

# Recipes

David & Alissa Daily

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## Berry Good Smoothies

*Teddy's first smoothie and he loved it!*

Makes 3 x 300 ml/1.25 cup servings. (1 serving in gray)

Blend the following ingredients:

- 1½ cups/355 g (118 g) milk (usually oat milk)
- 1 banana, in chunks
- 2 cups/250 g (83 g) frozen berries
- ½ cup/130 g (43 g) vanilla greek yoghurt (if only plain is at hand, add 1 tsp. vanilla extract)

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## Moscow Mule

*Alissa's favourite*

1. Add to cocktail shaker and shake vigorously until well frosted.

cracked ice
1¾ oz vodka
¾ oz lime juice
2. Add cracked ice to a chilled glass and strain cocktail over it.

Cracked ice
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3. Top off with ginger beer, garnish with a lime wedge if desired.

1 can Ginger beer
Lime wedge, to garnish

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## Tom Collins

*David's favourite*

1. Add to a cocktail shaker and shake vigorously until well frosted.

Cracked ice
2½ oz gin
1 oz lemon juice
½ oz simple syrup
2. Strain into chilled Collins glass, top off with club soda and garnish with lemon slice.

Club Soda
Lemon slice, to garnish

# Part VI

## Drinks

### Legend

Vegetarian: **V**  
Gluten Free: **GF**  
Freeze: **F**

# Part I

## Breakfast

### **Carbonara Sauce:**

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|--|--|
| 1. Mix all together in small pan to make a thick, creamy sauce. Add to warm pasta. | 1 egg<br>2 tablespoons parmesan cheese<br>2 tablespoons pecorino cheese<br>30 g guanciale (pork cheek)<br>Black pepper |
|--|--|

### **Amatriciana Sauce:**

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|---|---|
| 1. Heat tomato sauce in pan, adding guanciale and black pepper until the sauce is thick. Put sauce in bowl and add cooked warm pasta into it and mix. | 1 cup tomato sauce<br>2 tablespoons parmesan cheese<br>2 tablespoons pecorino cheese<br>30 g guanciale (pork cheek)<br>Black pepper |
|---|---|

### **Cacio E Pepe Sauce:**

- |   |  |
|---|--|
| 1. Add all ingredients to bowl and mix them with some hot pasta water in order to get a thick creamy sauce. Add the warm pasta into it and mix. | 3 to 4 tablespoons pasta water<br>2 tablespoons parmesan cheese<br>2 tablespoons pecorino cheese<br>Black pepper |
|---|--|

## Basic Pasta

*Got this one from our Honeymoon*

- |  |               |
|--|---------------|
| 1. Mix all the ingredients together in a bowl or on theboard using a fork.   | 90 g 00 flour |
| 2. Knead your pasta, pressing and folding it. If you need you can add some flour if it is moist or water if it is dry. Keep kneading until it is smooth, not sticking to the board, and without a layer of flour on the outside. | 1 egg         |
| 3. Roll your pasta with a machine or a rolling pin. The pasta should be as thin as possible: you should be able to see your hand through it.   | 1 pinch salt  |
4. Once your pasta is thin enough you can spread some flour on top and fold your pasta in two fingers width all the way. Choose your noodle width below, cut your pasta, and unfold it!
  5. Add some salt to water and boil it. While that heats up prepare ingredients for Sauce. Cook your pasta until it is al dente. The fresh pasta will cook faster, only taking about 3 to 4 minutes.

