1ST EDITION

ALL THE

TODAY'S COOKING

Delicious Made Easy!

MEASURES & EQUIVALENTS
COOKING TIPS & TRICKS

Each Volume has Hundreds of Recipes

Volume

a. **Appetizers**
b. **Soups**
c. **Sauces, Dressings & Seasonings**
d. **Dairy & Egg**
e. **Salads**
f. **Vegetables**
g. **Fruits**
h. **Pasta, Grains & Breads**
i. **Sweets**
   - Cookies/Cakes
   - Desserts
j. **Drinks**

Volume

k. **Seafood**
   - Fish
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l. **Poultry**
   - Chicken
   - Turkey & more
m. **Meats**
   - Beef
   - Pork
   - Lamb & more
n. **Casseroles/Stews**
o. **Vegetarian**
p. **Miscellaneous**

Welcome!

Introduction

I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

"Cooking is one of the oldest arts..." - Brillat-Savarin

"With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought." - Lucien Tendret

"Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste." - Sainte-Beuve

"The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes." - Lucien Tendret

"The discovery of a new dish does more for the happiness of mankind than the discovery of a star." - Brillat-Savarin

"Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable." - Lucien Tendret

"The science which feeds men is worth at least as much as the one which teaches how to kill them." - Brillat-Savarin

"Thinness is not a great drawback for men, but it is a dreadful misfortune for women." - Brillat-Savarin

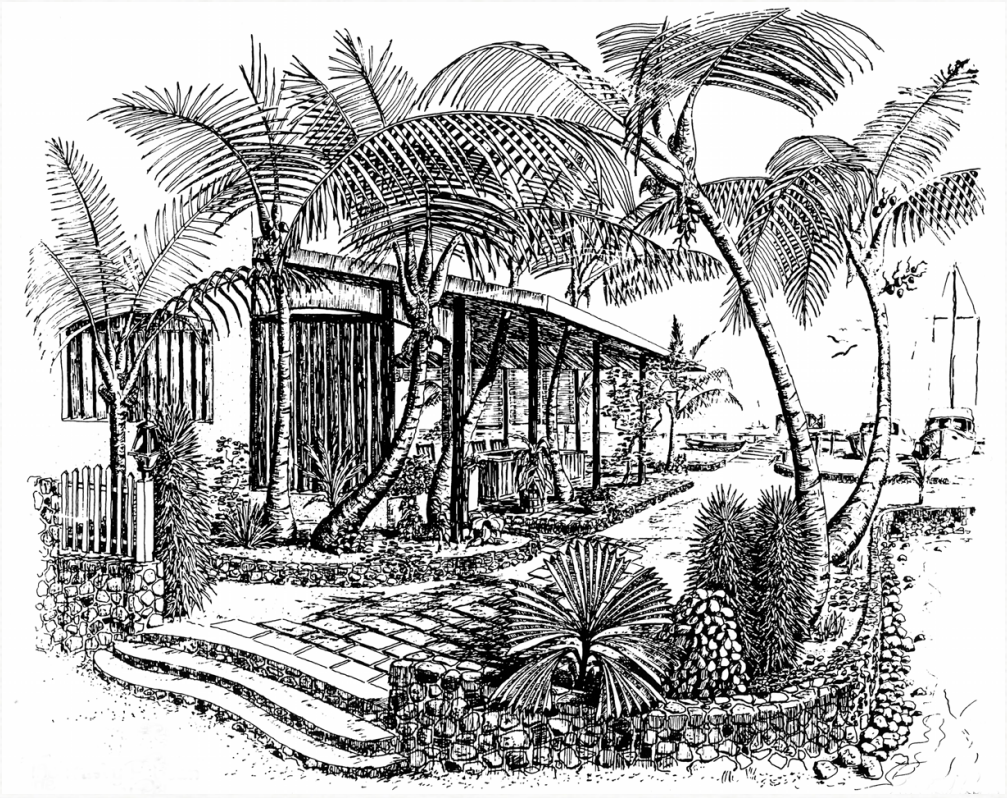
"Gastonomy is the joy of all conditions and all ages. It adds wit to beauty."
- Monselet

"The most indispensable quality of a cook is punctuality; it should also be that of a guest." - Brillat-Savarin

"Good cookery is the food of a pure conscience." - Des Essarts

"Those who give themselves indigestion or get drunk, do not know how to eat or drink." - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is the "lure" of the pleasure of eating well.



