



me & my friends love cooking

a digizine by rachel k

contributors: lea, vivian, annie, max



pierogi

walnut mushroom rolls

ingredients

1 yellow
onion,
diced
garlic, 4 cloves,
minced
oregano, 2
tbs

2 carrots,
large,
diced

1 package
mushroom,
chopped

1 cup
walnuts,
soaked

balsamic
vinegar
rice paper
rolls
oil

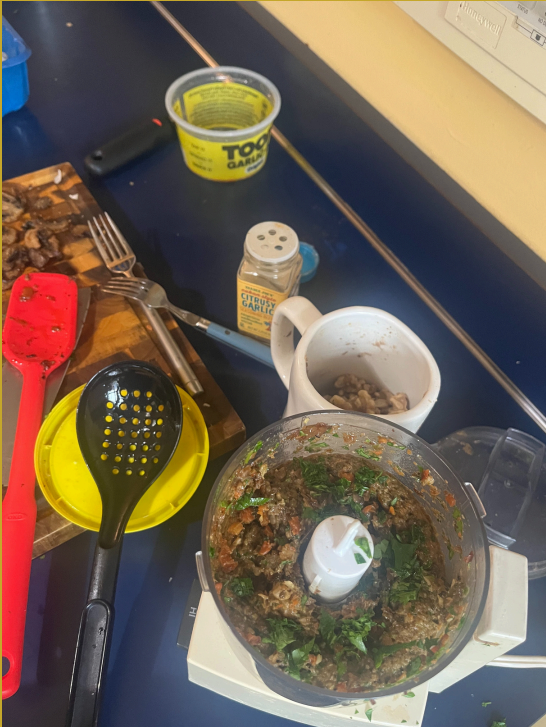




1. cut up garlic, carrot, onion.
first add onion and oil to
pan with medium high
heat. after a few minutes
add carrot and garlic. add
oregano and red pepper
flakes. then cook down for
5 minutes or until fragrant.

2. add more oil (2tbs)
and balsamic vinegar.
3. add mushrooms and
cook covered for 5
minutes or until
mushrooms softened.
4. fry the sliced
mushrooms in oil. flip
halfway. immediately
toss in a tupperware
with
garlic powder, salt.





5. add the soaked walnuts and cooked mushroom mixture to the food processor with the parsley.

6. roll the combined mixture in rice paper rolls.*

7. fry the rolls in oil. make sure there is a layer of oil in the pan and its hot hot hot.

served with lemon+lettuce on a blue corn torilla from HEB.

tip:

*soften the rolls before rolling



Rachel's risotto with carrots and eggplant

*written by Max

ingredients

1 medium onion, diced
4-5 garlic cloves
1/3 cup veggie broth
salted butter
1 eggplant
2 carrots
miso
dijon mustard
parm (shaker cheese)
lemon



chop up onion and garlic. Saute in 1/4 stick salted butter until translucent

Add 1 cup uncooked risotto and toast lightly (should not change color)

Then add 1/3 cup veggie broth 5x, waiting for broth to soak in each time (Abt 2-3 mins)



this is not the risotto
from the recipe, but
a mushroom risotto
you could do the
same things with
but for veggies add
mushroom



key to cooking: slowly add warm broth to
the rice pot

While risotto is cooking,
Prepare 1 medium Italian
eggplant (diced)
And 2 carrots (diced) to air fryer.
Cook these together with olive
oil, salt, pepper with tsp of miso
mixed in air fryer on "bake"
(400°) for 20 mins

Once everything is done
cooking, combine eggplant and
carrots with risotto and add
juice of 1 lemon. Add 1-2tbsp
Dijon mustard and mix
thoroughly. Parm cheese to
taste



plain risotto – just don't add veggies and
do a lot of lemon instead

Lea's Zucchini



1. Quarter the zucchini lengthwise into long spears then cut crosswise into large bites. Make the pieces big so they can get brown on the outside without overcooking in the center

2. Add oil to your pan and cook zucchini over medium high heat. Don't stir until the zucchini starts to brown (5-7 mins)

3. Add garlic powder and a subtle pinch of herbes de provence (my must-try secret ingredient) or substitute another dry herb

4. Stir everything together and continue cooking until the zucchini is dark brown on the outside and the center is still crunchy. Total cook time should be 10 minutes or less

5. Add salt just before serving

ingredients

zucchini

garlic powder

herbes de provence





Vivian's King Soup

Inspired by one of mine and Caro's favorite restaurants, Vientiane Café, a Laotian/Vietnamese eatery in West Philadelphia. Their King Soup comes in a king-size bowl.



