

the
Two Spoons
Cookbook



by Chris J. Shull & Ida Mayer

*To Selma and Lisa,
who taught us that cooking is love.*

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Entrées





Smoked Chicken Breast

Foreword

Chris made this recipe so he could host outdoor parties while grilling, but not have to worry about undercooking or overcooking the meat.

Special Equipment

- Sous vide setup
- Charcoal grill and coals

Ingredients

- Chicken breasts
- Salt
- Pepper
- 4 handfuls of wood chips (we've been using hickory)

Directions

1. Let the wood chips soak in water overnight. (4 handfuls, though some may be left over.)
2. Season the raw chicken breast as desired (simple salt and pepper will be fine, as the idea is to really get a prominent smoky flavor).
3. Sous vide the chicken breast at 138°F for 1 to 4 hours. People don't typically find rarer chicken like this palatable, but once we get it to the grill we are going to lose some moisture. We (and people we've tested this on) seem to find the end result a good texture, but the temperature here may vary with your preferences.
4. Remove the chicken from the water bath and let chill (if we're really on our game we put it in the fridge overnight).

5. When getting ready to eat, light the coals in the charcoal grill. We use a chimney filled $\sim\frac{3}{4}$ of the way. You're going to want to keep the temperature as low as you can, keeping the lid on, so close up the bottom vents nearly all the way (lid vents stay open). See notes below for more on temperatures.
6. When the coals are ready, migrate them over to one side of the grill and keep them spread out to reduce the temperature. Before putting the cooking grate in the grill put an ~ 9 inch aluminum foil pan on the cold side and fill half way with water (for moisture).
7. Add 2 handfuls of wood chips on top of the coals (add more over time, if they are consumed).
8. Put in the cooking grate.
9. Pat the chicken dry with a paper towel and place on the cool side of the grill, thick ends pointing towards the coals. Cover the grill with the lid. Rotate the lid so the vents are above the chicken to promote smoke flow across the breasts.
10. About every 10 minutes, take a thermometer read of the chicken. The chicken is already cooked through, so we're just looking to reheat while picking up smoky flavor. So as soon you get it to your desired eating temperature it's going to be ready. Flip once when the chicken's temperature reaches $\sim 115^{\circ}\text{F}$ (mostly just to get marks on both sides).
11. Once your desired temperature is hit (see note below), move the breasts to the hot side of the grill for 4 minutes, flipping once.
12. Serve with a touch of BBQ sauce. Eat.

Notes

Like with straight sous vide you can easily choose the temperature of chicken you like (assuming you are keeping the grill temperature pretty low). Keeping in mind that the grill is a dry heat (even with the water tray), and is usually still greater than your desired temperature

(we aim for 138°F internal temperature). With our grill registering at 225°F to 250°F (after adding wet wood chips) we've found this takes ~30 minutes, but it will depend on the temperature you've achieved in your grill.

If you don't have an aluminum foil pan, fold a double layer of aluminum foil into an ~9 inch square "pan" with at least a 1 inch lip.

This gives you a delicious smoky flavor, while letting you do most of the classic "low and slow" in the much easier to control water bath. And you still get that summer grill-party atmosphere as the food prepares.

Leftovers are also delicious cold (and the smoky flavor will be even more prominent the next day having let your nose readjust)!



Reconstructed Larb

Foreword

One of Chris's signature dishes, this is an easier to assemble and eat variation of the Southeast Asian dish. We promise it tastes way better than the name implies. Serves 4.

Ingredients

- 500g (~¾ head) shredded purple cabbage
- 1 lb (454g) ground turkey or chicken
- ¾ cup uncooked rice (2 ¼ cups cooked)
- 11 leaves of fresh mint
- 2 Tbsp fresh lemon juice
- ½ cup green onions, tops only
- 1 ½ tsp paprika (divided)
- 35 drops liquid smoke
- 1 ½ tsp red pepper flakes
- 1 ½ tsp salt (divided)
- ½ tsp ground black pepper
- ½ tsp garlic powder
- 2 dashes fish sauce (or 1 tsp soy sauce)
- 1 tsp basil
- 1 tsp oregano
- Olive oil
- Sriracha

Directions

1. Make 2 $\frac{1}{4}$ cups of rice (usually this means starting with $\frac{3}{4}$ cup of uncooked rice). Chris likes to add flavor and color with $\frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp paprika. Mix in 1 Tbsp olive oil after cooking.
2. Take out a big, heat-safe bowl.
3. Put the rice into the bowl, and leave the bowl in the oven on the warming setting.
4. Bring a pan to medium heat and then add just enough olive oil to coat the bottom of the pan.
5. Sauté the ground poultry with $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp of black pepper, $\frac{1}{2}$ tsp garlic powder, 2 dashes of fish sauce (or 1 tsp soy sauce), 1 tsp basil, and 1 tsp oregano.
6. Once cooked through, put the ground poultry into the bowl with the rice.
7. Cut the purple cabbage in half and then shred 500g (or $\sim\frac{3}{4}$ of the cabbage) at a width of $\sim\frac{1}{2}$ cm ($\sim\frac{1}{4}$ inch). A mandolin is an excellent tool for this.
8. With the pan still on medium heat, again add just enough olive oil to coat the bottom of the pan.
9. Sauté the cabbage with 1 tsp paprika, 35 drops of liquid smoke, 1 $\frac{1}{2}$ tsp red pepper flakes, and $\frac{1}{2}$ tsp salt.
10. Cook the cabbage until al dente and then add it to the bowl with the ground poultry.
11. Cut up the green onions (scissors work well) and add them to the bowl.
12. Cut the fresh mint into thin strips and add it to the bowl (careful, this is a strong flavor but it should be a background flavor - mix and taste as you go).

13. Pour the lemon juice over the bowl.
14. Mix it up.
15. Serve with sriracha on the side.



Rosemary-Parmesan Mac 'n' Cheese

Foreword

We've found that homemade mac 'n' cheese is both great for date night and a real crowd-pleaser.

Ingredients

- 100g shredded parmesan cheese
- 4g sodium citrate
- 75g water
- 1 sprig of fresh rosemary
- 1 lb pasta (wagon wheels, radiatori, or rotini are suggested)
- Black pepper to taste

Directions

1. Take the leaves from the rosemary and blend them with the 75g of water.
2. In a saucepan, add cheese, rosemary water, and sodium citrate.
3. Cook at medium heat, stirring occasionally until melted.
4. Stir in freshly cracked black pepper to taste, if desired.
5. Remove from the heat and set aside.
6. Boil the pasta in water; *undercook* the pasta by 2 minutes.
7. Drain off all the water from the pasta and mix in the cheese sauce.
8. Continue cooking for 1 to 2 minutes, until the pasta is done.

Notes

Sodium citrate really ups the cheese sauce game of your kitchen. The sodium citrate binds to both the water and to the proteins in the cheese. This allows for a smooth cheese sauce without a flavor-muting roux and with much less risk of breaking. The resulting sauce is

thinner but with a sharper, clearer flavor. Pasta shapes with many small cavities are the best for cheese sauce because they hold on to more sauce.

When finishing the pasta, it is preferable to undercook the pasta and then finish cooking it in the sauce - this allows the excess gluten strands to escape from the pasta and thicken the sauce, making it stick better to the pasta, while also transferring some of the flavor of the sauce into the pasta.

Instead of water and rosemary, another great option is to use beer.

Cilantro Stuffed Turkey Burgers

Foreword

Most restaurants don't understand the nature of a turkey burger. Ground turkey is typically very lean, which means if cooked the same way as a regular burger it will turn out dry. In a regular hamburger, the fat keeps the meat moist. In order to turn out a good turkey burger you need to add in something to retain the moisture while the meat is being cooked. Now you could certainly add in additional fats, but the fiber in vegetables does a great job of retaining moisture through cooking.

Ingredients

- ½ onion, minced
- 1 Tbsp olive oil
- ½ lb ground turkey (98% lean)
- 1 handful fresh cilantro
- ½ inch jalapeño with some seeds (i.e. remove the seeds but poorly)
- 2 to 3 cloves garlic, pulverized
- 2 tsp ground cumin
- Salt and pepper to taste

- 2 hamburger buns (see “Basic Bread” recipe)
- 4 slices of cheddar cheese
- Toppings of your choice

Directions

1. Pulverize the onions in a food processor.
2. In a pan on medium heat, brown the onions in the olive oil. Then set aside to cool.
3. In the food processor, process the cilantro, garlic and jalapeño.
4. Put the ground turkey in a large bowl and add to it the spices, cilantro, garlic, and jalapeño.
5. Once the onions are cool, add them to the bowl with the turkey mixture.
6. Mix the turkey, onions, and vegetables together with your hands.
7. Form the turkey mixture into 4 thin, half-sized (flat) patties and put in the icebox to chill for ~10 minutes.
8. Put 2 slices of cheddar in the center of half of the patties, making sure to leave at least $\frac{1}{4}$ inch on all sides.
9. Put the other half of the patties on top of the cheese and crimp the edges to seal in the cheese.
10. Optional: chill again for ~10 minutes to help the patties keep their shape.
11. Cook on a hot skillet to an internal temperature of 165°F.



Holiday Turkey Burgers

Foreword

This is the burger for those uninterested in committing to a whole holiday turkey, and for those who want to stretch the joy of Thanksgiving across the whole month. It's honestly just fun to bring the roasted turkey flavors to a burger. Here we appreciate the lighter flavor of the turkey instead of asking it to pretend to be something it's not - celebrate our differences!

Ingredients

- 450g (~1 lbs) ground turkey (93% lean)
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp paprika
- 1 tsp dried rosemary
- 1 tsp sage
- 6 drops liquid smoke
- 1 egg
- 10g (~2 Tbsp) panko
- 4 hamburger buns (see “Basic Bread” recipe)
- 2 apples

Directions

1. Mix the ground meat, spices, panko, and egg together gently.
2. Form the meat into 4 patties ~¾ inch thick, also gently.
3. Warm a nonstick pan on medium heat. When hot, spray with a thin layer of cooking oil.
4. Cook the patties until the internal temperature reaches 165°F, ~8 minutes, flipping half way through.

5. Take the patties off the heat and allow to rest 5 minutes (yes, even though you are hungry and it smells delicious!)
6. Cut the apples into thin strips $\sim\frac{1}{4}$ inch wide, or into matchsticks (preferably using a mandoline).
7. Slice the hamburger buns through the middle and lightly toast.
8. Assemble the hamburgers with the apple on top of the meat and enjoy.

Notes

Ida likes hers with coarse ground mustard, but Chris thinks this undermines the commitment to holiday flavor.

Resting the meat is important because it allows all the juices to reabsorb into the tissue of the meat.

If you don't like handling raw meat, try using a nitrile glove.



Chicken Parmesan Nest

Foreword

Every year, chicken parmesan is Chris's birthday meal of choice. This tweak on the classic ensures a deliciously moist chicken breast. Serves 3 to 4.

Special Equipment

- Sous vide setup

Ingredients

- ½ lb linguini
- 2 boneless, skinless chicken breasts
- 20g salt and vinegar potato chips
- 120g (1 cup) panko
- 70g ($\frac{2}{3}$ cup) all-purpose flour
- Tomato sauce (see “Tomato Soup” recipe)
- Mozzarella cheese
- 2 eggs
- 2 tsp dried oregano
- 2 tsp dried parsley
- 1 ½ tsp garlic powder
- 1 tsp paprika
- Salt

Directions

1. Prepare for sous vide by bringing a water bath to 140°F.
2. Cut the chicken breasts into large sections; ~1 ½ inches cubed.

