

Bruce's food wishes

Bruce's food ~~diary~~ wishes

This is my cookery engineering-style log. It is a way to track what I'm making and how it changes over time. Some of this is to remind me to write my recipes down (and update them), but some of it is to just force me to think about and plan my food learnings better.

Cheat sheets: [Meat doneness](#) | [Food ratios](#)

2026

Post-time off, focus on fresher foods

2 Jul 2026 More summer

- Gyro dog: <https://www.youtube.com/watch?v=PQZWsH2Mpb4>
 - these would freeze well + be good for quick meals
 - tested, these were good

17 Jun 2026 Summer thinking

- baked oatmeal (see recipe book for an untested recipe)

24 May 2026 Research

- turkish kabobs

lemon chicken marinade

- 80 grams extra virgin olive oil
- 50 grams fresh lemon juice (~1 large lemon)
- 1 lemon, zested
- 25 grams garlic cloves, minced (3-4 large)
- 5 grams dried oregano
- 3 grams sweet paprika
- 4 grams black pepper, freshly cracked
- 2 grams dried thyme
- 7 grams kosher salt (and 2g msg)

18 May 2026 Research

- Yassa and Mafe (Senegalese braise/stews, not too far from curry)
 - maafe ([1](#), [2](#), [3](#))
 - Yassa ([1](#))

16 May 2026 Fajita salads/bowls

- fajita marinated chicken ([1](#), [2](#))
 - 3-4 chicken breasts
pounded to 1/2-inch thick or whole (marinate longer)
 - 100ml lime juice + zest
(if from fresh)
 - 80ml olive oil
 - 10g dark brown sugar (or white sugar, maple syrup, etc.)

- ½ cup coarsely chopped fresh cilantro
(I finely dice the stalks for marinade)
- 3 cloves finely minced garlic
- 2 ½ teaspoon whole cumin, toasted and ground
- ½ tsp ground black pepper
- mexican oregano, thyme
- cinnamon (¼ stick)
- chilis (to taste, I sometimes use sweet paprika for colour)
- 1 teaspoon kosher salt
- ¼ tsp MSG

Added: cinnamon, oregano, thyme, MSG, chilis.

Toast whole spices, and grind.

Assemble marinade, and season to taste (it should be a balanced acid/sweet/salt, with some depth).

Marinate chicken (30 minutes to 12 hours), and cook (grill or broil) to medium (or ~62C, resting to 65C). You want consistent browning in addition to an internal temperature exceeding 62C).

Salad/bowl version:

- pan-fried corn (salt, garlic, oil), until slightly blackened
- fajita-sliced onion, peppers (fried, or sautéed)
 - wok an work here!
- slaw as a base
- tortillas
- pulled/diced chicken (from above)
- guac + salsa dressing

Lemon/lime aid Iced tea, single serving

- 3 heaping teaspoons sugar
- 3 dashes lime juice, 2 dashes lemon
- 500-700ml cold tea

Shake with ice in a martini shaker, serve over ice. Balances sweet and tart, and is a nice sunny day treat.

For **crisp topping**/crust, combine

- 1 cup old-fashioned oats
 - 55g
- 2/3 cup flour
 - 50g
- 1 cup brown sugar (maple syrup, white sugar)
 - 130g
 - 60g cane sugar (like brown)
- 2 tsp salt
- and 12 tbsp ($\frac{3}{4}$ cup) cold butter to create the base (use fingers, or pie thingy)
 - 60g butter
 - 20g oil

Par cook bottom crust (if adding).

Cook until top crust is crispy

Dal

- [1](#), [2](#), [3](#)

27 Apr 2026 Various tests

1. Breakfast wraps (to use wraps up) → plancha was great
2. Noodle dishes (sauced noodle + toppings) ← this works well + is fast
3. Rice bowls, v3
 - a. quick pickled carrots + cukes
 - b. cabbage slaw (kewpie, ponzu)
 - c. stir fry protein + larger veg
 - i. tested: teriyaki, bulgogi, and oyster/soy/sake
 - d. rice or quinoa base

17 Apr 2026 Food thinking for the rest of Spring

- ☒ ~~better scrambles~~
- ☒ ~~cabbage uses~~ ← watch/read/learn
- ☒ ~~desserts~~ ← practice

Crisp, simpler crust

Combine 1 cup old-fashioned oats, 2/3 cup flour, 1 cup brown sugar, 1 tsp salt, and 12 tbsp ($\frac{3}{4}$ cup) cold butter to create the base.

Some notes in Obsidian.

Quick crisp

Filling

- ☐ 2 cups fresh or frozen berries/fruit
- ☐ ¼ cup granulated sugar
- ☐ 2 tsp cornstarch (use 1½ tbsp for a thicker filling)
- ☐ 2 tsp lemon juice
- ☐ Pinch of salt
- ☐ Vanilla (for some fruits, at least)

Can be added without cooking, or can quickly cook down (to thicken to taste).

- *tested with strawberries + rhubarb (and vanilla)*

Oat Topping

- ☐ ½ cup old fashioned oats
- ☐ ¼ cup salted butter, melted (or softened for chunkier crumble)
- ☐ ¼ cup brown sugar
- ☐ ¼ cup all-purpose flour
- ☐ 1 tsp vanilla extract (optional)
- ☐ ½ tsp cinnamon (optional)

Instructions

1. Mix filling ingredients in a bowl until evenly coated.
2. Mix topping ingredients in a separate bowl until batter-like.
3. Preheat the oven to 176°C/ 350°F. Grease 4 ramekins (7 oz) or one cake pan.
4. Divide filling into dishes, then spoon topping evenly over each.
5. Bake at 176°C / 350°F for 10–15 minutes until topping is golden and filling is bubbling.
6. Serve warm, optionally with ice cream or whipped cream.

16 Apr 2026 Bowls, v284

For the Teriyaki Sauce: ← okay, but weird process + too many ingredients

- 3 Tbsp teriyaki sauce ← this isn't really needed (rando internet recipe)
- 3 Tbsp hoisin sauce
- 3 Tbsp soy sauce
- 1 Tbsp white vinegar
- 1 Tbsp sesame oil
- 1/3 cup packed light brown sugar
- 2 large or 3 medium garlic cloves, minced
- 2 tsp freshly grated ginger, or 1/2 tsp ground ginger

I occasionally test other recipes for Teriyaki. This was fine, but the 1-1-1 ratio version is simpler and better, so we'll just ignore this weird one.

26 Mar 2026 Explorations

- [chia pudding looks neat](#)
- beef / pork mix (variation of recipe)
-

24 Mar 2026 Spring is here

- quick avocado salad dressing ← needs a recipe
 - 50g avocado / half an avocado
 - 50g lemon/lime juice (used 75g, was just a bit too much)
 - 25 olive oil
 - 10g ginger (grated/jarred)
 - salt, pepper
 - thyme (big pinch)
 - garlic powder (½ teaspoon)
 - 1g msg
 - 1tbsp chicken stock or drippings (or water)
- Dal/mixed beans [[1](#)]
- marinated pre-frozen + pressed tofu
 - firm
 - freeze in container for 48-72 hours minimum
 - thaw in fridge, slice into slabs
 - marinate with
 - soy
 - rice wine (or rice wine vinegar)
 - sesame oil
 - ginger
 - bake 205C until browned
 - freeze/fridge
 - slice for stir fry, or cube

5 Mar 2026 Random recipes

- [pho meat balls](#)
- [chana palek masala](#)
- [dal palek](#)
- [puppy chow snack](#) ← midwestern quick snack
- [quinoa salmon](#) - two pans insteads

- kale salad (from this [vid](#))
 - simple dressing (lemon, garlic, parm, pepper, salt, olive oil. anchovies)
 - kale
 - breadcrumbs

2 Feb 2026 **Prep and good food**

- Granola bars (see recipe)
 - tested as-is, assembles in < 20 minutes
 - stuck together well enough
 - toasted the oats, would also toast nuts next time
 - more bananas?
- rice bowls (for lunches)
 - pork (dry brine + mild chilis), baked slow → hot, sliced
 - frozen/pressed tofu
 - pickled onions
 - dressed cabbage (teriyaki, sesame, seasoned vinegar)
 - rice w/mushrooms/t

Post-holidays grind (fresher foods)

19 Jan 2026 **Indian food TODO**

We had some Indian food this week that has me wanting to add a few dishes to my book:

- some forms of dahl
- parathi (bread) for dipping (Ethan has a great video recipe for this)
- homemade yoghourt / seasoned

14 Jan 2026 **Wok learnings**

1. Velveting really works. Takes some practice, but wow.
2. Scorching the oil and some of the sauces really makes a difference in flavours

11 Jan 2026 **Pork loin for the week**

- ½ as sliced (for stir-fry)
- ½ as Chashu

Braise:

- 250ml water
- 250ml soy sauce
- 250ml mirin

- 2 tablespoons sugar
 - 2 teaspoons oil
 - 500g pork (belly, loin towards the rib end)
 - 2 large garlic cloves crushed and peeled
 - 3 green onions cut lengthwise into 2-inch pieces
 - 2 inches fresh ginger root thinly sliced (peeled if desired)
1. Sear pork. Deglaze pan. Add braise ingredients and bring to low simmer.
 - a. cook to 85C (belly) or 60C (loin)
 - b. 1-2 hours on low/simmer
 2. Refrigerate in braise liquid for 24 hours. Slice as needed, reheat in oil, stock, oven, etc. Freeze leftovers or use within 3 days

Velveting (pork):

- 350g pork
- 5g water (if needed, but I've never used it)
- ½ teaspoon baking soda (optional)
- 1 ½ teaspoons cornstarch

Optional flavouring:

- 7g Shaoxing wine
- 7g oyster sauce
- 1 teaspoon vegetable oil (plus more for stir-frying)
- 1/4 teaspoon sesame oil (optional)
- 1/8 teaspoon white pepper (optional)

Add pork to mixture and massage for ~3 minutes, then rest for 30.

10 Jan 2026 **Wok with Bruce**

A fairly quick 3 course wok meal that can be made in 30 minutes or less in a single wok:

1. Mapo tofu (mince)
2. Ginger beef (mince)
3. Garlic broccoli

These pair nicely with pickled veg as well, and things like bean sprouts, bok choy, etc. Make and hold the mapo tofu, then ginger beef, and lastly the garlic broccoli. Serve over rice, top with sliced scallions, toasted sesame seeds, and some sort of crunchy chili oil.

Garlic broccoli

- ~4 cups broccoli

- 5 cloves garlic
- 1 tablespoon oil
- 1 tablespoon shaoxing wine
- 250ml cup chicken stock or dashi
- ⅛ teaspoon white pepper
- ½ teaspoon sesame oil
- cornstarch slurry to thicken (*1 tsp cornstarch 1 tbsp cold water*)

Weeknight ginger beef (minced)

- 3-inch piece ginger
- 6 garlic cloves
- 1 shallot
- 2 limes
- ¼ cup soy sauce
- 2 tablespoons sriracha
- 1 tablespoon fish sauce
- 1 tablespoon vegetable oil
- 1½ pounds ground beef chuck (80% lean)
- Kosher salt ½ cup
- thinly sliced cilantro leaves and stems

(from *That Sounds so Good*)

The OG author cooks this in a skillet, but it can equally be done in a wok:

- fry ginger, adding garlic halfway, then onion in oil
 - add soy (drizzling around edges) and lime juice (and wine)
- add beef mince (my precooked/frozen)
 - reduce, while adding fish sauce, sriracha
- Add to stir-fried broccoli and carrots (julienned) and combine
- plate

Weeknight mapo tofu

- 2 tablespoons neutral oil
- 120 g ground beef (half of a medium deli portion of beef)
- 2 cloves of garlic thinly sliced
- 1 inch knob of garlic julienned or thinly sliced
- 2 scallions, chopped into ¼-inch pieces (dark greens reserved for garnish)
- 2 tablespoons (30 ml) sake
- 2 tablespoons (30 ml) mirin
- 1 tablespoon (15 ml) shoyu or light soy sauce
- ¼ cup (60 ml) low-sodium chicken stock, dashi, or water
- 1½ pounds medium to firm silken tofu, cut into ½-inch cubes Steamed rice and chile oil, for serving

- cornstarch slurry to thicken (*1 tsp cornstarch 1 tbsp cold water*)

Spices:

- szechuan pepper (1-2 tbsp)
- 4-5 chopped red chilis
- 1 tbsp sweet paprika

Adapted from The Wok (but towards szechuan)

Similar method:

1. Toast whole spices, cool, then grind into a medium powder
2. Heat oil, ginger, adding garlic, scallions (or onions)
 - a. then the spice powder.
3. Add soy sauce along the edge of the wok,
 - a. then mirin/sake.
4. Add precooked mince (half a 250ml container),
 - a. reduce slightly
5. Add water/stock (until slightly soupy)
 - a. reduce and thicken as desired
 - b. taste for seasoning
6. Add tofu and stir carefully
7. Top with onions (if you have them)

2025

25 Dec 2025 Holiday week recipes

- [compote](#)
 - 2 cups chopped fresh strawberries
 - 2 cups chopped rhubarb
 - $\frac{1}{3}$ cup brown sugar
 - $\frac{1}{8}$ teaspoon salt
 - 1 tablespoon (15ml) lemon juice from 1 medium lemon

Thinking about Fall and Winter

20 Dec 2025 Winter holiday food ideas

- [Apple pancakes](#)
- Chunking Pork (pork/cabbage from *the Wok*)

8 Dec 2025 Burger week

130g patties (1/10th of a chub)

- deluxe QPC
- deluxe bacon-swiss
- tested: sour bread and butter pickles
 - (tough to find source sliced garlic pickles around here)
 - great for bacon/swiss
 - okay for QPC

5 Dec 2025 December foods

Tuna steaks → *huge win this week*

Prep:

- season + pan fry (salt, pepper, sesame seeds)
- cook to medium

Uses:

1. Tuna rice bowl
2. Tuna quinoa bowl
3. Tuna salad
 - a. sandwiches
 - b. salad

c. crackers!

Lunch meat, v3:

- transglutaminase (TG)
- ham maker (packing/boiling tube + thermo)
- or can bake

What's the minimalist take on lunch meat?

Chicken loaf:

- roasting pan
- transglutaminase +
- seasoned chicken chunks or breast
- slow roast to temp

9 Nov 2025 Goulash, v1

([1](#), 2, 3, 4)

Aiming towards an easy almost american style (e.g., thicker) stew, but closer to authentic in terms of caraway and more paprika (4tbsp+ per KG of meat, versus 1+).

Skipping bacon (no need with fatty pork)

- 3 tablespoons fat (bacon, lard, fat cap, olive oil, etc.)
- 1kg cubed stew meat (**pork shoulder**, chuck, etc.)
 - lightly flour
- 2 peeled and medium diced yellow onions
- 3 finely minced garlic cloves
- 1 seeded and medium diced red bell pepper
- 3 cored and medium diced vine ripe tomatoes (**or 1 tin**)
- 1 ½ teaspoons ground cumin or **caraway** seeds (caraway is more
- 1 (4 seems more common) tablespoon sweet Hungarian paprika
- 1 cup red wine
- 4 cups beef stock
- 2 bay leaves
- 2 peeled russet potatoes cut into 1" chunks
- 3 peeled and large diced or thickly sliced carrots
- optionally add 1 cup each of large diced peeled celeriac root and turnips
- salt and pepper to taste

19 Oct 2025 Turkey v2

- Bird prepped
 - **125** Dark meat: 165C x ~**1 hours** (77 - 79C internal)

- 45 Breasts: 205C x ¾ hour (63C internal)
- **Start dark meat 30-45 minutes early**
- 45 Stuffing in oven
- 45 Roast veg in oven
- 30 Potatoes
 - **125** Roast garlic
 - Wash potatoes, pot, ready to boil
 - 20 minutes at boil (max)
 - 10 minutes to finish
- 20 Gravy
 - **45** Make roux, set aside (use chicken fat, butter, flour)
 - Finish gravy while potatoes boil
- 10 Corn
 - Add to pot, start when potatoes finish (or are about to)
 -

9 Oct 2025 Ideas

- [Eggnog for Ann](#)

3 Oct 2025 Other burgers and interesting ideas

- Fish burger
 - tartar (mayo, pickle, dill, parsley, garlic, s&p, msg, mustard, sugar, citric acid)
 - preformed cod filets (breaded)
 - buns + lettuce + ½ slice of cheese per
 - were nostalgic, but got soggy too quickly
- Twice Baked Shepherds Pie Potatoes ([1](#))
 - may be easier as baked potatoes +
 - but novelty is fun

19 Sept 2025 Breakfast sausage

3 recipes to use as a base, to update my breakfast sausage recipe ([scaling recipe](#), [full recipe](#))

BBQ (1)	Homemade (1)	Chef (1 , 2)
2% Salt	1 tablespoon brown sugar	1 pound de-boned pork shoulder or pre-ground pork
.6% Sage (dried)	2 teaspoons dried sage	1 tablespoon minced fresh sage
.4% Black Pepper	2 teaspoons salt	1 tablespoon minced fresh thyme
.3% Dry Parsley	1 teaspoon ground black pepper	

.3%	Dry Thyme	¼ teaspoon dried marjoram	1 ½ teaspoons crushed red pepper flakes
.3%	Coriander	⅛ teaspoon crushed red pepper flakes	1 ½ teaspoons ground paprika
.3%	<i>garlic (fresh)</i>	1 pinch ground cloves	¼ teaspoon ground nutmeg
.2%	Red Pepper Flakes	2 pounds ground pork	3 finely grated garlic cloves
.2%	Ground Fennel		1 ½ teaspoons packed light brown sugar
.2%	MSG		1 ½ teaspoons coarse salt
4%	Milk Powder		1 teaspoon ground black pepper
158g	Water@10%		1 tablespoon cooking oil

The bolded items differ somewhat from my recipe, so I've adjusted to lean more towards sage/marjoram.

Foods we've talked about

- Chez/hurb biscuits and scones
- Simple karaage chicken
- Stir fry
- Goulash ([1](#), [2](#), [American style](#))
- Borsch ([1](#), [2](#), [3](#))
- [Bolognese](#) (a nona-recipe)
- beef jamaican things (or any related culture)

2025: Summer

19 Sept 2025 **summer is almost done**

- Chicken sandwich patties (brined chicken, either for breading or not)
-

12 Sept 2025 **later later later summer**

- Chicken sandwich patties (brined chicken, either for breading or not)
 - pickle juice vs. self-bewed
 - *meh, not enough texture for me*
- beef patties
 - *these were good, perfect shapes using a stainless tray in the freezer (faster freezing, flat base)*
- pasta
- breakfast taters (left over mashed potatoes, baked, cheese, egg)
 - *this was good + simple*
 - *should have added cabbage*

10 Sept 2025 **late late late summer**

- Cottage pie
- Chicken sandwiches

- [Blackened / unbreaded](#)
- Steaming potatoes (Yukon or similar) is amazing
 - 25-30 minutes, until fork easily goes through
 - steamer
 - water
 - heat
 - duh
 - butter, cream, salt, pepper
- Cottage pie was 👍👍👍
 - wide pan
 - 1 container of freezer beef mince
 - beef seasoning (1:1:1:1, salt, pepper, coriander, rosemary, thyme)
 - granulated garlic, MSG
 - flour or corn starch
 - simmer until thickened (add more thickener if needed)
 - teaspoon of BtB and browning sauce (and chicken stock powder if you have it)
 - mixed frozen veg
 - and steam potatoes, cheese, butter, etc.

5 Sept 2025 **late summer**

- [no kneed pizza bianca](#) (similar to focaccia)
 - good recipe, but I didn't quite cook it through (need to play with cook times)
- [baked potatoes](#) (I should add a recipe here)

9 Aug 2025 **summer blow out**

- mango green salad

9 Aug 2025 **Fam foods**

- [meatballs \(scalable recipe\)](#)

9 Aug 2025 **Fresh summer foods**

- fresh summer veg pickles and salads like cuke or cabbage (side dishes)
 - Agedashi Tofu
 - Pickled Cucumber with Ginger
 - [thin pickled cukes \(light\)](#)
 - [chinese pickled cukes \(another\)](#)
 - [japanese pickled cukes](#) (Tsukemono)

- [Sesame Spinach Salad \(Horenso no Goma-ae\)](#)

24 Jul 2025 **Recipe ideas for later this year**

- [Nanaimo bars](#) (from SE)

21 Jul 2025 **Food explorations**

Things I didn't know I wanted:

- [Deli meat press](#) (for making homemade deli meat)

14 Jul 2025 **Winner winner, chicken dinner**

- ☒ ~~make batch of poultry seasoning~~
- ☐ [update precise recipe](#), update simple recipe (TODO)
- ☒ ~~dry rub / break down chicken (+1 on hind)~~
- ☒ ~~potatoes (brined?)~~

13 Jul 2025 **Food ideas**

- Use up pecans!
- Test out some fresh tuna sandies?
- Masala syrup (for drinks)
 - chai without the tea
- Test crispier roasty chicken (lower temp? watch a few videos + adjust method)
- [Kalbi beef ribs](#)

Weekly food prep:

- soup stock (pho ga?)

