

# Recipes

This book is a collection of recipes, sorted by the primary ingredient or type of dish.

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# Breads

# Soft Pretzels



Servings: 8

## Notes:

I'm going to sound like a broken record. This recipe uses food grade lye. Lye can and will hurt you if you're not careful. Lye is poisonous and extremely caustic. Lye can be LIFE THREATENING if misused. Store lye in a place that kids and pets cannot get to it. Do NOT use it unless you understand how dangerous it is! When making the lye bath, you should wear protective eye equipment. The eye protection should cover your eyes from the front, top, bottom, and sides! You should also wear rubber gloves. While not required, you can also consider wearing easy to remove clothing.

- We're using lye because pretzels were traditionally made with lye. Lye interacts with the wheat proteins on the surface of the pretzel to make a very unique texture, smell, and taste which I have yet to find a way to replicate without using lye.

- You won't find food grade lye in any physical stores (at least, I haven't found any). You pretty much have to order it online. I personally source my lye from Amazon sellers.
  - This recipe is based on Alton Brown's soft pretzel recipe which can be found [here](#). I modified the recipe to use a lye bath instead of the baking soda solution Alton uses. I'll also include a slightly modified baking soda solution if lye bothers you or you don't have any/can't be bothered to get any.
  - I recommend using rubber gloves (Latex, nitrile, or normal cleaning gloves, like what you'd use for doing the dishes) when working with lye or the lye bath. If you don't wear gloves while you're dipping the pretzels, you're likely going to dissolve your fingerprints and won't have them for a few days, even with the highly diluted lye. It won't hurt, but you'll realize how much grip your fingerprints give you. I'm **really** not joking.
  - Obviously, the pretzels are completely safe to eat after they're baked. I don't know the exact chemistry, but something about the baking process makes the lye present on the pretzel break down (or something) and be not poisonous or caustic anymore.
  - Pretzel salt is different from other salts in that it's got a lighter, crispy-ish texture, and comes in large, matte, opaque crystals in the shape of tiny spheres, like you would expect a pretzel to have. Pretzel salt isn't a requirement, but it stands up considerably better to baking than even coarse kosher salt, or large crystal finishing salts. I've only ever been able to find pretzel salt online. I personally source my pretzel salt from Amazon sellers.
  - If not using a stand mixer, just do everything involving the dough up to kneading the dough in a large bowl with a wooden spoon. Once you've combined the flour and water and are ready to knead the dough, turn it out onto your counter and start kneading. Enjoy the workout!
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## Special Equipment Needed

- Kitchen scale
- Stand mixer with dough hook attachment (Optional)
- Large plastic containers made of #2 high density polyethylene (aka HDPE) or #5 polypropylene (aka PP). This should be something like a bowl or food storage container with a wide enough opening to dip the formed pretzels into. Alternatively, glass bowls can be used, but are less resistant to lye's caustic nature.
- Rubber gloves (Optional but highly recommended)

## Dough Ingredients

- 355 milliliters warm water (100-110 degrees Fahrenheit)
- 13 Grams sugar
- 6 Grams kosher salt
- 7 Grams active dry yeast
- 630 Grams all purpose flour
- 56 Grams melted butter
- 1 Egg yolk beaten with 1 tablespoon water
- Vegetable oil
- Pretzel salt

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# Lye Bath

Pop quiz! What is lye? That's right, really dangerous.

## Lye Bath Ingredients

- 300 milliliters cold water
- 12 grams **food grade** lye

The containers of food grade lye will state they are food grade. Do NOT use lye that you aren't sure is food grade. You WILL be making poison.

If you're making a larger batch of pretzels, you might consider making a large lye bath as extended use of the bath can dilute the bath over many pretzels, reducing the effectiveness of the bath. Aim to make a bath with 4% of lye by weight based on the amount of water used. For example, if using 100 milliliters (1 milliliter of weighs 1 gram (and is also 1 cubic centimeter, wow!)) of water, use 4 grams of lye.

## Lye Bath Directions

NEVER POUR WATER ONTO LYE. ALWAYS POUR LYE INTO WATER. Lye produces a significant amount of heat when it contacts water, and pouring water onto lye can cause instant boiling, which can splash highly concentrated lye water, which can burn you both thermally and chemically!