3. Season the chicken with salt, vacuum seal, and cook in the water bath for 1 hour.
4. Set up a breeding station with 3 pans.
5. Put the flour into the first pan.
6. Beat the eggs into an consistent mixture and put into the second pan.
7. Crush the salt and vinegar potato chips and mix with the panko, oregano, parsley, garlic powder, and paprika. Put this in the third pan.
8. Prepare a sheet pan with an oven-safe wire rack. Set the oven to broil.
9. When done cooking, unpack your chicken pieces and pat dry with a paper towel.
10. With each piece, first coat with flour, then egg (shaking off the excess after each step). Then coat with breadcrumbs and place on the wire rack.
11. Broil in the oven until golden brown, about 2 to 5 minutes.
12. While the chicken is cooking, boil the linguini for 2 minutes less than stated on the box.
13. Drain the water from the linguini, and then add the tomato soup (aka sauce).
14. Continue cooking the pasta in the sauce until al dente (~2 minutes).
15. When the chicken is done, top each piece with a slice of mozzarella cheese.
16. Broil again in the oven until the cheese begins to brown, about 1 to 3 minutes.

17. Plate the linguini in bowls using tongs to spin the linguini into a nest.
18. Put several pieces of chicken on top of the linguini and serve.



Cast Iron Pizza

Foreword

Cast iron pans are versatile tools in your kitchen; over the years we've made many pizzas, experimenting with different techniques and different kinds of cast iron pans. Almost every flavor of topping is welcome, and in absolutely dire straits (as we did during the lockdown) you can play topping roulette. Chris is team red sauce, and recommends sausage, bell pepper, onion, and jalapeño. Ida is team white sauce, and recommends lemon and Cajun seasoning. She does not under any circumstances recommend peanut butter.

This recipe makes two 10 to 12 inch pizzas. The sauce recipes each cover two pizzas. The fresh basil at the end is not optional.

Special Equipment

- Cast iron pan (at least 10 inches wide at the base)

Ingredients

Dough:

- $\frac{3}{4}$ cup (~177g) lukewarm water
- 1 tsp active dry yeast
- 240g (2 cups) all-purpose flour
- $\frac{3}{4}$ tsp salt
- 2 tsp olive oil

Red Sauce:

- 2 28 oz cans whole peeled tomatoes
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp red pepper flakes
- 2 Tbsp olive oil

White Sauce:

- $\frac{1}{2}$ cup (120g) sour cream

- 2 tsp herbs parisienne
- ½ tsp tarragon
- ½ tsp rosemary

Finishing:

- 200g fresh mozzarella cheese
- Toppings of your choice
- Cornmeal
- Fresh basil
- Optional: 2 tsp sesame seeds

Directions

Dough:

1. In the bowl of a stand mixer, add the water and yeast and allow to bloom for 3 to 5 minutes.
2. Add the rest of the ingredients in order.
3. Using the dough hook attachment, mix on medium speed for ~5 minutes, until it becomes smooth and tacky and begins to form a ball.
4. Cover and allow to rise for at least 30 minutes.

Red Sauce:

1. Open both cans of tomatoes. Leaving behind the liquid, scoop the tomatoes into a blender.

2. Blend the tomatoes to liquefy.
3. Use a strainer to capture the tomato solids. This should result in ~1 cup of tomato paste.
4. In a small sauce pan over medium-high heat, combine the tomato paste, salt, red pepper flakes, and olive oil.
5. Stirring regularly, bring the sauce to a boil and then remove from the heat.

White Sauce:

1. Combine all the ingredients, mixing together with a fork.

Finishing:

1. Preheat the oven to 500°F, using convection bake mode, with the cast iron pan inside, allowing the pan to come up to temperature with the oven. A large flat griddle is optimal (see notes below for other options).
2. Prepare cheese and other toppings. To prepare fresh basil, stack and roll up the leaves. Then cut them into strips with scissors.
3. Split the dough into two and repeat the following instructions with each.
4. Prepare a large, flat working surface with a dusting of cornmeal, and a no-lip baking sheet (or pizza peel) with a light dusting of cornmeal.
5. Roll the dough into a ball in the cornmeal to help prevent sticking. Gently flatten and massage from the center outward with your fingers. Apply another dusting of cornmeal and flip after each pass until the dough is 10 to 12 inches across.

6. Flip the dough over again. Before applying a final dusting of cornmeal, optionally sprinkle with 1 tsp of sesame seeds, pressing the sesame seeds into the dough.
7. Transfer the dough to the baking sheet, with the sesame seed side facing down.
8. Spread half the sauce on the pizza, spreading it out to just cover the dough. (Depending on how much the dough spread out, you may end up with extra sauce at the end.)
9. Apply half of the mozzarella cheese and other toppings (but not the fresh basil).
10. Test that the pizza will slide off the backing sheet by gently shaking it and seeing if it moves. If it's stuck, peel back the dough and apply more cornmeal (but only just enough - if you use too much cornmeal it can start to smoke in the oven).
11. In the oven, slide the pizza off of the baking sheet and onto the cast iron pan.
12. Bake for ~6 minutes, or until the crust and cheese begin to brown.
13. Remove the pizza using the baking sheet and a heat-safe spatula. Place the spatula on top of or behind the pizza to prevent it from moving, and then slide the baking sheet under the pizza.
14. Top with fresh basil, slice, and serve.

Notes

The dough setting of a bread maker can also be used. It is also okay for the dough to proof extra long. The dough can also be made in advance and either frozen or refrigerated in a sealed container. Be prepared for the dough to more than double in size in storage.

If using a cast iron pan with a large lip, put it in the oven upside down and bake the pizza on the bottom side of the pan. You may want to put a tray under the cast iron to catch anything that misses.

The best pizza tastes great cold the next day - the best way to save pizza is wrapped in aluminum foil and refrigerated. In you must re-heat your pizza, open the top of the aluminum foil and bake in a toaster oven at 350°F for 5 minutes.

This dough is based on the excellent recipe by Emma Christensen on Kitchn.



Tomato Soup

Foreword

For a long time Chris did not like tomato sauces, until he found a particular Italian restaurant in Pittsburgh which served a delicious chicken parmesan (and also happened to be a good first date restaurant). It took a while to figure out why it was so tasty, but in the end it was a simple recipe with a key ingredient; fresh basil. This tomato soup is based on that recipe (and also makes a great spaghetti sauce).

Ingredients

- 1 28 oz can whole peeled tomatoes
- ¼ tsp salt
- ⅛ tsp ground black pepper
- ½ tsp red pepper flakes
- 8g fresh basil (divided)
- 1 Tbsp olive oil

Directions

1. Put the tomatoes (including the juice), salt, ground black pepper, and red pepper flakes into a blender and liquefy.
2. Pour ¾ of the soup into a pot (keep just enough such that the blender will still work).
3. Bring to a boil, then reduce to a simmer for 10 minutes, stirring occasionally.
4. Meanwhile, put most of the basil into blender and blend. Reserve some of the basil leaves for topping the soup, to taste.
5. Add the olive oil to the pot, and pour the remaining soup from the blender into the pot.
6. Stir well to incorporate.
7. Simmer for 10 minutes, stirring occasionally.
8. Cut the remaining basil by stacking a few leaves and then cutting into strips (optimally with scissors).
9. Ladle the soup into bowls, and top with basil.

Notes

Yes, canned whole peeled tomatoes are what we recommend. They strike a great balance between convenience (shelf-stable and pre-peeled) and flavor (other forms of canned tomato seem to pick up an odd taste).

For a thicker sauce, first blend the tomatoes alone, and then strain out the liquid (which can be saved for other purposes).



Tear & Share Star Loaf

Foreword

Inspired by watching many seasons of *The Great British Bake Off*, this is a technique for making a festive and impressive filled bread. We have suggested one delicious filling, but encourage you to get creative. Pesto; shredded chicken, mozzarella, and sun-dried tomatoes; marinara and pepperoni; curry chicken with golden raisins and slivered almonds; ricotta and jam; or chocolate are all delicious options.

Ingredients

- 1 recipe of “Basic Bread” dough, mixed and *unrisen*
- 2 to 4 drops gel food coloring
- ½ cup pesto (we recommend a spinach pesto)
- 1 cup shredded parmesan

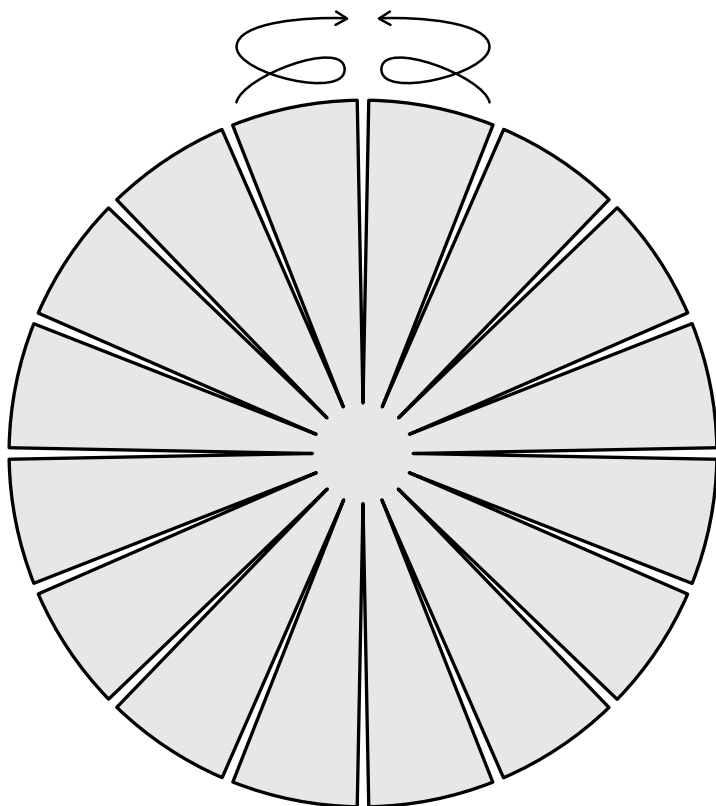
Directions

1. Split the bread dough in half, and knead the food coloring into one half of the dough.
2. Let rise.
3. Make the filling and mix together.
4. Prepare a large baking sheet.
5. When the dough is done rising, roll each half into a large circle, ~14 inches in diameter.
6. Place the plain dough circle on the baking sheet, cover that entirely with an even layer of the filling, then cover all of that with the circle of colored dough like a giant sandwich. Try to make all of the edges line up neatly
7. Place an ~2 inch diameter bowl or cup upside down in the center of the circle to use as a guide.
8. Cut eight sections into the dough, creating evenly spaced slits radiating outwards from the center of the circle (leaving an ~2 inch diameter circle connected in the center where the guide is).

9. In the same way, cut each of the original eight sections in half lengthwise to make sixteen even strips. (Each of the eighths will eventually be rejoined.)
10. For each of the original eight sections:
11. Take the two halves of the section and rotate them away from each other, the right side rotated to the right and the left side rotated to the left. Rotate each by 3 turns.
12. Join the tops of each half (the part that was the original edge of the circle) together to form a point.
13. Once all points are formed, bake at 350°F for 15 to 20 minutes.

Notes

Here is a diagram to help convey the cutting and twisting pattern:





Crispy Rice Leftovers

Foreword

Many cultures have crispy rice dishes - in fact many even have a word for the crispy rice itself, be it concón in the Dominican Republic, the socarrat of paella, pegao in Puerto Rico, or the tahdig of rice pilaf.

