























# Charts

 <p><b>Buttermilk</b> 1 cup</p>	=	<p>Milk 1 cup + Vinegar 1 tbsp</p> <p>OR</p> <p>Milk 1 cup + Lemon Juice 1 tbsp</p> <p>OR</p> <p>Yogurt 1 cup</p>
 <p><b>Cajun Seasoning</b> 1 tsp</p>	=	<p>Cayenne Pepper ¼ tsp + Dried Thyme ½ tsp + Dried Basil ¼ tsp + Minced Garlic 1 clove</p>
 <p><b>Chocolate, Semi-sweet</b> 1 square (1 ounce)</p>	=	<p>Unsweetened Chocolate 1 square + Sugar 1 tbsp</p> <p>OR</p> <p>Semisweet Chocolate Chips 3 tbsp</p>
 <p><b>Chocolate</b> 1 square (1 ounce)</p>	=	<p>Baking Cocoa 3 tbsp + Shortening 1 tbsp</p> <p>OR</p> <p>Baking Cocoa 3 tbsp + Vegetable Oil 1 tbsp</p>
 <p><b>Cornstarch, Thickening Agent</b> 1 tbsp</p>	=	<p>All-Purpose Flour 2 tbsp</p>



Ground flax	Chia seed	Soy protein	Agar agar	Ripe bananas	Applesauce	Peanut butter
						
ground flax	chia seed	soy protein powder	agar agar	½ mashed banana	unsweetened applesauce	peanut butter
+	+	+	+	=	=	=
						
water	water	water	water	egg	egg	egg
=	=	=	=			
						
egg	egg	egg	egg			
(blend until mixture is thick, creamy & egg-like)	(mix and let sit for 15 minutes)					



swansonvitamins.com

Step-by-step

# Charts

## Section 3 · Mix together

---

1 3/4 cup Rice flour  
1 1/4 tsp salt  
1/2 to 2 tsp sugar  
1/4 tsp white pepper, optional



1 Whisk together dry ingredients

3 cups Softened turnip and water mixture  
Fried flavourings mixture



2 Mix with dry ingredients



## Section 4 · Steam

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1 Pour into a 9 inch cake pan or dish.



2 Cover and steam for 40 mins to 1 hour on high heat until chopstick comes out clean



3 Cool to room temperature



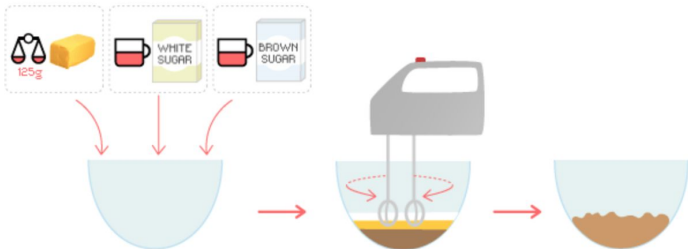
# Infographics

## Chocolate chip cookies

- 1 Preheat oven to 190 degrees F (375 degrees F).



- 2 In a large bowl, cream together 125g butter, 1/2 cup white sugar and 1/2 cup brown sugar.



## APPLES AND PEARS



1. Peeling is optional. Slice downward around the core, removing flesh in pieces.
2. Cut the pieces into slices or wedges.
3. Or cut the pieces in a crosshatch pattern to chop.

## AVOCADO



1. Insert the knife to the pit; rotate to cut all the way around, and twist to separate.
2. Firmly but carefully, whack the base of the knife into the pit and twist to remove it.
3. For slices or cubes, hold half and cut only the flesh.
4. Scoop out the chunks of flesh with a spoon.

# List View

## Step 1



Add the Panko breadcrumbs and olive oil to a large pan over medium heat. Stir the breadcrumbs frequently as you do not want any to burn.

[Enlarge Image](#)

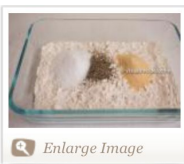
## Step 2



Once the toasted breadcrumbs have taken on a golden brown color, turn off the heat and empty the breadcrumbs into a shallow bowl to cool.

