

SOUS VIDE

2 BOOK IN 1

Sous Vide Cookbook. The modern,
easy and healthy cooking technique.
The best recipes of all Time



JAMES CANNAVA

SOUS VIDE

**2 BOOKS IN 1: SOUS VIDE COOKBOOK. THE
MODERN, EASY AND HEALTHY COOKING
TECHNIQUE.
THE BEST RECIPES OF ALL TIME.**

BY: JAMES CANNAVA

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INTRODUCTION

Sous vide (pronounced *sue-veed*) is a cooking technique that utilizes precise temperature control to deliver consistent, restaurant-quality results. High-end restaurants have been using sous vide cooking for years to cook food to the exact level of doneness desired, every time. The technique recently became popular for home cooks with the availability of affordable and easy-to-use sous vide precision cooking equipment.

Sous vide, which means “*under vacuum*” in French, refers to the process of vacuum-sealing food in a bag, then cooking it to a very precise temperature in a water bath. This technique produces results that are impossible to achieve through any other cooking method.

Sous vide cooking is much easier than you might think, and usually involved three simple steps:

1. Attach your precision cooker to a pot of water and set the time and temperature according to your desired level of doneness.
2. Put your food in a sealable bag and clip it to the side of the pot.
3. Finish by searing, grilling, or broiling the food to add a crispy, golden exterior layer.

Why should I cook sous vide?

Sous vide cooking uses exact temperature control with circulation to produce results that you can't achieve through any other cooking technique. The reason is that, when using traditional methods of cooking, you don't have control over heat and temperature. Consequently, it's very difficult and time consuming to consistently cook great food. Food ends up overcooked on the outside, with only a small portion in the center that is cooked to the temperature you want. Food loses flavor, overcooks easily, and ends up with a dry, chewy texture.

With precise temperature control in the kitchen, sous vide provides the following benefits:

Consistency: Because you cook your food to a precise temperature for a precise amount of time, you can expect very consistent results.

Taste: Food cooks in its juices. This ensures that the food is moist, juicy and tender.

Waste reduction: Traditionally prepared food dries out and results in waste. For example, on average, traditionally cooked steak loses up to 40%

of its volume due to drying out. Steak cooked via precision cooking, loses none of its volume.

Flexibility: Traditional cooking can require your constant attention. Precision cooking brings food to an exact temperature and holds it. There is no worry about overcooking.

How Are Sous Vide Results Better?

Sous vide provides down-to-the-degree control in the kitchen to deliver the most tender, flavorful food you've ever had. With Anova, it's super simple to get restaurant-quality results from edge to edge.

Sous Vide Steak vs. Traditionally Cooked Steak

The steak on the left was cooked sous vide at 129°F, while the steak on the right was pan-cooked. As illustrated in the comparison above between cooking sous vide steak and pan-cooking steak, there are important advantages to cooking sous vide over traditional methods.

Sous Vide Salmon vs. Traditionally Cooked Salmon

The salmon cooked with Anova (left) remains a translucent pink, with a delicate, flaky texture. The pan-cooked salmon (right) has overcooked edges because the surface temperature of the pan is higher than the target cooking temperature. As it dries out, it begins to expel the white albumin.

Sous Vide Eggs vs. Traditionally Cooked Eggs

Whether you're a poached egg perfectionist or a fan of soft-boiled, sous vide makes your ideal egg achievable every time. The egg on the left cooked consistently to the desired texture. On the right, a guessing game resulted in raw and runny yolks with over-thickened whites.

What Equipment Do I Need To Cook Sous Vide?

It's actually very affordable and easy to get started with sous vide cooking thanks to the recent availability of sous vide devices built for the home cook. You'll need a few things:

- A sous vide precision cooking device
- Packaging for your food, like resealable bags or canning jars
- A container to hold the water

Types of Sous Vide Machines

Sous vide equipment has existed for decades in professional kitchens around the world, but it has always been bulky, expensive, and overloaded with complex features. This type of equipment eventually made its way into high-end specialty retail shops but remained limited to chefs and consumers with extensive culinary experience.

Cooking shows, social media, and online communities have furthered consumers' knowledge of sous vide cooking, but it wasn't until Anova released the first affordable and easy-to-use consumer device that sous vide became accessible to home cooks. There are now many sous vide options available to the home cook.

Below are a few types of equipment for you to consider when you're ready to build your ultimate sous vide setup:

Sous Vide Immersion Circulator

The Anova Precision® Cooker is a standalone immersion circulator that heats water and circulates it around the pot to maintain precise temperatures evenly. Immersion circulators are an affordable and easy-to-use sous vide machine option. They do not come with a built-in water bath, so they take

up very little space in your kitchen. Standalone sous vide devices don't require additional equipment to get started because they clamp on and adjust to any pot you already own. The Anova Precision® Cooker is a sous vide immersion circulator. Other examples include Chef Steps Joule, Nomiku, and Sansaire.

Sous Vide Water Oven

Water ovens are often referred to as countertop water baths. They are fully-contained, sous vide devices that are about the size of a microwave and typically cost \$500+. Sous vide water ovens heat water, but unlike immersion circulators, they do not circulate the water. This can lead to inconsistencies in the food's resulting texture. Examples of water ovens include SousVide Supreme, AquaChef, and Gourmia. Multi-use cookers like Oliso, Gourmia and Instant Pot also offer sous vide appliances.

DIY Sous Vide Hacks

Cooler, rice cooker, and slow cooker hacks are great options for exploring sous vide cooking before you decide to purchase a device. The Food Lab's J. Kenji Lopez-Alt has a great post on sous vide beer cooler hacks.

Sous Vide Packaging

Sealing foods prevents evaporation and allows for the most efficient transfer energy from the water to the food. To do so, simply place your seasoned food in a plastic bag and remove the air using the water immersion technique, a straw, or a vacuum sealer.

You don't need a vacuum sealer to cook sous vide. There are lots of options, here are a few of the best types of sous vide packaging:

Resealable Bags or Jars

Resealable bags are very versatile, and can be used with the water immersion method to remove air from the bag. We recommend heavy-duty, BPA-free bags, like Ziplock's freezer bags.

Reusable Silicone Bags

Reusable sous vide bags made from silicone, like these Stasher Reusable Silicone Sous Vide Bag bags, make it easy to enjoy the same quality results night after night.

Vacuum Sealing Bags

You don't need to purchase a vacuum sealer and vacuum seal bags, but they work well for batch cooking. Foodsaver and Oliso are great options, and both are pretty affordable.

Canning Jars

Several different types of foods can also be cooked in glass canning jars. Beans and grains both work well in jars, as do desserts such as cakes and custards. Get tips on cooking sous vide with jars in our [Guide to Sous Vide Cooking with Canning Jars](#).

Sous Vide Containers

Anova clips onto the side of any pot or vessel with an adjustable clamp. So, you can use any size of pot that you already have at home. If you're planning to cook a lot of food at once, plastic bins like Cambro and Rubbermaid are great choices.

You can also explore creating a dedicated sous vide cooking vessel. Our community members have created some crafty cooler and cambro hacks. Take a look at this [guide on the best sous vide containers](#).

BRIEF HISTORY OF SOUS VIDE

When sous vide arrived in the food world, the technique wasn't initially used to make food taste better. In the late 1960s, when food-grade plastic films and vacuum packing were mastered by French and American engineers, sous vide was used as a safety measure: The ability to keep packaged foods in a water bath at a certain temperature made pasteurizing and sterilizing easier for labs, hospitals, and large-scale commercial food companies. Originally, vacuum packing and cooking foods sous vide was used to seal and pasteurize industrially prepared foods so that they would have a longer shelf life.

But then in 1974, sous vide made its way into the restaurant scene. (Well, kind of.) French chef Pierre Troisgros wanted to develop a new way to cook foie gras, and he hired Georges Pralus, another chef, to help. The goal? To

lose as little fat as possible when cooking. After all, fat is flavor, and foie gras is all about fatty flavor. Through experimentation, Pralus found that the liver lost the least amount of fat when poached at a precise temperature, sealed in plastic.

Around the same time, Bruno Goussault—an economist, inventor, and chef—made similar discoveries for commercial food operations and hospitals. In the 1980s, he teamed up with Chef Joël Robuchon to create a sous vide dining program for the French railroad. This paved the way for Goussault's next career move: He has been the chief scientist at Cuisine Solutions, an American company that specializes in sous vide food preparation and packaging, since 1989.

The technique slowly spread to chefs in the U.S.—largely thanks to the Internet. Chefs began to acquire sous vide circulators for their kitchens in the early 2000s. (Thomas Keller was one of the first.) The only problem: No one really knew how to use them. None of these chefs had come up in the kitchen world using them. No one had spent time experimenting with them. Enter: the website eGullet. The forums on this culinary-minded site were a place for people to geek out on food-related issues, and sous vide was a perfect subject.

Cutting-edge chefs like Chicago's Grant Achatz, Charleston's Sean Brock, and New York's Wylie Dufresne, and many others would talk about what they were playing with, and how they used different times and temperatures for different proteins.

In 2005, sous vide started to really pickup. Joan Roca, a chef in Spain, wrote a book about sous vide that arrived in the U.S. that year (with a slightly rocky translation). Chef Grant Achatz's restaurant, Alinea, also opened—sous vide circulators included. Chef and inventor Dave Arnold

began to teach low-temperature cooking classes at the French Culinary Institute.

“Cryovacking, which is more often called sous vide (French for “under vacuum”), is poised to change the way restaurant chefs cook,” wrote Amanda Hesser for the New York Times in a 2005 story called “Under Pressure.” “And like the Wolf stove and the immersion blender, it will probably trickle down to the home kitchen someday.”

In 2006, Dufresne battled Mario Batali on Iron Chef America; it was the first time sous vide circulators were seen on TV. The demand only grew from there.

The move into home kitchens has also been slow, and largely due to the influx of sous vide circulators with a lower price point, as professional devices cost over \$1,000. In 2009, Sous Vide Supreme debuted as the first circulator for less than \$500. In 2012, another sous vide circulator company called Nomiku launched, and they started selling machines for \$359. In 2016, ChefSteps released their own circulator, called the Joule, for just \$199. (In 2017, we named the Joule our top pick for the home cook.)

SOUS VIDE COOKING: GETTING STARTED

In the recent days, you have probably been caught in the hype of sous-vide cooking. I know you are also tempted to join this revolutionary movement. This is especially so because we realize that you can cook a healthy meal without overcooking or burning it.

The cooking process can really confuse you as a beginner but worry not because its something you can quickly learn.

Whether you are green in the field or have some basic information, you need to follow a guide for perfection. You will only find the guide in a good sous vide cookbook.

Unfortunately, just like sous vide cooking has taken the world by storm, there are thousand of sous vide cookbooks in the market all with varying information.

For this reason, it's hard to choose a book that will help you. This article will guide you in choosing the best cookbook.

WHAT IS SOUS VIDE COOKING?

Sous vide cooking has been around for quite some time. According to Wikipedia, it was first mentioned by Sir Benjamin Thompson in 1799. Yet, only in recent years has it started going mainstream and into home kitchens. This is all thanks to the so called 'modernist' cooking movement. While the name 'sous vide' sounds pretty fancy, it's really simple in practice. Simpler than most people would imagine.

This method of cooking does take a bit longer than traditional methods, but it yields results that are practically impossible to achieve otherwise. It allows cooking food at a much lower and precisely controlled temperature. Many people find this makes meats more tender and vegetables better-flavored. This is because the food is cooked evenly throughout, keeping the juices and the aroma inside.

Putting it simply, sous vide is a cooking method where meat or vegetables are tightly sealed in a plastic bag and placed in a water bath that maintains a specific temperature. With this method, the food avoids exposure to high temperatures, which helps to avoid overcooking and drying out. This makes sous vide method very useful for cooking fish which is very easy to overcook using traditional methods.

Depending on the food you cook, you may or may not need specialized equipment such as a sous vide immersion circulator. Different foods require different degrees of accuracy and constancy of cooking temperature. Salmon fillets generally need about 40 to 60 minutes depending on size and thickness. As such, a common boiling pot and an instant-read thermometer is all that will suffice with a little tending.

You must have heard people use the term in the high-end restaurants or during cooking competitions. That's because those restaurants have used the cooking method for ages before people started using it at home.

The phrase is a French term that means 'under the vacuum' which is exactly what happens in this method of cooking. The chef marinates their proteins then vacuum seals it and put it in a pot of water. this means that the food never comes to contact with flames and heated metal surface.

The machine heats the water to a constant high but not boiling point level. Yet it also maintains the temperature never fluctuating between high and

low. It's simply like you are cooking in a controlled water bath.

You can cook almost anything with this method of cooking from eggs, meat, fish or seafood the list is endless. What's more, the result is unparalleled because it cooks way better than the traditional method of cooking.

WHY SHOULD YOU COOK SOUS VIDE?

This method of cooking gives you a controlled temperature making your food slow cook within a set time. You get consistent results from a consistent method of cooking.

The food retains its taste because it cooks in its juice. You develop a juicy moist and tender dish.

The traditional method of cooking results in waste from drying out.

A good example is, when grilling a steak, it loses some percentage of the meat because it dries out. Sous vide cooking retains the same volume of meat.

When you are cooking traditionally you must constantly check the food to confirm that it reaches the desired consistency. When it comes to sous vide you don't need to protect the food from overcooking. You just set the temperature and time the meal takes to cook then go check it when the time lapses.

It lets you focus on other roles as you cook in the sous vide. Because it will take the set time you set it to and you don't have to worry about overcooking.

Like earlier stated, the results you get with a traditional cooking method is nothing like the sous vide cooking. It cooks your meats from edge to edge

and from center to the outer part.

SOUS VIDE COOKING TECHNIQUE

This culinary technique cuts beyond fashion to offer you a professional meal that is not only succulent but well done too. It's like poaching your food in a vacuum bag under a specific temperature. The machine has water that retains a steady temperature while circulating and ultimately cooking.

This circulation helps to maintain the temperature. The method suits those who want to limit the amount of fat/oil they use in food. You don't need to add fat or oil, especially in the proteins because the food will cook in its juices.

This will leave your food not only rich in flavor but also soft, juicy and moist. Note that, if you love searing your meats you won't do it before placing the meat in the sous vide. Rather you can do it once its cooked.

WHICH ARE THE BEST MEALS TO COOK IN A SOUS VIDE

Sous vide cooking is versatile in that it allows you to cook a wide range of proteins and veggies. Most people think its good for cooking meats only but that isn't true.

Since the technique ensures overcooking is off the window you can use it to cook meals that tend to overcook or dry out. This includes steak, pork chops, seafood, duck breasts, turkey and chicken breasts.

If your meat has lots of connective tissues use this method. Some of these meats with connective tissues include chicken feet, oxtail, and the beef tongue.

Except for those times when you want to fry your eggs, you can use it to cook scrambled eggs, poach the egg, make an eggnog or pasteurize it to use in your raw cookie dough.

The best part is that you can use it even for your veggies. I know this is a surprise to many but veggies like carrots or asparagus will wow you if you sous vide specific recipes.

You can use your sous vide even for deserts. All those desserts that you cook in a Bain Marie will work perfectly when cooked using this technique. Consider cooking pumpkin pie, cream brulee or cheesecake using this method. Also, make the ham and delicious burgers.

Other meals you can use this method to cook include mashed potatoes, beef stock and puree which I love and it took a friend to convince me to prepare it using this method. It wowed me and I'm sure it will wow you.

HOW TO SOUS VIDE

We will try to break it down in a few steps to make it easy to understand.

- ***Step 1: There are equipment's you need for the whole cooking process.***

The first one is a sous vide cooking equipment which was initially utterly expensive but today you can even improvise if you have a sous vide precision cooking machine, a large pot to hold water and a vacuum seal bag.

- ***Step 2: The preparation of the meat***

By preparation, we are referring to the seasoning process or marination. Seasoning part will determine the flavors of your meat. When cooking sous

vide you can decide to use only salt and pepper. But, if you want to add a little more flavors, feel free to play around with your spices.

When cooking meat, I often use ground black pepper, curry, ginger, soy sauce, and harissa paste. You can use almost anything you want. With this process, you can have a dish full of flavor because the seasoning gets absorbed within the meat making it flavorful.

- ***Step 2: Vacuum Sealing***

You have the vacuum seal bag, right?

Immediately after the marination, place it in a vacuum seal bag. For safety, choose a gold standard food grade vacuum seal bag or the normal resealable freezer bag. Before you seal it consider adding aromatics like bay leaves or rosemary for a sweet aroma.

Let the leaves remain in contact with the meat before you seal. If you desire, add some ghee or butter but avoid liquids that deter the flavor sealing process.

Go ahead and follow the manufacturer's instruction for the proper sealing. If possible seal it two to three times to ensure it stays sealed.

- ***Step 3: Temperature setting***

The good thing about a sous vide is that it gives you the pinpoint temperature set to choose. But before that, fill your large pot with water then set the temperature depending on what you are cooking.

I always use the given temperature ranges just to be sure. You see, it depends on whether you want your meat rare, medium-cooked or fully-cooked. A good example is that the medium-rare meat temperature ranges between 130°F TO 139°F.

If you will set your sous vide machine at this temperature, you will have a medium-rare meat. The setting temperature part may confuse you but when you have good brands this won't be an issue.

The brands have software to determine the correct temperature to cook your food if you key in the details on the app. Once you set the temperature and the water reaches the set temperature, place the vacuum sealed bag in the water and let it circulate around.

Note that, some bags need you to pin at the side of the pot just to be sure that the seal doesn't fail.

- ***Step 4: Decide how long the food should sous vide***

You need to know how long the food should take to sous vide. This is because the cooking process involves heat the food, tenderizing then make sure it's safe.

It may take between 1 to 2 hours for the meat to heat up entirely.

The tenderizing process determines whether your meat will be chewy, fatty or fully cooked. If you have a big chunk of meat you may want to tenderize it for up to 2 days. However, some meat parts will take 2-24 hours just know the kind of meat you are prepping.

For the food safety, remember to keep the food at 40°F and 134°F for a short duration otherwise your food safety becomes risky. Take anything less than 4 hours at such temperature.

- ***Step 5: Finish***

Remove your meats or other thing being cooked from the water and let it rest for between 10-20 minutes. Go ahead and serve or if you need to sear, it remove the meat from the bag and dry it with your kitchen towel.

In a hot skillet, sear it on both sides to form the crust you need.

THE WORST & BEST FOODS TO COOK SOUS VIDE

One of the great things about sous vide cooking is that you can use the technique to cook more or less anything.

Experimenting with different foods to see how they taste when cooked sous vide is half of the fun, and you can't go far wrong with using most ingredients, but there are some foods which definitely work better when cooked sous vide than others, which we're going to take a quick look at here.

THE BEST FOODS TO COOK SOUS VIDE

- *Tougher Cuts Of Meat*

What's important to remember here is that a 'tougher' or 'cheaper' cut of meat, doesn't necessarily mean a 'worse' cut.

The reason that cuts such as the neck and leg are cheaper and less desirable is that they are constantly in motion on the animal, meaning that the protein strands in the muscles are much more robust, making them tougher to cook and eat, and hence, cheaper to buy from the butcher.

But this is where your sous vide machine comes in! The sous vide process breaks down these tough proteins and gives you a super tender cut, all from a product which most people would discard.

Usually braised like pulled pork, when it's cooked using sous vide it can actually become more like a tender steak. Delicious!

- *Eggs*

Eggs are one of the most popular foods to cook sous-vide for a couple of reasons. The most obvious is the control over texture that the method gives.

Because of the precise control of sous vide, you can control the exact consistency of your egg, so be sure to check out our guide to a perfect sous vide egg to determine how long you need to leave yours for, and at what temperature, from ‘flowing cream’ to ‘pliable camembert.’ Starbucks recent made sous vide eggs famous with their ‘sous vide egg bites.’

Once you’ve got that consistency nailed, sous vide allows you to cook, consistently, eggs to perfection each and every time.

The second reason chefs love sous vide eggs so much is because of how easy it is to do! Due to the fact that the eggs are already contained within their shells, there’s no need for them to be vacuum packed.

- ***Pork***

Pork often has a bit of reputation as being one of the blander, drier meats. However, it’s a prime example of the wonders of sous vide.

The problem is that conventional cooking methods lose a lot of the fats and juices of pork, but sous vide retains these fats, turning them into flavour.

As an example, take a look at our recipe for how to cook pork rack sous-vide.

- ***Lamb***

Lamb is another meat which is difficult to get right, with many cooks overdoing it, resulting in chewy, tough meat, and others overcompensating too much and leaving it undercooked.

This all means that it’s great for sous vide, removing all of the guesswork and guaranteeing a succulent, flavourful cut which you don’t have to constantly keep your eye on.

If you've always viewed lamb as a little bit boring, try it sous vide, such as in our recipe for lamb rump sous vide.

- ***Carrots***

Vegetables are, by and large great for cooking sous vide, keeping them firm and crisp, and sous vide carrots are particularly good.

What's great is that not only do you achieve the perfect texture, you can also infuse the carrots with things such as herbs and duck fat, all of which will infuse with the carrot to take it to the next level, before browning the carrots afterwards to caramelise their natural sugars.

THE WORST FOODS TO COOK SOUS VIDE

- ***Filleted Fish***

While you certainly can cook fish sous vide, depending on your personal preferences, you might not want to.

The problem is that a filleted fish is simply too delicate and flaky to cook in sous-vide machine, and once it's gone through the process, it'll simply fall apart as you try to get it out of the bag.

Perhaps if you'd like to try out some sous vide seafood, you should try shellfish, like these tasty sous vide scallops.

- ***Liver***

There are some foods which feasibly can be cooked via sous vide, but simply aren't worth the time, and liver is one of those foods.

Liver is such a lean product to begin with, that it really doesn't benefit enough from the effects of sous vide, and you're probably best off simply

cooking it in the pan instead.

- ***Fillet Steak***

This might be a controversial one with some, and it might be a bit harsh to term it “one of the worst” foods to cook sous vide, but Chris believes that sous vide is somewhat wasted on a cut of fillet steak.

This is for a similar reason to those outlined with liver, and it’s just that fillet steak is already so tender, that putting in a sous vide machine won’t have enough of impact on it.

This isn’t to say that you shouldn’t cook your steak sous vide, just that the benefits may not be worth the time!

- ***Hollandaise***

Hollandaise is notoriously tricky to get right, and while some chefs claim that sous vide makes it fool-proof, this isn’t the case.

Sous vide Hollandaise involves mixing egg yolk, lemon juice and butter in your sous vide machine, shaking a few times in the process.

Unfortunately, it’s still just as difficult to get right as it would be and just as prone to falling apart and winding up lumpy and unappetising.

INCREDIBLE SOUS VIDE RECIPES

When preparing sous vide recipes, take a few small steps to make this cooking method more Bulletproof. Sous vide cooking traditionally involves sealing food in an airtight plastic bag before immersing it in the cooking water. While convenient, this method can cause hormone-disrupting BPA and other harmful compounds to leach into your food.

You can still make incredible sous vide recipes without the plastic: Depending on the recipe, swap the bags with mason jars or reusable silicone bags to keep your food safe and reap the benefits of this gentle cooking method. Sous vide cooking still poses risks for producing histamines, so see how you feel after eating food prepared this way.

From eggs to seafood and desserts, make these sous vide recipes and become the star chef in your kitchen:

BREAKFAST SOUS VIDE RECIPES

- SOUS VIDE EGGS

No bags or jars needed: This sous vide recipe creates perfectly slow-poached eggs by cooking them straight in the water bath. With golden runny yolks and just-set whites, these eggs are worth the wait.

What to put your poached eggs on: mashed potatoes, miso buttered toast, bacon and egg breakfast ramen, kimchi stew, crispy bolognese rice bowl, or, you know, everything. Oh, if you don't have a sous vide machine (you should put one on your wishlist!), you can also do slow-poached eggs in a pot too. It takes a bit more hand-holding, but it can be done.

YIELD: Serves 4

ACTIVE TIME: 7 minutes

TOTAL TIME: Overnight, or up to 2 days

Ingredients:

- 1 pound (450g) thick-cut bacon, still in its package (see note)

Instructions:

1. Preheat a sous vide water bath to 145°F (63°C). Place bacon, still in its original plastic packaging, directly in water bath and cook for at least 8 and up to 48 hours. When ready to serve, remove from water bath and proceed immediately to step 2, or chill in refrigerator or freezer for later use (see note).
2. To finish, preheat a large skillet or griddle over medium-high heat for 5 minutes. Add bacon and cook, pressing gently with a press or the back of a spatula (just enough to keep it mostly flat), until brown and crisp on the first side, about 2 minutes. Turn bacon and briefly cook on second side, just to remove pale color (about 15 seconds).
3. Transfer to a paper towel-lined plate to remove excess fat. Serve immediately.

- **SOUS VIDE SCRAMBLED EGGS**

Scrambled eggs are so fast and easy to fry up, and it never occurred to me to cook them in my SousVide Supreme. Who wants to wait twenty minutes

for eggs to cook – not to mention the additional time it takes for the water oven to preheat? Not this lazy ass!

YIELD: Serve 2

Ingredients:

- 4 large eggs
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon of butter
- Aleppo pepper (optional)

Instructions:

Fill the water oven with hot water and preheated it to 165 F. In a medium-sized bowl, beat the eggs with a large pinch of salt and four grinds of black pepper.

- Pour the beaten eggs and butter into the silicone bag.
- Using the water displacement method, remove the air from the bag and seal it tight.
- Once the water oven reach 165 F, drop-in the sealed bag.

And set the timer for 10 minutes. After, the buzzer went off, remove the bag from the water and squish it around so the eggs wouldn't form a brick.

Put the bag back in the water and let it cook for 12 more minutes. (In many recipes using plastic bags, the cooking time is only 10 minutes + 6

minutes but since the silicone is thicker, soak the eggs for five more minutes).

- Remove the eggs from the SousVide Supreme.
- Spoon it on a plate, and sprinkle on Aleppo pepper flakes.

- **SOUS VIDE EGGS PIZZA**

Cook **time:** 1 hour 20
minutes

Servings: 4

Ingredients:

1. One Pizza Dough
2. Three sous vide eggs
3. Two ounces of fresh mozzarella
4. Three slices of cooked Canadian bacon
5. One tablespoon of Hollandaise sauce
6. Chopped Parsley
7. Two egg yolks
8. Juice from half lemon
9. Salt
10. Cayenne pepper
11. Half a stick of butter

Instructions:

1. Combine the egg yolks, lemon, salt, and pepper in a microwave safe bowl and whisk, then add the melted butter before putting in the microwave for fifteen seconds. Then set aside.

For the sous vide eggs:

2. Set water bath to 75oC, and drop in the eggs carefully. Cook for fifteen minutes, and then remove after which you put them in cold water to stop the cooking.

For the Pizza:

3. Place a baking tray on the top rack of your oven and pre-heat at 260oC for one hour.
4. Roll out the dough to a 12-inch round and place on a pizza peel lightly dusted with flour.
5. Change the oven function to broil. Spread fresh mozzarella and three slices of pre-cooked Canadian bacon on top.
6. Place on your baking tray and broil for one minute; afterward, open the oven and rotate pizza 180 degrees. Broil again for another one minute.
7. Switch the oven function back and bake for another two minutes before removing from the oven.
8. Break the sous vide eggs in a bowl, before placing them on top of the pizza and seasoning with salt and pepper.
9. Carefully drizzle Hollandaise sauce over the eggs with the aid of a spoon and serve.

Chef's tip: The sous vide eggs should be should be 'shocked' to cooling so that the yolks won't completely solidify.

Nutritional information

Calories: 168.7; Fats: 3.6g; Carbohydrates: 8g; Fiber: 1.4g; Protein: 25.5g

BEEF SOUS VIDE RECIPES

- SOUS VIDE POT ROAST

Avoid dry, tough cuts of meat with this simple sous vide recipe. Create a quick marinade with rosemary and lemon juice, then immerse your meat and sear to finish. Keep this recipe more Bulletproof and swap soy sauce with coconut aminos, plus avoid eating garlic too often.

Prep time: 15 mins

Cook time: 24 hours

Total time: 24 hours 15 mins

Serves: 6 servings

Ingredients:

- 2 Pound Chuck Roast
- ¼ Cup Lemon Juice
- ¼ Cup Soy Sauce
- 1 teaspoon Minced Garlic
- 1 Sprig Fresh Rosemary

Instructions:

1. In a Ziplock bag, combine the Lemon Juice, Soy Sauce, Garlic & Rosemary
2. Place the Roast inside and rub around in the marinade
3. Seal the bag, removing as much air as possible
4. Place in the Sous Vide Cooker between 130-140* depending on desired doneness (Medium-Rare at 130, Medium-Well at 140).
5. Cook for 18-24 hours
6. About halfway through, pull the bag out and rotate the roast in the marinade.
7. Heat olive oil in a large sauce pan
8. Sear each side of the roast for about 1 minute

9. Slice to serve

- **SOUS VIDE BEEF FILET TAIL OVER SWEET POTATO
MASH**

This sous vide recipe takes an already tender cut of beef and transforms it into a buttery starring dish. Meat cooks in the water bath with grass-fed ghee and a zesty paleo dressing before topping a creamy sweet potato or butternut mash. Stay more Bulletproof and get pastured beef, avoid eating garlic and onion too often, and avoid pepper if you are sensitive to nightshades.

Prep Time: 20 mins

Cook Time: 4 hours

Total Time: 4 hours 20 mins

Serves: 2

Ingredients:

Beef Fillet

- 1 Beef Fillet Tail
- 1/4 cup grass fed butter or ghee, softened
- 2 tbs Tessemae's Southwest Ranch
- Sea salt
- Black pepper

- Tallow for searing

Sweet Potato Mash

- 1 large sweet potato, cut into 1-inch cubes
- ¼ cup grass fed butter or ghee divided
- 1 tbs Tessemae's Slow Roasted Garlic Spread
- 1 shallot, diced
- 2 tbs fresh rosemary, chopped
- 1 tbs fresh thyme, chopped
- Sea salt

Instructions:

Beef Fillet

1. In a mixing bowl, combine all ingredients except for the beef fillet tail. This will make a compound butter.
2. Place compound butter in a vacuum seal bag and then add the beef fillet tail, making sure you coat the beef evenly with the compound butter.
3. Seal the bag and place in a Sous Vide heated to 130 F. Cook for 4 hours.
4. Heat a large cast iron skillet over medium high heat and add about 1 tbs of tallow.
5. Once tallow is shimmering, remove beef from Sous Vide and remove from vacuum bag. Pat dry with paper towels.
6. Sear beef for about 1-2 minutes per side but no more. This will give a nice crust but won't cook the inside any further.
7. Remove from skillet and let rest for 5-10 minutes.

8. Slice across the grain into medallions and serve over Roasted Sweet Potato Mash

Sweet Potato Mash

1. Preheat oven to 350 F
2. While oven is preheating, coat sweet potato cubes and shallot with half the butter or ghee and season with salt and pepper.
3. Roast in the oven for 30 minutes or until sweet potato is tender.
4. Remove from oven and add sweet potatoes, roasted garlic, sea salt, pepper, and the rest of the ghee to a blender and blend until smooth.
5. Remove mixture from blender and fold in the chives.
6. Serve immediately.

- ROSEMARY & THYME SOUS VIDE NY STRIP STEAK

Using an immersion cooker, this recipe turns simple ingredients into a totally tender main course. Bag your steaks with butter and herbs, then simply cook for beef that pairs with any side dish. Stay more Bulletproof with grass-fed meat and butter, plus skip the black pepper.

Serves: 2

Sous Vide cook time: 1-2 hours

Ingredients:

- 2 NY Strip Steaks, around 1-2" thick
- 2 Tablespoons Butter

- 2 sprigs Rosemary
- 2 sprigs Thyme
- Ground Black Pepper and Salt to Taste

Instructions:

1. Set up Nomiku water bath and turn temp to 57°C (135°F).
2. Bag the steaks with rosemary, thyme, and butter and seal using the water displacement method or using a vacuum sealer. Sous vide for 1-2 hours (1 hour per inch).
3. Remove from water bath. Set a greased heavy pan or cast iron on high heat, remove steaks from bags and sear each side for 30 seconds or until a crust forms. Alternatively, use a culinary torch to brown.
4. Immediately slice and serve. It's great for brunch with eggs
5. Stay more Bulletproof with grass-fed meat and butter, plus skip the black pepper.

- **BACON BEEF BROCCOLI FUSION**

This hybrid sous vide recipe cooks beef in a water bath until tender while stir-frying fresh broccoli for a filling main dish that pairs perfectly with cauliflower rice. Keep this recipe more Bulletproof and use pastured meats, plus steam broccoli instead of stir-frying. Avoid eating garlic too often, and skip the chipotle powder if you are sensitive to nightshades.

Ingredients:

- 2 lbs beef stew meat
- 4 cloves garlic, minced
- 2 tsp Herbes de Provence
- 2 tsp salt
- 1 tsp Chipotle powder
- ½ lb bacon, chopped
- 4 cups chopped broccoli
- 2 TBSP coconut oil

Instructions:

- In a bowl, stir together the meat, garlic, Herbes de Provence, salt and Chipotle powder.
- Add to vacuum seal bag and seal. Heat water in Sous Vide to 135 degrees.
- Add sealed bag to water and cook for at least 6 hours.
- Remove from water and set aside. Heat coconut oil in a large skillet or wok over medium-high heat.
- Add bacon and cook for about 5 minutes.
- Add broccoli and cook another 5-6 minutes, until bacon is crispy and broccoli is beginning to be tender.
- Remove broccoli and bacon from skillet.
- Add meat to skillet (leaving out the juices) and sear quickly (1-2 minutes).
- Add broccoli and bacon and stir quickly to combine.
- Remove to serving platter and enjoy! This tastes great over cauliflower rice.

- **SOUS VIDE STEAKS WITH GARLIC BUTTER**

Cook

minutes

Time:

60

Servings: 4

Ingredients:

1. Four filet mignon steaks
2. Kosher salt
3. Freshly ground pepper
4. Garlic powder
5. Two tablespoons of butter
6. One finely minced garlic clove
7. Two tablespoons of freshly chopped parsley leaves
8. One to two tablespoons of vegetable oil

Instructions:

1. Season the steaks to taste using salt, pepper and a little amount of garlic powder.
2. Heat the water bath to the desired temperature based on the preference of doneness, from rare, medium-rare or medium and set the timer accordingly.
3. Once the water is heated, submerge steaks in a plastic storage bag and seal.

4. Prepare the garlic butter by combining softened butter with minced garlic, a pinch of salt and parsley.
5. Remove steaks from the water bath after one hour.
6. Heat two tablespoons of olive oil over high heat in a cast iron skillet
7. Once the oil gets really hot, sear the steaks quickly on each side. Shouldn't take more than 1 minute per side.
8. Top the steaks with the garlic butter, allow to cool for a few minutes and serve.

Chef's tip: Garlic butter is an important ingredient of this recipe and should be prepared with the appropriate quantity of components for an excellent creamy taste.

Nutritional information

Calories: 409.8; Fats: 30.8g; Carbohydrates: 3.1g; Fiber: 0.4g; Protein: 29.7g

SEAFOOD SOUS VIDE RECIPES

- SOUS VIDE SALMON – TO BRINE OR NOT TO BRINE YOUR

Another benefit of cooking salmon (and other fish) using sous vide method is that it helps reducing that curd-like stuff that comes out of during cooking. The white stuff that is being pushed out of salmon is called albumin. America's Test Kitchen found that most of albumin is pushed out when fish is smoked, canned or poached. It has been recently discovered that brining fish can reduce the unsightly white layer of albumin that appears on the surface during cooking. Ten minutes in a one tablespoon of salt per cup of water brine is enough to minimize the effect.

The brine

The basic brine for sous vide salmon is as follows:

- 3 cups ice water
- 3 Tbsp kosher salt (sea or Himalayan salt will work great too. Himalayan salt will make the brine nicely pink as on the picture below)
- 2 Tbsp olive oil

This will be enough for a 1 1/2 lb salmon fillet. Scale proportionately if necessary.

To prepare the brine, add salt to ice water and stir until the salt is dissolved. Pour the water into a Ziploc bag, add olive oil and stir.

Brining process

- Add salmon fillets, push out as much air as possible and seal the bag. Refrigerate for about 30 minutes but no less than 10 minutes.
- You can add herbs and spices to the brine as well to add more flavor. Dill and black or white pepper are commonly added.

Preparing salmon for sous vide cooking

- Once the brining is done, remove salmon fillets from the Ziploc bag, pat dry with a paper towel and place into another (heat resistant) bag. Add a couple of tablespoons of olive oil

to prevent the fillets from sticking to each other. Gently remove as much air from the bag as possible and seal. You want to be careful not to squeeze the fillets.

- _ If you have a vacuum sealer, seal the bag with a vacuum sealer on a gentle cycle. Vacuum sealing works the best. If you don't have a vacuum sealer, make sure the bag is big enough so that top end can stay out of the pot and not leak in any water.

Sous vide cooking process for salmon

There are various recommendations on what temperature is best for cooking sous vide salmon. You may find that some vary by 10 degrees or more. In the end, it all depends on personal taste. I tested several temperatures and found that Chef Steps' recommendation of cooking at 122F worked best for

me. Others prefer their sous vide salmon a little more well-done and cook at higher temperatures. Just remember, 140F is the absolute maximum temperature you want to go to.

