

Recipe Compendium

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A curated compendium of home recipes and fermentation guides

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Preface

These recipes were painstakingly reconstructed, obtained, verified, and tried. This is a collective effort. Most of these recipes are fully traditional, with some adaptations for ease of use. Also, a lot of recipes were adapted to a low-fat, high-protein, high-fiber diet. Substitutions are indicated. Additions and suggestions are welcome. My goal with this is to preserve records and to show that you can make a lot of store-bought food at home, which is much healthier. For example, I hate pizza, and it is bad for my stomach. But the one I make, I have no issues with.

Basics and Fermentation

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Sous Vide Thawing Guide

- **Source:** Adapted from Anova and Serious Eats
- **Equipment:** Sous vide circulator, vacuum bags or zip-top bags
- **General Rule:** Times vary by weight and thickness. Always ensure full submersion. Use a probe thermometer to confirm the internal temperature reaches 28 to 30°F (-1° C) (-2 to -1°C) for safe thawing without cooking.
- **Meat (86°F / 30°C)**
 - **225 g (8 oz (227 g)), 2.5 cm (1 in (2.5 cm)) thick:** 30-45 min (Suitable for steaks or chicken breasts)
 - **450 g (1 lb (454 g)), 3.8 cm (1.5 in (3.8 cm)) thick:** 45-60 min (Center thaws last)
 - **900 g (2 lb (907 g)) roast:** 75-105 min (Increase to 95°F (35° C) for faster thawing)

Nutrition: Reference section — no per-serving macros applicable. See individual recipes for nutrition information.

Pre-Proofed Pizza Dough (75°F / 24°C)

- **250 g ball:** 40-55 min (Prevents overproofing)
- **450 g log:** 70-100 min (Portion smaller for faster thawing)

Vegetables (95°F / 35°C)

- **225 g:** 15-25 min (Retains firmness)
- **900 g:** 40-60 min (Pre-cut for speed)

Fish/Seafood (80°F / 27°C)

- **170 g fillet:** 20-30 min (Preserves texture)
- **900 g whole fish:** 60-80 min (Increase to 85°F (29° C) if urgent)

Additional Tips:

- **Flatten items** before freezing to reduce time by 20-30%.
- **Multiple small bags** thaw at similar rates to one large bag.

Accessibility Note: Stage all ingredients before starting. Work in one linear sequence. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



How to Make Clarified Butter

Clarified butter is pure butterfat, created by removing the milk solids and water from regular butter. This process gives it a much higher smoke point and a clean, neutral butter flavor, making it excellent for high-heat cooking.

- **Source :** Adapted from classic culinary techniques
- **Equipment :** Heavy-bottomed saucepan, fine-mesh strainer, cheesecloth, glass jar for storage
- **Yields :** Approximately 3/4 cup (177 mL) of clarified butter from 1 cup (237 mL) (8 oz (227 g)) of butter
- **Ingredients :**
 - 1 lb (454 g) (4 sticks or 2 cups (473 mL)) unsalted butter
- **Directions :**
 1. **Melt the Butter Slowly.** Place the butter in a heavy-bottomed saucepan over low heat. Allow it to melt completely without stirring. As it heats, it will separate into three distinct layers.
 2. **Identify the Layers.** You will see a top layer of white foam (milk solids), a thick middle layer of clear, golden liquid (pure butterfat), and a bottom layer of more milk solids and water.
 3. **Skim the Foam.** Using a shallow spoon or ladle, carefully skim all the white foam from the surface and discard it.

4. **Decant the Butterfat.** This is the key step. Carefully and slowly pour the clear, golden butterfat from the saucepan into a clean, heatproof glass jar. Pour steadily to avoid disturbing the milky solids at the bottom of the pan.
5. **Stop Pouring.** Stop pouring as soon as you see the milky, watery residue from the bottom layer begin to flow out. Discard the remaining milk solids and water in the saucepan. The liquid in the jar is now clarified butter.
6. **Store.** Let the clarified butter cool to room temperature, then seal the jar. It can be stored in the refrigerator for up to 6 months. It will solidify when chilled.

- **Note: Clarified Butter vs. Ghee**

- The process above produces **clarified butter**. The milk solids are removed *before* they can brown. This results in a very clean and neutral butter flavor.
- To make **ghee**, you would continue to heat the butter after skimming the top foam until the milk solids at the bottom of the pan turn brown and fragrant. You then strain the butterfat through a cheesecloth. This browning process gives ghee its distinct nutty, caramelized flavor.

Nutrition: Clarified butter: approximately 112 kcal, 0 g protein, 12.7 g fat, 0 g carbohydrates per 1 tbsp (14 g). Estimate confidence: high.

Accessibility Note: Stage butter and equipment before starting. Skim foam in one pass, pour off clear fat slowly. Two cleanup steps only: discard foam bowl and milk-solid saucepan.



Guide to Using Butter, Ghee, and Clarified Butter

When to Use Regular Butter

Regular butter contains milk solids and water, giving it a rich flavor but a low smoke point of around **350°F (177° C) (175°C)**.

- **Best For :**

- **Baking:** The milk solids contribute to browning and a rich, creamy flavor in cakes, cookies, and pastries.
- **Finishing Sauces:** Swirling a pat of cold butter into a saucepan at the end adds richness and a glossy texture.

- **Spreading:** Its classic flavor is ideal for toast, muffins, and bread.
- **Low-Medium Heat Sautèing:** Suitable for delicate items like scrambled eggs or steamed vegetables, where you want buttery flavor without high heat.

When to Use Clarified Butter

Clarified butter is pure butterfat with the milk solids removed, resulting in a high smoke point of **450°F (232° C) (230°C)** and a clean, neutral butter taste.

- **Best For :**

- **High-Heat Sautèing & Searing:** Perfect for pan-searing fish, scallops, or chicken when you need high heat but do not want the nutty flavor of ghee.
- **Dipping Sauce:** It is the classic choice for dipping seafood like lobster and crab, as it does not solidify as quickly as regular melted butter.
- **Delicate Sauces:** Essential for making stable emulsified sauces like Hollandaise or Bèarnaise, where the absence of water and milk solids prevents the sauce from breaking.

When to Use Ghee

Ghee is a type of clarified butter where the milk has been browned, giving it a very high smoke point of **485°F (252° C) (250°C)** and a distinct, nutty, caramelized flavor.

- **Best For :**

- **High-Heat Roasting & Frying:** Ideal for roasting vegetables or frying foods at high temperatures, where its unique flavor is a welcome addition.
- **Indian and Middle Eastern Cooking:** It is a foundational ingredient in many of these cuisines, adding an authentic, rich flavor to curries, dals, and rice dishes.
- **Flavorful Searing:** Use it to sear steaks or other meats when you want both a hard sear and a nutty, buttery taste.

Notes for Low-Fat Cooking

For a truly low-fat approach, all forms of butter and oil should be used sparingly.

- **Primary Tool :** the primary tool should be a **butter spray** or other cooking spray. This delivers the least amount of fat possible while preventing sticking.
- **Strategic Use :** When the flavor of real butter is desired, a minimal amount of **ghee** or **clarified butter** is the best choice. Because their flavor is concentrated and they have a high smoke point, you can use just 1/2 tsp (2mL) in a hot non-stick pan to impart a rich, buttery taste to vegetables or protein, resulting in minimal calories. This is more effective and flavorful than

using a small amount of regular butter, which would burn quickly at high temperatures.

Nutrition: Reference guide — no per-serving macros applicable. See clarified butter, ghee, and individual recipes for specific values.

Accessibility Note: Reference guide. No active cooking steps. Read once before a recipe that calls for a fat choice, then return to the recipe.

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Mozzarella

- **Source:** Vinegar method, adapted for multiple profiles.
- **Equipment:** 6-quart pot, thermometer, long knife, slotted spoon, heat-resistant gloves, cheesecloth-lined colander, pH test strips or meter.
- **Yields:** 1.5 to 2 lb (907 g) (680 to 910 g) of mozzarella.
- **Total Time:** 1.5 to 2 hours active.

Nutrition: See per-version nutrition tables below. Low-fat version: approximately 72 kcal, 7 g protein, 5 g fat, 1 g carbohydrates per 1 oz (28 g). Original/keto version: approximately 85 kcal, 6 g protein, 6 g fat, 0.6 g carbohydrates per 1 oz (28 g). Estimate confidence: medium.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Low-Fat Version (High-Protein Adaptation)

This version uses 2% milk with added skim milk powder for higher protein and lower fat per serving. Calcium chloride is omitted. The vinegar quantity is fixed at 70 mL to prevent the pH from dropping below 6.1 during acidification, which is the most common cause of crumbly curds in low-fat batches.

- **Ingredients:**
 - 5 quarts (4.73 L) cold **2% milk**
 - 5 tbsp (74 mL) **skim milk powder**
 - 70 mL (1/3 cup (79 mL)) **white vinegar** (5% acidity)
 - 5/16 tablet **dry rennet**, crushed and dissolved in 2 tbsp (30 mL) cool water
 - 1.25 to 2.5 tsp (12 mL) **non-iodized cheese salt**
 - **pH test strips or meter**

- **Directions:**

1. **Prepare Ingredients.** Stir the skim milk powder into the cold milk until it is fully dissolved. Crush the rennet tablet and dissolve it in 2 tbsp (30 mL) of cool water. Set aside.
2. **Acidify Milk.** Add the 70 mL of vinegar gradually to the cold milk while stirring for 1 min. Cover and rest for 5 min. Test the pH. The target is 6.1 to 6.3. **Do not allow the pH to drop below 6.1 at this stage.** If the pH reads above 6.3, add 5 mL more vinegar and retest before proceeding.
3. **Heat and Add Rennet.** Heat the milk to 90°F (32° C) while stirring gently. Remove from heat. Stir in the rennet solution for 30 sec. Cover the pot and rest for 10 to 15 min until a clean break forms.
4. **Cut and Develop Curds.** Cut the curds into 1/2-inch cubes. Rest for 5 min. Heat slowly to 105°F (41° C) while stirring gently. Hold at 105°F (41° C) for 5 min.
5. **Drain Curds.** Drain the whey. Reserve 1 cup (237 mL) (about 240 mL). Test the pH. The target is 5.2 to 5.4. Add 1 tsp (5 mL) vinegar only if the pH is above 5.5.
6. **Stretch Curds.** Heat the reserved whey to 165°F (74° C). Pour it over the curds. Wear heat-resistant gloves. Knead and stretch the curd for 3 to 5 min until it is glossy and smooth. Add the cheese salt gradually during stretching.
7. **Shape and Set.** Form the cheese into a ball or log. Submerge in a salted ice water bath for 5 min to set the shape.

Original and Keto Version

This version uses whole milk for higher fat content. It is naturally low-carb and suitable for a ketogenic diet. Omit the skim milk powder entirely. All other ingredients, quantities, and directions remain identical, except that the 5 quarts (4.73 L) of 2% milk are replaced with 5 quarts (4.73 L) of whole milk.

- 5 quarts (4.73 L) cold **whole milk** (no skim milk powder)

All other steps proceed identically from Step 1 onward.

Estimated Nutrition Information (Per 1 oz (28 g) / 28g Serving)

- **Low-Fat Version (similar to part-skim mozzarella):**
 - Calories: 72
 - Protein: 7 g
 - Fat: 4.5 to 5.7 g
 - Carbohydrates: approximately 1 g
- **Original / Keto Version (similar to whole-milk mozzarella):**

- Calories: 85
- Protein: 6.3 g
- Fat: 6.3 g
- Carbohydrates: approximately 0.6 g

Quick Alternative (Microwave Stretching)

After completing Step 5 (draining the curds), place the drained curds in a microwave-safe bowl. Microwave on high for 30 to 45 sec. Knead gently with heat-resistant gloves or a silicone spatula. Repeat in 15 to 20-second intervals until the curd is hot enough to stretch, which takes a total of 1 to 2 min. This method reduces active time by approximately 30 min compared to heating whey on the stovetop. The texture may be slightly less smooth than the traditional whey-heat method.

Troubleshooting:

- **Curds are crumbly:** The pH dropped below 6.1 too early during acidification. Use the fixed 70 mL vinegar addition and test the pH before adding any more.
- **No stretch occurs:** The final pH is above 5.4 or the curds have cooled. Reheat gently by submerging them in hot whey at 165°F (74° C).
- **Grainy texture appears:** The pH fell below 5.1. Reduce any supplemental vinegar addition in the next batch.

Note: Take one step at a time. Rest between steps if needed. Clean all equipment thoroughly before beginning to avoid contamination.

Easy Version (For Cooking Use, No Shaping Required)

This simplified version reduces the active time substantially by eliminating the pellicle-forming and shaping steps and by keeping all components in a single vessel throughout the process. The resulting curd melts well and integrates cleanly into cooked dishes, though it will not hold its structure for slicing or presentation.

- **Equipment:** 6-quart pot, thermometer, long knife, slotted spoon, heat-resistant gloves, cheesecloth-lined colander.
- **Yields:** 1.5 to 2 lb (907 g) (680 to 910 g) of mozzarella curd.
- **Total Time:** 1.5 to 2 hours active.
- **Ingredients:**
 - 2 quarts (1.89 L) cold milk (whole or 2%)
 - 1/6 cup (39 mL) (approximately 40 mL) white vinegar (5% acidity)
 - 1/16 tablet dry rennet, crushed and dissolved in 1 tbsp (15 mL) room-temperature water

- 1.25 to 2.5 tsp (12 mL) non-iodized salt

- **Directions:**

1. **Prepare Ingredients.** Crush the rennet tablet and dissolve it in 1 tbsp (15 mL) of room-temperature water. Set aside.
2. **Acidify Milk.** Add the vinegar gradually to the cold milk while stirring continuously.
3. **Heat and Add Rennet.** Heat the milk over low heat to 90°F (32° C). Stir in the rennet solution for 30 seconds. Cover the pot and let it rest on low heat for 10 to 15 min until a clean break forms and the curd solidifies. Do not raise the heat during this rest period.
4. **Develop Curds.** Cut the solidified curd into 1/2-inch cubes and let them rest for 5 min. Raise the heat gradually to 105°F (41° C), stirring gently. Continue heating carefully to as high as 165°F (74° C), or just below a boil, until the curds become distinctly stretchy. Test a small piece by pulling it between two fingers; it should elongate without breaking.
5. **Drain and Use.** Drain excess whey by ladling or straining, leaving just enough liquid to keep the curds moist. At this stage the curd can be broken apart for crumbling into dishes or pressed together loosely for melting. No shaping or ice-water bath is needed.

- **Summary:** Keep all components in the same pot from start to finish. Heat to 90°F (32° C), add rennet, then raise the temperature gradually. Do not allow the milk to boil at any point. Heat the curd until it stretches, then strain and use directly.

- **Troubleshooting:**

- **Curds are crumbly:** The pH dropped too low early. Use less vinegar in the next batch and test frequently.
- **No stretch occurs:** The final pH is above 5.4 or the curds cooled before reaching temperature. Reheat gently in hot whey.
- **Grainy texture appears:** The pH is below 5.1. Reduce the vinegar quantity in the next batch.

Correction Note: Mozzarella stretching depends on both acidity and heat. Target pH 5.2–5.4 before stretching. Heat the curd or whey to about 165°F / 74°C for stretching. If the curd tears, it is usually too acidic, not acidic enough, or too cool. If it becomes grainy, the pH likely dropped too low.

Homemade Butter-Flavored Cooking Spray

- **Source** : Adapted Recipe
- **Equipment** : Small saucepan, whisk, spray bottle, funnel
- **Yields** : Approximately 1.5 cups (355 mL) (300 sprays)
- **Ingredients** :
 - 1/2 cup (118 mL) **ghee** (clarified butter)
 - 1/2 cup (118 mL) **olive oil (Philipo Berio Green Tin)**
 - 1/2 cup (118 mL) **100% pure sunflower oil (High Oleic)**
 - 1/2 tsp (2 mL) **sunflower lecithin powder**
- **Directions** :
 1. **Melt the Ghee.** In a small saucepan, gently heat the ghee over low heat until it is completely liquid. This should take 2 min. Stir occasionally to prevent scorching.
 2. **Combine Oils.** Pour the olive oil and sunflower oil into the saucepan with the melted ghee. Stir well to ensure all the fats are evenly blended. Keep the heat on low to maintain a liquid state without overheating.
 3. **Add Emulsifier.** Sprinkle the sunflower lecithin powder into the warm oil mixture. Whisk briskly and continuously for 1 to 2 min until the lecithin is fully dissolved and the mixture appears uniform. This step is essential for creating a stable emulsion that will spray consistently.
 4. **Cool and Transfer.** Remove the saucepan from the heat and let the mixture cool to room temperature, which will take 5-10 min. Using a funnel to prevent spills, carefully pour the cooled liquid into a clean, dry spray bottle.
 5. **Store and Use.** Shake the bottle well before each use. Store it in a cool, dark place for up to one month. Use it to lightly coat pans for non-stick cooking or to add a buttery flavor to foods.