NEVER USE ANY KIND OF METAL CONTAINER FOR THIS, ESPECIALLY ALUMINUM. Most metal used in the kitchen, especially aluminum, is highly reactive to lye and WILL be damaged by the lye solution.

1. Place water in a lye-safe container. (See special equipment)
2. Sprinkle the lye over the top of the water. Do NOT pour water onto lye.
3. Carefully stir the mixture with a plastic utensil made of HDPE, PP, or wood until all of the lye is dissolved. Do not use a metal utensil.

The lye bath will be hot, but not hot enough to damage anything via heat alone. If you spill any of the lye bath, it's okay! Just wipe it up with a paper towel and then go over the area with a damp rag or paper towel ASAP. At this point the lye bath is still pretty caustic and will eventually damage things like your counter tops, but not enough so to cause immediate damage to most materials.

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If you get any of the lye bath on your skin, rinse your skin ASAP. The lye bath will not immediately burn you, but you will almost certainly get some minor irritation on the points of contact.

# Alkaline Salt Bath

## Alkaline Salt Bath Ingredients

Use this if you can't/won't use lye. The results are still good! Baking the baking soda will increase its alkalinity and is the closest thing I've found to using lye.

- 400 Milliliters water
- 40 Grams baking soda

## Alkaline Salt Bath Directions

1. Preheat your oven to 300 degrees Fahrenheit.
2. Cover baking sheet with parchment paper. The process can damage your baking sheet if this is done without a protective cover - do not use aluminum foil, which is reactive enough to possibly be a problem here.
3. Bake the baking soda for an hour.
4. Heat water in a pot until simmering. Stir alkaline salt into simmering water until dissolved.

## Directions

1. In the bowl of your stand mixer, add warm water, sugar, and salt. Stir to dissolve sugar and salt into the water.
2. Sprinkle the yeast on top of the water. Stir lightly, then wait about 5 minutes. If your yeast is alive, the mixture should smell kind of like cereal or beer and the mixture will be foaming/moving around by itself. If this stuff doesn't happen, your yeast is dead and you need to start over with new yeast.
3. Add flour and butter to the mixture.
4. Using the dough hook attachment, run your stand mixer at low speed until the flour is mostly incorporated with the liquid mixture.
5. Turn your stand mixer up to medium. Run on medium for 4 to 5 minutes or until the dough is smooth and pulls away cleanly from the sides of the bowl.

Another good test is to pinch a golf ball sized chunk of dough and gently pull it up and away from the rest of the dough - if there aren't any major tears and the dough doesn't rip apart, the dough is in the correct state and is ready for the next step.

If you're hand kneading, you'll probably be kneading for 10-15 minutes before you get to this state.

6. Remove the dough from the bowl, clean and dry the bowl, and apply a light layer of oil to the bowl.
7. Form the dough into a smooth dome shape - it doesn't need to be perfect, don't worry. Place the dough smooth side down into the oiled bowl.
8. Cover the bowl tightly with plastic wrap and store the bowl in a warm place (an oven with the light on, on top of your fridge, or even next to a window or on your porch if it's above 70 degrees outside) to allow the dough to proof until doubled in size. This should take around an hour.
9. Preheat your oven to 450 degrees Fahrenheit. If you haven't already, make your lye or alkaline salt bath. Have I told you how dangerous lye is yet? **Be careful.**
10. Line a baking sheet with parchment paper. Coat the parchment paper with a light layer of oil.
11. Turn the dough out onto a lightly oiled work surface. Punch down the dough and divide it into 8 equal pieces.

Try to divide the dough as evenly as possible for the most consistent results. Start by forming the dough into a rough rectangle, then divide the rectangle in half, then those halves into quarters, then those quarters into eighths.

12. Form the dough into the traditional pretzel shape. I recommend watching a video about how this is done, but I will try to explain below:

Keep the dough covered with some plastic wrap until you're ready to roll it.

First, form a small ball with a piece of dough. Next, roll the ball out with both hands flat, rolling away and towards you while gently pulling your hands apart, coaxing the dough into a rope. Aim to get the dough into a 24 inch rope - don't worry if you can't get it that long, just do your best! After you have the rope, form a U shape and cross the ends of the pretzels over one another, then over the bottom of the U shape, forming the classic pretzel shape. Gently press the ends of the rope into the part of the rope they contact, just to make them stick a little bit and better hold their shape.