This is less a specific recipe, but more one of our favorite vehicles for transforming leftovers into something new and delicious. The only strict requirement is some rice.

Ingredients

- Olive oil
- Leftover rice, enough to cover the bottom of your pan by $\sim\frac{1}{2}$ inch
- Cheese that melts well (e.g. cheddar or mozzarella), enough to cover your pan
- Other leftovers that work well together (e.g. roughly even amounts of hamburger, and sautéed peppers and onions)
- Optional: herbs for garnish (e.g. green onion)

Directions

1. Mise en place all your ingredients. Consider the layering order of the ingredients. E.g. using cheese as a glue, and what ingredients will need the most time to heat up (you may want to add them earlier).
2. Cut or shred any larger leftovers into pieces ~ 1 inch in length, or smaller.
3. Get your skillet heating up on medium-high heat.
4. Once the pan is hot, coat with a fine layer of oil and give the oil a moment to heat up.
5. Scoop in the rice and distribute it evenly across the pan. Be careful not to mix the rice with the oil more than absolutely necessary. Gently pat down the rice to form a consistent layer.
6. Layer in the remaining ingredients and then cover.
7. Every few minutes, check the edge of the rice. Remove from the heat when it is golden brown and lifts easily off the pan.

8. Add any finishing touches (e.g. green onion).
9. Scoop portions with a spatula, plating the crispy rice facing up.

Sides & Snacks





Nachors d'Oeuvre

Foreword

A single, composed, bite version of the bar staple. One of Chris's first signature dishes ever.

Special Equipment

- Sous vide setup

Ingredients

Salsa:

- 120g (~½ cup) canned whole tomatoes, blended
- 1g (~1 small clove) crushed garlic
- 1 Tbsp olive oil
- ¼ tsp salt
- 2 drops liquid smoke
- ½ tsp chipotle powder
- ½ tsp red pepper flakes
- ½ tsp paprika
- 41.5g yellow onion

Cheese:

- 132g sharp white cheddar cheese
- 5.5g sodium citrate
- 100g water
- 10 drops liquid smoke

Steak:

- 350g (~¾ lbs) sirloin steak
- Salt
- Pepper
- 1 bag Tostitos Cantina Thin & Crispy Tortilla Chips

Directions

Salsa:

1. Add all the ingredients to a blender and liquefy.
2. Transfer the salsa to a small saucepan, and simmer for 15 minutes, stirring occasionally.
3. Allow the salsa to cool to room temperature and then transfer to a condiment bottle.

Cheese:

1. Add the cheese, sodium citrate, and water to a small saucepan and cook on low heat until the cheese is completely melted. Check on this regularly, as the cheese sauce can bubble over.
2. Once the cheese is melted, turn off the heat and stir in the liquid smoke, ensuring that the sauce has no lumps.
3. Allow the cheese to cool to room temperature and then transfer to a condiment bottle. As the cheese cools, stir it occasionally to prevent a skin from forming on the top.

Steak:

1. Season the steak to taste with salt and pepper.
2. Vacuum seal the steak and sous vide at 130°F for 2 hours.
3. When the steak is finished remove from water bath and allow to cool to room temperature while still sealed.
4. From the bag of tortilla chips, choose 30 of the largest unbroken chips and lay them out on a tray.
5. When all the components are ready and at room temperature, remove the steak and pat dry very well with a paper towel.
6. Place the steak on a heat-safe wire rack over a heat-safe surface.
7. Use a blowtorch to gently sear both sides of the steak.
8. Slice the steak against the grain in 1cm wide strips. Depending on the length of your steak strips, you may also need to cut them in order for them to fit on the tortilla chips.
9. Place one strip of steak on each tortilla chip.
10. Squeeze a zigzag of cheese onto each tortilla chip. If you have trouble getting the cheese out, you can try gently heating the bottle (e.g. in the sous vide water) or letting it sit upside down in a cup.
11. Give the salsa a gentle shake, and squeeze 4 dots of salsa onto each chip.

Notes

Cheese sauce is extremely easy to make with sodium citrate, a cheese-specific emulsifier. Always use in a ratio of 1g of sodium citrate to 25g of cheese. You can then add water to achieve the desired level of viscosity. For the store-brand sharp white cheddar used in the recipe

above, a 2:1 cheese to water ratio yields a liquid when warm, a 4:3 cheese to water ratio yields a liquid at room temperature, and a 1:1 cheese to water ratio yields a liquid when refrigerated.



Sichuan Chex Mix

Foreword

Chris grew up eating his mother's delicious homemade Chex mix, which she made in truly massive batches. He never stopped to think about about how so much Chex mix could be produced from a home kitchen though. Many years later it finally dawned on Chris - he had known there was an oven under the microwave and an oven under the cooktop, but he'd never put it together - there were two ovens!

Many years later, after being introduced to the numbing sensation of the ingredient, Chris became obsessed with Sichuan pepper - trying it in a number of different recipes. This variation of the classic American snack really lets the Sichuan pepper shine.

Ingredients

Marinade:

- 12 Tbsp salted butter
- 4 tsp soy sauce
- 1 Tbsp toasted sesame oil
- 4 Tbsp Worcestershire sauce
- 1 tsp garlic powder
- 2 tsp cayenne
- 2 Tbsp ground Sichuan pepper

Mix:

- 9 cups rice Chex
- 2 cups Butter Snaps pretzels
- 3 cups honey sesame sticks

Directions

1. Preheat the oven to 300°F, using convection bake mode.
2. Melt the butter in a large microwave-safe bowl.

3. Stir in the rest of the marinade ingredients.
4. In a 10 by 15 inch roasting pan, stir together the Chex, pretzels, and sesame sticks.
5. While continuing to stir the Chex mix, slowly pour the marinade onto it.
6. Bake for about an hour, stirring on the 15, 30, 45, and 55 minute marks. Check the Chex that look most saturated for doneness; they may seem not entirely crispy due to the heat, but they should not be wet. Continue to bake as needed, checking at 5 to 10 minute intervals.
7. Remove from the oven and cool completely. Store in an airtight container.

Notes

For those who like it spicy, add an extra 1 Tbsp of ground Sichuan pepper to the marinade.

If you don't have roasting pans, pots and pans are often oven-safe at 300°F. It may just take longer for the Chex to dry out.



Cornbread

Foreword

The Earth's best makers of cornbread are, somehow, the lunch ladies of Austin, Texas. Ida spent years trying to track down a recipe that properly recreated the cornbread of her childhood. Other recipes forget their corn heritage and add too much wheat flour, producing a cornbread with too mild a texture and flavor. This cornbread is moist, dense, and only lightly sweet. The secret ingredient here is buttermilk.

Ingredients

- 96g ($\frac{1}{2}$ cup) vegetable oil
- 37.5g ($1\frac{1}{2}$ Tbsp) sugar
- 2 eggs
- 245g (1 cup) buttermilk
- $\frac{1}{2}$ tsp baking soda
- 160g (1 cup) cornmeal
- 60g ($\frac{1}{2}$ cup) all-purpose flour
- 60g ($\sim\frac{1}{2}$ cup) whole wheat flour
- $\frac{1}{2}$ tsp salt
- Optional: shredded cheddar, diced jalapeños, chopped green onions

Directions

1. Preheat the oven to 375°F, using convection bake mode.
2. Grease an 8 inch square pan.
3. Mix the oil and sugar.
4. Add the remaining ingredients in the order listed.
5. Pour the batter into the pan.
6. Bake for 25 to 30 minutes.

Notes

To bake in a vintage cast iron corn pan, preheat the pan with the oven. When ready, liberally apply oil to the pan, fill with batter, and then bake for 15 minutes.

This was adapted from a recipe by Bethany Weathersby.

Smoky Pineapple Salsa

Ingredients

(For smoked ingredients, these are the amounts after smoking.)

- 225g sliced pineapple
- 125g tomatillos
- 60g jalapeños, broiled, seeds in
- 10g white vinegar
- Small handful of cilantro, to taste
- 71g red bell pepper, smoked, diced small
- 35g raw white onion
- ⅛ tsp fresh ground black pepper
- Sprinkle of salt

Directions

1. Slice up the fresh pineapple into rings or large strips.
2. Hickory smoke the pineapple and jalapeños on the grill. Some charring is okay.
3. Broil the tomatillos (or grill them in a pan).

4. Place the jalapeños (seeds in), tomatillos, vinegar, salt, black pepper, and half of the pineapple in a blender, and blend completely.
5. Dice the red bell pepper, remaining pineapple, and yellow onion, and stir into puree.

Notes

This makes a hot salsa, so dial back on the jalapeños to suit your tastes.



Halved Pear

Foreword

Chris has strong opinions about pears. Having tried many pears, there is only one good variety of pear: the Bartlett pear. All other pears are mealy and have a tough skin.

Here is how to cut a pear so you can enjoy the juicy explosion in your mouth that comes from a big bite, while not having to worry about seeds and stems.

Ingredients

→ 1 ripe pear

Directions

1. Cut pear in half lengthwise.
2. Choose a metal measuring spoon (or melon baller) which fits the size of the fruit's seed area and scoop out the seeds from each half.
3. Use a knife to cut the stem out by making a triangular valley in each half. Repeat with the bottom of each half.

Notes

It can take a little trial and error to really dial in your understanding of when a pear is ripe. One common suggestion is to feel for a little softness near the stem. Eat enough pears though, and you'll be able to tell just from sight and smell.

Ricotta Cheese

Foreword

Making fresh cheeses at home is surprisingly easy, but fresh ricotta is the easiest. It can be made with high temperature pasteurized milk, unlike other cheeses, and is essentially a process of adding acid to curdle the milk and then straining the mixture.

Ingredients

- 1 gallon whole milk
- 1 tsp citric acid, or more for taste

Directions

1. Heat the milk a little above room temperature.
2. Stir in the citric acid.
3. Wait for the milk to curdle.
4. Strain the curds using a cheese cloth.
5. Add salt to taste.

Notes

This recipe leaves you with quite a bit of whey. You can use up the whey in baked goods as a swap for buttermilk, for instance in the “Cornbread”.

If you are in the habit of making other fresh cheeses, ricotta can be made from whey rather than whole milk.

Ricotta is popular in baked dishes such as lasagne, but Ida recommends it as a topping on a spring green salad.



Spanikopita Pie

Foreword

Spanikopita is one of Ida's favorite dishes. It has everything she wants: micronutrient rich spinach, *regular* rich cheese and pastry ... and salty salt. This is a fast and easy version.

Ingredients

- 32 oz chopped frozen spinach
- 1 bunch fresh dill, finely chopped or 1 Tbsp dried dill
- 1 bunch green onions, finely chopped
- 1 premade pie crust
- 8 oz cubed or crumbled feta cheese
- 3 Tbsp olive oil
- 3 eggs
- 1 extra large yellow onion
- 1 tsp salt
- Pinch of black pepper
- Optional: 1 bunch parsley

Directions

1. Thaw the spinach. If the pie crust is frozen, also take it out to thaw.
2. Preheat the oven to 450°F, using convection bake mode.
3. Thinly slice (or mince, if you prefer) the onion.
4. Caramelize the onion in a pan on medium heat using the 4 Tbsp oil, ~20 minutes. Mix in the dill in the last minute of cooking.

