

Recipes

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Part I

Mains

Dal

A simple vegetarian dairy-free dal, based on a recipe by Ashley Adams ¹.

Recipe

In a 3-quart stockpot or other medium-sized soup pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic, and ginger. Cook, stirring often, until the onions are translucent, about 6 minutes.

1 tbsp	sesame oil (or olive oil)
1 cup	white onion, finely chopped
2	cloves garlic
1 tbsp	fresh ginger

Stirring constantly, add the water or broth, lentils, spices, and salt. Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.

0.95 l (4 cups)	water
200 g (1 cup)	dried red lentils, rinsed and picked over
1 tsp	ground cumin
1 tsp	ground coriander
1 tsp	ground turmeric
1/4 tsp	ground cardamom
1/4 tsp	ground cinnamon
1/4 tsp	cayenne pepper
1 tsp	salt

Stir in the tomato paste until well combined.

2 tbsp	tomato paste
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Cook several minutes more, or until the soup is desired consistency, adding more water if needed.

¹<https://www.thespruceeats.com/spicy-lentil-dahl-recipe-1001539>

Drunken Chicken

Slow cooker Yats-inspired² Drunken Chicken.

Recipe

Make light light roux (until slightly nutty smelling). Heat oil over medium heat and slowly add flour. Stir constantly.

112 g	vegetable oil
65 g	flour

Add onion, garlic, pepper and continue to saute until onion is transparent.

1	onion
1 tsp	minced garlic
1	poblano

Add dry spices and mix.

1 tbsp	garlic powder
1 tbsp	thyme
1 tsp	black pepper
2 tsp	cayenne pepper
1 tsp	oregano
1 tsp	paprika
1 tbsp	salt
1 tbsp	molasses

Slowly add half of the diced tomato. Then add chicken, beer, and bread crumbs then gently mix. Cover with remaining diced tomato and add bay leaves.

850 g (30 oz)	diced tomatoes
355 ml (12 floz)	beer
800 g (1.75 lb)	boneless, skinless chicken thighs/breasts
60 g	italian style bread crumbs
4	bay leaves

Slow cook for 4 hours or until the chicken is very tender. Shred chicken and cook for one more hour. Serve over basmati rice or with garlic bread.

²via <https://oldworldgardenfarms.com/2017/05/02/drunken-chicken-recipe>

Spaghetti Carbonara

This simple spaghetti carbonara should have a rich and silky sauce. Sized for two large portions.

Recipe

Slice meat into 1/4 inch pieces. Spread out pieces on foil lined baking sheet and bake at 400 °F for 20 minutes.

1/2 lb (226 g)		bacon
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Cook pasta according to packaging in a 3 qt sauce pan. Time the pasta so that it's ready just as the meat finishes.

2.5 l		water
1/2 lb (225 g)		dry spaghetti
1 tbsp		salt

While the pasta and meat are cooking, prepare sauce by whisking together eggs, cheese, and pepper.

3		egg yolks
1		egg
20 g		parmesan, grated
1/2 tsp		black pepper

Reserving some pasta water, drain pasta and return to saucepan. Add meat and rendered fat to pasta. Toss gently to cool until pasta is below 165 °F.

Stir sauce mixture into pasta. Once combined, add 3 tbsp of pasta water and continue stirring for another minute or two, until sauce is thick and creamy.

Part II

Baking

Cornbread

Skillet cornbread based on a recipe by Kenji López-Alt ³.

Recipe

Add butter to a 10-inch skillet and place in 425 °F oven until melted and slightly browned.

7 tbsp | unsalted butter

In a mixing bowl, add yellow cornmeal, flour, baking powder, baking soda, salt, and sugar.

130 g (1 cup)	fine yellow cornmeal
130 g (1 cup)	all-purpose flour
50 g (4 tbsp)	sugar
2 tsp	baking powder
1 tsp	kosher salt
1/4 tsp	baking soda

Transfer the browned butter back to the mixing bowl and add eggs, buttermilk, and sour cream.

2	eggs
170 g (3/4 cup)	sour cream
113 g (1/2 cup)	cultured buttermilk

Whisk together and pour into the hot cast iron skillet coated with the remnants of the browned butter. Bake until cooked through and browned, about 20 to 25 minutes.

³<https://www.seriouseats.com/moist-and-tender-brown-butter-cornbread-recipe>

Crusty White Bread

This is my 'baseline' same-day bread with just the traditional four ingredients. It can be made as a boule, loaf, or even pizza crust.

Recipe

Mix active dry yeast with 50 g of water and let set for 15 minutes.

780 g	flour
546 g	water
18 g (3 tsp)	salt
4 g	active dry yeast

At the same time, combine remaining water with flour and mix until dough forms, let set for 15 minutes.

Combine yeast mixture with dough and add salt. Knead in stand mixer until smooth and elastic, about 7 minutes.

Cover and let rise for 120 minutes total. At 30 minutes, fold dough twice. At 120 minutes, fold dough twice carefully.

At this point the dough is done with it's first rise and is ready to be shaped into its final form.

Dutch Oven Boule

Place on a floured work surface and let rest for 5 minute. Shape the slack dough into a ball by folding the edges up and in on itself, putting a slight tension on the entire surface. Transfer back to a bowl, seam side up. Cover and let rise in a cool place for 60-90 minutes.

Preheat oven with dutch oven to 500řF. Drop boule into dutch oven, cover, and bake for 15 minutes. Reduce temp to 450řF and bake for 15 minutes. Uncover and bake for a final 15-20 minutes.

