat the cheese evenly.
5. Heat the oil in skillet.
6. Fry the cheese until golden brown, about 1 minute on each side. Do not fry too long, or the cheese will leak.
7. Drain on paper towels.
8. Serve with tomato sauce and sprinkle with finely chopped basil.



## Deep-Fried Rice Balls (Arancini Di Riso)

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 cup Italian style seasoned bread crumbs

### **For filling**

2 cups cooked [risotto](#), cooled

½ cup Italian style seasoned bread crumbs

½ cup Parmesan, finely grated

¼ cup fresh basil leaves, finely chopped

2 eggs, beaten

4 ounces Gorgonzola, cut into ½-inch cubes

Vegetable oil, for frying



### ***Directions***

1. Put the bread crumbs in a medium bowl, and set them aside.
2. Combine the risotto, bread crumbs, Parmesan, basil, and eggs.
3. Scoop out about 2 tablespoons of the risotto mixture at a time, and shape it into 1 ¾-inch balls. Dampen your hands so the rice doesn't stick them.
4. Insert a cube of Gorgonzola into each ball, and seal to cover the cheese.
5. Coat the balls with bread crumbs.
6. Fill a heavy-bottomed skillet or saucepan with oil to about 2-3 inches deep.
7. Heat over medium heat until a cube of bread will brown in about 2 minutes (350°F).
8. Fry the balls, turning occasionally, until golden, about 4 to 5 minutes. Do not overcrowd the pan.
9. Drain on paper towels and serve.



## Eggplant Parmesan (Parmigiana Di Melanzane)

*Serves: 6*

*Preparation Time: 20 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

2 eggplants, peeled and cut into ½-inch slices

#### For eggplant slices

1 tablespoon salt, or as needed, preferably kosher or sea salt

1 cup Italian style bread crumbs

¼ cup grated Parmesan cheese

2 eggs, beaten

#### For eggplant parmigiana layers

1 (28 ounce) jar garlic-and-tomato pasta sauce or [homemade pasta sauce](#)

¼ cup grated Parmesan cheese

4 cups or 16 ounces mozzarella cheese, shredded  
½ teaspoon dried basil

***Directions***

1. Sprinkle both sides of each slice of eggplant generously with salt. Place the eggplant slices in a colander and allow them to “sweat” for 1-3 hours.
2. After the standing time, wipe the eggplant slices dry with paper towels.
3. When the eggplant slices are ready, preheat the oven to 350°F and grease a baking sheet.
4. In a bowl, mix the bread crumbs with Parmesan.
5. Dip the eggplant into the beaten eggs and then coat with the breadcrumb mixture.
6. Place the pieces on the baking sheet in a single layer.
7. Bake until lightly browned on both sides (about 6-10 minutes per side)
8. Now prepare to layer the sauce, eggplant, and cheeses.
9. In a 9x13 baking pan, start with a layer of pasta sauce.
10. Follow this with a layer of eggplant.
11. Sprinkle the eggplant with about 1 tablespoon of Parmesan and 1 to 1 ⅓ cups shredded mozzarella.
12. Continue layering, making sure to end with a cheese layer.
13. Sprinkle with basil and bake until the cheese turns golden brown (about 35 minutes).



## **Toast with Olive Oil, Garlic and Tomato (Bruschetta)**

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 baguette, cut in half lengthwise and toasted slightly

¼ cup grated Parmesan cheese

½ cup mozzarella, shredded (optional)

### **For topping**

2 teaspoons minced garlic (fresh or from a jar)

3 tablespoons extra-virgin olive oil

2 ½ cups minced tomatoes, finely chopped

⅓ cup fresh basil leaf, thinly sliced

2 tablespoons balsamic vinegar

½ teaspoon salt

1 teaspoon freshly ground pepper

***Directions***

1. Combine the topping ingredients and let them sit for 15 minutes, to allow flavors to develop.
2. Slice the toasted baguette into sections for serving.
3. Top with tomato mixture and sprinkle with the cheeses, if desired
4. Toast to melt the cheese (about 5-10 minutes).





## Appetizer Platter (Antipasto Misto Italiano)

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

3 cups mozzarella cheese (or cheese of choice like provolone or bocconcini), torn, sliced or cubed

20 slices prosciutto (or other Italian cold cuts like pancetta, pepperoni, salami, capicola, etc.)

3 (8 ½ or 10 ounce) jars of vegetables in olive oil (olive, artichoke, tomato, giardiniera, mushroom, peppers, onions, etc.), drained, oil reserved

3 tablespoons mixed olives

½ cup cherry tomatoes, halved

Parmesan, for shaving

1 loaf ciabatta bread, sliced and toasted

1 clove garlic, crushed into a paste

For basil-flavored oil

1 cup fresh basil, stems removed  
1/8 teaspoon salt  
3 tablespoons reserved oil from the vegetables

***Directions***

1. Arrange the ingredients in small piles on a large plate. The aim is to get a “rustic” look.
2. Sprinkle the cold cuts with some shaved Parmesan.
3. Use a mortar and pestle to crush the basil and salt into a paste. Mix this with some of the reserved oil.
4. Drizzle the basil-flavored oil over the cheese and vegetables. Drizzle more olive oil over the platter, if desired.
5. Rub the garlic on the ciabatta toast and drizzle lightly with olive oil. Add this to the platter and serve. If the meats are cold, allow them to come to room temperature before serving.



# Homemade Toasted Ravioli

*Serves: 6-8*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*



## ***Ingredients***

- 1 (16 ounce) package beef ravioli, fresh or thawed
- 2 cups flour
- 2 large eggs, beaten
- ¼ cup water
- 2 cups Italian bread crumbs
- 1 teaspoon garlic salt
- Vegetable oil, for deep frying
- Marinara sauce for dipping

## ***Directions***

1. Preheat a deep fryer to 350°F.

2. In a bowl, whisk the eggs and water together.
3. In another bowl, combine the bread crumbs and garlic salt.
4. Dip the thawed ravioli in flour, then the egg mixture, and then coat them thickly with bread crumbs. Dip in the egg again, if needed, to coat evenly.
5. Place the coated ravioli on a sheet of aluminum or tray.
6. Fry the ravioli, a few at a time, until golden brown (about 1 minute).
7. Drain on paper towels, and serve with marinara sauce.



# Soups

## Minestrone

*Serves: 8*

*Preparation Time: 0 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

3 tablespoons olive oil

1 small onion, minced

½ stalk celery, minced

4 cloves garlic, minced

1 cup frozen Italian cut green beans

½ cup zucchini, diced



4 cups vegetable broth  
1 (14 ounce) can diced tomatoes  
2 (15 ounce) cans red kidney beans, drained  
1 (15 ounce) can small white beans or great northern beans, drained  
½ cup carrot, julienned  
3 cups hot water  
2 tablespoons fresh parsley, minced  
1 ½ teaspoons dried oregano  
1 ½ teaspoons salt  
½ teaspoon ground black pepper, or to taste  
½ teaspoon dried basil  
¼ teaspoon dried thyme  
4 cups fresh baby spinach or sliced cabbage  
½ cup small shell pasta  
½ cup red wine

### ***Directions***

1. Heat the olive oil over medium heat in a large pot.
2. Sauté the onion, celery, garlic, green beans, and zucchini until the onions begin to turn translucent (about 5 minutes).
3. Add the vegetable broth, drained tomatoes, beans, carrot, hot water, and spices (parsley through thyme).
4. Bring the soup to a boil, then reduce the heat and simmer for 20 minutes.
5. Add the spinach leaves or cabbage, pasta, and red wine.
6. Cook until the pasta has the desired consistency (about 20 minutes).



## Pasta and Beans (Pasta e Fagioli)

*Serves: 6-8*

*Preparation Time: 5 minutes*

*Cooking Time: 30 minutes*



### ***Ingredients***

- 1 tablespoon olive oil
- 1 pound ground beef
- ¼ cup diced pancetta (optional)
- 1 small onion, diced
- 2 small carrots, sliced
- 1 small red bell pepper, diced
- 1 (28 ounce) can diced tomatoes, undrained
- 1 (16 ounce) can white kidney beans, drained
- 2 cups beef stock
- 1 ½ teaspoons oregano
- 1 teaspoon pepper
- 3 teaspoons parsley

1 (10 ounce) jar tomato sauce

1 cup ditalini or pasta of choice, cooked according to packaging instructions

Grated Parmesan

***Directions***

1. Heat the oil and brown the beef in a skillet.
2. Add the pancetta (optional) and sauté until lightly browned.
3. Add the onion, carrots, and pepper and sauté until tender (about 5 minutes).
4. Transfer the mixture to a soup pot, draining away the fat.
5. Add the rest of the ingredients EXCEPT the pasta and Parmesan, and bring them to a boil. Reduce the heat to simmer.
6. Simmer, stirring occasionally, until the vegetables are tender and the soup has the desired thickness (8-10 minutes).
7. Add the cooked ditalini, and cook to heat through (about 1 minute).
8. Serve sprinkled with grated Parmesan.



# Rices

## **Creamy Mushrooms Risotto**

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 30-35 minutes*



### ***Ingredients***

2 cups chicken broth

3 tablespoons unsalted butter, softened

½ small onion, chopped

½ cup Portobello mushrooms, sliced

¾ cup Arborio rice

¼ cup dry white wine

¼ cup Parmesan, finely grated

Salt and freshly-ground pepper, to taste

### ***Directions***

1. Pour the broth into a medium saucepan, and bring it to a simmer.
2. Reduce the heat to low, to keep the broth hot.
3. Melt 2 tablespoons of the butter over medium heat.
4. Sauté the onion and mushrooms until tender (about 3 minutes).  
Remove mushrooms and set them aside.
5. Add the rice and mix well.
6. Add the wine and simmer until almost dry (about 1 minute).
7. Add half a cup of hot broth and cook, with stirring, until it is absorbed by the rice (about 2 minutes). Repeat, half a cup at a time.
8. Allow complete absorption before adding more broth. The rice should be creamy in consistency, but the grains should be tender yet firm to the bite (about 20 minutes).
9. Turn off the heat and stir in the remaining butter, Parmesan cheese, salt, pepper and mushrooms.





# Salads

# Caesar Salad

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*



## ***Ingredients***

### **Caesar Salad Dressing**

2 small cloves garlic, minced

1 teaspoon anchovy paste

Juice of 1 lemon

1 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

1 cup mayonnaise

½ cup freshly grated Parmigiano-Reggiano  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper

### Croutons

2 tablespoons butter  
2 tablespoons extra virgin olive oil  
2 cloves garlic, halved  
3 cups French or Italian bread, sliced into ½-inch cubes  
Salt and pepper

### For salad

½ cup Parmesan cheese, shredded, plus more for topping if desired  
2 heads romaine lettuce, torn into bite-sized pieces

### ***Directions***

#### For the dressing

1. Whisk together the garlic, anchovy paste, lemon juice, Dijon mustard, and Worcestershire sauce.
2. Add the mayonnaise, Parmigiano-Reggiano, salt, and pepper. Mix well.
3. Taste and adjust the proportions to your liking.
4. Will keep, refrigerated, for 2 weeks.

#### For the croutons

5. Preheat the oven to 350°F.
6. Heat the butter, olive oil, and garlic in a saucepan over low heat.
7. Remove the saucepan from the heat as soon as the butter has melted.
8. Let it stand for 10 minutes, and then remove the garlic.
9. Toss in the bread cubes, and mix to coat.
10. Spread the bread cubes on the baking sheet, and bake until the croutons are golden brown (about 10 minutes), shaking the pan once or twice.
11. Remove the pan from the oven and set it aside to cool.

#### To assemble the salad

12. Toss the lettuce and croutons in the dressing until well coated.
13. Sprinkle on the Parmesan cheese and toss lightly.
14. Sprinkle more Parmesan on top, if desired, and serve.



# Italian Green Salad

*Serves: 4*

*Preparation Time: 2 hours refrigeration*

*Cooking Time: 0 minutes*

## ***Ingredients***

### **For dressing**

¼ cup white vinegar

2 tablespoons sugar

½ cup mayonnaise

2 cloves garlic

½ teaspoon Italian seasoning

½ teaspoon dried parsley

1 teaspoon olive oil

Juice of half a lemon

¼ cup Parmesan cheese

### **For the salad**

1 head lettuce, chopped

2 tomatoes, cut into wedges

½ can medium black olives

2 cups [croutons](#)

8 pepperoncini peppers

2 cups mozzarella cheese, shaved or torn into small pieces

½ teaspoon salt

1 teaspoon pepper

## ***Directions***

### **For the dressing**

1. Place all the ingredients in a blender, and blend until smooth.
2. Refrigerate for at least 2 hours.

### **To assemble the salad**

3. Combine the ingredients and toss well.

4. Serve with the dressing on the side, or add the dressing to the salad and toss well.





## Capri's Tomato and Mozzarella Salad (Caprese Salad)

*Serves: 4-6*

*Preparation Time: 45 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

- 4 large tomatoes, sliced ¼ inch thick
- 1 pound fresh mozzarella, sliced ¼ inch thick
- ¼ cup packed fresh basil, washed and dried
- ⅓ teaspoon dried oregano, crumbled
- 3 tablespoons extra-virgin olive oil
- Fine sea salt, to taste
- Freshly ground black pepper, to taste

### ***Directions***

1. Layer the tomato and mozzarella slices alternately on a serving dish.
2. Sprinkle with oregano and drizzle with olive oil.
3. Season with salt and pepper.



# Antipasto Salad

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*

## ***Ingredients***

8 cups romaine lettuce heart, chopped

¼ pound Genoa salami, diced

¼ pound pepperoni, diced

2 cups giardiniera (Italian pickled vegetables), coarsely chopped

12 pitted black olives, coarsely chopped

12 jumbo green olives, pitted, coarsely chopped

1 (8 ounce) jar roasted red peppers, drained and diced

1 (6 ounce) jar marinated artichoke hearts, drained

¼ red onion, sliced into rings

2 tablespoons balsamic vinegar

¼ cup extra-virgin olive oil

1-2 tablespoons [Italian Vinaigrette](#) (optional)

Salt, to taste

Freshly ground pepper, to taste

½ cup Gorgonzola, crumbled (optional)

## ***Directions***

1. Combine first 9 ingredients (through red onion) in a bowl.
2. Season with salt and pepper, and then drizzle with olive oil and balsamic vinegar and/or Italian Vinaigrette (optional).
3. Toss well. Garnish with crumbled cheese, if desired.



## Pear Gorgonzola

*Serves: 2*

*Preparation Time: 15 minutes plus 30 minutes sitting time*

*Cooking Time: 1 hour*



### ***Ingredients***

#### **Italian Vinaigrette**

$\frac{1}{3}$  cup white wine vinegar

$\frac{3}{4}$  teaspoon dried oregano

$\frac{1}{2}$  teaspoon dry mustard

1 teaspoon salt

1 pinch black pepper

$\frac{1}{8}$  cup red onion, finely chopped

1 ½ teaspoons garlic, minced  
¾ cup olive oil

### Spiced Walnuts

1 egg white  
1 tablespoon water  
2 cups walnuts, halves and pieces  
½ cup sugar  
1 teaspoon cinnamon  
½ teaspoon allspice

### For the salad

1 red pear, cored and thinly sliced  
3 cups mixed greens, washed and chopped  
2 tablespoons Gorgonzola cheese, crumbled, plus more for garnish  
½ cup spiced walnuts, chopped  
¼ cup dried cranberries  
½ cup Italian vinaigrette

### ***Directions***

#### For the spiced walnuts

1. Preheat the oven to 225°F, and line a shallow baking pan with foil.
2. In a bowl, whisk the egg white and water together until frothy.
3. Toss in the walnuts and mix to coat.
4. Using a strainer, let them drain for 3 minutes.
5. In a plastic bag, shake together the sugar, cinnamon, and allspice.
6. Add the walnuts, seal the bag, and shake to coat walnuts.
7. Spread the nuts in a single layer on the foil-lined baking sheet.
8. Bake for 1 hour, stirring every 15 minutes.
9. Cool completely and store in an air-tight jar.

#### For the vinaigrette

10. Put all the ingredients, EXCEPT the olive oil, in a blender.
11. Pulse a few times and then blend, adding the olive oil a little at a time.  
Do not add the olive oil all at once.
12. Blend well and let it stand for 30 minutes.

For the salad

13. While the nuts are baking and the vinaigrette is sitting, prepare the pear and lettuce.
14. Once everything is ready, mix the vinaigrette into the lettuce.
15. Add the other ingredients and toss well.
16. Garnish with more crumbled cheese and serve.





# **Sandwiches and Bread**

# Garlic Bread

*Serves: 4-6*

*Preparation Time: 10 minutes*

*Cooking Time: 30 minutes*



## ***Ingredients***

2 teaspoons garlic, finely chopped

¼ teaspoon salt

¼ cup unsalted butter, softened

1 tablespoon extra-virgin olive oil

2 tablespoons fresh flat-leaf parsley, finely chopped

1 loaf Italian bread, about 15 inches long, 3-4 inches wide

## ***Directions***

1. Preheat the oven to 350°F.

2. Using a mortar and pestle, mash the garlic with the salt until it forms a paste. Transfer it to a bowl.
3. Add the butter and oil. Mix until smooth.
4. Stir in the parsley.
5. Without cutting completely through the bottom, cut the bread to make slices about 1 inch thick.
6. Spread garlic butter between the slices.
7. Wrap the loaf in foil. At this point bread may be kept chilled and then thawed to room temperature.
8. Bake for 15 minutes.
9. Open foil and bake 5 minutes more. Separate the slices as you serve.



## Garlic Knots

*Serves: 24*

*Preparation Time: 45 minutes plus 2 hours proofing time*

*Cooking Time: 20 minutes*



### ***Ingredients***

- 1 recipe [Basic Pizza Dough](#)
- ½ cup unsalted butter
- 3 tablespoons garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon coarse sea salt
- ¼ cup grated Pecorino Romano or Parmesan cheese
- 2 tablespoons chopped fresh parsley

### ***Directions***

1. Prepare a batch of Basic Pizza Dough and set it aside to rise.

2. Cook the garlic in the butter in a small saucepan over low heat until fragrant (about 3 minutes).
3. Cover, remove the saucepan from the heat, and set it aside, keeping it warm.
4. Preheat the oven to 375°F, and grease 2 large baking sheets. Set them aside.
5. Place the risen dough on a lightly floured surface.
6. Roll the dough out using a floured rolling pin. Shape it into a rectangle, about 16x12 inches.
7. Brush the dough with olive oil.
8. Cut the dough in half lengthwise.
9. Cut the dough crosswise into 1 ¼-inch strips.
10. Tie each strip loosely into a knot, and place them on the prepared baking sheets, leaving a 2-inch space in between. Sprinkle the tops of the knots with salt.
11. Cover with a towel and let them rise in a warm place for about 30 minutes.
12. Bake until golden brown, about 20 minutes.
13. Meanwhile, add the cheese and parsley to the warm butter mixture and mix well.
14. Coat the newly baked knots in the cheese-and-butter mixture, and serve warm.





## Italian Sandwich

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

- 2 12-inch Italian style hoagie or sub rolls
- ¼ pound thinly sliced prosciutto or mortadella
- ¼ pound thinly sliced capicola
- ¼ pound thinly sliced provolone cheese
- ¼ pound thinly sliced Genoa salami
- 4-6 large lettuce leaves
- 1 thinly sliced large tomato
- 1 thinly sliced white onion
- 2 tablespoons olive oil, divided
- 4 teaspoons red wine vinegar, divided

Salt, pepper, Italian oregano

Pepperonata or fried sweet peppers (optional)

***Directions***

1. Slice each roll horizontally, but not all the way through.
2. For each one, layer on about 4 slices each of prosciutto, capicola, provolone cheese, and Genoa salami.
3. Top with lettuce, tomato, onion, 1 tablespoon of oil, 2 teaspoons of vinegar, salt, pepper, oregano and pepperonata (optional).
4. Slice and serve.



## Grilled Vegetables Panini

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 medium eggplant, sliced diagonally into ¼-inch strips

1 medium onion, peeled and sliced into ¼-inch rounds

1 red bell pepper, stem and seeds removed, sliced into 8 pieces  
1 medium yellow squash or zucchini, sliced into ¼-inch strips  
½ cup canola oil, divided  
Salt and black pepper  
1 tablespoon garlic, minced  
1 tablespoon Italian seasoning  
¼ cup red wine vinegar  
Salt and freshly ground black pepper  
¼ cup green olives, finely chopped  
½ cup shredded mozzarella  
4 panini sandwich buns

### ***Directions***

1. Preheat the grill to medium heat.
2. Brush the vegetables with about ¼ cup of the canola oil, season them with salt and pepper, and grill them until they are soft and slightly charred (about 3 minutes per side). Transfer them to a tray or baking sheet.
3. To make the dressing, whisk together the garlic, Italian seasoning, vinegar, the remaining ¼ cup of canola oil, and salt and pepper to taste.
4. Drizzle half of the dressing over the grilled vegetables.
5. Stir the chopped olives into the remaining dressing.
6. Spread the olive dressing on the bottom of the each panini and then layer the vegetables on the bread.
7. Sprinkle with cheese and cover with the top pieces of bread.
8. Grill the sandwiches or toast them in a Panini press (about 5 minutes).





## Meatball Parmigiana Hero

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 23 minutes*



### ***Ingredients***

2 cups [Traditional Italian Sauce](#) (store bought or homemade)

16 1-ounce meatballs, fully-cooked, frozen

4 long submarine or hoagies rolls, split

1 cup shredded mozzarella cheese

Grated Parmesan cheese

### ***Directions***

1. Heat the meatballs in the sauce by bringing it to a boil and then simmering for 3 minutes.
2. Adjust the heat to low and cook for 20 minutes, stirring occasionally.
3. Spoon the meatballs and sauce into the rolls.

4. Sprinkle with the mozzarella and Parmesan.





# Pasta

## Homemade and Handmade Pasta Dough

*Serves: 6*

*Preparation Time: 45 minutes plus 1 hour resting time for dough*

*Cooking Time: 3 minutes*



### ***Ingredients***

1 pound (3  $\frac{1}{3}$  cups) all-purpose flour

4 whole eggs plus 1 yolk

$\frac{1}{4}$  cup extra-virgin olive oil

1/8 teaspoon kosher salt

1 to 2 tablespoons water, or as if needed

### ***Directions***

1. Pile the flour on a clean dry work surface, in a heap about 8 inches wide.
2. Make a well in the center.
3. Crack all the eggs and pour the extra yolk into the well and add the olive oil, salt, and water.
4. Using a fork, beat the eggs together with the olive oil, water and salt. Be careful not to break the sides of the well or the egg mixture will run. You may do this in a bowl, if you fear that the liquid will run all over the work surface.
5. Using the fork, begin to incorporate the flour into the egg mixture. The dough may be lumpy.
6. When liquid ingredients are well incorporated and the mixture is no longer runny, start mixing it with your hands. You can wet your hands first if the dough is dry.
7. When the mixture has become homogeneous, begin kneading on floured surface. Again, wet your hands if the dough seems too dry and stiff.
8. Use your body weight to stretch and not tear the dough. Use the heels of your palms and knead until it is smooth and velvety (about 8-15 minutes).
9. Wrap the dough in plastic and let it rest for at least 1 hour. It may be refrigerated or frozen for later use.
10. To shape, the dough should be at room temperature.
11. Roll and cut it into the desired shape.
12. To cook, boil in about 6 quarts of water for 1 pound of pasta.
13. Freshly-made pasta will cook in 1-3 minutes.



## Homemade Pasta Sauce (Marinara)

*Serves: 4-6*

*Preparation Time: 20 minutes*

*Cooking Time: 35 minutes to 2 hours*



### ***Ingredients***

8 large fresh tomatoes or 12 Roma tomatoes, seeded and diced into small pieces, OR 2 cans diced tomatoes

½ cup olive oil

8 cloves fresh garlic, minced

¾ cup fresh basil, minced OR 1 tablespoon dried basil

½ teaspoon salt

1 teaspoon fresh ground black pepper

### **Optional ingredients**

¼ teaspoon red pepper flakes, crushed

1 teaspoon sugar

1/8 teaspoon each marjoram and/or oregano

Parmesan cheese

***Directions***

1. In a large skillet or saucepan, heat the olive oil over medium heat.
2. Sauté the garlic and cook until it is tender.
3. Add the tomatoes and cook until they are heated through.
4. Stir in the basil and the rest of the ingredients EXCEPT the Parmesan. Simmer until the sauce has the desired thickness (35 minutes for “fresher” sauce or 2 hours for thicker consistency).
5. Serve the sauce over cooked pasta, and sprinkle with Parmesan cheese.





# Gnocchi

*Serves: 12*

*Preparation Time: 35 minutes*

*Cooking Time: 45 minutes boiling potatoes plus 2-5 minutes cooking gnocchi*



## ***Ingredients***

3 pounds russet or Idaho potatoes

2 cups all-purpose flour

1 egg, extra large

1 pinch salt

½ cup canola oil, if needed

[Pasta sauce](#), homemade or store-bought

Grated Parmesan

## ***Directions***

1. Boil the potatoes, unpeeled, until they are soft (about 45 minutes).
2. Peel the potatoes while they are still warm (they will become soggy as they cool down) and pass them through a vegetable mill or ricer onto a clean pasta board. (Alternatively, you can use a grater.)
3. Let them cool to room temperature.
4. Make a well in the center of the potatoes, and sprinkle all the flour over.
5. Place the egg and salt in the center of the well and, using a fork, stir until the egg is well incorporated.
6. Dust your hands with flour and bring dough together.
7. Knead gently until the dough is smooth and soft but not elastic (about 4 minutes). To test, drop a pinch in boiling water. The dough is ready if it doesn't dissolve in the water.
8. Form a ball with the dough and flatten it slightly. Cut it into 8 equal wedges.
9. Take a wedge and roll out a ½-inch diameter rope.
10. Cut the rope into ½-inch pieces. Do the same with the other wedges.
11. At this point, begin preparing the water for cooking the gnocchi. Boil 6 quarts of water in a large pot. Prepare 6 cups of ice water to cool cooked gnocchi rapidly, if you intend to store it for later.
12. Meanwhile, to shape the gnocchi, take a fork and roll a piece of the cut dough down the back side of the tines. Place them on a floured tray and cover with a towel. These may be covered with plastic wrap and frozen for later use.
13. To cook, drop these pieces (if frozen, do not thaw) into boiling water and cook, with gentle stirring, until they float (about 1 minute). Cook in batches, and do not crowd.
14. Use a slotted spoon or spider strainer to remove the gnocchi and transfer it to a serving dish.
15. At this point, you may cool the cooked the gnocchi in ice water, drain and toss with ½ cup of canola oil. Store it, covered, in the refrigerator for up to 48 hours.
16. To serve fresh, cooked gnocchi, top it with warm sauce and sprinkle with grated Parmesan.



## Spaghetti with Meat Sauce (Bolognese)

*Serves: 10*

*Preparation Time: 5 minutes*

*Cooking Time: 35 minutes*



### ***Ingredients***

2 (24 ounce) jars Marinara sauce or 3 cups [homemade pasta sauce](#)

1 (16 ounce) can crushed tomatoes

1 onion, chopped

2 tablespoons olive oil

1 pound ground beef

1 pound Italian sausage, casings removed

½ cup pepperoni, finely chopped

1 teaspoon Italian seasonings or a combination of basil, oregano, rosemary, and thyme to taste

¼ cup red wine (preferably Chianti or Sangiovese)

10 ounces spaghetti noodles, cooked according to the packaging instructions

### ***Directions***

1. In a large pot, heat the olive oil and onions over medium-high heat. Cook until the onions are translucent.
2. Add the marina sauce and crushed tomatoes, and reduce the heat to simmer.
3. Meanwhile, in a skillet, brown the ground beef and Italian sausage until well done.
4. Drain out any excess fat, and add the meat to the pot with the sauce.
5. Add the chopped pepperoni, Italian seasonings, and red wine.
6. Simmer for about 20 minutes and season with salt and pepper.
7. Pour the sauce over cooked spaghetti noodles. Sprinkle with grated Parmesan, if desired.



# Spaghetti with Meatballs

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 45 minutes*



## ***Ingredients***

2 (30 ounce) jars of spaghetti sauce or 3  $\frac{3}{4}$  cups [homemade pasta sauce](#)

1 pound spaghetti, cooked al dente

## **For meatballs**

2 pounds lean ground beef

2 eggs

$\frac{3}{4}$  cup dry bread crumbs

$\frac{1}{4}$  cup fresh parsley, chopped

2 garlic cloves, minced

$\frac{1}{2}$  teaspoon salt or to taste

$\frac{1}{4}$  cup Parmesan cheese

### ***Directions***

1. Combine the meatball ingredients in a bowl, mixing thoroughly.
2. Shape the mixture into 18 meatballs.
3. In a saucepan, bring the sauce to a simmer.
4. Add meatballs and return to a simmer.
5. Cover and cook until the meatballs are cooked through (about 35-40 minutes).
6. Serve the sauce and meatballs over warm spaghetti.





## **Fettuccine Alfredo**

*Serves: 2-3*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

1 (8 ounce) package fettuccine, cooked according to packaging instructions and drained

¼ cup water, reserved from cooking pasta

3 tablespoons unsalted butter

1 small shallot, finely minced

½ cup heavy cream

¾ cup freshly Parmigiano-Reggiano or Parmesan, grated

¼ teaspoon salt

Freshly ground black pepper, to taste

### **For garnish**

Fresh basil

Parmigiano-Reggiano or Parmesan, grated

***Directions***

1. Melt the butter in a deep frying pan or heavy-bottomed pot over medium-high heat.
2. Sauté the shallots until tender (about 2 minutes).
3. Add the cream and bring to a low boil.
4. Reduce the heat to medium low and simmer for 3 minutes.
5. Remove the pan from the heat and stir in the cheese, salt and pepper until smooth.
6. Add the cooked pasta and reserved pasta water to the sauce.
7. Return the pan to the stove over medium-high heat, and gently stir the pasta in the sauce to coat.
8. Garnish with Parmigiano-Reggiano and fresh basil, and serve.



# Classic Lasagna

*Serves: 10*

*Preparation Time: 1 hour 35 minutes*

*Cooking Time: 30 minutes*



## ***Ingredients***

16 flat "no boil" lasagna noodles

4 cups mozzarella cheese, grated, divided

### **For meat sauce**

1 large yellow onion, chopped

1 tablespoon olive oil

2 cloves garlic, peeled and minced

1 pound ground beef, preferably sirloin

1 pound ground Italian sausage

1 teaspoon kosher salt

1 tablespoon dried basil

1 tablespoon dried oregano  
1 tablespoon dried parsley  
12 ounces tomato paste  
1 (28 ounce) can whole San Marzano tomatoes  
¼ cup red wine or water

#### For cheese sauce

3 cups whole milk ricotta  
2 eggs  
2 tablespoons fresh parsley, chopped  
½ teaspoon freshly ground black pepper  
½ cup Parmesan cheese, freshly grated

#### ***Directions***

##### For the meat sauce

1. Sauté the onion in olive oil over medium heat in a medium-sized pot.
2. Add the garlic, beef, and sausage and cook, with stirring, until browned.
3. Stir in the salt, basil, parsley, and oregano.
4. Stir in the tomato paste.
5. Scoop out the San Marzano tomatoes one by one, crushing each with your hand over the sauce to catch the juice. Drop the crushed tomato into the sauce as well.
6. Swirl the wine or water in the can to get remaining tomato juice and pour it into the pot. Stir, and reduce the heat to low.
7. Cover and let simmer for 45 minutes.

##### For the cheese sauce

8. In a large bowl, mix ricotta, eggs, parsley, black pepper, and Parmesan together.
9. Keep refrigerated until ready to assemble lasagna.

##### To assemble the lasagna

10. Preheat the oven to 375°F and grease a 13x9 baking pan.
11. Spread 1 cup of meat sauce on the bottom of the baking pan.
12. Arrange 4 lasagna noodles in a layer over the meat sauce.

13. Spread  $\frac{1}{3}$  of the cheese sauce on top, and sprinkle with about  $\frac{1}{2}$  cup of mozzarella
14. Continue layering, ending with meat sauce sprinkled with mozzarella.
15. Bake the lasagna until the cheese is golden (about 30-40 minutes).
16. Let sit for 10 minutes before serving.





# Creamy Pesto Linguini

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 3 minutes*



## ***Ingredients***

$\frac{1}{3}$  cup extra-virgin olive oil

$\frac{1}{2}$  cup heavy cream

2 tablespoons butter

1 (12 ounce) pack linguine pasta, cooked according to packaging instructions and drained

## **Pesto Sauce**

$\frac{3}{4}$  cup fresh basil leaves

¾ cup grated Parmesan cheese, divided  
3 tablespoons pine nuts  
2 cloves garlic, peeled  
½ teaspoon kosher salt  
½ teaspoon freshly ground pepper

***Directions***

1. To make the pesto, combine the basil, ½ cup of Parmesan cheese, pine nuts, garlic, salt, and pepper in a food processor. Pulse to combine.
2. Add the oil gradually, in drizzles, while processing.
3. In a saucepan, combine the butter and cream over medium heat.
4. Add the pesto to the cream mixture and stir, simmering for 3 minutes.
5. Remove from the heat, add the remaining Parmesan, and stir well.
6. Lastly, add the drained linguine and mix well.



## Fettuccini Carbonara

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*



### ***Ingredients***

1 tablespoon olive oil

4 shallots, peeled and diced

1 large onion, peeled and sliced

1 pound bacon, cut into strips

1 clove garlic, chopped

1 (16 ounce) packet fettuccine, cooked according to packaging instructions

3 egg yolks

½ cup cream

¾ cup Parmesan cheese, shredded

Salt and pepper to taste

### ***Directions***

1. Drain the fettuccine and place it in a serving dish or bowl. Set it aside.
2. In a large saucepan, heat the olive oil and sauté the shallots over medium heat until the shallots are softened.
3. Add the onion and bacon.
4. When bacon is just beginning to brown, stir in the garlic and remove the pot from the heat.
5. Meanwhile, whisk the eggs, cream, and Parmesan together in a bowl.
6. Pour the bacon mixture over pasta.
7. Add the cream mixture, salt, and pepper, and stir.



## Seafood Linguini (Linguini al Frutti di Mare)

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 ¼ pounds mixed shellfish (like clams, mussels, scampi, unpeeled shrimp or prawns), cleaned

¼ cup dry white wine

25-30 cherry tomatoes, halved, seeded, and juiced

1 (16 ounce) pack dried linguine, cooked according to packaging directions, drained

½ cup olive oil

5 garlic cloves, thinly sliced

⅛ teaspoon dried chili flakes, or to taste

3 tablespoons flat leaf parsley, chopped

Salt and freshly ground black pepper, to taste

### ***Directions***

1. Start with the clams and mussels. After cleaning, put them in a pot with the wine.
2. Cover and cook over high heat until the shells have opened (about 4 minutes). Remove unopened shellfish and dispose. Set aside the opened clams and shellfish. Reserve all but about 2 tablespoons of the cooking liquid.
3. Chop the seeded, squeezed cherry tomatoes.
4. Meanwhile, put the olive oil and garlic into a large pan, and heat gently until the garlic begins to sizzle.
5. Add the chili flakes and chopped tomatoes, and simmer for 5 minutes.
6. Add the strained, reserved liquid from the clams and bring it again to a boil.
7. Simmer until the liquid is reduced.
8. Add the scampi into the sauce and cook until pink in color, flipping over once.
9. Add the prawns and simmer until cooked (about 3 minutes).
10. Stir in the cooked clams and mussels.
11. Add the parsley and continue cooking, turning over seafood occasionally, until heated through.
12. Season with a little salt and pepper, as desired.
13. Pour over cooked pasta and toss.