5. While the onions caramelize, blind bake the crust: first place the pie crust in a 9.5 or 10 inch pan, trim the overhang if any, and poke the bottom with a fork a few times. Then place in the oven for ~8 minutes, or until just barely browned.
6. Chop all the herbs.
7. Once the spinach is partially or fully thawed, squeeze out most of the liquid; it doesn't need to be precise, the final volume is usually $\frac{2}{3}$ to $\frac{1}{2}$ the original size.
8. Beat the eggs until combined. Then dump all the green ingredients as well as the salt, pepper, feta, and onions into the egg mixture, being careful not to crush the crumbled feta.
9. Pour the mixture in the baking dish.
10. Decorate the top of the pie with any excess pie crust.
11. Bake at 450°F until pie crust has browned, approximately 20 to 25 minutes.



Basic Bread

Foreword

Chris is a breadivore. Tired of spending money on bread, Ida got him a bread machine. After many iterations, Chris settled in to this recipe.

Ingredients

- 277ml (~1 cup and 2 ⅔ Tbsp) warm water
- 6g (~2 tsp) active dry yeast
- 24g (2 Tbsp) sugar
- 7g (~1 Tbsp) flaxseed meal
- 50g (6 Tbsp) nonfat dry milk
- 41g (~3 Tbsp) olive oil
- 500g (~4 cups) all-purpose flour
- 9g (1 ½) tsp salt
- Optional: 2.5g (~½ tsp) citric acid

Directions

1. Add warm water and yeast to a mixing bowl and allow it to bloom for around 5 to 10 minutes.
2. Add remaining ingredients in order.
3. Mix until the dough passes the windowpane test (or use the dough setting of a bread machine and skip to step 5). Using the lowest speed of a stand mixer, this can take ~15 minutes with the dough hook attachment.
4. Cover with plastic wrap (or similar) and proof until doubled in volume (~1 hour in a 92°F proofing setting of an oven).
5. Apply parchment paper to baking sheets.

6. Shape as desired but pull it out a bit so that it's a little flat (it will rise).
7. Cover again and continue proofing until doubled in volume (~30 minutes, and then out and ~30 minutes for the oven to get to temp - careful about where the bread is).
8. Uncover and bake at 500°F for 5 minutes, using convection bake mode.
9. Lower the temperature to 350°F and bake until the bread's internal temperature is 190°F (around 10 minutes if done as adjacent hot dog buns or two 13 inch baguettes).
10. Allow the bread to cool for 10 to 15 minutes before turning out or otherwise moving.

Notes

This bread is a great base for many things like rolls, buns, or loafs. Bake it with a wash and sesame seeds, or add chopped rosemary to the dough.

Including the citric acid gives the bread a slight “sourdough” taste.

For an extra crispy crust, spray the loaf with a mist of water and add a cup or two of boiling water to the bottom of the oven as you insert the bread in order to create steam. Then, after the bread has been turned out, place it back in the oven on a wire rack (with the oven off), cracking the door a few inches and allowing the bread to cool down with the oven.

Take this up a level by using bread flour, or by replacing 10g of all-purpose flour with 10g of vital wheat gluten.

Mandolined Apple Snack

Foreword

A mandoline makes this fun and healthy snack super simple. One of Chris's go-tos for himself or company.

Special Equipment

- Mandoline

Ingredients

- Apple
- Cinnamon
- Nutmeg
- Cardamom

Directions

1. Slice apple on a mandoline at roughly the thickness of a coin (slices should be thin, but not floppy).
2. Put in a large mixing bowl.
3. Lightly sprinkle cinnamon, and a pinch of nutmeg and cardamom on the apples.

4. Toss the apples (gently) to spread out the spices.
5. Taste and toss with more spices as desired.



Celery Chimichurri Sauce

Foreword

Ida tracks the amount of money spent on sauces by the swelling collection empty salsa jars. Finally, out of salsa spending desperation Chris and Ida forayed into making homemade salsas. A packed shelf of jars and many recipe experiments later, this serendipitous chimichurri became the household staple for both dipping chips and topping steak. While the Latin American original is typically made with parsley, we once had trouble finding fresh parsley in the supermarket and thus this twist with celery was born.

Ingredients

- 200g (~2 cups) chopped celery, leafy bits welcome
- 100g (~1 cup) chopped carrot
- 75g (~5) chipotles in adobo
- 20g (~8 cloves) pressed garlic
- 100g (~½ cup) olive oil
- 110g (~½ cup) lemon juice
- 1 dash salt
- 1 dash pepper
- 0.1g xanthan gum

Directions

1. Roughly chop the celery and carrots.
2. Place all ingredients in a blender and blend. Stop before completely liquefied.

Notes

This produces a medium heat sauce - dial back the number of chipotles to suit your tastes.

Grandma Selma's Whiskey Sweet Potato Casserole

Foreword

Thanksgiving is Ida's family's big event and this sweet potato casserole was, for her, the star of the entire holiday. It was rich and sweet and not technically considered dessert, and her grandmother was a little bit famous for it. Selma's original recipe includes **22 cups** of sweet potatoes, 18 eggs, and is a recipe suited for - no joke - 33 people.

Ingredients

- 1 40 oz can sweet potatoes, drained
- ½ cup butter, melted
- 3 eggs
- ¼ cup Jack Daniels whiskey
- ½ cup sugar
- ½ tsp ground cinnamon
- ½ tsp nutmeg
- ¾ cup milk

- 2 tsp vanilla extract
- ⅓ tsp salt
- Optional: grated orange rind
- Optional: ½ cup candied pecans, chopped

Directions

1. Preheat the oven to 350°F, using convection bake mode.
2. Beat the sweet potatoes in an electric mixer until very creamy.
3. Mix in the melted butter, then set the mixture aside.
4. In the electric mixer, beat the eggs. Then beat the sugar into the beaten eggs.
5. Mix in the Jack Daniels, cinnamon, nutmeg, milk, salt, vanilla extract, and orange zest if using.
6. Finally, gently mix the sweet potato mixture into the other ingredients.
7. Pour the mixture into a well-greased baking dish.
8. Bake at 350°F until done but still creamy.
9. If using candied pecans, sprinkle them on top 5 minutes before removing the casserole from the oven.



Crispy Potatoes

Foreword

This recipe is food chemistry in action: the potatoes are cooked in an alkaline solution, which accelerates the breakdown of pectin, significantly increasing the surface area of the starch granule and making them much softer than they would be cooked in only water (acidic water causes potatoes to be firmer and less likely to fall apart). When set in a hot oven the soft fluffy encasement of starch becomes crisper faster, much like a battered and fried coating.

Ingredients

- 4 lbs russet or Yukon Gold potatoes
- ½ tsp (4g) baking soda
- 5 tsp (75ml) olive oil
- Small handful picked fresh rosemary leaves, finely chopped
- Salt
- Freshly ground black pepper

Directions

1. Cut the potatoes into chunky, 1 to 1 ½ inch cubes.
2. Adjust an oven rack to center position and preheat the oven to 450°F, using convection bake mode.
3. Bring 2 quarts (~2L) of water to boiling in a large pot.
4. Add 2 Tbsp salt, the baking soda, and the potatoes. Stir to incorporate the baking soda.
5. Simmer for ~10 minutes, until a knife meets little resistance when inserted into a potato chunk.
6. When the potatoes are cooked, drain them and let them rest in the pot for ~30 seconds to allow excess moisture to evaporate.
7. Pour the oil into the pot and toss to coat, shaking bowl roughly, until a thick layer of mashed potato-like paste has built up on the potato chunks.
8. Season to taste with salt and pepper.

9. Transfer the potatoes to a large rimmed baking sheet, spreading them out evenly (don't use a nonstick pan because you will need to use a metal spatula later). Transfer to the oven and roast, without moving, for 20 minutes.
10. Use a thin, flexible metal spatula to release any stuck potatoes, and shake the pan and turn the potatoes.
11. Continue roasting from another 20 to 30 minutes, until the potatoes are deep brown and crisp all over (aim for an internal temperature between 205°F and 212°F).
12. Transfer the potatoes to a large bowl and add rosemary.
13. Toss to coat and season with more salt and pepper as needed. Serve immediately.

Notes

Because they get battered and beaten during this recipe, the potatoes should be cut into very large chunks; they will lose some of this volume in the scrimmage and will end up a more reasonable size to eat. If they are cut too small initially they will end up as a sludge of very crispy mashed potatoes.

This recipe is based on the excellent recipe by J. Kenji López-Alt on Serious Eats.

Seven Nation Army Hot Sauce

Foreword

When you say “spicy” people usually think of the fiery sensation of capsaicin, the heat in chili peppers. But wasabi is also spicy, and it is a different kind of spicy all its own. This knowledge led us to the inevitable question, “What would a hot sauce with all the different kinds of spiciness taste like?”

Ingredients

- 150g red bell pepper, seeds removed
- 150g serrano peppers, stems removed
- 14g salt
- 250g white vinegar
- 1 tsp (2.4g) ground cinnamon
- 2 tsp (4g) ground Sichuan pepper
- 4 tsp (26.8g) Spice World squeeze ginger
- 1 tsp (6.8g) Silver Springs prepared horseradish
- 7.6g (~4 cloves) crushed garlic
- 0.8g ground black pepper
- 1 tsp cayenne

- 1g xanthan gum
- 2 drops liquid smoke

Directions

1. Boil enough water to have at least 400g.
2. Allow the water to cool to at least 120°F.
3. Coarsely chop the serrano and red bell peppers.
4. Place the peppers into a 1 qt freezer bag.
5. Add 400g of water and 14g of salt to the bag.
6. Seal the bag and shake to mix.
7. Vent out any air within the bag.
8. Store the bag in a dark place at room temperature for 2 weeks.
Check on it every few days to release any gas and give a mild shake to mix. The mixture may become cloudy, but dispose of the contents if any mold appears.
9. Drain the liquid, and then blend the peppers (and any residual liquid) with 250g of white vinegar.
10. Blend in the cinnamon, Sichuan pepper, black pepper, ginger, horseradish, garlic, and cayenne.
11. Bring the mixture to a boil, then remove from the heat, cover, and allow to cool.
12. Strain the mixture, keeping the liquid.
13. Blend 2 drops of liquid smoke and 1g of xanthan gum into the liquid.
14. Bottle.



Rosemary Focaccia

Foreword

This is a super easy bread to make, that can take on many different fun shapes depending on the pan you use. Blending the fresh rosemary into the water infuses this bread with a delicious herbaceousness.

Ingredients

- 5.5g (~3 heaping Tbsp) fresh rosemary
- 7g (2 ¼ tsp) active dry yeast
- 12.5g (~2 Tbsp) green onion tops
- 185g (~1 ½ cups) all-purpose flour
- 1 tsp salt
- Olive oil
- Sea salt flakes

Directions

1. Blend the fresh rosemary with 100g of warm water.
2. Pour into a mixing bowl and add another 80g of water (this can be first added to the empty blender to pick up any remaining rosemary).
3. Add the yeast and allow it to bloom for around 5 to 10 minutes.
4. Use scissors to cut up the green onion tops into ¼ inch pieces and add them to mixing bowl.
5. Mix in the all-purpose flour and the 1 tsp of salt, until fully incorporated.
6. Cover with plastic wrap and proof until doubled in volume (~1 hour in a 92°F proofing setting of an oven).
7. Using a spatula gently knock down the dough, and pour it into a 6 inch square silicone pan (or a heavily greased non-silicone pan). Spread the dough evenly across the pan.