Pancakes

An everyday pancake recipe based on buttermilk powder. The dry ingredients can be prepared in advance as a batch if desired.

Recipe

Mix dry ingredients.

120 g	flour
27 g	buttermilk powder
1 tbsp	white sugar
1 tsp	baking powder
1/2 tsp	baking soda
1/4 tsp	salt

Add wet ingredients immediately before cooking.

120 g	water
40 g	milk
1	egg
24 g (1.75 tbsp)	butter, melted

Once mixed, add the most important ingredient.

1 handfull	mini chocolate chips
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Heat griddle over medium-low heat and coat with cooking spray. Flip when bubbles start forming and remove once pancake colored.

Just enough for two people.

Part III

Desserts

Banana Bread

A simple banana bread based on a recipe by Eden Westbrook ⁴. The original recipe recommends adding extra chocolate chips on top.

Recipe

Cream the unsalted butter and brown sugar together for 3 minutes until smooth.

8 tbsp (113 g)	unsalted butter, room temperature
198 g (1 cup)	brown sugar

Mash up bananas then thoroughly mix into the creamed butter.

3	overripe bananas
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Mix the room temperature egg with the bananas and butter, then add vanilla and beat well.

1	egg, room temperature
5 mL (1 tsp)	vanilla extract

Add all-purpose flour, baking powder, baking soda, and kosher salt to the wet ingredients then stir until just combined. Don't overmix.

256 g (2 cup)	all-purpose flour
5 g (1 tsp)	baking powder
2 g (1/2 tsp)	baking soda
2 g (1/2 tsp)	kosher salt

Once the dry ingredients are almost completely mixed in, fold in the chocolate chips.

175 g (1 cup)	chocolate chips
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Carefully pour the batter into a loaf pan.

Bake in 350 °F oven for 55-60 minutes, until a toothpick comes out dry.

Let cool for an hour before slicing. Wrap the completely cooled banana bread in plastic wrap and keep in the fridge for 4-5 days.

⁴<https://www.sweetteaandthyme.com/banana-bread-chocolate-chip-super-moist/>

Brownies

Recipe

Melt butter over stove in pan.

113 g (1 stick)		unsalted butter
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Remove heat then mix in cocoa and sugar.

32 g (6 tbsp)		cocoa powder
198 g (1 cup)		sugar

Beat in eggs one at a time.

2		eggs
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Mix in remaining ingredients:

5 g (1 tsp)		vanilla extract
90 g (3/4 cup)		flour
2 g (1/4 tsp)		salt

Optionally add chocolate chips or chopped nuts.

1 handfull		chocolate chips or chopped nuts
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Pour batter into a 8x8 glass baking dish.

Bake for 30 minutes at 350  F.

Let cool for 10 minutes before serving.

Browned Butter Chocolate Chip Cookies

These are inspired by the Toll House Cookie recipe. Browned butter is not required but makes a big difference. If you're not browning the butter then leave out the cream.

Recipe

Brown butter by heating in a sauce pan over medium heat until boiling then continuing to heat slowly while stirring until brown floating bits appear.

113 g (1 stick)		unsalted butter
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Let cool to room temperature then mix in cream, molasses, and sugar into browned butter and whisk vigorously.

15 g (1 tbsp)		heavy cream
5 g		molasses
150 g		sugar

Mix in eggs and vanilla and whisk until very smooth.

7 g (1/2 tbsp)		vanilla extract
1		egg

Add remaining dry ingredients and mix well. Fold in chocolate chips.

135 g		all-purpose flour
2.3 g (1/2 tsp)		baking soda
3 g (1/2 tsp)		salt
130 g		chocolate chips

Scoop the dough into 35 g (2 tbsp) balls on a baking tray. Refrigerate for 12-48 hours before cooking if time allows.

Bake at 375  F for 9-11 minutes.

Makes about 16 small cookies.

Pumpkin Bread

This Pumpkin Bread always turns out rich and moist. Based on a recipe by Laura Jacobson, Catherine Votaw, and Kate Klein.

Recipe

Sift dry ingredients together. Mix thoroughly.

476 g (3.5 cup)	flour
600 g (3 cup)	sugar
2 tsp	baking soda
1.5 tsp	salt
3 tsp	cinnamon
2 tsp	nutmeg

Separately, combine pumpkin, water, oil, and egg whites. Mix thoroughly.

1.5 tsp	vanilla
425 g (2 cup)	pumpkin
158 g (2/3 cup)	water
218 g (1 cup)	vegetable oil
8	egg whites

Combine wet and dry ingredients and mix until well smooth.

Pour into 2 greased 9x5x3 inch loaf pans.

Bake in a 350°F oven for 75 minutes.

Let cool before removing from pans.

Part IV

Utility

Mixed Drinks

Margarita

Use good tequila and mix in a batch. Serve over ice.

50 ml	tequila
25 ml	triple sec
25 ml	lime juice

A single 100 ml serving has about the same alcohol content as two 12 oz light beers when made with 40 proof triple sec.

Camp Food #1

Based on a recipe by Andrew Skurka ⁵. This recipe is enough for about 4 meals:

Recipe

Batch mix dry ingredients:

205 g (7.25 oz)	instant beans
157 g	instant rice
22 g	taco seasoning

100 g of the dry mix makes a small meal. Rehydrate by adding boiling water a bit above the level of the mix and letting sit, covered, for 5 minutes.

Serve with fritos, salsa, cheese, a tortilla, hot sauce or anything else.

⁵via <https://andrewskurka.com/backpacking-dinner-recipe-beans-rice-with-fritos-cheese>