
Issac's Recipes Documentation

Release

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October 31, 2016

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Welcome to my recipe book. These are all the things I know how to cook or reheat.

Cooking

These are recipes that I know how to cook from scratch.

1.1 Chicken & Quinoa (slow cooker)

Needs:

- Slow Cooker
- 1 cup Quinoa
- 2.5 cups Broth (can be substituted for water and salt)
- 1 cup chopped carrots
- 1 cup broccoli heads
- some chicken (two thighs used)
- 1/4 onion chopped
- 2 cloves of garlic chopped
- 3 tablespoons soy vey teriaki soy sesame sauce thing.

1. Put the quinoa, broth, carrots, onions, garlic, chicken, sauce in the slow cooker
2. Cook on high for 3 hours or low for 6 hours. ish.
3. Add broccoli and cook on high for 20-30 mins
4. Serve

1.2 Egg Salad

1. Place two eggs in a small pot of water (water should cover the eggs).
2. Heat on stove at high heat for 20 minutes.
3. Peel eggs.
4. Slice-and-dice eggs.
5. Add a glob of mayonaise (one large spoonful, approximately).
6. Add a pinch of mustard powder and paprika.

7. Mix with fork.

1.3 Mashed Potatoes

1.3.1 Ingredients

- 4 medium Idaho or Yukon Gold potatoes
- 3 tablespoons butter
- 1/2 cup hot milk

1.3.2 Instructions

- Peel potatoes.
- Cut into 1/16ths or so.
- Put into pot of water, add some salt.
- Boil for 20 minutes on high heat.
- Drain water.
- Rice potatoes.
- Add butter and milk.
- Mix until smooth.

1.4 Meat Pie

1.4.1 Ingredients

- 1.5 lbs ground beef
- 1-2 tablespoons olive oil
- 2 onions, finely chopped
- 2 tablespoons flour
- 1-1.5 cups stock/water
- Salt and pepper
- Worcestershire sauce.

1.4.2 Instructions

1. Purchase deep dish pie crust.
2. Turn oven to 375.
3. Line frozen pie crust with foil.
4. Put bag white beans in to weigh it down.

5. Put in oven for 20 minutes.
6. Take foil and beans out of pie crust, remove from oven.
7. Keep beans for next time.
8. Put oil in frying pan.
9. Turn on stove to medium/medium-high.
10. Add the onions when oil is hot (putting onion in will make noises when hot).
11. Cook until onion is soft (onions turn more translucent).
12. Add ground beef.
13. Cook, chop, and stir until beef is brown.
14. Take frying pan off heat.
15. Stir in flour.
16. Pour in stock/water.
17. Add some salt and pepper (don't add much salt if the stock isn't sodium free)
18. Put frying back back on heat.
19. Cook until boiling (it will bubble).
20. Cover the frying pan.
21. Turn heat to low, cook for 45-60 minutes, stirring occasionally (every 10-15 minutes), should be thick and creamy.
22. Stir in Worcestershire sauce (a couple of shakes), and taste.
23. While cooking on low heat, make [Mashed Potatoes](#).
24. Turn oven to 425.
25. Put beef mixture into pie shell.
26. Put mashed potatoes on top (for optimal aesthetics, use pastry bag).
27. Sprinkle paprika on.
28. Put pie in oven for 15 minutes or until lightly browned.
29. Remove from oven, serve.

Reheating

These are recipes that I know how to reheat, but not cook from scratch.

2.1 Breaded Chicken

This recipe is for reheating frozen breaded chicken.

1. Remove from freezer.
2. Preheat oven to 375.
3. Place chicken in oven on foil pan.
4. Check temperature after 15-20 minutes.

2.2 Cabbage and Noodles

1. Cook bow-tie noodles normally.
2. Take cabbage out of freezer.
3. Place in Pyrex bowl.
4. Heat on high in microwave for 3 minutes (check that it is defrosted/warm).
5. Drain water from noodles.
6. Mix cabbage in with noodles.

2.3 Chicken Soup

1. Defrost in microwave to half-ice or further.
2. Place on stove at medium-low heat until bubbling.

2.4 Hamburger

2.4.1 Without grill pan

1. Take out of freezer one day in advance.
2. Spray small amount of oil on to frying pan.
3. Place hamburger on frying pan.
4. Cook 3-4 minutes on medium-high heat.
5. Check that cooked, and then flip.
6. Cook 3-4 minutes on other side.
7. Cut into it to make sure cooked all the way through.

3.1 Hot Chocolate

3.1.1 Ingredients

- Droste cocoa
- Milk
- Heavy whipping cream
- Sugar
- Whipped cream

3.1.2 Directions

1. Put 3 large teaspoon of cocoa in sauce pan.
2. Add 1.5 teaspoons of sugar to sauce pan.
3. Shake/stir until mixed well.
4. Shake whipping cream and add 3 teaspoons to pan.
5. Turn heat on to low on stove.
6. Stir until shinny.
7. Pour milk into mug (3/4 full).
8. When glossy, pour milk into pan.
9. Stir to blend.
10. Turn heat up slightly.
11. Let warm, check temperature ocassionally.
12. Add whipped cream.
13. Serve.