

the psych ward presents



PIPCOOKING!

A COOKBOOK FOR TENDERFOOT RABBITS

DEPARTMENT OF THE PIPPAKISTAN NAVY

OFFICE OF THE SECRETARY
3.33.3 NAVY PENTAGON (THE UNEXPLODED BIT)
PIPPARAKEEN, PIPPAKISTAN

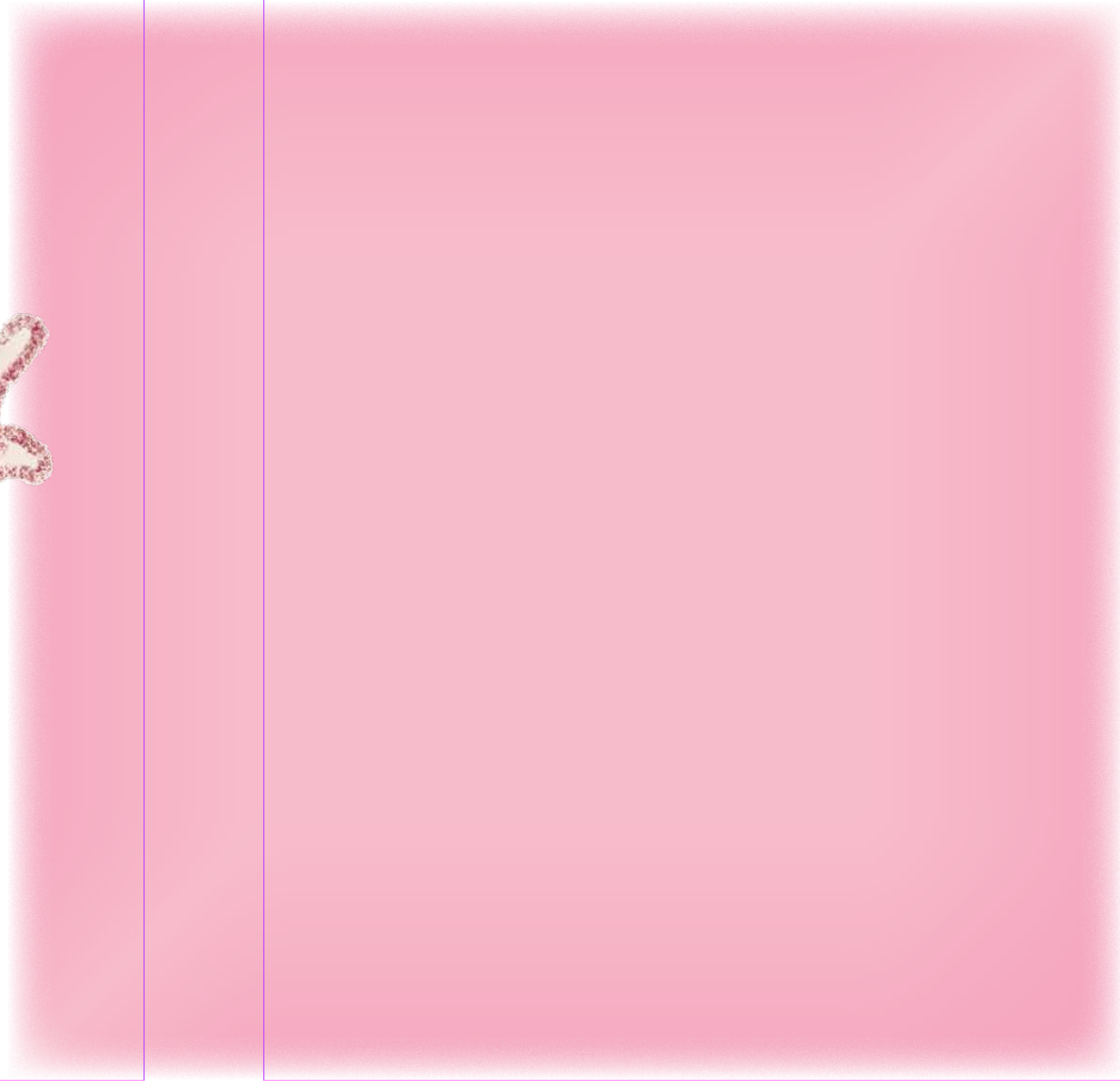
MEMORANDUM FOR CNO Pippa Pipkin

20 Jun 2024

SUBJECT: Letter of Reprimand

1. For an extended period of time lasting approximately three years at this writing, you have demonstrated a routine inability both to procure proper foodstuffs for yourself and maintain minimum cleanliness standards of food preparation areas. This is behavior not befitting a member of any branch of Pippakistan's military at any rank, to say nothing of a Chief Naval Officer. Multiple orders have been issued to you with instructions to improve these failings, and while this Office acknowledges that some improvements have been made your overall progress is still beneath expectations.
2. **You are hereby reprimanded!** The Department of the Pippakistan Navy expects all ~~Seaman~~ Boatpeople to maintain an absolute bare minimum of nutritional intake. Taco Bell, Starbucks, et al are not acceptable for long-term consumption and this should be self-evident. Short-term consumption either, frankly. To this end you are being assigned remedial basic training materials. As there is no historical precedent for attempting to teach someone of your rank how to perform such basic tasks, these materials can be politely called a disparate hodgepodge of formal works and tribal knowledge.
3. You will acknowledge receipt and return this letter immediately. You will be provided with a copy. You are advised that you have five (5) regular stream days from date of receipt to review the materials provided to you and provide evidence that you have prepared one (1) nutritious meal and cleaned all dishes and utensils used, and properly stored any leftovers. After this evidence is accepted, the Office of Chemical Warfare will send undercover officers to either verify cleanliness or take spore samples for further development as needed. You are advised not to fire upon unfamiliar individuals until after this inspection has been confirmed to be concluded.


Office of the Secretary



WHAT ARE THEY TALKING ABOUT? A COMPREHENSIVE GLOSSARY FOR YOUR KITCHEN