[Enlarge Image](#)

## Step 3



While the breadcrumbs are cooling, add the flour, salt, pepper, and garlic powder into a separate shallow bowl

[Enlarge Image](#)



1. Mandeln färdigmald. 2. Vispade äggvitor och socker. 3. Blanda försiktigt ihop de vispade äggvitorna och mandeln.



4. Rita ut cirklar med en passare på bakplåtspapper, 24 cm i diameter (ställ in passaren på 12 cm). 5. Bred ut hälften av marängsmeten på respektive rundel innanför strecket. 6. Bred ut smeten jämnt. Grädda sedan i ugnen.

## Smart scales



Step-less

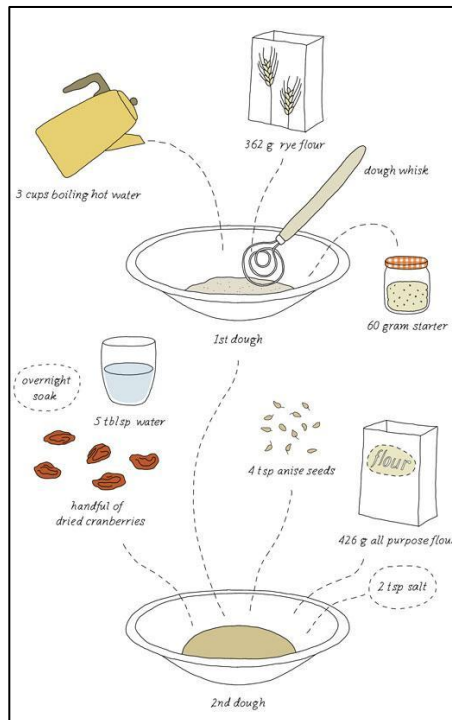
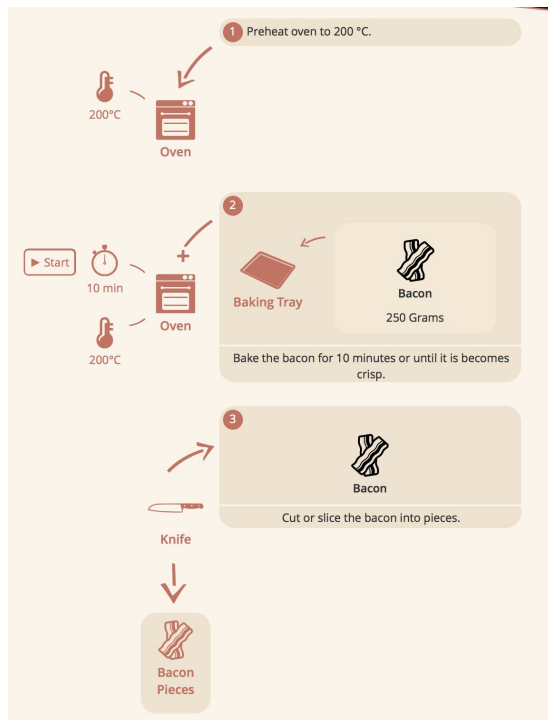




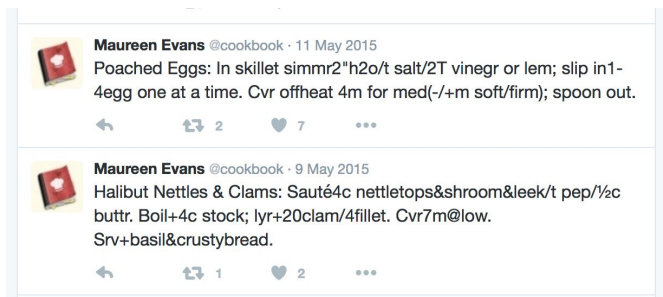




# Infographics



# Condensed



As you progress to subsequent sections and internalize things (just like [R] for “right” on the previous page), the instructions will be compressed. By the end of the book, instead of 3–5 pages of explanation, all you will need to create delicious dishes is shorthand like this:

Cauliflower Bites: toss cauliflower florets / 3T oil / 2t cumin & garlic / 1T curry powder / s + p. Roast on baking sheet ~ 20m @ 400F; turn 1x. ((Recipe by the brilliant Maureen Evans of eat-tweet.com.))