## Shrimp in Spicy Sauce (Fra Diavolo)

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 18 minutes*



### ***Ingredients***

1 pound large shrimp, peeled and deveined

1 teaspoon salt, or as needed

1 teaspoon dried crushed red pepper flakes

4-5 tablespoons olive oil, divided

1 medium onion, sliced

1 (14 ½ ounce) can diced tomatoes, juice retained

1 cup dry white wine

3 cloves garlic, chopped

¼ teaspoon dried oregano leaves

3 tablespoon fresh Italian parsley leaves, chopped

3 tablespoon fresh basil leaves, chopped

Cooked pasta for serving

***Directions***

1. In a bowl, mix together the shrimp, salt, and red pepper flakes.
2. Heat 3 tablespoons of oil in a large skillet over medium-high heat.
3. Add shrimp and sauté until just cooked through (about 2 minutes).  
Place it in a dish and set it aside.
4. Using the same skillet, sauté the onion in 1 to 2 teaspoons of olive oil until translucent (about 5 minutes).
5. Add the undrained tomatoes, wine, garlic, and oregano.
6. Simmer until the sauce begins to thicken (about 10 minutes)
7. Return the shrimp and its juices to the tomato mixture.
8. Toss and cook about 1 minute longer.
9. Stir in the parsley, basil, and more salt as needed. Serve over pasta.



## **Pasta with Vegetables (Primavera)**

*Serves: 6*

*Preparation Time: 25 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

3 carrots, peeled and julienned

2 medium zucchini or 1 large zucchini, julienned

2 yellow squash, julienned

1 onion, thinly sliced

1 yellow bell pepper, julienned

1 red bell pepper, julienned

¼ cup olive oil

Kosher salt and freshly ground black pepper

1 tablespoon dried Italian herbs

1 pound farfalle (bowtie pasta), cooked according to packaging instructions

15 cherry tomatoes, halved

½ cup grated Parmesan

### ***Directions***

1. Preheat the oven to 450°F.
2. Toss all the vegetables with the oil, salt, pepper, and dried herbs to coat.
3. Arrange the vegetables on 2 baking sheets, in a single layer. Do not crowd.
4. Bake until the vegetables begin to brown (about 20 minutes), stirring and flipping halfway through.
5. Drain the trays, and set aside about 1 cup of the liquid from the vegetables.
6. Combine the pasta, baked vegetables, cherry tomatoes, and reserved liquid.
7. Season with salt and pepper.
8. Sprinkle with the Parmesan and serve.



## **Pasta with Capers, Olives and Tomato (Puttanesca)**

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*



### ***Ingredients***

1 (14 ounce) package spaghetti, cooked according to packaging instructions, drained

2 tablespoons olive oil

2 cloves garlic, chopped

1 small red chili, finely chopped

1 cup pitted black olives, sliced

6 sundried tomatoes, cut into thin strips

2 anchovy fillets, chopped (optional)

2 tablespoons salted capers, rinsed

1 (14 ½ ounce) can diced tomatoes

½ cup fresh basil leaves, shredded

Grated Parmesan, to serve

### ***Directions***

1. Heat the olive oil in a skillet over medium heat, and sauté the garlic and chili for 1 minute.
2. Add the olives, sundried tomatoes, capers, anchovies, and diced tomatoes, and simmer for 20 minutes. Season with pepper.
3. Add the pasta to the sauce, and season with basil.
4. Mix well.
5. Serve sprinkled with Parmesan.





# Pizza

## Basic Pizza Dough

*Serves: 2 crusts, medium to large in size*

*Preparation Time: 2 hours 10 minutes*

*Cooking Time: 6-8 minutes (pre-baking)*



### ***Ingredients***

1 tablespoon sugar

1  $\frac{1}{3}$  cups warm water (105°F)

1 ( $\frac{1}{4}$  ounce) packet active dry yeast (2  $\frac{1}{4}$  teaspoons)

3 tablespoons extra-virgin olive oil, plus more for brushing

3  $\frac{3}{4}$  cups all-purpose flour, plus more for dusting

1  $\frac{1}{2}$  teaspoons salt

### ***Directions***

1. Dissolve the sugar in warm water, and add the yeast. Let it sit until the water becomes frothy (about 10 minutes). Stir in the olive oil.

2. In a large bowl, mix the flour and salt together.
3. Make a well in the center and pour in the yeast mixture.
4. Using a wooden spoon, mix until a rough dough is formed.
5. Place the dough on a floured surface and knead until it becomes smooth and elastic (about 5 minutes).
6. Prepare two bowls and brush them with olive oil.
7. Divide the dough in half as equally as possible (about 1 pound per piece).
8. Place each portion of dough in a prepared bowl, and brush the surface with oil.
9. Cover with plastic wrap and allow the dough to expand to double its size (about 1 hour and 30 minutes).
10. Roll out into desired shape and diameter. The dough may be covered with plastic wrap and stored, frozen, for 1 month.
11. If pre-baked crust is required, bake at 425°F until lightly browned (about 6-8 minutes).



## Homemade Pizza Sauce

*Serves: 2-4*

*Preparation Time: 15 minutes*

*Cooking Time: 1 hours 10 minutes*



### ***Ingredients***

- 1 (28 ounce) can whole peeled tomatoes
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter
- 2 medium cloves garlic, grated
- 2 anchovy fillets (optional)
- 1 teaspoon dried oregano
- Pinch red pepper flakes
- 1/8 teaspoon kosher salt, or to taste
- 2 sprigs fresh basil, leaves attached
- 1 medium yellow onion, peeled and halved

1 teaspoon sugar

1/8 cup red wine (optional)

### ***Directions***

1. Make the tomatoes into a chunky (not smooth) consistency using a blender, food processor or food mill. Set aside.
2. Heat the oil and butter over low to medium heat in a saucepan.
3. When the butter has melted, add the garlic, anchovy (optional), oregano, pepper flakes, and salt. If using anchovies, mash them with a wooden spoon or with a fork as you sauté.
4. Stir while cooking until the garlic has browned slightly (about 3-4 minutes).
5. Add the chopped tomatoes, basil, onion, sugar, and red wine (optional).
6. Simmer, stirring occasionally, over very low heat until reduced by 1/2 (about 1 hour).
7. Remove the onion and basil stems.
8. Adjust the flavor with salt or more pepper flakes, according to taste.
9. Allow to cool to room temperature.
10. Will keep in the refrigerator for 2 weeks.





## Cheese Pizza

*Serves: 8*

*Preparation Time: 5 minutes plus 45 minutes freezing time*

*Cooking Time: 10-12 minutes*



### ***Ingredients***

1 (12 inch) round of [pizza dough](#)

$\frac{1}{4}$  -  $\frac{1}{3}$  cup [pizza sauce](#) or [all-purpose tomato sauce](#)

2 cups mozzarella cheese, shredded and then frozen

1 tablespoon fresh basil, chopped finely

### ***Directions***

1. Preheat the oven to 450°F 45 minutes to an hour before baking.
2. Keep the grated mozzarella in the freezer for at least 20 minutes.
3. Place the pizza dough on a greased baking pan or pizza stone.

4. Spread the sauce from center of the dough outward, leaving about half an inch of space around the edge.
5. Sprinkle uniformly with shredded mozzarella and basil.
6. Bake until the crust is set and the cheese bubbles (about 10-12 minutes).
7. Best served hot.



# Hawaiian Pizza

*Serves: 8-12*

*Preparation Time: 10 minutes*

*Cooking Time: 21 minutes*



## ***Ingredients***

- 1 (15 inch) round of [pizza dough](#)
- 1  $\frac{3}{4}$  cups [pizza sauce](#)
- 2 cups shredded mozzarella cheese, divided
- 1 cup shredded Romano cheese, divided
- 1  $\frac{1}{2}$  cup cooked ham, diced
- 1 cup pineapple tidbits, drained

## ***Directions***

1. Preheat the oven to 425°F and grease a 15-inch pizza pan.
2. Press the dough into pan, building up the edges slightly.

3. Bake until lightly browned (about 6-8 minutes).
4. Spread the sauce, beginning from the center of the crust going outward in a circular motion, leaving half an inch of space around the edge.
5. Sprinkle with 1  $\frac{3}{4}$  cups of mozzarella and  $\frac{1}{2}$  cup of Romano cheese.
6. Arrange ham and pineapple on top, and sprinkle with the remaining cheese.
7. Bake until the cheese is melted and crust is golden brown (about 15 minutes).



## Super Meat Pizza

*Serves: 8*

*Preparation Time: 25 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

[Pizza dough](#), rolled out to make 15-inch crust or 15- by 10-inch rectangular crust

½ pound lean ground beef

½ pound Italian sausage, casing removed

½ cup [pizza sauce](#)

½ cup sliced pepperoni

1 ounce thinly sliced salami, cut into quarters

½ cup prosciutto or bacon, diced

1 cup cheddar cheese, shredded

1 cup mozzarella cheese, shredded



### ***Directions***

1. Preheat the oven to 400°F.
2. Grease the pan for the pizza dough. Press the dough to fit the pan.
3. Using a nonstick frying pan, cook the beef and sausage over medium-high heat, with constant stirring. The beef should be well done and the sausage no longer pink (about 6 to 8 minutes). Remove from the pan and drain on paper towels.
4. Spread the pizza sauce to within half an inch of the edges of the dough.
5. Add the drained beef and sausage.
6. Arrange all the other ingredients over the pizza.
7. Bake until the crust is golden brown and the cheese is melted (13 to 16 minutes).





# Pepperoni Pizza

*Serves: 8*

*Preparation Time: 2 hours 20 minutes*

*Cooking Time: 15 minutes*



## ***Ingredients***

[Pizza dough](#), rolled into a 13-inch diameter crust

1 tablespoon olive oil

½ cup [pizza sauce](#)

2 cups mozzarella cheese, grated

¼ cup Parmesan cheese, finely grated

30 slices Italian pepperoni

⅛ teaspoon crushed red pepper flakes

Fresh basil leaves for garnish

## ***Directions***

1. Preheat the oven to 450°F.
2. Place pizza dough on a greased pan.
3. Brush olive oil over the entire top of the pizza dough.
4. Spread pizza sauce over the dough, leaving about half an inch of dough around the edges for the crust.
5. Spread Parmesan evenly over sauce, the followed by mozzarella.
6. Arrange the Italian pepperoni on top.
7. Bake until the crust is golden brown and the cheese is melted (about 12-15 minutes).
8. Let cool for about 10 minutes, and sprinkle with basil leaves.



## Pesto Veggie Pizza

*Serves: 6*

*Preparation Time: 25 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 prebaked 12-inch thin [pizza crust dough](#)

2 cups fresh mushrooms, sliced

1 cup fresh broccoli florets, chopped

$\frac{3}{4}$  cup zucchini, thinly sliced

$\frac{1}{2}$  cup sweet yellow pepper, julienned

$\frac{1}{2}$  cup sweet red pepper, julienned

1 small red onion, thinly sliced and separated into rings

1-2 tablespoons [pesto](#) sauce

$\frac{1}{2}$  cup [pizza sauce](#) or [all-purpose tomato sauce](#)

$\frac{1}{4}$  cup grated Romano or Parmesan cheese

$\frac{1}{4}$  cup ripe olives, sliced

$\frac{3}{4}$  cup shredded mozzarella cheese

### ***Directions***

1. Preheat the oven to 450°F.
2. Place a pre-baked crust in a pizza pan or on a pizza stone.
3. Meanwhile, coat a skillet with non-stick cooking spray or vegetable oil and heat over medium heat.
4. Sauté the mushrooms, broccoli, zucchini, peppers, and onion until tender.
5. Remove from the heat and stir in the pesto. Set the pan aside.
6. Spread the pizza sauce over the pizza crust.
7. Arrange the sautéed vegetables and olives, and sprinkle with the cheeses
8. Bake until the crust is golden brown and the cheese has melted (about 10-12 minutes).



## Italian Spicy Sausage and Mushrooms Pizza

*Serves: 6*

*Preparation Time: 10 minutes plus 15 minutes resting time for dough*

*Cooking Time: 25-30 minutes*



### ***Ingredients***

1 pound refrigerated ready-made or homemade [pizza dough](#)

Cooking spray

6 ounces spicy Italian sausage (1 large sausage)

1 cup onion, thinly sliced

1 (8 ounce) package mushrooms, sliced

1 cup red or green bell pepper, seeded and diced

1 tablespoon yellow cornmeal, or more, for dusting

½ cup [pizza sauce](#) or [all-purpose tomato sauce](#)

½ cup shredded mozzarella cheese

¼ cup grated Parmigiano-Reggiano cheese



## ***Directions***

1. Rest the refrigerated dough for 15 minutes.
2. Preheat the oven to 450°F.
3. Remove the sausage from the casing and cook it in a nonstick skillet until it crumbles (about 3 minutes). Break it up with your spatula as it cooks.
4. Add the onions and mushrooms and sauté until tender (about 4 minutes).
5. Add the bell pepper and sauté until fragrant (about 3 minutes).
6. Dust work surface with cornmeal.
7. Pat and stretch the dough gently and place it on the dusted surface.
8. Press it down and spread it with your hands, and then roll it out with a dusted rolling pin to make a 12-inch round.
9. Place the dough on the pizza pan, stretching and shaping it with your hands if needed.
10. Pour the pizza sauce in the center of the dough and spread it to the sides, leaving about half an inch from edge without sauce.
11. Spread with the sausage and vegetable mixture.
12. Top with mozzarella and then with Parmesan.
13. Bake until the cheese is golden brown and bubbly (about 15-20 minutes).



## White Pizza (Pizza Bianca) with Chicken and Broccoli

*Serves: 15*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 recipe [pizza dough](#)

1 tablespoon dried parsley flakes

1 tablespoon dried chopped onion

2 skinless chicken breasts, pre-grilled or sautéed, cubed

1 (13 ounce) pack frozen broccoli florets, thawed

4 cups shredded mozzarella cheese, divided

3 tablespoons Parmesan cheese, or as desired

### ***Directions***

1. Preheat the oven to 450°F.
2. Pat and stretch the pizza dough to fit a lightly greased cookie sheet.
3. Sprinkle the dough with chopped onion and parsley flakes.

4. Bake, on the lower rack, for 5 minutes.
5. Remove the pan from the oven and let it cool for about 10 minutes, then sprinkle with 3 cups of mozzarella.
6. Add broccoli and chicken.
7. Meanwhile, reduce the oven temperature to 350°F.
8. Top the pizza with the remaining mozzarella cheese.
9. Place the pizza on the middle rack, and bake to heat ingredients and melt the cheese (about 15 minutes).
10. Sprinkle with Parmesan, cut, and serve.



# BBQ Chicken Pizza

*Serves: 6-8*

*Preparation Time: 5 minutes*

*Cooking Time: 8-12 minutes*



## ***Ingredients***

1 (12 inch) pre-baked [pizza crust](#)

¼ cup [pizza sauce](#)

¼ cup barbecue sauce

1 cup cooked chicken, shredded

2 cups Italian 5 cheese blend, shredded

8 garlic cloves, roasted

1 red onion, sliced

Italian parsley, for garnish

## ***Directions***

1. Preheat the oven to 450°F.
2. Place the pre-baked crust on a pizza pan or pizza stone.
3. Mix the pizza and barbecue sauce together, then spread it on the crust.
4. Spread with 1 cup cheese.
5. Add the chicken, garlic, and onion.
6. Top with the remaining cheese.
7. Bake the pizza until the cheese is melted and bubbling (about 8-12 minutes). Sprinkle with parsley.
8. Cut and serve.





# Chicken

## Chicken Parmigiana

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 45 minutes*



### ***Ingredients***

4 pieces boneless skinless chicken breast, pounded thin

Salt and pepper

1 large egg, beaten with  $\frac{1}{2}$  tablespoon water

$\frac{1}{2}$  cup all-purpose flour

1 cup panko bread crumbs

$\frac{1}{4}$  cup vegetable oil

All-Purpose Tomato Sauce, recipe below

1 pound fresh mozzarella, thinly sliced

$\frac{1}{4}$  cup freshly grated Parmesan

Sliced green onion, for garnish

Fettuccini with tomato sauce for serving

### All-Purpose Tomato Sauce

2 tablespoons olive oil

1 large onion, finely chopped

4 cloves garlic, smashed to a paste with a pinch of salt

2 (28 ounce) cans plum tomatoes, undrained, pureed in a blender

1 (16 ounce) can crushed tomatoes

1 (2 ½ ounce) can tomato paste

1 bay leaf

½ cup Italian parsley

1 small yellow bell pepper, chopped

Salt and freshly ground pepper

### ***Directions***

#### For the sauce

1. In a saucepan, heat the olive oil over medium heat.
2. Cook the onions and garlic until they are soft.
3. Add the pureed tomatoes with their juices, crushed tomatoes, tomato paste, bay leaf, parsley, and bell pepper, and bring it to a boil. Season to taste with salt and pepper.
4. Reduce the heat and cook until slightly thickened, about 30 minutes.
5. Let cool to room temperature and store, refrigerated, in jars.

#### For the chicken

6. Preheat the oven to 400°F.
7. Season the chicken with salt and pepper
8. Coat with flour and tap lightly to remove any excess.
9. Dip in the egg mixture and all any excess to drip off.
10. Coat evenly with bread crumbs.
11. In a skillet on the stovetop, heat the oil almost to the smoking point.
12. Brown the breasts on both sides (about 30-40 seconds per side).
13. Transfer the chicken to a baking sheet.
14. Top each chicken piece with 1-2 tablespoons of tomato sauce, slices of mozzarella and about 1 tablespoon of Parmesan.
15. Season with salt and pepper.

16. Bake until the chicken is cooked through and the cheese is melted (about 5 to 7 minutes).
17. Garnish with green onion and serve over pasta with tomato sauce if desired.



## Chicken Marsala

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

4 boneless skinless chicken breast halves, pounded thin

Salt, to taste

Freshly ground pepper, to taste

½ teaspoon dried oregano

Pinch each of marjoram and thyme (optional)

2 tablespoons olive oil

2 tablespoons butter

½ cup pancetta or bacon, chopped

2 shallots, finely chopped

½ pound mushrooms, sliced

½ teaspoon garlic powder  
½ cup dry Marsala  
1 ½ cups heavy cream  
1 teaspoon lemon juice  
Fresh parsley, chopped, for garnish

***Directions***

1. Pound the chicken breasts to an even thickness.
2. Season with salt, pepper, and oregano (marjoram and thyme also, if desired).
3. Heat the oil in a skillet over medium-high heat, and sear the chicken until golden brown (about 2 minutes on each side). Transfer to a plate and set aside.
4. Melt the remaining butter in the pan and add the pancetta, shallots, mushrooms, and garlic powder.
5. Cook until the mushrooms and shallots are lightly browned.
6. Add the Marsala and bring it to a boil, scraping any browned bits from the bottom of the pan.
7. Add the cream and lemon juice, and return it to a boil.
8. Simmer until the sauce is reduced and begins to thicken.
9. Return the chicken to pan to heat through (about 3 minutes).
10. Serve garnished with parsley.





## **Dessert (Dolci)**

# Tiramisu

*Serves: 2*

*Preparation Time: 15 minutes plus 2 hours refrigeration*

*Cooking Time: 0 minutes*



## ***Ingredients***

4 pieces ladyfinger biscuit

¼ teaspoon cocoa powder for dusting

## **Mascarpone Mixture**

1 egg yolk, should be very fresh, preferably free-range

2 tablespoons sugar

1 teaspoon vanilla essence

1 cup mascarpone

2 teaspoons milk, or as needed

## **Espresso Dip**

1 cup espresso, warm  
1 tablespoon Kahlua (optional)  
1 tablespoon sugar

### ***Directions***

#### **Mascarpone Mixture**

1. Whisk the yolk, sugar, and vanilla essence until well blended, then mix in the mascarpone.
2. Add the milk gradually to soften the mixture if the mascarpone is too stiff.
3. Whisk until blended.

#### **Espresso Dip**

4. Mix the ingredients together until the sugar is dissolved completely.

#### **To assemble the Tiramisu**

5. Prepare 2 dessert bowls or cups.
6. Soak a ladyfinger in espresso and break it in half. Place it in the bowl/cup as the first layer.
7. Follow with about  $\frac{1}{4}$  of the mascarpone mixture.
8. Soak and break another lady finger for the third layer.
9. Top with another layer of mascarpone and dust by passing cocoa powder through a sieve over the dessert cup.
10. Repeat for second dessert bowl.
11. Refrigerate for 2 hours and serve.



# Homemade Cannoli

*Serves: 12-25*

*Preparation Time: 20 minutes plus 2 hours refrigeration*

*Cooking Time: 10-15 minutes*



## ***Ingredients***

Egg white, for sealing

Oil for frying, 3 inches deep

### **Cannoli shell**

2  $\frac{1}{3}$  cups flour

1  $\frac{1}{2}$  tablespoons sugar

2 tablespoons butter

1 egg

$\frac{1}{8}$  teaspoon salt

$\frac{3}{4}$  cup Marsala dry wine

### **Cream Filling**

2 cups ricotta cheese  
2 cups confectioner's sugar, sifted  
2 tablespoons rum  
¼ teaspoon vanilla extract  
3 ounces bitter chocolate, broken into tiny chips

### ***Directions***

#### **To make the shells**

1. In a large bowl, mix the shell ingredients together to make a smooth, slightly sticky dough.
2. Wrap the dough in plastic wrap and refrigerate for 2 hours to overnight.
3. Cut the dough into two pieces. Keep the remaining dough covered and cold while you work.
4. Lightly flour a work surface and roll out the dough to about ⅛ inch thick.
5. Cut out circles, 3 to 5 inches in diameter.
6. Roll each cut out circle into an oval.
7. Oil the outside of the cannoli tubes. You can also use cannelloni pasta as tubes.
8. Roll the ovals around each tube and dab a little egg white on the dough where the edges overlap. Press well to seal. Let them sit for the egg white to set.
9. In a heavy saucepan or electric deep-fryer, heat the oil to 375°F, or until a small piece of the dough sizzles and browns in 1 minute.
10. Fry the shells until golden, turning halfway through (about 2 minutes).
11. Lift with a wire skimmer or large slotted spoon. Using tongs, grasp the cannoli vertically over the fryer to let the oil flow back into the pan.
12. Drain on paper towels. Repeat with the remaining tubes.
13. While still hot, grasp the tubes with a potholder and, using a pair of tongs, pull the cannoli shells off.
14. Let cool completely on the paper towels.

#### **For the filling**

15. In a large bowl, cream the ricotta with a wire whisk.
16. Add the rest of the ingredients and mix thoroughly.
17. Fill a pastry tube, and pipe the filling into the shells.
18. Dust with confectioner's sugar, and serve.





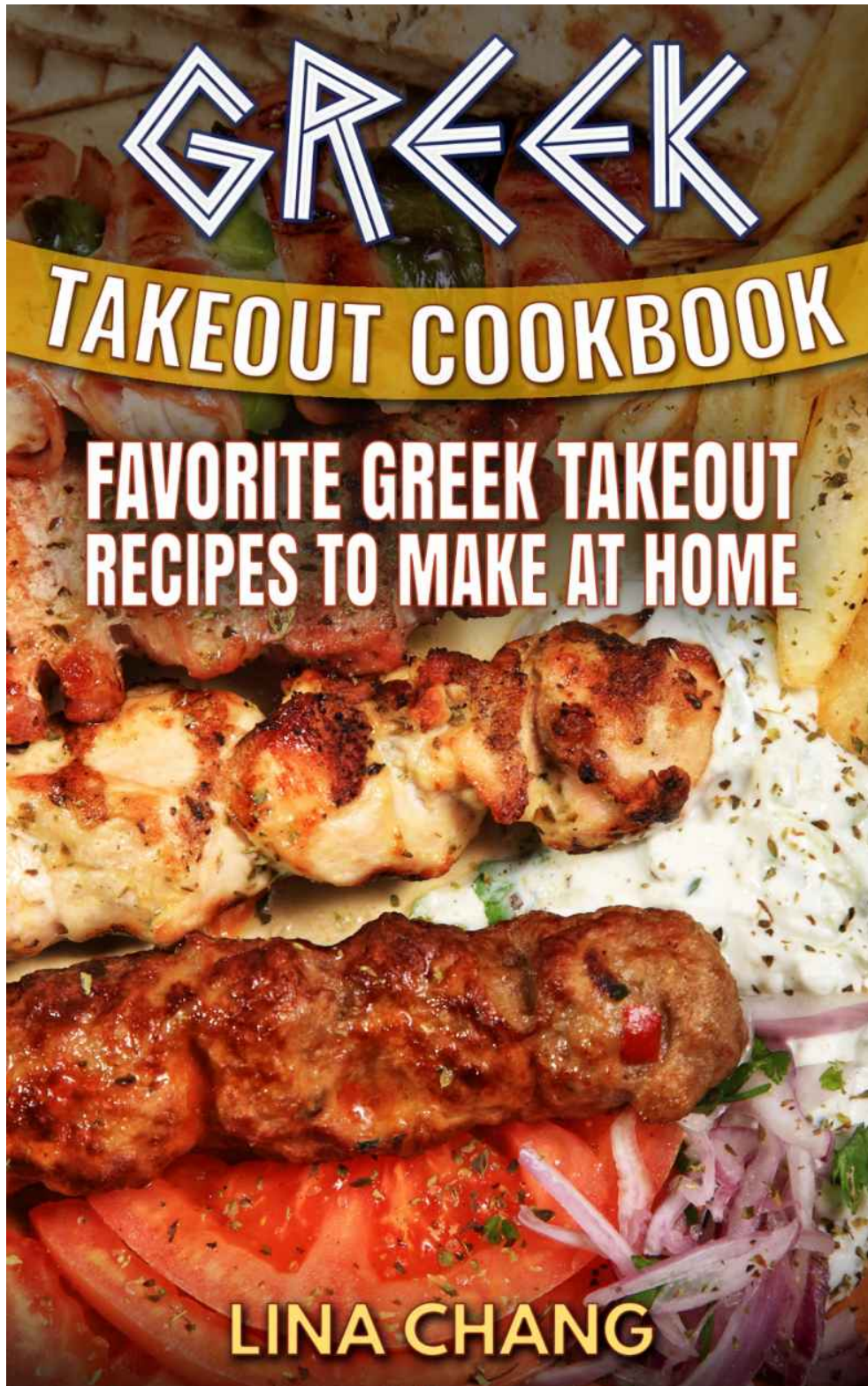
## **Conclusion**

Italian-American cuisine is so imbedded in American food culture that it may now be considered truly American. It is no wonder that America has fully embraced Italian-inspired dishes. Though modified through the years as Italian immigrants assimilated into American culture, the spirit and passion of authentic Italian cooking still remains. Italian food will always be comfort food and this cookbook gives us all the opportunity to bring this comfort into our homes.

*Buon appetito!*



**Volume 8: Greek Takeout Recipes**



**GREEK**

**TAKEOUT COOKBOOK**

**FAVORITE GREEK TAKEOUT  
RECIPES TO MAKE AT HOME**

**LINA CHANG**



## **Introduction**

Greek cuisine is a remarkable blend of East and West. It is Mediterranean cuisine at its best with diverse influences. From the East are the touches of exotic spices, and from the West are the Italian additions of garlic and tomato. Greek dishes make use of fresh produce and what is abundant in different regions in Greece such as grains, legumes, vegetables, meat, seafood, olive oil, and rice. Wine often accompanies a meal. Greek food is not only delicious, it has its own unique combinations of colors and flavors using healthy low fat, highly nutritious ingredients. To savor Greek cuisine is to savor history, culture, and love. Every Greek home cook prepares dishes using the freshest ingredients – thoughtfully seasoned with herbs and spices – prepared in age old tradition to preserve nutrients, for a happy and healthy family.

## History

Takeout food has been in Greek culture since ancient times, dating back to the days of Pompeii, though Greek takeout in America has been modified through the years to suit the North American palate. American ingredients have been added, depending on availability. Greek salad in the US, for example, contains lettuce, which is not found in the original recipe. The traditional dishes of legumes and greens in traditional Greek homes have been replaced by unfamiliar concoctions, containing more meat and dairy.

Many dishes that are popularly known as Greek, such as *Moussaka* and *tzatsiki*, were created in the early 1900s and are actually Arabic in origin. Tomatoes are said to have been added to Greek cooking in the 1920s. And, though traditional Greek dishes involve simple cooking methods, many dishes nowadays employ French cooking techniques.

Modern Greek cooking has been highly influenced by Greek chef Nicholas Tselementes, who released his cookbook in the 1920s. Tselementes introduced many French techniques and made an effort to come up with what he perceived to be truly authentic Greek recipes. His cookbook became the bible of many Greek cooks and his recipes constitute what is considered modern Greek cooking.

Greek yogurt became popular in the late 1980s and rose in popularity in the late 1990s. This is said to be due to the (mistaken) notion that everything Mediterranean is low in fat and therefore healthier. True Greek yogurt is said to be high in fat. What is known in the US as “Greek” yogurt may actually be Bulgarian or Turkish.

Greek and other Mediterranean dishes became a trend since the early 1990s because of the fresh, simple, and low-fat ingredients. Olive oil was recognized as being better than corn or soybean oils or butter. And with its focus on fish and fresh ingredients, Mediterranean cuisine became recognized as a healthy cuisine.

Greek food is an undoubtedly flavorful experience. By cooking at home, you have a hand in choosing fresh healthful ingredients as well as cooking methods. Plus you get the satisfaction of saving money on expensive takeout meals and adapting the recipes to your own preferences.

## **Ingredients**

Traditionally, this ancient cuisine makes use of the simplest and most basic ingredients such as grains, olive oil and wine. Here is a list of some ingredients you can expect to encounter in Greek cooking.

### Dairy

The Mediterranean climate favored the raising of sheep and goats rather than cattle, and the preservation of milk through curdling – making cheese and yogurt. There are several types of Greek cheeses but the most well-known is Feta. Greek yogurt is made by straining out the whey, resulting in a thicker, more protein-rich product.

### Fish and shellfish

Fish such as tuna, mullet, sardines, bass, and anchovies are frequently used as Greece is surrounded by sea.

### Fruits

Instead of rich desserts which are served on special occasions, fruit such as grapes, apples, pears, and figs are usually found in Greek meals. They may be either fresh or dried.

### Grains

The most popular grains in Greek cuisine are wheat and barley, often used to make breads and pasta. Rice is also used for pilafs or *dolmades* (wrapped in grape leaves).

### Herbs and Spices

Popular herbs include flat-leaf parsley, dill, oregano, cilantro, thyme, mint, cumin, cinnamon, and red saffron. Dried herbs are used most of the time and are also valued for their therapeutic properties. Pepper should be freshly ground.

### Legumes



Chickpeas, lima beans, split peas, and lentils are used in stews, bakes, pilafs, soups, and salads. They may be pureed to make dips.

### Meat

Meat is not as frequently used in traditional Greek cuisine as it is in takeout dishes. Traditionally, meats are used on special occasions. Beef and pork are the usual meat sources while sheep and goat are used for their milk.

### Nuts

Greeks love nuts, such as pine nuts, almonds, walnuts, and pistachios.

### Olives

Olives are a Greek staple and have been cultivated for centuries. Brownish-black *Kalamata* olives are the most popular and are used for appetizers, stews, and salads.

### Olive oil

Olive oil is has also been used since ancient times and Greek olive oil is one of the best in the world. It is usually made from the *Koroneiki* olive. Extra virgin olive oil (EVOO) is the popular form used in Greek cooking. It is the initial yield of cold pressing the olive fruit, and it is the basic fat in Greek cooking. It is also used as a dressing or dip.

### Poultry

Chicken, quail, and guinea fowl are popularly used in traditional Greek cuisine.

### Vegetables

Traditionally, vegetables make up a large part of Greek cuisine. Popular vegetables are zucchini, eggplant, spinach, artichokes, and tomatoes.

### Wine

Wine is another staple in Greek cuisine, although it is consumed only moderately and with meals. Greek wine may be red, white, sweet, or dry. The most popular Greek alcoholic beverage is *ouzo*, an anise-flavored liqueur.

## Yogurt

Greek yogurt is thicker than most other types of yogurt. It has been drained of whey so it is richer in protein and has fewer carbohydrates. It is traditionally made from goat's and sheep's milk, though modern versions are made from cow's milk. In Greek cooking, yogurt is used like a béchamel sauce for baked meats or an ingredient to make a dish tangy. It is also a condiment, a dip, or a bread spread for breakfast.

## **Cooking Methods**

Greek cooking makes use of methods we are familiar with such as boiling, stewing, broiling or grilling, sautéing, baking, and frying. Greens in season are usually boiled. Oil, mainly olive oil, is used in varying amounts for sautéing, frying, or as an ingredient in stews, salads and most anything. Many meat dishes are stewed or slow cooked with olive oil and tomatoes. Meatballs, zucchini, potatoes, pumpkin, and even cheeses are fried in or sautéed in olive oil.

In Greek cooking, a variety of dishes using lamb, fish, potatoes, tomatoes, and other vegetables, as well as desserts are baked in shallow pans or clay pots. Meats are either charcoal-grilled or roasted.

## **Cooking Equipment**

Anyone who has a kitchen that is well-equipped with the basic cooking utensils and equipment can cook Greek food. Here are some other helpful additions.

### Food Processor

As with any cuisine, this is a useful tool. Greek recipes abound with dips and sauces that require making purees and pastes.

### Graters

Greek cooking makes use of whole spices which are grated just before use, because this results in better flavor. Small graters come in handy for adding just the right amount of spices or cheese while cooking.

### Metal baking pans and tins

You'll need these for baking vegetables, pies, or desserts.

### Mortar and Pestle

Fresh herbs, spices, and some vegetables need to be crushed, pounded, and ground in a mortar and pestle. It is a very useful tool in Greek cooking.

### Olive Oil Can

Olive oil is ubiquitous in Greek cooking. The olive oil can allows easy pouring of small quantities.

### Pastry Brush

This is very usual for coating doughs, vegetables, meat, or baking dishes with oil, butter, or glazes.

### Pepper Grinder

This is also very handy because Greek cooking requires freshly-ground pepper.

### Saucepans

Have several of varying sizes. Greek recipes may require cooking on the stove top, of several ingredients, separately and all at once.

### Steel souvlaki skewers

Steel is better than wood because they are reusable and more durable.

### Straight Wood Rolling Pin

You can use one to apply even pressure when making Greek bread.

### Whisks

For recipes that require lemon-oil mixtures, béchamel sauce, or egg mixtures.

