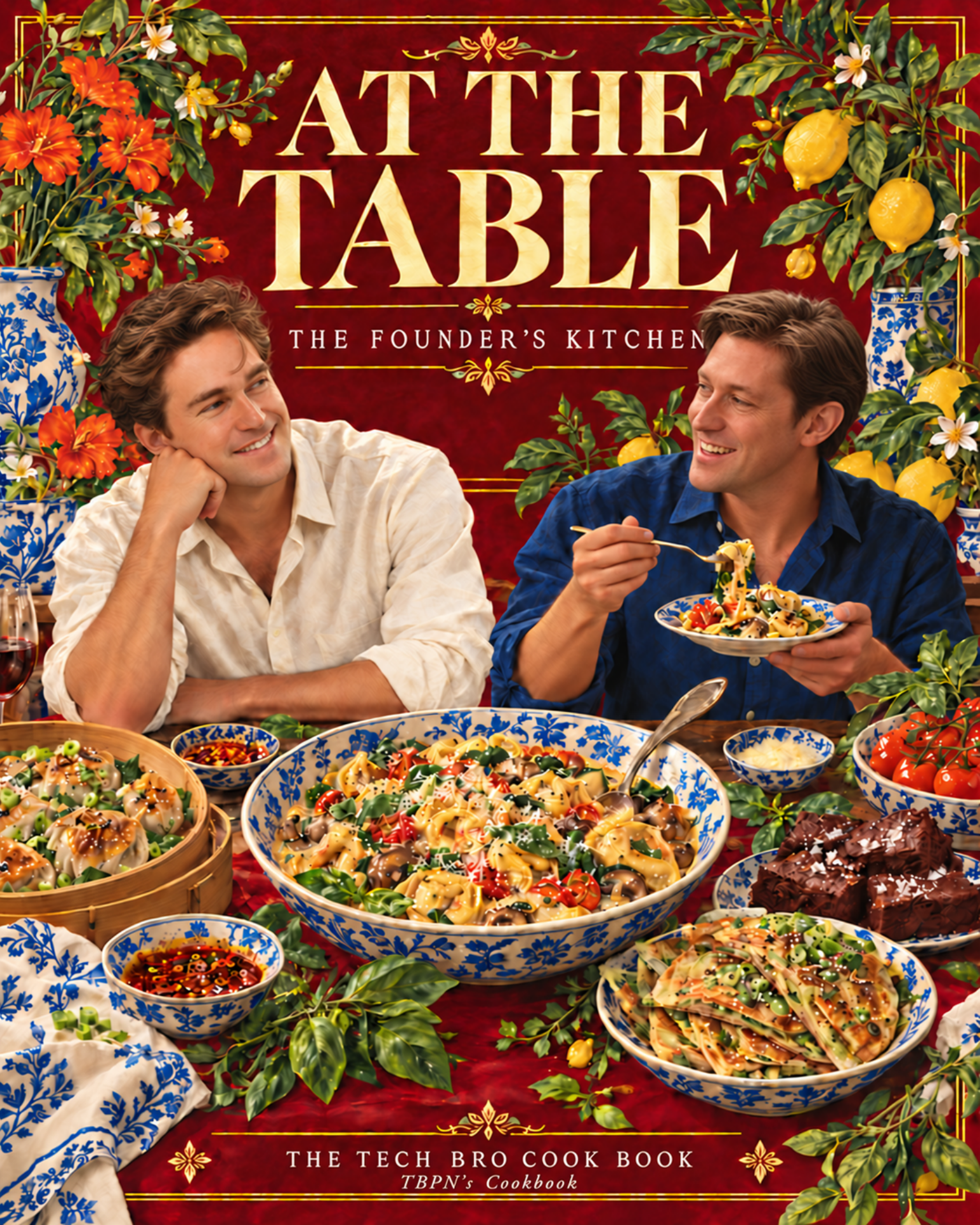
AT THE TABLE

THE FOUNDER'S KITCHEN



THE TECH BRO COOK BOOK

TBPN's Cookbook

About this book



For the people who turn a good conversation into a great dinner. Pull up a chair, cook something generous and make room for one more.

The TBPN-inspired shared table: 57 complete recipes, the team signature dishes up front, detailed numbered methods, practical tips, a useful kitchen field guide and coherent dinner plans. Warm paper, chapter-colored typography, tinted ingredient panels and a distinct photograph on every reading page.

Contents



Pull up a chair 5

How to use this cookbook 6

A pantry with a purpose 7

Shop for the dinners you will cook 8

The Founder's Kitchen 9

The Coogan Carbonara 10

Jordi's Jambalaya 13

Jordi's Jerk Chicken 16

The Tyler Tortellini 19

The Hays Haddock 22

The Hays Huarache 25

Dylan's Danish Pastries 28

The Abruscato Stracotto 31

Demo Day Black Bean Tacos 34

Sand Hill Skillet Pizza 37

Founder Mode Breakfast Burritos 40

Golden Gate Green Goddess Toast 43

Exit Interview Espresso Brownies 46

The Chinese-inspired table 49

Ginger-Scallion Chicken 50

Demo Day Dumplings 53

Garlic Bok Choy 56

Tomato and Egg Rice 59

Mapo-Inspired Tofu 62

Bull Market Beef and Broccoli 65

Seed Round Scallion Pancakes 68

Sesame Cucumber Salad 71

Japanese-inspired simplicity 74

Miso-Glazed Salmon 75

Chicken and Mushroom Donburi 78

Vegetable Tempura 81

Sand Hill Mushroom Soba 84

Sesame Spinach 87

Miso Soup with Tofu 90

Korean-inspired warmth 93

Gochujang Chicken 94

Crisp Tofu Bibimbap 97

Contents



Scallion and Vegetable Pancakes 100

Founder Mode Kimchi Fried Rice 103

Japchae with Mushrooms 106

Quick Sesame Bean Sprouts 109

Thai-inspired balance 112

Basil Chicken 113

Coconut Green Curry 116

Tamarind Rice Noodles 119

Lemongrass Coconut Soup 122

Lime and Chili Cabbage Salad 125

Liquidity Event Mango Sticky Rice 128

Vietnamese-inspired freshness 131

Lemongrass Chicken Bowls 132

Tofu Rice-Paper Rolls 135

Ginger Chicken Rice Porridge 138

Caramel-Ginger Tofu 141

An Indian-inspired pantry 144

Chickpea and Tomato Masala 145

Runway Red Lentil Dal 148

Spinach Paneer 151

Tandoori-Inspired Chicken 154

Cumin Rice 157

Cardamom Rice Pudding 160

Across Southeast Asia 163

Coconut Vegetable Laksa 164

Peanut Satay Chicken 167

Tempeh with Sweet Soy 170

Coconut and Pandan Rice 173

Sauces, bowls and useful last dishes 176

Ginger-Scallion Sauce 177

Zero to One Chili-Sesame Noodles 180

Crisp Mushroom Rice 183

Citrus-Soy Roasted Vegetables 186

The working kitchen 189

Set the cooking order 190

Knife Work for Even Cooking 191

Cook Rice with Confidence 192

Contents



Build a Stir-Fry Station 193

Dumpling Folds and Filling 194

Taste, Then Adjust 195

A Better Food Photograph 196

Cook, Cool, Store 197

Build a balanced shared table 198

The off-air dinner plan 199

Five dinners, one useful shopping list 201

Kitchen notes and the technique shelf 203

Keep a seat at the table 204

Pull up a chair



A good conversation deserves a good dinner. This is a book for the moment after the microphones go quiet: a pan on the stove, something bright on the table and enough food to make staying in feel like a very good decision. The names have a little tech-world mischief. The cooking should be useful, generous and worth doing again.

Begin with the team table. The Coogan Carbonara is about heat control and a silky sauce. Jordi's Jambalaya rewards an organized chopping board and a proper rest for the rice. The Tyler Tortellini brings mushrooms, tomatoes and spinach together in one comforting pan. There is haddock with lemon and capers, a crisp masa huarache, jerk-inspired chicken, apricot pastries and an unhurried red-wine braise. Choose the dinner you actually want, then give it the time it needs.

From there, follow your appetite through the wider collection: dumplings and quick greens; miso, broth and rice; Korean-inspired bowls; aromatic curries; fresh rice-paper rolls; lentils, paneer and fragrant grains. These are distinct cooking traditions and practical home-kitchen interpretations. Their seasonings are not interchangeable, and the chapter notes help you choose a sensible place to start.

Every recipe gives quantities, equipment, a complete sequence and cues you can see or feel. Bold stage openings help you find your place. The colored ingredient panel is your preparation list; practical tips explain the small decisions that make the food better. Read the full method before shopping or turning on the heat.

Cook one familiar dish and one new thing. Put the bowls where people can reach them. A table does not need a pitch deck, and dinner does not need to become another performance. Make something delicious and leave room for the conversation.

How to use this cookbook

Start with the yield, then read the ingredient list and the entire method. A recipe that serves four is a complete batch, not an instruction to put four portions in every pan at once. Larger quantities may need a wider vessel or several rounds of cooking; they rarely need a simple doubling of the cooking time.



The facts beneath each recipe title give its stated preparation, cooking and resting time. Check the method for advance work such as marinating, chilling or setting out pastry. Packet directions still matter when a recipe calls for prepared pasta, rice or noodles: thickness, filling and brand can change the required interval.

Treat the ingredient panel as a working checklist. Notice whether an amount is measured dry, cooked, drained or after trimming. Keep divided ingredients separate. A spoonful of oil used at the start is not necessarily all the oil in the recipe. Reserve cooking liquid when instructed, before you empty the pan into a colander.

Numbered stages run in cooking order. Their bold openings help you return to the right action with a glance; the rest of the paragraph gives the equipment, heat, timing and endpoint. Do not skip a rest simply because nothing seems to be happening. Rice is finishing its absorption, meat is settling or pastry is becoming easier to handle.

Use the practical tips for preparation, texture and corrections. Read substitutions before changing an ingredient, and check the storage and reheating notes before packing leftovers. The recipe index finds a dish by name; the ingredient index helps you use what is already in the kitchen. Mark the recipes you enjoy and keep a short note about the adjustment that worked for you.

A pantry with a purpose



Buy for a few dinners you intend to cook, rather than collecting every condiment in the book. Begin with a grain or noodle, a pulse or protein, a cooking oil and the seasonings those particular recipes require. A small pantry that gets used is more useful than a crowded shelf of half-open jars.

Keep the cooking traditions distinct. Soy sauce, miso, gochujang, curry paste, tamarind and sweet soy do different jobs. One contributes fermented depth, another heat, another acidity or sweetness. Read the label and the recipe before substituting. Even products with the same name vary in salt, strength and allergens; taste a small amount with a clean spoon when appropriate.

Think in overlapping ingredients, not identical dinners. Ginger and scallions can support dumplings, chicken and a rice bowl. Spinach can belong beside paneer or in tortellini, but those dishes still need their own techniques and seasonings. Check the quantity needed for each meal before assuming a single bunch or bag covers the week.

Store dry grains and flour in clean, sealed containers. Follow the label for opened condiments and keep a visible opening date where useful. Put the ingredients you should use first at the front. Check the refrigerator as well as the cupboard before shopping: a second packet can be more wasteful than an imperfectly organized shelf.

Tip: Keep a short 'use next' list of open perishables. Choose one recipe that uses them before adding something new. A finishing lemon, a handful of herbs or crisp scallions can give a pantry dinner freshness without requiring a whole new shopping basket.

Shop for the dinners you will cook

Choose two or three main dishes, then write one combined list. Check the recipes' actual yields before adding quantities. Jordi's Jambalaya serves six; The Coogan Carbonara and The Tyler Tortellini each serve four. A plan for four people can use a full batch of jambalaya and set aside two portions, rather than buying and cooking an unnecessary second main.



Start at home. Check the freezer, open jars and vegetables that need using. Add ingredients by their required form: drained beans, dry rice, prepared tortellini or trimmed greens. Compare pack sizes against the amount the recipe needs. A lower shelf price is not always a lower unit price, and a larger pack is useful only if its remainder has a destination.

For a pickup or delivery order, build a saved list from the chosen recipes and review the complete basket before checkout. Check the final pack weight, substitutions, fees and availability. Set a sensible replacement for an ordinary ingredient, but keep a recipe-critical item such as masa harina, a specified curry paste or cheese-filled pasta on manual review. A convenient replacement should still make the dinner you planned.

Use frozen vegetables or pantry proteins where the saved recipe or substitution note supports them. A discount grocer, international market or ordinary supermarket may be the best option for a particular ingredient; compare the purchase you would actually make rather than assuming one shop always wins. Keep recurring orders to predictable shelf-stable staples and review the quantity before the next shipment.

Tip: Plan the remainder when you buy the first portion. Freeze extra suitable bread or meat promptly, schedule the other half of a cabbage and write down where an open carton of cream will go. The cheapest ingredient is useful food you already bought and then actually eat.

CHAPTER 01

The Founder's Kitchen



The team table comes first. These are the playful signature dishes: The Coogan Carbonara, Jordi's Jambalaya, Jordi's Jerk Chicken, The Tyler Tortellini, The Hays Haddock, The Hays Huarache, Dylan's Danish Pastries and The Abruscato Stracotto. The names bring the TBPN energy; the methods explain the cooking.

Choose the pace before choosing the menu. Carbonara needs your attention in its final minutes. Tortellini is a quick, comforting supper. Jambalaya is a generous one-pot meal for six. The jerk-inspired chicken needs its marinade, and stracotto belongs to an afternoon when the oven can do slow work. The pastry uses prepared puff pastry for a practical home-kitchen bake.

For a wider spread, add black bean tacos, skillet pizza, breakfast burritos or green goddess toast. Finish with espresso brownies if you want something that can be ready before anyone sits down. Keep the contrast simple: rich with bright, tender with crisp, hot with something cool.

Tip: At the table. Pick one main, one useful contrast and a finish you can make ahead. A generous dinner is easier to enjoy when every dish does not demand the stove at the same moment.

The Coogan Carbonara

A glossy egg-and-Pecorino pasta with crisp guanciale and generous black pepper. Toss over gentle heat and serve immediately while the sauce is silky.

Serves 4

Prep: 20 min **Cook:** 20 min **Rest:** 0 min **Total:** 40 min

Equipment: large saucepan, large skillet, heatproof mixing bowl, whisk, tongs, instant-read thermometer



Ingredients

- **400 g** dried spaghetti
- **150 g** guanciale, rind removed, cut into 1 cm batons
- **2** large pasteurized whole eggs
- **3** large pasteurized egg yolks
- **80 g** Pecorino Romano, finely grated
- **1 tsp** freshly ground black pepper
- **2 tsp** fine salt for the pasta water

Tip: Before you start: Grate Pecorino very finely, warm the serving bowls and reserve the pasta water before draining; the final stage needs continuous attention.

Tip: Control the heat: The egg bowl warms over gentle steam without touching the water. Toss constantly and remove it as soon as the stated temperature is reached.

Tip: Rescue the texture: If sauce thickens, lift it away from heat and work in reserved water gradually. Further heating cannot reverse already scrambled egg.

The Coogan Carbonara (continued)



Method

1. **Measure all ingredients** before cooking. Cut guanciale into even 1 cm batons and finely grate Pecorino, reserving one quarter for finishing. Set out a large pasta saucepan, cold skillet, heatproof mixing bowl, heatproof water jug, tongs and thermometer. Choose a bowl that can sit above simmering water without its base touching the liquid during final sauce heating.

2. **Bring a large** saucepan of water to the boil and add the listed salt. Add spaghetti and stir during its first minute so strands separate rather than sticking to the base or each other. Follow packet timing, testing near its minimum time for a tender strand with a little bite and no hard floury center.

3. **Meanwhile put guanciale** in the cold skillet and set over medium-low heat. Cook for **8–12** minutes, stirring and turning pieces as fat renders gradually. Let them become crisp without scorching their edges. Starting cold gives fat time to render before the meat's exterior becomes too dark.

4. **Turn off the** skillet heat and leave guanciale with approximately 2 tablespoons rendered fat in the pan. Spoon excess into a heatproof container rather than pouring it down a drain. Keep the skillet off the hot ring so it stops aggressively frying while eggs and cheese are prepared; excessive retained heat can scramble the final sauce.

5. **Whisk pasteurized whole** eggs, yolks, the sauce portion of Pecorino and black pepper in the heatproof bowl until evenly combined with no dry cheese pockets. Before draining pasta, reserve 300 mL cooking water. Gradually whisk 60 mL of that hot water into the egg mixture in a thin stream, dispersing its heat continuously.

The Coogan Carbonara (continued)



6. **Drain spaghetti and** add to guanciale, tossing to coat in the rendered fat. Transfer pasta and guanciale to the egg bowl and toss without stopping. Add reserved water **1 tablespoon** at a time until the mixture coats strands rather than sitting as a stiff paste, keeping more water ready for the controlled heating stage.

7. **Set the bowl** above gently simmering water without contact between bowl and liquid. Lift and fold pasta continuously, moving sauce from the warm base to the center. Check pooled sauce with the thermometer, avoiding contact with the bowl, and remove immediately at **71**°C (160°F). Do not leave it over steam after reaching temperature.

8. **Toss off the** heat, loosening a tightening sauce with small additions of reserved water until glossy. Divide promptly among four warm bowls, giving each guanciale and sauce, and finish with reserved Pecorino. Serve immediately: eggs, cheese and pasta water form this coating without cream, and it thickens further as pasta absorbs moisture and the bowls cool.

Storage: Best freshly made. Refrigerate leftovers in shallow containers within 2 hours; use within 2 days. Reheat to 74°C (165°F), adding water; the egg sauce will lose its original silky texture.

Declared allergens: egg, milk, wheat. Check labels and cross-contact.

Jordi's Jambalaya

Chicken, smoked andouille and aromatic vegetables make a generous one-pot rice supper. Rest the pan before fluffing so the grains stay separate and tender.

Serves 6

Prep: 25 min **Cook:** 45 min **Rest:** 10 min **Total:** 80 min

Equipment: large heavy lidded casserole, cutting board, wooden spoon, instant-read thermometer

Ingredients

- **450 g** boneless skinless chicken thighs, cut into 3 cm pieces
- **200 g** fully cooked andouille sausage, sliced
- **300 g** long-grain white rice, rinsed and drained
- **180 g** onion, diced
- **150 g** green bell pepper, diced
- **100 g** celery, diced
- **3** cloves garlic, minced
- **200 g** canned diced tomatoes, drained weight
- **480 mL** low-sodium chicken stock, plus up to 120 mL if needed
- **30 mL** neutral oil
- **2 tsp** sweet paprika
- **1 tsp** dried thyme
- **1/4 tsp** cayenne pepper
- **1/2 tsp** fine salt
- **1/2 tsp** ground black pepper
- **30 g** scallions, thinly sliced



Tip: Before you start: Use long-grain white rice and drain both rinsed rice and tomatoes well so their excess liquid does not undermine the measured stock.

Tip: Build the base: Brown meat in batches and soften the onion, pepper and celery before rice enters; these stages carry flavor through the whole pot.

Tip: Rest before fluffing: Keep covered off the heat, then lift gently. Repeated stirring during cooking breaks grains and encourages a pasty texture.

Jordi’s Jambalaya (continued)



Method

1. **Measure all ingredients**, keeping extra stock separate from the main 480 mL. Rinse and drain rice, drain tomatoes to the stated weight, dice onion, pepper and celery evenly and measure spices. Cut chicken with clean separate poultry preparation and slice fully cooked andouille. Set out a heavy pot with a close lid and a plate for browned meat.

2. **Heat neutral oil** over medium-high heat. Spread half the chicken across the base with gaps between pieces and brown for 3–4 minutes, turning when a surface releases readily. Move to the holding plate and repeat with the other half. Chicken will finish with rice, so keep utensils used here away from ready-to-eat food.

3. **Add sausage to** the pot and cook for 2 minutes, turning to expose cut surfaces, then move to the chicken plate. Reduce heat to medium and add onion, pepper and celery. Cook for 7–9 minutes, scraping browned juices as vegetables release moisture, until the thickest diced pieces soften rather than merely darken around their edges.

4. **Add garlic**, paprika, thyme, cayenne, salt and pepper and stir for 1 minute. Keep powders moving through the moist vegetables so they become fragrant without catching on a dry patch. Stir drained rice through the mixture, then add drained tomatoes and the main stock quantity, scraping once across the whole base.

5. **Return chicken**, sausage and collected juices. Spread rice evenly beneath the liquid and distribute meat without compressing everything into the bottom. Bring the whole pot to a steady simmer before seating the lid and reducing to the lowest heat; starting covered while only one edge is hot encourages uneven rice cooking.

6. **Cook for** 20–25 minutes, or the rice packet's covered interval, avoiding frequent lid lifting. At the endpoint check grains from the center and edge for tenderness, and probe several large chicken pieces for 74°C (165°F). Rice texture and chicken temperature must both be ready rather than using either as a substitute for the other.

Jordi's Jambalaya (continued)



7. If rice remains firm and the pot is dry, add 60 mL hot stock from the reserved allowance, cover and cook another 5 minutes, repeating only if needed within the listed additional quantity. Do not add liquid merely because tender grains look separate. Once ready, remove from the burner and rest covered for 10 minutes.

8. Lift the lid away from you and fluff from the edges with a fork, folding chicken and sausage through without vigorously stirring or breaking rice grains. Scatter scallions and serve promptly, distributing meat evenly. This tomato-based Louisiana-inspired version should be moist and generous, with distinct cooked grains rather than a tightly compressed sticky mass.

Storage: Refrigerate in shallow containers within 1 hour. Keep at 4°C (40°F) or below and use within 24 hours. Reheat the portion needed once to 74°C (165°F). Check sausage and stock labels for allergens.

Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Jordi’s Jerk Chicken

Allspice, thyme and Scotch bonnet bring a warm, aromatic kick to oven-roasted chicken. A two-hour marinade builds the deep flavor of this jerk-inspired home version.

Serves 4

Prep: 20 min **Cook:** 30 min **Rest:** 125 min **Total:** 175 min

Equipment: food processor, bowl, rimmed roasting tray, tongs, instant-read thermometer



Ingredients

- **800 g** boneless skinless chicken thighs, opened flat
- **60 g** scallions, chopped
- **3** cloves garlic, peeled
- **15 g** peeled ginger, chopped
- **1** whole small Scotch bonnet chili, stemmed; remove seeds for less heat
- **30 mL** lime juice
- **15 mL** light soy sauce
- **15 mL** neutral oil
- **15 g** dark brown sugar
- **2 tsp** ground allspice
- **2 tsp** dried thyme
- **1/4 tsp** ground cinnamon
- **1/4 tsp** ground nutmeg
- **1/2 tsp** fine salt

Tip: Before you start: Prepare Scotch bonnet with gloves and avoid touching your face; removing seeds reduces some heat but does not make the chili mild.

Tip: Keep a thin coating: Lift chicken out of the marinade rather than emptying the bowl onto the tray, where excess paste can scorch.

Tip: Watch color and temperature: Sugar browns before doneness is guaranteed. Shield dark areas if needed while continuing to the thermometer target.

Storage: Refrigerate in shallow containers within 2 hours; use within 3 days. Reheat to 74°C (165°F). Keep raw marinade separate and discard it.

Jordi's Jerk Chicken (continued)



Method

1. **Measure marinade ingredients** before handling poultry. Prepare Scotch bonnet with gloves, removing stem and seeds for less heat, and keep hands away from eyes. Put scallions, garlic, ginger, chili, lime, soy, oil, sugar, allspice, thyme, cinnamon, nutmeg and salt in the blender. Set out a covered nonreactive container for the chicken.

2. **Pulse to a** coarse spreadable paste, stopping to scrape the sides so garlic and scallion are not left as large hidden chunks above the blades. Keep some texture instead of diluting into a thin liquid. All of this paste will become raw-chicken marinade; it must not later be used as an uncooked table sauce.

3. **Open chicken thighs** flat and turn each through the paste, coating both faces and the folds. Arrange in the covered container and refrigerate for the full 2 hours. Clean hands, board and utensils afterward. Keep raw-poultry equipment separate from vegetables, cooked food and the clean plate that will receive the finished chicken.

4. **Heat the oven** fully to 220°C (425°F), conventional setting. Prepare the roasting tray and clear a heatproof landing space. Lift thighs from the marinade and let thick excess fall back, retaining a thin coating. Spread in one layer with gaps between pieces and no folded undersides, then discard the remaining raw marinade.

5. **Roast for approximately** 25–30 minutes, turning halfway through with tongs. Check the coating's color as you turn: sugar and spices darken before the meat necessarily finishes. Move fast-browning thin pieces toward a cooler part of the tray rather than allowing one edge to scorch while waiting for the thickest thigh.

6. **Insert a thermometer** sideways into the thickest part of several thighs, avoiding hot tray metal. Every piece must reach 74°C (165°F). If the coating is already dark but the center is cooler, shield loosely with foil and continue. Use temperature rather than deeply browned edges alone to decide when each piece leaves the oven.

Jordi’s Jerk Chicken (continued)



7. **Transfer finished chicken** to the clean plate with clean utensils and rest for 5 minutes, keeping cooked juices. Let thicker pieces continue cooking separately if needed rather than overcooking the whole tray. Do not spoon leftover raw marinade over resting meat or treat the earlier raw-chicken bowl as a serving dish.

8. **Find the direction** of the muscle fibers and slice across them into broad strips, then spoon cooked resting juices over the pieces. Serve promptly while the exterior remains aromatic and the interior moist. The oven method is jerk-inspired; its timing includes the refrigerated marinade and rest. Follow the storage note for leftovers rather than keeping sliced poultry warm indefinitely.

Declared allergens: wheat, soy. Check labels and cross-contact.

The Tyler Tortellini

Cheese tortellini with browned mushrooms, sweet cherry tomatoes and spinach in a light cream sauce. Keep a little pasta water beside the stove to bring the sauce together just before serving.

Serves 4
Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: large saucepan, large deep skillet, colander, wooden spoon

Ingredients

- **600 g** refrigerated cheese tortellini
- **250 g** cremini mushrooms, sliced
- **200 g** cherry tomatoes, halved
- **150 mL** heavy cream
- **50 g** Parmesan, finely grated
- **60 g** baby spinach
- **10 g** basil leaves, torn
- **2** cloves garlic, minced
- **30 mL** olive oil
- **1/2 tsp** fine salt, plus salt for pasta water
- **1/4 tsp** ground black pepper



Tip: Before you start: Grate Parmesan finely and keep the pasta-water jug ready; grated cheese and starchy water bring the final sauce together quickly.

Tip: Brown, then soften: Cook off mushroom liquid before adding tomatoes or cream. Wet, pale mushrooms give the sauce less depth.

Tip: Finish gently: Tortellini is delicate. Fold with a broad spoon over low heat, then add cheese off the heat to keep the sauce smooth.

The Tyler Tortellini (continued)



Method

1. **Measure ingredients and** read the tortellini packet for its cooking interval and filling-heating requirements. Slice mushrooms, halve tomatoes and wash and drain spinach. Finely grate Parmesan and tear basil, keeping both for finishing. Set out a broad skillet, large pasta saucepan, colander and heatproof jug for reserved cooking water.

2. **Bring a large** saucepan of salted water to a boil while starting the sauce. Keep enough space for the filled pasta to circulate without squeezing together. Once tortellini are added later, maintain a gentle boil rather than violent bubbling, which can damage seams and release the cheese filling.

3. **Heat olive oil** over medium-high heat in the skillet. Add mushrooms in an even layer and cook for 7–9 minutes, stirring occasionally. Allow their released water to evaporate, then leave surfaces in contact briefly so edges brown. This browning gives savory depth that pale, waterlogged mushrooms will not provide.

4. **Lower heat to** medium and stir in garlic and tomatoes. Cook for 3–4 minutes until tomatoes soften and release a little juice. Stir cream, measured salt and pepper into the pan, scraping mushroom juices from the base. Simmer gently for 2 minutes, keeping bubbles small so cream thickens without catching around the edges.

5. **Add tortellini to** the boiling water and cook according to its packet until pasta is tender and the filling is hot through, meeting any stated temperature direction. Taste one near the end rather than judging by floating alone. Scoop 150 mL cooking water into the jug before draining, and do not rinse away surface starch.

6. **Add drained tortellini** and spinach to the sauce over low heat. Fold with a broad spoon for 1–2 minutes until leaves wilt. Support the filled shapes from underneath rather than vigorously stirring or tossing, keeping their seams intact as sauce coats both the upper and lower pasta surfaces.

The Tyler Tortellini (continued)



7. Remove the skillet from the burner and fold in Parmesan. Add reserved cooking water in small spoonfuls, stirring gently after each, until sauce forms a glossy coating that moves around the tortellini. Stop before there is a watery pool; if very thick, loosen gradually rather than leaving cheese to melt against strong direct heat.

8. Fold through basil and divide among four warm bowls, distributing mushrooms and tomatoes evenly. Spoon remaining sauce over the pasta and serve promptly while it flows around the shapes. Do not leave the finished skillet over low heat during serving; pasta keeps absorbing liquid and the cream-cheese sauce tightens as it stands.

Storage: Refrigerate in shallow containers within 2 hours; use within 3 days. Reheat the portion needed to 74°C (165°F), adding a splash of water to loosen the cream sauce.

Declared allergens: milk, egg, wheat. Check labels and cross-contact.

The Hays Haddock



Tender white fish, bright lemon and briny capers meet in a simple buttery pan sauce. Bake just until the haddock separates into moist flakes, then finish with parsley.

Serves 4
Prep: 15 min **Cook:** 18 min
Rest: 0 min **Total:** 33 min

Equipment: rimmed baking dish, small saucepan, fine grater, instant-read thermometer

Ingredients

600 g skinless haddock fillets, four 150 g portions, about 2 cm thick, pin bones removed
30 g unsalted butter
20 mL fresh lemon juice
1 tsp finely grated lemon zest
1 clove garlic, finely grated
15 g capers, drained and rinsed
10 g flat-leaf parsley, finely chopped
1/2 tsp fine salt
1/4 tsp ground black pepper

Method

1. **Measure ingredients and** heat the oven to 200°C (400°F), conventional setting. Choose a baking dish that holds four fish portions in a single layer without overlap. Rinse and drain capers, grate garlic and lemon zest and chop parsley, keeping parsley separate for the final fresh scattering rather than adding it to the cooking butter.

2. **Run clean fingertips** lightly over haddock to find remaining pin bones, removing them with fish tweezers. Pat both faces dry with paper towels and compare thicknesses. Place the fillets in the baking dish with gaps between them, noting thinner portions so they can be checked before the thicker centers near the end of roasting.

The Hays Haddock (continued)



3. **Melt butter gently** in the small saucepan rather than heating until brown. Remove from the burner and stir in lemon juice, zest, garlic, capers, salt and black pepper. Stir across the base just before spooning, because capers and garlic settle while melted butter rises, and each fish portion needs an even share.

4. **Spoon the lemon-caper** butter over all four fillets, distributing solids rather than pouring most onto the first piece. Let a little sauce run around their bases. Place the dish in the fully heated oven and bake for approximately 12–18 minutes, beginning checks early on thinner portions rather than waiting for the longest listed time.

5. **Insert the thermometer** sideways into each portion's thickest center, keeping its tip clear of the hot baking dish. It must reach 63°C (145°F). Check appearance too: flesh should be opaque and separate into moist flakes with gentle pressure, while still holding together when supported. Surface whitening alone does not establish the center's temperature.

6. **Remove thinner portions** to a clean warm plate as they finish, leaving thicker ones to continue if necessary. If exposed edges start drying before the center reaches temperature, loosely shield that portion with foil. Avoid repeatedly breaking fish open to inspect it, which releases juices and makes intact plating harder.

7. **Scatter parsley over** the cooked fish and stir the hot juices in the baking dish to redistribute capers and lemon. Slide a broad fish spatula underneath each fillet, supporting its full length rather than gripping with tongs. Lift gently so the finished portions remain in generous flakes instead of falling into small fragments.

The Hays Haddock (continued)



8. **Divide fish and** lemon-caper juices evenly among four plates and serve immediately. Check for bones as you eat even after careful preparation. Keep any leftover portions according to the storage note, rather than leaving the baking dish in the switched-off oven; residual heat continues drying this lean fish after it is cooked.

Tip: Before you start: Choose similar-thickness portions and tuck a very thin tail beneath itself if necessary so it does not dry before the middle cooks.

Tip: Balance the capers: Drain and rinse them before measuring into the sauce. Their brine can otherwise dominate the mild fish.

Tip: Plate gently: Use a broad fish slice or spatula to lift each fillet intact, then spoon juices over it rather than breaking the flesh apart.

Storage: Refrigerate in a shallow covered container within 2 hours and use within 2 days. Reheat the portion needed to 74°C (165°F); avoid reheating repeatedly.
Declared allergens: fish, milk. Check labels and cross-contact.

The Hays Huarache

A warm oval corn-masa base with creamy black beans, crisp lettuce, salsa, avocado and queso fresco. This home version layers the beans on top for easy assembly.

Serves 4
Prep: 25 min **Cook:** 35 min **Rest:** 15 min **Total:** 75 min

Equipment: mixing bowl, griddle, skillet, spatula, two sheets of baking paper

Ingredients

250 g masa harina for tortillas
330 mL warm water, plus 15–30 mL if needed
1/2 tsp fine salt
30 mL neutral oil, divided
400 g cooked black beans, drained
60 mL water for the beans
1 tsp ground cumin
80 g romaine lettuce, finely shredded
120 g prepared tomato salsa
1 whole ripe avocado, diced
80 g pasteurized queso fresco, crumbled
1 whole lime, cut into wedges



Tip: Before you start: Use masa harina for tortillas, not ordinary cornmeal; it hydrates and binds differently and produces a workable dough.

Tip: Check the dough: Soft modeling-clay texture is the guide. Smooth cracks with damp fingers rather than dusting with wheat flour.

Tip: Top at the table: Warm bases and thick beans support crisp lettuce and salsa. Add wet toppings last and serve before they soften the masa.

The Hays Huarache (continued)



Method

1. **Measure ingredients**, separating the 330 mL dough water from optional correction and the 60 mL bean water. Use masa harina intended for tortillas. Set out baking-paper sheets, a broad spatula, griddle and small bean saucepan. Prepare lettuce, salsa, avocado, pasteurized queso fresco and lime using clean utensils, keeping toppings separate until the bases are cooked.

2. **Mix masa harina** with salt and knead in the 330 mL warm water for 2 minutes. Press a small piece between fingers: it should feel like soft modeling clay and hold together without dry cracks. Add optional water only a tablespoon at a time if needed, then cover and rest for **15** minutes so moisture distributes.