Once you graduate to this, you’ll be ready to tackle practically any cookbook and any recipe in the world, including our Appendix of nearly 200 shorthand recipes: one flagship dish for every country of the world.

# Optimized

This icon tells you how fast your recipe is:

- 🕒 0 to 15 minutes
- 🕒 16 to 30 minutes
- 🕒 31 to 45 minutes

Almost every recipe in this book is a main dish.

A shopping list. You don't prep the food here; you'll do that later.

A Prep step often takes place *while* other cooking is happening to take advantage of downtime. Here, you prep the greens while the sausage browns.

SPEED  SERVES 4

## White Beans with Sausage, Greens, and Garlic

All ingredient preparation happens here. Prep steps

White beans, greens, and Italian sausage make one of the best main dishes in this book. This is a quick recipe if you want the beans to remain intact. If you want the beans to fall apart a bit, see the Note on the opposite page.

### Ingredients

- 2 tablespoons olive oil
- 12 ounces sweet or hot Italian sausage
- 1 ½ pounds spinach, kale, collards, escarole, chard, or broccoll rabe
- 2 garlic cloves
- 4 cups cooked or canned white beans (two 15-ounce cans)
- ½ cup chicken stock or water
- 4 ounces Parmesan cheese (1 cup grated)
- Salt and pepper

### Prep | Cook

- Put 2 tablespoons olive oil in a large skillet or large pot over medium-high heat. Cut the sausage into slices.
- Add the sausage to the skillet and cook, stirring occasionally until lightly browned, 5 or 6 minutes. Trim and chop the greens, keeping any thick stems separate (discard thick spinach stems).
- When the sausage is lightly browned, add any chopped stems to the skillet and cook until they begin to soften, 3 or 4 minutes. Peel and mince 2 garlic cloves. If you're using canned beans, rinse and drain them.
- When the stems begin to soften, add the leaves, a handful at a time if necessary to fit them in, along with the garlic, beans, and ½ cup chicken stock or water.

Note that I repeat ingredient quantities. That way you don't have to look back at the ingredients list.

- Cook, stirring occasionally until the beans are warmed through and the greens are just wilted—3 or 4 minutes for spinach; 4 or 5 minutes for escarole, chard, and broccoll rabe; 5 or 6 minutes for kale and collards. Grate 1 cup Parmesan.
- Add the Parmesan to the skillet and stir. Season with salt and pepper. Taste and adjust the seasoning and serve.

### VARIATIONS

**White Beans with Bacon, Greens, and Garlic**  
Substitute chopped bacon for the sausage. Cook until crisp and drain the excess fat before adding the stems.

**Black Beans with Chorizo, Greens, and Garlic**  
Substitute fresh Mexican-style chorizo for the Italian sausage and black beans for white. Omit the Parmesan.

**Kidney Beans with Ham, Greens, and Garlic**  
Substitute chopped smoked ham for the Italian sausage and kidney beans for the white beans. Omit the Parmesan and add a dash of hot sauce instead if you like.

### NOTES

**MAKE YOUR OWN Cooked Beans** 496

**Chicken Stock** 213  
**IF YOU HAVE MORE TIME**  
If you want a soft stewy mixture, let the beans and greens bubble gently, adding more stock or water if the pan gets too dry, until the greens are very tender and the beans begin to break apart, up to 45 minutes.

### SIDES

- Garlic Bread 900
- Bruschetta 909
- Caprese Salad 922

These are my favorite accompaniments for this dish. They're optional, of course.

