

ENGINEER'S BOOK
ABOUT COOKING AND BAKING

PIOTR KOCIA, BSE

APRIL 2, 2026

Contents

I	Theory	1
1	Theoretical Introduction	3
1.1	Measuring Ingredients	4
1.2	Flour	6
1.3	Gluten	7
1.4	The Water Bath Method	8
1.5	Thickening Sauces	9
1.6	Carryover Cooking	10
1.7	Lining Forms	11
II	Recipes	13
2	Sauces and Condiments	15
2.1	Marinara	16
2.2	Ragù Alla Napoletana	17
2.3	Vegetable Gravy	19
2.4	Tonkatsu Sauce	20
2.5	Caramelised Onions	21
3	Pasta and Noodles	23
3.1	Eggless Pasta	24
3.2	Egg Pasta	26
3.3	Udon	27
3.4	Soba	29
4	Breads, Buns and Rolls	31

4.1	Pre-Ferment Bread	32
4.2	Sourdough Bread	34
4.3	Tortillas	35
4.4	Pide	36
4.5	Brioche Bun	37
4.6	Hoagie Roll	39
5	Pizza	41
5.1	Pizza Dough	42
5.2	Pizza Napoletana	43
5.3	Calzone	44
5.4	Panzerotti	45
5.5	Focaccia	46
6	Meats	47
6.1	Pulled Pork	48
7	Burgers	49
7.1	Beef Burgers	50
7.2	Pulled Pork Burgers	51
7.3	Crispy Chicken Burgers	52
7.4	Vegetarian Burgers	53
8	Sandwiches	55
8.1	Chopped Cheese	56
8.2	Chicken Sandwich	57
9	Sides	59
9.1	Spring Rolls	60
9.2	French Fries	62
10	Banchan	63
10.1	Sweet and sour Musaengchae	64
10.2	Spicy Musaengchae	65
10.3	Oi Muchim	66
11	Main Courses	67
11.1	Fajitas	68

11.2	Quesadillas	69
11.3	Egg Fried Rice	70
11.4	Chicken Broccoli	71
11.5	Katsu Chicken	72
11.6	Sweet-Sour Chicken	73
11.7	Zuǒ Zōngtáng Jī (General Tso’s Chicken)	76
11.8	Chénpí Jī (Orange Chicken)	77
11.9	Yaki Udon	78
11.10	Döner	79
11.11	Quesadilla	80
11.12	Garnek (Hotpot)	81
11.13	Poutine	83
11.14	Korean Fried Chicken	84
12	Cookies and Biscuits	85
12.1	Savoardi	86
12.2	Oatmeal Cookies	87
12.3	Chocolate Chip Cookies	89
13	Drinks	91
13.1	Mango Lassi	92
14	Desserts	93
14.1	Tiramisu	94
14.2	Panna Cotta	96
14.3	Brownies	98
15	Pastry	101
15.1	Pâte Feuilletée (Puff Pastry)	102
15.2	Pâte Sablée	103
15.3	Tart Shell	104
15.4	Crème Pâtissière (Pastry Cream)	106
15.5	Cream Cheese Frosting	108
15.6	Swiss Meringue Buttercream	109
15.7	Crescent Rolls	110
15.8	Paçzki (Berliner, Doughnuts)	111

16 Tarts	113
16.1 Tarte au Citron (Lemon Tart)	114
16.2 Pastel de nata	117
17 Cakes	119
17.1 Genoise	120
17.2 Shortcake	122
17.3 New York Cheesecake	123
17.4 Basque Cheesecake	125
17.5 Mango Cheesecake	127
17.6 Carrot Cake	128
17.7 Szarlotka (Apple Cake)	130
18 Sweet Breads	131
18.1 Banana Bread	132

Part I

Theory

Chapter 1

Theoretical Introduction

Cooking and baking is the tastiest form of applied science. Is it a very special discipline where physics, chemistry and biology meet, sprinkled with light mathematics, to form an incredible experience for both, the creator and the taster. Understanding the underlying fundamental concepts is essential to success.

1.1 Measuring Ingredients

Measuring ingredients is the first step of the process. In cooking, we frequently measure approximately, eyeball, etc. so that they are in the right ballpark or add/season to taste. We consider recipes a set of guidelines rather than a set of rules to be strictly followed. And in most cases such an approach is perfectly reasonable.

Baking, on the other hand, is considerably less forgiving. An error of 5% in one of the measurements could be the difference between a resounding success and a crushing failure (or several more hours in the kitchen). It is thus important to minimise the error.

Nowadays, weighs are commonplace. A decent kitchen weigh is precise and accurate to 1g, and capable of weighing up to 5kg. We can measure anything in grams, from flour, through batter, to oil, without the need to worry about the density, the temperature or the fact that we left our measuring cup at home. Thus, the majority of the measurements in the recipes are in grams. If you do not own a kitchen weigh yet, get one. It will make your life significantly easier.

Volumetric or customary measurements frequently appear in older recipes. Several hundred years ago, people did not commonly have access to a standardised device for measuring weight, thus they used volume. However, volumetric measurements, such as cups or spoons, are intrinsically inconsistent. How much is a cup of flour? That depends on how large the cup in question is and how compressed the flour is. How much is a spoon of milk? Again, depends on the size of the spoon. Inconsistent measurements lead to inconsistent results. And we all know that consistency is the key. Nevertheless, it is important to be able to convert the customary units to grams:

- a cup of flour is about 170g,
- a cup of liquid is 240ml,
- a large egg (or just egg) is between 55g and 65g,
- a spoon (or tablespoon) is around 15ml,

- a teaspoon is approximately 5ml,
- a stick of butter is about 113g.

The above definitions may (and will) vary by region.

1.1.1 Baker's Percentage

A universal method of measuring the amount of an ingredient in baking is the baker's percentage. It is a notation indicating the proportion of an ingredient relative to the total weight of the flour used in the recipe:

$$\text{baker's percentage} = 100\% \times \frac{\text{mass}_{\text{ingredient}}}{\text{mass}_{\text{flour}}}$$

For example, a recipe calling for 65% water will require 292.5g of water if 450g of flour are used ($\frac{450 \times 65\%}{100\%} = 450 \times 0.65 \approx 292.5$).

1.1.2 Measuring Flour

1.1.3 Sugar and Spices

If you are uncertain or have your doubts, the better approach is to be conservative with how much you add. It is usually possible to season to taste later on or incorporate an ingredient into the finished product another way (e.g. sprinkle powdered sugar on top of a cake, make frosting slightly sweeter to balance the overall sweetness), but it is impossible to reduce the amount of an already combined ingredient. Flavour, which we worked hard to develop, will be muted by overwhelming sweetness, saltiness or heat.

Additionally, preparing dishes less spicy, salty or sweet makes them more universal as a taster can choose to season it more, to satisfy their palate, or eat it mild. A great example is the thai cuisine which is, for some, notoriously hot and, despite being delicious, inedible.