### Wooden Spoons and Spatulas

Have several in various shapes and sizes. Useful for mixing, ladling, tossing, spreading, smoothing, etc.

The recipes here will bring your favorite Greek takeout recipes into your home. Now that you've got your ingredients and equipment ready, let's start cooking!



# **Appetizers**

## Keftedakia - Greek Meatballs

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

2 slices white bread, 1 inch thick

½ cup milk

3 tablespoons extra-virgin olive oil (EVOO)

1 ½ pounds ground lamb or beef

Freshly ground pepper

Kosher salt

¼ cup fresh mint, finely chopped

3 tablespoons red onion, grated

1 tablespoon fresh oregano, finely chopped

¼ teaspoon ground cinnamon



2 cloves garlic, grated or crushed to a paste  
1 large egg  
Juice of ½ a lemon  
4 pocket-less pitas or flatbreads, cut into wedges

[Tzatziki](#)

### ***Directions***

#### **For meatballs and pita**

1. Preheat the oven to 450°F.
2. Place a cooling rack over a baking sheet or metal tray.
3. Soak the bread slices in the milk.
4. In a bowl, combine EVOO, meat, and pepper. Season with salt.
5. Mix in the mint, onions, oregano, cinnamon, crushed garlic, egg, and the lemon juice.
6. Squeeze the excess milk out of the bread and break it into pieces. Mix it into the meat mixture.
7. Form the meat mixture into balls with your hands or an ice cream scoop.
8. Place the meatballs on the cooling rack over the baking sheet and roast them in the oven for about 15 minutes, until they're cooked through.
9. Grill the pita bread until slightly browned with some dark spots (about 1 minute on each side).
10. Serve the meatballs with grilled pita bread and [tzatziki](#).



## Dolmades - Stuffed Grape Leaves

*Serves: 6*

*Preparation Time: 30 minutes*

*Cooking Time: 1 hour 10 minutes*



### ***Ingredients***

1 8-ounce jar grape leaves, rinsed and drained

¼ cup extra-virgin olive oil (EVOO)

1 cup chicken stock

Juice of 2 lemons

### **For the filling**

¼ cup extra-virgin olive oil (EVOO)

1 large yellow onion, finely chopped

1 small fennel bulb, halved, cored and diced  
1 teaspoon lemon zest, grated  
½ cup pine nuts  
1 cup long-grain rice  
½ cup chicken stock  
2 tablespoons dill leaves, finely chopped  
¼ cup flat-leaf parsley, finely chopped  
Kosher salt  
Freshly ground black pepper

### ***Directions***

#### **For the filling**

1. Coat a large saucepan with oil and place it over medium heat.
2. Add the onion, fennel and lemon zest, and stir until soft (about 10 minutes).
3. Stir in the pine nuts and rice (about 2 minutes).
4. Add the chicken stock.
5. Reduce the heat and simmer until the rice is al dente (about 10 minutes).
6. Transfer the rice mixture into a bowl and add stir in remaining filling ingredients.
7. Set aside to cool.

#### **To prepare grape leaves**

8. Blanch the grape leaves in hot water for 5 minutes until pliable. Drain.
9. Remove the stems and hard veins from the leaves.
10. Pat dry with paper towels.

#### **To assemble/wrap**

11. Lay a grape leaf on a flat surface, shiny side down.
12. Scoop 2 tablespoons of the rice filling onto the leaf, near the stem end.
13. Fold the stem end over the filling, then fold both sides toward the middle, rolling up snugly like a cigar, but allowing a little space or looseness for rice to expand.

14. Squeeze lightly to secure the roll.
15. Repeat until there are no more leaves or filling.

### Cooking the dolmades

16. Arrange the dolmades in a single layer in a large pot or Dutch oven, seam side down.
17. Pour the olive oil, broth, and the lemon juice over the dolmades. Add water, if needed, for liquid to reach halfway up the rolls.
18. Cover and simmer over low heat for 30 to 40 minutes. Dolmades should be tender when pierced with a fork.



## Spanakopita - Spinach Pie

*Serves: 8*

*Preparation Time: 15 minutes with overnight thawing*

*Cooking Time: 45 minutes*



### ***Ingredients***

1 8-ounce sheet puff pastry, thawed in refrigerator overnight

2 tablespoons flour for dusting, or as needed

1 large egg, optional

### **For filling**

1 tablespoon olive oil

1 small yellow onion, diced

1 clove garlic, minced

1 cup cottage cheese

¼ cup Parmesan cheese

2 large eggs  
½ teaspoon salt  
Freshly ground pepper  
⅛ teaspoon ground nutmeg  
2 cups frozen cut spinach, thawed in refrigerator overnight

### ***Directions***

#### **For the filling**

1. Preheat the oven to 375°F.
2. Sauté the onion and garlic in a skillet with olive oil over medium heat until soft (about 5 minutes).
3. Meanwhile, in a bowl, mix the cheeses, eggs, salt, pepper, and nutmeg together well.
4. Place thawed spinach in a colander or strainer and press out as much moisture as possible. Add it to cheese mixture.
5. Add the sautéed, softened garlic and onion. Mix well.

#### **For the crust**

6. Spread out the puff pastry over a dusted work surface, and roll into a 12-inch by 12-inch square.
7. Drape the rolled dough over a 9-inch pie pan.

#### **For baking**

8. Fill the pastry-lined pan evenly with the filling.
9. Fold the corners of the pastry back over top of the filling.
10. Brush a whisked egg over the top (optional).
11. Bake for 45 minutes.
12. Let set for 5 minutes before cutting.





## **Tiropita - Puff Pastry Stuffed with Cheese**

*Serves: 9*

*Preparation Time: 1 hour 10 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

1 8-ounce sheet puff pastry

Flour for dusting

1 large egg, beaten

2 cups feta cheese, crumbled

2 tablespoons poppy or sesame seeds (optional)

1 large egg, beaten, for glaze

### ***Directions***

1. Line a baking sheet with parchment paper, and set it aside.
2. Stir the beaten egg and crumbled feta together in a bowl until mixed well.

3. Lay the puff pastry on a floured surface or cutting board, and cut it into 9 squares.
4. Place a heaping tablespoon of feta filling onto one half of the square. Leave about a 1/2-inch allowance around the edges for sealing the dough.
5. Fold the dough over to make a triangle and press the edges to seal. Place it on the lined baking sheet.
6. Repeat until all the squares have been filled.
7. Refrigerate until firm to the touch (about 1 hour) or freeze for later use.
8. Preheat the oven to 425°F.
9. Brush the tops of the pies with beaten egg and sprinkle with poppy or sesame seeds, if desired.
10. Bake until golden brown (browns easily within about 15 minutes or less). If frozen, do not thaw before baking.
11. Keeps at room temperature for two days.



## **Feta Fries**

*Serves: 6-8*

*Preparation Time: 5 minutes*

*Cooking Time: 15-30 minutes*



### ***Ingredients***

1 32-ounce bag french fries

Oil for frying

½ tablespoon oregano

1 teaspoon parsley

1 teaspoon thyme

⅓ cup feta, crumbled

Kosher salt, to taste

Freshly ground pepper

### ***Directions***

1. Combine the oregano, parsley, thyme, and feta in a bowl. Season with salt (not too much) and pepper, as desired.

2. Fry the french fries according to the packaging instructions. Drain over paper towels. (You may also brush them with olive oil and bake them at 400°F for about 30 minutes, flipping once after about 20 minutes).
3. Sprinkle with the feta mixture and serve.



## Zucchini Fritters

*Serves: 6-12*

*Preparation Time: 5 minutes plus 10 minutes standing time*

*Cooking Time: 15-30 minutes*



### ***Ingredients***

2 medium zucchini, trimmed and shredded

1 teaspoon salt

2 scallions, minced

2 tablespoons fresh dill, minced

½ cup feta cheese, crumbled

1 clove garlic, minced or pressed through a garlic press

¼ teaspoon black pepper

¼ cup cornstarch

½ teaspoon baking powder

6 tablespoons olive oil, divided



2 large eggs, beaten  
Lemon wedges, for serving

***Directions***

1. Add salt to the shredded zucchini and toss it in a strainer over a bowl. Let it sit for 10 minutes, then press down or squeeze with your hands to remove the excess liquid.
2. In a large bowl, combine the zucchini, scallions, dill, feta, garlic, and black pepper.
3. Sprinkle the cornstarch and baking powder over the mixture and stir well.
4. In a non-stick skillet, heat 3 tablespoons of olive oil over medium heat.
5. Spoon 2 tablespoons of the zucchini mixture into the skillet, spreading into a circle and pressing down to make 2-inch-wide fritters.
6. Fry for about 2-3 minutes on both sides. Drain on paper towels.
7. Add the remaining oil and continue frying the rest of the zucchini mixture into fritters.
8. Serve with lemon wedges.



## Fried Calamari

*Serves: 4-8*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

25 ounces calamari, cleaned, washed and drained

1 tablespoon freshly ground pepper

2 tablespoons salt

½ tablespoon paprika

1 tablespoon oregano

¾ cup bread flour

½ cup semolina flour

Oil for frying

Lemon wedges

### ***Directions***

1. Cut the calamari into 1/2-inch rings and drain them on paper towels, but do not pat them dry.
2. Crush the seasonings into a powder using a mortar and pestle, food processor, or blender.
3. Combine the seasonings with the flours in a resealable bag or plastic container.
4. Add the calamari rings to the flour mixture and shake to coat.
5. Remove the rings from the flour mixture and gently shake off any excess flour. Arrange them on a plate.
6. Heat 2 or 3 inches of oil in a deep pan or fryer.
7. When the oil begins to bubble, test with one ring. The calamari should sizzle. This means the oil is the right temperature.
8. Fry the calamari in batches (not too many at the time, to get more crispy results), for about 2-3 minutes or until golden brown.
9. Remove from the oil using a strainer or slotted spoon and drain on paper towels.
10. Serve with squeezed lemon.

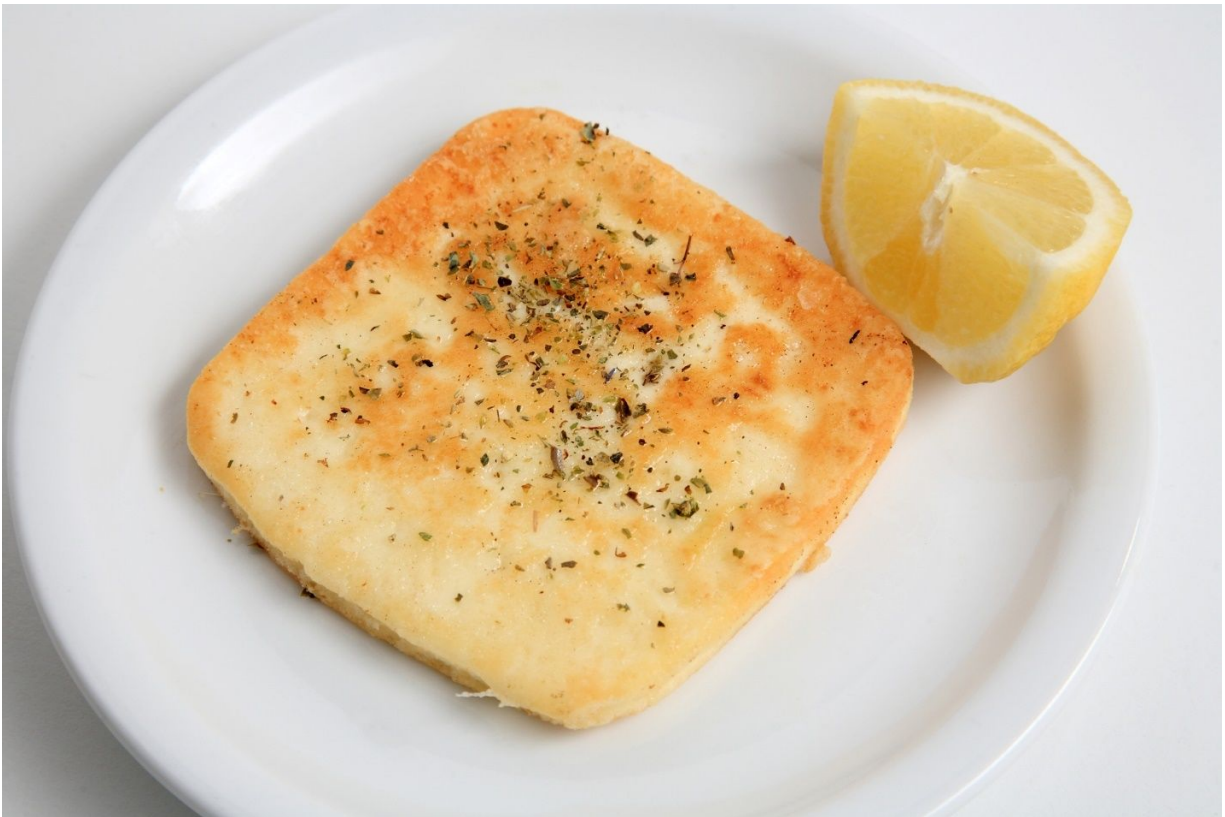


## Saganaki - Fried Cheese

*Serves: 6*

*Preparation Time: 5 minutes*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 pound krinos kefalograviera, kasseri or graviera cheese, cut into 2-inch by ½-inch pieces

Flour (for dredging)

½ cup olive oil

2 lemons, cut into wedges

1 pinch dry Oregano

Grilled or toasted pita bread (optional)

### ***Directions***

1. Rinse each piece of cut cheese under cold tap water and coat with flour.
2. Heat the oil in a skillet and fry the cheese until it is brown on both sides.
3. Drain on paper towels, and serve with lemon wedges and sprinkle a pinch of oregano. Serve with grilled or toasted pita if desired.





# Salads

## **Marouli Salad**

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

1 head romaine lettuce

4 scallions, chopped

3 tablespoons fresh dill, chopped

Olive oil

White wine vinegar

Salt

Juice of 1 lemon (optional)

### ***Directions***

1. Clean the lettuce by washing the leaves thoroughly with cold water. Drain well.
2. Chop the lettuce finely.
3. Toss the lettuce, scallions, and dill in a bowl.
4. Add the lemon juice (optional), together with salt, olive oil, and vinegar to taste.



## Tomato Greek Salad

*Serves: 6*

*Preparation Time: 2 hours marinating time (or less)*

*Cooking Time: 0 minutes*



### ***Ingredients***

- 4 fresh tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 green bell pepper, cut into ½-inch pieces
- ½ cup red onion, chopped
- ¼ cup Kalamata olives
- ½ cup feta cheese, crumbled

### **For the dressing**

- 1 tablespoon red wine vinegar
- 1 tablespoon balsamic vinegar

1 tablespoon extra-virgin olive oil  
1 teaspoon salt  
1 tablespoon fresh oregano, chopped

***Directions***

1. Whisk the ingredients for the dressing together.
2. Toss in the rest of the ingredients.
3. Marinate for 2 hours (or less) in refrigerator for flavors to meld.
4. Serve.



## Santorini Salad

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

½ cucumber, peeled, halved and sliced

½ red onion, thinly sliced

¾ green bell pepper, thinly sliced

½ cup Greek olives

½ cup cherry tomatoes, halved

2 teaspoons olive oil

1 teaspoon oregano

1 tablespoon dill, chopped

Salt and pepper

1 slice of feta cheese

1 tablespoon capers

***Directions***

1. Toss all the ingredients together in a bowl EXCEPT the feta and capers.
2. Lay the feta cheese on top, sprinkle with capers and serve.





## Eggplant Salad (Melitzanosalata)

*Serves: 1-2*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

3 eggplants, washed and pierced all over with a fork

2 cloves garlic, crushed

Parsley sprigs, finely chopped

Salt

Ground black pepper

3 tablespoons olive oil

2 tablespoons red wine vinegar, or according to taste

½ cup feta cheese

### ***Directions***

1. Preheat the oven to 350°F.
2. Bake the pierced eggplants for about 1 hour. The eggplant should be soft, with the skin slightly burnt.
3. Skin the eggplants and chop them finely.
4. Mix the eggplants, garlic, parsley, salt, and pepper well in a bowl.
5. Gradually stir in the olive oil then add the vinegar.
6. The eggplants should be almost mushy, but still slightly chunky as well.
7. Stir in the crumbled feta.



# Classic Greek Salad

*Serves: 6*

*Preparation Time: 20 minutes plus 30 minutes sitting time*

*Cooking Time: 0 minutes*



## ***Ingredients***

1 cucumber, unpeeled, seeded, and sliced ¼-inch thick

1 red bell pepper, diced

1 yellow bell pepper, diced

1 cup cherry tomatoes, halved

½ red onion, sliced in half-rounds

8 ounces feta cheese, ½-inch diced

½ cup Kalamata olives, pitted

## **For vinaigrette**

2 cloves garlic, minced

1 teaspoon dried oregano

½ teaspoon Dijon mustard  
¼ cup red wine vinegar  
1 teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
½ cup olive oil

***Directions***

1. Whisk together all the vinaigrette ingredients, EXCEPT the olive oil, in a small bowl.
2. Gradually add the olive oil, whisking continuously, to make an emulsion. Set it aside.
3. Combine the cucumber, peppers, tomatoes, and red onion in a large bowl.
4. Pour the vinaigrette over the vegetables, and toss in the feta and olives.
5. Let it sit, unrefrigerated, for 30 minutes to allow flavors to meld.



## **Kolonaki Salad – Greek Salad with Roasted Chicken**

*Serves: 6*

*Preparation Time: 20 minutes plus 30 minutes to 4 hours marinating time*

*Cooking Time: 10 minutes*



### ***Ingredients***

1 recipe [Greek Salad](#)

4 chicken breast fillets

### ***For marinade***

1 lemon, juiced

2 tablespoons extra-virgin olive oil

1 teaspoon dried oregano

Salt, to taste

10 grinds black pepper

### ***Directions***

1. Prepare the chicken marinade by mixing all the marinade ingredients together in a plastic, glass, stainless steel, or other non-reactive dish.
2. Place the chicken fillets in the marinade and rub it into the chicken.
3. Cover with plastic wrap and refrigerate.



4. Marinate for 30 minutes to 4 hours.
5. Prepare the Greek salad and set it aside.
6. When chicken is ready, heat a non-stick or heavy-bottomed skillet over high heat.
7. Cook the chicken for about 4-5 minutes and turn over to cook the other side, also for 4-5 minutes. Make sure it is cooked through.
8. Place the chicken on a cutting board and let it rest for about 5 minutes.
9. Slice it into thin strips and arrange it over the Greek salad.
10. Serve.



# Soups

## **Avgolemono - Lemon-Chicken-Rice Soup**

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

6 cups chicken broth

1 teaspoon fresh dill, finely chopped

½ cup uncooked orzo or rice-shaped pasta

4 large eggs

⅓ cup fresh lemon juice

1 large carrot, peeled and shredded

¼ teaspoon salt

¼ teaspoon white pepper

8 ounces chicken breast fillet, cut into bite-sized pieces

### ***Directions***

1. In a large saucepan, combine the chicken broth and dill.
2. Bring it to a boil. Add the orzo and reduce the heat.
3. Simmer for 5 minutes or until the orzo is slightly tender. Remove from the heat.
4. Place the eggs and lemon juice in a blender and process until smooth.
5. While the blender is on, slowly add most of the broth (making sure there is no orzo). Blend until smooth, and set it aside.
6. Meanwhile, add carrot, salt, pepper, and chicken to remaining broth-orzo mixture.
7. Bring it to a simmer over medium-low heat.
8. Simmer until the chicken and orzo are done (about 5 minutes).
9. Reduce the heat to low, and slowly stir in egg the mixture from the blender.
10. Cook 30 seconds more, stirring constantly.
11. Serve immediately.



## **Domatosoupa - Tomato Soup**

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

3 sundried tomatoes, snipped

½ cup boiling water

1 large sweet onion, peeled and finely chopped

1 medium leek, washed and finely chopped, whites only

3 tablespoons olive oil

1 4 ½-ounce can diced tomatoes, with the juice

1 teaspoon sugar

1 garlic clove, minced

Zest of ½ an orange, grated  
2 tablespoons fresh mint, finely chopped  
4 ½ cups herb broth (store bought or homemade) or vegetable broth  
1 ½ cups Greek yogurt  
1 tablespoon all-purpose flour  
Salt and freshly ground black pepper, to taste  
½ cup flat leaf parsley, minced

### ***Directions***

1. Soak the sundried tomatoes in the boiling water to soften. Drain the water.
2. Pound the sundried tomatoes, with their liquid, in a mortar and pestle, until a paste is formed.
3. In a heavy-bottomed pot, sauté the onion and leek in the olive oil until translucent.
4. Add the diced tomatoes, sundried tomato paste, and sugar.
5. Cook over moderately high heat for 2-3 minutes.
6. Stir in the garlic, grated orange zest, and mint, and cook another 3 minutes.
7. Gradually add the herb or vegetable broth, cover, and simmer for 30-45 minutes longer.
8. Mix the yogurt and flour in a bowl until smooth.
9. Gradually add a spoonful of hot soup, stirring constantly.
10. Add another spoonful of soup, still stirring.
11. Slowly add the yogurt mixture to the soup pot, stirring constantly.
12. Continue cooking the soup over low heat, stirring constantly. There should be no curdling.
13. Adjust the seasonings according to taste.
14. Garnish with parsley and serve while hot.





# **Sandwiches/Wraps**

## Basic Greek Pita Bread

*Serves: 8-16*

*Preparation Time: 25 minutes plus 1 hour proofing time*

*Cooking Time: 20 minutes*



### ***Ingredients***

4 cups all-purpose flour + more, if needed  
2 teaspoons fresh thyme, chopped (optional)  
1 tablespoon olive oil + more for brushing

### **For yeast**

1 envelope (7 g or 2 ¼ teaspoons) dry yeast  
1 tablespoon sugar  
½ cup warm (not hot) water

### **For salt**

1 cup warm water

2 teaspoons salt

### ***Directions***

1. In a small bowl, stir together the yeast, sugar, and warm water. Let stand for 10 minutes. Froth on the surface indicates that the yeast is activated.
2. In another small bowl or cup, dissolve the salt in the water.
3. In a third large bowl, add the flour and thyme, if using. Make a large well in the center and pour in the yeast mixture.
4. Mix in about 3 strokes with a wooden spoon or with the hook attachment of your mixer before adding the salt and water solution.
5. Mix for a minute or two until everything is combined. Add more flour, gradually, if the dough is too sticky, or gradually add water if it is too dry.
6. Knead into a smooth dough (about 15 minutes). The dough should retract when pinched.
7. Gradually knead the oil into the dough until well incorporated.
8. Brush a clean, dry bowl with oil and place the dough inside.
9. Brush the surface of the dough with a little more oil and cover the bowl with a towel or aluminum foil.
10. Let it sit in a warm place. Allow the dough to expand to double its size (about 40 minutes to 2 hours, depending on ambient or room temperature).
11. Punch the dough down, and knead quickly or press down (about 2 minutes) to deflate the dough.
12. Form the dough into a flat rectangle and divide it into 8-16 pieces (or more), depending on the desired size. Shape the pieces into balls.
13. Cover the balls and let them rest for 30 minutes.
14. Flatten the balls and use a rolling pin to shape them into circles about  $\frac{1}{4}$ -inch thick. Rest the rounds for about 5 minutes before cooking. You may also place them in a sealed container and refrigerate for later use.
15. While cooking, cover uncooked rounds of dough with towels to prevent them from drying out.
16. To cook the pitas, brush them with oil, and fry them in a pan over medium heat. When they puff up, flip them over (about 2 minutes on

each side). Alternatively, you can bake them on oiled baking sheets at 350°F, for about 2-3 minutes.

17. May be eaten as is or with [tzatziki](#), used to make wraps, or slit to make a pocket and filled with meat and/or vegetables.



## Chicken Gyro Pita Sandwich

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

1 recipe [chicken gyro](#)

2 cooked gyro or [pita bread](#)

½ cup cucumber, chopped

⅓ cup yogurt

¼ teaspoon dill weed

1 clove garlic, minced

½ small red onion, thinly sliced

1 small tomato, chopped (optional)

⅓ cup shredded lettuce (optional)

### ***Directions***

1. In a bowl, combine the cucumber, yogurt, dill, and garlic. Set aside.

2. Spoon some of the chicken gyro onto a piece of gyro or pita bread. Add some of the cucumber mixture, onion, tomato (optional) and lettuce (optional).
3. Fold over or roll into a wrap and serve.





## Greek Sausage Sandwich

*Serves: 8*

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*



### ***Ingredients***

**Feta sauce**

1 ½ cups sour cream or Greek yogurt  
1 cup feta cheese  
½ teaspoon garlic powder  
½ teaspoon oregano  
Salt and pepper to taste

### For sandwiches

8 [pita bread](#)

2 pounds bulk loukaniko sausage, halved lengthwise and sliced  
1 long thin cucumber, diced  
1 cup lettuce, shredded  
4 small tomatoes, diced  
2 small red onions, sliced thinly

### ***Directions***

1. Mix the sauce ingredients together and set them aside for the flavors to develop.
2. Sauté the sausage slices and in a skillet over medium heat until browned. Remove from skillet and set aside.
3. Add onions to the skillet and cook 1-2 minutes until fragrant and soft. Drain any excess fat.
4. Grill the pita in a non-stick skillet over medium-low heat or in a sandwich press to the desired crispness.
5. Layer sausage, tomato, cucumber, lettuce, and caramelized onions inside the bread.
6. Top with about a tablespoon feta sauce.



## **Pork Souvlaki Pita Sandwich**

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 12 minutes*

### ***Ingredients***

1 recipe [pork souvlaki](#)

6 [pita breads](#)

2 cups shredded green leaf lettuce

1 small white onion, thinly sliced into half moons

3 large round tomatoes, medium dice

½ cup olive oil

3 tablespoons red wine vinegar

1 teaspoon dried oregano

Salt and freshly ground black pepper, to taste

[Tzatziki](#) or [feta sauce](#) or crumbled feta cheese (optional)

***Directions***

1. Preheat the grill to medium-high, and cook the pork until done (remove any skewers after grilling) or fry it in a lightly oiled skillet over medium-high heat.
2. In a medium bowl, toss the lettuce, onion, tomatoes, olive oil, vinegar, oregano, salt, and pepper together.
3. Spoon the meat into a piece of pita (grilled, if desired) and top with lettuce mixture and tzatziki, feta sauce, or crumbled feta cheese (optional). Serve.



## Santorini Wrap – Grilled Vegetable and Feta Sandwich

*Serves: 3*

*Preparation Time: 5 minutes*

*Cooking Time: 8 minutes*



### ***Ingredients***

3 whole pitas, warmed or toasted

### **For filling**

3 tablespoons olive oil

1 small eggplant, cut into ½-inch by 3-inch strips

1 small red bell pepper, cut into ½-inch by 3-inch strips

1 small zucchini, cut into ½-inch by 3-inch strips



1 small onion, cut into ½-inch by 3-inch strips  
1 clove garlic, minced  
¼ cup green olives, halved  
¼ cup Kalamata olives, halved  
¼ cup feta cheese, crumbled  
3 tablespoons pepperoncini, sliced

***Directions***

1. Heat a large skillet over medium heat and add the olive oil.
2. Sauté the eggplant and zucchini strips until tender (about 4 minutes).
3. Add the pepper slices, onion, and garlic.
4. Cover and let it cook until the vegetables have softened (about 4 minutes).
5. Remove from the heat and stir in the olives, pepperoncini, and feta.
6. Slice the pita to make pockets and stuff with the filling.



## Greek Burger with Kefalotyri

*Serves: 12*

*Preparation Time: 15 minutes*

*Cooking Time: 12 minute (on grill or skillet) or 1 hour (in oven)*



### ***Ingredients***

12 pieces bread of choice (burger buns or pita)

4 small tomatoes, sliced

### **For patties**

1 cup *kefalotyri* cheese, grated

1 pound ground beef

1 medium onion, finely chopped

½ carrot, grated

2 sprigs parsley, finely chopped

½ teaspoon spearmint

½ teaspoon oregano  
½ teaspoon paprika  
½ salt or to taste  
½ teaspoon pepper  
1 egg, beaten  
1 loaf or 10-12 slices crustless bread, slightly soaked and strained well  
1 tablespoon olive oil  
Juice of ½ an orange  
Dried bread crumbs, as needed

### ***Directions***

1. Combine all the patties' ingredients until thoroughly blended EXCEPT the *kefalotyri* cheese and dry bread crumbs. Gradually add some dry breadcrumbs if too moist or sticky.
2. If baking, preheat the oven to 375°F.
3. Divide the meat mixture into 12 portions and form each into a patty.
4. Sprinkle each patty with kefalotyri.
5. Place patties on a baking sheet and bake for about 1 hour or until cooked through.
6. May also be cooked on a grill or in a skillet over medium-high heat (about 3 minutes). Flip over until some bits of meat are slightly charred and of desired doneness. Sprinkle with cheese just before removing from heat.
7. Place in the bread and serve topped with tomato and [tzatziki](#), if desired.



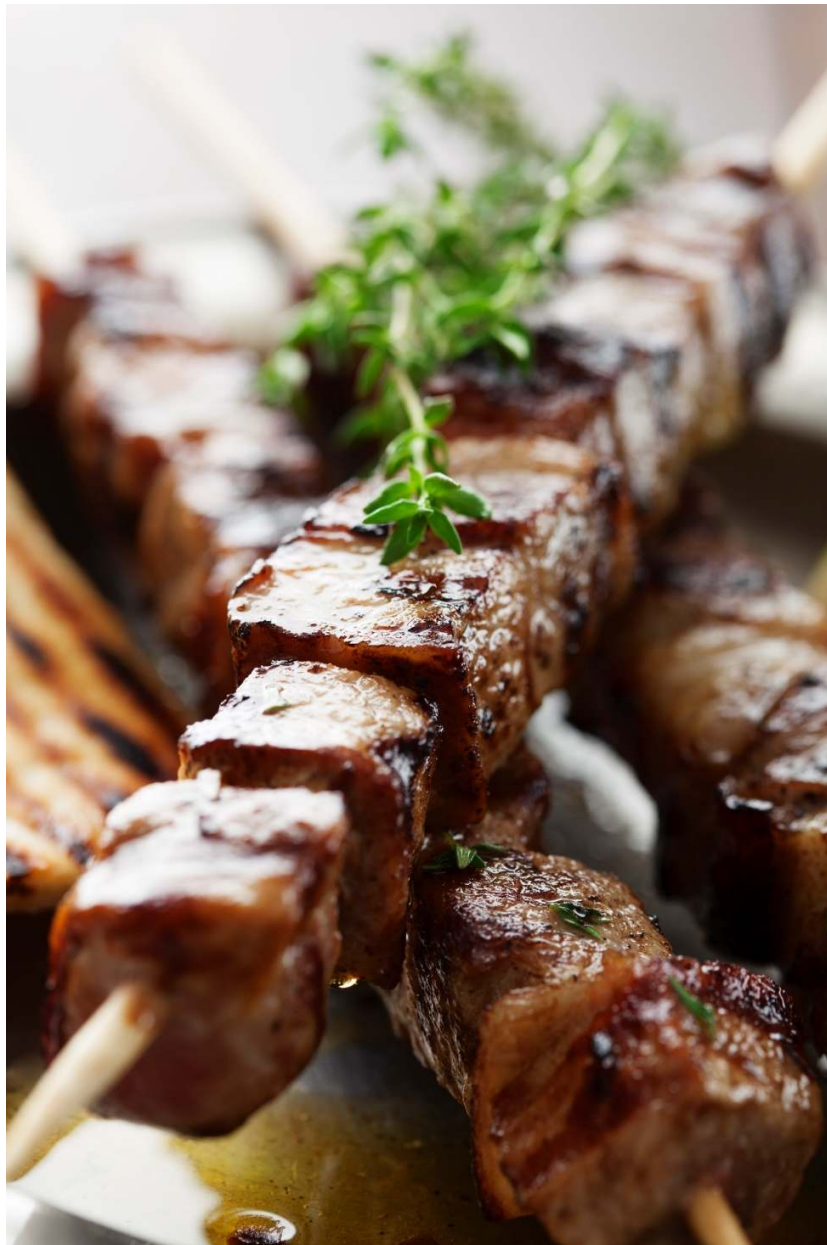
# **Beef/Lamb/Pork**

## **Pork Souvlaki**

*Serves: 6*

*Preparation Time: 20 minutes plus 3 hours marinating time*

*Cooking Time: 12 minutes*



### ***Ingredients***

2 pounds pork shoulder, cut into 1 ¼-inch cubes

For marinade

½ cup lemon juice

2 tablespoons red wine vinegar

2 tablespoons fresh oregano, chopped

1 tablespoon fresh thyme, chopped

1 bay leaf, finely crumbled

6 cloves garlic, minced

3 tablespoons olive oil

Salt, to taste

Freshly ground black pepper, to taste

Lemon wedges, for serving (optional)

### ***Directions***

1. Prepare at least 6 skewers. If they are made of wood, soak for 1 hour in water before use.
2. Combine the ingredients for the marinade (do not include lemon wedges) in a bowl or resealable bag. Add the pork cubes and seal, and marinate for at least 3 hours to overnight.
3. Skewer the meat and grill over medium-high heat, brushing occasionally with marinade until done (about 10 minutes). Be sure to allow the last application of marinade to cook before removing from the heat.
4. May be served with lemon wedges to be squeezed on the meat before eating.





# Beef Kebab

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 12 minutes*



## ***Ingredients***

2 pounds beef sirloin, cut into about 1 ½-inch cubes

2 bell peppers, seeded and cut into 1 ½-inch squares

1 large onion cut into 1 ½-inch squares

Lemon wedges

## **For marinade**

2 tablespoons olive oil

2 tablespoons red wine vinegar

2 tablespoons lemon juice

3 cloves garlic, minced

1 tablespoon oregano  
1 tablespoon dried mint  
2 teaspoons kosher salt  
½ teaspoon chili flakes

***Directions***

1. Whisk the ingredients for the marinade together. Place it in a resealable bag or shallow pan.
2. Add the meat and seal. Marinate for 30 minutes to overnight, flipping once or twice.
3. If using wooden skewers, soak them in water for 1 hour before using.
4. After marinating, preheat the grill to high.
5. Thread the meat alternately with the bell pepper onto the skewers, being careful not to crowd them too much.
6. Grill for 8-12 minutes, brushing with marinade and rotating once halfway through the cooking process.
7. Let rest for 5 minutes before serving.
8. Serve with lemon wedges to squeeze over kebabs.



## **Beefteki - Feta Burger**

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 16 minutes*

### ***Ingredients***

1 pound lean ground beef  
½ teaspoon Worcestershire sauce  
1 teaspoon dried parsley  
Salt and pepper to taste  
1 cup crumbled feta cheese

### ***Directions***

1. Preheat the grill to medium, and oil the grate.
2. Set aside the feta cheese, and mix all the other ingredients thoroughly.
3. Divide the mixture into 8 balls and form into thin patties.
4. Put about ¼ cup of the feta cheese on 4 of the patties.
5. Top each with another patty, pressing down on the sides to seal.
6. Cook on the preheated grill for about 8 minutes per side, or until well done (160°F internal temperature).
7. Serve with [baked lemon potatoes](#).