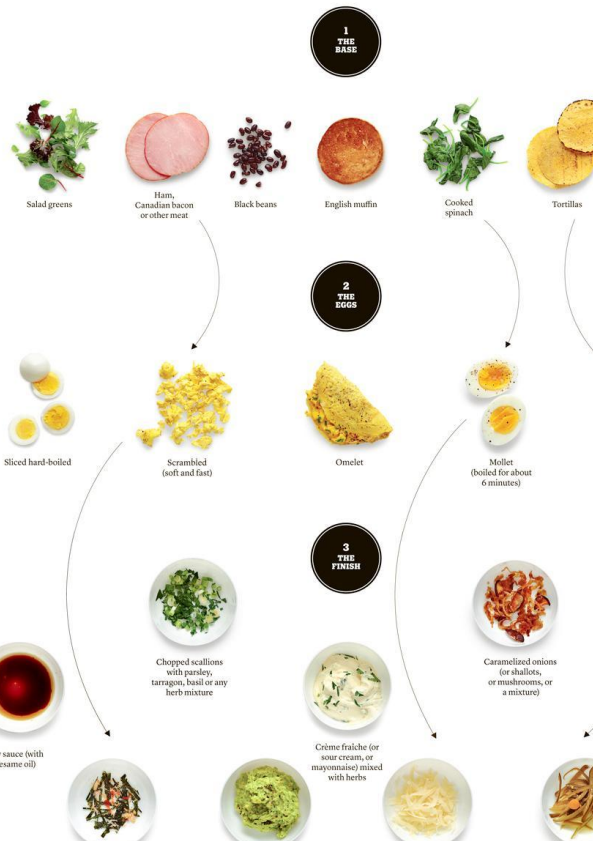
If you want to avoid shortcuts, check here. If you want *additional* shortcuts, look for Even Faster notes.

Variations are sometimes tweaks and at other times are all-new recipes.

You could buy these, but sometimes making your own pays off—and adds no time if you've got it stored in your refrigerator or freezer. The foods worth making yourself are called out here.

Recipe-free

# Recipe Chart/Matrix



## STEAMED



**WITH BROWN BUTTER**  
Put asparagus in a covered pot with an inch of water (they may stand, lean in the flat) and turn heat to high. Put 2 to 4 tablespoons olive oil in a small saucepan over medium heat; stir occasionally until foam subsides and butter turns nut brown. When asparagus is done, drain, drizzle with butter and serve.



**WITH AIOLI**  
Skip brown butter. Put an egg yolk in a food processor with 2 teaspoons Dijon mustard, 1 to 4 peeled garlic cloves, 1 tablespoon lemon juice and 1 teaspoon lemon zest. Turn it on and drizzle with 1 cup olive oil; an emulsion will form. Serve asparagus dipped in aioli.



**WITH FRIED EGGS AND HAM**  
Skip brown butter. Melt 2 tablespoons butter in a large skillet over medium heat. Add 4 slices good ham and cook gently on both sides; remove. Add 2 mayonnaise tablespoons butter in skillet and fry first egg until whites are firm. Serve asparagus topped with ham, eggs and any pan juices.

## ROASTED



**WITH OIL WITHOUT BACON**  
Heat oven to 450. Toss asparagus with 2 tablespoons olive oil (more if you don't use bacon) and 4 ounces cubed bacon (optional) in a roasting pan. Roast, turning once or twice, until done. Garnish: Grated Parmesan.



**WITH CARROTS, SESAME AND SOY**  
Skip bacon. Substitute sesame oil for the olive oil and add 2 thinly sliced carrots to roasting pan. After 3 minutes of roasting, sprinkle with 1 tablespoon sesame seeds. When done, drizzle with soy sauce and toss. Garnish: Crumbled toasted nut.



**WITH BLUE CHEESE AND BREAD CRUMBS**  
After 3 minutes of roasting, turn asparagus and top with 1/4 cup fresh bread crumbs and 1/4 cup crumbled blue cheese. Continue to roast without turning until asparagus is done. Turn on broiler and broil until top browns, about 1 minute.