9 Jul 2025 **Food links**

- [Food adulterants testing](#)
- WTF: win the freezer edition
 - beef balls → lunch soups
 - patties → burgers
 - ham → breakfast sandies
- Transglutaminase → meat glue (great for making lunch meats, though a farce + emulsification does so naturally)

9 Jul 2025 Home food thinking

Chai (updated [recipe](#))

- Some of the chai masala techniques I've seen break the rules of tea making (temp + time are much harder than English style tea brewing). It works, however, and you end up with a different (but good) tea flavour.
- Ingredients
 - 2-3 cups of water
 - 3-4 cloves
 - 3-4 cardamom pods
 - 2 teaspoons loose tea (Scottish breakfast is what I usually use)
 - 2 teaspoons sugar
 - a few slices of ginger
 - milk (120ml) or cream (60ml), or to taste
- Steps
 - Boil water/spices (can toast first if you want)
 - Add tea
 - ~5 minutes
 - Add milk or cream and "boil over" 3 times: boil until it foams, remove from heat, stir, repeat, avoiding catastrophe.
 - Goal: caramel sauce colour

6 Jul 2025 July meals

- Strawberry salad and roast pork

26 Jun 2025 Food thinking

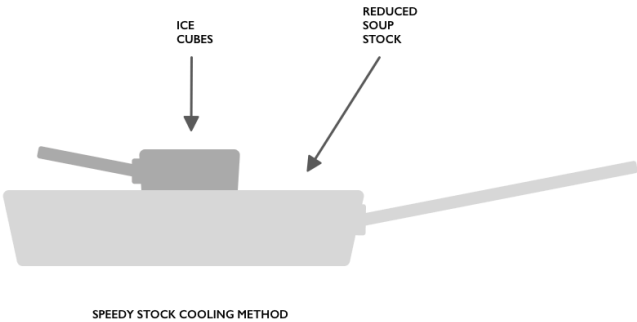
- [Korean meatballs](#)

2025: Spring!

10 Jun 2025 Week plan

- Summer salads (tuesday)
 - roasted chicken (from last week, defrosted, diced)
 - roasted veg
 - quinoa
- Hummus (wednesday)
- Beef mince → freezer (x 8)

- Soup stock (x 4)
 - note new method of cooling, pan-in-pan is far better than anything else



tested

- Teriyaki chicken:
 - (reddit suggestion) 1 cup soy sauce 1 cup granulated sugar 1 1/2 teaspoons brown sugar 6 garlic cloves, crushed in a press 2 tablespoons grated fresh ginger 1/4 teaspoon black pepper 1 3-inch cinnamon stick 1 tablespoon pineapple juice 8 skinless, boneless chicken thighs 2 tablespoons cornstarch

1 Jun 2025 **Week plan**

	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
Breakfast	Muesli / oats	Egg muffin	Egg muffin	Muesli / oats	Muesli / oats	TBD	TBD
Lunch	Pho Ga	Chicken B			Noodles	TBD	TBD
Dinner	Rice bowls / pork	Rice bowls / pork	Rice bowls / chicken	TBD	TBD	TBD	TBD

Monday:

- ☒ ~~Make chicken patties (1)~~
- ☒ ~~Make pork patties (1)~~
- ☒ ~~Prep pork tenderloin (dry rub, extra sugar?)~~
- ☒ ~~Prep back bacon (slices)~~
- ☒ ~~Make few days worth of pickled carrots, and cucumber (1)~~

Friday:

- ☐ Make pickled onions (for fridge)
- ☐ Prep corn
- ☐ Prep freezer beef

Goals:

- clean up frozo meats + bits
- clean up condiments
- veg++

31 May 2025 **Summer ideas**

- [Chai](#) [inspiration: [1](#)] (this was really good, just cardamom + clove + small cinnamon)
 - Pho is close to Chai
- Chicken patties v3 [inspiration: [1](#), [2](#), [3](#)]

Rice bowls:

- Mandolin-sliced + lightly dressed (or pickled)
 - carrot ← *pickle (light)*
 - cuke ← *pickle (light)*
 - cabbage ← *slaw*
 - purple onion ← *pickle (sweet)*
- Sweet
 - Mango
 - Thin apple/pear slices
- Extras
 - Black beans
 - Blanched green beans
 - Corn ← lightly fried
- Protein (1-2)
 - pan-fried steak + pan-made teriyaki sauce
 - pork (chops, loin, tenderloin)
 - seared tuna (cubed)
 - tofu (cubed)
 - ground/tofu blend (mapo)

Future

- Pho base (Quoc Viet Foods Beef Flavored "Pho" Soup Base)
 - quick pho base that is considered good or better

Summer/fall challenge

Eat our way through our cookbooks ([source](#)):

- for each physical book we own, pick 3-5 recipes
- any cookbook not worth cooking from can go
- cookbooks with lame recipes can go

- keep only the best

Laziest chilli

- Beef base → meat sauce + homemade salsa + 1 chipotle + 1 can of black beans ¹⁰⁰
 - + leftover roast veg (yams are great)

More Mediterranean learning TODO

- Brining potatoes for roasting (lemon, salt, oil?)
 - Consider a par boil in brine (similar to [SE](#), but with stock/lemon/seasoning)
 - Use brine for braise?
- Falafel ([1](#), [2](#))
- Tabbouleh salad ([1](#))
- Kababs
 - Mince (beef or lamb)
 - Whole lamb/beef

Meal planning

- [Autumn glow salad](#) with [green dressing](#)
 - with chicken or pork? (maybe chicken meatballs?)

Sheet pan (and other) ideas from recipeTINeats

-  [Oven quesadillas](#)
- [Meat stuffed pitas](#) (oven or pan)
- [Sausage rolls](#) → or Jamaican beef patties
-  [Vindaloo](#)
- [Spicy Korean soup](#)
- [Wontons in sauce](#)
- [Another curry base](#) ← try this alternative version

Food research

- [Brining vegetables](#) (conclusion: brine brussels)
- [Martini dip](#)
- [Red pepper dip](#) ← new

Beetroot chickpea hummus

Sources: [[1](#), [2](#)] ([adapted recipe](#))

New Recipe sources

(from a Reddit thread)

- [RecipeTinEats](#)
- [Modernist Cuisine](#) (pizza stone guys)
- [Nik Sharma](#) (Indian mostly)
- [177 Milk Street](#) (\$, founder of ATK)
- [Chef Steps](#) (\$\$, high quality)

Thinking in Mediterranean foods

The foundation of the Mediterranean diet is plant foods. That means meals are built around vegetables, fruits, herbs, nuts, beans and whole grains. ([source](#)).

This is a shift in thinking about meal planning from rural Canadian cooking where we build a meal around a protein. I don't think these have to be conflicting, but there's a shift to plant-forward for better fibre and micro nutrient coverage.

Proteins: legumes > fish > seafood > eggs > chicken > pork > lamb > beef (generally)

Diets: [DASH](#), [Mediterranean](#)

I don't advocate for specific diets, but there are good recipes and ways of thinking in these.

Recipe ideas:

- Chunky salads
- Roast protein (chicken, fish, pork) **125g**
- [Zucchini fritters](#)
- [Charred Zuch](#)
- Veg/breads and dip
 - [Fresh hummus](#)
 - [Baba Ganoush](#)
 - [Potato spread](#)
 - [Beetroot dip](#)
 - [Bean dip](#)

I've observed that many North American versions of Mediterranean dishes are still focused more on the proteins, so it's worth looking at more EU style sites and cookbooks and thinking about entire meals and not just the mains, as Mediterranean meals often include a number of dishes and dips. *Also worth noting that there are generally sampling problems in diet studies around food and specific regions due to differences in data quality (sampled ages can be incorrect for various reasons), so regional diets may be better but not quite the panacea they appear to be.*

Beetroot dip

([Source](#))

- 1 small can (430g) Canned chickpeas drained and rinsed (rinse is optional)
- 140g Beets, cooked
- 2 teaspoons dried or fresh Oregano
- 2 tablespoons / 30g Extra virgin olive oil
- ½ teaspoon minced Garlic
- 1 medium Lemon, rind finely shredded and juiced
- Black pepper, 1 dash
- Salt

Iced tea in grams

- 350g strong black tea
- 40g 1:1 simple syrup
- 30g 3:1 lime/lemon juice

Bruce's burger sauce

I have 4-5 styles of burgers that I feel define burgers for me, one of which is the  A&W mozza burger. My replica uses a sauce that I'm developing:

- 1:1:1:1 — mayo/kewpie, diced burger pickle slices, mustard

My burger list, while I'm thinking about it is:

- The deluxe (wide, thin patty ~130-150g, standard dressing, but with much less ketchup)
 - whopper / quarter pounder deluxe, etc. (double is way too much beef)
 - push towards quarter pounder with american cheese
- The swiss (semi-sweet savoury burger sauce, swiss cheese)
 - mozza-like
- The mcdub (90g patties, ½ cheese, tend towards sweet and fake onion)
 - McDouble
 - Bacon double (variant)
- The pub burger (thicker patty, lots of deluxe)
- Triple OOOOO (chili sauce, sweet mayo, pickle)

Roast poultry tests

I seasoned both sides (poultry seasoning), set in fridge for 40 minutes in the roasting pans. One pan for dark meat, one for light.

Roast:

No water, just a bit of oil in the pan. There will be char marks, but deglaze the pans and use in stock.

Dark meat: *150C for 50%-65% of the time, 218C for the remainder (until 79C - 91C)*

Light meat: *218C for the remaining thigh time*

Examples:

1. Large turkey (50 minutes, 45 minutes)
2. 2 chickens (30 minutes, 20 minutes)

Notes:

- interesting that 2 chickens == space of 1 turkey, but only about $\frac{1}{3}$ the meat
- works well for both turkey and chicken
- remaining cook liquid for stock (especially if there's some dark cooked on spots)

Ideas

- [Oxtail soup \(Jamaican\)](#)
- Ramen reboot
- Korean and Japanese bbq
- Sheet pan pizza

April food TODO

Lime crema:

- 125ml mexican cream, sour cream, or greek yoghurt
 - plus 30ml mayo
- 30ml fresh squeezed lime (about 1)
- ~1 clove garlic minced
- $\frac{1}{2}$ teaspoon Kosher or Sea salt (and then to taste)
- $\frac{1}{2}$ cup loosely packed cilantro finely chopped
- $\frac{1}{4}$ teaspoon onion powder, dehydrated onions, or any fresh onion
- MSG (2-4mg)

Greek chops:

- 1:1 olive oil / lemon juice
- 1:.25 red wine vinegar
- 1:.1 spices (pepper, garlic, oregano, msg)
- Marinate for 30+ minutes

alt:

- 1 : 1 :: $\frac{1}{2}$ (oil, onion, lemon)

- garlic (1-2 cloves per cup of liquid)
- red wine vinegar (1:.25)
- salt/pepper/oregano
- *Needs more lemon*

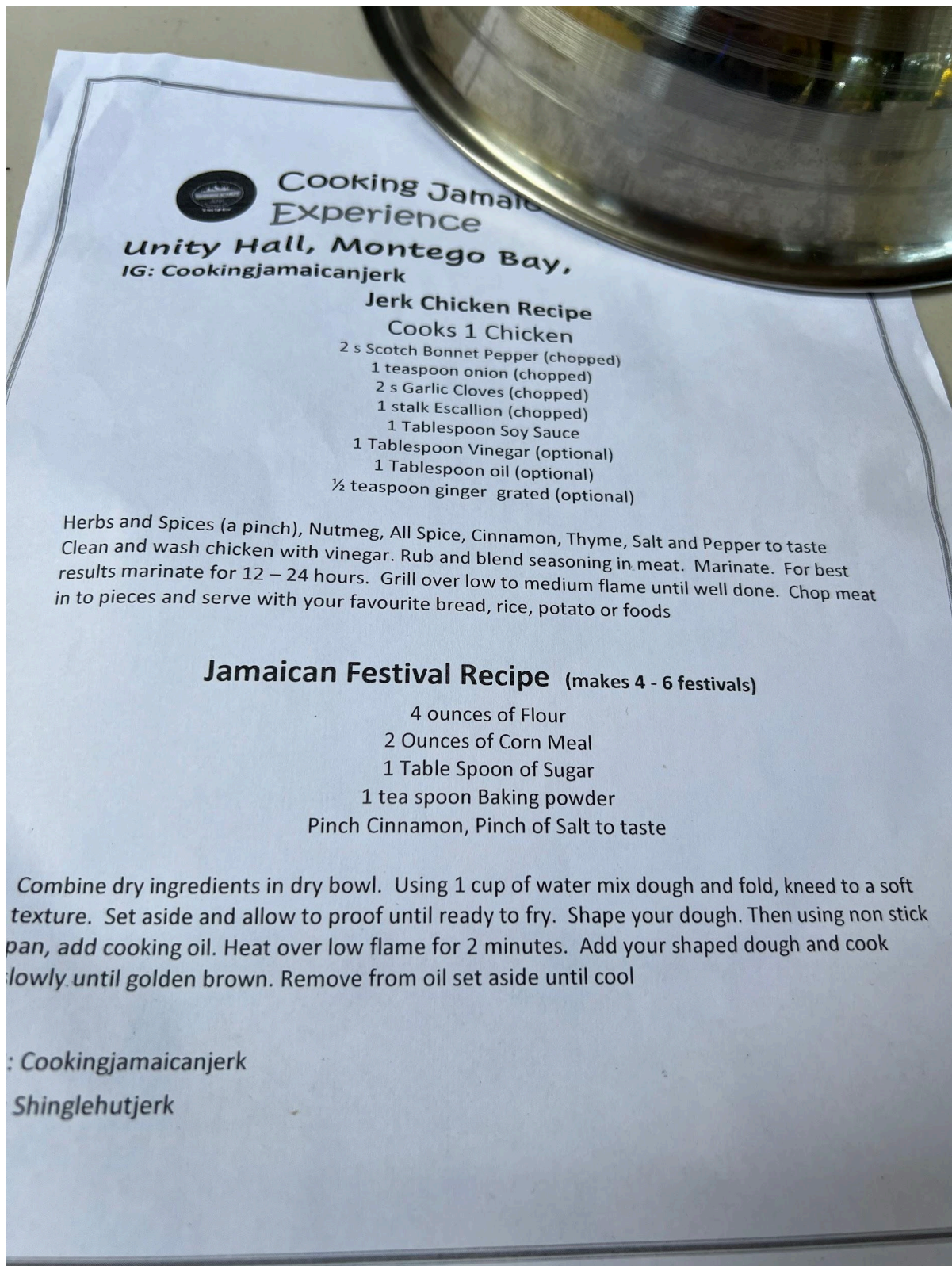
Misc. research ideas (theme: mediterranean):

- Chickpea stew ([1](#)) ← *braises*
- Salads ([carrot-raisin](#), [carrot slaw](#), [kerabu](#)) ← *chonker salads*
- Meatballs of Earth ← *flavour bombs*
 - [Tsukune](#)
 - [Kofte](#) (with harissa, hummus, pita, salad)
- Stews of Earth ← *braise/low-slow*
 - [Fesenjan](#) (pom/walnut meat braise)

Ideas from vacation:

- Tabbouleh salad
- Homemade hummus ([1](#))
- Jamaican beef patties ([1](#))
- Dutch style split pea soup ([1](#), [2](#), [3](#)), with rookwurst or speklapjes (or ham)
- Mandoline sliced onions, apple on salad
- Stew/biscuits

Note: this recipe is missing browning sauce. Will test and add to the book this Spring.



Tuna rice bowls

- Tuna sauce
 - 2 tbsp mayonnaise
 - 1 tbsp sriracha

- 2 tsp soy sauce
- 1/2 tsp rice wine vinegar
- 1/2 tsp toasted sesame oil
- Tuna steaks
 - Slice (~2cm steaks)
 - Dry, kewpie/sriracha? Does this need salt?
 - cube steaks after cooking, toss in sauce
 - Sesame crusted?!
 - soy ginger marinade?
- Dressing
 - 1/4 cup soy sauce
 - 1/4 cup rice vinegar
 - 1/4 cup water
 - 2 1/2 teaspoons sugar
 - 1 medium scallion, sliced thin
 - 2 teaspoons minced fresh ginger
 - 1 1/2 teaspoons toasted sesame oil
 - 1/2 teaspoon red pepper flakes
- add-ins
 - cuke (make a salad? dress it lightly?)
 - rice/crispy rice
 - scallions/green onions
 - kimchi?

Hot pots research for spring/summer

([Weissman](#) / [Serious](#) / [Serious 2](#))

- Protein
 - Meat balls (home made!)
 - Sliced beef
 - Shrimp
 - Fish slices
 - Tofu
 - Tofu skin
- Veg
 - Carrots
 - Bok
 - thin slice carrots
 - Mushrooms (sliced, small ones, etc.)
- Carb
 - Noods (esp. speciality noodles)
- Other
 - Dumpling (wonton, etc.)
- Hardware

- [Hot pot](#) (split)
- [Burner](#)? (or combo?)
- Strainer scoops (2-4)
- portable table (nice?)

2025: Late Winter

February food ideas

- Stroganoff ([simple/1950 style, recipe](#))
 - Very simple + slapped
- Turkey soup (chicken noodle)
 - Also simple + delicious
- Chicken patties (skipped the garlic)

Dessert ideas

- Think smol (1-2 person portions so there's no evidence)

January meals

- [Made pulled chicken](#) for Ann's [redhot chicken dip](#) and leftovers
 - Will adapt leftovers for chicken taco salad (similar to [Shredded taco chicken](#))
 - Chicken cottage pie (standard cottage pie assembly, using braising liquid for gravy)
- Roast chicken and quinoa
 - Quinoa was:
 - dried mushrooms
 - raisins
 - sunflower seeds
 - oil
 - 1 cup quinoa fried with above
 - 1.5 cups stock
 - 12 minutes
 - *this needed more mushrooms, but was delicious with some pan drippings in it*
- Egg / english muffin / sausage patty
 - Homemade sausage adjustments needed
 - Softer grind
 - 20% less fennel
 - Sweeter

- 50g → a

Food ideas, post-holiday

- Meat loaf
- Queso + chips
- Pho ga (chicken)
- Wonton soup (use up freezer wontons)
 - Chicken stock (homemade)
 - Shrimp shells (or bonito?)
- Missed December recipes
 - [Goulash](#)
 - [Stroganoff](#)
 - Soups
 - Pea soup / [split pea](#) ([1](#))
 - French onion
 - Needs a beef stock
 - Crumbles
- Pho update
 - redboat fish sauce (more common than what I have)

2024

2024: Winter

Pho bo

- [based on](#)

Winter break Menu

Date	Theme	Meal plan
Tues 18th	<i>(grocery run)</i>	- Turkey 6-9kg - Turkey neck and/or wings -
Sat 21th	<i>(grocery run)</i>	
Sun 22nd	<i>Turkey day prep</i>	- Stock - Gravy base - Stuffing - Veg prep - Brine turkey (possibly on the 21st)
Mon 23rd	<i>Turkey day #1</i>	- Classic turkey meal - Turkey, gravy - Corn, roast veg - Mashed taters - Stuffing - Cran sauce - Pie?
Tues 24th 	<i>Left overs Snacky day</i>	- Leftovers - Sandwiches - Snacky - Spinach dip - Veggie platter - Corn bean salsa - Jalapeño cheese sticks n red sauce - Popcorn chicken and various sauces
Wed 25th 	<i>Breakfast wraps Left overs Snacky snacks</i>	- Wraps - Mashed potatoes - Corn - Sausage (breakfast) - Eggs - Hot sauce (optional) - Leftovers - Casserole or sandwiches
Thurs 26th	<i>Soup day</i>	- Leftovers - French onion

Fri 27th	<i>Soup day</i>	- Pho tai / bo vien - Beef balls - Thin sliced top round (beef) - Turkey prep (repeat some set of #1)
Sat 28th	<i>Turkey day 2</i>	- Classic turkey meal
Sun 29th	<i>Leftovers day</i>	- Squash soup
Mon 30th	<i>Leftovers day</i>	- MacBurgers or Junior Whippers
Tues 31st 	<i>Snacky day</i>	- Leftovers (duh) - Snacky - Hawt Buffalo dip - Welsh cakes (leftovers for the Remple's)
Wed 1st 	<i>Grandparents Leftovers</i>	

Sodium citrate and citric acid

- [Queso](#)
- Sour pickles
- Mac & Cheese  ([recipe](#))

2.0% to 3.0% sodium citrate of the total weight of liquid plus cheese

Breakfast sausage

[Updated %s](#), texture and flavours were spot on (more fennel could work, maybe more brown sugar).

I bought a half pork loin for \$1.20/100g and turned ¼ of it into breakfast sausage (about ½ of premade sausage pricing). To get the right texture:

- Grind using small plate
- Partially frozen fat and strips of pork loin (including fat cap)
- Pre-froze grinding hardware
- Paddled minced meat the next day from cold
- Pressed patties and hand-formed links

Hoagie roll

(Sources: [Hoagie roll recipe](#) from a Reddit comment, [Ethan's recipe video](#) / [text](#), and another from [Sorted](#), and [one more from Charlie Anderson](#) the pizza guy)

For 3 x 15cm/6" hoagie rolls:

- 290g bread flour
- 174g lukewarm water
- 23g oil
- 6g salt
(1.2% note: less salt → lighter roll, typical is ~2-3%)
- 6g diastatic malt or sugar
- 2.2g instant dry yeast

Mix all ingredients in a stand mixer or by hand for 10-12 minutes or until the dough isn't sticky anymore. Once the dough is all mixed, let the dough rest for 30 minutes, covered in a bowl. Once rested, ball the dough up tightly to a smooth dough ball. Let the dough rise at room temperature for an hour or until the dough doubles in size. Divide the dough into 3 equal pieces and ball them up tightly. Stick the dough balls in the fridge for 24 hours.

After 24 hours, take the dough balls out at room temperature and ball them again. Let the dough balls sit at room temp for 2+3 hours or until the dough balls double in volume.

Once doubled in volume, roll the dough balls into a cigar shape that is 6 inches long. Let them rest in a towel or a deep covered container for 1-2 hours to proof.

Preheat your oven to 500 F with a cast iron dutch oven inside. Once the oven has been heated to 500 F for 30 minutes, take your Dutch oven out of your home oven and place one roll in the oven along with two ice cubes. Cover the Dutch oven so the ice cube melts and steams the dough and bake the Dutch Oven for (covered) for 10 minutes. After 10 minutes uncover the lid of your Dutch oven and bake your roll for 5 more minutes or until golden brown. Repeat the same baking steps for the two remaining rolls.

