Sam's Cooking Cheat Sheet

Breakfast

Cold Brew	30g coffee in 16oz jar, bloom w/ hot water, fill with cold, wait 24hrs	Roast Potatoes
Ice Coffee (Aeropress)	17g coffee, 125 ml boiling water, steep for 1 min, then press over ice	
Hot Coffee (Aeropress)	17g coffee, 200-220ml boiling water, steep for 1 min, then press into mug	
Eggs	Sous Vide 145F for 1hr. If poaching, chill in fridge then boil 2 min	Roast Broccoli
	Onsen Tamago - 167F, 13min then ice	Rice
	For prettiest fried and poached eggs, strain loose whites in strainer	
Crispy Hash	Shred, squeeze out water with a towel, then microwave 2 min,	Steak
Browns	covered top and bottom with paper towel. Let dry uncovered for 5 min, then fry in pan 2min each side.	Chicken
Bacon	Start bacon on sheet pan in cold oven, set to 400F (convection or regular), approx 15-20 min.	Velveting
Steel Cut Oats	3:1 water to oats, pressure cook on high 10 min, quick release.	

Veggies

Dessert

Boil, starting in cold salted water. Vinegar for little potatoes to hold, baking soda to accelerate roughing.	Ice Cream	14 oz can condensed milk, 14 oz whole milk, 2/3 cup sugar, 15g tapioca.
Season fat separately. Toss potatoes in bowl to roughen, then add fat. Roast 400F convection, toss after 20 min, keep tossing occasionally til crispy.	Hot Cocoa	1/2 tsp corn starch, 1 tbsp sugar, 1 tbsp cocoa, 8oz milk, vanilla, salt. Make slurry, then mix and heat all.
Preheat the pan so it's hot, 500F, then roast broccli for 20min		Fermented
Rinse, then 1:1 rice to water, press	Pickles	4% salt solution
"Rice" button to pressure cook.	Sauer- kraut	2% of cabbage weight in salt
Meat		

Meat

Steak	Sous Vide to 130F for medium-rare
Chicken	Sous Vide to 140F for soft, to serve hot, 150F for firmer for cold salad
Velveting	Per pound of meat: 20 ml liquid (soy / Shaoxing / sherry) 1 large egg white 6 g cornstarch (2 tsp)

2 g baking soda (½ tsp)

ef, Chicken + {insert}
ter sauce: stock + soy. Darker ce: oyster + soy. Choice of { ccoli, snap peas, snow peas }
eet & Sour Chicken
lised Eggplant ip liquid, {stock, miso, fish sauce, er sauce, gochujong } + cornstarch,
und pork
ffiest Eggs
ny butter cubes + ½ tsp cornstarch egg
en Beans w/ Pork
r Fried Rice
r rieu Rice

Soy + Coconut Chicken

Dark meat, soy, coconut, 30min on high

Black Bean Stew

4 chix legs, 8oz andouille, 1 med onion, 2tsp cumin, 2x 4oz can hatch chiles, 8oz dried black beans, bunch cilantro w/ twine, 1 quart stock,

Cook andouille in **oil**, then onions, then bloom the cumin. Add all ingredients, pressure cook 40 min. Simmer 5 min while shredding chix. **Cilantro**, **sour cream**, **lime** to serve.

Sloppy Joes

Pan

Burger

Pan Cooked Salmon

Salt and uncover 1 day in fridge on paper towel (skin up), cook skin side down, 4-5 min, then flip 105 deg for med rare, 130 deg for well done.

Shrimp, Mussels

Garlic, onion, white wine, { Old Bay }

Loco Moco

1lb ground beef, sauteed onion, (mushroom), 1 cup liquid {stock, soy sauce, worcestershire, oyster}, 2 tbs cornstarch

Garlic rice + Eggs

Hash

Shakshuka

La Creuset

Chili

Étouffée

Coq au Vin / Beef Burgundy

Beef Stew

Boiled Dinner

Sous Vide

Chicken

Daddy Egg

Grain / Rice Bowls

I mean, it's a grain bowl, right?

Just mix stuff.

Ferro

1:2, pressure cook 7min, or stove for 20, drain after, rinse cold water.

Polenta

1:4, use half stock half milk for best taste. pressure cook 5min on low.

Oven

Roast Chicken 500deg, salt & pepper

Make Your Own Pizza

Sausage, Grapes, Onion

Reverse Sear Steak

Oven below 275 deg, cook steak to 10-15 deg below target temp. Finish in pan.

Meatloaf

Whole Fish

Shabbat Chicken

Crustless Quiche

3 eggs, dairy {2 tbsp - ½ cup}, 1 tbsp mayo, bake at 350 for 30min, center should jiggle a little