

LOVE
real
FOOD

COMPANION GUIDE

Thank you for pre-ordering!

#LOVEREALFOOD

COOKIE + KATE
**COOKING
CHEAT SHEET**



Ta-da! Here is a collection of my go-to recipe components. For several years I've kept a handwritten cheat sheet like this taped inside my kitchen cabinet for easy reference. Now you have one, too!

COOKING GRAINS

Brown Rice (any variety) and Wild Rice

1 CUP DRY RICE YIELDS 3 CUPS COOKED

Bring a large pot of water to boil, using at least 6 cups water per 1 cup rice. Add the rice and boil, uncovered, until tender but pleasantly chewy, 30 minutes for brown rice or 40 to 55 minutes for wild rice. Drain off the remaining cooking water and return the rice to the pot. Cover the pot and let the rice steam, off the heat, for 10 minutes. Fluff, season, and serve.

Farro, Wheat Berries, and Spelt Berries

1 CUP DRY GRAIN YIELDS 3 CUPS COOKED

In a saucepan, combine the grain of choice with enough water to cover by several inches. Bring the water to a boil, then reduce the heat to a gentle simmer. Cook, stirring occasionally, until the grains are tender to the bite but still pleasantly chewy, 15 to 25 minutes for pearly farro; 25 to 40 minutes for unprocessed farro; and about 1 hour for wheat berries and spelt berries. Drain off the excess water. Extra cooked grains can be frozen and thawed later.

Quinoa

1 CUP DRY QUINOA YIELDS 3 CUPS COOKED

In a medium saucepan, combine 1 cup rinsed quinoa and 2 cups water. Bring to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer,

uncovered, until all of the water is absorbed, 15 to 20 minutes. Remove the pot from the heat, cover the pot, and let the quinoa steam for 5 minutes. Remove the lid and fluff the quinoa with a fork.

Steel-Cut Oats

1 CUP DRY OATS YIELDS 3 CUPS COOKED

In a medium saucepan over medium heat, combine 1 tablespoon butter or coconut oil and 1 cup steel-cut oats. Cook until fragrant, stirring occasionally, about 2 minutes. Add 4 cups water and $\frac{1}{4}$ teaspoon salt. Bring the mixture to a boil, then reduce the heat to medium-low. Gently simmer until the mixture is very thick and creamy, about 35 minutes, stirring more frequently as time goes on and reducing the heat as necessary to prevent scorching. Let the oats rest for 5 minutes before serving.

HELPFUL CONVERSIONS

These conversions come in handy when you are dividing or multiplying a recipe, and when you're making cocktails with measuring spoons.

1 tablespoon	=	3 teaspoons	=	$\frac{1}{2}$ fluid ounce
2 tablespoons	=			1 fluid ounce
$\frac{1}{4}$ cup	=	4 tablespoons	=	2 fluid ounces
$\frac{1}{3}$ cup	=	5 tablespoons + 1 teaspoon		
$\frac{1}{2}$ cup	=	8 tablespoons	=	4 fluid ounces
$\frac{2}{3}$ cup	=	$\frac{1}{2}$ cup + 2 tablespoons + 2 teaspoons		
1 cup	=			8 fluid ounces
2 cups	=	1 pint	=	16 fluid ounces
4 cups	=	1 quart	=	32 fluid ounces



BAKING TIPS

HOW TO MAKE BUTTERMILK:

1 tablespoon vinegar + 1 scant cup milk of choice = 1 cup buttermilk (let rest for 5 minutes before using)

HOW TO MAKE LIGHT COCONUT

MILK: One can (14 ounces) regular coconut milk + 2½ cups water = 4¼ cups light coconut milk (extra milk can be frozen and thawed later)

HOW TO MAKE FLAX "EGGS":

1 tablespoon flaxseed meal or freshly ground flaxseeds +

3 tablespoons water = 1 flax "egg" (let rest for 5 minutes before using)

HOW TO MAKE BROWN SUGAR:

1 cup granulated sugar + 1 tablespoon molasses = 1 cup brown sugar (whisk together in a bowl, then use your fingers to squish out any lumps)

HOW TO MAKE POWDERED

SUGAR: Blend granulated sugar in a blender or food processor until it's fine and fluffy. Best used promptly, as it hardens over time.