2024: Fall

Food prep

- Clean out freezer
- Large batch beef/mushroom base
- Chicken stock
 - [Pho ga](#)
 - Rework chicken stock recipe to be based of Pho Ga broth
 - Add toasted spices, sugar as a second step (using base stock from freezer)
 - Vietnamese stock is similar to French (but more roasting, w/ginger)

- Turkey stock (for Xmas week)
- Sausage patties
 - Breakfast style (update recipe, balance better)

December food wishes

- [Goulash](#)
- [Stroganoff](#)
- Soups
 - Pea soup / [split pea](#) ([1](#))
 - French onion
 - Needs a beef stock
- Crumbles

(Mexico cruise had me thinking about the dishes above)

Broths

- Tonkotsu →
- Pho →
- Miso →

McDouble style burgers ([recipe](#))

- 50g patties (note: needs to be double-ground to get softer beef)
 - Smash + freeze
- 9cm buns → roughly 11cm / 4 ⅓ inch pressed
- 1358g = 27 (.73)
- 5:1 ketchup to mustard
- 2 sour pickles
- Dried onion (or fresh, soaked and then drained)

Soups

- Vietnamese beef balls - 10 minutes from frozen (boiling water)

Sandwich/sour pickles

This is a hack version of a sour pickle (more like a fast food or deli sandwich). Goal is to bring max contrast, without adding too much muddy or sweet (i.e., garlic or sugar).

- 2 Kirby cucumbers, thinly sliced (225g total)
- 300ml water
- 250ml distilled white vinegar
- 10g kosher salt (up to 15)

- 2 medium cloves garlic, roughly sliced
- 2 teaspoons (6g) black peppercorns
- 2 teaspoons (6g) whole yellow mustard seeds
- 2 sprigs fresh dill

Ratios to consider:

Some of the weird ingredients help keep the pickles crunchy and green.

BK: Cucumbers, water, vinegar, salt, 1/10 of 1% sodium benzoate as a preservative, alum, propylene glycol, polysorbate 80, natural flavours, yellow #5, turmeric oleoresin, blue #1, soy lecithin. *Pickle flavoring may contain soy lecithin and is processed on shared equipment with peanuts.*

McD: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (preservative), Natural Flavors, Polysorbate 80, Extractives Of Turmeric (color).

A&W: Pickles, water, distilled vinegar, salt, calcium chloride, potassium sorbate (as a preservative), polysorbate 80, natural flavors, turmeric oleoresin, garlic powder.

Turkey day prep

- ☒ ~~Stock (extra roasted this year, reduced 50%)~~
- ☒ ~~Turkey (start by 3PM)~~
 - ☒ ~~160C 3 hours, flip~~
 - ☒ ~~Dry brine x2~~
- ☒ ~~Mae~~
 - ☒ ~~Grate cheese~~
 - ☒ ~~Sauce~~
 - ☒ ~~Bacon~~
 - ☒ ~~Breadcrumbs~~
- ☐ Gravy
- ☐ Potatoes
 - ☒ ~~Garlic roasted~~
 - ☐ Butter
 - ☐ Potatoes washed
- ☐ Roast veg (one pan)
- ☐ Cornholio

Prep night dinner:

- ☐ Meat balls
 - ☐ [Ratio recipe](#) (forgot parm, was still tasty)
 - ☐ Simple [marinara](#)

- ☐ 1 raw meatball as a base
- ☐ Tomato paste
- ☐ Red wine to deglaze
- ☐ 1 tin of tomatoes, mashed
- ☐ Light seasoning (salt, pepper, oregano)

Nann

- 620g bread flour
- 7g (2 tsp) instant or rapid rise yeast
- 12g kosher salt (2 ½ teaspoons)
- 22g (about 2 tablespoons) sugar
- 400g (about 1 ¾ cups) full fat yogurt or whole milk
- 110g (1 stick) unsalted butter, melted
- (1171g)
 - portion into 100g balls
 - rise by 2x
 - cook in hot pan or over grill
 - apply butter (and or garlic, herbs, etc.)

WFT it's Fall?

Crispy roast chicken, gravy, mash, and roast veg

Chicken: *this was good*

- Rub
 - 1 tablespoon kosher salt
 - ½ teaspoon black pepper
 - 1 teaspoon (5g) baking powder
 - Coriander
 - MSG
 - Mushroom powder (if serving with gravy)
- Steps
 - Cover skin with oil before baking
 - 205C or 219 or 230 (230 max brown
 - Until breasts are 65C brown meat is 75F

Essence of cola

- Finely grated zest and juice of 1 lemon
- Finely grated zest and juice of 1 lime
- Finely grated zest and juice of 2 oranges

- 3 large (5-inch) cinnamon sticks, broken into small pieces
- 2 tablespoons dried bitter orange peel
- 2 teaspoons coriander seed
- 1/4 teaspoon finely grated nutmeg
- 1 teaspoon gum arabic (optional)
- 2 pounds sugar
- 1/4 cup browning sauce, such as Kitchen Bouquet
- 1/2 teaspoon vanilla extract
-

Ascorbic acid (or lemon juice?)

10ml alcohol (vanilla may have enough)

2024: Summer

Retro dishes (from a [reddit thread](#))

- Red beans and rice
- Meatloaf
- Midwest stroganoff
- Shepherds pie
- Baked custard
- Potato gratin
- Rice pudding
- Flan
- Chicken divan
- Chili (Texas Red)
- Curried sausage

Pizza dogs

- Small portion of pizza sauce
 - 2 tablespoons tomato paste (tube of 2x paste)
 - 3-4 tablespoons of water
 - Salt, pepper

- Oregano, thyme
- Olive oil
- Wine (splash)
- Sugar (if needed)
- (this works quite well!)*
 - A bit sweet
 - A bit thick
 - Very deep tomato flavour
 - (I think this recipe could be great)

Frozo drinks

- Blended fruit drink
 - 225ml Vodka
 - 75ml peach schnapps
 - 500ml fruit
 - 250ml ice
 - 50ml lime juice
- (too tart, think, decent ratio overall)

Mexican food ideas

- <https://www.rickbayless.com/recipe/pueblan-cemitas/>
- <https://www.rickbayless.com/recipe/pickled-morita-chipotle-colorado-chiles/>
-

Vindaloo

- Vindaloo paste (for the meat)
 - 2" fresh ginger, chopped
 - 3 garlic cloves, chopped
 - 10 dried red chilies
 - 2 tsp coriander seeds
 - 1 tsp fenugreek seeds
 - 1 tsp cumin seeds
 - 6 green cardamom pods
 - 6 cloves
 - 1 cinnamon stick
 - 1/4 tsp black peppercorns
 - 3 tbsp lemon juice (see notes)

End of July food →

- Fajitas + salads
 - Pan cooked chicken
 - Pan cooked veg (peppers, onion)
- Broiled burgers (using all-beef frozen buns, 170g/6oz)
 - 6 minutes per side on a wire rack, 288C/550F
 - Salt/pepper/msg
 - Cheese
 - Order (top, down)
 - bun, mayo + tomato + mustard + dots of ketchup + pickle +
 - cheese + burger +
 - mustard, onion, mayo, bun

Back home →

- [New to me](#) (Japanese food site)
- [Platz](#)
- Korean rice bowls (Bibimbop)
 - <https://www.serious-eats.com/bibimbap-recipe-7094731>
- Rice bowls, need fucking real food
 - Teriyaki chicken
 - Also: *Chicken Teriyaki Burgers* (slaw, tomato?, onion?)
 - Make a large batch of sauce
 - Veg
 - Shredded carrot
 - Asian style slaw
 -  Vaguely Asian dressing
 - Rice
 - 1 cup basmati rice, 1 inch grated fresh ginger, 1 tablespoon toasted sesame oil, and a pinch of salt.
- Teriyaki ([ratio recipe](#))

Atlanta inspirations

- Teriyaki (from Kenji's new series)
- Pasta and spinach bean red sauce
 - Sausage/beef → sauté
 - Add spinach
 - Add tortellinis
 - Add red sauce (canned or make ahead)
- Muesli + frozen + oat milk (Bob's redmill was especially good)
- Recreate Tiny Lou's micro wedge salads

2024: Spring

Rice bowls

- Quinoa
 - Herbs, onions, dried fruit (inspiration: [1](#))
 - Mint sauce ([1](#))
 - 1:1 mint/parsley, garlic or shallot, ¼

June celebration planning

- Pulled pork ([1](#), [2](#), [3](#), [4](#), [5/5](#))
 - [Adapted recipe](#)
 - coconut rice ([1](#))
- [Pulled chicken](#)

June food ideas

- [Make Piri Piri](#)
- Quinoa salad (curry)
 - Quinoa,
 - diced veg (carrots, onion)
 - raisins, currents
 - parsley
 - pepper, turmeric, curry mustard (or masala?),
 - stock
 - (pairs great with roasted veg/beast)

May food prep

- Chicken meatballs (and/or pork)
 - springy, for soup
- Soup stock (next week)
- Beef prep
-

Post-Maui

- Hawaii learnings
 - Pork (various)
 - Soy-glazes (general)
 - Poke ([1](#), 2, 3) 🍍
 - Pineapple soy pork
 - Green papaya salad

- Spicy (from 3)
- Standard ([1](#), [island](#))
- Street taco
 - [Al pastor](#)
 - [Grilled chicken](#)
 - [Glazed salmon](#)
- Loco moco
<https://onohawaiianrecipes.com/recipes/a-classic-loco-moco/>
- Salads
 - Wooden spoon house salad
- Soup
 - Secret ingredient soup
<https://www.bingingwithbabish.com/recipes/pullednoodles?format=amp>
- Drinks
 - Chai

Roast beast

- Blade roast (shoulder blade → chuck)
 - 230C for 25, then 177C for 45 (ish)
 - 60C target
 - In liquid, not covered
 - Carrots, celery, soup stock (~1 inch)
 -

Next up

- CHAR SIU

Snacky Friday

Pork glaze (was good, though a bit heavy? Something simpler might be better)

- 1 teaspoon vegetable oil
- 1 tablespoon red curry paste
- 2 garlic cloves, minced
- ½ teaspoon grated fresh ginger
- ½ cup canned coconut milk
- ¼ cup packed dark brown sugar
- 2 tablespoons peanut butter
- 1 tablespoon lime juice
- 2 ½ teaspoons fish sauce

Peanut sauce from Serious eats:

DID NOT LIKE THIS ONE (check out Weisman's next time)

- 1 cup (256g) creamy peanut butter
- ½ cup hot water
- 2 tablespoons Thai red curry paste
- 2 tablespoons palm sugar or light brown sugar
- 2 tablespoons Sriracha
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon freshly squeezed lime juice from 1 lime
- 1 teaspoon finely minced garlic
- 1/2 teaspoon red pepper flakes
- 2 scallions, thinly sliced
- Kosher salt, to taste

Too much thai curry paste, likely needs tamarind or hoisin, and was missing coconut milk (adding that made it better)

Indonesian sweet soy sauce (good for glazes)

- ¼ cup soy sauce
 - ¾ cup brown sugar
- (heat to combine)*

[Rice paper rolls](#) (with some pork too?)

Thai cucumber relish:

- ¼ cup white vinegar
- 2 tablespoons sugar
- 1 cucumber, peeled, seeded, and cut into 1/4-inch dice
- ¼ teaspoon red pepper flakes
- ¼ cup fresh mint leaves, chopped coarse
- 1 shallot, minced
- 1 tablespoon fish sauce

Flatbread

- White sauce (adapted from [ATK](#))
 - ½ container ricotta (whole milk, avoid stabilizers)
 - 4 cloves garlic finely minced
 - 1 shallot finely minced

- 2 tablespoons Olive oil
- 2 tablespoons Cream
- 1-2 egg yolks
- Salt, pepper, MSG
- Oregano
- Thyme

Lunch hacks

- Second Szechuan attempt: ([draft recipe](#))
 - + big fat spoon of chili/garlic paste
 - + 115g tofu
 - Rice vinega —> sake
 - - togarashi
 - + sesame seeds
 - + more soy
- Szechuan quick noodles, single pan
 - 85g noodles (spag or whatever)
 - Szechuan peppers, teaspoon or so
 - Korean chili flakes, 2-3 teaspoons
 - Beef base (has stock in it), 125ml
 - Minced ginger, 1 tablespoon or so
 - Cabbage 1-2 cups
 - Tomato paste, 1 tablespoon or so
 - Togarashi
 - Soy/sesame oil/rice wine To taste
 - Next time
 - More salt
 - Edamame
 - Tofu
 - More acid
 - Dashi
 - Was close to amazing

Food prep

- [Chicken patties](#) (tuned down most add-ins by 25%)
- Beef patties 125g (slightly smaller than the usual 140g), no seasoning (added after cooking)
- [Beef base](#)
- Chicken stock

Appetizers

- [Mushroom flatbread](#)

Learn more asian cooking

- Bulgogi ([basic](#), [standard](#), [SE](#), [Chef John](#), [another](#))
 - [Test recipe](#)
 - (this worked really well)
- Asian slaw
 - 90g ½ cup extra-virgin olive oil
 - 45g / 3 tablespoons rice vinegar, plus extra for seasoning
 - 30g tablespoons Dijon mustard
 - 15g 1 tablespoon toasted sesame oil
 - 10g soy sauce
 - 10g maple syrup
 - (this also worked really well)
- Side dishes
 - [Stir fried greens](#)
 - [Fried mushrooms](#)
- Other
 - [Broiled zucchini](#)
 - [Turkey burgers](#)

Food thoughts

- Really enjoying casseroles, especially cottage pie
- Idea for a scallop lasagne (test for lunches?)

Home whoppers

- Broil 258C + convection
 - On grate
 - 6-7 minutes per side
 - Let rest
 - S&P&MSG
 - Medium - medium well

Pressure cooker parts

- 26cm (I think it's this one:
<https://www.fissler.com/global/en/p/sealing-ring-for-pressure-cookers-from-2010/>)
- 600-700-00-205

- Or
- 600-000-26-795/0

Weekend famjam food

- Results
 - Pulled pork:
 - worked despite problem with pressure cooker (~3 hours instead of 40 minutes)
 - Sauce worked well
 - Chili
 - New technique for chilis
- TODO
 - Prep pork shoulder (spice rub → fridge)
 - Start chili (beef browned)
 - Prep tomatoes
 - Sidequest: make meat sauce lunch
 - Make chili
 - Prep cheese
 - Coleslaw dressing
- Recipes
 - Pulled pork
 - [Spice rub](#)
 - 40 minutes
 - [Chili](#) (freezer beef mince precook)
 - Mac&Chez (simple, [unbaked version of this](#))

Pasta tests

- Ravioli style (torts?)

Research and food thinking

- [Spinach/artichoke dip](#) →
- Baps are great buns ([SE recipe](#))
 - Had these from a local grocer: great for simple sandies
- Nut breading?
 - 1:½ nuts/parm
 - Seasoning (parsley, s&p)
 - Pound out
 - Season
 - Flour
 - Egg
 - Nuts

- Bake 233C ~20 until 65C
- Worked well, but not quite dark enough (par pan fry first?)
- Stroganoff → Ann
 - [Fancy version \(SE\)](#)
 - [Classic style \(John\)](#)
- Breakfast sausage recipe
 - 7 oz. lean ground pork
 - 3 tsps. maple syrup
 - 2/3 tsp.salt
 - ½ tsp. ground sage
 - ¼ tsp. ground black pepper
 - ½ tsp.onion powder
(missing fennel?)

Wings test (for puzzle night snacks)

- Gochujang
 - [Dressing/marinade](#)
 - Half on the wings to marinade/cook, half to dress
- Chilli lime
 - [Dressing/marinade](#)
 - Half on the wings to marinate/cook, half to dress

Roast chicken

- 205/218C (400/425F) ([article](#))
 - ~40 minutes

January is different

- [Nutritional yeast dressing](#) (to use up left over)
 - [Full recipe](#)
- Sprouts
 - [Model](#)
 - [My growing notes](#)

2023, 2022, 2021

2023: Fall

Friendsmas

- Turkey
 - 219C 2-3 hours
 - Put dark meat in a bit earlier
 - ~~Break down into 2 trays~~
- Potatoes (mash)
- Veg (roasting)
- Stock
 - Gravy
 - Stuffing
- Mac & cheese
 - Bacon

2024 goals and ideas

- Potato casseroles (texture, flavour)

Christmas feasts prep

- Roast chicken dinner
 - Potatoes
 - Cheese sauce
- Steamed veg
- Stock
 - [Chicken](#)
 - [Beef](#)
- [Stew](#)
- [French onion soup](#) (was great!)
 - Finished the lazy way: crostinis + cheese, atop hot soup

Prep order:

- Friday: stock, chicken, beef cubes
- Saturday:

Food prep, early December

- ~~2x [beef](#) (no stock)~~
- Ideas

- Gratin recipe
- Start developing a pho broth for the pressure cooker
 - Waiting on cheesecloth
 - Beef bones or knuckles
 - Beef balls
- Asian style dressing (quick)
-
- TODO
 - ☒ Chicken skewers ([video](#), [recipe](#))
 - ☒ Mayo Marinade
 - 50 g mayo
 - 4 garlic cloves (20g of minced garlic)
 - 20 cranks black pepper
 - Large spoonful (about 2 tsp) dried oregano
 - Lemon zest (or juice)
 - 6g salt (1.25%)
 - 2g msg (~10% of salt)
 - Recipe calls for salting the chicken before, but testing as a pure marinade.
 - Pure marinade worked*
 - Slightly salty, but very tasty*
 - Mayo worked well*
- ☒ Chicken ramen stock
 - (no celery, but with ginger, finish with kombu/bonito)
- Beef balls

Writing

- Ranking food quality
 - (relates to quality generally)
 - (note danger of writing about quality)
 - Axes?
 - Perfect balances (SAFH),
 - interesting combinations,
 - textures,
 - layers,
 - experience,
 - Comfort,
 - Sources (local, in-season, responsible),
 - price/value

Learning

- [Learn more about tadka](#)
- [Square pan pizza](#) is something I should try again
- [Lentil curry](#)
- TODO: map of curries using a base
 - [Butter chicken](#) / murg makhani
 - Rogan
 - Vindaloo
 - Korma
 - Tikka masala
 - Saag
 - Dal

Back home

- Poboys or Burgers
- Tacos and wraps (cabbage, roast carrots)
- Make bread dough for focaccia snacks Sunday
 - Roasted garlic, oil, balsamic
- Bolognese
- Moroccan roasted carrots
- Yogurt/chicken for Nan wraps
 - [Chicken tikka](#) (or the [no yoghurt method](#))
 - [Chana masala](#)
 - [Coconut curry](#)
- Soups
 - [Minestrone](#)
 - [Pesto soup](#)
 - [Bean/kale soup](#)

Weeknight meal ideas

- Squash ravioli, mushroom/spinach/homemade sausage sauce
 - Rolled pork sausage (fennel?)

December menus

- French onion soup
- Indian curry
 - Pakora
 - Butter chicken
 - Vindaloo
 - Naan (buy)

- Pho
 - Beef balls
 - Sliced roast
 - Extras
 - Broth
 - Noodles (buy)
- Ramen
 - Fresh noodles (TNT)
 - Broth (shoyu?)
 - [Weissman's 3 broths](#)
- Christmas breakfast
 - Hash browns
- Food for friends & family
 - Stew?

Next up

- Pressure cooker:
 - Pho
 - Broth ([SE1](#), [SE2](#))
 - *"two parts oxtail for the base flavor of the broth, along with one part each of chuck and brisket"*
 - Meatballs ([R1](#), [R2](#), [R3](#))
 - Ramen broth
 - Vindaloo
- Weeknight quick meals
 - Butter chicken
- [Hand pulled noodles](#)

Wing sauce (nothing new under the sun)

It turns out my go to wing sauce is just the standard [K\(orean\)FC red sauce](#):

- 1/4 cup gochujang
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar (I use sake)
- 3 tablespoons dark brown sugar (lazy me uses maple syrup_
- 3 medium cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon grated fresh ginger (or jarred)
- 1 tablespoon toasted sesame oil

Roux/gravy ratios

- 3tbsp:2tbsp:1c flour:fat:stock
- 100ml:66g:500ml

Soup ideas

Tomato soup (from a [Reddit thread](#)):

- 3 tablespoon olive oil
- 1 medium onion, chopped into ½" dice
- 4 cloves garlic, chopped
- 1 (28 oz/780ml) can of whole peeled tomatoes in juice, roughly chopped
- 1 cup low-sodium chicken broth or vegetable broth
- ½ teaspoon sugar, plus more to taste
- Kosher salt and freshly ground black pepper
- ¼ cup heavy cream, or more to taste
- Parmesan Crisps

In a large saucepan or Dutch oven, heat the oil over medium heat. Add the onion and cook for 7-8 minutes until translucent and slightly golden. Add the garlic and stir for about a minute.

Add the tomatoes, including the juice, along with the broth, sugar, 1 teaspoon of salt and ½ teaspoon of pepper. Bring to a boil, then reduce heat to medium-low and simmer gently until liquid reduces slightly, 12-13 minutes. Remove from the stove and set aside to cool for a few minutes.

Pour the slightly cooled soup mixture into a blender (or food processor) and puree for 1-2 minutes until smooth. Add the cream and blend for 10 seconds more. Taste and see if it needs more salt, pepper, or sugar and adjust accordingly.

An alternative is proposed, too:

- 28oz can of whole peeled San marzano tomatoes
- 3-4 cloves of garlic
- Handful of fresh basil
- Splash of milk
- Splash of balsamic vinegar
- Crushed red pepper
- salt & pepper and maybe some msg if you're feeling wild
- sometimes I'll throw in a carrot instead of sugar for some sweetness
- Optionally - I add a can of navy beans and blend for extra protein, fibre, and thickness

Chicken burger weekend

New plan: chicken burgers.