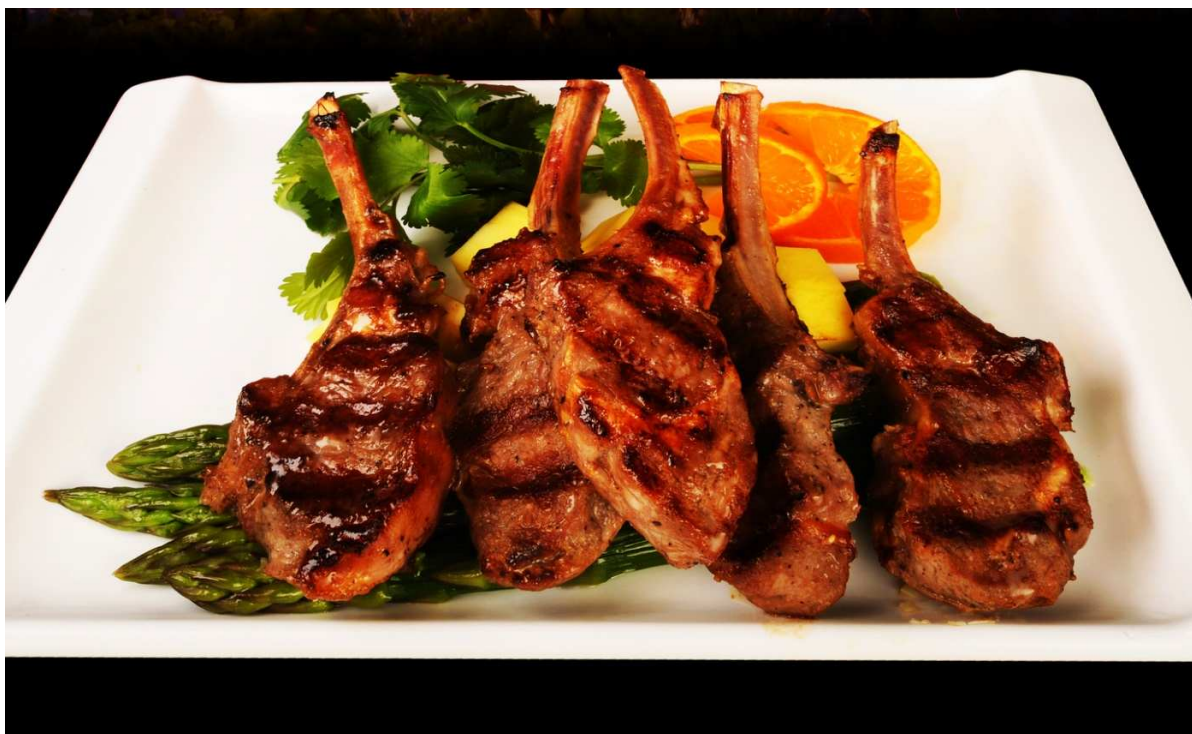


## Lamb Chops

*Serves: 4*

*Preparation Time: 5 minutes plus at least 30 minutes marinating time*

*Cooking Time: 6 minutes*



### ***Ingredients***

¼ cup dried oregano

2 tablespoons lemon juice

1 tablespoon garlic, minced

Salt and freshly ground pepper

8 lamb loin chops, trimmed

### ***Directions***

1. Mix the oregano, lemon juice, garlic, salt, and pepper together. Rub the spice mix on the lamb chops.
2. Cover, refrigerate, and let marinate for 30 minutes to 4 hours.
3. Grill or broil the lamb chops over medium-high heat for 3 minutes on each side or longer, depending on desired doneness.





## Classic Moussaka

*Serves: 4*

*Preparation Time: 1 hour*

*Cooking Time: 45 minutes*



### ***Ingredients***

2 medium potatoes, peeled and cut into ¼-inch circles

2-3 medium eggplants, peeled and cut into about ⅛-inch circles

Olive oil, as needed

### **For beef-tomato mixture**

1 pound lean ground beef or lamb

1 ½ medium onions, peeled and chopped

2 tablespoons garlic, minced

1 8-ounce can tomato sauce

1 teaspoon dried oregano

2 tablespoons dried parsley  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon sugar  
½ teaspoon salt, or to taste  
½ teaspoon fresh ground black pepper, or to taste

#### For white sauce

3 tablespoons butter  
½ teaspoon salt  
½ teaspoon fresh ground black pepper  
2 tablespoons flour  
1 cup half-and-half cream or milk  
2 eggs, beaten  
½ cup grated Parmesan cheese

#### ***Directions***

##### For potato and eggplant layers

1. Preheat the oven to 450°F, and grease a 9x13 or lasagna pan.
2. Arrange the potato slices on the bottom of the pan as the first layer.  
Brush with olive oil.
3. Place the eggplant slices on top of the potato as a second layer. Again,  
brush with olive oil.
4. Bake for 15 minutes.
5. When eggplant and potato are tender, remove them from the oven.  
Separate a few slices of eggplant to make another layer for later.
6. Reduce the heat to 350°F.

##### For beef-tomato sauce layer

7. Brush a large skillet with oil and heat over medium-high on the  
stovetop.
8. Cook the beef and onions, stirring until the beef is no longer pink and  
the onions are soft. Skim off any excess fat or grease from skillet.
9. Add the garlic, tomato sauce, oregano, parsley, cinnamon, nutmeg,  
sugar, salt and black pepper. Stir until heated through.

10. Pour the beef-tomato sauce mixture over the layer of potatoes and eggplant in the pan.
11. Arrange the remaining eggplant slices over the beef mixture.

For the white sauce

12. In a saucepan, melt the butter over medium-low heat and whisk in the flour, salt and pepper to taste.
13. Gradually whisk in half-and-half or milk.
14. Adjust the heat to medium high and cook, with continuous stirring, until the sauce is thick and bubbly. Reduce the heat (or turn it off) to avoid scorching while preparing the cheese mixture.
15. Put the beaten eggs in a small bowl and stir in the hot milky sauce about a tablespoon at a time (do not add too much hot sauce all at once or the eggs will cook and harden). Add about 4 tablespoons of the hot milky sauce, stirring continuously. Stir in the Parmesan cheese as well.
16. Stir this cheese sauce into the milky sauce. Cook a little longer, if needed, until the mixture begins to thicken. Pour this over the contents of the baking dish.
17. Bake in the preheated oven for 45 minutes.
18. Remove from the oven and let it sit for about 15-30 minutes, to set, before slicing.



## Greek-Style Stuffed Peppers

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes sautéing plus 40 minutes baking*



### ***Ingredients***

8 medium-sized bell peppers, any color, tops removed, seeded

1 tablespoon olive oil

½ pound ground pork

2 onions, chopped

Salt and pepper to taste

¼ cup dry white wine

1 10.75-ounce can tomato puree

1 4-ounce package feta cheese

½ cup cooked white rice

½ cup raisins

½ cup pine nuts

2 tablespoons fresh parsley, chopped

## ***Directions***

1. Preheat the oven to 350°F.
2. Soak the bell peppers in warm water for 5 minutes.
3. Heat the olive oil in a skillet over medium heat.
4. Sauté the pork and onions, seasoning with salt and pepper, until the pork is evenly browned.
5. Transfer the sautéed pork and onion to a clean skillet or simply drain out the grease.
6. Stir in the wine and tomato puree and simmer for 10 minutes. Remove from the heat.
7. Add the feta cheese, cooked rice, raisins, pine nuts, and parsley, mixing thoroughly.
8. Stuff the peppers with pork mixture,
9. Arrange the stuffed peppers in a baking dish, and cover lid or with aluminum foil.
10. Bake for 30 minutes.
11. Remove the lid or foil, and continue baking until the stuffing is lightly browned (about 10 minutes).





## Loukaniko - Homemade Greek Pork Sausage

*Serves: 15-20*

*Preparation Time: 15 minutes plus 3 hours sitting time*

*Cooking Time: 10-15 minutes*



### **Ingredients**

5 pounds ground pork shoulder, chilled (you may use lamb or a combination)

Hog casing (optional)

### For seasoning

2 tablespoons garlic, finely minced

1 tablespoon dried thyme

1 tablespoon dried marjoram



1 tablespoons grated orange zest  
1 tablespoon ground coriander seed  
1 tablespoon dried oregano  
1 tablespoon black pepper  
1 tablespoon salt  
1 tablespoon sugar (optional)  
½ cup dry white or red wine

### **Directions**

1. Keep the ground meat in the refrigerator until ready to use (cold meat is important for better binding).
2. Mix together all the ingredients for the seasoning and let it stand for 1 hour to allow flavors to meld.
3. Add the seasoning to the chilled ground pork, and mix thoroughly with your hands.
4. Stuff hog casings with sausage meat, or use a pastry tube, to make 6-inch long sausages. You can also make patties, or roll in saran wrap for skinless sausages.
5. Keep the sausages in the freezer overnight before cooking.
6. You can bake, grill or fry the sausage. It should be cooked until the surface looks almost charred.



## Lamb Shanks

*Serves: 6*

*Preparation Time:*

*Cooking Time: 2 ½-3 hours*



### ***Ingredients***

6 lamb shanks (14-ounce pieces)

Salt, to taste

Freshly ground black pepper, to taste

Flour, for dusting

3 tablespoons olive oil

2 celery stalks, chopped

1 large onion, chopped

1 large carrot, chopped

6 large cloves garlic, chopped

1 2-ounce can anchovies  
2 cinnamon sticks  
2 small bay leaves  
Handful of fresh thyme sprigs  
2 tablespoons gin  
¼ teaspoon ground nutmeg  
1 tablespoon tomato paste  
1 25-ounce bottle Merlot  
2 14-ounce cans low-salt beef broth  
1 cup Kalamata olives (optional)

### ***Directions***

1. Preheat the oven to 325°F, and grease a baking pan.
2. Pat the lamb shanks dry with towels. Rub with salt and pepper and then dust with flour.
3. Heat the oil in large ovenproof pot over medium-high heat.
4. Sauté the lamb until browned evenly (about 10 minutes). Transfer it to the greased baking pan and place it in oven to bake, as you prepare the sauce.
5. Add the next 10 ingredients (celery through nutmeg) to the pot.
6. Sauté until the vegetables start to brown (about 20 minutes).
7. Stir in the tomato paste, wine, and broth.
8. Simmer until the liquid is reduced by half, stirring occasionally (about 10 minutes).
9. Return the lamb to the pot of sauce, and arrange it in a single layer.
10. Bring it to a boil.
11. Transfer the whole pot, with the lamb, to the oven. Cook, uncovered, until tender (about 2-3 hours). Flip the shanks over and baste them from time to time.
12. Remove the lamb and place it on a plate.
13. Skim any fat from the liquid and strain out the vegetable pieces, catching the liquid in a bowl.
14. Pour the strained liquid back into the pot and boil to reduce it further, if needed, to gravy consistency. Season with salt and pepper.
15. Return the lamb to the pot of gravy and cook until heated through.
16. Serve with [baked lemon potatoes](#).



# **Chicken/Poultry**

## Greek-Style Grilled Chicken

*Serves: 4*

*Preparation Time: 10 minutes plus overnight marinating time*

*Cooking Time: 45 minutes*



### ***Ingredients***

- ½ cup extra-virgin olive oil
- 1 bunch fresh oregano, leaves picked
- 4 cloves garlic, finely minced
- Juice of 1 lemon
- Salt and freshly ground black pepper, to taste
- 1 whole chicken, cut in pieces

### ***Directions***

1. Pat the chicken dry and place it in a resealable bag or shallow container for marinating.

2. Whisk together the rest of the ingredients and pour them over the chicken.
3. Seal and turn the bag over several times to distribute the marinade over the chicken pieces.
4. Refrigerate and let marinate overnight.
5. After marinating, preheat the oven to 350°F.
6. Heat a skillet over medium-high heat and place the chicken skin-side down.
7. Brown the chicken (about 10 minutes on each side).
8. Place the chicken on a baking tray and bake in oven until golden brown (about 25 minutes).
9. Remove from the oven and let rest for 10 minutes.
10. Serve.





## Chicken Gyro

*Serves: 2*

*Preparation Time: 5 minutes plus 1 hour marinating time*

*Cooking Time: 8 minutes*



### ***Ingredients***

$\frac{1}{2}$  pound chicken boneless breast, cut into  $\frac{1}{2}$ -inch strips

### **For marinade**

$\frac{1}{4}$  cup lemon juice

2 tablespoons olive oil

1 clove garlic, minced

$\frac{1}{2}$  teaspoon ground mustard

½ teaspoon dried oregano

***Directions***

1. Combine the ingredients for the marinade in a resealable bag.
2. Add the chicken, refrigerate, and let marinade for at least 1 hour, flipping the bag over once or twice to make sure the chicken absorbs the flavor evenly.
3. After the marinating is done, drain and discard the marinade.
4. Heat a nonstick skillet over medium heat and cook the chicken for about 8 minutes, stirring occasionally, or until done.



## **Baked Chicken with Rosemary and Lemon**

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

1 whole chicken (5 pounds), washed and drained

Salt and pepper

Juice of 2 lemons

### For basting

2 tablespoons olive oil

½ cup butter, softened

2 large sprigs fresh rosemary, diced finely

4 cloves garlic, minced

Zest of 4 lemons

### For stuffing

1 lemon, sliced

1 small onion, quartered

1 sprig rosemary

### ***Directions***

1. Preheat the oven to 425°F.
2. In a bowl, mix the basting ingredients together.
3. Wipe the chicken dry and rub it with salt and pepper; season the cavity as well.
4. Stuff the cavity of the chicken with the sliced lemon, onion, and rosemary.
5. Brush the chicken with the basting mixture.
6. Place the chicken on a baking sheet or tray, and bake for 45 minutes.
7. Remove from the oven and baste again with remaining basting mixture.
8. Put back into oven and bake until golden brown (about 15 minutes).  
Cover with foil to prevent burning, if needed.
9. Cool for 15 minutes before serving.



# Seafood



# Shrimp Kebabs

*Serves: 2*

*Preparation Time: 10 minutes*

*Cooking Time: 6 minutes*



## ***Ingredients***

1 pound shrimp, shelled and deveined

Olive oil, as needed

½ teaspoon aniseed, finely crushed

Salt

Freshly-ground pepper

4 tablespoons [tzatziki](#)

¾ cup feta, crumbled

## ***Directions***

1. Preheat the grill to medium-high heat, and brush the rack with oil.

2. Thread the shrimp onto 4 metal or soaked wooden skewers.
3. Brush the shrimp with olive oil, and season with salt, pepper, and aniseed.
4. Grill until shrimp are opaque in center (about 3 minutes per side).
5. Spoon the tzatziki over the shrimp and sprinkle it with feta cheese.
6. Serve with [Greek salad](#).



## Grilled Salmon

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

4 salmon fillets (about 1 pound)

### **For marinade**

1 tablespoon olive oil

1 tablespoon fresh dill, chopped

1 teaspoon grated lemon peel

3 tablespoons lemon juice  
2 tablespoons honey  
2 cloves garlic, minced

### Lemon-Dill Sauce

1 6-ounce container Greek yogurt, plain  
1 tablespoon fresh dill, chopped  
½ teaspoon grated lemon peel  
1 tablespoon lemon juice  
⅛ teaspoon pepper

### ***Directions***

1. Whisk the marinade ingredients together. Set aside.
2. In a baking dish, arrange the salmon skin-side up.
3. Pour the marinade over the salmon. Turn the fillets over, and then cover with plastic wrap.
4. Let the fish marinate in the refrigerator for 20 minutes.
5. Preheat the grill to medium heat.
6. Brush the grill rack with oil and place the salmon skin-side down on grill.
7. Cover and grill until the fish flakes easily (about 10-15 minutes).
8. While grilling the salmon, whisk together the lemon-dill sauce ingredients.
9. Serve grilled salmon with sauce.



## Grilled Greek-Style Fish

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 25 minutes*



### ***Ingredients***

1-2 whole porgy fishes, trimmed and cleaned, about 1 ½ pound each

Salt and pepper to taste

Greek extra-virgin olive oil

Dry oregano

### **Lemon oil**

1 cup Greek olive oil

1 lemon juiced

Lemon wedges for serving

### ***Directions***

1. Prepare the barbecue or indoor grill to high heat
2. Score the fish on both side.
3. Brush some olive oil on both side of the fish. Season with salt on both side and inside the fish. Sprinkle a pinch of dry oregano on both side of each fish.
4. Place each fish in a fish grilling basket to prevent sticking to the grate. Grill for 10-20 minutes per side or until the fish is cooked through and internal temperature reaches 145°F.
5. In the meantime, prepare the lemon oil. Place olive oil in a small food processor or blender with the lemon juice. Blend until well emulsified. Add olive oil if needed. Pour in a bottle for further uses.
6. Once the fish is cooked, place it on a serving plate. Sprinkle the grilled porgies with some of the prepared lemon oil. Sprinkle with oregano and serve with lemon wedges.





## Stuffed Squid

*Serves: 4*

*Preparation Time: 30 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

8 cleaned squid, 5-6 inches each in length, cleaned and gutted, tentacles chopped

### **For stuffing**

2 teaspoons olive oil

1 medium onion, finely chopped

1 cup cooked rice, slightly salted

¼ cup toasted pine nuts

2 tablespoons currants, soaked in water for 10 minutes and drained

¼ cup flat-leaf parsley, finely chopped

Salt, to taste

Freshly ground black pepper to taste

### For sauce

1 teaspoon olive oil

¼ cup onion, finely chopped

2 cloves garlic, minced

1 14-ounce can tomatoes, drained and diced, juice reserved

½ cup dry white wine

1 ½ teaspoons fresh lemon juice

Salt, to taste

Freshly ground black pepper, to taste

### ***Directions***

1. Rinse the cleaned, gutted squid and drain. Pat it dry with towels.
2. Place the tentacles in a bowl and set them aside.
3. Heat the olive oil in a skillet and sauté the onion (about 1 minute).
4. Add the tentacles and sauté 1 minute more. Remove from the heat.
5. Add the other stuffing ingredients and mix thoroughly.
6. Stuff the squid with about 2 ½ tablespoons of the filling. Do not overstuff to avoid bursting while cooking.
7. Seal the squid using toothpicks like a pin. Set them aside and prepare the sauce.
8. Heat a large pan with a tight-fitting lid, big enough for the squid to fit in one layer.
9. Heat the oil and sauté onion and garlic until onion is soft (about 2 minutes).
10. Add remaining sauce ingredients and bring it to a simmer.
11. Add the stuffed squid to the sauce, arranging it in a single layer.
12. Bring to a simmer, then reduce the heat to low and cover the pan tightly.
13. Simmer for 50 minutes to 1 hour, depending on the size of the squids.
14. Make sure the liquid does not dry up; add water or wine to prevent drying.
15. Serve hot with some sauce.

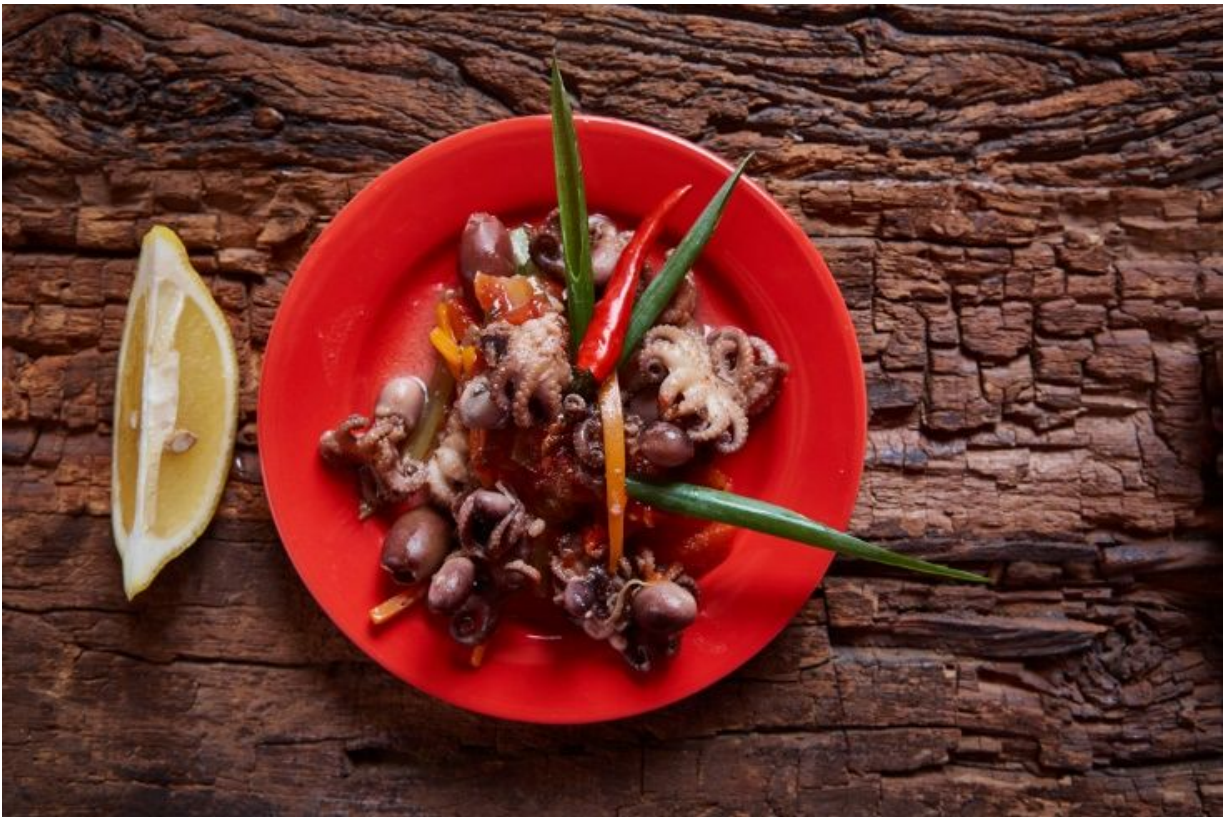


## Grilled Octopus

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: 6 minutes*



### ***Ingredients***

8 ounces baby octopus, cleaned

¼ cup dry white wine

2 teaspoons extra virgin olive oil

2 cloves garlic, crushed

1 teaspoon ground mild paprika

1 small fresh red chili, finely chopped

¼ cup Greek olives

Freshly ground black pepper

Salt, to taste

Lemon wedges, to serve

### ***Directions***

1. Rinse the octopus with cold water and drain. Pat it dry with towels.
2. In a non-reactive container, mix all the ingredients, EXCEPT the lemon wedges, together.
3. Toss in the octopus and coat well with the seasonings.
4. Cover with plastic wrap and let it marinate in the refrigerator for 30 minutes.
5. Preheat the grill to high.
6. After marinating, drain the octopus but set the marinade aside to be made into sauce.
7. Cook the octopus on the grill, flipping a few times (about 5 minutes). The octopus is done when it is heated through and begins to curl.
8. Transfer the cooked octopus to a serving dish.
9. Heat up the reserved marinade over medium-high heat, and bring it to a boil. Add the Greek olives.
10. Adjust the flavor with salt and pepper, and cook for about 1 minute or until slightly thickened.
11. Pour the sauce over the octopus and serve with lemon wedges.



# **Vegetables and Sides**



## **Baked Lemon Potatoes**

*Serves: 2*

*Preparation Time: 5 minutes*

*Cooking Time: 45-50 minutes*



### ***Ingredients***

- 1 pound potatoes, cleaned, peeled, and sliced
- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tablespoon Greek oregano
- 2 tablespoons yellow mustard
- Juice of 1 lemon
- ¼ cup chicken or vegetable broth

### ***Directions***

1. Preheat the oven to 350°F.

2. In a bowl, combine the olive oil, garlic, oregano, mustard, and lemon juice.
3. Add the potatoes and toss well to coat. Transfer the potatoes to a baking dish.
4. Very carefully, add the broth. Do not pour over the potatoes as this will wash off the seasonings.
5. Bake the potatoes for 20-25 minutes and then stir. The potatoes should start to soften by this point.
6. Continue baking for another 20-25 minutes or until potatoes are cooked through.
7. Serve with [beefteki](#) and tzatziki.



## **Greek-Style Mixed Grilled Vegetables**

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*

### ***Ingredients***

¼ cup Greek olive oil  
1 tablespoon fresh lemon juice  
2 cloves garlic, minced  
1 teaspoon oregano  
2 small eggplants, cut into 1-inch cubes  
1 bell pepper, cut into 1-inch cubes  
1 zucchini, cut into 1-inch cubes  
1 small onion, quartered  
Salt and pepper

### ***Directions***

1. In a large bowl, whisk together the olive oil, lemon juice, garlic, and oregano.
2. Toss the cut vegetables into the oil and coat evenly.
3. Preheat the grill to medium, and place vegetables on the rack in a single layer.
4. Baste with oil and turn over once or twice. Cook until tender.
5. Serve warm.



## **Spanakorizo - Spinach Lemon Rice Pilaf**

*Serves: 3-4*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*



### ***Ingredients***

2 tablespoons olive oil

1 small onion, diced

2 cloves garlic, minced

1 lemon, zested and juiced

3 cups cold cooked rice

½ cup vegetable or chicken stock

½ pound baby spinach

4 tablespoons fresh chopped dill, finely chopped

Salt and freshly ground black pepper, to taste

Crumble feta cheese and flat leaf parsley for garnish

### ***Directions***

1. Heat the oil in a large deep skillet over medium heat.
2. Sauté the onion and garlic until onion turns golden and soft (about 2 minutes).
3. Stir in the baby spinach and half of the dill. Continue cooking until wilted, about 2-3 minutes.
4. Break up any lumps in the cooked rice, and add it to the skillet, together with the stock and lemon juice.
5. Mix well, shovelling from bottom to top to coat the rice with oil.
6. Reduce the heat to medium-low. Add remaining dill and lemon zest. Stir to combine.
7. To serve, sprinkle the rice mixture with feta and parsley, if desired.

*Note: if you don't have cooked rice on hand, increase the vegetable or chicken stock to 2 cup and add 1 cup of basmati rice to the skillet. Bring to a boil. Cover and reduce heat so the rice mixture simmer and cook for 18-20 minutes, or until the rice is cooked.*





## **Gigantes Plaki - Butter Beans Baked in Tomato Sauce**

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 2 hours*



### ***Ingredients***

1 ½ cups dried butter beans, soaked overnight and drained

3 tablespoons extra-virgin olive oil, or as needed

1 onion, finely chopped

2 cloves garlic, finely chopped

2 tablespoons tomato paste

4 cups ripe tomatoes, skins removed, roughly chopped

1 teaspoon sugar

1 teaspoon dried oregano

1/8 teaspoon ground cinnamon

2 tablespoons flat-leaf parsley, chopped, plus more for garnish

Salt and pepper

### ***Directions***

1. Rinse the butter beans and place them in a pot. Cover with water, and bring them to a boil.
2. Reduce the heat and simmer until the beans are tender (about 50 minutes).
3. Drain and set aside.
4. Preheat the oven to 350°F.
5. Meanwhile, heat a large skillet or frying pan over medium heat, and add the olive oil.
6. Sauté the onion and garlic until softened (about 10 minutes).
7. Stir in tomato paste and cook 1 minute.
8. Add the rest of the ingredients and simmer for 2-3 minutes.
9. Season with salt and pepper.
10. Add the beans and mix well, then transfer the mixture to a baking dish and put in the oven.
11. Bake, uncovered, until the beans are the right tenderness (about 1 hour). Do not stir while baking.
12. Remove from the oven and allow it to cool.
13. Sprinkle with parsley and drizzle with olive oil before serving.



## **Tzatziki - Yogurt and Cucumber Sauce**

*Yields about 2 cups*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*



### ***Ingredients***

- ½ cucumber, peeled and seeded
- ¼-½ teaspoon kosher salt
- Zest of 1 lemon
- Juice of ½ a lemon
- 2 cloves garlic, crushed to a paste
- 1 ½ cups Greek yogurt
- ¼ cup fresh dill
- 1 teaspoon ground cumin

### ***Directions***

1. Grate the cucumber. Salt it and let it drain in a strainer for about 5 minutes.
2. Squeeze or press out as much water from the cucumber as possible (this important to get a good consistency).
3. Put all the sauce ingredients in a food processor or blender, and process until smooth.



## Skordalia - Potato and Garlic Dip

*Serves: 3*

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*



### ***Ingredients***

#### **For boiling**

1 pound potatoes, scrubbed

Water for boiling

Salt

#### **For garlic-almond paste**

8 garlic cloves, minced

Salt

$\frac{3}{4}$  cup whole almonds, blanched

$\frac{1}{2}$  cup extra virgin olive oil

½ cup water

For water-vinegar mixture

1 tablespoon + 1 teaspoon salt  
5 tablespoons fresh lemon juice  
3 tablespoons white wine vinegar  
Fresh ground black pepper

For serving

Cut vegetables  
Toasted pita triangles

***Directions***

1. Cover the potatoes by two inches of water in a pot. Season generously with salt, and bring it to a boil.
2. Reduce the heat to a simmer and cook until the potatoes are tender (about 30 minutes).
3. Drain and let cool slightly.
4. Rub off the skins.
5. Chop the potatoes and use a food mill to puree them.
6. Place the garlic in a mortar and pestle. Sprinkle with kosher salt and pound it into a paste.
7. In a food processor, combine the garlic, almonds, oil, and water. Puree into a paste.
8. Combine the garlic-almond mixture with the potatoes. Mix well.
9. Add the water-vinegar ingredients and mix well until well incorporated.
10. Adjust the salt and pepper to taste, and serve with cut vegetables or toasted pita.





# Dessert Recipes

## Galaktoboureko - Creamy Custard Pastry

*Serves: 15*

*Preparation Time: 45 minutes*

*Cooking Time: 1 hour*



### ***Ingredients***

$\frac{3}{4}$  cup butter, softened  
12 sheets phyllo dough

### **For thickener**

1 cup semolina flour  
3  $\frac{1}{2}$  tablespoons cornstarch  
1 cup white sugar  
 $\frac{1}{4}$  teaspoon salt

### For custard

6 cups whole milk

6 eggs

½ cup white sugar

1 teaspoon vanilla extract

### For syrup

1 cup water

1 cup white sugar

### ***Directions***

1. In a bowl, combine the thickener ingredients. Sift or use a whisk or wooden spoon to break up any lumps. Set aside.
2. In a saucepan, bring the milk to a low boil over medium heat.
3. Gradually add the thickener ingredients to the boiling milk, stirring continuously.
4. Continue stirring with a wooden spoon until thickened and bubbling.
5. Remove from heat and set aside.
6. Using an electric mixer, beat the eggs at high speed.
7. Add the ½ cup of sugar and continue mixing until the mixture turns pale yellow (about 10 minutes)
8. Stir in the vanilla.
9. Fold the egg mixture into the hot milk mixture to make a custard. Cover partially and set it aside to cool.
10. Preheat the oven to 350°F.
11. Butter a 9x13 baking dish, and layer 7 sheets of phyllo into the pan, brushing each one with butter as you lay it in.
12. Pour the custard into the pan over the phyllo, and cover with the remaining 5 sheets of phyllo, brushing each sheet with butter as you lay it down.
13. Bake until the top crust is crisp and the custard filling has set (40 to 45 minutes).
14. To make a syrup, stir together 1 cup sugar and 1 cup of water in a small saucepan. Bring it to a boil.

15. After taking the Galaktoboureko out of the oven, spoon the hot sugar syrup over the top, particularly the edges.
16. Allow it to cool completely before cutting. Keep refrigerated.



## **Baklava**

*Serves: 18*

*Preparation Time:*

*Cooking Time:*



### ***Ingredients***

1 16-ounce package phyllo dough

1 pound chopped nuts  
1 teaspoon ground cinnamon  
1 cup butter, softened

For syrup or sauce

1 cup water  
1 cup white sugar  
1 teaspoon vanilla extract  
½ cup honey

***Directions***

1. Preheat the oven to 350°F.
2. Butter the bottom and sides of a 9x13 pan.
3. Toss the chopped nuts with the cinnamon, and set aside.
4. Unroll the phyllo dough, and cut the whole stack in half to fit the pan.
5. Cover the phyllo with a dampened cloth or towel to keep it from drying out.
6. Place two sheets of dough in the pan, and butter thoroughly.
7. Sprinkle 2-3 tablespoons chopped nuts over the dough.
8. Repeat the layers: 2 sheets of phyllo, butter, and nuts, until you are 6-8 layers deep.
9. Using a sharp knife, cut into diamond or square shapes all the way through to the bottom of the pan.
10. Bake until the baklava is golden and crisp (about 50 minutes).
11. Prepare the syrup while the baklava is baking.
12. In a saucepan, combine the water and sugar, and bring it to a boil without mixing.
13. When the sugar has melted, add the honey and vanilla. Simmer for 20 minutes.
14. Remove the baklava from the oven and immediately spoon the syrup over it.
15. Leave it uncovered and let it cool.





## **Rizogalo - Rice Pudding**

*Serves: 6*

*Preparation Time: 5 minutes plus 4 hours chilling time*

*Cooking Time: 40 minutes*



### ***Ingredients***

½ cup uncooked short-grain rice

2 cups water

2 cups milk  
4 tablespoons sugar  
1 teaspoon vanilla extract  
Ground cinnamon

For thickener

½ cup milk  
4 tablespoons cornstarch

***Directions***

1. In a bowl, mix the ingredients for the thickener together, and set aside.
2. Combine the rice and water in a saucepan over high heat and bring it to a boil.
3. Reduce the heat to medium low, and let it simmer, uncovered, stirring occasionally.
4. Continue simmering until the water has been absorbed and the rice is soft (about 20 minutes).
5. Add the milk and sugar, and adjust heat to high to bring it to a boil.
6. Give the thickener mixture a quick swirl and stir it into the rice.
7. Add vanilla and mix well. Remove the pot from the heat.
8. Spoon the pudding mixture into individual bowls. Sprinkle with cinnamon and cool to room temperature.
9. Chill for 4 hours and serve.



## **Conclusion**

Cooking dishes at home may be inconvenient but always worth it, health- and taste-wise. Some recipes are easy, while others are a little more difficult. Being in control of the quality of ingredients that you use and the amount of sodium or fat in the recipe gives you the upper hand in your diet. If you simply enjoy cooking, preparing Greek food is rewarding in itself.

Enjoy the exciting combination of flavors and colors of Greek takeout recipes!



**Volume 9: Tex-Mex Takeout Recipes**

# TEX-MEX

## TAKEOUT COOKBOOK

*Favorite Tex-Mex Recipes  
to Make at Home*

**LINA CHANG**







# Introduction

Chili con carne, fajitas, tacos and nachos are the iconic dishes for Tex-Mex cuisine. These are familiar dishes that many consider to be comfort food. Like other cuisines adopted into American culture, Tex-Mex, short form for Texan-Mexican, is actually an exciting mix of flavors and spices from Mexican, Spanish, Native American, and Berber influences passed down through tradition over several centuries. It is a dynamic cuisine that is still evolving and incorporating new flavors; graciously adjusting to the tastes and needs of the times.