COMMON ABBREVIATIONS

bu	bushel
tsp	teaspoon
tbsp	tablespoon
c	cup
pk	peck
pt	pint
qt	quart
gal	gallon
fl oz	fluid ounce
mg	milligram
g	gram
oz	ounce
kg	kilogram
lb	pound

MEASUREMENT CONVERSIONS

for liquids

1 fl oz	=	2 tbsp
1 cup	=	8 fl oz
1 pint	=	2 cups / 16 fl oz
1 quart	=	2 pints / 32 fl oz
1 gallon	=	4 quarts / 128 fl oz

for solids

dash	=	1/2 tsp or less
1 tbsp	=	3 tsp
1/4 cup	=	4 tbsp
1/3 cup	=	5 tbsp + 1 tsp
1/2 cup	=	8 tbsp
1 cup	=	16 tbsp



ESSENTIAL TERMS AND TECHNIQUES

Dice: Cutting food into small, uniform cubes.

Chop: Cutting food into irregular pieces.

Julienne: Cutting food into thin, matchstick-like strips.

Fold: Gently incorporating ingredients, like tucking in a cozy bunny for the night.

Whisk: Using a whisk to beat ingredients, incorporating air to make them light and fluffy like a bunny's tail.

Simmer: Cooking food gently in liquid just below the boiling point.

Boil: Cooking food in water or broth at a high temperature where bubbles rise continuously and break on the surface.

Sauté: Cooking food quickly in a small amount of oil or butter over medium-high heat.

Grill: Cooking food over direct heat, typically on a metal grate.

Roast: Cooking food, typically meat or vegetables, in an oven using dry heat.



Broil: Cooking food under direct, high heat, usually in an oven.

Bake: Cooking food in an oven, usually refers to bread, cakes, and pastries.

Steam: Cooking food by placing it above boiling water, allowing the steam to cook it.

Blanch: Briefly boiling food and then plunging it into ice water to stop the cooking process.

Marinate: Soaking food in a flavorful liquid to enhance its taste and tenderness.

Sear: Cooking the surface of food at a high temperature until a brown crust forms.



Braise: Cooking food slowly in a small amount of liquid in a covered pot, typically starting with a sear.

Deglaze: Adding liquid to a pan to loosen and dissolve browned food particles, often forming the base for a sauce.

Poach: Gently cooking food in simmering liquid.

Al Dente: Italian for "to the tooth," this term describes pasta or vegetables that are cooked to be firm to the bite.

MEAT TEMPS FOR DUMMIES (and bunnies!)

Beef and Lamb

Rare: 120-125°F (49-52°C).

Medium Rare: 130-135°F (54-57°C).

Medium: 140-145°F (60-63°C).