- Chicken breast patties
 - Brined
 - 100g kosher salt, 10g MSG
 - 50g sugar
 - 1L water
 - 1L vinegar
 - Breaded (flour, egg, breadcrumbs)
- Ground chicken patties
 - Brined/mixed
 - Breaded
 - Seasoning (per kg):
 - 25g kosher salt
 - 5g MSG
 - 10g granulated sugar
 - 1 tablespoon grated onion
 - 1 teaspoon sage powder
 - 1 teaspoon ground white pepper
 - 1 teaspoon garlic powder
- Pork schnitzel
 - Dry brined (salt, pepper)
 - Breaded

Burger weekend?

- My fav burgers
 - Deluxe burger
 - Double bacon
 - Mozza
 - BC burger

Sweet Ice tea, take #598,954,038,345

- 2L cold brew tea (black tea, 6 bags, 12-18 hours)
- 3.25 scoops white sugar (3 is better)
- 6 squirts lime / 1 squirt lemon (too much, aim for 4)
- Stir
- Drink over ice

Small foods for fam

- Meatballs
 - Adobo seasoning mix
 - 2 tablespoons salt
 - 1 tablespoon paprika
 - 2 teaspoons ground black pepper
 - 1 ½ teaspoons onion powder
 - 1 ½ teaspoons dried oregano
 - 1 ½ teaspoons ground cumin
 - 1 teaspoon garlic powder
 - 1 teaspoon chilli powder
 - Beef/pork
 - Gluten free bread for the panade
 - [Meatball recipe](#) ← very good
 - Panade was a bit wetter than normal: worked well
 - (milk, cream, sour cream instead of buttermilk)
 - [Sauce recipe](#) ← also very good
 - minor adjustments (added fire-roasted tomatoes + balsamic instead of sugar, and sake instead of wine)

September post vacation food thoughts

- Ramen eggs 1:1:½:½:½ (water:sake:soy:mirin:sugar)

September post vacation food thoughts

- Need to learn to make various
 - Hot & sour soups
 - [Soto Ayam Madura](#) (2, 3)
 - [Hot and sour](#)
 - More pasta dishes
 - Curries
 - [Rendang / Sumatra](#) (1, 2)

Food prep

- Chicken stock (4x chicken bones)
 - Roasted
 - Garlic roasted
 - Ginger
 - Onion (2 small)

-
- Chili

August entertaining

- Red curry
 - Roast sweet potatoes / carrots
 - Peas
 - [Standard red curry method](#) ([second point of reference](#))
 - Make a chilli oil/sauce
 - Red chillies
 - Garlic
 - Shallot
 - Ginger
 - Salt/sugar
- Shrimp
 - [Brine](#)

"a quick brine of salt and baking soda. It may sound minor, but the combination works wonders: the salt helps keep the shrimp nice and moist as they cook, while alkaline baking soda delivers a crisp, firm texture. You're looking for about 1 teaspoon of kosher salt and 1/4 teaspoon of baking soda for every pound of shrimp; give it a quick toss and rest the shrimp in the fridge for anywhere from 15 minutes to about an hour."
 - Garlic/ginger/shallot/salt/unspicy chilis
 - Broiled (2-3 minutes per side)
 - Note: I didn't brine these, but I did:
 - Lightly seasoned with Momofuku spicy salt
 - Broiled for ~2 minutes per side
 - Should have dried them off first, tossed in oil
- Chicken thighs
 - Pound out
 - Same treatment ^^
 - 20 minutes
- Rice + cinnamon (and salt)

Weekly cookery (July)

- Fettuccine, roast veg, chicken, pesto
 - Pesto from Linda Rempel
 - Needs a touch of acid/salt next time, otherwise fantab
 - Chicken slightly underdone; check next time if it's frozen from the market

- Lunch meat
 - Roasted turkey “loaf”
 - Dry brine / rub (1 hour)
 - Used a prepared spice mix from momofuku
 - 135C → (45 minutes) 45C
 - 205C → (15 minutes) 62C
 - Moderate seasoning
 - Fridge (12 hours)
- Simple rice dish for dinner
 - Rice (mix of wild, short, long to clean up the cupboard)
 - Rough mince [asian pork](#) mix from the freezer
 - Quick fry to heat up
 - Cabbage on top
 - Soy + chilli crispy
 - → This was fantastic, also great with the pork breakfast patties below
- Pork breakfast patties
 - (WIP)

Learned:

- patties bake in the oven nicely + quickly (chicken or pork at least), and make a quick meal with noodles. Rice, buns, etc. This is a great time hack/
- Roasted meats (brined) are a decent sub for lunch meats, cheaper, and can be frozen sliced in small containers (to take out the night before)
 - Deli meats are ~\$3/100g (\$30/kg) vs from whole cuts at ~\$1.5/100g (or better on sale)
 - Can also control salt/nitrite levels better

Jerky jerk jerk

(haven’t made this yet, just logging it for Sunday)

- 6 scallions
- 10-14 sprigs thyme
- 2 scotch bonnet peppers
- 2 tablespoon brown sugar
- 1 tablespoon Pimento (allspice) powder
- 1 teaspoon ground cinnamon
- 1 lime
- 1 lemon

- 4-5 thick slices of ginger
- 8 cloves garlic
- 1 1/2 tablespoon olive oil
- 1 tablespoon honey
- 2 tablespoon rice vinegar
- 2 tablespoon dark soy sauce
- 1/4 cup orange juice
- 2 medium onions

Ideas

- Asian beef for soup and noodles for the freezer
- Pork attempt (chops) 1089g
 - Smash/dice pork
 - Garlic / ginger / onion or shallot
 - tbsp goju garu / szechuan
 - Sauce 2:1:1:.5
 - Oyster sauce
 - Black vinegar (balsamic/red wine/water)
 - Soy sauce
 - Msg
 - Sugar
 - Method
 - Cook pork (in oil) until brown, remove
 - Cook aromatics
 - Add goju garu (cook for a bit)
 - Add pork + sauce
 - Stir to combine
 - Top with
 - Green onion
 - Sesame

Pork and other ideas

- Everything salads were good (coriander/sesame chicken)
- Pork ideas
 - [Quick pork Momofuku](#)
 - [Another garlic chili noodles](#)

Long weekend Burgers and prep

- Beef patties (\$12 / 7 = 1.71 ~ 1kg)
- Veg patties (try something new?)
- Beef mince
 - Basic 1.2kg / 10.58
 - 5*500ml
- Taco
 - 5*500ml

Momofuku noodles and crunchy chilis

U\Yum

Snacks and sauces

- Korean style wings (gochujang)
- Hidden fraser valley ranch
- Salad rolls (ate out) ← need to make more of these

T&T!

New finds at T&T:

- Mango crepe cake
- Kiki noodles (which also work well in soup)
- Jongga kimchi ← very clean tasting + crunchy!

2023: Spring

June food ideas

- Rouladen lasagne (rolled, cheese filled)
- Ginger pork ([inspiration](#), [SE recipe](#))

Birthday pizza

Prepping some pizza for one of our kids' birthdays, as they requested it. Some notes:

- Dough

Tests:

	Test 1	Test 2	Test 3	Test 4	Test 5
Score	3/5	4/5	4.5/5	5/5	5/5
Pan	Aluminium + parchment	Carbon steel + parchment	Carbon steel + parchment	Carbon steel + parchment	Carbon steel + parchment
Heat	233C + fan	233C + fan	233C + fan	233C + fan	233C + fan
Time	12 minutes	13 minutes	16 minutes	14 minutes	12 minutes
Yeast	.5%	.5% + long ferment	1.5% + ferment	1.5% + long ferment	1.5% + long ferment
Hydration	70%	70%	70%	70%	70%
Gluten	14.5%	14.5%	12.5%	12.5%	12.5%
Dough temp	20C	18C	15C	18C	18c
Dough weight	200g	215g	280g	200g	200g
Notes	Bottom crust not cooked enough, slightly stodgy	Perfect bottom crust, but crust a bit chewy	Nice bottom crust, not as chewy, small crumb.	Perfect crust	Perfect crust

1. Cooking on aluminium and parchment. High hydration dough, low yeast, and high gluten.
2. Cooking on aluminium + carbon steel and parchment. High hydration dough, low yeast, and high gluten.

New food ideas

- Scrambled egg grilled cheese
- Salad rolls
- Jerk or tika chicken
- Soufflé
- Thai beef noodles
 - [Or Hot and Sour soup](#)
- Pizza smalls
- Tomato sandy
- Desserts
 - [Platz](#)
 - [Spumoni](#)
 - [Horchata](#)
 - [Spanish style](#)

- [Affogato](#)

Alternative quick soups

- [Chewy flour noodles](#)
 - Baking soda: 2 tsp / L (up to 2 tbsp / L)
 - Washing soda: 1 tsp / L (up to 1 tbsp / L) ← untested

Prep list (May 14)

- [Ramen stock \(chicken\)](#)
 - ✓ Chicken/veg roasted
 - ✓ Pressure
 - ✓ Umami ++
 - ✓ Reduce
 - [Pork \(for slicing → ramen\)](#)
 - ✓ Trim: bones and fat → stock
 - ✓ Braise
 - Not enough flavour, needs to be more intense or more time?
 - Need to be careful reheating
 - Tare
- [Green goddess dressing](#)
 - Toasted nuts/seeds → bacon (or tempeh?)
 - Quick clean/process herbs
- Wings → dry brine
- Chicken (for week) ← tomorrow?

Mother's day week foods

- Salad / dressing
- Protein (roasted)

Post vacation foods to make/build recipes for

- Vinaigrettes
 - Goddess dressing ([SE](#), [NYT](#), [Alt](#))
 - One I had was not super emulsified
 - Common herbs: tarragon, chives & parsley
 - Raspberry vinaigrette ([NYT](#), [Vitamix](#))
 - General ([SE](#))
- ✓ [Stew](#)
- ✓ [Cottage pie](#)
- ✓ [Meat sauce](#)
- ✓ Steak/mushrooms

- ✓ Tested new mushroom method, worked well

Vacation food thoughts

Pressure cooker prep

- Pork shoulder vindaloo (find method/ratios)
- (and other similar curries)
- Curry base (to freeze)
- Beef stock (where to source beef bones?)
- ~~Beef stew (base)~~
- French onion soup base

Ramen

- Ramen graphic (ratios, kcals, micros) #MAKEME
- Protein options
- Veg options
- Variants
- Accoutrement
- *The Ramen Diaries*
- Methods
- Tare (to freeze, and general ratios)
- Portioned noodles (~300kcal)
- Stock (need bonito)
 - Seafood
 - Shoyu

Salads and Dressings

- Raspberry vinaigrette
- Green goddess dressing ([link](#))
- Tahini goddess?
- Chart with ratios

Dessert bucket list

I don't really want to have more desserts in the house, but there are a few desserts I'd really love to learn to make well:

- Crepe cake
- Banana crisp
- Various creme bruleés

Fish taco salad

- Halibut
 - ~10 minutes at 220C
 - Baked to 62C
 - Mayo/spices
 - Lemon
 - Salt/Pepper
 -
 - Remove skin
- White sauce
- Quick pickle onion

2022/23: Fall/Winter

Pizza day

- Dough made
- Par bake worked okay for one, but the other not as well
 - Broiling + flipping was cool

Lunch meats on the cheap

Some research for another week, homemade lunch meats:

- [Chef John's turkey](#)

Beef stew

Prep day Sunday, late Winter edition

Today's prep will replace some freezer items and set up the week:

- Chicken stock (use up the onions/celery/chicken bits)
- [Ramen noodles](#) (for lunches this week)

Hacked chicken parm

I used one of the chicken patties I made earlier this week and breaded it using cereal crumbs and parm, shallow frying it, and then baking it with cheese on top. I added it to a plate of spaghetti as the protein. The entire meal took about 20 minutes to prepare, including dishes. When I can nail the recipe, this will go into our rotation.

Thoughts:

- Cereal was crunchy, but flavour didn't add much (and needed some salt)
- For a salty patty, the chicken was flat (breeding unbalanced)
- Sauce was fine, but bicarb experiment pushed the flavour to less great

I enjoyed this meal, but it fell short in brightness and balance. Breast meat and better breading would make a huge difference, and a brighter sauce would compliment it better. Experimentation is learning!

Sodium bicarb results

Ground beef: I tested a recipe floating around the interwebs that pairs baking soda and ground beef to enhance browning and reduce moisture loss. What I found:

- It does what it claims to do (at 0.5%-1.5%)
- The flavour is more alkaline than I like at 1%
 - Will try 0.5% next time

The texture and browning properties are good enough that I'm going to try a more subtle amount, and see if the flavour is more easily hidden.

Chicken stir fry: I tested velveting meat with baking soda at 0.5%-1.0% and found the flavour was not as unpleasant, likely due to the different size and surface of strips of chicken. I will continue with 1.0% for velveting.

Ground chicken: I tested a bicarb/brined patty from ground chicken. The baking soda added springiness, but the alkalinity shifted the saltiness of it towards mildly tinny.

Red Thai curry

A quick Thai style red curry, about 10 minutes of prep and 20 minutes active cook time.

- Roast red-hued veg in the oven
- Heat the cream of some coconut milk until reduced and starting to split
 - Add curry Paste
 - Add tomato paste
 - (combine, stirring)
 - Add onion/shallot (not authentic, but adds some body and depth)
 - Cook until sticking
- "Deglaze" stuck stuff
 - Add remaining coconut milk and stir, lifting bottom bits up
 - Add stock
 - Bring to simmer
- Add veg
 - Add a tin of drained:

- water chestnuts,
- Mini corns
- Bamboo shoots
- Roasted veg
- Heat
- Add protein (near the end, assuming it's cooked)
 - Tofu is a great default
- Balance
 - Fish sauce,
 - Sugar/maple syrup/honey
 - Soy sauce/salt/msg
 - Lime juice
- We cooked some shrimp separately with S&P and lime

Chicken patty tests

Planning for Sunday:

- [Patty recipe](#)
 - 450gx2 → 128g per patty (\$2 per patty)
 - [Scaling sheet](#) (making 900g worth)
 - ~~Very sticky, may not come off the parchment well (try a warm plate + refreeze?)~~
 - (they came off fine, before 100% frozen)
 - (still weirdly sticky)
 - **Simple breading → good taste overall, but not what I was aiming for**
 - Too springy, slightly salty (skip the NaHCO_3 , reduce the NaCl)
 - Skip the garlic
 - Focus on S&P, MSG, and poultry seasoning
 - (consider onion powder?)

Ramen tests

I used up some frozen ramen noodles this week. Observations:

- Fresh ramen noodles freeze really well (texture was better?)
- Shoyu style broth is nice
- Need to get a rule/ratio for salinity of ramen broth

More Feb ideas

- TODO: Mushroom pizza/pasta/pan sauce/etc. base
- Homemade tea blends
- Chicken patties

- Fam chili
 - [SE](#)

Feb ideas

- **CHICKEN COCONUT CURRY STEW**
This must order creamy chicken coconut curry stew will surely satisfy any palate. Comes with yams, potatoes, carrots, peas, cilantro, mint, spring green onions, and topped with a sprinkle of crushed roasted peanuts. Accompanied with a side of jasmine rice.

Prep, new approach

- Browned beef for meat sauce
 - 1% baking soda

Ramen for lunches

- Store bought ramen was sad face
- Baked baking powder - 100g / 66g
 - Total - 862g
 - Target - 830g
- 1 batch of noodles
 - $\frac{1}{4}$ after 24 hours (good)
 - $\frac{3}{4}$ after 48 (just as good, slightly better?)
 - Froze 2 portions

Veg dinner

- Green potatoes (baked to heat up)
- Frittata
 - 1:1 veg:egg
 - $\frac{1}{4}$ Savoury things
 - $\frac{3}{4}$ Healthy things
 - CHEESE MOTHER FUCKING CHEZ

More winter ideas and dishes

- Hasselback veg (beets, carrots, potatoes, radish, etc.)
 - Compound butter (garlic, shallot, herbs like rosemary, parsley)
- Top round/outside roast
 - 230C for 15 minutes
 - 140C for ~30 minutes
 - Remove at 58C (~4C under) for medium

- Rest 15 minutes

Late winter prep

- Taco beef
 - 2x chipotles (not too much, it turns out, just a bit spicy)
 - 3x small onion/head garlic/shallot
 - 1:1 mushroom beef (before cooking)
 - 1 large bag mushrooms
 - 1 large pack lean beef
 - 1 small pack not lean beef
- A better mac and cheese and beans
 - Bolognese
 - Ricotta mix
 - Black
 - Noodles

End of January ideas

- Raviolis
- Ramen noodles
- Chickpea flour things

Weekly research

- [Old HAL bread pudding](#)

Pasta tests

- [Ravioli With Spinach-Pecan Filling](#)
 - Filling was fantab, though might whip the cheese next time
 - Pasta was a bit too wet, but I adapted
 - Also learned how to clean the pasta maker
- Test

Recipe dev: chicken patties

- Research suggests
 - minced, some fat, and brined
 - Water instead of milk, either a batter or just the dippy method with cornstarch instead of egg
- [Draft recipe](#) (guessing batter)
- These may be good without breading, but assuming pan-fried will work

Pasta, pork, and other things this week

- Made a pot of Boerenkool Met Worst
 - Kale/bok choy (left over), and cauliflower
 - Ukrainian sausage
 - Onion
 - Butter, salt, pepper
 - Vinegar to taste
 - (great as always)
- Baked some pork tenderloin with Al Pastor sauce
 - Added seasoning + oil + sugar
- Planning pasta for Thursday
 - Wednesday make dough
 - Make more Thursday
 - Filling?
 - [Ravioli With Spinach-Pecan Filling](#)

Fam ramen day

This worked very well.

- [Noodles](#)
 - Dough
 - Noodling
- [Broth](#)
 - Base
 - Dashi
 - Cream
- Toppings
 - Chili oil
 - Mushrooms
 - Shallots
 - Corn
 - Bamboo
 - Green onion
 - Eggs
- Inspiration
 - [Vegan dashi/tonkotsu/tare](#)

NYD prep

- 2 x Chilis (1 x veg, 1 x beef)
 - Brown beef or lentil mince
 - Add onions/garlic

- Chilpoltes
- Chili sauce?
- Tomatoes

NYE/Fam day prep

For NYE:

- Stuffed mushrooms
 - Shallot
- Al pastor marinade (for pork)

For fam day:

- Pulled pork or al pastor (carnitas?)
- Beef chili
- Lentil chili
- Coleslaw
- Chicken stock

Mushroom raviolis

- [SE's recipe](#) and [supporting pasta](#)
 - Use setting 6 (or 7) for the best shapes
 - Tortellini are easy to make
 - Use egg ring (size)
 - ~6-10g of filling
 - Fold, seal starting from middle outward both ways, hugging the filling
 - Fork pattern on edge
 - Flat end down, pull edges together and pinch (pleated edge will fold towards you + innards will dimple a bit)
 - Watch a video if you forget or if not working

Mushroom/lentil base

I'm working on a vegetarian version of my beef/mushroom/sofrito base. The goal is a savoury base for weeknight meals, for pasta sauces, soups, tacos, casseroles, etc.

(This is an approximate recipe, needs some testing)

Ingredients	Method
- 3-4 cups finely diced criminis	1. Fry mushrooms in olive oil on medium. This takes a bit (dry → wet → dry +

- 4-5 cups sofrito - 3 cups lentils - 2 cups veg stock - ½ cup dry sherry - 3 tablespoons olive oil - Neutral backgrounds spices - 2 bay leaves - 2 large sprigs rosemary - 1 tablespoons thyme - 2 tablespoons paprika - 2 teaspoons MSG - 3 teaspoons granulated garlic - Salt/Ground black pepper to taste	browned). Add some salt. 2. Add sofrito and continue frying. As things start sticking, add tomato paste, stirring like a MF. Add a bit more salt. 3. Add lentils, and fry those a bit. 4. Before the sticking stuff burns, deglaze with sherry, then stock. 5. Add remaining seasoning, stir, and taste. Simmer until thickened and lentils are just starting to soften. a. Too liquidy → add cornstarch b. Too dry → add water + cornstarch Some sort of thickener will keep this together when used in a sauce.
---	--

This turned out well enough that I ate some for a snack. We'll test this in a week or two once everyone is back home.

Prep

- ☒ beef/mushroom
- ☒ mushroom/onion (with lentils?)
 - Brown mushrooms
 - Add onions + sweat
 - Add lentils (etc.) and liquid (veg broth or similar)
 - Lightly season
- ☒ Beef patties (120g)

Potential new recipes

- [Date squares](#)
- [Nanaimo bars](#)
- [Spicy chilis](#)
- [Chili oil](#)

Pizza tests

Based on ratio research (1-2% salinity), I'm making pizzas. Weird, but I'll explain after my notes.

- Added notes for the [simple pizza sauce](#) I make with weights
- Used the [Lazy pizza dough recipe](#), 100g mini pizza
 - 247C, convection

- Thin crust (15-16cm or so)
- Copicola/ham/hot peppers/cheese
- ~10 minutes one rotation, on the back of an aluminium pan
- Notes:
 - Testing small pizzas for snacks and lunches
 - Nice brown top/crust
 - Bottom mostly cooked (but not crisp)
 - Try lower rack with pan next
 - Left in cooling oven for a few
 - Cooling after for ~5
 - Rise was minimal, may need to pull out of fridge earlier
 - Only 12 hours fridge time so far

Ratio research

Need a one pager of important ratios and terms

- Roux/gravy → sauce 2 tbsp : 2 tbsp : 1 cup (fat:flour:liquid)
 - **30g : 15g : 250g** (fat : flour : liquid)
 - 125g:63g:1041g
- Fake ramen noodles
 - 2 teaspoons per quart of water.
 - But when you have a full-flavoured broth, go ahead and use 1 full tablespoon of baking soda per quart of water.
 - 950ml : (4g → 14g)
 - **1L : 10g : 10g** (water : baking soda : salt)
 - (1) *will not work with the evaporation method, and will end up tasting very bad*
 - (2) *still season with salt*
 - [Reference SE](#)
- Japanese iced coffee
 - **32.5g coffee/500ml liquid**
 - **200g ice**
 - **300g hot water**
 - Step 1: 97g bloom (45sec) stir bloom
 - Step 2: pour remain water in 2:30 to 3 minutes
 - Step 3: stir once circular motion once in opposite motion
 - Step 4: after drawdown, swirl canister to melt ice
 - Step 5: serve on fresh ice
 - Test:
 - 380g ice
 - 65g coffee
 - 3:00 minute draw (was slow, too fine?)