3. **Meanwhile combine beans**, their 60 mL water, cumin and 1 tablespoon neutral oil in the small pan. Warm over medium-low heat for 5 minutes, stirring across the base. Mash into a spreadable paste, using a small corrective splash of water only if very stiff. Keep hot off strong heat so the paste remains moist without becoming runny.

4. **Divide rested dough** into four equal pieces and keep unused portions covered. Between baking-paper sheets, pat each into a sandal-shaped oval approximately 20 by 10 cm and 5 mm thick. Work from center outward rather than forcing one area thin; a consistent base supports toppings and cooks more evenly.

The Hays Huarache (continued)



5. Peel the upper paper back slowly on itself, supporting the oval so its center does not stretch. Repair edge cracks with damp fingers instead of dusting with flour, which changes the dough. Turn onto the warm griddle using the remaining paper for support, then peel that sheet away without tearing the shape.

6. Cook over steady medium heat for 3–4 minutes per side, working in batches. Use a broad spatula and wait until the first face sets before turning. Look for brown spots and a center that no longer appears wet or pasty. Reduce heat if surfaces darken rapidly while the middle remains undercooked.

7. Brush both faces lightly with the remaining tablespoon oil and cook another 1–2 minutes per side until lightly crisp. Support each oval along its length when lifting. Keep finished bases covered with a clean towel only briefly while the last batch finishes; a long closed holding period softens their freshly crisp surfaces.

8. Spread hot bases with the warm bean paste, almost to the edges, then add lettuce, salsa, avocado and crumbled queso fresco in modest layers. Squeeze lime at the table and serve immediately so cool toppings contrast with the hot masa. Huarache is the spelling of this sandal-shaped Mexican dish; keep unused components separate for later assembly.

Storage: Refrigerate untopped bases and beans separately within 2 hours; use within 3 days. Reheat to 74°C (165°F) and prepare fresh toppings. Refrigerate queso fresco and use according to its label.

Declared allergens: milk. Check labels and cross-contact.

Dylan’s Danish Pastries

Apricot and lemon-vanilla cream cheese in crisp buttery pastry. Ready-rolled puff pastry makes this a quick Danish-style bake, with a golden border around each sunny apricot center.

Serves 6

Prep: 20 min **Cook:** 25 min **Rest:** 15 min **Total:** 60 min

Equipment: baking sheet, baking paper, mixing bowl, pastry brush, sharp knife, cooling rack



Ingredients

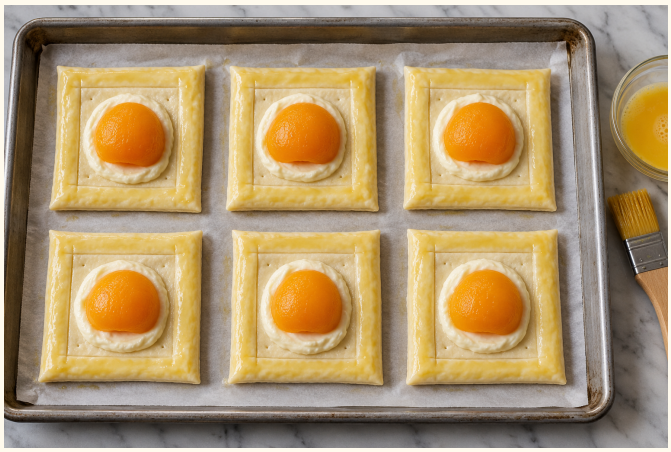
320 g ready-rolled all-butter puff pastry, one 24 by 36 cm sheet, thawed in the refrigerator if frozen
150 g full-fat cream cheese, softened
30 g granulated sugar
1 tsp vanilla extract
1 tsp finely grated lemon zest
6 halves canned apricots, thoroughly drained and patted dry
1 large egg, beaten
15 mL water for the egg wash

Tip: Before you start: Thaw pastry in the refrigerator and dry apricots thoroughly. Wet fruit and warm dough both undermine crisp layers.

Tip: Keep the border clear: Score lightly, prick only the center and brush a thin egg wash on the top; avoid flooding cut edges, which can glue layers together.

Tip: Check underneath: Deep-golden tops do not guarantee a baked base. Lift one pastry gently with a spatula to inspect the underside before cooling.

Dylan's Danish Pastries (continued)



Method

1. **Read the puff-pastry** packet for thawing and oven directions before starting. Keep the thawed sheet refrigerated while measuring other ingredients. Heat the oven to 200°C (400°F), conventional setting, or the packet's recommended temperature. Line a baking sheet and set out a sharp knife, fork, pastry brush and cooling rack on a cool work surface.

2. **Stir softened cream** cheese, sugar, vanilla and lemon zest until smooth, pressing lumps against the bowl's side. Drain apricot halves thoroughly and blot with paper towel so syrup cannot soak the pastry centers. Beat egg with the measured tablespoon water in another bowl, keeping this wash separate from the filling.

3. **Unroll the cold** 24 by 36 cm pastry sheet and cut into six 12 cm squares with clean downward knife strokes. Avoid sawing or dragging a dull blade, which presses laminated edges together and restricts their rise. If pastry becomes soft or sticky, return it briefly to refrigeration before continuing rather than adding flour.

4. **Lightly score a** 1 cm border around each square without cutting through its base. Prick only the inner center several times with a fork so filling areas stay relatively flat while borders rise. Transfer squares to the lined sheet with space between them, supporting from beneath instead of stretching their corners.

5. **Divide cream-cheese filling** among the centers and spread inside the scored border. Set one dry apricot half cut-side down on each. Leave the outer frame clear rather than trying to spread filling across the whole square, which weighs down the layers needed to form the crisp raised edge.

Dylan’s Danish Pastries (continued)



6. **Brush a thin** coating of egg wash onto the upper border surface. Keep it off the freshly cut sides, where drips can glue layers together. Bake for approximately **20–25** minutes, rotating the tray if one side colors faster. Look for visibly risen, deep-golden borders instead of judging solely by the set filling.

7. **Lift a pastry** edge carefully with a spatula to inspect its underside. The base should be golden and cooked through, not pale and flexible; extend baking briefly if needed, shielding dark tops loosely. Cool on the tray for 5 minutes so filling settles before moving the pastries, then transfer gently to the rack.

8. **Leave another** 10 minutes on the rack with air between pastries so steam can escape without softening the bottoms. Serve slightly warm without extra icing or garnish. These are quick Danish-style pastries made with puff pastry; traditional Danish dough is yeasted and laminated. Follow storage guidance for leftovers rather than sealing still-hot pastries in a container.

Tip: Pro technique — Claire Saffitz: Handle laminated pastry gently and keep its butter cold. Chill soft dough before continuing instead of forcing it with extra flour.

Tip: Pro technique — pastry handling: Keep egg wash on the upper surface; drips down freshly cut sides can seal layers together and restrict their rise.

Storage: Refrigerate within 2 hours because of the cream-cheese filling. Keep covered for up to 2 days. For the best texture, reheat on a rack in a 180°C (350°F) oven until hot throughout; use a thermometer to confirm 74°C (165°F).

Declared allergens: milk, egg, wheat. Check labels and cross-contact.

The Abruscato Stracotto

Slow red-wine-braised beef with vegetables and herbs. Give this stracotto an unhurried afternoon until the meat yields easily to a fork; alcohol is not assumed to disappear completely.

Serves 6

Prep: 25 min **Cook:** 250 min **Rest:** 15 min **Total:** 290 min

Equipment: heavy 4–5 litre Dutch oven with lid, tongs, cutting board, fine sieve or slotted spoon

Ingredients

1000 g boneless beef chuck roast, in one piece
30 mL olive oil
200 g onion, diced
150 g carrot, diced
100 g celery, diced
3 cloves garlic, chopped
250 mL dry red wine
350 mL low-sodium beef stock, plus more if needed
400 g canned crushed tomatoes
2 sprigs rosemary
2 whole bay leaves
1 tsp fine salt
1/2 tsp ground black pepper
10 g flat-leaf parsley, chopped



Tip: Before you start: Choose chuck with connective tissue suitable for slow braising, and use a snug, heavy pot whose lid fits tightly.

Tip: Trust tenderness: A roast can be hot enough yet still tough. Continue the gentle braise until a fork enters readily and the fibers separate without force.

Tip: Finish the sauce: Remove whole herbs, skim surface fat and reduce the liquid with the meat out; this concentrates the sauce without breaking the tender roast apart.

The Abruscato Stracotto (continued)



Method

1. **Measure all ingredients** and heat the oven to 150°C (300°F), conventional setting. Choose a lidded Dutch oven that holds the roast snugly with space for vegetables. Dice onion, carrot and celery evenly and chop garlic. Count rosemary sprigs and bay leaves before cooking so they can all be removed before the finished sauce is served.

2. **Pat beef dry** on every face and season with the measured salt and pepper. Heat olive oil over medium-high heat and brown all sides for approximately 10–12 minutes total. Leave broad faces in steady contact until a crust forms before turning with tongs. Transfer to a plate; keep brown fond but remove any genuinely blackened fragments.

3. **Reduce heat to** medium and add onion, carrot and celery. Cook for 8–10 minutes, stirring across the whole base until edges soften and pick up some color. Add garlic for 1 minute, then pour in wine carefully, keeping clear of the steam released when it meets the hot pot.

4. **Scrape the base** with a wooden spoon until browned juices dissolve into the wine and simmer for 3 minutes. Stir in stock and tomatoes, then return beef with its collected juices. Add the counted rosemary and bay. Liquid should reach halfway to two-thirds up the roast; add a little of the listed extra stock if necessary.

5. **Bring the whole** pot just to a gentle simmer before covering tightly and transferring to the oven. Braise for approximately 3–3 1/2 hours. Halfway through, turn beef carefully with two sturdy utensils and check liquid level, replenishing with hot stock only enough to restore it if the base looks dry.

6. **Toward the end**, insert a fork into the thick central area and twist gently. It should enter with almost no resistance and fibers should pull apart easily. Chuck needs time for this texture; temperature alone does not confirm tenderness. If it resists, cover and continue in short intervals, checking liquid instead of raising the oven heat.

The Abruscato Stracotto (continued)



7. **Transfer tender beef** to a clean board and rest loosely covered for 15 minutes. Remove every rosemary stem and bay leaf from sauce. Skim excess surface fat, then simmer uncovered on the stove for 5–10 minutes until sauce coats a spoon. Adjust sauce separately so already-tender meat does not dry out while liquid reduces.

8. **Find the grain** and slice across it, or pull beef into generous pieces that hold their shape rather than shredding finely. Return to sauce only long enough to coat and warm, then scatter chopped parsley. Serve promptly with vegetables and sauce distributed evenly, following the storage note for any portion kept for another meal.

Tip: Pro technique — Nagi Maehashi: Judge braised beef by fork tenderness, then adjust the sauce separately; reducing sauce should not mean drying out already-tender meat.

Storage: Refrigerate beef and sauce in shallow containers within 2 hours; use within 3 days or freeze for 2 months. Thaw in the refrigerator and reheat to 74°C (165°F). Check stock labels for allergens; wine may contain sulfites.

Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Demo Day Black Bean Tacos

Warm cumin-scented black beans, crunchy vegetables and lime. Mexican-inspired tacos with enough practical structure to feed a small team without a production meeting.

Serves 4

Prep: 20 min **Cook:** 15 min **Rest:** 0 min **Total:** 35 min

Equipment: large skillet, small saucepan or second skillet, knife, board



Ingredients

- **480 g** cooked black beans, drained and rinsed
- **8** small corn tortillas
- **100 g** onion, finely chopped
- **200 g** tomatoes, diced
- **1** large avocado, diced
- **1** whole lime, cut into wedges
- **10 g** cilantro leaves
- **15 mL** olive oil
- **60 mL** water
- **1 tsp** ground cumin
- **1/2 tsp** smoked paprika
- **1/2 tsp** fine salt

Tip: Before you start: Drain beans well and dice toppings into small pieces so a bite contains beans, vegetables and tortilla together.

Tip: Mash only some beans: Crushed beans bind the filling while whole beans preserve texture. Aim for a spoonable mixture rather than a smooth puree.

Tip: Warm the tortillas: Heat until pliable and lightly fragrant, then wrap in a towel. Cold corn tortillas are more likely to crack when folded.

Storage: Refrigerate leftover beans in a shallow container within 2 hours and use within 3 days. Reheat to 74°C (165°F). Store toppings separately and prepare fresh avocado and tortillas for later servings.

Demo Day Black Bean Tacos (continued)



Method

1. **Measure ingredients and** prepare toppings before heating beans. Dice tomatoes and avocado into pieces small enough to stay in a folded tortilla, wash and dry cilantro and cut lime into wedges. Put them in separate serving bowls, keeping chilled if the kitchen is warm. Set a clean towel beside the tortilla-warming skillet.

2. **Drain and rinse** cooked beans thoroughly. Chop onion finely and measure cumin, smoked paprika and salt together, keeping the 60 mL water beside the stove. Use a skillet broad enough to stir and lightly mash beans without pushing them over its sides; another clean dry pan will warm tortillas later.

3. **Heat olive oil** over medium heat. Add onion and spread across the base. Cook for 5–6 minutes, stirring regularly until supple and translucent rather than crisp at the edges with a raw center. Lower heat if tiny onion fragments color much faster than the thicker pieces.

4. **Add the measured** spices and salt and stir continuously for 30 seconds. They should smell warm and fragrant without smoking or darkening against the pan. Have beans and water ready to enter promptly; paprika scorches easily if left alone in hot oil while another ingredient is fetched.

5. **Add beans and** measured water, scraping up the onion and spice mixture. Bring to a gentle simmer and cook for 6–8 minutes. Mash a small portion against the skillet's side with the back of the spoon and stir it through, leaving most beans whole for texture.

6. **Check consistency as** the beans heat through: they should form a moist, spoonable mound that stays on a tortilla rather than a watery soup or dry crumbles. If the pan becomes dry before they are hot, add the recipe's corrective splash of water and fold through. Keep warm off strong heat while tortillas are prepared.

Demo Day Black Bean Tacos (continued)



7. **Warm corn tortillas** individually in the clean dry skillet over medium heat for approximately 20–30 seconds per side, following packet directions if different. They should become flexible and lightly warm without turning crisp. Wrap finished tortillas immediately in the clean towel so they remain pliable while the remaining ones heat.

8. **Divide beans among** the eight tortillas in modest lines through their centers, leaving clear edges to fold. Add tomato, avocado and cilantro, then squeeze lime over each at the table. Serve immediately and assemble more as needed rather than letting filled tacos stand. Refrigerate leftover beans separately and prepare fresh avocado for later servings.

Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Sand Hill Skillet Pizza

A crisp-edged tomato, mozzarella and basil pizza, made with bought dough. The name is playful; the important work is a properly heated oven and a rested dough.

Serves 4
Prep: 15 min **Cook:** 20 min **Rest:** 33 min **Total:** 68 min

Equipment: 30 cm oven-safe cast-iron skillet, oven gloves, board, spatula

Ingredients

400 g refrigerated pizza dough
150 g thick prepared tomato pizza sauce
180 g low-moisture mozzarella, grated
100 g cherry tomatoes, halved
10 g fresh basil leaves
20 mL olive oil
15 g flour for shaping



Tip: Before you start: Use a skillet rated for the stated oven temperature, including its handle, and check any dough-package baking guidance.

Tip: Let dough relax: If it contracts, pause under its cover. Pulling against tight dough tears holes and makes an uneven base.

Tip: Keep toppings light: Thick sauce and low-moisture mozzarella suit this skillet method. Excess wet topping can leave the center undercooked while the edges brown.

Storage: Cool leftovers promptly in shallow containers and refrigerate within 2 hours. Use within **3** days, except where the method gives a shorter limit.

Sand Hill Skillet Pizza (continued)



Method

1. **Check the dough** packet and let dough stand covered at room temperature for 30 minutes, or its specified interval. During this time heat the oven to 240°C (465°F), conventional setting, with a rack in the lower third. Confirm the skillet and its handle are rated for this temperature and clear a heatproof landing space.

2. **Measure sauce**, cheese, tomatoes, basil, oil and shaping flour before opening the dough. Halve tomatoes and wash and dry basil, reserving leaves until after baking. Keep the low-moisture mozzarella separate from the sauce so toppings can be distributed in a thin layer rather than mixed into one heavy wet mound.

3. **Coat the cool** skillet's base with the measured olive oil. Dust the board lightly from the flour allowance and press dough outward with fingertips into a round, preserving a slightly thicker rim. Avoid rubbing in excess flour; a dry stiff surface tears more easily and makes the base less supple.

4. **Transfer dough into** the skillet and stretch gently toward the sides. If it springs back, cover and rest for 5 minutes before continuing. Do not force through resistance or pull one area paper-thin, which makes holes where sauce can leak onto the pan. Repair a small tear by gently pinching neighboring dough together.

5. **Spread pizza sauce** evenly, leaving a 1 cm clear border. Scatter mozzarella and tomatoes in one layer with some gaps between pieces, keeping tomatoes cut-side up where possible. Avoid piling all cheese in the center; heavy wet topping can insulate the middle while the rim looks finished.

6. **Bake for approximately** 16–20 minutes. Use oven gloves for both skillet and handle when checking. Look for a deeply golden rim and bubbling cheese, then lift an edge with a heatproof spatula to inspect the underside. Melted cheese alone does not confirm that the dough beneath is cooked through.

Sand Hill Skillet Pizza (continued)



7. **If the base** remains pale while topping is well browned, shield the top loosely and continue briefly on the lower rack until the underside is browned and set. Remove to the heatproof landing space and rest for 3 minutes so sauce and melted cheese settle before lifting the pizza.

8. **Support the base** with a suitable broad spatula and slide onto a board. Add fresh basil, cut into eight wedges and serve. Keep the empty skillet handle protected and away from the table edge; it remains hot long after leaving the oven. Do not leave sliced pizza sitting in the hot pan, where the bottom continues cooking.

Reheating: Reheat slices on a baking tray in a 180°C (350°F) oven until hot throughout; check 74°C (165°F) at the center.

Declared allergens: milk, wheat. Check labels and cross-contact.

Founder Mode Breakfast Burritos

Soft scrambled eggs, black beans, peppers and cheddar in warm tortillas. A practical American-style breakfast without a claim that breakfast improves your valuation.

Serves 4
Prep: 15 min **Cook:** 20 min **Rest:** 0 min **Total:** 35 min
Equipment: large nonstick skillet, bowl, spatula, small saucepan



Ingredients

- **6** large eggs
- **240 g** cooked black beans, drained and rinsed
- **150 g** red bell pepper, diced
- **80 g** onion, diced
- **80 g** cheddar, grated
- **4** large flour tortillas
- **120 g** prepared tomato salsa
- **15 mL** olive oil
- **1/2 tsp** fine salt
- **1/4 tsp** ground black pepper
- **30 mL** (2 tbsp) water for warming the beans

Tip: Before you start: Warm the tortillas and drain beans well; cold wraps crack and wet fillings soften the seam.

Tip: Keep eggs tender: Use gentle heat and broad folds, stopping when set throughout. They heat again during the final skillet stage.

Tip: Roll securely: Keep filling in a compact band below the center, fold the sides inward, then tuck and roll; finish seam-side down first.

Storage: Refrigerate burritos in a shallow container within 2 hours; use within 3 days. Reheat the portion needed to 74°C (165°F) throughout, checking the center.

Founder Mode Breakfast Burritos (continued)



Method

1. **Measure ingredients and** divide the planned filling mentally among four burritos. Dice pepper and onion evenly, grate cheddar and keep salsa ready. Set out a small saucepan for beans, a skillet, a clean vegetable bowl and a rolling surface. Keep tortillas covered until warming so their edges remain flexible rather than drying before assembly.

2. **Put beans and** the measured 2 tablespoons water in the saucepan over medium-low heat. Warm for 5 minutes, stirring along the base until hot throughout. Keep the mixture moist but not soupy, then hold covered off strong heat while cooking vegetables; drying beans during the rest makes the finished filling crumbly.

3. **Heat olive oil** in the skillet over medium heat. Add onion and pepper, spread across the base and cook for 7–9 minutes, stirring occasionally. Test a thicker pepper piece for tenderness. Let visible free liquid evaporate before moving vegetables to the bowl so excess moisture does not collect inside the wraps.

4. **Beat eggs with** salt and black pepper until whites and yolks are evenly combined. Reduce skillet heat to medium-low and add eggs. Draw a flexible spatula across the base slowly, folding setting curds over themselves rather than beating into tiny fragments or leaving one thin layer to dry against the metal.

5. **Cook for approximately** 3–5 minutes until set throughout with no visible liquid egg. Lower heat if the outside forms dry sheets before the middle sets, and remove from the burner promptly once done. Keep the eggs in soft curds, remembering they will be warmed again briefly inside the filled burritos.

6. **Warm tortillas according** to their packet so they bend without cracking. Lay one flat and arrange a quarter of beans, vegetables, eggs, cheddar and salsa slightly below center, leaving generous clear side edges. Put cheese near warm eggs and keep salsa away from the outer rim to reduce leaks during folding.

Founder Mode Breakfast Burritos (continued)



7. **Bring the lower** flap over the filling and tuck it snugly against the bundle. Fold both sides inward, then roll forward firmly without squeezing filling out. Repeat with the remaining tortillas. Set each finished burrito seam-side down on the rolling surface while the skillet returns to medium-low heat.

8. **Place burritos seam-side** down in the dry skillet, working in batches. Cook for 1–2 minutes per side until lightly golden and cheese melts, turning with two utensils to support the bundle. Let settle briefly, then cut in half and serve. Cool and refrigerate leftovers promptly as directed rather than leaving the egg filling warm.

Declared allergens: egg, milk, wheat. Check labels and cross-contact.

Golden Gate Green Goddess Toast

Herby yogurt, avocado and cucumber on toasted sourdough. A California-inspired open sandwich with bright acidity and plenty of texture.

Serves 4
Prep: 20 min **Cook:** 5 min **Rest:** 0 min **Total:** 25 min
Equipment: small food processor or blender, toaster, knife, board

Ingredients

- **4** thick slices sourdough bread
- **2** medium ripe avocados
- **120 g** plain Greek yogurt
- **120 g** cucumber, thinly sliced
- **15 g** basil leaves
- **15 g** parsley leaves
- **30 mL** lemon juice, divided
- **15 mL** olive oil
- **1/4 tsp** fine salt
- **1/4 tsp** ground black pepper



Tip: Before you start: Use ripe avocado that yields gently without dark, sunken patches, and dry herbs so the dressing stays thick.

Tip: Toast for contrast: A crisp, sturdy slice supports the soft avocado and yogurt dressing. Thin, barely toasted bread becomes soggy quickly.

Tip: Assemble last: Keep components separate until serving, with cucumber added after the dressing so the toast retains its crunch.

Storage: Serve assembled toast immediately; do not store it for later. Refrigerate extra dressing in a sealed container within 2 hours and use within 2 days. Prepare fresh avocado and toast for later servings.

Golden Gate Green Goddess Toast (continued)



Method

1. **Measure ingredients**, separating lemon juice into the 15 mL dressing portion and remaining 15 mL for avocado. Wash herbs, remove coarse stems and dry leaves thoroughly. Slice cucumber evenly and blot cut faces dry. Set out the blender, avocado bowl, toaster or grill and four serving plates before assembling anything onto bread.

2. **Put yogurt**, basil, parsley, olive oil, salt, black pepper and the dressing lemon juice in the blender. Pulse briefly to bring herbs near the blades, then blend until a thick green dressing forms. Stop and scrape the sides rather than letting whole leaves remain stuck above the moving mixture.

3. **Check consistency with** a spoon: dressing should mound softly and spread, not run straight through toast. Add water only if absolutely necessary for the machine to operate, and only a very small amount. Transfer to a clean bowl, scraping beneath the blade area to capture herb pieces rather than leaving concentrated flavor behind.

4. **Halve avocados carefully** and remove stones using a safe spoon or pitting method rather than striking toward your hand with a knife. Scoop flesh into the bowl and add the remaining lemon juice promptly. Mash against the bowl's side with a fork until spreadable but still visibly textured.

5. **Turn the avocado** mixture through itself to distribute lemon over cut surfaces and taste a small amount. Keep it covered while toasting, avoiding an extended wait that dulls its fresh color. Its rough texture will provide contrast to the smooth herb dressing rather than becoming a second completely puréed layer.

6. **Toast sourdough until** crisp at the edges and firm through the center. Thick slices need enough time that topping will not immediately bend a soft middle. Transfer directly to the plates and spread each with one quarter of the avocado, taking the layer across most of the surface as a barrier to moisture.

Golden Gate Green Goddess Toast (continued)



7. **Add a spoonful** of green dressing to each slice, spreading lightly rather than saturating bread. Arrange cucumber slices in loose overlapping layers on top, leaving some avocado and dressing visible. Avoid a large wet mound in one area; even distribution keeps both the first bite and the last supported by crisp bread.

8. **Serve at once** with remaining dressing alongside. Keep spare dressing refrigerated in a sealed container for up to 2 days as directed. Store unused components separately and toast fresh bread for later servings; an assembled slice loses its crisp base quickly, and reheating the whole topped toast will not restore the original texture.

Declared allergens: milk, wheat. Check labels and cross-contact.

Exit Interview Espresso Brownies

Dark chocolate brownies with espresso in the batter and a lightly crackled top. An American-style bake for sharing; coffee is a flavor, not a productivity promise.

Serves 9

Prep: 20 min **Cook:** 25 min **Rest:** 60 min **Total:** 105 min

Equipment: 20 cm square baking tin, baking paper, heatproof bowl, saucepan, whisk, spatula, cooling rack



Ingredients

- **115 g** unsalted butter
- **100 g** dark chocolate, chopped
- **180 g** granulated sugar
- **2** large eggs
- **75 g** plain all-purpose flour
- **30 g** unsweetened cocoa powder
- **2 tsp** instant espresso powder
- **30 mL** hot water
- **1 tsp** vanilla extract
- **1/4 tsp** fine salt

Tip: Before you start: Use the specified tin size and weigh the flour; a different pan changes batter depth and the baking time substantially.

Tip: Mix only enough: Once flour enters, fold until streaks disappear. Prolonged beating develops a tougher texture rather than a fudgy crumb.

Tip: Read the skewer: Moist crumbs are the target, not liquid batter or a completely dry skewer. Cool fully before cutting clean squares.

Storage: Cool fully on the rack, then refrigerate airtight for up to 3 days. Freeze wrapped portions for up to 2 months; thaw in the refrigerator.

Exit Interview Espresso Brownies (continued)



Method

1. **Measure all ingredients** and heat the oven to 175°C (350°F), conventional setting. Use the recipe's specified tin and line with baking paper, leaving a lifting overhang on two sides. Press paper into corners so batter can spread evenly. Dissolve espresso in the measured hot water and set aside to cool slightly with no gritty granules.

2. **Put chopped chocolate** and butter in a heatproof bowl over a saucepan of barely simmering water. The bowl's base must not touch water. Stir gently as they melt, keeping splashes and steam out of the mixture; remove from the heat once smooth rather than continuing to cook it over the water.

3. **Let the chocolate** mixture cool for 5 minutes until warm rather than fiercely hot. Stir once during cooling to even its temperature. Keep eggs and measured dry ingredients ready beside the bowl so mixing can proceed smoothly; adding eggs to an overheated mixture risks setting them before they are incorporated.

4. **Whisk in sugar**, then eggs one at a time, mixing each until evenly incorporated before adding the next. Add cooled espresso mixture and vanilla. Scrape the bowl's sides and base to eliminate dense unmixed chocolate pockets, but avoid whipping for an extended period that introduces unnecessary air into this fudgy batter.

5. **Sift flour**, cocoa and salt over the wet mixture to remove dry lumps. Switch to a spatula and fold from underneath, turning the bowl between passes. Stop as soon as no dry streaks remain; continued beating after flour hydrates develops gluten and makes the baked brownies tougher rather than richer.

6. **Scrape into the** lined tin and level gently into the corners. Bake for approximately 22–25 minutes, beginning checks near the first time. Look for set edges and insert a skewer near the center, where it should carry moist crumbs rather than liquid batter. A clean skewer from the edge does not establish the middle is cooked.

Exit Interview Espresso Brownies (continued)



7. **If the middle** remains raw, extend briefly and check again, shielding overly dark edges loosely if necessary. Remove to a rack and cool in the tin for at least 60 minutes so the soft center can set while supported. Cutting directly from the oven makes a cooked but unset slab appear much wetter than its final texture.

8. **Lift using both** paper overhangs and cut into nine squares with a sharp knife, wiping between cuts for clean edges. Serve without extra icing or garnish. Once completely cool, refrigerate airtight for up to 3 days or wrap and freeze for up to 2 months, following the storage note rather than covering a still-steaming slab tightly.

Declared allergens: milk, egg, wheat. Check labels and cross-contact.

CHAPTER 02

The Chinese-inspired table



Begin with one main, one quick vegetable and a grain if the meal needs it. Ginger-Scallion Chicken and Bull Market Beef and Broccoli offer different kinds of savory depth. Demo Day Dumplings and Seed Round Scallion Pancakes reward a little preparation before the pan gets hot.

Prepare sauces and cut ingredients before starting a fast-cooking dish. Keep raw protein separate from ready-to-eat food, arrange the vegetables in their cooking order and use the pan size named in the recipe. A crowded skillet steams food that you wanted to brown.

Garlic Bok Choy and Sesame Cucumber Salad give a richer main a fresh contrast. Tomato and Egg Rice can be a useful dinner on its own, while Mapo-Inspired Tofu makes a generous shared bowl. Read the individual dish's seasoning and cooking cues rather than treating every sauce as the same base.

Tip: Leave the quickest greens until the final cooking window. Set out their serving bowl first, so they can move from pan to table while their texture is still lively.

Ginger-Scallion Chicken

Gentle poaching keeps chicken breast tender, while finely chopped ginger and scallions bring fragrance and bite. This Chinese-inspired home recipe pairs them with jasmine rice and a lightly warmed aromatic sauce.

Serves 4
Prep: 15 min **Cook:** 30 min
Rest: 0 min **Total:** 45 min

Equipment: lidded saucepan, medium pot, small skillet, instant-read thermometer, fine grater, cutting board.



Ingredients

600 g (1 1/3 lb) boneless, skinless chicken breasts, each about 3 cm (1 1/4 inches) thick

200 g (about 1 cup) uncooked jasmine rice
1.5 liters (6 1/3 cups) water for poaching, plus water specified on the rice package
30 g (about 3 tablespoons) peeled ginger: 10 g thinly sliced for poaching and 20 g finely grated for the sauce
60 g (about 6 medium) scallions, trimmed: reserve 5 g white sections whole; finely slice the remaining 55 g
45 mL (3 tablespoons) neutral oil
1 teaspoon fine salt, divided

Method

1. **Prepare the two** ginger portions before handling chicken: thinly slice 10 g for the poaching pot and finely grate the remaining 20 g for sauce. Reserve the 5 g whole scallion whites and finely slice the other 55 g. Measure all remaining ingredients, keeping rice water separate from the 1.5 litres of poaching water.

Ginger-Scallion Chicken (continued)



2. **Rinse the rice** in a sieve under cool water, turning it gently until the runoff becomes less cloudy. Drain thoroughly, then put it in the saucepan with the water quantity stated on its packet. Follow the packet's cooking time and heat instructions; extra rinse water should not enter the measured cooking liquid.

3. **While the rice** cooks, combine the poaching water, sliced ginger, whole scallion whites and half the salt in the medium pot. Bring to a simmer over medium heat. Lower in the chicken carefully, then adjust its position so water covers every breast; use a pot that holds them comfortably without crowding.

4. **Allow the water** to return to a gentle simmer before timing. Partially cover and cook for approximately 15–22 minutes. Look for occasional bubbles rather than vigorous movement. Lower the burner if the surface churns, and turn a breast gently if its upper surface rises above the liquid.

5. **Insert an instant-read** thermometer sideways into the thickest center of each breast. Wait for a stable reading of 74°C (165°F), keeping the probe clear of the pot. Remove pieces individually as they reach temperature; return cooler ones to the liquid. Transfer cooked chicken to a clean board and rest for 5 minutes.

6. **As the chicken** rests, warm the oil in a small skillet over medium-low heat. Stir in grated ginger and sliced scallions. Cook for 1–2 minutes, moving the aromatics across the base and into the edges. They should soften and smell fragrant while the scallions remain green; lift the pan off the burner if ginger begins coloring.

7. **Remove the sauce** from the heat and stir in the remaining half teaspoon salt. When the rice finishes cooking, leave it covered off the heat for 10 minutes before fluffing with a fork. Keep both components ready rather than letting uncovered rice dry while the chicken is sliced.

Ginger-Scallion Chicken (continued)



8. **Find the lines** of muscle running through each breast and cut across them into even slices. Divide rice among four plates, arrange chicken alongside and stir the sauce from the bottom before spooning it over the meat. Include ginger, scallion and oil in every serving rather than draining only oil from the top.

Tip: Before you start: Choose breasts of similar thickness so their centers cook at a similar rate; check each one separately rather than timing only the largest.

Tip: Control the simmer: A few lazy bubbles are enough. A rolling boil tightens the outside before the middle is ready.

Tip: Finish well: Slice across the visible muscle fibers and spoon the warm sauce over the cut surfaces, where its ginger and scallion flavor reaches every bite.

Storage: Refrigerate in separate shallow containers within 2 hours. Use chicken and sauce within 3 days; rice within 24 hours. Reheat leftovers to 74°C (165°F).
Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Demo Day Dumplings

Shiitake and Cabbage Dumplings. These Chinese-inspired pan-fried dumplings pair earthy shiitake with sweet napa cabbage. Squeezing the cabbage and cooling the filling help keep the wrappers intact and the bases crisp.
Makes 24; serves 4

Serves 4
Prep: 40 min **Cook:** 25 min **Rest:** 0 min **Total:** 65 min

Equipment: large bowl, clean kitchen towel, cutting board, knife, large nonstick skillet with lid, spatula, tray.

Ingredients

250 g (9 oz) napa cabbage, finely chopped
1/2 tsp fine salt
180 g (6 oz) fresh shiitake mushrooms, stems discarded, caps finely chopped
2 tbsp (30 mL) neutral oil, divided
15 g (1 tbsp) finely grated fresh ginger
1 tbsp (15 mL) light soy sauce
24 whole round wheat dumpling wrappers, about 9 cm (3 1/2 inches) wide
160 mL (2/3 cup) water, divided, plus water for sealing



Demo Day Dumplings (continued)



Method

1. **Measure all ingredients** and set out a clean squeezing towel, cooling plate, dry dumpling tray and skillet lid. Chop cabbage and mushrooms finely enough that no large chunks or long strands remain. Reserve 2 teaspoons oil for cooking the filling and 2 teaspoons for each frying batch; keep the two 80 mL portions of steaming water separate.