Tagolini (thinnest): 3mm  
 Fettuchini (medium-thin): 6mm  
 Tagliatelle (medium-thick): 1cm  
 Pappardelle (thickest): 2cm

## Granola

*An old Daily recipe*

*Preheat oven to 300°F, Grease 9x13 pan*

- |   |                              |
|---|------------------------------|
| 1. Mix in bowl or directly in the pan.  | 5 cups rolled oats           |
| 2. Bake for 20–30 min, stirring after 15 min.   | 1 cup wheat bran             |
| 3. Add dry fruit (½ cup Raisins) after baking. Stir occasionally while it cools down. | 1 cup coconut (optional)     |
|   | ½ cup vegetable oil          |
|   | 1 cup honey                  |
|   | ½ cup sunflower seeds        |
|   | 1 tablespoon cinnamon        |
|   | 1 tablespoon vanilla extract |

**Lahsa***We prefer this over Shakshuka!*

- |   |  |
|---|--|
| 1. Dice onion, tomatoes, and chile/pepper.  | 1 large yellow onion   |
| 2. Sautee the onion in enough oil to cover the surface of the pan.  | 2 large tomatoes   |
|   | 4-5 spicy green chiles (or 1 serano pepper)                                  |
|   | Olive oil  |
| 3. Once onion starts to brown add the tomatoes. Season with salt, peeper cumin, coriander, paprika and tomato paste.      | 1 teaspoon cumin   |
|   | 1 teaspoon coriander   |
|   | 1 teaspoon paprika   |
|   | 1 tablespoon tomato paste  |
| 4. Cook tomatoes on medium/low heat until dissolved (or able to be easily crushed with a spatula).                        |  |
| 5. <b>Switch heat off</b> then quickly crack eggs in tomato/onion mixture and mix thoroughly.<br>Add a splash of water    | 3 eggs   |
|   | ¼ cup water  |
| 6. Increase heat to low and spread liquid cheese or soften cream cheese on top. Cover and let it cook for 3 to 5 minutes. | Liquid cheese (or 4–6 oz cream cheese depending on how much you like cheese) |
|   | Fresh parsely to garnish   |
| 7. Garnish with parsely, eat/serve with bread!  |  |

**Part V  
Pasta**

## Firecracker Meatballs

*One of our favourite recipes!*

*From HelloFresh originally.*

*Adjust rack to top position and preheat oven to 425°F.*

- Trim and thinly slice scallions, separating whites from greens; mince whites. Peel and mince ginger.
 

2/4/6 scallions	
1/2 ginger thumb	
- Combine ingredients in a large bowl and set aside. (We'll toss the meatballs in it later)
 

2 tablespoons/4/6 mayonaise	
2 tablespoons/4/6 sour cream	
2 teaspoons/4/6 honey	
2 teaspoons/4/6 soy sauce	
Siracha to taste	
Chili flakes to taste	
- Add water & salt to small pot and bring to a boil, then add rice, cover, and reduce to a low simmer. Cook until rice is tender, 15–18 min. Keep covered off heat until ready to serve.
 

3/4 cups/1 1/2/2 1/4 water	
1 pinch salt	
1/2 cup/1/1 1/2 rice	
- While rice cooks combine these into a large bowl. Form into 1 oz/30 g meatballs and place on one side of a lightly oiled baking sheet.
 

1 pound/2/3 ground beef	
1/4 cup/1/2/3/4 panko breadcrumbs	
Scallion whites	
Minced ginger	
1 tablespoon/2/4 soy sauce	
1/2 teaspoon/1/1 1/2 salt	
Pepper	
- Toss on empty side of pan and roast on top rack until meatballs are cooked through and green beans are browned and tender, 14–16 min.
 

6 ounces/12/24 green beans	
Drizzle of oil	
Salt & Pepper	
- Fluff rice with fork, season with Salt & Pepper. Divide between bowls or plates. Carefully add meatballs to bowl with sauce; toss to coat. Top rice with meatballs and drizzle with any remaining sauce. Serve green beans to the side. Garnish with scallion greens.

## Pancakes

- Whisk dry ingredients in a large bowl.
 

2 cups all-purpose flour	
1/2 cup sugar	
4 teaspoons baking powder	
1/4 teaspoon baking soda	
1/2 teaspoon salt	
- Add wet ingredients to dry and do not over mix.
 

1 1/2 cups milk	
1/2 cup (1 stick) butter, melted	
- Whisk out lumps and set aside to rest for 5 minutes.
 

2 teaspoons vanilla extract	
1 large egg	
- Cook!