1.2 Flour

In Europe there are several prevailing systems for labeling flour types, however, all correspond to a certain standardised process. A sample of flour is incinerated in a laboratory oven at a very high temperature for a long time. The amount of ash residue indicates the amount of whole grain that was present in the flour.

When the ash is measured in milligrams per 100g of flour, the German flour types are obtained, such as 450 or 550. Similarly, the French types are the same ash measured in milligrams per 10g of flour, e.g. 45 or 55 which correspond to the German types 450 and 550. The Italians took a different approach and instead assigned the most commonly used flour types numbers 00, 0, 1 and 2. Those correspond to the German 405, 550, 800 and 1050. In general, the higher type flours have higher protein content, but beyond 1100 the protein content begins to drop slightly.

The number (or the ash content) indicates the coarseness of the flour.

1.3. *GLUTEN*

7

1.3 Gluten

1.3.1 Autolyse

1.3.2 Kneading

1.4 The Water Bath Method

1.4.1 Melting Chocolate

1.4.2 Making Custard

1.5 Thickening Sauces

1.6 Carryover Cooking

1.7 Lining Forms

1.7.1 Lining Round Spring Forms

The simple method first - for cakes that do not require smooth sides (see for example Basque Cheesecake (17.4)), it suffices to cut a single sheet of parchment paper, crumble it in one's hands and then place it in the form as neatly as possible. The sides will end up slightly uneven.

Part II

Recipes

Chapter 2

Sauces and Condiments

2.1 Marinara

Ingredients

- 400g of canned tomatoes or the equivalent in fresh tomatoes
- 3 cloves of garlic (crushed)
- 10 basil leaves
- olive oil
- salt
- sugar (optional)

Instructions

1. Blend tomatoes in a pot until smooth or chunky, depending on your preferred texture.
2. Add garlic, basil, a generous drizzle of olive oil, salt and sugar.
3. Boil on low heat until slightly reduced.

After the sauce is cooled, transfer to a glass container and remove the garlic.

2.2 Ragù Alla Napoletana

The neapolitan ragu is much closer to what many people nowadays call the "bolognese sauce" than the actual bolognese ragu. As opposed to the more famous counterpart, the neapolitan ragu is a tomato based ragu made from whole rather than ground meat.

The neapolitan ragu is amazing with spaghetti, tagliatelle, in lasagne or baked conchiglioni.

Ingredients

- 1kg pork shoulder
- canola/sunflower oil (for searing)
- 200ml sweet red or white wine (alternatively, use water)
- 3 carrots
- 5 stalks of celery
- 5 onions
- 1200g of canned tomatoes (3 cans) or passata
- half a head of garlic
- 100ml olive oil
- 4 bay leaves
- black pepper
- salt

Instructions

We will be using a large steel pot and a steel pan.

1. Cut the meat into large chunks, then sear from all sides in an oiled pan or pot until browning develops. Deglaze with water or wine and, if searing in a pan, transfer the juices to the pot.

2. In the meantime, finely dice carrots and celery, then fry them in the pot on low heat for 20-30 minutes stirring occasionally.
3. Peel and finely dice the onions, then caramelize them in the pan (about 40 minutes, see Caramelised Onions (2.5)). Once done, deglaze the pan with water and transfer everything to the pot.
4. If using canned tomatoes, blend them until smooth, then add the tomatoes or passata to the pot.
5. Peel and mince garlic. Add it along with olive oil and other spices to the pot.
6. Cook on low heat for 3-4h. Stir occasionally to prevent burning. Add water if excessively reduced.
7. Stir the ragu and break up the meat chunks until the desired texture.

2.3 Vegetable Gravy

2.4 Tonkatsu Sauce

Ingredients

This recipe is provided as a ratio of the ingredients. The ratio is only a reference. You do not have to be exact (it will taste great with a different ratio too).

- 4 units of ketchup
- 3 units of Worcestershire sauce
- 2 units of oyster sauce
- 2 units of sugar

Instructions

1. Mix all ingredients together until homogenous.
2. Leave for at least half an hour in the fridge to dissolve the sugar completely.

Stores well in the fridge for several weeks.

2.5 Caramelised Onions

A few notes on the whole process:

- The process of caramelising onions is very long (40-60 minutes).
- The onions reduce significantly (more than you expect), thus cut more than you think is enough.
- Under no circumstances should you add sugar. The sugars present in the onions themselves, when caramelised, make them sweet.
- Preferably, use a stainless steel pan.

Ingredients

- lots of onions
- butter
- salt

It's difficult to tell how much butter or salt is needed. Personally, a heaping tablespoon of butter (~20grams) per 1kg of onions and salt to taste.

Instructions

1. Cut the onions into your preferred shape, e.g. strips or dice.
2. On a small heat, melt the butter on a pan.
3. Move the onions to the pan, salt and stir.
4. Every 5 minutes or so, stir the onions.
5. Once the onions are soft and thoroughly golden brown, deglaze the pan with water, wine or anything you like, then leave it to evaporate.

The caramelised onions are best used freshly cooked, but they also store well in a closed container in the fridge.

Chapter 3

Pasta and Noodles

3.1 Eggless Pasta

My italian friend once told me "What are you doing?! There is no egg in spaghetti!". And I took that personally - there are no eggs in my spaghetti anymore. As surprising as it may be, most traditional italian pasta (e.g. spaghetti, lasagne, bigoli, vermicelli) do not contain eggs - they are made of flour and water. However, there is nothing stopping anyone from using eggs in spaghetti. It simply will not be "traditional". If you wish to use eggs, follow Egg Pasta (3.2).

The italian eggless pasta are very similar to the japanese Udon (3.3).

Several notes before we start:

- the recipe incorporates salt into the dough. While that is not exactly The Italian Way, in my experience, the thinner the pasta, the more one has to salt the water for the pasta to have any flavour. This is directly tied to the time required to boil the pasta. Fresh vermicelli, an extremely thin type of pasta, needs around 30 seconds of boiling time, which is not enough to infuse the salt from the water. Of course, we may dissolve 8% or more salt in the water (80g at 1L water) and the salt will infuse, but at that point I personally prefer to salt the dough and save some salt (16g at 200g flour).
- 45% is the absolute maximum for pasta and it is better to aim for 40%. The dough will be difficult to work, but at higher hydration the pasta will stick together and will be difficult to cut.

Ingredients

- wheat flour
- 40-45% water
- 8% salt (optional, see notes above)

Instructions

All the different types of pasta follow the same dough recipe. The difference comes from the shape, thickness and width of the final cut product. To produce round pasta, you need an attachment for a pasta machine. More complex shapes require a pasta extruder.

1. Mix flour and water, then knead until no more flour remains.
2. Leave to autolyse for 30 minutes to an hour.

If you own a pasta machine:

3. Roll the dough out using a rolling pin until it fits in the machine. Keep the dough mostly rectangular.
4. Run the dough through the machine several times until your preferred thickness.
5. Cut the sheet of dough into a desired length sheets. Sprinkle the sheets with flour to prevent sticking.
6. Using an attachment, cut the sheets into pasta.

