



# WHAT AR-IA COOKIN' QUARANTINE COOKBOOK

# Cheesy Vegan Broccoli Soup (Whole30, Paleo)

Contributor: Kendra Cranford

## INGREDIENTS:

2 tablespoons olive oil or ghee, if not vegan  
1 small onion diced  
1-2 cloves garlic minced  
2 cups vegetable stock or chicken stock if on Whole30 or not vegan  
4 cups broccoli florets  
1 1/2 cups shredded carrot about 2 medium  
1 cup raw cashews soaked for 4 hours if you don't have a high-speed blender  
1 cup water  
1/2 teaspoon mustard powder  
1/2 teaspoon smoked paprika  
1/2 cup nutritional yeast  
1 tablespoon fresh lemon juice about half a lemon  
1/4 cup almond milk  
dash cayenne pepper  
dash sea salt freshly cracked pepper  
Fresh parsley to serve, optional

## DIRECTIONS:

1. In a medium saucepan over medium heat, heat olive oil. Add onion and sauté until translucent, stirring often. Add garlic and cook, stirring constantly, about 30 seconds, or until fragrant.
2. Add stock, broccoli, and carrots, then cover with a lid. Simmer until broccoli is tender, about 10-15 minutes.
3. In a high-speed blender, combine cashews, water, mustard powder, smoked paprika, nutritional yeast, lemon juice, almond milk, and cayenne pepper. Blend at high speed until very, very smooth. Pour mixture into broccoli mixture and stir until smooth. Add plenty of sea salt and freshly cracked pepper to taste. Spoon into serving bowls and top with fresh chopped parsley.

# Crispy Quinoa Burgers with Sweet Potato Fries and Beer Caramelized Onions

Contributor: Lauren Oldenburg

## INGREDIENTS:

### **QUINOA BURGERS**

2 cups cooked quinoa  
1 cup cannellini beans mashed  
1/2 cup Panko bread crumbs  
1 large egg, beaten  
1 clove garlic, minced or grated  
1 teaspoon chipotle chili powder  
kosher salt and black pepper  
3/4 cup shredded sharp cheddar cheese  
1/2 cup shredded gruyere cheese  
6 burger buns, toasted  
fried eggs, mashed avocado, and herbs, for serving (optional)

### **SWEET POTATO FRIES**

4 sweet potatoes, cut into matchsticks  
4 tablespoon extra-virgin olive oil plus more for cooking  
1 teaspoon chipotle chili powder  
1/2 teaspoon smoked paprika  
kosher salt and black pepper

### **BEER CARAMELIZED ONIONS**

2 tablespoons salted butter  
2 large yellow onions, thinly sliced  
1 cup beer, such as pumpkin, lager, or pilsner

## DIRECTIONS:

1. In a medium bowl, combine the quinoa, mashed beans, Panko, egg, garlic, chili powder, cheese, and a pinch each of salt and pepper. Form the mix into 5-6 equal burgers. Place on a plate, cover, and transfer to the fridge.
2. To make the fries. Preheat the oven to 425 degrees F. Place the sweet potatoes on a large baking sheet and toss with olive oil, chili powder, paprika, and a large pinch each of salt and pepper. Spread the fries in an even layer. Do not overcrowd the pan, if needed, divide the fries between 2 baking sheets
3. Transfer to the oven and bake for 15-20 minutes, then flip and bake for 15-20 minutes more. You want the sweet potatoes to be tender, yet crisp.
4. Meanwhile, make the onions. Melt the butter and onions together in a large skillet over medium-high heat. Cook, stirring occasionally until softened, about 5 minutes. At this point, you want to slowly add the beer, 1/4 cup at a time, until the beer cooks into the onions. Continue to cook another 8-10 minutes until you've used all of the beer and the onions are deeply caramelized. Remove the onions from the skillet to a plate.
5. Cook the burgers in the same skillet, heat a drizzle of oil over medium-high heat. When the oil shimmers, add the burgers and cook until golden and crisp, about 5 minutes per side. During the last minute of cooking add the Gruyere cheese, cover, and cook 2-3 minutes, until the cheese has melted.
6. To assemble, place each burger on a bun, top with caramelized onions and sweet potatoes. If desired, add a fried egg, mashed avocado, and fresh herbs. ENJOY.