Nutrition: Approximately 3–5 kcal per 1-second spray (about 0.4 g fat).
Near-zero added calories versus oil or butter. Estimate confidence: high.

Accessibility Note: Combine all fats and lecithin in one saucepan. One whisk, one pour into bottle. Label bottle with date and shake before each use.

Kefir

- **Source** : Adapted
- **Equipment** : Glass jar, plastic strainer
- **Yields** : 1 gal (3.8 L) (about 3.8 L)
- **Ingredients** :
 - 8 g active kefir grains
 - 1 gal (3.8 L) (about 3.8 L, or about 6 cups (1420 mL)) 2% milk
 - 1/2 cup (118 mL) skim milk powder
- **Directions** :
 1. **Prepare Milk.** In a clean glass jar, whisk the skim milk powder into the room-temperature (or even cold) milk until it is fully dissolved.
 2. **Add Grains.** Add the kefir grains to the milk mixture.
 3. **Ferment.** Cover the jar with a cheesecloth secured by a band. Let it ferment at room temperature for approximately 24 hours (adjust as needed). Fermentation is complete when the milk has thickened and has a tangy smell. Alternatively, let it ferment to taste. The goal is to eventually produce desired kefir at the humidity and temperature with the least amount of kefir grains in the least amount of time.
 4. **Strain.** Pour the kefir through a plastic strainer into a clean container while gently stirring with a spatula to separate the liquid from the grains. To achieve a smoother texture, you can use an immersion food blender on the strained kefir.
 5. **Store.** Store the finished kefir in the refrigerator. Place the grains in the 1/2 cup (118 mL) of milk and let them ferment at room temperature. Then store the resulting 1/2 cup (118 mL) of strong kefir in the fridge until the next batch.

Nutrition: Estimated per 250 mL serving (1 cup): approximately 110 kcal; Protein 8 g; Fat 2.5 g; Carbohydrates 12 g. Total yield: approximately 15 servings from a 3.8 L batch. Estimate confidence: medium (varies with fermentation time and milk fat content).

Accessibility Note: Label the jar with start time and 24-hour ready mark. Keep grains, strainer, and storage container staged together before starting. Strain in one pass; no cleanup surprises.

Kvass (Traditional Russian Fermented Rye Drink)

- **Total Time:** 15 min work (3 days total)
- **Ingredients:**
 - Hot water: 2 liters
 - Cold water: 3 liters
 - Sugar: 850 g
 - Yeast: 12 g (1.5 tsp (7 mL))
 - Kvass starter: 5 tbsp (74 mL) (about 75 mL)
 - Cheesecloth
 - Large jar
- **Directions:**
 1. Put 3 cups (710 mL) of boiling water in a pre-warmed jar.
 2. Add sugar, mix till dissolved.
 3. Add cold & hot water to 3 cm from the top. Water temperature should be 40-50°C.
 4. Add the kvass starter, stir well.
 5. Add yeast, don't stir.
 6. Cover with cheesecloth, 8 layers, tightly.
 7. Leave it in the corner for 24 hrs.
 8. After 24 hrs, filter gently into bottles.
 9. Put into fridge for 12-24 hrs, covered loosely with caps.

Nutrition: Estimated per 250 mL serving (1 glass): approximately 40–55 kcal; Protein 0 g; Fat 0 g; Carbohydrates 10 g (residual sugar after fermentation). Total yield: approximately 20 servings from a 5 L batch. Alcohol content: 0.5–1.5% ABV typical for home kvass arrested by refrigeration. Estimate confidence: low (residual sugar varies with fermentation time and temperature).

Accessibility Note: Label the jar with start time and the 24-hour check mark. Keep the cheesecloth and band next to the jar before you start so setup is one continuous step. Set one timer for the 24-hour room-temperature stage and one for the 12-hour fridge stage.

Tvorog (Primary)

- **Source:** Adapted from traditional cultured tvorog method.
- **Equipment:**
 - Large clean glass jar or pot
 - Thermometer
 - Cheesecloth or drain bag, colander, large bowl
 - Nylon strainer bag (alternative to cheesecloth + colander; can be hung above the sink)
- **Yields:** Approximately 1 to 2 lb (907 g), depending on milk and draining time.
- **Ingredients:**
 - 1 gal (3.8 L) 2% milk
 - 1/2 cup (118 mL) skim milk powder (optional; for higher protein and firmer curd)
 - 1/2 cup (118 mL) whey from a previous batch, kefir, buttermilk, plain yogurt, or sour cream as starter culture
- **Directions:**
 1. **Prepare the Milk.** In a clean jar or pot, whisk the skim milk powder into the milk until fully dissolved. Warm the mixture gently to 100°F (38° C) — just enough to bring it to a comfortable temperature for the culture. Do not heat above 110°F (43° C), as excessive heat will kill the lactic bacteria. Remove from heat and allow to cool slightly if needed before adding the starter.
 2. **Add the Culture.** Stir in the starter culture (whey, kefir, buttermilk, yogurt, or sour cream). Cover the jar loosely.
 3. **Rest at Room Temperature.** Let the milk culture undisturbed at room temperature for 24–48 hr, until it thickens and begins to separate into curds and whey. It should smell clean and pleasantly sour, not bitter or rotten. If it is bitter, discard and start a new batch.
 4. **Warm Gently to Separate.** After the milk has cultured, warm it slowly to 100–120°F (38–49° C). Use very low heat or a water bath (double boiler preferred). Do not boil. Hold gently until the curds visibly separate from the whey. There are two methods:
 - **Method One (Crock Pot).** Place the fermented milk in a crock pot set to Low and warm until solids separate from liquid. This takes at least two hours.
 - **Method Two (Double Boiler, preferred).** Use a double boiler with water in the bottom pot and the fermented milk in the top pot,

heated via indirect heat on very low heat for approximately two hours. After heating, the mixture will separate.

5. **Drain.** Line a colander with cheesecloth (or use a nylon nut milk / strainer bag, then hang it above the sink overnight) and set it over a bowl. Pour the warmed mixture in and strain. Save 1/2 cup (118 mL) of whey for the next batch.
6. **Adjust Texture.** Drain for 1 hr for soft tvorog, 4–6 hr for firm tvorog, or overnight in the refrigerator for dry tvorog suitable for fillings. A weight can be placed on the cheesecloth to press it drier.
7. **Store.** Transfer to a sealed container and refrigerate. Use within 5–7 days. The remaining liquid (whey) can be used in smoothies or Ayran (see Drinks & Miscellaneous).

- **Troubleshooting:**

- **No separation:** The culture may be weak, the room too cool, or the milk needs more time. Extend the culture window before heating.
- **Rubbery curds:** Heat was too high. Warm more gently next time.
- **Too sour:** Culture for less time, or drain and rinse the curds briefly before final draining.
- **Too wet:** Drain longer or press lightly in the refrigerator.
- **Note:** To keep the culture going for future batches, do not wash the jar after removing the cultured milk. The residue acts as the starter for the next batch.

Nutrition: Estimated per 100 g (2% milk with skim milk powder): 110–150 kcal; Protein 12–18 g; Fat 3–6 g; Carbohydrates 5–8 g. Final values vary with how much whey drains off. Estimate confidence: medium.

Accessibility Note: Write the three phases on masking tape before starting: **prepare, culture, drain.** Warm milk to 100°F (38° C) before adding culture — do not skip. Label the jar with start time and 24-hour check time. Do not rely on memory for the 24–48 hr culture window.

Tvorog (Alternative)

- **Source:** Anna Shipunova
- **Equipment:**
 - A glass jar, large enough to hold the milk once it has been heated and mixed with the culture
 - A colander and cheesecloth to strain the cheese
- **Ingredients:**
 - 4 cups (946 mL) (1 quart (0.95 L), about 946 mL) whole milk
 - 3-4 tbsp (59 mL) culture – you can use sour cream, yogurt, or kefir – please only use the whole milk variety and not reduced fat or skim
- **Directions:**
 1. **Initiate the culture process.** Warm milk to 180°F (82° C). This is just before the milk comes to a boil; you will see tiny bubbles just start to form on the very edge of the pan. If you do not have a thermometer, put the pinky finger into the pot – the milk should feel hot, but not burn the skin.
 2. Pour the warmed milk into a glass jar and add the culture of choice: sour cream, yogurt, or kefir.
 3. Cover the jar loosely and keep it in a warm place, allowing the mixture to ferment for 24 to 48 hours. The milk in the jar will have the consistency of sour cream or yogurt. It should be sour, not bitter. If it is bitter, throw it away and start a new batch.
 4. **Making Tvorog.** Slowly warm the fermented milk so that it starts to separate. The "sour milk" liquid will remain at the bottom, and the top will be solid. There are two methods of warming the cultured milk:
 - **Method One.** Place the fermented milk in a crock pot set to low and warm until the solids separate from the liquids. This will take at least two hours.
 - **Method Two (preferred via indirect heat).** Use a double boiler with water in the bottom pot and the fermented milk in the top pot so that it is heated via indirect heat. Use a very low heat for two hours. After the fermented milk has been heated, it will separate.
 5. Line a colander with cheesecloth and set the colander over a bowl. Pour the warmed mixture into the colander and strain the liquid out of the cheese for at least one hour.
 6. You can use the fresh cheese just as it is. Or if you wish, you can place a weight on the cheesecloth to dry the cheese completely. Use as stuffing for Bliny or Clatitay – recipes follow.

7. The cheese will stay fresh in the refrigerator for three days.
 8. The remaining liquid can be used to make smoothies or Ayran, which is a refreshing, savory drink (see Drinks & Miscellaneous for recipe).
- **Note:** It is very easy to keep the culture going for future batches. After you remove the cultured milk from the glass jar, do not wash the jar. The residue in the jar will act as the culture agent for the next batch.

Nutrition: Estimated per serving, USDA-style built-in macro table: 160 kcal; Protein 8 g; Fat 9 g; Carbohydrates 10 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Warm milk once, pour into jar, add culture, cover. The jar does the work for 24 to 48 hours. Write the start time and the check-time on masking tape on the jar before walking away.



Jun Kombucha

- **Source :** Adapted
- **Equipment :** Fermentation jar, bottles
- **Yields :** 1.6 L (starter); 5 qt (4.73 L) (developed)
- **Ingredients :**
 - 1.6 L of water, divided (5 qt (4.73 L) if developed, can be divided)
 - 6 green tea bags
 - 3/4 cup (177 mL) raw honey
 - 1 Jun SCOBY (none if developed)
- **Directions :**
 1. **Make Sweet Tea.** Boil 800 mL of water. Remove from the heat, add tea bags, and steep for 6 min. Remove the bags and dissolve the honey in the hot tea. Add the remaining 800 mL of cool water and let the mixture cool to room temperature completely. Use 5 qt (4.73 L) for developed kombucha.
 2. **Primary Fermentation.** Pour the cooled sweet tea into a large fermentation jar. Gently add the SCOBY. Cover the jar with a cloth secured by a band and let it ferment at room temperature for 3 to 5 days. For developed kombucha, pour the cooled sweet tea into a large fermentation jar, cover the jar with a cloth secured by a band, and let it

ferment at room temperature for 3 to 5 days, or until the desired taste. My preference is barely sweet but not sour.

3. **Secondary Fermentation.** Pour the fermented kombucha into airtight bottles, leaving a small amount of headspace. You can add flavorings, such as fruit or ginger, at this stage if desired. If the kombucha is too sour or you would like more bubbles, add 1 tsp (5 mL) (about 5 mL) of honey to the bottle.
4. **Carbonate.** Seal the bottles and let them sit at room temperature for 1-2 days to allow the carbonation to build.
5. **Refrigerate.** Place the bottles in the refrigerator to stop the fermentation process. Burp them occasionally to release any excess pressure.

Nutrition: Estimated per serving, USDA-style built-in macro table: 195 kcal; Protein 0 g; Fat 0 g; Carbohydrates 55 g. Estimate confidence: low; servings 4 (defaulted to 4 servings).

Accessibility Note: Cool the tea fully before adding the SCOBY. One jar, one cloth, one band. Label with start date and day-3 taste-check date. Burp bottles daily during secondary fermentation.

Traditional Quick Brined Cucumbers (*Malossol'nyye Ogurtsy*)

- **Source:** Traditional Russian brine method.
- **Equipment:** Wide-mouth glass jar (32 oz (907 g) or 64 oz (1814 g)), small saucepan, measuring cups.
- **Cure Time:** 8 to 24 hours refrigerated for light brine; 24 to 48 hours for a fuller brine.
- **Yields:** See scaling table below.

Scaling Table:

Quantity	32 oz (907 g) Jar	64 oz (1814 g) Jar
Cucumbers	1 to 1.25 lb (567 g)	2 to 2.5 lb (1134 g)
Water	1.5 cups (355 mL)	3 cups (710 mL)
Non-iodized salt	1 tbsp (15 mL)	2 tbsp (30 mL)
Fresh dill	3 to 4 sprigs	6 to 8 sprigs
Garlic cloves	2 to 3, sliced	4 to 6, sliced
Black peppercorns	1/2 tsp (2 mL)	1 tsp (5 mL)
Optional bay leaf	1	2
Optional horseradish	1 small piece	2 small pieces

Directions:

1. **Prepare the Cucumbers.** Wash the cucumbers thoroughly. Trim a thin slice from both ends of each cucumber. This step is important because the blossom end contains enzymes that can soften the cucumbers if left intact.
2. **Prepare the Brine.** Combine the water and salt in a small saucepan. Heat over medium heat and stir until the salt is fully dissolved. Remove from heat and allow the brine to cool completely to room temperature before using.
3. **Pack the Jar.** Place the dill sprigs, sliced garlic, peppercorns, and any optional additions at the bottom of the jar. Pack the cucumbers in snugly, standing them upright if possible.
4. **Add the Brine.** Pour the cooled brine over the cucumbers until they are fully submerged. If any cucumber floats above the brine, weigh it down with a small folded piece of parchment paper pressed firmly under the jar's shoulder.
5. **Refrigerate.** Seal the jar loosely and refrigerate. For a light, fresh brine, taste after 8 to 12 hours. For a more developed flavor, allow 24 to 48 hours. The cucumbers will keep refrigerated for up to 5 days; their brine intensity increases with time.

Nutrition: Estimated per 2–3 spears (approx. 100 g): 15 kcal; Protein 1 g; Fat 0 g; Carbohydrates 3 g; Sodium 400–600 mg (varies with brine strength).
 Estimate confidence: high.

Accessibility Note: Two active steps only: make brine, pack jar. Set a phone timer for the brine window. Keep jar in direct view in the refrigerator.

Note: Do not use iodized table salt. Iodine inhibits the mild natural fermentation that develops flavor and can cause off-colors in the brine. Pickling salt or kosher salt without additives is correct for this recipe.

★

Traditional Sauerkraut with Cranberries

- **Source:** NI original, adapted.
- **Equipment:** 64 oz (half-gallon, about 1.9 L) glass jar or crock, Ninja blender grater attachment or box grater, large mixing bowl, kitchen scale, fermentation weight or equivalent (small plate, sealed water-filled bag, or fermentation stone)
- **Yields:** 1 64-oz jar
- **Ingredients:**
 - White cabbage, 1 medium head, trimmed weight approximately 1.2 to 1.5 kg, enough to pack the jar firmly after shredding
 - Pure pickling salt, no iodine, sugar, or anti-caking agents. *Precise method:* 2 percent of shredded cabbage weight (for example, 24 g salt per 1,200 g cabbage, or 30 g per 1,500 g cabbage). *Heuristic method:* approximately 1 tbsp (15 mL) (about 15 g) for a medium head yielding around 1 kg shredded; add a small pinch more if the cabbage remains dry after extended kneading.
 - Cranberries, fresh or frozen, unsweetened — 1 tbsp (15 mL)

Shredded cabbage weight	2% salt by weight
800 g	16 g (about 1 tsp (5 mL))
1,000 g	20 g (about 1 1/4 tsp (6 mL))
1,200 g	24 g (about 1 1/2 tsp (7 mL))
1,500 g	30 g (about 2 tsp (10 mL))

- **Directions:**

Nutrition: Estimated per ½-cup (120 g) serving: 20 kcal; Protein 1 g; Fat 0 g; Carbohydrates 4 g (2 g fiber). Estimate confidence: high.