The traditions of *Tejanos*, mostly descendants of Spanish settlers in what is now modern Texas, might be the earliest origins of Tex-Mex cuisine. Brought in by the Spaniards around the 1700s were people from the Canary Islands, who influenced Tejano cooking with Berber spices of cumin, chili, and garlic. With the arrival of Mexican immigrants in the 1950s, Northern Mexican fare began to gain popularity, inevitably blending with Texan flavors. Although the word “Tex-Mex” is said to have been used to refer to Mexican dishes prepared by Texan cooks as early as the 1940s, Americans still thought of it simply as Mexican food. It was in 1972 that Diana Kennedy, author of *Cuisines of Mexico*, began to make a distinction between authentic Mexican and American-Mexican dishes, referring to the latter as Tex-Mex. Nowadays, Mexican-influenced dishes in Arizona, New Mexico, and parts of California are also considered by some as part of Tex-Mex cuisine.

Signature Tex-Mex dishes, commonly assumed to be Mexican, were actually invented in America. Chili con carne, for instance, originated from the abundance of beef that Texan cowboys love. The chili powder used in this concoction was invented in Texas by a German immigrant in the 1890s. Chimichangas, were invented in Tucson, Arizona, in the 1950s. Nachos made their first appearance in Dallas in 1964, while fajitas as we know them originated from Houston in 1973.

Today, Tex-Mex is classified by some as an American regional cuisine. It may be considered a native cuisine influenced by foreign flavors, a Texan take on Mexican food, or a marriage of Mexican and cowboy fare. Since the 1970s, it has gained popularity internationally, starting from Paris and spreading all over Europe and on to Asia and the rest of the globe. As American palates begin to appreciate foreign flavors, Tex-Mex is gradually incorporating authentic Mexican dishes, serving both types side-by-side in restaurants. It may also be said, perhaps, that Mexicans are beginning to accept Tex-Mex in their cooking traditions. In fact, other Latin American dishes are slowly making their way into Tex-Mex restaurants and finding their place as a part of American regional cooking. Starting off as the poor-man's street food, Tex-Mex cuisine has now transcended class boundaries and appeals to people from all walks of life.

## **Ingredients in Tex-Mex Cooking**

The fine line between Tex-Mex and true Mexican cuisine is said to be distinguished by the ingredients used. Tex-Mex uses a limited assortment of ingredients, most of which are hardly used in true Mexican cuisine.

### ***Beans***

Beans are a common ingredient in Tex-Mex recipes. Pinto beans, being abundant in the US, are popularly refried or used as filling for burritos. Small red beans, kidney beans, navy beans, or black-eyed peas are some common beans used for making chili con carne, the official dish of Texas and an iconic Tex-Mex dish.

### ***Cheese***

Cheddar cheese or yellow cheese is the most common and truly American ingredient, stemming from the time when Velveeta offered convenience to home and restaurant cooks alike. It is most often used slathered over nachos, as filling for enchiladas, or as the main ingredient for queso dip.

### ***Chili Powder***

A Texan concoction, invented by a German immigrant in 1896. Traditionally made up of dried chilies, oregano, cumin, garlic, and salt. Some attribute the Tex-Mex identity to this powder.

### ***Cumin***

Cumin is rarely used in Mexico except in the northern parts of the country. It was said to have been introduced to early Tejanos by people from the Canary Islands. It gives chili con carne its distinct flavor.

### ***Jalapeño Peppers***

The mildly pungent state pepper of Texas is perhaps the most widely used in Tex-Mex cuisine. It is used in making salsa, chilies, and pickles, and is also used as a garnish for many dishes. Smoked jalapeños are called *chipotles*. (NOTE: Keep your hands away from your eyes and sensitive areas on the face after handling jalapeños!)

***Lettuce***

This is found in many Tex-Mex dishes as a side dish or one of the main ingredients. It is rarely found in authentic Mexican dishes.

***Meat***

Ground beef is used a lot in Tex-Mex dishes, as this was what Texan cowboys ate. Chicken and pork are also used but not as often as ground beef.

***Sour Cream***

Another truly American ingredient, presumably added as a substitute for Mexican *crema*, which thinner and not as sour.

***Tomato***

Tex-Mex cooks added canned tomatoes to their dishes mainly because they were convenient to use. Most sauces use tomato sauce or tomato paste as their base.

***Wheat Flour***

Wheat flour is the main ingredient used for making tortillas rather than maize flour, which is more commonly used in making traditional Mexican tortillas.

## **Common Tools and Equipment**

Most kitchens have the basic equipment needed to prepare Tex-Mex dishes. Some special things may be used but they are not absolutely necessary.

### ***Comal or Griddle***

A smooth, flat griddle used in Mexican cooking for tortillas.

### ***Frying Pan***

Have an assortment on hand for cooking meats and sauces. A flat-bottomed skillet can be used in place of a comal in making tortillas.

### ***Grills***

This will come handy for making fajitas and grilled tacos.

### ***Knives***

Have an assortment of sharp knives on hand for cutting meat and vegetables.

### ***Molacajete***

Made of basalt and similar to a mortar and pestle. Used to grind up chilies and to make *masa* or dough. Sometimes used as cookware and serving dish to keep soups and other dishes hot.

### ***Tortillero or Tortilla Press***

This is used to flatten the *masa* or dough in making tortillas.

## **Cooking Methods**

Meats are often cut into large pieces (compared to traditional Mexican food) and either grilled or fried. Boiling and stewing are other cooking methods used for vegetables and meats. Grilling on the barbecue or indoor grill is the main method used to sear meats and other ingredients.

Whether you're a beginner or veteran chef, you'll find something here for you. With knowledge of the history of Tex-Mex and its significance in American food culture and history, it's time to bring this comfort cooking into your homes!



# **Appetizers, Snacks and Dips**



## **Queso Dip**

*Serves: 2-3*

*Preparation Time: 5 minutes*

*Cooking Time: 10-15 minutes*

### ***Ingredients***

1 can evaporated milk

1 tablespoon corn starch

2 cups shredded cheese of choice (like cheddar or Gouda)

½-1 cup cream cheese or cream (optional)

1 can diced tomatoes with green chilies

½-1 pound lean ground beef, thoroughly cooked and drained

### ***Directions***

1. Combine the cornstarch and evaporated milk in a saucepan.
2. Add the shredded cheese and cream cheese or cream, if using.
3. Cook over medium heat, stirring constantly, until the cheese is melted, and continue cooking until the sauce is of the desired thickness.
4. Add the tomato-chili mix and stir in the cooked ground beef.
5. Cook to heat through.
6. Serve with tortilla chips or any chips of your choice.



## Classic Tex-Mex Guacamole

*Serves: 3-4*

*Preparation Time: 10 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

3 ripe avocados, peeled and pitted

Juice of half a lime

½-1 teaspoon salt, or to taste

2 tablespoons sour cream

½ teaspoon olive oil (optional)

½ cup onion, diced

2 small tomatoes, diced

1 teaspoon minced garlic

3 tablespoons fresh cilantro, chopped

Cayenne or chili pepper, to taste

Cumin powder, to taste

### ***Directions***

1. The avocados may be prepared to be chunky or mashed smooth, depending on your preference.
2. Mix the mashed avocado, lime juice, salt, sour cream, and olive oil (optional, for added smoothness) together in a bowl.
3. Add the onion, tomatoes, garlic, cilantro, cayenne or chili pepper, and cumin powder (optional).
4. May be eaten immediately or prepared about 1 hour before serving (keep refrigerated); not too long before serving to avoid too much discoloration of the avocado.
5. Serve with tortilla chips, burritos, tacos, enchiladas, or tostadas.



## **Classic Tex-Mex Salsa**

*Serves: 6*

*Preparation Time: 15 minutes plus 1 hour refrigeration*

*Cooking Time: 0 minutes*

### ***Ingredients***

1 (10 ounce) can diced tomatoes and green chilies

1 (14 ounce) can whole tomatoes, undrained

$\frac{1}{3}$  cup fresh cilantro leaves

$\frac{1}{4}$  cup onion, chopped

2 cloves garlic, minced

1 jalapeño, thinly sliced, with or without seeds as desired

$\frac{1}{4}$  teaspoon salt

1 tablespoon lime juice, freshly squeezed

Pinch ground cumin, or to taste

Sugar to taste (optional)

Chili powder or hot sauce, if needed

### ***Directions***

1. Combine all the ingredients, EXCEPT the chili powder/hot sauce, in a blender and pulse to reach the desired consistency.
2. Refrigerate for at least an hour before serving, to allow the flavors to develop.
3. Adjust the flavor with more salt, lime, sugar (to reduce heat) or hot sauce (to add heat), if needed.



## **Pico de Gallo**

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

1 ½ cups tomatoes, seeded and finely diced, preferably Roma tomatoes

⅓ cup cilantro, finely chopped

⅓ cup white onion, finely chopped

1-2 small jalapeño peppers, finely chopped, seeded or not as desired

1-2 tablespoons freshly squeezed lime juice

1 tablespoon green onion, finely chopped (optional)

Salt to taste

### ***Directions***

1. If not using Roma tomatoes, be sure to drain the juice.
2. Combine all the ingredients and serve.
3. May be stored in the refrigerator for a day or two, but there will be some change in flavor.
4. Drain out any liquid after storage.





## Bean & Cheese Nachos

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 11-16 minutes*

### ***Ingredients***

36 corn tortilla chips (or 6 corn tortillas, each cut into 6 wedges)

1-2 tablespoons vegetable oil for brushing

1 cup refried beans

1 cup shredded cheese of choice (like Gouda, cheddar, Monterey Jack or Edam)

¼ cup cilantro, chopped (optional)

1 jalapeño, sliced (optional)

½ cup [salsa](#) or [pico de gallo](#)

### ***Directions.***

1. Preheat the oven to about 350°F.
2. Arrange the tortillas in a single layer on a baking sheet.
3. If using corn tortillas, arrange the tortillas in a single layer on a baking sheet and brush lightly with oil. Bake until crisp (about 10-15 minutes).
4. Top the toasted tortilla chips with refried beans and shredded cheese.
5. Return to the oven and bake until the cheese is melted (about 1 minute).
6. Garnish with cilantro and jalapeño, if desired, and serve with salsa or pico de gallo on the side.



# Patatas Bravas

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 20-25 minutes*

## ***Ingredients***

2 russet potatoes, peeled (or unpeeled, if desired) and cut into 1-inch cubes

Freshly boiled water to soak potatoes in

5 tablespoons olive oil, divided

1 tablespoon salt for potatoes

1 teaspoon garlic powder

1 onion, diced

1 teaspoon salt for sauce

1 clove garlic, finely chopped

1 red chili, minced

½ teaspoon smoked paprika

1 (14 ounce) can whole peeled tomatoes, drained

Cilantro, chopped, for garnish

¼ cup mayonnaise

## ***Directions***

1. Soak the cubed potatoes in freshly boiled, hot water for 10-15 minutes.
2. Preheat the oven to 450°F.
3. Drain the soaked potatoes and pat them dry with paper towels. Place them in a bowl.
4. Add 3 tablespoons olive oil, salt, and garlic powder, and toss to coat.
5. Arrange the seasoned potatoes in a single layer on a lightly greased baking sheet.
6. Bake, stirring halfway through, until golden brown and cooked through (about 20 minutes). Test the potatoes for doneness by pricking with a fork or toothpick. Transfer them to a serving dish.
7. While baking the potatoes, prepare the sauce. Heat the remaining 2 tablespoons of olive oil in a large saucepan over medium heat.

8. Stir in the onion with 1 teaspoon of salt, and cook until the onion has softened and released its juices (about 3 minutes). Add the garlic, chili, and paprika and simmer for 2 minutes.
9. Stir in the tomatoes and bring it again to a simmer.
10. Transfer this mixture to a blender, cover, and puree until smooth. Transfer to a bowl.
11. Place the mayonnaise in a separate bowl.
12. Sprinkle baked potatoes with chopped cilantro, and serve with pureed tomato sauce and mayonnaise as dips.



## Chili Cheese Fries

*Serves: 6-8*

*Preparation Time: 5 minutes*

*Cooking Time: 30 minutes*

### ***Ingredients***

1 (28 ounce) bag frozen French fries

3-4 cups [chili con carne](#)

3 cups shredded cheese of choice (like cheddar, Edam, Monterey or Colby Jack, etc.)

### ***Directions***

1. Preheat the oven to 425°F.
2. Spread the French fries in a single layer on a cookie sheet.
3. Bake until partially cooked (about 15 minutes). Meanwhile, heat up the chili in a saucepan on the stovetop until heated through.
4. Take the fries out of oven and top them evenly with heated chili.
5. Sprinkle cheese on top and return to the oven.
6. Bake until the fries are done and the cheese is melted (about 10 minutes).
7. Serve.



## **Texas Toast**

*Serves: 8*

*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*

### ***Ingredients***

1-2 sticks butter, melted

1 tablespoon garlic powder

½ teaspoon salt

1 teaspoon oregano

1 cup grated cheese, such as Monterey Jack

1 baguette or loaf of bread, cut into 1-inch slices

Cilantro, chopped, for garnish

### ***Directions***

1. Preheat the oven to 375°F.
2. Combine the melted butter with the garlic powder, salt, and oregano.
3. Brush the butter mixture over the bread slices.
4. Sprinkle the bread with cheese and place it on a baking sheet.
5. Bake, turning the pan around halfway through, until the cheese is melted and the bread is browned (about 15 minutes).
6. Sprinkle with chopped cilantro and serve while hot.





# Shrimp Diablos

*Serves: 3*

*Preparation Time: 10 minutes*

*Cooking Time: 8-10 minutes*

## ***Ingredients***

12 pieces jumbo raw shrimp, peeled and deveined

2 medium jalapeño peppers, seeded and cut into 12 long slices

$\frac{2}{3}$  cup white cheese (such as queso fresco, dry ricotta, feta, or dry cottage cheese), cut into  $\frac{1}{8}$ -inch slices

1 shallot, sliced

12 slices bacon

## ***Directions***

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment paper.
3. Take one shrimp and pair it with a slice each of jalapeño and cheese plus a few slices of shallot. Wrap it up with a slice of bacon and secure it with a toothpick. Repeat for all the shrimp pieces.
4. Bake for about 8-10 minutes, flipping the shrimp halfway through baking to brown both sides.



# **Sandwiches and Wraps**

# Homemade Tortillas

*Serves: 10-12*

*Preparation Time: 15 minutes plus 5 to 15 minutes resting time*

*Cooking Time: 15 minutes*

## ***Ingredients***

3 cups white flour

2 teaspoons baking powder (optional)

¼ cup oil (or lard)

¾ cup cold water

1 teaspoon salt

Extra flour, for dusting while rolling and cooking

## ***Directions***

1. Combine the flour, baking powder, oil, and water in a bowl and knead lightly to make a dough. The dough should be soft and not sticky. Add a little more flour (if too goeey or sticky) or oil (if too stiff) to adjust the consistency.
2. Form into 10-12 balls and sprinkle with flour to keep them from drying out. Let them rest for 5-15 minutes, depending on how much the dough was kneaded.
3. Use a rolling pin to flatten and shape the dough into discs of the desired thickness and diameter. Dust with flour to prevent sticking.
4. Using a non-stick pan, cook the freshly rolled-out tortillas one at a time (about 30 seconds on each side).
5. Cover the cooked tortillas with a clean kitchen towel to keep them soft and pliable.
6. Allow the cooked tortillas to cool under the towel. Cooled tortillas may be kept in resealable bags and frozen for later use. These can be kept frozen for several months but will not taste as good as freshly made tortillas.
7. To heat the tortillas, steam them by wrapping them in damp towels, 5 pieces at a time, and heating in the microwave for 20-30 seconds. You may also heat them on a warm skillet for 15 seconds on each side.

8. May be served warm or cold.



# Shredded Chicken Burrito

*Serves: 4*

*Preparation Time: 15 minutes plus 1 hour marinating time*

*Cooking Time: 10 minutes*

## ***Ingredients***

For marinade

½ cup water

1 teaspoon soy sauce

1 teaspoon salt

1 teaspoon brown sugar

½ teaspoon onion powder

¼ teaspoon liquid smoke flavoring

¼ teaspoon black pepper

¼ teaspoon chili powder

## **For filling**

2 boneless chicken breasts

1 cup cooked rice

½ cup [enchilada sauce](#)

½ teaspoon salt

4 (12 inch) flour [tortillas](#)

⅔ cup cheese, shredded (like Edam, cheddar, Monterey Jack or a combination)

2-3 tablespoons green onion, sliced

## ***Directions***

1. Combine the ingredients for the marinade and marinate the chicken for at least 1 hour (to overnight).
2. After marinating, grill the chicken over medium heat until done (about 10-15 minutes, flipping over midway through grilling).
3. Slice the grilled chicken thinly or pull it apart to shred. Set it aside.
4. In a saucepan, combine the rice with the enchilada sauce. Season with salt. Mix well and cook until heated through.



5. Steam the tortillas by wrapping them in damp towels and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side.
6. To assemble the burritos, first place  $\frac{1}{4}$  of the shredded chicken at the center of each tortilla.
7. Add a layer of rice over the chicken and sprinkle with cheese and then with green onions.
8. To wrap the burritos, fold one side of the tortilla over the other half and pull back to cover the filling. Press down on the edges to pack the filling and to get a tight roll. Fold one end over to seal and roll the whole burrito to the end. Both ends may be sealed, if desired.
9. You may heat the burrito in the microwave for a few seconds just to melt the cheese.



## Bean Burrito

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 30-35 minutes*

### ***Ingredients***

2 tablespoons olive oil

2 medium onions, chopped

4 garlic cloves, chopped

1 jalapeño chili, seeded and chopped

½ teaspoon ground cumin

Salt and pepper

3 tablespoons tomato paste

3 (15 ounce) cans pinto beans, drained and rinsed

1 ½ cups water

1 (10 ounce) box frozen corn kernels

½ cup green onions, thinly sliced

8 (10 inch) flour [tortillas](#)

1 cup cooked rice

2 cups shredded cheese (like Edam, cheddar, Monterey Jack or a combination)

[Salsa](#), [guacamole](#) and sour cream (optional)

### ***Directions***

1. Heat the oil in a large saucepan over medium heat.
2. Add the onions, garlic, and jalapeño, and season with cumin, salt, and pepper. Sauté until browned (about 10-12 minutes).
3. Stir in the tomato paste and cook for 1 minute.
4. Add the beans and water and bring it to a boil.
5. Reduce the heat and let simmer, stirring occasionally, until thickened (about 10-12 minutes).
6. Add the corn and cook for 2 to 3 minutes.
7. Remove from the heat and sprinkle with green onions.

8. Steam the tortillas by wrapping them in damp towels and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side.
9. To assemble the burrito, place  $\frac{1}{8}$  portions of the beans, rice, and cheese in the center of a heated tortilla.
10. Fold one side of the tortilla over the other half and pull back to cover the filling. Press down on the edges to pack the filling and to get a tight roll. Fold one end over to seal and roll the whole burrito to the end. Both ends may be sealed, if desired.
11. Place the burrito on a baking sheet, seam side down, and prepare the remaining burritos.
12. Bake at 425°F for 20-30 minutes, until crisp and heated through.
13. Burritos may be wrapped in plastic wrap and kept frozen for up to 3 months. Defrost in the microwave, OR wrap in foil, and bake at 425°F for 40-50 minutes. For crisp burritos, remove the foil during the final 10 minutes of baking.
14. Serve while hot with salsa, guacamole, and sour cream, if desired.



## Chimichanga (Deep Fried Burrito)

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 35-40 minutes*

### ***Ingredients***

4 large flour [tortillas](#)

2 cups of vegetable oil, for frying

### ***For filling***

1 pound choice of meat (chicken or beef)

1 small onion, chopped

1 medium bell pepper, destemmed, seeded and chopped

3 Roma tomatoes, chopped

1 clove garlic, minced

Salt and pepper, to taste

½ cup refried beans

½ cup each of [salsa](#), [guacamole](#) and sour cream plus more for serving

### ***Directions***

1. Combine the meat, onion, bell pepper, tomatoes, salt, and pepper in a heavy-bottomed pot, mixing to coat the meat well.
2. Cover the pot and cook for 45 minutes over medium heat. Stir occasionally.
3. Turn off the heat and let the mixture cool.
4. When the meat has cooled down, shred it by pulling it apart with forks, or slice it thinly with a sharp knife. Stir the meat back in with the vegetables and set it aside.
5. Heat the refried beans in a saucepan over medium heat until heated through (about 5 minutes).
6. Steam the tortillas by wrapping them in damp towels and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side.
7. Spread ¼ of the warmed refried beans in the center of each tortilla.

8. Place  $\frac{1}{4}$  of the shredded meat over the refried beans.
9. Place spoonfuls of salsa, guacamole, and sour cream over the refried beans and meat.
10. Fold one side of the tortilla over. While applying pressure around the middle, fold the sides in to seal the ends. Continue to roll the tortilla over until the center is resting on the other end of the tortilla. Place on a tray or dish, seam side down. Repeat for the rest of the tortillas.
11. Heat the oil in a frying pan over medium-high heat.
12. Fry the chimichangas until lightly browned and crisp (5 minutes on each side).
13. Lift the fried chichimangas out of the oil with a slotted spoon and let them drain for a few seconds on paper towels.
14. Serve hot with more salsa, guacamole, and sour cream.





# Beef Quesadilla

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*

## ***Ingredients***

1 pound ground beef  
½ cup refried beans  
1 (4 ounce) can chopped green chilies, drained  
½ teaspoon dried oregano  
½ teaspoon ground cumin  
1 teaspoon chili powder or to taste  
½ teaspoon salt  
4 (8 inch) flour [tortillas](#)  
2 tablespoons butter or margarine, melted  
1 ⅓ cups shredded cheese of choice  
Paprika

## ***Directions***

1. Cook the beef in a skillet over medium heat, until it is no longer pink (5-10 minutes). Drain off any liquid.
2. Add the beans, chilies, oregano, cumin, chili powder, and salt.
3. Stir and reduce the heat to medium low. Cook until heated through (about 3-4 minutes). Remove from the heat and let it cool.
4. Preheat the oven to 475°F.
5. Brush one side of each tortilla with butter.
6. Spoon ½ cup of the meat mixture over half of the unbuttered side of a tortilla.
7. Sprinkle with ⅓ cup cheese, and fold in half.
8. Place on a lightly greased baking sheet.
9. Sprinkle with paprika and bake until crisp and golden brown (about 10 minutes).
10. Cut into wedges and serve.



# Cheese Quesadilla

*Serves: 4*

*Preparation Time: 5 minutes*

*Cooking Time: 16 minutes*

## ***Ingredients***

4 (10 inch) flour tortillas

1 cup cheese of choice, shredded

4 tablespoons butter

[Salsa](#), [guacamole](#) and sour cream

## ***Directions***

1. Spread  $\frac{1}{4}$  cup of cheese over half of a tortilla, leaving space around the edges.
2. Fold the tortilla over to make a half-moon shape.
3. Melt 1 tablespoon of butter in a heavy skillet over low heat.
4. Place one half-moon tortilla in the skillet and cook until browned on one side (about 2 minutes). Flip over carefully and brown the other side as well. Transfer to a serving dish. Repeat for the rest of the tortillas.
5. Serve topped with salsa, guacamole, and sour cream.



# Gorditas

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*

## ***Ingredients***

Oil for frying

### For dough

2 cups *masa harina* (Mexican corn flour)

1 teaspoon baking powder

½ teaspoon salt

1 tablespoon vegetable oil

1 ¼ cups warm water (approximately)

### For filling

Cooked meat (chicken, beef, pork, chorizo, bacon etc.), shredded or chopped

Refried beans

Shredded lettuce and cheese of choice

Sliced onion, jalapeño, tomato, avocado, and cilantro

[Salsa](#), [guacamole](#), [pico de gallo](#), and sour cream

## ***Directions***

### To make the gordita pockets

1. Mix the masa harina, baking powder, and salt together in a bowl.
2. Add the oil and about a cup of water. Combine and gradually add the rest of the water just to make a dough that sticks together into a ball. It should not stick to the hands. Add a little more flour if it becomes too sticky.
3. Divide the dough into 4 equal pieces and pat or roll each out to a circle about 4-5 inches wide and a ½-inch thick.
4. Heat the oil in a pan about 1-inch-deep to 360-375°F. You can test the oil by dropping in a tiny piece of dough. If it floats up and sizzles, the

oil is ready.

5. Drop the gorditas into the hot oil and cook until they rise to the surface (about 2 minutes). Flip over and fry for another 30 seconds.
6. Remove from oil and drain over absorbent paper. Let them cool.

To add filling

7. Split the cooled gordita on the side to make a pocket.
8. Stuff with desired fillings and serve.



# Chalupas

*Serves: 5*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*

## ***Ingredients***

5 corn or [flour tortillas](#)

2 cups cooking oil

## ***For filling***

Cooked meat (like chicken, beef, pork, etc.), shredded or cubed

Refried beans

Shredded lettuce and cheese of choice

Sliced onion, jalapeño, tomato, avocado, and cilantro

[Salsa](#), [guacamole](#), [pico de gallo](#) and sour cream

## ***Directions***

1. Line up fillings so that they are ready while chalupas are still warm.

## ***To make chalupas***

2. If you are making your own dough, while rolling out uncooked dough, place added pressure at the center of the tortilla circle or disc to thin out the center. This will make it easier to fold after frying.
3. Heat the oil in a skillet to about 350°F. Drop a tiny piece of dough in the hot oil. It should sizzle and float to the surface.
4. Frying the tortillas until they are golden brown will take about 1 minute each. Fry the tortillas while holding them in a boat shape with a pair of tongs. If you are using homemade dough with the centers thinned, you can fold them after frying while they are still warm.

## ***To add filling***

5. Stuff the chalupas with filling as desired, and serve.





# Santa Fe Wrap

*Serves: 4*

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*

## ***Ingredients***

4 (10 inch) [flour tortillas](#), cooked

### Santa Fe cream

1 cup cream cheese

1-2 teaspoons lime juice

1 teaspoon oregano

1-2 cloves garlic, minced

1 ½ teaspoons cilantro, chopped

### For filling

8 ounces extra lean ground beef

1 cup canned black beans, drained and rinsed

⅓ cup chunky [salsa](#)

2 tablespoons green onions, sliced

½ cup shredded cheese (like Edam, cheddar, Monterey Jack or a combination)

½ cup shredded lettuce

½ cup chopped tomato

4 dollops Santa Fe cream

Sour cream (optional)

## ***Directions***

1. Heat a skillet over medium heat, and brown the ground beef.
2. Drain off any fat and add the beans. Stir gently, and cook to heat through.
3. Remove the pan from the heat and let cool slightly.
4. Divide the mixture into four portions and spoon it into the center of each tortilla.

5. Divide the remaining ingredients and line them up along the center of the tortillas.
6. [Wrap like a burrito.](#)



## **Bocadito (Tea Sandwich)**

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

8-12 sweet rolls or 1 loaf white bread, thinly sliced, crust removed

#### **For the spread**

1 (8 ounce) pack cream cheese

4 tablespoons mayonnaise

½ cup pimento stuffed olives, chopped

1 ½ cups chopped ham (or cooked tuna or salmon flakes, or shredded chicken)

#### **For garnish (optional)**

Extra cream cheese

Slices of cooked ham, tuna, salmon, etc.

Thin slices of olives, cucumber or tomatoes; zest of lime or chopped cilantro

### ***Directions***

1. Mix the cream cheese and mayonnaise together until smooth.
2. Mix in the ham and pimientos.
3. Spread some of the mixture on a slice of bread. Top with a second slice of bread and cut into small finger sandwiches of your desired shape. Decorate with the garnish of your choice (optional).
4. You can also make open sandwiches and pipe the spread on top (chill the spread first), followed by garnishes.



# Enchiladas

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

## ***Ingredients***

### Enchilada sauce

(makes about 4 cups)

¼ cup vegetable oil, canola oil, or melted coconut oil

¼ cup all-purpose flour

3 tablespoons chili powder

1 cup chicken stock

1 (28 ounce) can crushed tomatoes

1 teaspoon dried oregano

1 teaspoon cumin

1 teaspoon garlic powder

1 teaspoon onion powder

1 tablespoon packed brown sugar

½ teaspoon kosher salt

1 teaspoon ground black pepper

### To make the enchiladas

4 corn or [flour tortillas](#)

4 chicken breast fillets OR 1 ⅓ cups shredded chicken, cooked

(For vegetarian enchiladas, you may use a combination of cooked black beans, cauliflower, spinach, broccoli, etc.)

2 cups shredded cheese (Edam, cheddar, Monterey Jack, or a combination), divided

⅓ cup onion, finely chopped

1 ½ cups enchilada sauce

Cilantro, chopped, for garnish (optional)

Sour cream and [guacamole](#)

## ***Directions***

### For enchilada sauce

1. Combine the oil and flour in a medium saucepan over medium heat. Whisk in the remaining ingredients. Taste and adjust the spices based on your preferences.
2. Pour any unused enchilada sauce into an airtight container and refrigerate it for up to two weeks.

### To make the enchiladas

3. Preheat the oven to 350°F.
4. Grease a 2-quart baking dish and pour about ½ cup of enchilada sauce into it. Set it aside.
5. Combine the shredded chicken (or vegetable combination of choice), 1 cup of cheese, and the onion in a bowl. Set it aside.
6. Steam the tortillas by wrapping them in damp towels and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side. This is to make the tortillas pliable.
7. Lay a warmed tortilla inside the baking dish with enchilada sauce (This may also be done on a separate surface, if you find it too messy). Place a portion of the chicken/vegetable filling on the center of the tortilla and roll it to form a cylinder. Place it against the edge of the baking dish, seam side down. Do the same for the other tortillas, neatly lining and packing the rolls in the baking dish.
8. Pour the remaining enchilada sauce over the rolls (adding more sauce, if desired) and sprinkle with the remaining cheese.
9. Cover with foil and bake until heated through (about 15 minutes).
10. Remove the foil and bake about 5 minutes longer to melt the cheese.
11. Garnish with chopped cilantro (optional) and serve with sour cream and guacamole.





## Flautas (Fried Tortilla Rolls)

*Serves: 6*

*Preparation Time: 25 minutes*

*Cooking Time: 35 minutes*

### ***Ingredients***

1 (10 ounce) package corn tortillas

1 cup [salsa](#)

2 cups vegetable oil for frying

### **For filling**

1 teaspoon vegetable oil

½ green bell pepper, seeded and chopped

½ onion, finely diced

1 pound boneless, skinless chicken breast, cut into 1-inch pieces (ground beef or pork may also be used)

1 ½ teaspoons chili powder, or to taste

¼ teaspoon garlic powder

¼ teaspoon crushed red pepper flakes

¼ teaspoon dried oregano

½ teaspoon paprika

1 teaspoon ground cumin

1 teaspoon sea salt

¾ cup water

½ cup shredded cheese of choice (Edam, cheddar, Monterey Jack, etc.)

### ***Directions***

#### **To make the filling**

1. Heat the oil in a skillet over medium heat.
2. Add the bell pepper and onion, and sauté until the onion has softened (about 5 minutes).
3. Raise the heat to medium high and stir in the chicken breast or ground meat.

4. Cook and stir until the meat is no longer pink in the center (about 10 minutes).
5. If using chicken breasts, shred with two forks.
6. Stir in the seasonings and spices with the water.
7. Simmer until the liquid has evaporated, stirring occasionally (about 10 minutes).
8. Stir in the cheese, then remove from heat, and set aside.

To make the flautas

9. Lightly brush each corn tortilla with a layer of salsa.
10. Spread about 2 tablespoons of the filling in a line along the bottom edge of the tortilla. Tightly roll the tortilla into a cylinder, and secure the ends with one or two toothpicks. Repeat with the remaining tortillas.
11. Heat 2 cups of vegetable oil in a large skillet to 375°F.
12. Fry the flautas in the preheated oil, until golden and crisp, about 4 minutes. Do not fry too many at a time.
13. Drain on a paper towels or absorbent paper.
14. Remove the toothpicks.
15. Serve hot with more salsa.



# **Rice, Salads and Bowls**

## Tex-Mex Chili Bowl

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 55-60 minutes*

### ***Ingredients***

4 cups cooked long grain rice

1 cup sour cream

### **Chili con carne**

1 tablespoon cooking or vegetable oil

1 large onion, minced

1 red pepper, seeded and chopped

2 cloves garlic, peeled and minced

1-3 teaspoons chili powder, as desired

1 teaspoon paprika

1 teaspoon ground cumin

1 pound lean beef, minced into small cubes

1 ¼ cups beef stock

1 (14 ounce) can chopped tomatoes

2 tablespoons tomato paste

½ teaspoon dried marjoram

1 teaspoon sugar

Salt and pepper, to taste

1 (14 ounce) can red kidney beans, rinsed and drained

### ***Directions***

1. In a medium-sized, heavy-bottomed pot, heat the oil over medium.
2. Add the onion and sauté until tender (about 5 minutes).
3. Stir in the red pepper, garlic, chili powder, paprika, and cumin.
4. Cook for another 5 minutes.
5. Raise the heat to high, and add the beef.
6. Stir and brown the beef evenly. Continue cooking until it is well browned (about 5 minutes). Drain any excess grease.

7. Add the beef stock, chopped tomatoes, tomato paste, marjoram, sugar, salt, and pepper.
8. Stir well and bring it to a boil.
9. Cover and reduce the heat. Let it simmer for 20 minutes, stirring occasionally. If the sauce begins to dry out, gradually add water by the tablespoon to get the right consistency. The sauce should be thick but not dry.
10. Add the drained kidney beans. Raise the heat to bring it to a boil. Reduce the heat and simmer (do not cover) for 10 minutes. Add more water, if needed, to prevent drying out or scorching at the bottom.
11. Adjust the flavor with more seasonings, according to taste.
12. Cover and turn off the heat. Let the pot stand for 10 minutes.
13. Serve with rice and sour cream.





## Tex-Mex Chicken Salad

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

12 cups romaine lettuce and watercress, chopped

½ cup cilantro leaves

¼ sweet onion, thinly sliced

3 cups shredded rotisserie chicken breast, skin removed

2 cups *jicama*, peeled and chopped

¼ cup red jalapeño pepper, halved, seeded and thinly sliced

½ cup crumbled Cotija or feta cheese (Parmesan or Romana are also suitable)

4 flour [tortillas](#), warmed

1 lime, cut into wedges

### **For salad dressing**

½ cup cilantro leaves

½ cup crumbled Cotija or feta cheese

1 cup buttermilk

Juice of 1 lime, plus wedges for serving

¼ red jalapeño pepper, halved, seeded and thinly sliced

Salt, to taste

### ***Directions***

1. First, prepare the dressing by putting all the ingredients in a blender and mixing them into a puree. Let it stand for at least 5 minutes, for the flavors to meld.
2. Toss the salad greens, cilantro, and half of the dressing in a large bowl.
3. Top the greens with the onion, chicken, jicama, and jalapeños. Toss lightly.
4. Sprinkle with cheese and add the rest of the dressing.