Medium Well: 150-155°F (66-68°C).

Well Done: 160°F and above (71°C and above).

Pork

Whole Cuts (e.g. chops, roasts): 145°F (63°C) followed by a 3-minute rest.

Ground Pork: 160°F (71°C).

Poultry

Chicken & Turkey: 165°F (74°C).

Ground Poultry: 165°F (74°C).

Fish and Seafood

Fin Fish: 145°F (63°C) or until flesh is opaque and separates easily with a fork.

Shrimp, Lobster, Crab, and Scallops: Cook until flesh is pearly or white and opaque.

Clams, Oysters, and Mussels: Cook until shells open during cooking.

HOT WATER: A TREATISE

The process of boiling water has been known to humans for tens of thousands of years. Lagomorphs (particularly pink varieties) only discovered this process somewhere between the invention of instant noodles and commercial availability of the microwave. This sad state of affairs has contributed to their evolutionary lag behind other odd creatures such as Star Women.

“Super Boiling” Isn’t a Real Thing

It is commonly held that there are three stages of boiling: a simmer, a boil, and rolling boil. The temperature of boiling water is a uniform number that varies only with atmospheric pressure variations at different altitudes. At sea level, this is 212°F. Unless otherwise specified in a recipe, it is safe to assume that any stage is acceptable. A chart has been provided here, but is intentionally very small and also in metric for maximum unhelpfulness, unless of course you’re interested in building a Pressurized-Water Reactor for the purpose of nuclear energy.

“If Not Boil More, Why More Boil?”

Not all of the water will reach the same temperature at the same time. The water closest to the heat at the bottom of the pot will reach boiling temperature first. This water will transfer its energy to the cooler water above it, then absorb more energy from the bottom of the pot. Water that is boiling harder is not hotter – it is just a more even temperature.

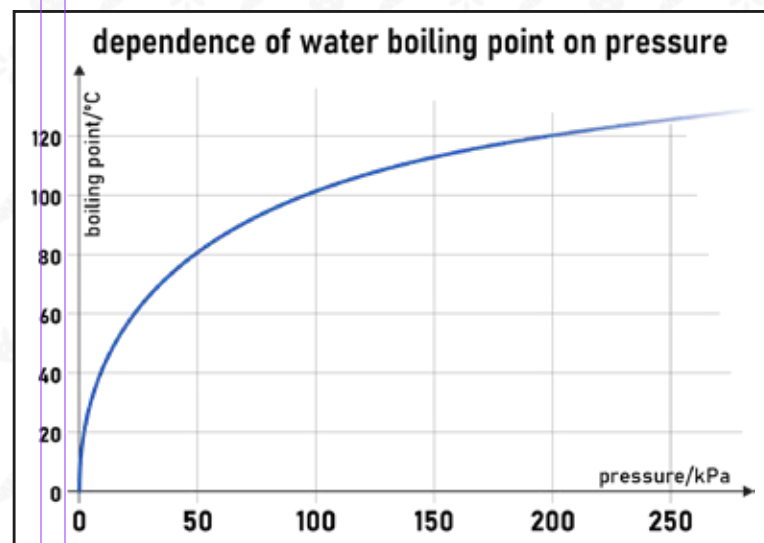
Necessary Precautions

Boiling water is very hot, and indeed is hot even before it is officially boiling. Care should be used not to spill the water onto yourself or others, except when employed as a castle defense mechanism.

Example Directions

It should be noted that these directions only cover stovetop preparation of boiling water. The microwave should never be used to boil water.

1. Fill a large pot with water (no more than 2/3 full).
2. Turn the burner to its maximum setting.
3. Water cannot boil while being watched. Only look at the water occasionally. Do not leave water completely unattended or you will burn down your rabbit hole.
4. Bring the water to exactly, precisely 212°F. A thermometer can be used to check the temperature. Fingers and other appendages are not good substitutes for a thermometer.
5. After reaching the desired stage of boiling, remove the pot from the burner using the pot’s handle.
6. Turn off the burner.
7. Use immediately. If you have too much boiling water, allow it to cool before storing in a freezer for later use.



BEFORE WE START...



Read the Entire Recipe Before Starting

Before you begin cooking, read through the entire recipe to understand the steps and gather all necessary ingredients. This helps prevent surprises and ensures you have everything you need.

Keep Your Knives Sharp

A sharp knife is safer and more efficient than a dull one. Regularly sharpen your knives to make cutting easier and reduce the risk of accidents.