My recipe leaves out some of their signature and defining ingredients, namely lemongrass, which is hard to find and/or expensive in our neck of the woods. With this combination of flavors, you will get a similar lemon-y punch. I am a huge fan of using salt and time to help draw out flavor and tenderize vegetables. This recipe utilizes this practice, leaving you with a soup that requires no added broth to impart flavor. Salt, time, and water-dense vegetables do the work on their own.

This recipe makes about 4 servings. Can be equally enjoyed hot and cold.

AROMATICS

2 SHALLOTS - DICED

4-6 TRUMPET MUSHROOM STEMS - DICED

1 BUNCH OF SCALLION ENDS (WHITE TO LIGHT GREEN—SAVE THE TOPS FOR LATER) - THIN-CHOPPED WIDTH-WISE

1 BUNCH OF CILANTRO ENDS (SAVE THE TOPS/LEAVES FOR LATER) - DICED

1-2IN TURMERIC ROOT - GRATED OR THIN MEDALLION SLICED

2-3IN GINGER - GRATED

1 BUNCH OF DANDELION GREEN ENDS (SAVE THE TOPS FOR LATER)

Sauces/liquids

2tbs rice vinegar

3 cans coconut milk

Sriracha to taste

1/4 cup soy sauce

1tbs miso paste (any kind works)



Toppings

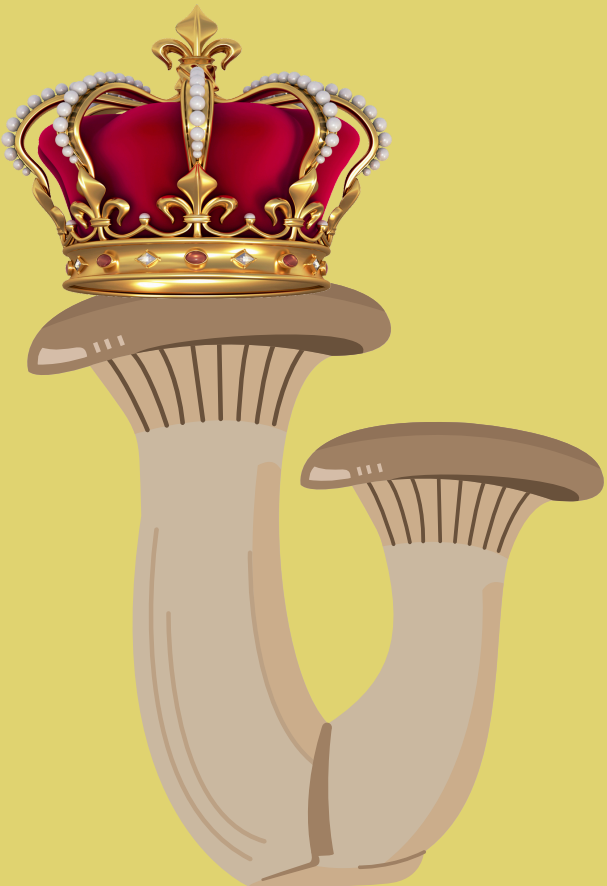
2 cups shredded purple cabbage

8 oz uncooked noodles of choice (for this recipe I used Andean Dream quinoa spaghetti, but you can use any noodle with a similar thickness)

The heads of your trumpet mushrooms (fried), scallions, cilantro, and dandelion.

Set aside a large bowl. Chop all your aromatics according to the description above, adding them to the bowl as you go. Once finished chopping, salt the contents with 1 tbs of salt and 1tsp black pepper. Leave aside while you prepare your mushroom tops.

Mix together soy sauce and miso paste to form a thickened glaze. Oil a pan with 1tbs oil (I prefer coconut or olive oil) and put on medium heat. Take your mushroom tops and score them on both sides. Lightly salt both sides. Once the pan is hot (oil should sizzle but not be smoking), place your mushrooms down, cooking them for about 2 minutes on either side or until golden/light brown. Deglaze the pan with miso glaze, turning mushrooms again for about 4 minutes. Remove pan from heat. .