Place the formed pretzel onto the lined baking sheet. Roll out the rest of the dough.

13. If using the lye bath, carefully lower each pretzel, one at a time, into the lye bath using a plastic utensil, like a turner, fish spatula, etc. Use the plastic utensil to gently hold the pretzel under the surface of the bath for about 15 seconds. Remove the pretzel from the lye bath, allow to drain OVER THE BATH, and place back onto the lined baking sheet. Repeat with the remaining pretzels.

If using the alkaline bath, bring the bath up to a boil. Do the same thing as the lye bath, but hold the pretzels under the surface of the bath for 30 seconds instead of 15.

14. Brush the pretzels with beaten egg yolk and water mixture. Sprinkle tops of pretzels with pretzel salt. Bake for 12 to 14 minutes, until deeply browned.
15. While waiting for the pretzels to finish baking, dispose of the lye bath and clean all surfaces and tools that came into contact with the bath with a damp paper towel.

To dispose of the lye bath, place the container used in your sink and run a gentle stream of water from the faucet into the container. Allow the water to overflow from the container for a few minutes. The idea is that you're diluting the lye enough that it doesn't damage your sink, pipes, or septic system (even though most drain cleaners are lye, there are issues associated with it). After several minutes, dump and wash the container with warm soapy water.

16. Remove pretzels from baking sheet and onto a cooling rack for at least 5 minutes before serving. You may need to use a spatula to loosen the pretzels.

# Spice Blends

# Dressings, Dips, Sauces, & Marinades

# Hollandaise



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**Servings: 2 per method**

A serving is roughly the amount of sauce needed for two eggs benedicts (1 English muffin, 2 slices canadian bacon, 2 poached eggs).

## Notes:

- Hollandaise, like nearly every other sauce, will tighten when cooled, meaning it will become thicker. Hollandaise is a sauce that should be *nappe* consistency when made correctly.

- If your hollandaise seems too thick, vigorously whisk in a tablespoon of hot water at a time until the sauce becomes the consistency you want.
  - If your hollandaise seems too thin, apply additional heat with constant whisking until it becomes the consistency you want. However, remember that hollandaise will "tighten" when cooling, so you can over thicken it very easily.
  - Hollandaise doesn't keep well. You should make it as close to the time that you want to eat it as possible. If you do want to save it, store it with plastic wrap pressed onto the surface, and gently reheat using a double boiler or very low power in the microwave with very frequent mixing.
  - Hollandaise likes to break, meaning the fat and water will stop being bound together (aka emulsified). If it breaks and looks oily, add a tablespoon of hot water and whisk until the sauce comes back together.
  - The classic-ish method is the most difficult and fussy of the three methods.
  - The blender method is probably the best balance between quality, effort (having the smallest of the three methods), and cleanup (basically only needing to wash the blender and the bowl/pan you heated the butter in).
  - The microwave method is best if you don't have a blender and don't want to whisk for 10 minutes.
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# Classic-ish Method

## Ingredients

- 2 Egg yolks (save the egg whites - they freeze well)
- 2 Tablespoons water
- 1 Tablespoon lemon juice
- 8 Tablespoons of butter, cut into 1/4 tablespoon pieces
- A pinch of salt
- A pinch of cayenne pepper

## Directions

1. Place egg yolks, water, and lemon juice to a small pot; with no heat, whisk until the mixture is smooth.
2. Add butter to mixture.
3. Place the pot on medium-low heat and continuously whisk the mixture until it thickens to the consistency of gravy. Do not stop whisking and be very thorough with scraping every surface of the pot as the eggs will curdle if allowed to rest on the pot.
4. Immediately remove from heat and add a pinch of salt and cayenne pepper. Stir, taste, and adjust seasoning as needed.