- Measured g: 1512g - 656g == 856g-380g == 476g
- Total 476g

Weekend prep for December

- Chicken stew ([example](#))
 - [Beurre Manié](#) → keep some in fridge
- Bases
 - Mushroom/onion/garlic/herb mix (for pastas, etc.)
 - Oven or pan?
 - Beef/mushroom/onion mix
 - Taco mix
 - Pulled pork mix
 - Beef stew base
- Stocks
 - Beef
 - Mushroom/veg
- Chili
- [Banana crisp](#)
- Menu design:
 - Christmas eve (sandies, charcuterie)
 - Christmas day (breakfast wraps, burritos)
 - Christmas week
 - Family week
 - Family Christmas day (Jan 2)

December ideas

- Vindaloo
- Pizza dough practice
- Noodle practice

Fall ideas

- From NY: [Cider donuts](#) (baked), seems like apples would be tasty
- From Brian L: Enchiladas
 - Idea is to use mushrooms and jackfruit instead for texture (and rice?)

Weekend prep and fridge winning

I have a few recipes planned this weekend:

-  Quick cottage pie (use up mash and stock)
-  Chicken stock (for above and the freezer)

- ☒ Chicken sandwiches
- ☒ Turkey soup or pie filling (use up freezer turkey)
 - Turkey was freezer burnt, threw it into the stock
 -
- ☒ Iced tea (it's been a bit)
 - 2L tea (black + flavoured)
 - 3-4 scoops of white sugar
 - ¼-½ cup of lime or lemon juice
 - ([added to recipes](#) as I only had my old)

Salad sandos

- John's [Japanese style egg sandos](#)
- [Kenji's](#)
- [Adam's salad sando supercut](#)
- [John's Korean street toast](#)

Ann the mixologist

This is a play on the Wild Orchid drink (normally uses Strawberry liqueur). You can use limoncello instead of lemonade, and you can use soda/wine if you're too fucking lazy to buy prosecco.

- Gin lemonade
 - ¾ oz strawberry gin
 - ½ oz vanilla vodka
 - 1 ½ ounce lemonade
 - ½ oz sweet prosecco
- Strawberry soju
 - ½ oz vanilla vodka
 - 1 ½ ounce lemonade
 - ½ oz sweet prosecco
- Red Alizé cranberry vodka
 - ½ oz vanilla vodka
 - 1 ½ ounce lemonade
 - ½ oz sweet prosecco
- White zinfandel strawberry
 - ½ oz vanilla vodka
 - 1 ½ ounce lemonade
 - ½ oz sweet prosecco

Second pizza practice

Made two medium pizzas, each with 175g of dough:

- All dressed, v2
- Greek style

Quick egg McMuffins, v205895

The principles of an egg McMuffin are:

- Overcooked egg
- Savoury/salty past what you would expect
- Toasted english muffin, crunchy on outside and soft on the inside (microwaving first can revive a stale one)
- A bit of fat (cheese is a start, butter or olive oil can help)
- Let it rest and melt together
- Top with something salty, smokey, and savour (maybe a bit of crunch)

I like Swiss cheese slices as my fat/cheese, skip the butter (it's messy), and use frozen, store bought English muffins. While the are easy to make, I don't eat these enough for it to be worth it.

Weekend pizza

Craving pizza, too cheap to order out, kinda want to practice.

Dough went together quickly, portioned into 175g balls in the fridge, after a 1.5 hour rise (coolish kitchen). This should be enough for a 15-20cm pizza (small → medium), depending on how thin you want it.

The dough baked well too; I par-baked it, and then dressed and finished it. It was slightly underdone, but I think stretching it more and covering it with foil might help next time.

Last night's pizza was the all-dressed sort:

- Sauce, mozza, parm
- Ham, salami, sausage
- Pickled peppers, fresh pears, olives, onions

It was good, and close enough to perfectly cooked to be enjoyed.

Beef ragu, a way out of leftover gravy

We were going away this weekend and I wanted to use up some leftovers in the fridge. There was about 500ml of mushroom gravy, a bunch of flat leaf parsley, $\frac{3}{4}$ of a large purple onion, and a mild anaheim pepper from Ann's Mom's garden. I decided to make beef [ragu](#):

- 1 tin of san marzanos (mashed)
- 500ml mushroom gravy (diced the mushrooms a bit better)
- 500ml beef/mushroom/onion/garlic mince (from the freezer)
- 50ml (or so) tomato paste
- ½ cup white wine to deglaze
- 2 preserved and roasted red peppers (diced)
- 1 anaheim pepper (diced)
- 1 large purple onion, 1 small white onion (diced)
- 2 stalks of celery (diced)
- 5 cloves of garlic (minced)
- 1 bunch flat leaf parsley, stems removed (diced), reserving some for service
- Lemon juice (to balance)
- Balsamic vinegar (to balance)
- Olive oil
- Salt, black pepper
- Thyme, garlic powder (to reinforce the garlic flavour)

This is a ragu hack, but you assemble it like most French or Italian dishes:

- Sweat onions in olive oil, add other veg, sweat some more
- Add tomato paste and cook until it starts to stick
- Let the sticky stuff brown a bit, then deglaze with wine (scraping up brown bits)
- Add tomatoes and mushroom gravy, and mash tomatoes until desired lumpiness is achieved
- Add mince and break apart if still frozen
- Simmer for a bit
- Add salt, pepper, herbs as needed
- Balance with balsamic, lemon, and olive oil

Reduce the ragu if needed. I like the veg to be soft, but with some texture remaining (freeze better, highlights the vegness).

I had this over fettuccine using the pan-method, and combining the sauce with the starchy water pasta for a smooth sauce. I plated it with black pepper, the remaining flat leaf parsley, and a bit of parmesan (optional).

Mushroom pasta, and forester gravy

I made a few pantry meals this week using dried mushrooms:

- Mushroom [aglio e olio](#) (on spaghetti)
- [Forester gravy](#) (without the cream)

For both, I soaked the mushrooms in hot water for ~15 minutes, gave them a rough chop, and fried them in a pan. I used the mushroom tea as the stock, fortifying it with some grocery store vegetable stock, and some basic spices.

I thickened the gravy with some cornstarch, and added some butter near the end. This topped off some plates of potatoes and pork tenderloin.

For the aglio e olio, I added dry noodles to the pan of fried mushrooms and garlic with enough water to cover the noodles with ~.5cm of water. I used the mushroom tea for some of that water, and topped it off a few times with water from the kettle, until the pasta was about 80% cooked. As the water boiled off, I added salt, pepper, and chilli flakes to taste, and drizzled some olive oil in as I stirred to emulsify the oil and starch water.

Both of these dishes are now in our regular rotation, though I need to practice the gravy a bit more (my cornstarch game needs some repetition).

Quick curry

- [Video](#) 15 minute
 - Blitzing the chunkies speeds things up
 - Pre-ground spices FTW

5 minute breakfast sandies

- bun
- 1 egg
- Cheese (cubed/diced)
- Mayo

Roughly stir the egg, salt, pepper, and cheese in a bowl.

Toast the bun in the pan while it warms up, aim for some good crunchy crusty crust.

Remove the bun and add the egg (I use a square Tamagoyaki pan) with some oil and spread it thin. Use a spatula to contain the egg to about half the pan, and let cook. Flip over itself until it's roughly the size of your bun. Overcook slightly (as that's what most restaurants do).

Add egg, mayo, and some pepper to your bun.

Mushroom gravy thoughts

We made mushroom stock for Friendsgiving, and the same weekend I had a "forester" schnitzel. The mushrooms on that schnitzel are some of the best I've ever had. Here are some thoughts on recreating that dish:

- Combine fresh and dried mushrooms ([inspiration](#))
- Try using chicken stock or a vegan gelatin
- Sweet wine or cherry ←

Friendsgiving 2022

- Prep day
 - ☒ ~~Stunt turkey prep~~
 - ☒ ~~Stuffing prep~~
 - ☐ Turkey stock
 - ☒ ~~Prep veg~~
 - ☒ ~~Prep turkey~~
 - ☒ ~~2x 500ml for Lor~~
 - ☒ ~~1x 500ml for stuffing~~
 - ☒ ~~1x 1l for gravy~~
 - ☒ ~~(freeze extras)~~
 - ☐ Turkey gravy
 - ☐ Veg gravy (for J)
 - ☐ Veg stock
 - ☒ ~~Prep veg~~
 - ☒ ~~Prep mushrooms~~
 - ☒ ~~500ml for gravy~~
 - ☒ ~~Rest for freezer (J)~~
 - ☒ ~~Pie prep~~
- Game day
 - ☐ Baked jalapeno mac & 3 cheese with smoked tempeh bits (40 minutes)
 - ☐ Stuffing (40 minutes)
 - ☐ Stunt turkey roast (2-3 hours)
 - ☐ Turkey roast (2-3 hours)
 - ☐ Mashed potatoes (40 minutes)
 - ☐ Corn! (15 minutes)
 - ☐ Roast veg (40 minutes)
 - ☐ brussels, beets, yam, cauli, squash
 - ☐ Olive oil and seasoning (light), maybe some balsamic
 - ☐ Reheat
 - ☐ Mac & Cheese (30)
 - ☐ Sweet potato pie (30)
 - ☐ Veg gravy (20)
 - ☐ Turkey gravy (20)

☐ Buns/rolls (20)

Timeline

- **< 12:00PM**
 - ☒ Roux
 - ☒ Season Lor's stocks
 - ☒ [Prep mac](#)
 - ☒ Prep stuffing
 - ☒ Charcuterie
- **1:00 PM**
 - ☒ SKYLER
- **2:00PM - 5:00PM**
 - ☒ Turkeys → 70C light / 80C dark
- **4:00PM**
 - ☒ Prep potatoes
 - ☒ Prep corn
 - ☒ Prep veg for roasting (2 pans?)
- **4:30PM**
 - ☒ Cook stuffing
- **5:00PM**
 - ☒ Oven
 - ☐ Mac
 - ☐ Roast veg
 - ☐ Dressing
 - ☒ Stove
 - ☐ Potatoes
- **5:30PM**
 - ☒ Oven
 - ☐ Buns
 - ☒ Stove
 - ☐ Gravies (2 tablespoons or 30ml / 500ml)
 - ☐ Corn
- **6:30PM**
 - ☒ Reheat pie

Timeline worked well this year.

2022: Where did summer go?

Quick pho

- Broth
 - Stock (I used a box of beef, homemade chicken, and some pork drippings)
 - Leftover green onions (good parts, but needing to be used up)
 - Minced ginger
 - 3 star anise, 2 cloves, ½ stick cinnamon
 - (roughly based on [this recipe](#))
- Notes
 - Celery doesn't taste right in it
 - Sugar helps a bit
 - Almost forgot the lime

Made this 3 times; it was far better without celery, and it needed to be sweeter than I expected.

Weekly cooks

- Pizza and focaccia
 - [Dough](#) (rise ~2 hours, folded every 30 minutes)
 - This dough was close to perfect for focaccia (219C with the fan on, 25 minutes, ~3-4cm thick)
 - Pizza:
 - Mushrooms, leftover beef crumble, sauce, cheese
- Bean and beef taco salad (fav in a long time)
 - Taco/mushroom/onion/chipotle slow cooked beef
 - Any salad
 - Dressing: fresh salsa and sour cream
- Sirloin tip roast (is part of the round roast closest to the sirloin)
 - Garlic slices every 2-3 inches
 - Rub, with thyme, and standard 10-spice rub
 - Olive oil
 - On a bed of onion, shallot, garlic, bay, olive oil, and sherry (and some water)
 - Aiming for 55C/135F (pull at 50C?)
 - May rub with mustard near the end if it browns too much
- No knead dough ([link](#))

2022: IT'S FUCKING SUMMER AGAIN

New ideas

- [Biryani](#)
- [Pangrattato](#) (breadcrumbs and shit) and cauli pasta
 - [Recipe](#)
 - Mushrooms + some whole cauli
 - Some browning
- Cauliflower miso mac and cheese (from The Savvy Cook)
- Clam pasta - canned

Quick curry

- Somewhere between butter chicken and chana masala
- Ended up making
 - BB chana masala (a bit tomato-y, needed more time on the onions)
 - Butter paneer masala (no cream, cashews only, worked well)
 - Too much ginger in both, but that was fine

Vindaloo wings

Sauce (from memory, needs testing):

- 3 tablespoons lime juice
- 3 tablespoons maple syrup
- 2 tablespoon soy sauce
- 1 ½ tablespoons vindaloo spice blend
- 1-2 tablespoons olive oil
- 2 teaspoons mild chilis (korean worked well)
- 2 teaspoons garlic minced or grated
- 2 teaspoons onion minced or grated
- 2 teaspoons ginger minced or grated
- 1 teaspoon corn starch
- ½ teaspoon granulated garlic
- ½ teaspoon MSG
- Salt
- Water (for consistency)

Combine ingredients with a whisk. Cook over medium heat until thickened, the oil will bubble along the edges. Add water to thin to a good consistency. Adjust with salt (and other ingredients) until balanced.

Salad time

- California roll salad (Chef John, cut down the carbs)
- [Chicken Pho](#)

Cooking challenges

- Vindaloo
- Pizza replacements
- Pastas
 - [Spinach/garlic/parm sauce](#)
 - Add mushrooms, maybe bean patty chunks
- Salads
- Mains
 - Sauces
 - Chimichurri
 - New veggie sides
 - Meats
 - Chicken parm
 - Steak
 - Roast chicken

Veggie burgers 2022

- A few things I would like to try:
- Research
 - [Black bean smash burgers](#)
 -
 - [Planta burgers](#) (and [here](#), and [here](#))
 - [Nutrition/costing](#)
 - Tomato paste (try)
 - *Worked well, but not enough structure (needed egg, mixing, and possibly more structure ingredients)*
 - [Gluten burger](#)
 - My recipe of it
 - [Yeung Man's](#)
 - [Kenji's](#)
 - Cow cafe burger
 - Oven roasted vegetables, black bean, toasted walnut, baby
 - arugula, tomato, roasted garlic aioli, feta, brioche bun.

Sweet cold brew tea

This recipe has evolved over the past 20+ years in our house. This is the one I'm using in 2022:

- 1L of strong cold brew black tea
 - 6 bags of Ceylon tea
 - 1L H2O

- 6-12 hours in a cool place (or in the fridge)
- 90g white sugar
- 65ml lime juice (fresh is best, but I usually have preserved stuff on hand)
- Combine, shake, shake some more
- Serve over ice

2022: Winter/Spring

Test dishes

- [Chana masala](#) (also: [simpler steps](#))
- [Butter paneer masala](#) (also: [chetna's](#))
 - Masala paste
 - 2 tbsp oil/ghee
 - 2 bay leaves
 - 3 cardamom
 - ½ stick cinnamon (other half for rice)
 - 2 tablespoon of whole garam masala
 - 4 onions
 - 2 cloves garlic/1 inch ginger paste
 - 15 cashews soaked

Cook down, starting with spices, adding onions, developing, adding ginger/garlic paste, tomatoes. 20 minutes + 20 minutes

Cool, remove whole spices, and blend.
 - Curry
 - Oil, real butter
 - Bag, chili
 - 1 onion (finely chopped)
 - 1 tsp turmeric
 - 1 tsp chilli powder (kashmiri)
 - ¾ teaspoon coriander
 - ¼ teaspoon cumin
 - 1 teaspoon masala (powder)
 - Salt
 - Water
 - Cream
 - Paneer (soaked)
 - *Kasuri methi (tiny amount of fennel/celery salt/leaves instead)*
 - *Fresh coriander*

Add oil and butter to pan, carefully cook new spices.

Add onions, spices, salt, paste, and cream. Stir and season.

Add paneer.

End of Spring food prep

- Mushroom mix (for soups, salads, and omelets)
 - Need to figure out packaging (250ml + parchment dividers?)
-

End of Spring fridge cleanup

- Leftover mapo tofu → ramen!
 - ☐ Cabbage
 - ☐ Mapo tofu
 - ☐ Carrot
 - ☐ Spices
- Leftover beef/pork → meatballs
 - ☒ [I will update my recipe](#)
 - ☐ Use kitchen scraps for meatballs
 - Protein
 - 390g leftover frozen chicken (90% lean)
 - 160g pork fat (5% lean)
 - 560g leftover frozen chuck beef (80% lean)
 - Panade
 - 200g overcooked brown rice
 - 50g panko
 - 400g buttermilk
 - Other
 - 3 eggs
 - ½ cup celery leaves finely chopped
 - 100g onions grated
 - 10g grated garlic
 - 250ml seasonings (from recipe for the most part)
 - Method
 - Paddled panade and other ingredients together (after heating panade, mixing, and cooling)
 - Ground 1x fine mesh the mostly frozen chicken, beef, and pork fat, alternating
 - Paddled everything after removing grinder attachment until just barely combined
 - Tested 2 tbsp in a pan
 - Fell apart, surface browning was mostly on rice
 - Flavour fantastic

- Will try cooling/sit for 1 hour and see if they hold together better
 - If this doesn't work, will add breadcrumbs and salt and retaste
 - There may be too much liquid from extra egg or buttermilk as I was using up the last bits
- Soup stock

Desserts

- [Sour cake](#)
- Leftover rice → pudding
 - 2 cups rice
 - 2 cups milk / substitute ($\frac{1}{8}$ cream, $\frac{7}{8}$ oat milk)
 - 1 beaten egg
 - 3 $\frac{1}{4}$ tablespoons sugar
 - 1 teaspoon vanilla
 - Pinch of salt
 - 1 stick of cinnamon
 - *Heat for ~20 minutes on low/med until thickened and heated. Adding beaten egg early lets it temper slowly.*
 - *Aim for 60-70C*

More curry adventures

- Develop a base gravy
 - Research started (there are a lot of processes), need to find some core good technique here
 - [Example](#) (decent)
 - [Another example](#) (potatoes seem weird, less tomato)
- Garlic ginger paste

Curried adventures

- [Vindaloo](#)
- [Veg thai curry, more authentic and simpler](#)
 - Paste fried in coconut cream
 - Mushrooms and tofu fried simply in oil and garlic/ginger/chilis
 - Roast veg
 - Canned additions
 - Combine with stock, remaining coconut milk, and all other components
 - Top with chopped chilis, drizzle of coconut cream
 - Serve with jasmine rice
 - FYI: *This recipe worked especially well*

Skyler break menu

- Foods
 - ✓ Beef stew
 - This turned out very well, huge batch too
 - 2 large leeks, 2 onions, 1kg (or so) mushrooms
 - 4kg beef, tomato paste, stock, wine, herbs
 - Cottage pie
 - Tacos/burritos
 - Bolognese
 - ✓ Ravioli (for me)
 - Filled with parm, mushroom/beef mix, mozza, egg white
 - Held together well
 - 3 or 4 is best sheet thickness
 - Ann liked it too
 - Teriyaki wings
 - Garbage plate
 - ✓ Chilli
- Prep
 - Hamburger
 - ✓ Mushroom/onion/garlic/beef
 - ✓ Taco beef
 - ~~Chicken stock~~

Pre summer projects

Fish tacos:

- ✓ Pan fried cod
 - Rubbed with lime
 - Salt/ancho
 - Rubbed in oil
 - This turned out well, but cod was a bit tough (freezer burn?)

Salad dressings

- ✓ Ratio is 3:1:25 (oil: vinegar: mustard)
 - 2:1 wasn't as good, mistakenly added too much to container

Cookery week rollup

1. Hamburgers are easier than I remember, and they make less mess if you thaw the beef a bit. Flavours this week were good, but I need to find better pickles and

better buns. Costs were reasonable, though surprisingly the cheese and bun were $\frac{2}{3}$ of the cost. Need to learn to make buns as \$.60/bun for a mediocre product is bad.

- a. Pre-smash and frozen works fine, just use high heat and bacon press.
Works slightly better unfrozen, though texture tightens up after freezing (in a good way).
 - b. Toasted buns are important.
 - c. Mimicking famous burgers is a good way to learn flavour and texture balances. It's all about practice.
2. Chicken burgers are easier than I remember, though the cleanup is a bit more involved. A wok could help out a lot here (taller sides).
- a. Marinade with buttermilk is good, but needed a bit more seasoning. To the taste, the marinade was tasty, but on the chicken some of it was lost.
 - b. Swiss cheese on chicken is fantastic. Needed more onion though.
 - c. Ideal chicken sandwich:
 - i. Crunchy chicken
 - ii. Onions, pickles, mustard, mayo
 - iii. Lettuce, tomato
 - iv. Soft bun
3. Red sauce is something I should make more of.
- a. Good tomatoes help.
 - b. Soffritto cooks down nicely (smaller dice or grate)

Food prep/practice TODO

- ☒ ~~Marinate chicken (freeze some in marinade)~~
- ☒ ~~Package up red sauce + meatballs~~
- ☐ Prep apples
- ☒ ~~Make hamburger patties (half or all?)~~
- ☒ ~~Make chicken patties~~
 - ☒ ~~Breaded and par-fried~~
 - ☒ ~~Bare (freeze in some liquid)~~

Food practice: March

- ☐ Noodle and sauce practice
 - ☐ Mushroom lasagne
 - ☐ Mushroom linguini
 - ☐ Meatballs
 - ☒ [simple](#)
 - ☐ w/ricotta
 - ☐ Bolognese (w/wider pasta)

- ☐ Burgers
 - ☐ Beef (90g)
 - ☐ [Costing](#) (buns/cheese, surprisingly, are at the top of the list)
 - ☒ ~~In&out~~
 - ☐ Simple
 - ☐ Double
 - ☐ Chicken sandwiches (thighs)
 - ☐ Breaded/fried
 - ☐ Non-breaded
- ☐ Prep and ingredients
 - ☐ Mushroom bechamel
 - ☒ ~~Red sauce~~
 - ☒ ~~Meat base (onion, mushroom, etc.)~~
 - ☐ Ricotta ([a](#), [b](#))

Spring food goals

- [Cauli-alioli](#) sauce
- [Fresh pierogi](#)
- [Salads](#)
- German foods
 - [Platz](#)
 - [Rouladen](#)
 - [More ideas](#)
- Casseroles, but better
 - Cream-oh-mushroom
- Veg foods
 - [Walnut, lentil and chestnut mushroom ragu](#)

Sunday food, prep, and cleanup

- Pre-cooked apple (freeze in 2 portions for crisp or porridge)
- Bread dough

Equipment shopping list

- Taco press
- Large sieve
- Bun rings
- Potato ricer (food mill?)
- Wok!
- Tongs (oxo, with silicone ends)

Beef tacos

My new favourite way to spice beef tacos is with chipotles that are finely diced (or blended), with onions and garlic. Add cumin, lime juice, and salt/MSG to taste. Half a can usually is enough (for ~1kg of beef), but a whole can will bring a enjoyable amount of heat.