## Sausage Gravy

*This gravy will thicken as it sits, so it's best served immediately. If it starts to get thick, stirring in some additional milk will help.*

1. In a large skillet over medium-high heat, crumble and brown the sausage. Don't just cook it, but actually allow it to brown some. It adds flavor. Do not drain the grease away.
 

1	pound ground pork breakfast sausage
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2. Sprinkle the flour over the sausage |  $\frac{1}{4}$  cup AP flour and stir. Cook for 2 to 3 minutes, stirring constantly.
3. Gradually add the milk, stirring well after each addition. Reduce to a simmer and allow the gravy to thicken, stirring frequently. For thicker gravy, add about 2 cups total. For thinner gravy, add more milk. Add salt and lots of black pepper to taste. Serve immediately.
 

2 to 2½	cups milk
Salt & Pepper	

Source: [southernbite.com/sausage-gravy/](http://southernbite.com/sausage-gravy/)

## Entrées



## Banana Peanut Butter Chocolate Chip Oat Bites

*A tasty snack or breakfast replacement!*

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|---|--|
| 1. Add all ingredients to a bowl and mix until the dough is combined.   | 2 cups quick oats                            |
| 2. Use a cookie scoop (1½ tbsp.) to portion the dough and use your hands to roll them into 24 evenly sized balls. | ½ cup peanut butter                          |
|   | ¼ cup honey                                  |
|   | ¼ cup mini chocolate chips                   |
|   | 2 tablespoons chia seeds ( <i>optional</i> ) |
|   | 1 tablespoon vanilla extract                 |
|   | 1 Banana, mashed                             |

## Part II

# Entrées

## Chicken Gyros

- |   |  |
|---|--|
| 1. Make the marinade: Add to medium bowl and whisk together.  | 2-2.5 lb boneless skinless chicken thighs  |
| 2. Marinate the chicken: Add the chicken thighs to the marinade, toss to combine well and put in the fridge to marinate for a least one hour and up to 24 hours.  | 1 teaspoon salt<br>½ teaspoon pepper<br>2-3 garlic cloves, pressed<br>1 tablespoon dried oregano<br>½ lemon, juiced<br>½ teaspoon ground cumin<br>½ cup full-fat plain greek yogurt<br>2 tablespoons olive oil |
| 3. Once the chicken has marinated for at least 1 hour, remove from the fridge and preheat the oven to 400F.   | 1 cup halved baby tomatoes<br>1 cup chopped cucumber<br>½ cup black olives<br>½ cup crumbled feta cheese   |
| 4. Use a vertical spit (or use half an onion as a base and position a skewer or two vertically into the onion like a spit on a sheet pan lined with foil). Thread the chicken thighs onto the skewer, making sure to rotate each thigh a bit as you go and the thighs are layered tightly together. | 2 cups thinly sliced romaine lettuce<br>½ cup Tzatziki<br>Pita bread   |
| 5. Bake for 1-1 ½ hours, until the internal temperature of the chicken reaches 165F (75C). Let cool for 10-15 minutes before slicing/carving off slices of the chicken. Serve with pita, tzatziki and vegetables or in a bowl (by cooking layering everything on top of rice).                      |  |

## Part IV Meal Prep

### Breakfast

## Toll House Chocolate Chip Cookies

*Cookies can be stored in the fridge for up to a week and in the freezer for up to 8 weeks.*

*Preheat the oven to 350°F*

1. Combine in small bowl and set aside.
 

2¼ cups all-purpose flour ½ cup + 2 tbsp.	
1 teaspoon salt ½ tsp.	
1 teaspoon baking soda ½ tsp.	
  
2. Beat butter, white sugar, brown sugar, and vanilla in a large mixing bowl until creamy.
 

1 cup/2 sticks butter, softened 1 stick	
¾ cups granulated sugar 6 tbsp.	
¾ cups packed brown sugar 6 tbsp.	
1 teaspoon vanilla extract ½ tsp.	
  
