Joao's cookbook

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This is a catalogue of the stuff I know how to cook. No precise ammounts, and recipes are meant for a single serving unless otherwise mentioned. The ingredients don't include common seasonings, oil, etc.

1 Recipes

1.1 Açorda (*Stale bread stew*)

Medium, *One pot*

Ingredients

- Stale *Bread*, any fresh wheat bread that is a day old, but never sweet kinds
- *Garlic*
- *Cilantro*
- *Egg*

Any *toppings*, optional in any combination

- Ripe *Tomato*
- *Shrimp*, or another kind of soft seafood cut into small pieces, like leftover cod

Steps

Slice the bread into bite sized pieces, place into a bowl and pour some water to soak it. It should not be submerged, but there should be a little water in the bottom.

Finely chop the garlic, and place in a large pot with high quality olive oil. Fry until fragrant.

If using tomato, remove the skin, dice, and add to the pot, cooking in low heat until it starts to thicken.

Add the bread, half the herbs, and the remaining toppings. Season with a bit of salt (remember the bread doesn't need any), and a splash of acidity, like lemon juice or vinegar.

Stir it for around 5 minutes, waiting for everything to form into a paste, and adding water as necessary.

Beat an egg yolk. Turn off the heat and add the egg and the rest of the herbs, mixing quickly.

> **Tip**
>
> Another alternative to mixing in the egg is to serve a poached egg on top.

1.2 Agedashi Tofu

My favorite to get at an izakaya.

Medium, *Vegetarian*

Source: Cooking with Dog [4]

Ingredients

- Firm *Tofu*
- Potato starch, replaceable with corn starch or similar
- *Dashi*
- *Soy Sauce*
- *Mirin*
- *Green Onion*

Steps

For the sauce

Add two tablespoons of mirin to a pot, and boil it for a couple of minutes to evaporate the alcohol. Add around 300ml of dashi stock, or dashi powder and water, two tablespoons of soy sauce, and bring it to a boil. Take it off the heat while waiting for the tofu.

For the tofu

Dry the tofu thoroughly, by either freezing it or putting it under a weight for a while. Cut it into large pieces, like 6 for a whole block. Dry it thoroughly with paper towels.

Coat the tofu in the starch on all sides and remove any excess. Deep fry it in very hot oil until it is light brown all around.

> **Warning**
>
> It's full of water, don't burn yourself.

Take it out and let it drain on a wire rack or paper towels.

Serve in a bowl half filled with sauce, and garnish with the green part of a green onion. Other common toppings are daikon radish and bonito flakes.

1.3 Alho francês à Brás

Medium, *One Pot*, *Leftovers*, *Vegetarian*

A vegetarian version of a very popular Portuguese dish, replacing cod with leek.

Ingredients

- *Batata-palha* (straw potato), chips that are shaped like thin sticks, usually only available in Portuguese stores
- *Parsley*
- A very large *Leek*
- 1 *Egg* per serving.
- *Olives*, black ones without the pit, but any kind works

Steps

Chop the leek, cutting it in half longitudinally then into 5mm strips across. Fry it in olive oil until mostly soft.

> **Warning**
>
> The potato chips are usually very salty and greasy. Don't add any salt, and be conservative with the oil.

Add the potatoes. Mix thoroughly and wait for the potatoes to soften up a bit. You may need to add some liquid depending on how much moisture there is (say, a tablespoon of water). Add pepper and chopped parsley leaves, and some olives.

Turn off the heat, add the beat eggs and mix quickly, letting the residual heat cook the eggs. It should still have a runny consistency.

> **Tip**
>
> If saving leftovers, don't add the egg. Do the last step the next day.

1.4 Arroz de peixe (*fish rice porridge*)

Easy, *One Pot*, *Leftovers*

Source: My mom.

Ingredients

- *Rice*
- Any white *Fish*
- *Onion* and *Garlic*
- *Cilantro* and/or *Parsley*
- *Tomato*

Steps

Thinly dice onions and fry in olive oil. After a few minutes, add chopped garlic. After a minute, add the diced tomato, preferably without skin. It can be replaced with tomato paste.

Let it simmer for 10 minutes, adding a bit of water or white wine as needed. Add half the herbs, season with pepper, salt, optionally a spicy sauce and fish sauce. Add the rice, and 2.5 parts water. You may need to keep adding a bit more water, the final consistency should be liquidly and the rice firm.

When the rice is about 5 minutes from cooked, add the sliced fish, it's easier to cut while frozen into 5mm slices. Add the rest of the herbs.

1.5 Carbonara

> **Warning**
>
> Do not read if you are Italian.

Easy

Ingredients

- *Pasta*
- *Bacon*, or another fatty, preserved pork cut
- *Egg*
- *Parmesan*
- *Garlic*, optional

Steps

Boil the pasta separately while working on the next steps. Cut the bacon into bite sized pieces and fry it on a large frying pan, starting it cold. Add a little water once it starts sizzling to render out some fat, and add a little more olive oil if it's still too dry, or drain out the fat if it is too much. Optionally, add a whole garlic clove.

Prepare the sauce on a bowl, consisting of one egg, a bit of olive oil, shredded parmesan, and **a lot** of black pepper. Mix well with a fork. If making for more than one person, try use 2 egg yolks to 1 full egg of a ratio, but don't bother if it's just for one person.

