



Simple everyday recipes for starting chefs

All of these recipes are basic and don't require any prior knowledge to cooking. Once you've tried some of them, remember that cooking bases itself on the cook's ability to experiment. So be brave and try to modify your cooking to your liking. Sometimes you fail and sometimes you create the most magnificent dish ever. It's worth every try! And most importantly : Enjoy and have fun with your cooking!

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Chili con/sin carne



Ingredients		Info/per person weight
	Grounded meat/Roasted tofu	200gr
	Onions, white	1
	Peppers	1/2
	Red beans	1/2 can
	Tomato sauce	250ml
	some red wine	Optional, 1/2 glass
Spices	Paprika powder	hot and sweet
	Chilli powder	for stronger/hotter taste
	Salt	
For cooking	Olive/Vegetable oil	1-2 spoons

Steps :

- Peel onion and cut in slices (not too thin, about 2-3mm)
- Cut Tofu in small slices, about 3mm thick, to eat easily in one bite
- Heat oil in large pan
- Glaze onion (about 2-3 min) until it becomes transparent
- Add meat/tofu, stir well
- After about 1 min (meat becomes brownish), add salt, stir
- After another 30 seconds, add spices
- Add with red wine, stir
- Drain and clean red beans
- After wine boiled (vaporised) for about 1 min, add tomato sauce and red beans
- Let cook for about 3-5 minutes, serve

Tips :

Once chili is cooked, it can stay on low heat for several minutes, the more water evaporates, the stronger the taste.

Keep refrigerated for 3-5 days, best if cooked up after 2 days.

Eats well with tortilla wraps or taco chips.

Burritos con/sin carne

Ingredients		Info/per person weight
	Grounded meat/Roasted tofu	100gr
	Onions, white	1
	Peppers	1/2
	Zucchini	1
	Carrot	1
	Tortilla wraps (large)	2-3
	Red beans	1/2 can
	Tomato sauce	250ml
	some red wine	Optional, 1/2 glass
	(Grated) Cheese, like cheddar	100gr
Spices	Paprika powder	hot and sweet
	Chilli powder	for stronger/hotter taste
	Salt	
For cooking	Olive/Vegetable oil	1-2 spoons
	Large pan	
	Pyrex container	needs to go to the oven

Steps :

- Preheat your oven to 175°C/345°F
- Peel onion and cut onion in slices (not too thin)
- Peel carrot and cut into ready to eat portions
- Cut Zucchini into ready to eat portions, discard extremes
- Cut Tofu in small slices, about 0,3cm thick, to eat easily in one bite
- Heat oil in large pan
- Glaze onion (about 2-3 min)
- Add vegetables, let cook for about 1 minute
- Add meat/tofu, stir well
- After about 1 min (meat becomes brownish), add salt, stir
- After another 30 seconds, add spices
- Reduce with red wine, stir
- After wine boiled for about 1 min, add tomato sauce and red beans
- Let cook on low flame
- Roll out your tortillas, dispose food in the middle and roll them together
- Place rolls in the pyrex container
- Sprinkle with grated cheese (can be lots of)
- Put in oven, until cheese is melted
- Serve

Tomato sauce



Ingredients		Info/per person weight
optional	Grounded meat/Roasted tofu	100gr
	Onions, white	1
	Garlic	1 clove
	Tomato sauce	250ml
optional	some red wine	1/2 glass
Spices	Tabasco, red	
optional	Chilli powder	for stronger/hotter taste
	Salt	
	Pepper	
optional	Fresh basil leaves	2-3
For cooking	Olive/Vegetable oil	1-2 spoons
	Large pan	

Steps :

- Peel onion and cut onion in thins dices (2-3mm)
- Peel and mince garlic in small dices (1-2mm)
- Cut Tofu in small slices, about 3mm thick, to eat easily in one bite
- Heat oil in large pan
- Glaze onion (about 2-3 min)
- Add garlic, cook for 1 minute
- Add meat/tofu, stir well
- After about 1 min (meat becomes brownish), add salt and pepper, stir
- Cook for about 1 minute, then add tomato sauce
- Once sauce cooks, add salt, pepper and tabasco (2-3 splashes, depending on taste)
- Stir and let cook for at least 10 minutes

Tips :

Before serving, sprinkle some freshly cut basil on top

(Leftover) Garlic Bread

Ingredients		Info/per person weight
	Baguette, or bread slices	about 3-4
	Garlic	1-2 cloves
	Parsley	handful
	Butter/vegan Butter	150-200gr
Spices	Salt, Pepper	
For cooking	Oven	180-200°C 350°F-395°F
	Baking sheet/paper	optional