Season Your Food Properly

Don't be afraid to use salt and other seasonings. Proper seasoning enhances the flavors of your dishes. Taste as you cook and adjust the seasoning as needed.



Organize Your Workspace

Prepare and measure all your ingredients before you start cooking. This practice, known as mise en place, helps you stay organized and ensures a smoother cooking process.



Clean as You Go

Keep your workspace tidy by cleaning up spills and washing utensils and dishes as you cook. This habit helps maintain a clean kitchen and makes cleanup easier after you finish cooking.



Always Preheat Your Pan or Oven

Preheating ensures that your food cooks evenly and as intended. Whether you're baking or sautéing, make sure your pan or oven reaches the desired temperature before adding ingredients.

And above all...

HAVE FUN!



LUMI'S LAZY LEMON CHICKEN



TWO PORTIONS



30 MINUTES



RICE COOKER



15 DOLLARS

Utensils:

- Rice cooker with a steaming basket.

Ingredients:

- 1 lemon.
- 12-16 oz of unseasoned, cooked chicken.
- 2 cups of jasmine rice.
- 1 cup of water.
- 1 cup of chicken broth.
- 1 tbsp of lemon pepper.
- 1-2 tbsp of butter.



Directions:

1. In the rice cooker bowl, mix the cooked chicken, the juice of one lemon, and Lemon pepper seasoning to preference or until coated. Then, remove the chicken from the bowl, place it in the steaming basket, and set aside.
2. Wash the rice and cook it as described on the side of the bag, replacing half of the water (or all, if you prefer) with chicken broth. For basic jasmine rice, add a cup of water and a cup of chicken broth to the rice, then add the butter.
3. Lastly, put the cooked chicken basket on top of the rice, close the lid, and press cook on the rice cooker.
4. Wait for it to finish by itself, then enjoy while it's hot!

GRUMPY GRANDPA'S NORTHERN COMFORT



FOUR PORTIONS



30 MINUTES



STOVE



20 DOLLARS

Utensils:

- Frying pan, preferentially an iron cast pan.

Ingredients:

- 2lbs of ground beef.
- One pack of instant potatoes (dried potato flakes), chef's pick is Betty Crocker's Butter & Herb.
- One bottle of ketchup.

Directions:

1. Over medium or high heat, stir-fry the ground meat until you burnt through all all the fat and the meat left is uniformly browned.
2. Add enough ketchup to make Kirsche happy, then mix it until redder than a baboon's ass.
3. Prepare a cup of instant potatoes per pound of ground beef as per instructions.
4. Mix the ground beef and prepared instant potatoes in a bowl. Bon appétit.

I usually divide the resulting ground beef into separate reheatable containers to have means over several days. In this instance, make instant potatoes as needed.

PANKO'S POCKET PASTA



TWO PORTIONS



60 MINUTES



STOVE



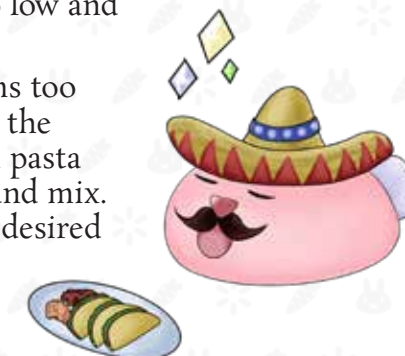
15 DOLLARS

Utensils:

- One pot large enough to boil pasta.
- One large skillet.
- One large bowl (if using whole tomatoes).
- One cutting board (if not using preminced garlic).

Directions:

1. Pour 4-5 quarts of water to pot and start to boil.
2. In the meantime open can of whole tomatoes and break them up with your hands in a large bowl.
3. Crush your garlic if not using preminced garlic
4. Heat your skillet up to med-med high heat and add the olive oil.
5. Once oil begins to shimmer alittle add the garlic and stir around for 30 seconds (if you're using red pepper flakes, add them here too).
6. After 30 seconds stir in the tomatoes.
7. Add your desired amount of basil, salt and pepper to sauce and turn heat down to medium-medium low.
8. Cook sauce for 10 mimutes stirring occasionally.
9. Once the pot of is boiling (big bubbles), add 1 tbsp of salt to the water and add your pasta.
10. Cook the pasta according to it's instructions.
11. Once pasta is done, add to the sauce and mix well.
12. Add more basil if you wish, plate up and serve.
13. If your sauce finishes before the pasta is cooked, reduce the heat to low and wait for the pasta.
14. If your sauce seems too thick after adding the pasta, add enough pasta water to the pan and mix. Repeat until your desired consistency (a spoonful at a time).