If you do not own a pasta machine:

3. Roll the dough out using a rolling pin until your preferred thickness. Keep the sheet rectangular.
4. Sprinkle the sheet generously with flour, then fold the dough along the longer edge once or twice, depending on the size.
5. Cut the dough with a sharp knife along the shorter edge into roughly equally sized stripes.

The pasta is ready to be boiled or dried. Fresh pasta is good for about half a day. Dried pasta may be stored for months.

3.2 Egg Pasta

Fettuccine, Pappardelle, Tagliatelle, Tagliolini

See notes in the Eggless Pasta (3.1) section.

3.3 Udon

Ingredients

1. wheat flour
2. water 40%
3. salt 8%

Instructions

Mix and knead the ingredients into a rough dough. Cover and let rest for at least 30 minutes.

Once ready to make the noodles, divide into 150g balls. Using a rolling pin, roll a ball out to a thick sheet. Then, using a pasta machine, roll it to 3mm thickness (number 2 on Atlas 150) gradually decreasing the thickness setting on the machine. Fold in half, roll to 3mm thickness. Fold in half from the opposite end and roll to 3mm thickness. At this point the dough should be roughly in a rectangular shape. If it is not, continue folding and rolling. You may fold from both ends at the same time overlapping the folds or turn the dough 90 degrees and continue from there. Although udon is standardised to be at least 1.7mm in diameter (when round) or width (when square), there is no one true udon thickness, hence roll it to your preferences.

Once done, dust generously with flour. If you have a bigoli (3.5mm round), trenette (3.5mm square), spaghetti (2mm round) or spaghetti chitarra (2mm square) attachment, run your sheet through. Otherwise, place your sheet on a cutting board and fold in half twice ensuring that the layers are generously dusted with flour. Using a sharp knife cut using little pressure and moving your knife back and forth. Do not press as that might cause the noodle to stick to itself. Move the cut noodle to the side ensuring it does not stick to the other noodles (the freshly cut sides are sticky).

Boil water, at least 1L as the boiling process is long. Once the water is boiling, drop your noodles in, stir after 1 minute and then occasionally every few minutes. Boiling udon takes at least 10 minutes, but it heavily

depends on the thickness. Thicker noodles require longer boiling.

Strain your noodles and cool them with cold water or in an ice bath.

3.4 Soba

Chapter 4

Breads, Buns and Rolls

4.1 Pre-Ferment Bread

Ingredients

For a single loaf

Pre-Ferment (Poolish)

- 150g flour (12%+ protein or type 650+)
- 150g water (room temperature)
- 1g fresh yeast

Dough

1. 400g flour (12%+ protein or type 650+)
2. 280g water (35C)
3. 6g fresh yeast
4. 10g salt

Instructions

Prepare the poolish by mixing all ingredients in a glass jar or a glass container. Leave to ferment in room temperature for 16-24 hours.

Once the poolish is ready, mix it with the ingredients for the dough in a large bowl until homogenous. Leave to rest for around 30 minutes, then fold several times onto itself. Repeat at least one more time and leave to rest for 30 minutes.

Take the dough out of the bowl onto a surface lightly sprinkled with flour. Fold the dough onto itself several times by grabbing an edge of the dough, stretching it up and bringing it to the opposite side. Work clockwise or counterclockwise. Flip the dough upside-down and shape into a ball to form a smooth surface by pulling the dough under itself. Keep the seam at the bottom of the ball throughout the process.

Prepare a proofing basket or line a large bowl with a clean kitchen towel and toss very generously with flour (otherwise the dough will stick to the towel). Toss the top of the dough with flour and place it seam side up in the proofing basket. Proof at room temperature for 30 minutes to one hour.

While the dough is proofing, heat the oven and a dutch oven (you may use a large steel pot with a lid as a replacement) to 250C. Once hot, sprinkle the bottom of the dutch oven with flour and carefully place the dough in it. Do not drop the dough as it will lose the gases built up during proofing resulting in a flatter loaf. Score the top of the bread deeply. Bake covered for 20 minutes, remove the cover and bake for 20 or more minutes to achieve dark brown crust.

4.2 Sourdough Bread

4.3 Tortillas

Ingredients

- flour
- 60% lukewarm water
- 10% oil
- 2% salt

Instructions

The recipe mentions a pan, however, any other flat metal surface, such as griddle, is fine.

1. Dissolve the salt in the water.
2. Add oil and flour, then mix until rough dough.
3. Leave to autolyse for 30 minutes.
4. Knead until homogenous, then leave to rest for 10 minutes.
5. Heat up the pan on medium heat.
6. Divide the dough into balls.
7. Using plenty flour, roll one ball at a time into a 1mm thick disc. Then place it on the pan. Once there is a visible light browning on the bottom side (around 30 seconds to 1 minute), flip over for about 20-30 seconds.
8. Stack the tortillas on a plate. Once done cooking all tortillas, cover the plate with tin foil or anything non-permeable to trap the steam in.

4.4 Pide

4.5 Brioche Bun

This recipe makes 6 buns (150g).

Ingredients

- 125g milk (lukewarm or room temperature)
- 125g water (lukewarm or room temperature)
- 20g yeast
- 15g sugar
- 1 whole egg + 1 egg yolk
- 10g salt
- 525g flour
- 65g butter (softened)
- 1 whole egg for egg wash
- sesame (optional)

instructions

1. Mix together milk, water, yeast, sugar, salt and eggs.
2. Add flour, mix, then knead for up to 5 minutes.
3. Knead the butter into the dough and continue kneading until the dough does not stick anymore.
4. Form into a ball and leave for at least an hour to rise.
5. Divide into 6 even portions and shape into balls. Place on sheets of parchment paper, then lightly coat the tops of the buns with oil and gently flatten with the bottom of a glass.
6. Cover the buns with cloth and leave to proof for 30 minutes to an hour.
7. Preheat the oven to 190C.

8. Mix together an egg and a little water (about a tablespoon), then brush the tops of the buns with the egg wash. Coat generously with sesame.
9. Bake for 17-20 minutes.

4.6 Hoagie Roll

Chapter 5

Pizza

5.1 Pizza Dough

Ingredients

1. wheat flour
2. 60%+ water (room temperature)
3. 2% salt
4. 0.5% fresh yeast

Instructions

1. Mix water, salt and yeast until dissolved.
2. Add the flour and mix with a sturdy spoon until no loose flour remains, then leave to rest for 20-30 minutes.
3. Knead the dough until homogenous (2-5 minutes or however long you wish).
4. Shape the dough into a smooth ball.

For "immediate" use:

5. Leave the dough for around 4 hours, covered, to bulk rise.
6. Portion into equally sized balls and leave to rest for at least 30 minutes.