When the pasta is *al dente*, drain it, reserving a bit of the water. Add the pasta to the slightly crispy bacon, and turn off the heat. Carefully add the sauce and mix immediately. You need to be careful to not cook the eggs too much, make sure it has cooled a bit. Add a bit of the pasta water, and serve once the consistency is at the desired level.

1.6 Ceviche

Easy, *One Pot*

Ingredients

- Sashimi-grade *Fish*.
- 2 *limes*
- Red *onion*
- *Cilantro*

Optional toppings:

- *Tomato*
- *Avocado*
- *Jalapeño*

Steps

For the toppings, chop everything into bite-sized pieces.

Cut the fish into 2cm pieces, dice the onion and cilantro, and place them into a glass container. Mix with salt, olive oil, and plenty of lime juice. Cover, and let it "cook" in the fridge for 5 to 10 minutes.

Mix with the rest of the toppings and serve immediately.

> **Note**
>
> If the toppings are reasonably dry (i.e. no fresh tomato), then you can prepare everything together. Otherwise, it can dilute the acid.

It works well with rice, bread, tortilla.

> **Tip**
>
> For keeping as leftovers, don't add the lime juice, do that before eating.

1.7 Chickpea curry

Medium, *Leftovers*, *Freezes*, *Vegetarian*

Ingredients

- Pre-cooked *chickpeas*, preferably still *al dente*
- *Onion*
- *Garlic*
- *Ginger*
- *Coconut milk*, around 100ml for each 500g of chickpeas

Standard Indian curry spices. A store bought mix is fine, but you may supplement it with the following:

- Cinnamon, just a small piece of bark
- Star anise, same
- Cumin seeds
- Coriander seeds
- Black pepper corns
- A source of vegan umami. I use dry shiitake mushroom, Vegemite or yeast extract also work.

Steps

Prepare the vegetables, dicing the onion and garlic into medium pieces, and the ginger into small ones. Grind all the spices with a mortar and pestle, except the mushroom.

Take a large pot and fry the ginger, onion and garlic in olive oil, in this order, adding a bit of salt to the onion. Add 80% of the spices and toast them. Add a small dollop of tomato paste and mix it vigorously to avoid burning.

Add the chickpeas and water, but do not submerge everything. Adjust the salt, and add the whole mushroom.

Simmer until the desired consistency is reached. Add the coconut milk and the rest of the spices. Simmer until it thickens a bit, and discard the mushroom. Serve over plain rice.

1.8 Cold soba and vegetables

Easy, *Vegetarian*, *One pot*

Source: Jingwen

Ingredients

- *Soba* noodles
- An assortment of vegetables, many work well:
  - *Carrot*
  - *Cucumber*
  - *Spinach*
  - *Snow peas*
- 1 *Egg*, optional

For the sauce:

- 1 or 2 cloves of *Garlic*
- *Honey*
- *Soy sauce*
- *Vinegar*, preferably the Chinese black kind
- *Sesame seeds*, white is best
- Chinese BBQ chilly flakes, if you can find those

Steps

Chop the vegetables into thin strips. Blanch the spinach, snow peas, or other ones that are not nice to eat raw.

Fry the egg, or prepare any other protein of you choice separately.

For the sauce, mince the garlic very thinly. Add it to a bowl with 2-3 table spoons of light soy sauce, a table spoon of honey, half a table spoon of vinegar, half a table spoon of some neutral oil, some chilly flakes and the sesame seeds. Mix well.

Boil the soba according to the package instructions, usually 4 minutes. Drain it, then run it under cold water in a colander until it feels cold.

Assemble your bowl, place the soba, vegetables around, egg in the center, and drip the sauce on top. Enjoy your garlic breath afterwards.

1.9 Egg fried rice

Medium, *Vegetarian*

Ingredients

- 2 or 3 *Eggs*
- Leftover *Rice*, brown is ok
- Some kind of *Onion*
- Any vegetable, like *peas* of *carrots*

Steps

Add a tablespoon of oil to a non-stick frying pan and turn the heat to high. Crack in the eggs, and quickly stir them with chopsticks, until mostly but not fully scrambled. Fry on high until starting to brown, then set aside and split into chunks with a spatula or knife.

Add a bit more oil, a good one here is coconut oil, and fry the thinly chopped onion, and any other aromatic vegetables. When it starts to brown, toss in the rice and fry on high for a few minutes. Lower the heat and add any vegetable that needs cooking.

Season with light soy sauce, pepper, chilly flakes if you want it spicy, and a pinch of sugar. Add back the egg and anything that doesn't need cooking (like frozen peas).

1.10 Feijoada branca

Brazilian style white bean stew

Medium, *Leftovers*, *Freezes*

Source: Silvana Tinelli [6]

Ingredients

- *Pork*, cut into small pieces, and optionally a combination of fatty or bony parts, chouriço, or bacon for flavor.
- *Onion*
- *Garlic*
- *Tomato*
- *White beans*

Steps

If using dried beans, pre-soak them overnight, then boil in lightly salted water until *al dente*. Depending on the type of beans, usually 45 minutes.

Sweat diced onion in olive oil for a few minutes, then add minced garlic. Optionally, also some sliced chilly pepper. Throw in the pork and turn the heat to high, until all grey. Add a bit of tomato paste and/or the diced tomato, continue frying, then de-glaze with water or stock.