Another thing to keep in mind is the length of the cooking. The good thing about sous vide cooking is that you may cook longer than needed without any ill effect. Some people cook their sous vide salmon for an hour just to be on the safe side and ensure proper cooking. I cook my salmon for 60 minutes regardless of the size and thickness. This takes away any guesswork and makes thing simpler. As a matter of fact, *Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide to Low Temperature Precision Cooking* recommends cooking salmon at 122F for one hour.

Cooking without an immersion circulator

Let's assume that you want to cook your salmon at 122F. Fill a large pot with hot tap water. In a typical house the hottest water out of the tap is about 123F to 128F. You want to bring the temperature to about 126F. Add cold water to bring the temperature down. Add some boiling hot water to raise the temperature. Have a pot of boiling water ready before the cooking. The reason why you want to start at 126F is that as soon as you add a couple of cold salmon fillets, the temperature will drop to about 122F. The 126F temperature works with a medium (about a 2 gallon) pot. For a larger pot, the temperature drop will be smaller. Place the salmon inside the pot and wait for about 2 minutes to let the temperature stabilize. Stir to avoid hot/cold spots. Then check the temperature and adjust as needed. Keep checking the temperature every 7-10 minutes and adjusting as needed. Keep stirring frequently to avoid hot/cold spots.

Cooking with an immersion circulator

The preferred method is to use an immersion circulator, like the Anova Sous Vide Immersion Circulator with WiFi that I currently use. This requires an initial investment, which can be significant if you want to invest into a really good model.

Searing salmon after cooking

You will want to pan sear the salmon fillets after cooking, skin side down. This will add flavor and make the rubbery skin palatable. You don't need to sear the other side. Preheat a skillet with two tablespoons of olive oil. Sear the salmon skin down over high heat for about 45 seconds.

Remove the salmon from the pan and serve your perfectly cooked, moist and flaky sous vide salmon immediately. It will start losing the juices and drying out the longer it sits on the plate.

- SOUS VIDE SALMON

For perfect moist and flaky salmon, look no further than this sous vide recipe. Brine your filets in a saltwater and olive oil blend, then cook gently in water and garnish with fresh herbs. As long as you use wild-caught salmon and a silicone bag, this recipe stays ultra-Bulletproof.

Ingredients:

- 1 1/2 lbs salmon fillet (scaled, trimmed, cut into 4 pieces)
- 2 cups ice water
- 4 Tbsp olive oil

- 2 Tbsp kosher salt
- Fresh dill (finely chopped, for garnish)
- Fresh chives (finely chopped, for garnish)
- Lemon (cut in wedges, for garnish)

Instructions:

1. To prepare the brine, add salt to ice water and stir until the salt is dissolved. Pour the water into a Ziploc bag, add olive oil and stir. You can add herbs and spices to the brine as well to add more flavor. Dill and pepper are commonly added. White pepper may be a better choice as it will be less conspicuous compared to black pepper.
2. Add salmon fillets, push out as much air as possible and seal the bag. Refrigerate for about 30 minutes.
3. Remove salmon from the Ziploc bag, pat dry with a paper towel and transfer into another bag. Add 1 tablespoon of olive oil to avoid the fillets sticking to each other. Gently remove as much air from the bag as possible and seal. You want to be careful not to squeeze the fish. If you have a vacuum sealer, seal the fish on a gentle cycle to preserve its shape.
4. Immerse the sealed bag in preheated water and cook at 122F (or higher depending on the level of doneness you want, see the chart in the notes) for one hour, using a sous vide immersion circulator. If you don't have an immersion circulator, use the method described in the post above.
5. Shortly before the cooking is done, preheat a large skillet with 1 tablespoon of olive oil.

5. Remove the salmon fillets from the bag and sear skin side down over high heat for 45 seconds. Sprinkle with chopped dill and chives. Serve immediately, with lemon wedges.

- **SOUS VIDE LOBSTER TAIL**

With no searing or broiling needed, this sous vide recipe produces restaurant-worthy results with simple prep. Simply shell lobster, bag with butter and parsley, and cook for 1 hour. Get wild-caught lobster and grass-fed butter for a Bulletproof take on this sous vide recipe.

Preparation time: 10 mins

Cook time: 1 hr

Ingredients:

- 2 Lobster Tails
- 10 Tbs Butter
- Fresh Parsley

TIME/TEMPERATURE

120F for 1 hour | Soft, translucent

130F for 1 hour | Tender

140F for 1-hour | Firm

Instructions:

PREPARE IT

1. Preheat water bath to your desired temperature, based on the chart to the left.
2. Submerge frozen lobster tails in bowl of cold water for approximately 30 minutes to defrost and loosen up.
3. Cut shell down the middle with kitchen shears and slowly but firmly pull shell apart, ensuring not to rip the meat.
4. Gently remove lobster meat from shell and de-vein, if necessary.

COOK IT

1. Place lobster tails, fresh parsley, and 2-3 Tbs of butter into a heavy duty Ziploc bag. Vacuum sealing is possible, however we prefer using the water displacement method as it is less likely to deform the shape of the tail.
2. Cook for 1 hour.

SERVE IT

1. Melt 6-8 Tbs of butter in a sauce pan over medium heat. If you prefer clarified butter, heat until boiling and the butter fat separates.
2. Serve clarified butter on plate beneath tail, or in a separate bowl.

- SIMPLE SOUS VIDE SCALLOPS

With low mercury levels and a buttery-soft texture, scallops make the perfect candidate for Bulletproof sous vide recipes. This approach to scallops bags them with oil and spices, then gives them a quick sear after 20 minutes. Stay more Bulletproof with wild-caught seafood, plus use avocado oil or ghee for cooking and searing.

Ingredients:

- Approximately 1 lb Atlantic Sea jumbo scallops
- Salt and pepper to taste
- Olive oil

Instructions:

1. Bring the water-bath to 52C.
2. Pat dry the scallops, and sprinkle salt and fresh ground pepper generously.
3. Place the scallops in the plastic bag, make sure to have it in single layer.
4. Drizzle olive oil into the bag.
5. Make sure to remove all the air bubble from the bag when “cooking” the scallops in the water-bath. To create a vacuum in the bag, carefully place the bag with your ingredients into the water-bath, make sure to immerse the bag until near the seal, this will create a vacuum, then seal the bag.
6. Place the bags gently into the water-bath and set the time for 20 to 25 minutes.
7. Once the time is up, gently remove the bag from the water-bath, drain the liquid from it and pat dry the scallops.
8. In a cast iron skillet, add a little olive oil or butter, and sear both side of the scallops until golden brown.
9. Serve immediately.

- **SOUS VIDE SHRIMP**

Frozen shrimp become perfectly tender and dippable with this sous vide recipe. Bag them with lemon and cook for 15 minutes, then dunk in ice water for an easy appetizer that will impress all your guests. To keep this recipe Bulletproof, simply use wild-caught shrimp.

Sous vide is the easiest way to perfectly cook shrimp. The shrimp are tender, sweet and juicy. Never have rubbery shrimp again.

Prep Time: 3 minutes

Cook Time: 15 minutes

Additional Time: 30 minutes

Total Time: 48 minutes

Ingredients:

- 1 lb Shrimp, Deveined, Shells On
- 3 Slices Lemon
- 2 Bay Leaves

Instructions:

1. Cooking shrimp is super easy and goes from raw to done in the blink of an eye. Once it crosses over to well done, there is no going back. You have chewy, rubbery shrimp. Not good.

2. Using the sous vide to cook your shrimp at a specific temperature you are ensuring that the shrimp will not get over cooked.

Best Way To Poach Shrimp:

- Preheat your Sous Vide to 135 °F / 57 °C
- If you are using a metal pot, be sure to put a hot pad under the stockpot to protect your surface.
- Make sure there is enough water for all the shrimp to be submerged by a few inches.

Shrimp:

- These are 26-30 shrimp. That means in terms of size there are twenty six to thirty shrimp per pound. The higher the number, the smaller the shrimp.
- These shrimp are frozen and they should be thawed under cold running water.
- These shrimp are deveined but still have their tails and shells on. The tails and shells give great flavor so I wait until after they are cooked to remove them. You are welcome to remove the shells before you sous vide them.
- Add about 3 slices of lemon and a bay leaf or two to the shrimp.

Clamp:

- Remove as much air as possible and flatten out the shrimp so it is in an even layer.
- If you have a vacuum sealer, set the vacuum to moist and remove the air and seal.

- Make sure that the shrimp are completely submerged in the water.

Cook;

- Cook for 15 minutes.
- The shrimp are now pretty close to perfect!
- Normally with sous vide you have a window of time to remove the food from the water. With shrimp that window is about 15 minutes.
- Cook your shrimp for 15 minutes and remove them from the water bath within 15 minutes. If you totally forget, don't panic. You should be good to go for up to an hour after the cooking time. But don't go over an hour and remove it as soon as possible.

Ice Bath:

- Remove the perfectly cooked shrimp and plunge them in an ice bath.
- This will stop the cooking process and drop the temperature to ensure they are in a safe temperature zone for storage.

Easy Poached Shrimp:

- Peel the shrimp leaving the tails in place and you are all set to make a sous vide shrimp cocktail!

SOUS VIDE RECIPES: CHICKEN, LAMB, & PORK

- **SOUS VIDE STEAK WITH PONZU SAUCE**

Cook Time: 1 hour 10 minutes

Servings: 2

Ingredients:

1. Two beef steaks which should be at least 1 inch thick
2. Four tablespoons of neutral frying oil
3. Two tablespoons of unsalted butter
4. Sea Salt to taste
5. Fresh cilantro leaves to garnish (optional)

Ponzu sauce

6. Two teaspoons of lemon juice
7. One teaspoon of orange juice
8. One tablespoon of rice vinegar
9. One tablespoon of Japanese sake
10. One teaspoon of soy sauce
11. Digital thermometer with an oven-safe probe

Instructions:

1. Arrange the steaks on a baking tray of small size and put inside the freezer.
Leave for about 30 minutes, so that the exterior can freeze.
2. Preheat your oven to 158oF or the lowest temperature on your oven and place a baking rack over a baking tray.

3. Heat a heavy skillet over medium-high heat until it's hot; while preheating the skillet, brush both sides of the steaks with oil.
4. Brown the steaks one at a time, 30 seconds per side, until all the steaks have both of their surfaces turned dark brown. Then transfer the steaks instantly onto the prepared baking rack.
5. Insert the oven-safe probe of the digital thermometer from the side, into the thickest part of the thinnest steak. Set the alarm to the temperature of your choosing.
6. Bake until the steak reaches the set temperature; baking time for proper cooking is determined by your oven and the thickness of the steak.
7. Combine all the ingredients for the ponzu sauce in a small bowl for proper mixing and then set aside.
8. Once the steak is out of the oven, brush with melted butter and season generously using sea salt.
9. Cut the steak into chewable sized pieces and serve immediately with cilantro leaves as garnish and the ponzu sauce for dipping.

Chef's tip: Do not use a nonstick skillet for this as the high heat will damage the coating and only judge the doneness of the steak by its core temperature.

Nutritional information

Calories: 188; Fats: 6.2g; Carbohydrates: 7.1g; Fiber: 0.3g; Protein: 25.1g

- SOUS VIDE CHICKEN PICCATA

Cook time: 4 hours 15 minutes

Servings: 5

Ingredients:

1. 1 lb. of boneless breast
2. One cup of chicken stock
3. Two tablespoons of All-purpose flour
4. Half a cup of extra virgin olive oil
5. A quarter cup of sun-dried tomatoes in oil, which should be chopped
6. One tablespoon of chopped capers
7. One can of quartered artichoke hearts, which should be drained and well-rinsed
8. Three minced garlic cloves
9. Half a cup of dry white wine
10. A quarter cup of butter, which should be divided into four pieces
11. A quarter cup of chopped fresh parsley
12. Kosher salt
13. Freshly ground black pepper
14. Zest and juice from one lemon

Instructions:

The chicken:

1. Season the chicken with salt and pepper; put in a vacuum seal bag, seal and put in the water bath.
2. Cook for four hours at 66°C and afterward, remove from the water bath and set aside.

The sauce:

3. Heat olive oil in a large deep skillet over medium-high heat; add flour and whisk for about one minute until slightly browned.
4. Add garlic and sun-dried tomatoes, and continue whisking for another 30 seconds to one minute. Gradually add chicken stock while whisking.
5. Add capers, artichoke hearts, wine as well as lemon zest and juice. At the same time, carefully add chicken cooking liquid from the bag.
6. Continue cooking over medium-high heat until the mixture becomes slightly reduced and thickened; shouldn't take more than seven minutes max.
7. As the mixture is reducing, cut the chicken into slices.
8. Once there is a reduction in the sauce mixture, remove from heat; add the butter pats and stir;
9. Add chicken and parsley; use salt and pepper to season to your taste; serve instantly with either potatoes or pasta.

Chef's tip: Ensure that the sauce is thickened before putting in the chicken and parsley.

Nutritional information

Calories: 520.2; Fats: 12.3g; Carbohydrates: 47.8g; Fiber: 2.9g; Protein: 47.1g

- **SOUS VIDE CHIMICHURRI LAMB CHOPS**

Cook

time:

2

hours

Servings: 6

Ingredients:

Lamb Chops

1. Two racks of lamb, which should be frenched
2. Two crushed garlic cloves
3. Salt and pepper

Basil Chimichurri

4. One cup of finely chopped fresh basil
5. One diced shallot
6. One to two clove (s) of minced garlic, minced
7. One teaspoon of red chili flakes
8. Half tablespoon of olive oil
9. Three tablespoons of red wine vinegar
10. A quarter teaspoon of sea salt
11. A quarter teaspoon of pepper

Instructions:

1. Set the sous vide temperature to 133oF.

2. Season the lamb generously using salt and pepper.
3. Put in a bag and vacuum-seal along with crushed garlic after which you can then sous vide for two hours.
4. Get a bowl, combine all the ingredients of the basil chimichurri sauce in it and mix adequately.
5. Season to taste, cover up and refrigerate so that the flavors can blend together.
6. After two hours, remove the lamb chops from the bag and dry well with paper towel.
7. Sear with a scalding hot well-oiled pan. Cut into slices between the bones and top liberally with basil chimichurri sauce before serving.

Chef's tip: The ingredients should be well combined so as to enjoy the excellent combination of flavors that this meal provides.

Nutritional information

Calories: 25; Fats: 0g; Carbohydrates: 6g; Fiber: 1.5g; Protein: 0.5g

- INDIAN-STYLE SOUS VIDE CHICKEN THIGHS AND CREAMED SPINACH OVER CAULIFLOWER MASH

This all-in-one sous vide recipe combines tender chicken thighs with a creamy spinach and cauliflower sides, all mixed with warm flavors from curry powder and turmeric. Stay more Bulletproof and use pastured chicken, steam spinach separately before adding to the recipe, and avoid eating garlic too often.

Ingredients:

- 4 boneless, skinless chicken thighs
- 1 head of cauliflower
- 1 large bag of spinach
- 1 can of coconut full-fat coconut milk
- 1 T yellow curry powder
- 1 T paprika
- 1 T tumeric
- 1 T cumin
- 1/2 T powdered garlic
- Salt and Pepper to taste
- A couple dashes of cayenne for some extra heat (optional)
- Ghee, butter or your favorite cooking oil
- Green onions - for garnish

Instructions:

- Mix the spices together into a spice blend. –
- Prepare your Gramercy Kitchen Co. sous vide set up.
- Program your device to run at 165F for 1-2 hours. Any time within this range will work, depending on how much time you happen to have.
- Salt the chicken thighs fairly generously - this helps the flavor to penetrate the chicken thighs as they cook. Then, cover your chicken thighs in half the spice blend.

- Place the seasoned chicken thighs into your sous vide bags and add a healthy glug of your cooking oil. Then seal using your preferred method. Massage the bag in your hand to ensure the oil has evenly coated the chicken thighs.
- Once your Gramercy Kitchen Co. sous vide set up has come to temp, place the bag of chicken thighs in the water and let run.
 - When about 20 minutes remains on the cook time, get ready to finish the meal off.
- Heat a large skillet to medium high heat. Place the spinach along with the coconut milk in the pan. Add the remainder of the spice blend. Let simmer on medium-high heat while stirring constantly as the spinach wilts.
- While the spinach cooks, chop up ahead of cauliflower and blend until fairly smooth in a blender with powdered garlic, salt and pepper to taste. Transfer the mixture into a pan on the stove at medium and heat through. Add some a lump of ghee or a pat of butter for some additional flavor and creaminess.
- Once your GKC sous vide unit beeps, it's time to bring it all together. Cut open your bag, and using a pair of thongs, remove your chicken from the bag and place on a cutting board. Chop into strips.
- On a plate, place your cauliflower mash and creamed spinach side by side. Place a chopped chicken thigh on top of the cauliflower mash and top with green onion.

- SOUS VIDE WHOLE CHICKEN

Try a whole new take on roast chicken with this sous vide recipe. Bag your bird with a spice rub, cook in a water bath, then sear on all sides for a totally tender main dish. Keep it more Bulletproof with grass-fed butter, avoid the dried pepper if you are sensitive to nightshades, and swap garlic with lemon or your favorite fresh herbs.

Ingredients:

- 1 whole chicken (4-5 pounds)
- 2 tablespoons unsalted butter
- Fresh cilantro for serving

For the chicken dry rub:

- 2 teaspoons Kosher salt
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 2 teaspoons ground black pepper
- 1/2 teaspoon garlic powder

Instructions:

1. Preheat water to 150°F using a sous vide precision cooker (I use Anova sous vide).
2. Prepare chicken by rinsing under cold water. Pat dry with paper towels and set it aside.

3. Mix the dry rub ingredients on a big plate. Now, prepare a large sous vide bag or a Ziploc bag by folding the top of the bag back over itself to form a hem. This will prevent chicken seasonings from getting on the edges of the bag. Set aside.
4. Place the chicken on the plate and rub the mixture all over it. Sprinkle the excess dry rub inside the chicken if there's any left.
5. Slide the chicken into the prepared bag. Unfold the edge before closing the bag. Seal the bag using either a vacuum sealer or a hand pump.
6. Lower your bagged chicken into the preheated water bath, making sure the whole chicken is under the waterline. If using Ziploc bag, slowly lower your bagged chicken into your water bath, letting the pressure of the water press air out through the top of the bag. Once most of the air is out of the bag, carefully seal the bag just above the waterline. Cook for 6 hours.
7. Once the chicken is done, remove from the water bath and transfer it onto a plate. Gently pat with paper towels. Preserve the cooking liquid from the bag if you like for serving or for flavorful chicken soup or chicken stock later.
8. Heat a cast iron skillet over high heat. Melt butter and sear the whole chicken on all sides until the skin is golden brown and crispy, about 5 minutes. You can also cut up the chicken first before searing.
9. Serve with fresh cilantro. Enjoy!

- **SOUS VIDE LAMB CHOPS**

Sous vide cooking creates ultra-juicy lamb chops, and this recipe ensures the perfect cooking temp and time. Submerge your chops with herbs and butter, then sear when they become perfectly tender. Keep it all more Bulletproof and use grass-fed butter and lamb, plus skip the pepper and garlic.

Ingredients:

- 4 lamb chops
- 2 garlic cloves
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- Salt and pepper
- 1 tablespoon butter (optional as the meat doesn't really need it)

Instructions:

1. Preheat the sous vide to 140 degrees F.
2. Salt and pepper the lamb chops, sprinkle them with rosemary and thyme and lay sliced garlic on each of the chops.
3. Add in a tablespoon of butter and place the seasoned chops into a bag.
4. Seal the bag and immerse in the sous vide.
5. Cook for about an hour per inch of lamb chop thickness,
6. I cooked mine for about 2 1/2 hours.
7. Once they are done sear quickly on high heat just to brown them and serve.

- **SOUS VIDE PORK CHOPS**

Using this sous vide recipe, you'll never have to eat a dry and chewy pork chop again. Season bone-in chops, then bag with herbs and lemon before searing with wholesome cooking fats. For a more Bulletproof chop, skip the pepper, get pastured pork, and sear in pastured lard, ghee, or coconut oil.

Serves: 1

Ingredients:

- 1 bone-in pork chop, about $\frac{3}{4}$ inch thick
- $\frac{3}{4}$ teaspoon fine grain sea salt
- $\frac{1}{4}$ teaspoon fresh ground pepper
- 1 sprig fresh rosemary
- 1 slice lemon
- $\frac{1}{2}$ tablespoon lard, bacon fat or coconut oil

OPTIONAL SERVING:

- Sauerkraut

Instructions:

1. Season pork chop on all sides with salt and pepper. Place in sous vide bag and add the rosemary and lemon. Seal bags closed to make sure no air pockets remain in the bag.
2. Use the Joule app on your phone and select Pork Chop. Select your desired doneness (I chose 140 degrees which was recommended on the Joule app) and place filled bag in water bath. Allow to come to temp for about 45 minutes. It will hold it at the perfect temp for an additional 90 minutes so don't worry if you are not home when it is finished.

3. Heat cast iron skillet with ½ tablespoon lard to medium high heat. Remove chop from bag and place into the hot oil. Sear on both sides until golden brown and a crust forms, about 1-minute per side. Remove from heat and serve over sauerkraut.

Nutritional Info:

279 calories, 19g fat, 24g protein, 1g carbs, 0.4g fiber

- **SOUS VIDE GARLIC CILANTRO CHICKEN**

While this sous vide recipe marinates your chicken in a homemade cilantro dressing, you can use any marinade you fancy. Using a spatchcock cut, chicken cooks evenly and gets evenly coated in your marinade mix before broiling for a few minutes to finish. Stay Bulletproof on this one with a pastured bird, swap olive oil with avocado oil or ghee, and avoid eating garlic and pepper too often.

Prep Time: 8 hours

Cook Time: 4 hours

Total Time: 19 hours

Course: Main Dish

Servings: 4 people

Ingredients:

- 1 Whole Chicken

- 1 Head garlic peeled
- 1 Big Bunch Cilantro
- 1 Tablespoon Black Peppercorns
- 1/2 Cup olive oil
- Salt to taste

Instructions:

1. Puree the garlic, cilantro, black peppercorns, and olive oil in a food processor.
2. Put the chicken and cilantro puree in a sous vide bag and marinate in the chiller overnight.
3. Cook the chicken for 4 hours at 150F.
4. Transfer the chicken to an ice bath.
5. Get the chicken out of the bag and broil for 15 minutes at 425F.

1. BARBECUE SHORT RIBS

Cook **time:** 72
hours

Servings: 3

Ingredients:

1. Three-quarter cup of unsweetened pineapple juice

2. Half a cup of peanut oil
3. One-third cup of soy sauce
4. A quarter cup of molasses
5. One teaspoon of ground ginger
6. One pound of short ribs
7. One teaspoon each of Kosher salt and freshly ground black pepper to taste

Instructions:

Barbecue Sauce:

1. Combine the first five ingredients in a bowl for proper mixing
2. In another bowl, pour the already prepared sauce over the short ribs and then cover to refrigerate overnight.
3. Preheat your water bath to 54oC.
4. Vacuum seal the ribs with the sauce on it.
5. Place into the water bath and cook for seventy-two hours.

Chef's tip: Patience is required here as it takes three days for it to be ready; so, don't be in a hurry.

Nutritional information

Calories: 300; Fats: 23g; Carbohydrates: 7g; Fiber: 0g; Protein: 17g

- **CAJUN-SEASONED TILAPIA**

Cook
minutes

Time:

30

Servings: 1

Ingredients:

1. Two tilapia fillets
2. A quarter cup of Cajun seasoning
3. Two tablespoons of garlic powder
4. Two tablespoons of dried onion granules
5. Two tablespoons of Italian seasoning
6. Two tablespoons of cayenne pepper
7. One tablespoon of black pepper
8. One tablespoon of kosher salt
9. One tablespoon of smoked paprika

Instructions:

1. Preheat sous vide water bath to 57°C.
2. Prepare the Cajun seasoning by combining the last seven ingredients together in a container and then set aside.
3. Pat the tilapia dry and use Cajun seasoning generously on both sides.
4. Arrange the tilapia fillets into a Ziploc bag or Vacuum sealing bag and seal. Seal.
5. Submerge the bag in the water bath and cook for thirty minutes. After cooking, remove the tilapia from the bag, pat dry and sear.

It can be served with vegetables, seasoned rice or remoulade sauce.

Chef's tip: Do not allow the tilapia fillets to overlap so as to enable proper cooking.

Nutritional information

Calories: 143.9; Fats: 6.3g; Carbohydrates: 0g; Fiber: 0g; Protein: 21g

- **MAPLE ROASTED BUTTERNUT SQUASH**

Cook time: 1hour

Servings: 6

Ingredients:

1. One butternut squash (To be peeled and cut into chunky pieces)
2. One tablespoon of maple syrup
3. One teaspoon of chopped fresh thyme
4. Half teaspoon of garlic powder
5. One teaspoon of chopped pancetta (optional)
6. Salt and pepper
7. Two tablespoons of toasted pumpkin seeds (to be used for garnishing)

Instructions:

1. Set your water bath or circulator to 172°F

2. Put all the contents except for the pumpkin seeds in a Ziploc bag, shake well, remove the air from the bag and seal it up after which you can cook for forty-five minutes to one hour.
3. Remove the contents from the pouch and place on a dry towel to extract the liquid and set it aside to be used later.
4. Heat the squash over high heat in a pan until it turns golden, add the earlier extracted liquid and glaze.
5. Serve alongside the chopped pancetta and toasted pumpkin seeds.

Chef's tip: To get a more pleasant taste, add some feta cheese and fresh tomatoes.

Nutritional information

Calories: 207.4; Fats: 10.3g; Carbohydrates: 30.5g; Fiber: 4.8g; Protein: 1.5g

VEGGIE SOUS VIDE RECIPES

- HONEY GLAZED SOUS VIDE RAINBOW CARROTS

Tough root vegetables become totally tender with sous vide cooking — and this recipe upgrades an already sweet veggie with a buttery honey glaze. To stay more Bulletproof, use grass-fed butter and raw honey.

Ingredients:

- For the Sous Vide Rainbow Carrots
- 8 to 12 rainbow carrots, peeled and cut into 3" sticks (76mm)

- 2 tablespoons butter (30ml)
- 2 teaspoons honey (10ml)
- To Assemble
- 1 lemon
- Honey
- Coarse sea salt

Instructions:

1. Preheat the water bath to 183°F (83.9°C).
2. Combine all ingredients into a sous vide bag, trying to keep the thickness of the bag less than 1" (25mm) for even cooking, and seal.
3. Place the bag in the water bath and cook for 45 to 60 minutes, until tender.

- SOUS VIDE CARROT AND SWEET POTATO MASH

This smooth and starchy mash gets natural sweetness from the veggies themselves, while sous vide cooking makes an ultra-tender base without babysitting your stove top. With four simple ingredients and an hour of cook time, sous vide recipes can't get any simpler. Keep it more Bulletproof and use grass-fed butter.

Ingredients:

- 4 large 1 inchs carrots , cut into long pieces
- 2 large 1 sweet potatoes " , peeled and cut into slices

- 1 tbsp butter
- To taste Salt

Instructions:

1. Heat the sous vide bath to 183F.
2. Vacuum seal the carrots and sweet potatoes into separate bags. If you don't have a vacuum sealer, you can use a ziploc bag with the water displacement method. Due to the odd size of the vegetables, you'll surely have air in the bags regardless of the method you use.
3. Put both bags of veggies into the sous vide bath, and weigh them down with a pot lid, kitchen utensil or anything else that will keep the bags fully submerged.
4. Cook at 183F for at least 1 hour.
5. Pull both bags out of the bath. Dump the veggies into a large bowl and add the butter and a dash of salt.
6. Mash the heck out of them until you have a consistency you like with either a standard potato masher or, my favorite, an immersion blender.

RECIPE NOTES

If you aren't eating right away, after pulling the bags out of the sous vide bath, you can put them in the refrigerator for up to a week. When you're ready to eat, heat them back up in a sous vide bath at least 130F, but no hotter than 183F.

- **SOUS VIDE ASPARAGUS WITH MINT**

With a stiff texture in its raw state, asparagus is made for sous vide recipes. In just 15 minutes, this recipe creates perfectly crisp stalks, all drenched in a simple buttery mint sauce. To stay more Bulletproof, simply use grass-fed butter.

This recipe makes about 2-4 servings, depending on how large your asparagus bunch is and how much everyone loves asparagus. Once you've made asparagus in a Sous Vide you'll never want it any other way.

Ingredients (Sous Vide Asparagus):

- Bunch asparagus (break at stalk)
- 3 tablespoons unsalted butter, cut into 3-4 pieces
- Sea salt
- Fresh mint leaves, sliced in chiffonade

Instructions (Sous Vide Asparagus):

1. Set the temperature of your Sous Vide Cooker to 185°F (85°C).
2. Place asparagus in a vacuum seal bag. Add the butter and a pinch of salt. Seal the bag using a vacuum sealer on the dry setting.
3. Place the bag in the preheated water bath and set a timer for 10 to 12 minutes, depending on the thickness of the asparagus.
4. Remove the bag from the water bath when your timer goes off. Carefully open the bag and remove the asparagus spears, arrange on a serving plate. Spoon some of the butter from the bag over the spears. Garnish with sea salt and mint leaves.

.

- **HEALTHY SOUS VIDE GARLIC MASHED CAULIFLOWER**

Sous vide makes this creamy low-carb side dish even more simple and delicious. Florets gently cook in a water bath with butter and spices, then blend into creamy perfection. To stay more Bulletproof, it's best to enjoy your cauliflower steamed or boiled with the cooking water drained — plus, use grass-fed butter, swap olive oil with avocado oil, and avoid eating garlic too often.

Mashed cauliflower is a great way to up your healthy vegetables and adhere to a variety of diets including keto, low carb, Whole 30, Atkins, vegetarian and vegan diets. The best news is this cauliflower mash is thoroughly delicious, feels extravagant, can be varied in multiple ways and is super easy to make.

Cook: 1 hour

Total: 1 hour, 10 mins

Yield: 4 Servings

Ingredients:

- 1 medium head cauliflower or 2 pounds bagged cauliflower florets or riced cauliflower
- 2 T butter
- Kosher salt and pepper to taste
- 1/4 t cayenne pepper
- 1 - 2 heads fresh garlic

- 1 T olive oil
- 1/3 to 1/2 cup chicken stock, vegetable stock, cream or water

Instructions:

1. Heat your sous vide bath to 190 degrees. You can shorten the preheating by starting with hot water from the tap. Heat your oven to 400 degrees.
2. Remove the cauliflower leaves and slice into 1/2" slices. Chop the slices into 1/2" pieces. Place the cauliflower in a 1 gallon Ziploc freezer bag with the butter and seasoning. Vacuum seal the bag by using the air displacement method. Alternatively, use a vacuum seal machine to remove the air and seal the bag.
3. Add the bag to the 190 degree sous vide bath and cook for one hour.
4. While the cauliflower is in the sous vide, prepare and roast your garlic. Slice off about 3/4" off the pointy top of a head of garlic. Drizzle a little olive oil over the cut, replace the portion you cut off and wrap the entire head in tin foil. Roast in the oven for 40-50 minutes until the garlic is soft. Remove and set aside.
5. If making the cauliflower mash for a later time, remove the cauliflower bag from the bath and plunge it into a bowl of ice water for 10 minutes before transferring to the fridge. The sous vide cauliflower will last for 5 days in the fridge or longer in the freezer. When ready to finish the cauliflower mash you can return it to a 150-degree sous vide for 20 to 30 minutes.
6. If preparing the cauliflower mash directly from the sous vide dump the contents into a blender or food processor. Squeeze out the soft

roasted garlic into the blender and add 1/4 cup of a liquid of your choice: stock, cream or water. Blend until smooth adding more liquid if needed. Taste and adjust seasonings

- **SOUS VIDE CARROTS**

Cook **time:** 25
minutes

Serving: 1

Ingredients:

1. Baby carrots
2. Olive oil
3. Pinch of salt
4. Knob of butter
5. One tablespoon of honey

Instructions:

1. Preheat the water bath to 185oF
2. Arrange a single layer of baby carrots in a vacuum bag and add some quantity of olive oil along with a pinch of salt, honey, and cardamom.
3. Vacuum seal the bag and place it in the water bath to cook for twenty-five minutes

1. Remove the carrots from the bag and pat dry to remove the liquid. Serve immediately with a knob of butter

Chef's tip: Increasing the number or size of the carrots doesn't affect the cooking time or temperature.

Nutritional information

Calories: 25; Fats: 0g; Carbohydrates: 6g; Fiber: 1.5g; Protein: 0.5g

- **SOUS VIDE MUSHROOMS**

Cook **time:** 30
minutes

Servings: 4

Ingredients:

1. 1 lb. of assorted mushrooms which should be cleaned, rinsed and cut into bite-size pieces
2. Two tablespoons of low sodium soy sauce
3. Two tablespoons of extra-virgin olive oil
4. One tablespoon of sherry vinegar or white vinegar
5. Two teaspoons of fresh thyme leaves
6. Half teaspoon of freshly ground black pepper
7. Half teaspoon of kosher salt plus more to taste

Instructions:

1. Preheat your water bath to 176°F.
2. Combine the mushrooms with the rest of the ingredients in a bowl and toss for even coating.
3. Place the mushroom mixture in the bag and seal.
4. Lower the bagged mushrooms into the water bath and cook for thirty minutes.
5. Afterward, remove the bag from the water bath and serve the mushrooms.

Chef's tip: Toss all the ingredients together for proper distribution and equal coating.

Nutritional information

Calories: 22; Fats: 0.3g; Carbohydrates: 3.3g; Fiber: 1g; Protein: 3.1g

- SOUS VIDE MASHED POTATOES

Cook time: 2 hours and 25 minutes

Servings: 5

Ingredients:

1. Two pounds of Russet potatoes
2. Five cloves of garlic
3. Three rosemary sprigs
4. Eight ounces of unsalted butter
5. One cup of whole milk

6. Two teaspoons of kosher salt

Instructions:

1. Preheat your sous vide water bath to 90oC.
2. Rinse and peel the potatoes, then slice them thinly into 1/8-inch pieces.
3. Smash and peel the cloves of garlic.
4. Put the potatoes, garlic, rosemary, butter, milk, and salt into a zip or vacuum seal bag for sealing and cook until the potatoes are tender, should not take more than 11/2 hours.
5. Open the bag and extract the liquid through a sieve into a small bowl and set aside. Discard whatever is left.
6. Put the potatoes in a large bowl and get them mashed.
7. Gently whisk the melted butter and milk (that had been previously set aside) back into the mashed potatoes to obtain a smooth and creamy texture.

Chef's tip: Use a potato ricer or food mill rather than a food processor or mixer so that you don't end up with a potato that has a gluey texture.

Nutritional information

Calories: 88; Fats: 2.8g; Carbohydrates: 15g; Fiber: 1.3g; Protein: 1.7g

- **GRILLED BRUSSELS SPROUTS**

Cook Time: 1 hour, 15 minutes

Servings: 4

Ingredients:

1. One pound of brussels sprouts
2. One tablespoon of olive oil
3. Two garlic cloves, which should be smashed and minced
4. A pinch of salt
5. Freshly ground pepper
6. Bamboo skewers.

Instructions:

1. Preheat the sous vide water bath to 82oC.
2. Clean and trim the sprouts.
3. Combine the oil, garlic, salt, and pepper together in a small bowl for proper mixing.
4. Put the trimmed sprouts in a sous vide bag and then add the olive oil-garlic mixture.
5. Seal the bag and submerge in the water bath setting the timer for one hour.
6. Once it's done, remove the sprouts and allow to cool.
7. Heat your grill to medium heat and thread the sprouts on bamboo skewers which have been soaked in water for a minimum of ten minutes.
8. Place the sprouts on the heated grill and let each side be grilled for about 2 or 3 minutes after which you can serve.

Chef's tip: Ensure that the sprouts are really tender before placing them on the grill to achieve excellent results.

Nutritional information

Calories: 56; Fats: 0.8g; Carbohydrates: 11g; Fiber: 4.1g; Protein: 4g

- **SOUS VIDE TOMATO SAUCE**

Cook	Time:	58
minutes		

Servings: 2

Ingredients:

1. Two tablespoons olive oil
2. Half a cup of chopped shallot
3. Half a cup of chopped onion
4. Two sliced garlic cloves
5. Three sprigs of fresh oregano
6. Two pounds of ripe tomatoes
7. Three sprigs of fresh whole thyme
8. Six large basil leaves, which should be chopped
9. One-third cup of chopped parsley leaves

Instructions:

1. Preheat your sous vide water bath to 181oF.

2. Sauté the onion, shallot, garlic, and oregano in the olive oil for 5 to 7 minutes over medium heat.
3. Put the tomatoes in a Ziploc bag along with the herbs, sautéed vegetable mix, salt, and pepper. Ensure to remove the air before closing up the bag and putting it in the water bath; then cook for 50 minutes.
4. Afterward, remove the bag from the water, and allow it to cool for a few minutes.
5. Peel the tomatoes; by now, the skin should come off very easily after cooking. Bring out the thyme stems and dispose of them.
6. Combine the peeled tomatoes and the remaining contents of the bag in a food processor and pulse until desired texture is achieved.