For overnight storage:

5. Portion into containers, ideally the target weight balls. The containers must be large enough to accommodate expansion of the dough.
6. Move the containers into a fridge for the night.
7. Remove from the fridge at least an hour before using. If not portioned into balls, do it immediately after removing from the fridge to allow the dough to relax.

5.2 Pizza Napoletana

The recommended weight of one portion of dough is 250g.

Instructions

1. Prepare the dough. See Pizza Dough (5.1).
2. Prepare your preferred sauce. For example, see Marinara (2.1).
3. Prepare your toppings. If using fresh mozzarella, dry it lightly.
4. Stretch the pizza dough.
5. Spread a generous amount of sauce on the dough. Do not do it in advance as the might become soggy.
6. Place the toppings, cheese first.
7. Bake at 250 °C for around 8 minutes in a home oven or at 450 °C for 90 seconds in a wood oven (or pizza oven).

5.3 Calzone

5.4 Panzerotti

5.5 Focaccia

Chapter 6

Meats

6.1 Pulled Pork

Chapter 7

Burgers

7.1 **Beef Burgers**

7.2 Pulled Pork Burgers

7.3 Crispy Chicken Burgers

7.4 Vegetarian Burgers

Chapter 8

Sandwiches

8.1 Chopped Cheese

8.2 Chicken Sandwich

Chapter 9

Sides

9.1 Spring Rolls

9.1.1 Wrappers

Ingredients

1. wheat flour
2. 50% water
3. 10% oil
4. 2% salt

Instructions

1. Mix the ingredients into rough dough and leave to autolyse for 30 minutes to an hour.
2. Knead the dough lightly to ensure it is homogenous, form into a ball and leave to rest for 30 minutes up to overnight in the fridge.
3. Measure out 35g portions of the dough and roll them into 1mm thick sheets, then cut into squares. Dust generously with flour to ensure they do not stick when stacked. If using a pasta machine, roll the entire dough into 1mm thick sheet, then cut into squares.

9.1.2 Filling

Ingredients

1. 250g ground pork
2. 1 carrot
3. 2 leaves of napa cabbage
4. 1/2 red bell pepper
5. scallion
6. 2 cloves of garlic

Marinade

1. 15ml soy sauce
2. 5ml sesame oil
3. 5g sugar

Sauce

1. 30ml fish sauce
2. 30ml oyster sauce
3. 15g sugar

Instructions

1. Mix the marinade ingredients together, then mix the marinade with the ground pork.
2. Mix the sauce ingredients to allow the sugar to dissolve.
3. Cut all vegetables into thin slices.
4. Heat up your wok, then fry the meat on low heat until lightly browned.
- 5.

9.2 French Fries

Chapter 10

Banchan

10.1 Sweet and sour Musaengchae

Ingredients

- 0.5kg white radish (korean radish)
- 1 small carrot (roughly 100g)
- 50g vinegar
- 30g sugar
- 2g salt
- 1-2g red chilli pepper flakes (optional)

Instructions

1. Clean and peel the radish and the carrot, then cut into thin (~5mm) matchsticks.
2. Add the remaining ingredients and mix thoroughly. Adjust sourness (vinegar) or sweetness (sugar) to your liking.
3. Leave for at least 30 minutes up to overnight for a more intense flavour.

10.2 Spicy Musaengchae

Ingredients

- 0.5kg white radish (korean radish)
- 4g salt
- 1-2 scallions
- 5g red chilli pepper flakes (add more for more heat)
- 3 garlic cloves
- 2g ginger
- 5g sugar
- sesame seeds (optional)

Instructions

1. Clean and peel the radish, then cut into thin (~5mm) matchsticks.
2. Coat thoroughly in salt, then let sit in a bowl for at least 20 minutes to release liquid.
3. In the meantime, peel and mince (or grate) the garlic, and grate the ginger.
4. Drain the liquid from the radish, do not rinse with water.
5. Add the remaining ingredients except for the sesame seeds and scallions, and mix until coated thoroughly.
6. Cut the scallions thinly, then garnish the radish with the cut scallions and the sesame seeds.

10.3 Oi Muchim

Ingredients

- 300g cucumbers
- 8g gochugaru (Korean chilli flakes)
- 6g salt
- 8g sugar
- 30ml rice wine vinegar
- 5g garlic (1 clove)
- 45ml toasted sesame oil
- 15g sesame seeds

Instructions

1. Cut cucumbers crosswise into ~1cm thick rounds.
2. In a suitable bowl, combine the cucumbers with salt, sugar and gochugaru, then massage them until well coated and begin to release liquids.
3. Transfer the cucumbers to a colander and leave to drain for at least 30 minutes.
4. In a small bowl combine rice vinegar and garlic, then slowly pour in the sesame oil while whisking to emulsify.
5. Once the cucumbers have been drained, squeeze them last time to remove excess liquid, then coat thoroughly with the dressing.

Chapter 11

Main Courses

11.1 Fajitas

11.2 Quesadillas

11.3 Egg Fried Rice

11.4 Chicken Broccoli

11.5 Katsu Chicken

11.6 Sweet-Sour Chicken

The sweetness of the sauce comes from the pineapple juice and the pineapple chunks, while the sour taste is attributed to the rice vinegar. Balance those to your liking. Additionally, the pineapple juice, if not on hand, may be replaced by a sugar syrup.

The colour of the sauce ranges from an intense red to a dark brown depending on the ingredients used. Industrial food colouring will yield a bright red. Tomato products, such as concentrate, puree, ketchup, will result in dark red. The addition of soy sauce will darken the colour farther into browns.

The chicken may be battered and fried, however, this recipe is intended to be as quick and cheap as possible so that it is possible to make it when running short on time, hence this step is omitted.

Ingredients

Chicken and Vegetables

- one small chicken breast
- red bell pepper (may use more varieties for more vivid colours)
- red onion
- 100-150g pineapple
- 4 cloves of garlic
- 2cm knob of ginger
- spring onions for garnish

Sauce

1. 120g pineapple juice
2. 30g tomato concentrate, tomato puree, ketchup
3. 30ml soy sauce

4. 30ml rice vinegar
5. MSG (optional)
6. potato starch

Instructions

Preheat your wok on highest heat at any point during the prep.

First, prepare all ingredients as the cooking process will be rather short and fast paced. Cut the spring onions and set aside in a bowl. Cut bell pepper, onion and pineapple into large chunks (at least 1cm), set aside. Mince garlic and ginger, and set aside separated. Cut the chicken breast into large chunks (at least 2cm).

In a bowl mix the pineapple juice, tomato product, soy sauce, vinegar and MSG. In another bowl mix the starch with a little bit of water to make a slurry. Remember to stir the slurry before adding it as the starch will settle at the bottom.

To the hot wok add a little bit of oil and spread it around the wok to cover its surface. Add chicken and fry on one side until browned lightly, then stir so that the other side is not pink anymore and transfer to a large bowl. You should not be taking too long to fry the chicken as the carryover cooking will do its job.