Accessibility Note: Label the container with start time, expected check time, and target sensory cue. Keep the jar, lid, weight, and salt together before starting so the process is not interrupted mid-fermentation.

1. Remove any damaged outer leaves from the cabbage. Cut it into wedges that fit the Ninja grater attachment or a box grater.
 2. Shred the cabbage using the Ninja grater attachment. Weigh the shredded cabbage and calculate the salt amount at 2 percent of the total weight using the table above.
 3. Place the shredded cabbage in a large mixing bowl. Sprinkle the calculated amount of pure pickling salt over it. Add 1 tbsp (15 mL) of cranberries.
 4. Using clean bare hands without gloves, mix and squeeze the cabbage for several minutes until it releases enough juice, becomes glossy, and packs down easily under pressure.
 5. Pack the salted cabbage and cranberries into the 64-oz jar. Press down firmly with a fist or tamper to eliminate air pockets and raise the natural brine above the surface of the cabbage. Leave a few centimeters of headspace for fermentation gases.
 6. Place a fermentation weight, small plate, or sealed water-filled bag on top to keep the cabbage submerged under the brine. Cover the jar with a loose lid, fermentation cap, or cloth secured with a band so gas can escape but dust is kept out.
 7. Leave the jar at room temperature, ideally between 18 and 24°C (64 to 75°F), for 2 to 3 days until visible bubbles rise and the brine becomes slightly cloudy.
 8. Taste at 2 to 3 days for a lightly sour result. For a more developed, traditional sourness, continue fermenting at room temperature for up to 7 to 14 days before refrigerating.
 9. Once the desired acidity is reached, seal and move the jar to the refrigerator. The sauerkraut will continue to develop slowly in the refrigerator.
 10. Always use a clean utensil to remove portions and keep the cabbage submerged in brine during storage.
- **Note:** Fermentation temperature significantly affects speed and flavor. Below 16°C (60°F), fermentation stalls. Above 27°C (80°F), the cabbage can become soft or develop off-flavors. Do not use iodized salt or any salt containing additives. Iodine in particular inhibits the lactobacillus bacteria responsible for lacto-fermentation.

Breads



Bread

- **Source** : Nikki
- **Equipment** : Oven, large mixing bowl
- **Ingredients** :
 - 1.6 kg (12-13 cups (3076 mL)) flour
 - 2 tbsp (30 mL) yeast
 - 2 tbsp (30 mL) sugar
 - 4 tsp (20 mL) salt
 - 1 L (4 1/4 cups (1005 mL)) lukewarm water
- **Directions** :
 1. **Mix and Knead.** In a large bowl, combine all ingredients to form a dough. Knead for 10-15 min, until the dough is smooth and elastic.
 2. **First Rise.** Cover the dough and let it rise in a warm place for 1 hour, or until doubled in size.
 3. **Shape and Proof.** Punch down the dough and divide it into three equal portions. Shape each portion into a loaf. Let the loaves rise for 20 min while the oven preheats.
 4. **Bake.** Preheat the oven to 200°C (400°F (204° C)). Bake the loaves for around 30 min, or until they are golden brown and sound hollow when tapped on the bottom.

Nutrition: Estimated per slice (approx. 60 g; 24 slices from 3 loaves): 155 kcal; Protein 5 g; Fat 1 g; Carbohydrates 30 g. Estimate confidence: medium.

Accessibility Note: Use a stand mixer with a dough hook if hand kneading is difficult. Three rise-and-bake sessions can be spread across a day with natural pause points between each.



High-Protein, High-Fiber Pain de Mie

Pain de Mie (French Sandwich Bread) Recipe

- **Source** : Adapted from Chef Jean-Pierre
- **Equipment** : Large mixing bowl, stand mixer (optional), 9x5-inch loaf pan
- **Yields** : 1 loaf (approximately 12 slices)
- **Ingredients** :
 - 3 cups (710 mL) (360 g) **bread flour**
 - 1/2 cup (118 mL) (60 g) **unflavored protein isolate (NutraBio)**
 - 2 tbsp (30 mL) **psyllium husk powder** (for fiber)
 - 7 ounces (3/4 cup (177 mL) + 2 tbsp (30 mL)) lukewarm water (100°F / 38°C)
 - 3 ounces (1/3 cup (79 mL) + 1 tbsp (15 mL)) lukewarm **2% milk**
 - 2 tsp (10 mL) Active Dry Yeast
 - 2 tbsp (30 mL) **monk fruit allulose sweetener**
 - 1 tbsp (15 mL) **ghee** or butter, room temperature
 - 1.5 tsp (7 mL) **Hain salt**
 - **Butter spray**
- **Directions** :
 1. **Activate the Yeast.** In a small bowl, mix the warm water with the active dry yeast. Let it sit for 10 min until it becomes foamy. (*Note: If using 2 tsp (10 mL) of SAF Instant Yeast, you can skip this step and mix the yeast directly with the flour in the next step.*)
 2. **Combine Ingredients.** In a large mixing bowl (or the bowl of a stand mixer), combine the bread flour, protein isolate, psyllium husk, sweetener, room temperature ghee, and warm milk. Pour in the activated yeast mixture.
 3. **Form the Dough.** Use a spatula or dough hook to combine the ingredients until a rough dough forms. Add the salt and mix until it is well incorporated.
 4. **Knead.** Transfer the dough to a lightly floured surface and knead for 10 min (or 5-7 min with a dough hook) until the dough is smooth and elastic.
 5. **First Rise.** Grease a clean bowl with butter spray. Place the dough in the bowl, cover it with plastic wrap, and let it rise in a warm place for 1 to 1.5 hours, or until it has doubled in size.
 6. **Shape the Loaf.** Once risen, gently press the air out of the dough. Shape it into a rectangle, then roll it tightly into a log, pinching the seams to seal.

7. **Second Rise.** Place the dough log into a greased loaf pan. Cover it and let it rise again for 30 min to 1 hour, or until the top of the dough is just below the rim of the pan.
8. **Bake.** While the loaf is rising, preheat the oven to **400°F (204° C) (200°C)**. Bake the bread for 30 to 35 min, until it is deep golden brown and sounds hollow when tapped.
9. **Cool Completely.** Let the bread cool in the pan for 5-10 min before transferring it to a wire rack to cool completely for at least 2 hours, then slice.

- **Storage and Serving :**

- **Storage:** Store the cooled bread in an airtight bag at room temperature for up to 3 days. For longer storage, freeze slices in a freezer-safe bag.
- **Serving:** This bread is perfect for all types of sandwiches, from grilled cheese to deli meats. It also makes excellent French toast or breakfast toast.

Nutrition: Estimated per serving, USDA-style built-in macro table: 620 kcal; Protein 30 g; Fat 6 g; Carbohydrates 110 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Activate yeast in one bowl, combine dry ingredients in another. Use a stand mixer for kneading to reduce effort. Set a timer for each rise. The two-rise structure has a natural long pause after the first rise where the process can be set aside entirely.

Adaptation Summary: Pain de Mie (French Sandwich Bread)

- **Flour :**

- **Original:** 3 1/2 cups (828 mL) (about 420 g) of Bread Flour.
- **Adapted:** 3 cup (710 mL) of **bread flour** plus 1/2 cup (118 mL) of **unflavored protein isolate**.
- *Purpose:* To boost the protein content per slice.

- **Fiber Boost :**

- **Original:** Not included.
- **Adapted:** 2 tbsp (30 mL) of **psyllium husk powder**.
- *Purpose:* To add substantial dietary fiber to a traditionally low-fiber white bread.

- **Fat :**

- **Original:** 2 ounces (4 tbsp (59 mL)) of Butter.
- **Adapted:** 1 tbsp (15 mL) of **ghee** or butter.

- *Purpose*: To reduce the overall fat content by 75%.
- **Flavoring Oil** :
 - **Original**: 2 tsp (10 mL) of Garlic Olive Oil.
 - **Adapted**: Omitted.
 - *Purpose*: To eliminate unnecessary added fat.
- **Sugar** :
 - **Original**: 2 tbsp (30 mL) of Sugar.
 - **Adapted**: 2 tbsp (30 mL) of **monk fruit allulose sweetener**.
 - *Purpose*: To replace sugar with a zero-calorie alternative.
- **Milk** :
 - **Original**: 3 ounces of Warm Milk.
 - **Adapted**: 3 ounces of warm **2% milk**.



Pita Bread (High-Heat Oven)

- **Source**: Adapted for 850°F (454° C) stone baking.
- **Equipment**: Large mixing bowl, baking stone or steel, pizza peel or rimless baking tray.
- **Yields**: 8 to 10 pitas, approximately 8 inches (20.3 cm) in diameter.
- **Total Time**: Approximately 2.5 to 3.5 hours, including rise time.
- **Ingredients**:
 - 500 g (4 cups (946 mL)) bread flour or 00 flour
 - 325 to 350 ml (1 1/3 to 1 1/2 cups (355 mL)) warm water
 - 2 tsp (10 mL) instant yeast
 - 2 tsp (10 mL) non-iodized salt
 - 2 tbsp (30 mL) olive oil
- **Directions**:

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: medium; based on 3 weighed ingredient(s) totaling 537 g): 388 kcal, Protein 11.9 g, Fat 6.9 g, Carbohydrates 68.2 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.

1. **Mix the Dough.** Combine the flour, yeast, and salt in a large bowl and stir to distribute. Add the warm water and olive oil. Mix until a shaggy mass forms with no dry flour remaining. Turn out onto a clean surface and knead for 8 to 10 min until the dough is smooth and passes the windowpane test.
 2. **First Rise.** Place the dough in a lightly oiled bowl and cover with plastic wrap or a damp towel. Allow it to rise at room temperature for 1 to 2 hours until it has doubled in volume.
 3. **Divide and Bench Rest.** Punch the dough down gently. Divide it into 8 to 10 equal balls of approximately 80 to 90 g each. Cover the balls with a towel and allow them to rest on the bench for 20 to 30 min. This rest relaxes the gluten and makes shaping significantly easier.
 4. **Preheat the Oven.** Place the baking stone or steel on the top rack of the oven. Preheat to 850°F (454° C) and allow the stone to absorb heat for a full 45 to 60 min. An insufficiently heated stone is the most common reason pitas fail to puff.
 5. **Shape the Pitas.** On a lightly floured surface, roll or stretch each ball into a round approximately 8 inches (20.3 cm) in diameter and 1/4-inch thick. Uniform thickness is important for even puffing.
 6. **Bake.** Transfer one or two rounds at a time to the hot stone using the peel or tray. Bake for 2 to 4 min until each pita is fully puffed and develops light char spots on the surface. Flip if needed for even coloring. The pita should collapse slightly when removed from the oven; this is normal and indicates the interior pocket has formed correctly.
 7. **Cool and Store.** Wrap finished pitas in a clean towel immediately after baking. The steam trapped inside the towel keeps the bread soft and pliable. Store in an airtight bag at room temperature for up to 2 days, or freeze for up to 1 month.
- **Troubleshooting:**
 - **Pita does not puff:** The stone was not hot enough, the dough was too thick, or the pita was placed too far from the heat source. Ensure a full 45 to 60-minute preheat and roll to a consistent 1/4-inch thickness.
 - **Pita is too stiff after cooling:** It was overbaked. Reduce bake time by 30 seconds in the next batch and wrap immediately in a towel after removal.
 - **Dough tears during shaping:** The bench rest was too short. Allow a full 30-minute rest to relax the gluten before rolling.



Thin Pita Wrap Bread (Arabic-Style Flatbread)

- **Source:** Adapted for high-heat stone baking and wrap use.
- **Equipment:** Large mixing bowl, rolling pin, baking stone, pizza peel or rimless tray.
- **Yields:** 8 to 10 large thin wraps, approximately 10 to 12 inches (30.5 cm) in diameter.
- **Total Time:** Approximately 2 to 3 hours, including rise time.

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: high; based on 5 weighed ingredient(s) totaling 881 g): 388 kcal, Protein 10.0 g, Fat 5.8 g, Carbohydrates 72.3 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.

This flatbread differs from standard pita in that it is rolled significantly thinner and is intended to remain soft and flexible for wrapping. The higher olive oil content contributes to this pliability. The goal is not a full interior pocket but a pliable sheet with light char spots that holds fillings without cracking.

- **Ingredients:**

- 500 g (4 cups (946 mL)) bread flour or all-purpose flour
- 300 to 325 ml (1 1/4 to 1 1/3 cups (315 mL)) warm water
- 2 tsp (10 mL) instant yeast
- 2 tsp (10 mL) non-iodized salt
- 3 tbsp (44 mL) olive oil
- 1 tsp (5 mL) sugar (optional; aids browning and yeast activity)

- **Directions:**

1. **Mix the Dough.** Combine the flour, yeast, salt, and optional sugar. Add the warm water and olive oil. Mix until a rough dough forms, then knead for 8 to 10 min until the dough is smooth, supple, and slightly tacky but not sticky. The higher oil content produces a dough that is noticeably softer than standard bread dough.
2. **First Rise.** Place the dough in an oiled bowl, cover, and allow it to rise for 1 hour until doubled.

3. **Divide and Bench Rest.** Divide the dough into 8 to 10 balls. Cover and rest for 15 to 20 min.
 4. **Preheat the Oven.** Place the baking stone on the top rack and preheat to 850°F (454° C) for 45 to 60 min.
 5. **Roll Thin.** On a lightly floured surface, roll each ball to 1/8-inch thickness or thinner. The target is 10 to 12 inches (30.5 cm) in diameter. Rolling consistently thin is the most important step for achieving a flexible wrap. If the dough springs back during rolling, allow it to rest for 5 min before continuing.
 6. **Bake.** Transfer one to two rounds to the hot stone. Bake for 1 to 3 min until light blistering and char spots develop. Do not overbake. An overbaked wrap will become brittle and crack when folded.
 7. **Cool and Store.** Stack the finished wraps immediately and cover with a towel. The steam from the stack keeps all wraps soft. Store in an airtight bag at room temperature for up to 2 days or freeze individually with parchment between sheets for up to 1 month.
- **Troubleshooting:**
 - **Wrap cracks when folded:** It was overbaked or cooled uncovered. Stack and cover with a towel immediately after removing from the oven.
 - **Wrap does not develop char spots:** The stone was not hot enough. Extend the preheat by 15 to 30 min before the next batch.
 - **Dough tears during rolling:** Allow a longer bench rest or reduce flour during kneading slightly so the dough retains more moisture and extensibility.



Lavash (Armenian-Style Wrap Bread)

- **Source:** Adapted from traditional Armenian flatbread technique for high-heat stone baking.
- **Equipment:** Large mixing bowl, rolling pin or dough flattener, baking stone, pizza peel or rimless tray.
- **Yields:** 8 to 10 lavash sheets.
- **Total Time:** Approximately 1 hour, including rest.
- **Ingredients:**
 - 500 g bread flour or all-purpose flour

- 300 to 320 g lukewarm water (start with 300 g; add more in small increments if the dough feels too stiff)
- 10 g fine salt
- 10 to 15 g neutral oil or melted butter
- 1 to 2 g instant yeast (optional; omit for a more traditional unleavened lavash)

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: high; based on 4 weighed ingredient(s) totaling 837 g): 370 kcal, Protein 10.1 g, Fat 2.4 g, Carbohydrates 74.7 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.

Lavash is a large, paper-thin sheet bread that differs from pita in that it does not form an interior pocket and is intended to remain completely flat and flexible. The goal during baking is a soft, pliable wrap with light brown blisters and no crispness. A stone temperature of 750 to 800°F (427° C) and a bake time of 20 to 40 seconds achieves this result reliably. Overbaking by even a few seconds produces a brittle sheet that will crack when wrapped.

• **Directions:**

1. **Mix the Dough.** Combine the water, oil, salt, and optional yeast in a large bowl and stir until the salt is fully dissolved. Add the flour and mix until a rough dough forms. Turn out and knead by hand or with a mixer for 8 to 10 min until the dough is smooth, cohesive, and slightly firm but extensible. The dough should not be sticky.
2. **Rest.** Cover the dough and allow it to rest for 20 to 30 min at room temperature to relax the gluten. This rest is essential. Dough that has not rested sufficiently will spring back during rolling and cannot be stretched to the required near-translucent thickness.
3. **Divide and Bench Rest.** Divide the dough into 8 to 10 equal pieces of approximately 70 to 80 g each. Shape each into a ball, cover with a towel, and allow them to rest for 10 to 15 min.
4. **Preheat the Stone.** Place the baking stone in the oven. Preheat to 750 to 800°F (427° C) (or up to 850°F (454° C) if the oven allows) and allow the stone to absorb heat for a full 45 to 60 min.
5. **Roll the Sheets.** On a lightly floured surface, use a rolling pin or dough flattener to roll each ball into a large thin sheet approximately 25 to 30 cm

in diameter. Aim for a nearly translucent thickness throughout. If the dough springs back, allow it to rest for 5 min before continuing.