Stuart Denike 2014

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Measurements & Conversions

Oven temperature equivalents

DEGREES F	DEGREES C	DEGREES F	DEGREES C
170	77	300	150
175	79	325	170
200	93	350	180
210	99	375	190
220	104	400	200
225	107	425	220
230	110	450	230
240	116	475	246
250	120	500	260
275	135	550	290

MEASUREMENT ABBREVIATIONS		
tsp. = teaspoon	qt. = quart	lg. = large
Tbs. = tablespoon	gal. = gallon	g. = gram

MEASUREMENT ABBREVIATIONS		
fl. = fluid	pkg. = package	kg. = kilogram
oz. = ounce	lb. = pound	ml. = milliliter
c. = cup	sm. = small	cc. = cubic centimeter
pt. = pint	med. = medium	L. = liter

WEIGHTS & MEASURES		
3 tsp. = 1 Tbs.	6 Tbs. = 3/8 cup	8 fl. oz. = 1 cup
1 Tbs. = 1/16 cup	8 Tbs. = 1/2 cup	2 cups = 1 pint
2 Tbs. = 1/8 cup	10 Tbs. + 2 tsp. = 2/3 cup	4 cups = 1 quart
2 Tbs. + 2 tsp. = 1/6 cup	12 Tbs. = 3/4 cup	2 pints = 1 quart
4 Tbs. = 1/4 cup	16 Tbs. = 1 cup	4 quarts = 1 gallon
5 Tbs. + 1 tsp. = 1/3 cup	48 tsp. = 1 cup	4 quarts = 128 fl. oz.

WEIGHTS & MEASURES		
1 oz. = 28 grams	1 tsp. = 1/6 fl. oz.	1/5 tsp. = 1 milliliter
1 pound = 454 grams	1 Tbs. =1/2 fl. oz.	1 tsp. = 5 ml.
1 gram = .035 oz.	1/8 cup = 1 fl. oz.	1 Tbs. = 15 ml.
100 grams = 3.5 oz.	1/3 cup = 2 3/4 fl. oz.	1 cup = 240 ml.
500 grams = 1.10 Lbs.	1/2 cup = 4 fl. oz.	1 quart = .95 liter
1000 grams =1 kilogram	1 cup = 8 fl. oz.	4 quarts = 3.8 liter
1 kilogram = 35 oz.	1 pint = 16 fl. oz.	1 liter = 34 fl. oz.

WEIGHTS & MEASURES

1 kilogram = 2.205 Lbs.	1 quart = 32 fl. oz.	1 liter = 4.2 cups
16 oz. = 1 Lb.	1 gallon = 128 fl. oz.	1 liter = 2.1 pints
1 milliliter = 1 cubic centimeter (cc)		1 liter = 1.06 quarts
1 inch = 2.54 centimeters (cm)		1 liter = .26 gallon

BAR DRINK MEASURES

dash = 6 drops	1 jigger = 1 1/2 oz.	1 pint = 16 fl. oz.
3 tsp. = 1/2 oz.	1 large jigger = 2 oz.	1 fifth = 25.6 fl. oz.
1pony = 1 oz.	1 std. whiskey glass = 2 oz.	1 quart = 32 fl. oz.