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# Blender Method

## Ingredients

- 2 Egg yolks (save the egg whites - they freeze well)
- 1 Tablespoon lemon juice
- 1/4 Teaspoon Dijon mustard
- 8 Tablespoons of butter, heated until melted and very hot (but NOT browned)
- A pinch of salt
- A pinch of cayenne pepper

## Directions

1. Add egg yolks, and lemon juice to blender.
  2. Turn the blender on and slowly stream in the very hot melted butter. Blend until the sauce is completely smooth, about 30 seconds.
  3. Add salt and cayenne. Stir, taste, and adjust seasoning as needed.
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# Microwave Method

## Ingredients

- 2 Egg yolks (save the egg whites - they freeze well)
- 1 Tablespoon lemon juice
- 4 Tablespoons of butter, melted
- A pinch of salt
- A pinch of cayenne pepper

## Directions

1. Combine egg yolks and lemon juice in a bowl. Whisk until the mixture is smooth.
2. Slowly stream in the butter mixture, whisking vigorously until the butter has been incorporated.
3. Heat sauce in microwave for 5 seconds and then whisk very thoroughly.

4. Repeat heating and whisking until the sauce has thickened to your liking. Note that the sauce will tighten as it cools.
5. Add salt and cayenne. Stir, taste, and adjust seasoning as needed.

# Tariyaki Sauce

Servings: 1 to 2 cups

## Notes:

- If using full sodium soy sauce, you may want to use 1/3 or 1/4 cup instead of the full 1/2 as it can be overly salty.
  - It's a good idea to taste and adjust the sauce to fit what you want. This recipe should be used as a starting point that you can modify.
  - This should keep for a couple of weeks in the fridge - to store, just put in a sealable container, like a mason jar with a tight fitting lid.
  - If you intend on using this as a marinade, there's no real benefit to reducing the sauce after the sugar has been dissolved.
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## Ingredients

- 1/2 Cup low sodium soy sauce
- 1/2 Cup mirin
- 1/2 Cup sake
- 1/4 Cup sugar
- 1/2 Teaspoon grated garlic (optional)
- 1/2 Teaspoon grated ginger (optional)

## Directions

1. Put all ingredients in a pot over medium heat.
  2. Whisk sauce until the sugar is completely dissolved.
  3. Allow sauce to boil and reduce slightly - the sugar will cause the sauce to thicken very slightly, but don't expect it to turn into a glaze unless you boil it for a long time.
  4. If you're not using it right away, allow the sauce to cool slightly before storing in an air tight container and refrigerating.
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## Methods and Addition Ideas

This is a great sauce or marinade on its own, but because of its simplicity, there are a lot ways you can customize and use this sauce.

## Methods

### Stir Frying

- When stir frying, add the sauce to your pan when it is very hot. The heat is needed to evaporate water and alcohol, both leading to the creation of deep caramelization and flavor development.

### Glazing

- If using this as a glaze, first add it to the pan like you would for stir fry, then add a slurry made of 2 tablespoons of water and 1 tablespoon of corn, potato, or rice starch; be sure to mix the slurry very thoroughly before adding it to the glaze, as not doing so will result in clumps of starch that are impossible to remove.

## Addition Ideas

- Try adding something acidic, like 1/4 cup of orange juice or pineapple juice. Not only will this add flavor, the acid can aid in marinating, if that's how you're using it.
- Try adding savory ingredients, like a tablespoon of miso paste, an anchovie, or even 1/4 teaspoon of MSG during the heating process - make sure what you add is evenly distributed.
- Try adding something spicy, like 1/4 a teaspoon of cayenne pepper, red pepper flakes, or something more mild like white pepper.

# Drinks

# Starches

# Vegetables

# Fruits

# Chicken

Eggs

# Fried Egg

Servings: 1

## Notes:

- When heating the butter, you can tell if the pan is hot enough by seeing if the butter forms bubbles and sizzles when in the pan. This bubbling is the water in the butter boiling, which means the pan is hot enough to set the egg whites quickly.
  - You can use oil in place of butter. To check if the pan is hot enough, wet your hand and allow a drop of water to fall into the pan. If the water immediately sizzles and evaporates, your pan is hot enough. Be careful to not drop too much water as it can cause the oil to sputter and possibly burn you.
  - It's advisable to crack your eggs on a flat surface, like the counter top, to avoid accidentally breaking the yolk with the sharp edge of the shell. Avoid cracking the eggs on the side of the skillet, a bowl, or cup.
  - It's not a bad idea to crack your egg into a small bowl before inserting the egg into the pan. This can help preventing damaging the yolk by cracking the egg directly into the pan, and can prevent cracking a rotten egg into the pan.
  - If cooking more than one egg, use a larger skillet, if needed, to avoid crowding the eggs, and to give yourself enough room to negotiate flipping the eggs.
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## Ingredients