6. **Bake.** Transfer one sheet at a time to the hot stone. Bake for 20 to 40 seconds, watching closely. The surface should puff slightly and develop light brown blisters while remaining pale overall and soft throughout. Remove immediately at the first sign of browning at the edges.
7. **Stack and Store.** Remove the lavash from the stone and immediately stack it with the others under a clean towel. The steam trapped between the sheets keeps them pliable. Do not allow any sheet to cool uncovered before wrapping. Store in an airtight bag at room temperature for up to 2 days or freeze flat for up to 1 month with parchment between sheets.

- **Troubleshooting:**

- **Sheet cracks when wrapped:** It was overbaked or cooled uncovered. Stack immediately after removing from the stone and cover at once.
- **Dough tears during rolling:** The bench rest was insufficient. Allow a full 15-min rest after dividing.
- **Uneven thickness:** Work from the center outward with the rolling pin, rotating the sheet a quarter-turn after each pass.

- **Lower-Temperature Alternative:** For more control at first, reduce the stone temperature to 650 to 700°F (371° C) and extend the bake to 30 to 60 seconds per side, or cook each sheet on a very hot dry skillet over high heat for 30 to 60 seconds per side. The result is slightly thicker but still flexible.



Pao de Queijo (Brazilian Cheese Bread)

- **Source:** Adapted from the Simply Recipes classic method (M. Kozaric Sebrek) with Anna Shipunova's adjustment for higher cheese content and reduced tapioca.
- **Equipment:** Blender, non-stick mini muffin tin (24-well), wire cooling rack.
- **Yields:** 12 to 18 mini cheese breads (1 to 2 batches of a 24-well tin).
- **Total Time:** 5 min preparation, 15 to 20 min baking.

Nutrition: Approx per mini (1 piece): 80 kcal; Protein 3 g; Fat 5 g; Carbohydrates 7–9 g.

Accessibility Note: Prepare batter in a blender for minimal handling; fill muffin tin with a small measuring cup to reduce spills and repetitive pouring. Allow resting between batches to avoid fatigue.

Pao de queijo achieves its distinctive chewy interior through tapioca flour, which contains no gluten and gelatinizes fully during baking. The texture is closer to Japanese mochi than to conventional bread, and this quality is intentional.

Because the batter is liquid before baking, the recipe does not require kneading or shaping and is well suited to lower-energy preparation days. The batter stores refrigerated for up to one week, which allows batches to be baked in small portions as needed.

Ingredient Notes: The saltiness of different cheeses varies considerably. Taste the raw batter and adjust the salt before baking. Mild white cheddar, Monterey Jack, queso fresco, and low-moisture mozzarella all work well. Stronger cheeses such as aged Parmesan or aged Gruyere contribute more flavor but may require less added salt.

Original Version (Simply Recipes):

- **Ingredients:**

- 1 large egg, room temperature
- 1/3 cup (79 mL) extra virgin olive oil (plus a small amount for greasing the tin)
- 2/3 cup (158 mL) milk
- 1 1/2 cups (355 mL) (170 g) tapioca flour
- 1/2 cup (118 mL) (66 g) packed grated or crumbled cheese (your preference)
- 1 tsp (5 mL) non-iodized salt (or more to taste)

Anna's Adaptation (Higher Cheese, Reduced Tapioca):

- **Ingredients:**

- 1 large egg, room temperature
- 1/3 cup (79 mL) extra virgin olive oil (plus a small amount for greasing the tin)
- 2/3 cup (158 mL) milk
- 1 cup (237 mL) (113 g) tapioca flour (reduced from original)
- 1 cup (237 mL) (132 g) packed grated or crumbled cheese (doubled from original)
- 1 tsp (5 mL) non-iodized salt (or more to taste; taste batter before baking and adjust)

The reduced tapioca and higher cheese content in Anna's version produce a

slightly denser bread with a more pronounced cheese flavor and a shorter bake window. Monitor closely after the 12-minute mark to avoid overbrowning.

- **Directions (Both Versions):**

1. **Prepare the Tin and Oven.** Preheat the oven to 400°F (204° C). Spread a small amount of olive oil around the inside of each well of the mini muffin tin using a paper towel or brush. This step prevents sticking and promotes an even golden crust.
2. **Blend the Batter.** Place all ingredients into a blender in this order: egg, oil, milk, tapioca flour, cheese, salt. Pulse until the batter is fully smooth. Stop the blender once and use a spatula to scrape down the sides so that all the cheese and flour are incorporated. The batter will be thin and pourable.
3. **Optional Rest (Make-Ahead).** At this point, the batter can be covered and refrigerated for up to one week. Before baking from cold, allow the batter to return to room temperature and whisk briefly before pouring.
4. **Fill the Tin.** Pour the batter into the prepared wells, filling each to approximately 1/8 inch from the top. Do not overfill, as the bread puffs substantially during baking.
5. **Bake.** Bake at 400°F (204° C) for 15 to 20 min until each bread is fully puffed and nicely browned. Anna's adaptation with higher cheese may brown more quickly; begin checking at 12 to 13 min. The breads are done when they are golden and the tops feel set when pressed lightly with a finger.
6. **Cool and Serve.** Remove from the oven and allow the breads to cool on a rack for 5 min before removing from the tin. Serve warm or at room temperature. The best texture is within the first hour after baking, when the interior is at its chewiest.

- **Storage:** Store leftover pao de queijo in an airtight container at room temperature for up to 1 day, or refrigerate for up to 1 week. Reheat for 20 to 30 seconds in the microwave or for 1 to 2 min in a toaster oven. They can also be frozen for up to 1 month and reheated in a toaster oven or low oven until thawed and lightly crisp.

- **Troubleshooting:**

- **Breads do not puff:** The oven was not fully preheated, or the tin wells were overfilled. Ensure a complete preheat and fill wells no higher than 1/8 inch from the top.
- **Gummy interior after cooling:** This is normal for pao de queijo. The interior will firm slightly as it cools but retains a chewy, mochi-like quality by design. If the interior is unacceptably soft, extend the bake by 3 to 4 min.
- **Cheese browning too quickly (Anna's version):** Tent the tin loosely

with foil after the first 10 min and continue baking until puffed and cooked through.

Note: Use a room-temperature egg for best blending. If the egg comes straight from the refrigerator, place it in a bowl of warm water for 5 min before using. The cheese choice significantly affects the final salt level and flavor profile. Keep a small amount of extra cheese on hand to taste and adjust before baking, particularly when using a new cheese variety.

Breakfast

High-Protein Lazy Varenyky (Tvorog Dumplings)

- **Source** : Adapted from a Russian Recipe
- **Equipment** : Large pot, large mixing bowl, slotted spoon
- **Yields** : 2 servings
- **Ingredients** :
 - 200 g (1 cup (237 mL)) dry, low-fat **tvorog** or well-strained **4% cottage cheese**
 - 1 large **egg**
 - 2 tbsp (30 mL) **monk fruit allulose sweetener**
 - 1/4 tsp (1 mL) **Hain salt**
 - 3-5 tbsp (74 mL) all-purpose flour, plus more for dusting
 - **Optional Protein Boost**: 1 scoop **unflavored protein isolate** (NutraBio)
 - **Optional Fiber Boost**: 1 tbsp (15 mL) **psyllium husk powder**
- **Directions** :
 1. **Combine Wet Ingredients.** In a medium bowl, combine the tvorog (or strained cottage cheese), egg, sweetener, and salt. Mix thoroughly with a fork until the mixture is smooth.
 2. **Form the Dough.** Add the optional protein isolate and psyllium husk, if using. Begin adding the flour, one tbsp at a time, mixing after each addition. Continue adding flour until the mixture comes together into a soft, slightly sticky dough that can be gathered into a ball.
 3. **Roll and Cut.** Lightly flour the work surface. Take half of the dough and roll it into a long log, approximately 1 inch thick. Use a knife or bench scraper to cut the log into 1-inch pieces. You can cut straight across or slightly on a diagonal to create diamond shapes.
 4. **Boil the Varenyky.** Bring a medium pot of salted water to a rolling boil. Gently drop half of the varenyky into the water. Stir once to prevent them from sticking to the bottom.
 5. **Cook.** Once the varenyky float to the surface, continue cooking them for an additional 1-2 min.
 6. **Serve.** Use a slotted spoon to remove the cooked varenyky from the pot and transfer them to a plate. Cook the remaining batch. Serve immediately with the favorite toppings, such as a dollop of Greek yogurt, a drizzle of honey, or fresh berries.

Adaptation Notes

Here is a list of the adaptations made to create a lower-fat, a lower-sugar and higher-protein version of the classic recipe.

- **Cheese Base :**

- **Original:** Full-fat, rustic tvorog.
- **Adapted:** Low-fat **tvorog** or well-strained **4% cottage cheese**.
- *Purpose:* To reduce the overall fat content while maintaining a high-protein base.

- **Sweetener :**

- **Original:** 1-2 tbsp (30 mL) of granulated sugar.
- **Adapted:** 2 tbsp (30 mL) of **monk fruit allulose sweetener**.
- *Purpose:* To replace sugar with a zero-calorie, non-glycemic sweetener.

- **Protein Boost :**

- **Original:** Not included.
- **Adapted:** An optional 1 scoop of **unflavored protein isolate (NutraBio)**.
- *Purpose:* To boost the protein content, making this a more powerful meal.

- **Fiber Boost :**

- **Original:** Not included.
- **Adapted:** An optional 1 tbsp (15 mL) of **psyllium husk powder**.
- *Purpose:* To add a substantial amount of dietary fiber and help bind the low-fat dough.

Cook's Notes: Tips for Perfect Dumplings

- **The Right Cheese :** The key to great lazy varenyky is the cheese. A dry, crumbly **tvorog** is ideal. If the tvorog is wet, or if you are substituting with **cottage cheese**, you must strain it thoroughly in a cheesecloth to remove as much moisture as possible.
- **Flour is a Guideline :** The amount of flour needed will vary depending on the moisture content of the cheese. The goal is to use just enough flour to form a soft, slightly sticky dough that can be rolled. Using too much flour will result in heavy, floury dumplings instead of light, fluffy ones.
- **Cooking in Batches :** Do not overcrowd the pot when boiling. Cooking the varenyky in small batches ensures they have room to float and cook evenly without sticking together.

Semolina

- **Source** : Avery
- **Total Time**: 30-40 min – makes a small bowl
- **Ingredients**:
 - Semolina: 60-65 g (7-8 tsp (39 mL))
 - Milk: 400 ml
 - Sugar: 4 tsp (20 mL) (to taste)
 - Salt: 1/4 tsp (1 mL) (to taste)
 - Butter: 25 g
- **Directions**:
 1. Rinse the pot with cold water – leave wet.
 2. Add semolina & cold milk, mix, leave for 15-20 min.
 3. Mix again, put on slow heat. Add salt & sugar.
 4. Mix occasionally until boiling, then mix constantly until it starts to thicken (10 min).
 5. Take off the heat. Add butter. Mix for 1 min.

Nutrition: Estimated per serving, USDA-style built-in macro table: 485 kcal; Protein 10 g; Fat 6 g; Carbohydrates 95 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Soak semolina in cold milk before heating to prevent lumps. One pot, one continuous stir once heat is on. The 15-minute cold soak is the only passive wait; use a timer.

★

Zapekanka (Microwaved Ricotta or Tvorog Bake)

- **Source** : NI
- **Equipment** : Microwave, microwave-safe bowl
- **Yields** : 2 servings
- **Ingredients** :
 - 1 container (15 oz (425 g) / 425g) ricotta cheese or **tvorog**
 - 2 large **eggs**
 - 2 tbsp (30 mL) **monk fruit allulose sweetener**
 - **Optional**: 2-3 tbsp (44 mL) cooked **buckwheat**

- **Directions :**

1. **Combine Ingredients.** In a medium microwave-safe bowl, combine the ricotta or tvorog, eggs, and monk fruit sweetener. Whisk until the mixture is smooth and uniform.
2. **Add Buckwheat (Optional).** If using buckwheat for added texture, stir it into the mixture now.
3. **First Cook.** Place the bowl in the microwave and cook on high power for **3 min.**
4. **Stir.** Carefully remove the hot bowl from the microwave and stir the mixture, bringing the cooked edges into the center.
5. **Final Cook.** Return the bowl to the microwave and cook on high for another **1 to 2 min**, or until the center is just set.
6. **Rest and Serve.** Let the Zapekanka cool for a few min before serving. It can be enjoyed warm.

- **Notes & Variations :**

- **High-Protein Boost:** For a significant protein increase, whisk one scoop of unflavored protein isolate into the egg and sweetener mixture before adding the cheese.
- **Sugar choice:** Change to 2 tbsp (30 mL) cane or beet sugar for original calories. Replace with 1 tbsp (15 mL) sugar and 1 tbsp (15 mL) Stevia for a reduced-calorie version.
- **Sweet Fiber:** For natural sweetness and added fiber, mix in a handful of raisins or chopped prunes with the other ingredients.

Nutrition: Estimated per serving (4 servings, tvorog base): 180–220 kcal; Protein 18–22 g; Fat 4–8 g; Carbohydrates 12–18 g. Estimate confidence: medium.

Accessibility Note: Combine all ingredients in one bowl, one microwave session. Two cook-and-stir cycles only. No draining, no straining, no separate pots.

High-Protein, High-Fiber Swiss Muesli

- **Source** : Adapted Recipe
- **Equipment** : Large mixing bowl, large airtight container
- **Yields** : Approximately 10 cups (2366 mL) of dry mix
- **Ingredients**:
 - **Grains & Base**:
 - * 5 cups (1183 mL) rolled **oats**
 - * 1/2 cup (118 mL) **wheat germ**
 - **Dried Fruits**:
 - * 1 cup (237 mL) **raisins**
 - * 1 cup (237 mL) chopped **prunes**
 - **Flavor, Protein, and Fiber Boosters**:
 - * 2 scoops (approximately 60 g) **unflavored protein isolate (NutraBio)**
 - * 2 tsp (10 mL) pure **vanilla extract** (or 2 tsp (10 mL) vanilla powder)
 - * 1/4 cup (59 mL) **skim milk powder**
 - * 2 tbsp (30 mL) **inulin powder**
- **Directions**:
 1. **Prepare Ingredients**. If not already chopped, finely chop the prunes. This ensures they are distributed evenly throughout the mix.
 2. **Combine All Ingredients**. In a very large mixing bowl, combine the oats and wheat germ first. Add the raisins and prunes. Then add the protein isolate, skim milk powder, and inulin powder. Add the vanilla extract last.
 3. **Mix Thoroughly**. Stir the mixture for 2 to 3 min with a large spoon to ensure all components, especially the powders and vanilla, are fully and evenly distributed throughout the oats.
 4. **Store**. Transfer the finished dry muesli mix to a large, airtight container. Store in a cool, dry place for up to one month.
 5. **Serve**. To serve, portion approximately 1 cup (237 mL) of the dry mix into a bowl. Add milk, kefir, or yogurt and let it sit for 5 to 10 min (or overnight in the refrigerator) to soften before eating.
- **Adaptation Note** :
 - This revised version simplifies the formula to the ingredients that perform best: oats and wheat germ as the grain base; raisins and prunes as the only fruits; and protein isolate, skim milk powder, inulin, and vanilla as functional boosters. Figs, chia seeds, sesame seeds, sunflower seeds, flaxseed,

hazelnuts, and brewer's yeast have been removed. Each 1-cup serving provides increased protein and prebiotic fiber from the inulin without added nuts or seeds.

Nutrition: Estimated per serving, USDA-style built-in macro table: 825 kcal; Protein 40 g; Fat 8 g; Carbohydrates 160 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Mix all dry ingredients in one bowl, one pour into storage container. No heat, no timing. Label the container with the mix date and use-by date (one month out).