2. **Toss cabbage with** the half teaspoon salt in a bowl and leave for 10 minutes. Gather it in small handfuls inside the clean towel and squeeze firmly over the sink. Check a second handful: the leaves should feel damp and pliable, but should not release a stream of liquid. Excess moisture makes the filling leak later.

3. **Heat the filling** oil in the skillet over medium-high heat. Add mushrooms, spread them over the base and cook for 6–8 minutes, stirring regularly. Wait until their released liquid evaporates and the sound changes from bubbling to frying. Add ginger for 30 seconds, stirring continuously so it becomes fragrant without scorching.

4. **Add squeezed cabbage** and soy sauce, then cook for 2 minutes, turning everything through the pan. Spread the filling thinly on the cooling plate. Let it cool completely before wrapping; a deep mound retains heat and moisture. Cook and taste a small spoonful if checking seasoning, using a clean spoon each time.

5. **Cover unused wrappers** with a barely damp towel. Lay one wrapper on your palm and place a scant tablespoon of cooled filling in its center. Leave a clear rim all around; overfilling pushes vegetables into the seam and prevents a reliable seal. Moisten only the outer edge with a fingertip dipped in water.

6. **Fold into a** half-moon, gently pressing air out as the two sides meet. Pinch the entire seam firmly, checking for gaps. A plain closed edge is sufficient. Set the dumpling on its flat base on the dry tray, leaving space between pieces, and repeat until all 24 are assembled.

Demo Day Dumplings (continued)



7. **Heat** 2 teaspoons oil over medium heat and arrange 12 dumplings flat-side down. Fry undisturbed for 2–3 minutes, checking an edge for gold. Hold the lid as a shield, carefully pour 80 mL water down a clear side of the pan, then cover immediately. Steam for 5–6 minutes until wrappers are tender and filling is steaming hot.

8. **Uncover away from** your face. Let remaining water evaporate, then allow the bases to crisp again; the sound will return to a sizzle. Ease a thin spatula beneath rather than pulling before the crust releases. Transfer to a platter, repeat with the remaining oil, water and dumplings, and serve promptly with their crisp bases exposed.

Tip: Before you start: Squeeze the cabbage thoroughly and cool the cooked filling completely. Wet or warm filling makes wrappers difficult to seal.

Tip: Seal confidently: Keep filling away from the rim and press out air before closing. A plain, secure half-moon works better than loose decorative pleats.

Tip: Rescue the crust: If dumplings stick, let the bases finish crisping before easing a thin spatula underneath; pulling early can tear the wrappers.

Tip: Pro technique — The Woks of Life: Cook and taste a small spoonful of filling before wrapping the whole batch; adjust the filling, then cool it before assembling.

Storage: Refrigerate leftovers in a shallow covered container within 2 hours; use within 3 days. Reheat to 74°C (165°F).

Declared allergens: wheat, soy. Check labels and cross-contact.

Garlic Bok Choy

Tender stems, glossy leaves and gently cooked garlic make this Chinese-inspired vegetable side a useful companion to rice, dumplings or simply cooked chicken. Two small batches keep the pan hot without crowding the greens.

Serves 4
Prep: 12 min **Cook:** 12 min
Rest: 0 min **Total:** 24 min

Equipment: large, lidded skillet, colander, clean kitchen towel, knife, cutting board, measuring spoons, tongs, serving platter.



Ingredients

600 g (1 1/3 lb) baby bok choy
30 mL (2 tbsp) neutral oil, divided
4 whole garlic cloves (about 16 g), finely chopped, divided
15 mL (1 tbsp) light soy sauce, divided
60 mL (1/4 cup) water, divided

Method

1. **Measure all ingredients** and divide oil, garlic, soy sauce and water into two equal cooking batches. Keep the skillet lid and serving platter beside the stove. Working in two batches gives the stems enough contact with the pan to develop color while keeping the leaves tender.

2. **Trim only dry** ends from the bok choy, retaining enough base to hold the leaves together. Halve small heads lengthwise and quarter thick ones so the stems have similar thickness. Open the inner leaf joints under running water and remove all sand. Shake well, then towel-dry the leaves and especially the cut faces.

Garlic Bok Choy (continued)



3. **Set the skillet** over medium-high heat. Add half the oil and swirl until the base is coated and the oil moves freely without smoking. Arrange half the bok choy cut-side down in a single layer, with thicker stems over the hottest area. Leave visible space between pieces rather than filling every gap.

4. **Cook without moving** for approximately 2 minutes. Lift one stem edge to check for light golden patches; a steady sizzle and dry pan indicate searing. If liquid gathers, let it evaporate before turning. Do not press the heads flat, which squeezes moisture from the leaves and weakens their structure.

5. **Reduce the burner** to medium and turn the pieces. Scatter half the garlic into the oil between them and stir for 20 seconds. It should smell fragrant while staying pale. Carefully pour in half the water and cover immediately, keeping hands clear of the steam released when liquid meets the hot pan.

6. **Steam for** 2 minutes, then lift the lid away from you. Test the thickest stem with a small knife; it should yield with slight resistance and no hard raw center. If still firm, cover briefly again. If tender but wet, leave uncovered until the excess water reduces.

7. **Add half the** soy sauce and toss gently for 30–60 seconds, coating stems and leaves with the pan juices. Transfer to the platter. The stems should remain juicy and the leaves green, so remove them rather than leaving the finished batch over low heat while the next cooks.

Garlic Bok Choy (continued)



8. **Inspect the empty** skillet and remove any black garlic fragments with a paper towel held in tongs. Repeat the searing, garlic, steaming and seasoning stages with the reserved ingredients. Add the second batch to the platter, spoon its juices over both batches and serve immediately while the leaves retain their texture.

Tip: Before you start: Open the leaves under running water, then dry the cut sides well. Trapped grit and surface water both spoil the finished dish.

Tip: Choose even pieces: Quarter thick heads and halve small ones so the stems become tender together without sacrificing the leaves.

Tip: Watch the garlic: Add it only after the first sear. Deeply browned garlic turns bitter and overwhelms the mild greens.

Storage: Refrigerate leftovers in a shallow, covered container within 2 hours; use within 3 days. Reheat to 74°C (165°F).
Declared allergens: wheat, soy. Check labels and cross-contact.

Tomato and Egg Rice

Soft tomatoes and tender, fully set eggs make a comforting partner for jasmine rice. Inspired by Chinese home cooking, this version keeps the seasoning light so the tomatoes' sweetness and acidity remain distinct.

Serves 2

Prep: 10 min **Cook:** 25 min **Rest:** 0 min **Total:** 35 min

Equipment: lidded saucepan, large nonstick skillet, mixing bowl, spatula, instant-read thermometer

Ingredients

150 g jasmine rice (about 3/4 cup)
As directed Water, according to rice package directions
4 whole large eggs
1/4 tsp fine salt, divided
2 tbsp neutral oil, divided
400 g ripe tomatoes (about 3 medium), cored and cut into 2 cm wedges
2 whole scallions, thinly sliced, whites and greens separated
1 tsp sugar
2 tbsp water, plus 1 tbsp if needed
1 tsp light soy sauce



Tip: Before you start: Use ripe tomatoes that feel heavy for their size. Firm, pale tomatoes give less juice and a sharper sauce.

Tip: Keep generous curds: Move the eggs slowly with a spatula and lift them out as soon as set; prolonged stirring creates small, dry fragments.

Tip: Balance the sauce: Let the tomatoes soften before judging sweetness or salt. Their flavor changes as their juices concentrate.

Tomato and Egg Rice (continued)



Method

1. **Measure all ingredients**, separating scallion whites from greens and dividing the oil into two tablespoon portions. Cut tomatoes into similar 2 cm wedges. Set a clean bowl beside the skillet to receive cooked eggs, and keep the measured sauce water separate from the water needed for the rice.

2. **Rinse rice in** a sieve, drain thoroughly and cook with the package-specified quantity of water and cooking time. Once cooked, leave covered off the burner for 10 minutes, or as the packet directs. Use the covered cooking and resting intervals to make the topping so hot rice and sauce finish together.

3. **Beat the eggs** with half the salt until the whites and yolks are evenly blended. Warm 1 tablespoon oil in the skillet over medium heat. Pour in eggs and wait briefly for the edges to begin setting before moving them; immediately beating the whole pan makes small, dry fragments.

4. **Draw a broad** spatula slowly from the edge toward the center, tilting the pan so liquid egg reaches the cleared surface. Continue for approximately 2–3 minutes until all egg is set with no visible liquid. Transfer the generous curds to the clean bowl; they will be warmed again at the end.

5. **Add the remaining** tablespoon oil and scallion whites to the skillet. Stir for 30 seconds, then add tomatoes, remaining salt, sugar and 2 tablespoons water. Cook over medium heat for **6–8** minutes, stirring occasionally so the wedges heat evenly without all breaking apart at once.

6. **As tomatoes soften**, press a few pieces against the pan to release juice and leave the rest recognizable. The sauce should lightly surround the wedges. Add the optional extra tablespoon water only if the base is dry; if juice is watery, simmer uncovered until a spatula leaves a brief trail through it.

Tomato and Egg Rice (continued)



7. Return eggs and any juices in their bowl to the tomatoes, add soy sauce and fold from underneath. Warm gently for 1–2 minutes, breaking only the largest egg pieces. Avoid beating the curds into the sauce or continuing to simmer after everything is hot, which makes the eggs tough.

8. Fluff rice gently and divide between two bowls. Spoon a little tomato sauce over the grains first, then distribute tomato wedges and egg curds evenly on top. Finish with scallion greens and serve straight away so the eggs remain tender and the rice absorbs the fresh tomato juices.

Storage: Refrigerate rice and topping separately in shallow containers within 1 hour. Use within 24 hours; reheat once to 165°F (74°C).

Declared allergens: egg, wheat, soy. Check labels and cross-contact.

Mapo-Inspired Tofu

Inspired by Sichuan mapo tofu, this meatless version pairs firm tofu with browned mushrooms. Doubanjiang brings fermented chili depth; Sichuan pepper adds its distinctive citrusy tingle. Pastes vary in saltiness, so taste before adding soy sauce.

Serves 4

Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: lidded saucepan, large skillet with lid, small bowl, measuring spoons, kitchen scale



Tip: Before you start: Drain the tofu and cut even cubes. Slide them from a plate into the sauce instead of dropping them from a height.

Tip: Manage the salt: Doubanjiang brands vary considerably. Add the final soy sauce only after the paste has simmered into the stock.

Tip: Check the texture: The sauce should lightly coat tofu and rice, not sit in a stiff gel. Stir the settled starch slurry immediately before pouring.

Ingredients

300 g jasmine rice (about 1 2/3 cups), rinsed
600 g firm tofu (21 oz), drained and cut into 2 cm cubes
200 g shiitake mushrooms (7 oz), stems removed, caps finely chopped
2 tbsp neutral oil
3 whole garlic cloves, finely chopped
15 g fresh ginger (1 tbsp finely grated)
1 tbsp doubanjiang (fermented chili bean paste)
1/2 tsp Sichuan peppercorns, finely crushed
300 mL unsalted vegetable stock (1 **1/4** cups)
1 tsp sugar
2 tsp cornstarch mixed with 1 tbsp cold water
1 tsp light soy sauce, to taste, up to the listed quantity
2 whole scallions, thinly sliced

Mapo-Inspired Tofu (continued)



Method

1. **Measure ingredients before** heating the skillet. Drain tofu and cut even 2 cm cubes, placing them on a plate for sliding into the sauce later. Finely chop mushrooms and aromatics. Mix cornstarch with its cold water in a small bowl, keeping it separate from stock; hot liquid would make the starch clump.

2. **Cook the rinsed** rice using its package's water quantity and covered cooking time. Rest covered for 10 minutes, then fluff. Begin the mushroom sauce while the rice cooks, keeping the finished rice covered and hot until the tofu is ready rather than leaving it uncovered to dry.

3. **Warm neutral oil** in the skillet over medium-high heat. Add mushrooms in an even layer and cook for 6–8 minutes. Stir regularly while they release water, then a little less often as the pan dries so their edges can brown. Do not add the paste while mushrooms still sit in a watery puddle.

4. **Reduce heat to** medium. Add garlic, ginger, doubanjiang and crushed Sichuan pepper, stirring for 1 minute. Spread the paste through the oil and scrape along the base. It should smell fragrant without black patches; briefly lift the pan from the burner if the paste catches before the stock is ready to enter.

5. **Pour stock in** gradually while scraping up the mushroom juices, then stir in sugar. Bring to a gentle simmer. Slide tofu from its plate close to the liquid and distribute cubes with a broad spoon. Avoid dropping them from above or stirring sharply, both of which break the edges.

6. **Cover and simmer** gently for 6–8 minutes until tofu is hot throughout. Push sauce around cubes or shake the pan lightly to distribute heat. If the liquid bubbles vigorously under the lid, reduce the burner; the goal is to warm and flavor the cubes while keeping their shape.

Mapo-Inspired Tofu (continued)



7. **Stir the settled** slurry thoroughly. Pour it into the bubbling sauce in a thin stream, folding gently for 1–2 minutes until the sauce becomes glossy. Judge thickness after it bubbles: it should coat a spoon lightly, not form a stiff gel. Loosen an overly thick sauce with a small splash of hot water.

8. **Taste a cooled** spoonful of sauce with tofu before adding the optional soy, since doubanjiang varies in saltiness. Scatter scallions over the pan and serve with the hot rice. Use a wide spoon to give each portion intact cubes and enough sauce to season the grains.

Storage: Refrigerate in separate shallow containers within 2 hours. Use tofu within 3 days and rice within 1 day. Reheat to 165°F (74°C).

Declared allergens: wheat, soy. Check labels and cross-contact.

Bull Market Beef and Broccoli



Beef and Broccoli. Tender beef, bright broccoli and a light ginger sauce make this Chinese-inspired stir-fry a practical shared main. Prepare everything before heating the pan; small batches help the beef brown rather than steam.

Serves 4
Prep: 20 min **Cook:** 20 min
Rest: 0 min **Total:** 40 min

Equipment: large heavy skillet with lid, mixing bowls, whisk, tongs, fine-tip instant-read thermometer.

Ingredients

450 g (1 lb) sirloin steak, trimmed and sliced across the grain into 5 mm (1/4-inch) strips
500 g (about 5 cups) broccoli florets, cut into even bite-size pieces
15 g fresh ginger, peeled and finely chopped
3 tbsp neutral oil, divided
3 tbsp light soy sauce, divided
2 tsp cornstarch, divided
1 tsp sugar
180 mL (3/4 cup) water, divided

Method

1. **Measure all ingredients** and keep coating, sauce and steaming water separate. Inspect the steak to find its long muscle fibers, then slice across them into even 5 mm strips. Cut thick broccoli stems smaller so they become tender with the florets. Set out the skillet lid and a clean plate for resting beef.

Bull Market Beef and Broccoli (continued)



2. **Toss beef with** 1 tablespoon soy and 1 teaspoon cornstarch, separating folded strips so every surface gets a thin coating. In another bowl whisk the remaining 2 tablespoons soy and teaspoon starch with sugar and 120 mL water. Reserve the other **60 mL** water for the broccoli rather than adding it to the sauce.

3. **Heat** 1 tablespoon oil over medium-high heat and spread half the beef in one layer. Leave the first face in contact with the skillet long enough to color before turning with tongs. Cook for approximately 2–4 minutes until browned and the thickest strips reach 63°C (145°F), checking centers rather than the hot pan.

4. **Transfer this batch** to a clean plate and rest at least 3 minutes. Repeat with another tablespoon oil and the remaining beef, resting the second batch separately. Retain cooked juices on the plates. Do not return cooked strips to the raw-beef bowl or leave finished beef simmering while broccoli is prepared.

5. **Reduce the heat** to medium. Add the final tablespoon oil and ginger and stir for 30 seconds without browning. Add broccoli and the reserved 60 mL water, then cover immediately. Steam for 3–4 minutes, opening the lid away from your face when checking; thick stems should be nearly tender with a little bite.

6. **Uncover and let** free water evaporate so it will not dilute the sauce. Whisk the sauce again from the bottom, where starch settles, then pour it over the broccoli. Stir across the base and simmer for 1–2 minutes until the liquid changes from cloudy to glossy and coats the vegetables.

7. **Once both beef** batches have completed their rests, return them with the collected juices. Fold through the sauce briefly over moderate heat, coating the strips without a second prolonged simmer. If the glaze becomes overly thick, add water a spoonful at a time until it flows around the beef again.

Bull Market Beef and Broccoli (continued)



8. **Transfer promptly to** a shallow serving dish, distributing beef and broccoli evenly. Spoon the remaining glaze over the top rather than leaving it to reduce in the skillet. Serve while broccoli still has a firm bite and the beef remains tender; prolonged holding in the hot sauce changes both textures.

Tip: Before you start: Find the direction of the beef's long muscle fibers, then slice across them; short fibers give a noticeably more tender bite.

Tip: Sear in batches: Spread strips apart and allow the first surface to brown before turning. Crowding releases enough liquid to steam the meat.

Tip: Finish together: Have the sauce whisked and the serving plates ready. The rested beef needs only a brief final toss, not another long simmer.

Storage: Refrigerate in shallow containers within 2 hours; keep up to 3 days. Reheat to 74°C (165°F).
Declared allergens: wheat, soy. Check labels and cross-contact.

Seed Round Scallion Pancakes

Scallion Pancakes. These Chinese-inspired layered pancakes pair a crisp, golden crust with a tender, scallion-flecked center. Rolling, coiling and rolling again creates the layers; gentle pressure keeps them intact.
Makes 4 pancakes; serves 4 as a side

Serves 4
Prep: 25 min **Cook:** 32 min **Rest:** 30 min **Total:** 87 min

Equipment: heatproof bowl, measuring jug, rolling pin, pastry brush, 25 cm/10-inch skillet, spatula



Ingredients

For pancakes:

250 g all-purpose flour (about 2 cups), plus 15 g (2 tablespoons) for dusting
1/2 teaspoon fine salt
160 mL (2/3 cup) just-boiled water
80 g scallions (about 6), finely sliced and thoroughly dried
90 mL (6 tablespoons) neutral oil, divided.

For dipping sauce:

30 mL (2 tablespoons) light soy sauce
15 mL (1 tablespoon) unseasoned rice vinegar
15 mL (1 tablespoon) water
1 teaspoon toasted sesame oil
1 teaspoon toasted sesame seeds
1/2 teaspoon sugar.

Seed Round Scallion Pancakes (continued)



Method

1. **Measure all ingredients**, keeping the **250 g** dough flour separate from the 15 g dusting allowance and the 160 mL hot water separate from sauce water. Wash and dry scallions thoroughly before finely slicing. Set out a heatproof bowl, sturdy spoon, rolling pin and cover for resting dough, plus a small dipping bowl.

2. **Mix dough flour** and salt in the heatproof bowl. Pour just-boiled water in gradually while stirring through the dry pockets with the spoon. Stop when a shaggy mass forms. Let cool until comfortable to touch, then knead for 3 minutes until cohesive; avoid adding flour merely to make the rough mixture instantly smooth.

3. **Cover and rest** for 20 minutes so flour hydrates and dough becomes easier to roll. Meanwhile stir soy, vinegar, sauce water, sesame oil, sesame seeds and sugar together until no gritty sugar remains. Set sauce aside and stir it again before serving because the sesame seeds rise to the top.

4. **Divide dough into** four equal pieces and keep unused pieces covered. Dust the board sparingly from the measured allowance. Roll one portion to approximately 20 cm (8 inches) across, rotating between passes to keep an even circle. Brush with 1 1/2 teaspoons neutral oil and distribute one quarter of the dry scallions across the surface.

5. **Roll the circle** into a snug log without stretching it, then curl the log into a spiral and tuck its end underneath. Repeat with the remaining pieces, oil and scallions. Cover spirals and rest for 10 minutes; this pause relaxes the dough so the layered centers roll without springing back or tearing.

6. **Flatten a spiral** gently, then roll from the center outward into an approximately 18 cm (7-inch) pancake. Rotate as you work and use only enough dusting flour to prevent sticking. If scallions break through or the dough resists, cover and relax briefly instead of pressing harder and sealing the layers together.

Seed Round Scallion Pancakes (continued)



7. **Heat the skillet** over medium heat and add 1 tablespoon neutral oil. Lay in one pancake and cook for 3–4 minutes per side. Check by lifting an edge: both faces should be deeply golden and crisp, with cooked inner layers. Lower the burner if the exterior darkens before the center loses its doughy texture.

8. **Repeat with the** remaining pancakes and oil, adjusting the heat as the skillet retains more warmth between batches. Transfer cooked pancakes to a board, cut into wedges and serve promptly with the stirred dipping sauce. Keep them unstacked as much as possible so trapped steam does not soften the crisp surfaces.

Tip: Before you start: Dry the scallions after washing and slice them finely; large wet pieces can puncture the thin dough layers.

Tip: Let dough relax: If a spiral springs back while rolling, cover it and leave it briefly rather than forcing it thinner and tearing the layers.

Tip: Know the finish: A good pancake has a crisp, mottled crust and cooked inner layers. Lower the heat if the outside colors before the center cooks.

Storage: Refrigerate cooled pancakes and sauce separately within 2 hours; use within 3 days. Reheat pancakes in a skillet to 74°C/165°F.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Sesame Cucumber Salad

Smashed cucumber catches dressing in its uneven edges, giving every bite a little garlic, vinegar and sesame. Inspired by Chinese smashed-cucumber salads, this version uses a short salting step for a crisp texture and a dressing brightened with chili oil. Serve alongside dumplings or a warm rice dish.

Serves 4

Prep: 15 min **Salt:** 15 min **Cook:** 2 min **Total:** 32 min

Equipment: cutting board, rolling pin, sieve, mixing bowl, small skillet, measuring spoons.

Ingredients

600 g (about 1 1/3 lb) small seedless cucumbers
1/2 tsp fine salt
1 tbsp sesame seeds
2 tbsp (30 mL) unseasoned rice vinegar
2 tsp (10 mL) light soy sauce
2 tsp (8 g) granulated sugar
1 whole small garlic clove (about 3 g), finely grated
2 tsp (10 mL) toasted sesame oil
1–2 tsp (5–10 mL) chili oil, to taste



Tip: Before you start: Use crisp cucumbers without soft ends. Gentle cracking creates irregular surfaces that catch dressing; crushing them flat makes them watery.

Tip: Drain thoroughly: Salt draws out water before dressing. Pat away the surface moisture so the sesame dressing clings instead of pooling.

Tip: Serve at its best: Keep cucumber and dressing separate until close to serving; dressed cucumber continues releasing liquid and loses its snap.

Sesame Cucumber Salad (continued)



Method

1. **Measure all ingredients** and set a sieve over a bowl with enough clearance that cucumber will not sit in drained liquid. Place a clean towel over a stable cutting board and keep a rolling pin nearby. Choose firm, cold cucumbers without soft ends; this simple salad depends on their fresh, crisp texture.

2. **Wash and dry** cucumbers and trim the ends. Cover with the towel and tap with the broad side of the rolling pin until the skins split. Aim for irregular cracked surfaces, which hold dressing, rather than flattening into pulp. Cut into approximately 3 cm pieces and discard loose watery seed clusters.

3. **Toss cucumber with** the half teaspoon salt in the sieve and leave for 15 minutes. Meanwhile prepare the sesame and dressing. At the end of salting, shake the sieve, pat the cut faces dry and discard the liquid. Do not rinse; extra water would undo the draining stage and dilute the dressing.

4. **Put sesame seeds** in a dry skillet over medium-low heat. Stir for 1–2 minutes, watching for a light golden color and nutty smell. Tip immediately onto a cool plate; simply switching off the burner leaves them cooking in the hot skillet and can turn their delicate flavor bitter.

5. **Dry the emptied** mixing bowl. Whisk vinegar, soy, sugar, garlic, sesame oil and the listed chili oil together, stirring down to the base until sugar dissolves. Taste a small drop after it cools; if the chili oil is unusually hot, use a little less at first rather than trying to dilute a finished salad.

6. **Add the drained** cucumber and cooled sesame seeds. Lift from the bottom with two spoons, turning irregular pieces through the dressing until their cut surfaces look glossy. Avoid squeezing or aggressively stirring them, which releases more water and breaks the texture gained from gentle smashing.

Sesame Cucumber Salad (continued)



7. **Taste an actual** dressed cucumber piece instead of the concentrated liquid alone. Check that vinegar, salt and heat work together with the cool vegetable. Toss once more so seeds and garlic left on the bottom are distributed through the salad rather than concentrated in the last spoonful.

8. **Lift into a** shallow bowl, leaving any large pool of liquid behind. Serve promptly while the cucumber still snaps when bitten. If preparing components ahead, keep the drained cucumber and dressing separately refrigerated and combine near serving; a long soak in dressing progressively softens the pieces and draws out more water.

Storage: Refrigerate promptly in a covered container at 4°C/40°F or below; use within 2 days. The cucumber will soften and release liquid; toss before serving.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

CHAPTER 03

Japanese-inspired simplicity



This chapter is built around clear contrasts: a savory broth, carefully cooked rice, crisp vegetables and a main whose seasoning does not hide its texture. Miso-Glazed Salmon, Chicken and Mushroom Donburi and Sand Hill Mushroom Soba give you different routes to a complete meal.

Keep miso and other seasonings measured before they meet the heat. A glaze can darken quickly; follow the recipe's cooking position and endpoint. For a rice bowl, prepare the toppings while the grain cooks and rests, then assemble close to serving rather than letting everything sit together.

Vegetable Tempura belongs to a moment when you can give frying your attention. Prepare the vegetables, landing tray and serving arrangement first. Sesame Spinach and Miso Soup with Tofu are quieter companions for dinners that already have a strong centerpiece.

Tip: At the table. Pair a bowl or fish main with a vegetable and broth as appetite requires. Keep portions and accompaniments deliberate; you do not need to cook the whole chapter to make a considered meal.

Miso-Glazed Salmon

White miso brings mellow savoriness to this Japanese-inspired salmon, while mirin lends sweetness and ginger adds warmth. Plain short-grain rice catches the glaze without competing with it.

Serves 4
Prep: 10 min **Cook:** 25–35 min **Est. total:** 45 min

Equipment: fine-mesh sieve, lidded saucepan, small bowl, foil-lined rimmed baking tray, instant-read thermometer

Ingredients

300 g (about 1 1/2 US cups) Japanese short-grain rice
As directed Water, as directed on the rice package
4 whole salmon fillets, 150 g (5 1/4 oz) each, approximately 2.5 cm (1 inch) thick, pin bones removed
45 g (about 2 1/2 tablespoons) white miso
30 mL (2 tablespoons) mirin
10 g (2 teaspoons) finely grated fresh ginger
5 mL (1 teaspoon) unseasoned rice vinegar
5 mL (1 teaspoon) neutral oil
15 mL (1 tablespoon) water, for the glaze



Miso-Glazed Salmon (continued)



Method

1. **Measure ingredients**, keeping rice water separate from the tablespoon of glaze water. Heat the oven to 200°C (400°F), with a rack in the middle. Line the tray with foil and lightly coat it with the measured oil. Set out a small glaze bowl, fish spatula and instant-read thermometer before handling the salmon.

2. **Rinse rice gently** until the runoff is mostly clear and drain thoroughly. Transfer to its saucepan with the package-specified quantity of water. Follow its cooking directions, then leave covered off the heat for 10 minutes before fluffing. Start the fish during the rice's covered cooking interval so both can be served hot.

3. **Run clean fingertips** lightly over each salmon fillet to locate remaining pin bones, removing them with fish tweezers. Pat all faces dry with paper towels and compare thicknesses. Arrange skin-side down with space between fillets, placing thinner tail portions where they can be checked and removed easily.

4. **Whisk miso**, mirin, grated ginger, vinegar and the measured tablespoon water until smooth. Press any miso lumps against the bowl's side rather than leaving dense paste pockets. The mixture should spread readily while remaining thick enough to stay on the flesh instead of running straight onto the tray.

5. **Spread glaze over** each fillet in a thin, even layer with the back of a spoon. Avoid thick piles in the center, which can remain pasty while their surface darkens. Put the tray into the fully heated oven and roast for approximately 12–18 minutes, beginning checks early on thinner portions.

6. **Insert the thermometer** from the side into the thickest center of each fillet, keeping its tip clear of hot metal. Every portion should reach 63°C (145°F). Check color separately: miso and mirin brown quickly, so dark glaze alone is not evidence that the middle has finished cooking.

Miso-Glazed Salmon (continued)



7. **If glaze becomes** dark before a fillet reaches temperature, cover that piece loosely with foil and continue roasting. Move finished thinner portions to a clean warm plate while thicker ones cook. Handle with a wide spatula beneath the whole fillet rather than pinching delicate flesh with tongs.

8. **Fluff and divide** rice among four plates, then add salmon. Spoon cooked tray juices over the flesh, leaving any blackened glaze stuck to the foil behind. Serve immediately while the fish separates into moist flakes and the glaze is still glossy; the rice should receive some juices without being flooded.

Tip: Before you start: Run clean fingertips over each fillet to find remaining pin bones, then pat the surface dry so the glaze stays in place.

Tip: Watch the glaze: Miso and mirin brown quickly. Use the middle rack and shield an overly dark surface while the center continues cooking.

Tip: Keep the portions even: Similar thickness matters more than identical weight. Thin tail pieces may finish before the thicker center cuts.

Storage: Refrigerate salmon and rice separately in shallow containers within 1 hour; never leave rice cooling in the saucepan. Use within 24 hours. Reheat once to 74°C / 165°F throughout.

Declared allergens: fish, soy. Check labels and cross-contact.

Chicken and Mushroom Donburi

Tender chicken, shiitake and sweet onion simmer beneath a layer of fully set egg in this Japanese-inspired rice bowl. A little broth moistens the rice without turning the bowl into soup.

Serves 2
Prep: 15 min **Cook:** 30 min **Rest:** 0 min **Total:** 45 min

Equipment: saucepan with lid, 24 cm (9 1/2-inch) skillet with lid, mixing bowl, instant-read thermometer.



Tip: Before you start: Slice the onion thinly and cut chicken into even pieces so both soften within the shallow simmering time.

Tip: Keep the simmer gentle: Small bubbles cook the chicken without aggressively reducing the sauce or toughening the outside.

Tip: Build the bowl: Finish the topping when the rice is ready. Spoon both solids and broth over the rice so the grains absorb the seasoning.

Ingredients

150 g (about 3/4 cup) uncooked Japanese short-grain rice
As directed Water, according to rice package directions
300 g (10 1/2 oz) boneless, skinless chicken thighs, cut into 2 cm (3/4-inch) pieces
100 g (3 1/2 oz) fresh shiitake, tough stems removed, caps sliced
120 g (1 small) onion, thinly sliced
180 mL (3/4 cup) unsalted chicken stock
20 mL (4 tsp) Japanese soy sauce
30 mL (2 tbsp) mirin
1 tsp sugar
3 whole large eggs
1 whole scallion, thinly sliced

Chicken and Mushroom Donburi (continued)



Method

1. **Measure all ingredients** before starting. Slice onion thinly, discard tough shiitake stems and slice caps evenly. Cut chicken into consistent 2 cm pieces using a separate clean board, then clean poultry-contact surfaces. Set out a rice saucepan, lidded skillet, small egg bowl and two deep serving bowls for the finished rice and broth.

2. **Rinse rice until** water runs mostly clear, drain and cook with the water quantity and timing on its package. Follow its covered resting instructions and keep it hot. Make the topping while rice cooks so the delicate egg stage can finish immediately before serving rather than sitting over heat.

3. **Combine stock**, soy, mirin and sugar in the skillet. Bring to a simmer over medium heat, stirring until sugar dissolves. Add onion and mushrooms, separating onion slices as they enter. Simmer gently for 5 minutes, turning the mushrooms so all slices soften in the shallow seasoned broth.

4. **Spread chicken pieces** across the skillet in an even layer, settling them into liquid rather than leaving a mound above the broth. Cover and maintain small bubbles for 7–10 minutes. Turn the larger pieces halfway through so their upper surfaces spend time in the hot liquid.

5. **Check several of** the largest chicken pieces with an instant-read thermometer inserted into their centers. Each must reach 74°C (165°F). Continue the gentle simmer if any is cooler, replacing the lid between checks. Use clean utensils once chicken is cooked, and do not reduce the broth away while checking.

6. **Lightly beat eggs** until whites and yolks are blended without whipping in much air. Pour in a slow circuit over the chicken and vegetables so the egg reaches the whole surface. Cover, reduce heat to low and cook for approximately 4–6 minutes, leaving the egg in broad pieces rather than stirring.

Chicken and Mushroom Donburi (continued)



7. Lift the lid away from you and inspect the egg through the center as well as the edge. It must be set with no pockets of liquid egg; continue gently if needed. Keep the heat low enough that the broth does not boil fiercely and break the topping into tiny fragments.

8. Divide hot rice between the bowls. Spoon a little broth over each, then lift on chicken, mushrooms, onion and generous pieces of set egg. Distribute remaining broth evenly and finish with sliced scallion. Serve promptly so the grains absorb some seasoning while the egg retains its tender texture.

Storage: Refrigerate leftovers promptly in shallow containers, ideally within 1 hour and always within 2 hours. Keep at 4°C (40°F) or below; eat within 24 hours. Reheat once to 74°C (165°F) throughout.

Declared allergens: egg, wheat, soy. Check labels and cross-contact.

Vegetable Tempura

Inspired by Japanese tempura, these vegetables wear a thin, lightly craggy coating. Cold batter, small batches and steady oil temperature help keep the crust delicate. Serve immediately with a little salt.

Serves 4
Prep: 20 min **Cook:** 25 min **Rest:** 0 min **Total:** 45 min

Equipment: heavy 4-liter saucepan, frying thermometer, mixing bowl, whisk, tongs, wire rack and baking tray.

Ingredients

150 g (5 1/4 oz) peeled, seeded kabocha squash, cut into 3 mm slices
150 g (5 1/4 oz) sweet potato, scrubbed and cut into 3 mm rounds
100 g (3 1/2 oz) green beans, trimmed and left whole
120 g (1 cup) all-purpose flour, divided
180 mL (3/4 cup) refrigerator-cold sparkling water
1/4 teaspoon fine salt, plus 1/4 teaspoon for serving
1 liter (4 1/4 cups) neutral frying oil, approximately



Tip: Before you start: Cut the sweet potato uniformly thin and dry every vegetable thoroughly. Dense, thick slices stay hard after their coating browns.

Tip: Keep batter light: Cold liquid and minimal mixing are deliberate. Small flour lumps are preferable to a smooth, overworked batter.