Season it with salt, pepper, thyme, parsley, and a whole chunk of star anise that you must fish-out later. Simmer for 30 minutes.

Add the beans back, and continue simmering until the bean texture is up to your liking. Splash a bit of vinegar at the end.

> **Tip**
>
> The liquid will thicken substancially when you take it off the heat.

Serve with white rice.

1.11 Green lentil curry

This is very similar to *Chickpea curry*, but uses more coconut milk and cooks the lentils in place.

Medium, *Leftovers*, *Freezes*, *Vegetarian*

Ingredients

- Green *lentils*, dried.
- *Onion*
- *Garlic*
- *Ginger*
- *Coconut milk*, around 300ml for each 500g of dry lentils.

Standard Indian curry spices. A store bought mix is fine, but you may supplement it with the following:

- Cinnamon, just a small piece of bark
- Star anise, same
- Cumin seeds
- Coriander seeds
- Black pepper corns
- A source of vegan umami. I use dry shiitake mushroom, Vegemite or yeast extract also work.

Steps

Prepare the vegetables, dicing the onion and garlic into medium pieces, and the ginger into small ones. Grind all the spices with a mortar and pestle, except the mushroom.

Take a large pot and fry the ginger, onion and garlic in olive oil, in this order, adding a bit of salt to the onion. Add 80% of the spices and toast them. Add a small dollop of tomato paste and mix it vigorously to avoid burning.

Add the lentils, washed, and twice as much water. Adjust the salt, add the whole mushroom, and simmer for at least 25 minutes, until the lentils are fully cooked. In the last 5 minutes, add the coconut milk and the rest of the spices.

Simmer until it thickens a bit, and discard the mushroom. Serve over plain rice.

1.12 Improved Shin ramen

Easy, *One Pot*, *Vegetarian*

Source: Jingwen and loosely FutureCanoe [5].

Ingredients

- *Shin ramen* packet
- *Tomato*
- *Green onion*
- *Bok choy*, or another kind of cabbage
- *Egg*

Steps

Using a large frying pan and a bit of vegetable oil, fry the white part of a green onion and a diced tomato, preferably without skin. Add the dry shin ramen seasoning packet, and keep frying until the tomato falls apart, adding a bit of water if necessary.

Add water and the white part of the cabbage cut into bite sized pieces, and boil for two minutes. Optionally, further season with a tablespoon of soy sauce and half a tablespoon of Chinese black vinegar.

Add the dry noodles. Keep pressing them down until they are all submerged in the liquid. Make a dent and crack in an egg. Distribute the shin ramen vegetable packet. Let the egg cook, you may cover with a lid to steam it.

> **Note**
>
> You may also fry the egg seperately instead of poaching it. There's also a lot of flexibility for adding other kinds of vegetables, even ground meat or tofu.

At the last minute, submerge the green cabbage leaves. Dress with the green part of the green onion, and serve.

1.13 Japanese curry

A more sane *Japanese curry pasta*.

Medium, *Leftovers*

Ingredients

- *Chicken* wings
- *Onion*
- *Carrot*
- *Potato*
- *Mushroom*
- *Curry cube mix*

Steps

Cut the vegetables, except the onion, into medium sized pieces and boil until soft.

On a stainless steel pot or pan, place the chicken skin side down with a bit of vegetable oil. Fry in medium high heat without moving. Let it form a brown crust, until it unsticks on its own.

Remove the chicken, let the pot cool a bit, then add onions cut into half moon slices, and fry for a few minutes. De-glaze with water, add back the chicken, the boiled vegetables, and the curry cube broken into chunks. Add a bit of salt if necessary, pepper, optionally chilli powder, and let it boil on low heat for 10 minutes.

Serve with plain rice.

1.14 Japanese curry pasta

> **Warning**
>
> Blasphemous

Easy, *One Pot*, *Vegetarian*

Ingredients

- Soft *Tofu* (not silken)
- *Pasta*, penne or fusilli
- *Garlic*
- *Curry cube mix*

For the vegetables, there are a lot of possibilities, I usually use a combination of:

- *Carrot*
- *Green beans*
- *Potato*
- *Mushroom*

Steps

Cut all the vegetables and tofu into medium sized pieces.

Start boiling the pasta, but use less salt than usual. Any hard vegetables — like the carrots, potatoes, and green beans — can be boiled together in the pasta water. Add a whole crushed garlic clove too. Boil for around 2 minutes less than the pasta package says.

Drain some water, leave around 2cm in the bottom. Add the rest of the vegetables and the curry cube, cut into small chunks to help it dissolve. Keep mixing until all the curry is dissolved, adding water as necessary. Boil in low heat until all the vegetables are soft. It's ok if the pasta is overcooked.

Optionally, add a tiny bit of dark soy sauce, miso paste, and chilly flakes.

Add the tofu and mix very carefully, then let it get hot for a couple of minutes and serve.

1.15 Larb

Hard, *Leftovers*

Source: Binging with Babish [2]

Ingredients

- Minced *pork*
- 1 large *Onion*
- *Rice*
- 1 *Lime*
- *Lettuce*
- *Cilantro*, optional

Steps

On a dry frying pan, toast some rice until fully brown, then set it aside to cool. Then, grind it to a powder using a wand or a mortar and pestle. It should not be too fine, just enough for it to not get stuck in your teeth.