High-Protein Overnight Muesli with Berries & Tvorog

- **Source :** Adapted Recipe
- **Equipment :** Jar or bowl with a lid
- **Yields :** 1 serving
- **Ingredients :**
 - 1/3 cup (79 mL) **Swiss Super Muesli** dry mix
 - 1 tbsp (15 mL) **organic chia seeds**
 - 1/4 tsp (1 mL) **Hain iodized sea salt**
 - **Optional Protein Boost:** 1 scoop **unflavored protein isolate** (NutraBio)
 - **Optional Fiber Boost:** 1 tsp (5 mL) **psyllium husk powder**
 - 1 cup (237 mL) **fat-free Fairlife milk**
 - 1/4 tsp (1 mL) **Mexican vanilla extract**
 - 1/2 cup (118 mL) **tvorog** or **4% cottage cheese**
 - 1/3 cup (79 mL) fresh or frozen blueberries
 - 1/3 cup (79 mL) sliced fresh or frozen strawberries
- **Directions :**
 1. **Combine Dry Ingredients.** In a jar or bowl, combine the muesli mix, chia seeds, salt, and optional protein isolate or psyllium husk powder. Stir well to ensure the seeds and powders are evenly distributed.
 2. **Add Liquids.** Pour in the fat-free milk and vanilla extract. Mix thoroughly until all the dry ingredients are fully saturated.

3. **Fold in Add-ins.** Gently stir in the tvorog or cottage cheese, blueberries, and sliced strawberries. Mix just enough to incorporate them without crushing the berries.
4. **Chill Overnight.** Cover the container and refrigerate for at least 8 hours, or overnight. During this time, the chia seeds will swell, and the oats will soften, creating a thick, pudding-like consistency.
5. **Serve Cold.** The next morning, stir the muesli once more to combine the layers and enjoy it chilled, straight from the refrigerator.

• **Adaptation Note :**

- This recipe is adapted to use the homemade Swiss Muesli and tvorog for a nutrient-dense breakfast. The optional scoop of protein isolate can be added directly to the dry mix to increase the protein content of the meal further.

Nutrition: Estimated per jar (oats, tvorog, berries, kefir): 280–340 kcal; Protein 20–28 g; Fat 3–6 g; Carbohydrates 35–45 g. Estimate confidence: medium.

Accessibility Note: Assemble jars the night before. No morning cooking required. Fill all jars in one assembly-line sequence to reduce repetition.



Low-Fat, High-Protein Mushroom Omelet

- **Source :** Adapted Recipe
- **Equipment :** Large non-stick skillet, mixing bowl, whisk
- **Yields :** 2 servings
- **Ingredients :**
 - **For the Omelet:**
 - * 4 large **eggs**
 - * 1/2 cup (118 mL) **liquid egg whites**
 - * 1/2 cup (118 mL) **fat-free Fairlife milk**
 - * 1/2 tsp (2 mL) **Tony's Creole seasoning**
 - * 1g (a pinch) **MSG**
 - * **Butter spray**
 - **For the Filling & Garnish:**
 - * 2 cups (473 mL) sliced **white mushrooms**
 - * 1 cup (237 mL) gourmet medley tomatoes, halved

- * 2 **green onions**, chopped
- * Fresh herbs for garnish (e.g., 1/2 tbsp (7 mL) chopped **basil** or **dill**)
- * **Optional High-Fiber Add-in** : 1 cup (237 mL) **frozen spinach leaves**, thawed and squeezed dry

• **Directions :**

1. **Prepare the Filling.** Coat a large non-stick skillet with **butter spray** and place it over medium heat. Add the sliced mushrooms and sauté for 5-7 min until they release their water and begin to brown. If using the optional spinach, add it to the pan for the last min to wilt. Set the cooked vegetables aside.
2. **Whisk the Egg Mixture.** In a medium bowl, crack the 4 whole eggs. Add the liquid egg whites, fat-free Fairlife milk, Creole seasoning, and MSG. Whisk briskly for 1 min until the mixture is uniform, frothy, and airy.
3. **Cook the Omelet Base.** Re-coat the non-stick skillet with butter spray and heat it over medium-low heat. Pour in the entire egg mixture. Tilt the pan to ensure the eggs spread into a thin, even layer. Cook for 3 min, or until the edges are set but the center remains slightly wet.
4. **Add Fillings and Fold.** Scatter the cooked mushrooms, halved tomatoes, and most of the chopped green onions over one-half of the omelet. Use a spatula to fold the other half over the fillings carefully.
5. **Finish and Serve.** Cook for 2 more min, or until the omelet is cooked through to the liking. Gently slide it onto a cutting board or large plate and divide it into two portions. Garnish with the remaining green onions and fresh herbs. Serve immediately.

• **Adaptation Note :**

- This recipe is already very high in protein and low in fat. To further increase the fiber content, you can add the optional thawed spinach or 1/2 cup (118 mL) of chopped green or red bell peppers to the mushroom filling.

Nutrition: Estimated per serving (2 eggs, mushrooms, butter spray): 160–190 kcal; Protein 15–18 g; Fat 8–10 g; Carbohydrates 4–6 g. Estimate confidence: medium.

Accessibility Note: Cook mushrooms first and set aside. Wipe pan. Cook eggs in one uninterrupted sequence. Two phases with a clean pause between them.

Desserts

★

75% Dark Chocolate Bar

- **Source** : Adapted Culinary Technique
- **Equipment** : Digital kitchen scale, digital thermometer, silicone spatula, chocolate mold; plus one of the following setups: (1) Double boiler (heatproof bowl over saucepan); or (2) Standalone sous vide immersion circulator (e.g., Anova or Joule), large pot (at least 12 qts), vacuum sealer and sous vide-safe bags, tongs or clip; or (3) Instant Pot Pro Plus, vacuum sealer, and sous vide-safe bags, tongs or a clip
- **Yields** : One 100 g (3.5 oz (99 g)) Bar
- **Ingredients** :
 - **For the Chocolate Base:**
 - * 45g **Cocoa Butter**
 - * 30 g Unsweetened **Cocoa Powder**, sifted
 - * 25g Powdered **Monk Fruit Allulose Sweetener**, sifted
 - * 1/4 tsp (1 mL) **Sunflower Lecithin** (optional, for a smoother emulsion)
 - * 1/2 tsp (2 mL) **Pure Vanilla Extract** (optional; adds subtle warmth and rounds out bitterness)
 - * A small pinch of **Hain Salt**
 - **For the Seed:**
 - * 25g high-quality, store-bought 70-75% dark chocolate bar, finely chopped
- **Directions** :
 1. **Preparation is Key.** Before you begin, ensure all the equipment—bowl, spatula, thermometer, mold, and method-specific tools—are completely clean and dry. A single drop of water can cause the chocolate to seize and become unusable. Finely chop the “seed” chocolate and have it ready.
 2. **Pre-Mix Dry Ingredients.** Before melting butter, combine sifted (and milled or powdered further) cocoa powder, sweetener, lecithin, and salt in a small dry bowl. Whisk dry for 1 min. This pre-blends particles. For protein variation, mill and add it here too—stir in last to avoid clumps
 3. **Melt the Base.** Create a double boiler by placing a heatproof bowl over a saucepan with a few inches of simmering water. Add the 45g of **cocoa butter** to the bowl and let it melt completely. To create **the Chocolate**

Mixture. Remove the bowl from the heat. Whisk in the sifted cocoa powder, powdered sweetener, and salt until the mixture is completely smooth. Place the bowl back over the simmering water and heat, stirring gently, until it reaches a temperature of 115°F (46° C) (46°C).

4. **Cool with the Seed.** Remove the bowl from the heat again and wipe any condensation from the bottom. Immediately add the 25g of finely chopped seed chocolate. Stir constantly and patiently with the spatula. The seed chocolate will melt as the entire mixture cools. Continue stirring until the thermometer reads the **Cooling Temperature** of 82-84°F (29° C) (28-29°C).
5. **Reheat to Working Temperature.** Gently reheat the chocolate to bring it to its final stage. Place the bowl back over the warm water (with the stove heat off) for just 5-10 seconds at a time, or use a microwave in 5-second bursts on low power. Stir after each interval until the temperature rises to the **Working Temperature** of 88-90°F (32° C) (31-32°C). **Do not exceed this temperature, or you will lose control and must restart the heating and cooling process.**
6. **Test the Temper.** Dip a clean knife or the back of a spoon into the chocolate and set it on the counter. If the chocolate is in temper, it will set into a hard, glossy, and streak-free finish within 3 to 5 min at a cool room temperature (around 68°F / 20°C).
7. **Mold and Set.** Once the test confirms the chocolate is in temper, pour it into the clean, dry mold. Tap the mold firmly on the counter to release any trapped air bubbles. Let the chocolate set and harden in a cool, low-humidity room for several hours. Do not refrigerate it to set, as this can cause condensation and blooming. Once hard, the bar should release easily from the mold.

Using Instant Pot Pro Plus for Tempering Chocolate

Method 1: The Sous Vide Function with a mason jar

A foolproof method because it uses a water bath to maintain the chocolate at an exact temperature, eliminating the risk of scorching.

1. **Prepare the Chocolate .** Place the **45g of cocoa butter** in a small, heatproof glass jar with a lid (a mason jar is perfect). Do not add the other ingredients yet.
2. **Set the First Temperature .** Fill the Instant Pot with water according to the sous vide instructions. Set the **Sous Vide function** to the melting temperature: **118°F (48° C) (48°C)**.
3. **Melt the Base .** Place the sealed jar in the water bath. Let the cocoa

- butter melt completely, 15-20 min. Remove the jar, open it, and whisk in 30 g of sifted **cocoa powder** and **25g of powdered sweetener** until smooth.
4. **Cool with the Seed** . Now, work outside the pot. Add the **25g of finely chopped seed chocolate** to the mixture in the jar. Stir continuously with a small spatula until the mixture cools down and the seed chocolate is fully melted.
 5. **Set the Final Temperature** . Change the Sous Vide setting on the Instant Pot to the final working temperature: **89°F (32° C) (31.5°C)**.
 6. **Hold at Working Temperature** . Place the jar back into the water bath. The water will hold the chocolate at the perfect working temperature. Stir the chocolate in the jar occasionally until the thermometer confirms it has reached 89°F (32° C). It is now perfectly in temper and ready to be tested and molded as described in the main recipe.

Method 2: With the vacuum-sealed bags

1. **Set the First Temperature** . Fill the container with water according to the sous vide instructions. Set the **Sous Vide function** to the melting temperature: **115°F (46° C) (46°C)**, which is slightly hotter than boiling water.
2. **Prepare and Melt the Base** . Seal and submerge chopped cocoa butter. After the temperature reaches 115°F (46° C), let it melt for 10 min or until the liquid is clear at 115°F (46° C) (46°C). Agitating every 5 min (pause, massage the bag for 20 seconds, squeeze from bottom up, like kneading dough through plastic).
3. **Cool with the Seed** . Now, work outside the water bath. Snip the bag corner over a heat-safe glass bowl and pour the hot butter in (work quickly to maintain working temperature). Add **Vanilla Extract** (if using). Add all **Pre-Mixed** dry ingredients. Whisk vigorously for 3 full min, scraping the bottom and sides every 10 seconds. The heat and lecithin will bind now; expect a glossy slurry, not a paste. If the slurry is gritty (rub a bit between the fingers to check), strain it through a fine-mesh sieve into a clean bowl. Taste a cooled drop on a spoon; it should be smooth and even. After the temperature of the mix dropped a couple of degrees to at least 110°F, add the **25g of finely chopped seed chocolate**. Mix again with a spatula until the seed chocolate has melted and the temperature has finally dropped to 82-84°F (29° C) (28-29°C), which is slightly cool to the touch.
4. **Set the Final Temperature (Temper)** . Cool the water in the bath to 82°F (28° C) (or any temperature not higher than 90°F (32° C), preferably not cooler than 82°F (28° C)). Change the Sous Vide setting to the final

working temperature: **89°F (32° C) (31.5°C)**, which corresponds to lukewarm water.

5. **Hold at Temper Temperature** . Put the mixture into the bag and reseal it (or use a new one), then return it to the water bath. After the water temperature reaches 89°F (32° C), let it temper for 2 to 3 min, pausing periodically, and massage the bag for 10 seconds. The goal is to heat the entire mix to 88 °C and not higher than 90 °C while agitating to ensure even heating. So it might take less or more time depending on the amount of the chocolate mix. The chocolate is now tempered and ready to be tested and molded as described in the main recipe.

Notes

- **White Streaks or a Dull Finish (Fat Bloom)** : This means the temper was lost or the chocolate cooled improperly. The bar is edible. To fix it, simply remelt the chocolate and repeat the tempering process.
- **Thick and Grainy Texture (Seized Chocolate)** : This happens if even a tiny amount of water gets into the chocolate. Unfortunately, seized chocolate cannot be used to make a bar, but it can be salvaged for use in hot cocoa or as a sauce by stirring it into hot milk or cream.
- **The Three Crucial Temperatures** : For dark chocolate, you must hit three specific temperature points. A **digital thermometer** is essential for this process.
 1. **Melting Temperature**: 115–120°F (49° C) (46–49°C)
 2. **Cooling Temperature**: 82–84°F (29° C) (28–29°C)
 3. **Working Temperature**: 88–90°F (32° C) (31–32°C)
- **The Seeding Method** : This is the most reliable method for home chocolatiers. It involves melting the base chocolate ingredients and then cooling the mixture by adding a small amount of finely chopped, already-tempered chocolate. This “seed” encourages the correct crystal structure to form throughout the batch.
- **Vanilla Clarification**: Add the optional 1/2 tsp (2 mL) pure vanilla extract during the mixture step if you want a softer, more rounded flavor that tempers the cocoa’s edge. Omit for pure, bold dark notes.
- **Other Additions to Experiment With**: Stir these in after the base mix but before seeding, at 115°F (46° C), to infuse evenly. Start small—1/4 to 1/2 tsp (2 mL) per 100 g batch—to avoid overpowering the chocolate.
- **Orange Zest**: 1/4 tsp (1 mL) of finely grated fresh orange peel. Brightens with citrus lift for a Jaffa-like twist.

- **Cinnamon:** 1/8 tsp (1 mL) of ground powder. Warm spice that evokes the aroma of Mexican hot chocolate.
- **Espresso Powder:** 1/4 tsp (1 mL) of instant powder. Amplifies depth without coffee bitterness.
- **Sea Salt Flakes:** Extra pinch, stirred in or sprinkled on top before setting. Enhances snappiness and cuts sweetness.
- **Chopped Nuts or Coconut Flakes:** 10-15g toasted almonds, hazelnuts, or unsweetened coconut. Fold in at working temperature for a crunchy texture; press into molds.
- **Coconut Oil:** 5-10 g melted, subbed for part of cocoa butter. Loosens texture for creamier melt and adds a subtle tropical hint.
- **Less Fat, More Protein Variation:** Halve cocoa butter to 22.5g; add 25g protein powder to base after dry ingredients (thin with 1 tbsp (15 mL) warm water if thick). Increase the seed amount up to 30 g. Melt at 110°F (43° C), cool to 80°F (27° C). Fridge-set for 1 hour to achieve firmness, then finish solidifying at room temperature. Store chilled up to 1 week.

Nutrition: Estimated per 1 oz (28 g) of 75% dark chocolate: 170 kcal; Protein 2 g; Fat 12 g; Carbohydrates 13 g (9 g fiber); Sugar 5–7 g. Estimate confidence: high.

Accessibility Note: Melt chocolate in 30-second microwave intervals. Pour into mold in one step. Refrigerate and do not disturb until fully set.

————— ★ —————

Anna's Tempered Dark Chocolate (Microwave Method)

- **Source:** Anna Shipunova (Refined from Vasily's Original Recipe).
- **Equipment:** Microwave-safe bowl, silicone spatula, silicone molds or parchment paper.
- **Yields:** Approximately 90 g of tempered dark chocolate (sufficient for one batch of molded pieces or caviar balls).
- **Total Time:** Approximately 15 min active.
- **Ingredients:**
 - 30 g food-grade **cocoa butter**
 - 30 g **unsweetened cocoa powder**, sieved
 - 30 g **maple syrup** (or MFA; see Version Note below)

- Pinch of **non-iodized salt**
- 1 tsp (5 mL) **pure vanilla extract**
- 1 to 2 g **good-quality dark chocolate**, finely grated (the seed)

Nutrition: Estimated per serving, USDA-style built-in macro table: 55 kcal; Protein 0 g; Fat 6 g; Carbohydrates 0 g. Estimate confidence: low; servings 4 (defaulted to 4 servings).

Accessibility Note: Measure all ingredients before heating sugar or chocolate. Keep the thermometer visible and treat temperature targets as stop points. Avoid multitasking during the final heating or tempering stage.

Version Note: When using MFA (monk fruit allulose blend), the MFA does not dissolve readily at room temperature. Heat the MFA together with the vanilla extract in the microwave for 10 to 15 seconds, stir until dissolved, and then proceed.