8. Cover again and continue proofing until doubled in volume (~45 minutes).
9. Heat the oven to 450°F, using convection bake mode. (If proofing in the oven, take the dough out first.)
10. When the oven is up to temperature, remove the plastic wrap. Spray or drizzle the dough with olive oil, and sprinkle with sea salt flakes.
11. Bake until the bread's internal temperature is 212°F (around 20 to 25 minutes).
12. Allow the bread to cool for 5 minutes before turning out.
13. Put the focaccia on a wire rack and place it back in the oven to finish cooling, cracking the door a few inches (with the oven off).

Desserts





Pumpkin Cookies

Foreword

Ida's first Halloween in California she was struck by an absolute need to eat everything pumpkin. There was initially some difficulty in finding canned pumpkin in stores, but when it was finally in stock Chris bought every can on the shelf. We ate pumpkin pie, pumpkin souffle, pumpkin chili, pumpkin curry... until we met with gastronomical disaster.

We've all had those cakey and dense pumpkin cookies that come out around October - nothing like their beautiful snickerdoodle and chocolate chip rivals. The gold standard for a cookie is the soft, chewy, crisp-edged, almost fudgy texture standardized by Nestle Toll House. The difference? Water; pumpkins are 90% water. This brings us to a particular cookie conundrum. If water is the enemy of a good cookie, how do we include pumpkin into a cookie without ruining the texture? We baked cookies with math! We calculated all the water in a conventional cookie dough: 105g, that's 11%, and substituted every gram of it with pumpkin reduction.

This is one of the first recipes we created together, and continues to be a treasured favorite.

This recipe makes around 24 smaller cookies (or 15 if you make them larger).

Ingredients

- 73.5g butter
- $\frac{1}{8}$ tsp ground cinnamon
- 136.5g pumpkin puree
- 3.5g ($\sim\frac{1}{2}$ Tbsp) flaxseed meal
- 100g ($\frac{1}{2}$ cup) sugar
- 80g ($\frac{2}{3}$ cup) all-purpose flour
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp baking soda

Directions

1. In a saucepan over medium heat, reduce the butter to at least 62.5g (though some butter is different - if the weight plateaus, take it off the heat). The easiest way to check this is to tare a scale with no auto-off feature with the pan and a trivet in advance. Continue to heat it until it turns just golden brown.
2. Mix the ground cinnamon into the browned butter.
3. Let the butter cool, then refrigerate until solid.
4. Microwave the pumpkin puree until it reaches at most 75g (about 5 minutes), so that it loses at least 50% of its moisture. Then let it cool to room temperature.
5. Once the pumpkin is cool, mix in the flaxseed meal (a fork works very well). Allow this mixture to sit for at least 5 minutes while the butter refrigerates, occasionally mixing (trying to get moisture into the flaxseed meal).
6. Preheat the oven to 350°F, using convection bake mode.
7. Add the sugar to the bowl of a stand mixer.
8. Once the butter is solid, cream together the butter and sugar.
9. Mix the pumpkin-flax compound into the butter and sugar.
10. In a separate bowl, stir together the flour, salt, and baking soda.
11. On a slow speed, gradually add the flour until just incorporated.
12. Roll the dough into logs roughly 1 inch in diameter.
13. Tear roughly 1 inch segments of dough and place onto a parchment paper lined AirBake cookie sheet. (If you don't have AirBake, double up your cookie sheets.)

14. Bake for 10 minutes, or until the edges begin to turn a darker shade.
15. Let the cookies cool slightly (around 2 minutes), then move them to a wire rack to finish cooling.

Notes

In this recipe we reduce out half of the water in the pumpkin puree, while also eliminating the water from egg and butter, to get a classic cookie density. We also use a higher temperature setting for a lower amount of time to amplify the fudginess of the cookie interior.

It's very easy to make this recipe vegan; simply evaporate the pumpkin to 69.5g (instead of 75g), substitute the butter for 62.5g of vegetable shortening (skip the step of browning), and add the cinnamon with 75g sugar and 25g of molasses (instead of 100g of sugar).

Our partnership was in notable debate about the cooking time and temperature for these cookies. Another option is to bake for 7 minutes at 400°F. This produces a thinner crispy edge, and a softer gooier center that is more reminiscent of hot cookie dough.



Salt Roasted Peanut Cake

Foreword

For Chris's birthday Ida was tasked with taking the dense heavy ingredient peanut butter and turning it into a light fluffy cake. Actually, when asking what kind of cake he wanted for his birthday, Chris requested "science cake", but we ultimately settled on this challenge.

Ingredients

Caramel:

- ½ cup sugar
- ½ cup whole milk
- ½ tsp salt
- ½ tsp light corn syrup
- ½ Tbsp salted butter

Cake:

- 1 cup (205g) peanut butter
- 1 cup (400g) sugar
- 5 eggs, separated
- 2 cups (220g) cake flour
- 1 Tbsp defatted peanut flour
- 1 tsp baking soda
- 1 ½ tsp salt
- 1 cup (240g) buttermilk, at room temperature
- ¼ cup water
- ¼ tsp instant coffee powder

Frosting:

- 1 cup (245g) creamy peanut butter
- 4 oz (½ package) cream cheese
- 2 cups (250g) powdered sugar
- ½ tsp salt
- 2 tsp milk

Finishing:

- Pretzel salt
- Optional: Jimmies
- Optional: Crushed peanuts

Directions

Caramel:

1. Put all the caramel ingredients in a saucepan over medium heat.
2. Stir the sauce and wipe down the sides. As needed, adjust the heat to keep the caramel to a light boil.
3. When the sauce starts to brown stir vigorously so that it does not burn.
4. Begin testing the caramel for doneness by putting a drop into cold water. It should just stay together. (Keep in mind it will feel thinner in the hot pan than when it is done cooling.)
5. Once ready, remove from the heat and stir until the bubbling stops and the consistency is smooth.

6. Allow to cool completely. It should be a very thick, but still a pourable consistency (if it is too thick, you can try warming it up, mixing in some water, and allowing to cool again).

Cake:

1. Preheat the oven to 325°F, using convection bake mode, and grease and flour 2 cake pans (9 inch). You can also cut parchment paper to go into the bottom of each pan before greasing them.
2. In the bowl of an electric mixer cream the peanut butter and sugar together until fluffy.
3. Add the instant coffee and the yolks of the eggs 1 at a time, beating well after each addition.
4. Sift the flour, baking soda, and salt together. With the mixer on low speed, add the sifted ingredients as well as the water and buttermilk. Consider adding in alternating batches to ensure all the ingredients are fully incorporated.
5. In a separate bowl beat the egg whites until stiff, and then **gently fold** into the batter. This is the most important step, as it makes the cake fluffy.
6. Divide the batter among the 2 prepared cake pans and bake for ~25 minutes, or until golden brown and a tester comes out clean when inserted into the middle of each cake.
7. Allow the cakes to cool in the pans for ~10 minutes before turning them out onto a wire rack to finish cooling (removing any parchment paper as well).

Frosting:

1. Whip the peanut butter, cream cheese, salt, and milk together.
2. Slowly incorporate the powdered sugar. The final consistency should be fluffy and pipeable. If it is too stiff, add more milk or butter. If it is too runny, chill for several minutes or add more powdered sugar.

Finishing:

1. Be sure the cakes and caramel are cooled to room temperature.
2. Lay out the first part of the cake and apply frosting on top.
3. Put the second part of the cake on top, and frost the top and sides of the cake.
4. Decoratively drizzle the caramel over the cake.
5. Lightly sprinkle the cake with pretzel salt.
6. Optionally top with sprinkles and crushed peanuts.



Carrotest Cake

Ingredients

- 1 cup sugar
- ½ cup pumpkin puree
- ⅝ cup vegetable oil
- 3 eggs

- 2 cups of misc. flours (Ida recommends 1 cup whole wheat, $\frac{3}{4}$ cups white, $\frac{1}{4}$ cup oat)
- 2 tsp ground cinnamon
- 2 tsp baking soda
- 1 tsp salt
- 1 cup shredded coconut
- 3 cups (~1 lb) grated carrot
- Zest of ~1 orange
- 1 to 1 $\frac{1}{2}$ cups chopped walnuts

Directions

1. Preheat the oven to 400°F, using convection bake mode, and grease and flour 2 cake pans (9 inch). You can also cut parchment paper to go into the bottom of each pan before greasing them.
2. Beat the sugar, oil, and pumpkin together in an electric mixer with the flat beater attachment.
3. Add the eggs.
4. In another bowl, mix together the flour, cinnamon, baking soda, and salt.
5. With the mixer on low speed, add $\frac{1}{2}$ of the dry ingredients to the wet ingredients.
6. Add the carrots, coconut, and walnuts.
7. Add the rest of the flour.

8. Bake at 400°F for 10 minutes then reduce the oven temperature to 350°F and cook for a further 35 minutes (45 minutes total).
9. Allow the cakes to cool in the pans for ~10 minutes before turning them out onto a wire rack to finish cooling (removing any parchment paper as well).



Candied Citrus Peel & Citrus Syrup

Foreword

Chris's mom always has some candied citrus peel hiding in the freezer which comes out to decorate baked goods around Christmastime (if it hasn't *mysteriously* disappeared).

Ingredients

- Citrus peel (equivalent to 3 grapefruits' worth)
- 800g (4 cups) sugar (divided)
- 3 Tbsp light corn syrup
- Candy thermometer (or a food thermometer that can safely reach 230°F)
- Heat-safe strainer that can rest over a pot, but still allow access

Directions

1. Line trays with wax paper.
2. Prepare a large bowl with 2 cups of sugar.
3. Cut the citrus peel into the desired final size (Chris likes roughly 1 inch square pieces).
4. Put 1 cup of water in a pot on the stove.
5. To the center of the pot, add the other 2 cups of sugar, and the light corn syrup. Do not stir (this will prevent sugar sloshing, which makes cleanup harder).
6. Bring the pot to a boil, and let it boil for 3 minutes.
7. Add the peel to the pot and reduce to a simmer.
8. Allow to simmer, gently stirring occasionally.
9. As the mixture approaches 230°F, stir more continuously. Then remove from the heat at 230°F.
10. Rest the strainer over the pot, and scoop roughly ¼ cup of the peel into the strainer.

11. Briefly allow to drain, until the dripping is slower.
12. Transfer the peel to the pot with sugar.
13. Use two forks to toss the peel in the sugar, making sure the peel separates.
14. Transfer the peel to the wax paper.
15. Continue the process until all the peel has been sugar-coated.
16. Add any remaining sugar in the bowl to the pot with the syrup and stir to combine.
17. Allow the peel to dry for at least 4 hours.
18. When the syrup has safely cooled, transfer to a jar or bottle and store in the refrigerator.
19. Store the peel in jars in a dry place.

Notes

For variety, consider mixing the finishing sugar with additives, like cayenne powder, beforehand.

Other recipes will have you boil the peel multiple times to reduce the bitter flavor. But this reduces the overall flavor as well and we like the contrast of the bitter with the sweet.

Before Chris uses any fresh citrus, he first removes the peel with a vegetable peeler. He then collects it in the freezer until he's ready to make a batch of candy. (Things you pick up when you own a lemon tree.)

Italian Cream Cake

Foreword

This cake is Ida's favorite - she chooses it for her birthday cake almost every year. Whipping the egg whites is a crucial step; the cake structure will be ruined if this step is skipped. This is what gives the cake its fluffiness.