Ingredients:

- 1/2 lbs of your favorite pasta (be sure not to break it).
- 28oz can of whole peeled, or crushed tomatoes.
- 4 tbsp of olive oil.
- 2+ cloves of garlic crushed or 1-2 tbsp preminced garlic (add more if you love garlic).
- Salt and pepper to taste.
- Fresh or pre chopped basil to taste.
- Red pepper flakes to taste if you like it spicy.

ITALIAN SANDWICH



ONE PORTION



5 MINUTES



SANDWICH



5 DOLLARS

Ingredients:

- Bread (feeling fancy? Hoagie bun or baguette).
- Pepperoni.
- Salami.
- Provolone cheese.
- Lettuce.
- Tomato.
- Banana peppers.
- Italian vinaigrette.

Directions:

1. With knife safety in mind, slice the ingredients at your discretion. As a rule of thumb, thinner is better.
2. Assemble the sandwich in the following order, from bottom to top: bread, vinaigrette, pepperoni, tomato, banana peppers, lettuce, cheese, salami, bread.
3. Watch out for the vinaigrette sauce: it can turn the bottom bread slice soggy if you place too much of it over the bread.

DELECTABLE DANCING RICE PUDDING



SIX PORTIONS



45 MINUTES



STOVE



5 DOLLARS

Utensils:

- A cauldron (large saucepan).

Ingredients:

- 3 cups of cooked white rice.
- 3 cups of milk.
- 4.5 tbsp of butter.
- 12 cups of sugar.
- 1 tsp of vanilla extract.
- 0.5 tsp of nutmeg.
- 0.5 tsp of cinnamon.
- 8 red drops of food coloring essence.
- 6 blue drops of food coloring essence.

Magic ritual:

1. Combine all the enchanted ingredients inside the cauldron.
2. Over a gentle flame (med/low), coax the mixture to a simmer, stirring constantly to prevent any dark magic from scorching our brew.
3. Allow it to bubble and toil for 15 minutes (keep stirring!), or until it has thickened.
4. Remove the cauldron from the heat and let our potion cool for a spell, about 10 minutes. Fear not, for it will continue to thicken as it rests.
5. Serve this magical pudding hot or cold, and relish in the enchanting flavors!

GRANDMA PIPKIN'S STRAWBERRY SAUCE



TWO PORTIONS



30 MINUTES



MICROWAVE



20 DOLLARS

Utensils:

- A microwave-safe bowl.

Ingredients:

- 1/2 lb of strawberries (not moldy).
- 2 tsp of sugar.
- At least one quart of water (preferably filtered).

Directions:

1. Wash the strawberries with water.
2. Remove the stems from the strawberries. You can cut the top part of the strawberry with a knife if you are careful.
3. Cut a few strawberries by the middle (or get an adult to do it for you).
4. Add the cut strawberries and the sugar to the bowl, then add enough water to cover the strawberries.
5. Microwave the bowl at max potency for 30 seconds, twice.
6. Carefully remove the bowl and stir the ingredients with a spoon.

CHIKPIPIPI SALAD



ONE PORTION



5 MINUTES



SALAD



10 DOLLARS

Utensils:

- Any bowl large enough for a salad.

Ingredients:

- 1 can of chickpeas, drained.
- 1 bag of pre-cooked barely & lentils.
- 2 cups chopped vegetables or 1 container pico de gallo, drained.
- 6 Tbsp of salad dressing (Italian or Greek).
- salt, pepper, and red pepper to taste.

Directions:

Mix all ingredients together in a large bowl or tupperware using spoon or muzzle of kitchen gun. Can be eaten immediately. Best if left covered in the refrigerator for several hours, then eaten at 3am over the sink. Keeps for approximately one week.

MAC N' CHEESE DINNER



ONE PORTION



10 MINUTES



STOVE



10 DOLLARS

Utensils:

- Any pan that can fit your dinner.

Ingredients:

- 7.25 oz Kraft's Macaroni and Cheese Dinner.