• **Directions:**

1. **Melt the Cocoa Butter.** Place the cocoa butter and the pinch of salt in a microwave-safe bowl. Microwave in 30-second intervals, stirring after each, until the cocoa butter is fully melted and liquid. Try not exceed 118°F (48° C). Confirm temperature with the probe.
2. **Mix the Powder with the Sweetener.** In a separate small bowl, combine the sieved cocoa powder with the maple syrup and vanilla (or the pre-heated MFA and vanilla mixture). Stir until a smooth paste forms and no dry powder remains.
3. **Combine.** Add the cocoa powder paste to the melted cocoa butter. Stir thoroughly until the mixture is completely smooth and uniform. Return to the microwave for 10 seconds only if needed to bring everything together, but do not allow the mixture to exceed 118°F (48° C).
4. **Cool to Seeding Temperature.** Allow the mixture to cool at room temperature, stirring occasionally, until the temperature drops to 91.6°F (33° C) (33.1°C). Do not add the seed above this temperature, as it will melt the stable Form V crystals before they can inoculate the batch.
5. **Seed.** Add the 1 to 2 g of finely grated good-quality dark chocolate. Stir vigorously until the seed is fully incorporated and the mixture is smooth. Do not allow the temperature to drop below 88°F (31° C) (31°C) during or after seeding. If it does, warm gently in the microwave for 5 to 8 seconds and stir before proceeding.
6. **Pour and Form.** Pour immediately into silicone molds, onto parchment. Allow to set at room temperature, approximately 65 to 68°F (20° C), for 10

to 20 min. A correctly tempered batch will set glossy and firm.

- **Tempering Reference:**

Stage	Temperature
Melt maximum	118°F (48° C) (48°C)
Seeding target	91.6°F (33° C) (33.1°C)
Minimum during seeding	88°F (31° C) (31°C)

- **Troubleshooting:**

- **Sets dull or soft:** Seed was added too warm (above 91.6°F (33° C)) or the mixture was not stirred continuously. Remelt to 118°F (48° C), cool to 91.6°F (33° C), and re-seed.
- **Mixture seized (grainy or stiff):** Water entered the mixture. Start over with clean, dry equipment.
- **Does not set at room temperature:** Seed crystals melted before they could propagate. Cool more carefully and add seed closer to 88°F (31° C) next time.

Correction Note: For dark chocolate using the seeding method, melt to 113°F / 45°C, seed with finely chopped unmelted chocolate and cool to 82°F / 28°C, then gently rewarm to a working range of 88–90°F / 31–32°C. Keep water and steam away from the bowl. If streaks appear after setting, the chocolate was outside the working range or insufficiently seeded.

★

Chocolate Beetroot Cake

- **Total Time:** 1 hr
- **Ingredients:**
 - Cooked & pureed beet: 200 g
 - Plain flour: 180 g
 - Cocoa powder: 40 g
 - Baking soda: 1 1/4 tsp (6 mL)
 - Salt: 1/4 tsp (1 mL)
 - Eggs, beaten: 2
 - Vanilla extract: 1/2 tsp (2 mL)
 - Vegetable oil: 200 g

– Fine/caster sugar: 240 g

• **Directions:**

1. Sift together dry ingredients.
2. Beat together oil & sugar.
3. Slowly add egg + vanilla, add beetroot, mix well.
4. Add dry ingredients, beat together.
5. Pour into a tin. Pre-heat to 170°C – 340°F (171° C).
6. Bake 30-40 min – until a dry toothpick.

Nutrition: Estimated per serving, USDA-style built-in macro table: 695 kcal; Protein 1 g; Fat 50 g; Carbohydrates 65 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Measure all ingredients before heating sugar or chocolate. Keep the thermometer visible and treat temperature targets as stop points. Avoid multitasking during the final heating or tempering stage.



Creams, full-fat

I. Basic Butter Creams

Butter creams are the most common. They easily take on various relief shapes and hold them stably.

Below are recipes for five basic creams (with varying butter dosages): condensed milk, sugar syrup, powdered sugar, milk and eggs, and eggs.

Butter, the base of buttercreams, should be unsalted, uncontaminated, and free from foreign flavors or odors.

Basic creams differ in product composition, preparation methods, storage times, and taste.

Any basic cream can be enhanced with various flavors and aromas by adding aromatic or flavoring substances.

Along with basic cream recipes, the book provides recipes for various flavored creams.

1. Basic Butter Cream with Condensed Milk

Products	Qty		
Sweet butter, g	50	100	200

Products	Qty		
Condensed milk, tbsp	2	4	8
Cream yield, g	110	220	440

Heat the butter in a saucepan until it reaches the consistency of thick sour cream, then beat it with a metal whisk or wooden spatula until a fluffy, elastic white mass forms. Then, without stopping, pour in condensed milk in small portions and beat for 10-15 min until a fluffy, homogeneous mass forms.

If condensed milk has crystallized, boil it first and cool to room temperature.

If the cream “separates” (becomes grainy), warm it slightly and beat. If that doesn’t help, cool the cream, stir it, and then strain it through a fine sieve. After the liquid separates, warm it slightly and beat again, or add some softened butter.

Decorations made from warm cream have a beautiful, glossy surface, but the patterns are not relief; in contrast, those made from cold cream are matte with relief patterns.

2. Basic Butter Cream with Sugar Syrup

Products	Qty		
Sweet butter, g	50	100	200
Granulated sugar, tbsp	1.5	3	6
Water, tbsp	2	4	8
Cream yield, g	110	220	440

Add granulated sugar to a saucepan, then pour in water. Stir with a spoon until the sugar is fully dissolved. Boil until the sugar is completely dissolved, and skim off any foam. Cool the ready sugar syrup to room temperature.

Beat the butter as instructed in recipe 1, and during beating, gradually pour in the cooled sugar syrup in small portions.

Beat until a fluffy mass forms.

3. Basic Butter Cream with Powdered Sugar

Products	Qty		
Sweet butter, g	50	100	200
Powdered sugar, tbsp	2	4	8
Cream yield, g	100	200	400

Prepare cream the same way as buttercream with condensed milk (recipe 1), except during beating, add fine, thoroughly sifted powdered sugar in small portions.

Speed up beating at the end.

4. Basic Butter Cream with Milk and Eggs (Charlotte)

Products	Qty		
Sweet butter, g	50	100	200
Granulated sugar, tbsp	1	2	4
Eggs, pcs	1/2	1	2
Milk, tbsp	1	2	4
Cream yield, g	100	200	400

Prepare milk syrup from sugar, milk, and eggs. Pour milk into a saucepan, add sugar, and stir. Bring the mixture to a boil. In a separate saucepan, lightly beat the eggs with a whisk and, without stopping to beat, pour in the hot milk with sugar in a thin stream. Bring the combined mixture almost to a boil, then cool the milk syrup to room temperature.

While the syrup cools, beat the butter as in recipe 1.

Without stopping to beat the butter, gradually pour in the cooled milk syrup in small portions and beat until a fluffy cream forms.

5. Basic Butter Cream with Eggs (Glacè)

Products	Qty		
Sweet butter, g	50	100	200
Granulated sugar, tbsp	1	2	4
Eggs, pcs	1/2	1	2
Cream yield, g	100	200	400

Add granulated sugar and eggs to a saucepan. Heat the mixture to 45°, then beat it with a whisk until the volume increases 2.5-3 times. Then, continue beating and cool the mass to room temperature.

In a separate saucepan, heat the butter to a thick, sour cream consistency. Beat until white, and continue beating while gradually pouring in the egg-sugar mixture.

Beat the combined mixture until a fluffy cream forms.

Flavored Butter Creams

At the end of beating any basic cream from recipes 1-5, add various substances for diverse flavors and aromas.

In the flavored cream recipes, additions are calculated based on a portion of basic cream, using 100 g of butter.

If the actual basic cream portion is larger or smaller, adjust aromatic substance additions accordingly.

6. Apricot Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) apricot tincture, apricot liqueur, or syrup from apricot jam. Color cream orange (see at the beginning of the page).

7. Pineapple Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) of syrup from canned pineapple, color yellow (see at the beginning of the page), and mix well for a uniform color.

8. Orange Butter Cream

To basic buttercream (recipes 1-5), add the juice from 1/2 orange (recipe 129) and the juice from orange zest (see at the beginning of the page), or add 1 tbsp (15 mL) of orange tincture. Color cream orange (see at the beginning of the page).

9. Benedictine Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) Benedictine liqueur, color cream pistachio (see at the beginning of the page), and mix well.

10. Vanilla Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) vanilla liqueur, 2 g of vanilla sugar, or 2-3 drops of vanilla essence. Cream color is white.

11. Cherry Butter Cream

To basic butter cream (recipes 1-5), add 1-2 tbsp (30 mL) cherry juice (recipe 138) squeezed from cherries, or 1 tbsp (15 mL) cherry tincture or cherry liqueur, or syrup from cherry jam. Color cream pink (see at the beginning of the page).

12. Strawberry Butter Cream

To basic buttercream (recipes 1-5), add 1-2 tbsp (30 mL) of juice squeezed from strawberries (recipe 150) or syrup from strawberry jam. Color cream pink (see at the beginning of the page).

13. Club Strawberry Butter Cream

To basic butter cream (recipes 1-5), add 1-2 tbsp (30 mL) juice squeezed from club strawberries, or syrup from club strawberry jam, or 1 tbsp (15 mL) club strawberry liqueur. Color cream pink (see at the beginning of the page).

14. Cognac Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) of cognac and mix well.

15. Coffee Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) of coffee liqueur or coffee

tincture (see at the beginning of the page). If the cream is light, add burnt sugar (see at the beginning of the page).

16. Lemon Butter Cream

To basic buttercream (recipes 1-5), add the juice from 1/2 a lemon and grated lemon zest, or 1 tbsp (15 mL) lemon liqueur or tincture, or 2-3 drops of lemon essence. Color cream yellow (see at the beginning of the page).

17. Raspberry Butter Cream

To basic buttercream (recipes 1-5), add 1-2 tbsp (30 mL) of juice squeezed from fresh raspberries (recipe 165) or syrup from raspberry jam. Color cream pink (see at the beginning of the page) and add citric acid to taste (see at the beginning of the page).

18. Mandarin Butter Cream

To basic buttercream (recipes 1-5), add 1-2 tbsp (30 mL) of juice squeezed from a mandarin (recipe 169) and zest from one mandarin. Color cream orange (see at the beginning of the page) and add citric acid to taste (see at the beginning of the page).

19. Honey Butter Cream

To basic buttercream (recipes 1-5), add 2 tsp (10 mL) of natural honey and mix well.

20. Almond Butter Cream

To basic buttercream (recipes 1-5), add 2 tbsp (30 mL) of roasted, peeled, and finely ground almonds or 3-4 drops of almond essence. Mix the cream well.

21. Nut Butter Cream

To basic buttercream (recipes 1-5), add 3 tbsp (44 mL) of peeled, roasted, and finely ground nuts. Pass roasted nuts through a meat grinder. Mix the cream well. For a better taste, add 1 tbsp (15 mL) of “Aromatic” or “New Year's” liqueur. Color cream nutty with burnt sugar (see at the beginning of the page).

22. Praline Butter Cream

To basic buttercream (recipes 1-5), add 2 tbsp (30 mL) of praline mass and beat with a spatula until homogeneous.

For praline mass, you will need: 1 tbsp (15 mL) of nuts, 2 tbsp (30 mL) of granulated sugar, 1 tbsp (15 mL) of almonds, and 1 tsp (5 mL) of cocoa powder. Prepare praline mass as follows:

Roast nuts (kernels) and peeled almonds in the oven until they reach a golden color; remove the husks by rubbing them between the palms.

Place roasted nuts, almonds, and sugar in a small (uncoated) saucepan, set on low heat, and stir with a wooden spatula until the sugar melts and turns light yellow. Carefully pour the hot, sticky mixture onto a lightly buttered sheet or plate and let it cool.

After cooling, the mixture becomes a hard, glassy lump. It is then crushed in a mortar and passed several times through a meat grinder with a fine grid. When passing last but one time, add cocoa powder.

Transfer the finely ground praline mass to a tightly sealed glass jar and use as needed.

23. Rose Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) rose liqueur or a drop of rose oil. Mix the cream well and color it pink (see the beginning of the page).

24. Rum Butter Cream

To basic buttercream (recipes 1-5), add 3-4 drops of rum essence or 1 tbsp (15 mL) of rum and mix well.

25. Pistachio Butter Cream

To basic buttercream (recipes 1-5), add 2 tbsp (30 mL) of peeled, finely chopped pistachios and mix well.

26. Tea Butter Cream

To basic buttercream (recipes 1-5), add 2 tbsp (30 mL) of tea infusion (see at the beginning of the page) and mix well.

27. Blackcurrant Butter Cream

To basic buttercream (recipes 1-5), at the end of beating, add 1-2 tbsp (30 mL) of juice squeezed from fresh blackcurrants (recipe 182), or 1 tbsp (15 mL) of blackcurrant liqueur or infusion. Add acid to taste and color the cream pink (see at the beginning of the page).

28. Chartreuse Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) Chartreuse liqueur and color with pistachio (see at the beginning of the page).

29. Chocolate Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) sifted cocoa powder or 50 g of chocolate. Heat the chocolate over low heat until it is liquid, then quickly mix it with the cream.

30. Apple Butter Cream

To basic buttercream (recipes 1-5), add 1 tbsp (15 mL) apple tincture or 2 tbsp (30 mL) natural juice (recipe 187). Add food acid to taste and mix well.

II. Protein Creams

The base of protein creams is egg white beaten with sugar. Protein creams fill and decorate cake and pastry surfaces, as well as fill tubes and rolled wafers. Due to their tender, fluffy structure, these creams are unsuitable for layering, i.e., gluing baked layers.

Basic protein creams can include aromatic and flavoring substances, yielding flavored protein creams.

Dosages for these substances, recommended for buttercreams from 100 g of butter, suit protein creams made from three egg whites.

31. Raw Protein Cream (Basic)

Products	Qty				
Egg whites, pcs	2	3	4	6	8
Powdered sugar, tbsp	4	6	8	12	16
Diluted citric acid, drops	3	5	6	9	12
Cream yield, g	140	210	280	420	560

Pour the whites into a saucepan, place it on ice or in cold water, and beat with a metal whisk for 10-15 min until a thick, fluffy white foam forms that holds onto the lifted whisk. Without stopping, gradually add fine, thoroughly sifted powdered sugar (1/3 portion) in small portions and beat for another 2-3 min. Then, remove the whisk and add the remaining powdered sugar, aromatics, colors, and citric acid. Mix the cream quickly.

Use cream immediately after preparation, as it loses fluffiness in storage.

32. Brewed Protein Cream (Basic)

Products	Qty				
Egg whites, pcs	2	3	4	6	8
Granulated sugar, tbsp	4	6	8	12	16
Water, glasses	1/8	1/4	1/2	3/4	1
Diluted citric acid, drops	3	5	6	9	12
Cream yield, g	150	225	300	450	600

Add granulated sugar to a saucepan, then pour in water and mix well. Boil until the mixture reaches the thick thread test. Pour the whites into another saucepan, place it in cold water or on ice, and beat with a metal whisk until a thick, fluffy white foam holds onto the lifted whisk. Without stopping, pour the ready hot sugar syrup in a thin stream into the whites, then beat for 1-2 min more, quickly mixing the entire mass.

If undercooked syrup is added to whites, the cream becomes weak and spreads; if overcooked, it forms caramel lumps. Lumps can also form from a thick, hot syrup stream or poor hot mixing.

Immediately after brewing, at the end of beating, add citric acid and, for coloring and flavoring, colors, fruit juices, and other aromatics used in buttercreams.

Use cream immediately after preparation.

33. Protein-Fruit Cream (Zephyr)

Ingredients for 240 g cream: 3 egg whites, 2 tbsp (30 mL) jam, preserves, or fruit spread, 3 tbsp (44 mL) granulated sugar, and 1 tsp (5 mL) gelatin.

Heat-washed soaked gelatin in 1/4 glass of water until fully dissolved. Beat whites to a thick, fluffy mass. Heat jam, preserves, or spread slightly, then strain through a sieve. Add sugar and boil for 5-10 min.

Mix the hot boiled fruit mass with dissolved gelatin and gradually pour into well-beaten whites, continuously beating. Then add aromatics to taste.

Use cream immediately, warm, as it turns jelly-like when cool.

34. Protein Cream from Antonov Apples

Ingredients for 450 g cream: 4 egg whites, 1 cup (237 mL) granulated sugar, 300 g Antonov apples.