Chef's tip: Do not sauté the veggies beyond the recommended time.

Nutritional information

Calories: 29; Fats: 0.2g; Carbohydrates: 7g; Fiber: 1.5g; Protein: 1.3g

SOUS VIDE RECIPES: DESSERTS

- SOUS VIDE FLOURLESS CHOCOLATE CAKE

Yes, you can make dessert sous vide recipes! This take on cake blends rich ingredients like eggs, chocolate, and butter, then cooks them gently in a mason jar — so delicious, your guests won't believe you cooked it in water.

To keep it Bulletproof, skip the liqueur, use grass-fed butter, and get a high-quality chocolate with at least 85% cacao.

Ingredients (For 6):

- 4 large eggs, cold
- ½ pound semisweet chocolate (chips or squares, chopped) bittersweet may also be used
- 4 ounces butter

OPTIONAL INGREDIENTS

- 1/8 cup coffee liqueur or orange liqueur
- 2 tbsp unsweetened cocoa for dusting the cakes

Instructions:

- Prepare your water bath, set the Anova Sous Vide Precision Cooker to 115°F / 46.1°C. Place chocolate, butter and coffee or liqueur if using, in a ziplock freezer bag and place in the water bath for 15 minutes to melt chocolate. Agitate or massage the bag every 5 minutes to ensure the mixture is well blended.
- Remove the bag and set the Anova Sous Vide Precision Cooker to 170°F / 76.7°C.
- Prepare six 4oz (125ml) mason jars by spraying the inside liberally with non stick spray or grease with butter.
- Beat the eggs in the bowl of a standing mixer at high speed until the volume doubles.
- Turn the mixer on low, cut the corner off the freezer bag and drizzle the melted chocolate mixture in slowly until the mixture is totally

homogeneous.

- Scrape the batter into the prepared canning jars and smooth the surface by tapping the jar firmly but gently on the palm of your hand.
- Screw the canning jar lids on FINGER TIGHT ONLY. Place jars carefully into your water bath for 60 minutes.

Finishing Steps

- Remove jars carefully from the hot water bath and set on a wire rack; cool to room temperature. Cover and refrigerate at least 6 hours. (The cakes can be covered and refrigerated for up to 10 days.) If you peek you may find the cake looks not quite set while it is warm, it will firm up as it cools.
- About 30 minutes before serving, run a thin knife around the edge of the cakes (they may just slip out of the cup on their own.) You may garnish with berries, cream, or sieve a light sprinkling of unsweetened cocoa over the cake to decorate.

- LUSCIOUS PALEO LEMON CURD

You'll want to enjoy this silky-smooth curd on everything from paleo pancakes to sugar cookies, and this sous vide recipe makes it easy to prepare. Blend ingredients like lemons, raw honey, and eggs in a food processor before gently cooking for 40 minutes — no need for frequent stirring. Stay more Bulletproof with grass-fed ghee or butter in this recipe.

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Yield: 2-3 cups

Ingredients:

- 3 Meyer lemons, zested then juiced
- 1/2 cup raw honey
- 1/3 cup ghee or butter, melted
- 4 eggs
- 1/2 cup lemon juice (from the 3 lemons)
- 1 inch fresh ginger, grated on microplane
- Pinch of sea salt

Instructions:

1. Zest lemons using microplane or vegetable peeler (make sure to avoid white pith.)
2. In a food processor, add zest, honey and grated ginger, pulsing first then process until zest is combined.
3. Next, add melted ghee/butter and process.
4. Then add in eggs, one at a time until combined.
5. Finally, add lemon juice and sea salt and process until just mixed.
6. Fill sterilized canning jars with lemon curd and place lid on. Submerge in water bath and cook at 79* C for 40 minutes (-OR- pour lemon curd into a stock pot and cook over low heat for approx 10 minutes stirring frequently)

7. Gently whisk the curd to stir and then reseal jars.
8. Cool jars in an immersion ice water bath set at 0°C for about 20 minutes or until chilled (-OR- put jars in refrigerator to cool)
9. Enjoy!

- **SOUS VIDE STRAWBERRIES**

This one-ingredient sous vide recipe elevates the natural sweetness in strawberries and turns them into a luxurious, succulent garnish. Bag berries and cook for 20 minutes for the perfect dessert all on its own, or a mouthwatering topping for vanilla ice cream. To stay even more Bulletproof, use fresh, organic strawberries.

Prep Time: 5m

Cook Time: 19m

Total Time: 25m

Serves: 2 people

Category: Fruit

Ingredients:

- 500 grams fresh British strawberries

Instructions:

1. Set the water bath to 80°C

2. Place the strawberries into a vacuum sealer bag (you may need two) and seal using the Clifton at Home tabletop vacuum sealer.
3. Put the strawberries into the Clifton at Home water bath and leave to cook for 20 minutes.
4. Once cooked, take out of the water bath and place in a bowl.
5. You can use this for a number of desserts including trifle, cheesecake and of course our Clifton at Home Apple and Strawberry Crumble!

CONCLUSION

Sous vide cooking is taking the world by storm. People are finding that they can cook delicious meals without burning or overcooking their meat in the process. The one item we recommend to everyone that has a sous vide is to buy this Sous Vide Cookbook.

Sous vide cooking is a technique of cooking that has to do with cooking in a water bath in which the temperature is accurately regulated or controlled. Also, it involves using vacuum-sealed bags or Ziploc bags which are the appropriate materials used for cooking the ingredients. One major advantage of Sous vide cooking technique is that it provides unrivaled control over the food being cooked irrespective of the type or category of food. You are guaranteed to get excellent results just about every time you apply this technique.

SOUS VIDE

THE COMPLETE COOKBOOK, FROM BEGINNER TO ADVANCED OF A MODERN, EASY AND HEALTHY WAYS OF COOKING.

BY: JAMES CANNAVA

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INTRODUCTION

A cook book necessarily relates to a particular kind of book which contains information regarding to recipes, ingredients to be used and also some tips and advice about the basics of cooking. A recipe book is often called as the Bible of the Cooks which helps them in keeping a proper direction during the food preparation. Cookery books for most of us will mean that we will become a decent cook and it will help us in increasing our culinary knowledge and skills.

The books related to culinary art have a rich historical background and have been written from times immemorial. They have differed from one region to another depending on the eating habits and cooking styles of that area. The earliest collection of recipes that has been found in Europe is De re coquinaria, which was written in Latin. There was an even earlier version of cookery book which was compiled in the 1st century. But all these historic

books were more of a compilation of favorite recipes of the author or a training manual for the chefs who were trained to cook for banquets and elite households. They did not include the food and cuisines popular among the peasants and the common mass. The earliest cookbooks known in Arabic are those of al-Warraḡ (10th century) and al-Baghdadi (13th century).

But the modern culinary guides are more of a reference material and are widely used in almost all the kitchens. These came into existence in the later centuries. These books not only provided information about the recipes but also encompassed other relevant overall instruction for both kitchen technique and household management. Such books were written primarily for housewives and occasionally domestic servants as opposed to professional cooks.

These days, cookery books are far more than just a simple reference book for the kitchen. There are several types of recipe guides available that offer in-depth, step-by-step recipes aimed at the beginner and also those of us who require simple instructions to progress from one level to another one.

There are many types of cookery books which are available online as well as in the open market. The celebrity chefs have also given a major boost to this venture as most of the recipes that they have shown on their shows have been converted into books. There are many celebrity chefs like Nigella Lawson, Julia Child, Emeril Lagasse, Jeff Smith, Madhur Jaffrey who have come out with a variety of cook books, each specializing in their own style of cooking.

Regional and ethnic setting also plays an important in a book related to cooking. The recipes and cuisines vary from one region to another and accordingly the ingredients and the procedure of cooking also

changes. International Cookbooks focus on the recipes and cuisines of various countries and regions.

Some of the books focus on a single subject like the ingredients, cooking technique or a particular type of dish. Single subject cookbooks are highly focused and have the maximum amount of information regarding a particular subject.

Some of the recipe books focus on the Quick Meal Ideas and have a compilation of such recipes which can be prepared in a short time with the use of minimum ingredients.

Apart from this, a variety of culinary art material is available that focuses on the dietary specifications and is more used by people who have dietary restrictions and also by people who believe in eating healthy. Some of these books are mainly focused for the vegetarian readers and users and give information about different types of vegetarian dishes and their preparation techniques.

CHAPTER 1

COOKING BASICS FOR BEGINNERS

To save money and boost your health, you may be doing more home cooking than ever before. You can use simple tips and tricks to cook healthy meals, bake yummy desserts, throw a fabulous party, and save time in the kitchen. With a bit of planning, some expert advice, and fresh ingredients, you'll be cooking delicious meals in no time — even if you consider yourself a kitchen novice.

TIPS FOR READING RECIPES BEFORE COOKING

Preparing, understanding, and completing a recipe require looking ahead and thoroughly reading the recipe before you start cooking or baking. Save yourself from a cooking catastrophe by following these valuable tips on how to read a recipe.

- Read through the recipe at least twice to make sure that you understand the directions.
- Make sure that you can perform all the techniques.
- Look at the recipe yield and decide if the number of servings is what you need. If not, consider whether you should cut the ingredient amounts in half or double them.
- Check that you have all the necessary equipment and ingredients.
- Make sure that you have enough time before serving to prepare and cook the recipe.

- Check whether you can (or need to) make any part of the recipe ahead of time.
- Read through the ingredients to see whether you like them all, as well as whether the recipe has too much fat, sugar, or salt for your dietary needs.
- Check whether you need to use an ingredient, such as butter or oil, at different stages in the recipe so that you don't make the mistake of using that ingredient all at once.
- Find out whether you need to preheat the oven.

HOW TO CUT FAT, CALORIES, AND CARBS WHEN COOKING

To reduce fat, calories, and carbs, try these alternatives when cooking your favorite dishes. You can create healthier meals without sacrificing flavor just by trying these simple substitutions. Bon appétit!

- Substitute lowfat or nonfat dairy products for full-fat dairy products. For example, use 2 percent or skim milk rather than whole milk or cream, lowfat or nonfat cottage cheese and yogurt rather than the full-fat versions made with whole milk, or lowfat or nonfat cheese for regular cheese. These products often give soups and sauces a thinner, less creamy consistency and may influence the texture in other dishes, but the health benefits may be worth it.
- Substitute lowfat or nonfat mayonnaise for regular mayonnaise and lowfat or nonfat salad dressing for regular salad dressing. Find brands you like so you don't feel deprived.
- Looking for lower-fat meat options? Try ground turkey rather than ground beef, or choose ground beef that is at least 95 percent lean. (Just be aware that hamburgers made from very lean beef will be dryer and less juicy than

those made with a higher fat ground beef.) Choose white meat over dark meat poultry, and find cuts of beef with the words loin or round in them.

- Choose olive oil and canola oil over butter when sautéing. These ingredients contain monounsaturated fats, a healthier option than saturated fats for heart health.
- To cut carbs, use lettuce leaves rather than bread for sandwiches or wraps. Just roll up lean meat and lowfat cheese with a dash of mustard inside a Romaine lettuce leaf.
- Decorate your salads with hard-cooked egg whites and walnuts rather than croutons and full-fat cheese.
- Avoid processed foods, especially those made with white flour, sugar, and hydrogenated or partially hydrogenated fats, which are found mostly in prepared meals that come from a box or package.

TIMESAVING COOKING TIPS

Save time when cooking with these handy tips. Serving up a meal is a snap with these timesaving hints. You'll cook more efficiently and enjoy more time with family and friends at the table!

- Have all ingredients prepared, measured, and set out within reach before you start cooking.
- Precook pieces of chicken or meat in your microwave before finishing them on the grill.
- If you're using the oven, turn it on at least 15 minutes before you're ready to roast or bake your dish. Don't waste time waiting for the oven to heat after you've prepared the recipe.

- Buy vegetables that are already washed and cut, if doing so will get you to eat more vegetables or cook more often. Prepared ingredients such as bagged salad mix, stir-fry vegetables already cut to size, and boneless cuts of meat cost a bit more, but saving some time may be worth it.
- Remove steaks and other meats from the refrigerator about 15 minutes before cooking so that they warm to room temperature. They'll cook faster and more evenly.
- Line the broiler pan with aluminum foil to ease cleanup when broiling hamburgers, fish, steaks, and chops.
- Don't bother chopping onion, garlic, fresh herbs, and the like for a salad dressing. Instead, use a food processor or blender to save chopping time, add your liquids, and then blend for a quick dressing.
- Place a garlic clove on a cutting board and whack it with the flat side of a heavy knife or a cleaver to make removing the skin easier. The skin should split right off.
- Roll a lemon or orange under the palm of your hand on the countertop to make extracting the juice easier.
- Clean up as you go. You'll be glad you did when the meal is over!

STAPLES FOR YOUR PANTRY, REFRIGERATOR, AND FREEZER

Family hungry and nothing to cook? Make sure that never happens again. If you always keep these staples in your pantry, refrigerator, and freezer, you'll never again be stuck with no option but takeout. You can certainly add to these lists, but these essentials can always help you make a good meal. For items you use regularly (such as bread, eggs, and milk), plan to restock about once a week.

PANTRY

- Baking powder
- Baking soda
- Bread
- Brown sugar
- Canned beans (pinto, white, or black)
- Cereal (hot or cold)
- Chicken, beef, or vegetable broth
- Cider or white vinegar
- Cocoa powder
- Coffee and/or tea
- Condiments: ketchup, mustard, mayonnaise, barbecue sauce, soy sauce, pickles, and pickle relish
- Cornstarch
- Dried herbs: Basil, bay leaves, oregano, rosemary, tarragon, thyme, and parsley
- Flour
- Granulated sugar
- Ground spices: Black pepper, cayenne pepper (or red pepper flakes), chili powder, cinnamon, cumin, curry powder, ginger, dry mustard, nutmeg, and paprika
- Jam, jelly, or preserves
- Pancake syrup
- Pasta

- Peanut butter
- Powdered sugar
- Rice
- Salt
- Tomato sauce, paste, and canned tomatoes
- Vanilla extract
- Vegetable oil

REFRIGERATOR

- Butter
- Cheese (hard and soft)
- Eggs
- Fresh fruit
- Fresh vegetables, including leafy greens
- Meat, fish, poultry, or tofu to last three to five days
- Milk
- Yogurt and/or sour cream

FREEZER

- Frozen fruit, for smoothies and sauces
- Frozen vegetables you will actually eat
- Ice cream or frozen yogurt
- Meat, poultry, and/or fish to last about a week

CONFUSING TERMS IN COOKING

Being able to cook at home isn't that hard—all you have to do is follow the recipe. Unfortunately, when the recipe is full of a bunch of confusing terms that are alien to us beginners, things get more difficult. If the difference between chopped, diced, and minced is nothing but a few letters to you, let's demystify those (and many other) terms.

Chopped vs. Diced vs. Minced vs. Sliced

The most common cooking instruction you're going to run into is to chop, mince, dice, or slice your vegetables. This seems simple enough on the surface (as long as you have the basic knife skills down), but size really does matter in cooking. A recipe writer picks a size because it influences cooking time, texture, and taste. If you dice vegetable chunks too large, you'll screw with your cooking time. Chop something too small, it'll change the flavor. So, here's what each of those terms typically means:

- **Chopped:** Chopped usually means to cut your vegetables into large squares. Generally, this means 1/2 to 3/4-inch pieces, but a recipe may tell you exactly how big to make those chunks. Chopping usually has more leeway on the exact size than other methods.
- **Diced:** Diced is basically small chops. This would mean around a 1/4 to 1/8-inch chunks of food. Oftentimes you'll get specific instructions like "dice into 1/8-inch squares" in the recipe.
- **Minced:** When a recipe tells you to mince something, it wants you to cut it as small as you can with a knife. You'll run into mincing every now and again with various vegetables, but most commonly, garlic. Thankfully, America's Test Kitchen shows off how to mince garlic quickly.

- **Sliced:** Sliced is exactly what it sounds like: slices. For slices, just cut vertically down on your vegetables (or whatever else) and you're all set. Typically you can slice these as thick or thin as you prefer, but recipes will occasionally recommend a thin or thick slice.

The Kitchen points out a good rule of thumb: if a vegetable is pungent (like garlic or onions), you usually want to cut it into smaller pieces, especially if it's not being cooked. Follow the recipe closely until you get a feel for how the different sized cuts end up affecting the taste and cook time of a meal.

Broiling vs. Baking

Every oven has at least two settings: bake and broil. In a majority of cases, you'll likely find yourself baking things in your oven, but the broil function is just as useful. There is a huge difference between the two:

- **Baking:** Baking is all about surrounding your food with a consistent temperature and cooking it from all sides. So, when you're baking something, the entire oven reaches a temperature and cooks the entirety of your food as a whole.

- **Broiling:** Broiling works by exposing your food to direct heat much like a grill. If baking could be considered a shotgun, broiling is your kitchen's sniper rifle. When you turn on your broiler, you'll see a large flame at the top of your oven. You'll usually then set your food right under that flame to cook it quickly. Typically speaking, a broiler reaches a temperature of around 550 degrees.

Broiling is best when you're trying to cook something thin or quickly melt something. It's often used for steaks or for melting cheese. Baking is better when you need to cook everything at once, like a cake, biscuit, or pizza.

Simmer vs. Boil

Whether you're making some rice or boiling pasta, you're going to run into terms like simmer and boil in a ton of different recipes. They mean a slightly different thing:

- **Simmer:** To keep a pot simmering you want to bring it to a boil and then reduce the heat slightly to a point where you don't see bubbles anymore. This is usually around 200 °F, but sometimes chefs suggest it should be closer to 180 °F. Simmering is meant to get food hot quickly without the harshness of boiling.

- **Boil:** Water boils around 212 °F depending on your elevation, and it usually requires turning your stove up to the maximum temperature so your water bubbles up. Boiling is good for vegetables, starchy foods like rice or noodles, and older chunks of tough meat.

Most often a recipe will say something like "bring a pot to boil, insert (whatever), and simmer for X minutes." In most cases, this means you'll want to dump in what you're cooking after the water boils, lower the temperature a little, and then get the water (or milk or whatever) to that state where it's not quite boiling.

Sauté vs. Pan Fry

When it comes to frying foods, you typically have one of two instructions: sauté or pan fry. The distinction between these two is pretty slight, but the way you prepare the food for each does matter:

- **Sauté:** Sautéing means cooking small chunks of food over a medium-high heat with oil in a pan. You'll usually move the food around with a spatula as you cook it and your goal is to brown the food slightly without burning it.

- **Pan Fry:** Pan frying is when you cook larger chunks of food like chicken breasts or steak over a medium heat. You'll generally only flip your food once when pan frying your food.

The Reluctant Gourmet describes the difference between the two methods like so:

Since it takes less time to sauté, and the food is cut in small pieces, precision in temperature is not as crucial in a sauté as is moving the food to ensure even cooking. A good test for making sure the pan is hot enough to sauté is to sprinkle just a few drops of water in the pan. They should immediately boil vigorously and evaporate within a couple of seconds. In the longer process of pan frying, temperature control is a much more crucial factor. In a pan fry, you're looking for a gentle sizzle.

Shredded vs. Grated

Whether it's cheeses, spices, or the occasional carrot, you'll need to know the difference between shredding or grating your foods. You'll need a common kitchen grater like this, but shredding and grating are slightly different:

- **Shredded:** Shredding is usually done with a grater that has bigger holes. The end result is long, smooth strips that cook or melt slowly because of their size.
- **Grated:** Grating creates tiny pieces of food that look like powder. This is usually best when you want something like cheese to melt quickly over a dish, or a vegetable to hide away inside a sauce. This is done with the side of the grater with tiny holes.

Much like chopping, dicing, mincing, and slicing, the main reason the difference between shredded and grated matters is for cooking time and food consistency.

Liquid Measuring Cup vs. Dry Measuring Cup

The main difference between a liquid measuring cup and a dry measuring cup is just that: liquid versus dry. A liquid measuring cup gives you ounces, whereas a dry measuring cup usually just gives you cups. The reason you need both is accuracy. Chow explains why grabbing the right measuring cup actually matters:

A wet measuring cup has the line a little below the top of the cup, so you can avoid spillage. Tapping a wet measuring cup to settle a dry ingredient to the desired line will cause some fine ingredients, like flour or sugar, to compact. This can wreak havoc with fragile recipes. For example, an extra 10 grams of sugar in certain cake recipes would be disastrous.

A dry measuring cup filled to the top with a liquid will yield a roughly correct measurement, though pouring it may be messier without a spout.

Essentially, those two different types of cups are engineered for different tasks and work best when you use them as you're supposed to. As a general rule of thumb, just use the measuring cup that best suits the ingredient you're using.

A Dash vs. a Pinch vs. a Smidgen

You'll often find archaic-sounding measurements like pinch, dash, or smidgen for spices in your recipes. These are not technical terms by any

means, nor are they usually used with any authority in recipes, but the internet has sort of settled on exact measurements:

- Dash: 1/8 teaspoon
- Pinch: 1/16 teaspoon
- Smidgen: 1/32 teaspoon

Likewise, when a recipe asks you to "salt to taste," it's usually asking for a three-fingered pinch at a time.

What "Salt to Taste" Actually Means

"Salt to taste" can be a confusing instruction in recipes, since "taste"...

The above tips should cover pretty much everything you'll run into with everyday recipes. Once you've got a grasp on the basics, you can start using the power of science to improve your cooking beyond just knowing the difference between a pinch and a smidgen.

COOKING WITH KIDS OF DIFFERENT AGES

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. Read on for tips to get your kids cooking and get great recipes to try. ***Cooking with your:***

- *2-3 year old*
- *3-4 year old*
- *4-6 year old*
- *6-8 year old*
- *8-11 year old*

- **Cooking with 2-3 year olds**

Very young children like to explore with their senses of sight, touch, smell, hearing and tasting. They also like to do things on their own. Try letting your kids:

- Wash fruits and vegetables in the sink
- Add items to dishes (like chopped tofu to a casserole)
- Smell food, herbs and spices you are using
- Help find ingredients in the fridge or cupboard

- Put paper cups into muffin tins

Keep in mind, some kids may be happy to watch you cook and talk about what you are doing. An empty pot on the floor with a spoon keeps their hands busy. Be sure to ask lots of questions about what they are making that smells so good!

- **Cooking with 3-4 year olds**

At this age, children may be more interested in talking than eating! Either way, cooking keeps them interested in food. Try letting your kids:

- Remove eggshells from hard-boiled eggs
- Pour from a small pitcher or measuring cup
- Make a simple sandwich or pizza with pre-assembled ingredients
- Describe the colour, taste and shape of food
- Mash sweet potatoes, turnips, carrots or bananas

- **Cooking with 4-6 year olds**

At this age, some kids may show signs of being a picky eater. While the food they prepare might not make it to their fork, try to be patient knowing that cooking is helping them warm up to the idea of trying new foods. Try letting your kids:

- Assemble foods: make trail mix or their own yogurt smoothie with toppings you've prepared
- Stir ingredients together (like muffins, pancakes, sauces)
- Slice soft-cooked vegetables, soft fruit, cheese or tofu with a plastic knife
- Crack and beat an egg
- Cook with a friend for a fun play date

- **Cooking with 6-8 year olds**

At this age, kids can follow simple steps for recipes and are able to share and take turns. Try letting your kids:

- Use simple kitchen equipment such as a grater, toaster, blender or can opener after you show them how to do so safely
- Make simple cold spring rolls or tortilla wraps
- Toss salad ingredients together with salad dressing
- Invent a fruit salad or smoothie recipe
- Write a list of healthy snacks they like to eat
- Write out a grocery list
- Make a simple breakfast: whole grain cereal with milk or canned fruit over yogurt

- **Cooking with 8-11 year olds**

Kids at this age are more coordinated and able to understand how to use appliances safely. Try letting your kids:

- Use a knife with easy-to-cut foods (cooked meats, cheese, tofu, breads)
- Use the microwave with your help
- Make their own school lunch
- Make a fresh fruit platter to go with dinner
- Use the stove, with supervision, to make basic recipes: omelets, pancakes, quesadillas, soups or grilled cheese
- Decide what is needed to balance out a meal so it has food from each food group

FOUR (4) "SIMPLY DELISH" RECIPE IDEAS

1. ABC123 pancakes

Fruit Sauce

Mix 3/4 cup frozen berries (raspberries and/or blueberries) with 1/3 cup maple syrup. By the time the pancakes are on the table, the fruit should be defrosted. You can also warm it up in the microwave.

Pancakes

Try mixing half multi-grain pancake mix (sold at bulk food stores) with your regular mix. You could also add 3-4 tablespoons (45-60 mL) of quick cooking oats per cup of pancake mix. You may need to add a little more milk to maintain the right consistency. Make pancake letters, numbers and even shapes. Make and freeze extra for a quick breakfast or snack.

For younger children: Talk about where the berries and maple syrup in the fruit sauce come from.

For older children: Talk about how maple syrup is made. You may be able to get a book about this at your library. Ask your children to tell you the food groups for each ingredient in the recipe.

2. Invent a smoothie

Kids can get creative inventing a smoothie! Remember, frozen fruits are just as nutritious as fresh, without the washing, peeling or cutting. Canned fruits packed in their own juices or with the light syrup drained off are good choices as well.

Blend:

- 2 cups (500 mL) milk or fortified soy milk

- 2 cups (500 mL) fruit (any of: sliced banana, mango, nectarine, frozen raspberries, blueberries or strawberries, canned pineapple or peaches)
- 1 cup (250 mL) ice cubes
- 3/4 cup (175 mL) plain lower fat (2% M.F. or less) yogurt
- 1/2 cup (125 mL) frozen orange juice concentrate

Makes 4 servings. Freeze any extra in Popsicle moulds.

For younger children: Let them peel bananas, wash fruit, add ingredients to the blender and create a wacky name for their smoothie.

For older children: Suggest they write out their recipes on cards, giving each a star rating based on a family taste test.

3. Cinnamon tortilla chips with fruity salsa

Cut whole wheat tortillas into wedges. Brush with very little water. Sprinkle with a little brown sugar and cinnamon. Place on a microwave safe plate lined with paper towel. Microwave on high for 1 minute and 30 seconds or until crisp. A pizza cutter works great for cutting the tortilla (pitas too) into wedges.

Prepare a fruity salsa for dipping by dicing whatever fruits you have on hand, or use applesauce.

For younger children: They can select and wash the fruit and later add the diced fruit into a small bowl and mix.

For older children: With your supervision, they can cut the tortilla bread into wedges, as well as make the salsa.

4. Hot diggity egg dog

Make a rolled up omelet (or scramble eggs by microwaving in a cup) and place in a whole wheat hot dog bun. Grate some low fat cheese over the top.

Offer mild salsa as an optional topping.

For younger children: Ask your child where eggs come from.

For older children: With your supervision they can follow this recipe themselves.

FIFTEEN (15) COOKING TIPS EVERY BEGINNER SHOULD KNOW

Whether your a beginner cook or have been cooking for awhile, step up your cooking game with these cooking tips!

1. Read recipes thoroughly ahead of time. Twice.

Admit it. You're thinking this is the dumbest cooking tip of all time. You're like "DUH Deanna! Of course you're supposed to read the recipe!" But when you find a good recipe, you skim it quickly and start cooking.

Me, too. I've done it. Skimmed that baby and thought good enough. Because I'm no amateur. I know what I'm doing by now, right?

Wrong. The result? Epic fail. Mistakes get made. The imaginary audience in my kitchen starts booing and hissing.

It's not just important to read the recipe before you start cooking, it's also just as important to read the recipe when you decide to make the dish.

Why is it so important?

Even recipes from published cookbooks can leave out information (or ingredients!) in the list but there it is, hidden further down in the instructions. It's also possible that you'll miss that "marinate overnight" instruction or "pour batter into Springform pan" and...ooops...you don't have a Springform pan.

Be a cool cook. Read, reread, then cook.

2. Prep and organize ahead of time.

I'm guilty of this one sometimes. I get antsy. I just want to get the process moving along and skip this step. I think to myself: I'll just chop the tomatoes while the meat is browning. Why is that wrong? Because it's so important for safety and recipe success to be prepared and it will only help you (us) be better cooks!

"Mise en place" is what the cool cooks call it. It's a French phrase meaning "putting in place." Before you even heat up the pan, get everything prepared. Everything should be washed, chopped, diced, minced, whisked sweet nothings to, and set out on your countertop prior to cooking.

I don't know about you, but I'm not a calm cook. Timing is not my strong suit. So when everything is happening and I realize I still have to chop another ingredient that needs to be added to the pan and the onions will burn if I don't do it fast, I get stressed. Stress in the kitchen can cause cuts in pinky fingers and burnt thumbs.

If you master this step, cooking will feel like a breeze and will be much more enjoyable.

3. Don't overcrowd your pan or baking dish.

Foods release moisture as they cook. When pans get crowded, your food will start to steam itself rather than brown and that will change the texture of the food. Potatoes in the oven won't be as crisp on the outside, meat won't brown as well, etc. Give your food ample room in the pan, especially when browning or baking things that need to be crisp (like french fries in the oven or breaded chicken).

If your pan is too small, cook in batches. For example, when I make my Homemade Chicken Nuggets, I have to cook the chicken in batches, unless I use a larger skillet, in order to get the super crispy coating that makes them so good.

Unless the recipe calls it, don't steam your food by cramming too much together.

4. Turn your pan handles to the side.

You like your legs, right? Take a good look in the mirror. Is your skin smooth? Tan? Or are you wincing at your varicose veins?

Whatever your legs look like, they WON'T look good with a nice new large burn on them.

Yeah. Contrary to popular belief, spattered oil burns are not sexy.

Always turn your pan handles to the side. When things get a little hectic, and you're racing across the kitchen to grab an ingredient, you could run into the handles and knock the pan onto the floor. Or a cat. MeOWCH.

Even if you've followed steps 1 and 2 and are feeling all zen about cooking, the kiddos could knock down a hot saucepan of boiling water.

Get in the habit of turning your handles to the side and stay safe, cooks!

5. Get a good chef's knife.

If there is one tool in the kitchen that I can't live without, it's my chef's knife. A chef's knife can also be called a cook's knife.

For year's, I hadn't put much thought into my knives. Once I finally found a good knife, I can't imagine a time without it. It made my life in the kitchen sooo much easier. I had been struggling with cutting techniques and, to my surprise, it was the knife that was holding me back and making me feel like I was struggling when cutting.

My current knives are Cutco brand. I know a lot of chef's don't use this brand, but I tried it and am quite happy.

A good chef's knife must be sharp and feel good in your hand. If you have small hands, you may feel more comfortable with a smaller 6-7" size and larger hands would fit better with a 8-10" knife.

Some good options are:

- Shun Classic 8" Chef's Knife
- Wusthof Classic 6" Cook's Knife
- Wusthof Classic 7" Santuko – as you can see, Santuko knives have a different shape than the others. They work just as well and it's just a matter of preference. I have both and my Santuko is quickly becoming my favorite.

6. Purchase fresh, Quality ingredients.

If you're a frequent reader of this blog, you know I'm a snob about this stuff. I can't help it, friends. I was born this way!

Your food can only be as good as your ingredients and you get what you pay for.

Don't use old, expired spices.

If you're a beginner, you probably don't have a lot of spices. But if you've had that paprika for 10 years, splurge on a new one. Come on, you deserve spices from this decade, don't you? And I'd hate for you to be arrested by the Spice Cabinet Police.

- ***Buy fresh, healthy looking vegetables.***

Farmers markets are a great place to look.

If you have an onion that's past it's prime – sure, you can use it. But it won't be as potent and have as much zing. Just know that the final outcome of your dish won't be as flavorful. In this case, you might add a little more onion than the recipe calls for.

- ***Buy Quality cheeses and meats.***

Lately, I've been comparing organic chicken versus the inexpensive regular chicken. I notice a difference in my food! This all started when I made hard boiled eggs out of the cheap ones, and some tasted like fish. YES fish! [shudders]. I found out that some hens are fed fishmeal and this might be why. So I started by buying vegetarian fed eggs. I'm not expert on this, but I have noticed when I buy organic foods and better quality meats, they taste better.

- ***Be selective about generic brands.***

I'm not saying you can never buy generic brands, but if you find a brand you know and trust, stick with it. Sometimes I skimp and sometimes I splurge. It just depends on what I'm making and how important the dish is at the time. For example, I'm making a cheesecake tonight for a special occasion so I bought the Kraft Philadelphia brand cream cheese rather than the store brand. I don't know if one is better than the other, but it's a special occasion and, like all snobs, I want the best!

When the meat is cooked, moisture moves outward towards the edges of the meat. If you cut into it right away, all the juices spill out. By letting it rest, the juices move back towards the center of the meat so the juices go in your belly, and not on your plate.

How long should meat rest? It depends on the size of the meat. Steaks: 3-5 minutes. Roasts: 10-20 minutes. Large turkeys can rest 30-45 minutes and they're still steaming hot when you carve into them!

11. Use proper measuring tools.

- Measuring Spoons vs. Regular Spoons

Use actual measuring spoons, not the regular teaspoons and tablespoons that you eat with.

Don't laugh! I've seen it happen. And don't be embarrassed if you've done this. As a beginner cook, you might not know this. Or maybe you're in college and don't have any kitchen tools yet.

The spoons we eat with vary in size depending on the design of the spoon. They're not precise. For cooking, you could probably get away with using your regular spoons, since the measurement will be fairly close. But you won't have those specialty 1/8, 1/4, 1/2 sizes. If you think you're going to be cooking more than one meal in your lifetime, it's worth it to invest in a

set of measuring spoons. Purchase metal rather than plastic. Plastic can have static cling which can make some spices stick to them.

For baking, you have to use actual measuring spoons. No exceptions!

- ***Wet vs. Dry Measuring Cups***

A liquid cup and a dry cup are exactly the same size. So why do you need both? A dry cup is meant for things like flour, sugar, and other fine granules and you're supposed to fill the dry measuring cup completely to the top so you can scrape off any excess with the back of a knife. In a liquid measuring cup, you can't do this. You fill the liquid to the line. Using dry measuring cups for dry ingredients is a more precise way to measure, which is very important in baking.

12. Be weary of high heat.

I never use high heat on my stovetop, unless I'm boiling water. Every stove is different. Mine is electric (unfortunately). High heat is just too high! I'd burn everything if I used high heat.

Because I know my stovetop gets really hot, when a recipe calls for medium-high heat, I turn my stove to about medium or a little lower (between 3 and 4). It's just one of those things you will get the hang of the more you cook with your stove.

13. Salt your pasta water, never add oil, and don't rinse.

- ***Salt the water.***

Mario Batali says you should salt your pasta water until it "tastes like the sea". I agree.

You don't have to worry about consuming too much salt because most of it goes down the drain with the water. Salting your pasta water gives flavor to it before you put any sauce on it.

- ***Don't add oil.***

NEVER add oil to your pasta water. My Italian grandmother is turning over in her grave just at the thought of you possibly putting oil in your water. Mama Mia! Why is she so upset? Because when you add oil to your pasta you make it slick and the sauce won't stick well to the pasta.

- ***Don't rinse.***

The starchy water that the pasta boils in has all the goodness in it and helps the sauce adhere to the pasta. Rinsing also makes your pasta get cold quickly. I even save some of it to add to my sauces.

14. Don't improvise too much.

If you're a beginner cook, follow the recipe. You can always make notes and alter the recipe the second time around.

At the same time, if you know you hate mushrooms, leave them out!

Once you know your way around the kitchen you can be as adventurous as you want.

NOTE: Don't improvise with baking. Baking is an exact science and everything needs to be measured precisely. This rule can be broken if it's something simple like: leaving nuts out of a cookie recipe or adding a little more cinnamon to a pumpkin pie.

15. Be flexible. Roll with the punches.

If you fail at a meal, congratulations! That means you're one step closer to becoming a better cook.

You can never be a good cook without some serious flops. Like the time I tried to make a fancy schmancy herbed butter turkey that would change lives. It sure changed lives...we practically broke our teeth on the dried meat that was the consistency of jerky. And let's not forget the numerous

failures I've had making recipes for this blog. Failures happen. Just keep your favorite local pizza delivery phone number close by!

I hope these cooking tips will help you get more enjoyment out of cooking!

THE BEST FOOD PRODUCTS FOR A HEALTHY PANTRY

Today is one of those days when I'll be cooking something with ingredients from my pantry.

It's rainy, cold, and just plain icky outside. There's just no other word to describe it – it's icky.

So I don't plan on venturing beyond my house today, which means I'm definitely not going grocery shopping, and we're definitely going to be eating at home today.

A while back, I came across this article on the Food Network's Website. The article was entitled "The Healthy Pantry" – and I thought it was super helpful in outlining those staples that are "must haves" when creating a healthy meal. The full list is here – and my favorites / additions / modifications (and little explanations of why they're good items to have) are below.

Hope this helps you to plan for days when you really don't want to have to visit the grocery store in order to still have a healthy meal at home!