Lentil tacos

This is based on some youtube videos I've seen and some classic lentil bolognese recipes I've had in the past.

- 1 cup green or yellow lentils
- ½ cup chopped nuts, lightly roasted
- 1 small diced onion (or 2 shallots)
- 2-4 garlic cloves, finely diced
- ½ cup finely diced peppers (jalapeno, anaheim, etc.)
- ½ tin (100ml) diced chipotle peppers
- 1-2 tablespoons of dried chilli mix (ancho, cayenne, cumin, smoked paprika)
- 1 tablespoon oregano flakes
- 1 teaspoon tomato paste
- 2 cups vegetable broth (or water)
- 1 lime (juiced)
- Salt and pepper to taste

I've seen this made a few ways, but I'd like to try to preserve the textures a bit and am going to try:

1. Prep proteins:
 - a. Chop and lightly roast nuts in a hot oven (200C-ish)
 - b. Boil lentils and nuts in water (salted if you want), until al dente
 - c. Strain and set aside
2. Soften onions and garlic:
 - a. Add onions/garlic to a hot pan with neutral oil (coconut?)
 - b. Add peppers)
 - c. Add tomato paste once translucent, and stir until paste starts to stick
 - d. Deglaze with ½ of the stock and reduce to a simmer
3. Make a thick stew:
 - a. Add drained lentils and nuts
 - b. Add spices and chipotle
 - c. Add stock to get desired consistency
 - i. For salads you may want it thinner
 - ii. For soft or hard tacos you may want it thicker
4. Finish:
 - a. Check seasoning

- b. Add lime juice and check seasoning again

Also making some fresh corn salsa:

- 2 cups of fried corn (sweet)
- ½ cup Red peppers
- 1 tablespoon minced shallots
- 1 teaspoon garlic
- Lime juice
- Seasoning (cumin, ancho, salt, pepper)

Lightly fry, season, add lime, and let cool.

Random dinners this week

- Tested out a battered chicken, which was a bit wonky (baking did not work well)
- Quick cottage pie (30 minutes, using pre-cooked beef mix)
- [Mushroom soup take 2](#), made without cream and w/some dry sherry (was excellent)
- 2nd pass of battered chicken, converted to a stir-fry
 - Roast cashews
 - Weird chicken from yesterday
 - Onion and broccoli
 - Garlic/ginger
 - soy/sesame/gochujang/rice wine slurry
 - → second pass turned out much better
- Thinking about rice puddin' (John's)

Burger buns

Based on [Josh's burger buns](#) (and [Ethan's](#))

- cream instead of whole milk
- Take out butter (tonight)

Perfect bite nachos

Char siew roast chicken

Marinade:

- 1 soy sauce
- 1 oyster sauce
- 1 sweet soy (hoisin in a pinch)

- 1 honey (or maple syrup)
- 2 brown sugar
- $\frac{1}{3}$ 5-spice
- $\frac{1}{6}$ White pepper
- 1 Ginger/garlic paste
- $\frac{1}{3}$ red colour (optional)
- (I also added $\frac{1}{2}$ rice wine)

Scale as needed (using 1 == $\frac{1}{4}$ cup makes ~1.5 cups worth, enough for a 8 pack of small boneless thighs)

Marinate chicken pieces for 2-24 hours. Roast until 65C (white meat) or 85C (dark meat). Turn over if browning too quickly.

Simmer remaining marinade and reduce until thick and sticky.

Grandparents potluck

- Veg chili
 - Add crushed tomato and heat up
- Pulled pork
 - Reheat, cubed, in liquid
- Mac & Cheese
 - Tempeh
 - "Breadcrumbs"
- Slaw
- Crab dip
- Veg platter
- Yucky salad
- Cake thing

2021: Fall/Winter

Wintery food goals

- [Soupmas](#)
- [Breads](#)
- Burritos / bowls

Onion bhajis results

Recipe made about 2x what we needed, but was overall quite good.

The good:

- Cook time was about right
- Tasted pretty close (even without the cilantro)
- Waxy potatoes fried nicely

The bad:

- Too watery I think
- Oil foamed up (too old?)

Next time, I'll size down the recipe a bit and review some more examples of how they're made.

Onion bhajis

This is a recipe we've wanted to try for a while:

- 4 white onions halved and sliced
- 1 potato julienned
- 2 green chillies, finely sliced (or hot chilli powder)
- 2 teaspoons of salt
- 1 tablespoon curry powder (or masala)
- 1 teaspoon turmeric
- ½ teaspoon cumin
- 1 teaspoon coriander powder
- 1 teaspoon panch phoron (or some ground fennel and fenugreek)
- Dried fenugreek leaves
- Handful of fresh cilantro
- 3 eggs
- ~1 ½ cups of gram or garbanzo flour

Slice and dice the veggies and add to a large bowl. Mix in eggs and spices, and combine thoroughly. Add flour, combining by hand (add up to ½ cup more if you have trouble balling up the fritters).

Form golf ball sized fritters and drop in ~180C oil. Flip a few times, and remove once golden brown.

Soupmas update

We decided to make soups this year, as they're easy to make vegetarian, and they're fancy (but not overly rich). We have made these soups so far:

- [Butternut squash](#)

- Slightly sweet, due (I think) to the soup stock I used from the freezer
- Browned butter worked very well
- Sage would have been better than thyme/rosemary
- [French onion](#)
 - This was nearly perfect
 - Need way more onions next time, maybe cut them a bit thicker
 - (I used the mandoline on the 2nd setting)
- [Potato leek and mushroom](#)
 - This soup was lovely

Pizza party update

Pizza night was a success:

Bottom crusts were cooked, though not as crispy as I'd like; I think I'll need a stone or steel to make this work better, as 288C just wasn't enough except for perhaps the first pie. I may try a carbon steel pan and a longer preheat next time.

I did notice better performance based on the number and type of toppings, especially noticeable with the home oven. Also trying to bake 6+ pies showed how poorly the electric stove recharged between bakes. Large pies might be a solution here.

Jazz/Conner/Kids pizza day prep

- ✓ Shopping for final ingredients
- ✓ [Pizza sauce](#)
- ✓ [Spiced tofu](#)
- ✓ Tempeh?
- ✓ Cheese grated (4:1:1 mozza, parm, gruyere)
- ✓ [Ranchero dip](#)
- ✓ Italian sausage
- Dice
 - ✓ Onions
 - ✓ Peppers
 - ✓ Mushrooms (saute?)
 - ✓ Peperoni
 - ✓ Olives
 - ✓ Sun Dried tomatoes
 - ✓ Artichoke hearts

Pizzeria style pizza sauce:

- 645g strained tomatoes
- 25g tomato paste
- 10g olive oil (1 glug)

- 5g med quality balsamic (a few glugs)
- 6g granulated garlic (1 tsp)
- 1g dried oregano (2 tbsp)
- 1g ground black pepper (1 tsp)
- 1g msg (optional)
- 15g sugar (to taste)
- 15g kosher salt (to taste)

Pizza practice week

I'm making pizza a few times this week to test out the new dough, and to tweak the oven temperature and time for the new pans.

1. Started the pizza on the top rack, too much top heat. Recommend not using rapid preheat with pizza on the deck, and use a lower shelf. Fixed underdone bottom with some stove top magic.
2. Middle rack, oven didn't get about 260C. Good edge crust, bottom slightly underdone. Recommend not starting on a second pan, and to preheat longer. This one was very close to good+++.

Pizza dough, 2022 recipe

I reviewed a number of methods:

- [Ethan's pan pizza dough](#)
- [Brian's quick pizza dough](#)
- [Adam's home pizza dough NY style](#)

I decided to try a recipe from [Flour, Water, Salt, Yeast](#), with some adjustments based on what other cooks have suggested. This turned out to be a big win, and it's much easier to make overall than my previous methods.

Flour, Water, Salt, Yeast version:	My adaptation
- 1000g white flour (consider adding gluten) - 700g water - 20g salt - .8g dried yeast	- 900g white flour - 100g vital wheat gluten - 700g water - 25g salt - 25g sugar - 1g dried yeast
This recipe uses an autolyse method (30 minutes) for some enzymatic magic, then a fairly standard by-hand mix. 1. Hydrate the yeast	1. Bumped up the gluten level (by about 1 tablespoon per cup), to promote gluten development. 2. Adjusted salt + added sugar (to adjust for home oven temperatures)

2. Autolyse 3. Mix (adding salt here) 4. Fold/knead 5. Divide/store overnight	Autolyse ended up ~5 minutes shorter, and ratios may be slightly off as I was interrupted by a call. I mixed it on medium for ~7 minutes, until a ball started to form, then dumped in a proofing bucket destined for the refrigerator (24-48 hours). Resulting dough has a nice smooth texture. We will see how the first rise goes, after a stint in the fridge.
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Veg stock, reviewing example recipes

Revisiting veg soup stock, based on [Glen and Friends Cooking's take on it](#). The guts of the recipe focuses on a specific ratio before roasting of **2 parts vegetables to 3 parts water**.

Glen's approach maximizes browning by using a long roast and very thin slices, in addition to flavour bombs like dried mushrooms, kombu, and miso. He calls out the importance of the leek to the overall mouthfeel, and based on that I'm tempted to include some vegetable oil in some way (frying the fresh mushrooms?).

Example veg:

- 1- 2 medium carrots
- 1- 2 celery stalks
- 2 medium onions
- 1 red pepper
- Fronds from fennel bulb
- 1 leek
- 1 beet
- 1 head of garlic
- 8 dried porcini mushrooms
- 1 6x4" piece dried seaweed
- 60g shiitake mushrooms
- 200g mixed mushrooms

Thinly slice veg, use any clean skins (onion, garlic). Avoid [brassicas](#) (cauli, broc, cabbage, brussels, etc.) which can result in a bitter stock.

Spices and flavour enhancers:

- 5 mL (1 tsp) black peppercorns
- 45 mL (3 Tbsp) white miso
- 30 mL (2 Tbsp) vegetable oil
- 30 mL (2 Tbsp) tomato paste

And, of course, water:

- 4L water

Method:

1. ~2ish hours: roast off veg at 150C, with flavour enhancers whisked together and drizzled on top. Toss occasionally.
2. Add veg to a large pot with water and roast in the already heated oven (or stovetop, on low) for an hour. Optionally, use a pressure cooker on low for 30-40 minutes, decompressing slowly to avoid boiling the liquid.
3. Strain out solids and reduce (optionally). Depending on the miso, you may want to strain through a cheesecloth.

Christmas menu ideas (soupmas?!)

Over coffee this morning we decided that Christmas would both be meat free and based on our favourite soups. Easy to prepare ahead of time, and awesome food too.

The menu so far:

- French onion
- Thai coconut mushroom
- Potato leak
- Corn chowder
- Broc/chez
- Squash soup

And sides/add-ins:

- Baked and seasoned chickpeas
- Croutons (from homemade bread)

And if you have soups, then you must have breads. We'll work on some short sourdoughs, focaccias, and maybe even some snacks pizza.

Fall food goals

Planning ahead for the Fall so I can get some research done beforehand. Things I want to learn / make / try:

- [Spinach lasagne \(Serious eats\)](#)
- [BA's pineapple pizza](#), making it BA's poppin pineapple pizza
 - Get back on the 🍕🍕 train
- Stewed greens
- Better home curries
- Dumpling like things made with pasta maker

- [Dumplings](#)
- [Perogies](#)
- Ravioli-like-things

Fake'n'bake attempt 1

I'm baking a whole chicken tonight, but prepping it during lunch.

- 1 whole chicken
- 2-3 tablespoons of chicken rub
- Corn starch, flour, and baking powder (dusted on)
- Fridge for 3-4 hours (on a wire rack)

Fried rice

I had a bag of peppers that needed using, as well as some pork shoulder.

- 2 cups of short grained rice (refrigerated overnight)
- 4 bell peppers, diced
- 2 cups of diced pork shoulder (fried)
- 3 stalks of celery, diced
- 1 onion, thinly sliced (long, polar strips)
- 2 cups of classic frozen veg
- Garlic and minced ginger (3-4 cloves, 2-ish tablespoons)
- Sauce and thickener
 - Soy, vinegar/sake, sesame oil, fish oil
 - MSG, white pepper
 - Chilis (whole, diced, sauce, or paste)
 - Corn starch

Fry in a wok, or large frying pan (in stages) in order, adding sauce last. Heat until thickened, without getting everything else mushy.

Garlic ginger wing sauce

- 1/3 cup soy sauce
- 1/3 cup honey or maple syrup
- 1/3 cup hoisin sauce
- 1/4 cup sake or wine vinegar (more to balance)
- 1 tablespoon sesame oil
- Grate:
 - 1 small knob of ginger (2-3 tablespoons)
 - 2 garlic cloves
 - 1 small shallot
- Spice with:

- 1 tablespoon Togarashi
- Top with
 - 1 tablespoon sesame seeds (toasted if you have time)
 - 2-3 sprigs of spring onion (finely diced)
 - Cilantro or parsley (green looks nice)

Combine and refrigerate for up to 5 days. Toss freshly baked wings in enough to coat. Freeze what remains (or use as a dip).

Onion bhajis

This is just a note to self that I want to learn to make these, both for the resulting flavoured oil, and so we have a nice snacky food that serves more of the peeps we know.

We had bhajis last week at Shandahar Hut for science. The onion taste is very mild, even milder than most onion rings (suggesting they're soaked). They had a nice crisp, and the chutney (or whatever it was served with) was a bit sweet and savoury.

Indian gravy

These are some notes from a set of ebooks on takeaway curry. The books are tough to follow, so I'm summarizing the important bits here.

The gist of the first book is that takeaway restaurants make curries with a base gravy, and a number of sauces and pastes pre-prepared. This makes sense, and explains why homemade curries often have less depth, as breaking something into components that are each seasoned results in more seasoning overall, managed in a number of different ways. Layering is a great technique.

Book 1:

1. [Garlic/ginger paste](#)
2. Tomato puree
 - a. Tin of tomato puree
 - b. 2 tin-fulls of water
 - c. 1 teaspoon of tandoori masalas powder (or fresh made masala)
 - d. Whisk together
 - e. Notes
 - i. Puree is cooked in the frying stage before adding other ingredients to lighten the acidic taste
 - ii. Lasts ~1 week refrigerated
3. Seasoned oil
 - a. Use spent sunflower or other neutral oil (recipe calls for prepping 3L, do what makes sense for you)
 - b. Filter

- c. Notes
 - i. Use a neutral oil
 - ii. Spent → used for cooking bhajis, filtered
 - iii. Lasts for weeks in the fridge
- 4. Spices
 - a. Bassar mix
 - b. Garam Masala
 - c. Methi/dried fennu-greek (kasuri, Kasoori, Quasuri methi)
 - i. ½ - 1 teaspoon per dish
 - d. Fresh coriander (cilantro)
- 5. Gravies and sauces
 - a. [Onion sauce](#) (for chunky curries)
 - b. [Bangladeshi style gravy](#)
- 6. Sauces
- 7. Bhajis
 - a. Notes
 - i. Onion bhajis are essentially Indian-style onion fritters: thinly sliced onions that have been coated in a simple, spiced batter then fried until golden and crisp.

Gravies:

- 1. Bangladeshi style

Possible veg meal plan

Update: we made this, it was delicious. It's on our monthly rotation now, about 30 minutes from start to finish (and it freezes well).

Planning a meal in case Jay drops in today:

- Coconut lentils (use up some lentils in the cupboard, with some Thai seasoning?)
 - Basic method: ← fam fav now
 - Onion/celery/oil/spices in a pot, stir and cook until translucent
 - Add tomato paste, cook until sticking to pan
 - Add stock and some coconut milk, combine
 - Add lentils (lentil:liquid ratio roughly 1:3) ← this worked well
- Roasted potato slices or wedges
- Roasted veg

Logging this as I want to do some research on the lentils, as it's been a few months and I'm looking for ideas and technique.

Thanksgiving retro thoughts

Meal prep was super smooth this time around. Dinner hour was hectic, partly as a few people were late and the final cook was more involved than it should be. We talked about this a bit, and we think that more prep and less classic styles of serving would make for a much better experience. Mostly, people don't care about the carving of the turkey, so WTF bother?

What did we learn? Make dinner easier, do more prep earlier, and skip the 1950s idyllic table layout. Think: *buffets*. And ideally, most dishes are done before dinner starts. This makes post dinner less of a shit show, especially with open kitchens.

Ideas for next time:

- Break down and dry brine both turkeys ~1-2 days before
 - Make stocks and cook dark meats the day before
 - Cook dark meats together (to ~74C)
 - Cook lighter meats together (to ~60C)
 - If you want to serve them hot, cook them in 1-2 large sheet pans and arrange nicely on a serving tray once cooked
- Consider making everything ahead of time as a casserole and parts for sandwiches
 - Heating casseroles is super lowkey and chill
 - "Shepards \$x" works for pretty much any holiday
 - Roast veg on the side (also easy)
 - Making your own sandies is cool
- Salads are great, especially chunky ones people don't see often (like that broc one)
- Pre-make gravies and reheat (especially if making vegetarian + omni gravies)
- Have containers ready for take-home portions for people!
 - Also: send meals to anyone who needs/wants them

Thanksgiving day prep

Turkey breast: [60C](#), under 65 ideally

Turkey thigh: 74C (max tender)

- AM
 - ✓ Make [dressing](#)
- Noon-ish
 - ✓ Show turkey in oven (~4.5 hours)
- Afternoon
 - ✓ Prep platters and dishes
 - ✓ Veg platter

- ✓ [Make salad](#)
- ✓ Wash potatoes
- ✓ Roast garlic!
- Set out chips
- Set out veg platter
- Prep buns!
- Cut up roastin' veg (yam, beets)
- Plate desserts for later
- Make gravies (gluten free)
 - Prep veg base
- ~45 minutes before dinner
 - Turkey out + tented
 - Serve on
 - Roast veg in oven
 - Stuffing
 - Mac & cheese
 - Potatoes on stove (~15-20 minutes from boil)
 - Garlic, salted water
 - Cream
 - Season to taste (pepper, salt)
 - Corn on stove

Day before Thanksgiving prep

- ✓ [Spice rub](#)
- ✓ Break down stunt turkey
 - Breasts/legs thighs dry bring until evening
 - Neck/backbone/wings roast for stock
- ✓ Roast stunt parts as extras after bones are done
- ✓ Break down show turkey
 - Neck/wing tips for stock
 - Dry bring otherwise intact carcass for tomorrow
- ✓ Stock
 - Turkey parts, roasted
 - Aromatics
 - Simple spices
 - Reduce by ½
- ✓ Stuffing prep / par bake
 - Slightly overdone, ate the darker bits (yum!)
- ✓ [Mac & Cheese](#)

Hasselback potatoes

I had a leftover potato that I wanted to test out a hasselback bake on. Basics:

- Potato
- Oil, salt
- Herb butter (to finish)

Hassel up the potato by:

1. Cutting slices a few mm apart with a sharp knife. You can use a few wooden spoons to stop your knife if you're not super sure of your knifery.
2. Oil up with any good oil. Salt generously. Try to get some in between the layers.
3. Bake at 220C for ~35-45 minutes. Start basting every 5 minutes from this point until the potato is nicely browned (another 15-20 minutes) and the internal temperature is 97-99C.

Baking time changes depending on the potato size (medium russets assumed).

Thanksgiving plan

Focus: comfort food and memories. This year I wrote an [actual plan](#), what a nerd!

Ideas:

- Vegetarian
 - Vegetarian (mushroom, veg, kombu) gravy
 - Mashed (and rebaked) potatoes
 - Mixed roasted veg (carrots, cauli, sweet potato)
 - Brussel slaw, cranberry, nuts, and tempeh
 - Cranberry sauce
- Classics
 - Turkey
 - Turkey/chicken gravy
 - Stuffing

Thanksgiving ideas

A few ideas for side dishes and other eats for Thanksgiving:

- Twice baked butternut squash (filled with cheese, crunchy, sour cream, chives)
- Winter slaw
 - Brussels chips (bacony)
 - Pumpkin seeds
 - Mandolined
 - beets

- Brussel cores
- Baked mashed potatoes (make ahead)
- Baked/thin sliced sweet taters and other tubers
 - Olive oil, garlic
 - Rosemary
 - Maple glaze

Some late September cookery

Some of the things we've cooked in the last week or so of September:

- Pork sandwiches au jus; similar to beef dip, but with pork
 - Thin sliced pork shoulder roast (roasted to 75C or so)
 - Soft kaiser, with mayo, mustard, and a bit of BBQ sauce
 - Onion, lettuce, tomato (but no pickles!)
 - Jus from the pork drippings, chicken stock, and some BTB
- Pork ramen (soy style)
- Lazy pork and rice (pork, rice, sauce, veg, single pan)
- Miso glazed wings
- Miso glazed salmon (and veg)
- Coffee cereal (needed more cream, but super efficient early morning food)

2021: Post Summer, Pre Fall

There is this place between Summer and Fall that deserves its own food. Late summer produce is waning and fall gourds and other goodness are starting to appear. Days are sometimes colder, sometimes not, and we usually celebrate the last days of summer

Food Goals

- [Ranch water](#)?!
- Chicken gyros from DDD (hand made, non-cased)
 - [Chef John](#) (spices: rosemary, oregano, onion, garlic, salt, pepper, cumin, paprika)
 - [My take worked out pretty well](#), except I used a steam pan (though I intended to use a ¼ sheet pan)

BC style salad rolls

We had some leftover miso glazed salmon and sticky rice from dinner yesterday and I wanted sushi. I was out of nori, so I used rice paper to make salmon salad rolls:

- Miso/sesame glazed salmon (cooked)
- Salmon skin, cooked + fried and sliced (with more glaze)
- Sticky rice
- Julienned carrots
- Thin sliced green onion (white parts)

Some lettuce or bean sprouts would have made these better, but they were already pretty great.