- 1 Large Egg
- 1 tablespoon butter
- Salt
- Pepper

## Directions

1. In a medium skillet, heat butter over medium heat.
2. Crack the egg into a small bowl, then gently slip the egg into the pan.
3. Cook the egg on the first side for 3 minutes. Eggs are very easy to overcook, so pay attention to how the whites look during this time - if the whites seem completely set before 3 minutes are up, you can proceed to step 4.
4. If you prefer sunny side up eggs, you can serve the egg immediately, otherwise you can continue to step 5.
5. Using a turner, gently flip the egg. Avoid lifting the egg too high out of the pan, as the chance of breaking the yolk increases with height.

6. If you prefer an over easy egg with a mostly unset yolk, cook for an additional minute. For an over medium egg, cook for an additional 2 minutes. For over hard, cook the egg for an additional 3 minutes.
7. Season with salt and pepper and serve.

Eggs

# Eggs Benedict



Cuisine: American

Servings: 2

Each serving is 1 English muffin, 2 slices of Canadian bacon, 2 poached eggs, and hollandaise sauce.

Notes:

- The fresher your eggs, the better they'll stay together while poaching.
  - This recipe includes a more traditional method for making hollandaise, but alternative (see: easier) methods can be found on this page: [Hollandaise](#)
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# Ingredients (Hollandaise)

- 2 Egg yolks (save the egg whites - they freeze well)
- 2 Tablespoons water
- 1 Tablespoon lemon juice
- 8 Tablespoons of butter, cut into 1/4 tablespoon pieces
- A pinch of salt
- A pinch of cayenne pepper

# Ingredients (Everything else)

- 2 English muffins
- 4 Large eggs
- 4 Slices of Canadian bacon

# Directions for Hollandaise

1. Place egg yolks, water, and lemon juice to a small pot; with no heat, whisk until the mixture is smooth.
2. Add butter to mixture.
3. Place the pot on medium-low heat and continuously whisk the mixture until it thickens to the consistency of gravy. Do not stop whisking and be very thorough with scraping every surface of the pot as the eggs will curdle if allowed to rest on the pot.
4. Immediately remove from heat and add a pinch of salt and cayenne pepper. Taste and adjust seasoning.

# Directions for Poached Eggs

1. Heat a large pot with 3 to 4 inches of water until boiling, then reduce the heat until the water just barely simmers.
2. Crack 1 egg into a small bowl, cup, or ramekin that is small enough to gently lower into the pot of water.
3. Gently lower the egg into the water, tilting the container slightly to allow the egg to slowly slip into the water.
4. If your egg isn't staying together very well, you can gently coax the white to form around the yolk with a slotted spoon.
5. Working 1 egg at a time, add the remaining eggs to the water in the same way.
6. Turn off the heat to the pot and cover for 4 minutes.
7. If the whites are not set after 4 minutes, allow them to poach for an additional minute.
8. Remove the eggs from the pot using a slotted spoon. You can keep the eggs warm using a bowl of very hot tap water until you're ready to serve.

# Directions for Assembly

1. Split, toast, and butter English muffins.
2. Heat Canadian bacon (can be done on the stove, in the microwave, etc.)
3. Top each English muffin half with a slice of Canadian bacon, a poached egg (blot it dry before adding the sauce), and hollandaise sauce.
4. Serve immediately.

Pork

Beef

Beef

# Shepherd's Pie



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Servings: 8

## Notes:

- Traditionally, shepherd's pie is made with ground lamb and this recipe should be called cottage pie, but almost nobody is going to know or care. If you want to be accurate, sub an equal amount of ground lamb.
- This recipe doubles and halves well. If you're doubling, it's a good idea to roast in a 13"x9" pan or two 9"x9" dishes instead of one. If halving, you could use something smaller, like a loaf pan, or several small glass containers.
- I recommend grating the carrot and onion instead of cutting them manually. Alternatively, if you'd rather have a less uniform texture of the meat and vegetable component, you can do a small dice on the carrot and onion.