Next, add a little bit of oil and fry the bell pepper and onion stirring frequently. After around 1 minute, add the pineapple and fry stirring for 1 more minute. Transfer to the bowl with chicken.

Once again, add a little bit of oil and fry the aromatics (garlic and ginger) for about 30 seconds. You may save about 30% of your garlic for the end to give the dish additional spice and garlicky taste. Pour in the sauce and boil for 30 seconds. Pour the slurry slowly to thicken the sauce to desired thickness remembering to stir constantly as the slurry will quickly set into gel.

Once the sauce is thickened, transfer all the vegetables and the chicken to

11.6. SWEET-SOUR CHICKEN

75

the wok, stir and toss until thoroughly coated and cut the heat. If saved some of the garlic, add it now and stir.

Serve with rice and garnish with the spring onion.

11.7 Zuǒ Zōngtáng Jī (General Tso's Chicken)

11.8. *CHÉNPÍ JĪ (ORANGE CHICKEN)*

77

11.8 Chénpí Jī (Orange Chicken)

11.9 Yaki Udon

11.10 Döner

11.11 Quesadilla

11.12 Garnek (Hotpot)

A lot of the flavour of the hotpot comes from the fat rendered from the meat, hence it is best to pick sausage and pork belly that are high in fat content.

Ingredients

- 250g sausage
- 500g pork belly
- 1 carrot
- 1 red bell pepper
- 1/2 small white cabbage
- 400g potatoes
- 5 garlic
- ground cumin
- ground pepper
- 2 bay leaves
- coriander seeds
- paprika
- basil
- potato starch

Instructions

Use a stainless steel pot.

1. Cut sausage (preferably rangiri) and pork belly (cubes) into large chunks, then fry in the pot until lightly browned.

2. Peel vegetables, then cut carrot (rangiri), pepper, cabbage and potatoes into large chunks. Add to the pot, then fill the pot with water until it covers the contents.
3. Peel and mince garlic. Add all aromatics, herbs, spices. Leave to cook at least until the potatoes are tender.
4. Mix potato starch with water to make a slurry, then add slowly while mixing to the pot to thicken lightly.

11.13 Poutine

11.14 Korean Fried Chicken

Ingredients (Chicken)

- Baking powder

Instructions

1. Add half the baking powder to the dry dredge and the other half to the wet dredge.

Ingredients (Sauce)

Chapter 12

Cookies and Biscuits

12.1 Savoiardi

Ingredients

- 2 eggs
- 40g sugar
- 40g flour
- 20g starch

Instructions

1. Preheat your oven to 200C.
2. Separate the yolks from the whites.
3. Add sugar to the whites and whip until smooth and forms peaks.
4. Whip the yolks until pale and foamy.
5. Fold the yolks gently into the whites until homogenous.
6. Incorporate the flour and the starch into the eggs so that no lumps remain.
7. Fill a piping bag with the batter and pipe the fingers onto a parchment paper.
8. Bake for 7 minutes.

12.2 Oatmeal Cookies

This recipe makes about 18 cookies.

Ingredients

- 250g oatmeal
- 200g flour (type 450-650)
- 150g butter
- 30g water
- 2 eggs
- 4g salt
- 4g cinnamon
- 150g dried cranberries (or other dried fruits)
- 100g 64% chocolate or chocolate chips

These cookies are naturally sweet due to the high content of dried cranberries. If you want them to be more sweet, include brown sugar or alternatives such as honey. I purposely omitted additional sweeteners because I personally never use them.

Instructions

1. Preheat the oven to 165 °C.
2. Set a steel pot and set it over a medium heat. Brown the butter until solids appear and the liquid turns golden brown.
3. Immediately transfer the liquid butter to a bowl or another container and leave to cool. It is also an option to cool the pot in a water bath until it is around room temperature. Leaving the butter in the hot pot might result in the butter burn from the residual heat stored in the pot.

4. Blend half the oatmeal coarsely, transfer to a container, then blend the dried fruits until they turn into tiny pieces. We do not want to turn them into a paste, though.
5. Cut the chocolate into rough 5mm chunks.
6. In a large bowl mix together water, eggs, salt and cinnamon until dissolved. Add liquid butter and mix until combined. If you are adding sugar, this is the right time to mix it in.
7. Add flour to the wet ingredients and whisk until the mass turns smooth. Add your remaining ingredients and work the dough with your hands until the mass is uniform. If the mass is crumbly, add more water.
8. Line a baking tray with parchment paper. Scoop a small portion of the dough, shape into a rough ball, then lay on the tray and press down until 1-2cm thick. Repeat to make 9 cookies.
9. Bake for 13 minutes.
10. Let cool for 5 minutes before transferring off the tray. Otherwise the cookies might crumble.

12.3 Chocolate Chip Cookies

This recipe makes 20 cookies.

Ingredients

- 380g flour
- 200g butter
- 60g sugar
- 6g salt
- 16g baking powder
- 2 eggs
- 200g chocolate
- 200g nuts
- 200g raisins

Instructions

1. Mix the eggs, salt and sugar until dissolved, then add the flour, butter and baking powder, then knead until homogeneous.
2. Leave the dough to rest in the fridge for at least an hour.
3. Preheat the oven to 165 C.
4. Cut the chocolate into small chunks. Cut the nuts into small bits. Then knead them and the raisins into the dough.
5. Line a baking tray with parchment paper. Scoop a small portion of the dough, shape into a rough ball, then lay on the tray and press down until 1-2cm thick. Repeat to make 10 cookies.
6. Bake in two batches for 13 minutes.
7. Let cool for 5 minutes before transferring off the tray. Otherwise the cookies might crumble.

Chapter 13

Drinks

13.1 Mango Lassi

Chapter 14

Desserts

14.1 Tiramisu

Ingredients

- 4 eggs
- 50g sugar
- 500g mascarpone
- ~20 savoiardi (for a recipe, see Savoiardi (12.1))
- 300ml espresso (lukewarm or cold)
- cocoa powder

Instructions

The coffee must not be hot as otherwise the savoiardi dipped in it will melt the mascarpone creme.

If you follow the order of whipping, you won't have to clean your mixer. Otherwise, make sure to not stain the whites with any yolks or mascarpone, and to not introduce mascarpone to your yolks.

1. Separate whites from yolks.
2. Whip the whites with sugar until stiff.
3. Whip yolks until pale.
4. Whip the mascarpone until softened. Do not overwhip or it will turn into butter.
5. Fold the yolks into the whites, then fold the mascarpone in batches into the mix until smooth. Do it gently and as little as possible or the eggs will lose all the air.
6. Lay the first layer of savoiardi dipping them in the coffee (do not soak them!) just before placing them.
7. Place a thick layer of the mascarpone.
8. Repeat with the next layer.