1. Oils, Vinegars & Condiments

- Extra-virgin olive oil (Adds great flavor for cooking, perfect for salad dressing, and has tons of healthy fats and antioxidants)
- Organic Butter, Unsalted
- Balsamic Vinegar
- Dijon mustard
- Ketchup (A great low cal way to spice up burgers and sandwiches)
- Barbecue sauce (Make sure you get one that is super low in sugar – around 45 calories for 2 Tbsp)
- Reduced-fat / fat-free mayonnaise (Trader Joe’s has a great “vegan mayo” that’s made from healthy oils instead of eggs. It tastes great – really close to regular mayo – and is way better for you!)
- Reduced-sodium soy sauce
- Prepared pesto (This is an item on the Food Network list that I would actually suggest not having. Bottled prepared pesto is often very high in fat and preservatives. I’d suggest making your own or buying it fresh from a store like Trader Joe’s or Whole Foods)
- Salsa (Pace Picante or fresh pico de gallo is my favorite)
- Hot sauce
- If you’re into salad dressings – make sure to get fat free / low calorie versions of the original (or you can make a simple, fresh dressing at home using olive oil, balsamic vinegar, salt and pepper – that’s what I do!)
- Real maple syrup (Be sure to avoid the sugary syrups like Mrs. Butterworth’s “syrup” that you can find at your local grocery store – those don’t provide any of the antioxidant health benefits that real maple syrup has, and they are often super high in sugar & HFCS)

- Fresh fruit preserves (Better than jelly because they contain real fruit!)
- Pizza Sauce (Make sure you get one that is low in sugar – Trader Joe’s has a great organic pizza sauce that’s super flavorful and low in calories/sugar).

2. Seasonings

- Salt (Sea salt is better than regular salt because it’s less refined and has more minerals – but it is also less salty so you have to account for that in recipes)
- Black pepper (Freshly ground is my favorite)
- Dried herbs and spices: ground cumin, cayenne pepper, chili powder, crushed red pepper, rosemary, thyme leaves, oregano, Italian seasoning blend, garlic powder, ground cinnamon, ground ginger
- Vanilla extract

3. Canned Goods & Bottled Items

- Canned tomatoes (crushed with italian seasonings are great for sauces), tomato paste
- Reduced-sodium broths
- Canned beans: cannellini, kidney, chickpeas (garbanzo beans), black beans and pinto beans
- Low calorie canned soups: Amy’s and Trader Joe’s has a great variety of organic, low sodium soups; and Trader Joe’s has a ton of shelf-stable soups that are delicious (my favorites are butternut squash and red pepper/tomato)
- Fat free refried black beans (Look for the vegetarian versions – Trader Joe’s and Rosarita both have good versions)

4. Grains & Legumes

- Assorted whole-wheat pasta
- Regular and instant brown rice
- Whole-wheat couscous
- Quinoa – so easy to make and the only complete protein on the list! You can substitute it for anything you'd use rice for.
- Regular and quick-cooking barley
- Bulgur
- Rolled oats – steel cut oats are also great.
- Dried lentils
- Bread: I like Ezekiel's sprouted grain breads, english muffins, bagels, tortillas – all of which can be frozen and if you heat them in a toaster oven they taste just like fresh bread!

5. Baking Products

- Whole-wheat flour and whole-wheat pastry flour. (Store in the refrigerator or freezer.)
- All-purpose flour
- Baking powder
- Baking soda
- Unprocessed wheat bran
- Quick-rising yeast
- Cornstarch

- Brown sugar
- Granulated sugar – I like the organic cane sugar from Trader Joe's
- Honey
- Agave
- Splenda or Stevia (if you're into artificial sweeteners, these are the best)

6. Nuts, Seeds and Dried Fruit

- Walnuts, pecans, sesame seeds, almonds, cashews, sunflower seeds – great source of vitamins and you can also use cashews as a substitute for cream in many dishes!
- Chia seeds and flax seeds (a great topping for oatmeal, addition to smoothies, etc)
- Dried apricots, dates, cranberries, raisins (make sure to get the kind with no sugar/oils added)
- Peanut butter (natural) – the only ingredient should be ground peanuts
- Almond butter (natural) – I also like Trader Joe's Almond & Flax Seed Butter
- Sunflower seed butter (natural)

7. Refrigerator & Freezer Basics

- Organic 1% or skim milk
- Reduced-fat sour cream (I'd go with fat free here – you can't taste the difference!)
- Fruit juice – make sure you don't get juice that's mostly sugar
- Large eggs – Organic, free range eggs are the best – and if you can find omega 3 yolks that's even better! Try using only egg whites in your

omelettes/frittatas/etc – you'll get all of the protein with none of the fat

- Cheese: sharp Cheddar, feta, Parmesan, mozzarella (fat free feta crumbles are super low calorie and taste great... but for the other cheeses I'd go with the full fat versions)
- For cream cheese – I'd suggest using Laughing Cow Light Cheese Wedges – much lower in calories and still has the great creamy taste
- Nonfat or light vanilla yogurt – 0% Greek yogurt is your best option here – nonfat version is still super creamy, has about 90 calories, and packs up to 15g of protein!
- Frozen fruit – frozen berries are the best – super high in fiber, and freeze really well
- Frozen vegetables – edamame (soybeans), broccoli, corn, bell pepper-and-onion mix, peas, spinach
- Low-fat ice cream, frozen yogurt and/or sorbet (should be around 100-120 calories per half cup)
- Frozen cheese ravioli or tortellini – this is ok – but if you have time to get the fresh versions and freeze them I'd suggest doing that instead

CHAPTER 2

EASY RECIPES FOR BEGINNERS

There are so many easy recipes online and so many cookbooks it's no wonder some people feel overwhelmed about cooking at home. Many decide to forgo cooking and opt to eat out instead.

If you're trying to save money or you have a family to feed, eating out can quickly blow a budget. In addition, it really doesn't save time by the time you travel to the restaurant, wait for a table, and then wait for service. Finding simple restaurant recipes will allow you to enjoy your favorite dishes without added costs.

Begin by preparing your kitchen and organizing your space. Then follow up with selecting favorite dishes found in a cooking guide for restaurant recipes.

- Clean out expired food from your cabinets and refrigerator.

Don't procrastinate. You'll be surprised how fast you can do this by dedicating 30 minutes a day until the task is complete. How easy is that? If you feel like dedicating an hour, then do so. The point is to bite off the task in small bites so you don't keep putting it off.

As you go through your food, write down the items you have on hand and organize them. This will allow you to use things you already have on hand for easy recipes. This will also help cut down on unnecessary grocery store purchases, which will save you money. In addition, organizing your cabinets will make it easy to find the items you need when cooking easy recipes for dinner.

Once you have completed this task, it's much simpler to maintain. To keep up with your list of available items, keep your cabinets and refrigerator clean and organized by setting aside fifteen minutes a week to do so.

- Write down some of you and your family's favorite restaurants, the restaurant dishes you love, and the foods you enjoy.

This will be a jumping off point for identifying where to begin in the search for easy recipes for dinner. Usually main dishes are the focus of favorite restaurant dishes, but that's okay because you can then list the side items you enjoy, such as green beans, potatoes, broccoli, etc.

From this point on, it's just a matter of mixing and matching your chosen main dish with side dishes to add flavor, nutrients, and color to your plate for easy cooking options.

- Look for recipes with few ingredients and few steps.

Don't overwhelm yourself. Start out with simple meals and add a couple sides of vegetables. Once you've prepared a few dishes and feel more comfortable cooking, you can really start to roll out restaurant style recipes and find a method that works for you.

Using these steps will provide you with great tasting food that takes only a little amount of time. As you prepare dinner, you can then start accumulating a list of favorites you can pull out when you are hungry for a certain type or style of food. Easy cooking is not an impossible task: with a little planning and practice, you can learn how to cook restaurant style dishes and certainly won't miss all the extra time and money you spent before.

It Is Always Beneficial to Cook Easy Recipes at Home

Surely enough this may not be a good idea for persons who hate cooking, but at the same time it is the most sought after guidance that people who love eating at home are looking for. The habit of eating out occasionally can be accepted but not on a regular scale. It does cause many health problems some which are not curable too. Instead one can practice easy recipes at home that don't take up much of your time but provide the family with healthy meals.

The basic benefit of eating at home means that you can eat healthier and you save a lot of money. However, the question of who is doing the cooking may arise but this should be sorted out within the family. With some research even a novice can turn out a perfect dish for dinner by cooking easy recipes that are available in abundance.

The recipe websites have the best search tools and methods to look for the kind of easy recipes you want. If you are not familiar with the internet or for some reason have no access to it, then there are hundreds of cookbooks providing you the best and easy recipes to satisfy food lovers' taste buds.

Besides saving a lot of money, you also notice that within a span of time your family's health gets better and you are able to keep the family together at least once in 24 hours, at supper time!

By cooking these recipes in your very own kitchen you are saving money and also winning the hearts of your spouse and children. They begin to look forward to a healthy and hot meal in the comfort of their home. You can choose easy recipes for every meal, even if you are throwing a party or having a whole lot of guests at home. Choose the healthier and more nutritious recipes that are easy and fast to cook and still have the best taste

and nutrition values. Chicken is a very fast dish to prepare in many ways, similarly cakes, pudding and cookies are one of the best easy recipes to choose if you are on a cooking spree.

Make use of your spare time trying out some new and easy recipes for the family, you may be lucky to win many surprises from your family for your good work, but all the while you will be content with the good health of the entire family which is the best gift of all.

FIFTEEN (15) RECIPES FOR BEGINNERS

EASY PASTA RECIPES FOR BEGINNERS

1. POMODORO FRESCO

Collezione is Barilla's line of artisanal pastas. These pastas are different because they are extruded through bronze dies. This gives the pasta a

rougher more porous surface which helps sauces cling to it. If you look at the pasta you can actually see its unique texture. It is more similar to homemade pasta!

A rustic 20 minutes pasta recipe. Penne is served with a fresh tomato sauce seasoned with garlic, basil, and parmesan.

Active Time: 20 minutes

Total Time: 20 minutes

Ingredients:

- o 1 pound Medium Tomatoes on the Vine
- o 2 cloves of Garlic, minced
- o 2 teaspoons Extra Virgin Olive Oil
- o 1 tablespoon torn Basil
- o 2 teaspoons grated Parmigiana Reggiano
- o 4 ounces Barilla Collezione Penne or Rigatoni
- o 1 Sundried Tomato
- o Salt and Pepper

Instructions:

First place the tomatoes in a food processor and purée.

Next, heat the extra virgin olive oil in a skillet over medium heat. Once the oil is hot, add the garlic. Sauté for 1 minute before pouring in the tomato purée. Bring to a simmer, and let reduce while you prepare the pasta.

Bring a pot of salted water to a boil. Once the water boils, add the pasta. Cook the pasta until very al dente. You want to undercook it a little since you will finish it by cooking it in the sauce for one minute. Reserve ¼ cup of the pasta water before draining the pasta.

Stir the drained pasta, the pasta water, and the basil into the tomato sauce. Let cook for 1 minute and then divide the pasta between 2 plates.

Top the pasta with the parmesan, and then grate some of the sundried tomato over using a microplane. Serve immediately.

2. SWEET AND SPICY SAUSAGE AND FARFALLE

Sweet and Spicy Sausage and Farfalle is a recipe that I grew up eating, and fell in love with again as an adult. It is one of the easiest recipes you can ask for, and the speedy preparation time makes it a perfect weeknight dinner option. When I was growing up I couldn't understand why we had sweet and spicy sausage and farfalle for dinner all the time. As an adult, I get it! This is the little recipe that can feed your family of 4-5 with just 20 minutes to total preparation time. Plus, the ingredients are all super cheap. It makes perfect sense that my Mom made this recipe to feed our family of five frequently.

Course: Main Course

Cuisine: Italian

Prep Time: 20 minutes

Total Time: 20 minutes

Servings: 4 servings

Ingredients:

- 2 Sweet Italian Sausages 1/2 lb total
- 1/4 cup chopped White Onion
- 2 cloves Garlic
- 1 14.5 oz can of Crushed Tomatoes
- 1/2 cup Heavy Cream
- 1 teaspoon Red Pepper Flakes
- 2 cups Farfalle
- 2 cups Baby Spinach
- 2 tablespoons Parmesan
- 1 tablespoon Olive Oil

Instructions:

1. Finely chop the onion and garlic. Slice the ends off the sausage, and push the meat out of the casing, and loosely crumble it up.
2. Bring a pot of salted water to a boil. Once the water has come to a boil, add the pasta. Cook for 7-8 minutes, until al dente. Then drain the pasta and set aside.
3. As soon as you put the water on the boil, start to prepare the rest of this dish. Heat the olive oil in a skillet over medium high heat. Add the onions and sauté. After 2 minutes, add the sausage and red pepper flakes. For a mild spice add 1/2 teaspoon of red pepper flakes, or add more for extra spice.
4. Brown the sausage, while using a wooden spoon to break it into small pieces.

5. Once the sausage has browned, add the garlic, crushed tomatoes, and cream. Stir together. Let simmer for 2-3 minutes.
5. Add the drained pasta to the sauce, along with the spinach (I tear it up as I add it in). Let the pasta and spinach simmer in the sauce for 2 minutes over medium heat. Serve with a sprinkle of Parmesan.

Recipe Notes:

One of the things that I love about this recipe is that you can opt to make it spicy. There are two ways to go about this. First you can simply use Spicy Italian Sausage instead of Sweet Italian Sausage, or you can add crushed red pepper flakes. If you really love spice – you can do both! If you want to eliminate the spicy, just omit the red pepper flakes. I like to add a couple handfuls of spinach to the sauce right when I mix in the pasta. It helps to turn the pasta into a complete meal. If you wanted, you could add some additional vegetables. Mushrooms and bell peppers would both be excellent additions. I used pork sausage, but you can choose to use chicken sausage instead. You could even experiment with using tofu sausage, which I just discovered is a thing! This pasta does reheat well, and I often make a big batch. A single batch is plenty for four servings, but if you have a larger family – or just really love leftovers – you can make a double batch without adding any additional preparation time.

3. EASY BEEF PASTA SKILLET

This Easy Beef Pasta Skillet is one of those meals you make on a quiet Sunday night with a glass of wine in your hand. It is a simple recipe for a flavorful beefy creamy pasta with tomatoes and mushrooms.

This recipe is centered around fresh summer ingredients, and it can be made in under an hour with just about 30 minutes of active preparation time. I

love how this pasta recipe incorporates a good amount of meat and vegetables making it a complete meal.

Yields: 3 SERVINGS

Prep Time: 30 min

Cook Time: 30 min

Total Time: 1 hr

Ingredients:

- 3 cups of Tomatoes (I used Baby Roma)
- 3 tablespoons Olive Oil
- 3 cloves of Garlic, minced
- 8 ounces Sliced Mushrooms
- 3/4 lb Ground Beef (I like Ground Sirloin)
- 1/2 cup Chopped Onion
- 2 tablespoons Tomato Paste
- 1/2 cup Mascarpone
- 8 ounces of Fresh Pasta (I used Rana Tagliatelle)
- 1 tablespoon Fresh Chopped Basil
- 1 tablespoon Grated Parmesan

Instructions:

1. Start by roasting the tomatoes for 30 minutes. First, heat your oven to 350 degrees. I chopped 1 cup of the tomatoes into quarters, and I left the others right on the vine since I was going to put them in the blender anyway. I always like to line the baking sheet with parchment, it helps

the tomatoes to roast more evenly. Then drizzle a tablespoon of olive oil over the tomatoes and generously dust them with salt and pepper.

2. Use the next 30 minutes to catch up on a tv show. You don't need to any prep work in the kitchen right now.
3. Once the tomatoes have roasted for 30 minutes, use a slotted spoon to remove the Quartered tomatoes and place them in a bowl. Remove the stems from the tomatoes (if you left them on) and pour the whole tomatoes and all of the juices into your blender and liquify. Set aside.
4. Pour 1 tablespoon of olive oil into a skillet over medium heat. Once hot, add the garlic and cook until fragrant. Add the mushrooms. Season with some salt and pepper, and cook for 6-7 minutes, until slightly browned. Then set aside - you can put them in the bowl with the sliced tomatoes if you want.
5. Using the same skillet, add the last tablespoon of olive oil, and then the beef. Season with salt and pepper and use a wooden spoon to stir and break the beef up into small pieces.
6. Once the beef has browned, add the onions to the beef, and cook until they become translucent. Then stir in the liquified tomatoes and the tomato paste. Let simmer and reduce for 2 minutes, then add the mascarpone. As soon as the mascarpone has melted, add the fresh pasta and then the mushrooms and Quartered tomatoes.
7. Carefully stir to cover the pasta in the sauce. Let the pasta simmer in the sauce for about 5 minutes until the pasta is al dente. Serve right away. Garnish with the basil and Parmesan.

4. CREAMY CHEDDAR MAC AND CHEESE

If I was stranded on a desert island and could only eat one food for the rest of my life, I would want macaroni and cheese. It's the ultimate food: ***cheese*** + ***carbs*** . I am suspicious of anyone who claims not to like mac and cheese, because how could you not like it?

This is a classic mac and cheese with a slight twist since it is a stove top recipe that is topped with toasted panko crumbs to mimic the taste and crunch of oven baked mac and cheese, while saving on time. The result is a meal that can be prepared in under 30 minutes!

Cook Time: 30 minutes

Total Time: 30 minutes

Servings: 3 -4

Ingredients:

- 2 1/2 cups Medium Shells
- 2 1/2 tablespoons Butter
- 2 tablespoons Plain Panko Breadcrumbs
- 2 tablespoons Flour
- 1 1/4 cup 2% Milk
- 1/4 cubed Sharp Cheddar
- about 1/2 teaspoon Salt
- about 1/4 teaspoon Black Pepper
- a dash of Dry Mustard
- a dash of Paprika

Instructions:

1. Bring a pot of salted water to a boil. Once boiling, add the pasta, cooking until al dente according to the directions on the box.
2. Then get to work toasting the breadcrumbs. Melt 1 tablespoon of butter in a small skillet over medium heat. Stir in the breadcrumbs, and continue to stir until the bread crumbs have reached a golden brown color. Then remove from the heat and set aside.
3. Prepare the sauce next. Melt the remaining butter in a saucepan over medium heat. Once melted, whisk in the flour. Continue whisking until the butter and flour mixture (the roux) is slightly golden in color.
4. Whisk the milk into the roux. Whisk frequently until the milk comes to a slow and steady boil. Let the mixture boil and thicken for one minute while whisking constantly.
5. Add the cheese to the milk and whisk until it melts.
6. Season the sauce with the salt and pepper, and a dash of dry mustard and paprika.
7. Drain the pasta and add it to the sauce. Serve with the crispy panko breadcrumbs on top.

5. ROASTED GARLIC, GOAT CHEESE, AND TOMATO PASTA

There is a lot of garlic in this recipe, but it doesn't overwhelm the other flavors from the goat cheese, basil, and tomatoes. The ingredients balance each other nicely. I made this recipe just for the two of us, but it could just as easily be made for more people, without much extra work. Or, serve more people by serving this pasta as a side dish along with some chicken.

YIELDS: 2

Prep Time: 20 min

Cook Time: 20 min

Total Time: 40 min

Ingredients:

- 1 head of Garlic
- 2 tablespoons Olive Oil
- 2 cups Cherry Tomatoes (I used red and yellow)
- 1/4 cup Fresh Basil Leaves
- Salt and Pepper
- 12 ounces of Fresh Pasta
- 1 tablespoon Butter
- 2 ounces Goat Cheese
- 1/4 cup Pasta Water

Instructions:

1. The first thing you need to do is put the garlic in the oven to roast. Slice the top of the garlic off, exposing the tops of the cloves of garlic. Then place the garlic on two layers of foil - sliced side facing down. Fold the foil up around the garlic. Then drizzle one tablespoon of olive oil over and seal up the foil around the garlic. Place in the oven at 350 degrees.
2. Next prepare the tomatoes. Simply slice the cherry tomatoes in half and place them on a baking sheet. Drizzle the remaining oil over and generously sprinkle with salt and pepper. Roughly chop the basil and sprinkle it over before placing the tomatoes in the oven beside the garlic.

3. Now you have about 20 minutes to hang out. I read Cooking Light.
4. Ok, hangout time is over. Bring a pot of salted water to a boil.
5. While you are waiting for the water to boil, start working on the roasted garlic goat cheese sauce. Remove the garlic from the oven and carefully unwrap it. Let it cool for a minute before extracting 4-5 cloves of garlic (or more if you really love garlic). The garlic should be very soft; use a fork to mash it.
5. Melt the butter in a skillet over medium heat. Reduce to medium low heat, and let the butter slowly brown; this brings out more flavor. Once the butter has started to brown, add the garlic stirring it into the butter. Then add the goat cheese letting it melt. At this point the mixture will be a thick paste. Remove the tomatoes from the oven, and scoop any tomato liquid at the bottom of the pan into the skillet, thinning out the sauce. Taste the sauce and season with salt and pepper. Then stir the tomatoes into the sauce. Keep warm on low.
7. By now the water should be boiling. Add the pasta to the water and cook according to the directions. Before draining the pasta, remove 1/4 cup of water from the pot.
8. Drain the pasta, and stir the pasta water in the sauce. Add the pasta to the sauce, let simmer for 1 minute, and serve immediately.

MEAT MAIN COURSES FOR BEGINNERS

6. BACON WRAPPED JALAPEÑO POPPER CHICKEN

The process of preparing Bacon Wrapped Jalapeño Popper Chicken is simple. Chicken is pounded thin, and stuffed with a combination of cream cheese, chopped jalapeños, and cheddar cheese, before it is wrapped in bacon.

It's a pretty fool-proof meal that anyone would love. It takes about an hour to make from start to finish, but the active preparation time is only 10 minutes.

An easy recipe for Bacon Wrapped Jalapeño Popper Chicken. Chicken is filled with cheese, cream cheese, and jalapeños, then wrapped up with bacon and baked!

Servings: 4

Prep Time: 10 minutes

Cook Time: 55 minutes

Total Time: 1 hour 5 minutes

Ingredients:

- 4 Boneless Skinless Chicken Breasts
- 4 ounces of Cream Cheese cut into bite chunks (not whipped)

- 4 Jalapenos
- 1/2 cup Shredded Cheddar Cheese
- 8 slices of Bacon

Instructions:

1. Start by heating your oven to 300 degrees and then get to chopping the jalapenos. If you like hot spicy heat – leave the seeds. If you want a mild heat, remove the seeds.
2. Then move on to pounding out the chicken breasts until they are quite thin. You want them to double in size. Cover the chicken in plastic wrap, and place on a strong surface and use a meat mallet or a cast iron pan to pound them out.
3. Next, place a long thin chunk of cream cheese in the center.
4. Add jalapeno and cheddar cheese on top, and then wrap the chicken around it.
5. Use 2 slices of bacon to wrap around each chicken breast sealing it shut. Sprinkle with salt and pepper.
6. Place the bacon wrapped chicken breasts in a baking sheet lined with aluminum foil.
7. After 45 minutes, remove the chicken from the oven, and drain any bacon fat off the pan.
3. Increase the oven temperature to 400 degrees, letting the bacon crisp up for another 10 minutes or as long as necessary.

7. MUSTARD AND MUSHROOM CHICKEN

This recipe makes enough to feed six. If you are cooking for two, you could cut it in half, but I love having food that is ready and waiting in the fridge. Knowing that you have plenty of leftovers and that dinner is covered gives you one less thing to worry about.

Perhaps the best thing about this recipe is how simple the ingredients are. Most people probably have all of the ingredients at home. It's a recipe that relies on basic items you probably have in your pantry already.

YIELDS: 6

Prep Time: 25 min

Cook Time: 45 min

Total Time: 1 hr, 10 min

Ingredients:

- 2 tablespoons Butter
- 2 cloves Garlic, minced
- 3 tablespoons Flour
- 1 cup Chicken Stock
- 1/2 cup Milk
- 3-4 tablespoons Mustard
- 1 tablespoon Tarragon
- 2 tablespoons Olive Oil
- 8 ounces sliced Mushrooms
- 3 tablespoons White Wine
- 1 Yellow Onion, chopped

- 2 pounds Chicken Breasts
- Flour to dredge the chicken
- Salt and Pepper

Instructions:

1. Preheat your oven to 300 degrees. Prepare the chicken by cutting each chicken breast in half and then pounding it with a meat mallet until it has a thin and even thickness.
2. Then start preparing the sauce. Start by melting the butter in a medium saucepan. Stir in the garlic, and let it cook for one minute and then stir in the flour. Stir for another minute. Then slowly add the chicken stock and milk whisk until the butter/flour mixture is completely incorporated. Then bring to a slow boil. Let boil for 1 minute, stirring frequently. This lets the sauce thicken. Then add in the mustard and tarragon. Go ahead and add extra mustard if you really like mustard. Set the sauce aside.
3. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the mushrooms and toss in the olive oil. Sprinkle with salt and pepper. Saute the mushrooms for 4 minutes, and then add the white wine and the onions. Let saute for another 4 minutes. Then add the mushrooms and onions to the sauce.
4. In a bowl combine about 1/2 cup flour and 1/2 teaspoon of both salt and pepper. Using the same skillet, heat another tablespoon of olive oil over medium-high heat. Once the skillet is hot, dredge the chicken in the flour and place in the skillet. It will only take a couple minutes to brown on each side. Place the browned chicken in a casserole dish.

Continue to brown the chicken in batches, adding more olive oil to the pan as necessary.

5. Once all of the chicken has browned, pour the sauce over, and place it in the oven to bake for 45 minutes.

8. HOW TO ROAST A CHICKEN

Roasting a chicken can seem overwhelming, but it is really one of the easiest recipes out there. And who doesn't like roast chicken, gravy, and mashed potatoes?

Learn how to roast a chicken with these clear step by step instructions and photos. This simple roast chicken recipe will become a staple in your home.

Prep Time: 20 minutes

Cook Time: 1 hour 39minutes

Total Time: 1 hour 59minutes

Servings: 4

Ingredients:

- 1 Whole Chicken about 2 1/2 pounds
- 1 Lemon
- 2 Shallots
- 2 tablespoon Butter at room temperature
- 1/2 teaspoon Salt
- 1/4 teaspoon Freshly Ground Black Pepper
- 1/2 teaspoon Thyme
- 1 teaspoon Rosemary

- 1/4 cup Lemon Juice
- about 1 1/2 cups Chicken Broth
- 1/2 cup White Wine
- For the gravy:
 - 1 tablespoon Butter
 - 1 tablespoon Flour
- Pan Drippings
- Chicken Broth if you need to thin the gravy

Instructions:

1. Heat your oven to 500 degrees. Then remove the chicken from the bag. If there are giblets in the inside of the cavity of the chicken, remove those (I just throw them away).
2. Rinse the inside and outside of the chicken, and then pat it dry with paper towels.
3. Next, chop the lemon and shallot and stuff them inside the chicken.
4. Use butcher's twine or folded up aluminum foil to tie the drumsticks together so that the lemon and shallot stays inside the chicken.
5. Then rub the butter all over the chicken.
6. Sprinkle a generous amount of salt, pepper, thyme, and rosemary over the top.
7. Place the chicken in a roasting pan. Pour 1/4 cup of lemon juice, 1/2 cup of chicken broth, and 1/2 cup of white wine around the chicken.

8. If you have an in oven thermometer, insert it in the thigh above the drumstick.
9. Place the chicken in the oven on the center rack.
10. After 20 minutes cover the chicken with foil, and 10 minutes after that reduce the oven temperature to 350 degrees.
11. Let the chicken roast for another hour or so until it reaches 165 degrees, periodically check to make sure that there is a layer of liquid in the bottom of the roasting pan, add chicken broth as necessary.
12. Take the chicken out of the oven and out of the roasting pan, and place it on a cutting board to rest.
13. To make the gravy, scrape up any of the browned bits on the bottom of the pan. Then pour all of the drippings through a strainer and into a glass container. Set aside. In a small saucepan, melt a tablespoon of butter over medium heat. Once melted, whisk in a tablespoon of flour. Next, use a baster to suck up all of the juices below the line of fat that will rise to the top. Whisk in the juices and bring to a simmer and let thicken. Season with salt and pepper to taste. If the gravy is too thick, thin it with a bit of chicken broth.
14. Carve the chicken and serve it with the gravy.

9. ROASTED GARLIC, PARMESAN, BROWN BUTTER MASHED POTATOES

Roasted Garlic, Parmesan, Brown Butter Mashed Potatoes are rich, creamy, cheesy, and loaded with garlic flavor. They are a perfect Thanksgiving side dish - plus they are easy to make. They can even be made a day or two in advance!

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Servings: 8 -10

Ingredients:

- 6 Yukon Gold Potatoes
- 1 head of Garlic
- 1/2 tablespoon Olive Oil
- 4 tablespoons Butter
- 1/2 cup grated Parmesan
- 2 cups Light Sour Cream
- Salt
- Pepper

Instructions:

1. Meanwhile, peel the potatoes and loosely chop them into even pieces. Boil the potatoes in salted water until very soft. This will take about 20 minutes. Then drain the potatoes.
2. Once the garlic has been roasted, let it cool and remove the cloves from the head of garlic.
3. Melt the butter on medium low heat in a sauce pan. Stir the butter frequently, letting it bubble until it begins to brown. Then remove from the heat immediately. Butter goes from brown to burnt quickly, and it will continue to brown once you remove it from the heat.

4. Combine the potatoes, butter, Parmesan, and 5-6 cloves of garlic in a stand mixer. I recommend using a mixer instead of mashing by hand so that the cloves of garlic get broken up and evenly mixed into the potatoes. Mix on medium high. Then add the sour cream. Mix on medium, stopped to scrape down the sides of the bowl if necessary. Add salt and pepper to taste, and add more garlic if you desire. I added an entire head of garlic to my potatoes.
5. Either serve immediately, or pour into a casserole and keep the potatoes warm in the oven. This recipe can be made a couple of days ahead of time.

10. 20 MINUTE SESAME CHICKEN

You just need one skillet and 20 minutes to make this delicious sesame chicken. You can easily customize this meal to include all of your favorite veggies too!

You will love this easy recipe for 20 minute Sesame Chicken! It has a sweet and spicy flavor and is loaded with veggies. It is a weeknight meal you will want to make again.

Prep Time: 20 minutes

Total Time: 20 minutes

Servings: 4

Ingredients:

- 1.5 pounds Boneless Skinless Chicken Breast

- 3 tablespoons All Purpose Flour
- 3 teaspoons Sesame Oil
- 3/4 cup Low Sodium Soy Sauce
- 3 cloves of Garlic pressed or minced
- 1 teaspoon Peeled Fresh Ginger grated
- 1/2 teaspoon - 1 teaspoon Sriracha to taste
- 2 teaspoons Corn Starch
- 2 cups Sliced Mushrooms
- 1 cup Snow Peas
- 1/2 cup Shredded Carrot I get it from the grocery store salad bar
- 2 teaspoons Sesame Seeds

Instructions:

1. Serve with your favorite rice (I used Uncle Ben's Brown and Wild Rice Mix)
2. First, use a knife or kitchen sheers to cut the chicken up into pieces that are about 2 bites big.
3. Then toss the chicken in the flour, until it is evenly coated in flour. Next heat a teaspoon of sesame oil in a wok or skillet over medium heat. Once hot, add 1/3 of the chicken, and cook each side for 2 minutes, until browned. Then cook the rest of the chicken in two more batches, adding another teaspoon of sesame oil to the pan each time. Set the cooked chicken aside in a bowl.
4. Whisk the soy sauce, garlic, ginger, sriracha, and corn starch together and then pour it into the same wok or skillet over medium heat. Add the mushrooms, and let cook for 3 minutes, stirring frequently.

5. Add the chicken, and stir to coat it in the sauce. Cook for another 4 minutes. Lastly, add the snow peas, carrot, and sesame seeds. Cook for 2 minutes. (I used this time to make my Uncle Ben's microwaveable rice).

11. CLASSIC POT ROAST

Prep Time: 5 minutes

Cook Time: 4 hours 30minutes

Total Time: 4 hours 35minutes

Servings: 4

Ingredients:

- 16 ounces Chuck Roast
- 1 ½ cup Sliced Mushrooms
- 1 packed Dry Onion Soup Mix
- 2 10.5 ounce Cans of Cream of Mushroom Soup
- Egg Noodles

Instructions:

1. Place the beef in a casserole dish or dutch oven. Pour the mushrooms, dry onion soup mix, and cream of mushroom soup over. Fill one of the empty soup cans with water and pour it over the beef. Make sure that the liquid submerges the beef. Add extra soup and water if necessary.
2. Cover the dish and place it in the oven set to 225 degrees. Let roast for 4 ½ hours, or until the beef is so tender it is falling apart. Serve over egg

noodles.

12. CHICKEN WITH A SHERRY MUSHROOM SAUCE

If you want a quick and easy recipe that seems fancy this is your best bet. Chicken breasts are cooked in butter and sherry and then served with a creamy mushroom and sherry sauce. This is always a hit.

One of my favorite recipes, this chicken with a sherry mushroom sauce is tender and loaded with rich flavors. Plus it comes together in under an hour, with just 20 minutes of active preparation time.

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Servings: 4

Ingredients:

- 4 Chicken Breasts
- Salt and Pepper
- 2 tablespoons Butter
- 2 cloves of Garlic crushed or chopped
- 8 ounces Sliced Mushrooms I like baby bella
- 1 cup Dry Sherry
- 1/3 cup Heavy Cream
- 1/2 teaspoon Thyme

Instructions:

1. Heat your oven to 350 degrees.
2. Melt 1 tablespoon of butter in a large skillet over medium-high heat. Generously salt and pepper both sides of the chicken breasts. Once the butter has melted, add the chicken to the skillet. Then add 1/4 cup of sherry. Cook the chicken for 3 minutes per side, until browned. Then remove the chicken from the skillet and place it on a plate while you work on the sauce.
3. Melt another tablespoon of butter in the same skillet you just used to cook the chicken. Add the garlic and stir, scraping up any brown bits. After a minute add the mushrooms. Generously salt and pepper and toss until the mushrooms are evenly coated with butter. Cook for 2 minutes. Then add the remaining sherry. Let the mushrooms simmer for another 4 minutes. Then stir in the cream and thyme. Let the sauce reduce for 5 minutes then add the chicken back to the skillet. Place the skillet in the oven for 30 minutes so that the chicken can finish cooking. (Make sure you are using an oven-safe skillet!)
4. After 30 minutes in the oven the chicken should be done - serve it with pasta or rice pilaf. Spoon the sauce over the top.

SALAD RECIPES FOR BEGINNERS

13. SPINACH SALAD

This spinach salad is loaded with protein and vegetables and is perfect for meal prepping. Baby spinach is topped with diced chicken, hard-boiled egg, thinly sliced baby bella mushrooms, grape tomatoes, blue cheese, crispy prosciutto, and a homemade chunky blue cheese dressing. Eat it for lunch or dinner!

Course: Salad

Cuisine: American

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Ingredients:

- 1 pound Boneless Skinless Chicken Breasts
- 1 tablespoon Olive Oil
- Salt and Pepper
- About 1 1/2 cups White Wine I used Pino Grigio
- 4 slices of Prosciutto
- 1/2 pound Baby Spinach
- 1 cup thinly sliced Baby Bella Mushroom
- 1 cup chopped Grape Tomatoes
- 1/2 cup Crumbled Blue Cheese
- 4 Hard Boiled Eggs sliced
- Blue Cheese Dressing

Instructions:

1. Start by preparing the chicken. Heat your oven to 300 degrees. Place the chicken breasts on a baking sheet. Drizzle the olive oil over, and sprinkle with salt and pepper. Then pour the white wine into the pan, you want it to be about 1/2 inch high. Place the chicken in the oven to bake. After 30 minutes, flip it over, and let it cook for another hour.
2. You have about 40 minutes of downtime while the chicken bakes. After 40 minutes, place the prosciutto on a parchment lined baking sheet, and place it in the oven alongside the chicken. Cook the prosciutto for about 15 minutes, until it is hard and crisp. Let cool, and then crumble.
3. Next, prepare the blue cheese dressing if you are making it from scratch.
4. Remove the chicken from the oven, and slice or dice.
5. To assemble the salads, divide the spinach between for plates or storage containers. Add the sliced chicken, chopped tomatoes, sliced mushrooms, crumbled blue cheese, sliced egg, and crispy prosciutto. Either top with blue cheese dressing and eat right away, or leave undressed and store for later.

Recipe Notes:

You could certainly add some different ingredients. Steak could be substituted for chicken. You could use bacon instead of prosciutto. Avocado, toasted walnuts, and chopped bell peppers would be welcome additions.

14. ASPARAGUS SALAD

This easy to prepare Asparagus Salad is bursting with fresh flavors. Cooked asparagus, grape tomatoes, mandarin oranges, and red onion are placed on top of mixed greens and then drizzled with a light lemon tarragon yogurt dressing. Serve it as a side dish, or add chicken or salmon to turn it into a complete meal.