## STIR-FRIED



**WITH SHALLOTS AND FISH SAUCE**  
Put a large skillet over high heat for 2 minutes. Add 2 tablespoons peanut oil, three asparagus — cut into 2-inch lengths — and 50 halved shallots. Cook, stirring, until asparagus and shallots are dry and beginning to brown. Add 2 tablespoons water and 1 tablespoon fish sauce; cook until done. Garnish: Chopped peanuts.



**WITH SCALLOPS AND BLACK BEANS**  
Soak 1 tablespoon fermented black beans in sake or white wine to cover while pan heats. Substitute 1 tablespoon minced garlic for the shallots and soy sauce for the fish sauce. Add black beans and 1/4 pound sliced or cubed scallops to pan along with soy sauce and water. Garnish: Chopped chives.



**WITH CHICKEN AND SHIITAKE**  
Skip shallots. When pan is hot, add oil, then 1/4 pound cubed chicken thighs. Cook, stirring occasionally, until browned; remove. Add asparagus and 1/4 pound trimmed and sliced shiitake mushrooms; proceed, substituting oyster sauce for the fish sauce. Add chicken back to pan along with oyster sauce and water. Garnish: More oyster sauce.

## GRILLED



**WITH LEMON MARINADE**  
Heat a grill with rack to 4 to 6 inches from flame. Combine 2 tablespoons olive oil and zest and juice of 1 lemon; brush asparagus with this. Grill asparagus crosswise, turning once or twice and brushing with sauce until done. Garnish: Lemon wedges.



**WITH GRAPE TOMATOES AND PESTO**  
Skip lemon; grill 1 pint grape tomatoes, skewered, with the asparagus, brushing all with olive oil. Panse 1 cup basil leaves, 1 small garlic clove, 1 tablespoon pine nuts, 1/4 cup (or more) olive oil and 1/4 cup grated Parmesan in a mini food processor. Serve asparagus and tomatoes with pesto.



**WITH RED-PEPPER GLAZE**  
Substitute lime zest and juice for the lemon; add 1 tablespoon honey and 1/4 teaspoon (or more) red-pepper flakes. Grill 1 yellow bell pepper — cut into thick strips — and 4 steamed scallions along with the asparagus, brushing all with the glaze. Garnish: Lime wedges.

## MIX-AND-MATCH SALAD DRESSINGS

one ingredient per row to create your ideal salad dressing combo. Or choose the one down the left side if you're craving a classic taste—the farther right you go, the adventurous the end result.

CLASSIC	BASE (1/3 CUP)				BOLD
Virgin Olive Oil	Flavored Oil	Plain Full-Fat Yogurt	Avocado Oil	Tahini	
Red Wine Vinegar	Apple Cider Vinegar	Red Wine Vinegar	Fresh Lime Juice	Fresh Orange Juice	
Mustard	Egg Yolk (2 Whites)	Mayonnaise	Mashed Avocado	Honey	
Chopped Fennel	Chopped Parsley	Chopped Dill	Chopped Cilantro	Chopped Mint	
Roasted Garlic	Mashed Anchovies	Crushed Capers	Diced Serrano Pepper	Minced Oil-Cured Olives	

Prevention

# Ratio

## Bread Dough

**Bread = 5 parts flour : 3 parts water (plus yeast and salt)**

Everyone should be able to make bread when they want to, but rarely do we because of the perceived effort involved. When you know the ratio for bread, bread is easy. You don't need a recipe or even a measuring cup. All you need is a bowl and a scale. The bread ratio is a common one. I've adapted it from what is called the baker's percentage: 100 percent flour, 60 percent water, 3 percent fresh yeast, 2 percent salt. It's a good working ratio. If you want more bread, double it. If your scale has a gram measurement on it, it's even easier (and shows why metric weights are so much more efficient than our U.S. equivalents): 1,000 grams of flour, 600 grams of water, 30 grams