Start cooking plain white rice.

Fry the minced pork in some vegetable oil. A stainless steel frying pan is recommended. Break it apart very well, and season it liberally with salt. There's no need to brown the meat too much, the flavour will come from the toasted rice.

When fully cooked, add all the seasonings: the toasted rice, a lot of chilly powder, pepper, optionally a bit of cumin and coriander seeds. Stir it for a couple of minutes.

Turn the heat to a minimum and add the diced onion, the lime juice, and the cilantro. Combine everything for a few minutes, until all the water evaporates, the onion should be pretty raw.

Serve on top of lettuce leaves, such that you can grab and eat it like a taco, and rice on the side.

1.16 Lasagna

Hard, *Leftovers*

Ingredients

- Dry lasagna *pasta* sheets
- Shredded *cheese*
- An oven casserole shaped more or less like the pasta

For the meat sauce

- Ground *Beef*. Chicken is actually ok too.
- *Onion*
- *Garlic*
- A full jar of *Tomato* pulp, or 3-4 real tomatoes

For the béchamel

Get some pre-made at the supermarket. If you want to make your own, follow a standard recipe using

- *Milk*
- *Flour*
- *Butter*
- *Nutmeg*

Steps

For the meat sauce

If using beef, fry it in a hot stainless steel pot with some olive oil, trying to get some color. Add the diced onion and garlic towards the end, and fry until most of the liquid evaporates.

Then, deglaze with a bit of white wine, add the tomato, seasonings (black pepper, salt, oregano), and simmer for about 30 minutes. Get it quite thick, breaking apart the meat as much as possible.

If using chicken, fry the onions first, then add the chicken.

Assembling

If you have to, cut the lasagna sheets in a way that they fit exactly into your casserole, maybe two side-by-side. Soak them in warm water while you prepare the rest.

Assemble the lasagna like pasta - meat sauce - pasta - béchamel and cheese - pasta - etc. The last layer should be cheese.

Cover the casserole with aluminum foil, and bake at 190°C for 45 minutes. For the last 10 minutes, remove the cover and turn on the oven fan.

> **Tip**
>
> You can freeze the whole casserole, and reheat it in the oven again.

1.17 Lime chicken

Medium

A chicken steak to pair with any side, for sandwiches, or as taco filling

Source: Binging with Babish [1]

Ingredients

- *Chicken breast*
- *Garlic*
- One or two *Limes*
- *Olive oil*
- Salt and a pinch of sugar

Grounded seasonings:

- Black pepper
- Cayenne pepper
- Smoked paprika
- Cumin
- Dried oregano

Steps

Butterfly the chicken into thin steaks. You can pound it too, but it's unecessary.

Juice the limes, chop the garlic, and prepare the marinade with all the listed ingredients. Throw everything into a zip bag and let it set in the fridge for 1-4 hours.

Drain the excess sauce, and fry in a very hot pan with a little oil, until it just starts to brown on each side.

1.18 Omurice

Easy, *Vegetarian*.

Ingredients

- 2 or 3 *Eggs*
- Leftover *Rice*, brown is ok
- Ketchup, optionally mayo, yakisoba sauce

Steps

Whisk the eggs with a bit of salt. Heat a non-stick pan and add a bit of olive oil, wiping with some kitchen paper. Pour the eggs.

When it sort of holds its shape, add rice to one side of it, some ketchup, and any other fillings. Fold the other half of the pancake over it. Turn the heat to high and cook both sides until a bit brown.

Serve with mayo and yakisoba sauce over it.

Notes

Onion, spinach, and ricotta are some possible fillings that work well.

1.19 Onigiri

Medium, *Leftovers*

Source: Taiji's kitchen [9]

Ingredients

- *Rice*, a good replacement for the specific Japanese kind is **risotto** rice
- *Nori* sheets

Fillings

One option is plain onigiri with salt on the outside.

For fillings, use some kind of fish and a thick sauce. The classic is *tuna* - *mayo*.

Some other options:

- Seared *Salmon* and *siracha*
- Cooked *Salmon* and *kimchi*
- Seaweed in *soy sauce* is my favorite from the combini

Steps

Cook the rice with no salt, according to the package instructions. Lay it flat on a plate to completely cool and dry a bit.

Prepare the fillings and get a bowl of water and a bowl of salt.

Wet your hands to prevent sticking when grabbing the rice. Form the rice balls with the filling, check [9] for the technique, or use a special onigiri mold.

Optionally, rub a bit of salt on the outside. Not optional if making plain onigiri.

If the seaweed comes in a sealed bag, use it to wrap the onigiri just before eating in order to preserve the crunchiness.

1.20 Paella

> **Warning**
>
> Do not read if you are Spanish.

Hard, *One pot*

More like *arroz con cosas*

Ingredients

- Paprika to replace saffron. Or saffron if you are rich.
- *Rice*, risotto works best
- Red *Bell pepper*
- Optionally, *Green beans* or *Peas*
- A large *Onion*
- *Garlic*
- Some meat, dark *chicken* with the skin is best, or *shrimp*.

Steps

On a large frying pan, sear the chicken skin side down on high heat, until there is a good amount of browning. Set it aside.