Course: Salad

Cuisine: American

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Servings: 4 servings

Ingredients:

For the Dressing:

- 1/3 cup Mayonnaise
- 1/3 cup Non-Fat Greek Yogurt
- 1/2 cup Buttermilk
- 3 tablespoons fresh chopped Basil
- 2 tablespoons Olive Oil
- 2 tablespoons White Wine Vinegar
- 1 tablespoon fresh chopped Tarragon
- 1 tablespoon fresh Lemon Juice

For the Salad:

- 1 pound Asparagus
- 1 small can Mandarin Oranges

- 6 cups Mixed Greens
- ½ tablespoon fresh chopped Basil
- ½ tablespoon fresh chopped Tarragon
- 2 tablespoons diced Red Onion
- ½ cup Grape Tomatoes
- Optional: Roasted Chicken or Salmon

Instructions:

1. To prepare the dressing, combine all the ingredients in a bowl and whisk to combine. Chill.
2. To prepare the salad, blanch the asparagus in salted water for 2-4 minutes. You want the asparagus to still be slightly firm. Drain and place in ice water, set aside.
3. Pour the greens into a large bowl. Top with the mandarin oranges, diced red onion, basil, tarragon, and tomatoes. Lastly, arrange the asparagus on top and drizzle with the dressing.

Recipe Notes:

In order to turn this Asparagus Salad into a complete meal, I added some chicken. If I don't have some protein at dinner I don't feel full for very long. Roasted chicken breast paired well with the salad and the dressing. You could also try adding some salmon. Some other delicious additions to this salad would be slivered almonds or crispy bacon.

15. PERFECTLY COOKED STEAK IN A GRILL PAN

People get intimidated by cooking steak, but it is really easy. I break it down into easy steps in this ebook.

Learn how to cook a steak in a grill pan with these simple step by step photos and instructions!

Prep Time: 1 minute

Cook Time: 8 minutes

Total Time: 9 minutes

Ingredients:

- Steak
- Butter
- Seasoning Salt
- Seasoning Pepper
- 1 Shallot
- 1 cup Sliced Mushrooms

Instructions:

1. Start by removing the steak from the packaging and patting it dry with a paper towel. This step is important because if there is moisture on the steak it will create steam, and you don't want to steam your steak, you want to sear it creating a flavorful crust on the outside, right?
2. Then generously coat it with a layer of seasoning salt and seasoning pepper - these are spice mixes available at your grocery store that add more flavor than salt and pepper alone.
3. Rub the seasoning into the beef.

4. Heat a grill pan or skillet over medium high heat. Melt 1 tablespoon of butter.
5. Once the butter just starts to brown, add the steak. Let the steak cook for 2 minutes, then rotate it 90 degrees (to create criss crossing grill marks) and let cook for another 2 minutes.
6. Then flip the steak. Cook for 2 minutes, rotate 90 degrees, cook another 2 minutes.
7. Remove the steak from the grill pan and let it rest for 5 minutes. If you are nervous that your steak won't be cooked enough, insert a meat thermometer sideways into the center of the steak. You will want it to read 120 degrees, since the internal temperature of the steak will increase slightly as it rests.
8. Immediately melt another tablespoon of butter in the same grill pan, add the sliced shallot and mushrooms, season with salt and pepper, and sauté for 5 minutes. Once that was ready, I quickly wilted some spinach in olive oil and seasoned it with salt - mostly because I wanted to put something green on the plate.
9. Now that your vegetables are ready and your meat has rested, serve your steak. It should be nice and pink and juicy in the middle

15. BALSAMIC CHICKEN AND SWEET POTATO SALAD

This Balsamic Chicken and Sweet Potato Salad is a wholesome meal filled with some of my favorite foods.

Prep Time: 45 minutes

Total Time: 45 minutes

Servings: 4 servings

Ingredients:

- 2 Sweet Potatoes
- Salt and Pepper
- 4 tablespoons Olive Oil
- 1 pound Chicken Tenderloins
- 2 tablespoons Balsamic Vinegar
- 1/4 cup Pine Nuts
- 1 pound Baby Spinach
- 4 tablespoons Crumbled Goat Cheese
- 4 tablespoons Dried Cranberries

Instructions:

1. Heat your oven to 400 degrees. Peel and dice the sweet potatoes. Then place in a bowl, add 2 tablespoons olive oil and a generous amount of salt and pepper. Toss ingredients together. Then spread the sweet potatoes out on a parchment-lined baking sheet. Bake for 40 minutes, until soft and lightly browned. Stir the potatoes after 20 minutes to make sure they cook evenly.
2. Meanwhile, prepare the chicken. Season the chicken with salt and pepper. Heat 2 tablespoons olive oil in a skillet over medium high heat. Add the chicken and the balsamic vinegar. Cook for about 4 minutes per side, until browned. Then cover the skillet and reduce heat to low. Cook chicken for another 10 minutes, or until no longer pink in the center.
3. Spread the pine nuts out on a baking sheet. Bake in the oven with the sweet potato for 2-3 minutes, until the pine nuts are slightly browned.

1. Assemble the salads. Spread a big handful of baby spinach out on a plate. Then add a chicken breast, a scoop of roasted sweet potatoes, and some goat cheese, dried cranberries, and pine nuts. Finally, drizzle the excess olive oil and balsamic from the skillet over the salad.

**EASY RECIPES FOR BEGINNERS MADE WITH A SLOW
COOKER**

When someone tells me that they can't cook, I always have the same response, I ask: Do you have a slow cooker? I think everyone needs a slow cooker – they are the best tool for making a lot of food with minimal effort. Here are a few of my favorite crockpot recipes:

1. 4 INGREDIENT TACO CHICKEN

Let's start with the easiest recipe! Throw 4 simple ingredients in a crockpot and a few hours later you have chicken perfect for making tacos! And let's face it – taco night was the best of the week when you were a kid.

Yields: 10

Prep Time: 15 min

Cook Time: 5 hr

Total Time: 5 hr, 15

Ingredients:

- 3 pounds of Boneless Chicken (I used half breast and half thigh)
- 2 cans of Diced Tomatoes with Green Chilis
- 1 packet of Taco Seasoning
- about 1 cup of Chicken Broth

Instructions:

1. Pour the diced tomatoes into the slow cooker. Add the taco seasoning and mix thoroughly.
2. Place the chicken in the slow cooker.

3. Pour chicken broth over the chicken until the chicken is submerged in the broth and tomato mixture. Stir to combine everything.
4. Put the lid on the slow cooker and set to low. After 4-5 hours the chicken will be fall apart tender.
5. Use a fork to remove the chicken from the slow cooker. Shred with two forks.
6. Use a slotted spoon to scoop the tomatoes out of the sauce, and add to the chicken. Add about 1 cup of the liquid from the slow cooker to the chicken and stir. I discarded the extra liquid in the slow cooker, and returned the chicken to the slow cooker and set to the keep warm setting during the party.

2. CROCKPOT BEEF STROGANOFF

This meal of tender chunks of beef, mushrooms, and onions in a creamy sauce takes just 20 minutes of active preparation time. You just need to quickly brown the beef and saute the mushrooms and onions before throwing everything into a crockpot to cook for 5 hours.

Yields: 6

Prep Time: 30 min

Cook Time: 5 hours

Total Time: 5 hr, 30

Ingredients:

- 1 1/2 pounds Chuck Beef Roast
- Salt and Pepper
- 2 tablespoons Butter

- 1 small Onion
- 8 ounces Sliced Mushrooms
- 2 cloves of Garlic, crushed or minced
- 1 Shallot
- 3 tablespoons Dry Sherry
- 1 (10 1/2 ounce) can of Cream of Mushroom Soup
- 1 1/2 cups Beef Broth
- 4 ounces Cream Cheese
- 1/2 cup Sour Cream
- 1/4 teaspoon Thyme
- 1/4 teaspoon Tarragon
- Serve with Egg Noodles

Instructions:

1. Start by slicing the onion and shallot, and then set aside.
2. Thinly slice the beef into pieces about 1/4 inch thick and 2 x 1 inches in size. Season the beef with salt and pepper.
3. Then melt 1 tablespoon of butter in a skillet over medium-high heat. Quickly brown both sides of the beef, this will take about 1 minute per side. Cook the beef in 2-3 batches so you don't overcrowd the pan. Pour the cooked beef into the crock pot.
4. Use the same skillet to melt the remaining butter over medium heat. Add the onion and cook for 2 minutes, then add the mushrooms and garlic. Season with a dusting of salt and pepper, and let cook for 2 minutes stirring frequently. Then add the shallot and sherry and simmer for 3 minutes. Then pour everything into the crockpot.

5. Add all of the remaining ingredients to the crockpot and cook on low for 5 hours.

6. Serve with egg noodles

3. BBQ PULLED PORK SANDWICHES

I love this recipe because you can customize your sandwiches with your favorite toppings. Just like the other crockpot recipes, you just need to throw a bunch of ingredients together and let your meal cook.

Yields: 8

Prep Time: 20 min

Cook Time: 6 hr

Total Time: 6 hr, 20

Ingredients:

- 2-3 pounds Pork Shoulder
- 2 tablespoons Barbecue Rub (I used Weber Classic BBQ Seasoning)
- 2 jars Barbecue Sauce (I used Dinosaur BBQ's sauce)
- 1 cup sliced White Onion
- Buns
- Suggested Toppings:
- Cole Slaw
- Sauteed Mushrooms
- Roasted Bell Pepper
- Caramelized Onions
- Bread and Butter Pickles

Instructions:

1. Generously rub the BBQ seasoning all over the pork.
2. Heat a pan over high heat. Sear all sides of the pork shoulder for 2 minutes each.
3. Place the pork in a slow cooker, on top of the sliced onion. Pour the BBQ sauce over and cover the slow cooker and turn on low.
4. Cook for 6-8 hours - at this point the pork will be fall apart tender. Use tongs to place the pork in a bowl. I poured the sauce (including the onions) into a large saucepan and thickened it letting it reduce by one third. Use two forks to shred the pork and stir in the BBQ sauce.
5. Place about 1/2 cup of the shredded pork on a bun, and add any toppings you like

CHAPTER 3

SOUS VIDE RECIPES

Sous vide cooking is a technique of cooking that has to do with cooking in a water bath in which the temperature is accurately regulated or controlled. Also, it involves using vacuum-sealed bags or Ziploc bags which are the appropriate materials used for cooking the ingredients. One major advantage of Sous vide cooking technique is that it provides unrivaled control over the food being cooked irrespective of the type or category of food. You are guaranteed to get excellent results just about every time you apply this technique.

Also, sous vide gives you flexibility in your activities as some food take 48 hours to 72 hours before they're ready which means you will have time to engage in other activities as you don't necessarily have to watch the food cook. Basically, it enables you to achieve your desired results especially with the texture of your food, results which traditional form of cooking will not be able to give you. The foods never get overburnt, too tender or undercooked. Without further words, let's take a look at sous vide recipes that can be adopted in the home:

BEST SOUS VIDE RECIPES

2. LOBSTER PASTA

Cook Time: 1 hour 15 minutes

Servings: 4

Ingredients:

1. Eight tablespoons of unsalted butter
2. One tablespoon of chili paste
3. Three crushed garlic cloves of which two should be sliced and divided
4. Two sprigs of parsley
5. 815g of frozen lobster tails, thawed and removed from shells (set aside the shells)
6. One teaspoon of salt
7. Three tablespoons of olive oil
8. A quarter cup of tomato paste
9. Two plum tomatoes, which should be chopped
10. Half a cup of dry white wine
11. Two tablespoons of white wine vinegar
12. One sprig of fresh thyme
13. One tablespoon of chopped fresh parsley
14. White pepper
15. Four cups of whipping cream
16. 1 lb. of any pasta of your choosing
17. Four large finely chopped basil leaves for garnish

Instructions:

1. Preheat your water bath to 55°C.
2. Arrange the crushed garlic, butter, parsley, and chili paste into a vacuum sealer bag. At the same time, season the lobster with salt, put it with the other ingredients in the bag and vacuum seal.
3. Put the bag gently into the pot and cook for one hour during which time you prepare the sauce and pasta.

For the sauce:

4. Heat oil over high heat in a large saucepan with a heavy bottom. Add the lobster shells that had been set aside earlier and sauté for three minutes.
5. Change heat to low, add in the tomato paste, and stir for six minutes. Add the tomatoes, thyme, sliced garlic, parsley, wine, vinegar, salt, and pepper; allow to simmer for about five minutes just until the alcohol from the wine is completely cooked out.
6. Add the cream and allow to boil, after which the heat can be regulated to medium-low. Stir every now and then, allowing the sauce to simmer just until the lobster flavor flows into the cream and the sauce thickens slightly; the process should not take more than twenty minutes.
7. Drain the sauce into a new saucepan using a sieve or cheesecloth, taking time to press on the solids to extricate as much liquid as possible, and then place the saucepan over low heat.
8. Simmer for about five to ten minutes to allow the sauce to thicken and remove from heat.
9. Cook and drain the pasta according to instructions on the pack.

10. Remove the vacuum sealed bag containing the lobster from the water bath and empty its contents except for the lobster and 2 tablespoons of the liquid.
11. Cut the tails into small bite-size pieces and add them to the sauce together with the cooking liquid, then toss to coat.
12. Add the cooked pasta to the saucepan; toss everything together until the mixture is completely covered in sauce and serve with basil leaves as garnish.

Chef's tip: The lobster flavor is everything in this recipe, don't discard any part of the lobster so as to get the entire flavor.

Nutritional information

Calories: 433; Fats: 7.8g; Carbohydrates: 53.4g; Fiber: 3.4g; Protein: 36.3g

3. SOUS VIDE STEAK WITH PONZU SAUCE

Cook Time: 1 hour 10 minutes

Servings: 2

Ingredients:

1. Two beef steaks which should be at least 1 inch thick
2. Four tablespoons of neutral frying oil
3. Two tablespoons of unsalted butter
4. Sea Salt to taste
5. Fresh cilantro leaves to garnish (optional)

Ponzu sauce

6. Two teaspoons of lemon juice
7. One teaspoon of orange juice
8. One tablespoon of rice vinegar
9. One tablespoon of Japanese sake
10. One teaspoon of soy sauce
11. Digital thermometer with an oven-safe probe

Instructions:

1. Arrange the steaks on a baking tray of small size and put inside the freezer. Leave for about 30 minutes, so that the exterior can freeze.
2. Preheat your oven to 158oF or the lowest temperature on your oven and place a baking rack over a baking tray.
3. Heat a heavy skillet over medium-high heat until it's hot; while preheating the skillet, brush both sides of the steaks with oil.
4. Brown the steaks one at a time, 30 seconds per side, until all the steaks have both of their surfaces turned dark brown. Then transfer the steaks instantly onto the prepared baking rack.
5. Insert the oven-safe probe of the digital thermometer from the side, into the thickest part of the thinnest steak. Set the alarm to the temperature of your choosing.
6. Bake until the steak reaches the set temperature; baking time for proper cooking is determined by your oven and the thickness of the steak.
7. Combine all the ingredients for the ponzu sauce in a small bowl for proper mixing and then set aside.

3. Once the steak is out of the oven, brush with melted butter and season generously using sea salt.
4. Cut the steak into chewable sized pieces and serve immediately with cilantro leaves as garnish and the ponzu sauce for dipping.

Chef's tip: Do not use a nonstick skillet for this as the high heat will damage the coating and only judge the doneness of the steak by its core temperature.

Nutritional information

Calories: 188; Fats: 6.2g; Carbohydrates: 7.1g; Fiber: 0.3g; Protein: 25.1g

4. SOUS VIDE CHICKEN PICCATA

Cook time: 4 hours 15 minutes

Servings: 5

Ingredients:

1. 1 lb. of boneless breast
2. One cup of chicken stock
3. Two tablespoons of All-purpose flour
4. Half a cup of extra virgin olive oil
5. A quarter cup of sun-dried tomatoes in oil, which should be chopped
6. One tablespoon of chopped capers
7. One can of quartered artichoke hearts, which should be drained and well-rinsed

8. Three minced garlic cloves
9. Half a cup of dry white wine
10. A quarter cup of butter, which should be divided into four pieces
11. A quarter cup of chopped fresh parsley
12. Kosher salt
13. Freshly ground black pepper
14. Zest and juice from one lemon

Instructions:

The chicken:

1. Season the chicken with salt and pepper; put in a vacuum seal bag, seal and put in the water bath.
2. Cook for four hours at 66°C and afterward, remove from the water bath and set aside.

The sauce:

3. Heat olive oil in a large deep skillet over medium-high heat; add flour and whisk for about one minute until slightly browned.
4. Add garlic and sun-dried tomatoes, and continue whisking for another 30 seconds to one minute. Gradually add chicken stock while whisking.
5. Add capers, artichoke hearts, wine as well as lemon zest and juice. At the same time, carefully add chicken cooking liquid from the bag.
6. Continue cooking over medium-high heat until the mixture becomes slightly reduced and thickened; shouldn't take more than seven minutes max.

7. As the mixture is reducing, cut the chicken into slices.
3. Once there is a reduction in the sauce mixture, remove from heat; add the butter pats and stir;
4. Add chicken and parsley; use salt and pepper to season to your taste; serve instantly with either potatoes or pasta.

Chef's tip: Ensure that the sauce is thickened before putting in the chicken and parsley.

Nutritional information

Calories: 520.2; Fats: 12.3g; Carbohydrates: 47.8g; Fiber: 2.9g; Protein: 47.1g

5. SOUS VIDE CHIMICHURRI LAMB CHOPS

Cook **time:** 2
hours

Servings: 6

Ingredients:

Lamb Chops

1. Two racks of lamb, which should be frenched
2. Two crushed garlic cloves
3. Salt and pepper

Basil Chimichurri

4. One cup of finely chopped fresh basil

5. One diced shallot
6. One to two clove (s) of minced garlic, minced
7. One teaspoon of red chili flakes
8. Half tablespoon of olive oil
9. Three tablespoons of red wine vinegar
10. A quarter teaspoon of sea salt
11. A quarter teaspoon of pepper

Instructions:

1. Set the sous vide temperature to 133oF.
2. Season the lamb generously using salt and pepper.
3. Put in a bag and vacuum-seal along with crushed garlic after which you can then sous vide for two hours.
4. Get a bowl, combine all the ingredients of the basil chimichurri sauce in it and mix adequately.
5. Season to taste, cover up and refrigerate so that the flavors can blend together.
6. After two hours, remove the lamb chops from the bag and dry well with paper towel.
7. Sear with a scalding hot well-oiled pan. Cut into slices between the bones and top liberally with basil chimichurri sauce before serving.

Chef's tip: The ingredients should be well combined so as to enjoy the excellent combination of flavors that this meal provides.

Nutritional information

Calories: 25; Fats: 0g; Carbohydrates: 6g; Fiber: 1.5g; Protein: 0.5g

6. BAY SCALLOP SCAMPI

Cook **time:** 48
minutes

Servings: 4

Ingredients:

1. One pound of bay scallops
2. Four tablespoons of butter
3. Two tablespoons of Extra Virgin Olive oil
4. Half a cup of dry white wine
5. Four minced garlic cloves
6. Two tablespoons of roughly chopped Parsley
7. One teaspoon of freshly grated Lemon zest
8. A quarter cup of Lemon juice
9. Kosher salt and freshly ground Black Pepper

Instructions:

1. Arrange the scallops in a freezer-suited zip-close bag, and seal using the water displacement method.
2. Cook for forty minutes at 125oF.

Making the sauce:

3. Melt butter in a sauté pan over medium heat; then add olive oil and raise the heat to medium-high.
4. Add garlic and cook for about one minute until fragrant.
5. Add white wine, lemon zest, and juice; allow to simmer for about five minutes, until the sauce reduces by half.
6. Add parsley; season with kosher salt and freshly ground black pepper.
7. Remove the scallops from the bag, use a paper towel to gently dry them, and then spread the scampi sauce over them before serving.

Chef's tip: The dish is better suited for zip-close bags. To remove the air from the bag, close all but a small portion of it, then slowly lower it into the water bath until the air is displaced after which it can then be sealed.

Nutritional information

Calories: 90; Fats: 0.5g; Carbohydrates: 5g; Fiber: 0g; Protein: 17g

7. SOUS VIDE MUSHROOMS

Cook **time:** 30
minutes

Servings: 4

Ingredients:

1. 1 lb. of assorted mushrooms which should be cleaned, rinsed and cut into bite-size pieces

2. Two tablespoons of low sodium soy sauce
3. Two tablespoons of extra-virgin olive oil
4. One tablespoon of sherry vinegar or white vinegar
5. Two teaspoons of fresh thyme leaves
6. Half teaspoon of freshly ground black pepper
7. Half teaspoon of kosher salt plus more to taste

Instructions:

1. Preheat your water bath to 176°F.
2. Combine the mushrooms with the rest of the ingredients in a bowl and toss for even coating.
3. Place the mushroom mixture in the bag and seal.
4. Lower the bagged mushrooms into the water bath and cook for thirty minutes.
5. Afterward, remove the bag from the water bath and serve the mushrooms.

Chef's tip: Toss all the ingredients together for proper distribution and equal coating.

Nutritional information

Calories: 22; Fats: 0.3g; Carbohydrates: 3.3g; Fiber: 1g; Protein: 3.1g

8. BARBECUE SHORT RIBS

Cook

time:

72

hours

Servings: 3

Ingredients:

1. Three-quarter cup of unsweetened pineapple juice
2. Half a cup of peanut oil
3. One-third cup of soy sauce
4. A quarter cup of molasses
5. One teaspoon of ground ginger
6. One pound of short ribs
7. One teaspoon each of Kosher salt and freshly ground black pepper to taste

Instructions:

Barbecue Sauce:

1. Combine the first five ingredients in a bowl for proper mixing
2. In another bowl, pour the already prepared sauce over the short ribs and then cover to refrigerate overnight.
3. Preheat your water bath to 54oC.
4. Vacuum seal the ribs with the sauce on it.
5. Place into the water bath and cook for seventy-two hours.

Chef's tip: Patience is required here as it takes three days for it to be ready; so, don't be in a hurry.

Nutritional information

Calories: 300; Fats: 23g; Carbohydrates: 7g; Fiber: 0g; Protein: 17g

9. SOUS VIDE EGGS PIZZA

Cook **time:** 1 hour 20
minutes

Servings: 4

Ingredients:

1. One Pizza Dough
2. Three sous vide eggs
3. Two ounces of fresh mozzarella
4. Three slices of cooked Canadian bacon
5. One tablespoon of Hollandaise sauce
6. Chopped Parsley
7. Two egg yolks
8. Juice from half lemon
9. Salt
10. Cayenne pepper
11. Half a stick of butter

Instructions:

1. Combine the egg yolks, lemon, salt, and pepper in a microwave safe bowl and whisk, then add the melted butter before putting in the microwave for fifteen seconds. Then set aside.

For the sous vide eggs:

2. Set water bath to 75oC, and drop in the eggs carefully. Cook for fifteen minutes, and then remove after which you put them in cold water to stop the cooking.

For the Pizza:

3. Place a baking tray on the top rack of your oven and pre-heat at 260oC for one hour.
 4. Roll out the dough to a 12-inch round and place on a pizza peel lightly dusted with flour.
 5. Change the oven function to broil. Spread fresh mozzarella and three slices of pre-cooked Canadian bacon on top.
 6. Place on your baking tray and broil for one minute; afterward, open the oven and rotate pizza 180 degrees. Broil again for another one minute.
 7. Switch the oven function back and bake for another two minutes before removing from the oven.
 8. Break the sous vide eggs in a bowl, before placing them on top of the pizza and seasoning with salt and pepper.
 9. Carefully drizzle Hollandaise sauce over the eggs with the aid of a spoon and serve.
- Chef's tip:** The sous vide eggs should be should be 'shocked' to cooling so that the yolks won't completely solidify.

Nutritional information

Calories: 168.7; Fats: 3.6g; Carbohydrates: 8g; Fiber: 1.4g; Protein: 25.5g

10. CORNED BEEF AND CABBAGE

Cook	time:	48
Hours		

Servings: 8

Ingredients:

1. Four pounds of corned beef
2. Six slices of bacon
3. One head of cabbage
4. Two cups of chicken stock
5. Half a cup of champagne vinegar

Instructions:

1. Preheat the water bath to 57oC.
2. Put the corned beef into a cooking pouch and vacuum-seal.
3. Gently drop the pouch in the water bath and cook for forty-eight hours.
4. Prepare the cabbage forty-five minutes prior to serving the meal.
5. Cook the bacon pieces over medium heat in a skillet, just until they are crisp and the fat is rendered. Pour off the bacon fat leaving just one to

two tablespoons.

5. Add in the cabbage strips to the skillet, change the heat to medium-high, and cook for about five minutes.
7. Add the chicken stock and vinegar as well and continue to cook the cabbage in the liquid until it becomes tender.
8. Just before the cabbage is tender, bring out the corned beef from the water bath and the cooking pouch.
9. Cut the corned beef into slices and serve over the cabbage.

Chef's tip: The bacon should be cooked to the point of being crisp while the cabbage should also be cooked tender.

Nutritional information

Calories: 297.3; Fats: 17.2g; Carbohydrates: 19.8g; Fiber: 4g; Protein: 18.7g

8. SOUS VIDE CARROTS

Cook **time:** 25
minutes

Serving: 1

Ingredients:

1. Baby carrots
2. Olive oil
3. Pinch of salt

4. Knob of butter
5. One tablespoon of honey

Instructions:

1. Preheat the water bath to 185oF
2. Arrange a single layer of baby carrots in a vacuum bag and add some quantity of olive oil along with a pinch of salt, honey, and cardamom.
3. Vacuum seal the bag and place it in the water bath to cook for twenty-five minutes
4. Remove the carrots from the bag and pat dry to remove the liquid. Serve immediately with a knob of butter

Chef's tip: Increasing the number or size of the carrots doesn't affect the cooking time or temperature.

Nutritional information

Calories: 25; Fats: 0g; Carbohydrates: 6g; Fiber: 1.5g; Protein: 0.5g

9. SOUS VIDE STEAKS WITH GARLIC BUTTER

Cook	Time:	60
minutes		

Servings: 4

Ingredients:

1. Four filet mignon steaks
2. Kosher salt

3. Freshly ground pepper
4. Garlic powder
5. Two tablespoons of butter
6. One finely minced garlic clove
7. Two tablespoons of freshly chopped parsley leaves
8. One to two tablespoons of vegetable oil

Instructions:

1. Season the steaks to taste using salt, pepper and a little amount of garlic powder.
2. Heat the water bath to the desired temperature based on the preference of doneness, from rare, medium-rare or medium and set the timer accordingly.
3. Once the water is heated, submerge steaks in a plastic storage bag and seal.
4. Prepare the garlic butter by combining softened butter with minced garlic, a pinch of salt and parsley.
5. Remove steaks from the water bath after one hour.
6. Heat two tablespoons of olive oil over high heat in a cast iron skillet
7. Once the oil gets really hot, sear the steaks quickly on each side. Shouldn't take more than 1 minute per side.
8. Top the steaks with the garlic butter, allow to cool for a few minutes and serve.

Chef's tip: Garlic butter is an important ingredient of this recipe and should be prepared with the appropriate quantity of components for an excellent creamy taste.

Nutritional information

Calories: 409.8; Fats: 30.8g; Carbohydrates: 3.1g; Fiber: 0.4g; Protein: 29.7g

10. SOUS VIDE BROWN BUTTER SCALLOPS

Cook **time:** 40
minutes

Serving: 1

Ingredients:

1. One package of SizzleFish Scallops (about 4.25oz)
2. Two teaspoons of brown butter (one for cooking and the other for searing)
3. Salt and pepper to taste

Instructions:

1. Preheat the water bath to 60oC
2. Use paper towels to pat the scallops dry
3. Arrange the scallops in a Ziploc bag together with one teaspoon of brown butter, salt, and pepper

4. Seal tight, ensuring to remove all air
5. Submerge the bag in the water and set the timer for forty minutes
6. Once done, remove from the water and bag
7. Pat the scallops dry and heat the remaining teaspoon of butter in a pan over high heat
8. Add the scallops to the pan to for searing; just about thirty seconds per side.

Chef's tip: use any oil of your choosing and more brown butter can be used as a topping.

Nutritional information

Calories: 196; Fat: 11g; Carbohydrates: 3g; Fiber: 0.4g Protein: 20g

11. SOUS VIDE BRISKET

Cook time: 48 hours and 5 minutes

Serving: 4

Ingredients:

1. One whole brisket
2. A batch of rub
3. Eight tablespoons of duck fat
4. Four large vacuum bags
5. Large bag of ice and cold water

Instructions:

1. Fill the water bath of the Sous Vide machine with water to the minimum level and preheat at a temperature of 54°C
2. Wash and dry the brisket, cutting it evenly into four equal portions
3. Rub liberally with the Brisket rub
4. Put each portion in a vacuum bag with two tablespoons of duck fat and seal accordingly.
5. Use the vertical racks in the sous vide machine to place the portions evenly in the water bath and leave there for 48 hours.
6. Plug a sink, put a bag of ice in it and fill with ice water; afterward, bring out the brisket portions and cool rapidly in the ice bath
7. Once each is completely cooled, heat your grill to as high as possible and then sear the brisket for about two minutes on each side until heated through. Serve afterward.

Chef's tip: The briskets must be well cooled after removing from the water bath in order to avoid having lumpy briskets.

Nutritional information

Calories: 155; Fats: 7g; Carbohydrates: 0g; Fiber: 0g; Protein: 21g

12. SOUS VIDE STEAK WITH POTATOES

Cook **time:** 1 hour, 15
minutes

Servings: 2

Ingredients:

1. Two 12-ounce strip steaks
2. Six garlic cloves
3. Two sprigs of rosemary
4. Six sprigs of thyme
5. One pound of baby potatoes
6. Six baby carrots
7. Ten stalks of asparagus
8. Four peeled Cipollini onions
9. One ounce of unsalted butter
10. Kosher salt and fresh cracked pepper to taste

Instructions:

1. Preheat your sous vide machine water bath to 126oF.
2. Season the strip steaks on both sides using salt and pepper before transferring them to a Ziploc or vacuum seal bag together with rosemary, garlic, and thyme; ensure to remove the air completely before closing it and then set aside.
3. In a different bag entirely, combine potatoes, carrots, asparagus, onions, butter, salt, and pepper; remove the air and close up the bag.
4. Put the bag containing the vegetables in the sous vide water bath and cook for 45 minutes; afterward, put in the steak and cook for another 1

hour.

5. Remove the steak from the bag and sear on high heat until it is golden brown on all sides.

6. Cut the steak into slices and serve with the buttered sous vide vegetables.

Chef's tip: ensure that there is no air in the bags so as to guarantee the proper cooking of the ingredients.

Nutritional information

Calories: 700.2; Fats: 23.8g; Carbohydrates: 51.8g; Fiber: 5.2g; Protein: 70.1g

13. SOUS VIDE MASHED POTATOES

Cook time: 2 hours and 25 minutes

Servings: 5

Ingredients:

1. Two pounds of Russet potatoes
2. Five cloves of garlic
3. Three rosemary sprigs
4. Eight ounces of unsalted butter
5. One cup of whole milk
6. Two teaspoons of kosher salt

Instructions:

1. Preheat your sous vide water bath to 90oC.
2. Rinse and peel the potatoes, then slice them thinly into 1/8-inch pieces.
3. Smash and peel the cloves of garlic.
4. Put the potatoes, garlic, rosemary, butter, milk, and salt into a zip or vacuum seal bag for sealing and cook until the potatoes are tender, should not take more than 11/2 hours.
5. Open the bag and extract the liquid through a sieve into a small bowl and set aside. Discard whatever is left.
6. Put the potatoes in a large bowl and get them mashed.
7. Gently whisk the melted butter and milk (that had been previously set aside) back into the mashed potatoes to obtain a smooth and creamy texture.

Chef's tip: Use a potato ricer or food mill rather than a food processor or mixer so that you don't end up with a potato that has a gluey texture.

Nutritional information

Calories: 88; Fats: 2.8g; Carbohydrates: 15g; Fiber: 1.3g; Protein: 1.7g

14. GRILLED BRUSSELS SPROUTS

Cook Time: 1 hour, 15 minutes

Servings: 4

Ingredients:

1. One pound of brussels sprouts
2. One tablespoon of olive oil
3. Two garlic cloves, which should be smashed and minced
4. A pinch of salt
5. Freshly ground pepper
6. Bamboo skewers.

Instructions:

1. Preheat the sous vide water bath to 82oC.
2. Clean and trim the sprouts.
3. Combine the oil, garlic, salt, and pepper together in a small bowl for proper mixing.
4. Put the trimmed sprouts in a sous vide bag and then add the olive oil-garlic mixture.
5. Seal the bag and submerge in the water bath setting the timer for one hour.
6. Once it's done, remove the sprouts and allow to cool.
7. Heat your grill to medium heat and thread the sprouts on bamboo skewers which have been soaked in water for a minimum of ten minutes.
8. Place the sprouts on the heated grill and let each side be grilled for about 2 or 3 minutes after which you can serve.

Chef's tip: Ensure that the sprouts are really tender before placing them on the grill to achieve excellent results.

Nutritional information

Calories: 56; Fats: 0.8g; Carbohydrates: 11g; Fiber: 4.1g; Protein: 4g

15. SOUS VIDE PORK CHOPS

Cook **time:** 4
hours

Servings: 4

Ingredients:

1. Two and a half pounds of pork rib chops
2. Kosher salt and freshly ground black pepper
3. Four thyme sprigs
4. Two garlic cloves (optional)
5. Two thinly sliced shallots, thinly sliced (optional)
6. Two tablespoons of canola or rice bran oil (optional)
7. Two tablespoons of butter (optional)

Instructions:

1. Preheat the sous vide water bath to the desired temperature and generously season pork chops with salt and pepper.
2. Distribute into sous vide bags along with herbs, garlic, and shallots. Seal the bags and place in the water bath for the desired amount of time.
3. Remove the pork from water bath and bag, carefully patting dry with paper towels.

4. Add canola or rice bran oil to a heavy cast iron skillet over high heat and preheat the skillet until it starts to smoke.
5. Carefully arrange the pork chops in the skillet using a set of tongs and sear for 45 seconds to 1 minute until the crust is deep brown and very crisp. Brush the pork chops as they cook and repeat the process for the second side.

Chef's tip: Do not spend too much time searing the pork chops so that it doesn't get completely burnt.

Nutritional information

Calories: 231; Fats: 14g; Carbohydrates: 0g; Fiber: 0g; Protein: 24g

16. SOUS VIDE TOMATO SAUCE

Cook	Time:	58
minutes		

Servings: 2

Ingredients:

1. Two tablespoons olive oil
2. Half a cup of chopped shallot
3. Half a cup of chopped onion
4. Two sliced garlic cloves
5. Three sprigs of fresh oregano
6. Two pounds of ripe tomatoes

7. Three sprigs of fresh whole thyme
8. Six large basil leaves, which should be chopped
9. One-third cup of chopped parsley leaves

Instructions:

1. Preheat your sous vide water bath to 181°F.
2. Sauté the onion, shallot, garlic, and oregano in the olive oil for 5 to 7 minutes over medium heat.
3. Put the tomatoes in a Ziploc bag along with the herbs, sautéed vegetable mix, salt, and pepper. Ensure to remove the air before closing up the bag and putting it in the water bath; then cook for 50 minutes.
4. Afterward, remove the bag from the water, and allow it to cool for a few minutes.
5. Peel the tomatoes; by now, the skin should come off very easily after cooking. Bring out the thyme stems and dispose of them.
6. Combine the peeled tomatoes and the remaining contents of the bag in a food processor and pulse until desired texture is achieved.

Chef's tip: Do not sauté the veggies beyond the recommended time.

Nutritional information

Calories: 29; Fats: 0.2g; Carbohydrates: 7g; Fiber: 1.5g; Protein: 1.3g

17. CAJUN-SEASONED TILAPIA

Cook	Time:	30
minutes		

Servings: 1

Ingredients:

1. Two tilapia fillets
2. A quarter cup of Cajun seasoning
3. Two tablespoons of garlic powder
4. Two tablespoons of dried onion granules
5. Two tablespoons of Italian seasoning
6. Two tablespoons of cayenne pepper
7. One tablespoon of black pepper
8. One tablespoon of kosher salt
9. One tablespoon of smoked paprika

Instructions:

1. Preheat sous vide water bath to 57°C.
2. Prepare the Cajun seasoning by combining the last seven ingredients together in a container and then set aside.
3. Pat the tilapia dry and use Cajun seasoning generously on both sides.
4. Arrange the tilapia fillets into a Ziploc bag or Vacuum sealing bag and seal. Seal.
5. Submerge the bag in the water bath and cook for thirty minutes. After cooking, remove the tilapia from the bag, pat dry and sear.

It can be served with vegetables, seasoned rice or remoulade sauce.

Chef's tip: Do not allow the tilapia fillets to overlap so as to enable proper cooking.

Nutritional information

Calories: 143.9; Fats: 6.3g; Carbohydrates: 0g; Fiber: 0g; Protein: 21g

18. MAPLE ROASTED BUTTERNUT SQUASH

Cook time: 1hour

Servings: 6

Ingredients:

1. One butternut squash (To be peeled and cut into chunky pieces)
2. One tablespoon of maple syrup
3. One teaspoon of chopped fresh thyme
4. Half teaspoon of garlic powder
5. One teaspoon of chopped pancetta (optional)
6. Salt and pepper
7. Two tablespoons of toasted pumpkin seeds (to be used for garnishing)

Instructions:

1. Set your water bath or circulator to 172°F
2. Put all the contents except for the pumpkin seeds in a Ziploc bag, shake well, remove the air from the bag and seal it up after which you can cook for forty-five minutes to one hour.