# Will's Pantry Pasta

Contributor: William Olds

## INGREDIENTS:

1/2 box of Pasta leftover from last week (Rigatoni or Bucatini are my go-to's)

1/2 medium Yellow Onion, diced

1-2 cloves Garlic, minced

Splash of store-bought Red Sauce

Splash of Half & Half or store-bought Alfredo or whatever you find in the fridge

Parmigiano Reggiano or any hard/salty cheese

Squeeze of Lemon Juice

Chopped Parsley (optional)

2 Tbsp Unsalted Butter

Salt, Pepper, Red Pepper Flake

Extra Virgin Olive Oil

## DIRECTIONS:

1. Set water to boil in large pot before chopping/mincing onion & garlic.
2. Heat a sauté pan/skillet on medium heat with an eyeballed amount of olive oil
3. Add onion to pan, seasoning with a pinch of salt and freshly ground pepper. Stir occasionally, cooking for a few minutes until translucent
4. Add pasta to boiling water and give it a few stirs to prevent sticking.
5. Add minced Garlic to onion. Once fragrant, add in whatever tomato sauce/half & half combo you found, also adding red pepper flake to taste.
6. Check that pasta is happy and groovin' in the pot. Remove anywhere from about 1/2 to 1 cup pasta water and add to sauce.
7. Bring sauce to simmer, keeping an eye on it as you wait for pasta to cook. Add more pasta water as needed if sauce reduces too much.
8. Check pasta and remove from heat when pasta is shy of al dente by about 1 minute (pasta will finish cooking in sauce).
9. Reserve extra pasta water before draining and transfer pasta to saucepan.
10. Reduce saucepan heat to low and add butter, lemon juice, and as much grated parmesan as your heart desires. Stir to combine, adding pasta water if sauce thickens too far --or-- letting simmer if too thin.
11. Plate and garnish with more grated parm, freshly ground black pepper, and optional parsley.

*If you have 30 minutes, you can have restaurant quality pasta! (and no one has to know you used store-bought sauce). This recipe can be adapted in so many ways either by experimenting with different sauce 'bases' such as San Marzano tomatoes and basil in place of store bought sauce, or simply browning ground sausage or veal before adding the onion.*

*If you're feeling extra fancy and have day-old or slightly stale bread, blitz the bread in a food processor or blender to make bread crumbs. Next, add bread crumbs to a small pan on high heat with some olive oil to toast. Season bread crumbs with salt and pepper. Once they're extra toasty, add a bit of parmesan cheese which will melt to the bread crumbs and crisp up. Sprinkle on top of your pasta for a great textural contrast and a unique alternative to garlic bread.*

# Loaded Cauliflower Bake

Contributor: Martika Camacho

## INGREDIENTS:

4 slices center cut bacon (I use Wegmans brand)

2 lbs cauliflower florets (I bought one large head of cauliflower and it had almost exactly 2 lbs of florets once cut up)

6 oz 1/3 less fat cream cheese, softened

1/2 cup fat free sour cream

4 oz shredded 50% reduced fat sharp cheddar cheese, divided (I used Cabot brand)

4 oz shredded 50% reduced fat pepper jack cheese, divided (I used Cabot brand)