9. Refrigerate for at least 8h, preferably overnight.
10. Dust a piece with cocoa powder before serving.

Cocoa powder absorbs the moisture from the creme, thus dusting before serving ensures it remains powdery and light.

14.2 Panna Cotta

Panna Cotta may be served and garnished in a variety of ways, e.g. layered in a glass or inverted onto a plate with a side of fruits. In this recipe we will be making a 3-layer Panna Cotta in whiskey glasses, however, the recipe for the cream itself may be used to make any variety of Panna Cotta. For a traditional Panna Cotta, omit the chocolate.

This recipe makes 3 servings.

Ingredients

Cream:

- 500ml cream 36% or 30%
- 25g sugar
- 7g gelatin (powder, for other kinds use the appropriate method to dissolve)
- vanilla bean (optional)

Chocolate:

- 30g dark chocolate 64%+
- 20g butter
- powdered sugar (optional)

Fruit Sauce:

- 100g strawberries, peaches or any other fruits
- mint (optional)
- sugar (optional)

Garnish:

- 1 large strawberry, 1 slice of peach or a part of the fruit used to make

the sauce

- 2 mint leaves

Instructions

1. In a small bowl, mix 3-4 spoons of cream with the gelatin.
2. Pour the cream into a large pot and add the sugar. Set over small heat. If you are using vanilla or other spices, add them now.
3. Pour in the cream mixed with the gelatin and mix until thoroughly incorporated.
4. Once the temperature reaches 75 °C, cut the heat and distribute evenly into 400ml whiskey glasses.
5. Cover tightly with plastic foil and place in the fridge for at least 4h. The foil prevents the cream from developing a hard skin.

Once the cream sets and you are ready to serve the dessert, prepare the chocolate and the fruit sauce:

6. Melt the chocolate and the butter in a water bath. Adjust the sweetness with the powdered sugar.
7. Blend the fruits and the mint. You may optionally cook the fruits before/after blending (add the mint after cooking once cooled to preserve the intensity of the flavour). Frozen fruits will taste worse, thus it is advisable to introduce additional flavour, e.g. sour through the addition of lemon juice.
8. Prepare the garnish.
9. Remove the cover from a glass and wipe any moisture from the inside and the outside.
10. Layer chocolate thinly as it has quite an intense flavour.
11. Pour the sauce gently on top and garnish with fruit and mint.

14.3 Brownies

There are two types of brownies - fudgy and cakey. Fudgy brownies are chewy, gooey, moist, while cakey brownies resemble a very dense genoise. It is up to your personal preference which type you will make.

The proportions of fats (from butter and chocolate) and flour will vary the fudgyness of the brownies. For fudgy brownies add more fat (butter and chocolate) and for cakey brownies add more flour. The mixing technique, the baking time and the temperature also affect the texture of the brownies. For fudgy brownies, barely mix the ingredients and bake shorter, while for cakey brownies do the exact opposite - ensure the ingredients are thoroughly incorporated, preferably using a mixer, and the brownies are baked for a longer time. Additionally, for the cakey brownies, add baking powder to improve the height and the fluffiness .

Farthermore, using less sugar will prevent the sweetness from overwhelming the bitter taste of the chocolate and the cocoa resulting in a richer flavour variety (the following recipe already reflects that). However, the sugar, when baking, caramelises at the top forming a light crust. Adding too little sugar will result in no crust and extremely bitter brownies.

The following recipe is for a 22x22cm baking pan of fudgy brownies.

Ingredients

- 180g 64% chocolate
- 115g butter
- 110g white sugar
- 3 eggs
- 60g flour
- 50g cocoa powder
- 7g salt
- 120g 64% chopped chocolate or chocolate chips

Preheat your oven to 165C and line a 22x22cm baking pan with parchment paper.

In a water bath, melt the chocolate and the butter stirring occasionally to combine. Once fully melted, take off the heat source, add sugar and salt, and mix. Beat the living hell out of the eggs with a mixer (at least 10 minutes). Pour in the chocolate mixing continuously on low speed. Add the dry ingredients (flour, cocoa powder) and the chopped chocolate or chocolate chips. Fold gently until no flour pockets remain (we do not want to deflate the batter).

Pour the batter into the pan and bake for 18-20 minutes. Let cool in the pan on a wire rack for several hours before cutting. Cut into 9 pieces.

Chapter 15

Pastry

15.1 Pâte Feuilletée (Puff Pastry)

15.2 Pâte Sablée

Pâte Sablée (French shortcrust pastry) is one of the three basic kinds of "crumbly" pastry (pâte friable). The crunchy and crumbly texture combined with a slight sweet tone makes this dough ideal for sweet tarts.

Instructions

Use a mixer. The recommendation is that, throughout the entire process, all mixing should be done "lightly", that is shortly and on low speed. The reason is we do not want to incorporate much air into the dough so as to prevent it from rising in the oven. However, I have had no issues mixing everything at full speed - the results were equivalent.

1. Beat the butter (around a minute).
2. Sift in the powdered sugar, salt, the almond powder and the starch. Mix until combined.
3. Mix the eggs in, adding in batches to prevent lumping of the dough.
4. Sift in the flour and mix until rough crumbly dough forms (it is actually important to mix on low speed in this step).
5. You may keep the dough in the bowl or transfer it onto a clean surface.
6. The idea here is to knead the dough until homogeneous without using your hands (which are warm), but I have not noticed any difference in the texture between the two methods. Thus you may knead the dough with your hand for around 30 seconds or work it using a bench scraper or any other tool.
7. Chill the dough in a fridge for 1-2 hours. This step is optional, but is highly recommended as soft dough is difficult to work with.

15.3 Tart Shell

This recipe makes 4 tart shells (10cm diameter, 2cm height).

Ingredients

- 100g butter (room temperature)
- 72g powder sugar
- 20g almond powder (substitute flour if no almond powder)
- 30g corn/potato starch
- 36g whole eggs (whisked, room temperature)
- 170g flour (type 400 up to 650)
- 2g salt

Instructions

1. Make Pâte Sablée (15.2), but skip the chilling process. We will do in a more efficient way.
2. Place the dough between two sheets of parchment paper. This eliminates the need to use additional flour and makes the scraps from cutting reusable.
3. Roll out the dough to 2mm thickness.
4. Chill the dough in a fridge for 15-30 minutes.

It is best to assemble the tart shells on a perforated silicone mat on which we will also bake. Moving them onto the mat from another surface might prove difficult. Make sure your mat is heat resistant up to 180 °C.

5. Cut the bottoms of the shells out (press the tart rings into the dough).
6. Cut strips slightly taller than the tart ring. Tightly line the sides of the tart rings with the strips. Make sure the dough is not too cold as

it might snap. Cut the excess leaving a slight overlap, then press the ends of the strips together.

7. Trim the excess dough from the top, cutting towards the outside.

8. Bake at 160°C for ~15 minutes.

The tart shells may be stored for several weeks in a dry environment. They will lose the crunchiness over time.