Tip: Serve in waves: Drain on a rack without stacking and eat each batch promptly. A covered plate traps steam and softens the crust.

Vegetable Tempura (continued)



Method

1. **Measure all ingredients** and set a wire rack over a tray beside the stove. Cut kabocha and sweet potato uniformly to 3 mm thickness, then dry these and the trimmed beans thoroughly. Set 20 g flour aside for dusting, keeping the remaining **100 g** in the batter bowl and sparkling water refrigerated until frying begins.

2. **Pour oil into** a stable, heavy saucepan to a depth of about 3 cm, never more than halfway up its sides. Clip an oil thermometer where the tip sits in oil without touching the base. Heat to 175°C (350°F), leaving a clear route from vegetables to batter, hot oil and draining rack.

3. **Only when oil** is ready, briefly whisk the 100 g batter flour with 1/4 teaspoon salt and cold sparkling water. Stop while small lumps remain. Minimal mixing limits gluten development, while cold batter encourages a delicate shell; do not continue beating until completely smooth or leave the mixed batter waiting beside a warm stove.

4. **Dust only a** few vegetables at a time with the reserved flour and shake off excess. Turn each piece once in batter, lift and allow the extra coating to drip briefly. Lower it close to the oil with tongs rather than dropping from a height, keeping fingers and wet tools away from the surface.

5. **Fry a small** batch without crowding the pan. Give squash and sweet potato approximately **3–5** minutes and beans 2–3 minutes, turning after the coating sets. Keep monitoring oil temperature; if it drops sharply, finish this batch before adding more food and allow it to recover to 175°C.

6. **Look for a** pale-gold, crisp shell rather than a deep-brown crust. Check one of the thickest squash or potato slices for tenderness with a small knife after lifting it from the oil. If the center remains hard, give similar pieces more time at controlled heat; coating color alone is not sufficient.

Vegetable Tempura (continued)



7. **Lift finished pieces** onto the rack in a single layer so excess oil drains and steam escapes underneath. Sprinkle lightly from the remaining 1/4 teaspoon salt while hot. Do not stack on a plate or cover with foil, which traps moisture against the coating and quickly softens it.

8. **Continue in small** batches, stirring the batter only gently if needed and using the measured dusting flour sparingly. Serve batches promptly rather than holding all the vegetables until the end. When finished, switch off the heat and leave the oil undisturbed in its stable saucepan until fully cool before moving it.

Storage: Best freshly fried. Refrigerate leftovers within 2 hours in a shallow container; use within 2 days. Reheat on a rack in a 200°C (400°F) oven until 74°C (165°F) throughout.

Declared allergens: wheat. Check labels and cross-contact.

Sand Hill Mushroom Soba

Mushroom Soba. Earthy shiitake and a light kombu broth frame the nutty flavor of buckwheat noodles in this Japanese-inspired bowl. Cook the soba separately to keep the broth clear, then rinse away excess surface starch before warming the noodles briefly for serving.

Serves 2
Prep: 10 min **Soak:** 20 min **Cook:** 20 min **Est. total:** 50 min

Equipment: two medium saucepans, fine-mesh sieve, measuring jug, tongs.



Ingredients

180 g (6 1/3 oz) dried buckwheat soba
5 g dried kombu, approximately one **10** cm (4-inch) square
800 mL (3 1/3 cups) water, plus water for cooking noodles
200 g (7 oz) fresh shiitake, tough stems removed, caps sliced
1 tablespoon neutral oil
1 1/2 tablespoons Japanese soy sauce
1 tablespoon mirin
1 teaspoon toasted sesame oil
2 whole scallions, thinly sliced
2 teaspoons toasted sesame seeds

Tip: Before you start: Check the noodle packet; buckwheat percentages and cooking times differ. Soba can move from tender to fragile quickly.

Tip: Respect the kombu: Warm it gently and remove it before boiling. A vigorous boil is unnecessary for the clean broth used here.

Tip: Prevent clumping: Rinse the cooked noodles gently to remove surface starch, drain well, then warm them briefly in the finished broth.

Storage: Refrigerate noodles and broth separately in shallow containers within 2 hours; use within 2 days. Reheat leftovers to 74°C (165°F). Noodles will soften.

Sand Hill Mushroom Soba (continued)



Method

1. **Measure all ingredients** and set out two saucepans, a sieve and a heatproof jug. Remove shiitake stems and slice caps evenly. Separate scallion whites from greens. Read the noodle packet before starting so its cooking interval can be coordinated with the broth; soba becomes fragile if left standing in hot water after it is tender.

2. **Put kombu and** 800 mL water in the broth saucepan and soak for 20 minutes. Warm over medium-low heat for approximately 5–8 minutes, watching for tiny bubbles gathering around the edges. Lift out kombu before a boil develops, then pour the broth into the heatproof jug to free the saucepan.

3. **Wipe the saucepan** dry and warm neutral oil over medium-high heat. Spread mushrooms over the base and cook for 5–6 minutes, turning occasionally. Let their initial liquid evaporate, then give some surfaces uninterrupted contact with the pan until lightly browned. Pale mushrooms swimming in their juice need more evaporation before broth enters.

4. **Carefully pour a** little kombu broth into the hot pan first, keeping your face away from rising steam. Scrape up the mushroom juices, add the remaining broth, soy and mirin, and bring to a gentle simmer. Cook uncovered for 5 minutes, maintaining small bubbles rather than reducing vigorously.

5. **Meanwhile bring the** second saucepan of noodle water to a full boil. Add soba and stir gently during the first moments to separate strands. Follow the packet's timing and taste a strand near its minimum time; it should be tender through the center while retaining enough structure to lift without breaking.

6. **Drain noodles into** the sieve and rinse briefly under cool running water, gently loosening them with your fingers or chopsticks. Drain thoroughly so clinging rinse water does not dilute the measured broth. Do not leave the noodles packed in a tight mound while finishing other preparation.

Sand Hill Mushroom Soba (continued)



7. **Stir sesame oil** and scallion whites into the simmering broth, reserving greens. Add drained noodles and separate them gently with tongs. Warm for only 30–60 seconds, until hot; they are already cooked, so a prolonged simmer will make them absorb too much liquid and soften.

8. **Lift noodles into** two bowls first, then distribute mushrooms and broth evenly. Scatter scallion greens and toasted sesame seeds over both servings. Carry to the table immediately so the broth stays generous around the strands rather than gradually disappearing into noodles left in the saucepan.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Sesame Spinach

Tender spinach and a lightly sweet sesame dressing make a small side dish with generous flavor. Inspired by Japanese goma-ae, this version leaves some sesame seeds partly crushed for a delicate, uneven texture. Serve cool or at room temperature beside rice and a simply cooked main dish.

Serves 4

Prep: 15 min **Cook:** 5 min **Rest:** 0 min **Total:** 20 min

Equipment: large saucepan, colander, large bowl, tongs, mortar and pestle, measuring spoons

Ingredients

450 g (1 lb) fresh spinach, tough stems removed
27 g (3 tablespoons) toasted sesame seeds
15 mL (1 tablespoon) Japanese soy sauce
8 g (2 teaspoons) granulated sugar
10 mL (2 teaspoons) warm water
2 L (about 8 cups) water, for blanching
As directed Cold water and ice, for cooling



Tip: Before you start: Lift washed spinach out of the water rather than pouring the grit back over it. Thick stems need particular attention.

Tip: Squeeze gently: Remove free water in small handfuls, then loosen the leaves. A compressed, dry ball is difficult to dress evenly.

Tip: Grind for flavor: Mostly crushed sesame seeds release their oils and make a dressing that clings; entirely whole seeds tend to roll off.

Sesame Spinach (continued)



Method

1. **Measure all ingredients** and prepare an ice-water bowl before heating the blanching water. Remove coarse spinach stems. Swish leaves through several changes of cold water, lifting them out before emptying each bowl so grit remains behind rather than being poured back over the leaves. Repeat until the bowl's base is free of sand.

2. **Bring the measured** 2 litres blanching water to a boil. Add half the spinach and use tongs to submerge it rather than packing leaves above the surface. Cook for 45–60 seconds, watching the stems as well as leaves; they should lose raw firmness without the leaves turning dull or disintegrating.

3. **Lift immediately into** the prepared ice water, spreading the leaves so the center cools as quickly as the outside. Bring blanching water back to a boil and repeat with the second batch. Let both batches cool fully, then drain in a colander; chilling stops their cooking but does not replace thorough draining.

4. **Squeeze excess water** from small handfuls with gentle, steady pressure. Avoid twisting the whole batch into a dense hard ball, which crushes leaves and makes dressing difficult. Cut the bundles across into approximately 4 cm lengths, then loosen the leaves with your fingers until they are separate and easy to toss.

5. **Put sesame seeds** in the mortar and grind until fragrant and mostly crushed, leaving some intact for texture. Scrape seeds from the sides as you work. A portion should release oil and begin clinging together; stopping while nearly all seeds are whole produces a thinner, less cohesive dressing.

6. **Stir soy**, sugar and warm water into the crushed sesame. Work around the mortar's sides and base until no dry sesame pockets or gritty sugar remain. The mixture should spread over leaves rather than separating into dry seeds and a pool of soy; scrape all of it into the mixing bowl.

Sesame Spinach (continued)



7. **Add loosened spinach** and toss gently with two forks or clean fingertips, lifting from the bottom. Separate any remaining tight clumps so dressing reaches the middle. Stop once the leaves are evenly glossy; repeated squeezing after dressing pushes the flavorful sesame mixture back out.

8. **Divide among four** small dishes as loose bundles, including sesame left in the bowl. Serve without compressing into tightly packed shapes. If making ahead, refrigerate promptly as directed in the storage note and loosen gently before serving; avoid adding water to revive a portion that has simply settled together.

Storage: Refrigerate promptly in a covered container at 4°C (40°F) or below, within 2 hours of preparation. Eat within 2 days; stir before serving chilled.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Miso Soup with Tofu

A gentle kombu-and-shiitake broth gives this Japanese-inspired soup its foundation. Add the miso off the heat to preserve its aroma, then serve while the tofu is tender and the scallions bright.

Serves 4

Prep: 10 min **Cook:** 25 min **Rest:** 30 min **Total:** 65 min

Equipment: medium saucepan, small bowl, fine sieve, ladle, whisk



Ingredients

- **1** litre (4 1/4 cups) water
- **6 g** dried kombu, approximately one **10** cm square
- **10 g** dried sliced shiitake mushrooms
- **3 g** dried wakame (about 1 tbsp)
- **300 g** (10 1/2 oz) soft tofu, drained and cut into 2 cm cubes
- **45 g** white miso (about 2 1/2 tbsp), plus up to 15 g (about 2 1/2 tsp) to taste
- **2** whole scallions, thinly sliced

Tip: Before you start: Wakame expands substantially as it hydrates. Drain it well and cut oversized pieces before they reach the soup bowls.

Tip: Protect the tofu: Slide soft cubes into the broth and move the saucepan gently; forceful stirring breaks their delicate edges.

Tip: Finish off the heat: Dissolving miso separately prevents lumps. Once it is added, avoid a hard boil that dulls its aroma.

Miso Soup with Tofu (continued)



Method

1. **Measure the litre** of broth water separately from the cold water for soaking wakame. Brush any grit from kombu while leaving its pale surface bloom intact. Inspect dried mushrooms, and put them with kombu and measured water in the saucepan. Leave to soak for 30 minutes, keeping both ingredients below the liquid where possible.

2. **During the soak**, place wakame in a small bowl and cover with cold water. Soak for approximately 5 minutes, or its packet's interval, allowing room for expansion. Drain in a fine sieve, press gently and cut any large pieces into bite-size lengths. Discard this separate soaking water rather than adding it to the measured broth.

3. **Drain soft tofu** carefully and cut into even 2 cm cubes with a sharp knife, supporting the block rather than pressing down hard. Slice scallions and set out serving bowls. Keep a small whisk and bowl beside the stove for dissolving miso later; the paste will be added after the other components are hot.

4. **Set the soaked** kombu and mushrooms over medium-low heat and warm gradually for about 10 minutes. Watch for tiny edge bubbles and remove kombu before the water simmers. Continue a gentle simmer for 7–10 minutes until mushroom slices are tender; check a thick piece, since soaking does not always soften the center completely.

5. **Slide tofu into** the broth close to the liquid, then add drained wakame. Maintain a gentle simmer for approximately 3 minutes until tofu is hot through. Move the spoon around the cubes or shake the pot lightly instead of stirring through them, preserving their delicate corners and keeping the broth from boiling fiercely.

6. **Remove the saucepan** from the burner. Ladle a little hot broth into the small bowl and whisk in 45 g miso, pressing remaining paste lumps against the side. Check the bottom for undissolved miso before returning the smooth mixture to the soup; directly dropping paste into the pot leaves salty pockets.

Miso Soup with Tofu (continued)



7. **Stir the dissolved** miso gently through the hot broth, then taste a cooled spoonful. If more seasoning is needed, dissolve some of the reserved miso in another small ladle of broth before adding. Work within the listed additional quantity rather than assuming every brand needs the same amount.

8. **Divide tofu**, mushrooms and wakame evenly among four bowls and ladle broth over them. Finish with scallions and serve promptly. If the soup needs reheating after miso enters, warm gently without a rolling boil; prolonged boiling diminishes the fresh miso aroma that this final off-heat stage preserves.

Tip: Pro technique — Just One Cookbook: Dissolve miso separately in hot broth and add it off the heat near serving. Avoid a rolling boil afterward to preserve its aroma.

Storage: Refrigerate in shallow, covered containers within 2 hours; use within 3 days. Reheat gently to 74°C/165°F.

Declared allergens: soy. Check labels and cross-contact.

CHAPTER 04

Korean-inspired warmth



Heat, fermentation, sesame and crisp vegetables give these dishes their contrast. Start by tasting the condiment you actually bought. Gochujang and kimchi differ in sweetness, salt and heat, and the amount that works with one jar may feel different with another.

Gochujang Chicken is a bold main. Crisp Tofu Bibimbap brings separately prepared components into a bowl, while Founder Mode Kimchi Fried Rice is a useful way to cook with safely stored rice. Follow the recipe's handling directions rather than leaving cooked rice on the counter for a future meal.

Scallion and Vegetable Pancakes need room to crisp; a thick, crowded panful cooks differently from a thin layer. Japchae with Mushrooms and Quick Sesame Bean Sprouts offer another balance of chew and freshness. Arrange the ingredients before beginning so the final assembly stays calm.

Tip: Keep the crisp component separate until serving. A pancake softens under trapped steam, and a carefully browned tofu edge disappears if it waits too long under sauce.

Gochujang Chicken

Gochujang gives this Korean-inspired skillet chicken fermented chili depth and gentle sweetness. Briefly simmering the sauce after browning the meat keeps its sugars from scorching while producing a glossy, clinging glaze. Heat levels vary by paste; check the label before choosing.

Serves 4

Prep: 15 min **Cook:** 20 min **Rest:** 0 min **Total:** 35 min

Equipment: large heavy skillet, mixing bowl, tongs, instant-read thermometer.



Ingredients

- **700 g** (1 1/2 lb) boneless, skinless chicken thighs, cut into 3 cm (1 **1/4**-inch) pieces
- **45 g** (3 tbsp) gochujang
- **15 mL** (1 tbsp) light soy sauce
- **15 mL** (1 tbsp) honey
- **15 mL** (1 tbsp) unseasoned rice vinegar
- **3** whole garlic cloves, finely grated
- **60 mL** (1/4 cup) water
- **15 mL** (1 tbsp) neutral oil
- **10 mL** (2 tsp) toasted sesame oil
- **6 g** (2 tsp) toasted sesame seeds
- **2** whole scallions, thinly sliced

Tip: Before you start: Mix the sauce before handling raw chicken, then keep its bowl and spoon away from the raw-meat board.

Tip: Brown first: Dry chicken surfaces and space the pieces apart. They should develop color before the sweet sauce enters the skillet.

Tip: Control the glaze: Honey can catch quickly. Finish over gentle heat and use the thermometer, not the darkness of the coating, to judge doneness.

Gochujang Chicken (continued)



Method

1. **Measure all ingredients** before handling poultry. In a clean bowl, whisk gochujang, soy, honey, vinegar, garlic and **60 mL** water until smooth, pressing dense paste against the sides. Keep this bowl and spoon away from raw chicken so the sauce remains clean until it enters the skillet for cooking.

2. **Cut thighs into** similar 3 cm pieces and pat their surfaces dry. Set out a holding plate for partially browned batches and a separate clean serving dish. Keep tongs, a flexible spatula, thermometer and a little corrective water nearby; the sweet glaze needs attention once it begins reducing.

3. **Heat neutral oil** in the skillet over medium-high heat. Spread half the chicken over the base with gaps between pieces. Leave the first surfaces in contact long enough to brown before turning, then continue for approximately 4–5 minutes. The chicken will finish in sauce, so this stage is for color rather than final doneness.

4. **Move browned pieces** to the holding plate and repeat with the other half. If the pan accumulates liquid, allow it to evaporate before judging the sear rather than immediately increasing heat to maximum. Keep raw-chicken utensils and any drips away from the clean finishing sauce and garnishes.

5. **Reduce the heat** to medium-low. Return all chicken and collected juices, then pour in the sauce. Scrape browned juices from the base with the spatula as liquid loosens them. Distribute pieces through the sauce in an even layer so those at the edges cook as thoroughly as those near the center.

6. **Simmer gently for** 5–8 minutes, turning pieces frequently through the glaze. Scrape thickening sauce from the pan's edges back toward the middle. If it becomes sticky or starts catching before chicken finishes, add water 1 tablespoon at a time; the glaze should remain fluid enough to move around every piece.

Gochujang Chicken (continued)



7. **Check several thick** chicken pieces at their centers with the thermometer, avoiding the hot skillet. Each must reach 74°C (165°F); continue gently if needed. The finished sauce should cling in a glossy coating rather than disappearing into a dry, scorched film, so reduce the burner as the desired consistency approaches.

8. **Remove from the** burner and stir in sesame oil. Transfer chicken and sauce to the clean serving dish, then scatter sesame seeds and scallions evenly across the top. Serve immediately while the coating is glossy; do not leave the finished dish over heat, where its honey and gochujang continue concentrating.

Storage: Refrigerate in shallow containers within 2 hours; keep for 3–4 days. Reheat to **165**°F (74°C), adding a splash of water.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Crisp Tofu Bibimbap

Bibimbap is a Korean mixed-rice dish: arrange the toppings separately, then stir everything together before eating. Here, golden tofu provides a crisp contrast to tender vegetables and a bright gochujang sauce.

Serves 2
Prep: 20 min **Cook:** 30 min **Rest:** 0 min **Total:** 50 min

Equipment: large nonstick skillet, saucepan, clean kitchen towel, mixing bowls, spatula.

Ingredients

400 g (14 oz) firm tofu, drained
10 g (1 tbsp) cornstarch
30 mL (2 tbsp) neutral oil, divided
150 g (5 oz) carrot, cut into thin matchsticks
200 g (7 oz) zucchini, cut into thin matchsticks
150 g (5 oz) baby spinach
15 mL (1 tbsp) light soy sauce, divided
5 mL (1 tsp) toasted sesame oil
400 g (about 2 1/2 cups) freshly cooked short-grain rice, prepared according to package directions
30 g (2 tbsp) gochujang
15 mL (1 tbsp) unseasoned rice vinegar
5 mL (1 tsp) sugar
15 mL (1 tbsp) water, plus extra for reheating rice if needed



Tip: Before you start: Press tofu gently, dry the cut cubes and coat them just before frying. A wet coating becomes gummy rather than crisp.

Crisp Tofu Bibimbap (continued)



Method

1. **Measure all ingredients**, reserving 20 mL neutral oil for tofu and 10 mL for vegetables. Wrap drained tofu in a clean towel and gently weight with a plate for 10 minutes. Meanwhile cut carrot and zucchini into fine, even matchsticks, wash and drain spinach, and prepare hot rice according to its package directions.

2. **Mix gochujang**, vinegar, sugar, measured water and 10 mL soy in a small bowl. Stir down to the base until the sugar and paste dissolve. Set aside for serving, keeping the remaining 5 mL soy separate for spinach. Taste this concentrated sauce with plain rice when judging its heat and saltiness.

3. **Cut pressed tofu** into 2 cm cubes and blot each cut face. Toss with cornstarch just before frying so the coating stays dry rather than becoming a damp paste. Separate cubes gently until all have a thin dusting; knocking them vigorously together can break the soft edges before cooking.

4. **Heat the reserved** tofu oil over medium-high heat. Fry in two batches for approximately **7–9** minutes each, turning onto new faces only once a firm golden crust forms. Leave space between cubes and use a thin spatula to loosen them; moving constantly prevents the coating from setting. Transfer to a clean plate.

5. **Add the remaining** neutral oil to the skillet. Cook carrot for 2–3 minutes, spreading matchsticks across the base and turning until just tender. Transfer to a separate bowl. Add zucchini and cook for 3–4 minutes, allowing visible moisture to evaporate before removing it so the finished rice bowl does not become watery.

6. **Add spinach and** the reserved 5 mL soy to the skillet. Toss for 1–2 minutes until leaves wilt and are hot throughout. Remove from the burner and fold sesame oil into the spinach. Keep vegetables separate at this stage to preserve their distinct textures and make attractive sections during assembly.

Crisp Tofu Bibimbap (continued)



7. **Divide the hot** rice between two broad bowls and loosen its surface with a fork. Arrange carrot, zucchini and spinach in separate arcs, then add crisp tofu. Include vegetables from the bottoms of their bowls, but leave behind any large pools of released liquid rather than pouring them into the rice.

8. **Spoon gochujang sauce** over each bowl to taste and offer the remainder alongside. Mix immediately before eating so rice becomes seasoned while the tofu retains some crisp contrast. If rice needed reheating, use the listed corrective water as needed and heat thoroughly before assembly rather than warming the finished mixed bowl.

Tip: Keep the colors distinct: Cook and hold vegetables separately so zucchini moisture does not soften the tofu or muddy the spinach.

Tip: Dress at the table: Start with a little sauce, mix thoroughly, then add more to taste. Gochujang strength and saltiness vary by brand.

Storage: Refrigerate rice in a shallow container within 1 hour and use within 24 hours. Refrigerate tofu and vegetables within 2 hours; use within 3 days. Keep at 4°C (40°F) or below. Reheat only the portion needed once to 74°C (165°F); tofu will soften.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Scallion and Vegetable Pancakes

Inspired by Korean savory pancakes, these pair long scallion strands with fine carrot matchsticks. Rice flour helps the edges crisp; press gently after turning so the vegetables make good contact with the pan.
Makes 4 pancakes; serves 4 as a side



Serves 4

Prep: 15 min **Cook:** 30–35 min **Est. total:** 50 min

Equipment: 24 cm (9 1/2-inch) nonstick frying pan, mixing bowl, whisk, wide spatula, wire rack

Ingredients

For pancakes:

120 g (1 cup) all-purpose wheat flour
40 g (1/4 cup) white rice flour, not glutinous
1/2 tsp fine salt
240 mL (1 cup) cold water
150 g scallions, trimmed and cut into 7 cm (3-inch) lengths; thick white sections split lengthwise
80 g carrot, cut into thin matchsticks
60 mL (1/4 cup) neutral oil, divided

For dipping sauce:

30 mL (2 tbsp) soy sauce
15 mL (1 tbsp) unseasoned rice vinegar
15 mL (1 tbsp) water
1 tsp sugar

Scallion and Vegetable Pancakes (continued)



Method

1. **Measure all ingredients**, keeping sauce water separate from the 240 mL cold batter water. Split thick scallion whites lengthwise and cut scallions to 7 cm lengths; cut carrot into fine matchsticks. Divide the 60 mL neutral oil across four batches and set out a wide spatula and a rack over a tray.

2. **Stir soy**, vinegar, sauce water and sugar together until no gritty sugar remains. Set aside and stir again before serving. If holding pancakes briefly, heat the oven to 100°C (210°F) and place the rack above its tray; open air beneath the pancakes prevents their bases steaming against a flat plate.

3. **Whisk wheat flour**, rice flour and salt together in a large bowl. Add cold batter water and mix only until dry flour disappears. Fold in scallions and carrot with a spatula until everything is lightly coated. Avoid extended beating once the flour is wet, which makes the finished pancakes tougher.

4. **Heat** 1 tablespoon oil in the frying pan over medium heat and swirl across the base. Add one quarter of the batter-and-vegetable mixture. Spread into a thin pancake about 18 cm across, separating thick scallion ends and filling large gaps with a little batter rather than packing vegetables into a dense mound.

5. **Cook for** 3–4 minutes, leaving the first face mostly undisturbed. Look for set edges and a golden underside, lifting a small edge with the spatula to check. The pancake should hold together as one piece before turning; loose wet batter and pale patches mean it needs more time at moderate heat.

6. **Loosen the full** underside, keep the pan level and flip with the broad spatula in one controlled movement. Press lightly for even pan contact, then cook the second face for another 3–4 minutes. Check that the middle has no shiny wet batter; lower heat if the outside darkens before the center cooks.

Scallion and Vegetable Pancakes (continued)



7. **Transfer to the** rack in one layer. Stir the remaining bowl from the bottom before portioning the next pancake, since flour settles while the vegetables rise. Repeat with the reserved oil and mixture, adjusting the burner between batches as the skillet retains more heat. Hold only briefly in the low oven if necessary.

8. **Cut into wedges** shortly before serving and offer the stirred dipping sauce alongside. Avoid stacking hot pancakes or covering tightly, which traps moisture against the crust. The finished wedges should combine crisp golden surfaces, tender vegetables and a cooked, light interior rather than a thick doughy center.

Tip: Before you start: Split thick scallion whites and cut carrot into fine matchsticks; large pieces prevent the batter from setting evenly.

Tip: Keep it thin: Spread vegetables into a single even layer rather than mounding them at the center, where wet batter can remain hidden.

Tip: Keep the crust crisp: Hold finished pancakes on a rack, never in a covered stack. Cut and serve soon after the final batch.

Tip: Pro technique — Maangchi: Judge the underside before turning: the pancake should be golden and firm enough to lift as one piece. Gentle spatula pressure helps maintain even pan contact.

Storage: Refrigerate within 2 hours in a covered container for up to 3 days. Reheat in a skillet until the center reaches 74°C (165°F).
Declared allergens: wheat, soy. Check labels and cross-contact.

Founder Mode Kimchi Fried Rice



Kimchi Fried Rice. Inspired by Korean kimchi-bokkeumbap, this quick supper turns chilled rice and tangy cabbage kimchi into a deeply savory panful. Cook the kimchi first to soften its sharpness, then add the rice so the grains stay distinct.

Serves 2

Prep: 10 min **Cook:** 12 min **Rest:** 0 min **Total:** 22 min

Equipment: large nonstick skillet, spatula, bowl, instant-read thermometer

Ingredients

450 g (about 3 cups) cooked rice, refrigerated promptly after cooking and chilled overnight
180 g (about 1 cup) commercial refrigerated vegetarian cabbage kimchi (without fish or shrimp; check the label), chopped
30 mL (2 tablespoons) kimchi brine
15 mL (1 tablespoon) neutral oil, divided
2 whole large eggs, beaten
2 whole scallions, thinly sliced, whites and greens separated
10 mL (2 teaspoons) reduced-sodium soy sauce
5 mL (1 teaspoon) toasted sesame oil
1 teaspoon toasted sesame seeds

Founder Mode Kimchi Fried Rice (continued)



Method

1. **Measure ingredients**, keeping chopped kimchi and its 30 mL brine separate. Separate scallion whites from greens, beat eggs and set out a clean bowl for them. Keep safely chilled rice refrigerated until the skillet is ready, then loosen clumps with a clean spatula so large cold lumps do not enter the pan.

2. **Heat** 1 teaspoon neutral oil in a broad skillet over medium heat. Pour in eggs and draw a flexible spatula gently from the edges toward the center. Cook for 1–2 minutes until set throughout with no wet patches, then transfer promptly to the clean bowl. Scrape loose egg fragments from the skillet before proceeding.

3. **Add the remaining** 2 teaspoons neutral oil and scallion whites. Stir for 30 seconds until fragrant, then add chopped kimchi. Spread it across the base and cook for 3–4 minutes, stirring regularly through the middle and edges so its concentrated juices cannot scorch in one area.

4. **Wait until kimchi** is softened and loose liquid has mostly evaporated before adding rice. This stage allows vegetables to fry rather than immediately creating a wet mixture. Reduce heat briefly if sugary juices catch; increasing heat against a dry, sticky patch will burn it before the rice enters.

5. **Add rice**, measured kimchi brine and soy. Spread into a shallow layer, pause briefly, then lift and turn. Press remaining clumps gently with the back of the spatula instead of chopping them apart. Work across the whole base so grains at cooler edges repeatedly move through the hottest part.

6. **Stir-fry for approximately** 4–5 minutes, continuing to lift and fold until rice is evenly colored and steaming. If grains catch rather than moving freely, add 1 tablespoon water and scrape gently; use this as a correction rather than a routine addition, since excess moisture makes the rice sticky.

Founder Mode Kimchi Fried Rice (continued)



7. **Fold cooked eggs** back through the rice, breaking only the largest pieces. Continue heating and check several parts of the mixture with a thermometer until it reaches 74°C (165°F) throughout. Look for separated, glossy grains rather than pressing everything firmly into one compact mass while checking.

8. **Remove the skillet** from the burner and fold in sesame oil. Divide immediately between two bowls, then scatter scallion greens and sesame seeds over both. Serve while hot, transferring all rice out of the pan so its underside does not continue drying during the meal. Refrigerate leftovers according to the recipe's storage note.

Tip: Before you start: Break chilled rice into small clumps while cold. Do not use rice that has been left standing at room temperature.

Tip: Concentrate the kimchi: Cook away loose liquid before adding rice; otherwise the grains simmer and stick together rather than frying.

Tip: Finish with aroma: Sesame oil goes in off the heat. Taste a spoonful after mixing before deciding whether it needs further seasoning.

Tip: Pro technique — J. Kenji López-Alt: Surface moisture matters. Separate rice clumps before frying and use a broad pan so excess steam can escape instead of making the grains sticky.

Storage: Use rice chilled within 1 hour of its original cooking and kept at 4°C (40°F) or below; use within 24 hours. Stir-frying is its one reheating: heat to 74°C (165°F), serve promptly and do not chill and reheat this fried rice again.
Declared allergens: egg, wheat, soy, sesame. Check labels and cross-contact.

Japchae with Mushrooms

Sweet potato glass noodles give japchae its distinctive springy texture. This Korean-inspired, meat-free version pairs shiitake with spinach and carrot; cook the vegetables just until tender so their colors remain clear.

Serves 4
Prep: 20 min **Cook:** 25 min **Rest:** 0 min **Total:** 45 min

Equipment: large saucepan, colander, large nonstick skillet, bowl, tongs, kitchen scissors.



Ingredients

200 g (7 oz) dried sweet potato glass noodles (dangmyeon)
150 g (5 oz) baby spinach
250 g (9 oz) fresh shiitake mushrooms, stems removed, caps thinly sliced
150 g (5 oz) carrot, cut into thin matchsticks
100 g (1 small) onion, thinly sliced
2 whole garlic cloves, minced
1 tbsp (15 mL) neutral oil
3 tbsp (45 mL) reduced-sodium soy sauce
1 tbsp (15 mL) toasted sesame oil
1 tbsp (12 g) granulated sugar
1 tbsp (15 mL) unseasoned rice vinegar
2 tsp toasted sesame seeds
1/4 tsp ground black pepper

Tip: Before you start: Use sweet-potato glass noodles rather than wheat noodles; their springy texture is central to this particular recipe.

Japchae with Mushrooms (continued)



Method

1. **Measure ingredients before** cooking. Cut carrot into fine matchsticks, onion into thin slices and mushrooms into even cap slices, discarding tough stems. Wash spinach and set out a colander, kitchen scissors and broad mixing bowl. Whisk soy, sesame oil, sugar, vinegar and pepper in a small bowl until sugar dissolves completely.

2. **Bring a large** saucepan of water to a boil. Add spinach and blanch for approximately 30 seconds, submerging the leaves with tongs until wilted. Lift into the colander while retaining the pot's water for noodles. Rinse leaves under cold water, squeeze gently in small bundles and loosen any compact clumps.

3. **Return the water** to a boil and add sweet potato glass noodles. Follow their packet's cooking time, stirring gently to separate strands. Taste near the end: the center should be tender with a springy chew rather than hard or chalky. Drain promptly rather than leaving cooked noodles standing in hot water.

4. **Rinse noodles briefly** under cool water and shake the colander thoroughly. Use clean kitchen scissors to snip through the pile a few times, leaving strands long enough to wind around a fork but short enough to toss comfortably. Keep them loose in the broad bowl while preparing the vegetables.

5. **Heat neutral oil** in the skillet over medium-high heat. Add carrot and onion, spread them across the base and stir-fry for 4 minutes until beginning to soften. Stir into the pan's edges so small onion pieces do not brown excessively while the center remains undercooked.

6. **Add mushrooms and** cook for another 5–7 minutes. Let their released liquid evaporate, turning occasionally until caps are tender and some edges color. Add garlic only for the final **30** seconds, stirring continuously so it becomes fragrant without darkening against the hot skillet.

Japchae with Mushrooms (continued)



7. **Add noodles**, loosened spinach and the stirred sauce. Toss over medium heat for **2–3** minutes, using tongs to lift while a second utensil folds vegetables from beneath. Work sauce through the interior strands rather than stirring only the outside, and avoid pulling hard enough to break the softened noodles.

8. **Stop heating once** everything is hot, evenly coated and glossy. Divide among serving dishes and scatter sesame seeds over the top, including vegetables left in the skillet. Serve warm while noodles remain supple; extended heat after sauce absorption causes sticking and makes their pleasant chew increasingly firm.

Tip: Cut manageable strands: After draining, snip the noodles several times with clean kitchen scissors so they toss and portion more easily.

Tip: Dry the vegetables: Squeeze spinach and evaporate mushroom liquid before combining. Free water dilutes the glossy seasoning and makes it pool.

Storage: Refrigerate in shallow, covered containers within 2 hours; use within 3 days. Reheat with a splash of water to 165°F (74°C).

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Quick Sesame Bean Sprouts

Inspired by Korean mung bean sprout side dishes, this simple preparation pairs tender stems with nutty sesame and a little raw garlic. Drain the sprouts thoroughly so the seasoning clings rather than collecting beneath them. Serve warm alongside rice and a main dish.