- If you can't have/find Yukon gold, or other waxy potatoes, you can use almost any potato here. You also don't necessarily need to peel them - just be sure to wash them if you aren't planning on peeling them.
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## Special Equipment Needed

- Ricer (optional)
- Microplane (Rasp style grater/zester)

## Ingredients

- 2.5 Pounds Yukon gold potatoes (or other similarly waxy potatoes), peeled and quartered
- 1/2 Cup heavy cream
- 1/2 Cup Butter
- 2 Pounds ground beef
- 1 Large Carrot, grated or finely diced
- 1 Large Onion, grated or finely diced
- (Optional) 1 Cup assorted vegetables, like peas, corn, green beans, etc. These can be fresh or frozen.
- 2 Tablespoons tomato paste
- 3 Cloves garlic, minced
- 1/2 Tablespoon fresh rosemary
- 1/2 Tablespoon fresh thyme
- 1 Cup dry red wine
- 1 Cup chicken broth
- 1 to 2 Ounces parmesan, finely grated
- Salt
- Pepper
- Olive oil

## Directions

1. Cover peeled and quartered potatoes in a large pot with a half inch of water.
2. Bring potatoes to a boil and cook until very tender. You should be able to very easily poke a fork into the potato, meeting nearly no resistance.
3. Preheat your oven to 400 degrees.
4. While the potatoes are boiling, in a large pan (10-12 inches ideally), heat 2 tablespoons of olive oil over medium high heat.

Step 5 is the only step where the meat will get any kind of browning, so be sure to give it enough time and heat to sufficiently brown!

5. Spread your ground beef through the pan in a single layer - don't stir yet! We want to allow the underside of the beef to gain some color. Let the meat rest on the bottom of the pan for 2 to 3 minutes. After the time is up, check the underside of a small piece - if it's

browned, move on; if it's not browned enough, you should give it more time, and possibly more heat, to keep letting it brown!

6. Begin to break up the ground beef into as small pieces as you can with a wooden spoon or turner. Cook the ground beef until no pink remains.
7. Remove the ground beef from the pan - if there isn't a lot of fat remaining in the pan, add a tablespoon of olive oil and return the pan to heat.
8. Add your carrot and onion and season with a pinch of salt - the salt will draw moisture from the vegetables, speeding up the cooking process.
9. Saute the carrot and onion until softened and lightly browned, about 2 to 3 minutes.
10. Add the tomato paste, minced garlic, rosemary, and thyme to the pan and cook until fragrant - be very careful to not allow the garlic to burn! If you see the garlic getting too dark too quickly, move to step 11 immediately.
11. Deglaze the pan with the wine, being sure to scrape any accumulated fond.
12. Return the beef to the pan and cook the mixture until the liquid level has reduced by about half. If using additional vegetables, add them now.
13. Add the chicken broth and continue reducing until the filling is able to slightly hold itself up if running a spoon through the pan. If the pan seems too dry, add a little more chicken broth.
14. Turn off heat to the potatoes and drain them.
15. Before returning the potatoes to their pot, put cream and butter into the pot and allow the butter to melt with the residual heat from the pot. If the butter doesn't completely melt, it's okay.
16. Return the potatoes to the pot. If desired, you can alternatively pass the potatoes through a ricer for an extremely smooth consistency.
17. Mash the potatoes, cream, and butter together to your liking; you may need to add additional cream/butter at this step, but traditionally the mashed potatoes in this dish are on the leaner side. Taste for seasoning and add salt as needed.
18. Taste meat filling for seasoning and add salt as needed.
19. Place meat filling in a 9"x9" baking dish, spreading evenly.
20. Top meat filling with mashed potatoes, spreading evenly.
21. Using a fork, fluff the top of the mashed potatoes to create as much surface area as possible - the better this is done, the more texturally interesting the final product will be.
22. Grate parmesan evenly over the mashed potatoes.
23. Roast the pie for about 20 minutes, or until the top is browned to your liking. If you'd like extra browning on the top, turn your oven's broiler on high for a few minutes before removing the pie from the oven, being extra attentive as the broiler is likely to burn your pie.
24. Allow the pie to cool for 15-20 minutes before serving.