15.4 Crème Pâtissière (Pastry Cream)

Crème Pâtissière is a type of thick custard made of milk and eggs. This recipe incorporates sugar, making the cream perfect to be used directly or as a base of another cream in tarts, *èlcairs*, *choux*, etc.

Ingredients

- 265g milk
- vanilla bean
- 50g sugar
- 65g egg yolks
- 20g corn/potato starch
- 20g butter

Instructions

Use a whisk, preferably a narrow one.

1. Pour milk into a saucepan, add the vanilla seeds and the bean, then heat to around 60 °C to infuse the vanilla flavour.
2. Whisk the yolks, sugar and the starch until smooth.
3. Once infused, pour the milk into the egg mixture in small batches while whisking.
4. Strain the whole mixture into the saucepan.
5. Set it over a small heat and whisk continuously. The cream will thicken considerably around the boiling point. Once it does, whisk vigorously for about a minute.
6. Take off the heat and whisk for another minute. The cream should loosen up and have a shiny appearance.
7. Add the butter and blend until the cream becomes smooth.

15.4. *CRÈME PÂTISSIÈRE (PASTRY CREAM)*

107

8. Transfer to another container (optional) and cover with the surface with plastic foil to prevent forming a skin.
9. Refrigerate. Once cold, the cream will have a jelly-like consistency. Whisk before using.

15.5 Cream Cheese Frosting

Ingredients

- 320g cream cheese (room temperature)
- 120g powder sugar
- 160g butter (room temperature)
- 3.5g lemon zest
- 30g heavy cream

Instructions

1. Mix the cream cheese with the powder sugar.
2. In another bowl mix the the butter to soften it. This helps ensure there will be no clumps of butter in the frosting.
3. Add the butter to the cream cheese and mix until homogenous.
4. Add lemon zest and heavy cream. Mix until homogenous.
5. Chill in the fridge for about 20 minutes before using.

15.6 Swiss Meringue Buttercream

15.7 Crescent Rolls

Ingredients

15.8 Pączki (Berliner, Doughnuts)

The doughnuts may be filled with marmalade, jam, fruit creme, custard or anything your heart desires.

Ingredients

For 6 doughnuts:

- 500g flour
- 200g milk
- 100g whole eggs (2 large eggs)
- 60g sugar
- 6g salt
- 20g fresh yeast
- 50g butter (room temperature)

Instructions

1. Mix yeast, salt, sugar, eggs and milk in a bowl. Then add flour and mix until rough dough forms. Leave to rest for about 10 minutes.
2. After the dough has rested, take it out of the bowl and knead in the butter. Knead until homogeneous. Form into a ball and leave covered to rest in the bowl, another container or on the work surface.
3. Once the dough has increased in volume by about 1.5 times, invert the bowl onto a flat surface to remove the dough from it. Handle the dough gently to not deflate it.
4. Cut the dough into ~150g portions, then gently shape them into smooth balls. If you do not own a bench scraper or a similar tool, place the doughnuts on squares of parchment paper (otherwise, you will not be able to pick them up later). Ensure there is at least 4cm of space between the doughnuts. Cover and leave to proof for 30-60 minutes.

5. Pour 1L (or more) of canola/sunflower oil into a large pot or pan, and heat up to 150°C.
6. Once the oil is hot, gently lower into it one doughnut at a time. Fry for about 4 minutes or until browned, flip the doughnuts and fry for another 4 minutes on the other side, then take out onto a rack to cool.

Chapter 16

Tarts

16.1 Tarte au Citron (Lemon Tart)

This recipe makes 4 tarts (10cm diameter), thus 4 Tart Shell (15.3) are required.

Ingredients (Lemon Curd)

- 125g lemon juice
- zest of the lemons (optional)
- 65g egg yolks
- 110g whole eggs
- 95g sugar
- 2.5g gelatin
- 80g butter (optional)

Lemon zest has a rich lemon flavour and since we already are using the lemons, we might also zest them before squeezing the juice. While optional, the zest improves the flavour and is recommended. Butter improves the mouthfeel - makes the whole curd smoother.

Instructions

Vigorous stirring, especially using metal utensils, in a metal pot will cause a metallic aftertaste in the curd due to the acid from the lemon reacting with the metal. It is strongly advised to use a glass container and a silicone spatula instead of metal utensils as the difference in taste is significant.

1. Zest the lemons.
2. Squeeze the lemons.
3. Mix the gelatin with 20g of the lemon juice.
4. Combine the remaining lemon juice, zest, yolks, eggs and sugar in a pot, then set it over low heat. Stir gently and constantly to prevent curdling.

5. Once the curd thickens considerably, remove from the heat and continue stirring for up to a minute.
6. While still hot (around 50°C), add the gelatin and mix to dissolve.
7. Add the butter and blend with an immersion blender until smooth.
8. Fill the shells with the curd and move to a fridge to chill and set for about an hour.

Ingredients (Lemon Meringue)

- 30g water
 - 70g sugar
 - 25g sugar
 - 65g egg whites
 - 15g lemon juice
 - 1.5g gelatin
 - lemon zest
- } Sugar Syrup
- } French Meringue

Instructions

1. Dissolve the gelatin in the lemon juice by heating it up to 40°C.
2. Make the sugar syrup by combining the water and the sugar in a pot, then setting it on low heat until it reaches around 120°C.
3. In the meantime, make the french meringue by beating the egg whites with the sugar.
4. Pour the hot sugar syrup into the meringue in small batches while mixing constantly.
5. Immediately after add the lemon juice with the gelatine and mix to incorporate.
6. Once cooled, transfer to a pastry bag with a tip of your choice.

7. Pipe on top of the curd.
8. Sprinkle with the lemon zest.
9. Move to a fridge to chill and set for about an hour.

16.2 Pastel de nata

Pastel de nata (plural: pastéis de nata) Pastel de nata has been inspired by Pastel de Belém, however, the recipe for the original version is kept secret

Chapter 17

Cakes

17.1 Genoise

This recipe is for a 16cm diameter round form.

Ingredients

- 4 large eggs (200g without shells) separated into yolks and whites
- 100g sugar
- 85g flour
- 20g starch
- 15g butter
- 20g milk

Adding butter is optional - doing so might affect the texture and the resulting genoise might be less fluffy, however, not including the butter makes the flavour more plain.

Instructions

1. Preheat the oven to 160 C.
2. Line your form with parchment paper - cut out a circle for the bottom and strips for the sides.
3. In a container, combine the butter and the milk, then heat them until the butter melts (at most 60 C).
4. In a separate container, mix the starch and the flour together thoroughly.
5. In a large bowl, whip the whites until foamed, then add the sugar and continue to whip till the whites turn smooth and shiny.
6. Beat the yolks separately until pale yellow and airy (they will increase in volume significantly).
7. Fold the yolks into the whites gently. They need not be thoroughly mixed.