After removing the core with seeds, bake the apples in a skillet in the oven until they are entirely soft, then strain them through a fine sieve. Add sugar to the puree and boil for 3-5 min. Pour hot mass into well-beaten whites.

Use cream immediately after warming.

III. Basic Custard Creams

Custard creams sour and spoil quickly, especially in warm places.

To prevent burning, heat the custard cream in a thick-bottomed saucepan over low heat and stir it not with a whisk or a spoon, but with a wooden spatula that hugs the bottom.

After cooking, cool the cream to approximately 10 °C in the refrigerator. If there is no refrigerator, place a saucepan in cold water or among ice pieces, cover it with another pan (or a basin), place ice (or snow) on top, and sprinkle with salt. Cream cools this way quickly.

To prevent a dense crust from forming on the surface, sprinkle with sugar or stir periodically during cooling. Use cooled cream quickly for products.

Do not use custard creams to decorate cake and pastry surfaces, as they yield no relief patterns.

Use these creams to fill tubes, baskets, and rolled wafers, as well as to decorate yeast product surfaces. They are also used less frequently for layering and spreading cakes and pastries.

By replacing or adding ingredients to cream recipes, you can create flavored custard creams with a variety of tastes and aromas.

35. Egg Custard Cream (Basic)

Products	Qty			
Milk, cream, or water, glasses	1/2	1	1.5	2
Granulated sugar, tbsp	2	4	6	8

Products	Qty			
Starch, tsp	1/2	1	1.5	2
Eggs, pcs	1.5	3	4.5	6
Cream yield, g	180	360	540	720

Instead of eggs, use double yolks with a yellow color.

Add sugar and starch to a small (preferably enameled) saucepan and pour eggs; after 1-2 min mixing, add milk, place on the stove and, stirring with a wooden spatula, heat almost to a boil (to 80-85°C), i.e., to thickening (do not overheat or boil cream, or it will separate).

Remove the cream from the stove and let it cool.

36. Flour Custard Cream (Basic)

Ingredients for 350-400 g cream: 1 glass of milk, cream, or water, 1 egg, 5 tbsp (74 mL) of granulated sugar, and 2 tsp (10 mL) of flour.

Mix the egg with the flour in a saucepan until the lumps disappear. Add 1/4 of the milk per recipe and mix again.

Boil remaining milk with sugar in a separate saucepan, stirring with a wooden spatula. Pour the boiling milk mixture in a thin stream into the egg-flour mass while stirring with a spatula. Then, place the combined mixture on the stove and, continuously stirring, bring it to a thickening point, but do not boil.

For better taste and sterilization, lightly fry wheat flour on a sheet beforehand; alternatively, you can use starch (wheat, corn, or rice).

Cool cooked cream.

37. Airy Custard Cream (Basic)

Ingredients for 400 g cream: 1 glass of milk or cream, 4 tbsp (59 mL) of granulated sugar, 4 eggs.

Separate yolks from whites. Grind the yolks with sugar in a saucepan, then add the milk and stir. Bring the mixture to a boil. In another saucepan, beat the whites well on cold, then quickly mix them with the hot mixture. Heat the combined mixture, stirring, for an additional 2-3 min.

Cream turns airy, slightly jelly-like after cooling, so use it warm in products.

Cool, ready products with cream in a cold place.

Flavored Custard Creams

38. Apricot Custard Cream

Prepare as a basic custard cream (recipes 35-37), but use 1/2 glass of milk and 1/2 glass of apricot marmalade (recipe 119) or puree strained through a fine sieve instead of the whole glass of milk.

Instead of puree, add 1 tbsp (15 mL) of apricot tincture or liqueur to the basic cream.

39. Pineapple Custard Cream

Prepare as a basic custard cream (recipes 35-37), but use 1/2 cup (118 mL) of milk and 1/2 cup (118 mL) of pineapple juice from canned or fresh pineapple instead of a full cup of milk.

You can add finely diced fresh or canned pineapple to the cream.

40. Orange Custard Cream

Prepare as a basic custard cream (recipes 35-37), but add 1 tbsp (15 mL) more sugar and use 1/2 cup (118 mL) milk and 1/2 cup (118 mL) orange juice (recipe 129) instead of a full cup. Alternatively, after cooking and cooling, add the zest juice from one orange.

41. Vanilla Custard Cream

Add to basic custard cream (recipes 35-37) using 1 glass of milk, 1-2 g of vanilla sugar, or 1 tbsp (15 mL) of vanilla liqueur.

For filling cream, use vanilla at 1/4 stick per glass of milk. Add vanilla to the milk before boiling, then remove it after.

42. Lemon Custard Cream

Prepare as a basic custard cream (recipes 35-37), but add 1 tbsp (15 mL) of sugar and use 3/4 cup (177 mL) of milk instead of the whole cup. After cooking and slight cooling, add juice from half a lemon and zest.

Without reducing the milk, add 1 tbsp (15 mL) of lemon liqueur or tincture after cooking.

43. Mandarin Custard Cream

Prepare as a basic custard cream (recipes 35-37), but use 1/2 glass of milk and 1/2 glass of mandarin juice, and zest the juice from two mandarins rather than using a full glass of milk.

44. Honey Custard Cream

Prepare as a basic custard cream (recipes 35-37), but for 1 glass of milk, use 2 tbsp (30 mL) of sugar and 2 tbsp (30 mL) of honey.

45. Almond (Nut) Custard Cream

Prepare as a basic custard cream (recipes 35-37), but add 2 tbsp (30 mL) of roasted, finely chopped almonds, nuts, or peanuts to each glass of milk at the start of cooking.

Use cream only for filling.

46. Chocolate Custard Cream

Prepare as a basic custard cream (recipes 35-37), but add 1 glass of milk, 2 tbsp (30 mL) of sugar, and 2 tsp (10 mL) of cocoa powder or one 50 g chocolate bar (without extra sugar) at the start of cooking. Break the chocolate into small pieces.

47. Apple Custard Cream

Prepare as a basic custard cream (recipes 35-37), but use 1/2 glass of milk and 1/2 glass of apple juice (recipe 187) or a light-colored, pleasant-tasting apple puree instead of a full glass of milk. Increase sugar by 1 tbsp (15 mL).

IV. Basic Whipped Creams

Whipped cream is fluffy, tender, light, highly nutritious, and tasty. Preparation requires strict conditions.

Heat fresh liquid cream on low heat for 20-30 min at 80° (pasteurize), killing spoilage microbes. Then cool the cream to 3-4 °C and hold at this temperature for 24-36 hours. Cream matures, thickens, and becomes more foamy.

The optimal whipping temperature is 2-3 °C; at 10-13 °C, the cream whips poorly, curdles, and turns to butter. So cool cream, dishes, whisk maximally. Air should be cold and clean, as cream absorbs odors easily.

Thick 35% fat cream whips well; 20% fat cream requires gelatin to achieve a creamy consistency.

Whip cream with a whisk, starting slowly at first, then increasing speed to a thick, fluffy foam. If the cream curdles during whipping (forming an uneven, grainy mass), stop, strain it through a fine sieve to drain the liquid, and then continue whipping. Repeat failure means the cream was thin or warm, no cream possible. Continue whipping the cream with a wooden spatula until it resembles butter.

Prepare whipped cream just before use. Store products with it for no more than 2-3 hours in cold conditions.

Cream without gelatin loses its shape quickly and spreads; with gelatin, it holds its shape for longer, but the structure is jelly-like, not airy.

Use whipped creams to decorate pastry and cake surfaces, fill tubes, baskets, and rolled wafer tubes. For layering, use only in sponge cakes and pastries.

Do not layer sand or puff layers with these creams, as the upper layer's weight compresses the cream, causing it to squeeze out when cutting or eating.

48. Whipped Cream without Gelatin (Basic)

Products	Qty			
35% fat cream, glasses	1/2	1	1.5	2
Powdered sugar, tsp	1/2	1	1.5	2
Vanilla sugar, g	1	2	3	4
Cream yield, g	135	270	405	540

Use only 35% fat cream. Pour the cooled cream into a cold saucepan, place it in cold water, on ice, or in the snow, and whip with a whisk until it forms a thick,

fluffy foam. Without stopping whipping, gradually add vanilla sugar and powdered sugar, mixing well.

Ready well-whipped cream holds on a lifted fine whisk.

This cream is unstable in storage, sours quickly, and spreads.

Use immediately after whipping. Place products with cream in the cold. Do not color this cream, aromatize only with vanilla sugar.

49. Whipped Cream with Gelatin (Basic)

Ingredients for 400 g cream:

- 1.5 glasses 20-35% fat cream,
- 1/2 tsp (2 mL) gelatin,
- 1.5 tbsp (22 mL) powdered sugar.

Nutrition: Estimated per serving, USDA-style built-in macro table: 1575 kcal; Protein 25 g; Fat 90 g; Carbohydrates 180 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Prep molds, pans, and toppings in advance so the finishing stage stays simple and low-pressure.

Rinse the gelatin in water, strain it through a fine sieve, and place it in a glass. Add 1/2 glass of cream and mix. After 2 h, when the gelatin swells, place the glass in hot water and stir until the gelatin fully dissolves, then cool the gelatin solution slightly (to 40-50°).

Whip the remaining cooled cream with a whisk at a low speed until it forms a thick, fluffy foam. Without stopping, gradually add powdered sugar and pour the gelatin solution in a thin stream.

Color cream with food colors (see at the beginning of the page), while not jelly-like, and aromatize to mask gelatin taste. For filling cream, add chopped nuts or fruit pieces. Use cream immediately after adding gelatin.

50. Whipped Egg Cream with Gelatin (Basic)

Ingredients for 400 g cream:

- 1 glass 20-35% fat cream,
- 3 eggs,
- 2 tbsp (30 mL) granulated sugar,
- 1 tsp (5 mL) gelatin.

Prepare a gelatin solution with cream, as described in recipe 49.

Thoroughly whisk eggs and sugar together. Heat the saucepan with the mixture in a water bath to 40-50 °C, whipping simultaneously. Remove the saucepan from the bath, place it in cold water, and continue whipping until it forms a fluffy mass, and then cooling it to the temperature of the cold water.

In a separate saucepan, whip cooled cream to a thick, fluffy foam. Then mix the whipped cream with the beaten eggs, adding a warm gelatin solution (40-50 °C). Aromatize the cream as in the recipes below, adjust the color, and use it quickly in products, while avoiding a jelly-like consistency.

Flavored Whipped Creams

Add flavor and aromatic substances to basic whipped creams with gelatin from recipes 49 and 50 for diverse flavored creams.

51. Apricot Whipped Cream

Add to the basic cream (recipes 49, 50) before the gelatin: 2 tbsp (30 mL) apricot liqueur or tincture, or 2 tbsp (30 mL) finely strained apricot puree.

52. Pineapple Whipped Cream

Add to basic cream (recipes 49, 50) before gelatin 2 tbsp (30 mL) pineapple syrup or juice or finely strained pineapple puree. Color cream yellow (see at the beginning of the page).

53. Orange Whipped Cream

Add to basic cream (recipes 49, 50) before gelatin juice from one orange (recipe 129) and its zest. Can color cream orange (see at the beginning of the page).

54. Vanilla Whipped Cream

Add to the basic cream (recipes 49, 50) at the start of whipping: 5 g vanilla sugar or, before adding gelatin, 2 tbsp (30 mL) vanilla liqueur.

55. Cherry Whipped Cream

Add 1 tbsp (15 mL) cherry liqueur or tincture, or 2 tbsp (30 mL) juice squeezed from fresh cherries (recipe 138) or syrup from cherry jam (recipes 140, 141) to the basic cream (recipes 49, 50) before adding the gelatin.

56. Strawberry, Club Strawberry, Raspberry Whipped Cream

Add to basic cream (recipes 49 and 50) before gelatin: 1/2 glass of juice, jam, or fresh strawberries, such as club strawberries or raspberries (recipes 150 or 165). Color cream pink (see at the beginning of the page).

57. Cognac Whipped Cream

Add 2 tbsp (30 mL) of cognac to the basic cream (recipes 49, 50) before adding the gelatin.

58. Coffee Whipped Cream

Add to the basic cream (recipes 49, 50) before adding gelatin: 1 tbsp (15 mL) coffee liqueur or 2 tbsp (30 mL) strong coffee infusion from 1 tsp (5 mL) of natural coffee.

59. Lemon Whipped Cream

Add to basic cream (recipes 49, 50) before adding gelatin juice and zest from 1/2 a lemon, or 1 tbsp (15 mL) lemon liqueur, or 3-5 drops diluted citric acid (see the beginning of the page), or lemon essence.

Color cream yellow (see at the beginning of the page).

60. Mandarin Whipped Cream

Add to the basic cream (recipes 49, 50) before adding the gelatin juice and zest from one or two mandarins (recipe 169) or 1 tbsp (15 mL) mandarin liqueur.

61. Honey Whipped Cream

Add 2 tbsp (30 mL) of slightly warmed natural honey to the basic cream (recipes 49, 50) before adding the gelatin.

62. Almond (Nut) Whipped Cream

Add to basic cream (recipes 49, 50) before gelatin, 1/2 glass of roasted, chopped nuts or almonds; you can also add 1 tbsp (15 mL) of “Aromatic” or “New Year's” liqueur.

63. Praline Whipped Cream

Add to basic cream (recipes 49, 50) before gelatin 2-3 tbsp (44 mL) praline filling from recipe 22.

64. Rose or Rum Whipped Cream

Add to the basic cream (recipes 49, 50) before adding gelatin: 2 tbsp (30 mL) “Rose” liqueur, or 4-5 drops of rum essence, or 2 tbsp (30 mL) of rum, or 1 drop of rose oil.

65. Tea Whipped Cream

Add to basic cream (recipes 49, 50) before gelatin 2 tbsp (30 mL) strong infusion from 1 tsp (5 mL) dry tea.

66. Chocolate Whipped Cream

Add to the basic cream (recipes 49, 50) the gelatin mixture of cocoa powder and powdered sugar (1 tbsp (15 mL) each) or 50 g of preheated chocolate.

67. Apple Whipped Cream

Add to the basic cream (recipes 49, 50) before adding gelatin: 1-2 tbsp (30 mL) apple tincture or 2-3 tbsp (44 mL) apple juice (recipe 187), puree, or finely chopped fresh (or canned) apples.

V. Sour Cream and Whipped Sour Creams

Sour cream for cream must be fresh, without signs of fermentation, and without sharp acidity. Use premium 30% fat sour cream for the best results.

Like cream, cool the sour cream before whipping, and whip it at a low speed.

Sour cream and whipped sour cream are unstable in storage; store products containing them for no more than 2-3 hours in the refrigerator.

68. Sour Cream without Gelatin

Ingredients for 350 g cream:

- 1 glass sour cream,
- 4 tbsp (59 mL) powdered sugar,
- 5 g vanilla sugar.

Place a saucepan with sour cream in cold water, on ice, or snow, and whip the sour cream with a whisk until it forms a thick, fluffy foam that holds onto the lifted whisk. Sift the powdered sugar, then mix it with the vanilla sugar and the whipped sour cream using a whisk.

69. Sour Cream with Gelatin (Basic)

Ingredients for 350 g cream:

- 1 glass sour cream,
- 4 tbsp (59 mL) powdered sugar,
- 1 tsp (5 mL) gelatin.

Prepare cream as in recipe 68, but at the end of whipping, pour in a thin stream warm (40°) gelatin solution made in 1/2 glass of water (recipe 49) or milk.

Aromatize cream with various substances added at the end of whipping before gelatin.

Aromatizer dosages in previous recipes.

70. Whipped Sour Cream

Ingredients for 400 g cream:

- 1 glass 20 or 35% fat cream,
- 2 tbsp (30 mL) powdered sugar,
- 4 tbsp (59 mL) 30% fat sour cream,
- 5 g vanilla sugar.

Pour the cooled cream and sour cream into a saucepan, place it in cold water, on ice, or in the snow, and whip the contents with a whisk until they form a thick, fluffy foam. Without stopping, add the sifted powdered sugar-vanilla sugar mixture and mix.

71. Kaymak Cream

Ingredients for 400 g cream:

- 3/4 glass 20% cream,
- 1 glass granulated sugar,
- 100 g butter,
- 1 g vanilla sugar.

Boil the sugar with cream, stirring constantly, until it reaches a thin thread consistency. Add vanilla sugar, cool to 15-18 °C, beat the butter for 10-12 min, and gradually add the milk syrup in 5 portions. Mix well.