3. Add eggs, one at a time, beating well after each addition. | 2 eggs 1
4. Gradually beat in flour mixture from step 1.
5. Stir in chocolate chips. | 2 cups semisweet chocolate chips
6. Drop by rounded tablespoon onto ungreased baking sheets. | 1 cup
7. Bake in preheated oven until golden brown, 10 to 12 minutes.

## Chicken Sliders

*Found on the internet. One of the first recipes I made for David at my first Apt. on Maple.*

*Prepare skillet for frying chicken, preheat oven to 350°F.*

1. Mix garlic powder, bread crumbs and salt together in small bowl.
 

1 teaspoon garlic powder	
Salt to taste	
1½ cups bread crumbs	
  
2. Cut & pound chicken. Dip chicken into flour, then eggs, then bread mix. Fry until golden brown. | 1 pound chicken breasts
  
3. Put bottom of hamburger buns in casserole dish, then add fried chicken, marinara sauce, and cheese, and top bun. Bake on 350°F for 10-15 minutes.
 

Hamburger buns	
1 jar marinara sauce?	
1 package mozzarella cheese?	

## Texas Caviar

*This was given to me by the daughter of one of my very sweet hospice patients who always thought everything was "A-okay".*

- |                                     |  |
|-------------------------------------|--|
| 1. Rinse & drain.                   | 1 can black beans?<br>1 can black eyed peas?<br>1 can corn?<br>2 cans petite diced tomatoes? |
| 2. Mix everything together and eat! | 1 teaspoon minced garlic<br>¼ tablespoon salt<br>8 ounces Kraft Zesty Italian Salad Dressing |

## Fudgy Brownies

*Made these for Alissa's 28th birthday and they were delicious!*

*From America's Test Kitchen Cooking for Two, page 388. Loaf pan recommended for this is 8½ in × 4½ in; if you use a 9 in × 5 in loaf pan, start checking for doneness 5 minutes earlier than advised.*

*Preheat oven to 350°F/177°C*

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|---|--|
| 1. Make foil sling for loaf pan by folding 2 long sheets of aluminum foil; first sheet should be 8½ in wide and second sheet should be 4½ in wide. Lay sheets of foil in pan perpendicular to each other, <b>with an inch of foil hanging over sides of pan to grab later</b> , smoothing foil flush to pan. Grease foil. | Aluminum Foil<br>8½ in × 4½ in loaf pan<br>Mold release/Butter/Pam spray   |
| 2. Microwave in a bowl at 50% power (melt function @ 8 oz also works), stirring occasionally until melted and smooth. Let cool slightly.  | 3.5 oz/99 g semisweet chocolate, chopped (chocolate chips work too)<br>1 stick/¼ cup unsalted butter, cut into pieces<br>1 tablespoon unsweetened cocoa powder |
| 3. Whisk ingredients in medium bowl until combined.   | ½ cup + 2 tablespoons sugar (4½ oz/128 g)  |
| 4. Add chocolate mixture and whisk until combined.  | 1 large egg + 1 large egg yolk<br>1 teaspoon vanilla extract<br>¼ teaspoon salt  |
| 5. Stir in flour with rubber spatula until <i>just</i> combined.  | ½ cup all-purpose flour (2½ oz / 71 g)   |
| 6. Transfer batter to prepared pan; spread batter into corners of pan and make the surface smooth.  |  |
| 7. Bake until toothpick comes out with a few moist crumbs attached, 24 – 30 minutes, rotating half way through baking. Be careful not to overbake these brownies or they will have a very dry, cakey texture.   |  |
| 8. Let brownies cool completely in pan on wire rack. Remove brownies from pan using foil sling, loosening sides with knife if needed. Brownies can be stored at room temperature for up to 3 days.  |  |

## Coffee Cake Cookies

*Preheat the oven to 350°F.*

1. Combine and mix for a couple minutes until dough is smooth. The mixture should be lighter in color and fluffy.
 

½ cup (113 g) butter softened
½ cup (100 g) vegetable oil
1 cup (215 g) brown sugar
2. Add and mix again.
 