3 scallions, chopped – greens only

2 garlic cloves, minced

¼ teaspoon salt

Pinch of black pepper

Pinch of crushed red pepper flakes, to taste

## DIRECTIONS:

1. Pre-heat the oven to 350. Lightly mist a 2 QT baking dish (I used a 7×11) with cooking spray and set aside.
2. Cook the bacon slices until crisp according to package directions and allow them to cool/dry on paper towels. Crumble them into bite sized pieces and set aside.
3. Steam cauliflower florets until tender. If you've never steamed cauliflower before, [this link has three different steaming methods](#) based on what equipment you have available/your preference. I used the first method, but choose your own adventure!
4. While the cauliflower steams, combine the softened cream cheese and sour cream with a hand mixer. Add 3 oz of the shredded cheddar and 3 oz of the shredded pepper jack, the bacon pieces from step 2, the chopped scallions, garlic, salt, pepper and red pepper flakes. Stir until well combined.
5. When the cauliflower is finished steaming, drain if necessary and add the hot cauliflower to the cream cheese mixture. Stir until well coated. If you'd like at this step you can partially mash some of the cauliflower (I did a little bit, but kept many florets whole for texture).
6. Transfer the cauliflower mixture to your reserved baking dish and top with the remaining 1 oz each of shredded cheddar and pepper jack cheeses. Bake for 30 minutes. If your cheese on top isn't golden, turn on your broiler for 1-2 minutes until golden and bubbly.

# Greek Orzo Salad

Contributor: Olga Ratajski

## INGREDIENTS:

16 ounces orzo  
1 chopped green bell pepper  
1 chopped large tomato  
1 cup cucumber , diced and seeded, about one medium  
3/4 cup red onion , diced  
5 ounces green olives , drained and halved  
5 ounces Kalamata pitted olives , drained and halved  
7 ounces feta cheese  
½ cup Greek Vinaigrette (see **recipe**)

## **GREEK VINAIGRETTE**

2 garlic cloves, minced  
1/2 teaspoon granulated sugar  
2 tablespoons lemon juice  
5 tablespoons red wine vinegar, or apple cider vinegar  
1 1/2 teaspoons Dijon mustard  
½ cup olive oil  
1 teaspoon oregano  
salt and pepper to taste

## DIRECTIONS:

1. Bring a pot of water to a boil, season with salt, and cook the orzo for 10 minutes. Drain, rinse, and set aside to cool.
2. Transfer the cooled orzo to a large mixing bowl. Add the chopped vegetables and olives, then crumble half of the feta cheese over the pasta.
3. In a small bowl, whisk the Greek Vinaigrette ingredients together until mixed.
4. Pour the vinaigrette over the pasta mixture and gently fold until the pasta and veggies are coated.
5. Taste for seasoning and top with the remaining feta cheese.
6. Refrigerate for 1 hour or overnight before serving.

*The pasta is best within 2-3 days, but will last in the refrigerator up to 1 week.*

# Bulgarian Banitsa

Contributor: Martin Kurdaliev

## INGREDIENTS:

Filo Pastry

butter/cooking oil

eggs

Greek yogurt

feta cheese

baking powder

## DIRECTIONS:

1. Oil your pan with butter or oil, it needs to be completely covered.
2. Preheat oven to 350\*
3. Put the pastry and filling together. you can use the standard "lasagna" method or get creative with your pastry shapes. rules of thumb: a) you want 2 to 3 layers of filo sheet between your filling and the outside, thinner it might burst, too much thicker and it becomes more like bread. b) if 2 sheets of filo are touching, put oil or butter in between, not every square inch but as much as you can. the butter adds flavor and makes the pastry more flaky. Here you can also add spinach (greek spanakopita) or other savory ingredients.
4. Once the assembly is complete, give the top layer of filo a nice butter coating (unless top last layer is exposed filling).
5. Bake for 30 - 45 minutes

*This is an easy and super flexible recipe for a traditional Bulgarian pastry. You can vary the ingredient amounts drastically and still get great results (even remove an entire ingredient from the filling). I usually use 500 grams of yogurt, 6 eggs, 1 lb of feta and 1tbsp of baking powder. This makes enough filling for 15 filo sheets, and makes about two 13" X 9" pans.*

# Crispy Pork Carnitas

Contributor: Katie Draz

## INGREDIENTS:

1 (3-5lb) pork shoulder

1 head of garlic

1 tsp cumin

1 tsp cayenne

1 tsp chili powder

1 cup of beer

1/2 cup orange juice

1/4 cup lime juice

salt and pepper

tortillas for serving

## DIRECTIONS:

1. Cut the pork shoulder into 2 inch pieces, trimming any large areas of fat
2. salt and pepper the pork pieces and sauté on all sides until browned
3. In a pressure cooker, instant pot, or crockpot, combine the browned pork pieces with the rest of the ingredients
4. Pressure cook for 30 minutes or let cook for 2-4 hours if using a crock pot
5. Once the meat is cooked enough that it is falling apart and easy to shred, drain the meat pieces
6. Shred the meat with 2 forks (Or I use a potato masher)
7. Place the shredded pork on a sheet pan and put it in the oven (either broil on high or 450 degrees works) for 4-5 minutes until the meat is nice and crispy