Ingredients

Cake:

- ½ cup (102.5g) shortening, room temperature
- 1 stick (112.5g) butter, room temperature
- 1 cup (200g) sugar
- 5 eggs, separated and at room temperature
- 2 cups (220g) cake flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup (240g) buttermilk, at room temperature
- 2 cups (180g) shredded coconut
- 150g coarsely chopped pecans

- 1 tsp vanilla extract
- ¼ tsp instant coffee powder

Frosting:

- 16 oz (2 packages) cream cheese, room temperature
- ¼ cup butter
- 1 tsp vanilla extract
- 4 oz powdered sugar, sifted
- 120g finely chopped pecans
- 80g shredded coconut, pulsed in a food processor

Directions

1. Preheat the oven to 325°F, using convection bake mode, and grease and flour 3 cake pans (9 inch). You can also cut a circle of parchment paper to go into the bottom of each pan before greasing them.
2. Put the shredded coconut for the batter in a sealable container with the buttermilk and vanilla. Shake and then strain out the buttermilk (keep the buttermilk for a later step).
3. In the bowl of an electric mixer cream the shortening, butter and sugar until light and fluffy.
4. Add the egg yolks 1 at a time, beating well after each addition.

5. Sift the flour, baking soda, and salt together onto a sheet of waxed or parchment paper. With the mixer on low speed, add the sifted ingredients in batches alternately with the buttermilk, beginning and ending with the dry ingredients.
6. In a separate bowl, beat the egg whites until stiff, and **gently fold** into the prepared batter.
7. **Gently fold** the coconut, pecans, and vanilla into the batter.
8. Divide the batter among the 3 prepared cake pans and bake for ~25 minutes, or until golden brown and a tester comes out clean when inserted into the middle of each cake.
9. Allow the cakes to cool in the pans for ~10 minutes before turning them out onto a wire rack to finish cooling (removing any parchment paper as well).
10. While the cake is baking, prepare the frosting. In a large bowl combine the cream cheese, butter and vanilla and, using an electric mixer, beat until smooth and creamy.
11. Add the sifted powdered sugar and mix until thoroughly combined.
12. Add the nuts and mix together. Keep refrigerated until you are ready to frost the cake.
13. When the cakes are completely cool, stack the layers with the frosting and frost the sides and top.

Notes

This recipe is adapted from Emeril Lagasse (who attributes it to Beth Lott's mom).



No Bake Peanut Butter Cream Pie

Foreword

This recipe is designed to be super easy: easy ingredients to find, and easy steps to follow. It's also super tasty, with a slightly boozy finish. Chris and Ida disagree about bananas, so choose wisely which team you are on.

Ingredients

- 1 Tbsp (5g) instant coffee
- 6 Tbsp (90g) whiskey
- 1 package (8 oz) cream cheese
- 60g (~½ cup) powdered sugar
- 1 Tbsp (8g) cornstarch
- 1 cup (250g) natural, no-stir creamy peanut butter
- 1 can (400ml) coconut cream
- 2 graham cracker pie crusts (9 inch)
- 4 (~60g) honey graham crackers
- 10g (2 Tbsp) cocoa powder
- Optional: 2 bananas

Directions

1. In a cup, mix together the whiskey and instant coffee.
2. Flip the cream cheese out of its wrapper onto a microwave safe plate. Microwave for 30 seconds.
3. Scrape the cream cheese into the bowl of an electric mixer. With the flat beater attachment, beat until smooth and creamy.
4. Beat in the powdered sugar and cornstarch until fully combined.
5. Beat in the peanut butter until fully combined.
6. From the coconut cream, scoop out just the solids and beat them into the pie mixture.

7. Slowly add the whiskey and instant coffee liquid into the pie mixture, allowing it to fully combine.
8. Pour the pie mixture into the graham cracker pie crusts and spread evenly. Cover and refrigerate to chill.
9. Crush the honey graham crackers and mix with the cocoa powder. Cover the pies with the crumbs before serving.
10. Optionally cut the bananas into $\frac{1}{4}$ inch pieces and arrange around the edge of each pie.

Notes

When choosing a peanut butter, we recommend a low sugar option. Our store-brand organic peanut butter had 2g of sugar per 32g serving.

Be sure to scrape down the sides of the mixer during each mixing step.



Vegan Peanut Custard Pie

Foreword

Chris accidentally came up with this recipe trying to make an all-peanut cupcake ... forgetting that a cupcake needs some form of structure.

Ingredients

- 1 chocolate cookie pie crust
- 28g (~4 Tbsp) flaxseed meal
- 140g vegan butter
- 150g ($\frac{3}{4}$ cup) sugar
- $\frac{1}{2}$ tsp salt
- 2 tsp vanilla extract
- $\frac{1}{2}$ tsp cocoa powder
- $\frac{1}{2}$ tsp coffee powder
- 150g peanut butter powder

Directions

1. Preheat the oven to 350°F, using convection bake mode.
2. In a cup, add 108g (10 Tbsp) of water to 28g of flaxseed meal. Allow to sit for 5 minutes to create “flax eggs” (with slightly less water than normal flax eggs).
3. Cream together the butter and sugar in a stand mixer using the wire whip attachment.
4. Mix in the flax eggs, salt, vanilla extract, cocoa powder, and coffee powder.
5. Add in the peanut butter powder and mix well.
6. Pour the mixture into the chocolate cookie pie crust.
7. Bake for 25 minutes.
8. Let the pie cool and then chill in the refrigerator until ready to eat.



Pastry Custard

Foreword

Surely every parent has resorted to food based bribery. Desperate times call for desperate measures: Ida's parents discovered the most effective of these rewards, and those were the giant eclairs at Quack's Bakery in Austin, TX (she's certain they were as big as her face) filled with some unidentified delicious substance. In later years she discovered both that this substance is called pastry custard and that it is quite easy to make.

For future reference, pastry custard makes an excellent impression when hosting a brunch. Serve with crêpes - the watery pancakes that everyone thinks are oh so fancy because they are French. Ooh la la.

Ingredients

- 1 egg yolk
- 1 egg
- ¼ cup sugar
- 1 ½ Tbsp cornstarch
- ¾ cup scalded milk
- ½ tsp vanilla extract
- Optional: 1 Tbsp heavy cream

Directions

1. Beat the eggs and sugar together.
2. Put the dry cornstarch in a separate bowl, add the remaining wet ingredients on top of it, and then mix them together. (This will help with avoiding lumpiness.)
3. Mix the cornstarch mixture into the egg mixture.
4. Pour the mixture into a medium saucepan and cook over low heat, whisking constantly. It will seem to thicken slowly but then firm up very suddenly in the last few minutes (after about 7 to 10 minutes).
5. Stir in the vanilla and heavy cream.

Notes

The pastry cream has one deceptive moment: it will thicken rather suddenly and a failure to beat the mixture continuously at the moment when it thickens will leave you with a weird lumpy custard.

This recipe can also produce lemon curd by just replacing the milk with concentrated lemon juice.



Banana Cookies

Foreword

This is the hill we will die on: the difference between a cookie and a muffin is water.

Bananas are 75% water. If you wanted to add just one banana in a recipe that would be 87g water. That's much too much to just throw into a batch of cookies and end up with happy cookies. Thus we have invented the egnana! Intense banana flavor with the binding power of an egg.

Ingredients

- 200g peeled ripe banana (~1 ½ bananas)
- 15g (~2 Tbsp) flaxseed meal
- 227g (1 cup) unsalted butter
- ¼ tsp ground cinnamon
- 264g (~2 ⅞ cups) all-purpose flour
- 1 tsp baking soda
- 6g (1 tsp) salt
- 150g (¾ cups) sugar
- 111g chopped dry roasted peanuts
- 50g mini chocolate chips

Directions

1. Brown the butter. Cook the butter in a sauce pot until it turns a light brown color. A shallow pan will cook slower but you have to watch it more carefully so it doesn't burn, a deeper pot will require constant stirring. We measured the water loss at 34g, leaving a final measured weight of 193g browned butter. Butter is 14% water.
2. As the butter is cooling, add the cinnamon. This will allow the flavor to bloom.
3. Chill the browned butter.
4. Mash the bananas. A pastry cutter works well if you have one.

5. Microwave the bananas 30 seconds at a time until at least 54g of liquid has evaporated from the bananas leaving a final weight of at most 146g (~4 minutes). This is $\sim\frac{1}{3}$ of the water content of the bananas. Watch out for the bananas bubbling up and overflowing your bowl while you microwave them (hence pausing the microwave every 30 seconds); you may want to consider using an extra large microwave safe bowl. (You can also do this by freezing the bananas, see Notes.)
6. Allow the banana to cool.
7. In a separate container, mix the remaining banana flesh with the flaxseed meal. This will create an egg-like binding agent.
8. Let the flaxseed meal and banana “eggnana” coagulate for at least 3 minutes.
9. Chop the peanuts or pulse a few times in a food processor.
10. Whip the cooled browned butter, sugar, until creamed. This will incorporate air and water into the butter. Use the flat beater attachment on high speed.
11. Slowly add the “eggnana”.
12. Measure out the flour and mix in the baking soda and salt.
13. Decrease the speed to slow, and mix in the flour mixture.
14. Add the chocolate chips and peanuts.
15. Shape the cookies into 1 inch spheres. If you’re feeling fun, roll each sphere such that they are ~ 3 inches long and a bit more tapered on one end, and then bend slightly into a crescent banana shape.
16. Bake at 350°F for 8 minutes.
17. Allow to rest at least 3 minutes before serving.

Notes

You can also freeze the mashed bananas. This will rupture the cells and release most of the water. Then when the mashed bananas thaw you can pour off the listed amount of liquid.

Flaxseed meal is a common egg substitute for vegan baking. It binds with water creating a coagulated binder. In this recipe we mix the flaxseed meal with banana so that all the water in the recipe can come from the fruit.

These work well baked in almost any shape, so if you're feeling drop cookies, or really tall ones, or fun shapes they all work pretty well.

“Jewish” Apple Cake

Foreword

This is Chris’s usual birthday cake. Don’t ask why the cake is religious. There is a theory that the recipe originates from someone Chris’s nana knew who happened to be Jewish. Humorously, Ida’s grandmother (who does happen to be Jewish) has a very similar cake recipe simply titled “Apple Cake”.

Ingredients

- 4 to 5 apples
- 2 ½ tsp ground cinnamon
- 1 ¾ cups and 3 Tbsp sugar (divided)
- 3 cups flour
- 1 cup cooking oil
- ½ cup orange juice
- 2 ½ tsp vanilla extract
- 4 eggs
- 1 Tbsp baking powder

Directions

1. Preheat the oven to 350°F, using convection bake mode.
2. Peel the apples and then slice at coin thickness on a mandoline such that the slices are no more wide than half the width of the apple (one trick for this is to cut the apple to the core from top-to-bottom on opposite sides, and then mandoline the apple across those cuts).
3. Toss the apples, cinnamon, and 3 Tbsp sugar together in a bowl and set aside.
4. Combine the rest of the ingredients and mix for 5 minutes.
5. Pour a layer of batter into a greased, floured tube type pan.
6. Add a layer of sliced apples.
7. Continue alternating batter and apples, ending with batter.
8. Bake at 350°F for 1 hour to 1 hour and 15 minutes.
9. Allow to cool for 10 minutes.



Pine-Pineapple-Apple Upside-Down Cake

Foreword

Like many good stories this cake started as a joke. Chris suggested an apple and pineapple cake, and then amended saying surely you could get some good pine flavor in there. Years later Ida ran across the unexpected Russian delicacy, pine cone jelly, and simply had to make this cake. The pine flavor is shockingly subtle but brings an unexpect-

ed “Christmas tree” flavor, as Chris puts it. Feel free to replace the pine cone jelly with honey for a regular pineapple-apple cake if pine cone jelly is too hard to find - or you aren’t quite brave enough!