METRIC CONVERTER

Metric	Multiply by:	Imperial
grams	x 0.035	ounces
kilograms	x 2.2	pounds
milliliters	x 0.03	fluid ounces
liters	x 2.1	pint
liters	x 1.06	quart
liters	x 0.026	gallon

DILUTING CONCENTRATES

Ratio	Concentrate	Water
4 to 1	32 oz.	1 gallon
5 to 1	26 oz.	1 gallon
10 to 1	13 oz.	1 gallon
15 to 1	8.5 oz.	1 gallon
20 to 1	6.5 oz.	1 gallon
25 to 1	5.5 oz.	1 gallon

CAN SIZES CONTENTS

6 oz.	3/4 cup	6 fl. oz.
8 oz.	1 cup	7 3/4 fl. oz.
# 1 can	1 1/4 cups	9 1/2 fl. oz.
# 300 can	1 3/4 cups	13 1/2 fl. oz.
# 303 can	2 cups	15 fl. oz.
# 2 can	2.5 cups	1pt. + 2 fl. oz.
# 2.5 can	3.5 cups	1pt. + 10 fl. oz.
46 oz. can	5 3/4 cups	1 qt. +14 fl. oz.
# 10 can	12 cups	3 qt.

FOOD EQUIVALENTS

Apples 1Lb.	3 med. (3 c. sliced)	Lemon 1 med.	3 Tbs. juice 1Tbs zest

FOOD EQUIVALENTS			
Bananas 1Lb.	3 med. (1 1/2 c. mashed)	Lime 1 med.	2 Tbs. juice 1/2 Tbs. zest
Berries 1 pint	1 3/4 cups	Orange 1 med.	1/2 cup juice 2 Tbs. zest
Bread 1 slice w/ crust	1/2 cup bread crumbs	Onion 1 large	3/4 to 1 cup chopped
Bread 1 Lb. loaf	14 to 20 slices	Potatoes 1 Lb.	3 med. (2 1/4 diced)
Cheese 1/4 Lb.	1 cup shredded	Tomatoes 1 Lb.	3 medium
Cream cheese 3oz	6 Tbs.	Raisins 1 Lb.	3 cups loosely packed
shred coconut 4oz	1 1/3 cup	Nuts shelled	3 1/2 to 4 cups
flake coconut 3oz	1 1/3 cup	Rice reg. 1 cup	3 cups cooked
Egg whites large 1 cup	8 to 10 whites	Egg yolks large 1 cup	12 to 14 yolks
How to convert a 13x9 pan recipe to a 8x8 pan recipe ?	Simply divide the original recipe by half	How to divide a whole egg in half ?	Lightly beat the egg and divide in half

Baking by weight

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
All-purpose flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g
Bread flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g

Cake flour	4.25 oz. 120 g	2.125 oz. 60 g	1.4 oz. 40 g	1.1 oz. 30 g
Self-rising flour	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g
Whole wheat flour	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Brown sugar, light or dark	7.5 oz. 212 g	3.875 oz. 106 g	2.5 oz. 71 g	1.875 oz. 36 g
Confectioners sugar	8 oz. 228 g	4 oz. 114 g	2.7 oz. 76 g	2 oz. 58 g
Granulated sugar (regular, white sugar)	7 oz. 198 g	3.5 oz. 99 g	2.3 oz. 66 g	1.75 oz. 50 g
Turbinado, demerara or raw sugar	7.75 oz. 220 g	3.875 oz. 110 g	2.6 oz. 73 g	1.9 oz. 55 g

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Almonds, sliced	1.5 oz. 42 g	0.75 oz. 21 g	0.5 oz. 14 g	0.375 oz. 10 g

Almonds, slivered	2 oz. 58 g	1 oz. 28 g	0.6 oz. 19 g	0.5 oz. 14 g
Almonds, whole	5 oz. 142 g	2.5 oz. 71 g	1.6 oz. 47 g	1.25 oz. 36 g
Cashews, chopped or whole	4 oz. 112 g	2 oz. 56 g	1.3 oz. 37 g	1 oz. 28 g
Pecans, chopped	4 oz. 112 g	2 oz. 56 g	1.3 oz. 37 g	1 oz. 28 g
Pecans, halved	3.5 oz. 99 g	1.75 oz. 50 g	1.2 oz. 33 g	0.875 oz. 25 g
Pistachios, chopped or whole	2.125 oz. 60 g	1.1 oz. 30 g	0.7 oz. 20 g	0.5 oz. 14 g
Walnuts, chopped	4 oz. 112 g	2 oz. 58 g	1.3 oz. 37 g	1 oz. 28 g
Walnuts, whole	2.25 oz. 64 g	1.125 32 g	0.75 oz. 21 g	0.6 oz. 16 g