Serves 4

Prep: 10 min **Cook:** 5 min **Rest:** 0 min **Total:** 15 min

Equipment: large saucepan, colander, mixing bowl, tongs, measuring spoons

Ingredients

400 g (14 oz) fresh mung bean sprouts
1.5 liters (6 1/4 cups) water, for boiling
2 whole scallions, trimmed and thinly sliced, about 30 g
1 whole small garlic clove, finely grated, about 3 g
2 tsp (10 mL) toasted sesame oil
1 tsp (5 mL) light soy sauce
1 tbsp (9 g) toasted sesame seeds
1/4 tsp fine salt



Tip: Before you start: Use fresh, crisp sprouts and discard the entire pack if it smells unpleasant or looks slimy. Rinsing does not make raw sprouts safe.

Tip: Cook thoroughly: Do not substitute a quick warm rinse for the stated boil. The full quantity must become steaming hot throughout.

Tip: Dress while warm: Shake excess water from the colander first, then toss well so the sesame dressing coats the sprouts rather than watery runoff.

Quick Sesame Bean Sprouts (continued)



Method

1. **Measure all ingredients** and set a colander beside the stove. Open the sprouts and inspect the middle of the packet as well as the surface. Discard slimy or discolored pieces, rinse the remaining sprouts thoroughly under cold running water and drain. Rinsing removes debris but does not replace the cooking stage.

2. **Slice scallions thinly** and grate garlic finely, so the small dressing quantity will distribute without large sharp-tasting pieces. Put scallions, garlic, sesame oil, soy, sesame seeds and salt in a large mixing bowl. Stir them together before the sprouts are cooked, keeping this clean bowl separate from the rinsing area.

3. **Bring the measured** 1.5 litres water to a rolling boil in the saucepan. Add the drained sprouts carefully and stir to submerge the center of the pile. Allow the water to return to a boil before judging their cooking progress; a tightly packed cold mound will cool the liquid briefly.

4. **Cook for** 4–5 minutes, turning sprouts through the water occasionally with tongs or a spoon. Move those in the middle toward the edges and back so the whole batch heats evenly. Do not drain as soon as the outer stems appear softened while the center remains only warm.

5. **Check that the** sprouts are thoroughly steaming hot throughout and their stems are tender with a little bite. Continue cooking if a thick stem remains raw and rigid. The goal is a cooked, juicy texture that still has structure, rather than either a barely warmed sprout or a limp, overboiled tangle.

6. **Drain into the** colander and leave for 2 minutes. Shake gently several times to release water trapped between stems, but do not press or squeeze them into a compact ball. Do not rinse after cooking; extra cold water would cool the sprouts and dilute the small amount of dressing.

Quick Sesame Bean Sprouts (continued)



7. **Stir the prepared** dressing once more from the bottom, then add the hot drained sprouts. Lift repeatedly with tongs, turning the center outward until garlic, scallion and sesame are spread through the whole bowl. Use a light lifting movement rather than compressing the stems with the back of a spoon.

8. **Divide promptly among** small serving dishes, lifting with tongs so any large pool of liquid remains behind. Include sesame and scallion left in the mixing bowl rather than leaving the final portion under-seasoned. Serve at once, or refrigerate promptly following the storage note; do not leave cooked sprouts sitting warm for later use.

Storage: Refrigerate in a shallow, covered container within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below for up to 3 days. Reheat leftovers to 165°F (74°C); their texture will soften.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

CHAPTER 05

Thai-inspired balance



Choose a dish for its particular balance rather than trying to put every aromatic into the same pan. Basil Chicken, Coconut Green Curry, Tamarind Rice Noodles and Lemongrass Coconut Soup each have a different center of gravity. Fresh herbs, coconut, tamarind and citrus bring different kinds of richness and brightness.

Read the label on curry paste and other prepared seasonings, especially for seafood ingredients and allergens. Set out the recipe's finishing ingredients before starting. A delicate herb or squeeze of lime added at the end should taste fresh, rather than disappearing into a long simmer.

Lime and Chili Cabbage Salad gives a rich main a crisp contrast. Liquidity Event Mango Sticky Rice makes a good planned finish when you allow its soaking and cooking stages rather than treating it as a last-minute bowl of ordinary rice.

Tip: At the table. A curry, a suitable grain and a fresh side can be a complete spread. Taste a small spoonful before making an adjustment, then change one thing at a time so you understand what the dish needed.

Basil Chicken

Garlic, chili and fish sauce give this Thai-inspired chicken a savory edge, while Thai basil brings a sweet, anise-like fragrance. Holy basil has a different, pepperier character; this version deliberately uses Thai basil. Have everything ready before heating the pan.

Serves 4

Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: rice saucepan with lid, large skillet, small bowl, spatula, instant-read thermometer

Ingredients

200 g jasmine rice (about 1 cup)
As directed Water, according to the rice package
500 g ground chicken (1 lb 2 oz)
2 tbsp neutral oil (30 mL)
5 whole garlic cloves, finely chopped
1–2 whole small fresh red chili, thinly sliced; remove seeds for less heat
1 1/2 tbsp fish sauce (22 mL)
1 tbsp light soy sauce (15 mL)
2 tsp sugar (8 g)
3 tbsp water (45 mL)
25 g Thai basil leaves (about 1 loosely packed cup), thick stems discarded



Tip: Before you start: Mix the sauce and dry the basil before heating the skillet; the garlic and chili stage moves too quickly for last-minute measuring.

Tip: Keep small crumbles: Press apart the chicken as it cooks, leaving some texture rather than grinding it into a paste with the spatula.

Tip: Save the basil: Fold leaves in only after switching off the heat. Long cooking dulls their color and fragrant aroma.

Basil Chicken (continued)



Method

1. **Measure all ingredients** and prepare vegetables before handling ground chicken. Chop garlic and chili, separate basil leaves from thick stems, and wash and dry the leaves thoroughly. Set out a broad skillet, spatula and thermometer. Keep basil separate from the cooking sauce so it can be found quickly for the short final off-heat stage.

2. **Rinse rice if** its packet directs, drain and cook with the package-specified water quantity and cooking time. Once done, leave covered off the heat for 10 minutes, then fluff gently. Prepare chicken during the rice's cooking and resting intervals so neither component waits uncovered while the other finishes.

3. **Stir fish sauce**, soy, sugar and the measured 3 tablespoons water together in a small bowl. Scrape the bowl's base with the spoon until gritty sugar dissolves. Put this sauce beside the stove; measuring it later would leave garlic cooking alone in hot oil for too long.

4. **Heat neutral oil** in the large skillet over medium-high heat until it moves freely without smoking. Add garlic and chili and stir for 20–30 seconds. Watch for fragrance rather than color: garlic should remain pale. Have chicken ready to enter immediately, which slows the aromatics' cooking before they darken.

5. **Add ground chicken** and spread it across the base. Let the underside start setting briefly, then break into small crumbles with the spatula. Cook for 6–8 minutes, moving meat through the center and edges. Separate dense clumps without repeatedly pressing all the juices out of the smaller cooked pieces.

6. **Pour in the** stirred sauce and scrape up browned juices from the skillet. Simmer for 2–3 minutes, turning the crumbles so sauce reaches every part. Maintain enough liquid for a light coating; lower the burner if the edges begin drying while the thicker chicken clusters are still cooking.

Basil Chicken (continued)



7. **Check several thick** clusters with the thermometer until chicken reaches 74°C (165°F), keeping the probe clear of the hot metal. Turn off the heat, fold in basil from underneath and toss for about 30 seconds, just until leaves collapse into the hot meat. Do not simmer the tender leaves after adding them.

8. **Divide hot rice** among four bowls and spoon chicken and its remaining sauce over the grains. Distribute basil rather than leaving most leaves in the skillet, and serve promptly while their aroma is fresh. Transfer the full finished batch out of the hot pan so its last portions do not continue drying during serving.

Storage: Refrigerate chicken and rice separately in shallow containers within 1 hour. Use chicken within 3 days and rice within 24 hours. Reheat the portion needed once to 74°C (165°F).

Declared allergens: fish, wheat, soy. Check labels and cross-contact.

Coconut Green Curry

Inspired by Thai green curries, this home-kitchen version pairs tender chicken with eggplant and green beans in a fragrant coconut sauce. Commercial pastes vary considerably in heat and salt; taste the finished curry before adding more seasoning.

Serves 4

Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: large heavy saucepan with lid, cutting board, knife, measuring jug, spoons, instant-read thermometer.



Ingredients

450 g (1 lb) boneless, skinless chicken thighs, cut into 3 cm pieces
300 g (10 1/2 oz) eggplant, cut into 2 cm cubes
200 g (7 oz) green beans, trimmed and halved
1 tbsp (15 mL) neutral oil
2 tbsp (30 g) commercial vegetarian Thai green curry paste (without shrimp or fish; check the label)
400 mL (13 1/2 fl oz) canned unsweetened coconut milk, stirred
200 mL (3/4 cup plus 1 tbsp plus 1 tsp) water
1 tsp (4 g) sugar
1 tsp (5 mL) fish sauce, plus up to 1 tsp more to taste
1 tbsp (15 mL) lime juice
10 g (about 1/2 cup loosely packed) Thai basil leaves

Coconut Green Curry (continued)



Method

1. **Measure all ingredients** before the paste enters the pan. Cut eggplant into 2 cm cubes, halve trimmed beans and cut chicken into even 3 cm pieces using clean separate preparation for poultry. Stir coconut milk smooth in its can, and keep lime, basil and the reserved fish-sauce allowance aside for final seasoning.

2. **Warm neutral oil** in the saucepan over medium heat. Add green curry paste and stir across the base for 1 minute. Its raw aroma should soften while the paste stays green and fragrant. If it catches immediately, briefly lift the saucepan from the burner instead of letting dry paste scorch.

3. **Add coconut milk** gradually, starting with a few spoonfuls to loosen paste from the base and corners. Stir until there are no dense paste pockets, then add the remaining milk, measured water and sugar. Bring to a gentle simmer rather than a vigorous boil that will reduce liquid before the ingredients cook.

4. **Add eggplant**, settling cubes into the broth instead of leaving them piled on top. Partially cover and cook for 6 minutes, stirring occasionally from the bottom. This head start softens the denser vegetable before chicken and beans enter; do not increase heat merely because the eggplant is still firm at first.

5. **Add chicken in** separate pieces, then beans. Return the curry to a gentle simmer, partially cover and cook for approximately 10–14 minutes. Stir occasionally to circulate pieces from cooler edges through the hot broth, using a broad spoon so softening eggplant stays mostly intact.

6. **Check the components** independently. A knife should enter eggplant easily and its middle should be soft and creamy rather than white and spongy. Probe several thick chicken pieces to confirm 74°C (165°F). Continue gently if either needs longer; green beans should remain recognizable rather than disintegrating into the sauce.

Coconut Green Curry (continued)



7. **Stir in the** first teaspoon fish sauce, then remove from the burner. Fold in lime juice and basil, turning the leaves into the hot broth until just wilted. Cool a spoonful before tasting and add some of the reserved fish sauce only if needed; curry-paste brands differ considerably in saltiness.

8. **Ladle chicken**, beans and eggplant evenly into serving bowls before distributing the coconut broth. Include enough liquid to surround the solids, scraping remaining sauce from the pot. Serve hot while the basil and lime retain their fresh aroma, and follow the recipe's storage note for any curry kept for another meal.

Tip: Before you start: Stir the canned coconut milk smooth and cut eggplant evenly. Large chunks may remain firm after the chicken is ready.

Tip: Bloom the paste: Stir until the curry aroma rises, keeping the paste moving so it does not stick and blacken.

Tip: Finish in balance: Add lime and basil after cooking; taste the reduced curry before adding the optional extra fish sauce.

Storage: Refrigerate in shallow containers within 2 hours; keep for up to 3 days. Reheat to **165**°F (74°C), stirring thoroughly.

Declared allergens: fish. Check labels and cross-contact.

Tamarind Rice Noodles

Tamarind brings a rounded sourness to these Thai-inspired noodles, balanced by brown sugar and crisp-edged tofu. Garlic chives and peanuts add fragrance and crunch; the bean sprouts are cooked through rather than scattered raw over the bowl.

Serves 2
Prep: 20 min **Cook:** 15 min **Rest:** 0 min **Total:** 35 min

Equipment: large bowl, colander, small bowl, large nonstick skillet with lid, spatula.

Ingredients

180 g (6 1/2 oz) dried flat rice noodles, about 5 mm wide
300 g (10 1/2 oz) firm tofu, drained, patted dry and cut into 2 cm cubes
2 tbsp unsweetened tamarind purée, not concentrated extract
2 tbsp light soy sauce
1 1/2 tbsp packed light brown sugar
60 mL (1/4 cup) water, plus extra as needed
2 tbsp neutral oil, divided
2 whole garlic cloves, finely chopped
150 g (5 oz) mung bean sprouts, rinsed and drained
40 g (1 1/2 oz) garlic chives, cut into 4 cm lengths
30 g (1/4 cup) unsalted roasted peanuts, chopped
1 whole lime, cut into wedges



Tip: Before you start: Use unsweetened tamarind puree, not concentrated extract or sweetened sauce; their strength and sugar content differ greatly.

Tip: Stop noodles early: They should bend without snapping but still resist slightly before entering the skillet, where they finish absorbing sauce.

Tip: Loosen carefully: If strands stick, use the listed extra water a little at a time and lift gently rather than pulling or chopping them apart.

Storage: Refrigerate in shallow covered containers within 2 hours; use within 2 days. Reheat with a splash of water to 74°C/165°F throughout.

Tamarind Rice Noodles (continued)



Method

1. **Measure ingredients and** read the noodle packet before starting. Prepare flat rice noodles by its recommended soaking or cooking method, stopping when pliable but still slightly firm. They finish in sauce. Drain, rinse briefly under cool water and drain thoroughly so the measured sauce will not be diluted by clinging rinse water.

2. **Whisk tamarind purée**, soy, brown sugar and 60 mL water in a small bowl until sugar begins dissolving. Use ordinary unsweetened purée, not concentrated extract in the same quantity. Stir again before pouring later, since sugar can settle while tofu cooks. Cut chives and keep peanuts and lime separate for finishing.

3. **Blot the drained** tofu cubes on all faces. Heat 1 tablespoon oil in the skillet over medium-high heat and arrange tofu in one layer with space between pieces. Cook for 7–9 minutes, turning only once each surface develops a firm golden crust, then transfer to a clean plate with a thin spatula.

4. **Reduce heat to** medium. Add the remaining tablespoon oil and garlic, stirring for 30 seconds until fragrant but pale. Add rinsed sprouts and 2 tablespoons of the listed extra water. Spread through the pan, cover and cook for 3 minutes, stirring once so the center becomes thoroughly steaming hot as well as the edges.

5. **Uncover and add** drained noodles, the stirred tamarind sauce and browned tofu. Use two utensils to lift noodles from underneath and fold them through the liquid. Avoid chopping or tugging strands apart; gentle lifting separates them while the sauce begins absorbing and tofu stays in recognizable cubes.

6. **Cook for** 2–3 minutes until noodles are tender through the center and coated. Taste a strand rather than judging only flexibility. If sauce disappears while the center remains firm or the noodles catch, add extra water 1 tablespoon at a time and keep folding; avoid a large pour that turns the dish soupy.

Tamarind Rice Noodles (continued)



7. **Fold chives through** for the final minute, letting them soften slightly while retaining some structure. Check that sprouts remain hot through and tofu is warmed again, then take the skillet off the burner. The sauce should cling lightly, with no deep puddle beneath and no dry, sticky mass of noodles.

8. **Divide between two** bowls with tongs, distributing tofu and vegetables evenly. Scatter chopped peanuts over each serving and offer lime wedges alongside. Squeeze lime just before eating for fresh acidity rather than cooking it into the sauce. Serve promptly while the noodles are supple and the peanut topping still has crunch.

Declared allergens: peanut, wheat, soy. Check labels and cross-contact.

Lemongrass Coconut Soup

Lemongrass and galangal perfume this Thai-inspired coconut soup; lime juice, added off the heat, brings a bright finish. Galangal has a peppery, pine-like character distinct from ginger. The woody aromatics flavor the broth but are removed before serving.

Serves 4

Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: cutting board, chef's knife, large saucepan, slotted spoon, instant-read thermometer



Ingredients

600 mL (2 1/2 cups) low-sodium chicken stock
2 whole lemongrass stalks, tough outer layers discarded, lower 12 cm (5 inches) bruised and cut into large pieces
30 g (1 oz) fresh galangal, thinly sliced
1 whole small red chili, halved lengthwise
400 mL (13.5 fl oz) unsweetened coconut milk, stirred smooth
200 g (7 oz) fresh shiitake mushrooms, stems discarded, caps sliced
450 g (1 lb) boneless, skinless chicken thighs, cut into 2.5 cm (1-inch) pieces
20 mL (4 tsp) fish sauce
1 tsp granulated sugar
30 mL (2 tbsp) fresh lime juice
2 tbsp roughly chopped cilantro leaves

Lemongrass Coconut Soup (continued)



Method

1. **Measure all ingredients** and prepare vegetables before cutting chicken. Strip tough outer lemongrass leaves, bruise the tender lower stalks and cut into large pieces. Slice galangal thinly and halve the chili. Count these aromatic pieces before they enter the broth; they will flavor it and be removed, rather than served as edible vegetables.

2. **Combine stock**, lemongrass, galangal and chili in the saucepan. Bring to a gentle simmer over medium heat, then cover and reduce to low. Cook for 10 minutes with small bubbles rather than a rolling boil, allowing the broth to become aromatic without reducing a large portion of its measured liquid.

3. **Use a slotted** spoon or tongs to remove every lemongrass, galangal and chili piece, checking the bottom as well as the surface. Compare with the pieces counted at the start. Keep the flavored stock in the pan; the woody aromatics have done their work and must not be chopped back into the finished soup.

4. **Stir coconut milk** smooth before adding it to the stock. Add sliced shiitake caps, bring back to a gentle simmer and cook uncovered for 3 minutes. Turn mushrooms through the broth so all slices soften, keeping the burner low enough that the coconut mixture does not bubble fiercely and over-reduce.

5. **Add chicken**, fish sauce and sugar. Separate chicken pieces gently as they enter so broth reaches all surfaces instead of leaving a dense mound with a cool center. Return to a quiet simmer and cook for approximately 8–10 minutes, stirring occasionally through the middle and around the saucepan's edges.

6. **Check several of** the largest chicken pieces with an instant-read thermometer inserted into their centers without touching the pan. Each must reach 74°C (165°F). Continue the gentle simmer for any underdone pieces; white-looking surfaces alone do not confirm the center is ready. Keep mushrooms submerged as they finish softening.

Lemongrass Coconut Soup (continued)



7. **Remove from the** burner and stir in the measured lime juice. Cool a small spoonful of broth before tasting so heat does not mask its coconut, savory and acidic balance. Keep the finished soup off strong heat after citrus enters, preserving the bright aroma rather than boiling it away.

8. **Distribute chicken and** mushrooms among four bowls, then ladle broth evenly around them. Scatter the listed cilantro over each serving, leaving out any discarded aromatic pieces. Serve promptly while hot. For leftovers, follow the storage and reheating note rather than leaving the coconut broth and chicken standing warm in the saucepan.

Tip: Before you start: Bruise the lemongrass but leave it in large, easily retrieved pieces. The tough stalks and galangal are infusing aromatics, not garnishes.

Tip: Keep it gentle: Coconut milk needs only a quiet simmer; vigorous boiling can make the soup look split and reduce it too quickly.

Tip: Add brightness last: Stir in lime off the heat and serve promptly. Its fresh aroma is lost during prolonged simmering.

Storage: Refrigerate in shallow containers within 2 hours; use within 3 days. Reheat gently, stirring, to 74°C (165°F).

Declared allergens: fish. Check labels and cross-contact.

Lime and Chili Cabbage Salad

Fine ribbons of cabbage meet cooling cucumber, carrot and a lime–fish sauce dressing in this Thai-inspired side. Peanuts add crunch; a little chili brings warmth without overwhelming the vegetables. Serve promptly alongside rice and grilled chicken or tofu.

Serves 4

Prep: 20 min **Cook:** 0 min **Rest:** 0 min **Total:** 20 min

Equipment: large mixing bowl, small bowl, whisk, chef's knife, cutting board, grater, citrus juicer.

Ingredients

300 g green cabbage (about 4 cups), cored and finely shredded
200 g cucumber (about 1 medium), halved lengthwise, seeded and thinly sliced
100 g carrot (about 1 large), peeled and coarsely grated
30 g unsalted roasted peanuts (1/4 cup), roughly chopped
45 mL fresh lime juice (3 tablespoons)
20 mL fish sauce (4 teaspoons)
10 g granulated sugar (2 1/2 teaspoons)
15 mL water (1 tablespoon)
1 whole small red bird's-eye chili, stemmed and finely chopped; remove seeds for less heat



Tip: Before you start: Shred cabbage thinly and evenly so the brief dressing time softens its edges without leaving large tough pieces.

Tip: Adjust the heat: Start with half the chili and taste the mixed dressing with a vegetable piece before adding the rest.

Tip: Save the crunch: Add peanuts at the last moment and lift the salad out of excess dressing instead of pouring the watery bowl onto the platter.

Lime and Chili Cabbage Salad (continued)



Method

1. **Measure all ingredients** and set out a large mixing bowl, small dressing bowl and shallow serving dish. Wash cabbage, cucumber, carrot and chili before cutting, then dry thoroughly with a spinner or clean towel. Surface water will dilute the small quantity of dressing, so pay particular attention to liquid trapped inside cabbage leaves.

2. **Remove cabbage's hard** core and thick central ribs. Cut into fine ribbons short enough to sit comfortably on a fork, keeping their thickness consistent so the brief dressing time softens them evenly. Put the shredded cabbage in the large bowl without packing it down into a tight mound.

3. **Halve cucumber lengthwise**, scoop out its watery seed channel and slice thinly. Peel and coarsely grate carrot, then add both to the cabbage. Toss once with clean hands to distribute the three vegetables. Chop chili finely, removing seeds for less heat, then wash hands and the board before handling serving dishes.

4. **Whisk lime juice**, fish sauce, sugar and measured water in the small bowl. Scrape across the bottom until no gritty sugar remains. Add half the chopped chili and stir thoroughly. Keep the rest aside so the dressing's heat can be adjusted gradually rather than making the full salad unexpectedly fierce.

5. **Dip a cabbage** shred into the dressing and taste it, using a fresh piece or clean spoon each time. It should taste bright, savory and lightly sweet against the vegetable. Add more of the reserved chili if wanted; tasting with cabbage is more useful than judging a spoonful of concentrated dressing alone.

6. **Pour dressing over** the vegetables. Use two spoons to lift from the bottom, turning the outside inward for about 30 seconds until every part is lightly coated. Let stand for 5 minutes, then toss again to redistribute dressing that has collected below. The cabbage should relax slightly while retaining a crisp bite.

Lime and Chili Cabbage Salad (continued)



7. **Check a forkful** containing cabbage, cucumber and carrot for even coating. If the bowl has released a noticeable pool of liquid, lift the salad out with tongs or two slotted spoons rather than pouring all that liquid into the serving dish. Avoid squeezing the vegetables, which releases still more water and bruises their texture.

8. **Transfer to the** shallow dish and scatter peanuts over the surface immediately before serving. Leave some visibly on top for a crisp contrast rather than soaking them in the dressing. Serve promptly beside the main dish; if holding components ahead, refrigerate vegetables, dressing and peanuts separately and assemble close to the meal.

Storage: Refrigerate promptly in a covered container at 4°C/40°F or below; use within 24 hours. Store peanuts separately. The vegetables will soften as they stand.

Declared allergens: fish, peanut. Check labels and cross-contact.

Liquidity Event Mango Sticky Rice

Mango Sticky Rice. Tender glutinous rice, lightly salted coconut milk and ripe mango make this Thai-inspired dessert a study in contrasts. Choose fragrant mangoes that yield gently to pressure; their sweetness should carry the plate.

Serves 4

Prep: 15 min **Soak:** 4–8 h **Cook:** 35 min **Rest:** 20 min **Est. total:** 9 h 10 min

Equipment: bowl, sieve, steamer with lid, clean muslin, small saucepan, heatproof dish.



Ingredients

200 g (about 1 cup) white Thai glutinous rice, also called sweet rice—not sushi rice

250 mL (1 cup plus 2 teaspoons) unsweetened full-fat coconut milk, stirred smooth

50 g (1/4 cup) granulated sugar

1/4 teaspoon fine salt

2 whole ripe mangoes, peeled and sliced, yielding about 400 g flesh

2 teaspoons toasted sesame seeds

As directed Water for soaking and steaming

Liquidity Event Mango Sticky Rice (continued)



Method

1. **Check that the** rice is white Thai glutinous or sweet rice; sushi rice and ordinary jasmine rice will not produce the same result. Measure ingredients, rinse rice in several changes of cool water and cover generously with fresh water. Soak for 4–8 hours, or its package's specified period, allowing room for grains to expand.

2. **Drain the soaked** rice thoroughly. Line a steamer basket with damp muslin, keeping loose cloth safely clear of the heat source. Add water to the pot so its surface remains below the basket. Spread rice loosely across the cloth, leaving space near the edges for steam rather than compressing into a dense block.

3. **Bring the water** to a steady simmer, position the covered basket and steam for approximately 25–35 minutes. Keep the lid seated so steam circulates through the rice. Check the water level during cooking and replenish as needed without letting it rise into contact with the grains or allowing the pot to boil dry.

4. **Halfway through**, lift the lid away from your face and turn the rice gently with a broad spoon so its upper and lower portions exchange positions. Toward the end, taste grains from the thick center and an edge. They should be translucent and tender throughout, with no opaque, gritty or chalky core.

5. **Meanwhile put coconut** milk, sugar and salt in the saucepan. Warm gently, stirring along the base until sugar dissolves, and avoid boiling or reducing into a syrup. Transfer one third of this warm mixture to a small covered jug for serving; the remaining two thirds will season the hot rice.

6. **Move cooked rice** to the heatproof dish while still hot. Fold in the larger coconut portion with a broad spoon, turning from underneath without beating or crushing the grains. Spread evenly, cover and rest for 20 minutes, folding once halfway through so the top and bottom absorb the liquid consistently.

Liquidity Event Mango Sticky Rice (continued)



7. **During the rest**, peel mangoes and slice flesh neatly from their stones, yielding roughly the stated 400 g. Keep slices broad enough to hold their shape. Check rested rice: it should be moist and cohesive, with most coconut liquid absorbed, while individual grains remain recognizable within the sticky mass.

8. **Divide rice among** four plates and arrange mango alongside. Spoon reserved coconut sauce partly over the rice rather than flooding the fruit, then scatter toasted sesame seeds. Serve promptly while rice is warm or at room temperature after preparation, following the storage note if keeping any portion rather than leaving it standing for later.

Tip: Allow 4–8 hours for soaking; the listed total includes the longer soak and the 20-minute coconut-milk rest.

Tip: Before you start: Buy Thai glutinous or sweet rice. Ordinary jasmine or sushi rice cannot reproduce its sticky steamed texture using this method.

Tip: Check the steamer: Keep simmering water below the rice and watch the water level; a dry pan interrupts cooking and can damage the equipment.

Tip: Let it absorb: Fold coconut milk into rice while both are warm, then honor the covered rest. The grains need time to absorb the sweet liquid.

Storage: Refrigerate rice and sauce in shallow containers within 1 hour; store mango separately. Use within 24 hours. Reheat rice to 165°F (74°C), adding a splash of water.

Declared allergens: sesame. Check labels and cross-contact.

CHAPTER 06

Vietnamese-inspired freshness



These home-kitchen dishes bring warm grains and gentle broths together with fresh herbs, crisp vegetables and bright finishing sauces. Lemongrass Chicken Bowls are a useful starting point: organize the grain, protein and cool components separately, then assemble when each is ready.

Tofu Rice-Paper Rolls reward a clean work surface and a modest amount of filling. Prepare the ingredients and serving arrangement before softening the wrappers. A tightly overloaded roll is harder to handle than one whose filling leaves room for a secure fold.

Ginger Chicken Rice Porridge is a gentler meal; Caramel-Ginger Tofu brings a more concentrated savory coating. Keep the cooking states distinct. A sauce that should cling to tofu needs a different finish from a broth intended to stay spoonable.

Tip: Wash herbs and greens in advance, then dry them well and keep them cool. Excess water dilutes a finishing sauce and makes a carefully assembled bowl or roll less pleasant to eat.

Lemongrass Chicken Bowls

Fragrant chicken, cool noodles and crisp vegetables meet in this Vietnamese-inspired bowl. Finely mince only the tender lemongrass core; the woody outer layers are too fibrous for the marinade.

Serves 4

Prep: 25 min **Cook:** 20 min **Rest:** 0 min **Total:** 45 min

Equipment: large skillet, saucepan, colander, mixing bowls, tongs, instant-read thermometer



Ingredients

600 g (1 1/3 lb) boneless, skinless chicken thighs, cut into 2 cm strips
30 g (about 1/4 cup) finely minced tender lemongrass core
3 whole garlic cloves, finely grated
45 mL (3 tbsp) fish sauce, divided
20 g (5 tsp) sugar, divided
30 mL (2 tbsp) neutral oil, divided
240 g (8 1/2 oz) dried rice vermicelli
250 g (about 1 medium) cucumber, thinly sliced
150 g (about 2 medium) carrots, cut into fine matchsticks
15 g (about 1/2 cup loosely packed) mint leaves
45 mL (3 tbsp) fresh lime juice
45 mL (3 tbsp) warm water

Tip: Before you start: Use only the tender pale lemongrass core and mince it very finely; coarse outer fibers stay woody after cooking.

Tip: Cook in batches: A lightly browned surface needs space. Spread the strips apart and lower the heat if their sugary coating begins to catch.

Tip: Keep the bowl fresh: Drain the noodles well and arrange cool vegetables separately from the hot chicken, dressing only at serving.

Lemongrass Chicken Bowls (continued)



Method

1. **Measure all ingredients**, separating marinade portions from the clean finishing dressing. Remove tough lemongrass layers and mince only the tender inner core very finely. Prepare cucumber, carrot and mint before cutting poultry. Set out a covered marinade bowl, noodle colander, four serving bowls and a clean plate for cooked chicken.

2. **Combine chicken strips** with minced lemongrass, garlic, 1 tablespoon fish sauce, 2 teaspoons sugar and 1 tablespoon oil. Turn until aromatic pieces coat every strip rather than remaining in a lump on the bowl's base. Cover and refrigerate for 15 minutes. Clean poultry-contact utensils and surfaces before returning to ready-to-eat ingredients.

3. **Dissolve the remaining** 3 teaspoons sugar in the measured warm water. Stir in lime juice and the remaining 2 tablespoons fish sauce. Keep this dressing and its spoon separate from the raw-chicken bowl. Taste a small clean spoonful after sugar dissolves; it should remain fluid enough to run through noodles during assembly.

4. **Prepare vermicelli according** to its package directions, testing a strand near the stated time. It should bend easily without a firm center. Drain, rinse under cool water and shake the colander well to remove trapped liquid. Loosen strands before dividing among four bowls rather than leaving one tightly tangled mound.

5. **Heat the remaining** tablespoon oil in the skillet over medium-high heat. Add half the marinated chicken in one layer with gaps between strips. Let the first surface color before turning. Cook for approximately 6–9 minutes, adjusting heat if the sweet marinade begins darkening before the thicker centers are cooked.

6. **Check several large** strips with a thermometer inserted through their thickest centers; each must reach 74°C (165°F). Transfer finished chicken to the clean plate with clean utensils. Repeat with the remaining batch, scraping away only genuinely blackened fragments if needed. Discard uncooked marinade rather than spooning it over the finished bowls.

Lemongrass Chicken Bowls (continued)



7. Arrange cucumber and carrot in separate groups over the noodles, then distribute hot chicken. Tear only unusually large mint leaves and scatter them across all four bowls. Keep the vegetables above the noodles rather than burying them under all the hot meat, preserving their cool, crisp contrast.

8. Stir the clean dressing again and spoon it around each bowl as well as over the chicken. Serve promptly and let diners mix the noodles from underneath so dressing reaches the center. Include any cooked juices from the clean chicken plate if desired, dividing them evenly rather than leaving one portion dry.

Storage: Refrigerate components separately within 2 hours in shallow, covered containers. Use within 3 days; reheat chicken to 165°F (74°C). Keep vegetables and dressing cold.

Declared allergens: fish. Check labels and cross-contact.

Tofu Rice-Paper Rolls



Inspired by Vietnamese fresh rolls, these pair golden tofu with fine rice noodles, crisp vegetables and mint. Keep the filling modest so the wrappers close without tearing.
Makes 8 rolls; serves 4 as a light meal

Serves 4
Prep: 25 min **Cook:** 15 min
Rest: 0 min **Total:** 40 min

Equipment: nonstick skillet, saucepan, sieve, wide shallow dish, board, clean damp towel, whisk

Ingredients

300 g (10 1/2 oz) firm tofu, drained and patted dry
15 mL (1 tbsp) neutral oil
10 mL (2 tsp) light soy sauce
60 g (2 oz) dried rice vermicelli
8 whole round rice-paper wrappers, approximately 22 cm (8 1/2 inches)
8 whole small lettuce leaves, washed and dried
100 g (3 1/2 oz) carrot, peeled and cut into fine matchsticks
32 whole mint leaves, washed and dried

For Peanut sauce:

60 g (1/4 cup) smooth peanut butter
15 mL (1 tbsp) lime juice
10 mL (2 tsp) light soy sauce
10 g (2 1/2 tsp) sugar
45 mL (3 tbsp) warm water, plus up to 15 mL (1 tbsp) to thin

Tofu Rice-Paper Rolls (continued)



Method

1. **Measure ingredients and** prepare the rolling station before softening wrappers: a shallow water dish, a clean damp towel and a serving plate with room between rolls. Wash and dry lettuce and mint, cut carrot finely and divide filling mentally into eight portions. Keep all ingredients within reach so softened rice paper never waits while something is chopped.

2. **Cut drained tofu** into 16 equal batons and blot the cut faces dry. Heat neutral oil over medium heat and cook for 8–10 minutes, turning gently onto new surfaces as they become golden. Add the 2 teaspoons soy for 30 seconds, coating all sides, then spread on a clean plate to cool completely.

3. **Cook vermicelli according** to the package directions, then drain, rinse under cold water and drain thoroughly. Shake the colander and loosen strands rather than leaving a wet knot. Water trapped in noodles will soften wrappers and dilute the dipping sauce once the rolls are cut or eaten.

4. **Whisk peanut butter**, lime juice, sauce soy, sugar and warm water together in a small bowl, working from the center outward until smooth. Add only as much of the listed extra water as needed for a spoonable dip that clings. Scrape the bowl's base to dissolve sugar and remove dry peanut-butter pockets.