8. Sift the flour in and fold gently. Make sure to
9. butter
10. Pour into the form, raise and gently drop from about 2-3cm to break large air bubbles.
11. Bake for 35 minutes.
12. Take out of the oven, remove the band of the form, cool for a minute, then invert onto a rack and cool for at least 30 minutes.

17.2 Shortcake

17.3 New York Cheesecake

This recipe is for a 24cm diameter round spring form.

Ingredients

Crust:

- 240g wheat or graham crackers
- 80g walnuts
- 3g salt
- 30g flour
- 150g butter

Custard:

- 1200g cream cheese
- 150g sugar
- 5g salt
- 30g starch
- 125g cream 18% or 36%
- lemon zest of 1 lemon
- 5 whole eggs and 2 yolks

Instructions

Make the crust:

1. Preheat the oven to 175 C.
2. Melt the butter in a pot and let it cool down. We will be mixing it with the rest of the ingredients later on by hand, so cooling it is essential so you do not burn yourself.

3. Dissolve salt in the melted butter.
4. Grind the crackers and the walnuts in a food processor.
5. Mix the ground crackers and walnuts with the flour.
6. Pour butter into the ground mix and knead until thoroughly combined.
7. Divide the mix into 60/40 parts. Spread the larger part around the walls of the spring form, then press it into the walls using a flat round glass. Spread the other part over the base of the form, press and even out using a flat bottom glass.
8. Bake for 10 minutes.

Make the cheese custard:

9. Preheat the oven to 150 C.
10. Crack all the eggs into a bowl.
11. In a large bowl, mix the cream cheese and sugar with a mixer.
12. Add salt, starch, cream, lemon zest, then mix until homogeneous.
13. Add eggs one at a time (yolk + some whites) and mix thoroughly in-between.¹ Do so on low speed to prevent aerating the custard.
14. Pour the custard into the crust and even out the top.
15. Bake for 35 minutes, then turn off the oven and leave the cheesecake inside to finish baking and cool for 30 minutes.
16. Take out of the oven and leave in room temperature to cool for at least 60 minutes. The cheesecake should be wobbly.
17. Once cooled to a temperature suitable for a fridge, transfer to the fridge and cool for at least 8h.

Stores well in the fridge for 3-4 days, but over time the crust will soak up the water from the custard and lose its crunchiness.

¹Adding too much liquid at once will result in clumps. 2 eggs at a time is fine, but all eggs at once will result in a clumpy and nonhomogeneous custard.

17.4 Basque Cheesecake

This recipe is for a 24cm diameter round spring form.

Ingredients

All ingredients must be room temperature to ensure even baking.

- 1200g cream cheese
- 175g sugar
- 5g salt
- 30g starch
- 500ml cream 36%
- lemon zest of 1 lemon
- 5 whole eggs and 2 yolks

Instructions

1. Preheat the oven to 235 C.
2. Line the spring form with parchment paper. See Lining Round Spring Forms (1.7.1).
3. Crack all the eggs and separate the yolks into a bowl.
4. In a large metal bowl, beat the cream cheese with a mixer until softened. Additionally, you may hold the bowl over fire while mixing to heat up the cream cheese slightly.
5. Add sugar, salt, starch and the lemon zest, and mix thoroughly until well incorporated and homogeneous.
6. Pour the cream slowly² while mixing on low speed to prevent aerating the custard excessively. If the custard is cold, hold it over fire while mixing.

²Adding too much liquid at once will result in clumps and nonhomogeneous custard.

7. Add eggs one at a time (yolk + some whites) and mix thoroughly in-between on low speed to prevent aerating the custard excessively.
8. Pour the custard into the form and even out the top.
9. Bake for 30 minutes. If the top is not browning after 20 minutes, switch the oven to convection.
10. Take out of the oven and leave in room temperature to cool at least 60 minutes. The cheesecake should be wobbly.
11. Once cooled to a temperature suitable for a fridge, transfer to the fridge and cool for at least 8h.

Stores well in the fridge for 3-4 days.

17.5 Mango Cheesecake

17.6 Carrot Cake

This recipe makes a 16cm (diameter) round carrot cake which may be cut into 3 layers of around 1.8cm thickness.

Ingredients

Cake:

- 150g eggs (room temperature)
- 50g sugar (brown for better moisture retention, white works perfectly)
- 96g oil (odourless, e.g. canola)
- 205g flour
- 4g cinnamon
- 8g baking powder
- 3g salt
- 220g carrots (mass after grating)
- 65g walnuts
- 65g raisins

Frosting:

- 320g cream cheese (room temperature)
- 50g powder sugar
- 120g butter (room temperature)
- 30g cream 36%
- zest of one lemon

Instructions

1. Line the bottom and the sides of your tin with parchment paper.

2. Preheat oven to 165C.
3. Submerge raisins in rum/water/liquid of your choice and leave to soak.
4. Grate carrots on the fine side of your grater.
5. Chop walnuts.
6. Whisk eggs and sugar.
7. Add oil and whisk until well combined.
8. Add dry ingredients (flour, cinnamon, baking powder, salt) and mix well with a spatula.
9. Add carrots, walnuts, drained raisins and mix.
10. Pour into the tin. Drop the tin from about 5cm to remove large air bubbles in the batter.
11. Bake 50 mins.
12. Invert onto a cooling rack, remove the tin and the parchment paper. cool for 10 mins, then flip up-side-down and continue cooling until edible or room temperature. Flipping ensures the inside bakes thoroughly.
13. Slice into 3 layers of 1.5cm to 2cm height. Layer with cream cheese frosting (15.5).

17.7 Szarlotka (Apple Cake)

- 400g flour
- 150g butter
- 2 egg yolks (about 30g)
- 150g cream 30% or 36%
- 8g salt
- 75g sugar

Chapter 18

Sweet Breads

18.1 Banana Bread

This recipe makes a single 30x10cm loaf (31x11cm rectangular form).

Ingredients

- 400g ripe bananas
- 60g butter
- 55g oil
- 60g sugar
- 1 whole large egg
- 55g sour cream 18% or plain yoghurt
- 2g cinnamon powder
- 8g baking powder
- 3g salt
- 70g walnuts
- 70g raisins
- 315g flour

The amount of sugar one actually has to use to achieve a certain level of sweetness will vary depending on the sweetness of the bananas. Keep in mind that raisins also contribute a great amount of sweetness to the overall profile of the finished product.

Instructions

1. Soak the raisins in water (or rum).
2. Melt the butter and leave to cool down.
3. Cut the walnuts into smaller pieces.
4. In a large bowl, peel the bananas and mash them with a fork.

5. Add butter, oil, sugar, egg, cream, cinnamon, baking powder, salt, drained raisins and walnuts, and whisk until homogeneous.
6. Add the flour and mix using a spatula until homogeneous.
7. Line the form with parchment paper, then transfer the batter into the form. Even out the top, then lift and drop once or twice to remove large bubbles.
8. Bake for 50-55 minutes at 160 C.