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
Chocolate chips	6 oz. 170 g	3 oz. 85 g	2 oz. 57 g	1.5 oz. 43 g
Cocoa	3 oz. 85 g	1.5 oz. 43 g	1 oz. 28 g	0.75 oz. 21 g

Coconut, shredded, unsweetened	3 oz. 85 g	1.5 oz. 43 g	1 oz. 28 g	0.75 oz. 21 g
Coconut, shredded, sweetened	4 oz. 113 g	2 oz. 57 g	1.3 oz. 38 g	1 oz. 28 g
Graham cracker crumbs	3.5 oz. 99 g	1.75 oz. 49 g	1.2 oz. 33 g	0.875 oz. 25 g
Honey	12 oz. 340 g	6 oz. 170 g	4 oz. 113 g	3 oz. 85 g
Mini marshmallows	1.5 oz. 43 g	0.75 oz. 22 g	0.5 oz. 14 g	0.375 oz. 11 g
Oats, traditional rolled	3.5 oz. 99 g	1.75 oz. 49 g	1.2 oz. 33 g	0.875 oz. 25 g
Oats, quick-cooking	3.125 oz. 89 g	1.5 oz. 45 g	1 oz. 30 g	0.8 oz. 22 g
Peanut butter	9.5 oz. 270 g	4.75 oz. 135 g	3.2 oz. 90 g	2.375 oz. 68 g
Raisins	5.5 oz. 156 g	2.75 oz. 78 g	1.8 oz. 52 g	1.375 oz. 39 g

Tips & Tricks

Baking

To measure flour

Use a spoon to "fluff up" the flour in its container and then lightly spoon it into a measuring cup without packing it. Use a straight edge to level the flour with the top of the cup.

Fish

To get crispy skin, place the fish skin-side down on paper towels for a few minutes to absorb moisture. Sauté skin-side down over medium heat in a combination of butter and oil. Turn the fish for the last few minutes of cooking.

Fruits

Easy citrus zest

Use a vegetable peeler to get strips of peel without the pith. Chop or julienne the peels or use a spice grinder to make a fine zest.

Grapes

Freeze grapes on a baking sheet and then transfer to plastic bags. Store in the freezer for up to a year.

Kiwi

Cut the kiwi in half crosswise. Use the beater from a hand-held mixer and push it down into the flesh and twist. You'll have 4 wedges free of the skin. By-the-way, the skin is the most nutritious part of the fruit.

Lemons & Limes

To get the most out of these fruits, use the palm of your hand and roll them on the kitchen counter until softened up. They are then much juicier.

Pineapple

To keep fresh pineapple, place in a glass or plastic container; cover with orange juice and store in the refrigerator for up to a week. The orange juice is delicious, too!

MEATS

When cooking meat, use an instant read thermometer. Remove meat when internal temperature reaches: rare = 125° F, medium-rare = 130° F, medium = 140° F. Let meat rest for at least 10 minutes before carving.

In order to brown meat properly, dry the surface with paper towels. You want the meat to sear, not steam, so that you get a rich brown crust.

Unless you are cooking a very lean meat, trim some of the fat off and render down to use for not only cooking the meat, but also to use cooking accompanying vegetables.

BACON

When you cook bacon, save the fat and store it in the freezer in an air tight container. Use a little of the fat in cooking.

To cut bacon or pancetta into lardons (matchsticks), freeze for 15 minutes to make it easier to cut. This is true for any meat you need to thinly slice prior to cooking.

POULTRY

When roasting a whole chicken or turkey, prevent the breast from drying out by separating the breast from the rest of the bird. Cook as you normally do, but remove the breast sooner.