5. **Fill the shallow** dish with lukewarm water. Briefly dip one wrapper according to its packet, then lay flat on the damp towel while still slightly firm. It continues softening during filling. Smooth folds with fingertips; a towel should be damp rather than dripping, and prolonged soaking makes wrappers sticky and easy to tear.

6. **Place one lettuce** leaf across the lower third, leaving clear side margins. Add one eighth of the noodles and carrot, two tofu batons and four mint leaves in a compact horizontal bundle. Keep sharp carrot ends pointing inward so they do not press through the rice paper during the first fold.

Tofu Rice-Paper Rolls (continued)



7. **Bring the lower** wrapper edge over filling and tuck it gently against the bundle. Fold both sides inward, then roll forward snugly without stretching the skin tight. Set seam-side down on the plate with space around it so neighboring rolls do not glue together. Repeat one wrapper at a time with the remaining ingredients.

8. **Serve rolls promptly** with peanut sauce alongside. If cutting, use a sharp lightly dampened knife and support the roll so its filling stays in place. Avoid stacking or pressing rolls together; keep any short holding period covered lightly and follow the storage note rather than leaving the moist tofu filling warm for later service.

Tip: Before you start: Cool tofu and drain noodles completely, then arrange equal portions of filling beside the rolling surface before wetting any wrapper.

Tip: Use less soaking: Rice paper keeps softening after leaving the water. An already floppy wrapper is harder to handle and tears readily.

Tip: Avoid overcrowding: Keep finished rolls apart on the plate. Their tacky wrappers stick together, and pulling them apart can split the sides.

Storage: Best freshly made. Refrigerate within 2 hours in a sealed container, separating rolls with parchment; eat within 24 hours. Refrigerate sauce separately for up to 3 days.
Declared allergens: peanut, wheat, soy. Check labels and cross-contact.

Ginger Chicken Rice Porridge

Inspired by Vietnamese cháo gà, this gently simmered porridge lets jasmine rice soften into a loose, spoonable bowl. Ginger brings warmth; scallions and cilantro add freshness just before serving.



Serves 4
Prep: 15 min **Cook:** 55 min–1 h 5 min
Est. total: 1 h 20 min

Equipment: heavy 4-liter pot with lid, fine sieve, ladle, tongs, instant-read thermometer, two forks.

Ingredients

150 g jasmine rice (about 3/4 cup)
1.5 liters unsalted chicken stock (about 6 1/3 cups)
500 mL water (about 2 cups), plus extra boiling water as needed
25 g fresh ginger, peeled and cut into fine matchsticks
450 g boneless, skinless chicken thighs (1 lb), trimmed
1 tablespoon fish sauce (15 mL)
1/2 teaspoon fine salt
3 whole scallions, thinly sliced, whites and greens separated
10 g cilantro (about 1/2 cup loosely packed), roughly chopped
1/4 teaspoon ground white pepper
1 whole lime, cut into wedges

Method

1. **Measure all ingredients**, reserving extra boiling water only for final consistency adjustments. Prepare ginger and garnishes before handling chicken, separating scallion whites from greens. Set out a heavy pot, broad spoon, thermometer, clean plate and two forks for shredding; the chicken should leave the pot when cooked even if rice needs longer.

Ginger Chicken Rice Porridge (continued)



2. **Rinse rice in** a fine sieve and drain. Combine it with stock, the measured 500 mL water and ginger in the pot. Bring to a boil over medium-high heat, then reduce promptly to a gentle simmer. Leave enough room for rice to expand and bubble without overflowing the sides.

3. **Partially cover and** simmer for 20 minutes, stirring occasionally across the entire base and into its corners. Use the spoon to loosen starch before it sticks rather than stirring only the thin liquid on top. Maintain small bubbles; a hard boil reduces liquid before grains have time to soften.

4. **Lower chicken thighs** into the porridge and settle them below the liquid. Return to a gentle simmer, partially cover and cook for approximately 20–25 minutes. Stir around the pieces occasionally to keep rice moving underneath, taking care not to mash or shred chicken before its centers are cooked.

5. **Probe the thickest** part of several thighs, keeping the thermometer clear of the pot. Each must reach 74°C (165°F). Move cooked pieces to the clean plate, removing thinner pieces first if necessary. Continue simmering rice for another 10–15 minutes, stirring more frequently as the grains open and the porridge thickens.

6. **Shred chicken with** two forks into short, easy-to-eat pieces, discarding tough connective tissue. Check rice texture: grains should lose their sharp outlines and break apart into creamy liquid, with no firm centers. If the base begins catching, lower heat and stir more often rather than trying to scrape hard after scorching occurs.

7. **Return shredded chicken** and cooked juices to the pot. Add fish sauce, salt, scallion whites and pepper and simmer for 3 minutes, checking that the chicken mixture is again 74°C (165°F). Add boiling water in 60 mL increments if needed until porridge falls from the ladle in a soft stream rather than a stiff mound.

Ginger Chicken Rice Porridge (continued)



8. **Divide immediately among** bowls, remembering that porridge thickens further as it stands. Finish with scallion greens and cilantro and offer lime wedges alongside. Stir any portion held briefly off the heat before serving, following the storage note for leftovers rather than repeatedly warming and cooling the entire pot.

Tip: Before you start: Use a heavy-bottomed pot if available; thickening rice settles and catches more easily in a thin pan.

Tip: Judge the consistency: The grains should break down into a creamy suspension. A spoon drawn through it leaves a trail that closes slowly.

Tip: Loosen before serving: Porridge thickens as it stands. Add the stated extra boiling water gradually and taste again after adjusting its consistency.

Storage: Divide leftovers into shallow containers and refrigerate within 1 hour. Use within 24 hours. Reheat the portion needed once with water, stirring, to 74°C (165°F) throughout. **Declared allergens:** fish. Check labels and cross-contact.

Caramel-Ginger Tofu

Inspired by the sweet-savory balance of Vietnamese kho dishes, this tofu simmers in a brown-sugar glaze with ginger and softened shallot. Plain rice catches the glossy sauce.

Serves 2

Prep: 15 min **Cook:** 25 min **Rest:** 0 min **Total:** 40 min

Equipment: medium saucepan with lid, large nonstick skillet, spatula, measuring jug, kitchen scale.

Ingredients

400 g (14 oz) firm tofu, drained
150 g (3/4 cup) jasmine rice
As directed Water for rice, according to package directions
2 tbsp (30 mL) neutral oil
60 g (2 small) shallots, thinly sliced
20 g (about 2 tbsp) peeled ginger, cut into fine matchsticks
25 g (2 tbsp packed) dark brown sugar
2 tbsp (30 mL) light soy sauce
90 mL (6 tbsp) water, plus extra if needed
1/4 tsp freshly ground black pepper



Tip: Before you start: Drain and dry the tofu thoroughly; surface moisture prevents an even golden crust and makes hot oil spit.

Tip: Protect the aromatics: Lower the heat before adding shallots and ginger so the residual heat browns them gently rather than scorching them.

Tip: Watch the reduction: Stop when sauce coats the tofu lightly. A glaze that looks thick in the hot pan becomes stickier as it cools.

Caramel-Ginger Tofu (continued)



Method

1. **Measure ingredients**, keeping rice water separate from the 90 mL sauce water. Slice shallots evenly and cut ginger into fine matchsticks across its fibers. Start rice using its packet's water quantity and cooking directions, then rest covered for **10** minutes off the heat before fluffing. Prepare tofu while the rice cooks.

2. **Wrap drained tofu** in a clean towel and press gently to remove surface moisture without cracking the block. Cut into even 2 cm cubes and blot the new faces. Set a clean holding plate beside the stove and use a thin spatula, which can support the cubes without crushing them in tongs.

3. **Stir dark brown** sugar, soy, measured sauce water and pepper in a jug. Break up sugar lumps against its side and stir until they begin dissolving. Keep the jug beside the skillet and stir again before pouring, since settled sugar otherwise enters in a concentrated final lump that can catch immediately.

4. **Heat neutral oil** in the skillet over medium-high heat. Spread tofu in one layer with space between cubes. Cook for approximately 8–10 minutes, allowing a golden crust to form on each face before turning. If pieces resist lifting, give that surface a little longer rather than scraping the crust off prematurely.

5. **Transfer tofu to** the holding plate and reduce heat to medium. Add shallots and ginger to the skillet and cook for 3 minutes, stirring through the base and edges. Shallots should soften without turning into dark crisp fragments; lower the burner if thin slices color much faster than the rest.

6. **Pour in the** stirred sugar mixture carefully and scrape up browned tofu juices with the spatula. Return tofu and distribute cubes through the sauce. Bring to a gentle simmer, then cook for 6–8 minutes, turning occasionally so all surfaces warm and become coated rather than only those touching the base.

Caramel-Ginger Tofu (continued)



7. **Watch sauce bubbles** become larger and slower as liquid reduces. The glaze should still run from a spoon and coat cubes thinly. If it becomes sticky before tofu is hot through, add extra water 1 tablespoon at a time and scrape thickening edges toward the center; do not cook until the pan is dry.

8. **Remove from the** burner while the sauce is glossy and fluid. Divide hot rice and tofu among plates, stirring the pan's remaining shallot-ginger glaze before spooning it over each portion. Serve immediately, keeping the final servings out of the hot skillet so their sugar coating does not keep concentrating.

Storage: Refrigerate tofu and rice separately in shallow containers within 1 hour. Use tofu within 3 days and rice within 24 hours; reheat the portion needed once to 74°C (165°F).

Declared allergens: wheat, soy. Check labels and cross-contact.

CHAPTER 07

An Indian-inspired pantry



Lentils, chickpeas, grains and a useful set of spices can make a substantial dinner without an elaborate shopping list. Runway Red Lentil Dal, Chickpea and Tomato Masala and Spinach Paneer offer different textures; choose the one you want rather than treating pulses and sauces as interchangeable.

Give onions and aromatics the attention the recipe asks for. Spices need controlled heat, not a rushed encounter with a smoking pan. Keep the next measured ingredient nearby so you can move on at the right point without burning the base while searching the cupboard.

Tandoori-Inspired Chicken needs its stated preparation time. Cumin Rice can support a saucy main, and Cardamom Rice Pudding gives a quieter finish to a strongly seasoned meal. These are specific home adaptations; a single chapter cannot stand in for the breadth of India's regional cooking.

Tip: At the table. Start with one pulse or paneer main and a grain where wanted. Taste the finished dish before adding more salt, and preserve the contrast between a creamy base and a fresh finishing ingredient.

Chickpea and Tomato Masala

Soft chickpeas and a concentrated tomato base make this Indian-inspired masala a satisfying centerpiece. Cumin blooms briefly in oil; garam masala goes in near the end to preserve its fragrance. Serve with rice or flatbread, prepared separately.

Serves 4

Prep: 15 min **Cook:** 35 min **Rest:** 0 min **Total:** 50 min

Equipment: large lidded skillet, cutting board, knife, grater, measuring spoons, scales, wooden spoon.

Ingredients

2 whole × 400 g (14 oz) cans chickpeas, drained and rinsed, about **480 g** drained
2 tbsp (30 mL) neutral oil
1 tsp cumin seeds
1 whole medium onion, finely chopped, about 180 g
3 whole garlic cloves, finely grated
20 g fresh ginger, peeled and finely grated, about 1 1/2 tbsp
2 tsp ground coriander
1/2 tsp ground turmeric
1/4 tsp cayenne pepper
1 whole × 400 g (14 oz) can crushed tomatoes
150 mL (1/2 cup plus 2 tbsp) water
1/2 tsp fine salt
1 1/2 tsp garam masala
1 tbsp (15 mL) lemon juice



Tip: Before you start: Drain and rinse the canned chickpeas well so the measured water controls the sauce instead of variable can liquid.

Tip: Build the base: Give the onion time to soften and let the tomatoes lose their raw aroma before adding chickpeas; later simmering cannot replace this stage.

Tip: Thicken naturally: Crush a few chickpeas into the sauce, leaving most whole for texture. Add lemon after cooking for a brighter finish.

Chickpea and Tomato Masala (continued)



Method

1. **Measure ingredients before** heating oil. Drain and rinse chickpeas, chop onion, grate garlic and ginger, and open the tomatoes. Keep whole cumin separate from ground spices and set garam masala and lemon aside for finishing. Use a skillet with enough room to stir the thick sauce without spilling over its sides.

2. **Warm oil over** medium heat and add cumin seeds. Stir for approximately 30 seconds until fragrant and gently sizzling, watching that they do not blacken. Add onion promptly and spread across the skillet; this lowers the temperature around the seeds before their delicate flavor becomes bitter from over-browning.

3. **Cook onion for** 8–10 minutes, stirring frequently into the corners, until supple and lightly golden. Check thicker pieces before continuing; crisp dark edges do not compensate for hard raw centers. Lower heat if small fragments brown much faster than the rest, giving the whole mixture time to soften.

4. **Add garlic and** ginger and stir for 1 minute. Add ground coriander, turmeric and cayenne and stir for 20 seconds, spreading them through the onion. Immediately pour in tomatoes and measured water, then add salt. Scrape the base as liquid enters so toasted spices dissolve into sauce rather than sticking in dry patches.

5. **Simmer uncovered for** 10 minutes, stirring occasionally and pressing larger tomato pieces with the spoon. The sauce should thicken, become cohesive and lose its raw tomato aroma. Lower heat if it spits violently; keep gentle bubbles rather than rapidly reducing the liquid before the flavor has developed.

6. **Fold in drained** chickpeas and partially cover. Simmer gently for another 10 minutes, moving the mixture across the base periodically so the bottom does not catch. Check that sauce reaches between chickpeas rather than remaining in a pool on top, and allow them time to heat through fully.

Chickpea and Tomato Masala (continued)



7. **Mash a few** chickpeas against the side with the back of the spoon, then stir their paste through to give the sauce body while most remain whole. Add garam masala and cook uncovered for 2 minutes. Stop while sauce clings loosely rather than reducing it until the chickpeas appear dry.

8. **Remove from the** burner and stir in lemon juice. Taste a cooled spoonful containing both chickpea and sauce, then transfer to a warm serving bowl. Include the sauce left around the skillet's edges. Serve hot, following the storage and reheating note for leftovers instead of leaving the covered pan standing warm after the meal.

Storage: Refrigerate in shallow containers within 2 hours; keep for 3–4 days or freeze for 2 months. Reheat to 74°C/165°F throughout.

Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Runway Red Lentil Dal

Red Lentil Dal. Split red lentils soften into a gently textured dal without soaking. This Indian-inspired version layers cumin, ginger and turmeric with tomato; a brief rest lets the lentils thicken before serving.



Serves 4
Prep: 10 min **Cook:** 40 min
Rest: 5 min **Total:** 55 min

Equipment: sieve, heavy saucepan with lid, wooden spoon, measuring jug.

Ingredients

200 g (about 1 cup) split red lentils
2 tbsp ghee or neutral oil
1 tsp cumin seeds
100 g (1 small) onion, finely chopped
2 whole garlic cloves, finely chopped
10 g (1 tbsp) finely grated fresh ginger
1/2 tsp ground turmeric
250 g (about 2 medium) tomatoes, finely chopped
800 mL (3 1/3 cups) water, plus 60–120 mL (1/4–1/2 cup) if needed
3/4 tsp fine salt
1 tbsp lemon juice

Method

1. **Spread dry lentils** on a plate and remove any small stones or debris. Rinse in a fine sieve under cold water until runoff becomes mostly clear, then drain. Measure all ingredients, keeping cumin separate from turmeric and reserving lemon until finishing. Chop vegetables before heating the pot so the spice stage can proceed without interruption.

Runway Red Lentil Dal (continued)



2. **Warm ghee or** oil in a heavy saucepan over medium heat. Add cumin seeds and stir for 30 seconds, watching for a warm aroma and gentle sizzling rather than dark color. Add onion promptly, spreading it across the base to cool the seeds slightly and start softening evenly.

3. **Cook onion for** 6–8 minutes, stirring regularly through the center and corners, until soft and lightly golden. Lower the burner if tiny pieces darken while thicker ones remain firm. This patient softening gives the dal a rounded base; heavily browned or crisp onion will remain distinct in the finished soft lentils.

4. **Stir in garlic** and ginger for 1 minute, then add turmeric and chopped tomatoes. Cook for **4–5** minutes, pressing softened pieces with the spoon. Keep the powder moving through the moist mixture rather than resting on a dry patch, and scrape up onion juices before the starchier lentils enter.

5. **Add drained lentils**, 800 mL water and salt. Stir once across the whole base, bring to a boil and immediately reduce to a gentle simmer. Partially cover and cook for approximately **20–25** minutes, allowing a small opening for steam rather than sealing a vigorously bubbling pot.

6. **Stir occasionally at** first and more frequently as lentils swell and thicken. Scrape the bottom and corners with each pass; the surface can still look loose when starch begins sticking underneath. Add the listed extra water gradually if needed, lowering heat rather than letting a thick mixture boil forcefully.

7. **Check several lentils** near the end by pressing against a spoon or tasting after cooling. They should collapse readily, with no firm chalky centers. Continue a gentle simmer if any remain gritty. Once soft, stir in lemon juice and remove from the burner, then rest for 5 minutes so the consistency settles.

Runway Red Lentil Dal (continued)



8. **Stir after resting** and check that dal is soft and spoonable, falling slowly from a ladle rather than holding a stiff shape. Loosen with a little hot water if necessary and taste again after it is distributed. Serve warm in bowls, and refrigerate leftovers promptly according to the recipe's storage note.

Tip: Before you start: Use split red lentils for this timing; whole lentils behave differently and do not collapse into the same soft texture.

Tip: Stir more near the end: As the lentils soften, the mixture thickens and catches more readily. Scrape the base gently with each stir.

Tip: Finish loose: Dal continues thickening during its rest. Aim for a soft, spoonable consistency and use the listed extra water if it becomes stiff.

Storage: Refrigerate in shallow containers within 2 hours; keep for 3–4 days or freeze for 3 months. Reheat to 165°F (74°C), stirring and adding water as needed.
Declared allergens: milk. Check labels and cross-contact.

Spinach Paneer

Tender paneer sits in a softly textured spinach sauce, with cumin, tomato and a little cream. This Indian-inspired home version keeps the spinach finely chopped rather than puréed, giving the finished dish a pleasingly rustic texture.

Serves 4
Prep: 15 min **Cook:** 30 min **Rest:** 0 min **Total:** 45 min

Equipment: large saucepan, colander, wide lidded skillet, knife, cutting board

Ingredients

400 g (14 oz) paneer, cut into 2 cm (3/4-inch) cubes
500 g (18 oz) fresh spinach, washed thoroughly, tough stems removed
2 tbsp neutral oil
1 tsp cumin seeds
150 g (1 medium) onion, finely chopped
15 g (1 tbsp) fresh ginger, finely grated
3 whole garlic cloves, finely chopped
200 g (about 2 medium) tomatoes, finely chopped
1/2 tsp ground turmeric
1/4 tsp ground cayenne
3/4 tsp fine salt, plus more to taste
100 mL (scant 1/2 cup) water, plus **2** litres for blanching
60 mL (1/4 cup) heavy cream
1/2 tsp garam masala



Tip: Before you start: Wash spinach thoroughly and squeeze out free water after blanching so the sauce does not become thin and bland.

Tip: Keep some texture: Chop the spinach finely rather than leaving long stringy leaves; a little texture still suits the creamy sauce.

Tip: Protect the paneer: Fold the cubes gently into a low simmer. Vigorous stirring breaks their edges, while prolonged boiling can toughen them.

Storage: Refrigerate in shallow covered containers within 2 hours; use within 3 days. Reheat to **74**°C/165°F, adding a splash of water if needed.

Spinach Paneer (continued)



Method

1. **Measure ingredients**, reserving the **100 mL** sauce water separately from 2 litres blanching water. Wash spinach thoroughly, remove tough stems and set a colander beside the stove. Cut paneer into even 2 cm cubes and keep covered. Chop onion, tomatoes, ginger and garlic before beginning the tempering stage so spices cannot scorch while preparation continues.

2. **Bring blanching water** to a boil and add spinach in batches, submerging leaves with tongs. Cook each batch for about 1 minute until wilted, then drain and rinse briefly under cold water to stop cooking. Squeeze gently in small handfuls rather than compressing the whole batch into a dense ball.

3. **Chop drained spinach** finely, cutting across any long stems so strings will not wrap around paneer later. Loosen the chopped leaves and set aside. Empty and dry the blanching saucepan if needed for other use; keep the prepared spinach separate while building the tomato-and-onion base in the skillet.

4. **Heat neutral oil** in the skillet over medium heat. Add cumin seeds and stir for 30 seconds until fragrant without blackening, then add onion. Cook for 7–9 minutes, stirring through the base and edges, until soft and lightly golden. Give thicker pieces time to become supple rather than relying only on color.

5. **Stir in ginger** and garlic for 1 minute. Add tomatoes, turmeric, cayenne and salt and cook for 5–6 minutes, pressing tomato pieces as they soften. Stir frequently until the mixture is thick and cohesive, with no raw tomato aroma, keeping ground spices in the moist mixture rather than on dry hot metal.

6. **Add chopped spinach** and the measured 100 mL water. Fold until evenly distributed, then add paneer and spoon sauce over exposed cubes. Cover and simmer over medium-low heat for 5 minutes until paneer is hot through. Use a broad spoon from underneath rather than sharp stirring that breaks the cubes.

Spinach Paneer (continued)



7. **Lower the burner** and stir in cream and garam masala. Warm for 1 minute, just until the cream is incorporated and the sauce is evenly colored. Avoid boiling hard or continuing to reduce unnecessarily; this dulls spinach and makes paneer firmer while taking away the sauce's soft texture.

8. **Taste a small** cooled spoonful, adjusting salt within the listed allowance if needed. Spoon into a warm dish with intact paneer cubes visible and spinach sauce surrounding them. Serve promptly while the sauce remains spoonable, following the storage and reheating guidance for portions kept rather than repeatedly simmering the whole skillet.

Declared allergens: milk. Check labels and cross-contact.

Tandoori-Inspired Chicken

Yogurt, ginger and warm spices coat these oven-roasted thighs. Inspired by Indian tandoori cooking, this home-oven version develops browned edges without attempting to reproduce a tandoor's intense heat.

Serves 4
Prep: 15 min **Marinate:** 1–12 h **Cook:** 25–30 min **Rest:** 5 min
Est. total: 12 h 50 min

Equipment: large bowl, rimmed baking sheet, foil, tongs, instant-read thermometer.



Ingredients

800 g (1 3/4 lb) boneless, skinless chicken thighs
150 g (2/3 cup) plain whole-milk yogurt
15 g (1 tablespoon) finely grated fresh ginger
3 whole garlic cloves, finely grated
2 tablespoons lemon juice, plus 1 lemon cut into wedges for serving
1 tablespoon neutral oil
2 teaspoons sweet paprika
1 1/2 teaspoons ground cumin
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
1/4 teaspoon cayenne pepper
1 teaspoon fine salt

Tandoori-Inspired Chicken (continued)



Method

1. **Measure yogurt**, ginger, garlic, lemon juice, oil, spices and salt before handling poultry. Stir together in a nonreactive bowl until the seasonings are evenly distributed and no dry spice pockets remain. Reserve the separately listed lemon wedges for serving; they should not be squeezed into the measured marinade.

2. **Open each chicken** thigh so folded thick areas are exposed. Turn through the yogurt mixture, coating both faces and working a thin layer into the folds. Cover and refrigerate for at least 1 hour or up to 12 hours. Do not rinse raw chicken; clean hands, utensils and poultry-contact surfaces after coating it.

3. **When ready to** cook, heat the oven to 220°C (425°F) with a rack in the upper-middle position. Line the baking sheet with foil and clear a heatproof space for the hot tray. Set out clean tongs, a thermometer and a clean resting plate before taking the marinated chicken from refrigeration.

4. **Lift thighs from** the bowl, letting thick excess marinade drip back while retaining a thin coating. Arrange opened flat in one layer with space between pieces and smooth surfaces uppermost. Avoid doubled-under edges, which cook slowly, and crowded wet patches that steam rather than roast. Discard remaining uncooked marinade.

5. **Roast in the** fully heated oven for 15 minutes. Use tongs to turn each thigh, checking the color as you work, then return for another 10–15 minutes. Different thicknesses can finish at different times, so do not assume the smallest and largest pieces need the same final interval.

6. **Insert a thermometer** sideways into the thickest center of several thighs, avoiding the tray. Every piece must reach 74°C (165°F). If the coating darkens before a center is ready, shield that piece loosely with foil and continue cooking; dark spices are not evidence of doneness inside the meat.

Tandoori-Inspired Chicken (continued)



7. **Move pieces to** the clean plate as they reach temperature, leaving thicker ones in the oven if necessary. Rest cooked chicken for 5 minutes, keeping its collected juices. Use clean serving utensils rather than tongs that have just handled an undercooked piece, and avoid tightly covering the browned surface so it steams.

8. **Serve thighs whole** or slice across their visible muscle fibers into broad pieces. Spoon cooked resting juices over the meat and offer lemon wedges alongside for a fresh finish. Cumin rice is a useful accompaniment if already prepared. Serve promptly and use the storage note for leftovers rather than holding cooked poultry warm indefinitely.

Tip: Marinate for 1–12 hours in the refrigerator. The listed total allows the full 12 hours plus the 5-minute cooked-meat rest.

Tip: Before you start: Allow the refrigerator marinating time in your schedule. This oven adaptation uses yogurt and spices; it does not require artificial red coloring.

Tip: Use a thin coating: Let excess marinade drip away. Thick puddles steam the chicken and can burn before the meat is ready.

Tip: Check each piece: Open the thighs flat and leave space between them. Thickness varies, so thermometer readings matter more than matching their color.

Storage: Refrigerate in shallow covered containers within 2 hours, or 1 hour above 32°C (90°F). Keep for up to 3 days or freeze for 2 months. Thaw in the refrigerator; reheat to 74°C (165°F).

Declared allergens: milk. Check labels and cross-contact.

Cumin Rice

Whole cumin seeds bloom briefly in warm ghee before basmati rice joins the pot. Inspired by Indian jeera rice, this simple side brings fragrant, separate grains to the table beside dal, chickpea masala or spinach paneer. Keep the heat gentle: toasted cumin should smell nutty, never scorched.

Serves 4

Prep: 10 min **Cook:** 20 min **Rest:** 10 min **Total:** 40 min

Equipment: fine-mesh sieve, medium heavy saucepan with tight-fitting lid, measuring jug, fork

Ingredients

300 g basmati rice (about 1 1/2 US cups)
20 g ghee (about 1 1/2 tablespoons)
2 teaspoons cumin seeds (4 g)
540 mL water (2 1/4 US cups), or the quantity specified on the rice package for 300 g rice
1/2 teaspoon fine salt (3 g)



Tip: Before you start: Rinse and drain the rice thoroughly; excess rinse water changes the measured liquid ratio in a covered absorption method.

Tip: Toast gently: Cumin should smell warm and nutty, not acrid. If seeds blacken, start again rather than carrying bitterness through the rice.

Tip: Honor the rest: Keep the lid closed off the heat, then lift the grains gently with a fork. Stirring immediately can crush their soft surfaces.

Cumin Rice (continued)



Method

1. **Read the basmati** packet before measuring the cooking water. Its liquid ratio, any soaking requirement and cooking time take precedence over the guide here. If soaking is required, allow that extra period. Measure ghee, cumin and salt separately and choose a heavy saucepan with a close-fitting lid and a suitably small burner.

2. **Rinse rice in** a fine sieve under cool water, turning grains gently until the runoff becomes mostly clear. Avoid rubbing long grains hard enough to snap them. Drain thoroughly so residual rinse water does not silently increase the measured cooking ratio; if soaked as directed by the packet, drain again before proceeding.

3. **Melt ghee over** medium-low heat. Add cumin and stir for 30–45 seconds until fragrant and gently sizzling. Watch the seeds closely as they can shift from aromatic to bitter quickly. Do not wait for black color; if badly scorched, restart this small stage rather than carrying that bitterness into all the rice.

4. **Add drained rice** and stir gently for 1 minute, lifting grains through the fragrant ghee with a broad spoon. Coat them evenly without vigorous circular stirring. Scrape the saucepan's base lightly so no dry cumin collects beneath the rice while some grains remain uncoated above it.

5. **Pour in the** measured water, adjusted to the rice packet if necessary, and add salt. Stir once to distribute seasoning and level the rice, then increase heat until the whole pan reaches a steady boil. Beginning the low covered stage before liquid is hot throughout can leave unevenly cooked grains.

6. **Seat the lid** closely and reduce to the lowest heat that maintains gentle cooking. Cook for **12–15** minutes, or the package interval, without repeated lid lifting. At the end, check quickly that water is absorbed and rice is tender, replacing the lid promptly if it needs the packet's longer interval.

Cumin Rice (continued)



7. **Remove the saucepan** from the burner and leave covered for 10 minutes. This rest lets moisture redistribute and finishes the upper grains through trapped steam. Do not drain an absorption-method rice or begin beating it while still very hot; both actions disturb the texture the measured liquid and rest are intended to create.

8. **Lift the lid** away from your face and fluff with a fork, starting around the edges and lifting through the center. Release steam between light passes rather than crushing or stirring into a paste. Serve hot with the cumin distributed through the grains, and follow the rice storage guidance for any portion kept after the meal.

Storage: Spread leftovers in shallow containers and refrigerate promptly, ideally within 1 hour; never leave out beyond 2 hours. Use within 24 hours. Reheat once to 165°F (74°C) throughout.

Declared allergens: milk. Check labels and cross-contact.

Cardamom Rice Pudding

Inspired by Indian rice puddings such as kheer, this gently simmered dessert pairs soft basmati grains with fragrant green cardamom. Serve warm or chilled; the pudding thickens as it cools.

Serves 4

Prep: 10 min **Cook:** 55 min–1 h 5 min **Est. total:** 1 h 15 min

Equipment: heavy-based 3-litre saucepan, fine sieve, wooden spoon, mortar and pestle, measuring jug, shallow storage container.



Ingredients

- **80 g** basmati rice (scant 1/2 cup)
- **1** litre whole milk (about 4 1/4 US cups)
- **6** whole green cardamom pods
- **50 g** granulated sugar (1/4 cup)
- **1/8 tsp** fine salt
- **20 g** shelled, unsalted pistachios (about 3 tbsp), finely chopped
- As directed hot water, only if needed to loosen the pudding, add **1 tablespoon** at a time (optional)

Tip: Before you start: Grind only the cardamom seeds and discard their papery husks, which remain unpleasantly fibrous in the finished pudding.

Tip: Prevent catching: Use a low simmer and scrape along the entire saucepan base, especially as the milk reduces and the rice softens.

Tip: Leave it loose: Pudding thickens while cooling. Stop while it still flows from the spoon rather than cooking it to a firm, porridge-like mass.

Cardamom Rice Pudding (continued)



Method

1. **Measure all ingredients** and choose a heavy saucepan with ample headroom above the litre of milk. Set out a spoon that reaches the base's corners, shallow serving bowls and a cooling rack or heatproof surface. Keep sugar separate for its later addition and chop pistachios for finishing rather than adding them during cooking.

2. **Rinse rice in** a fine sieve under cool water until runoff becomes mostly clear, then drain well. Crack cardamom pods, remove their seeds and grind finely; discard the fibrous husks. Using only the seeds gives fragrance without leaving tough pieces to bite into in the soft pudding.

3. **Combine milk**, drained rice and ground cardamom in the saucepan. Warm over medium heat, stirring frequently across the base to lift rice before it sticks. Watch the surface as steam increases; lower the burner before foam rises toward the rim, since milk can climb suddenly once it starts boiling.

4. **Reduce to low** and maintain a gentle uncovered simmer for approximately 45–55 minutes. Look for occasional small bubbles, not a rolling boil. Stir every few minutes at first, scraping the bottom and corners where milk solids settle, and increase the frequency as the rice swells and the mixture becomes thicker.

5. **Fold any surface** skin gently back through rather than letting it gather into dry clumps around the edges. Keep rice moving with broad strokes instead of beating the pudding. This recipe cooks grains in milk, so do not substitute an ordinary rice packet's water absorption ratio or drain liquid away partway through.

6. **Taste a cooled** grain toward the end: it should squash readily with no firm center, and the milk should lightly coat a spoon. Continue gently if grains remain hard even when the outside mixture looks thick. Avoid solving slow softening by increasing to a fierce boil, which scorches the base before the centers finish.

Cardamom Rice Pudding (continued)



7. **Stir in sugar** and salt and cook gently for another 5 minutes until dissolved. Check that pudding still flows from the spoon, remembering it thickens further during resting and chilling. If too stiff, add the listed optional hot water 1 tablespoon at a time, stirring each addition through before deciding on another.

8. **Divide among four** bowls and scatter pistachios close to serving so they retain crunch. Serve warm, or cool and refrigerate promptly in the shallow portions according to the storage note for chilled pudding. Avoid leaving the full deep saucepan standing warm, and adjust only the portion being served rather than repeatedly reheating the entire batch.

Storage: Transfer leftovers promptly to a shallow container; refrigerate within 1 hour. Cover once chilled and use within 2 days. Serve cold, or reheat with a splash of milk, stirring, to **74**°C/165°F.

Declared allergens: milk, tree nuts. Check labels and cross-contact.

CHAPTER 08

Across Southeast Asia



This short collection brings together distinct inspirations rather than one interchangeable flavor profile. Coconut Vegetable Laksa, Peanut Satay Chicken, Tempeh with Sweet Soy and Coconut and Pandan Rice each need their own ingredients and cooking sequence. Read the recipe before choosing substitutions.

Coconut gives richness, peanuts give body and texture, and sweet soy contributes a particular sweetness as well as salt. Replacing one with an unrelated sauce can change both the seasoning and the way a coating behaves in the pan. Check prepared ingredients for allergens and storage directions.

Arrange the bowls before cooking: vegetables trimmed, sauce measured and finishing ingredients ready. Leave enough room in the pan for browning, then add the coating at the stage the method specifies. A sticky sauce can scorch if it waits over heat while the rest of the meal catches up.

Tip: Plan one main and a supporting grain rather than several competing rich dishes. A small, well-timed spread is more useful than a crowded table of food that all needed to be served ten minutes ago.

Coconut Vegetable Laksa



Inspired by the coconut-rich laksa soups found in Malaysia and Singapore, this home version pairs tender rice noodles with tofu and green beans. Commercial pastes vary considerably in salt and heat; start modestly and taste before adding more.

Serves 4

Prep: 15 min **Cook:** 20 min **Rest:** 0 min **Total:** 35 min

Equipment: large saucepan, noodle pot, colander, measuring jug, knife and cutting board.