5. Serve with tortillas and lime wedges.



# Avocado Chicken Bowl

*Serves: 3*

*Preparation Time: 15 minutes*

*Cooking Time: 45-50 minutes*

## ***Ingredients***

### For marinade

2 chipotle chilies in adobo sauce, minced  
2 tablespoons olive oil  
2 tablespoons fresh lime juice  
1 tablespoon chili powder, or to taste  
3 cloves garlic, minced  
1 teaspoon ground cumin, or to taste  
1 teaspoon kosher salt or sea salt  
Black pepper, to taste  
3 boneless, skinless chicken breast halves

### For rice

1 red onion, finely chopped  
1 ½ cups long-grain white rice  
3 cups chicken broth  
½ teaspoon kosher salt  
¼ cup fresh cilantro, finely chopped  
2 tablespoons fresh lime juice  
1 (15 ounce) can pinto or black beans, rinsed and drained  
1 cup crumbled queso fresco or feta  
2 limes, cut into wedges  
2 avocados, peeled and diced  
3 [flour tortillas](#)

### Guacamole

## ***Directions***

1. Rinse the onions with cold water to reduce the bite. Drain and let dry, set aside.

2. Combine the ingredients for the marinade. Place the chicken in a resealable bag or shallow container with a lid. Add the marinade and seal. Let it marinate, refrigerated, while preparing the rest of the ingredients.
3. To cook the rice, combine the rice, broth, and salt in a saucepan or pot and bring it to a simmer.
4. Reduce the heat to low. Cover and let it cook until the rice has absorbed all the liquid (about 20 minutes). At this point, preheat your grill to 350°F.
5. Back to the rice, turn the heat off and leave the pot covered for 10 minutes.
6. After ten minutes, add the cilantro and lime juice. Replace the lid and set the pot aside.
7. Remove the chicken from the marinade and grill it, with the lid down, for about 10 minutes. Flip it over halfway through. The chicken is done when there is no trace of pink in the center. Be careful not to char the surface.
8. Remove the meat from the grill and let it cool for 5 minutes. Cut it into bite-sized pieces.
9. Spoon the rice into bowls.
10. Top with chicken, onion, beans, and cheese.
11. Serve with lime wedges, diced avocado, tortilla chips, and guacamole.



## Classic Mexican Rice

*Serves: 4-6*

*Preparation Time: 15 minutes*

*Cooking Time: 40 minutes*

### ***Ingredients***

- 1  $\frac{1}{3}$  cups fresh or canned tomatoes, very ripe, cored
- 1 medium white onion, chopped
- $\frac{1}{3}$  cup canola or any cooking oil
- 2 cups long grain white rice
- 4 cloves garlic, minced
- 2 medium jalapeños, seeded and minced
- 2 cups chicken broth
- 1 tablespoon tomato paste
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  cup fresh cilantro, minced
- 1 jalapeño, minced (with seeds), for garnish
- 1 lime, cut into wedges

### ***Directions***

1. Place the tomatoes and onion in a blender and combine to make a smooth puree. Set it aside.
2. Place the rice in a strainer and rinse under cold running water until the starch is washed out and the water runs clear. Drain well.
3. Heat the oil in a heavy-bottomed skillet over medium-low heat for about 2 minutes. The oil is ready when a grain of rice dropped in sizzles.
4. Sauté the rice in the oil until the rice is light gold in color (about 6-8 minutes).
5. Add the garlic and 2 minced seedless jalapeños, and sauté until fragrant (about 1 minute).
6. Transfer the contents of the skillet to a rice cooker. Rinse any remaining bits in the skillet with the broth into the rice cooker. Stir in the puree, tomato paste, and salt.

7. Place the lid on the rice cooker and let it cook for about 30 minutes. Remove it from the heat but keep the lid on for another 5 minutes or so, to ensure that all the moisture has been absorbed by the rice.
8. Serve garnished with cilantro and jalapeño slices, with lime wedges on the side.





# Chicken, Rice and Pinto Beans Bowl

*Serves: 4-6*

*Preparation Time: 10 minutes plus 8 hours marinating time*

*Cooking Time: 40-60 minutes*

## ***Ingredients***

1 chicken, halved

1 recipe [Mexican Rice](#)

4-6 pieces [flour tortillas](#), warmed

Chunky [salsa](#) or [pico de gallo](#),

Shredded cheese, for garnish

Slices of avocado (optional)

## **For the marinade**

¼ cup cooking oil

¼ cup melted butter

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon ground cumin

2 teaspoons lemon or lime juice

Salt and pepper

## **For the pinto beans**

1 tablespoon vegetable oil

1 whole serrano chili

¼ teaspoon chili, ground (like serrano, ancho or chipotle)

1 (28 ounce) can pinto beans

⅓ cup water

1 green onion, thinly sliced

## ***Directions***

1. Combine the ingredients for the marinade and marinate the chicken, covered, for at least 8 hours in the refrigerator.
2. After marinating the chicken, heat the grill to medium high.

3. Grill the chicken until evenly browned and cooked through (about 25 minutes).
4. Let the meat cool for about 5 minutes, and then cut it into bite-sized pieces.
5. To prepare the pinto beans, heat the oil in a saucepan with the serrano chili. Cook until the chili is tender. Add the ground chilies, beans, and water. Stir and bring it to a boil. Reduce the heat and simmer for 15 minutes.
6. Spoon the rice into bowls, followed by beans and chicken.
7. Garnish with shredded cheese and serve with salsa or pico de gallo and tortillas.



## **Vegetarian Tex-Mex Rice Bowl**

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 30-35 minutes*

### ***Ingredients***

1/3 cup diced tomatoes, drained  
1/4 cup cooked black beans, drained  
1/4 cup cooked whole kernel corn, drained  
1 avocado, sliced  
Shredded cheese, for garnish  
4 teaspoons red onion, chopped  
Fresh cilantro, chopped, for garnish  
Freshly ground black pepper  
Lime wedges

### **For rice**

2 cups vegetable or chicken broth  
1 cup water  
1 teaspoon olive oil  
2 tablespoons lime juice, divided  
1 cup uncooked short-grain brown rice  
1/4 cup cilantro, chopped  
1 cup arugula, chopped  
Salt and pepper, to taste

### ***Directions***

1. To make the rice, combine the chicken broth, water, olive oil, 1 tablespoon lime juice, and rice in a rice cooker and let it cook. When all the water has been absorbed (about 20 minutes), remove it from the heat and let it stand, covered, for about 5-10 minutes.
2. Stir in the cilantro, remaining lime juice, arugula, and salt and pepper.
3. Spoon the rice into 4 bowls.
4. Top each bowl with tomatoes, black beans, corn and avocado slices.

5. Garnish with cheese, onion, more cilantro, and freshly ground black pepper.
6. Serve with wedges of lime.



# Soups



# Mexican Beef Soup

*Serves: 6*

*Preparation Time: 25 minutes*

*Cooking Time: 1 hour 15 minutes*

## ***Ingredients***

5 pounds stew beef bones (you can also add or substitute with lean beef)

4 cloves garlic, minced

2 onions, minced

Salt, to taste

4 ears corn, husked and cut in half

4 large potatoes, peeled and cut into large chunks

3 carrots, peeled and cut into 1-inch pieces

1 cup plantain bananas, sliced thickly, if available (or use zucchini)

1 *chayote*, peeled, pitted and cut into chunks, if available

½ head cabbage, cut into 1 ½-inch pieces

1 green bell pepper, seeded and cut into 1-inch pieces

Chili powder, to taste

6 cups cooked rice, hot

Fresh cilantro, chopped, for garnish

Lime wedges

## ***Directions***

1. Put bones and meat, if any, in a stock pot.
2. Add enough water to cover by 6 inches, and bring it to a boil. Skim off any scum.
3. Reduce the heat and boil gently for 45 minutes.
4. Add the garlic, minced onion, and salt to taste.
5. Add the corn and potatoes and continue boiling for 15 minutes.
6. Stir in the carrot, plantains, and chayote. Boil for 10 minutes longer.
7. Add the cabbage and bell pepper and cook 5 minutes more.
8. Add chili powder according to taste and turn off heat.
9. Ladle the soup into 6 large bowls, and add 1 cup of hot rice to each.
10. Sprinkle with chopped cilantro, and serve hot with wedges of lime.



# Tortilla Soup

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

## ***Ingredients***

3 ears corn

1 red bell pepper, split and seeded

2 tablespoons cooking oil

1 pound chicken breast tenders, diced

1 teaspoon poultry seasoning

1 teaspoon ground cumin

Salt and pepper

1 small or medium zucchini, diced

1 medium onion, chopped

3 cloves garlic, chopped

1-2 chipotle peppers in adobo sauce, chopped

1 (28 ounce) can stewed tomatoes

1 (8 ounce) can tomato sauce

3 cups chicken stock

4 cups corn tortilla chips, broken up into large pieces

1 ripe avocado, diced and dressed with the juice of ½ lemon

¼ red onion, chopped, for garnish

Cilantro, chopped, for garnish

1 cup shredded cheese (cheddar or Edam)

½ cup sour cream

## ***Directions***

1. Preheat the grill to high.
2. Brush the corn and bell pepper with oil and grill for about 10 minutes, turning occasionally.
3. Cool the vegetables and remove any charred skin from the bell pepper. Chop up the bell pepper and scrape the corn kernels off the cob. Set these aside.

4. Meanwhile, heat the oil in a soup pot and add the diced chicken.
5. Season with poultry seasoning, cumin, salt, and pepper. Cook the chicken until it is lightly browned.
6. Add the zucchini, onions, garlic, and chipotle peppers.
7. Cook until the vegetables are softened (about 5 to 7 minutes).
8. Add tomatoes, tomato sauce, and stock. Bring it to a boil.
9. Reduce the heat to bring the soup down to a simmer.
10. Add the corn kernels and bell pepper, and adjust the flavor with salt and pepper.
11. Remove from the heat.
12. Ladle the soup into bowls and add a handful of tortilla chips to each bowl.
13. Garnish with avocado, onion, cilantro, and shredded cheese. Top with sour cream.



# Tex-Mex Chicken Soup

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour 50 minutes*

## ***Ingredients***

5 pounds chicken leg quarters (or combination of soup bones with other parts)

3 tablespoons garlic, peeled and crushed

2 tablespoons salt

2 cubes chicken bouillon

4 large carrots, peeled and cut into large chunks

4 large potatoes, peeled and cut into large chunks

4 zucchini, cut into large chunks

1 chayote, peeled and cut into large chunks

1 large white onion, cut into large chunks

½ bunch fresh cilantro, chopped

## ***Directions***

1. Put the chicken in a large pot and add enough water to cover by 6 inches. Bring it to a boil.
2. Add the garlic and salt. Cover and simmer over low heat until the chicken meat falls off the bones (about 1 to 2 hours).
3. Dissolve the bouillon cubes in the broth.
4. Add the carrots, potatoes, zucchini, chayote, and white onion to the broth, and turn the heat to medium-low.
5. Cook the soup at a low boil until the carrots and potatoes are tender (about 45 minutes).
6. Stir the chopped cilantro into the soup, simmer for 5 minutes, and serve.



# Tacos



## Basic Taco Shell

*Serves: 20-24*

*Preparation Time: 5 minutes*

*Cooking Time: 10-12 minutes*

### ***Ingredients***

[Flour tortilla](#) recipe or store-bought tortillas.

### ***Directions***

1. Prepare the tortillas according to the [flour tortilla](#) recipe.
2. To warm store-bought or cold tortillas to make them pliable, wrap 5 pieces in a damp towel and microwave for 25-30 seconds.
3. Preheat the oven to 375°F.
4. Drape the tortillas over the oven's grill rack. The ends should be hanging through the slots, while the middle part should be resting on about 2 bars of the grill. The tortillas will then be baked in this taco shape.
5. Bake for 8-10 minutes, or until crisp.
6. Frying Method: Heat 1 inch of oil to 375°F. Carefully slide a tortilla in and let it fry for 15 seconds. Fold it in half using a pair of tongs, and hold it "open" while frying for 15 seconds more, and then set it to drain on absorbent paper. Sprinkle with salt while it's still hot.



# Beef Tacos

*Serves: 10*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

## ***Ingredients***

1 pound lean ground beef (ground pork or sliced chicken may also be used)

1 cup chunky [salsa](#)

10 taco shells

½ head lettuce, shredded

1 medium tomato, chopped or 1 cup [pico de gallo](#)

½ cup onion, minced

1 cup shredded cheddar cheese

Sour cream (optional)

## ***Directions***

1. Brown the beef in a skillet over medium heat (about 10 minutes), breaking up any lumps with a spatula. Drain off any oil.
2. Stir in the salsa and bring it to a boil.
3. Reduce the heat and simmer the mixture for 5 minutes. Transfer it to a bowl.
4. Heat the taco shells in the oven about 5 minutes or as directed by the package; or warm them in the microwave for about 45 seconds.
5. Fill the tacos with beef, lettuce, tomato or pico de gallo, onion and shredded cheese. Top with sour cream.



# Veggie Tacos

*Serves: 10*

*Preparation Time: 15 minutes*

*Cooking Time: 3-5 minutes*

## ***Ingredients***

1 ½ cups refried beans

10 taco shells

1 cup chunky [salsa](#)

3 avocados, peeled, pitted and sliced

½ cup onion, minced

Other toppings – shredded lettuce, chopped tomatoes, [pico de gallo](#), chopped cilantro, sour cream, and chopped green onion

## ***Directions***

1. Place the refried beans in a microwavable bowl. Cover and heat, stirring occasionally, with a wooden spoon, until hot.
2. Heat the taco shells in the oven for about 5 minutes, or as directed by package; or warm in microwave for about 45 seconds.
3. Fill the taco shells with refried beans and/or avocado.
4. Add salsa, onion, and other toppings, as desired.



# Tex-Mex Pork Tacos

*Serves: 6*

*Preparation Time: 20 minutes plus 30 minutes soaking time*

*Cooking Time: 2 hours 40 minutes*

## ***Ingredients***

24 pieces 6-inch [tortillas](#), corn or wheat

4 radishes, trimmed, thinly sliced

### Salsa

Onions, chopped

Pickled onions

Cilantro, chopped

### For pork shoulder

4 large dried ancho chilies, stemmed and seeded

2 large dried chilies de árbol, stemmed and seeded

2 tablespoons sugar

1 tablespoon fresh lime juice

1 5-pound boneless pork shoulder

Kosher or sea salt

2 tablespoons vegetable oil

1 large onion, chopped

4 large garlic cloves, coarsely chopped

2 bay leaves

2 teaspoons dried oregano

2 teaspoons ground coriander

2 teaspoons ground cumin

½ teaspoon ground allspice

1 (12 ounce) bottle dark beer

## ***Directions***

1. Soak the dried chilies in hot, freshly boiled water for 30 minutes. Weight them down and cover them with a plate or saucer. Drain, reserving 1 cup of liquid.

2. Preheat the oven to 350°F.
3. In a blender, process the chilies, sugar, lime juice, and ¼ cup of the reserved soaking liquid into a paste. Add more soaking liquid, if needed.
4. Dry the pork shoulder with paper towels.
5. Season it generously with salt, and then rub the paste evenly over the pork.
6. Heat the oil in a large Dutch oven or heavy pot over medium heat. Sauté the onion, garlic, bay leaves, oregano, coriander, cumin, and allspice until the onion is tender (about 8 minutes).
7. Pour in the beer and bring it to a boil.
8. Place the pork in the pot, cover, and transfer it to the oven. Let it braise until tender (about 2 ½ hours), basting occasionally with pan juices.
9. When the pork is done, transfer it carefully to a large tray and allow it to cool.
10. Shred it with forks, and pour the pan juice over the meat.
11. Heat the tortillas in a skillet, for about 1 minute on each side, and wrap them in towels to keep them warm.
12. Serve warm tacos and shredded pork, with toppings set out for everyone to use as they please.





## Carne Asada Tacos (Grilled Marinated Beef)

*Serves: 8*

*Preparation Time: 1 hour to overnight marinating time*

*Cooking Time: 15-20 minutes*

### ***Ingredients***

3 pounds flank steaks

2 teaspoons vegetable oil

8 corn or flour [tortillas](#)

1 ½ cups [salsa](#)

2 cups grated Cotija or feta cheese

Lime wedges

### **For the marinade**

⅓ cup white vinegar

½ cup soy sauce

4 garlic cloves, minced

Juice of 2 limes

½ cup olive oil

1 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon white pepper

1 teaspoon garlic powder

1 teaspoon chili powder

1 teaspoon dried oregano

1 teaspoon ground cumin

1 teaspoon paprika

### **For the onion relish**

1 white onion, chopped

½ cup chopped fresh cilantro

Juice of 1 lime

### ***Directions***

1. Whisk together the marinade ingredients, and pour it over the flank steak. Cover and let it marinate for 1 hour to overnight.
2. Prepare the onion relish by combining the ingredients in a bowl. Set it aside.
3. After marinating, cut the flank steak into small cubes or strips.
4. Heat the oil in a medium skillet, and cook the meat strips over medium heat, stirring continuously until the liquid has evaporated. Remove from the heat and set aside.
5. To heat the tortillas, steam them by wrapping them in damp towels, 5 pieces at a time, and heating them in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side.
6. Fill the tortillas with beef and top with onion relish, salsa, and cheese.
7. Serve with lime wedges on the side.



# Fish Tacos

*Serves: 4*

*Preparation Time: 10 minutes plus 30 minutes marinating time*

*Cooking Time: 7-10 minutes*

## ***Ingredients***

1 pound cod fillet (or other flaky white fish), cut into 4 pieces

Salt, to taste

8 fresh corn or [flour tortillas](#)

Mexican *crema* (or substitute with sour cream)

[Pico de gallo](#)

2 limes, cut into quarters

## **For marinated onion**

½ red onion, thinly sliced

1 ½ cups red wine vinegar

## **For marinade**

¼ cup olive oil

1 ½ teaspoons ancho chili powder

1 ½ teaspoons dried oregano

½ teaspoon ground cumin

¼ cup lightly packed fresh cilantro leaves, chopped, plus more for garnish

1 jalapeño, stemmed and chopped

## ***Directions***

1. Marinate the onion in the red wine vinegar for at least 30 minutes. Set it aside.
2. Combine the ingredients for the marinade, and marinate the fish for 20 minutes.
3. Heat a non-stick pan over medium-high heat. Place the fish in the pan and sprinkle it with salt. Let it cook on one side for 4 minutes, then turn it over and cook it on the other side for 2 minutes. Remove it from the pan and flake it with a fork. Add more salt, if needed.

4. To heat the tortillas, steam them by wrapping them in damp towels, 5 pieces at a time, and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side.
5. To assemble the tacos, place some of the marinated flaked fish onto the center of a tortilla. Top with the marinated onions. Garnish with cilantro and serve with crema or sour cream and lime wedges.



# **Main Entrees**



## Tex-Mex Beef Stew (Carne Guisada)

*Serves: 6*

*Preparation Time: 10 minutes*

*Cooking Time: 2 hours 15 minutes*

### ***Ingredients***

3 pounds chuck roast or shoulder, cut into chunks

3 tablespoons cooking oil

1 large onion, peeled and chopped

2 large bell peppers, seeded and chopped

1 ½ teaspoons salt

1 ½ teaspoons pepper

1 tablespoon garlic powder

1 tablespoon cumin

3 tablespoons flour

1 ½ cups mild Rotel® tomatoes and chilies, or [salsa](#)

½ cup water

⅔ cup tomato sauce

Flour or corn tortillas or plain rice for serving

Toppings: avocado slices or [guacamole](#), shredded lettuce, and sour cream

### ***Directions***

1. Heat the oil in a skillet over medium heat and brown the beef evenly (about 10 minutes).
2. Add the onion and bell pepper and sauté until softened (about 7 minutes).
3. Stir in the salt, pepper, garlic powder, cumin, and flour, and cook until thickened (about 2 minutes).
4. Add the Rotel® tomatoes/salsa and water, and bring it to a boil.
5. Reduce the heat to a simmer, cover, and cook 2 hours, stirring occasionally.
6. Add the tomato sauce and continue cooking for 15 minutes, or until the beef is tender enough to flake with a fork.

7. May be served with tortillas, plain rice, or [Mexican rice](#), avocado slices or [guacamole](#), shredded lettuce, and sour cream.



# Beef Fajitas

*Serves: 4*

*Preparation Time: 10 minutes plus 1 hour marinating time*

*Cooking Time: 15 minutes*

## ***Ingredients***

1 large yellow onion

1 tablespoon vegetable oil

1 pound flank or skirt steak

3 assorted bell peppers, stemmed, seeded, de-ribbed, sliced lengthwise into strips

Salt

8 (8 inch) [flour tortillas](#)

Toppings: shredded cheese, [salsa](#), shredded lettuce, sour cream, [guacamole](#)

## **For the marinade**

Juice of 1 lime

2 tablespoons olive oil

2 cloves garlic, peeled, minced

½ teaspoon ground cumin

½ fresh jalapeño pepper, seeded, finely chopped

¼ cup fresh cilantro, chopped

## ***Directions***

1. Prepare the onion by peeling and slicing it with the grain, not against the grain. Slice off sections a ½-inch wide at the widest point.
2. Prepare the marinade by mixing together all the ingredients. Marinate the steak, refrigerated, for at least 1 hour. After marinating, wipe off most of the marinade and season the steak with salt.
3. Heat a large cast iron pan or griddle over high heat for 2 minutes. Add the oil and heat for 1 minute. Fry the steak to medium-rare doneness (about 3 minutes on each side). Reduce the heat if the oil reaches the smoking point. Remove from the heat, tent (cover loosely) with foil,

and let it sit for 5 minutes. Keep the pan hot for cooking the vegetables.

4. Add a little more oil to the pan, if necessary, then add the onions and bell peppers. Let these sear for 1 minute then stir only occasionally for 5 minutes.
5. Slice the meat very thinly, against the grain.
6. Serve immediately with shredded cheese, [salsa](#), shredded lettuce, sour cream, [guacamole](#) and warmed [flour tortillas](#).



## Tex-Mex Pork Chops

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 7 minutes*

### ***Ingredients***

1 ½ pounds (4 pieces) pork loin chops with bone

### ***For marinade***

1 tablespoon brown sugar

2 teaspoons ground cumin

2 teaspoons chili powder

1 teaspoon salt

1 tablespoon vegetable oil

### ***Directions***

1. Combine ingredients for the marinade and rub it on the pork chops.  
You may marinate the pork chops for an hour to overnight.
2. Preheat the grill to medium, and brush it lightly with oil.
3. Put the pork chops on the grill, cover, and cook, flipping over halfway through, for 5-7 minutes or up to desired doneness.
4. May be served with corn, plain or [Mexican rice](#), and [guacamole](#).





## **Fideo (Mexican Spaghetti)**

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

2 tablespoons vegetable oil  
1 (8 ounce) package fideo pasta  
½ cup onion, minced  
2 cloves garlic, minced  
1 (8 ounce) can tomato sauce, divided  
1 ½ cups chicken broth or water, divided  
1 teaspoon ground cumin  
½ teaspoon garlic salt  
1 teaspoon chili powder, or to taste  
½ teaspoon sugar (optional)  
Queso fresco, grated

### ***Directions***

1. Heat the oil in a saucepan over medium-high heat.
2. Add the fideo, onion, and garlic and fry until browned.
3. Pour in half the can of tomato sauce, and 1 cup of chicken stock or water. Season with cumin, garlic salt, and chili powder, and stir to blend. Bring it to a boil, and cook until the liquid has almost all evaporated.
4. Stir in the remaining tomato sauce, sugar (optional) and chicken stock or water. Cover, and cook over medium heat for about 10 minutes, or until the fideo is tender, and the sauce has thickened.
5. Sprinkle with grated queso fresco and serve.



## Tex-Mex Pizza

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

### ***Ingredients***

2 tubes refrigerated pizza dough

1 ½ cups [salsa](#)

2 cups smoked cheddar, shredded

4 mushroom caps, thinly sliced

2 tablespoons sliced salad olives with pimento, drained

1 small onion, chopped

1 handful cilantro, chopped

½ small red bell pepper, seeded and diced

1 jalapeño, chopped

¼ cup cilantro, chopped

½ pound chorizo, casing removed and sliced thinly

1 cup shredded Monterey Jack

### ***Directions***

1. Preheat the oven to 450°F.
2. Press out 2 pizza shells on 2 baking sheets.
3. Divide the salsa between the 2 pizzas.
4. Divide the smoked cheese and sprinkle it on over the salsa.
5. Distribute the vegetables and chorizo, and top both pizzas with the shredded Monterey Jack.
6. Bake the pizzas for 15 minutes, until the cheese is golden and the toppings are tender.



# Chicken Fajitas

*Serves: 8*

*Preparation Time: 15 minutes plus 10 minutes to overnight marinating time*

*Cooking Time: 35 minutes*

## ***Ingredients***

1 pound boneless, skinless chicken breasts

Kosher or sea salt

Freshly ground black pepper

1 medium bell pepper, seeded and sliced into ½-inch strips

1 medium red onion, halved and sliced into ½-inch pieces

1 tablespoon vegetable oil

8 (6 inch) corn or [flour tortillas](#)

[Guacamole](#), [salsa](#), shredded lettuce and sour cream (optional)

## ***For the marinade***

⅓ cup fresh cilantro, coarsely chopped

2 cloves garlic, finely chopped

½ teaspoon chili powder

½ teaspoon ground coriander

½ teaspoon ground cumin

Juice of 1 lime

2 tablespoons vegetable oil

## ***Directions***

1. Combine the ingredients for the marinade. Marinate the chicken for at least 10 minutes to overnight, in the refrigerator.
2. Preheat a grill pan to medium.
3. Arrange the chicken pieces on the grill, and season with salt and pepper.
4. Cook on one side until well browned (about 10 minutes).
5. Flip and season the second side with salt and pepper.
6. Cook, undisturbed, until the other side is well browned (about 10 minutes).

7. Place the chicken on a cutting board and let it rest.
8. Meanwhile, place the bell pepper and onion in a medium bowl, drizzle with 1 tablespoon of oil, season with salt and pepper, and toss to coat.
9. Place the vegetables on the hot grill pan in a single layer.
10. Cook until slightly charred (about 10 minutes). Transfer to a serving dish.
11. To heat the tortillas, steam them by wrapping them in damp towels, 5 pieces at a time, and heating in the microwave for 20-30 seconds. You may also heat them on a preheated skillet for 15 seconds on each side. Wrap them in a towel to keep warm.
12. Slice the chicken into strips or bite-sized pieces, cutting against the grain. Place it in the serving dish with the vegetables.
13. Serve with a warm tortilla with and top with guacamole, salsa, shredded lettuce and sour cream.



# Picadillo

*Serves: 6*

*Preparation Time: 15 minutes*

*Cooking Time: 60 minutes*

## ***Ingredients***

2 tablespoons olive oil

2 medium onions, peeled and chopped

¼ cup dried chorizo, diced

4 cloves garlic, peeled and minced

1 ½ pounds ground beef

Kosher salt and freshly ground black pepper, to taste

1 (28 ounce) can whole tomatoes, drained and crushed

2 tablespoons red wine vinegar

1 tablespoon ground cinnamon

2 teaspoons ground cumin

2 bay leaves

Pinch of ground cloves

Pinch of nutmeg

⅔ cup raisins

⅔ cup pimiento-stuffed olives

Steamed rice, for serving

## ***Directions***

1. Heat the olive oil in a large, heavy pan over a medium-high heat until it begins to shimmer.
2. Stir in the onions, chorizo, and garlic, and cook until the onions have started to soften, (about 10 minutes).
3. Add the ground beef and cook until browned, breaking the meat apart with a spatula. Drain any excess grease.
4. Season with salt and black pepper.
5. Stir in the tomatoes, vinegar, cinnamon, cumin, bay leaves, cloves, and nutmeg.
6. Reduce the heat and simmer, covered, for approximately 30 minutes.



7. Add the raisins and olives and cook for another 15 minutes.
8. Serve with plain steamed rice.



## **Chicken & Rice Bake**

*Serves: 6*

*Preparation Time: 5 minutes*

*Cooking Time: 45-50 minutes*

### ***Ingredients***

- 1 medium onion, chopped
- 1 tablespoon olive oil
- 1 (6.9 ounce) package chicken-flavored rice and vermicelli mix
- 1  $\frac{3}{4}$  cups chicken broth
- 2 cups water
- 2 cups cooked chicken or turkey, chopped
- 2 medium tomatoes, chopped and seeded
- 3 tablespoons canned diced green chili peppers, drained
- 1 teaspoon dried basil, crushed
- 1  $\frac{1}{2}$  teaspoons chili powder
- $\frac{1}{8}$  teaspoon ground cumin
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{2}$  cup shredded cheddar cheese

### ***Directions***

1. Heat the oil a medium saucepan, over medium heat.
2. Sauté the onion until tender.
3. Stir in the rice and vermicelli mix with the seasoning package. Cook and stir for 2 minutes.
4. Add the broth and water and bring it to a boil.
5. Reduce the heat, cover, and simmer for 20 minutes (not all the liquid will be absorbed).
6. Preheat the oven to 425°F.
7. Transfer the rice mixture to a 2-quart casserole.
8. Add the chicken, tomatoes, chili peppers, basil, chili powder, cumin, and black pepper. Mix well, then cover with a lid or aluminum foil.
9. Bake for 25 minutes.
10. Sprinkle with cheese and let it stand, to set and for the cheese to melt.



# Tex-Mex Burger

*Serves: 4*

*Preparation Time: 15 minutes*

*Cooking Time: 12 minutes*

## ***Ingredients***

1 avocado, halved, pitted and peeled  
1 tablespoon mayonnaise  
3 teaspoons fresh lime juice  
1 dash hot sauce  
Salt  
1 plum tomato, seeded and diced  
1 tablespoon chipotle chili in adobo, minced  
¼ cup scallion, thinly sliced  
1 tablespoon fresh cilantro, minced

## **Burgers**

1 ½ pounds lean ground beef  
1 ½ teaspoons chili powder  
1 ½ teaspoons ground cumin  
1 ½ teaspoons dried oregano  
Salt  
4 slices Monterey Jack or cheddar cheese  
4 whole hamburger buns, toasted on the grill

## **To garnish**

Pickled jalapeño rings (bottled)  
4 lettuce leaves (preferably Boston bib lettuce)

## ***Directions***

1. Combine ¼ of the avocado with the mayonnaise, lime juice, hot sauce, and salt to taste. Mash with a fork until smooth.
2. Stir in the tomato, chipotle, scallion, and cilantro.

3. Cut the remaining avocado into ¼-inch cubes and fold them gently into the vegetable mixture. Cover with plastic wrap and refrigerate.
4. To make the burger patties, mix the chili powder, cumin, oregano, and salt into the beef, mixing lightly.
5. Divide the meat into 4 portions and use your hands to form patties.
6. Heat a cast-iron pan or grill over medium-high heat.
7. When the pan or grill is hot, cook the hamburgers to rare (about 5 ½ minutes per side).
8. Place the cheese slices on top of the patties and cook, covered, to melt the cheese (about 1 minute).
9. Transfer the patties to a plate, tented loosely with foil, and let them stand for 3 minutes.
10. Transfer the patties to the buns (toasted or grilled, if desired).
11. Top with the avocado dressing, pickled jalapeno rings, and lettuce.



# Desserts



# Caramel Flan

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*

## ***Ingredients***

For the caramel

½ cup sugar

2 tablespoons water

## **For the custard**

1 cup milk

1 teaspoon vanilla extract

2 whole eggs

¼ cup sugar

1 teaspoon lime zest (you may use orange or lemon zest instead)

## ***Directions***

1. To make the caramel, combine the sugar and water in a saucepan. Cook, without stirring, over medium-high heat. Allow the sugar to melt and turn to caramel. When the syrup turns deep amber, immediately remove it from the heat and set the bottom of the pan in cold water. (NOTE: Hot caramel can scald.) Distribute the caramel into 4 small ramekins. Set aside.
2. To make the custard, preheat the oven to 350°F.
3. In a medium-sized pot or saucepan, combine the milk and vanilla and heat over medium high. Remove the pot from the heat as soon as it begins to boil
4. In a separate bowl, whisk the eggs and sugar together. While whisking constantly, pour the hot milk and vanilla mixture into the eggs and sugar in a thin stream. Strain the mixture through a fine mesh strainer into a clean bowl.
5. Distribute the mixture into the caramel-coated ramekins.
6. Place the ramekins in a shallow baking dish or sheet pan.

7. Fill the pan with water until it reaches about half way up the ramekins.
8. Bake for 30 minutes, or until the tip of a knife when inserted into the center comes out clean.
9. Allow the flans to cool.
10. Cover with plastic wrap and refrigerate for 2 hours to overnight.
11. To unmold the flan, cut around the edges with a small knife to loosen it from the ramekin, and flip it onto a serving plate. Tap the bottom of the ramekin until you hear the flan slide out.



# Churros

*Serves: 4*

*Preparation Time: 10 minutes*

*Cooking Time: 10 minutes*

## ***Ingredients***

### For the dough or paste

1 cup water

2 ½ tablespoons sugar

½ teaspoon salt

2 tablespoons vegetable oil

1 cup all-purpose flour

Oil for frying

### Cinnamon sugar

½ cup white sugar

1 teaspoon ground cinnamon

## ***Direction***

1. Combine the ingredients for the cinnamon sugar in a bowl, and set it aside.
2. Mix the water, sugar, salt, and 2 tablespoons of vegetable oil in a small saucepan, over medium heat.
3. Bring it to a boil and remove it from the heat.
4. Add the flour, stirring constantly. Continue mixing until a paste-like dough is formed.
5. Heat the oil for frying in deep-fryer or deep skillet, to 375°F.
6. Using a pastry bag, pipe strips of dough into the hot oil.
7. Fry until golden and drain on paper towels.
8. Roll the drained churros in cinnamon sugar to coat.
9. Serve.



## **Conclusion**

Change can be both overwhelming and exhilarating. Tex-Mex cuisine embodies tradition and, also, innovation. It is as dynamic as the fast-paced American lifestyle, retaining the best from the past and adding more to the present. I hope you will not tire of this collection of recipes and that you will use them over and over again. Add what you can and come up with your personal creations. Enjoy the vibrant colors, textures and flavors of Tex-Mex cuisine!



**Volume 10: Pizza Takeout Recipes**

# PIZZA

**TAKEOUT COOKBOOK**



**FAVORITE TAKEOUT PIZZA  
RECIPES TO MAKE AT HOME**

**LINA CHANG**





# **Introduction**

Pizza is supposed to be America's favorite comfort food and it's not surprising. The combination of meat, cheese and veggies on a tasty crust is simply hard to resist.

Pizza as we know it today is truly American and quite different from its precursor.

As with other takeout choices, pizza has evolved into something Americans can truly call their own; reflecting the eclectic and diverse nature of American culture.

## Just a Little History

Centuries ago, people somehow discovered how to cook bread on hot stones. This later led to the invention of a type of bread in ancient Italy called focaccia. Focaccia was convenient as an appetizer, snack or even a meal; being easy to handle and consume. It could be eaten with whatever produce was in season and could easily be eaten using bare hands.