Steps :

- Leave butter out of fridge (room temperature), for about 1 hour until it becomes soft
- Preheat your oven (circulating heat 180°C/350°F, upper heat 200°C/395°F)
- Peel and mince garlic in small dices (1-2mm) or use a garlic press
- Mince parsley in small pieces (1-2mm)
- Put butter, minced garlic and parsley in bowl
- Add salt (about 1 teaspoon)
- Add pepper (1-2 twists, 1/3 teaspoon)
- Mix everything together using your hands or a mixer
- Taste the mix if salty enough
- Spread your garlic butter upon your baguette pieces (see picture)
- Put in oven (middle) on baking sheet (to absorb dripping fat) for about 2-4 minutes
- Serve

Tips :

The last minute, you can add some grated cheese over the pieces of bread for it to melt
Serve hot

You can add other spices to this recipe to modify its taste, like paprika powder, curry,...

Quinoa salad



Ingredients		Info/per person weight
	Cucumber	1/2
	Cherry tomatoes	up to 10
	Mango	1/2
	Quinoa	150gr
Spices	Salt, Pepper	
	Oliveoil	1-2 spoons
	Lemon pressed	1/2
	Parsley	handful
For cooking	Cooking pot, about 20cm diameter	
	Water	

Steps :

- Preheat 1 teacup of water
- When boiling add salt (1 teaspoon) and quinoa
- Set timer for 10 minutes on mid to low heat (water needs to be absorbed by quinoa)
- As soon as the majority of water was absorbed, turn down heat and let it sit for 10 minutes
- Cut cucumber into dices (about 5mm side-length¹)
- Half the cherry tomatoes
- Cut mango in 5mm cubes
- Mince parsley in small pieces (2-3 mm)
- In a bowl, add salt (1 teaspoon), pepper (1/2 teaspoon), olive oil (1 spoon) and the pressed lemon, stir well
- Drain the quinoa from remaining water (should be cooled off)
- Add all ingredients and mix them well
- Garnish with parsley on top
- Serve

Tips :

You can add many other veggies to this bowl to your liking. For example : peppers, avocado, corn, red beans, chickpea beans,...

¹ should be easily eatable, adapt size to your taste

Vegetarian omelet



Ingredients		Info/per person weight
	Eggs	2-3
	Potatoes	1 large
	Cheese, grated	~20gr
	Liquid cream (crème fraiche)	20ml
Spices	Salt, Pepper	
	Oliveoil	1-2 spoons
	Parsley	handful
optional	Butter	spoon
For cooking	Pan	

Steps :

- Mince parsley into ready to eat pieces (about 2-3mm)
- Peel the potato² and cook it in boiling water until soft (use a sharp knife to sting in potato, if it slides off easily, it's done)
- Take potato to cool off and cut into slices/dices, ready to eat (about 5mm). Place aside
- Break eggs into bowl and whisk until everything comes together
- Add salt and pepper to liking (~1/2 teaspoon of each)
- Continue whisking while adding liquid cream to the eggs, until mixture comes together
- Heat up pan (middle heat) and add olive oil. Optional : Add a spoon of butter to the oil.
- After butter has melted/oil is hot³, add egg mix and stir regularly
- As the egg becomes sticky, and "dries out", add your cheese and potatoes to the mix
- Stir well
- Drop on large plate and garnish with parsley, serve hot

Tips :

You can add many other ingredients to your liking, for example : mushrooms, peppers, carrots, ...
If your ingredients are hard, drop them in the hot water with the potato before adding to the eggs.

² If a peeled potato sits outside for too long, it becomes brownish. To avoid, cover potato in water.

³ sprinkle some water drops in pan, if they patch back, it's hot enough. Oil must never produce smoke!