3. Remove the contents from the pouch and place on a dry towel to extract the liquid and set it aside to be used later.
4. Heat the squash over high heat in a pan until it turns golden, add the earlier extracted liquid and glaze.
5. Serve alongside the chopped pancetta and toasted pumpkin seeds.

Chef's tip: To get a more pleasant taste, add some feta cheese and fresh tomatoes.

Nutritional information

Calories: 207.4; Fats: 10.3g; Carbohydrates: 30.5g; Fiber: 4.8g; Protein: 1.5g

CHAPTER 4

TEN (10) HEALTHY RECIPES FOR BABIES

It goes without saying that having a baby is a lot of work particularly if you as a parent has work and business to attend to. Babies practically have to eat regularly and can't afford to be denied food when they are hungry which is why it is important to have food available at all times as parents and one way to make that easy is this cookbook that has been put together. It contains foods that can be easily made for babies and stored in the freezer to be used at later dates. Preparing these foods in advance helps to ease the burden of having to cook each time the baby is hungry while also allowing the parents time for themselves and their jobs or business.

However, when freezing these foods, care should be taken such that the foods are put in containers which should be labeled and have dates on them so that they don't end up staying beyond the appropriate shelf life. Also, baby foods that include fish, meat and chicken should not be stored for more than 24 hours while those containing fruits and vegetables should be stored no longer than 48 hours. The stored foods should only be defrosted by heating them again to a temperature of 74°C and not by standing the food in water or at room temperature.

The recipes listed here can all be made at home as the ingredients are easy to get and they do not take much time to prepare but you can bet they are healthy and will contribute effectively to the growth and development of your baby. For more information on this, kindly visit <https://mamandkid.com>. Here are the ten recipes that you can make for your babies and store in the freezer for future use:

1. SUSHI APPLE ROLL UPS

Ingredients:

Crepes

- Three big eggs
- One cup of whole wheat flour
- One cup of milk
- Three-Quarter cup of water
- One tablespoon of honey
- One vanilla extract
- A quarter teaspoon of salt
- One tablespoon of unsalted butter

Filling

- Two medium-sized apples
- Half teaspoon of cinnamon
- A quarter cup of water

Preparation:

For the crepes:

- Combine the ingredients in a blender and blend together. Allow to stand for ten minutes before blending again.
- Use cooking spray to spray a sauté pan of small size.
- Put the pan at an angle and put in enough batter on one side to cover the pan thinly and evenly. Swirl the batter around immediately to cover the pan in a single thin layer.
- Once the crepe turns golden brown on one side, gently flip it over without tearing the crepe.
- Cook the other side for another minute until it becomes golden too.

For the filling:

Cut the apples into chops before putting in a microwave safe dish.

- Add in water and cinnamon before cooking for about five minutes.
- Put all apple chunks in a food processor and pulse for just some seconds.
- Lay out one crepe; spread the chunks of apples all over the crepe, and roll up before cutting into one-inch pieces that the baby can eat. Can be consumed immediately or stored in the freezer.

Nutritional information

Calories: 216

Fat: 4g

Carbs: 24g

Fiber: 2g

Protein: 5g

2. ZUCCHINI VEGGIEFREDO

Ingredients:

- Two cups of zucchini
- Half a cup of green peas

Sauce

- Two tablespoons of unsalted butter
- Two tablespoons of flour
- One cup of milk
- Half a cup of shredded Parmesan cheese
- One-eighth teaspoon of salt

Preparation:

- Use a spiralizer to cut the zucchini into spiral noodle-like pieces.
- Put the zucchini and peas in a pot of boiling water for about three minutes. Afterwards, drain completely.

Sauce:

- Start by melting butter in small saucepan; afterwards, add flour and stir instantly to form a roux.
- After whisking the flour and butter together until a smooth mixture is produced, slowly add in milk, a Quarter cup at a time and whisk each portion into the roux just till it is smooth and starts to thicken.

- After the whole cup of milk has been added, remove from heat and stir in the Parmesan cheese to melt.
- Add the sauce to the drained zucchini and peas; simply add salt to taste.

Nutritional Information

Calories: 166

Fat: 10 g

Carbs: 10g

Fiber: 1g

Protein: 8g

3. CHEESY BROCCOLI BITES

Ingredients:

- Two cups of broccoli florets
- Two big eggs
- Half teaspoon of salt
- Half a cup of panko
- Two ounces of grated Parmesan cheese
- Two tablespoons of olive oil

Preparation:

- Steam the broccoli until it is moderately tender.

- Combine the panko, salt, eggs, broccoli, egg, salt, and Parmesan cheese in a food processor; then blend until finely chopped.
- Take one tablespoon of the mixture and use it to form balls.
- Put oil in a skillet and heat.
- Put the balls of broccoli mixture into hot oil, and flatten the balls using a spatula.
- Cook both sides until crispy and serve warm or refrigerate as the case may be.

Nutritional Information

Calories: 178

Fat: 13g

Carbs: 4g

Fiber: 1g

Protein: 10g

4. ROASTED BUTTERNUT SQUASH

Ingredients:

Two pounds of butternut squash

Two tablespoons of unsalted butter

Two tablespoons of honey

Half teaspoon of sea salt

Preparation:

- Peel off the entire skin of the squash using a peeler.
- Cut the squash in half, remove the seeds, and then cut the squash up into cubes.
- Arrange the cubed squash onto a baking sheet, sprinkle honey, melted butter, and sea salt, before stirring to combine.
- Put in a 218oC oven for about fifty minutes to one hour.

Nutritional Information

Calories: 185

Fat: 5g

Carbs: 35g

Fiber: 4g

Protein: 2g

5. CAULIFLOWER TOTS***Ingredients:***

- Three-Quarter cups of finely chopped cauliflower florets
- A quarter cup of finely chopped onion
- One and a half teaspoons of finely chopped fresh coriander/cilantro leaves
- A quarter cup of grated cheddar cheese
- A quarter cup of breadcrumbs
- A quarter cup of mayonnaise

- One egg white
- Two teaspoons of corn flour
- One-third teaspoon of salt
- A quarter teaspoon of black pepper

Preparation:

- Wash and cut off the stems of the cauliflower and cut into small florets.
- Steam slightly for about five minutes just until it is tender but not mushy.
- Drain thoroughly and use paper towel to pat dry; afterwards, use a knife to finely chop the cauliflower.
- Combine the onion, coriander leaves, breadcrumbs and cheese along with the cauliflower in a mixing bowl.
- Add the mayonnaise, salt and pepper; add the egg white as well followed by the corn flour. Then mix up all the ingredients until well combined.
- Use cling wrap to cover the bowl and refrigerate for about an hour.
- Bring out the bowl from the fridge and use the one tablespoon each of the mixture to form small ovals.
- Arrange on a baking tray that has been lined with aluminum foil and put in a freezer for one to two hours.
- Preheat oven for fifteen minutes at 200°C. Line a baking tray with non-stick parchment paper and brush the paper with oil.
- Remove the frozen tots from the freezer and brush them with little oil before placing them on the baking tray.

- Bake for twelve minutes just until the cauliflower tots are firm enough to flip over.
- Gently flip the cauliflower tots over and bake for another twelve minutes just until golden.

Nutritional Information

Calories: 110

Fat: 5g

Carbs: 15g

Fiber: 5g

Protein: 2g

6. COOKED BEANS OR LENTILS

These contain sizeable amounts of protein which is quite essential for that your growing baby. They are tender and easy to consume particularly for babies and toddlers.

Ingredients:

- One cup of dry lentils or beans
- Three cups of water
- A large saucepan

Preparation:

- Rinse the beans or lentils with clean water to remove any debris or dirt.
- Pour water into the saucepan and put on fire after which the beans or lentils can be added.
- Cover tightly, allow to boil and simmer until they become soft and tender.
- Add salt for seasoning and serve while the remaining can be stored to be eaten at a later date.

Nutritional Information

Calories: 230

Fat: 0.75g

Carbs: 39.86g

Fiber: 15.64g

Protein: 17.86g

7. PEACH FRENCH TOAST STICKS

Ingredients:

- Ten slices of whole wheat bread
- Eight eggs
- Two teaspoons of cinnamon
- Two tablespoons of Peach juice
- Two tablespoons of milk
- Two tablespoons of vanilla

Topping/Dip

- Twelve medium-sized peaches
- One cup of plain Greek Yogurt

Preparation:

- Get a small dish and break eggs into it; then add vanilla, peach juice, cinnamon, and milk and mix very well.
- Let each slice of bread be soaked on both sides in the above egg mixture.
- Cook the soaked bread in a hot skillet until the egg becomes slightly thick.
- Combine the peaches and yogurt and use as topping or as a dip.

Nutritional Information

Calories: 370

Fat: 19.3g

Carbs: 44.9g

Fiber: 1.5g

Protein: 6.5g

8. FROZEN OR STEAMED GREEN PEAS

These are excellent for little fingers of babies and an amazing way to add more nutrients to their diet. In fact, if your baby should be teething, the cool temperature of a frozen pea will feel like heaven on those aching gums!

Ingredients:

- A sizeable bowl of peas
- A large pot
- Water, and salt to taste

Preparation:

- Boil a large pot of well-salted water.
- Add the peas and bring allow to simmer.
- Serve and freeze for further serving.

Nutritional Information

Calories: 70

Fat: 1g

Carbs: 11g

Fiber: 5g

Protein: 4g

9. TUNA CAKES***Ingredients:***

- One can of flaked tuna
- One sizeable egg
- One teaspoon of garlic powder
- One-third of grated cheddar cheese

- A quarter cup of grated carrot
- A quarter cup of finely chopped mushrooms
- A quarter cup of panko bread crumbs
- One teaspoon of olive oil or butter

Preparation:

- Combine the chopped mushrooms, garlic powder, flaked light tuna, egg, cheddar cheese, grated carrot and the bread crumbs in a bowl of medium size.
- Add the butter or olive oil (as the case may be) to a sizeable pan over medium heat.
- Use the tuna mixture to form little “cakes” and arrange them carefully in the heated pan.
- Flip to the other side when it’s golden brown, remove from heat after about five to seven minutes and serve or store depending on your choice.

Nutritional Information

Calories: 116.4

Fat: 2.2g

Carbs: 9.8g

Fiber: 1g

Protein: 13.6g

10. MINI EGG MUFFINS

Ingredients:

- Six eggs
- A quarter cup of water
- A quarter cup of whole milk or breastmilk
- Grated zucchini
- Grated carrot
- Grated cheese

Preparation:

- Whisk the eggs together and combine with the whole milk or breastmilk along with water.
- Add the grated zucchini, cheese and carrot.
- Pour the mixture into mini muffin pan that has been greased and cook in a preheated oven at 191oC for twenty minutes.
- Serve and store the remaining.

Nutritional Information

Calories: 125.6

Fat: 6.9g

Carbs: 0.9g

Protein: 14.1g

Babies are important in a family and their care will always be paramount to their parents and it's necessary that parents pay utmost attention to the diet of their babies because believe it or not, what they are fed at this early age

will affect their all-round growth and development. As a result, you as a parent cannot take their diet for granted or just give them anything you see. Ensure that their diet contains necessary nutrients that will ensure they grow into strong, beautiful and intelligent individuals and this cookbook is a good place to start.

CHAPTER 5

KETOGENIC RECIPES FOR BEGINNERS

A Keto diet which is short for ketogenic diet is not necessarily a novel concept but then not everyone is familiar with it or quite knowledgeable in it but this part of the book will be providing an exegesis of the concept and shedding light on certain ‘dark’ areas so that anyone reading this book can have some understanding of what keto diet is all about. So, what exactly is a ketogenic diet? Well, it is simply a very low-carb, high-fat diet that involves a significant reduction of carbohydrate intake and a simultaneous increase of fat intake. This then puts the body in a metabolic state known as ‘Ketosis’ thus making the body more efficient at burning fat for energy while at the same time keeping you fit and healthy.

The “keto” in a ketogenic diet is derived from a resultant ensuing process in which it causes the body to produce small fuel molecules known as “ketones”. These serve as an alternative fuel source for the body, and it's called into action whenever the glucose in the blood starts running low. The production of ketones is made possible when an individual consumes a low amount of carbs which are then instantly broken down into blood glucose. To be precise, fat serves as the raw material for the production of ketones and this process occurs in the liver. Subsequently, the ketones then become a source of energy for the body rather than glucose from carbohydrates thus reducing the need for carbohydrates. They are particularly useful in the brain which is a high-energy consuming organ in the body. And since it can't run on fat directly, glucose and ketones are its sources of energy but ketones become the main source for an individual that's on a ketogenic diet.

For an individual on a ketogenic diet, the whole body adapts by changing its fuel supply from carbohydrates to start running majorly on fat, thus making fat the new fuel for body metabolism. Consequently, the level of Insulin drops drastically while at the same time, there is a significant increase in the level of fat being consumed. This way, the fat storage in the body becomes easily accessible and usable for the body thus resulting in the desired loss of excess weight. Also, such an individual will feel less hungry and more satisfied while at the same time having a constant supply of energy that will keep him or her sharp, focused and efficient in any activity engaged in.

Traditionally, people tend to stay away from consuming fat because it contains a high level of calories but research has actually shown that ketogenic diets are way more effective at bringing about weight loss than diets that emphasize consumption of a low amount of fat. Going into more details, the ketogenic diet employs a very low-carb meal plan in which carbs are kept between 30 to 50 grams per day, with emphasis placed on the consumption of more fats and moderate quantities of protein.

Going back in time, the ketogenic diet actually first came to popular knowledge in the 1920s and was then used as a treatment for epilepsy and diabetes. But as time went on, people discovered that it helped with weight loss which led to more research on it and it has been proven to be effective. Basically, the keto diet is simply a diet that is very low in carbs, moderate in proteins and high in fat. Here is why we accumulate weight in our body: when we consume carbohydrates, our body has to retain fluid so that the carbohydrates can be stored for the release of energy as at when due but once the consumption of carbs is reduced, the water weight as a result of the retention of fluid becomes negligible which is why the keto diet is so effective if one adheres to it. So, invariably, in the diet, fats take the place of

carbs and becomes responsible for 75% of the total calorie available for consumption while protein takes about 20% and carbs take a miserly 5%. Fats thus becomes the main source of energy for the body and results in the desired weight loss.

So, how exactly does keto diet work? It's a question a lot of people interested in the diet seem to ask. Keto diet is not a 'miracle' diet and it does not work like magic as there are things you must do and must not do. You must also be prepared mentally to see it all the way through for you to see permanent results because it's not going to be so easy and straightforward.

Basically, what ketogenic diet does is that it causes the body to start utilizing fats as fuel for metabolic activities rather than carbohydrates and here is how it gets it done. Nominally, whenever an individual consumes a carbs-rich food, the carbs are converted to glucose which is then moved into the blood by insulin. From there, it supplies the energy needed by the body for the various metabolic and physical activities that need to be carried out.

However, with keto, it's a whole different proposition because the intake of carbohydrates for someone on a ketogenic diet is quite low which means the body then needs to find an alternative source of energy and that's where fats come into play. It's similar to what happens when you go on a three-day continuous fast in which after the first or second day in which the body has exhausted the carbohydrates in the body, it switches to the fats. So, for someone on the keto diet, the body switches to the fats as the source of energy. What happens is that the liver processes the fatty acids in the body and converts them to ketones, making them an energy source. The entire process is known as ketosis, and it's the state that those on the ketogenic

diet usually aim for because that's where their body burns fat continuously thus giving them the desired results.

Below are ten solid keto recipes that will ensure you achieve ketosis and the desired weight loss:

THE TEN KETO RECIPES

1. CHEESY BROCCOLI AND CHICKEN CASSEROLE

Cook Time: 1 hour 25 minutes

Servings: 10

Ingredients:

1. Two heads of broccoli (to be cut into florets)
2. One large rotisserie chicken with the meat pulled and shredded
3. One cup of mayonnaise
4. Two-third cup of heavy whipping cream
5. One tablespoon of chicken soup base
6. One tablespoon of dried dill weed
7. One teaspoon of ground black pepper
8. Two cups of shredded Cheddar cheese
9. Cooking spray

Instructions:

1. Preheat your oven to 175oC.
2. Arrange the broccoli florets in a baking dish measuring 9x13 inches. Add the shredded chicken over it in layers and then press it down onto the broccoli.
3. In a medium-sized bowl, combine the chicken soup base, heavy cream, dill, mayonnaise, and pepper for proper mixing. Spread the mixture equally over the chicken and then use Cheddar cheese to top.
4. Use cooking spray to grease a piece of aluminum foil; use the greased side to cover the baking dish.
5. Bake for 45 minutes in the oven; remove the aluminum foil and bake for a further 15 minutes until golden brown.
6. Remove from oven and allow to cool for 15 to 20 minutes before serving.

Chef's tip– The use of Aluminum foil in this meal cannot be overemphasized as it ensures the food is evenly cooked, kept moist and makes clean-up less difficult.

Nutritional Information:

Calories: 357; Fat: 31.8g; Carbohydrates: 6g; Protein: 13.4g

2. BACON KALE AND TOMATO FRITTATA

Cook Time: 45 minutes

Servings: 6

Ingredients:

1. One cup of chopped kale with stems removed
2. Seven strips of bacon
3. A quarter cup of heavy whipping cream
4. Seven large eggs
5. Half a cup of shredded Parmesan cheese
6. One tablespoon of mayonnaise
7. Five sliced cherry tomatoes
8. Two chopped parsley sprigs (for garnish)

I nstructions:

1. Preheat your oven to 204oC.
2. In a large bowl, whisk the eggs, mayonnaise, and heavy whipping cream together until you have a well-combined mixture. Then, add Parmesan cheese and gently whisk a bit more before setting the entire mixture aside.
3. Over medium-low heat, heat the non-stick skillet after which the bacon will be fried until it is crisp. Put the fried bacon on paper towel allowing it to cool, while reserving one strip for garnish.
4. In the same skillet, fry the kale slightly over medium-low heat until the leaves start to soften.
5. Crumble the bacon back into the skillet and then distribute the meat and greens evenly with the aid of a spatula.

6. Add the egg mixture into the skillet and change the heat to medium.
7. Add 3/4 of the tomato halves to the egg mixture just before the eggs begin to set, and then continue cooking for one minute.
8. Immediately the frittata starts to set at the edges, put the skillet in a hot oven for 5-10 minutes just until it's completely cooked. Use the remaining bacon and tomato as toppings before sprinkling with parsley.

Chef's tip– Stir the egg mixture before pouring into the skillet to properly combine any cheese that might have settled at the bottom.

Nutritional Information

Calories: 292.5; Fat: 24.88g; Carbohydrates: 1.61g; Protein: 13.77g.

3. KETO MEATBALLS

Cook Time: 50 minutes

Servings: 4

Ingredients:

For the meatballs

1. One pound of ground beef
2. One minced garlic clove
3. Half a cup of shredded mozzarella cheese
4. A quarter cup of freshly grated Parmesan cheese (plus more for serving)
5. Two tablespoons of freshly chopped parsley

6. One big egg, which should be beaten
7. One teaspoon of kosher salt
8. Half teaspoon of freshly ground black pepper
9. Two tablespoons of extra-virgin olive oil

For the sauce

10. One chopped medium onion
11. Two minced garlic cloves garlic
12. One can of crushed tomatoes
13. One teaspoon of dried oregano
14. Kosher salt and freshly ground black pepper

Instructions:

The meatball:

1. Combine egg, mozzarella & parmesan cheese, parsley, beef, garlic, salt, and pepper in a large bowl and then use the mixture to form 16 meatballs.
2. In a large skillet, heat oil over medium heat. Thereafter, add the meatballs and cook for ten minutes until golden on all sides while ensuring to turn intermittently for even cooking.
3. Remove the cooked meatballs from the skillet and arrange on a plate lined with paper towel.

The sauce:

1. Put the onion in the same skillet and cook for 5 minutes until soft. Add garlic and cook for another one minute until fragrant.

5. Add tomatoes and oregano before seasoning with salt and pepper.
6. The meatballs can then be added back to the skillet, covered and allowed to simmer for 15 minutes until the sauce has thickened.
7. Garnish with the extra parmesan cheese and serve.

Chef's tip– Oil your hands when forming the meatballs so that the mixture won't stick to them and the meatballs won't turn out to be tough and chewy.

Nutritional Information

Calories: 78.8; Fat: 5.8g; Carbohydrates: 0.5g; Protein: 6.1g.

4. SPICY KETO PORK AND KALE SOUP

Cook Time: 50 minutes

Servings: 5

Ingredients:

1. Four ounces of kale
2. Two tablespoons of coconut oil
3. Eleven ounces of ground pork
4. One tablespoon of chopped fresh ginger
5. One teaspoon of garlic powder
6. One teaspoon of ground cumin
7. Half teaspoon of chili flakes
8. Two chicken bouillon cubes
9. Two cups of water

10. One scallion
 11. One tablespoon of tamari soy sauce
- Savory Asian fat bombs
12. Two ounces of butter
 13. One tablespoon of sesame oil
 14. Half teaspoon of sea salt
 15. A quarter teaspoon of chili flakes
 16. One tablespoon of roasted sesame seeds

Instructions:

1. In a small bowl, combine butter, sesame oil, chili flakes and salt in a small bowl. Then refrigerate for a minimum of 15 minutes.
2. Bring the butter mixture out from the fridge and mold them into walnut-sized balls; the balls should then be rolled in the sesame seeds and set aside.
3. Heat oil in a large skillet and fry the ground pork until it is golden brown. Add spices along with ginger and stir.
4. Rinse the kale and trim it. Chop it coarsely and add to the pork in the skillet before cooking for a few more minutes.
5. Add water, soy sauce, and bouillon cubes and then heat until the mixture is boiling.
6. Turn down the heat and allow to simmer for 5-10 minutes after which salt and pepper can be used to season to the level of desired taste.

7. Serve alongside finely chopped scallions and dip in Asian fat bomb for better flavor and increased satisfaction.

Chef's tip– For better flavor, prepare your own chicken stock and use it to replace the water and bouillon cubes.

Nutritional Information

Calories: 817; Fat: 72g; Carbohydrates: 9g; Protein: 34g

5. FLAXSEED PORRIDGE

Cook Time: 5 minutes

Servings: 3

Ingredients:

1. Three tablespoons of Flaxseed (either plain or roasted)
2. Half a cup of unsweetened coconut milk
3. Two and a half teaspoons of Butter
4. Two teaspoons of Grapeseed Oil
5. Two tablespoons of wild frozen Blueberries
6. One-eighth teaspoon of Cinnamon

Instructions:

1. Mix the coconut milk and flaxseed in a sizeable microwave-safe bowl and then cook for 30-45 seconds just until the mixture rises.

2. Remove from the microwave and let it stand for a minute.
3. Add in oil, butter, cinnamon, and blueberries; then stir gently to coat the blueberries after which it can then be served. Over-stirring will make porridge gummy.

Chef's tip– Do not over-stir or over-cook so that the porridge doesn't become gummy.

Nutritional Information

Calories: 229.6; Fats: 40g; Carbohydrates: 4g; Proteins: 6g

6. VEGAN KETO SCRAMBLE

Cook Time: 25 minutes

Servings: 5

Ingredients:

1. One package of firm tofu
2. Three tablespoons of avocado oil
3. Two tablespoons of diced yellow onion
4. One and a half tablespoons of nutritional yeast
5. Half teaspoon of garlic powder
6. Half teaspoon of turmeric
7. Half teaspoon of salt
8. One cup of baby spinach
9. Three grape tomatoes

10. Three ounces of vegan cheddar cheese

Instructions:

1. Get some paper towels, use it to wrap the tofu, and squeeze out some of the water and then set aside.
2. Heat 1/3 of the avocado oil in a skillet over medium heat and sauté the chopped onion until the onion it becomes soft and translucent.
3. Crumble the tofu into the skillet using a potato masher or fork until it has the look of a scrambled egg.
4. Sprinkle the remaining oil and dry seasoning before stirring gently to coat.
5. Over medium heat, cook the tofu with occasional stirring and folding until much of the liquid has evaporated.
5. Fold in the baby spinach, diced tomato, and cheese and cook for another one minute just for the spinach to wilt and for the cheese to get melted. Serve afterward.

Chef's tip– Ensure that the water from the tofu is well squeezed and evaporated so as not to have a watery meal.

Nutritional Information

Calories: 211.4; Fat: 17.56g; Carbohydrates: 4.74g; Protein: 10.09g

7. CHEDDAR CAULIFLOWER WITH BACON SOUP

Cook Time : 35 minutes

Servings : 6

Ingredients:

1. A quarter cup of olive oil
2. One teaspoon of minced garlic
3. One chopped cauliflower head (medium size)
4. Two cups of chicken broth
5. One cup of water
6. One cup of heavy whipping cream
7. One teaspoon of xanthan gum
8. One and a half cups of shredded cheddar cheese
9. Four tablespoons of bacon bits

Instructions:

1. Heat $\frac{3}{4}$ of the olive oil along with garlic in a deep pan over medium heat and once it is hot, add the cauliflower.
2. Add in the chicken broth and water, and then heat to boiling point over high heat taking the time to stir frequently.
3. Immediately it begins to boil, add the heavy whipping cream and stir before changing the heat to medium.
4. In another bowl, mix the remaining oil and xanthan gum together and then whisk to make a slurry.
5. Gradually add the slurry to the soup and stir; it will start to thicken at this point.

6. Add the cheese and stir; then add the bacon, whisk and serve.

Chef's tip– Add the cheese gradually and stir it very well so that it can melt and spread evenly.

Nutritional Information

Calories: 343.33; Fat: 28.7; Carbohydrate: 4.43g; Protein: 16.89g.

8. KETO BEEF EGG ROLL SLAW

Cook Time: 30 minutes

Servings: 6

Ingredients:

1. One package of coleslaw mix
2. Two tablespoons of sesame oil
3. Half a cup of diced onion
4. Five chopped green onions (with the white and green parts separated)
5. Three minced garlic cloves
6. One and a half pounds of ground beef
7. One tablespoon of chili-garlic sauce
8. Half teaspoon of ground ginger
9. Three tablespoons of soy sauce
10. One tablespoon of apple cider vinegar

11. Ground black pepper and Sea salt to taste

Instructions:

1. Heat oil over medium-high heat in a large skillet.
2. In the skillet, combine diced onion, white parts of the green onions, and garlic; sauté until the garlic releases its fragrance and the onions become translucent. This should be done within 5 minutes.
3. Add ground beef, sriracha, ginger, salt, and black pepper. Sauté again until beef becomes browned and crumbly; shouldn't take more than 5 minutes.
4. Combine the coleslaw mix, soy sauce, and cider vinegar before stirring into the beef mixture. Sauté for five minutes until coleslaw gets tender. Use the remaining green onions as toppings.

Chef's tip– if the sesame oil is not readily available, olive oil can be used instead.

Nutritional Information

Calories: 350; Fat: 24g; Carbohydrates: 12g; Protein: 20.6g protein;

9. SESAME SALMON SALAD

Cook Time: 20 minutes

Servings: 6

Ingredients:

Salad

1. One chopped medium lettuce head
2. One chopped medium red pepper
3. One chopped medium yellow pepper
4. Two large salmon filets
5. Four tablespoons of olive oil
6. One teaspoon of sesame oil
7. Two tablespoons of coconut aminos
8. A quarter cup of chopped green onions

Dressing

9. Four tablespoons of olive oil
10. One teaspoon of sesame oil
11. Five tablespoons of coconut aminos

Instructions:

1. Heat $\frac{3}{4}$ of the olive oil for the salad over medium heat in a pan; once it's hot, add the sesame oil, coconut oil, and liquid aminos.
2. Put the salmon in the pan and cook it for seven minutes. Turn them over and cook for an extra five minutes; (should be light pink to white in color on the inside once they are thoroughly cooked).
3. Meanwhile, as the salmon is cooking, combine the lettuce and peppers in a salad bowl.
4. Combine the dressing ingredients together in a smaller bowl.

5. Immediately the salmon is done, arrange on top of the salad, use the dressing as a topping and serve!

Chef's tip– The salmon filets can be cut into smaller sizes for more effective and thorough cooking.

Nutritional Information

Calories: 383; Fat: 27.14g; Carbohydrates: 7.33g; Protein: 24.3g

10. KETO CHICKEN PARMESAN

Total prep time: 28 minutes

Servings: 2

Ingredients:

1. One skinless, boneless chicken breast
2. One sizeable egg
3. One tablespoon of heavy whipping cream
4. One and a half ounces of pork rinds (to be crushed)
5. One ounce of grated Parmesan cheese
6. Half teaspoon of salt

7. Half teaspoon of garlic powder
8. Half teaspoon of ground black pepper
9. Half teaspoon of Italian seasoning
10. Half a cup of jarred tomato sauce
11. A quarter cup of shredded mozzarella cheese
12. One tablespoon of ghee
13. Half teaspoon of red pepper flakes (optional)

Instructions:

1. Preheat the broiler of the oven and set its rack in such a way that it's about 6 inches from the heat source.
2. Cut the chicken breast horizontally through the middle from one side to within half an inch of the other side. Spread out the two sides and beat the chicken flat until it's about half inch thick.
3. Whisk cream and egg together in a bowl.
4. Combine Parmesan cheese, salt, garlic powder, red pepper flakes, crushed pork rinds, ground black pepper, and Italian seasoning in a bowl for proper mixing before transferring the mixture to a plate— this will serve as the breading.
5. Put the chicken into the egg mixture and ensure it is completely coated. Then press the chicken into the breading and use it to coat both sides generously.
6. Over medium-high heat, heat a skillet and add ghee. Place the chicken in the skillet and cook for about three minutes on each side until the juices run clear and the center is no longer pink.

7. Transfer the chicken to a baking sheet; spread the tomato sauce on it and use mozzarella cheese as a topping.
8. Put in the oven and broil for about 2 or 3 minutes until the cheese is bubbling and slightly browned.

Chef's tip– It's important to keep the breading in place just before broiling so as to get a maximum combination of the flavors.

Nutritional Information

Calories: 442; Fat: 25.3g; Carbohydrates: 5.8g; Protein: 46.5g

Conclusively, keto diet is without doubt an avenue to achieve desired body weight and posture while at the same time ensuring that you're eating healthy. This book has definitely provided an insight into what the keto diet is as well as the way it works. Some of its benefits were slightly touched on with the book examining ten of the numerous keto diet recipes available so as to give you an idea of what to eat should you ever decide to get into the ketogenic diet.

TEN MEAT-BASED KETO RECIPES

1. KETO RIBEYE STEAK WITH OVEN-ROASTED VEGETABLES

Ingredients:

1. One pound of broccoli
 2. One whole garlic
 3. Ten ounces of cherry tomatoes
 4. Three tablespoons of olive oil
 5. One tablespoon of dried thyme/oregano/basil
 6. One and a half pounds of ribeye steaks
 7. Salt and pepper
- Anchovy butter
8. One ounce of anchovies
 9. Five ounces of butter, at room temperature
 10. One tablespoon of lemon juice
 11. Salt and pepper

Instructions:

1. Finely chop the anchovy fillets and combine them with butter (at room temperature), lemon juice, salt, and pepper to make the Anchovy butter before setting aside.
2. Preheat the oven to 225°C and ensure that your meat has been brought out of the refrigerator earlier so that it will get to room temperature in good time before cooking it.

3. Divide the garlic into cloves without peeling them and chop the broccoli into florets as well.
4. Grease a roasting pan of large size and arrange the veggies in one layer before adding seasoning and drizzling olive oil over it. Stir adequately for the olive oil to coat the veggies and then bake for 15 minutes in the oven.
5. Use olive oil to rub the meat all over before seasoning with salt and pepper. Sear in a frying pan over high heat for about 2-3 minutes.
6. Bring out the pan from the oven and find a place for the meat amongst the veggies.
7. Reduce the heat to 200°C and return the pan back to the oven for about 5 to 15 minutes, depending on whether you prefer meat rare, medium or well-done.
8. Bring out from the oven and put a dollop of anchovy butter on each portion of meat after which it should be served immediately.

Nutritional Information

Calories: 796; Net carbs: 11g; Fat: 66g; Protein: 41g

2. KETO GROUND BEEF PLATE

Total	time:	20
minutes		

Servings: 2

Ingredients:

1. Three-Quarter pound of ground beef
2. Two ounces of butter for frying
3. Four ounces of shredded cheddar cheese
4. Two ounces of lettuce
5. Half cucumber
6. Half a green bell pepper
7. Two tablespoons of olive oil
8. Salt and pepper

Instructions:

1. Brown the ground beef in butter until it is cooked properly with the evaporation of a major portion of the juice.
2. Reduce the heat close to the end after which salt and pepper should be added to taste.
3. Serve along with raw veggies and shredded cheese but ensure that olive oil is drizzled over the salad before serving.

Nutritional Information

Calories: 913; Net carbs: 5g; Fat: 78g; Protein: 47g

3. LOW-CARB BACON CHEESEBURGER WRAPS

Total	time:	25
minutes		
Servings: 4		

Ingredients:

1. Seven ounces of bacon
2. Four ounces of sliced mushrooms
3. One and a half pounds of ground beef
4. Half teaspoon of salt
5. A quarter teaspoon of pepper
6. One cup of shredded cheddar cheese
7. One iceberg lettuce, with leaves, separated and washed

Instructions:

1. Cook bacon to the level of desired crispness in a large skillet and then remove from the pan to set aside. Ensure to leave the grease in the pan.
2. Put mushrooms in the pan and sauté for about 5-7 minutes just until browned and tender after which they can be removed from pan and set aside.
3. Add ground beef to the same pan and use salt and pepper to season. Sauté for 10 minutes until the beef is thoroughly cooked, while using the back of a wooden spoon to break up chunks.
4. Scoop the ground beef into lettuce leaves, sprinkle cheddar cheese over it before topping with bacon and mushrooms.

Nutritional Information

Calories: 684; Net carbs: 5g; Fat: 51g; Protein: 48g

4. SLOW-COOKED KETO PORK ROAST WITH CREAMY GRAVY

Total **time:** 7 hours 45
minutes

Servings: 6

Ingredients:

1. Thirty ounces of pork shoulder or pork roast
2. Half tablespoon of salt
3. One bay leaf
4. Five black peppercorns
5. Two and a half cups of water
6. Two teaspoons of dried thyme/rosemary
7. Two garlic cloves
8. One and a half ounces of fresh ginger
9. One tablespoon of olive oil or coconut oil
10. One tablespoon of paprika powder
11. Half teaspoon of ground black pepper

Creamy gravy

12. One and a half cups of heavy whipping cream

13. Juices from the roast

Instructions:

1. Preheat your oven to 100°C.
2. Put the meat in a deep baking dish and use salt for seasoning after which water should be added to cover 1/3 of the meat. Put in the bay leaf, peppercorns, and thyme. Then cover the baking dish and carefully place it in the oven for 7–8 hours.
3. If you happen to be using a slow cooker, repeat step 2 but add just one cup of water. Cooking can be done on low heat for 8 hours or on high heat for 4 hours.
4. Bring out the meat from the baking dish, and set aside the pan juices in a different pan.

For the gravy:

5. Strain the reserved pan juices to eliminate any solids. Bring to a boil such that it is reduced to about half the volume.
6. Pour the boiling liquid into a pot containing the whipping cream and boil. Turn down the heat and allow simmering for about 20 minutes.
7. Increase the oven heat up to 220°C.
8. In a small bowl, finely chop the garlic and ginger after which oil, herbs, and pepper should be added before stirring well to combine.
9. Use the garlic/herb mixture to brush the meat before returning it to the baking dish, and roast for about 10–15 minutes, just until golden brown.

10. Chop the meat into thin slices and serve along with the creamy gravy and any side dish of your choosing.

Nutritional Information

Calories: 586; Net carbs: 3g; Fat: 51g; Protein: 28g

5. GOULASH WITH BUTTER-FRIED CABBAGE

Total **time:** 2 hours 40
minutes

Servings: 8

Ingredients:

Goulash

1. Four and a half ounces of butter
2. Two yellow onions
3. Two garlic cloves
4. Two red bell peppers
5. Seven and a half ounces of celery root
6. Thirty ounces of chuck roast
7. Fourteen ounces of crushed tomatoes
8. Three-quarter cup of water
9. One tablespoon of tomato paste
10. One tablespoon of dried oregano

11. One tablespoon of paprika powder
12. One teaspoon of onion powder
13. One tablespoon of caraway seeds
14. A pinch of cayenne pepper
15. One teaspoon of salt
16. A quarter teaspoon of ground black pepper

Butter-fried cabbage

17. Thirty ounces of green cabbage
18. Four and a half ounces of butter
19. Salt and pepper

For serving

20. One cup of sour cream or mayonnaise
21. One-sixth ounce of fresh parsley, chopped (optional)

Instructions:

1. Dice onions, bell peppers and celery into pieces of half-inch size. Half of the butter should be heated in a frying pan and used to fry the veggies are golden after which minced garlic can be added and then stir.
2. Put the veggies in a large pan with a thick bottom; add tomato paste, crushed tomatoes, water and spices after which the mixture should be brought to a boil, with the heat lowered and then allowed to simmer.
3. Chop the meat into inch-sized pieces and fry them in the left-over butter until a nice color is obtained. Add it to the pan containing the vegetables and stir.