Dice the onion, garlic, and bell pepper, and fry them in the meat fat, adding a generous splash of olive oil too. De-glaze with some white wine or beer (or water).

Add the rice and about 3 parts of water and stir well. Season with salt, black pepper, the paprika, and optionally with smoked paprika, chilly powder, and a bit of sugar.

Cook for about 20 minutes until the rice is done. Add the meat back about 5 minutes from done, and the green vegetables also a few minutes before, depending on how much cooking they need. You may need to add a lot more water depending on the kind of rice you use.

Turn the heat to high, and do not mix anymore. The goal is to slightly burn the bottom layer of rice, but this can be very hard. You are safe while there is a lot of steam coming out, but afterwards use your nose.

Take it off the heat and let it rest 10 minutes before serving.

1.21 Panados (*Schnitzel*)

Medium, *Leftovers*, *Freezes*

Ingredients

- *Pork*, lean part cut into thin steaks. It's possible to use a meat hammer
- *Egg*
- *Flour*
- *Bread crumbs*
- *Lemon*

Steps

Prepare the standard breading setup, with flour, bread crumbs and a beat egg in 3 bowls.

Season the meat with salt. Coat it with flour, egg, then bread crumbs in this order.

> **Tip**
>
> Use one hand for the dry parts and another for the wet part.

Deep fry it in vegetable oil until golden, or, more practical, pan fry it on both sides with plenty of oil. Lay it to rest on a wire rack or kitchen towels.

Squeeze some lemon juice on top and serve.

It lasts in the fridge for a week, goes well in sandwiches or with some tomato rice. For freezing, the best option is to freeze it before frying, but you may also fry twice.

1.22 Pasta al lemone

Easy, *Vegetarian*

Ingredients

- *Garlic*
- *Pasta*. Since it's the main character, use some good quality one with a rough texture
- Half a *Lemon*
- *Parmesan*, optionally

Steps

Boil the pasta separately, until *al dente*.

Chop the garlic very thinly, and put into a pan together with a few bits of lemon zest and olive oil. Fry until fragrant.

Add in the drained pasta and the lemon juice, stirring until most of it is evaporated or absorbed into the sauce. Add black pepper and parmesan to taste.

1.23 Peixe ao sal

Fish baked in salt

Medium, *One Pot* (technically)

Source: Eduardo

Ingredients

- A medium to big fresh, whole *Fish*. Something like snook, bream, or flounder. My preferred one is *dourada*, "gilt-head bream".
- 1 or 2 Kg of coarse salt

Steps

Take a fish and place it on an oven tray, completely covered in salt on all sides. Really, like a 0.5cm layer all around, you should not be able to see any of the fish. Press it lightly.

Pre-heat the oven at 200°C and bake for about half an hour. Yes, that's it, just don't eat the skin.

1.24 Roasted chicken with potatoes

Easy, *Leftovers*, *One pot*

Ingredients

- *Chicken*, dark meat pieces like wings, thighs, drumsticks
- *Onion*
- *Potatoes*, the small round ones are preferable

Steps

Slice the onion into circles, and place in the bottom of an oven tray. Add the potatoes, skin on, cutting into ~5cm pieces if using large ones.

Season the chicken with salt and pepper, and place skin down in the tray. Drizzle some olive oil and add some fresh herbs if desired. Bake at 200C for 15 minutes.

Flip things around, this time leaving the skin up. Add some salt to the potatoes at this point.

Bake until the skin is crispy, around half an hour.

Serve with rice, if you don't have enough potatoes, using the roast liquid as sauce.

Notes

You may add any other vegetables as well, just don't overcook them. Sweet pepper, asparagus or brussel sprouts work well, and carrots can replace some of the potatoes.

1.25 Shakshuka

Easy, *Leftovers*, *Vegetarian*

Source: Binging with Babish [3]

Ingredients

- *Onion*
- *Garlic*
- A large can of *tomatoes*
- 2 *eggs* per serving
- Red *bell pepper*, optional
- *Cilantro*, optional

Steps

Use a large stainless steel frying pan, dice the onions and fry in olive oil with a pinch of salt, until very soft. Lower the heat and add some minced garlic, combine for 2 minutes.

Add the can of tomatoes, a splash of white wine, salt and pepper, let it simmer for at least 10 minutes. Split the tomatoes a bit if they are too big, but don't turn it into a mush. The essential spices are cumin, paprika (smoked ok), and cayenne pepper, use a generous amount.

> **Note**
>
> It's possible to add more vegetables, red bell pepper being the most traditional. Some kinds of squash, zuchini or even brussel sprouts are also possible.

Make a dimple in the sauce and crack in the eggs. Add the herbs on top and cover with a lid, until the whites are almost fully set, it will finish cooking as you prepare to serve.

I recommend to have it with *Couscous*.

1.26 Spicy fish

At the time of writing, I haven't made this one in a few years so it could be way off.

Medium

Ingredients

- White *fish*
- *Garlic*
- *Ginger*
- Mandioca *flour*
- A tablespoon of *Doubanjiang*
- Dried chillies

Steps

Cut the fish into thin slices. It's easier if it's a bit frozen.

Marinade it with white pepper, minced ginger, cooking wine, and some mandioca flour.