<http://www.nytimes.com/2015/10/14/dining/written-recipes-undergo-a-makeover.html>

<http://www.nytimes.com/2015/08/30/magazine/what-we-learn-from-old-recipes.html>

<http://www.nytimes.com/1997/09/17/dining/cookbook-follies-recipes-that-fail.html>

<http://www.nytimes.com/2009/10/08/opinion/08kimball.html>

<http://www.nytimes.com/2012/10/14/magazine/cooks-illustrateds-christopher-kimball.html>

<http://firstwefeast.com/eat/problems-with-food-media/>

## BLANQUETTE AUX ASPERGES



Sauté de veau  
1,2 kg (en morceaux)



Eau ou bouillon  
50 cl



Asperges vertes  
x 4 (grosses)



Champignons de Paris  
200 g



Crème  
33 cl



Farine  
2 cuil. à soupe

 Sel, poivre

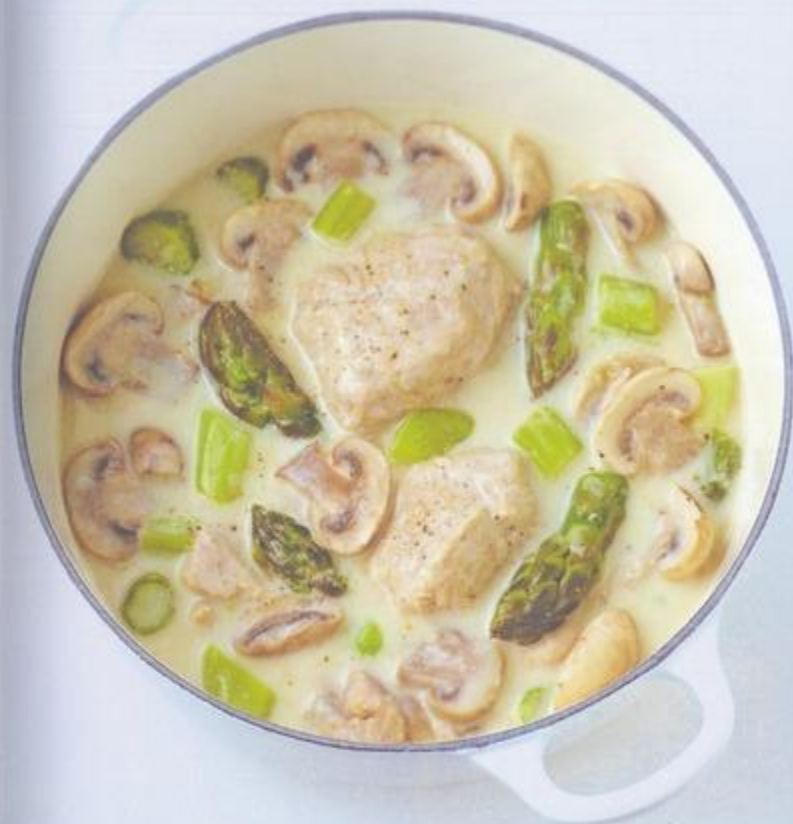




Préparation : 15 min

Cuisson : 1 h 15

- Mettez à cuire le **veau**, 1h dans le **bouillon** à feu doux. Épluchez et coupez les **asperges** en morceaux, émincez les **champignons**. Égouttez la viande. Mélangez la **crème** avec la **farine** et ajoutez-la en fouettant au **bouillon**.
- Ajoutez les **asperges** et les **champignons** et faites cuire 10 min de plus en remuant. Remettez la viande dans la sauce, salez, et poivrez.