Ingredients

- 1 jar (220g) Russian pine cone jelly
- 1 20 oz can pineapple slices, aka rings (divided)
- 4 apples
- 2 ½ tsp ground cinnamon
- 1 ½ (300g) cups and 3 Tbsp sugar (divided)
- ½ cup pineapple juice from the can
- 3 cups (360g) all-purpose flour
- 1 cup cooking oil
- 2 ½ tsp vanilla extract
- 4 eggs
- 1 Tbsp baking powder

Directions

1. Preheat the oven to 350°F, using convection bake mode.
2. Line 2 cake pans (9 inch) with parchment paper.
3. Arrange a layer of pineapple rings in each pan.

4. Pour a thin layer of the pine cone jelly syrup over the pineapple rings, reserving about half of the jelly to pour on top afterwards. Next, place the mini pine cones from the jelly inside and between each pineapple ring.
5. Peel the apples and then slice at coin thickness on a mandoline such that the slices are no more wide than half the width of the apple (one trick for this is to cut the apple to the core from top-to-bottom on opposite sides, and then mandoline the apple across those cuts).
6. Toss the apples, cinnamon, and 3 Tbsp sugar together in a bowl and set aside.
7. Using a stand mixer, combine the rest of the ingredients and mix thoroughly.
8. Next, pour a thin layer of batter into each pan, over the pineapple.
9. Add a layer of sliced apples (about two slices thick).
10. Continue alternating batter and apples, ending with batter.
11. Bake at 350°F in the middle rack of the oven for ~55 minutes until the tops are no longer wet looking and a cake tester comes out clean (or until the internal temperature reaches 210°F).
12. Allow to cool for 10 minutes.
13. Turn the cakes out upside down to show off the pineapple ring decorations, top with another thin layer of the pine cone jelly, and optionally decorate with more pine cones.



Breakfast Lace Cookies

Foreword

One time Chris wanted to make oatmeal cookies but accidentally made a much flatter cookie - almost an “oat brittle”. He chalked it up to using a different kind of oats than usual. But they so were good so he made the recipe again (with the same result). Chris decided he then wanted to have this recipe written down, so he made it a third time ... with a completely different result, producing a normal cook-

ie. Turns out, he must have been accidentally leaving out a lot of flour. So then Chris experimented to create this proper recipe for what he had originally made by mistake.

Ingredients

- 7g (~1 Tbsp) flaxseed meal
- 100g (½ cup) sugar
- 113g (½ cup) salted butter, softened
- 32g all-purpose flour
- ½ tsp salt
- ½ tsp vanilla extract
- ½ tsp baking soda
- 1 tsp ground cinnamon
- 234g (1 ½ cups) quick cooking steel cut oats
- 1 Tbsp instant coffee
- Sea salt flakes

Directions

1. Preheat the oven to 375°F, using convection bake mode.
2. In a cup, add 37g (2 ½ Tbsp) of water to 7g of flaxseed meal. Allow to sit for 5 minutes to create a “flax egg”.
3. Cream together the butter and sugar in a stand mixer.

4. Add the flax egg, vanilla, and cinnamon to the butter and sugar and mix well.
5. In a separate bowl, mix the flour, salt, and baking soda together.
6. Add the flour mixture to the ingredients in the stand mixer and mix well.
7. Add the oats and mix well.
8. Mix in the instant coffee.
9. Line 3 baking sheets with parchment paper.
10. Scoop out roughly 1 inch balls and place 3 inches apart on the baking sheets.
11. Sprinkle sea salt flakes on each cookie.
12. Bake for ~8 minutes.
13. Let the cookies cool for 5 minutes, then move them to a wire rack to finish cooling.

Notes

These cookies should be crisp enough to snap in half. If after cooling they are bendy, add an extra minute or two to the bake time.



Massaman Curry Peanut Butter Cookies

Foreword

One Christmas, Chris's family was discussing cookie baking plans and he wanted to pull off some peanut butter cookie dough to experiment with. Mr. Shull the elder jokingly asked if Chris was going to make them savory. He should have known better than to ask a question like this - challenge accepted.

Ingredients

- 7g (~1 Tbsp) flaxseed meal
- 125g (½ cup) unrefined, virgin coconut oil
- 125g (½ cup) natural, no-stir creamy peanut butter
- 100g (½ cup) sugar + more for finishing
- 50g (¼ cup) dark brown sugar
- ½ tsp vanilla
- 12 drops red food coloring
- 190g (1 ½ cup) all-purpose flour
- 2.25g (½ tsp) baking soda
- 2.25g (½ tsp) baking powder
- ¼ tsp salt
- 4 tsp ground ginger
- 1 Tbsp paprika
- 2 ½ tsp dried lemongrass powder
- 2 tsp cumin
- ½ tsp cayenne
- ½ tsp cinnamon
- ½ tsp cardamom
- ½ tsp turmeric
- ⅛ tsp nutmeg
- ⅛ tsp cloves

Directions

1. Preheat the oven to 375°F, using convection bake mode.
2. In a cup, add 75g (5 Tbsp) of water to 7g of flaxseed meal. Allow to sit for 5 minutes to create a “flax egg” (extra watery).
3. In a stand mixer, cream together the coconut oil, peanut butter, both kinds of sugar.
4. Add in the flax egg, vanilla, and the red food coloring and mix until well combined.
5. In a separate bowl, mix together the dry ingredients (all the remaining ingredients).
6. Add the dry mixture to the wet ingredients in the stand mixer and mix well.
7. Shape the cookies into 1 inch spheres. Flatten each sphere with the tines of a fork dipped in sugar to make a cross hatch pattern.
8. Bake for 12 minutes.
9. Let the cookies cool slightly (~5 minutes), then move them to a wire rack to finish cooling.

Notes

When choosing a peanut butter, we recommend a low sugar option. Our store-brand organic peanut butter (O Organics) had 2g of sugar per 32g serving.



Lemon Peel & Rosemary Cookies

Foreword

California is littered with lemon trees and rosemary bushes, and Sage Hen is no exception. This savory, crunchy cookie is for Mei, who prefers desserts to be less sweet.

This recipe makes around 20 cookies.

Ingredients

- 7g (~1 Tbsp) flaxseed meal
- 62g dark brown sugar
- 37g extra virgin olive oil
- ¼ tsp vanilla extract
- 11g lemon peel, minced
- 4g fresh rosemary, minced
- 78g (~½ cup) cornmeal
- 62g (~½ cup) all-purpose flour
- ¼ tsp baking soda
- ¼ tsp baking powder
- Pinch of salt
- Sea salt flakes

Directions

1. Preheat the oven to 350°F, using convection bake mode.
2. In a cup, add 40g (~2 ½ heaping Tbsp) of water to 7g of flaxseed meal. Allow to sit for 5 minutes to create a “flax egg”.
3. In a stand mixer, mix together the dark brown sugar and olive oil.
4. Add in the flax egg and vanilla and mix until well combined.
5. Mix in the lemon peel and rosemary.

6. In a separate bowl, mix the cornmeal, flour, baking soda, baking powder, and pinch of salt together.
7. Add the dry mixture to the wet ingredients in the stand mixer and mix well.
8. Scoop into 1 inch balls of dough and place onto a parchment paper lined AirBake cookie sheet. (If you don't have AirBake, double up your cookie sheets.)
9. Flatten each ball as need to ~¼ inch and sprinkle with sea salt flakes.
10. Bake for 12 minutes, or until the edges begin to turn a darker shade.
11. Let the cookies cool slightly (~5 minutes), then move them to a wire rack to finish cooling.

Notes

This recipe uses slightly more water than a normal “flax egg” in order to keep a bit more moisture in the cookies.



Coconut Chocolate Chip One Bowl Cake

Foreword

This is a great recipe for when you want to show someone how special they are, but are in an unfamiliar kitchen or don't have a lot of time. This one's for Alice.

Ingredients

Cake:

- 284g (2 cups) all-purpose flour
- 159g ($\frac{3}{4}$ cup) granulated sugar
- $\frac{1}{2}$ tsp baking soda
- 2 tsp baking powder
- 2 tsp cornstarch
- $\frac{1}{2}$ Tbsp (14g) salt
- 141g (10 Tbsp) butter, softened
- 300g (~1 $\frac{1}{2}$ cups) sour cream
- 3 eggs
- 1 tsp vanilla extract
- 340g (2 cups) mini chocolate chips
- 100g (~1 cup) unsweetened shredded coconut or flakes (divided)

Frosting:

- 1 stick (112.5g) unsalted butter, softened
- 1 package (8 oz) cream cheese, softened
- 1 Tbsp coffee powder
- 2 tsp bourbon
- 172g (~1 $\frac{1}{2}$ cups) powdered sugar
- 2 tsp (~4.5g) cornstarch

Directions

Cake:

1. Preheat the oven to 350°F, using convection bake mode.
2. Toast the coconut in the oven for 6 minutes.
3. Add the flour, sugar, baking powder, baking soda, cornstarch, and salt to a bowl and mix.
4. Roughly cut the butter into the dry ingredients, and then mix until well incorporated.
5. Add in the wet ingredients and mix until smooth.
6. Gently mix in the chocolate chips and coconut (reserving ~2 Tbsp of coconut for finishing).
7. Line a 9×13 inch pan with parchment paper and pour in the batter.
8. Bake for 30 to 35 minutes, until golden brown on top and a tester comes out clean (or until the cake is between 200°F and 210°F).
9. Let the cake cool for 15 minutes before turning out onto a wire rack.

Frosting:

1. Dissolve the coffee powder in the bourbon in the bowl of an electric mixer.
2. Roughly cut the butter and cream cheese, and beat together with the coffee with the flat beater attachment.

3. Slowly mix in the powdered sugar and cornstarch, increasing speed to beat until smooth.
4. For easier spreading, chill in the refrigerator.

Finishing:

1. Once completely cool, cut the cake in half.
2. Plate the first layer of cake, and apply a layer of frosting on top.
3. Place the second layer of cake on top, and finish frosting.
4. Sprinkle the remaining coconut over the cake.

Notes

Based on a recipe from Mel's Kitchen Cafe.

Drinks





Hoppy Seltzer & Oatmeal Cookies

Foreword

This tag team of recipes was born after Chris became hooked on hoppy seltzers - refreshing, non-alcoholic, zero-calorie drinks. Determined to reduce his beverage budget, Chris first researched how to make his own hoppy seltzer. And then, not wanting the byproducts of this endeavor to go to waste, the hoppy oatmeal cookie was born.

This recipe makes around 20 cookies.

Ingredients

Hoppy Seltzer:

- 30g Cascade pellet hops
- 200g high-proof grain alcohol
- Seltzer water
- Optional: elderflower syrup

Hoppy Oatmeal Cookies:

- 7g (~1 Tbsp) flaxseed meal
- 120g ($\frac{1}{2}$ cup) unsalted butter
- 4 drops green food coloring
- 8g (~2 tsp) saturated hops
- 100g (~ $\frac{1}{2}$ cup) brown sugar
- 94g ($\frac{3}{4}$ cup) all-purpose flour
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- 120g (1 $\frac{1}{2}$ cups) old fashioned oats

Directions

Hoppy Seltzer:

- Combine the hops and alcohol in a sealed, glass jar.
- Allow the hops to sit for 2 weeks, gently shaking occasionally.
- Strain to separate the liquid “hop extract” from the “saturated hop” solids, keeping both. Give the hops a light squeeze to extract as much liquid as possible.
- In a glass, combine 1ml of hop extract with 1 cup of seltzer water (or to taste).
- Optionally include 2ml of elderflower syrup.