Get a small pan, fry the Doubanjiang and garlic for a few minutes. Add a dollop of tomato paste, then water until you have a couple of centimeters.

Chop the chillies, add them to a bowl, and optionally you can add *Sichuan pepper* corns too. Get some very hot oil and pour it into the bowl.

> **Note**
>
> You can skip this step altogether and just add the chillies to the broth. Or, fry them for a couple minutes on a different pan.

Add the fish to the broth, and simmer for a couple of minutes. Add the chilly with the oil on top, and eat it hot-pot-style with some rice.

1.27 Stuffed eggplant

Medium, *Vegetarian*

Ingredients

- Large *Eggplant*
- *Onion*
- *Tomato*
- *Cheese*, melty kind like *Gruyère* or *Cheddar*, or just pre-shredded.

Steps

Slice the eggplant in half, and scoop out the interior. Bake the outside part in the oven at 180C for about 10 minutes. Thinly dice onions and fry in olive oil. After a few minutes, add the eggplant insides. After a few minutes, add the diced tomato, preferably without skin. Season with salt, black pepper, oregano. When everything is soft, smash the bigger pieces with the bottom of a glass, or use a mortar and pestle. Fill the eggplant with this paste, mixing it with some cheese. The top layer should be cheese, and garnished with more oregano. Bake until the cheese is browning.

Notes

You can add any shredded leftover meat to the frying pan. Be careful to not use too much stuff, or it won't fit into the eggplant shell.

1.28 Taiwanese salmon basil dish

Medium

Source: Jingwen

Ingredients

- *Salmon*
- Rice alcohol. It can be replaced with *mirin*, in which case use less sugar.
- *Cherry tomato*
- *Basil*
- *Mushroom*
- *Green onion*
- *Garlic*
- Optionally, *Pickled chilli peppers*, or dried flakes, aiming for low heat.
- Optionally, *Kombu* powder or *Dashi*

Steps

Cut the salmon into bite sized cubes, and marinate it with salt and rice alcohol for at least 10 minutes. Fry it on high heat for a few minutes until cooked through, then set aside.

Cut the mushroom into cubes, then fry it (in the same oil) together with minced garlic, the white part of a green onion, and the chilli peppers.

Cut the tomato in halves or quarters, and chop the basil a bit. Add everything back to the pan and lower the heat. Season with a tablespoon of soy sauce, the kombu, and salt and sugar to taste. Cook for no more than 2 minutes, then serve with white rice.

1.29 Tea egg

Easy, *Leftovers*

Source: Souped Up Recipes [7]

Ingredients

- 6-10 eggs *Eggs*
- 2-3 black teabags, or 10g of leaves
- Two tablespoons of dark *Soy sauce*, but any kind is fine
- Two tablespoons of sugar *Sugar*
- Salt to taste, I add no salt

Aromatics:

- One big slice of *ginger*
- Two cloves of *garlic*

Spices:

- 3 pieces of *Star anise*
- 1 stalk of *Cinnamon*
- *Sichuan peppercorns*
- *Fennel seeds*

Steps

Get a large pot of boiling water, add the eggs and boil for 5 minutes. Immediately remove the eggs to a cold bath. Add all of the rest of the ingredients back to the pot and simmer.

Smack the eggs with the blunt side of a spoon, forming cracks all around. Add them back to the pot, and simmer for 30 minutes.

Cut the heat, and leave it steeping overnight, then peel the eggs and fridge them.

> **Note**
>
> The eggs can be simmered basically indefinitely, go crazy.

1.30 Tortilla de patatas

> **Warning**
>
> Do not read if you are Spanish.

Easy, *Vegetarian*

Ingredients

- 2 or 3 *Potatoes*
- 1 medium *Onion*
- 2 or 3 *Eggs*

Steps

Slice the potatoes into circles, and fry them both sides in a large non-stick frying pan, using half olive oil half vegetable oil. Use only as much oil as necessary to fully coat the potatoes.

Lower the heat and add onion, cut into half moon shapes. Add salt and *4-spice*.

Whisk the eggs in a bowl. Optionally, add a bit of baking powder.

When the onions are turning brown, shape everything into a pancake shape, covering as much of the frying pan bottom as possible, then pour the eggs. When the bottom of the eggs are set, add a splash of water and cover the frying pan with a lid of tin foil, and wait around 5 minutes for the eggs to be fully cooked.

Add a bit more *4-spice* and serve.

Notes

You may add some blanched spinach together with the eggs.

1.31 Tuna pasta *v1*

Possibly my number 1 cooked dish, featured every saturday lunch during uni.

Easy

Ingredients

- *Canned tuna*
- *Onion*
- *Garlic*
- *Tomato pulp*, alternatively real, ripe *Tomato*, or canned
- *Pasta*

Steps

Boil the pasta separately.

Dice onions and fry in olive oil, with a pinch of salt. When all soft, add garlic and fry for a minute. Add the tomato pulp or diced tomato.

Let it simmer for up to half an hour, and a minimum of 5 minutes. Keep it reasonably moist with white wine or pasta water. Season with pepper and dried oregano.

Two minutes before ready, add the drained tuna, and break it into small chunks, though not completely shredded. Add the pasta to the sauce, using a bit of the pasta water if necessary to keep the sauce a bit liquidy. Splash a little more olive oil and serve.