Instead of using a rack, line an oiled pan with thickly sliced pieces of onion; place the chicken on top and roast as usual. You can use the onions as a side dish or use with a little stock or water to make a sauce.

For crispy skin and juicy meat, dry brine poultry at least 1 hour prior to cooking by heavily salting the bird inside and out. Longer is better. Wipe dry and roast as usual.

OIL

While sautéing food you need more oil, add it along the edge of the pan so that it heats up before it reaches the food.

When deep frying, use tongs to add food just below the surface of the oil and hold for about 5 seconds. This will seal the surface of the food and prevent it from sticking to the fryer or other food.

Pasta

Do *not* add oil to the cooking water. It prevents the sauce from sticking to the pasta.

Drain pasta and while hot, toss with grated Parmesan *before* adding sauce.

Always save 1/3 to 1/3 cup of the pasta cooking water. When you add the sauce to the pasta, add a little of the cooking water, too. The starch in the water adds body and makes the dish creamier.

Soups

When cooking vegetables for chilled soups or salads, use oil rather than butter or margarine.

With any creamed soup, a dash of curry gives it a new taste.

For vegetable soups, sauté diced or sliced onions, carrots and bell peppers in oil and butter before you add any liquid.

Add cheese rind to soups to boost flavor.

If using sour cream in hot soups, be sure the sour cream is at room temperature.

Vegetables

Asparagus

Trimming: use a sharp knife and starting at the base, gently tap the spear and work your way towards the tip. The knife will not slice through until you reach the tender section.

Freshness: keep asparagus fresh in the refrigerator by trimming the ends and standing the spears up in a glass container with about an inch of water.

Peel the stalks and roll in equal amounts of salt and sugar. Let sit 10 minutes; rinse and prepare as you prefer.

Corn

To cook a large quantity of corn, use an ice cooler. Shuck the corn and place in the cooler. Pour in enough boiling water to cover the corn and close the lid. The corn will be cooked in 15 to 20 minutes and will stay hot and ready to eat whenever you want.

When cutting corn off the cob, use the back of the knife and scrape the cob to "milk it". This milk-like juice adds great flavor to any corn dish.

Blanching Vegetables

After blanching any vegetable, immediately plunge into ice water to stop the cooking process and maintain a vibrant, bright color.

Roasting Vegetables

Set your oven to 500°F (260°C). Preheat a roasting pan or baking sheet for 10 to 15 minutes. Coat the vegetables with a little olive oil, salt and pepper and spread out on the pan. Roast, stirring occasionally until done.

Cauliflower

Add some milk and salt when cooking cauliflower in water. It helps to keep the vegetable bright white.

Easy peel Garlic

Buy only fresh garlic. It should have firm tissue-like skin without bruises, sprouts or soft/shriveled spots.

Separate the cloves by rocking the bulb on the countertop. Place separated cloves in a bow of cold water and let sit for 20 minutes. The skin will peel right off.

To keep your knife, cutting board and hands from smelling like garlic, place the cloves inside a resealable plastic bag and then smash them with the flat side of a knife.

Greens and Herbs

Store fresh basil at room temperature with the stems in water.

Store fresh parsley in the refrigerator with the stems in water.

Store greens loosely wrapped in a damp paper towel inside a sealable plastic bag placed in the refrigerator.

Mashed Potatoes

Drain the cooked potatoes and return to the hot pot. Cover and let sit 5 minutes so the spuds dry out. They'll mash much better.

Onions

To quickly caramelize onions, cook them in a dry nonstick pan over medium-high heat.

When using raw onions, soak the sliced or diced onion in cold water for 10 to 15 minutes. Drain and pat dry before using.

Quick soft stick Butter

Take a large glass and fill it with hot water; let it sit for 30 seconds or so; drain it and place over a stick of butter standing on end. Butter should be soft in 20 minutes.

Quick soft cream cheese

Place the sealed package in a bowl of hot water. Let sit 5 minutes and it's ready to use.