Boerenkool stampot

We made our classic [green potatoes this week](#) for just the two of us. It's about \$1 per portion, and includes a strong balance of veg and tubers, and sticks to your ribs. And even though the recipe is pretty simple, I added it to our book for future generations to remember one of our favourite foods.

I especially love this recipe as you can make it in a single pot in under an hour, and it heats up nicely (and provides lunches/dinner for most meals in a week).

Stir fry sauces, lazy take

We made stir fry again the next night, and tonight's sauce was improvised:

- 1 tbsp soy
- 1 ½ tbsp hoisin
- 2 tbsp gochujang
- 1 ½ tbsp oyster sauce
- 1 tbsp brown sugar
- 2 tbsp cider vinegar (as I was out of seasoned rice wine vinegar)
- 2-3 tbsp rice wine (to deglaze)
- 1 tsp MSG
- 1-2 tsp garlic powder
- 1-2 tsp white pepper
- 2 tsp chili flakes (as it wasn't spicy enough, korean chili powder would have been better)

This sauce worked really well, and was somewhere in between a sweet and sour and yesterday's cheap Tso's style sauce.

Stir fry sauces

We're thinking of making stir fry tonight. Two simple sauces:

General Tso's (lazy version)

- 1 tbsp soy

- 2 tbsp oyster sauce
- 1 tbsp rice wine
- 1 tbsp rice wine vinegar
- Pinch of white pepper
- 2 tbsp sugar
- 1-2 cloves of garlic finely dized
- 3-4 chilies dried
- Cornstarch slurry
- Water or stock

S&S sauce:

- salt,
- 2 tbsp rice wine vinegar (or rice wine)
- 3 tbsp ketchup
- 3 tbsp sugar
- ½ cup chicken stock
- 1 tbsp cornstarch slurry

Gyros and gyro salad

We tested the gyro loaf a few times this week:

- Gyros (needed something to balance)
- Ramen (worked pretty well)
- No-noodle miso ramen (also worked pretty well) 🍜
- Gyro salad (added feta)

It worked pretty well in all applications. Definitely something for the rotation.

Weekend success

After a week with a cold I had an itch to do some food research and cookery. This weekend I made:

- Gina's copycat fresh salsa (99% match, no roasting)
- Gochujang garlic chicken wings
- Gyros
- Breakfast sausage patties (a touch salty, as the package was smaller than the recipe)

Overall some great success. Wings were the best we've had in a bit.

The salsa is getting good enough that we'll stop buying the *Fresh Is Best* stuff, which is about \$

Chef John's Gyros

[Chef John's gyros](#) made me think about pan sausage. Casing sausage is a bit of work (and I don't have the equipment. Sometimes I make rolled sausage, but that takes up a bit of space and effort. Making a *pan* of sausage feels like something I could do up a batch once a month and have tasty add-ins for soups, pastas, and sandwiches any time I wanted!

[Here's a working recipe](#) that I'll test this weekend.

Adjusting to a smaller household

It's a bit weird to be back to just the two of us here. I suspect most of the changes to the kitchen will have to do with what I eat for lunch, and less dairy.

Lentil stew

We made a lentil stew we bought at a farmers market a while back (Jamaican Me Hungry). As it uses a mix of lentils, the colours and flavours are improved.

The ingredients from the packaging:

- Lentils (green, black and red),
- Veggie flakes (sulphites),
- Onion flakes,
- Jamaican spice mix (likely poultry mix, allspice, chillies)
- plant based stock,
- brown sugar

I added:

- 1 whole onion diced,
- ½ cup wine
- 3 cloves of garlic, minced,
- 2 sticks of celery, diced,
- 1 can of coconut milk (solids and liquids)
- 1 cup of rice (after pressure cooking)
- Additional spices (and salt/sugar)
- Top with cilantro

I'm going to try to recreate this style of recipe from scratch, to get the flavours (and these notes should help me remember what I did).

I cooked the mix in my pressure cooker:

1. Saute the extra (real) veg as you would for any stew or soup (until translucent).
2. Deglaze, add water, add mix, bring to boil. Add pressure lid, pressurize, and cool for 15-20 minutes on the low (2) setting.

3. Depressurize naturally (10-15 minutes), and add coconut milk and rice.
4. Spice to taste (the base mix was pretty bland and lacked depth).
5. Cook until rice softens. This will also thicken it up a bit (which was perfect for our uses).

2021: Summer

Food goals!

This is a list of things I want to get better at cooking during Summer 2021.

- Salsas (make every few weeks)
 - ☒ Verde
 - Red enchilada
 - ☒ [Tomato/Gina's](#)
- Corn bread
- ☒ Pastas and pizzas
- ☒ Roasted peppers
- Quick dressings
 - Vinaigrettes
- Pickles~
 - ☒ Jalapenos ([inspiration](#))
- Chowders/creamy soups
 - ☒ mushroom/roasted cauli and corn
- Salads
 - → **Chopped salad (from Wooden Spoon)** ←
 - Romaine, kale, brown rice, carrot, broccoli stems, pumpkin seeds, roasted corn, gem tomatoes, cucumber, feta, craisins, yeshi dressing
 - ☒ Broc
- Write about food:
 - Mushroom soup
 - Cashew cream
 - [How I find and select recipes \(or: why the internet is a pile of turds\)](#)
 - Forcing functions (ways to build better food thinking habits)
 - Rework cheat sheet into web page / doc

Al pastor nachos

We're going to make al-pastor style nachos this weekend (some notes so I don't forget what we talked about):

- Refried beans (dip)

- Fresh salsa (dip)
- Al pastor fried
- Cheese
- Tortilla chips
- Pickled jalapenos
- Olives
- Red/yellow pepper chunks

(Update: these were delicious!)

Google cookoff!

I was part of a Google API seminar that included a 2 hour cooking interactive demo. The challenge included 2 chicken dishes:

- Chicken Lemon Piccata
 - Chicken (pounded flat, seasoned, lightly floured)
 - Butter, olive oil
 - Garlic
 - Capers
 - White wine, chicken stock, lemon (juice and zest, and/or lemon slices)
 - Salt and pepper to taste
 - Top with herbs (parsley, basil, etc.)
- Chicken Marsala with Mushrooms
 - Chicken (pounded flat, seasoned, lightly floured)
 - ~2-3 cups of mushrooms (chopped, criminis or similar)
 - Butter, olive oil
 - Garlic
 - 2 cups marsala wine, 2 cups heavy cream
 - Salt/pepper to taste
 - Top with herbs (parsley, basil, etc.)

Brutus salad

More of the Chef John inspiration with [a Brutus salad](#):

- Dressing
 - ¼ cup real French Dijon mustard
 - ¼ cup seasoned rice vinegar
 - ¼ cup vegetable oil
 - ¼ teaspoon Worcestershire sauce
 - freshly ground black pepper
- Salad
 - Toasted pecans (salt, tiny bit of sugar)
 - Apple thinly sliced

- Romaine hearts cut
- Dill, tarragon (fresh)
- Cheddar sharp (white)

Al Pastor

I want to try [John's Al Pastor recipe](#) (for salad and chilli rather than on a bun).

On second thought, I want to try a [reverse-pastor like they worked on for Serious Eats](#). I was thinking that breaking it into 2 steps would make it easier to nail at home.

I made a [home-pantry version of the al pastor style marinade](#), and have ~2kgs of pork marinating. Tomorrow I'll bake it!

Pickled peppers success

I ended up making a 500ml brine using the *Pickled banana peppers* recipe (from [Serious Eats](#)), and bumping up the salt to 3.2% (from 1.6%). The peppers were spiced with fresh thyme, crushed garlic, carrots, and onions (and 1 tablespoon of pickling spice).

- 250ml : 250ml : 200g : 16g (vinegar, water, sugar, salt)
- 3.2% salinity
- per 500g veg

I boiled the brine and spices until combined and poured over a sieve into 2 x 250ml canning jars. I let these cool and popped them in the fridge. I tasted a few peppers 12 hours later, and the spice level is good, and they're at about the right level of saltiness.

Overall cost was about \$2.50 / 500ml (commercial pickled jalapenos are \$4-5/500ml), so not a huge savings, but a much better product overall. Next time I'll use more carrots and onions, and treat it like a sandwich mix.

Post mortem: bread bake problems

I suspect that my oven runs a bit hot. In today's bake, the loaves took much longer than expected (~2x longer), and even then they were still gummy in the middle. The dough going into it had a great bounce and feel, so it seems like temperature is the culprit. I also have a tendency to aim at a crustier bread and I had the oven set to 190C, which is already on the high side.

One interesting note is that measuring the temperature of the bread seems to produce wildly inconsistent results, at least while a bread is gummy. I need to test this out a bit more, but I think testing temperature can only work if the bake temp/time is closer to ideal (i.e., somewhere after gummy). So perhaps measuring temp works best to prevent a loaf from drying out versus figuring out when it's minimally done?

What I learned:

I baked 3 styles of loaves today. The dough going into it was pliable and wasn't overly sticky. It was a ~60% hydration dough with a small amount of malted barley for flavouring.

Hot dog buns (125g)	- Shaping worked well - Final rise was so-so - Crumb was nice and tight (great for a bun)	- Too crusty (temp issue?) - Gummy/stodgy, but corrected with additional bake time
Traditional free loaf (600g)	- Shaping worked really well - Final rise was so-so	- Too crusty (temp issue?) - Gummy/stodgy
Loaf pan loaf (400g)	- Shaping worked really well - Final rise was so-so	- Too crusty (temp issue?) - Gummy/stodgy

If it weren't for the buns, you might assume a dough issue. A few improvements I'll aim for in my next build:

- Longer final rise
- Larger dough portions across the board (need to get a log of what works, maybe some research)
- Lower temperature (176 c, possibly lower)
- Bring the dough up to temperature (measure this and log it)

Pickled peppers

- 2 crushed garlic cloves
- 1 sliced carrot
- about 5 jalapeños sliced
- 1 ½ tablespoon of sea salt (27g) ← **4.3% salt**
- ¾ cup of white vinegar (375ml)
- ½ cup of filtered water (250ml)
- 1 tablespoon of whole black pepper
- 1 tablespoon of oregano
- 1 ½ spoon of dried onion flakes

Examples:

- Pickled peppers ([Serious Eats](#)):
 - 500ml : 500ml : 36g (vinegar, water, salt) per 500g of veg
 - 3.6% salt
- Pickled jalapenos ([Serious Eats](#)):
 - 750ml : 18g (vinegar to salt) per 500g of veg
 - 2.4% salt

- Pickled banana peppers ([Serious Eats](#))
 - 250ml : 250ml : 200g : 8g (vinegar, water, sugar, salt) per 500g veg
 - 1.6% salt
 - 40% sugar
- Pickled jalapenos ([internet rando](#)):
 - 1500ml : 500ml: 136g (vinegar, water, salt) ← this one seems salty
 - 6.8% salt

Goal ratio will be 2 - 4% salinity, and up to 40% sugar.

If using kosher salt, add ~20% - 50% more salt (as pickling salt is finer). Pickling salt is 74g/125ml (or .58g/ml volume), making 1 tablespoon (14.78ml) 8.6g.

Boil, combine brine ingredients, add veg until it resumes boiling (blanching), remove from heat.

From [Fine Cooking](#):

The brine's salinity level depends on what you're pickling and the results you're going for. Crisp leafy vegetables, such as cabbage, are fermented into sauerkraut or kimchi at 1% to 2% salinity, which allows different bacteria and a variety of flavors to develop as acidity increases. The most typical brine strength for home pickling is between 5% and 6% salinity, which is slightly less than the 7% to 8% full-strength brine used to preserve lemons and olives. Half-sours, a popular Jewish-deli-style cucumber pickle, are brined at around 3.5%.

[Salt mass ratios](#) suggest a pretty wide difference in mass per volume.

Nut crusted fishy fish fish

Glue:

- ¼ cup mayo
- 2 ½ tablespoons whole grain mustard
- 3 cloves of garlic
- Salt/pepper

Crust:

- ½ cup toasted walnuts
- ½ cup toasted pecans
- ½ cup parmesan
- Chopped parsley
- Salt/pepper

Spread glue on top of salmon fillets, top with crusty crust. Bake at 220C/420F

Mirin substitute

This is really a teriyaki sort of sauce, but also can sub in for mirin. Is great on salmon, on veg, etc.

- 2 parts saké
- 2 parts sugar
- 1 part soy sauce

Cook down until syrupy. Can add ginger or garlic

Miso salmon

- ¼ - ½ cup miso (any works, white can be sweeter)
- ⅓ cup sake
- 2 tablespoons soy sauce
- ¼ cup brown sugar
- 1-2 tablespoons olive oil

Whisk into a peanut buttery consistency. Marinate for 30 minutes or up to a few days, but is more of a glaze and brine (so will start to firm up the meat a bit). Bake/broil to 50-53C (medium)

Ramen noodles

From [Serious Eats](#):

- 6g baked baking soda
- 4g Diamond Crystal kosher salt; for table salt or other kinds of salt, use the same weight
- 160mL water
- 396g King Arthur bread flour (see note)
- 4g vital wheat gluten (see note)
 - Either make this by washing flour, or buy Bob's Red Mill version

Also see: [Homemade ramen noodles](#)

Or even better, check out [how to make low hydration noodles at SE](#).

On bread doneness and baking temps

- Internal temp of 88C/190F or 94C/200F (enriched)
- Minimum water temp: 41C (and rise in 43C-54C)

Pizza dough test 6:

- 2-3 minutes to shaggy dough (on 1)

- 48C water
- Scrape down 2x (probably shouldn't make a well)
- (on 4) /;

Reading:

- [Temp is key](#)

Butternut squash ravioli prep

- Filling:
 - Roast up squash and garlic
 - (keep half of garlic for sauce)
 - Ricotta + parm
 - Cook half of mushrooms
 - (slice other half for sauce)
 - Parsley
- Sauce:
 - Butter/mushroom/garlic/herb
 - Black pepper, salt to taste
- [Make pasta dough](#)

Focaccia

- Use pizza dough recipe
- Stretch and fold 4 times, repeating 4 times in 30 minute intervals
- 20g water + 20g oil on top
- Rosemary
- Salt!
- 232C/450F for ~ 25 minutes

Oysters

- Should smell no more sweet and seafoody and def not strong
 - Closed and washed, they should have very little smell
- Scrub and rinse first
- Cut from the hinge which is at the tip, rounded side down
- Keep on ice

Consider: [Oyster pasta](#)

Pizza reset, pizza day

I fucked up the pizza dough the other day, but let it ferment an extra day to see if it recovered. Somehow I added the ingredients out of order, not thinking about it when following a new recipe so that the yeast didn't hydrate properly. I also added the malted barley a bit late, and I'm not sure if it was still good (funky smell, but I was having a weird smell day).

Today's plan:

- Take dough out of fridge 2-3 hours early
 - Second rise after it comes to temp
 - Freeze extras for this week
- Prep chicken (dry brine, cook off in oven)
- Prep cheeses and deli meats
- Pan style pizza, try reverse toppings (cheese, meats, sauce!)
- Oil and cornmeal
- Oven at 280C, middle rack
 - Finish on stove top (if needed)

Pasta research

- From SE's [best all purpose pasta post](#):
 - one whole egg (1.4 ounces white and 0.6 ounce yolk) and two yolks (1.2 ounces yolk) for every five ounces of flour (plus alt)
 - Ratio 2:
 - 285g (10 ounces) of flour, a teaspoon (5g) of salt,
 - and two whole eggs (100g), plus four additional yolks (75g)
 - (175/290→60% hydration)

Revisiting pizza

After a few years of decent pizza success, I started to lose interest as my pie quality started to drop. I'm not sure if it was a lack of consistency, the new kitchen, or the 10 different types of pizza everyone likes here. I needed a reset.

Today I'm going to work through [Ethan's Detroit style pizza](#) and cook it in a grill pan with angled sides (if it fits in the oven).

Dough (doubled):

- 400 grams water (warmish)
- Added (and adjusted for):
 - 20 grams olive oil
 - 10 grams diastolic malt powder
- 6 grams yeast

- 600 grams AP flour
- 12 grams salt

This is around 67% hydration.

I added the ingredients out of order today (duh!), so remember to add liquids and yeast and let it sit a few minutes (to dissolve the rapid yeast starch shells).

Sauce:

(makes about 1 large mason jar's worth)

- 28 oz can whole peeled tomatoes
- ~~- 3 tbsp butter~~
- 2 cloves garlic finely minced
- ¼ onion
- Oregano
- ~~- Red pepper~~
- Salt to taste
- *Added:*
 - Black pepper (1-2 teaspoons)
 - Olive oil (2 tablespoons), instead of butter
 - Red wine (to taste)
 - Lemon juice (small amount to adjust for acid)
 - Sugar (small amount to adjust for tomato sweetness)

Missing here were some acid and sugar (I used some lemon syrup I had made a few weeks back, and some additional red wine). Acid/sweet balance is fairly variable in canned tomatoes, so taste + adjust!

Sweat down onions in olive oil with some salt in a family pan until they are translucent. Add garlic and gently fry until softened. Deglaze pan with wine, and add tomatoes. Crush with a potato masher or with the spatula and cook until combined. Balance with salt/sugar/acid until a bright sauce emerges. Add oregano (and any other spices).

Lasts up to a week in the fridge (and freezes pretty well). Great for pizza, pizza dogs, parm, or simple pastas.

Food research

Misc:

- [Italian grandmother Bolognese](#)
- Simple vinaigrette
 - red onions (or shallots), garlic, lime, vinegar, olive oil (or avocado), seasoned like oregano and thyme, and salt (optional)

- 6 tbsp olive oil - 2 tbsp wine vinegar - 1/4 of a medium red onion finely chopped - 1 garlic clove finely chopped - juice from 1 lime or lemon - 2 tsp thyme - 1 tsp oregano
- Optional: 1/2 tsp sea salt - 1/4 tsp black pepper
- [Crazy syrup method from SE](#)
 - 200g sugar + 425g lemon or any citrus rinds

Pad Thai:

- Unverified, but recommended:
 - [One pan \(from She Simmers\)](#)
 - [Hot Thai pad Thai](#)
 - [Another Pad Thai](#)
- [Weissman's method](#)
- Fish sauce replacements:
 - Soy sauce
 - Mushroom soy sauce

Mushroom soup/chowder ideas

Planning for a cookery day in early July.

Update: made this with Jay, following the veloté style method (using homemade cashew cream).

Basic ingredients:

- Onions/garlic (optionally leek, shallot)
- Mushrooms (crimini at minimum, mix if possible)
- Seasoning (salt, pepper, sage or thyme, rosemary)
- Veg stock (unsalted, preferably homemade)
- Flour, or
 - Corn starch, or
 - Potatoes
- Cream, or
 - Coconut cream, or
 - Cashews + water blended

There are 2 fairly standard methods for a simple cream of mushroom soup:

1. With a velouté (stock roux):
 - a. Saute aromatics and mushrooms
 - b. Add flour, make a roux
 - c. Deglaze with stock (and/or wine)
 - d. Finish with cream and herbs
2. Potage style (blended veg):

- a. Sauté aromatics, potatoes, and some of the mushrooms. Cook until potatoes soften.
- b. Deglaze with stock (and optionally wine).
- c. Blend cashews and water, adding back to base.
- d. Blend base and set aside.
- e. Sauté remaining mushrooms until browned, add creamy base, and finish with herbs.

The potage method uses natural vegetable starches and fibre to thicken, and cashews for creaminess. The colour is a bit less stark than cream (or coconut cream), but flavours should be solid.

The classic French method for velouté has separate steps for the roux, the cream base, and the aromatics, which we tend to abbreviate in North America into a one-pot version of the same.

Add-ins:

- Parsley
- Additional black pepper
- Bay leaves
- Lemon
- Olive oil
- Roasted cauli
- Corn

Cashew milk:

- Hot water + cashews (untoasted or toasted) - 20 minutes - 1 hour
- Drain, rinse
- 1:1 water/cashews, blend the living crap out of
- Salt
- (optional lemon)

Research:

- [Kenji's standard chef process](#) ← this one (with cashews) worked well
- [Cashew cream style](#)
- [Vegan stock](#)
- [Mushroom velouté](#)

Cream of coconut syrup

Great for summer rum drinks, especially when the commercial product isn't available. This version tastes a lot cleaner than the commercial brands, but isn't stabilized (and you'll have to shake it before use)

- 1 can of coconut cream, solids + $\frac{1}{3}$ cup of liquids
- $\frac{1}{2}$ cup of granulated sugar
- Pinch of salt

Whisk to combine.