4. Boil over low heat for a period of at least two hours while ensuring to stir occasionally. Season with salt and pepper to taste towards the end.
5. Use a sharp knife to finely shred the green cabbage or make use of a food processor. Fry the cabbage in butter until it turns golden ensuring to lower the heat towards the end before adding spices to taste.
6. The goulash can then be served with freshly fried cabbage and a portion of sour cream or mayonnaise.

Nutritional Information

Calories: 560; Net carbs: 14g; Fat: 44g; Protein: 26g

6. KETO ASIAN BEEF SALAD

Total	time:	20
minutes		

Servings: 2

Ingredients:

Beef

1. One tablespoon of olive oil
2. One tablespoon of fish sauce
3. One tablespoon of grated fresh ginger
4. One teaspoon of chili flakes
5. A two-third pound of ribeye steaks

Sesame Mayonnaise

6. One egg yolk, at room temperature
7. One teaspoon of Dijon mustard
8. Half a cup of avocado oil or light olive oil
9. One teaspoon of sesame oil
10. Half tablespoon of lime juice
11. Salt and pepper

Salad

12. Two scallions
13. Three ounces of cherry tomatoes
14. Two ounces of cucumber
15. Three ounces of lettuce
16. Half red onion
17. Fresh cilantro
18. One tablespoon of sesame seeds

Instructions:

1. Mix egg yolk and mustard in a bowl to make the sesame mayonnaise. Slowly add avocado oil while whisking continuously. Add sesame oil, lime juice and spices towards the end, once emulsification of the mayonnaise has occurred and then set aside.
2. Mix all ingredients for the beef marinade before pouring into a plastic bag. Put in the beef and marinate for at least 15 minutes at room temperature.

3. Chop all vegetables for the salad into bite-sized pieces with the exception of the scallions, and then divide between two plates.
4. Heat a medium frying pan over medium heat; add sesame seeds to the pan, and toast them for a few minutes, just until they're lightly browned and fragrant; then set aside.
5. Use paper towels to pat the meat dry on both sides before frying for a minute or two on each side on high heat. In the same pan, fry the scallions for 1 minute.
6. Cut the meat into thin slices across the grain before placing the beef and scallions over the vegetables. Serve along with roasted sesame seeds and sesame mayonnaise.

Nutritional Information

Calories: 1042; Net carbs: 7g; Fat: 98g; Protein: 34g

7. PORK SHOULDER WITH ROASTED FENNEL AND ROMESCO SAUCE

Total **time:** 30
minutes

Servings: 4

Ingredients:

Roasted Fennel

1. One pound of fresh fennel
2. Two tablespoons of olive oil

3. Salt and ground black pepper, to taste

Romesco sauce

4. Six ounces of canned roasted red peppers

5. Four cherry tomatoes

6. Three ounces of almonds

7. Four tablespoons of fresh parsley

8. Four tablespoons of olive oil

9. One garlic clove

10. One tablespoon of lemon juice

11. Salt and ground black pepper, to taste

Pork shoulder

12. One and a half pounds of pork shoulder

13. One tablespoon of olive oil

14. One tablespoon of butter

15. Salt and pepper, to taste

Instructions:

1. Preheat the oven to 200°C.

2. Chop the fennel into wedges and arrange into a baking dish before seasoning with salt and pepper. Then drizzle olive oil over it.

3. Bake in the oven for 20 minutes just until the fennel gets soft and turns golden.

4. Combine all the ingredients for the Romesco sauce in a blender and puree; then set aside.
5. Cut the pork shoulder into pieces with a thickness of 2cm.
6. Heat oil and butter in a frying pan and fry the meat in it for about 3-4 minutes on each side. Reduce the heat and fry for some extra minutes, until the meat is thoroughly cooked.
7. Remove and keep warm under aluminum foil for some minutes. Then slice and serve along with the sauce and the fennel.

Nutritional Information

Calories: 1042; Net carbs: 9g; Fat: 68g; Protein: 36g

8. KETO PULLED PORK AFELIA

Total **time:** 6 hours 15
minutes

Servings: 4

Ingredients:

1. Two red onions
2. One whole garlic
3. Three-quarter cup of red wine
4. Half a cup of olive oil
5. Two tablespoons of crushed coriander seed
6. Two teaspoons of dried thyme

7. Two teaspoons of ground black pepper
8. Two teaspoons of ground cinnamon
9. Three pounds of pork shoulder
10. One tablespoon of salt

Instructions:

1. Peel and slice the red onions into thin wedges before cutting the garlic cloves into half. Combine all the ingredients for the marinade and put in a large freezer bag which should then be placed inside a larger freezer bag, after which half the onion mix can be added to the bag.
2. Rinse the pork collar, dry it appropriately, and rub salt all over it all. Put the collar in the freezer bag and spread the marinade all over it. Eliminate every form of air from the bag, seal it shut, and place in a bowl. Refrigerate for at least 12 hours, or more.
3. Preheat your oven to 125°C.
4. Place the meat along with the rest of the onion mix and the marinade in an oven-safe casserole dish. Close it using a tight-fitting lid before placing the dish in the lower part of the oven for some 5 to 6 hours.
5. To serve the meal, use two forks to pull the meat apart and mix it with the gravy appropriately. Add salt to taste and serve along with low-carb bread, garlic butter, and coleslaw.

Nutritional Information

Calories: 1135; Net carbs: 11g; Fat: 89g; Protein: 60g

9. CLASSIC BACON AND EGGS

Total **time:** 10
minutes

Servings: 4

Ingredients:

1. Eight eggs
2. Five ounces of bacon, in slices
3. Cherry tomatoes (optional)
4. Fresh parsley (optional)

Instructions:

1. Fry the bacon in a pan over medium-high heat until it's crispy. Set aside on a plate while leaving the rendered fat in the pan.
2. Use the same pan to fry the eggs and then place it over medium heat before cracking your eggs into the bacon grease.
3. Leave the eggs to fry on one side and use a lid to cover the pan so that they get cooked on top. Simultaneously, cut the cherry tomatoes in half and then fry them.
4. Add salt and pepper to taste.

Nutritional Information

Calories: 272; Net carbs: 1g; Fat: 22g; Protein: 15g

10. KETO CHICKEN CASSEROLE

Total
minutes

time:

55

Servings: 6

Ingredients:

1. One cup of heavy whipping cream or sour cream
2. Two tablespoons of green pesto
3. Juice of half lemon
4. Thirty ounces of chicken thighs
5. Three tablespoons of butter
6. One pound of cauliflower
7. One leek
8. Four ounces of cherry tomatoes
9. Seven ounces of shredded cheese
10. Salt and pepper

Instructions:

1. Preheat your oven to 200°C.
2. Combine the cream with pesto and lemon juice before adding salt and pepper to taste.
3. Season the chicken thighs using salt and pepper, before frying in butter until there's a golden-brown color.
4. Get a 9 x 13-inch baking dish, grease it and pour in the cream mixture.

5. Chop the leek and cherry tomatoes into pieces while also cutting the cauliflower into small florets. Use them as toppings on the chicken.
5. Sprinkle cheese over it and bake for at least 30 minutes just until the chicken is fully cooked after which it can be served.

Nutritional Information

Calories: 675; Net carbs: 6g; Fat: 56g; Protein: 36g

CHAPTER 6

WEIGHT LOSS RECIPES FOR BEGINNERS

It is safe to say that majority of people will like to lose a certain amount of weight in order to look fit and stay healthy but at the same time, it's also safe to say that the diet or eating habits of a lot of people contribute to their unnecessary weight gain. This is why it's only logical then that one's diet plays a crucial role in losing that excess weight. Apart from the physical problems posed by excessive weight gains, there are also health problems that the individual is just predisposed to by default which further necessitates the need for a decisive action. And that action involves changing one's eating habits and diet which is what this book is here to guide you on.

While it is clear that our body systems respond differently to various stimuli and environments, there are bound to be some factors that are constant for everyone and the recipes to be discussed in this book are bound to produce excellent results for those looking to lose weight. Fifteen solid recipes are discussed in this book with the ingredients required to prepare them and the steps involved as well as the nutritional facts about them. Below are some of the excellent recipes you can adopt into your diet in order to achieve weight loss:

1. BALSAMIC & PARMESAN ROASTED CAULIFLOWER

Ingredients:

1. One large head of cauliflower which should be sliced into 1-inch-thick florets
2. Two tablespoons of extra-virgin olive oil
3. One teaspoon of dried marjoram
4. A quarter teaspoon of salt
5. Two tablespoons of balsamic vinegar
6. Half a cup of finely shredded Parmesan cheese
7. Freshly ground pepper to taste

Preparation:

1. Preheat your oven to 232oC.
2. In a large bowl, combine the oil, salt, cauliflower, marjoram, and pepper.
3. Spread the mixture on a rimmed baking sheet that is wide and bake for about twenty minutes just until it begins to soften and turns brown on the bottom side.
4. Remove from the oven and sprinkle the cauliflower with both vinegar and cheese.
5. Put back in the oven for about ten more minutes just for the cheese to be melted and any leftover moisture evaporated.

Nutritional information

Calories: 152

Fat: 10g

Fiber: 3g

Carbohydrates: 10g

Protein: 7g

2. BEEF AND VEGGIE SALAD BOWL

Ingredients:

1. Two tablespoons of dry red quinoa
2. Two cups of mesclun greens
3. Three ounces of cubed and cooked lean beef
4. Half a cup of chopped broccoli florets
5. A quarter of chopped red bell pepper
6. Two teaspoons of olive oil
7. One teaspoon of red wine vinegar

Preparation:

1. Cook the quinoa as directed on the pack.
2. After cooking, combine the quinoa with broccoli, beef, pepper, and greens in a sizeable bowl.
3. Whisk oil and vinegar together and use it for dressing.

Nutritional Information

Calories: 514

Fat: 15g

Fiber: 7.3g

Carbohydrates: 6g

Protein: 36g

3. SLOW-COOKER BLACK BEAN-MUSHROOM CHILI

Ingredients:

1. 1 lb. of dried black beans, to be rinsed
2. One tablespoon of extra-virgin olive oil
3. A quarter cup of mustard seeds
4. Two tablespoons of chili powder
5. One and a half teaspoons of ground cumin
6. Half teaspoon of ground cardamom
7. Two coarsely chopped medium onions
8. 1 lb. of sliced mushrooms
9. Eight ounces of coarsely chopped tomatillos
10. A quarter cup of water
11. Five and a half cups of vegetable broth
12. One 6-ounce can of tomato paste
13. Two tablespoons of minced canned chipotle peppers in adobo sauce
14. One and a quarter cups of grated pepper Jack cheese
15. Half a cup of reduced-fat sour cream
16. Half a cup of chopped fresh cilantro

17. Two limes, which should be cut into wedges

Preparation:

1. Soak the beans a night before in two Quarts of water and drain the water from it the next morning.
2. Toss together chili powder, mustard seeds, oil, cumin and cardamom in a 5- to 6-quart Dutch oven. Place over high heat and stir until there is a sizzling of the spices just for about thirty seconds.
3. Add tomatillos, mushrooms, onions, and water. Cook for about five to seven minutes stirring occasionally, until the vegetables are juicy.
4. Uncover and stir frequently until there is evaporation of juices and a light browning of the vegetables which should not take more than ten to fifteen minutes.
5. Add broth, tomato paste, and chipotles and then mix well.
6. Put the beans in a 6-quart slow cooker and pour the hot vegetable mixture over it.
7. Cover the cooker with its lid, turn the heat to high and cook for five to eight hours until the entire mixture is creamy.
8. Sprinkle with cheese, sour cream and cilantro after which you can serve with lime wedges.

Nutritional Information

Calories: 299

Fat: 10g

Fiber: 13g

Carbohydrates: 38g

Protein: 18g

4. YOGURT-MARINATED CHICKEN KEBABS WITH ALEPPO PEPPER

Ingredients

1. One cup of plain whole-milk Greek-style yogurt
2. Three tablespoons of extra-virgin olive oil
3. Two tablespoons of red wine vinegar
4. Two tablespoons of tomato paste
5. Two teaspoons of coarse kosher salt
6. One teaspoon of freshly ground black pepper
7. Six garlic cloves, peeled, flattened
8. Two tablespoons Aleppo pepper
9. Two unpeeled lemons which should be thinly sliced with one cut into wedges for serving
10. Two skinless boneless chicken thighs or breast halves (1/4 pounds), cut into 1 1/4-inch cube

Preparation

1. Put the Aleppo pepper in large bowl and add one tablespoon of warm water. Allow it to stand for five minutes until thick paste forms.
2. Add yogurt, tomato paste, black pepper, olive oil, kosher salt, and red wine vinegar to spice up the mixture in the bowl; whisk everything together

to produce a uniform mixture.

3. Stir in garlic and lemon slices, before adding the chicken. Put a cover on it and leave it chilling for about one hour.

Preparing the barbecue (medium-high heat):

4. Thread chicken pieces on metal skewers and divide equally.

5. Garnish each skewer with salt, pepper, and additional Aleppo pepper. Use oil to brush the grill rack.

6. Grill chicken until it's cooked through and turns golden brown, ensuring to occasionally turn the skewers; it shouldn't take more than ten to twelve minutes in total.

7. Transfer and arrange skewers onto a platter; place lemon wedges around and serve.

Nutritional Information

Calories: 291

Fat: 22g

Fiber: 1g

Carbohydrates: 3g

Protein: 19g

5. RED LENTIL SOUP

Ingredients

1. One tablespoon of olive oil

2. One large diced carrot
3. Two large diced stalks of celery
4. One small diced yellow onion
5. Half teaspoon of kosher salt (and more if needed)
6. One cup of dried red lentils
7. Four cups of water or low-sodium broth
8. One whole bay leaf
9. Two tablespoons of freshly squeezed lemon juice
10. For serving: Olive oil, yogurt, or any other topping (optional)

Preparation

1. Heat the olive oil in a medium saucepan or Dutch oven over medium heat just until it shimmers.
2. Add the carrot, celery, onion, and salt and stir together for proper mixing.
3. Cover and allow the vegetables to simmer, while stirring every now and then just until the onions are soft and translucent, for about 5 minutes.
4. Add the lentils, water or broth, and bay leaf and allow it to boil.
5. Reduce the heat to low and allow to simmer for twenty minutes just until the lentils start to fall apart.
6. Turn off the heat, add the lemon juice and stir. Serve with toppings if desired.

Nutritional Information

Calories: 57.4

Fat: 0.3g

Fiber: 3.5g

Carbohydrates: 10.9g

Protein: 3.6g

6. SPAGHETTI SQUASH WITH ALMOND PESTO, ROASTED BEANS & TOMATOES

Ingredients:

Almond Pesto

1. Two cups of fresh basil leaves
2. One cup of fresh parsley leaves
3. Half a cup of grated Parmesan cheese
4. One-third cup of whole raw almonds
5. One garlic clove
6. One and a half tablespoons of red-wine vinegar
7. A quarter teaspoon each of kosher salt and ground pepper
8. A quarter cup of extra-virgin olive oil
9. A quarter cup of water

Spaghetti Squash & Vegetables

10. One 3 lbs. spaghetti squash
11. A quarter cup of water
12. Two pints of grape tomatoes
13. One tablespoon of extra-virgin olive oil
14. One cup of canned cannellini beans, to be rinsed

15. A quarter teaspoon each of ground pepper and kosher salt

Preparation:

For the pesto:

1. Pulse the parmesan cheese, vinegar, basil, almonds, parsley, garlic, salt, and pepper in a food processor until coarsely chopped.
2. With the motor still running, add the olive oil and continue pulsing for proper mixing.
3. Add water to the pesto in the food processor; pulse also for proper combination.

For squash & vegetables:

4. Preheat your oven to 204oC and use a foil to line a rimmed baking sheet.
5. Cut the squash into half lengthwise and remove the seeds.
6. Place the cut-side down in a microwave-safe dish and add water. Microwave on High for about fifteen minutes until the flesh can be easily scraped with a fork.
7. Combine tomatoes and oil along with salt and pepper in a large bowl.
8. Put on the already prepared baking sheet and bake for ten to twelve minutes until soft and wrinkled.
9. Bring it out from the oven and add the beans before stirring to mix it all together.
10. Scrape the flesh of the squash into the bowl and divide into four plates; top each portion with some quantity of the tomato-bean mixture and three tablespoons of pesto sauce before serving.

Nutritional Information

Calories: 400

Fat: 26g

Fiber: 10g

Carbohydrates: 37g

Protein: 12g

7. SHRIMP CEVICHE

Ingredients:

1. Half a cup of chopped cucumber
2. One-third cup of chopped jicama
3. One-third cup of chopped mango
4. One tablespoon of chopped onion
5. A quarter cup of sliced avocado
6. One sliced tomato
7. One cup of cooked shrimp
8. A quarter cup of lemon juice
9. One teaspoon of red pepper

Preparation:

1. Simply combine all the ingredients together and dress with lemon juice.

Nutritional Information

Calories: 144

Fat: 5.3g

Fiber: 3.3g

Carbohydrates: 12g

Protein: 14g

8. WEST INDIAN RICE AND BEANS

Ingredients:

1. Two and a half cups of canned vegetable broth
2. One can of kidney beans which should be drained
3. One cup of canned unsweetened regular or light coconut milk
4. One tablespoon of minced seeded jalapeño chili
5. One teaspoon of dried thyme
6. A quarter teaspoon of ground allspice
7. Three-quarter cup of medium-grain white rice
8. One cup of thinly sliced green onions

Preparation:

1. In a saucepan that is large and heavy, mix together coconut milk, kidney beans, thyme, minced jalapeño chili, two cups of vegetable broth, and allspice.

2. Boil the mixture over medium-high heat and add rice, then stir.
3. Reduce the heat to medium-low and allow the mixture to simmer uncovered until the majority of the liquid is absorbed and rice is almost tender. Stir regularly and it should not take more than twenty minutes.
4. Combine 3/4 cup of green onions with the rice; continue the simmering until the rice becomes really tender and you get a creamy mixture. More broth can be added if the mixture appears to be a little bit dry.
5. Use salt and pepper for adequate seasoning and garnish with the remaining 1/4 cup of green onions before serving.

Nutritional Information

Calories: 119.6

Fat: 1g

Fiber: 4g

Carbohydrates: 23g

Protein: 4g

9. CREAMY GARLIC PASTA WITH SHRIMP & VEGETABLES

Ingredients:

1. Six ounces of whole-wheat spaghetti
2. Twelve ounces of peeled and deveined raw shrimp which should be cut into 1-inch pieces

3. One bunch of trimmed and thinly sliced asparagus
4. One large thinly sliced red bell pepper
5. One cup of fresh or frozen peas
6. Three chopped garlic cloves
7. One and a quarter teaspoon of kosher salt
8. One and a half cups of low-fat plain yogurt
9. A quarter cup of chopped flat-leaf parsley
10. Three tablespoons of lemon juice
11. One tablespoon of extra-virgin olive oil
12. Half teaspoon of freshly ground pepper
13. A quarter cup of toasted pine nuts (optional)

Preparation:

1. Boil a water in a large pot; Add spaghetti and cook for two minutes less than the instructions on the package.
2. Add the asparagus, bell pepper, shrimp and peas, then cook until the pasta is tender and the shrimps are well cooked, probably about two or four more minutes. Drain adequately.
3. Get a large bowl, put in salt and garlic and then mash until a paste is formed.
4. Add yogurt, parsley, lemon juice, oil and pepper to the garlic paste and whisk.

5. Combine it with the pasta mixture and toss to coat. Sprinkle with pine nuts (if using).

Nutritional Information

Calories: 361

Fat: 6g

Fiber: 10g

Carbohydrates: 53g

Protein: 28g

10. BAKED CHICKEN WITH MUSHROOMS AND SWEET POTATO

Ingredients:

1. Half skinless chicken breasts
2. One cup of sliced baby portobello mushrooms
3. One tablespoon of chives
4. One tablespoon of olive oil
5. One medium-sized sweet potato

Preparation:

1. Preheat your oven to 177oC
2. Bake the chicken, topped with mushrooms, chives, and oil, for about fifteen minutes.
3. Microwave the sweet potato for seven minutes and serve.

Nutritional Information

Calories: 286.8

Fat: 0.9g

Fiber: 5.1g

Carbohydrate: 60.4g

Protein: 11.3g

11. CHICKEN & SPINACH SOUP WITH FRESH PESTO

Ingredients:

1. Two teaspoons plus one tablespoon of extra-virgin olive oil
2. Half a cup of carrot or diced red bell pepper
3. One large boneless, skinless chicken breast, cut into quarters
4. One large minced garlic clove
5. Five cups of reduced sodium chicken broth
6. One and a half teaspoons of dried marjoram
7. Six ounces of coarsely chopped baby spinach
8. One can of cannellini beans
9. A quarter cup of grated Parmesan cheese
10. One-third cup of lightly packed fresh basil leaves
11. Freshly ground pepper to taste

12. Three-quarter cup of plain or herbed multigrain croutons for garnish (optional)

Preparation:

1. Heat two teaspoons of oil in a large saucepan over medium-high heat. Add carrot (or bell pepper) and chicken; cook for about four minutes, turning the chicken and stirring regularly, until the chicken starts turning brown.
2. Add garlic and cook for another one minute ensuring to stir. Mix in the marjoram and broth and then boil the entire mixture over high heat.
3. Reduce the heat and simmer, stirring intermittently, for five minutes until the chicken is cooked through.
4. Transfer the chicken pieces onto a clean cutting board using a slotted spoon, and allow it to cool.
5. Combine the spinach and beans into a pot and bring to a light boil; cook for five minutes for the flavors to properly blend.
6. Combine the remaining one tablespoon of oil, basil and parmesan cheese in a food processor and pulse until there is a formation of a coarse paste, adding a little water and scraping down the sides when needed.
7. Cut the chicken into bite-size pieces; afterward, stir the chicken and pesto into the pot. Season with pepper and heat until it gets hot. Garnish with croutons, if you wish and then serve.

Nutritional Information

Calories:226

Fat: 9g

Fiber: 6g

Carbohydrates:18g

Protein: 19g

12. HOMEMADE SOUP WITH ASPARAGUS

Ingredients:

1. Four ounces of boneless, skinless chicken breast
2. One cup of organic chunky vegetable soup
3. Two tablespoons of dry quinoa
4. One cup of chopped kale
5. 10 small asparagus spears
6. Two teaspoons of soy sauce
7. One-eighth teaspoon of grated fresh ginger

Preparation:

1. Preheat your oven to 177oC
2. Bake the chicken for twenty-five minutes, and then use a fork to shred.
3. Meanwhile, mix quinoa, soup, and kale in a saucepan, bring to a boil and allow to simmer until quinoa is done, just for about fifteen minutes.
4. Add chicken; steam the asparagus, and then mix with soy sauce and ginger. Serve afterward.

Nutritional Information

Calories: 102

Fat: 6g

Carbohydrate: 7g

Protein: 1g

13. *BOW TIES WITH SPRING VEGETABLES*

Ingredients:

1. Two ounces of dry whole-grain farfalle pasta
2. Two teaspoons of olive oil
3. Half a cup of artichoke hearts
4. A quarter cup of sliced red onion
5. A quarter cup of peas
6. One tablespoon of chopped fresh mint

Preparation:

1. Cook the pasta as directed; add vegetables, oil, and mint.
2. Season with salt and pepper to taste.

Nutritional Information

Calories: 96

Fat: 3g

Fiber: 3g

Carbohydrate: 16g

Protein: 3g

14. SUMMER FARROTTO

Ingredients:

1. One boneless, skinless chicken breast
2. Two tablespoons of olive oil, which should be divided
3. A quarter cup of sliced red onion
4. One cup of diced yellow squash
5. Half a cup of dry farro
6. One tablespoon of chopped parsley
7. One tablespoon of grated Parmesan cheese

Preparation:

1. Pan-sear chicken in one tablespoon of oil
2. Season with salt and pepper to taste, and then dice.
3. Sauté onion and squash with the remaining oil; add farro and stir until it is well coated in oil.
4. Add 2/3 cup water, bring to a boil, stir, reduce heat, and cover. Cook 20 minutes or until soft. Stir in chicken, parsley, and cheese, and serve.

Nutritional Information

Calories: 190

Fat: 9g

Fiber: 3g

Carbohydrate: 20g

Protein: 10g

15. CURRIED EGG SALAD SANDWICH

Ingredients:

1. Two hard-cooked eggs, which should be chopped
2. Two tablespoons of plain Greek-style low-fat yogurt
3. Two tablespoons of chopped red bell pepper
4. A quarter teaspoon of curry powder
5. One-eighth teaspoon each of salt and pepper
6. Two slices of rye bread, which should be toasted
7. Half a cup of fresh spinach
8. One orange

Preparation:

1. Get a small bowl; mix the yogurt, eggs, curry powder, bell pepper, salt, and pepper, and stir well.

2. Put the spinach on rye bread, top with egg salad, and serve with orange by the side.

Nutritional information

Calories: 410

Fat: 14g

Fiber: 8g

Carbohydrate: 51g

Protein: 22g

There are definitely more recipes available for achieving weight loss but the fifteen discussed in this book are bound to guarantee that you achieve your weight loss goals. They are easy to prepare while the ingredients are definitely not difficult to acquire. So, without further ado, get shopping and start eating healthy foods that will enable you to stay fit and healthy.

CHAPTER 7

ALKALINE RECIPES FOR BEGINNERS

TWENTY-EIGHT (28) ALKALINE RECIPES

What exactly is the alkaline diet? The alkaline diet is a diet that focuses on consumption of fresh vegetables and fruits. Its founding is based on the idea that after all foods are digested and absorbed, they reach the kidneys as either acid-forming or alkaline-forming compounds. It is a diet that is also known as the alkaline ash diet or acid-alkaline diet. Majorly, the alkaline diet is undertaken to improve one's health with the belief that the foods eaten can help alter the pH value (acidity or alkalinity level) of one's body.

Here's how it is believed to work: the metabolism in our body which involves the conversion of food into energy is sometimes likened to fire except that the process occurs in a slow and controlled manner compared to how fire burns. Just like when fire burns something and ash is left behind, so also does the food we eat leave an 'ash' residue known as metabolic waste. This metabolic waste can either be alkaline or acidic meaning the acidity or alkalinity of food we eat will determine the pH value of our body.

Experts on this diet plan posit that acidic ash makes more vulnerable to illness and disease, while alkaline ash is considered more of a shield against such. Apart from enhancing one's health, the alkaline diet is also believed to slow down the aging process, preserve muscle mass, while also safeguarding against health conditions like diabetes, osteoporosis, kidney stones and cardiovascular diseases.

SEVEN-DAY MEAL PLAN

SUNDAY

1. BREAKFAST: STRAWBERRY COCONUT CHIA QUINOA

Ingredients:

- One cup of cooked quinoa
- Half a cup of quartered strawberries together with four sliced strawberries
- Five tablespoons of chia seeds
- One and a half cup of almond, coconut or hemp milk
- Two pitted dates
- Two tablespoons of unsweetened shredded coconut flakes
- Two tablespoons of almond pieces

Preparation:

- Cook the quinoa a night before by following the instruction on the packet.
- On that same night, prepare the strawberry chia by combining the strawberries, almond milk, and two dates in a blender and then pureeing until smooth.

- Pour the thick liquid mixture into a jar and add chia seeds. Shake together and mix well until all chia seeds are covered with the liquid.
- Cover the jar containing the mixture with a lid and put in a refrigerator overnight.
- In the morning, put the refrigerated mixture in a bowl, add the Quinoa and strawberry slices, chia seeds, almonds, and shredded coconut after which you can then serve.

Nutritional information

Calories- 684

Carbs- 36g

Fat- 55g

Protein- 19g

2. LUNCH: SWEET AND SAVORY SALAD

Ingredients:

- One large head of butter lettuce
- A quarter cup of shelled pistachios which should be chopped
- Half a slice of cucumber
- One cubed avocado
- One-third cup of pomegranate seeds

Dressing Ingredients

- A quarter cup of apple cider vinegar
- Half a cup of extra virgin olive oil

- One minced garlic clove

Preparation:

- Tear the butter lettuce into a salad bowl using your hands
- Add the remaining the ingredients and toss with the salad dressing

Nutritional information

Calories- 230

Carbs- 31g

Fat- 8g

Protein- 9g

3. DINNER: TRADITIONAL BEEF STEW

Ingredients:

- One pound of beef stew meat, which should be cut into cubes of one inch
- One teaspoon of Worcestershire sauce
- One pound of fresh baby carrots
- Two potatoes of medium size to be cut into chunks
- Two medium-sized onions to be cut into wedges
- One cup of beef broth
- One cup of drained diced tomatoes
- A quarter teaspoon of salt
- Two tablespoons of quick-cooking tapioca

- A quarter teaspoon of pepper
- One celery rib which should be cut into half inch pieces

Preparation:

- Combine all the ingredients in a slow cooker
- Cover and cook on low heat for about eight to ten hours until the meat and vegetables become tender.
- Release the pressure after a few minutes, open up and serve into bowls for eating.

Nutritional Information

Calories- 334

Fat- 8g

Carbs- 39g

Protein- 26g

MONDAY

4. BREAKFAST: QUINOA MORNING PORRIDGE

Ingredients:

- Half a cup of rinsed Quinoa
- One can of coconut milk
- One teaspoon of cinnamon
- One teaspoon of chia seeds

- One teaspoon of hemp seeds

Preparation:

- Combine all the ingredients in a bowl except the hemp seeds
- Allow to simmer for ten to fifteen minutes until the liquid is absorbed.
- Sprinkle with hemp seeds and serve.

Nutritional information

Calories- 220

Carbs- 40g

Fat- 3g

Protein- 10g

5. LUNCH: AVOCADO SALAD WRAP

Ingredients:

- One butter lettuce or collard leaf bunch
- One teaspoon of chopped basil
- Small handful of spinach
- One sliced or chopped tomato
- One teaspoon of chopped cilantro
- A quarter of diced red onion
- Half hass avocado
- Sea salt & pepper

Preparation:

- Spread avocado onto the collar leaf or butter lettuce.
- Sprinkle with basil, cilantro, red onion, tomato, salt and pepper and add spinach. Fold in half and enjoy!

Nutritional information

Calories- 461

Carbs- 35.5g

Fat- 30.2g

Protein- 12.1g

6. DINNER: KALE SALAD WITH ROASTED CHICKPEAS & GOLDEN BEETS***Ingredients:***

- Two medium-sized golden beets
- A quarter cup of chopped cherry tomatoes
- Two cups of chopped kale leaves
- Juice from one small lemon
- Half tablespoon of extra virgin olive oil
- Shredded Parmesan cheese
- A dash of sea salt
- Half of one sliced avocado

- Black pepper to taste

For the chickpeas

- Half (15 oz.) can of chickpeas to be rinsed and drained
- Cumin
- Oregano
- Half tablespoon of extra virgin olive oil
- Paprika
- Thyme

Preparation:

- Preheat oven to 218oC.
- Cut off the stems/leaves of the beets, rinse them off, and pat them dry with a paper towel.
- Use tinfoil to wrap them up and arrange on a baking sheet.
- Roast for about forty-five to fifty-five minutes until beets are soft and skin becomes easily peeled off.

Preparing the chickpeas:

- In a medium bowl, combine the chickpeas with paprika, oregano, olive oil, thyme and a dash of cumin; toss to coat.
- Add to an aluminum foil that has been lined with baking sheet and bake for twenty-five minutes until chickpeas are crispy.
- As the beets and chickpeas are baking, add kale to a large bowl together with olive oil and salt.
- Mix with your hands to break down the fiber of the kale. Afterwards, add tomatoes to the bowl.

- When the beets are ready, peel off the skin and cut into pieces. Add to the salad along with chickpeas.
- Top with Parmesan cheese, lemon juice and black pepper, then toss until everything is well mixed together and evenly coated with the lemon juice after which you can serve.

Nutritional information

Calories- 124.4

Carbs- 16g

Fat- 6.3g

Protein- 4.6g

TUESDAY

7. BREAKFAST: CHAI-INFUSED VANILLA QUINOA PORRIDGE

Ingredients:

- One cup of dry organic quinoa
- Half a teaspoon of ground nutmeg (preferably fresh grated)
- Two cups of alkaline water
- A handful of assorted nuts and seeds (at your discretion)
- One stick of cinnamon
- Half a cup of coconut cream or milk
- One and a half teaspoons ground ginger

- Half lemon skin that should be grated
- One vanilla bean pod or vanilla essence

Preparation:

- Prepare the quinoa according to the instructions on the pack.
- After cooking, drain the quinoa of its water and put in a saucepan.
- Add nutmeg, ginger, cloves and cinnamon, then stir thoroughly.
- Add the coconut cream or milk and throw in the scraped out vanilla pod
- Warm the mixture and serve into a big bowl.
- Use the grated lemon skin as topping and sprinkle with extra ground cinnamon; the seeds and nuts can also come in at this point after which you can serve.

Nutritional information

Calories- 1155

Carbs- 72.8g

Fat- 89.3g

Protein- 31g

8. LUNCH: ASIAN SESAME DRESSING AND NOODLES

Ingredients:

Dressing

- Two tablespoons of tahini
- Two teaspoons of gluten-free tamari

- Half teaspoon of liquid coconut nectar
- Half teaspoon of freshly squeezed lemon
- One minced clove of garlic

Noodle salad

- One bag of kelp noodles or one Zucchini
- One chopped scallion
- One tablespoon of raw sesame seeds for topping purposes
- Sliced red bell pepper and/or carrot (completely optional)

Preparation:

- If you're using zucchini noodles, you will need a spiralizer but if you decide to use kelp noodles, simply put in warm water for about ten minutes. This will help to rinse off the liquid used for packaging them thus enabling them to separate and soften.
- Combine all the dressing ingredients in a bowl and mix thoroughly using a spoon.
- Add the Asian Sesame dressing to the noodles and scallions, ensuring to mix them properly.
- Top with sesame seeds and serve.

Nutritional information

Calories- 153

Carbs- 13.7g

Fat- 3.3g

Protein- 11.5g

9. DINNER: PESTO GNOCCHI WITH OLIVES AND SUN-DRIED TOMATOES

Ingredients:

- One pack of gnocchi
- Three cups of loosely packed basil
- One-third cup of extra virgin olive oil (for pesto)
- Two large minced cloves of garlic
- Half cup of chopped sun-dried tomatoes
- One teaspoon of lemon juice
- Two cups of loosely packed spinach
- Two tablespoons of pine nuts
- One-third cup of pitted black olives
- Sea salt and pepper

Preparation:

- Cook gnocchi according to the instructions on the pack and set aside.
- Combine the spinach, lemon juice, garlic, sea-salt, pine nuts, pepper, and basil in a blender and blend on low speed. Add the olive oil gradually until the desired consistency is achieved; this forms the pesto sauce.
- Mix the pesto sauce, olives and sun-dried tomatoes together with the gnocchi after which you can serve.

Nutritional Information

Calories- 667.5

Carbs- 52g

Fat- 45g

Protein- 9g

WEDNESDAY

10. BREAKFAST: APPLE AND ALMOND BUTTER OATS

Ingredients:

- Two cups of gluten-free oats
- One cup of grated green apple
- One teaspoon of cinnamon
- One-third cup of raw almond butter
- One and a half cups of coconut milk

Preparation:

- Combine the coconut milk, oats, and almond butter in a bowl and mix together well.
- Add the grated apple and stir; use a lid to cover the bowl and put in the refrigerator overnight.
- Remove from the refrigerator the next day and garnish with cinnamon powder.

Nutritional information

Calories- 284

Carbs- 27.9g

Fat- 19.1g

Protein- 5g

11. LUNCH: GREEN GODDESS BOWL WITH AVOCADO CUMIN DRESSING

Ingredients:

Avocado cumin dressing

- One avocado
- One tablespoon of extra virgin olive oil
- Two freshly squeezed limes
- One cup of filtered water
- A dash of cayenne pepper
- A quarter teaspoon of sea salt
- One tablespoon of cumin powder
- A quarter teaspoon of smoked paprika (Optional)

Tahini lemon Dressing

- A quarter cup of tahini (sesame butter)
- One tablespoon of extra virgin olive oil
- One clove of minced garlic

- Three-Quarter teaspoon of sea salt
- Black pepper to taste
- Half a cup of filtered water
- Half lemon that is freshly squeezed

Salad

- Three cups of chopped kale
- Half a cup of chopped broccoli florets
- Half zucchini (make noodles with spiralizer)
- Half a cup of kelp noodles, which should be soaked and drained
- One-third cup of halved cherry tomatoes
- Two tablespoons of hemp seeds

Preparation:

- Steam the kale and broccoli for just about four or five minutes and then set aside.
- Combine zucchini noodles and kelp noodles in a bowl and toss with a sizeable amount of smoked avocado cumin dressing.
- Add cherry tomatoes and toss again.
- Sprinkle the steamed kale and broccoli with lemon tahini dressing.
- Use the dressed noodles and tomato as toppings for the kale and broccoli after which you sprinkle everything with hemp seeds.

Nutritional information

Calories- 77.6

Carbs- 4.7g

Fat- 6.6g

Protein- 0.3g

12. DINNER: HIGH PROTEIN SPINACH AND RICE BALLS

Ingredients:

Spinach

- Four and a half cups of spinach leaves
- Three-Quarter teaspoon of salt
- One tablespoon of lemon juice
- One teaspoon of garlic powder
- One-third cup of pitted Greek olives
- One tablespoon of nutritional yeast

Rice balls

- One and one-Quarter cups of cooked rice
- Half a cup of ground almonds
- Half a cup of chickpea flour

Optional

- Cashew sour cream or coconut yogurt

Preparation:

- Preheat your oven to 182°C.