1.32 Tuna pasta *v2*

Another tuna pasta variant, with a stronger garlic flavor and a bit of maillard.

Easy

Source: Eduardo

Ingredients

- *Canned tuna*
- *Garlic*
- *Tomato pulp*, alternatively real, ripe *Tomato*, or canned
- *Pasta*

Steps

Boil the pasta separately.

Dice 2 to 3 cloves of garlic, and fry it in olive oil. Add the drained tuna, and turn up the heat. The goal is to brown the tuna a bit, but being careful not to burn the garlic. Season with **a lot** of black pepper.

Add the tomato pulp or diced tomato, and simmer for 5 minutes until relatively thick. Season with salt, pepper and dried oregano.

Serve the sauce over pasta. Top with a bit more olive oil and oregano.

1.33 Tuna pasta *v3*

Very similar to *Tuna pasta v1*, but with more seasoning.

Easy

Ingredients

- *Canned tuna*
- *Onion*
- *Garlic*
- *Chilli pepper*
- *Tomato*
- *Pasta*

Steps

Boil the pasta separately.

Dice onions and chillies, and fry in olive oil with a pinch of salt. When all soft, add garlic and fry for a minute. Add the canned tuna and fry in high heat until all the moisture is gone.

Optionally, add a bit of tomato paste, mixing well to get a bit of that sugar browning while it is dry. Add the diced tomato. Season with black pepper, smoked paprika, a bit of fish sauce, chilli powder if you are feeling brave. Let it simmer for up to half an hour, and a minimum of 5 minutes.

Keep it reasonably moist with pasta water. Alternatively, you can replace it with a "tea" of fennel seeds. Also at this stage you may need to add sugar to balance the tomato acidity.

Combine the pasta with the sauce, or serve the sauce over pasta, both work.

1.34 Vegetarian Chilli

My classic meal prep choice.

Easy, *Leftovers*, *Freezes*, *Vegetarian*

Ingredients

- One large can of *black beans*
- One medium can of small *red beans*. Kidney beans are fine
- One large can of *Tomatoes*
- *Onion*
- *Garlic*
- *Ginger*

> **Hint**
>
> Fresh or dry beans are possible, just prepare them beforehand.

Steps

Take a large pot and fry the ginger, onion and garlic in olive oil, diced into medium pieces. Add the whole can of tomatoes. Season with salt, a bay leaf, a couple pieces of star anise, smoked paprika, a bit of oregano, chilli powder, and a bit of white wine. Let it simmer for 5 minutes.

Rinse the beans thoroughly and add them to the pot. Add water to just cover the beans and cook for up to 30 minutes.

Take out 20% of the stew and smash the beans open, then pour it back in. Using the bottom of a glass on the pot directly is fine, just be careful to not overdo it. Adjust the seasoning, it should be quite spicy. Fish out the star anise, and splash a bit of vinegar.

Serve as is with some soft cheese on top, or over rice or quinoa.

> **Tip**
>
> Before reheating, add a bit of water.

2 Sides

2.1 Couscous

Ingredients

- *Couscous*

Steps

Boil a kettle. In a pot, put 1 part boiling water, a bit of salt, and a splash of olive oil. Do not place the pot on the stove. Put 1 part couscous and cover.

It's ready in 5 minutes, fluff it with a fork.

2.2 Esparregado (*spinach pate*)

Medium, *One pot*, *Vegetarian*

Ingredients

- *Spinach*, frozen is perfect. There's also a pre-prepared base available in Portuguese stores
- *Garlic*
- *Milk*, vegetable is more than fine
- *Tapioca* flour, or another flour
- *Lemon*, optional

Steps

If using raw spinach, blanch it for a minute, drain it, then chop it very thinly.

Finely chop garlic and fry in some olive oil until fragrant. Add the spinach, milk to almost submerge it, and cook until there is no liquid milk visible anymore.

Meanwhile, season with pepper, lemon zest and juice (if using) **or** vinegar.

Add around two tablespoons of tapioca flour, mixing well. Adjust with olive oil and water to get the right consistency, it should be a wet paste that's easy to eat with a fork.

2.3 Pasta

My number one cooked item.

Ingredients

- *Pasta*

Steps

Boil water on a pot and add a lot of salt, around 10 grams per liter. Throw the pasta in, and let it boil according to the time the package says, stirring it for the first 3 minutes. Drain it and serve immediately.

2.4 Plain rice

Ingredients

- White *Rice*

Steps

Bring 2 parts water to a boil in a pot. Throw in 1 part rice and cover with the lid. After a minute, stir it a bit and break up any clumps.

> **Note**
>
> Whether you add any salt depends on the kind of food you are having. If it's asian food or something saucy, I add none.

Add the lid, put the heat on minimum, and cook for around 10 minutes, or until there is no more water visible. Turn off the heat, and let it steam for at least 5 minutes with the lid on.

2.5 Quinoa

Ingredients

- *Quinoa*. I like the mixed color kind.

Steps

Bring 2 parts water to a boil in a pot, as well as a bit of salt. Throw in 1 part quinoa, stir well, then cover with the lid.

Cook on minimum for around 15 minutes, or until most of them pop open. Turn off the heat, fluff it with a fork, and let it steam for 10 minutes with the lid on.

2.6 Dry fried rice

Just white rice cooked the Portuguese way.