Beef

# American Beef Stew



Servings: 8

## Notes:

- The name of the game for stews is flavor development. The entire goal of this recipe is to build layers of flavors via multiple roasting, sauteing, frying, and braising steps.
- The cooking liquid is a mixture of highly savory ingredients. While it may seem like the mixture will be fishy due to the anchovy and fish sauce, the dish's depth of flavor completely blends these ingredients' scent and primary fishy flavors. I personally cannot taste the fish at all when making this, but if you're especially sensitive or adverse to fishy scents or flavors, you can skip adding them entirely!
- Aim to get all of the vegetables to be roughly the same size. Since we're not cutting the pearl onions, aim to use those as a reference for how large your other vegetable pieces should be.

- You can substitute the pearl onions for an equal amount of white or yellow onion, chopped into roughly 1 inch chunks.
  - The carrots and potatoes can be subbed with parsnips and other variety of potatoes respectively; just be sure to cut them all evenly.
  - The vegetables do not have to be perfect cubes. I actually prefer a more rustic cuts to add heterogenous textures and shapes to the dish for more interesting visuals and eating experiences (this is the snobbiest shit I've ever said in my life).
  - Step 7 can be done with a whisk/immersion blender and a large bowl - the blender just makes this easier since you have to dissolve quite a lot of stuff into cold water.
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## Special Equipment Needed

- 4 to 6 Quart dutch oven or other heavy bottomed, oven safe pot

## Ingredients

- Salt
- Pepper
- Neutral oil (canola, corn, soy, etc.)
- 2 Pound beef chuck roast
- 1/3 Cup dry red wine (if you don't have wine or don't want to use it, you can use water or basically any relatively neutral stocks or broths)
- 1 Pound pearl onions, peeled
- 3 Large carrots (8-10 inches long, 1-1.5 inches at the thickest point), chopped into 1 inch pieces
- 1 Pound small red potatoes, halved
- 2 Tablespoons tomato paste
- 3 Cloves garlic, finely minced
- 1-2 Sprigs of thyme and/or rosemary (Optional)
- 1/2 to 1 Cup frozen peas (Optional)

## Ingredients for Cooking Liquid

- 8 Cups cold water
- 1 Tablespoon unflavored gelatin
- 2 Tablespoons Better Than Bouillon Roasted Beef Base
- 2 Tablespoons Worcestershire
- 1/2 Teaspoon MSG (Optional)
- 1 Teaspoon anchovy paste (Optional)
- 1/2 Teaspoon fish sauce (Optional)

## Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Cut the beef roast into 2 inch pieces. While cutting, remove large chunks of fat - you don't need to remove all of it, but remove any excessively large pieces.

3. Place beef on a rimmed baking sheet - lightly coat the beef with a neutral oil.
4. Spread the beef evenly on the baking sheet, making sure to avoid crowding any of the pieces.
5. Roast beef in oven for 15 minutes or until deeply browned on the first side. Flip the pieces of beef and roast the new side until deeply browned. Remove beef from baking sheet and reserve for later - DO NOT DISCARD THE PAN DRIPPINGS.
6. Reduce oven temperature to 400 degrees Fahrenheit.
7. Pour wine directly onto baking sheet; use a wooden spoon or rubber spatula to loosen fond from the baking sheet. Once most of the fond is sufficiently released from the pan, pour the deglazed liquid over the reserved beef pieces.
8. In a blender, add water, gelatin, beef base, Worcestershire, MSG (if using), anchovy paste (if using), and fish sauce (if using). Blend on high until the beef base and gelatin are completely incorporated into the water.
9. Heat 2 tablespoons of neutral oil in a dutch oven set over high heat. When the oil begins to shimmer, add the onions, carrots, and potatoes. Allow some color to form on the vegetables - avoid constantly moving the vegetables to promote browning.
10. Once a bit of fond has formed on the bottom of the pan (we're aiming to develop flavor by slightly browning the vegetables, not cook them totally yet), remove and reserve the vegetables.
11. Reduce dutch oven temperature to medium and add a teaspoon of oil, if the pot seems dry.
12. Fry the tomato paste and garlic until garlic is lightly browned and fragrant. Be careful not to burn the garlic and tomato paste! As soon as you see some browning, move to the next step!
13. Add a cup of the cooking liquid created in step 7 and deglaze the bottom of the dutch oven with it.
14. Once you've loosened up all the fond the dutch oven has to offer, turn the stove heat off and put the vegetables back in the pot, followed by the beef directly on top of the vegetables. If using, nestle thyme and/or rosemary between pieces of beef.