- Put all the spinach ingredients into a food processor and pulse.
- Transfer the pulsed mixture into a large bowl and add in the ingredients for rice balls.
- Mix everything together properly until you have a firm dough-like texture. Add pepper to taste as well if you so wish.
- Make about twelve balls from the mixture using your hands and arrange on a baking tray lined with baking paper.
- Bake in the oven for about twenty to twenty-five minutes just as long as the bitter taste has been eliminated.
- Serve together with either coconut yogurt or cashew sour cream.

Nutritional Information

Calories- 69

Carbs- 9g

Fat- 3g

Protein- 3g

THURSDAY

13. BREAKFAST: SWEET POTATO PALEO BREAKFAST BOWL

Ingredients:

- Half a bag of organic broccoli slaw
- One purple sweet potato
- One tablespoon of avocado oil or ghee

- Four slices of organic, pasture-raised bacon
- Four organic, pasture-raised eggs
- Pink Himalayan sea salt

Preparation:

- Get a steamer basket, put the cleaned sweet potato inside, set over boiling water, and steam over high heat for about twenty minutes.
- In a large skillet, place bacon in a single layer and cook on medium-low heat until cooked through but not crispy.
- Remove the bacon from pan and put in a plate.
- In the same pan, add the bag of broccoli slaw on one side with a tablespoon of avocado oil or ghee and a few pinches of pink salt.
- After sautéing for a few minutes, add 2 eggs on the other side and fry slightly.
- Once the first two eggs are done frying, remove gently and add the other two eggs for light frying too.
- Remove everything from the pan, serve into two bowls, and enjoy!

Nutritional Information

Calories- 292.4

Fat- 8.6g

Carbs- 17.3g

Protein- 19.45g

14. LUNCH: QUINOA BURRITO BOWL

Ingredients:

- One cup of quinoa (or brown rice)
- A small handful of chopped cilantros
- Four green onions which should be sliced
- Two freshly squeezed limes
- Four minced garlic cloves
- Two cans of black or adzuki beans
- Two sliced avocados
- One heaping teaspoon of cumin powder

Preparation:

- Cook the quinoa or brown rice and at the same time, warm beans over low heat.
- Add the following ingredients to the quinoa: lime juice, cumin powder, onions, and garlic. Stir together and allow the flavors to combine for about ten to fifteen minutes.
- Once the quinoa is done cooking, serve into separate bowls.
- Use the beans, avocado and cilantro as toppings and enjoy!

Nutritional information

Calories- 657.7

Carbs- 95.1g

Fat- 17.4g

Protein- 34.1g

15. DINNER: MUSHROOM BUTTER MASALA

Ingredients:

- Ten ounces of chopped mushrooms
- Six chopped garlic cloves
- One teaspoon of red chili powder
- Two large tomatoes
- Seven cashews
- One-inch piece of grated ginger
- One chopped onion
- One teaspoon of garam masala powder
- Four chopped green chilis
- Half teaspoon of turmeric powder
- A quarter cup of non-dairy milk
- Coriander leaves for garnish
- Two tablespoons of vegan butter
- One tablespoon of vegetable oil
- Salt to taste
- One teaspoon of dried fenugreek leaves

Preparation:

- In a non-stick pan, heat butter and oil; add garlic, ginger, onion, and green chili, then sauté until translucent. Add a pinch of salt while

sautéing so that the onion cooks faster.

- Add the mushroom and sauté as well until it develops some color.
- At the same time, grind the tomatoes and the cashews together adding a little bit of water such that a smooth paste is formed.
- Add this ground paste along with garam masala powder, red chili powder, and turmeric powder to the cooked mushrooms and onion and bring it to a boil for about four to six minutes. The salt and water level should be adjusted accordingly.
- Add the non-dairy milk and again bring it to a boil.
- Add the dried fenugreek leaves, mix well, and cook for about one minute until you get the desired consistency.
- Use coriander leaves as garnish and serve hot!

Nutritional Information

Calories- 217

Carbs- 20 g

Fat- 14 g

Protein- 3 g

FRIDAY

16. BREAKFAST: RAW VEGAN LEMON MELTAWAY BALLS

Ingredients:

- One and a half cups of almond flour

- Half teaspoon of organic pure vanilla extract
- A quarter cup of organic lemon juice
- One-third cup of organic coconut flour
- A quarter cup of organic coconut oil
- One tablespoon of organic lemon zest
- One or two pinches of Himalayan pink salt
- A quarter cup of organic maple syrup

Preparation:

- Add all the ingredients to a food processor and pulse until everything is well combined.
- Check to see if the mixture is firm enough to roll into a ball and if not, refrigerate for ten to fifteen minutes.
- Rub a small amount of coconut oil on your palms and start rolling the mixture into a ball shape by scooping one spoonful at a time and rolling them into the palms of your hands.
- You can either leave them plain, or roll the balls in organic shredded coconut flakes, organic powdered sugar (not raw or lectin-free), or organic cane sugar (not lectin-free).
- Arrange the balls in a baking pan lined with parchment paper and put in the refrigerator for about fifteen to thirty minutes to enhance firmness.
- Get an airtight container and use it to store the balls in the refrigerator until ready to serve else they will soften and lose their shape especially if they are left at room temperature.

Nutritional information

Calories- 316

Carbs- 25.5g

Fat- 19g

Protein- 11g

17. LUNCH: THAI QUINOA SALAD

Ingredients:

Dressing

- One tablespoon of sesame seeds
- Two teaspoons of gluten-free tamari
- One tablespoon of chopped garlic
- Three teaspoons of apple cider vinegar
- Half teaspoon of salt
- A quarter cup of tahini (sesame butter)
- Half teaspoon of toasted sesame oil
- One pitted date
- One teaspoon of freshly squeezed lemon

Salad

- One cup of steamed quinoa
- One sliced tomato
- A quarter of diced red onion
- One sizeable handful of arugulas

Preparation:

- Put the following in a small blender: ¼ cup + 2 tbsp. of filtered water along with the ingredients for dressing and blend.
- Steam the quinoa in a steamer or rice cooker, and then set aside.
- Combine the quinoa, arugula, sliced tomatoes, and diced red onion, in a serving plate or bowl, add Thai dressing, and hand mix using a spoon before serving.

Nutritional information

Calories- 479.2

Carbs- 39g

Fat- 16g

Protein- 47.1g

18. DINNER: BROCCOLI MUSHROOM ROTINI CASSEROLE

Ingredients:

For the Casserole

- One cup of broccoli
- Eight ounces of sliced mushrooms
- One medium onion which should be peeled and quartered
- Three large cloves of garlic
- Sixteen ounces of whole wheat rotini, elbows or spirals
- A quarter cup of panko bread crumbs

- Half teaspoon of dried basil
- Half teaspoon of dried oregano

For garnishing:

- Paprika
- White pepper
- Herbamare or salt

For the Cheesy Sauce:

- Two cups of almond milk
- One-third cup of nutritional yeast
- One tablespoon of cornstarch
- A quarter cup of cashews
- Five teaspoons of brown rice miso paste
- One large clove of garlic
- One teaspoon of smoked paprika

Preparation:

- Preheat your oven to 177oC.
- Boil water in a large pot and add salt if desired; cook the rotini for about six minutes just until it gets soft.
- mushrooms, broccoli, garlic and onions separately in a food processor until they're broken into tiny pieces.
- Put the ingredients in step 3 in a large sauté pan and cook for seven minutes until soft.

- Blend cheesy sauce ingredients in a blender and taste for enough amount of seasonings or adjust if needed.
- Drain the rotini and combine with the blended cheesy sauce after which you toss to coat.
- Pour the entire mixture into a large casserole pan before topping with smoked paprika and panko breadcrumbs.
- Bake for about twenty-five minutes and then serve.

Nutritional information

Calories- 355

Carbs- 71g

Fat- 4g

Protein- 15g

SATURDAY

19. BREAKFAST: ALKAMIND CHIA BREAKFAST

Ingredients:

- Four tablespoons of chia seeds
- A quarter cup of chopped nuts (almonds, cashews or hemp seeds)
- One cup of unsweetened almond or coconut milk
- Half teaspoon of vanilla
- One tablespoon of unsweetened shredded coconut flakes
- Half teaspoon of cinnamon

Preparation:

- Combine chia seeds and milk in a bowl a night earlier; then add cinnamon, chopped nuts and vanilla.
- Cover the bowl, shake the mixture until it's properly combined and put in a refrigerator overnight.
- The following morning, bring out the mixture from the refrigerator, shake the mixture and serve into two or three bowls.
- Top with fresh fruit, coconut shreds or more chopped nuts and enjoy (entirely optional anyway).

Nutritional information

Calories- 60

Carbs- 5g

Fat- 3g

Protein- 3g

20. LUNCH: KALE PESTO PASTA***Ingredients:***

- One bunch of kale
- Two cups of fresh basil
- A quarter cup of extra virgin olive oil
- Half a cup of walnuts
- Two freshly squeezed limes

- Sea salt and pepper
- One noodled zucchini
- Sliced asparagus, spinach leaves, and tomato for garnishing (optional)

Preparation:

- Soak the walnuts a night prior in order to enhance absorption.
- Put all ingredients in a blender and pulse until you get a creamy mixture.
- Add the zucchini noodles and serve.

Nutritional information

Calories- 50.1

Carbs- 3g

Fat- 4g

Protein- 1g

21. DINNER: LENTIL-STUFFED POTATO CAKES

Ingredients:

For the cakes

- Ten medium-sized gold potatoes
- One bay leaf
- Salt
- One cup of potato starch, (plus a little extra for dusting)

For the stuffing

- Three-Quarter cup of dried green lentils which should be cooked
- Two tablespoons of olive oil
- Four ounces of shiitake mushrooms
- Salt and freshly ground black pepper
- One chopped medium-sized onion
- Coconut oil for panfrying

Preparation:

- Get a large pot, put in seven cups of water, add the potatoes, the bay leaf, and some salt. Then boil until the potatoes are soft and tender.
- Once they are done, rinse the potatoes with cold water which allows the skins to peel off easily.
- Mash the potatoes until smooth, add enough potato starch and stir to form a dough.

Preparing the stuffing:

- Heat the olive oil in a sauté pan over medium-high heat.
- Add onion, stir and cook for five minutes; immediately, add the mushrooms and cook for an additional five minutes.
- Add the lentils along with salt and pepper to taste and cook for two minutes. Then set aside to cool.

Forming the cakes:

- Put three tablespoons of the dough in your hand and press it into your palm.

- Spread a spoonful of stuffing on the dough, close it by folding it over and shape it into a round disk. Repeat for the remaining dough and stuffing.
- Put a thin layer of coconut oil in a skillet over medium heat and heat.
- Cook the potato cakes in the heated oil on both sides until they form a golden-brown crust, which should take about eight minutes in total for both sides.

Nutritional information

Calories- 124

Carbs- 20g

Fat- 3g

Protein- 4g

SNACKS

22. SWEET RED PEPPER & TOMATO RAW SOUP

Ingredients:

- Ten medium-sized tomatoes
- Two large sweet pointed peppers or three normal-sized peppers
- One brown or red onion
- Two cloves of garlic
- A sizeable amount of stock

Preparation:

- Bring a little stock to boil in a small frying pan and steam-fry the roughly chopped onion and garlic for one or two minutes.
- Now, put the rest of the ingredients into the blender with the onion, garlic and remaining stock and blend until smooth.
- Add seasoning and serve!

Nutritional information

Calories- 77.4

Carbs- 14.4g

Fat- 1.8g

Protein- 3.3g

23. HOMEMADE CHOCOLATE ALMOND SQUARES

Ingredients:

- Half a cup of cocoa butter
- One teaspoon of real vanilla extract
- Half a cup of virgin coconut oil
- A quarter teaspoon of stevia extract
- Half a cup of raw organic cacao powder
- Chopped hazelnuts, cacao nibs, almonds, goji berries, chia seeds etc. (All are optional)

Preparation:

- Grate the cocoa butter and then combine it with coconut oil in a mixing bowl.
- Put the mixture in a shallow pan containing a small amount of hot water, then stir the oil and butter together until it becomes a smooth mixture.
- Add the stevia, vanilla, and cacao powder and combine properly.
- Pour the entire mixture into a lined baking pan or utilize chocolate molds if available, and then sprinkle on top if with any of the aforementioned options like hazelnuts, almonds etc.
- Refrigerate for one hour after which you can serve and enjoy!

Nutritional information

Calories- 200

Carbs- 21g

Fat- 12g

Protein- 3g

24. TOMATO AND CUCUMBER SALAD

Ingredients:

- Eight ounces of cherry tomatoes, which should be halved or quartered
- Two tablespoons of olive oil
- A quarter red onion, which should be sliced very thinly
- One tablespoon of red wine vinegar
- One medium-sized seedless cucumber, which should be sliced and quartered

- Salt and freshly ground black pepper to taste
- One teaspoon of finely chopped fresh oregano
- Two ounces of crumbled feta cheese

Preparation:

- Combine cucumber, oregano, cherry tomatoes, and red onion in a serving bowl.
- Add red wine vinegar and olive oil, toss lightly to coat and evenly divide the ingredients.
- Season to taste using salt and pepper; then sprinkle with feta cheese.
- Serve and refrigerate for further storage but not more than two days.

Nutritional information

Calories- 30

Carbs- 5g

Fat- 1.5g

Protein- 1g

SMOOTHIES

25. BERRY GOOD SPINACH POWER SMOOTHIE

Ingredients:

- Two cups of fresh spinach
- One tablespoon of coconut oil

- Two tablespoons of raw almond butter
- One teaspoon of cinnamon
- One frozen banana
- Two cups of unsweetened almond milk
- One cup of frozen mixed berries

Preparation:

Firstly, blend the almond milk and spinach; afterwards, add the remaining ingredients and blend until smooth. Serve afterwards.

Nutritional information

Calories- 105.2

Carbs- 25.5g

Fat- 0.3g

Protein- 1.6g

26. ALMOND BUTTER CRUNCH BERRY SMOOTHIE

Ingredients:

- Two cups of fresh spinach
- Four tablespoons of raw almond butter
- One tablespoon of chia
- Two cups of unsweetened almond milk
- One banana which should be peeled and frozen

- One cup of any of the following: frozen mixed berries, strawberries or grapes

Preparation:

- Put the spinach and the almond milk in a blender, then blend.
- Apart from the chia, add the other ingredients and blend until smooth.
- Add chia and then blend on a very low speed for proper mixing.
- Allow to sit for a few minutes so that the chia seeds can expand, after which it can be served.

Nutritional information

Calories- 402

Carbs- 37g

Fat- 22g

Protein- 19g

DESSERT

27. NON-DAIRY APPLE PARFAIT

Ingredients:

- Half a cup of soaked raw cashews (soak for thirty minutes to one hour)
- One tablespoon of hemp seeds
- Half a cup of unsweetened almond or coconut milk
- One cup of chopped apple

- Half teaspoon of vanilla
- One-third cup of rolled, uncooked gluten-free oats

Preparation:

- Put the cashews, almond milk, and vanilla in a blender and blend until smooth.
- Put the ingredients in a cup in form of layers by scooping spoonful of cashew cream, spoonful of apples, before topping with oats and hemp seeds.

Nutritional information

Calories- 240

Carbs- 15g

Fat- 15g

Protein- 15g

28. LIME AND COCONUT PANNA COTTA

Ingredients:

- Two teaspoons of gelatine
- Two cups of cream
- One cup of coconut cream
- One vanilla bean
- Half a cup of sugar
- One Lime

Preparation:

- Put the cream, vanilla (split open), coconut cream, lime juice, sugar, and rind from one lime in a saucepan and heat until almost boiling, ensuring to stir for the sugar to dissolve.
- Combine the gelatine with one tablespoon of water in a small bowl and gently put the bowl inside a larger bowl of boiling water.
- Allow the small bowl containing the gelatine to sit for some minutes until it turns liquid, after which you can stir until smooth. Pour the gelatine into the hot cream and mix well.
- Pour the mixture into four slightly oiled ramekins and chill overnight.
- Run a hot knife round the outside of the panna cotta, and then serve onto plates upside down.

Nutritional information

Calories- 249

Carbs- 17.1g

Fat- 21.1g

Protein- 2.8g

So, without much fuss, it is clear that it is becoming more important to watch the foods we eat and pay more attention to our health so that we don't cause unnecessary health problems for ourselves. The alkaline diet no doubt offers a healthy route for consuming foods that will be predominantly beneficial to us. There more alkaline recipes out there but this book provides about twenty-eight (28) which will make your eating routine fun and exciting. So, here's to eating well and 'alkalizing' your body more and

I wish you the best in your alkaline diet journey. also, for more info, you can check out our alkaline/acid food list here at .

CHAPTER 8

BEST RECIPES FOR VEGGIES OR VEGANS

Increasingly more people have decided to go vegan for ethical, environmental or health reasons.

When done right, such a diet may result in various health benefits, including a trimmer waistline and improved blood sugar control.

Nevertheless, a diet based exclusively on plant foods may, in some cases, increase the risk of nutrient deficiencies.

Veganism is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose.

For these reasons, the vegan diet is devoid of all animal products, including meat, eggs and dairy.

People choose to follow a vegan diet for various reasons.

These usually range from ethics to environmental concerns, but they can also stem from a desire to improve health.

Avoiding animal products doesn't mean you must survive on veggies and tofu alone.

In fact, many common dishes are already vegan or can be adjusted easily.

Some examples include bean burritos, veggie burgers, tomato pizzas, smoothies, nachos with salsa and guacamole, hummus wraps, sandwiches and pasta dishes.

Meat-based entrees are generally swapped for meals containing the following:

- Beans
- Lentils
- Tofu
- Seitan
- Tempeh
- Nuts
- Seeds

Dairy products are usually replaced with plant milks. Scrambled eggs can be swapped for scrambled tofu, whereas raw eggs can be replaced with flaxseeds or chia seeds in various recipes.

Honey can be swapped for plant-based sweeteners, such as molasses or maple or rice syrups. In addition, vegans tend to consume a variety of whole grains, as well as a wide array of fruits and vegetables

Finally, vegans can also choose from an ever increasing selection of ready-made vegan products, including vegan meats, fortified plant milks, vegan cheeses and even vegan versions of your favorite desserts.

BEST VEGAN RECIPES

1. VEGAN THAI DRUNKEN NOODLES (PAD KEE MAO)

Prep time: 5 mins

Cook time: 10 mins

Total time : 15 mins

Recipe type: Main

Serves: Serves 4

These Thai drunken noodles are a fragrant and spicy noodle dish perfect after a night out, or if you're craving the perfect Bangkok street-food! This vegan version of thai drunken noodles is ready in 15 minutes from start to finish. Simple ingredients but an extraordinary meal.

Ingredients:

- 6 tbsp light brown sugar
- ½ cup soy sauce
- ¼ cup vegetable mushroom oyster sauce
- 2 tbsp whiskey
- 1 tbsp mirin
- 1 tbsp sambal oelek or sriracha sauce
- 4 cloves garlic, chopped + 4 cloves garlic, chopped
- 4 tbsp canola oil or cooking oil of choice
- 4 eggs worth of The Vegan Egg
- 2 pkgs Tofurky vegan chicken strips
- 1 tsp sesame oil
- ½ tsp sea salt
- 4 green onions, thinly sliced, plus more for garnish
- 4 cups broccoli florets
- 2 cups mushrooms, thinly sliced

- ½ cup non-beef or non-chicken vegetarian broth
- 12 ounces dried wide rice noodles

Instructions:

1. Place light brown sugar, soy sauce, mushroom oyster sauce, whiskey, 4 chopped cloves of garlic, mirin, and chili sauce into a mixing bowl. Whisk together and set aside.
2. Place the Tofurky vegan chicken strips into a bowl and toss with sesame oil. Set aside.
3. Prepare your vegan eggs.
4. Heat pan with oil. Add vegan egg mixture to pan and mix until scrambles. Optional: Add black salt to give your vegan egg a more "egg" smell & taste. Put scrambled vegan eggs into a dish and set aside.
5. Meanwhile, prepare rice noodles according to package instructions and drain. Set aside.
6. Reheat the pan over medium high heat, and add Tofurky strips. Sauté for 4 mins until the strips are heated through. Remove from pan and set aside.
7. Next, fry your vegetables; To a large oiled pan, heat up the remaining 4 cloves of garlic, ginger, and green onions. Stir for 20 seconds.
8. Add mushrooms, broccoli, and broth of choice. Stir for 2-3 mins.
9. Add vegan chicken strips, vegan egg, and half of the sauce to the pan.
10. Mix to combine and bring to boil. Reduce to a simmer.
11. Add Noodles and the remaining half of the sauce. Mix to combine, until noodles are completely coated.

12. Serve garnished with green onions.

2. LENTIL AND TURNIP SOUP WITH LEMON

Preparation time: 15-20 minutes

Serves: 4-6 people

Ingredients:

- 4 Tbsp oil
- 2 onions
- 14 oz / 400 g turnip
- 2 bay leaves
- 1 cup / 200 g red lentils (dried, uncooked)
- 6 cups / 1 l + 400 ml boiling water
- 2 heap Tbsp finely chopped lemon zest
- 2-2 ½ tsp salt
- 2 Tbsp lemon juice

Instructions:

1. Heat up a thick-bottomed pot.
2. Add some oil and chopped onions.
3. Cook for a couple of minutes until the onions are slightly golden brown.
4. Add peeled and cubed turnip, bay leaves, red lentils and boiling water.

5. Boil for 12-15 minutes, until the turnip and lentils are soft.
6. Add chopped lemon zest, salt and lemon juice.
7. Cook for a couple of minutes.
8. Serve with fresh parsley.

3. RICH AND JUICY PASTA SALAD WITH VEGGIES

Serves: 4-6 people

Preparation time: 15 minutes

Ingredients:

For the pasta salad:

- 3 cups / 550 g boiled small shaped pasta (about 1 ½ cups / 225 g uncooked)
- medium can of corn (12 oz / 340 g)
- medium can of pitted black olives (12 ½ / 360 g)
- 14 oz / 400 g canned beans
- one big cucumber
- half of a red onion
- ½ cup / 100 g thinly chopped carrots
- ¾ tsp salt

For the mustard and orange vinaigrette:

- juice of one medium orange (about ¼ cup / 60 ml)

- 3 heaped Tbsp mild mustard
- 1 Tbsp (olive) oil
- ½ tsp ground black pepper

Instructions:

1. In a big bowl, mix boiled and cooled pasta with drained corn, drained and halved olives, drained and rinsed beans, cucumber cubes, chopped red onions, chopped carrots and salt.
2. Now make the vinaigrette: whisk orange juice with mild mustard, oil and pepper.
3. Pour the sauce over the pasta salad and mix carefully.
4. Taste and add more salt if needed.
5. Garnish with fresh herbs if you like and serve right away.

Tip: if you want to serve the salad later, you can mix the salad ingredients together and keep it in the fridge. And just right before serving, mix the salad with vinaigrette

4. CRISPY CARROT PATTIES + SOME TIPS

Yields: 13 - 15 medium patties

Preparation time: 30 minutes.

Ingredients:

- 2 large carrots (about 2 cups grated carrots)

- 14 oz / 400 g canned beans (I used white beans) or chickpeas
- 1 onion
- 3/4 tsp dried rosemary
- 3/4 tsp dried thyme
- 1/2 tsp ground cumin
- 1/2 tsp curry powder
- 1 tsp salt
- 1/2 cup / 80 g whole wheat flour or oat flour or GF flour
- oil for cooking (I use sunflower oil)

Instructions:

1. Wash the carrots (no need to peel) and grate them with a bigger grater.
2. Add drained and rinsed beans, finely chopped onion and all the herbs and spices.
3. Massage and pinch with your hands, until the beans are crushed and all the ingredients are mixed.
4. Add the flour and massage a little bit more.
5. Heat up some oil on a pan. Form nice round patties and cook on both sides until crispy.
6. Serve on a sandwich, in a burger or with pasta, rice, mashed potatoes or buckwheat for example.

Some tips for making the perfect vegan cutlets:

- the oil on the pan has to be hot (and use plenty!) before you start cooking the patties

- the patty has to be fully cooked and crispy on one side before you start flipping it over
- use a thin pan spade or spatula to flip the patties over
- if the patties don't want to stick together, add more flour or breadcrumbs
- when the patties are cooked, don't stack them on each other, since they tend to get mushy that way
- a basic vegan patty recipe: a binder (canned beans, boiled legumes, some porridge or flax egg) + seasoning + vegetable chunks or grated vegetables + some flour or breadcrumbs
- Vegan patties are best when pan-fried, but you can also bake them in the oven. If you want, you can sprinkle them with a little bit of oil before baking.

5. POTATOE SALAD

Preparation time: 30 minutes + cooling the potatoes

Serves: a big bowl of salad, about 6 - 8 people

Ingredients:

- 10 larger uncooked potatoes (about 2,8 lbs / 1300 g)
- 23 oz / 660 g can of peas
- 4 - 5 large dill pickles (1 cup / 200 g chopped)
- 3 heaping Tbsp chopped fresh dill
- 2 ¼ cups / 530 ml vegan mayo

- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- (1 Tbsp sugar)

Important note: sometimes, the vegan mayonnaise can be too thick or too sour. That's why I've included the sugar in this recipe. Taste your mayonnaise and add the sugar if it's too soury. Also, if it's too thick, thin it down by adding some vegan heavy cream or plant milk.

Or you can make your own vegan mayonnaise using this recipe. Make a double batch for this salad!

Instructions:

1. Wash the potatoes, don't peel them and boil them in a large pot in plenty of water until soft.
2. Not too mushy, but soft to the middle when trying with a fork.
3. Drain the potatoes and cool them down. If you cut them into half, they will cool down quicker.
4. In the meantime, you can drain and rinse the peas, cut the pickles into smaller cubes and finely chop the dill. Now mix the mayo with some salt, ground black pepper and sugar, if needed.

When the potatoes are cooled down, peel them and cut them into smaller cubes. Add peas, pickles, dill and mayonnaise sauce. Mix thoroughly. Taste and add some salt and/or sugar if needed. This salad is best when it has been sitting in the fridge for a couple of hours. And it will keep in the fridge for a couple of days.

6. CRISPY SESAME AND GARLIC POTATOES

Preparation time: 25 minutes

Serves: 5 - 6 people

Ingredients:

- 7 medium potatoes (uncooked)
- 2 - 3 Tbsp oil
- 1 tsp salt
- 1 tsp ground black pepper
- 2 heaping Tbsp sesame seeds
- 2 large garlic cloves

Instructions:

1. Wash and boil the potatoes (don't peel them) until soft.
2. Drain and let them cool for a while.
3. Peel and slice the potatoes.
4. Heat up a bigger pan, add oil, sliced potatoes, salt and pepper.
5. Cook for a couple of minutes, until the potatoes are crispier.
6. Add sesame seeds and thinly chopped garlic.
7. Stir and cook for a minute or two. Serve.

7. EASY TOMATO CREAM SAUCE (GLUTEN FREE)

Preparation time: 5 minutes **Serves:** a small bowl, 2 - 3 people

Ingredients:

- 2 Tbsp oil
- 1 red onion
- 1 clove of garlic
- ½ tsp dried thyme
- ½ tsp dried basil
- ½ tsp (unrefined) sugar
- ½ tsp ground black pepper
- ¼ tsp salt (or more to taste)
- 2 tomatoes or a couple of handfuls of cherry tomatoes
- 1 Tbsp chopped fresh parsley
- 3 Tbsp vegan cooking cream, coconut milk or homemade cashew cream

Instructions:

1. Heat up a pan and pour some oil in it.
2. Add sliced red onion.
3. Cook for a couple of minutes.
4. Add chopped garlic, herbs, sugar, pepper and salt.
5. Cook for a minute.

6. Add chopped tomatoes.
7. Cook for a couple of minutes.
8. Add chopped parsley and cream.
9. Cook for a minute and serve.

8. QUICK AND EASY VEGAN NOODLE STIR-FRY

Preparation time: 15 - 20 minutes

Serves: 3 - 4 people

Ingredients:

- 8 - 9 oz / 250 g regular wok noodles or rice noodles
- 2 onions
- 1 large carrot (1 ½ cup / 170 g)
- 1 Tbsp chopped ginger or some ginger powder
- 2 - 3 Tbsp oil
- 3 garlic cloves
- ½ tsp salt
- 2 - 3 Tbsp soy sauce or more.

Instructions:

1. Bring water to a boil. Add noodles, remove the heat and let the noodles soak for a couple of minutes.

2. Drain, rinse with cold water and cut the noodles a bit smaller. That way they will mix better with other ingredients.
3. You can use a big knife or scissors.
4. Cut the noodles in the same colander where you drained them.
5. Peel the onions, cut them into two and slice.
6. Peel the carrot and cut it into strips. Peel the ginger and chop it into tiny pieces.
7. Heat up a pan and pour some oil in it.
8. Add sliced onions and cook for a couple of minutes.
9. Add carrot strips and chopped ginger.
10. Cook for a couple of minutes.
11. Add chopped garlic and salt.
12. Cook for a minute.
13. Add noodles and soy sauce.
14. Stir and cook for a minute or two.
15. Taste and add more soy sauce if needed.
16. Serve with sriracha and fresh cilantro or parsley, if you want.

9. TOMATO AND CHICKPEA CURRY WITH COCONUT MILK

Serves: 4-6 people

Preparation time: 20 minutes.

Ingredients:

- 3-4 Tbsp oil
- 2 onions
- 1 tsp salt
- 2 tsp curry powder
- 1 tsp ground cumin
- 2 bay leaves
- 2 x 14 oz / 2 x 400 g canned chickpeas
- 4 tomatoes
- 14 oz / 400 g can coconut milk
- 1 Tbsp soy sauce or tamari
- + boiled rice for serving

Instructions:

1. Heat up some oil in a thick-bottomed pot or wok pan.
2. Add thinly sliced onions and salt.
3. Cook for a minute.
4. Add spices and bay leaves.
5. Stir and cook for a minute.
6. Add drained chickpeas and cook for another minute.
7. Add chopped tomatoes and let it simmer for a couple of minutes.
8. Add coconut milk and simmer for at least 5 minutes.
9. In the end, add soy sauce or tamari and stir. Serve with boiled rice.

10. LENTIL STROGANOFF (OIL FREE, GF)

Serves: 4-6 people

Preparation time: 40 - 45 minutes

Ingredients:

- 1 cup / 250 g green or brown lentils (uncooked)
- 3 cups / 800 ml water
- 1 onion
- 2 dill pickles
- 1 tsp salt
- 5 Tbsp tomato sauce
- ¼ tsp ground nutmeg
- 1 Tbsp paprika powder
- (1 Tbsp soy sauce or tamari)
- (2 Tbsp vegan cooking cream, you can make your own)

Instructions:

1. Cover the lentils with water and add chopped onion.
2. Bring to a boil. Let it boil for 30 - 40 minutes on a medium heat, until the lentils are soft.
3. Add chopped pickles, salt, tomato sauce, nutmeg, paprika powder and if you want, some soy sauce and vegan cooking cream.

4. Stir and boil for a couple of minutes.
5. Remove the heat and serve.

11. EGG PLANT AND POTATOE SAUCE

Preparation time: 15 minutes

Serves: 4 people

Ingredients:

- 1 medium eggplant
- 2 - 3 Tbsp oil
- 6 garlic cloves
- 1 tsp salt
- 1 Tbsp curry powder
- 14 oz can of crushed tomatoes
- 3 bigger boiled potatoes
- (1 Tbsp soy sauce or tamari)
- (fresh herbs for garnishing)

Instructions:

1. Cut the eggplant into medium cubes.
2. Heat up a pan and pour some oil in it.
3. Add cubed eggplant. Cook for a couple of minutes.

4. Add chopped garlic, salt and curry powder.
5. Cook for a minute.
6. Add crushed tomatoes.
7. Cover the pan with a lid and let it simmer for 5 - 7 minutes.
8. Add cubed potatoes and if you want, some soy sauce or tamari.
9. Cook for a minute.
10. Garnish with fresh herbs and serve.
11. Simple rice and veggies with peanut and tomato sauce

12. QUICK VEGAN PASTA BOLOGNESE SAUCE

Serves: 4-6 people

Preparation time: 15 minutes.

Ingredients:

- 3 Tbsp oil
- 2 onions
- ½ tsp salt
- ground black pepper to taste
- 4 cloves of garlic
- 2 cups / 110 g dry soy mince
- 1 Tbsp brown sugar
- ¼ tsp dried thyme

- 3 cups / 750 ml tomato juice
- + boiled spaghetti for serving

Instructions:

1. Heat up some oil in a pan.
2. Add chopped onions, salt and pepper.
3. Cook for a couple of minutes until golden brown.
4. Add chopped garlic and cook for 30 seconds.
5. Add soy mince, sugar, thyme and tomato juice.
6. Simmer for 5 minutes until the soy granules are soft.
7. Garnish with fresh basil and serve with spaghetti.

13. SIMPLE LENTIL AND ONION SANDWICH SPREAD

Preparation time: 10 minutes active, 20 minutes passive. 30 minutes total.

Serves: 4-6 people

Ingredients:

- 1 cup / 200 g uncooked green or brown lentils
- 3 Tbsp oil
- 4 medium onions (2 cups / 250 g chopped)
- ½ tsp + ¾ tsp salt
- 3 Tbsp tomato sauce

- + some bread and fresh salad for serving, if you like

Instructions:

1. Boil the lentils for about 35 minutes until they are soft and start to get a tiny bit mushy.
2. In the meantime, heat up some oil in a pan.
3. Add chopped onions and half a teaspoon of salt.
4. Cook for 10-15 minutes, until the onions are golden brown.
5. Remove the heat and cover the pan with a lid, until the lentils are ready.
6. Now drain the lentils and mix them with cooked onions, more salt and tomato sauce.
7. Taste and add some salt, if needed.
8. Serve with crispy roasted bread and fresh salad if you like.

Tip: this spread is also fabulous in wraps or as a protein-rich side with potatoes, rice or any other grain or vegetable dish.

14. VEGAN COTTAGE CHEESE SALAD

Ingredients:

Sunflower seed cream:

- 2 cups / 300 g peeled sunflower seeds
- 1 ¾ cups / 400 ml water
- 1 tsp salt

- 1 Tbsp lemon juice

Salad:

- one bigger cucumber
- 4 big ripe tomatoes
- 9 oz / 250 g firm tofu
- fresh dill and spring onions
- 1 tsp salt

Instructions:

1. Soak the sunflower seeds for a couple of hours or boil them for 15 minutes.
2. Drain and rinse.
3. Add water, salt and lemon juice.
4. Blend until smooth.
5. Wash and chop the cucumber and tomatoes.
6. Crumble the tofu.
7. Finely chop the dill and spring onions.
8. Mix all the ingredients together.
9. Add salt and sunflower seed cream and mix some more.

CONCLUSION

Learning how to eat healthy is actually a tough task in today's world. There are so many unhealthy options out there that you are faced with every day. Take a look at a menu from just about any restaurant; there are generally so many more unhealthy choices than there are healthy choices. Not to mention that these unhealthy meal choices are often monster-sized portions that would be better suited for a 300 pound offensive lineman than for the average person. So you ask, how can I learn to eat healthier? In all honestly, it will be tough, but it will be worth it. Learning to eat healthier will not only help you to lose weight, but will also make you feel better every day, give you more energy and will lead to an overall healthier lifestyle.

If you plan on eating healthy, you need to forget about trying to eat a quick meal because, often these fast food options (I do not even want to call them fast food options, but almost any option where you can get your food and be out of the establishment within 5 minutes, is likely to be unhealthy) are just not good for you, unless, it is something like a salad or a low sodium soup. My main suggestion here is to prepare your own food. It will take you a little extra time, but there are several benefits. Firstly, you will be saving yourself a lot of money compared to if you were eating out for every meal. Another benefit of preparing your food is that you will literally be able to decide which ingredients go into each meal, allowing you to make sure that the meal will be healthy and also allowing you to make sure that you enjoy each ingredient.

Preparing your meals is really the key to learning how to eat healthy. If you start preparing your own meals, you will become more aware of what you are eating, and you will be in complete control of what you are putting in your body. When you rely on eating out, you do not know what exactly is going into each meal and more often than not, there will be several unhealthy ingredients that are in your food, even in a seemingly healthy sounding meal. Make your own meals instead of eating out and you will be eating much healthier every day.

It is now easy to see that you can benefit greatly, not just from the eating but also the effort of preparing your own meal. All the Healthy recipes are easy to prepare, worthwhile to prepare, and great for your body and mind. They can help you to follow directions, schedule your time better, and think ahead. The benefits of making your meals can be seen in many aspects of your life, from your health to your productivity. You must have learned a better way of providing your body's nourishment, and be the envy of everyone else at the office at the same time.

Regular exercise will help you feel better and aid a lot of ailments such as stress and anxiety. Proper nutrition, cutting down on calories, eating small meals and exercise regularly will give you more energy and to help you stay fit.

This ebook will show you how to improve your health both at work and at home, including recipes that are nutritious and easy to prepare.