HOW TO MAKE OAT FLOUR: Blend old-fashioned or quick-cooking oats (certified gluten-free if necessary) in your blender or food processor until they turn into a fine, even flour. Leftover flour stores well for later.

HOW TO MAKE ALMOND MEAL:

(Warning, this is loud.) Blend whole almonds in your food processor or blender until they are broken into a very fine flour, but stop before they turn into almond butter. 1 cup whole almonds = 1 cup packed almond meal

GO-TO RECIPES

Liquid Gold Salad Dressing

MAKES 1 SCANT CUP

1/3 cup extra-virgin olive oil	3 cloves garlic, pressed or minced
1/3 cup lemon juice (from about 2 lemons)	1/4 teaspoon fine sea salt
2 tablespoons Dijon mustard	Generous amount of freshly ground black pepper
2 tablespoons honey or maple syrup	Pinch of red pepper flakes (optional)

Combine all the ingredients and whisk to blend. Adjust to taste.

Cashew Sour Cream

MAKES 1 CUP

1 cup raw cashews, soaked and drained if necessary	1 teaspoon apple cider vinegar
1/2 cup water	Heaping 1/4 teaspoon fine sea salt
1 tablespoon lemon juice	1/4 teaspoon Dijon mustard

In a blender, combine all the ingredients. Blend until smooth and creamy, adding more water if necessary. Taste and add additional lemon juice and/or salt, if desired.

Quick Guacamole

MAKES ABOUT 1¼ CUPS

2 avocados, halved and pitted	1/4 teaspoon kosher salt
1 tablespoon lime juice	

Scoop the flesh of the avocados into a small bowl. Add the lime juice and salt and mash until the mixture is no longer chunky. Taste and add additional lime juice and/or salt, if necessary.

Pesto

MAKES 1 CUP

2 cups packed fresh herbs or bold greens	1 tablespoon lemon juice
1/2 cup toasted nuts or seeds	2 medium cloves garlic, roughly chopped
1/4 cup grated Parmesan cheese or 1 tablespoon nutritional yeast (both optional)	1/2 teaspoon fine sea salt
	Freshly ground black pepper, to taste
	1/2 cup extra-virgin olive oil

In a food processor or blender, combine everything but the olive oil. With the machine running, slowly drizzle in the olive oil and process until the mixture is well blended.

Pantry Ingredients

Here are the pantry ingredients that I use most in my recipes, with brand suggestions when I have a strong preference. By no means do you need to keep your pantry stocked with every item, but I hope this is a helpful reference when you're writing your grocery list.

OILS

- Avocado oil (refined, made by Spectrum brand) for occasional high-heat cooking
- Coconut oil (unrefined, also known as virgin)
- Extra-virgin olive oil (California Olive Ranch, Trader Joe's Greek Kalamata)
- Toasted sesame oil, for seasoning

VINEGARS

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar and/or sherry vinegar
- Rice vinegar
- White wine vinegar

WHOLE GRAINS

- Brown rice: Long-grain basmati rice, jasmine rice, and short-grain brown rice (also known as arborio)
- Farro (or wheat berries or spelt berries)
- Quinoa
- Oats: Old-fashioned oats, quick-cooking oats and steel-cut oats
- Soba noodles (Annie Chun's, Eden Foods offers a gluten-free variety)
- Whole grain pasta (DeLallo, Bionaturae)
- Wild rice

WHOLE GRAIN FLOURS

- White whole wheat flour (also called ivory wheat flour by Bob's Red Mill)
- Whole wheat flour
- Whole wheat pastry flour

GLUTEN-FREE FLOURS

- Almond meal/flour
- Arrowroot starch (also called arrowroot flour)
- Corn meal/grits/polenta

SWEETENERS

- Coconut sugar
- Honey
- Maple syrup
- Organic cane sugar
- Turbinado sugar (also known as raw sugar)