Heat a large pot on medium heat. By this point, your bowl of salted veggies should have a good bit of water sitting at the bottom. Once the pan is hot, add all the veggies, stirring constantly until they are wilted and start to stick to the bottom of the pan (about 3 minutes). Deglaze with rice vinegar. Before the vinegar has evaporated fully, add coconut milk and sriracha to taste, stirring until sriracha is fully incorporated. Let the soup come to a boil then lower to low/medium heat for about 20 minutes. For a slightly thicker broth, cook noodles directly into the soup pot. For thinner broth, cook the noodles in a separate pot. Once the noodles are fully cooked, remove the pot from heat, and top with cabbage, trumpet mushroom heads and the remaining pan sauce, chopped scallions, cilantro, and dandelion leaves.



king's soup from Vientiane Café

Annie's Orangecello



You need like 6–8 oranges, try to find some w thicker skin
Boil some water and just toss them in for a sec to get the wax off

Then you peel them (try not to get a lot of pith, just the rind) and pour your liter of grain alcohol to cover them
Cover the container and stir every once in a while
After 6 days add a liter of water and 3 1/8 cups of sugar

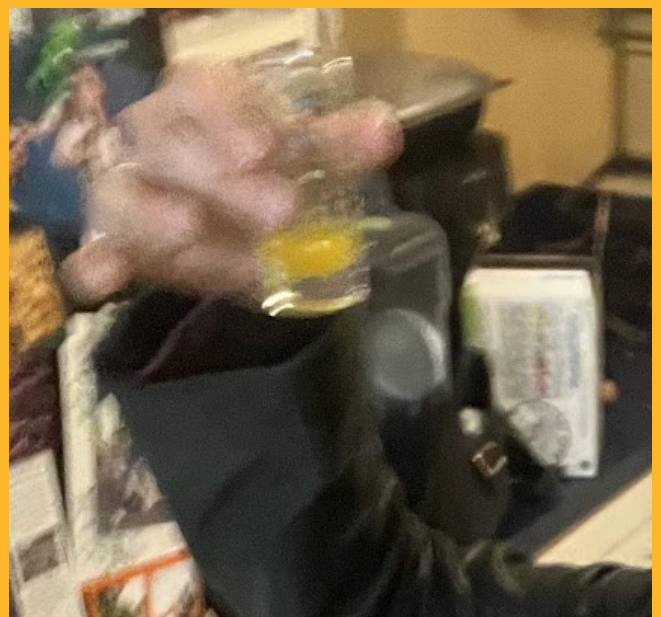
Keep it in fridge or freezer
And that's literally it

u should include a short blurb abt drinking it w friends

What if said blurb is just the lyrics to blackout by breathe carolina

[Chorus: David Schmitt, Kyle Even]

I'm only gettin' started
I won't blackout
This time, I've got nothing to waste
Let's go a little harder
I'm o-o-on fire
I won't blackout
I'm on my way
I'm only gettin' started
I won't blackout
This time, I've got nothing to waste
Let's go a little harder
I'm o-o-on fire
I won't blackout
I'm on my way
I'm only gettin' started



i love cooking! i barely use a recipe,
but i am always watching cooking
videos on youtube and i put in my
hours as a kid with the food network.



here are some more
quick tips rather
than full out recipes

take some of these
into your practice!
experiment!

put citrus in your
salad, also salads
are best when
everything is cut
up small &
carrots raw are
tastiest grated

Seared swordfish
steamed plantain
then mashed with
butter, salt, pepper
(cook yours longer
than mine)
dressed cucumbers



fish stew with
rice, always
top everything
with some
crushed
peanuts!!!



fries i made
with my
dad (he has
a mandolin
for these
crisp cuts)



more fish with
dressed greens, my
fav kind of meal,
this is probably
kale salad, again
make sure your
salads have nuts



pasta with green sauce (blend up herbs, spinach,
pasta water, garlic, salt/pepper)
artichokes that were breaded and fried



to make your salad taste
better just wilt those greens
and overdress them
yummy



fresh stuffed pasta



fresh pasta

the end – go cook something yummy!



noodles with parm, chickpea