# Pulled Pork Extraordinaire

Contributor: Joe Junius

## INGREDIENTS:

4 1/2 - 5 pounds pork shoulder

### **RUB**

1 Tbs packed dark brown sugar

1 Tbs chili powder

1 Tbs Kosher salt (more if desired)

1/2 tsp ground cumin

1/4 tsp ground cinnamon

### **SAUCE**

1 cup beer (lager or IPA)

2 cups favorite BBQ sauce

1 clove garlic

1/4 of a green pepper

3/4 of a white onion

3 celery stalks  
1 Tbs olive oil

## DIRECTIONS:

1. Mix all the ingredients of the rub together and then rub all over the pork shoulder.
2. Place the garlic, green pepper, onion and celery w/ oil in bottom of warming crock pot .
3. Place pork on top of veggies
4. Pour beer and BBQ sauce on top
5. Cook on High setting for 5-6 hours

# Chocolate Chip Cookies

Contributor: Erinn Lyons

## INGREDIENTS:

2 cups all-purpose flour

1 tsp baking soda

1/2 tsp salt

1 cup butter softened (microwave for 30 seconds)

3/4 cup light brown sugar

2/3 cup sugar

2 tsp vanilla

1 tsp apple cider vinegar

1 large egg

2 cups semisweet chocolate chips

## DIRECTIONS:

1. Preheat oven to 350
2. Mix flour, baking soda, & salt
3. In a large bowl, beat the butter, sugar, vanilla, & apple cider vinegar, until smooth. Beat in egg until just combined
4. Mix flour mixture into wet until just combined
5. Stir in chocolate chips
6. Bake for 10 minutes. Should look light brown on edges and slightly underdone in center

# White Wine-Braised Chicken with Artichoke and Orzo

Contributor: Kristin Mrozinski

## INGREDIENTS:

2 Tbsp Olive Oil

1.5 # Boneless, skinless chicken breasts

Kosher Salt and Black Pepper

2 Tbsp Salted Butter

4 cloves garlic, minced

1 cup dry orzo

1 cup dry white wine (pinot grigio or sav blanc)

1.25 Cups low-sodium chicken broth

1 (8oz can) drained artichoke hearts, rough chop

1/2 Cup green, pitted olives

Zest and juice of 1 lemon

1/2 Cup feta crumbles for serving

1 Tbsp fresh dill chopped for serving

## DIRECTIONS:

1. Preheat oven to 400.
2. Heat oil in cast iron skillet. Season chicken salt and pepper, both sides. Cook chicken in oil until brown (3-5 mins per side)
3. Remove chicken from skillet and set aside on plate.
4. In the same pan combine butter, garlic and orzo and cook until garlic is fragrant and orzo is toasted.
5. Add wine to skillet and scrape brown bits off bottom of pan.
6. Stir in chicken broth, artichokes, green olives, lemon zest and juice. Bring to a boil.
7. Return chicken to skillet (and juices from plate) and transfer to the oven for 15 minutes.
8. Top with feta and dill and serve!

# Lily's Panna Cotta

Contributor: Lillian Reyes-Brahar

## INGREDIENTS:

1 cup whole milk

2 ¾ teaspoons gelatin

3 cups heavy cream

2 inch piece vanilla bean, slit lengthwise (or substitute 2 teaspoons vanilla extract)