RAW NUTS

- Almonds
- Cashews
- Peanuts
- Pistachios
- Pecans
- Walnuts

RAW SEEDS

- Chia seeds
- Flaxseeds
- Ground flaxseed
- Pepitas (hulled green pumpkin seeds)
- Poppy seeds
- Sesame seeds
- Sunflower seeds

LENTILS

- Black beluga lentils
- French green (Le Puy) lentils
- Regular brown lentils

BEANS

- Black beans
- Chickpeas
- Pinto beans
- White beans (Great Northern and cannellini, which are interchangeable in my recipes)

COCONUT PRODUCTS

- BPA-free coconut milk (Native Forest, Trader Joe's), regular and light
- Unsweetened coconut flakes (also called flaked coconut)
- Unsweetened shredded coconut

SALT, PEPPER + SPICES

- Fine-grain sea salt
- Flaky sea salt (Maldon)
- Kosher salt (Diamond Crystal)
- Black peppercorns (always grind fresh)
- Ground cardamom
- Ground cayenne pepper
- Chili powder
- Ground cinnamon
- Ground clove
- Ground coriander
- Ground cumin
- Yellow curry powder
- Garlic powder
- Ground ginger
- Dried oregano
- Ground nutmeg
- Red pepper flakes
- Smoked paprika
- Dried thyme
- Ground turmeric

SOY

- Extra-firm organic tofu
- Frozen organic edamame
- Reduced-sodium tamari (soy sauce)

ETC.

- Baking soda
- Baking powder
- Canned tomatoes and tomato paste, BPA-free cans/organic (Muir Glen)
- Chocolate chips
- Chipotle peppers in adobo sauce (Mexican aisle)
- Corn tortillas
- Dijon mustard
- Dried fruit (dried cherries, cranberries, golden raisins, blueberries, pineapple)
- Hot sauce (Cholula and sriracha)
- Kalamata olives
- Medjool dates (store in the refrigerator)
- Nutritional yeast (vegan cheese flavoring)
- Peanut butter or almond butter
- Salsa, preferably organic
- Sun-dried tomatoes, dried or oil-packed
- Tahini (sesame seed butter)
- Whole grain bread, tortillas and/or pitas
- Vegetable broth, organic (Whole Foods 365)

Kitchen Equipment

You really don't need a ton of equipment or gadgets to cook well. You'll find a list of my can't-live-without kitchen tools below. If you would like to shop my favorite kitchen products, visit <http://cookieandkate.com/shop>.

CHEF'S KNIFE

Everyone needs one sharp chef's knife that fits comfortably in your hand. You also need to learn how to use it, which will save you an immense amount of time and protect your fingers. I took a basic knife skills class for the public at a community college a few years ago. It cost about \$35. Learning how to properly chop an onion and dice avocado? Priceless! I use a Wüsthof 7-Inch Santoku knife, which I hand wash.

PARING KNIVES + SERRATED KNIVES

Paring knives are great for small tasks that require precision, like peeling apples. I'm partial to Kuhn Rikon's inexpensive carbon steel paring knives because I can throw them in the dishwasher. You'll also need a small serrated knife for slicing through delicate foods like tomatoes, muffins and bagels. You may want a larger serrated knife for slicing through loaves of bread.

CUTTING BOARDS

I prefer plastic cutting boards because I can just throw them in the dishwasher when I'm done. I found my favorite cutting board at a restaurant supply store. It has grips to keep the board in place on my counter, and at about 12" by 18", it's a functional size that is just small enough to fit into my dishwasher. Most plastic cutting boards are made of recyclable plastic, so put them in the recycling bin after they

develop deep, discolored grooves, which can harbor bacteria. One of the perks of vegetarian cooking is that you don't have to worry about cross-contamination like you do when cooking with meat.