Camping prep

Home prep:

- [Chilli](#)
 - [Veg stock](#) - made a quicker version of this
 - Consider add-ins
 - More chili powder (other chilis)
 - Masa (thickener)
 - Refried beans (texture, binding)
 - Charred poblano peppers
- [Salsa Verde](#) (healthier snacks!)
 - Made a red salsa instead (no tomatillos), subbing in canned diced tomatos

Ribs

These ribs smelled strongly of sulphur. Apparently this happens with cryovac things (possibly worse when bone-in).

Process

- 1 batch of [basic rib rub](#)
- Wash, dry, rub, and double foil
- Let rest for 2+ hours (in fridge)
- Bake on low on sheet pans (in foil still)
 - 145C (300F-ish)
 - Goal is ~86-90C to get fall-off-the-bone
 - Should be 2-4 hours
 - Note that temp can level off
- Unwrap, slather with the sauce, bump heat
 - 190C
 - Repeat until you get some awesome crispers

These ribs were good, but a bit gamey. The best parts had browned sugars, and a bit more sauce (or sugar) would have probably improved these slightly.

Lasagne

Day 1:

- Marinara
- Veg prep

Day 2:

- Noodles
- Grated cheese
- Cheese mixture (2 eggs, ricotta, parm, mozza, salt, pepper, parsley)
- Savouries (mixed veg)

30 minutes covered, 30-ish minutes uncovered to brown. LET SIT FOR 20 MINUTES

2021: May

Focused learning

- Rice bowls and sauces
 - Tofu
 - Teriyaki style sauce (soy sauce, mirin, sake, brown/cane sugar)
- Very veggie burger patties

Carnitas tacos

This week we pulled out some frozen pulled pork and made tacos:

- Toasted wheat taco shells
- Slaw
- Pickled cabbage
- Cubed and reheated pork

Carnita rice bowls

- Pulled pork, sauce, re-fried
- Rice
- Black beans (and garlic)
- Fried corn (and chiles?)
- Lettuce
- Sauce (yogurt, sour cream, herb/garlic)
- Cheese (grated)
- Cilantro
- Tomato
- Avocado (optional)

Food prep weekend

This prep should result in 2-3 weeks of dinners (and leftovers).

- Pulled pork (for salads, etc.)
 - Oven (45m+45m+1h+1hr)
- Stew meat and gravy (for cottage pie or stew)
 - Dutch oven
- Hamburger for taco salad / bolognese
 - Pressure cooker
- General burgers
- Prep
 - 2 onions (2 bowls)
 - Celery chopped (1 bowl)
 - Garlic (1 head, 2 bowls)
 - Shallot (with 1 garlic)
 - Leeks (1 bowl)
 - Mushrooms (1 bowl)

Thai food

Ann's birthday meal: Thai food (from Ruby Siam). More on this later.

Rice bowls, v1

Tonight's bowls used the yoghurt sauce (below), SE's teriyaki, and a quick shrimp marinade (lemon, garlic, shallot, spices). Worked well over multigrain rice, though the shrimp seasoning was just slightly stronger than intended.

Quick tomato meat sauce

I still buy ground beef when it goes on sale. When I do, I'll combine it with a few onions, garlic, mushrooms, and cook it down slowly (or in a pressure cooker) until the connective tissues melt into gelatin and emulsify with the fats. I freeze it in 300-500g (10-20oz) containers.

Making lunch with a freezer filled with previous laziness is great. To make a quick pasta sauce with prepared beef mix takes 10 minutes. Ingredients:

- 300-500g of slow braised seasoned ground beef, onions, garlic, mushrooms
- 1 large (700ml) jar of high quality tomato sauce
- Fresh or freeze dried oregano
- Salt/pepper to taste

Serves 4, and pairs with pretty much any pasta. We eat it with spaghetti out of nostalgia, though a rich sauce like this really works better with homemade broad noodles of some sort. Nostalgia is a funny thing that makes things taste better.

Quick crispy wings

I've been saving whole chicken wings over the past few weeks of Greek style quartered roasted chicken. I pull the wings off when quartering and freeze them separately for a wing day. Today I had 5 chickens worth of wings, or about 20 wings.

Ingredients:

- Chicken rub, adding
 - 1 tablespoon of sugar
 - Crushed red pepper flakes
 - Smoked and dried habanero
 - 1 teaspoon of salt
 - 1 teaspoon of msg
- Hot sauce
 - ¼ cup vinegar-based hot sauce (Franks,
 - ¼ cup melted butter
 - 1 tbsp hot chicken rub
 - Some sort of greenery (today was celery leaves)
- 10 whole wings (for 2-3 people)

If you have whole wings, break down each one along the joint with a sharp knife, separating the tips (I added these to my weekly stock). If your wings are frozen (like mine were), add some cold water to the freezer bag or container until the wings pull apart. It's pretty easy to break down the wings mostly frozen and the joints pop out a bit easier (though it's cold on the hands).

Season the wings liberally with the spicy chicken rub and let sit in the fridge for 1-8 hours (today was more like 45 minutes). Place on a rack in a lined baking sheet and preheat oven to 219C (425F) with the convection on if you have it.

Place wings in the oven and bake for 20-30 minutes, turning the pan once. Flip wings carefully, and return to the oven for another 20-30 minutes, or until brown and register ~85C (~185F) on an instant read thermometer. Note that frozen wings from younger birds may ooze a bit of red, this is harmless and does not indicate the wings are underdone (it's from the bones).

While the wings cook, melt butter and combine with hot sauce and seasoning. Prepare plates (with veg, dip, etc.).

When the wings are done, remove, let sit 5-10 minutes. Toss wings in a large bowl with the butter hot sauce and combine, then plate.

Weekly meal prep:

This week we're making rice bowls with a variety of proteins, veg, sauces, and (of course) rice. Today I'm clearing out the fridge and freezer to make space for groceries tomorrow, including some monthly prep before tomorrow's weekly prep:

- Chicken stock (leftover celery, carrot, onion, garlic, and shallot, plus bones and wing tips from 2 ish chickens)
- Spice rub (for wings and other things)
- Burgers (cleaning up remaining lettuce, buns, may try for mozza style burgers)

Links

- [Butternut squash farfalle](#)
- [Donburi at wikipedia](#)

Some rice bowl extras

Spicy yogurt sauce:

- 1 cup yogurt
- ¼ cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon dill
- ½ teaspoon cayenne
- ½ teaspoon paprika
- ½ teaspoon sugar
- 1 teaspoon MSG
- Salt and pepper to taste

Mix ingredients thoroughly and let rest in the refrigerator for 1+ hours.

Braised cabbage

- Thinly sliced cabbage (~¼ head per person)
- Stock
- Remaining pickling liquid (if using pickled cabbage)

Add cabbage to some oil in a hot pan

Don: theory of a rice bowl

I'm hoping to make rice bowls this week heavy on the veg

Basic ingredients:

- Green onion (garnish)

- Ginger
- 1 egg per person (lightly stirred)
- ¼ onion per person (stir fry style)
- Fried egg

Simple Sauce:

- ½ teaspoon Sugar
- 1 tablespoon Soy
- 1 tablespoon Mirin
- 3 tablespoon water and dashi (or seasoned chicken stock)

Fancy sauce:

- 1 tablespoon chicken stock
- 1 teaspoon oyster sauce
- 5 teaspoon water
- 1 tablespoon starch / water to thicken

Proteins:

- Tofu (pressed, seasoned)
- Thin cut pork or beef
- Shrimp (sliced in half)

Extras:

- Pickled ginger
- Pickled veg
- Kimchi
- Gochujang (~1 teaspoon per person)
- Mushrooms
- Peppers

Bowls are commonly topped with

Basic method:

1. Fry protein and onions in a pan roughly the width of your bowl.
2. Add sauce and onions to a pan and simmer for 2-3 minutes on high
3. Add eggs to the top, and stop stirring. Let the egg cook most of the way and pull off the heat.
4. Add entire mixture over rice, covering the rice

You can

Weekend eats

This weekend we hit up our local burger bar Friday night, and a local high end Mexican cafe on Saturday. We're lucky to live so close to great food.

At the burger bar I had a chicken burger. I like their approach: they use ground chicken (thighs I assume), bread it, and deep fry it. The result reminds me of fast food, but with depth. The fries were great too, waxy potatoes, double fried, topped with malt vinegar.

At the Mexican place we shared a lava rock bowl, filled with various meats and sea foods, pickled onions, and seared avocado. It's served with small corn tortillas, and a side of refritos and queso. This was one of the best food things we've had in a long time.

Tonight I'm going to make classic baked potatoes, steak and rosemary, mushrooms, and oven roasted asparagus. Tomorrow the boy and I will have burgers from patties I made earlier in the week (as Ann is off with friends).

2021: April

Random links

- I want to make: [Nihari](#)

Takeout: Jamaican smorg

Food was good, but service was extra slow (we waited well over an hour). Will report back next time we order, if we do.

Turkey burgers

This weekend we're making some turkey burgers for salads and proper burgers. They're based on a recipe we used to make a while back, zhuzhed up a bit with some learnings from [Serious Eats' research](#) on the matter.

Turkey burgers can end up dry and fairly flat without some extra lovin, so our [updated recipe](#) includes some additional depth and texture. The trick is to make sure you have both enough savoury and enough starches for browning (adding more savoury, crunch, and additional yum). Breast meat tends to get dry quickly, so at least some thigh meat is ideal and grinding your own will usually be better than buying it pre-ground.

Takeout: Classic BC comfort food

We ordered some White Spot for dinner tonight. [White Spot](#) is one of the few OG west coast Canadian burger joints, founded in the 1920s. They have a classic flat top burger with their own special sauces; a red sauce (red relish and chili sauce) and a sweetened

mayonnaise, combined with a thin pan or flat top grilled all-beef patty (lightly seasoned on the grill). It's commonly dressed with lettuce and tomato, with a pickle draped over the bun.

Tonight we ordered a variety of burgers, including an all-veg patty, an impossible patty, and two beef patties. Food was good, though the green salad was disappointing. The fries, despite travelling for takeout, were quite good (waxy potato, double fried, nice and browned).

I have a fairly accurate [White Spot burger recipe](#) that gets you close to their basic diner burger.

Quick proteins for #lunchramen

I try to keep some sort of portion sized sausages in the freezer for quick meals, including adding protein and flavour to quick ramen. And if I have eggs on hand, a boiled egg adds a lot of flavour and texture to a good bowl. This week I tried cooking the two together.

My method:

- 1 egg
- 1 link of sausage

Add a cup or two of water to a small pan with the egg (in shell) and sausage. Add a lid, set heat to medium-high, and once boiling drop temp to hit a strong simmer. Set a timer for 5-6 minutes and let frozen sausage and egg heat. The egg should be somewhere around soft at 5 minutes, and the sausage should split at the ends (depending on the casing).

Remove from heat, add egg to a bowl of ice water, and slice sausage. After removing water, add back sausage, and any aromatics and thick veg to pan. Brown sausage and stir veg. Add fresh water and turn to low. Once remainder of ramen dish is ready (broth, noodles, tare), add proteins and veg to the bowl.

Cooking links of the week

- [Wikipedia's list of cooking techniques](#)
- [A Reddit comment with a tested kimchi recipe](#)
- [USDA nutrition data sets](#)

Steak, mushrooms, potatoes, and green beans

Once every few months we do up a good old steak dinner. I prefer a strip loin and my partner a tenderloin, paired with whatever greenery is in season. Today it was green beans.

Potatoes (~1 hour):

- 1-2 kg small yellow (waxy) potatoes
- 1-2 tablespoon olive oil
- Salt and pepper to taste (i.e., a lot)

Wash and slice potatoes into halves or quarters into a large bowl. Toss in oil and add salt and pepper. Bake at 210C (410F) for 45-60 minutes with the fan on, or until soft and fluffy inside and nicely browned on the outside.

Mushrooms (~25 minutes):

- 1 bag of mushrooms (crimini or button)
- 3-4 sprigs of thyme or rosemary
- 1 tablespoon diced garlic
- Salt and pepper to taste
- Butter and olive oil

Wash the mushrooms and let drip dry.

Salt and sauté mushrooms in olive oil until wet. Cook off the liquid, and add butter, herbs, and garlic, and brown, stirring regularly.

Beans (less than 10 minutes):

- 1 bag (½ kilo or so) of green beans, washed and trimmed
- 2-3 cloves of garlic, minced
- Salt and pepper to taste
- 1 tablespoon lemon juice
- Olive oil (and optionally butter)

Steaks (10-15 minutes):

- Steaks
- Herbs (thyme or rosemary work well)
- Salt and pepper to taste
- MSG (to add some depth)
- ~~— Garlic (I didn't like the aftertaste of garlic on the steaks)~~

Season the steaks and let sit for 30-60 minutes. Add some oil to a medium-hot pan and cook flipping regularly. Once browned, add butter and herbs, spooning butter over until the desired temperature is reached.

Note that, despite common convention, a nonstick pan works quite well for both getting a good crust and not setting off condo fire alarms. You'll have to move the steaks around the pan and flip more than normal, but the effect is surprisingly good. If you're using a

stainless pan, flip the steaks less, and add some wine at the end to make a quick pan sauce (finishing with some butter).

My best salmon salad sandwich

I make salmon sandies regularly. My fav mix looks something like:

- 2 tins good ocean salmon (packed in water)
- 2 cups greenery (celery leaves, parts, and/or parsley)
- 2 tablespoon dill (freeze dried is good)
- ¼ - ½ cup of mayo
- ¼ cup of yellow mustard (or pickle juice)
- 1 cup of diced pickles (good ones if ya got 'em)
- Black pepper (to taste)
- Salt (only if needed)

The mix shouldn't be super goupy, so add the mayo a big spoon or two at a time.

Mustard or pickle juice round out the flavour with acid and salt. And, I don't usually use onions in my mix, but occasionally I'll dice up scallions or green onions. Don't go too far with onion, or you'll taste it all day.

Add to some nicely toasted bread (nutty whole wheat), with some more mustard and pickles if you want, and a cup or two of sprouts. Don't have sprouts? (You should grow them!)

Oven Wings, ribs, and slaw

We don't normally double down on animal products, but I had a bunch of leftover poultry rub, which is an easy start to a good dry rib and wing rub. Today I took the flavours in two directions:

- Smokey herb (smoked paprika, thyme, and fresh rosemary from Ann's mom)
- Caribbean (adding allspice, 5spice, onion powder, and habanero)

For the wings, you lightly coat them and reserve them on a lined pan in the fridge for up to 24 hours. Today it will be about 6 hours, then in the oven for 30 minutes at 230C, flip, and another 15-30 minutes flipping every 5-10.

For the ribs, coat them thoroughly and rest in the refrigerator for about an hour. I use this time to clean up, then they go in the oven at 110C or so for 3-4 hours. The ribs get finished at 230C with the wings, possibly getting some homemade BBQ sauce if I have time.

The slaw uses our standard mayo/cider vinegar/salt/sugar dressing (cut with some extra sour cream this week). The BBQ sauce will be a lazy one, using the remaining rub, ketchup, and anything else that makes it taste good.

Mac & cheese w/mushrooms and rosemary

We're stretching out some turkey casserole and wanted to make some baked mac. This could equally apply to a gooey stove top mac, but it's fun to casserole the shit out of it too. And oops, my parsley was bad.

- Prep cheese
- Cook mushrooms until golden
 - Add herbs near the end
 - Mostly olive oil, salt/paprika
- Cook noodles (1 bag)
- [Make sauce](#)
- Combine + bake

The mushrooms work well in this recipe in place of a protein; they add a bunch of umami and a

Turkey prep week

The best turkey dinners are easy. With a bit of planning, you can prep a few things ahead of time to both level up the perfect holiday meal, and save you some time the day of. My general plan is similar to AB's:

- 5 days ahead:
 - Buy your 1-2 frozen turkeys and start the process of defrosting
- 2 days ahead
 - Buy extra turkey parts as needed (like necks, which are often on sale)
- 1 day ahead
 - Break down at least one of your turkeys and dry brine both
 - Don't brine the stock parts
 - Pre-roast extra turkey parts in hotel pans (to save liquids)
 - Make soup stock, reduce by 50%
 - Dry brine turkey

Note: don't dry brine for much more than 24 hours, unless you want your turkey to start to taste like ham. This isn't a bad state for turkey sandwiches, but is less great for the classic dinner!

2021: March

The quest for a perfect burger

Still searching.

That said:

- smash burgers maximize flavour and minimize mass
- a simple bun is better than a large or dense bun
- lots of finely shredded lettuce
- ripe tomatoes
- lots of pickles
- mayo, mustard, and (if you have to), a tiny bit of ketchup
- raw onions (white or yellow)
- cheese is optional, bacon (only if it's not chewy)

If you don't have the equipment for a smash burger, a close second is a hand-pressed patty:

1. Cut 10cm squares of parchment paper (I keep a baggie of these cut)
2. Portion lean minced beef (85/15) into 100-150g balls
3. Place ball between two piece of paper and press with a pot or cutting board
4. Stack and freeze patties in a sealed container

The frozen patties cook well enough, especially if you flip them more than usual (to promote browning). Season the patties after cooking with salt, pepper, and (optionally) MSG.

Quick relish

I like to work the fridge down until it's almost empty, to both win the fridge, and to make it easier to clean. Today I wanted some relish, but don't normally stock it in the winter as I use it so rarely. So instead I made some:

- ½ cup of chopped, sweet pickles
- ½ cup of chopped, pickled peppers (mild - medium)
- ½ cup frozen corn, diced, and fried (until edges are brown and crispy)
- ¼ cup diced onions (purple is what I had on hand)
- ½ cup of mustard
- 2 tablespoon ketchup
- 1 tablespoon freeze dried dill (if it's out of seasons)
- Salt, pepper to taste

Combine, adjust seasoning, and rest in the refrigerator for a few hours.

Local sub shops

I have an idealized version of a sub sandwich in my nostalgia library. It's on a light, airy roll that can take some sauce, but isn't too chewy. It has a tonne of shredded iceberg, thin tomatoes, purple onion, pickle, mayo, and mustard. The rest of the sandwich matter

a lot less, but cheeses with some chew are nice (like swiss), or with flavour (like cheddar). Meats if you want, but the real gold is that crispy, sharp, crunch.

A no cookery Saturday

Some days I'm too tired to cook. This weekend I recharge!

Plant patties planning

I'm working on a method for making plant based patties that will grill, fry, or bake up nicely. The ideal patty will hold together, not be too dense or mushy, and have some texture and depth of flavour. I'm not aiming to replicate meat in any way, just to make tasty burgers and salad toppings.

Veggie burgers can go a few ways:

- Primary bases
 - Bean-y
 - TVP
 - Rice/mushroom (like risotto)
 - Egg/bready
- Textures
 - Smooth -> chunky
 - Dense -> light
 - Crispy bits
 - Dry -> mushy

First attempt

Cook (per package instructions)

- ~1 cup Lentils
- ~1 cup brown rice

Dice, season and bake on sheet pans until browned and fragrant:

- Mushrooms
- Onions and garlic
- Other veg parts (beet, sweet potato)

Let cool while prepping a bowl with:

- Miso
- Seasonings
- Binders (egg, oat flour, finely diced nuts)
- Fat (mayo, shredded coconut, and/or cheese)

Goal will be a patty that holds together and has visible chunks. Initially I'll side with very simple seasoning and aim for natural flavours.

Chunky salad dressing

This is a hacky fridge-magnet recipe to use up some old herbs and sour cream. We had it this week over a chunky combination of sliced cabbage, broccoli, carrots, and celery.

- 2 tablespoon Hellman's mayo
- 2 tablespoon sour cream
- ~2 tablespoon (to taste) cider vinegar (Braggs is good)
- 2 tablespoon white sugar
- 1-2 tablespoon fresh thyme leaves
- 1 teaspoon coriander
- 1 teaspoon MSG (Accent in this case)
- Salt/pepper to taste

Combine ingredients in a small bowl and stir or whisk together. Season to taste, but should balance sweet/acid/salt in a pleasing way.

Win the fridge pasta

- Mushrooms
- Parm
- Thyme (left over from chicken)
- Small tomatoes (left over from salads)
- Lemon

Thinking a 2 pan build:

- cook / season veg and
- single pan shallow pasta (saving all of the water)

What a Jerk (Chicken)

I updated my [Jerk marinade](#) recipe after some research and a test run today. New changes are clearer method and more balancing of flavours.

Winning the fridge; less wasteful, better eats

We can always approach the things we do in a number of ways. We make conscious and unconscious tradeoffs, we're more actively or passively invested. Food is like that, you can combine things in many different ways, with differing qualities on all axes.

One thing that drives my cookery more than most is the concept of winning the fridge. It's an approach to being both frugal and respecting the resources and effort that goes into growing and producing our ingredients. More on this to come.

Sunday comfort food—Thai inspired soup

A recipe based on a photo I saw this morning:

- Shiitake mushrooms roughly sliced
- Pork thinly sliced and halved, marinated in garlic, shallot, lemongrass, and soy/sugar/lime
- Broccoli roughly chopped
- Chinese carrots sliced (and halved)
- Green onion sliced (on the bias), largish chunks
- Chicken stock
- Thai red curry paste (and coconut milk if we have any)
- Noodles!

Saturday cravings—stir fry

- Basic meat/tofu method:
 - Salt, spices, baking soda, corn starch (single coating for a lighter deal), let marinate ~30
 - Slice thinly, cubed, or whatever feels best
 - Remove tough bits
 - Veg
 - Slice on bias, keep it small
- Flavours
 - Chilis/rice vinegar/soy/sugar
 - 1:.5:1:.5 soy, sugar, mirin, sake
 - Garlic
 - Ginger
 - Lemongrass (finely)

2021: February

Post ideas

- Using Google docs for recipes
- The round-the-bend method, or why
- Winning the fucking fridge

Weekend meal planning

- Craving for lasagna, but we wanted to try something more traditional
- Trying a new butcher shop, as our local one closed
- Growing sprouts and making French bread for sandwiches
 - Pickle, cheese, veg, and sprouts
 - Salmon salad and sprouts
 - Why finely shredded lettuce is great (using a knife or
- On being a flexitarian