1 large egg
1 teaspoon vanilla
3. Add remaining ingredients and mix until just combined.
 

2 teaspoons cinnamon
2½ cups (325 g) all-purpose flour
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
4. In a separate bowl, combine all the ingredients and mix with a spoon or your hand to make the streusel. Start with ⅓ cup (43 g) of flour. The mixture should stick together, but should also crumble when you run it through your fingers. If it isn't crumbling, add 1 tbsp. additions of flour until it crumbles.
 

¼ cup butter softened (56 g)
¼ cup brown sugar (54 g)
⅓ to ½ cup flour (43–65 g)
½ teaspoon cinnamon
1 pinch of salt
5. Using a large (¼ cup) cookie scoop, scoop a ball of dough onto a lined baking sheet. Using the back of your cookie scoop or your fingers, make an indent on the top of the dough. Sprinkle a couple tablespoons of the streusel on the top of the cookie, into the indent.
6. Bake the cookies at 350 °F for 10 to 12 minutes. While they are baking, make the icing.
7. Combine in a small bowl and whisk until smooth and runny.
 

½ cup powdered sugar (56 g)
1 tablespoon milk (15 ml)
8. Once the cookies have cooled slightly, drizzle on lots of icing! Enjoy!

Source: [thepalatablelife.com/gilmore-girls-coffee-cake-cookie](http://thepalatablelife.com/gilmore-girls-coffee-cake-cookie)

## Salmon & Gnocchi

1. In a small pot or bowl combine the salmon seasoning, then evenly sprinkle over both sides of the fillets.
 

4 to 5 ounces (120–150 g) boneless, skinless salmon fillets brought to room temp
¾ teaspoons smoked paprika
¾ teaspoons dried oregano
½ teaspoon garlic powder
¼ to ½ teaspoon salt
¼ teaspoon black pepper
⅛ teaspoon cayenne pepper
2. Heat oil in a large pan over medium-high heat then add the salmon fillets. Fry for 3 minutes until lightly charred and crisp on the bottom, then carefully flip and fry them for 2 minutes.
 

½ tablespoon olive oil
------------------------
3. Add the butter and baste them for 1 more minute, or until it's just about cooked through and lightly charred on both sides. The salmon will lightly blacken from the seasoning, but you don't want to burn, so lower the temp slightly if you need to at any time throughout. Timings will depend on the thickness of the salmon and keep in mind it'll carry on cooking slightly as it rests.
 

1 tablespoon unsalted butter
------------------------------
4. Carefully remove the salmon and place on a plate to the side, then lower the heat to low-medium. Add the garlic and chili flakes and fry until the garlic just about starts to color (careful it doesn't burn), then stir in the tomato paste and fry for a minute.
 

2 to 3 Cloves garlic, finely diced
⅛ to ¼ teaspoon chili flakes
1 tablespoon tomato paste

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|--|--|
| <p>5. Pour in the stock then stir in the cream cheese until fully blended (I find this easiest with a whisk). <i>On the side, bring a large pot of salted water to a boil.</i> Stir in the parmesan, sun dried tomatoes and basil, then stir in the spinach for 1-2 minutes until it starts to wilt.</p> | <p>1 cup (240 ml) chicken stock<br/> 4 ounces (113 g) cream cheese (at room temp)<br/> 4 ounces (113 g) sun dried tomatoes (thinly sliced)<br/> ¼ cup (¼ cup) freshly grated parmesan<br/> 2 tablespoons finely diced fresh basil<br/> 3 ounces (85 g) baby spinach leaves</p> |
| <p>6. Add the gnocchi to pot of boiling water and cook for 1 minute or until it floats, then use a slotted spoon to transfer it straight into the pan.</p>   | <p>1 pound (454 g) gnocchi</p>   |
| <p>7. Give it a good stir until the sauce thickens and the gnocchi finishes cooking through, adding a splash more of the leftover gnocchi water if needed. Check for seasoning, then serve up and enjoy.</p>   |  |

## Part III

# Desserts