Ingredients

200 g (7 oz) dried rice vermicelli
1 tbsp neutral oil
45 g (3 tbsp) commercial vegetarian laksa paste (without fish or shrimp; check the label), plus up to 15 g (1 tbsp) more to taste
400 mL (13.5 fl oz) canned unsweetened coconut milk
750 mL (3 cups plus 2 tbsp) low-sodium vegetable stock
200 g (7 oz) green beans, trimmed and cut into 4 cm lengths
400 g (14 oz) firm tofu, drained and cut into 2 cm cubes
2 tsp light soy sauce, plus 1 tsp if needed
1 tsp sugar
1 tbsp fresh lime juice
10 g (1/2 cup loosely packed) cilantro leaves
1 whole lime, quartered

Coconut Vegetable Laksa (continued)



Method

1. **Measure ingredients and** check the chosen laksa paste against dietary requirements. Separate the main 45 g paste from its optional additional allowance, and keep 2 teaspoons soy apart from the extra teaspoon. Cut beans and tofu evenly, stir coconut milk smooth and prepare cilantro and lime so finishing can happen immediately after the soup cooks.

2. **Read the vermicelli** packet and prepare it by the specified method, timing completion close to the broth. Taste a strand for a tender center, then drain thoroughly. If ready early, rinse briefly under cool water to prevent clumping and drain again; trapped rinse water would dilute the coconut broth in each bowl.

3. **Heat neutral oil** in the saucepan over medium heat. Add the main paste portion and stir for 1–2 minutes, spreading across the base until fragrant without scorching. If it catches immediately, lower heat and use the first spoonful of the measured coconut milk to loosen it rather than allowing a dry crust to form.

4. **Gradually stir in** coconut milk, scraping paste from the base and corners until no dense pockets remain. Add vegetable stock and bring to a gentle simmer. Keep bubbles small rather than boiling vigorously, which would reduce the liquid before beans and tofu have finished cooking and make later seasoning difficult to judge.

5. **Add beans**, settling them into the broth, and simmer for 5 minutes. Stir occasionally so pieces at the surface exchange places with those below. Check a thick bean rather than relying solely on color; this first stage gives beans time to soften before the already tender tofu enters.

6. **Slide in tofu**, add the main 2 teaspoons soy and sugar and simmer gently for 4–5 minutes. Move sauce around the cubes with a broad spoon rather than stirring through them sharply. They should be hot throughout and the beans tender with a little structure remaining.

Coconut Vegetable Laksa (continued)



7. **Taste a cooled** spoonful with tofu before deciding on the reserved paste. If stronger flavor is wanted, stir it in and simmer for another 2 minutes so it cooks through. Remove from the burner, add lime juice and taste again, using some of the remaining soy only if the broth still needs it.

8. **Loosen noodles and** divide among four warmed deep bowls. Distribute beans and tofu first, then ladle broth evenly around the strands. Finish with cilantro and lime wedges and serve promptly; leaving assembled bowls standing lets noodles keep absorbing broth and changes the generous soup consistency. Follow the storage note for unused components.

Tip: Before you start: Check both paste and stock labels. Products with similar names differ substantially in heat, salt and fish or shellfish ingredients.

Tip: Open the paste: Stir it in warm oil until fragrant, then add coconut milk gradually so no dense paste lumps remain.

Tip: Assemble at serving: Keep noodles in the bowls and ladle soup over them at the end; long soaking in the pot makes them swell and soften.

Storage: Refrigerate soup and noodles separately in shallow containers within 2 hours; use within 3 days. Reheat leftovers to 74°C/165°F.
Declared allergens: wheat, soy. Check labels and cross-contact.

Peanut Satay Chicken

Turmeric and ground coriander season these Indonesian-inspired chicken skewers. A warm peanut sauce and cool cucumber make a simple accompaniment; satay traditions and sauces vary across Southeast Asia.

Serves 4

Prep: 20 min **Marinate:** 15 min **Cook:** 20 min **Est. total:** 55 min

Equipment: mixing bowl, small saucepan, ridged grill pan, 8 metal skewers, tongs, instant-read thermometer.

Ingredients

600 g (1 1/3 lb) boneless, skinless chicken breast, cut into 2 cm (3/4-inch) cubes
1 tbsp neutral oil, plus 1 tsp for the pan
1 tsp ground coriander
1/2 tsp ground turmeric
2 whole garlic cloves, finely grated
2 tbsp (30 mL) light soy sauce, divided
2 tbsp (30 mL) lime juice, divided
2 tsp (8 g) light brown sugar, divided
80 g (1/3 cup) smooth peanut butter
100 mL (scant 1/2 cup) water, plus more if needed
300 g (about 1 large) cucumber, thinly sliced



Peanut Satay Chicken (continued)



Method

1. **Measure ingredients**, separating marinade quantities from the clean peanut sauce. Cut chicken into even 2 cm cubes. Mix with 1 tablespoon oil, coriander, turmeric, garlic, 1 tablespoon soy, 1 tablespoon lime and 1 teaspoon sugar. Turn until every piece is coated, cover and refrigerate for 15 minutes, then clean poultry-contact hands and surfaces.

2. **While chicken marinates**, prepare cucumber using clean utensils and set aside for serving. Check that skewers fit the grill pan without handles hanging over a flame. Set out a clean finished-chicken plate, tongs and thermometer before cooking so browned skewers can leave the pan promptly rather than waiting while equipment is found.

3. **Combine peanut butter**, measured water and the remaining soy and sugar in the small saucepan. Warm over low heat, whisking from the center outward and scraping the corners. The mixture may thicken before smoothing; keep heat gentle so peanut butter dissolves into the liquid instead of sticking against the base.

4. **Simmer the smooth** sauce gently for 2 minutes, then remove from the burner and stir in the remaining lime juice. Add extra water 1 teaspoon at a time if needed until sauce falls from a spoon in a thick ribbon. Cover to keep warm, using a clean spoon separate from the raw-chicken workspace.

5. **Thread chicken onto** skewers with small spaces between pieces rather than packing them tightly. This exposes side surfaces to heat and helps the centers cook evenly. Discard remaining raw marinade. Heat the grill pan over medium heat, brush with the remaining teaspoon oil and ventilate the kitchen before adding the first batch.

6. **Cook in two** batches for approximately 8–10 minutes each. Let a contact face color before rotating, then turn in quarter turns so all sides cook rather than only two faces charring. Reduce the burner if the spice coating darkens quickly or produces heavy smoke while the chicken's center remains underdone.

Peanut Satay Chicken (continued)



7. **Check a large** piece near the middle of several skewers by inserting the thermometer sideways into the meat without touching metal. Each must reach **74**°C (165°F). Transfer finished skewers to the clean plate with clean utensils and continue cooking any thicker ones as needed, using temperature rather than char marks as the endpoint.

8. **Stir the warm** peanut sauce and loosen with a little of the allowed water if it tightened while standing. Arrange chicken with sliced cucumber and offer sauce alongside for dipping, keeping the crust visible rather than soaking every skewer. Serve promptly and refrigerate leftover chicken and sauce according to their storage note.

Tip: Before you start: Cut equal chicken cubes and choose skewers that fit the grill pan without their handles sitting over heat.

Tip: Keep sauce spoonable: Peanut butter thickens as it warms and rests. Whisk in the listed extra water gradually rather than overheating it to loosen it.

Tip: Turn with care: Leave small spaces between chicken pieces so heat reaches their sides. Use tongs and check several large cubes with a thermometer.

Storage: Refrigerate chicken and sauce separately in shallow containers within 2 hours; use within 3 days. Reheat to 74°C (165°F), loosening the sauce with water. Slice cucumber fresh.

Declared allergens: peanut, wheat, soy. Check labels and cross-contact.

Tempeh with Sweet Soy

Indonesian kecap manis, a thick, sweet soy sauce, gives this Southeast Asian–inspired skillet its glossy coating. Brown the tempeh before adding the sauce: that contrast between toasted edges and a sticky finish makes the dish.

Serves 4
Prep: 15 min **Cook:** 20 min **Rest:** 0 min **Total:** 35 min

Equipment: large lidded skillet, spatula, cutting board, knife, measuring spoons, small bowl.



Ingredients

400 g (14 oz) plain tempeh, cut into **1** cm (3/8-inch) strips
250 g (9 oz) green beans, trimmed and halved
100 g (3 1/2 oz; about 3 small) shallots, thinly sliced
3 whole garlic cloves, thinly sliced
3 tbsp (45 mL) neutral oil, divided
3 tbsp (45 mL) kecap manis
1 tbsp (15 mL) unseasoned rice vinegar
1/4 tsp fine salt
1/4 cup (60 mL) water

Tip: Before you start: Use plain tempeh and follow any cooking directions on its package; flavored products change the sauce's salt and sweetness.

Tip: Brown before glazing: Dry the tempeh and let several sides color before it returns to the sweet sauce.

Tip: Watch the final minute: Kecap manis is thick and sweet. Reduce the heat before adding it and stop when the food is coated, before the glaze scorches.

Storage: Refrigerate in a shallow covered container within 2 hours; keep for up to 3 days. Reheat to 165°F (74°C), adding a splash of water.

Tempeh with Sweet Soy (continued)



Method

1. **Measure ingredients**, reserving 2 tablespoons oil for tempeh and 1 tablespoon for vegetables. Cut tempeh into even 1 cm strips and pat dry. Separate thin shallot slices, slice garlic and trim and halve beans. Stir kecap manis with rice vinegar in a small bowl so the thick syrup will distribute quickly during final glazing.

2. **Heat the tempeh** oil in the skillet over medium-high heat. Arrange strips in one layer, working in batches if needed rather than crowding. Leave the first surfaces in steady contact with the pan until golden before turning; moving constantly keeps them pale and prevents the crust that will contrast with the glaze.

3. **Cook for approximately** 7–9 minutes, turning onto new faces as they color. Transfer to a clean plate when several sides are golden. Keep finished pieces out of the skillet while vegetables cook; returning too early lets their crisp surfaces absorb steaming water before the sweet coating is ready.

4. **Reduce the burner** to medium and add the remaining tablespoon oil and shallots. Cook for 3 minutes, stirring to separate rings and bring cooler slices through the hot center. They should soften rather than becoming dark crisp fragments. Add garlic and stir for 30 seconds, stopping before its thin edges brown.

5. **Add beans**, salt and the measured quarter cup water. Spread beans evenly, cover and cook for 4–5 minutes. Lift the lid away from your face and test a thick piece: it should be tender with a little bite, rather than raw and rigid or limp and collapsing.

6. **Uncover and allow** any free water to evaporate before returning tempeh. Listen for the sound changing from watery bubbling back toward frying, and stir around the base to prevent garlic catching during this transition. Skipping evaporation would turn the small quantity of sweet-soy glaze into a diluted broth.

Tempeh with Sweet Soy (continued)



7. **Return tempeh**, lower heat and pour over the stirred sweet-soy mixture. Lift and fold for **1–2** minutes until everything is hot and coated in a thin glossy layer. Scrape thickening sauce from the edges toward the center, stopping before sugar forms dark sticky threads or dries onto the pan.

8. **Transfer promptly to** a serving dish, distributing beans and shallots through the tempeh rather than leaving them beneath the last portion. Spoon remaining glaze over the top and serve immediately. Keep any portion for later according to the storage note, rather than maintaining the sticky sauce over heat after it is ready.

Declared allergens: wheat, soy. Check labels and cross-contact.
Kecap manis can contain wheat. Check the actual tempeh and sauce labels; this recipe is not certified allergen-free.

Coconut and Pandan Rice



Pandan lends a gentle, grassy fragrance to coconut rice, a pairing found in several Southeast Asian cuisines, including Malaysian and Indonesian cooking. This home-kitchen version is softly savory, with separate, tender grains rather than a sticky finish. Serve alongside vegetables or a boldly seasoned main dish.

Serves 4

Prep: 10 min **Cook:** 15–18 min **Rest:** 10 min **Est. total:** 38 min

Equipment: fine-mesh sieve, measuring jug, medium heavy saucepan with tight-fitting lid, fork

Ingredients

300 g jasmine rice (about 1 1/2 US cups)
240 mL unsweetened canned coconut milk (1 US cup), stirred smooth
300 mL water (1 1/4 US cups), adjusted as directed below
1 whole fresh or thawed pandan leaf, about 30 cm long, rinsed and loosely knotted
1/2 teaspoon fine salt

Method

1. **Read the jasmine-rice** packet before measuring liquid. The listed coconut milk and water total 540 mL; if the packet calls for a different total for 300 g rice, retain 240 mL coconut milk and adjust only water. Use unsweetened coconut milk, not coconut cream or sweetened cream of coconut, which behave differently during absorption cooking.

2. **Stir the coconut-milk** can smooth before measuring so the portion contains both thick cream and thinner liquid. Measure salt and wash the pandan leaf, then tie it into a loose knot that fits under the saucepan lid. Choose a heavy saucepan and a small burner that can maintain gentle, even heat.

Coconut and Pandan Rice (continued)



3. **Rinse rice in** a fine sieve under cold water, gently turning grains until runoff becomes less cloudy. Avoid grinding or rubbing, which can break grains. Drain thoroughly for 2 minutes and shake residual water from the sieve; rinse water should not silently increase the cooking ratio already measured in the jug.

4. **Combine coconut milk**, adjusted water and salt in the saucepan. Add drained rice and nestle the pandan knot into it. Warm over medium heat, stirring once along the base to lift any grains beginning to settle, then level the rice so its thickness is even across the pot.

5. **As soon as** liquid reaches a gentle simmer throughout, cover closely and reduce to the lowest heat. Cook for approximately 15–18 minutes, or the packet's covered interval. Keep the lid seated rather than repeatedly lifting it; released steam is part of the heat that softens the upper grains.

6. **Maintain only a** quiet simmer. Strong heat can scorch coconut solids on the base while liquid still shows at the surface. At the packet's endpoint, check briefly for absorbed liquid and tender grains; if the packet specifies a longer interval, continue as directed with the lid replaced promptly.

7. **Take the saucepan** off the burner and rest covered for 10 minutes so moisture redistributes. Do not stir or drain during this rest. Open the lid away from your face, find and discard the pandan knot, and avoid scraping any genuinely scorched layer into otherwise clean-tasting rice.

Coconut and Pandan Rice (continued)



8. **Fluff gently with** a fork, lifting from the edges toward the center and releasing steam between passes. Keep the tender coconut-coated grains separate rather than beating them into a paste. Serve hot in loose portions, following the rice storage guidance for leftovers instead of leaving the covered saucepan standing warm after the meal.

Tip: Before you start: Use unsweetened coconut milk, not coconut cream or sweetened cream of coconut; their fat, sugar and water balances are different.

Tip: Control the base: Coconut solids catch more readily than plain cooking water. Use the lowest steady heat and keep the saucepan covered.

Tip: Remove the leaf: Pandan perfumes the rice but is not served as an edible garnish. Retrieve the whole knot before fluffing and portioning.

Storage: Spread leftovers in a shallow container and refrigerate within 1 hour. Use within 24 hours. Reheat once to 165°F/74°C throughout, adding a splash of water.
Allergens: not certified free of allergens; check ingredients and packaged-food labels.

CHAPTER 09

Sauces, bowls and useful last dishes



A finishing sauce can bring prepared components into focus, but it should not erase what makes them good. Ginger-Scallion Sauce is an accent to spoon deliberately. Zero to One Chili-Sesame Noodles is a complete seasoned bowl whose texture depends on the right noodle and a balanced coating.

Crisp Mushroom Rice asks you to protect contrast between the grain and its browned components. Citrus-Soy Roasted Vegetables need space on the tray so they roast rather than sit in released moisture. Use the recipe's cut sizes and stated cooking states; already cooked rice and dry rice are not interchangeable measures.

Taste the dish before finishing it. A small amount of acid, a little reserved cooking liquid or a fresh herb can change the result more usefully than another heavy spoonful of sauce. Make the adjustment the method supports, then taste again.

Tip: At the table. Use this chapter to complete a meal you already planned. Keep the amount of sauce appropriate to the food, and store leftover components according to the shortest applicable recipe note.

Ginger-Scallion Sauce

Ginger and scallion make a fragrant partnership in Chinese cooking. This Shared Pantry version gently warms them in oil rather than pouring smoking-hot oil over raw aromatics. The result is a spoonable sauce with tender scallions, a little ginger bite and enough richness to dress plain rice, steamed vegetables or simply cooked chicken.
Makes about 180 mL (3/4 cup), or 12 tablespoon-sized servings

Serves 4
Prep: 10 min **Cook:** 5 min **Cool:** 15 min **Est. total:** 30 min

Equipment: small saucepan, heatproof spatula, knife, cutting board, measuring spoons, clean heatproof storage container

Ingredients

40 g fresh ginger, peeled (about 1/4 cup very finely minced)
60 g scallions, trimmed (about 2/3 cup finely sliced), white and green parts separated
80 mL (1/3 cup) neutral oil, such as canola
1/2 teaspoon fine salt (about 3 g)



Tip: Before you start: Cut ginger across its fibers before mincing, and dry scallions thoroughly; coarse fibers make the sauce stringy and water makes oil spit.

Tip: Use gentle heat: This method softens aromatics in the oil rather than pouring smoking oil over them. Small bubbles are sufficient.

Tip: Spoon evenly: Aromatics settle beneath the oil. Stir before each serving so every portion receives both ginger-scallion pieces and fragrant oil.

Ginger-Scallion Sauce (continued)



Method

1. **Measure ginger**, scallions, oil and salt before heating the saucepan. Use a small, heavy pan so the oil surrounds aromatics instead of spreading into a thin film across a broad skillet. Set out a heatproof spoon and serving bowl, keeping water and wet utensils away from the measured oil.

2. **Wash scallions thoroughly** and dry with a clean towel, paying attention to water held between their layers. Trim dry ends, separate white and green parts and slice both finely into separate piles. Whites need a longer gentle warming; holding greens back keeps their fresh color and aroma for the finish.

3. **Peel ginger and** slice thinly across its long fibers. Stack slices and cut into fine matchsticks, then mince again into very small pieces. Turn the pile with the knife and check for long strings; the finished sauce should spoon over food without chewy fibers or large sharp-tasting ginger chunks.

4. **Put oil**, minced ginger and scallion whites in the cold saucepan, then set over medium-low heat. Starting together warms aromatics gradually and is easier to control than pouring them into very hot oil. Stir across the base as heat builds, keeping the ginger evenly dispersed rather than settled in one patch.

5. **Cook for approximately** 3 minutes, stirring frequently, until small bubbles gather gently around the aromatics. Ginger should soften and smell fragrant without browning, and oil should never smoke. Lower the burner or briefly lift the saucepan off it if bubbling becomes vigorous or small pieces begin coloring at the edges.

6. **Add sliced scallion** greens and salt and stir until greens are coated in warm oil. Continue for 1–2 minutes over gentle heat, turning from the base until leaves soften but remain green. Avoid waiting for crisp edges or deep color; those indicate frying beyond the intended delicate aromatic texture.

Ginger-Scallion Sauce (continued)



7. **Remove the saucepan** from the hot ring completely, especially on an electric stove that retains heat. Let cool for 15 minutes before tasting so hot oil cannot burn your mouth. During cooling, stir once or twice to distribute the warmer oil through the aromatics rather than leaving the base to continue cooking alone.

8. **Stir from the** bottom immediately before spooning over chicken, rice, tofu or vegetables. Each portion should contain ginger, scallion and oil, rather than mostly oil skimmed from the top. Transfer any remainder promptly according to the storage note; this fresh aromatic sauce should not be treated as a shelf-stable preserved oil.

Storage: Transfer promptly to a clean, shallow heatproof container. Refrigerate within 2 hours at 4°C/40°F or below and use within 3 days. Never store this fresh-aromatic oil at room temperature. The oil may thicken when chilled; spoon out only the portion needed.

Allergens: not certified free of allergens; check ingredients and packaged-food labels.

Zero to One Chili-Sesame Noodles

Chili-Sesame Noodles. Creamy sesame paste, a little chili warmth and cool cucumber make these noodles a satisfying pantry supper. This shared-pantry recipe draws on Chinese-style sesame noodle dressings without presenting itself as a regional classic. Use unsweetened Chinese sesame paste for its deeply toasted flavor; tahini gives a lighter result.

Serves 2

Prep: 15 min **Cook:** 10 min **Rest:** 0 min **Total:** 25 min

Equipment: large saucepan, colander, mixing bowl, whisk, tongs, knife and board.



Ingredients

250 g (9 oz) dried wheat noodles
45 g (3 tbsp) unsweetened sesame paste, stirred thoroughly
30 mL (2 tbsp) light soy sauce
15 mL (1 tbsp) unseasoned rice vinegar
10 mL (2 tsp) chili oil
1 tsp sugar
1 whole small garlic clove, finely grated
45 mL (3 tbsp) warm water, plus reserved noodle water as needed
200 g (about 1/2 large) cucumber, cut into thin matchsticks
1 tsp toasted sesame seeds

Tip: Before you start: Stir the sesame paste thoroughly in its jar so settled solids and separated oil are evenly combined before measuring.

Tip: Loosen gradually: The sauce may seize when liquid first enters. Keep whisking and add the measured water steadily instead of discarding the thick mixture.

Tip: Serve promptly: Warm noodles absorb sauce as they stand. Save cooking water and use it sparingly so the final coating stays glossy and fluid.

Zero to One Chili-Sesame Noodles (continued)



Method

1. **Measure all ingredients** before cooking noodles. Stir sesame paste thoroughly in its jar to reincorporate separated oil, then measure into a broad mixing bowl. Grate garlic finely, cut cucumber into even thin matchsticks and set sesame seeds aside for finishing. Keep a heatproof jug beside the colander for reserved noodle water.

2. **Add soy**, vinegar, chili oil, sugar and garlic to the sesame paste. Whisk from the center outward, pressing any dry paste pockets against the bowl. The mixture may become thicker at first; this is expected, so do not immediately pour in a large unmeasured quantity of water to force it loose.

3. **Gradually whisk in** the measured 45 mL warm water, pausing between additions until the sauce becomes smooth and pourable. Scrape the sides and base to dissolve sugar and incorporate separated oil. It should cling to a spoon but flow when tipped, rather than sit as a stiff lump or split into an oily pool.

4. **Bring a large** saucepan of water to a full boil. Add wheat noodles and stir gently during the first moments so strands do not settle together on the bottom. Follow the packet's timing and taste a strand near its minimum time; it should bend easily without a hard, floury center.

5. **Before draining**, scoop out 120 mL cooking water into the heatproof jug. Drain noodles thoroughly, shaking the colander to remove excess free water. Do not rinse or leave them packed in a cooling mound; their warmth and surface starch help the sesame dressing distribute and cling during immediate tossing.

6. **Transfer warm noodles** straight into the dressing bowl. Lift with tongs from beneath and fold over repeatedly, working through the middle rather than coating only the outer strands. Avoid pulling stubborn tangles apart sharply; lifting and turning gradually loosens them while preserving the noodles' length.

Zero to One Chili-Sesame Noodles (continued)



7. **Add reserved cooking** water 1 tablespoon at a time as needed, tossing well after each addition. Stop when the sauce coats strands in a smooth layer without pooling beneath them. It can look slightly loose at this moment because noodles continue absorbing moisture; wait before adding another spoonful rather than flooding the bowl.

8. **Divide between two** bowls as loose nests, including dressing left at the bottom. Top with cucumber and sesame seeds and serve warm, folding cucumber through as you eat for a cool crisp contrast. If a portion stands briefly, toss gently before serving rather than letting its top dry while sauce settles beneath.

Storage: Refrigerate leftovers in shallow, covered containers within 2 hours; use within 2 days. Keep cucumber separate when possible. Serve chilled, or reheat the noodles with a splash of water to 74°C/165°F before adding cucumber.

Declared allergens: wheat, soy, sesame. Check labels and cross-contact.

Crisp Mushroom Rice

Golden patches of rice bring texture to this shared-pantry dish, while shiitake mushrooms supply deep savoriness. It borrows a practical pan-crisping approach from Chinese-style rice cookery without presenting itself as a traditional regional recipe.

Serves 4
Prep: 15 min **Cook:** 35–40 min **Est. total:** 55 min

Equipment: saucepan with lid, sieve, 28 cm nonstick skillet, wide spatula

Ingredients

200 g uncooked jasmine rice (about **1** cup)
300 mL water (1 1/4 cups), or the amount specified on the rice package
250 g fresh shiitake mushrooms (9 oz), tough stems removed, caps sliced 5 mm thick
3 tbsp neutral oil, divided
3 whole garlic cloves, finely chopped
3 whole scallions, thinly sliced, whites and greens separated
1 tbsp light soy sauce
1/4 tsp ground white pepper



Tip: Before you start: Release surface steam from the freshly cooked rice as directed, then go straight to the skillet rather than leaving it standing.

Tip: Brown the mushrooms: Let their released liquid evaporate before adding garlic; a dry pan produces deeper flavor and better texture.

Tip: Trust the crust: Resist constant stirring after pressing the rice into the pan. Lift an edge to check, then turn sections rather than scraping everything into crumbs.

Crisp Mushroom Rice (continued)



Method

1. **Measure ingredients and** check the rice packet's cooking-water ratio. Keep 1 tablespoon oil aside for mushrooms and the remaining 2 tablespoons for rice. Slice mushroom caps evenly, discard tough stems and separate scallion whites from greens. Set out a clean holding bowl and a broad spatula that can lift sections of crisping rice.

2. **Rinse rice in** a sieve, drain and cook with the measured water, adjusting quantity and timing to its packet when different. Rest covered off the burner for 10 minutes, then fluff and uncover for 5 minutes to release surface steam. Proceed directly to the skillet stage rather than leaving warm rice standing for later use.

3. **Meanwhile pat mushrooms** dry and heat their tablespoon oil over medium-high heat, within the skillet manufacturer's guidance. Spread mushrooms in one layer and cook for 7–9 minutes. Stir occasionally as water releases, then let edges make steady contact with the pan until browned; avoid pouring rice into a puddle of mushroom liquid.

4. **Add garlic and** scallion whites once mushroom moisture has mostly evaporated. Stir for **30** seconds until fragrant without browning the garlic, then transfer everything to the holding bowl. Remove any truly scorched fragments from the skillet with a paper towel held in tongs, preserving clean-tasting browned juices where possible.

5. **Add the remaining** 2 tablespoons oil over medium heat. Spread warm rice into a shallow, even layer and press only lightly with the spatula to establish contact. Do not compact it into a dense cake; individual grains should still be visible, with space for surface steam to escape around the layer.

6. **Cook undisturbed for** approximately 7–9 minutes. Check a small edge with the spatula rather than stirring repeatedly. The underside should form golden patches and begin releasing more readily. If it darkens too quickly, lower heat; raising the burner sharply to hurry the crust risks burning one area while the rest remains pale.

Crisp Mushroom Rice (continued)



7. **Turn rice in** broad sections so some crisp patches remain intact. Fold in mushrooms, soy and white pepper, distributing seasoning over several areas rather than pouring all soy into one spot. Cook and fold for about 2 minutes until hot throughout, avoiding prolonged stirring that breaks all the browned surfaces apart.

8. **Remove from the** burner, scatter scallion greens and transfer immediately to a shallow serving dish. Lift rice rather than pressing it down while serving, preserving the contrast of soft grains and crisp patches. Follow the rice storage note for leftovers; keeping the finished mixture covered in a warm skillet softens its crust and delays cooling.

Tip: Pro technique — J. Kenji López-Alt: Surface moisture matters. Separate rice clumps before frying and use a broad pan so excess steam can escape instead of making the grains sticky.

Storage: Refrigerate leftovers promptly in shallow containers, within 1 hour for rice. Keep refrigerated for up to 24 hours; reheat once to 165°F (74°C).

Declared allergens: wheat, soy. Check labels and cross-contact.

Citrus-Soy Roasted Vegetables

Orange brings brightness to browned broccoli, sweet carrots and tender bell pepper. This Shared Pantry recipe uses soy sauce as a seasoning rather than borrowing the identity of a particular regional dish. Add the citrus mixture near the end so its sugars glaze the vegetables without scorching.

Serves 4
Prep: 15 min **Cook:** 25–30 min **Est. total:** 45 min

Equipment: 2 large rimmed baking sheets, large bowl, small bowl, whisk, spatula, fine grater.



Tip: Before you start: Cut carrot thinly enough to finish alongside broccoli and pepper, and dry all vegetables before coating them with oil.

Tip: Use both trays: Space allows steam to escape. A crowded pile softens even in a very hot oven and gives fewer browned edges.

Tip: Glaze at the end: Orange juice contains sugar. Adding it after the first roasting stage gives flavor without exposing the glaze to the full cooking time.

Ingredients

400 g broccoli (about 1 medium head), cut into 4 cm/1 1/2-inch florets; stalk peeled and thinly sliced
250 g carrots (about 3 medium), cut diagonally into 5 mm/1/4-inch slices
200 g red bell pepper (about 1 large), trimmed and cut into 3 cm/1 **1/4**-inch pieces
30 mL (2 tablespoons) neutral oil
1 teaspoon finely grated orange zest
45 mL (3 tablespoons) freshly squeezed orange juice
30 mL (2 tablespoons) reduced-sodium light soy sauce
1/4 teaspoon freshly ground black pepper

Citrus-Soy Roasted Vegetables (continued)



Method

1. **Measure all ingredients** and heat the oven to 220°C (425°F), with racks in upper and lower thirds. Set out two baking sheets rather than trying to fit everything on one. Zest the orange before juicing it, keeping both measured portions aside for the later glaze so sugars do not scorch during the full roasting time.

2. **Wash vegetables and** dry thoroughly, especially water trapped inside broccoli florets. Cut florets to similar sizes, peel and thinly slice the broccoli stalk, slice carrots evenly and trim pepper into consistent pieces. The 5 mm carrot thickness matters: thick chunks can remain hard after the smaller broccoli tips have browned.

3. **Put prepared vegetables** in the large bowl and add oil. Toss from the bottom with two spoons or clean hands until cut faces are lightly coated rather than leaving most oil in the bowl. Separate overlapping carrot slices and check broccoli's branching surfaces receive a little coating as well as their stems.

4. **Divide across both** baking sheets in one layer, leaving visible metal between pieces. Turn broad cut faces downward where possible and avoid burying carrots under florets. Crowded pieces trap steam; spread them farther apart instead of expecting a longer roast to create the same browned edges.

5. **Roast for** 20 minutes, swapping sheets between racks and turning vegetables halfway through with a broad spatula. Check around sheet edges, where small pieces may color first. Return larger pale pieces toward hotter areas while moving already browned florets away from especially hot corners if your oven heats unevenly.

6. **While vegetables roast**, whisk orange zest, juice, soy and black pepper in the small bowl. Stir again immediately before using so zest does not remain in a clump. Remove sheets carefully to a heatproof surface and drizzle glaze over both in small amounts rather than pouring one large puddle into a corner.

Citrus-Soy Roasted Vegetables (continued)



7. **Toss carefully to** coat and return to the oven for another 5–10 minutes. Test a thick carrot slice with a knife; it should yield easily while broccoli edges are browned. Watch closely during this final stage because the citrus mixture darkens faster than the vegetables did in plain oil.

8. **Transfer to a** warm shallow bowl as soon as done, scraping loose cooked juices over the vegetables but leaving blackened residue behind. Distribute the different vegetables evenly rather than serving one plate mostly broccoli. Serve warm while browned edges still contrast with tender centers, following the storage note for any portion kept.

Storage: Refrigerate in shallow, covered containers within 2 hours; keep for up to 3 days. Reheat to 74°C/165°F.

Declared allergens: wheat, soy. Check labels and cross-contact.

CHAPTER 10

The working kitchen



Good cooking gets easier when the workspace supports the sequence. This field guide covers the habits behind the recipes: steady knife work, organized bowls, rice that rests, a stir-fry station ready before the heat goes on, and clean separation between raw food and the meal you are about to serve.

Use the guides when they answer a real question. If dumpling filling is escaping, turn to folds and portioning. If rice is inconsistent, check the grain, liquid and rest rather than changing everything at once. If a sauce tastes flat, use the tasting guide to decide whether it needs salt, acidity, dilution or simply a little more cooking.

The shared-meal plans at the end show how to arrange dishes and buy for a coherent set of dinners. Read them beside the actual recipes; quantities, equipment and safety directions remain with each dish.

Tip: Keep a clear landing place beside the stove and a clean plate for cooked food. Organization is useful when it removes a decision at the exact moment the pan needs your attention.

Set the cooking order

Read the method and give every component a place in the sequence. A sauce measured in a small bowl can go into the pan at once; a sauce assembled while garlic is browning cannot. Prepare dense vegetables before delicate herbs and keep garnishes apart from ingredients that need cooking.



Make divided amounts visible. If a recipe uses oil in two stages, measure each portion separately. Set out the clean plate for cooked meat before handling raw protein, and keep the utensils and work area organized so ready-to-eat ingredients stay separate.

Start the component that takes the longest and holds best. Rice may cook and rest while a topping comes together. A braise can wait in its appropriate holding arrangement while a fresh garnish is prepared. A crisp pancake, coated noodle or carbonara generally needs the final window, not a long stay on the counter. Follow the specific recipe for its safe holding and serving directions.

Keep the pan size realistic. More food in the same vessel changes the heat and moisture. Brown in batches when the method calls for it, returning food at the specified stage rather than squeezing everything in at the beginning.

Tip: Before turning on the burner, point to the next three ingredients in order. If one still needs chopping or measuring, finish that preparation now. The simplest way to cook more calmly is to remove the avoidable search.

Knife Work for Even Cooking



Even cooking begins with pieces of similar thickness. A carrot cut into thick wedges and thin slivers will soften at different speeds; a tray of evenly sized pieces is easier to judge. Aim for consistency rather than perfect geometry, choosing the size and shape specified in the recipe.

Set a cutting board on a clean, damp cloth or nonslip mat. Press gently at each corner to check that it cannot rock or slide. Leave enough clear space for your knife hand, and keep the handle dry. Use a sharp knife suited to the task; a dull blade can demand more force and slip.

For round vegetables, first cut a small slice from one side, then rest the flat surface on the board. Work slowly. Curl the fingertips of your guiding hand inward, keeping your thumb behind them and fingertips away from the cutting edge. Stop cutting before moving ingredients or looking away. Never try to catch a falling knife.

Keep a separate board and utensils for raw meat, poultry and seafood. Prepare vegetables first when practical, then move them into clean bowls before opening raw proteins. Wash hands with soap and water after handling raw ingredients; wash and sanitize contaminated equipment before reuse.

Group finished cuts by cooking time: firm carrot pieces together, tender leaves separately. This small habit makes the next step calmer—and helps everything reach the pan when it should.

Cook Rice with Confidence

Good rice begins with a measured amount and a little patience. Jasmine, basmati and Japanese short-grain rice have different cooking needs; use the instructions on your particular package rather than one universal water ratio.