Tomatoes were soon introduced to Europe, but they were initially feared to be poisonous. Somehow, some brave soul from Naples decided they were safe to eat and combined them with focaccia!

But it wasn't until 1889 that the first takeout pizza was delivered to no less than Queen Margherita of Italy. It was a special focaccia-based creation made in her honor with ingredients of the colors of the Italian flag- mozzarella (white), basil (green) and tomatoes (red). The queen perhaps thought it too inconvenient to have to pick it up so she asked that it be delivered to her. The creator named it Margherita Pizza, after the Queen as well as after his restaurant – the Pietro Il Pizzaiolio.

Lombardi's in New York is said to be the oldest pizza establishment in the US. But America's love affair with pizza was said to have started after World War II, when many soldiers returning from Italy also brought with them their obsession for the Italian concoction.

Although pizzerias in New York are said to have set the standard for all-American pizza, other locations have come up with their own distinct creations. Chicago's deep dish pizza is well sought after. Pizza in California is said to have flavors that combine ingredients that reflect the diverse communities or demographic there – with Asian and Mexican touches.

More healthy options have also come up, using whole wheat or gluten-free crusts, with vegetarian toppings. And, of course, artisan pizzas - which make use of organic ingredients and are baked in high-heat fire ovens - are also popular.

If you haven't tried making your own pizza, you'll be surprised at how gratifying it can be. After learning the basics, you'll find how easy it is to come up with your own creations to suit your needs and preferences. Many who have tried making their own pizza prefer it to having takeout. After all, when you know how it's done, you can create something that will suit your taste and even health requirements.

## Useful Tools and Equipment

If you're planning to delve into making your own pizza, these tools can make things more convenient:

A spoodle – A cross between a cup and a ladle, for easy spreading of the pizza sauce over the crust.

A rolling pin – Although some doughs are actually shaped simply by pressing and pushing with the hands, a rolling pin is always convenient when there is dough to be handled.

Pizza pans – These are convenient for molding the dough into the right shape and size. Some dough types can be soft and sticky (unlike bread dough), so it can be difficult to handle if using just a baking sheet or parchment paper.

Pizza peel – A smart contraption that looks somewhat like a paddle (as it is actually sometimes called) to make it safer and easier to put the pizza into and out of the oven.

Pizza cutter – Makes cutting the cooked pizza neat and easy.

Stand mixer with dough hook – Kneading can be tricky, messy and time-consuming, so this will definitely make things more convenient.

Pizza stone – There is still mixed information on whether or not this is essential. Many swear by using a pizza stone, saying that it will give you the best-textured, best-tasting pizza crust. The pizza stone ensures even heating and absorbs excess moisture from the dough. If you don't have one, you can use an overturned cookie sheet instead.

## Some Pizza-Making Tips

- Preheat your oven. Pizza is meant to be baked at high temperatures and preheating can take as long as an hour to reach the right temperature, especially if you're using a pizza stone.
- Know your oven and your pizza. Time and temperature can vary depending on how thick the crust is, the kind of sauce, how many toppings you use, and other factors. You'll have to determine what works best to get the results you want. The temperature and cooking time given in the recipes are your guide but you'll need a little trial and error to know what works best for your oven.
- Par-bake the crust before adding the toppings. If you don't want a soggy crust, most recipes recommend a quick baking of the crust (from 5-15 minutes) just to set the crust before adding the sauce and toppings.
- Parchment paper and Silpat mats. These are very helpful to prevent the dough from sticking to the pan. But take note that parchment paper will burn at 450 degrees F and Silpat can only withstand temperatures lower than 480 degrees. Some recipes require baking at 500 degrees or even higher. This is where the pizza stone comes in handy. Bake the pizza directly on the stone to avoid blackened or charred parchment paper.
- Tossing and stretching the pizza dough is a good way to aerate and stretch it without tearing. But you can make a decent crust by simply pressing and pushing the dough into the pan.
- Buy cheese in blocks. Pre-shredded cheese does not melt as readily and contains additional ingredients that may add unnecessary calories to your pizza.
- Make sauces and crust ahead of time and keep them frozen or refrigerated. Veteran pizza makers say that the sauce is best made at least a day ahead for it to develop its flavor. You can reheat the sauce and let the dough thaw out. With these at hand, you can have freshly-baked pizza in as quickly as 15 minutes!

## **About the Recipes in This Cookbook**

The recipes here are meant to introduce you to the world of pizza making- to make you learn basic recipes that will remind you of your favorite takeout flavors. Although the recipes try to help you make the pizza flavors you love, they are not meant to be copycat recipes.

The preparation and cooking time given for each recipe is based on the assumption that you already have shaped crust dough and sauce at hand. Unless stated in the recipe, the pizza crust required is 12-inch in diameter. You can also make small, personal-sized pizzas, rectangular pizzas or others of different shapes and sizes. Just remember that this will affect your cooking time and you'll have to make adjustments.

As you go along you'll learn to create your own flavors and make pizza exactly the way you like it. Have fun!





# RECIPES

# Pizza Crusts

## **Thin Crust (with Yeast)**

*Serves: 4-8*

*Preparation Time: 20 minutes*

*Cooking Time: 8-10 minutes*

### ***Ingredients***

1 teaspoon active dry yeast

1/8 cup sugar

3/4 cup lukewarm water

2 cups all-purpose flour, divided plus more for dusting

1/2 teaspoon salt

### ***Directions***

1. Combine yeast, sugar and water in a bowl. Whisk to dissolve yeast and let stand until mixture begins to form (about 5 minutes).
2. Mix 1 3/4 cups of the flour and salt in a large bowl.
3. Add in yeast mixture and mix until mixture begins to pull together.
4. Place on a floured surface and knead lightly until smooth, adding remaining flour as needed.
5. Roll into 1/2-inch diameter. Or, for super-thin crust, divide dough into 2 to make 2 circles.
6. Place toppings and bake at 500 degrees F until golden (about 8-10 minutes), or follow recipe directions.

### ***Nutrition (per serving)***

Calories 101

Carbs 22.4 g

Fat 0.0 g

Protein 2.9 g

Sodium 146 mg



## **Thin Crust (Yeast-Free)**

*Serves: 4-8*

*Preparation Time: 20 minutes plus 10 minutes resting time*

*Cooking Time: 20-23 minutes (with par-baking)*

### ***Ingredients***

1 1/3 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

1/2 cup fat-free milk

2 Tablespoons olive oil

### ***Directions***

1. Whisk dry ingredients together.
2. Mix while adding milk and olive oil until the mixture begins to stick together.
3. Transfer to a floured surface and knead until smooth.
4. Shape into a ball, cover and let rest for 10 minutes.
5. Roll out into a 12-inch circle.
6. Transfer to a lined baking sheet and bake in a preheated oven at 400 degrees F to just to set (about 5-8 minutes).
7. Add toppings and return to oven.
8. Bake until golden brown (about 15 minutes).

### ***Nutrition (per serving)***

Calories 112

Carbs 16.9 g

Fat 3.6 g

Protein 2.8 g

Sodium 216 mg



## **Pan Pizza Crust**

*Serves: 16 (2 medium size crusts)*

*Preparation Time: 30 minutes plus 10 hours resting time*

*Cooking Time: 12-15 minutes*

### ***Ingredients***

2 1/2 cups unbleached all-purpose flour

2 teaspoons salt

1/2 teaspoon instant dry yeast

1 cup, plus 3 Tablespoons water

2 teaspoons olive oil

### **For rectangular crust:**

3 1/2 cups unbleached all-purpose flour

2 3/4 teaspoons salt

3/4 teaspoon instant dry yeast

1 2/3 cups water

3 Tablespoons olive oil

### ***Directions***

1. Whisk flour and salt together.
2. Whisk in yeast;
3. Mix in water and oil until well-moistened.
4. Cover with a towel or plastic wrap.
5. Let rest for 8 hours.
6. When dough is ready, grease 2 pizza pans or cast-iron skillets.
7. Spread oil on your hands and punch dough to deflate.
8. Divide into 2 equal portions and shape each into a ball. Oil your hands as needed.
9. Place one portion on greased pizza pan and push down and towards the edges of the pan to shape. Repeat with other half of dough.
10. Spread oil over the shaped dough and cover with plastic wrap.
11. Let sit for 1 hour and then push towards sides again.

12. Let rest another hour, at the same time preheating oven to 55 degrees F.
13. Add desired sauce and toppings over each circle of dough.
14. Bake until golden brown (about 12- 15 minutes).
15. Remove from pan, if needed, and serve immediately.

***Nutrition (per serving)***

Calories 74

Carbs 4.4 g

Fat 0.6 g

Protein 1.9 g

Sodium 291 mg





## Stuffed Crust

*Serves: 8*

*Preparation Time: 25 minutes plus 20 -35 minutes rest time*

*Cooking Time: 20-25 minutes*

### ***Ingredients***

3 cups all-purpose flour

1/2 teaspoon salt

1 Tablespoon sugar

3/4 ounces(1 packet)instant dry yeast

1 cup lukewarm water

2 Tablespoons olive oil

1/8 cup corn meal (or all-purpose flour)

string cheese, halved lengthwise, for stuffing or shredded mozzarella

### **Sicilian Pizza Crust (Rectangular)**

Add:

1/4 cup olive oil, for greasing pan

(No need for cheese)

### ***Directions***

1. Whisk flour and salt together.
2. Whisk in sugar and yeast.
3. Mix in water and olive until well-moistened.
4. Knead on a floured surface until smooth (about 3-5 minutes).
5. Cover and rest dough for 15-30 minutes.
6. Sprinkle pizza pan with cornmeal.
7. Place dough on center of pan and press down with your hands to spread up pan edge.
8. Rest dough for 5 minutes.
9. FOR SICILIAN PIZZA CRUST: Use 1/4 cup olive oil to grease 13X18 inch pan. Place dough in pan and flip over. Cover with plastic wrap for 2 hours.
10. Press down along edge again to spread so that dough hangs over edge.

11. Line edge with cheese for stuffing.
12. Fold edge over stuffing, pressing down to seal.
13. Top with desired sauce and toppings and bake in preheated oven at 400 degrees F until lightly browned (about 20-25 minutes).

***Nutrition (per serving)***

Calories 235

Carbs 37.1 g

Fat 6.4 g

Protein 8.2 g

Sodium 246 mg



## Hand Tossed

*Serves: 16 (Yield: 2 12-inch pizza crusts)*

*Preparation Time: 30 minutes plus 11 hours resting time*

*Cooking Time: 10 minutes*

### ***Ingredients***

1 2/3 teaspoons active dry yeast

3/4 teaspoon sugar

2/3 cup lukewarm water

3/4 cup plus 1 Tablespoons cold water

1 teaspoon salt

1 1/2 teaspoons olive oil

3 1/2 cups unbleached bread flour plus more for dusting

### ***Directions***

1. Combine yeast, sugar and lukewarm water in a bowl. Let stand for 5 minutes.
2. In a separate bowl, dissolve salt in cold water.
3. Stir in olive oil.
4. Place flour in a large bowl.
5. Stir in yeast mixture followed by cold water mixture.
6. Mix until all the flour is moistened and fully incorporated.
7. Place dough on a floured surface and knead until elastic (about 10 minutes).
8. If dough sticks to the hands, you may only add up to 1/8 cup more flour.
9. Divide dough into 2.
10. Pull edges to stretch apart and tuck ends underneath to shape into balls.
11. Press edges to seal.
12. Place each ball of dough in a plastic bag or container with lid, with room for dough to double in size.
13. Refrigerate 10-48 hours.
14. Let thaw to room temperature (about 1 hour) before baking.

15. Preheat oven, 45-60 minutes before baking, to 500 degrees F.
16. Dust with flour and roll out into 12-inch circles or toss. Form a lip around the edge by causing a depression with your fingers around, about an inch from the edge.
17. Now, spread out fingers and press on dough, from center to edge and vice versa, to stretch it into a larger circle. You will be stretching the edges to enlarge the circle. Keep the dough circular in shape. Flip over and repeat pressing and pushing to stretch out dough. Press down with palms, finger toughing the lip of the dough. Going clockwise, keep left hand steadily pressing on the dough as the right hand glides the dough to the right to stretch it. Do this, rotating in a full circle.
18. Flip the dough over one fist and then position other hand under the dough so that dough is hanging from both fists. Spread out the fingers but keep them slightly curled inward.
19. With a slight upward jerk of both hands to the right, let the dough move slightly to the right. It stretches as it falls back on your hands. Spread the hands farther apart to stretch the dough as you repeat until dough has rotated in a full circle. Another way is to slap the dough from one hand to the other several times, allowing the dough to drape over the hand and forearm naturally as you do it. Tossing aerates and stretches the dough, ensuring a good, crisp crust. To spin with the right hand, support with a fist left hand. Keep the right palm-up beneath the dough, cross over the left arm and spin the dough upwards. Catch the dough with both fists so as not to tear the dough.
20. Place on pan or baking sheet. The dough may hang slightly over the edge of the pan but will shrink as it bakes.
21. Place desired sauce and toppings.
22. Bake until lightly golden (about 10 minutes) or according recipe instructions.

***Nutrition (per serving)***

Calories 98

Carbs 19.4 g

Fat 0 g

Protein 3.7 g

Sodium 146 mg



## Gluten-Free

*Serves:8*

*Preparation Time: 35 minutes*

*Cooking Time: 35 minutes*

### ***Ingredients***

1 tablespoon sugar  
1 1/2 teaspoons instant yeast  
1 cup warm water  
4 Tablespoons olive oil, divided  
1 cup brown or white (very fine) rice flour  
1/3 cup potato starch  
3 Tablespoons tapioca starch  
1 teaspoon baking powder  
3/4 teaspoon salt  
1 teaspoon xanthan gum

### **Optional seasonings:**

1 teaspoon Italian seasoning  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder

### ***Directions***

1. In a small bowl, dissolve sugar and yeast in lukewarm water. Stir in 2 Tablespoons oil and let sit until mixture begins to foam (about 30 minutes).
2. Meanwhile, combine the rest of the ingredients, including seasonings (if using), in the bowl of a stand mixer. Whisk together well.
3. Scoop 1/2 cup of the dry-ingredient mixture and add to the ready yeast mixture. Stir to combine (the mixture will have a few lumps). Let sit until foamy (about 30 minutes).
4. When yeast mixture is ready, add it to dry ingredients.
5. Beat at medium high speed (preferably with a hook attachment) until heavy and paste-like in consistency (about 4 minutes). Scrape the



- misture down the sides of the bowl when needed.
6. Cover with a towel or cling wrap and let rest for 30 minutes.
  7. Preheat oven to 425 degrees F.
  8. Add remaining oil to the center of a 12-inch pizza pan.
  9. Place the dough over the oil.
  10. Moisten hands and push down on dough, from center to sides, to spread over the pan into a 12- to 14-inch circle.
  11. Rest the dough for 15 minutes.
  12. Bake until dough is set and matte (about 8-10 minutes).
  13. Remove from oven and place sauce and toppings of choice.
  14. Return to oven and bake until lightly golden and toppings are cooked through (about 10-15 minutes).

***Nutrition (per serving)***

Calories 152

Carbs 25 g

Fat 5 g

Protein 2 g

Sodium 284 mg



## Deep Dish

*Serves:8*

*Preparation Time: 20 minutes plus 4-6 hours resting time*

*Cooking Time: 5 minutes*

### ***Ingredients***

1 1/2 teaspoons active dry yeast

1 Tablespoon sugar or honey

3/4 cup lukewarm water

1 1/2 cups all-purpose flour, plus more for dusting

1/2 cup semolina flour (optional; if not using, add 1/2 cup all-purpose flour)

1/2 teaspoon salt

1/8 teaspoon cream of tartar

2/3 corn oil plus more for greasing

2 Tablespoons butter, softened (optional)

### ***Directions***

1. In a small bowl, dissolve yeast and sugar in lukewarm water. Let sit for 15 minutes.
2. In a large bowl, whisk flour(s), salt and cream of tartar together.
3. Make a well and pour in the yeast mixture and oil.
4. Using a mixer with hook attachment, mix briefly to moisten (about 1 minutes)
5. Knead for a short while (2 minutes) to get a shortbread-type texture when baked.
6. Cover with a towel or cling wrap and let rise for 4-6 hours. You may need to oil the dough to avoid crusting, depending on the humidity in your area.
7. Preheat oven to 450 degrees F. Grease pan (You may use a 9 1/2-inch deep-dish pie pan, springform pan or 10-inch cast iron pan).
8. Punch down dough, cover and let rest (15 minutes).
9. Roll out and place in greased pan or press down with hands over pan (Dough will be sticky; dust with flour for easier handling).
10. Bake just until set and matte in appearance (about 5 minutes).

11. Brush dough with butter, if using.
12. Add desired toppings and sauce and bake until golden brown (about 35-40 minutes).

***Nutrition (per serving)***

Calories 282

Carbs 25.7 g

Fat 18.4 g

Protein 3.9 g

Sodium 148 mg



# Sauces

## **Basic Pizza Sauce**

*Serves: 2*

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*

### ***Ingredients***

1 16-ounce can tomatoes (Roma, 6-in-1, or Sclafani) drained through cheese cloth OR 2 cups fresh tomatoes, peeled, crushed and drained  
1/8 teaspoon garlic powder  
1/2 teaspoon sugar, or to taste (depending on acidity of tomatoes used)  
1/2 teaspoon oregano  
1/2 teaspoons salt, or to taste  
1/2 teaspoon black pepper, or to taste  
1/4 teaspoon red pepper flakes, or to taste

### ***Directions***

1. Puree tomatoes, if needed, in food processor or blender.
2. Drain through cheese cloth.
3. Combine with the rest of the ingredients, mixing well.
4. Store in an air-tight container, refrigerated.
5. Let sit, preferably overnight, for flavors to meld.

### ***Nutrition (per serving)***

Calories 80

Carbs 18.4 g

Fat 0.7g

Protein 3.9 g

Sodium 881 mg





## Basic White Sauce (Béchamel)

*Serves: 1-2*

*Preparation Time: 10 minutes*

*Cooking Time: 8 minutes*

### ***Ingredients***

1 1/2 tablespoons unsalted butter

1 1/2 tablespoons flour

1 cup milk

Salt and freshly ground pepper, to taste

### **Garlic Parmesan Sauce**

Add:

1 clove garlic, minced

1/2 cup parmesan cheese

### ***Directions***

1. In a saucepan, melt butter over low heat (Do not allow to brown).
2. If using garlic, add it now and sauté until tender and fragrant (about 1 minute).
3. Whisk in flour and cook until mixture loses its floury aroma (about 3 minutes).
4. With constant stirring, add the milk, Parmesan (if using), salt and pepper.
5. Continue whisking until mixture has thickened and cheese (if using) is melted (about 5 minutes).
6. Use immediately or store in sealed container, refrigerated. Heat gently before use.

### ***Nutrition (per serving)***

	<i>plain</i>	<i>garlic parmesan</i>
<b>Calories</b>	174	195
<b>Carbs</b>	10.5 g	10.8 g

<b>Fat</b>	12.6 g	14 g
<b>Protein</b>	4.6 g	6.5 g
<b>Sodium</b>	64 mg	149 mg



## **Marinara**

*Serves: 28 (Yield: 3 1/2 cups)*

*Preparation Time: 10 minutes*

*Cooking Time: 20-25 minutes*

### ***Ingredients***

1/4 cup extra-virgin olive oil

4 garlic cloves, peeled and chopped

1 28-ounce can whole San Marzano tomatoes, certified D.O.P. or labeled Italian-style

1 cup water

1/8 teaspoon red pepper flakes

1 teaspoon kosher salt

1 teaspoon dried basil, or to taste

1/4 teaspoon dried oregano, or to taste

### **Spicy Marinara:**

Use 1/2 teaspoon red pepper flakes

### ***Directions***

1. Heat the oil in a stainless-steel skillet.
2. Sauté garlic until fragrant and sizzling (Do not brown).
3. Add the tomatoes, crushing down with the back of a ladle (Or, you may crush them with your hands before adding to skillet).
4. Swirl water in can to collect any remaining juices and pour into the skillet.
5. Stir in the rest of the ingredients.
6. Simmer, with frequent stirring, until tomatoes are mashed and mixture is no longer watery (about 20-25 minutes).
7. Let cool before using.
8. Store in an airtight container, refrigerated. Keeps for about 4 days. Freeze to keep longer.

### ***Nutrition (per serving)***

Calories 25  
Carbs 1.4 g  
Fat 2 g  
Protein 0.3 g  
Sodium 82 mg



## **Creamy White Sauce with Garlic**

*Serves: 8 (Yield: about 1 cup)*

*Preparation Time: 5 minutes*

*Cooking Time: 7-10 minutes*

### ***Ingredients***

4 Tablespoons olive oil

1 cup yellow onion, diced finely

4 cloves garlic, peeled and minced

1/2 cup heavy cream

1 teaspoon minced fresh thyme

Salt and freshly ground black pepper

### ***Directions***

1. Heat oil in a heavy saucepan over medium heat.
2. Add onion and sauté until translucent (about 5 minutes).
3. Add garlic and sauté until fragrant (about 1 minute).
4. Reduce heat to medium low and stir in cream.
5. Cook, with continuous stirring, until reduced and thickened slightly.
6. Remove from heat and stir in thyme, salt and pepper.
7. Let cool.

### ***Nutrition (per serving)***

Calories 60

Carbs 10.8 g

Fat 6.1 g

Protein 0.3 g

Sodium 40 mg





## **Buffalo Sauce**

*Serves:8 (Yield: about 1 cup)*

*Preparation Time: 30 minutes*

*Cooking Time: 15-20 minutes*

### ***Ingredients***

2/3 cup hot sauce (see recipe below)

1/2 cup unsalted butter, melted

2 teaspoons Worcestershire sauce

1-2 teaspoons vinegar (optional)

1/8 teaspoon garlic powder

Pinch of salt

### **For hot sauce:**

18-20 pieces (about 10 ounces) cayenne peppers

1 1/2 cups white vinegar

3 cloves garlic, minced

1/2 teaspoon salt

### ***Directions***

1. Prepare hot sauce. Remove cayenne tops and slice vertically (Use gloves and wear glasses for protections). Add to vinegar in a saucepan, along with garlic and salt. Bring to a boil. Reduce heat and let simmer until peppers are tender (about 10-15 minutes). Cool down slightly and transfer to a blender. Blend until smooth. Let cool and store in jars with lids (makes about 1 1/2 cups). Keeps for 1-2 months, refrigerated.
2. To make Buffalo Sauce, whip together all the ingredients (Add vinegar and salt according to taste). Keep refrigerated in an airtight container until ready to use. Will keep for 1 month. Shake before using.

### ***Nutrition (per serving)***

Calories 148

Carbs 8 g  
Fat 13.9 g  
Protein 1.9 g  
Sodium 696 mg



## **Barbecue Sauce**

*Serves: 8 (Yield: about 1 cup)*

*Preparation Time: 3 minutes*

*Cooking Time: 30 minutes*

### ***Ingredients***

1/4 cup water

1 Tablespoon apple cider vinegar

2 Tablespoons cane or “first” molasses

3/4 cup catsup

1 Tablespoon Worcestershire sauce

1/4 cup brown sugar, packed

1/8 teaspoon garlic powder

1 teaspoon chili powder

1 teaspoon paprika

### ***Directions***

1. Whisk all ingredients together in a saucepan.
2. Cook over medium heat, whisking occasionally, and bring to a simmer.
3. Reduce heat to low and continue cooking and whisking until sauce is about 1 cup (about 30 minutes).
4. Remove from heat and let cool completely.
5. Store, refrigerated, in an airtight container. Will keep for 4 days.

### ***Nutrition (per serving)***

Calories 64

Carbs 16.4 g

Fat 0.2 g

Protein 0.5 g

Sodium 278 mg



# **Cheese Pizzas**

## **All-Cheese (Tomato-Less)**

*Serves:8*

*Preparation Time: 15 minutes*

*Cooking Time: 25-30 minutes*

### ***Ingredients***

1 12-inch thin crust dough, or dough of choice

1/2 - 1 cup garlic parmesan sauce

1/2 cup Parmesan cheese, divided

1 teaspoon dried parsley

1/3 cup Romano cheese

2 cups mozzarella cheese

### ***Directions***

1. Preheat oven to 425 degree F.
2. Shred or grate all the cheeses.
3. Mix 1/8 cup parmesan with dried parsley. Set aside.
4. Bake the dough just to set (about 5 minutes). Let cool slightly.
5. Spread sauce over crust.
6. Sprinkle with cheeses.
7. Top with parmesan-parsley mixture.
8. Bake until golden brown and bubbly (about 20-25 minutes).
9. Let rest for cheese to set (about 3-5 minutes).
10. Slice and serve.

### ***Nutrition (per serving)***

Calories 419

Carbs 34.2 g

Fat 22.9 g

Protein 19 g

Sodium 612 mg





## **New York Style**

*Serves:8*

*Preparation Time: 15 minutes*

*Cooking Time: 8-10 minutes*

### ***Ingredients***

1 12- to 14-inch tossed pizza crust

1/2-1 cup marinara sauce

1/2 teaspoon dried oregano flakes

2 cups (8 ounces) medium dry mozzarella, shredded

2 Tablespoons parmesan,grated

### ***Directions***

1. Preheat oven to 500 degree F.
2. Shred or grate all the cheeses.
3. Spread sauce over the dough, leaving about 1/2 inch free from the edge.
4. Sprinkle oregano flakes over sauce.
5. Cover with shredded mozzarella, followed by grated parmesan.
6. Bake until golden brown and bubbly (about 8-10 minutes).
7. Let rest for cheese to set (about 3-5 minutes).
8. Slice and serve.

### ***Nutrition (per serving)***

Calories 292

Carbs 22 g

Fat 15 g

Protein 16 g

Sodium 550 mg



# Margherita

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 8 minutes*

## ***Ingredients***

1 12- to 13-inch thin crust dough, or dough of choice

1/4-1/2 cup marinara sauce

2 cups mozzarella, preferably *di bufala*, freshly shredded

1 Tablespoon olive oil

Pinch of sea salt

Freshly ground black pepper

1-2 teaspoons fresh basil leaves

## ***Directions***

1. Preheat oven to 500 degrees F.
2. Spread sauce over dough, about 1 inch from the edge.
3. Sprinkle with cheese.
4. Drizzle with oil and then season with salt and pepper.
5. Bake until golden brown and bubbly (about 8 minutes). Remove from oven.
6. Tear and scatter basil leaves over top.
7. Let rest for cheese to set (about 3-5 minutes).
8. Slice and serve.

## ***Nutrition (per serving)***

Calories 225

Carbs 25 g

Fat 10 g

Protein 9 g

Sodium 439 mg



## **Aglione Olio with Cheese**

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

### ***Ingredients***

corn meal, for dusting

1 14- to 16-inch tossed pizza crust dough, or any of choice

1/4 cup garlic, very thinly sliced

1 1/2 tablespoons extra-virgin olive oil

1/2 teaspoon dried oregano

A pinch kosher or sea salt

Freshly ground black pepper, to taste

1 cup mozzarella, freshly shredded

1/2 cup Fontina, freshly shredded

2 tablespoons parmesan, freshly grated

Fresh parsley, for garnish

### ***Directions***

1. Preheat oven to 450 degrees F. Grease pizza pan and dust with corn meal.
2. Dough may be par-baked just to set (about 5 minutes) or heat for a few minutes in a non-stick pan.
3. Sprinkle garlic over dough and drizzle with olive oil.
4. Sprinkle with dried oregano, salt, pepper and cheeses.
5. Tear parsley with hands and sprinkle on top.
6. Bake until golden and bubbly (about 15 minutes).
7. Let set for 5 minutes before slicing.

### ***Nutrition (per serving)***

Calories 201

Carbs 2 g

Fat 8.2 g

Protein 9.3 g  
Sodium 200 mg



## Mac and Cheese

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

### ***Ingredients***

- 1 12-inch pan crust or stuffed-crust pizza dough, or pizza crust dough of choice
- 1 Tablespoon olive oil
- 3/4 cup garlic parmesan sauce
- 1 cup processed or cheddar cheese, freshly shredded
- 1 1/2 cups elbow macaroni, cooked according to packaging instructions and drained
- Salt and pepper, to taste
- 1 cup mozzarella cheese, shredded

### ***Directions***

1. Preheat oven to 400 degrees F.
2. Brush crust with olive oil.
3. Whisk cheese into sauce and then stir in cooked macaroni.
4. Spread macaroni mixture evenly over crust.
5. Season with salt and pepper, according to taste.
6. Top with shredded mozzarella.
7. Bake until crust is lightly browned and mozzarella is golden brown (about 15 minutes).

### ***Nutrition (per serving)***

Calories 419

Carbs 23 g

Fat 24 g

Protein 16 g

Sodium 652 mg





# Meat Pizzas

## **Meat Overload Pizza**

*Serves: 8*

*Preparation Time: 25 minutes*

*Cooking Time: 25 minutes*

### ***Ingredients***

1 thin pizza crust, or crust of choice

1/2-3/4 cups marinara sauce

2 Tablespoons olive oil

1 1/2-2 pounds assorted meat like ground beef, pepperoni, Italian sausage, breakfast sausage, ham (chopped) and bacon

Salt and pepper, to taste

2 cups mozzarella cheese

### ***Directions***

1. Heat oven to 425 degrees F.
2. Cook bacon until crisp. Cool slightly and then crumble.
3. Cook sausages in a little oil over medium heat to brown. Drain over paper towels.
4. Season ground beef with salt and pepper and sauté until browned. Drain.
5. Spread sauce over dough.
6. Sprinkle with about 1/2 cup mozzarella followed by half of the meat ingredients.
7. Continue layering with cheese and meat.
8. Bake until golden brown and bubbly (about 25 minutes).
9. Let set for 3-5 minutes before slicing.

### ***Nutrition (per serving)***

Calories 542

Carbs 24 g

Fat 4 g

Protein 32 g

Sodium 1685 mg



# Classic Pepperoni

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 12-15 minutes*

## ***Ingredients***

1 thin crust pizza dough, or any dough of choice

1/2-3/4 basic pizza or marinara sauce

2 cups mozzarella, freshly shredded

6 ounces pepperoni

## ***Directions***

1. Preheat oven to 500 degrees F.
2. Spread sauce over crust.
3. Sprinkle with cheese.
4. Top with mozzarella.
5. Bake until golden and bubbly (about 12-15 minutes).

## ***Nutrition (per serving)***

Calories 276

Carbs 25 g

Fat 14 g

Protein 12 g

Sodium 656 mg



## **Meat with Bell Pepper & Mushrooms**

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 30 minutes*

### ***Ingredients***

1 pizza crust of choice  
1/2-3/4 cup marinara sauce  
2 cups mozzarella, freshly shredded  
1 1/2-2 pounds seasoned beef or pork  
16-24 pieces pepperoni  
1 cup mushrooms, sliced thinly  
1 medium green bell pepper, sliced thinly  
1 red onion, sliced

### **Seasoned Meat Topping:**

2 pounds ground lean beef or pork (or combination)  
1 teaspoon ground black pepper  
1 teaspoon dried parsley  
1 teaspoon oregano  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/8 teaspoon chilli flakes  
1/2 teaspoon paprika  
2 teaspoons salt

### ***Directions***

1. Preheat oven to 425 degrees F.
2. Prepare the meat topping. Mix all the ingredients together well and sauté over medium heat until well-browned (about 10 minutes). Remove from heat and let cool.
3. Spread sauce over crust. and sprinkle with cheese.

4. Top with seasoned meat, pepperoni, mushrooms, bell pepper and onion.
5. Bake until golden brown (about 20 minutes).

***Nutrition (per serving)***

Calories 496

Carbs 27 g

Fat 30 g

Protein 27 g

Sodium 1096 mg





# Barbecue Pizza

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

## ***Ingredients***

1 pizza crust of choice

1/2-3/4 cup barbecue sauce plus more for drizzling

2 cups mozzarella, freshly shredded, divided

1/4 cup cheddar, freshly grated

1 1/2-2 pounds combination of cooked smoked bacon, cooked ham and [seasoned meat](#)

## ***Directions***

1. Preheat oven to 500 degrees F.
2. Spread sauce over crust.
3. Sprinkle with 1 cup shredded mozzarella.
4. Add meat and top with cheddar cheese and remaining mozzarella.
5. Bake until cheese is melted and crust is golden (about 15 minutes).
6. Drizzle with barbecue sauce and let cool for 3-5 minutes to set.
7. Serve.

## ***Nutrition (per serving)***

Calories 508

Carbs 40 g

Fat 27 g

Protein 26 g

Sodium 1012 mg



## **Meat with Mushrooms, Bell Pepper & Olives**

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 20-30 minutes*

### ***Ingredients***

1 pizza crust of choice

1/2 cup marinara sauce

2 cups mozzarella, freshly shredded

2 pounds combination of [seasoned meat](#) (pork and/or beef), Italian sausage, pepperoni, and ham

1/2 cup mushrooms, sliced thinly

1 medium green bell pepper, sliced into rings

1 red onion, sliced

1/4 cup black olives, pitted and sliced

### ***Directions***

1. Preheat oven to 425 degrees F.
2. Brown the meat and sausage in a little oil over medium heat until browned.
3. Slice the ham.
4. Spread sauce over crust. and sprinkle with cheese.
5. Top with seasoned meat, sausage, ham, pepperoni, mushrooms, bell pepper, onion and olives.
6. Bake until golden brown (about 20 minutes).

### ***Nutrition (per serving)***

Calories 470

Carbs 27 g

Fat 28 g

Protein 25 g

Sodium 827 mg



# Meatball Pizza

*Serves: 8*

*Preparation Time: 20 minutes*

*Cooking Time: 30 minutes*

## ***Ingredients***

1 pizza crust of choice

1/2-3/4 cup marinara sauce

1 cup diced tomato

1 1/2 cups mozzarella, freshly shredded

1 red onion, sliced

Meatballs (recipe below)

Fresh basil, chopped, for garnish

## **Classic Meatballs:**

2 pounds lean ground beef

2 eggs

3/4 cup dry breadcrumbs

1/4 cup fresh parsley, chopped

1 garlic clove, minced

1/2 teaspoon salt or to taste

1/4 cup Parmesan cheese

## ***Directions***

1. Preheat oven to 425 degrees F. Line or grease a baking sheet.
2. Let diced tomatoes drain in a colander.
3. Prepare meatballs by mixing ingredients together well. Scoop out heaping Tablespoonfuls and shape into balls (about 18 meatballs). Arrange on baking sheet and bake until browned (about 10-15 minutes). Remove from oven and let cool.
4. Spread sauce over crust.
5. Add drained tomatoes and sprinkle with cheese.
6. Top with onion and meatballs.