Extra options:

- Dab of mustard.
- Black pepper.
- Spam (cooked) or tuna.
- Chopped bacon.
- Chopped cheese-filled hotdog.
- Ketchup (don't).

Directions:

1. Prepare the instant Mac & Cheese according to the box's instructions - it doesn't need to be Kraft's.
2. After it's ready, pick the extra options that better fit your palate and add to the dish.

SAYA'S SIZZLIN'

Utensils:

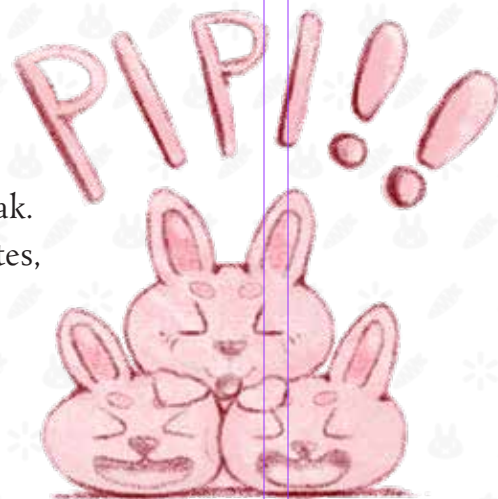
- A non-stick sauté pan.
- A saucepan.
- A cookie sheet pan.
- A small bowl.
- Tongs for potatoes or a meat fork to flip steak.
- Steak knife.
- Chef's knife to cut potatoes.
- Small ladle for the au jus.

Ingredients:

- 1 inch thick Ribeye Steak or Top Sirloin.
- 1 lb of red potatoes, quartered.
- 1/2 cup of butter, melted.
- 1 tbsp of minced garlic.
- Regular table salt.
- Lawry's seasoned salt.
- 1 pack of Johnny's Au Jus Concentrate.

Prepping the steak:

1. Preheat non-stick sauté pan between medium and high heat.
2. Salt both sides of the steak before cooking.
3. When the potatoes have around 10 minutes left to be ready, start cooking your steak.
4. Cook on one side for 3 minutes, then flip using your tongs/meat fork and cook for another 3 minutes.
5. Flip the steak again, then cook each side for 1 more minute each.



— ONE PORTION —



— 30 MINUTES —



— STOVE —



— 40 DOLLARS —

Prepping the potatoes:

1. Start by preheating the oven for 400F.
2. Meanwhile, wash your potatoes to make sure they're nice and clean, then let them dry.
3. Slice each potato into quarters, and lay them out onto your sheet pan.
4. Mince your garlic, and melt your butter, then pour into your bowl.
5. Mix nicely, then pour the mixture over the potatoes.
6. Grab your Lawry's and sprinkle over potatoes to your liking.
7. Once done, make sure each potato is coated nicely using your hands.
8. Arrange them cut side down, making sure to separate them from each other.
9. Roast them at 400F for 30 minutes.
10. Take the pan out, reposition the potatoes so the other cut side is touching the pan.
11. Put the pan back in for another 20 minutes.

Prepping the Au Jus sauce:

1. According to the directions, pour the concentrate into your saucepan.
2. Fill the concentrate container twice, and pour water into your saucepan (I recommend a bit less than 2 full containers, that makes it more flavorful).
3. Bring to a boil, then let it simmer for a few minutes.

DRAGON STEAK

THE GOBLIN QUEEN STEAK



ONE PORTION



30 MINUTES



STOVE AND OVEN



40 DOLLARS

Utensils:

- A non-stick sauté pan.

Directions:

1. If frozen, defrost steak overnight in the fridge. If individually wrapped, you can place inside bowl filled with water.
2. Remove stem from mushrooms and wash to remove any dirt. Cut mushrooms into slices
3. Peel onion and cut a few slices.
4. Stab potato with a knife and put it in the microwave for 7 to 9 minutes depending on potato size.
5. Turn stove-top on low heat, Use a deep pot and put about 2 tablespoons of oil. Also put the sliced onion, sliced mushrooms and about a small spoonful of the garlic. Leave it cooking for a minute or two.
6. Coat the piece of meat with seasoning on one side and drop it seasoning down. Season the other side.
7. Let it cook for about 3 minutes on one side and then flip the steak and let it cook for 3 more minutes.
8. Serve it all. Open the potato up and put some butter inside. Enjoy!