Quick crème fraîche

Make it using 1 cup half'n'half and a Tbs. or more of any of the following: buttermilk, yogurt or sour cream.

Pots & Pans

Cast Iron

Buying - Depending on size, prices vary from $25 to $40 apiece new for standard pans. Fancy enameled pans will cost you more. Used cast iron pans are a great buy.

Seasoning - Heat oven to 350 F. Coat the pan inside and out with oil, preferably grape seed oil. Place the pan upside down on the center rack and bake 1 hour. Let cool and wipe out with paper towels.

Using - Do not cook with cast iron pans using foods high in acidity, such as tomatoes.

Cleaning - Do not use soap! Rinse; use a nonabrasive pad and rinse again. Dry with paper towels and lightly coat with oil

Wooden skewers

To soak wooden skewers for grilling, place them in an empty wine bottle; fill the bottle with water and insert the cork. The skewers will be ready in 30 minutes.

To test if your oil for frying is hot enough, stick a wooden skewer or spoon in the oil. If the oil bubbles up, then the oil is ready to use.

Clean Up

VINEGAR

When frying, boiling or sautéing foods that give off a strong oder, place a bowl of white vinegar next to the stove to help neutralize the smells.

Smelly refrigerator? Throw out items that a bad or out-of-date and wipe down the walls and shelves with white vinegar. Put an opened box of baking soda inside and change every 3 months. And speaking of baking soda, when food splatters in the microwave, fill a bowl with 1 cup of water and 2 Tbs. baking soda. Microwave on high for 2 to 3 minutes and wipe off the splatters.

SALT

After handling garlic and onions, briskly rub your hands with salt and rinse with water.

Not if, but when food bubbles over in the oven, to eliminate the smoky smell and make clean-up easier, sprinkle salt over the spill. Clean up when the oven has cooled.

COOKING TERMS/TECHNIQUES

BASTE

To keep foods moist while cooking by repeatedly spooning over or brushing liquid on the food.

BEAT

Briskly stirring or whipping a mixture until smooth.

BLANCH

Used to preserve color and flavor of fruits and vegetables by plunging them into boiling water to cook briefly and plunging into ice water to stop the cooking process.

BRAISE

Slowly cook food on the stove or oven in a tightly covered pan with a small amount of liquid.

BROIL

Cooking directly under either a gas or electric heat source.

CREAM

Beating an ingredient or ingredients until smooth and "creamy".

CHIFFONADE

Finely shredded or cut.

Deglaze
Adding water, broth or wine to a skillet that has been used to cook food, usually meat. The liquid helps to loosen the browned bits from the pan to make a sauce.

Dry Rub
A blend of herbs and spices rubbed into meat and fish to add flavor.

Fold
Using a spatula to gently add one whipped ingredient into another.

Julienne
Cutting food into "matchstick" like strips.

Marinate
To flavor food by soaking in a seasoned liquid.

Panbroil
Cooking using little or no fat in an open skillet over a burner or grill.

Parboil
Partially cooking food in boiling water.

Poach
Using a gently simmering liquid to cook food such as fish or eggs.

Puree
Using a food processor or blender to break down food into a smooth mixture.

Reduce
To boil a liquid to thicken it and concentrate its flavor.

Sauté
To cook food in a shallow pan over medium-high heat using a small amount of oil, butter or other fat.

Sear

Browning the surfaces of meats quickly over high heat to enhance the looks, depth of flavor and sealing in the juices.

SIMMER
Gently cooking just below the boiling point.

STEAM
Cooking over a boiling liquid giving off steam. This usually means using a steamer basket.

STEEP
To flavor a liquid by soaking dry ingredients over a period of time, such as a tea bag in hot water.f

STIR-FRY
To cook food in a small amount of oil over high heat in a wok or skillet while stirring constantly.

WHIP
Quickly beat an ingredient to add air and increase its volume.

WHISK
Using a wire whisk or spoon to fully incorporate ingredients together.

ZEST
Using a zester or peeler to remove the outer, colored part of the peel of a citrus fruit.