Hoppy Oatmeal Cookies:

1. Preheat the oven to 300°F, using convection bake mode.
2. In a cup, add 37g (2 ½ Tbsp) of water to 7g of flaxseed meal. Allow to sit for 5 minutes to create a “flax egg”.
3. Microwave the butter until just melted.
4. Mix together the butter, brown sugar, and green food coloring in a stand mixer.
5. Add in 8g of saturated hops and the flax egg, and mix until well combined.
6. In a separate bowl, mix the flour, baking soda, baking powder, and salt together.
7. Add the dry mixture to the wet ingredients in the stand mixer and mix well.

8. Mix in the old fashioned oats.
9. Scoop into 1 inch balls of dough and place onto a parchment paper lined AirBake cookie sheet. (If you don't have AirBake, double up your cookie sheets.)
10. Bake for 13 minutes, or until the edges begin to turn a darker shade.
11. Let the cookies cool slightly (~5 minutes), then move them to a wire rack to finish cooling.

Notes

One of the tricks with oatmeal cookies is that they can become really dry just a day after cooking them. This recipe uses melted butter and a lower baking temperature to produce cookies that stay moist much longer.

Hops are also tasty in bread - try 8g (~2 tsp) of saturated hops instead of instead of citric acid in the "Basic Bread" recipe.

To make a completely non-alcoholic hop seltzer, combine 400ml of boiling water with 30g of pellet hops. Allow this to simmer for 10 minutes, stirring occasionally, and then strain. This produces more of a "hop tea concentrate". Use 4ml with 1 cup of seltzer water. (The hop tea concentrate should be refrigerated to delay spoilage, and the saturated hops left over from this process have not been tested in cookies.)



Apple Pie in a Mug

Foreword

After seeing enough TV chefs having fun with whipping siphons, Chris decided he needed one of his own. Easy, flavored, whipped creams are a great way to take something fairly basic up to a new level.

Ingredients

- 1 jug apple cider (unspiced)
- 1 ½ tsp ground cinnamon
- 1 pint whipping cream
- 2 Tbsp powdered sugar
- 1 tsp vanilla extract

Directions

1. Begin heating the apple cider on the stove or in the microwave.
2. Make cinnamon whipped cream with the remaining ingredients, either by whipping them together or by using a whipping siphon.
3. When warmed to your preferred drinking temperature, pour the apple cider into mugs and top with the whipped cream.



Smoky Balsamic Shrub

Foreword

A drink for those who like smoke and drinking-vinegars. Reminiscent of the smokiness of whiskey, but even more smoke-forward.

Ingredients

- 2 drops liquid smoke
- 1 tsp balsamic vinegar
- 2 Tbsp spiced rum
- Optional: $\frac{1}{4}$ cup seltzer water

Directions

1. Starting with the liquid smoke, combine the ingredients.
2. For a tumbler size, add seltzer water.

Notes

Leave the seltzer out for a shot sized drink (but the flavor is pretty powerful, so definitely include the seltzer for a tumbler size).



Ginger Ale

Foreword

We've made a number of batches of ginger ale over the years; non-alcoholic and alcoholic (like this recipe), using bread yeast, champagne yeast, and ale yeast. Unsurprisingly, ale yeast ends up tasting the best for ginger *ale*.

Special Equipment

- 2L (~0.5 gallon) glass jug with firmly airtight cap
- Drilled #6 rubber stopper
- S-shape (or “bubble”) airlock

Ingredients

- 60g fresh ginger (after peeling)
- 340g sugar (divided)
- 0.3g (~ $\frac{1}{8}$ tsp) LalBrew Nottingham Ale Yeast
- 50g freshly squeezed lemon juice

Directions

1. Peel the fresh ginger and coarsely chop it.
2. Place the ginger in a blender and blend (you can add a small amount of water to aid in the blending).
3. Once liquefied, pour the ginger into a pot (you can use a bit more water to flush any lingering ginger out of the blender).
4. Add just enough water to the pot to cover the ginger.
5. Bring the pot to a boil, and then turn the heat down to low, cover, and allow to steep for 1 hour.
6. Funnel the ginger water into the glass jug, optionally straining out the larger ginger bits.
7. Add 170g of sugar to the jug and allow to dissolve.

8. Add lemon juice and fill the jug with cold water, stopping when the liquid is 2 to 3 inches below the top of the jug.
9. Let cool to at least 95°F, and then add the yeast (otherwise you run the risk of killing the yeast).
10. Cap the jug and shake. (Make sure that there is no yeast stuck to the inside of the glass near the spout.)
11. Add water to the airlock and insert into the stopper.
12. Remove the cap from the jug and insert the stopper with airlock.
13. Store in a dark place for 6 days at 50°F to 72°F (optimally 57°F to 70°F).
14. Remove the stopper and add another 170g of sugar to the jug.
15. Apply the cap and shake gently.
16. Return to a dark place for 2 days.
17. Carefully untwist cap just enough to outgas - as soon as the ginger ale begins to surge with bubbles, twist the cap shut again (this is why we did not fill the jug completely).
18. Store in the refrigerator. Be careful, as this will slow down the yeast but pressure will continue to build over time.

Notes

Once refrigerated be careful when opening the ginger ale, as it will still be prone to bubbling over. Note too that the yeast will still be slightly active in the refrigerator.

We've found that if you simply reuse a glass jug from the grocery store (e.g. from apple cider), then some of the caps don't seal as firmly as others, resulting in loss of pressurization.

Other types of airlock can be used, but "bubble" airlocks are inexpensive and work well for this recipe.



Smoothie Bowls

Foreword

Picture a hot sunny day, and a refreshing cold dish of strawberry and lemon, with crunchy almonds and fresh berries. This is not as much a recipe as a formula for making smoothie bowls delicious.

Ingredients

- 175g juice (either apple juice, or lemon juice mixed with water)
- 185g frozen strawberries, raspberries, and/or cranberries
- ¼ to ½ tsp xanthan gum
- 1 to 2 tsp collagen powder

Optional toppings:

- Homemade granola
- Blueberries
- Slivered almonds
- Pepitas
- Lemon zest
- Pomegranate seeds
- Sesame seeds
- Sliced bananas

Directions

1. Blend together the juice, collagen, and xanthan gum. This should create a thin, frothy foam.
2. Add the berries. Blend, let it settle for a moment, then blend again.
3. Pour the smoothie into a serving vessel of your choice. We like tall drinking glasses, fancy martini glasses, or smoothie bowls.

4. Optional: decorate with your toppings of choice. We recommend pieces of fruit, a crunchy element such as granola or pepitas, and a contrasting flavor such as lemon zest.
5. Depending on your toppings and serving vessel choices, serve with a spoon and/or a boba straw.

Safety

The advice below is general advice, and is not suitable nor comprehensive for all situations. Do your own research for your specific situation when preparing food.

- Keep raw animal products like meat, poultry, seafood, and eggs away from other foods. Avoid cross-contamination by using separate cutting boards and utensils for these items.
- The most important tool for safely cooking meat is an instant-read thermometer. Meat safety is a function of time and temperature (which can also be impacted by thickness). Above 130°F, pathogens begin to die off - the greater the temperature the faster they die, and at a certain temperature they die instantly. Also, different kinds of meat are generally more dangerous. If you're cooking sous vide, be sure to check a time and temperature table. For more traditional cooking, the USDA keeps a temperature guide for different kinds of meat.
- It's fairly common for fish to have parasites. If you're not going to cook your fish to a safe temperature, getting frozen fish can help minimize risk, as industrial freezing commonly kills the parasites.
- Make sure you "devein" shrimp, or buy shrimp which have been already been deveined. (The "vein" is actually the digestive tract.)

- Do not store fresh herbs or garlic (or any fresh plant) in oil. Under the right conditions *Clostridium botulinum* (and related) bacteria produce the botulism toxin. If you have some oil-infused leftovers, it may be possible to neutralize the toxin by cooking it for a particular time and duration - however, we will leave this research as an exercise to the reader. Store-bought oil infusions go through a process that makes them safe.
- The FDA generally recommends that food not be left at room temperature for over 2 hours (or 1 hour if it is hotter than 90°F).
- Generally speaking, do not wash fresh produce until you are ready to consume it, this will help it last longer.
- Different kinds of produce like to be stored in different ways - some don't even like to be refrigerated! When buying a new kind of produce, or when buying in bulk, do a little research on storage.
- Respect your knives. Two things lead to the most injuries; complacency and over-exertion. Always pay attention to your knife work, and always stay in control. The more pressure you have to exert the less in control you are. Keeping your knives sharp may actually be safer. Research the correct way to hold your knife and food to minimize risk to your fingers. Also, consider investing in some cut-resistant gloves.
- Don't handle hot items with wet or damp towels. The water will conduct the heat better, and can also convert to steam which will also transfer the heat to your hand faster.
- Don't mix cleaning chemicals, as this can create toxic fumes. For example, ammonia and bleach produce deadly chloramine gas.



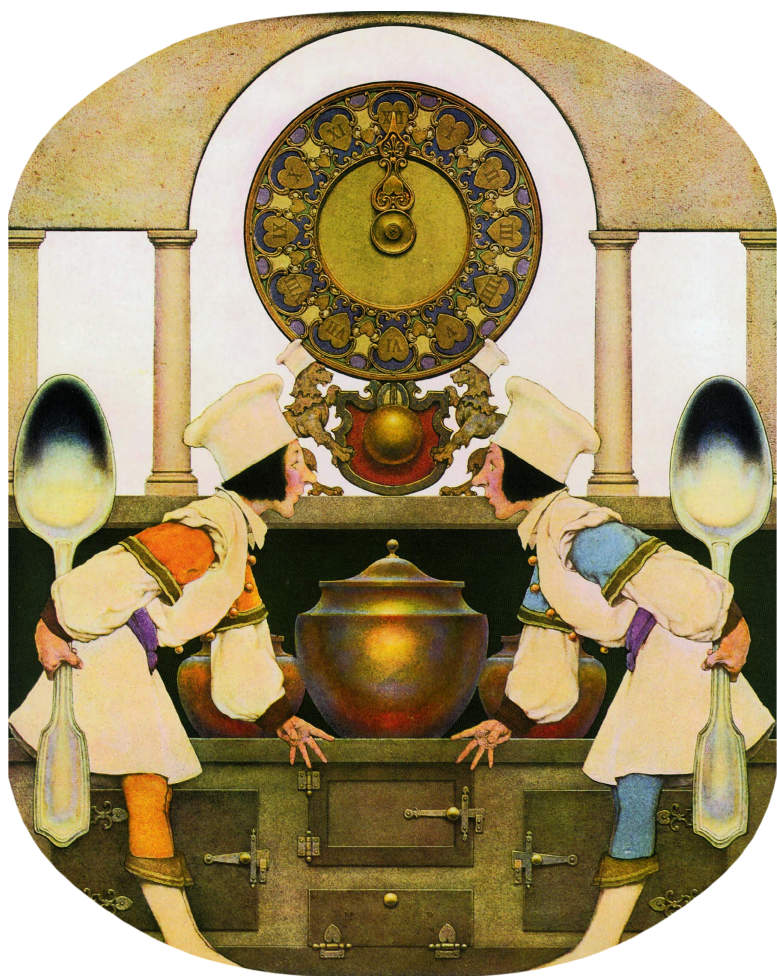
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“Spoon” and “Dessert Spoon” by Slicon, from thenounproject.com.



*We hope you have enjoyed our cookbook,
and left room for just one spoonful of dessert.*