Ingredients:

- 12 oz of cubed steak.
- 4 oz of mushrooms.
- 1 medium onion.
- 1 potato.
- adobo to taste.
- 1 tsp of minced garlic.
- 2 tbsp of olive oil.
- 1/4 oz (or one pat) of butter.

URUKA'S UDON SOUP



SIX PORTIONS



45 MINUTES



OVEN



40 DOLLARS

Utensils:

- A large pot.

Ingredients:

- 4 packets of udon noodles (preferably frozen).
- 2 lbs of clams.
- 1/2 lbs of salmon, cut into 1" cubes.
- 1 lb of frozen shrimp raw with shell.
- 1/2 lb of scallops.
- 1 cup of chopped shiitake mushrooms.
- 3 cups of water.
- 3 cups of dashi stock.
- 2 tbsp of sake.
- 2 tbsp of mirin.
- A pinch of salt and ground black pepper.
- Nori sheets to taste, shredded.
- Green onions to taste, chopped.

Directions:

1. Cook the frozen udon noodles according to the package instructions, then set them aside.
2. Peel the shrimp and set aside the shells from the shrimp.
3. Combine water, Shrimp shells, and Dashi Stock in a pot and bring it to a boil.
4. Once the stock reaches boiling, wait 3 minutes, then remove the shrimp peel.
5. Then add the mussels and mushrooms; once the mussels open, remove them and set them aside.
6. After this, add the shrimp, salmon, and scallops to the boiling stock, and once cooked, remove them.
7. Add the sake and mirin, and then simmer for 3 minutes. Season with sea salt and freshly ground black pepper.
8. Now, place the cooked udon noodles in the bottom of a soup bowl, then top it with the cooked seafood and a handful of spring onions. Once completed, pour the broth over it, and add the shredded nori sheets.
9. If desired, add chill flakes or some spice to the dish.

JERRY'S JOAK



FOUR PORTIONS



30 MINUTES



STOVE



30 DOLLARS

Utensils:

- A large saucepan.
- A food processor or a blender.

Ingredients:

- 1 cup of Broken Rice (bought online or you can put rice in a food processor and pulse it).
- 6 cups of water.
- 1 tsp of salt.
- 1 pandan leaf, bundled.
- 1/4 lb of minced pork.
- 2-3 tbsp of Light Soy Sauce.
- 2 cups of chicken stock.
- 2 eggs.
- 2-4 tbsp of finely shredded ginger.
- 1 tbsp of chopped green onions.
- A pinch of ground white pepper.

Directions:

1. Soak the broken rice in a bowl of water for one hour, then drain and set it aside.
2. In a large saucepan, combine water, salt, and the pandan leaves and bring it to a boil.
3. Add the rice and let it simmer for 30 to 45 minutes over low heat, stirring occasionally.
4. Mix the pork, soy sauce, and an extra pinch of salt in a separate bowl.
5. Roll the pork into small balls and add them to the rice together with the chicken stock and bring it back to a boil. Keep it over medium to low heat until the pork is cooked thoroughly.
6. Turn off the heat, crack the eggs into the cooked rice and let it sit for a few minutes till they're cooked. Sprinkle ginger, green onions, and white pepper over the dish and serve.
This dish is also known as Rice Congee.

WACKY CAKE



SIX PORTIONS



45 MINUTES



OVEN



20 DOLLARS

Utensils:

- A 8x8" (or larger) cake pan.

Ingredients:

- 1 1/2 cups of all-purpose flour.
- 1 cup of white sugar.
- 4 tbsp of unsweetened cocoa powder
- 1 tsp of baking soda.
- 1/2 tsp of salt.
- 6 tbsp of vegetable oil.
- 1 tbsp of cider vinegar.
- 1 tsp of vanilla extract.
- 1 cup of water.

Directions:

1. Preheat the oven to 350F for 15 minutes.
2. While it's going up, sift the flour, sugar, cocoa powder, baking soda and salt together in the cake pan, then use your finger to draw three evenly-spaced parallel lines in flour mixture.
3. Pour oil into one line, vinegar in the center line and vanilla into the third line.
4. Pour water over all, then stir with a fork until well blended.
5. Put it inside the oven and let it bake for 30 to 40 minutes. You can check if it's ready by inserting a toothpick and verify if it's coming out clean.

ONE PERSON ONE POT STROGANOFF



ONE PORTION



30 MINUTES



STOVE



40 DOLLARS

Utensils:

- Pot or high walled skillet.
- Wooden spoon or spatula.