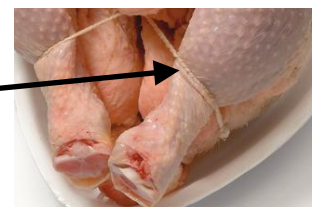
Whole chicken roast



Ingredients		Info/per person weight
	Whole (organic) chicken	covers about 3-4 persons
	Lemon	1 large
Spices	Salt, Pepper	
	Oliveoil	1-2 spoons
	Curry powder	2 spoons
	Ground paprika (hot or sweet)	1 spoon
	Mustard	1 spoon
	Thym	2 branches
optional	Butter	spoon
For cooking	Pyrex® or temperature resistant high plate	should fit the chicken

Steps :

- Preheat your oven to 220°C/430°F
- Take chicken out of pack and loosen the strap around it
- Open its legs to reach the interior (should be empty)
- Cut the lemon in half
- Rub some (1/3 teaspoon) salt/pepper mixture on the inside
- Fill the interior of the chicken with lemon, thym, butter alternating and put the strap back
- Put away in fridge
- In a bowl, add salt, mustard, curry and paprika powder and start adding some oil while stirring. The mix should be thick, not too liquid
- Put chicken in the pyrex and start spreading the mixture onto its skin. Do not forget the "hidden" spots between the wings
- Optional : take some aluminum foil and cover the extremes of the legs (to prevent drying up)
- Put it in the oven for about 1 hour 30 minutes
- Regularly (every 20 minutes) take a look at your chicken and, if necessary, pour some liquid from the pyrex over it
- After the cooking time, cut the chicken at its legs to check if everything is cooked. If you see some red parts/red liquid, put it back in the oven for about 10 minutes, and make the check again.



IMPORTANT : Chicken meat is very sensitive to infection of salmonella bacteria. As such, once you've finished working on your raw chicken, make sure to put it back in the fridge, do not let it sit outside. Also cooking it entirely (no red liquid pouring) is important to kill of every risk of infection.

Some basic knowledge⁴

Ingredients

Your kitchen quality depends on the ingredients you use. You should favour fresh ingredients from your local market or, if possible, from your garden. The fresher the ingredient, the higher the quality of your dish. Even if you can't afford organic quality, many shopping malls feature well grown vegetables and fruit. Always choose them over canned versions.

One advice here : shop seasonal, meaning don't buy strawberries in winter. See this site for more information as to what grows when : <https://www.eufic.org/en/explore-seasonal-fruit-and-vegetables-in-europe>.

Conservation of vegetables and fruit is best done in a fridge, preferably around 4 to 7°Celsius (40-45°F). Some fridges have special compartments for fresh wares, use them accordingly.

In order to keep your vegetables for a longer period or season them according to your taste, you can always rely on fermentation techniques or make your own conserves.

Fat

Cooking basically has only 4 majors player which come into the game : fat, acid, salt and heat. Concerning the fat, the quality is super important. As such, you are better off buying cheaper ingredients but higher quality oil, for example. I myself only cook with cold pressed olive oil, sometimes with stronger taste, sometimes more neutral. Check with your local store what the offer and prefer organic quality, even if more expensive.

Salt

Concerning the salt, there are many different sorts. Here, you should try some for yourself and find out which one suits you best. I would suggest getting your hands on "fleur de sel" from France (sea-salt), Himalayan salt (healthy, many minerals inside) and mountain salt. Each one tastes differently!

Tasting

In order to prevent you from flipping out, it is normal that your tasting buds are off the grid. When coming from our modern times meals, one is confronted with a lot of taste exhausters (glutamate) which tend to bombard your tasting senses with a load of saltiness. As a result, your tasting buds are overwhelmed and often insensitive to balanced tastes. In order to neutralise this, you need time and watch out what you're eating. Again, prefer fresh ingredients over canned one and drop your fast food fantasies!

Cutting techniques

In order to get around in your kitchen, you will need to get some basic cutting skills. There are many videos about this, make sure you're **safe** when trying them out. Example : <https://www.youtube.com/watch?v=NlnOsnr94qM>

⁴ All links provided here are personal recommendations, I am not affiliated with any of these sources









Your kitchen

Basic hardware

When cooking, you will need some basic fittings in your premises. Here's a short list of what to get. This is only a recommendation, feel free to upgrade your hardware as desired!

	
<p>Pan, 25-25cm diameter should be non-stick (Teflon or similar)</p>	<p>Cooking pot and casserole, 15-20 cm diameter</p>
	
<p>Pot for pasta (~35cm high, 20-25cm diameter)</p>	<p>Cooking pot (generic), about 6-8 liter</p>

Cutlery & accessories

<p>smaller knife, for thin cuts</p> 	<p>medium knife, for larger cuts</p> 	<p>long knife, for larger cuts</p> 
<p>Kitchen knives : blade length 10cm, 15cm and 20cm</p>		
		
<p>Cutting board, wood or plastic</p>	<p>Peeler (fr : économe)</p>	<p>Grater, 4 sides</p>
		
<p>Spoons & spatulas (wooden), for multiple uses</p>	<p>Kitchen tongs</p>	