6 tablespoons granulated sugar

Pinch of table salt

## DIRECTIONS:

1. Pour milk into medium saucepan; sprinkle surface evenly with gelatin and let stand 10 minutes to hydrate gelatin. Meanwhile, turn contents of two ice cube trays (about 32 ice cubes) into a large bowl; add 4 cups of cold water. Measure cream into large measuring cup or pitcher. With a paring knife, scrape vanilla seeds into cream; place pod in cream along with seeds and set mixture aside. Set 8 wine glasses or 4-ounce ramekins on baking sheet
2. Heat milk and gelatin mixture over high heat, stirring constantly, until gelatin is dissolved and mixture registers 135 degrees on an instant read thermometer (about 1 ½ minutes). Off heat, add sugar and salt; stir until dissolved (about 1 minute)
3. Stirring constantly, slowly pour cream with vanilla into saucepan containing milk, then transfer mixture to medium bowl and set bowl over ice water bath. Stir frequently until thickened to consistency of eggnog and mixture registers 50 degrees on an instant read thermometer (about 10 minutes). Strain mixture into large measuring cup or pitcher, then distribute evenly among the wine glasses or ramekins. Cover baking sheet with plastic wrap, making sure that plastic does not mar the surface of the cream; refrigerate until just set (mixture should wobble when shaken gently)

# Homemade Tater Tots

Contributor: Lillian Reyes-Brahar

## INGREDIENTS:

2 pounds of russet potatoes

1 tablespoon all-purpose flour

1 teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon dried oregano

¼ teaspoon dried dill

Kosher salt and fresh ground black pepper to taste

1 cup vegetable oil

2 tablespoons of chopped fresh parsley leaves

## DIRECTIONS:

1. Place potatoes in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook until parboiled (about 6-7 minutes); drain well and let cool
2. Using a box grater, finely shred the potatoes. Using a clean dish towel or cheese cloth drain the potatoes completely removing as much water as possible
3. Transfer potatoes to a large bowl. Stir in flour, garlic powder, onion powder, oregano, and dill; season with salt and pepper to taste. The mixture should be workable but dry. Form the potatoes into tots
4. Heat vegetable oil in large stockpot or Dutch oven over medium heat
5. Add tots to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy (about 3-4 minutes). Transfer to a paper towel lined plate.
6. Serve immediately, garnish with parsley if desired

# Gorgeous Greek Chicken with Herby Vegetable Couscous & Tzaziki

Contributor: Megan Walsh

## INGREDIENTS:

### **COUSCOUS**

1 mug (300g) of couscous  
2 mixed-colour peppers  
1 fresh red chili  
4 spring onions  
½ a bunch of fresh dill  
200 g frozen peas  
handful of black olives  
2 tablespoons extra virgin olive oil  
40 g feta cheese

*I also usually add yellow squash, zucchini, and cherry tomatoes from our garden too - I'll typically double the recipe then so there's extra for dipping & leftovers.*

## DIRECTIONS:

1. Put 1 mug of couscous and 2 mugs of boiling water into a bowl with a small pinch of salt and cover
2. On a large sheet of greaseproof paper, toss the chicken with salt, pepper, the oregano, allspice and finely grated lemon zest
3. Fold over the paper, then bash and flatten the chicken to 1.5cm thick with a rolling pin
4. Put into the frying pan with 2 tablespoons of olive oil, turning after 3 or 4 minutes, until golden and cooked through. (Also great on the grill too)
5. Using a box grater, coarsely grate the cucumber
6. Sprinkle it with a small pinch of salt, then squeeze and scrunch with clean hands to get rid of the excess salty water
7. Pop in a bowl with the yoghurt, juice of ½ a lemon and a pinch of pepper, finely chop and add the top leafy half of the mint, then mix together

### **CHICKEN**

2 chicken breasts  
1 heaped teaspoon oregano  
1 teaspoon ground allspice  
1 lemon  
olive oil

### **TZAZIKI**

1/2 a cucumber  
250 g 2% natural Greek yoghurt  
1/2 a lemon  
1/2 a bunch of fresh mint

8. Remove the stalk and seeds from the peppers and chili, then pulse in the processor with the trimmed spring onions and the dill until finely chopped
9. Scatter over a large tray or platter.
10. Add the peas to the veg (if using frozen peas, blanch them in boiling water for a couple of minutes first), add the olives, then squeeze over the juice of the zested lemon and add the extra virgin olive oil
11. Fluff up and scatter over the couscous, toss well and season to taste
12. Move the cooked chicken to a board, slice it up, then lay it around the couscous
13. Crumble over the feta and serve with the tzatziki

Recipe By: Chef Jamie Oliver