Ingredients:

- 1 bay leaf.
- 2 table spoons of cooking oil or butter.
- 1/4 pound of beef, ground or strips or chunks.
- 1/4 cup of onions, diced or cut to preference.
- 4 ounces of button mushrooms, canned or fresh, chopped or whole.
- 2 cups of egg noodles.

Directions:

1. Season the beef to taste and set aside.
2. In a cup or Mason jar create a slurry by mixing a one to one mixture of flour/corn starch and water. 4 tablespoons should suffice. Set aside.
3. Put the oil or butter in pot or high walled skillet and bring up to medium high heat.
To test if the pot or pan is up to temperature, put some water on your hand and sprinkle it on the pot or pan. If it is hot the water droplets will sizzle and dance on the oil.
4. Put the onions and mushrooms. Stir gently. Add salt and pepper about 5 minutes in. Sauté until onions are starting to turn golden brown.
5. Add in the beef. Make sure the beef is browned on all sides. Do not fully cook the beef. Cook about three quarters done to preferred doneness.
If you used ground beef then you may need to drain off excess oil. To do this, tip the lip of the pot or pan over a bowl/mug/Mason jar to pour out unwanted oil. Use a wooden spoon or spatula to keep the meat from falling out.

- Beef or chicken stock or water and a stock/bullion cube.
- Sour cream.
- Flour or corn starch.
- Salt and pepper.
- Thyme and/or Rosemary.
- Garlic powder.

6. Pour in enough of the stock or water to cover the bottom of the pot or pan. Use a wooden spoon or spatula to scrape up the fond, the brown bits on the cooking surface.
7. Add in more stock or water and stock/bullion cubes. Add enough so the largest bits meat are mostly covered.
8. Add the bay leaf.
9. Add in the noodles. Stir gently.
10. Take the slurry from step 2 and slowly pour it into the pot or pan while mixing. Keep adding until it's just a little too thick as the sour cream you add later will loosen the sauce. You should be able to drag a spoon or spatula across the bottom of the pot or pan and the sauce will not immediately fill in the void.
11. Add salt, thyme, rosemary, garlic, and pepper to taste.
12. Continue to cook until the noodles are done.
13. Turn stove top off and plate up.
14. Add in the sour cream and remove the bay leaf.

MEMORY'S MISO SALMON



FOUR PORTIONS



30 MINUTES



OVEN



15 DOLLARS

Utensils:

- A 9x13" (or larger) baking dish.

Ingredients:

- 1 pack of Otafuku Authentic Miso Salmon Sauce.
- 2 lbs of salmon.
- 2 lbs of preferred veggies, our suggestions are: sliced red onions, chopped asparagus, sliced mushrooms, baby corn and chopped bok choy.
- 2 tbsp of sesame oil.
- A few green onions.

Directions:

1. Preheat the oven to 400F and cut the salmon into individual portions.
2. Spread the oil across the bottom of the baking dish, then add the salmon and the veggies, excluding the green onions.
3. Spread the sauce over the top, then place the dish into the oven.
4. Bake till the salmon until it's done cooking, which will be about 20-30 minutes.
5. Once finished cooking, top it with chopped green onions and serve.

LIA'S LIKERS LUXURIOUS KIBBLE



THREE PORTIONS



30 MINUTES



STOVE



15 DOLLARS

Utensils:

- A large saucepan.
- A large stockpot or dutch oven.

Ingredients:

- 1 1/2 cups of brown rice.
- 1 tablespoon olive oil.
- 3 pounds ground turkey.
- 3 cups baby spinach, chopped.
- 2 carrots, shredded.
- 1 zucchini, shredded.
- 1 sweet potato, shredded.
- 1/2 cup of peas, canned or frozen.
- Water, mineral is preferred.

Directions:

1. Cook the rice in 3 cups of water in the saucepan, according to package instructions. Set aside.
2. Heat the olive oil in a large stockpot or dutch oven over medium heat.
3. Add the ground turkey and cook while stirring until browned, should take about 3 to 5 minutes. Make sure to crumble the turkey as it cooks.
4. Throw in the spinach, carrots, zucchini, peas, and brown rice and stir-cook it until the spinach has wilted and the mixture are heated, for another 3 to 5 minutes.
5. Let cool completely and enjoy!

FINAL

MESSAGES

BACK COVER