Ingredients

- White *Rice*
- *Garlic*
- *Bay leaf*

Steps

Chop garlic thinly and add it to a pot, frying in olive oil until fragrant. Add the rice and bay leaf. Fry in high heat for 3 minutes, stirring vigorously the whole time.

Add 2 parts water. Be careful, it will boil violently.

Add salt, and let it boil until ready, for 10 minutes or so, stirring occasionally. Take out the bay leaf before serving.

Notes

It's common to add some vegetables. Frozen peas about 3 minutes before done. Fine chopped carrots together with the rice. Chopped onion together with the garlic is also nice, but then you should skip frying the rice.

2.7 Whole grain rice

Aka brown rice. Healthier.

Ingredients

- Whole grain *Rice*

Steps

For better results, soak the rice beforehand for an hour. Bring a pot of water to a boil. Add some salt, but not as much as you would for pasta.

Pour in the rice, stir a bit, and let it boil it for 20 to 30 minutes. Taste for doneness. I usually like *al dente*. Drain the water, then let it steam off the heat for at least 10 minutes.

> **Note**
>
> The time to cook as well as whether soaking is necessary greatly depends on the brand of rice. Just taste it.

3 Deserts

3.1 Dango

Medium, *Vegetarian*

Source: Sudachi Japanese Recipes [8]

Ingredients

- Glutinous rice *flour*
- *Sugar*
- Silken *tofu*

And you should also get some skewer sticks. Some flavorings, optional:

- Black *sesame seeds*
- *Matcha* powder
- Strawberry powder

Steps

Form the dough with your hands. Approximately, use the same weight in flour as in tofu, and not a lot of sugar. For example, 200g tofu, 200g flour, 20g sugar. Adjust as needed depending on how wet the tofu is, it should be very soft but hold its shape well.

If you are adding any flavors, divide the dough in multiple parts.

For the sesame flavor, first toast the seeds on a dry frying pan, then crush or grind them. Use more than you think you need. Combine it well in the dough.

Form the dough into ~20g balls and boil them them in water, careful to not let it stick to the bottom. When it floats, splash some cold water, then once it boils again it's ready.

Stick them on skewers.

You can make a glaze with soy sauce, water, sugar and potato starch, cooking until thick. I prefer to add red bean paste or some other jam.

4 Glossary

Tomato
Onion
: White onion/spanish onion/purple onion, but not shallots or green onion

Garlic
Ginger
Eggplant
Potato
Carrot
Mushroom
Green beans
: The whole pod with immature beans inside. I usually use this and flat beans interchangeably

Peas
Snow peas
Lettuce
Bok Choy
Leek
: Did you know, in Portuguese this is called *french garlic*. I think it looks like a giant green onion.

Green Onion
: Bigger than chives, smaller than leeks

Spinach
Cucumber
Chilli pepper
: Spicy chillies

Bell Pepper
: Sweet pepper

Jalapeño
: Spicy south american pepper

Lemon
Tomato pulp
: Essentially it's blended tomato that comes in a jar

Lime
Fish
Shrimp
Pork
Chicken
Beef
Canned tuna
: Canned tuna, unflavoured. In olive oil > regular oil > natural

Tuna
Salmon
Bacon
Egg
Milk
Tofu
Rice
White rice, usually jasmine.

Pasta
Any kind of pasta, I usually use penne, spaghetti or linguini. It should be boiled in very salty water.

Soba
Buckwheat noodles

Shin Ramen
A packet of very spicy and very versatile instant noodles

Quinoa
Couscous
It's kind of like pasta, but actually it's semolina flour chunks.

Beans
Chickpeas
Lentils
Tapioca
Starch from the cassava plant

Sesame seeds
Matcha
Cilantro
Fresh coriander leaves

Parsley
Basil
Cheese
Parmesan
Gruyère
A cheese suitable for melty dishes

Cheddar
American cheese

Kimchi
Korean sour spicy cabbage

Nori
Sheets of dry seaweed

Coconut milk
The thick kind that comes in a carton or can

Olives
Avocado
Bread
Bread Crumbs
: Store bought is very convenient

Flour
Sugar
Honey
Doubanjiang
: (La doubanjiang) A fermented, spicy, red bean paste

Butter
Olive oil
Easy
: Easy to make

Medium
: Medium difficulty

Hard
: Hard and time consuming to make

One pot
: Only uses one pot

Leftovers
: Good to eat as leftovers

Freezes
: Good to freeze

Vegetarian
: No meat, but may have eggs or other animal products

4-spice
: French style 4-spice, usually pepper, nutmeg, cloves, and ginger, sometimes also cinnamon

Bay leaf
: It's mysterious ingredient, but I swear it does something

Mirin
: Japanese cooking wine

Dashi
: Sometimes stock or as a dry extract, a Japanese fish flavour for stews and sauces

Kombu
: A kind of seaweed used for its umami flavor

Soy Sauce
Vinegar
Curry cube mix

A premade seasoning cube, found in any asian store. The most popular is "Golden Curry".

Siracha
A ready to eat spicy sauce

Mayo
Mayonnaise

Star anise
Cinnamon
Sichuan pepper
It gives a numbing sensation

Fennel seeds
Nutmeg
al dente
Cooked, but firm when biting. Usually for pasta, cook for 1 minute less than the package instructions

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