Weigh the dry rice before rinsing. If the package measures by volume, measure that volume too: grams of rice and millilitres of rice are not interchangeable. A useful starting portion is **60–75 g** dry rice per adult, depending on the rest of the meal.

Rinse if directed, then drain well so excess rinse water does not alter the measured cooking water. Follow any soaking instructions. Choose a heavy saucepan with a close-fitting lid and enough room for the rice to expand.

Add the specified water, bring to the heat level directed, then cover and cook gently for the stated time. Keep the lid on: lifting it releases steam. Avoid stirring during cooking, which can break grains and make the bottom catch.

Rest off the heat, still covered, for the package’s recommended time; if none is given, allow 10 minutes. Fluff gently with a rice paddle or fork, lifting rather than mashing.

Serve promptly. For leftovers, divide rice immediately into shallow containers and refrigerate promptly, within one hour. Do not leave it in the saucepan to cool on the counter. Keep refrigerated at 40°F (4°C) or below and use within 24 hours. Reheat only the portion needed to 165°F (74°C) throughout.

Build a Stir-Fry Station



A good stir-fry begins before the pan is hot. Arrange ingredients in cooking order beside the hob, leaving a clear landing place for the finished food. Keep towels, packaging and loose sleeves away from the heat.

Measure sauces into small bowls. Combine only those added at the same stage; keep finishing vinegar, sesame oil or a cornstarch slurry separate when the recipe calls for them later. Stir a slurry again just before pouring, because starch settles quickly.

Wash vegetables, then drain and dry them thoroughly, especially between leafy stems. Surface water encourages steaming and can make hot oil spit. Cut pieces to similar sizes, separating dense vegetables from tender leaves so each can enter the pan at the right moment. Keep raw meat chilled until needed, on separate equipment from vegetables and cooked food.

Turn on an externally vented extractor before cooking, if available, and ventilate safely. Match the burner and heat setting to the pan manufacturer’s guidance: high heat is not suitable for every coating or handle. Never preheat an empty nonstick pan unless its instructions explicitly permit it, and do not heat oil until it smokes.

Cook in small batches with enough room to turn the food easily. Transfer cooked batches to a clean plate, never the raw-meat plate. Return them as the recipe directs, add the sauce, and toss until evenly coated and safely cooked through. Serve promptly; switch off the burner before clearing your station.

Dumpling Folds and Filling

A well-sealed dumpling matters more than an elaborate pleat. For the shiitake and cabbage dumplings, begin with cooked filling that is thoroughly chilled and moist but not wet. Excess liquid weakens wrappers and makes seams difficult to close.



Set out a small bowl of water, wrappers under a barely damp towel, and a parchment-lined tray. Keep most of the filling refrigerated at 40°F (4°C) or below, bringing out only a small working portion. Refrigerate finished dumplings while shaping the next batch.

Place one wrapper on your palm. For a roughly 3½-inch (9-cm) round, start with 2 teaspoons of filling, leaving a generous clean border. Lightly moisten half the rim; some fresh wrappers need almost no water. Fold into a half-moon, gently pressing out trapped air without squeezing filling into the seam. Pinch firmly from the center toward each end. Leave it plain, or add two small pleats along one side and press again. If the wrapper stretches or splits, use less filling.

Follow the dumpling recipe’s cooking method, leaving space between pieces. A browned base or translucent wrapper cannot confirm the center’s temperature. Insert a thin-tip instant-read thermometer through the side of a representative dumpling into its filling; aim for 165°F (74°C) for this cooked mushroom filling. Check another if sizes vary.

Use refrigerated uncooked dumplings within 24 hours. Keep total room-temperature handling under two hours, or one hour above 90°F (32°C). Wheat wrappers and soy sauce commonly contain wheat; check for soy and sesame too.

Taste, Then Adjust



Seasoning is easier when you change one thing at a time. Stir the finished dish, let a small sample cool enough to taste safely, and consider what is missing: brightness, saltiness, sweetness or heat. Use a clean spoon for every sample; never return a used tasting spoon to the pan.

For a dish serving four, begin with a small adjustment: ½ teaspoon (2.5 mL) vinegar or citrus juice, a pinch of salt, ¼ teaspoon sugar, or a few drops of chili oil. Mix thoroughly and taste again before adding more. These are starting points, not targets. Taste broths and sauces near their serving temperature, and remember that simmering concentrates salt as water evaporates.

Choose the adjustment within the dish’s own cooking context. Rice vinegar brings acidity without the fresh aroma of lime. Chinese light soy sauce contributes salt and savory depth; Japanese miso adds fermented richness and body. Thai fish sauce has a distinct aroma, while Korean gochujang brings chili heat alongside sweetness, salt and fermented flavor. They are not interchangeable spoon for spoon. Check labels for allergens, especially soy, wheat, fish, shellfish and sesame.

If a sauce tastes flat, try acidity before automatically adding salt. A little sweetness can soften a sharp edge, but it cannot remove excess salt or chili. For an overseasoned dish, increase compatible unsalted ingredients or serve with plain rice. Stop when the main ingredients remain clear and recognizable.

A Better Food Photograph

A good food photograph begins with food that looks ready to eat. Choose one dish and let its texture lead: the folds of a dumpling, separate grains of rice, or the tender leaves of garlic bok choy. Photograph it while those qualities are still visible, rather than arranging so long that the food loses its character.



Wipe accidental drips from the plate's rim with a clean, damp cloth, then dry it. Keep deliberate sauce where it belongs, and use only garnishes that are part of the dish. Vegetables need not look identical; small variations make the cooking believable. Avoid extra oil for artificial shine or anything inedible added for appearance.

Set the plate near a window with the light coming from one side. Turn off overhead lights if they introduce a different color. A sheer curtain can soften direct sun; a dark board opposite the window can deepen shadows. Leave enough light to reveal the food, not just its outline.

Remove distracting packaging, extra utensils and busy fabrics. One charcoal plate on pale limestone, with a loosely folded ivory napkin nearby, is often enough. Check the whole frame, including its corners, before taking the picture.

Keep the photograph free of lettering. The book's text is typeset separately so quantities and instructions remain crisp, consistent and readable. The image has a different task: showing the cook what texture, proportion and finish can look like.

Cook, Cool, Store



Good storage begins before the meal ends. Have clean, shallow containers ready, make space in the refrigerator, and keep a food thermometer nearby. Smell and color cannot reliably tell you whether food is safe.

Measure temperature in the thickest part, avoiding bone; check several places in uneven pieces. Cook poultry to 165°F (74°C), ground meats to 160°F (71°C), and seafood to 145°F (63°C). Whole cuts of beef and pork need 145°F (63°C), followed by a three-minute rest. Cook eggs until both whites and yolks are firm. Wash the thermometer probe before and after use.

Refrigerate perishables within two hours of cooking or serving—or one hour when the surrounding temperature exceeds 90°F (32°C). Keep hot-held food at 140°F (60°C) or above. Divide large batches into shallow containers; hot food can go directly into the refrigerator in small portions. Do not wait for a deep pot to cool on the counter.

Rice needs particular care: portion and refrigerate it promptly, rather than leaving it at room temperature. Aim to use refrigerated rice the next day. Reheating cannot reliably make improperly stored rice safe.

Keep the refrigerator at 40°F (4°C) or below. Date leftovers, use within three to four days, or freeze promptly. Reheat leftovers throughout to 165°F (74°C), stirring and checking several spots. Bring reheated soups and sauces to a rolling boil. Discard food that exceeded safe holding times; never taste it to decide.

Build a balanced shared table

Give every dish a job. Choose one main, then add a contrast that makes it more enjoyable: a crisp vegetable beside a rich sauce, a cool salad beside something hot, or a grain that catches a broth. Another elaborate main is rarely the missing piece.



Read the yields before shopping. The Coogan Carbonara serves four; Jordi's Jambalaya serves six. A recipe intended as a main can become a smaller shared portion, but plan that deliberately and keep enough food for the actual number eating. The index and chapter introductions help you find companions without treating every cuisine's sides as interchangeable.

Work backward from serving. Choose a dessert that can finish earlier if the main needs your attention. Prepare a chilled side first and keep it stored appropriately. Reserve the final stove space for the dish that loses its texture fastest. A rice rest, an oven interval or a sauce reduction can be useful preparation time for another component when the method allows.

Set out serving utensils and bowls before food is ready. Leave a clear place for the hot pan and enough table space to pass dishes safely. Keep extra sauce separate when the recipe supports it, so a crisp surface stays crisp.

Tip: At the table. Ask what the meal still needs before adding another recipe. Sometimes the best addition is a wedge of lemon, a simpler side or the decision to sit down while dinner is still at its best.

The off-air dinner plan



FOR FOUR, WITHOUT A LAST-MINUTE RUSH

Choose The Tyler Tortellini as the main and Sesame Cucumber Salad as the cool contrast. Make a batch of Exit Interview Espresso Brownies earlier in the day; its nine servings leave a useful remainder rather than requiring a second dessert. Check the recipes for exact quantities and any ingredient restrictions before combining the shopping list.

EARLIER IN THE DAY

Bake the brownies according to their complete method and let them cool before cutting. Wash the vegetables and measure the tortellini sauce ingredients, keeping dairy refrigerated until needed. Read the pasta packet so its cooking interval is part of the plan. Set out the serving bowls, pasta-water jug and colander.

BEFORE THE FINAL COOKING WINDOW

Prepare the cucumber salad as its recipe directs and keep it cool. Slice the mushrooms, halve the tomatoes and ready the spinach. Grate the Parmesan and tear the basil, but keep the finishing ingredients separate from the pan ingredients. A few organized bowls now let you pay attention to the mushroom browning later.

THE FINAL WINDOW

Follow the tortellini method in order. Give the mushrooms their space and reserve the measured pasta water before draining. Combine pasta and sauce when both are ready, using the recipe's cues to bring the coating together rather than leaving filled pasta to wait in a tightening sauce. Bring the salad to the table close to serving.

The off-air dinner plan (continued)



AFTER DINNER

Pack suitable leftovers promptly according to the individual recipes. Keep the salad separate from the pasta so its moisture does not change the sauce. The brownie recipe's storage note controls the remaining pieces; a nine-serving bake is not an invitation to leave a whole tray uncovered on the counter.

Tip: Put only one dish in charge of the final five minutes. For a different menu, swap in a complete main that serves your group and choose accompaniments whose preparation can happen earlier.

Five dinners, one useful shopping list

A FOUR-PERSON WEEK WITH A PLANNED REMAINDER



Monday: make Jordi's Jambalaya, a full six-serving batch. Serve four portions and set aside the remaining two for a lunch, following its cooling, storage and reheating directions. Those two portions do not count as another four-person dinner, and their ingredients belong on the shopping list only once.

Tuesday: cook The Hays Haddock, which serves four. Choose a vegetable or grain only if you want an additional side, and add that separate recipe's ingredients and timing to the plan. Do not assume a side is included simply because it appears beside fish in a menu idea.

Wednesday: make The Tyler Tortellini for four. Buy the actual required quantity of filled pasta, mushrooms, tomatoes, spinach and dairy. Fresh and dried tortellini can have different packet cooking directions; check the product you intend to use.

Thursday: choose Demo Day Black Bean Tacos. Confirm the recipe yield and portions before shopping, and arrange toppings so crisp components stay separate until the tacos are assembled. Use the recipe's substitution notes rather than turning a partly used ingredient into an unsupported replacement.

Friday: cook one full batch of The Coogan Carbonara for four. Give it the final serving window and prepare any wanted cold side first. The egg-and-cheese mixture needs the method's controlled finishing heat; it should not wait in the pan while a second main catches up.

Five dinners, one useful shopping list (continued)



BUILD THE LIST

Open the five complete ingredient panels and total the quantities for each cooking occasion. Count the jambalaya batch once, then check cupboards and the refrigerator. Keep recipe-specific cheeses, rice forms and cured meats distinct where they are not interchangeable. Compare the pack you must buy against the amount needed, and give every perishable remainder a destination. This is a menu and quantity plan, not a claim about current store prices.

Tip: Save the final checked list as a pickup basket if that is useful, then review substitutions, weights and fees each time. A remembered basket saves typing; it should not make the decisions about tonight's dinner.

Kitchen notes and the technique shelf



Use the recipes as complete instructions and keep the facts that matter close to the food: exact quantities, the proper cooking endpoint and the shortest applicable storage note. A change to an ingredient, pan size or number of servings may also need a change to the method. Record the adjustment you actually made so the next version is deliberate.

Read labels for allergens and follow the recipe-specific handling directions. Keep raw animal foods apart from ready-to-eat ingredients, use clean utensils for tasting and have suitable shallow containers ready for leftovers. The cooking and storage instructions belong to each dish rather than to a single catch-all rule for the entire book.

The editorial technique shelf includes public guides associated with The Woks of Life, J. Kenji López-Alt, Maangchi, Just One Cookbook, RecipeTin Eats, Claire Saffitz and other sources retained in the editable recipe records. Techniques were paraphrased in original wording. These references are research leads and specific public technique sources, not a claim that every named book was read in full or that its author developed these recipes.

This is an independent BookForge cooking collection inspired by the conversations and team spirit around TBPN. John Coogan, Jordi Hays, Tyler Cosgrove and Dylan Abruscato did not author or endorse it. The playful recipe names do not describe a documented personal recipe or food history.

Keep your own useful notes: a pan that browned more evenly, a brand whose seasoning needed adjustment, a way of preparing the ingredients that made dinner easier. Specific observations make the collection better the next time you open it.

Keep a seat at the table



Choose one dish you want to make again. Remember the detail that changed it: room in the pan, a proper rice rest, the moment a sauce became glossy, a final squeeze of citrus. Write that down while it is still clear. Good cooking grows through useful observations, not simply through collecting another recipe.

Next time, keep one familiar favorite and add one new thing beside it. A reliable main gives you room to learn a side, a fold or a different way of finishing vegetables. Invite someone to help with a job that suits the moment, and set out the serving bowls before the food is ready.

The names and the conversation bring a little TBPN energy to the book. The meal becomes yours when you cook it, change it thoughtfully and share it with the people at your table. Make enough room to pass a bowl. Leave a seat open. Dinner is ready.

Recipe index

Interior page numbers point to the recipe’s reading pages.



Basil Chicken · 113–115

Bull Market Beef and Broccoli · 65–67

Caramel-Ginger Tofu · 141–143

Cardamom Rice Pudding · 160–162

Chicken and Mushroom Donburi · 78–80

Chickpea and Tomato Masala · 145–147

Citrus-Soy Roasted Vegetables · 186–188

Coconut and Pandan Rice · 173–175

Coconut Green Curry · 116–118

Coconut Vegetable Laksa · 164–166

Crisp Mushroom Rice · 183–185

Crisp Tofu Bibimbap · 97–99

Cumin Rice · 157–159

Demo Day Black Bean Tacos · 34–36

Demo Day Dumplings · 53–55

Dylan’s Danish Pastries · 28–30

Exit Interview Espresso Brownies · 46–48

Founder Mode Breakfast Burritos · 40–42

Founder Mode Kimchi Fried Rice · 103–105

Recipe index (continued)



Garlic Bok Choy · 56–58

Ginger Chicken Rice Porridge · 138–140

Ginger-Scallion Chicken · 50–52

Ginger-Scallion Sauce · 177–179

Gochujang Chicken · 94–96

Golden Gate Green Goddess Toast · 43–45

Japchae with Mushrooms · 106–108

Jordi’s Jambalaya · 13–15

Jordi’s Jerk Chicken · 16–18

Lemongrass Chicken Bowls · 132–134

Lemongrass Coconut Soup · 122–124

Lime and Chili Cabbage Salad · 125–127

Liquidity Event Mango Sticky Rice · 128–130

Mapo-Inspired Tofu · 62–64

Miso Soup with Tofu · 90–92

Miso-Glazed Salmon · 75–77

Peanut Satay Chicken · 167–169

Quick Sesame Bean Sprouts · 109–111

Runway Red Lentil Dal · 148–150

Sand Hill Mushroom Soba · 84–86

Sand Hill Skillet Pizza · 37–39

Recipe index (continued)



Scallion and Vegetable Pancakes · 100–102

Seed Round Scallion Pancakes · 68–70

Sesame Cucumber Salad · 71–73

Sesame Spinach · 87–89

Spinach Paneer · 151–153

Tamarind Rice Noodles · 119–121

Tandoori-Inspired Chicken · 154–156

Tempeh with Sweet Soy · 170–172

The Abruscato Stracotto · 31–33

The Coogan Carbonara · 10–12

The Hays Haddock · 22–24

The Hays Huarache · 25–27

The Tyler Tortellini · 19–21

Tofu Rice-Paper Rolls · 135–137

Tomato and Egg Rice · 59–61

Vegetable Tempura · 81–83

Zero to One Chili-Sesame Noodles · 180–182

Ingredient index

Find recipes by their recorded ingredient names. Numbers point to their first reading page.



× 400 g (14 oz) can crushed tomatoes · 145

× 400 g (14 oz) cans chickpeas, drained and rinsed, about 480 g drained · 145

all-purpose flour (about 2 cups), plus 15 g (2 tablespoons) for dusting · 68

all-purpose flour, divided · 81

all-purpose wheat flour · 100

avocado, diced · 34

baby bok choy · 56

baby spinach · 19, 97, 106

basil leaves · 43

basil leaves, torn · 19

basmati rice (about 1 1/2 US cups) · 157

basmati rice (scant 1/2 cup) · 160

bay leaves · 31

boneless beef chuck roast, in one piece · 31

boneless skinless chicken thighs, cut into 3 cm pieces · 13

boneless skinless chicken thighs, opened flat · 16

boneless, skinless chicken breast, cut into 2 cm (3/4-inch) cubes · 167

Ingredient index (continued)



boneless, skinless chicken breasts, each about 3 cm (1 1/4 inches) thick · 50

boneless, skinless chicken thighs · 154

boneless, skinless chicken thighs (1 lb), trimmed · 138

boneless, skinless chicken thighs, cut into 2 cm (3/4-inch) pieces · 78

boneless, skinless chicken thighs, cut into 2 cm strips · 132

boneless, skinless chicken thighs, cut into 2.5 cm (1-inch) pieces · 122

boneless, skinless chicken thighs, cut into 3 cm (1 1/4-inch) pieces · 94

boneless, skinless chicken thighs, cut into 3 cm pieces · 116

broccoli (about 1 medium head), cut into 4 cm/1 1/2-inch florets; stalk peeled and thinly sliced · 186

broccoli florets, cut into even bite-size pieces · 65

canned apricots, thoroughly drained and patted dry · 28

canned crushed tomatoes · 31

canned diced tomatoes, drained weight · 13

canned unsweetened coconut milk · 164

canned unsweetened coconut milk, stirred · 116

capers, drained and rinsed · 22

carrot (about 1 large), peeled and coarsely grated · 125

carrot, cut into thin matchsticks · 97, 100, 106

Ingredient index (continued)



carrot, diced · 31

carrot, peeled and cut into fine matchsticks · 135

carrots (about 3 medium), cut diagonally into 5 mm/1/4-inch slices · 186

carrots, cut into fine matchsticks · 132

cayenne pepper · 13, 145, 154

celery, diced · 13, 31

cheddar, grated · 40

cherry tomatoes, halved · 19, 37

chili oil · 180

chili oil, to taste · 71

cilantro (about 1/2 cup loosely packed), roughly chopped · 138

cilantro leaves · 34, 164

cold water · 100

Cold water and ice, for cooling · 87

commercial refrigerated vegetarian cabbage kimchi (without fish or shrimp; check the label), chopped · 103

commercial vegetarian laksa paste (without fish or shrimp; check the label), plus up to 15 g (1 tbsp) more to taste · 164

commercial vegetarian Thai green curry paste (without shrimp or fish; check the label) · 116

Ingredient index (continued)



cooked black beans, drained · 25

cooked black beans, drained and rinsed · 34, 40

cooked rice, refrigerated promptly after cooking and chilled overnight · 103

corn tortillas · 34

cornstarch · 97

cornstarch mixed with 1 tbsp cold water · 62

cornstarch, divided · 65

cremini mushrooms, sliced · 19

cucumber (about 1 medium), halved lengthwise, seeded and thinly sliced · 125

cucumber, cut into thin matchsticks · 180

cucumber, thinly sliced · 43, 132, 167

cumin seeds · 145, 148, 151

cumin seeds (4 g) · 157

dark brown sugar · 16, 141

dark chocolate, chopped · 46

doubanjiang (fermented chili bean paste) · 62

dried buckwheat soba · 84

dried flat rice noodles, about 5 mm wide · 119

dried kombu, approximately one 10 cm (4-inch) square · 84

Ingredient index (continued)



dried kombu, approximately one 10 cm square · 90

dried rice vermicelli · 132, 135, 164

dried sliced shiitake mushrooms · 90

dried spaghetti · 10

dried sweet potato glass noodles (dangmyeon) · 106

dried thyme · 13, 16

dried wakame (about 1 tbsp) · 90

dried wheat noodles · 180

dry red wine · 31

egg, beaten · 28

eggplant, cut into 2 cm cubes · 116

eggs · 40, 46

fine salt · 13, 16, 22, 25, 31, 34, 40, 43, 46, 53, 68, 71, 100, 109, 128, 138, 145, 148, 154, 160, 170, 173

fine salt (3 g) · 157

fine salt (about 3 g) · 177

fine salt for the pasta water · 10

fine salt, divided · 50, 59

fine salt, plus 1/4 teaspoon for serving · 81

Ingredient index (continued)



fine salt, plus more to taste · 151

fine salt, plus salt for pasta water · 19

finely grated fresh ginger · 53, 75, 148, 154

finely grated lemon zest · 22, 28

finely grated orange zest · 186

finely minced tender lemongrass core · 132

firm tofu (21 oz), drained and cut into 2 cm cubes · 62

firm tofu, drained · 97, 141

firm tofu, drained and cut into 2 cm cubes · 164

firm tofu, drained and patted dry · 135

firm tofu, drained, patted dry and cut into 2 cm cubes · 119

fish sauce · 122

fish sauce (4 teaspoons) · 125

fish sauce (15 mL) · 138

fish sauce (22 mL) · 113

fish sauce, divided · 132

fish sauce, plus up to 1 tsp more to taste · 116

flat-leaf parsley, chopped · 31

flat-leaf parsley, finely chopped · 22

Ingredient index (continued)



flour for shaping · 37

flour tortillas · 40

fresh basil leaves · 37

fresh galangal, thinly sliced · 122

fresh ginger (1 tbsp finely grated) · 62

fresh ginger, finely grated · 151

fresh ginger, peeled (about 1/4 cup very finely minced) · 177

fresh ginger, peeled and cut into fine matchsticks · 138

fresh ginger, peeled and finely chopped · 65

fresh ginger, peeled and finely grated, about 1 1/2 tbsp · 145

fresh lemon juice · 22

fresh lime juice · 122, 132, 164

fresh lime juice (3 tablespoons) · 125

fresh mung bean sprouts · 109

fresh or thawed pandan leaf, about 30 cm long, rinsed and loosely knotted · 173

fresh shiitake mushrooms (9 oz), tough stems removed, caps sliced 5 mm thick · 183

fresh shiitake mushrooms, stems discarded, caps finely chopped · 53

fresh shiitake mushrooms, stems discarded, caps sliced · 122

fresh shiitake mushrooms, stems removed, caps thinly sliced · 106

Ingredient index (continued)



fresh shiitake, tough stems removed, caps sliced · 78, 84

fresh spinach, tough stems removed · 87

fresh spinach, washed thoroughly, tough stems removed · 151

freshly cooked short-grain rice, prepared according to package directions · 97

freshly ground black pepper · 10, 141, 186

freshly squeezed orange juice · 186

full-fat cream cheese, softened · 28

fully cooked andouille sausage, sliced · 13

garam masala · 145, 151

garlic chives, cut into 4 cm lengths · 119

garlic cloves (about 16 g), finely chopped, divided · 56

garlic cloves, finely chopped · 62, 113, 119, 148, 151, 183

garlic cloves, finely grated · 94, 132, 145, 154, 167

garlic cloves, minced · 106

garlic cloves, thinly sliced · 170

garlic, chopped · 31

garlic, finely grated · 22

garlic, minced · 13, 19

garlic, peeled · 16

Ingredient index (continued)



ghee (about 1 1/2 tablespoons) · 157

ghee or neutral oil · 148

gochujang · 94, 97

granulated sugar · 28, 46, 71, 87, 106, 122, 128

granulated sugar (1/4 cup) · 160

granulated sugar (2 1/2 teaspoons) · 125

green beans, trimmed and cut into 4 cm lengths · 164

green beans, trimmed and halved · 116, 170

green beans, trimmed and left whole · 81

green bell pepper, diced · 13

green cabbage (about 4 cups), cored and finely shredded · 125

green cardamom pods · 160

ground allspice · 16

ground black pepper · 13, 19, 22, 31, 40, 43, 106

ground cayenne · 151

ground chicken (1 lb 2 oz) · 113

ground cinnamon · 16

ground coriander · 145, 154, 167

ground cumin · 25, 34, 154

Ingredient index (continued)



ground nutmeg · 16

ground turmeric · 145, 148, 151, 154, 167

ground white pepper · 138, 183

guanciale, rind removed, cut into 1 cm batons · 10

heavy cream · 19, 151

honey · 94

hot water · 46

hot water, only if needed to loosen the pudding · 160

instant espresso powder · 46

Japanese short-grain rice · 75

Japanese soy sauce · 78, 84, 87

jasmine rice · 141

jasmine rice (about 1 1/2 US cups) · 173

jasmine rice (about 1 2/3 cups), rinsed · 62

jasmine rice (about 1 cup) · 113

jasmine rice (about 3/4 cup) · 59, 138

just-boiled water · 68

kecap manis · 170

kimchi brine · 103

Ingredient index (continued)



large eggs · 59, 78

large eggs, beaten · 103

lemon juice · 145, 148

lemon juice, divided · 43

lemon juice, plus 1 lemon cut into wedges for serving · 154

lemongrass stalks, tough outer layers discarded, lower 12 cm (5 inches) bruised and cut into large pieces · 122

light brown sugar, divided · 167

light soy sauce · 16, 53, 59, 68, 71, 94, 109, 119, 135, 141, 180, 183

light soy sauce (15 mL) · 113

light soy sauce, divided · 56, 65, 97, 167

light soy sauce, plus 1 tsp if needed · 164

light soy sauce, to taste · 62

lime juice · 16, 116, 135

lime juice, divided · 167

lime, cut into wedges · 25, 34, 119, 138

lime, quartered · 164

long-grain white rice, rinsed and drained · 13

low-moisture mozzarella, grated · 37

Ingredient index (continued)



low-sodium beef stock, plus more if needed · 31

low-sodium chicken stock · 122

low-sodium chicken stock, plus up to 120 mL if needed · 13

low-sodium vegetable stock · 164

masa harina for tortillas · 25

medium onion, finely chopped, about 180 g · 145

mint leaves · 132

mint leaves, washed and dried · 135

mirin · 75, 78, 84

mung bean sprouts, rinsed and drained · 119

napa cabbage, finely chopped · 53

neutral frying oil · 81

neutral oil · 13, 16, 50, 62, 75, 84, 94, 106, 116, 135, 141, 145, 151, 154, 164, 186

neutral oil (30 mL) · 113

neutral oil, divided · 25, 53, 56, 59, 65, 97, 100, 103, 119, 132, 170, 183

neutral oil, divided. · 68

neutral oil, plus 1 tsp for the pan · 167

neutral oil, such as canola · 177

olive oil · 19, 31, 34, 37, 40, 43

Ingredient index (continued)



onion, diced · 13, 31, 40

onion, finely chopped · 34, 148, 151

onion, thinly sliced · 78, 106

packed light brown sugar · 119

paneer, cut into 2 cm (3/4-inch) cubes · 151

Parmesan, finely grated · 19

parsley leaves · 43

pasteurized egg yolks · 10

pasteurized queso fresco, crumbled · 25

pasteurized whole eggs · 10

Pecorino Romano, finely grated · 10

peeled ginger, chopped · 16

peeled ginger, cut into fine matchsticks · 141

peeled ginger: 10 g thinly sliced for poaching and 20 g finely grated for the sauce · 50

peeled, seeded kabocha squash, cut into 3 mm slices · 81

plain all-purpose flour · 46

plain Greek yogurt · 43

plain tempeh, cut into 1 cm (3/8-inch) strips · 170

plain whole-milk yogurt · 154

Ingredient index (continued)



prepared tomato salsa · 25, 40

ready-rolled all-butter puff pastry, one 24 by 36 cm sheet, thawed in the refrigerator if frozen · 28

red bell pepper (about 1 large), trimmed and cut into 3 cm/1 1/4-inch pieces · 186

red bell pepper, diced · 40

reduced-sodium light soy sauce · 186

reduced-sodium soy sauce · 103, 106

refrigerated cheese tortellini · 19

refrigerated pizza dough · 37

refrigerator-cold sparkling water · 81

ripe avocado, diced · 25

ripe avocados · 43

ripe mangoes, peeled and sliced, yielding about 400 g flesh · 128

ripe tomatoes (about 3 medium), cored and cut into 2 cm wedges · 59

romaine lettuce, finely shredded · 25

rosemary · 31

roughly chopped cilantro leaves · 122

round rice-paper wrappers, approximately 22 cm (8 1/2 inches) · 135

round wheat dumpling wrappers, about 9 cm (3 1/2 inches) wide · 53

Ingredient index (continued)



salmon fillets, 150 g (5 1/4 oz) each, approximately 2.5 cm (1 inch) thick, pin bones removed · 75

scallion, thinly sliced · 78

scallions (about 6), finely sliced and thoroughly dried · 68

scallions, chopped · 16

scallions, thinly sliced · 13, 62, 84, 90, 94

scallions, thinly sliced, whites and greens separated · 59, 103, 138, 183

scallions, trimmed (about 2/3 cup finely sliced), white and green parts separated · 177

scallions, trimmed and cut into 7 cm (3-inch) lengths; thick white sections split lengthwise · 100

scallions, trimmed and thinly sliced, about 30 g · 109

scallions, trimmed: reserve 5 g white sections whole; finely slice the remaining 55 g · 50

sesame seeds · 71

shallots, thinly sliced · 141, 170

shelled, unsalted pistachios (about 3 tbsp), finely chopped · 160

shiitake mushrooms (7 oz), stems removed, caps finely chopped · 62

Sichuan peppercorns, finely crushed · 62

sirloin steak, trimmed and sliced across the grain into 5 mm (1/4-inch) strips · 65

skinless haddock fillets, four 150 g portions, about 2 cm thick, pin bones removed · 22

small fresh red chili, thinly sliced; remove seeds for less heat · 113

Ingredient index (continued)



small garlic clove (about 3 g), finely grated · 71

small garlic clove, finely grated · 180

small garlic clove, finely grated, about 3 g · 109

small lettuce leaves, washed and dried · 135

small red bird’s-eye chili, stemmed and finely chopped; remove seeds for less heat · 125

small red chili, halved lengthwise · 122

small Scotch bonnet chili, stemmed; remove seeds for less heat · 16

small seedless cucumbers · 71

smoked paprika · 34

smooth peanut butter · 135, 167

soft tofu, drained and cut into 2 cm cubes · 90

sourdough bread · 43

soy sauce · 100

split red lentils · 148

sugar · 59, 62, 65, 78, 97, 100, 116, 135, 164, 180

sugar (8 g) · 113

sugar, divided · 132

sugar. · 68

sweet paprika · 13, 154

Ingredient index (continued)



sweet potato, scrubbed and cut into 3 mm rounds · 81

Thai basil leaves · 116

Thai basil leaves (about 1 loosely packed cup), thick stems discarded · 113

thick prepared tomato pizza sauce · 37

toasted sesame oil · 68, 71, 84, 94, 97, 103, 106, 109

toasted sesame seeds · 68, 84, 87, 94, 103, 106, 109, 128, 180

tomatoes, diced · 34

tomatoes, finely chopped · 148, 151

uncooked Japanese short-grain rice · 78

uncooked jasmine rice · 50

uncooked jasmine rice (about 1 cup) · 183

unsalted butter · 22, 46

unsalted chicken stock · 78

unsalted chicken stock (about 6 1/3 cups) · 138

unsalted roasted peanuts (1/4 cup), roughly chopped · 125

unsalted roasted peanuts, chopped · 119

unsalted vegetable stock (1 1/4 cups) · 62

unseasoned rice vinegar · 68, 71, 75, 94, 97, 100, 106, 170, 180

unsweetened canned coconut milk (1 US cup), stirred smooth · 173

Ingredient index (continued)



unsweetened cocoa powder · 46

unsweetened coconut milk, stirred smooth · 122

unsweetened full-fat coconut milk, stirred smooth · 128

unsweetened sesame paste, stirred thoroughly · 180

unsweetened tamarind purée, not concentrated extract · 119

vanilla extract · 28, 46

warm water · 87, 132

warm water, plus 15–30 mL if needed · 25

warm water, plus reserved noodle water as needed · 180

warm water, plus up to 15 mL (1 tbsp) to thin · 135

water · 34, 68, 90, 94, 100, 116, 145, 170

water (1 1/4 cups), or the amount specified on the rice package · 183

water (1 1/4 US cups), adjusted as directed below · 173

water (1 tablespoon) · 125

water (2 1/4 US cups), or the quantity specified on the rice package for 300 g rice · 157

water (45 mL) · 113

water (about 2 cups), plus extra boiling water as needed · 138

water for poaching, plus water specified on the rice package · 50

Water for rice, according to package directions · 141

Ingredient index (continued)



Water for soaking and steaming · 128

water for the beans · 25

water for the egg wash · 28

water for warming the beans · 40

Water, according to rice package directions · 59, 78

Water, according to the rice package · 113

Water, as directed on the rice package · 75

water, divided · 56, 65

water, divided, plus water for sealing · 53

water, for blanching · 87

water, for boiling · 109

water, for the glaze · 75

water, plus 1 tbsp if needed · 59

water, plus 2 litres for blanching · 151

water, plus 60–120 mL (1/4–1/2 cup) if needed · 148

water, plus extra as needed · 119

water, plus extra for reheating rice if needed · 97

water, plus extra if needed · 141

water, plus more if needed · 167

Ingredient index (continued)



water, plus water for cooking noodles · 84

white miso · 75

white miso (about 2 1/2 tbsp), plus up to 15 g (about 2 1/2 tsp) to taste · 90

white rice flour, not glutinous · 100

white Thai glutinous rice, also called sweet rice—not sushi rice · 128

whole milk (about 4 1/4 US cups) · 160

zucchini, cut into thin matchsticks · 97

Kitchen notes



Dish & date

What worked

Next time