7. Bake until crust and meatballs are golden brown (about 20-25 minutes).
8. Garnish with basil.

***Nutrition (per serving)***

Calories 247

Carbs 27 g

Fat 11 g

Protein 11 g

Sodium 452 mg





## Spicy Italian Sausage Pizza

*Serves: 8*

*Preparation Time: 10 minutes*

*Cooking Time: 25-30 minutes*

### ***Ingredients***

1 pizza crust of choice

1/2-3/4 cup basic pizza or marinara sauce

1 1/2 cups shredded mozzarella cheese

1/4 cup grated Parmigiano-Reggiano cheese

4 ounces spicy Italian turkey sausage

1 cup onion, thinly sliced

1 8-ounce package pre-sliced mushrooms

1 cup red or green bell pepper, seeded and diced (optional)

### ***Directions***

1. Preheat oven to 450 degrees.
2. Prepare toppings. Remove sausage from casing and cook in non stick skillet until it crumbles (about 3 minutes). Add mushrooms and onions and sauté until tender (about 4 minutes). Add bell pepper and sauté until fragrant (about 3 minutes). Remove mixture from heat and let cool.
3. Pour pizza sauce over center of dough and spread to the sides, leaving about 1/2-inch from edge without sauce.
4. Top with toppings.
5. Sprinkle with mozzarella and Parmigiano-Reggiano.
6. Bake until cheese is golden brown and bubbly (about 15-20 minutes).

### ***Nutrition (per serving)***

Calories 305

Carbs 45 g

Fat 8 g

Protein 17 g

Sodium 1318 mg



## **Brussels Sprouts & Pancetta Pizza**

*Serves: 8*

*Preparation Time: 10 minutes*

*Cooking Time: 12-15 minutes*

### ***Ingredients***

1 pizza crust of choice

4 Brussels sprouts, cored, with leaves separated

1 1/2 cup shredded mozzarella cheese, torn into 10-12 pieces

1 garlic clove, sliced into slivers

2 ounces pancetta, chopped

1/4 cup grated Parmigiano-Reggiano cheese

2 Tablespoons olive oil

kosher or sea salt, to taste

### ***Directions***

1. Preheat oven to 550 degrees F.
2. Distribute torn mozzarella evenly over crust.
3. Sprinkle with Brussels sprout leaves, garlic, pancetta and grated Parniggiano-Reggiano.
4. Drizzle with olive oil and sprinkle with salt.
5. Bake on lowest rack until evenly browned (about 12-15 minutes).

### ***Nutrition (per serving)***

Calories 233

Carbs 24 g

Fat 11 g

Protein 10 g

Sodium 455 mg



## **Hawaiian Pizza**

*Serves: 6-8*

*Preparation Time: 10 minutes*

*Cooking Time: 21 minutes*

### ***Ingredients***

1 pizza crust of choice  
1/2 cup basic pizza sauce  
2 cups shredded mozzarella cheese, divided  
1/2 cup shredded Romano cheese  
1 cup ham, chopped  
1 cup pineapple tidbits, drained  
24 slices pepperoni

### ***Directions***

1. Preheat oven to 425 degrees.
2. Spread sauce, beginning from the center of the crust going outward in a circular motion, leaving 1/2-inch space around the edge.
3. Sprinkle with 1 cup mozzarella and the Romano.
4. Arrange ham, pineapple and pepperoni slices on top and sprinkle with remaining mozzarella.
5. Bake until cheese is melted and crust is golden brown (about 15 minutes).

### ***Nutrition (per serving)***

Calories 411

Carbs 46 g

Fat 16 g

Protein 23 g

Sodium 1799 mg



## **Breakfast Sausage Pizza**

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 23-25 minutes*

### ***Ingredients***

1 pizza crust of choice

8 ounces breakfast sausage

2 teaspoons butter

4 ounces processed cheese (like Velveeta), sliced

4 eggs, scrambled

1 cup mozzarella cheese, freshly shredded

3/4 cup cooked bacon, chopped (optional)

### ***Directions***

1. Preheat oven to 400 degrees F.
2. Cook the breakfast sausage in a skillet over high heat, breaking apart with a spatula until lightly browned (about 8-10 minutes).
3. If you've par-baked the crust, brush with butter while still hot. Or simply brush with softened butter.
4. Place cheese slices over the buttered crust.
5. Distribute scrambled eggs and sausage on top.
6. Sprinkle with shredded mozzarella and bacon bits (optional).
7. Bake until crust is lightly golden and cheese is melted (about 15 minutes).

### ***Nutrition (per serving)***

Calories 330

Carbs 24 g

Fat 20 g

Protein 15 g

Sodium 668 mg





# **Bacon Cheeseburger**

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 30-35 minutes*

## ***Ingredients***

1 pizza crust of choice  
1/2-3/4 cup basic or marinara sauce  
4 strips bacon  
1/2 pound hamburger  
1/2 small onion chopped  
Salt and pepper, to taste  
1 1/2 cup mozzarella  
1/2 cup cheddar, shredded  
1/2 tomato sliced or chopped

## ***Directions***

1. Preheat oven 425 degrees F.
2. Heat bacon strips in skillet or non-stick frying pan over medium heat until browned and almost crisp. Cool and chop into bite size pieces. Set aside.
3. Drain off any bacon drippings in excess of 2 Tablespoons. If needed, add a bit of olive oil. Add the hamburger meat and bacon. Season with salt and pepper. Stir-fry until browned. Remove from heat and let cool.
4. Spread sauce over crust and spread with cheddar cheese.
5. Spread hamburger mixture on top.
6. Sprinkle with shredded mozzarella and top with chopped bacon.
7. Bake until golden brown and bubbly (12-15 minutes).

## ***Nutrition (per serving)***

Calories 376

Carbs 42 g

Fat 14 g

Protein 23 g

Sodium 1332 mg



# Philly Cheesesteak Pizza

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 20-22 minutes*

## ***Ingredients***

- 1 pizza crust of choice
- 1/2-3/4 cup basic or marinara sauce
- 2 ounces cream cheese
- 2 cups provolone cheese, shredded and divided
- 1 cup precooked roast beef, cut into thin strips
- 1/3 cup pickled pepper rings
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon dried oregano

## **For pepper mixture:**

- 1 Tablespoon olive oil
- 2 small bell peppers (green, red or combination), sliced into thin strips
- 1 1/2 cups sliced fresh mushrooms
- 1 small onion, chopped

## ***Directions***

1. Preheat oven to 450 degrees F.
2. Par bake crust until set (about 5 minutes). Remove from oven and let cool.
3. Prepare pepper mixture. Heat oil in a skillet over medium heat and add peppers, mushrooms and onion. Sauté until tender. Remove from heat and let cool.
4. Spread sauce over crust.
5. Scoop cream cheese evenly on top and sprinkle with 1 cup provolone.
6. Add beef, pepper mixture and pepper rings.
7. Sprinkle with remaining provolone, parmesan and oregano.
8. Bake until crust is golden and cheese is melted (about 10-12 minutes).

***Nutrition (per serving)***

Calories 439

Carbs 36 g

Fat 20 g

Protein 29 g

Sodium 826 mg



## **Creamy Bacon**

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 15-25 minutes*

### ***Ingredients***

1 pizza crust of choice

1/2-3/4 cup creamy white sauce with garlic

1 cup ricotta

6-8 strips bacon, fried crisp, drained on paper towels and chopped

1 Tablespoon bacon drippings

1/2 cup mushrooms, sliced thinly

Freshly-ground black pepper, to taste

Dried thyme (optional)

### ***Directions***

1. Preheat oven to 475 degrees F.
2. Bake crust until lightly golden (about 10-15 minutes). Remove from oven and let cool.
3. Heat bacon drippings in a skillet over medium heat and sauté mushrooms until tender and lightly browned (about 3-4 minutes). Remove from heat and drain on paper towels. Let cool slightly.
4. Spread sauce and ricotta over crust.
5. Top with mushroom and bacon.
6. Season with black pepper and sprinkle with thyme (if using).
7. Bake to heat through and brown crust (about 2-5 minutes).
8. Serve immediately.

### ***Nutrition (per serving)***

Calories 393

Carbs 34 g

Fat 22 g

Protein 15 g

Sodium 434 mg





## Neopolitan Apollonia Pizza

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 3-5 minutes*

### ***Ingredients***

1 thin crust or any dough of choice

1 cup mozzarella di bufala

2 cloves garlic, sliced very thinly

1 cup Italian salami or cured meat like coppa, pancetta or mortadella, chopped

2 eggs, beaten

Coarse sea salt and freshly-ground black pepper, to taste

Fresh basil leaves

1 Tablespoon extra-virgin olive oil

1/4 cup parmigiano reggiano, grated

### ***Directions***

1. Preheat oven to hottest temperature (500-550 degrees F for most home ovens), with rack positioned closest to grill. When well-heated, turn on grill.
2. Place the crust in a heated skillet or non-stick pan and cook until dough begins to puff up and bottom begins to brown (about 60-90 seconds).
3. Transfer to pan or pizza peel.
4. Tear mozzarella di bufala and scatter over dough.
5. Sprinkle with garlic and chopped salami.
6. Drizzle with beaten eggs and season with salt and pepper.
7. Top with basil leaves and drizzle with olive oil.
8. Place under grill and bake until eggs are just set and crust is browned (about 2-5 minutes).
9. Sprinkle with parmigiano reggiano.
10. Serve hot.

***Nutrition (per serving)***

Calories 254

Carbs 23 g

Fat 8 g

Protein 11 g

Sodium 658 mg



## Sausage & Mushroom

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 12 minutes*

### ***Ingredients***

1 thin pizza crust dough

1/2 cup basic or marinara pizza sauce

8 ounces bulk Italian sausage, cooked and drained

1 cup fresh mushrooms, sliced thinly

1/8 teaspoon red pepper flakes, or to taste (optional)

8 ounces I shredded Italian cheese blend

Parmesan cheese, grated

### ***Directions***

1. Preheat oven to 450 degrees F.
2. Par-bake crust until lightly browned (about 7 minutes). Let cool slightly.
3. Spread sauce over dough.
4. Add sausage and mushrooms.
5. Sprinkle with red pepper flakes (optional).
6. Top with shredded Italian cheese blend.
7. Bake until cheese is melted (about 5 minutes).
8. Remove from heat and sprinkle with grated parmesan.

### ***Nutrition (per serving)***

Calories 348

Carbs 42 g

Fat 13 g

Protein 18 g

Sodium 1290 mg



# Chicago-Style Deep-Dish Pizza

*Serves: 8*

*Prep Time: 20 minutes*

*Cook Time: 40-50 minutes*

## ***Ingredients***

1 deep dish pizza crust, par-baked to set

1-2 Tablespoons butter (optional)

2 cups shredded mozzarella (Stella, Frigo or Sorrento), preferably whole-milk, divided

1-2 cups filling of choice

Options for filling (combination of 2 or more, as desired):

Italian sausage, cooked and crumbled

pancetta, cooked and crumbled

pepperoni, sliced thinly

green pepper, sliced thinly

yellow onion, sliced

mushrooms, sliced

black olives, sliced

1 cup basic pizza sauce

1/4 cup grated parmesan cheese

1-2 Tablespoons olive oil

## ***Directions***

1. Preheat oven to 375 degrees F.
2. Par-bake crust just to set (about 5-10 minutes).
3. Brush hot crust with butter, if using.
4. Spread 1/2 cup mozzarella over crust.
5. Mix 1 cup mozzarella with filling and add to crust.
6. Top with remaining mozzarella.
7. Cover with sauce.
8. Sprinkle with parmesan and drizzle with olive oil.
9. Bake until crust is golden brown and top is bubbly (40-50 minutes).  
Cover loosely with foil if crust browns too quickly.
10. Let set for 15 minutes before slicing.

## ***Nutrition (per serving)***

Calories 515

Carbs 45 g

Fat 31 g

Protein 18 g

Sodium 1396 mg





## **Sicilian Pizza**

*Serves: 8-12*

*Preparation Time: 15 minutes*

*Cooking Time: 10 minutes*

### ***Ingredients***

1 rectangular pan pizza crust

1/2 cup marinara sauce

1 pound mozzarella cheese, sliced thinly

12 ounces pepperoni, sliced thinly

4 ounces ground Pecorino Romano cheese, divided

Fresh basil leaves (optional)

### ***Directions***

1. Preheat oven to 550 degrees F.
2. Arrange the mozzarella slices so that dough is covered evenly.
3. Spread marinara sauce over cheese.
4. Cover with pepperoni slices and sprinkle with half of the ground cheese.
5. Bake until crust is browned and pepperoni look crisp (about 10 minutes). Lift slightly to check bottom of crust (It should be golden brown).
6. Sprinkle with remaining cheese and serve immediately.

### ***Nutrition (per serving)***

Calories 337

Carbs 6 g

Fat 24 g

Protein 18 g

Sodium 1177 mg



# **Chicken Pizzas**

# Chicken Alfredo

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 25 minutes*

## ***Ingredients***

1 12-inch pizza crust dough of choice

1/2-3/4 cup creamy white sauce

2-3 Tablespoons parmesan, freshly grated (optional)

## **Garlic Butter:**

2 Tablespoons butter

1 clove garlic, minced

1 pinch dried rosemary

1 pinch salt

## **Chicken Topping:**

2 cups cooked shredded chicken (preferably roasted chicken)

1/4 teaspoon dried rosemary

1/4 teaspoon dried thyme

1/4 teaspoon poultry seasoning

1/4 teaspoon garlic powder

1/4 teaspoon salt

## ***Directions***

1. Preheat oven to 400 degrees F.
2. Melt butter in a saucepan over low heat. Add garlic and cook until fragrant. Stir in rosemary and salt. Remove from heat and let cool.
3. Mix together ingredients for chicken topping and then stir into sauce.
4. Brush pizza crust with cooled garlic butter.
5. Spread with sauce and chicken mixture.
6. Sprinkle with parmesan (optional).
7. Bake until crust is golden (about 20 minutes).
8. Let set for 3 minutes before slicing.

***Nutrition (per serving)***

Calories 496

Carbs 33 g

Fat 14 g

Protein 9 g

Sodium 328 mg



# Chicken Supreme

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

## ***Ingredients***

1 pizza crust of choice

1/2-3/4 cup marinara sauce

2 cups roast chicken meat, shredded

2 cups mozzarella, freshly shredded

16 pieces pepperoni

1 cup mushrooms, sliced thinly

1 medium bell pepper (any color), sliced thinly

1 red onion, sliced

## ***Directions***

1. Preheat oven to 425 degrees F.
2. Spread sauce over crust. and sprinkle with cheese.
3. Top with shredded chicken, pepperoni, mushrooms, bell pepper and onion.
4. Bake until golden brown (about 20 minutes).

## ***Nutrition (per serving)***

Calories 363

Carbs 42 g

Fat 12 g

Protein 22 g

Sodium 815 mg





## **Barbecue Chicken**

*Serves: 8*

*Preparation Time: 15 minutes*

*Cooking Time: 15-20 minutes*

### ***Ingredients***

1 12-inch thin crust, or pizza crust of choice

1/2-3/4 cup barbecue sauce

2 cups shredded, cooked chicken

2 cups smoked Gouda cheese, shredded

2 cups whole-milk mozzarella, shredded

1/2 medium red onion, thinly sliced

### ***Directions***

1. Preheat oven to 525 degrees F. Place rack at level.
2. Spread barbecue sauce over crust.
3. Add shredded chicken, scattering evenly.
4. Sprinkle with cheeses and top with onion slices.
5. Bake until cheese has melted and crust is golden (about 15-20 minutes).

### ***Nutrition (per serving)***

Calories 482

Carbs 41 g

Fat 22 g

Protein 32 g

Sodium 1023 mg



## **Buffalo Chicken**

*Serves: 6-8*

*Preparation Time: 10 minutes*

*Cooking Time: 17 minutes*

### ***Ingredients***

1 thin crust or crust of choice

1/2 -3/4 cup Buffalo sauce

2 1/2 cups cooked chicken breast, shredded

1 1/2 cup mozzarella cheese, shredded

1/2 cup bleu cheese crumbles

### ***Directions***

1. Preheat oven to 425 degrees F.
2. Par-bake crust just to set (about 5 minutes).
3. Mix chicken and Buffalo sauce together and then spread evenly over crust.
4. Sprinkle with cheeses.
5. Bake until golden brown and bubbly (about 12 minutes).
6. Let set for about 3 minutes before slicing.

### ***Nutrition (per serving)***

Calories 785

Carbs 66.6 g

Fat 40.7 g

Protein 37.1 g

Sodium 1840 mg



## **White Pizza (Pizza Bianca) with Chicken & Broccoli**

*Serves: 15*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

- 1 recipe thin crust or crust of choice
- 1 Tablespoon dried parsley flakes
- 1 Tablespoon dried chopped onion
- 2 skinless chicken breasts, pre-grilled or sautéed, cut into strips
- 1 13-ounce pack frozen broccoli florets, thawed
- 4 cups shredded mozzarella cheese, divided
- 3 Tablespoons Parmesan cheese, or as desired

### ***Directions***

1. Preheat oven to 450 degrees.
2. Pat and stretch dough to fit a cookie sheet lightly greased cookie sheet.
3. Sprinkle with chopped onion and parsley flakes.
4. Bake, on the lower rack, for 5 minutes.
5. Remove from oven and let cool for about 10 minutes.
6. Sprinkle with 3 cups mozzarella.
7. Add broccoli florets and chicken strips.
8. Meanwhile, reduce oven temperature to 350 degrees.
9. Top pizza with remaining cheese.
10. Place pizza on middle rack and bake to heat ingredients and melt cheese (about 15 minutes).
11. Sprinkle with Parmesan, cut and serve.

### ***Nutrition (per serving)***

Calories 426

Carbs 43 g

Fat 15 g

Protein 31 g

Sodium 848 mg



# Vegetarian Pizzas



# Veggie Pizza

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

## ***Ingredients***

- 1 thin pizza crust dough, or dough of choice
- 1/2 cup marinara sauce
- 3 roma tomatoes, sliced
- 1 cup mushrooms, sliced thinly
- 1 red onion, sliced thinly
- 1 large green bell pepper, seeded and sliced into strips
- 1/4 cup black olives, pitted and sliced
- 2 cups mozzarella cheese, shredded

## ***Directions***

1. Preheat oven to 450 degrees F.
2. Spreads sauce over crust dough.
3. Arrange the tomatoes, mushrooms, onion, pepper and olives on top as desired.
4. Sprinkle with shredded mozzarella.
5. Bake until golden and bubbly (about 20 minutes).
6. Let set for 3 minutes before slicing.

## ***Nutrition (per serving)***

Calories 227

Carbs 27g

Fat 9 g

Protein 10 g

Sodium 235 mg



## **Pesto Veggie Pizza**

*Serves: 6-8*

*Preparation Time: 25 minutes*

*Cooking Time: 10 minutes*

### ***Ingredients***

2 cups fresh mushrooms, sliced

1 cup fresh broccoli florets, chopped

3/4 cup zucchini, thinly sliced

1/2 cup sweet yellow pepper, julienned

1/2 cup sweet red pepper, julienned

1 small red onion, thinly sliced and separated into rings

1 Tablespoon pesto sauce

1 prebaked 12-inch thin pizza crust dough

1/3 cup basic or marinara sauce

1/4 cup grated Romano or Parmesan cheese

1/4 cup ripe olives, sliced

3/4 cup shredded mozzarella cheese

### ***Directions***

1. Preheat oven to 450 degrees.
2. Place pre-baked crust in a pizza pan or pizza stone.
3. Meanwhile, coat a skillet with non-stick cooking spray or coat with vegetable oil and heat over medium heat.
4. Sauté mushrooms, broccoli, zucchini, peppers and onion until tender.
5. Remove from heat and stir in pesto. Set aside.
6. Spread pizza sauce over pizza crust and sprinkle with cheeses.
7. Arrange sautéed vegetables and olives over cheese.
8. Bake until crust is golden brown and cheese has melted (about 8-12 minutes).

### ***Nutrition (per serving)***

Calories 192

Carbs 28 g

Fat 6 g  
Protein 7 g  
Sodium 339 mg



## **Creamy Mushroom with Spinach**

*Serves: 6-8*

*Preparation Time: 10 minutes*

*Cooking Time: 22 minutes*

### ***Ingredients***

- 1 pizza crust dough of choice
- 2 teaspoons cooking oil
- 1 cup mushrooms, sliced thinly
- 2 cloves garlic, minced
- 3 cups fresh spinach, washed and stemmed
- 1/2 teaspoon dried basil
- 1/2-3/4 cup basic white or cream white sauce
- 1/4 cup crumbled feta
- 1/2 cup mozzarella cheese, shredded

### ***Directions***

1. Preheat oven to 425 degrees F.
2. Par-bake crust until crust begins to brown (about 7 minutes). Remove from oven and let cool.
3. Heat oil in a skillet over medium heat. Sauté mushrooms until tender. Add garlic and continue cooking until fragrant. Add spinach and cook until wilted. Stir in basil and remove from heat. Let cool slightly.
4. Spread sauce over crust.
5. Add mushroom mixture.
6. Sprinkle with feta and mozzarella.
7. Bake until crust is golden and cheese is melted (about 10 minutes).

### ***Nutrition (per serving)***

Calories 336

Carbs 36 g

Fat 17 g

Protein 12 g

Sodium 354 mg



## **Spinach and Tomato**

*Serves: 6-8*

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

1 pizza crust dough of choice

1/2 cup basic pizza or marinara sauce

1 cup mozzarella, shredded

1-2 heirloom tomatoes, sliced

2-3 cups spinach, washed and stemmed

Italian Seasoning or Herbes de Provence, to taste

1 Tablespoon extra-virgin olive oil

1/4 cup parmesan, grated

### ***Directions***

1. Preheat oven to 400 degrees F.
2. Spread sauce over crust.
3. Sprinkle with mozzarella.
4. Lay spinach over cheese and arrange tomato slices on top.
5. Sprinkle with Italian seasoning or Herbes de Provence.
6. Drizzle with olive oil.
7. Bake until crust is golden brown (about 20 minutes).
8. Let cool slightly (about 3-5 minutes).
9. Sprinkle with more seasoning (if needed) and with parmesan before serving.

### ***Nutrition (per serving)***

Calories 174

Carbs 25 g

Fat 6 g

Protein 6 g

Sodium 320 mg





## **Tomato Pie**

*Serves: 8-12*

*Preparation Time: 5 minutes*

*Cooking Time: 25-30 minutes*

### ***Ingredients***

1 rectangular pan pizza dough

2 Tablespoons unsalted butter

1 small onion, minced

1 Tablespoon sugar

1 1/2 cups marinara sauce

2 Tablespoons Pecorino Romano cheese, finely grated

### ***Directions***

1. Preheat oven to 450 degrees F.
2. Par-bake crust until very lightly browned (about 10 minutes). Remove from oven and let cool slightly.
3. In a skillet or saucepan, combine butter and onion. Cook over medium low heat, until onion is tender (about 3-5 minutes). Remove from heat. Add marinara sauce and sugar. Stir until sugar is dissolved.
4. Spread enough sauce to cover the crust generously.
5. Bake until crust is golden brown (about 15-20 minutes).
6. Sprinkle with parmesan and serve warm.

### ***Nutrition (per serving)***

Calories 216

Carbs 29 g

Fat 9 g

Protein 4 g

Sodium 413 mg



## **Spinach Pizza (Florentine)**

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

### ***Ingredients***

1 pan or tossed pizza crust  
1 teaspoon olive oil  
1 clove garlic, minced  
1 cup ricotta cheese  
Salt and pepper, to taste  
1/8 teaspoon red pepper flakes, or to taste  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 cup spinach  
1 cup mozzarella cheese, shredded  
1/4 cup freshly grated parmesan cheese

### ***Directions***

1. Preheat oven to 425 degrees F.
2. Brush crust with olive oil and sprinkle with garlic.
3. Mix together ricotta, salt, pepper and spices well. Spread evenly over crust.
4. Arrange spinach over with paper towels first.
5. Sprinkle with mozzarella and parmesan.
6. Bake until crust is golden and cheese is ricotta mixture. NOTE: If spinach was frozen and then thawed, drain and dry thoroughly melted (about 20 minutes).
7. Let cool for 3-5 minutes before slicing.

### ***Nutrition (per serving)***

Calories 188

Carbs 6 g

Fat 9 g

Protein 10 g  
Sodium 490 mg



# Seafood Pizzas

## **Steamed White Clam Pizza**

*Serves: 2-4*

*Preparation Time: 2 hours 15 minutes*

*Cooking Time: 10-12 minutes*

### ***Ingredients***

1 thin crust pizza dough  
3/4 cup chopped clams, drained well  
4 garlic cloves, minced  
1 Tablespoon dried oregano  
1/2 cup extra virgin olive oil  
3/4 cup Pecorino Romano cheese, grated

### ***Directions***

1. Preheat the oven to 400°F.
2. Gently mix together drained clams, olive oil, garlic and oregano.  
Spread evenly over crust.
3. Sprinkle with cheese.
4. Bake until golden brown (about 10–15 minutes).

### ***Nutrition (per serving)***

Calories 300

Carbs 8 g

Fat 12 g

Protein 45 g

Sodium 300mg





# Shrimp & Garlic Pizza

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 30-35 minutes*

## ***Ingredients***

1 thin pizza crust

### For cheese-garlic base:

1 clove garlic, mashed into a paste

2 Tablespoons olive oil

1/3 cup Romano cheese, grated

### For toppings:

1 Tablespoon olive oil

2/3 pound medium shrimp, peeled and deveined

2 cloves garlic, minced

1/8 teaspoon red pepper flakes, plus more for sprinkling

1/4 cup dry white wine

4 Tablespoons butter

1 Tablespoon dried parsley

Fresh basil leaves, chopped, for garnish (optional)

Fresh parsley leaves, chopped, for garnish (optional)

## ***Directions***

1. Preheat 375 degrees F.
2. Mash together oil and garlic and brush over crust.
3. Sprinkle with Romano.
4. Bake until set and garlic is fragrant (20 minutes).
5. Meanwhile, heat oil for toppings in a skillet over medium high heat.
6. Stir in shrimp and stir-fry until opaque and pinkish in color (2 minutes). Use a slotted spoon to remove the shrimp, keeping the oil in the skillet warm. Drain shrimp over paper towels. Set aside.

7. Add garlic and pepper and stir-fry to release fragrance (30 seconds). Stir in wine and cook to reduce to almost a Tablespoon. Remove from heat. By the Tablespoonful, whisk butter into reduced wine. Stir in dried parsley.
8. Arrange shrimp over crust and drizzle with the butter sauce.
9. Bake until bottom becomes a slightly darker brown than top (about 10-15 minutes).
10. Sprinkle with more pepper flakes, if desired, and garnish with parsley and basil (optional).
11. Let set for 3-5 minutes before slicing.

***Nutrition (per serving)***

Calories 270

Carbs 23 g

Fat 11 g

Protein 13 g

Sodium 353 mg



# Dessert Pizzas

## **S'mores Pizza**

*Serves: 6-8*

*Preparation Time: 15 minutes*

*Cooking Time: 20-22 minutes*

### ***Ingredients***

1 thin crust pizza dough

1/2 cup ricotta

1/2 cup mascarpone cheese

1/4 cup powdered sugar

1 teaspoon vanilla extract

1/2 teaspoon salt

1 cup Nutella

2 Tablespoons semi-sweet chocolate chips, plus more for garnish

2 cups mini marshmallows

1/4 cup graham cracker crumbs

Toasted almond sliver, for garnish (optional)

### ***Directions***

1. Preheat oven to 350 degrees F.
2. Bake crust until edge just begins to brown (about 15 minutes).  
Remove from oven and place on wire rack to cool.
3. Switch oven to broiler.
4. Mix ricotta, mascarpone, sugar, vanilla and salt together until smooth.
5. Spread ricotta mixture over crust.
6. Drizzle with Nutella and sprinkle with chocolate chips.
7. Top with marshmallows.
8. Place under broiler and heat just to toast marshmallows (about 5-7 minutes). Once marshmallows show signs of browning, remove from heat.
9. Sprinkle with graham cracker crumbs, more chocolate chips and almond slivers (optional).

### ***Nutrition (per serving)***

Calories 471

Carbs 63 g

Fat 20 g

Protein 8 g

Sodium 357 mg





# Apple Pie Pizza

*Serves: 6-8*

*Preparation Time: 20 minutes*

*Cooking Time: 17-22 minutes*

## ***Ingredients***

1 thin or pan pizza crust dough

### Cinnamon streusel topping:

1/2 cup packed light brown sugar

1/2 cup all-purpose flour

3/4 teaspoon cinnamon

4 tablespoons butter, softened

### Apple topping:

1 tablespoon butter

2 apples, peeled, cored and chopped

2 Tablespoons brown sugar

1/2 teaspoon cinnamon

### For glaze:

2 tablespoons butter

1/3 cup milk

1/4 teaspoon vanilla

2 cups powdered sugar

## ***Directions***

1. Preheat the oven to 425 degrees F.
2. Par-bake crust just to set dough (about 5 minutes). Remove from oven and let cool.
3. Prepare streusel topping. Combine sugar, flour and cinnamon well and the cut butter in with pastry cutter or fingers. It should have a coarse, cornmeal-like texture. Set aside.

4. Prepare the apple mixture. Melt the butter in a skillet over medium heat. Add apples, brown sugar and cinnamon. While stirring frequently, cook until mixture begins to bubble and fragrant (about 5 minutes). Remove from heat and let cool slightly.
5. Spread apple mixture over crust and sprinkle with streusel topping.
6. Bake until golden and bubbly (about 12-15 minutes).
7. Remove from oven and let cool on a wire rack.
8. Prepare glaze. Heat milk with butter in a saucepan over medium low to medium heat. Remove from heat as soon as butter is melted and stir in vanilla. Continue whisking while adding sugar gradually until smooth.
9. Drizzle over apple pie pizza and serve.

***Nutrition (per serving)***

Calories 398

Carbs 87 g

Fat 8 g

Protein 4 g

Sodium 209 mg



## **Conclusion**

By now you must have tried some the some of the recipes in this cookbook. I'm sure you're amazed at how much fun it is to mix and match the different types of crusts, sauces and toppings. I wouldn't be surprised if you've already come up with your own special pizza combination.

Thank you for choosing this cookbook to guide you through your pizza adventure!

Just a quick reminder to download your two FREE cookbooks. I hope you enjoy them. To get your free bonus cookbooks, **just click [here](#)**





## Review

Thank you so much for purchasing and reading Takeout Recipes Book Set.

I hope you enjoyed it. As a self-published author, I always like to know what the readers think. If you have time and would like to leave a review for my book, just click on the Amazon logo.



The above link directs to Amazon.com. Please change the .com to your own country extension if needed.





## More Books by Lina Chang

# COPYCAT RECIPES

Making Restaurants'  
Most Popular Recipes at Home



LINA CHANG

# COPYCAT RECIPES

Making Restaurants' Most  
Popular Recipes at Home *Vol. 2*



LINA CHANG

# COPYCAT RECIPES

Making Restaurants' Most  
Popular Desserts at Home



LINA CHANG

# COPYCAT RECIPES

Making Popular Brand-Named Foods  
and Beverages at Home



LINA CHANG



## Image Credits

Moo Shu Shrimp

Image from pixgood.com

North Indian Potato Croquettes (Aloo Tikki) - By Raveesh Vyas from [Ahmedabad, Noida], India - Aloo Tikki Chaat, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=10691055>

Dumplings in Yogurt (Dahi Bara) - By Miansari66 (Own work) [Public domain], via Wikimedia Commons

Spicy Soup (Mulligatawny/Mooloogoo Thani) - By GeoTrinity (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0>)], via Wikimedia Commons

Spicy Gram Flour Rollups (Khandvi, Surali Vadi, Suralichi Wadi) - By Vadanya232 (Own work) [CC BY-SA 4.0 (<http://creativecommons.org/licenses/by-sa/4.0>)], via Wikimedia Commons

Deep fried Unleavened Bread (Poori) - By Foodista - originally posted to Flickr as Photo of India Poori, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=7669955>

Lamb in Creamy & Spicy Sauce (Lamb Masala) - <https://www.flickr.com/photos/cyclonebill/8855526410>

Fish Biryani - By Miansari66 (Own work) [Public domain], via Wikimedia Commons

Malabar Tilapia - By Kalakki at ml.wikipedia - Original image transferred from ml.wikipedia; transferred to Commons by User:Sreejithk2000 using CommonsHelper., CC BY-SA 2.5, <https://commons.wikimedia.org/w/index.php?curid=18458808>

Herbed Yogurt with Cucumber (Raita) - By Zeel Patel (Own work) [CC BY-SA 4.0 (<http://creativecommons.org/licenses/by-sa/4.0>)], via Wikimedia Commons

Carrot Fudge (Gajar Ka Halwa) - By Perna Jaddwani (Own work) [CC BY-SA 4.0 (<http://creativecommons.org/licenses/by-sa/4.0>)], via Wikimedia Commons

Traditional Indian Ice Cream (Kulfi) - By Apoorva lakshmi - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=40754066>

Loukaniko sausages  
Nikchick from Seattle, USA - Loukaniko Lemonato Uploaded by Diádoco, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=10008130>

Gigantes Plaki  
Hevesli - Own work, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=5871493>

Galaktobourekó  
Badseed - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=3161404>

Pasta and Beans Soup (Pasta e Fagioli)  
Chris "Mojo" Denbow from Houston, USA (Pasta e Fagioli) [CC BY 2.0 (<http://creativecommons.org/licenses/by/2.0>)], via Wikimedia Commons

Tonkotsu Ramen Broth  
Public Domain, <https://commons.wikimedia.org/w/index.php?curid=2317213>

Teriyaki Steak  
By John Phelan - Own work, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=18137838>

Rice Cake Soup (TteokGuk)

By stuart\_spivack - <https://commons.wikimedia.org/w/index.php?curid=1645339>

Fast & Easy Spicy Ramen with Rice Cake (Rabokki)

By Beng Han Ho -

[https://commons.wikimedia.org/wiki/File:Korean\\_snack-Jjolbokki-01.jpg](https://commons.wikimedia.org/wiki/File:Korean_snack-Jjolbokki-01.jpg)

Budae.jjigae - Army Stew

By LWY - <https://commons.wikimedia.org/wiki/File:Korean.cuisine-Budae.jjigae-01.jpg>



# Appendix - Cooking Conversion Charts

## 1. Measuring Equivalent Chart

Type	Imperial	Imperial	Metric
Weight	1 dry ounce		28g
	1 pound	16 dry ounces	0.45 kg
Volume	1 teaspoon		5 ml
	1 dessert spoon	2 teaspoons	10 ml
	1 tablespoon	3 teaspoons	15 ml
	1 Australian tablespoon	4 teaspoons	20 ml
	1 fluid ounce	2 tablespoons	30 ml
	1 cup	16 tablespoons	240 ml
	1 cup	8 fluid ounces	240 ml
	1 pint	2 cups	470 ml
	1 quart	2 pints	0.95 l
	1 gallon	4 quarts	3.8 l
Length	1 inch		2.54 cm

\* Numbers are rounded to the closest equivalent

## 2. Oven Temperature Equivalent Chart

Fahrenheit (°F)	Celsius (°C)	Gas Mark
220	100	
225	110	1/4
250	120	1/2
275	140	1
300	150	2
325	160	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8
475	250	9
500	260	

\* Celsius (°C) =  $[T (°F) - 32] * 5/9$

\*\* Fahrenheit (°F) =  $T (°C) * 9/5 + 32$

\*\*\* Numbers are rounded to the closest equivalent