FOOD PROCESSOR

I don't know how I would get by without my food processor! I use it to make pesto and hummus, grate carrots, slice cucumbers, shred Brussels sprouts and more. I prefer my modestly sized, reasonably priced Cuisinart 7-cup food processor to larger, more expensive models that come with tons of accessories. I'd rather just empty the bowl if I run out of room than clean and store larger bowls. A large family might require a larger food processor, but at that rate, you might also need a smaller one because small quantities of liquid won't get enough traction to blend in large bowls. In recipes that call for the food processor, use the standard S-blade unless otherwise specified.

BLENDER

In a perfect world, we wouldn't need both a food processor and a blender, but they both have their merits. My fancy-pants Vitamix blender can blend smoothies, soups, and nut butters into creamy oblivion. If you want to make exceptionally smooth, cream-less vegetable soups or fruit smoothies, you'll achieve far better results with a quality stand blender than with a food processor or immersion blender.

CAST IRON SKILLETS

My cast iron skillets are my babies. Why do I love them so? Unlike non-stick pans, they're non-toxic and will last forever. I sauté almost everything in my well-seasoned cast iron skillets (eggs included). Letting the pan warm up before adding oil or other ingredients seems to help prevent foods from sticking. I avoid cooking tomatoes and vinegar in them, though, because their acidity can eat away my precious seasoning.

After cooking, I clean my pans with hot water and a bamboo pot scraper, then dry them immediately with a clean rag. If you're concerned about germs, remember that you're going to heat up the pan before you start cooking, which should kill any remaining germs or bacteria. I love my large 12-inch skillet, which is very heavy but endlessly useful, and my easier-to-manage 10-inch skillet, for smaller quantities.

Tip: Both regular and enameled cast iron cookware retain heat like crazy, which means that you might need to dial down your cooking temperature a bit as time goes on. It also means your foods will keep cooking for a while even after you remove the cookware from heat. For that reason, promptly transfer heat-sensitive ingredients like toasted nuts and seeds, and cooked eggs, to a new bowl or plate once they're done.

DUTCH OVEN

I'm convinced that Dutch ovens make everything inside taste better! I cook tomatoes, soups and stews, large quantities of pasta and more in my non-toxic, enameled cast iron Dutch ovens. Dutch ovens are not cheap, so you might need to save up or add one to your Christmas list. I'm thoroughly attached to my Le Creuset ovens and intend to pass

them down to my grandchildren someday, but other less expensive, high quality options exist (check out Lodge brand). I own 3 1/2 quart and 5 1/2 quart ovens, and if I had to choose between the two, I'd pick the larger 5 1/2 quart. A big family might require an even larger size.

HEAVY-BOTTOMED TRI-PLY STAINLESS STEEL SAUCEPANS

Stainless steel is a non-toxic, non-reactive cooking surface. The tri-ply construction means that the saucepans have an aluminum core for even heating. I recently upgraded from hand-me-down pots to higher quality pots with heavier bottoms, and they really do bring water to a boil more quickly. I suggest pots in the following sizes: 2.5 quarts, 1.5 quarts and 1 quart. I use my Dutch ovens for larger quantities.

GLASS NESTING MIXING BOWLS

I use my set of bowls for prepping fruit and vegetables, for baking, for serving, for everything. The nice thing about nesting bowls is that they only take up as much space as the largest bowl. Plus, glass bowls look nice enough to double as serving bowls.

RIMMED BAKING SHEETS

These are kitchen workhorses. The raised edges prevent veggies from sliding off into the deep abyss of the bottom of the oven. I recommend owning at least two "half sheet" pans, which are roughly 18 by 12 inches, perfect for the average home oven. A "quarter sheet" or two is handy for small quantities, such as toasting nuts.

BAKING DISHES

You'll want an 8" or 9" square baking dish and a larger 9" by 13" baking dish for casseroles and such. You might also want a loaf pan for baking quick breads, as well as a 12-cup muffin pan for cupcakes and muffins, of course. Most of baking dishes are porcelain or stoneware, but glass is a good inexpensive, non-toxic option.

COOLING RACKS

Once you've baked your goods properly, you'll want to cool them properly, too. Cooling racks come in handy for cookies, waffles and more.