**Fried eggs  
with  
asparagus**

**Chicken wings  
with  
mushrooms**

**Sangria  
with fruit**

**INGREDIENTS**

**BUY FRESH**

- \* thin asparagus spears
- \* chicken wings
- \* mushrooms
- \* fresh thyme
- \* pink grapefruit
- \* oranges
- \* lemons
- \* apples
- \* pears
- \* peaches
- \* fresh mint

**IN THE CUPBOARD**

- \* olive oil
- \* salt
- \* black peppercorns
- \* garlic
- \* dried bay leaves
- \* white wine
- \* red wine
- \* sugar
- \* Cointreau
- \* ground cinnamon

**IN THE FRIDGE**

- \* eggs



**ORGANIZING THE MENU**

Hours  
before  
the  
meal

4

3½

3

2½

2

1½

1

¾

*1½ hours before*  
Make the sangria  
and chill in the fridge

*40 minutes before*  
Brown the chicken wings

Trim the asparagus

Prepare the fruit for  
the sangria and chill  
in the fridge

*10 minutes before*  
Heat the oil for the eggs  
and cook the asparagus

Finish cooking the  
chicken wings

*Just before eating*  
Fry the eggs and serve  
with the asparagus

Start  
of the  
meal

*Just before dessert*  
Put the fruit into serving  
bowls, pour in the sangria  
and finish with mint leaves

Dessert

## Sangria with fruit

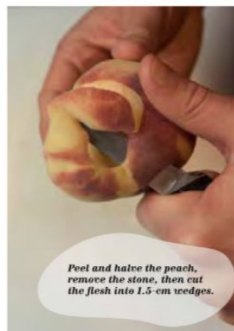
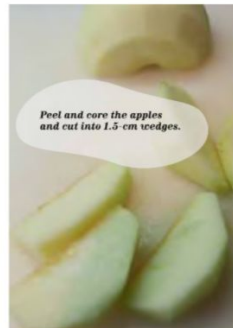
We like to use Granny Smith apples and Blanquilla pears, but you could use other varieties.

	for 2	for 6	for 20	for 75
Orange juice, freshly squeezed	2 tbsp	6 tbsp	900 ml	2.4 l
Red wine	4 tbsp	180 ml	800 ml	2 l
Sugar	2 tsp	2 tbsp	200 g	680 g
Coitreau	2 tsp	1½ tbsp	125 ml	375 ml
Ground cinnamon	1 pinch	2 pinches	2 g	7 g
Lemons	½	1	2	5
Pink grapefruit	½	1	5	15
Oranges	½	1	5	15
Apples	½	1	5	15
Pears	½	1	5	15
Peaches	½	1	5	15
Fresh mint	4 leaves	12 leaves	½ bunch	1 bunch

Start -



Continue -







Welcome to The Talking Cookbook! Our mission is to make cooking as easy and thought-free as possible. Here you will find all our recipes laid out in our **unique recipe format**, which eliminates the thought and planning required to cook something new. Click here to find out more about our format. We also have an Android app which is available in the Google Play app store.



# Vanilla Custard Slices

🕒 120

[\(Leave a review\)](#)

Ingredients: 500 g puff pastry, 50 g flaked almonds, 2 tbsp icing sugar, 1 vanilla leaf

!title: Quiche Lorraine

!size: 1 28cm quiche pan

!author: uhu01

!source:

!img: very\_nice\_image.png

This would be the description for this very nice recipe, which is actually legit and can be cooked like this.

\* 200g speck

\* 3pcs onion

- cut speck into cubes, onion into rings

- brown both together and let cool

\* 3pcs egg

\* 250ml heavy cream

\* 125g Gruyère

- whisk egg and cream together

- grate Gruyère, add to cream

- add speck mixture to cream

**FEEDBACK**



9 Reviews ★★★★★

Summary	Accuracy	★★★★★	Location	★★★★★
	Communication	★★★★★	Check In	★★★★★
	Cleanliness	★★★★★	Value	★★★★★

Translate reviews to English



Nice clean place. Would def stay there again if I'm back.

March 2015



Response by [redacted]:  
[redacted]

Thanks for the positive feedback, we hope to have you stay again in the future

Cheers

[redacted]

March 2015