Don't stir! We want the beef resting directly on top of the vegetables.

15. Pour beef base mixture into pot until just barely reaching 3/4 to the top of the beef pieces. We want the top of the beef to be slightly exposed during the next steps.
16. Place dutch oven into oven and roast for 90 minutes, uncovered. After about 45 minutes, flip the beef and add some additional beef base mixture if it seems like the cooking liquid has reduced too much. After 90 minutes we want to have the liquid around the middle of the beef pieces, if not slightly lower.
17. Remove dutch oven from oven and taste for seasoning - add salt and pepper as needed.
18. Add frozen peas, if using, stir, and allow peas to unfreeze and warm up in the stew.
19. Serve immediately. Leftovers refrigerate and freeze very well.

Beef

# Beef Jerky



Servings: 4

## Notes:

- Measure your beef's weight AFTER you trim and slice it.
- #1 Curing salt is often marketed as Prague powder #1 or Instacure #1. It is different from #2 curing salt (a different kind of curing salt that won't work in this recipe) and pink salt (which isn't a curing salt at all, and will also not work as a curing agent in this recipe).
- Curing salt can make you sick if you eat it without properly processing it first. Never eat food that is being cured with curing salt before the appropriate amount of time has elapsed to allow the chemical compounds to break down. Never use curing salt as a seasoning for normal cooking. Curing salt's only culinary use is as a preservative.

- Depending on how you cut the beef will change the final tenderness of the jerky. If you cut against the grain your jerky will be more tender; if you cut with the grain your jerky will be more chewy.
  - If you plan on processing more meat, be sure to measure your curing salt very carefully. The ratio mentioned here is actually slightly higher than normal for the curing salt; a good rule of thumb is to use 1 teaspoon for every 5 pounds of trimmed beef.
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## Special Equipment Needed

- Dehydrator
- Deli slicer (Optional)
- Vacuum sealing equipment (Optional)

## Ingredients

- 1 Pound lean beef, trimmed of all fat possible and sliced 1/4 inch
- 3/4 Cup low sodium soy sauce
- 1/4 Teaspoon #1 curing salt

## Directions

1. Mix remaining ingredients in a bowl and stir the mixture until the curing salt is completely dissolved.
  2. Dip each slice of beef into the cure mixture, then layer the beef in a sealable container. The objective is to get as much even coverage of the beef as possible to promote even curing.
  3. Once all of the beef is coated and stacked in the container, pour the remaining curing liquid into the container with the beef. Refrigerate beef and allow to cure for 24 hours.
  4. After 24 hours, lay beef on paper towels and blot away any residual curing liquid. Discard any curing liquid left in the container.
  5. Lay dried beef evenly on the dehydrator's trays; try to keep at least a little (at least 1/4 inch) space between the beef to allow for even airflow and drying. If you can't get this much space, your dehydration will just take a bit longer.
  6. Dehydrate on highest setting for 2-4 hours. My dehydrator goes up to 155 degrees Fahrenheit and takes about 4 hours to process the beef.
  7. If not planning to use right away, allow the jerky to cool to room temperature, then vacuum seal the jerky in an even layer and store in a cool, dry location.
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## Variations and Modifications

- For these, just add the extra ingredients to the curing liquid before the beef. Make sure to dissolve any salt or sugar in the cure before adding the beef.

## Peppered

- 1/2 Teaspoon white pepper
- 1 Tablespoon coarsely ground black pepper

## Teriyaki

- 1/2 Cup brown sugar
- 1 Teaspoon white pepper
- 1 Teaspoon garlic powder
- 1 Teaspoon ginger powder

## Additional Modifier Ideas

- Liquid smoke
- Pepper extract
- Meat tenderizers
- Worcestershire sauce, fish sauce, MSG, beef bouillon, etc.

Fish

Lamb

# Miscellaneous Proteins

# Sweets