VEGETABLE PEELER(S)

I use my peeler to peel potatoes and carrots, and also to slice vegetables into ribbons for salads. I often prefer to use my Y-shaped peeler because I can get the blade closer to the cutting board. A julienne peeler is really fun to have, too. Julienne peelers have serrated blades that slice vegetables into skinny noodles instead of wide strips. I use my stainless steel Kuhn Rikon julienne peeler to make carrot, zucchini and cucumber noodles.

PASTRY BRUSH

I use my pastry brush to sweep olive oil around the edges of pizza dough, and so forth. I prefer the silicone variety because I can throw them in the dishwasher when I'm done.

CHEESE GRATER

I like to grate my own cheese because it tastes so much fresher than pre-shredded cheese. Pre-shredded cheese contains additives that prevent it from clumping together in the bag but interfere with the melting process. I also have a grater with small holes that I use to grate fresh ginger.

MICROPLANE GRATER

I use this fine grater to zest citrus and make feathery shavings of Parmesan and chocolate. Just be careful because it's easy to scratch your knuckles or lose a fingernail on the blade.

PEPPER GRINDER + SALT SHAKER

Freshly ground pepper makes all the difference! Salt doesn't need to be ground up to release its flavor, so no need to buy a salt grinder. I think that serving dinner with a matching salt and pepper set makes the meal seem a little more special.

GARLIC PRESS

I love garlic. I hate mincing garlic by hand. Garlic press to the rescue!

FINE MESH SIEVE AND COLANDER

Sieves are great for rinsing quinoa, straining particles from liquid, and general draining purposes. For draining hot pasta liquids, I prefer my colander with feet. Invest in a sturdy 7-inch, stainless steel sieve and a large, stainless steel colander and you should be all set in the draining department.

WHISKS (SMALL + LARGE)

Whisks are perfect for mixing fine dry ingredients and whipping liquids. I use my small whisk more often—its small size means that it doesn't flop out of my bowls!

DRY + LIQUID MEASURING CUPS

You'll need both kinds to measure dry and liquid ingredients properly. I prefer sturdy stainless steel dry cups and Pyrex glass liquid measuring cups.

SALAD SPINNER

Do you want to make some killer salads? If so, you'll need a salad spinner. Water and oil don't mix, which means your salad dressing won't stick to damp greens! I like my large OXO spinner, which I also use to clean fresh herbs.

HANDHELD CITRUS JUICER

I juice a lot of limes and lemons. My sturdy, plastic juicer magically squeezes out every last drop of lemon and lime juice, and unlike my previous metal juicer, there is no paint coating to chip off into my food (we can't have that!).

SPATULAS

You'll want a heat-proof spatula for turning pancakes, etc., as well as silicone or rubber spatulas for scraping out the last bit of batter.

CAN OPENER

For opening cans and maybe beer bottles. I bet you have one already!

Non-essential but nice-to-have

COOKIE SCOOP + ICE CREAM SCOOP WITH WIRE LEVERS

I love my one-tablespoon cookie scoop for measuring out evenly sized cookies. I use my ice cream scoop for ice cream and measuring muffin batter into cups.

DIGITAL KITCHEN SCALE

If you crave precision when it comes to cooking and especially baking, a digital scale is worth owning. They are helpful when recipes specify cheese in ounces, potatoes in pounds, and so forth.

ELECTRIC GRIDDLE

The large, even cooking surface significantly cuts down cooking time for pancakes.

ICE CREAM MAKER

Unnecessary, but so fun. I use my two-quart Cuisinart to make ice cream, frozen yogurt and sorbet.

MANDOLINE

This helpful yet dangerous little contraption helps you quickly slice produce, more thinly than you could with a knife or food processor. Watch your fingers!

MUDDLER

For mashing up fruit and herbs in a cocktail shaker. Cheers!

POTATO MASHER

I use my potato masher for mashing cooked beans and making guacamole more than I use it to make mashed potatoes.

TONGS

For turning stuff. Handy for grilling.

WAFFLE MAKER

I really do love my waffle maker. Buy one with a large surface area so you can cook batches of batter with just a couple of presses.