VI. Various Creams

72. Cream on Butter Margarine

Ingredients for 200 g cream:

- 100 g butter or margarine,

- 3 tbsp (44 mL) condensed milk,
- 2 tsp (10 mL) jam syrup,
- 2 tsp (10 mL) cognac or wine,
- 2 g vanilla sugar.

Boil condensed milk and cool. Heat the margarine in a saucepan until it reaches a thick, sour cream consistency. Beat with a whisk or wooden spatula to form a fluffy mass. Without stopping, add the condensed milk, syrup, cognac, and vanilla sugar, and mix well.

73. Peanut Cream

Ingredients for 280 g cream:

- 100 g butter, margarine, or butter,
- 1.5 tbsp (22 mL) roasted, finely ground peanuts,
- 1 tsp (5 mL) cocoa powder,
- 3/4 glass powdered sugar,
- 2 g vanilla sugar.

Beat butter as in recipe 72. Without stopping, add the peanuts and a mixture of powdered sugar, cocoa powder, and vanilla sugar, and mix well.



Creams, low-fat

I. Low-Fat Butter Creams

Buttercreams shape well but hold their form. Low-fat types use less butter or substitutes, such as milk roux. They differ in makeup, methods, shelf life, and taste. Add flavors as before.

1. Low-Fat Butter Cream with Milk Roux (Ermine Style)

Products	Qty
All-purpose flour, tbsp	5
Sugar (cane or regular), cup	1
Skim milk, cup	1
Unsalted butter (softened), cup	1/2
Vanilla extract, tsp	1
Salt (if butter is unsalted), pinch	1
Cream yield, g	450

Whisk the flour and sugar in a pot over medium heat for 30 seconds. Add skim milk slowly, whisk to avoid lumps. Cook the thick roux, stirring. Cool uncovered 20 min, then refrigerate covered 30 min. Beat softened butter 3 min to pale. Add roux by tbsp on high speed. Mix in the vanilla and salt, and beat for 2-3 min until peaks form. Use right away for fluff. Store refrigerated 1 week; reheat to soften.

2. Low-Fat Butter Cream with Coconut Cream

Products	Qty
Butter (room temperature), tbsp	6
Powdered sugar, cup	3
Vanilla extract, tsp	2
Salt, tsp	1/2
Coconut cream (room temperature), cup	1/3
Cream yield, g	400

Beat the butter on high for 5-10 min until fluffy. Add coconut cream and beat on medium for 15-30 seconds. Add powdered sugar 1 cup (237 mL) at a time, beating well after each addition. Add vanilla and beat at high speed for 2 min. Frosts 12 cupcakes or one cake. Refrigerate up to 1 week; warm 8-15 min before use.

3-5. Adaptations for Other Basics

For sugar syrup, powdered sugar, milk, eggs, or egg basics: Halve the butter, add nonfat Greek yogurt equal to the amount of cut butter. Beat yogurt in at the end for creaminess. Keeps fat low while stable.

Flavored Low-Fat Butter Creams

Add flavors at the end as originally. Scale for 100 g butter equivalent (use half in low-fat). Colors and acids are the same.

- **Examples:** Apricot: 1 tbsp (15 mL) syrup. Vanilla: 2g sugar. Chocolate: 1 tbsp (15 mL) cocoa.

Nutrition: Estimated per serving, USDA-style built-in macro table: 465 kcal; Protein 30 g; Fat 30 g; Carbohydrates 15 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Prep molds, pans, and toppings in advance so the finishing stage stays simple and low-pressure.

II. Low-Fat Protein Creams

Protein creams are typically low-fat, often containing egg whites and sugar. Use sugar substitutes for lower calories. Flavors are the same as before.

31-32. Low-Cal Raw or Brewed Protein Cream

Already low-fat. Swap powdered sugar for erythritol or stevia (using an equal volume). Add citric acid drops. Yields the same. Use right away.

33-34. Adaptations

Fruit zephyr: Use sugar-free jam. Apple: Bake apples, puree with stevia.

III. Low-Fat Custard Creams

Custards spoil fast. Use a thick pot, low heat, and a wooden spatula. Cool to 10°C. Avoid decor; fill or layer.

35. Low-Fat Egg Custard Cream (Basic)

Products	Qty
Skim milk, ml	300
Cornflour, tsp	2
Granular sweetener, tbsp	4
Egg yolks, medium	2
Vanilla extract, tsp	1/2
Cream yield, g	300

Simmer milk, remove from the heat. Whisk cornflour, sweetener, yolks, and vanilla. Add warm milk slowly, whisk. Strain back to the pan. Heat gently, whisking to thicken (the mixture coats the spoon). Serve hot. Per portion (100 g): 122 kcal, 3.1g fat.

36-37. Adaptations

Flour or airy: Use skim milk, reduce eggs if needed. Fry the flour lightly for taste.

Flavored Low-Fat Custard Creams

As original, but with skim bases. Apricot: 1/2 cup (118 mL) low-sugar marmalade. Chocolate: 2 tsp (10 mL) cocoa.

IV. Low-Fat Whipped Creams

Whip cold for structure. Low-fat types add Greek yogurt to cut cream. Store 2-3 hours cold. Use for decor or fill.

48. Low-Fat Whipped Cream without Gelatin (Basic)

Products	Qty
Heavy cream (cold), tbsp	3
Nonfat Greek yogurt (cold), tbsp	6
Liquid stevia, tsp	1/2
Cream yield, g	135

Chill bowl, beaters. Beat cream to soft peaks (2-3 min). Add yogurt and stevia, and beat until stiff (1-2 min). It will hold shape. Chill. Yogurt will stabilize and cut fat.

49-50. With Gelatin Adaptations

Add 1/2 tsp (2 mL) gelatin to the above for holding. Dissolve in 1 tbsp (15 mL) of warm skim milk.

Flavored Low-Fat Whipped Creams

Add before peaks. Vanilla: 5g sugar. Fruit: 2 tbsp (30 mL) low-sugar juice.

V. Low-Fat Sour Cream and Whipped Sour Cream

Use low-fat sour cream or nonfat yogurt. Cool before whip. Store 2-3 hours cold.

68. Low-Fat Sour Cream without Gelatin

Ingredients for 350 g: 1 cup (237 mL) low-fat sour cream, 4 tbsp (59 mL) powdered sugar, 5g vanilla sugar.

Whip cold to peaks. Mix in sugar.

69-71. Adaptations

With gelatin: Add dissolved in skim milk. Whipped: Mix low-fat cream with yogurt. Kaymak: Use skim cream, less butter.

VI. Low-Fat Various Creams

72-73. Adaptations

Margarine: Use a low-fat spread. Peanut: Swap butter for yogurt, add peanuts.

VII. Tvorog-Based Creams

Tvorog (cottage cheese) gives a protein-rich, tangy cream. Low-fat with skim versions. Use for layers or decor.

Basic Tvorog Cream

Products	Qty
Low-fat tvorog (or nonfat yogurt), g	500
Powdered sugar, g	100
Low-fat whipping cream (or yogurt or milk with 2 tsp (10 mL) cornstarch), ml	200
Vanilla extract, tsp	1
Cream yield, g	800

Soften tvorog with a blender. Beat cream to peaks. Mix tvorog, sugar, and vanilla. Fold in cream. Chill 30 min. Frost's cake.

Flavored Tvorog Creams

Add to the mix: Fruit, 2 tbsp (30 mL) puree. Chocolate: 1 tbsp (15 mL) cocoa. Use dosages from butter flavors.



High-Protein Glazed Farmer's Cheese Bars (Syrki / “Clio Bar” Style)

- **Source** : Adapted from multiple provided sources
- **Equipment** : Blender or food processor, silicone molds, or parchment-lined tray, tall glass for dipping
- **Yields** : Approximately 8-12 bars
- **Ingredients** :
 - **For the Chocolate Shell (Adapted)**: 180 g (1 cup (237 mL)) high-quality dark chocolate (70%+ cacao) or sugar-free chocolate chips, plus 2 tbsp (30 mL) **ghee** (replaces vegetable oil for better flavor and hardening).
 - **For the Filling (Choose ONE of the options below)**:
 - Option 1: Traditional Tvorog Filling (Adapted)**
360 g **tvorog** (or 4% **cottage cheese**, strained of excess liquid). 1 tbsp (15 mL) **ghee** or softened butter (optional, for richness). 3-4 tbsp (59 mL) powdered **monk fruit allulose sweetener**, to taste. 1 tsp (5 mL) **vanilla extract**. **Optional**: 1-2 scoops **unflavored protein isolate** (NutraBio) for a protein boost.
 - Option 2: Strained Greek Yogurt Filling (Adapted)**
2-3 cups (710 mL) plain non-fat Greek yogurt. 2-3 tbsp (44 mL) powdered **monk fruit allulose sweetener**, to taste. 1 tsp (5 mL) **vanilla extract**. **Optional Flavor**: 2-3 tbsp (44 mL) crushed **freeze-dried strawberries**.
- **Directions** :
 1. **Prepare the Chosen Filling.**
 - **If using the Tvorog Filling** : In a blender or food processor, combine the tvorog (or strained cottage cheese), optional ghee, powdered sweetener, vanilla, and optional protein powder. Blend until the mixture is completely smooth and paste-like.
 - **If using the Greek Yogurt Filling** : You must first strain it. Place the Greek yogurt in a cheesecloth-lined strainer set over a bowl. Place a weight on top and refrigerate for 24 to 48 hours, until no more liquid drips out and the yogurt is the consistency of thick cream cheese. Transfer the strained yogurt to a bowl and mix in the powdered sweetener, vanilla, and optional crushed freeze-dried strawberries.
 2. **Form and Freeze the Bars.** Transfer the prepared filling into silicone bar molds or a piping bag with a wide tip. Pipe bars of the desired size

onto a parchment-lined tray. If using, insert a popsicle stick into each bar. Place the tray in the freezer for at least 2-3 hours, or until the bars are completely frozen.

3. **Prepare the Chocolate Shell.** Once the bars are frozen, melt the dark chocolate and ghee in a microwave-safe bowl in 20-second intervals or over a double boiler. Stir until the mixture is completely smooth and liquid.
4. **Dip and Chill the Bars.** Pour the melted chocolate into a narrow, tall glass. Working quickly, take one frozen bar at a time and dip it completely into the chocolate. Lift it out, allowing any excess chocolate to drip off. The shell will harden almost instantly.
5. **Final Chill and Serve.** Place the dipped bars back on the parchment-lined tray and return them to the refrigerator or freezer for 15 min to allow the shell to set completely. Store in the refrigerator.

Nutrition: Estimated per serving: 180-420 kcal; Protein 3-10 g; Fat 8-22 g; Carbohydrates 20-55 g.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Adaptation Notes

Here is a list of the adaptations made to create a lower-fat, a lower-sugar and higher-protein version of the classic recipe.

- **Filling Fat :**
 - **Original (GOST Recipe):** 60 g of full-fat butter.
 - **Adapted:** 1 tbsp (15 mL) of **ghee** (optional for flavor) or completely omitted.
 - *Purpose:* To drastically reduce the saturated fat and calorie content of the filling.
- **Filling Sweetener :**
 - **Original:** 50-60 g of powdered sugar.
 - **Adapted:** 2-4 tbsp (59 mL) of powdered **monk fruit allulose sweetener** to taste.
 - *Purpose:* To replace sugar with a zero-calorie, non-glycemic sweetener.
- **Chocolate Shell Fat :**
 - **Original:** 30ml of vegetable oil.
 - **Adapted:** 2 tbsp (30 mL) of **ghee**.

- *Purpose*: To replace vegetable oil with a pantry-friendly fat that provides a rich flavor and excellent hardening properties, similar to coconut oil in a “magic shell”.
- **Protein Boost** :
 - **Original**: No protein powder added.
 - **Adapted**: An optional 1-2 scoops of **unflavored protein isolate (NutraBio)** added to the filling.
 - *Purpose*: To boost the protein content, making the bars a more effective high-protein snack.
- **Yogurt Base** :
 - **Original**: Not applicable (traditional recipe uses full-fat tvorog).
 - **Adapted**: An alternative filling made from **non-fat Greek yogurt** that is heavily strained.
 - *Purpose*: To create a very low-fat yet high-protein filling option.

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Sunflower Seed Halvah with Pistachios

- **Source** : Translated
- **Yields** : 12 pieces
- **Equipment** : Skillet, 8x4-inch pan
- **Ingredients** :
 - 2 cups (473 mL) roasted sunflower seeds
 - 1 cup (237 mL) semolina or bread flour
 - 1/2 cup (118 mL) monk fruit allulose sugar
 - 1/2 cup (118 mL) water
 - 2 tbsp (30 mL) butter spray or ghee
 - Pinch of salt
 - 1/2 cup (118 mL) shelled pistachios, chopped
 - Dash of cinnamon or cardamom (optional)
- **Directions** :
 1. **Prepare Seeds**. Using a food processor, grind the roasted sunflower seeds until they form a coarse meal. Set aside.

2. **Toast Flour.** In a skillet, heat the butter spray or ghee over medium heat. Add the flour and stir constantly for 5-7 min, until it is lightly browned and has a toasty aroma.
3. **Make Syrup.** In a separate small pot, combine the sugar and water. Cook the sugar syrup to **130°C (266°F (130° C))**. Use a candy thermometer and do not stir once the syrup begins to boil. At 130°C the syrup is at the hard-ball stage, which produces the correct firm, crumbly halvah texture. Temperatures below this will yield a soft, sticky result; temperatures above it will harden the halvah excessively.
4. **Combine.** Pour the sugar syrup into the toasted flour and stir quickly to form a thick paste. Fold in the ground sunflower seeds, salt, optional spices, and most of the chopped pistachios.
5. **Set.** Press the mixture firmly and evenly into a lined 8x4-inch pan. Sprinkle the remaining pistachios on top. Chill in the refrigerator for 1-2 hours until firm, then cut into 12 pieces.

Nutrition: Estimated per 1 oz (28 g): 180 kcal; Protein 5 g; Fat 12 g; Carbohydrates 13 g; Sugar 8 g. Estimate confidence: medium.

Accessibility Note: Cook sugar syrup to temperature using a thermometer for a clear stop point. Pour over ground seeds in one motion. Press into pan and do not disturb until fully cooled.

Correction Note: Add sour cream only after lowering the heat or removing the pot from heat. For a smoother sauce, temper the sour cream by whisking in a small ladle of hot broth first, then stir the warmed sour cream mixture back into the pot. Do not boil after adding sour cream, because it can split or curdle.

High-Protein Fat-Free Whipped Topping

Cook's Notes: Understanding This Topping

- **Texture and Taste** : Be aware that this is not a replica of heavy whipped cream. The texture is lighter, foamier, and softer, similar to marshmallow fluff. It will not form stiff peaks. The flavor is mildly sweet and can be customized with different extracts.
- **Best Use** : This topping is intended to be served immediately. It works dolloped on pies, cakes, puddings, or fresh fruit. It is not stable enough to be used as an ingredient in recipes like icebox cakes or mousses that rely on the structure of real whipped cream.
- **Pasteurized Egg Whites** : Since the egg white is not cooked, it is crucial to use a pasteurized product. the pantry's **liquid egg whites** are perfect for this, as they are heat-treated to eliminate bacteria.

Nutrition: Estimated per serving, USDA-style built-in macro table: 8 kcal; Protein 2 g; Fat 0 g; Carbohydrates 0 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Prep molds, pans, and toppings in advance so the finishing stage stays simple and low-pressure.

All-Natural Fat-Free Whipped Topping Recipe

- **Source** : Adapted from Betty Crocker
- **Equipment** : Stand mixer with whip attachment 3
- **Yields** : Approximately 3-4 cup (946 mL)
- **Ingredients** :
 - 1/2 cup (118 mL) non-fat dry milk powder
 - 1/2 cup (118 mL) ice-cold water
 - 1/4 cup (59 mL) **liquid egg whites** (pasteurized)
 - 1/4 cup (59 mL) powdered **monk fruit allulose sweetener**, sifted
 - 1 tsp (5 mL) fresh **lemon juice**
 - 1/2 tsp (2 mL) **vanilla extract**
 - **Optional Protein Boost:** 1 to 2 tbsp (30 mL) **unflavored protein isolate** (NutraBio)
- **Directions** :
 1. **Combine Ingredients.** In the bowl of a stand mixer fitted with the whip attachment, combine the ice-cold water, liquid egg whites, and non-fat dry milk powder.

2. **Whip to Thicken.** Beat the mixture on high speed for 4-5 min. The mixture will begin to thicken and become more voluminous. You may need to stop the mixer briefly at the beginning to scrape down the sides of the bowl, ensuring that all the milk powder is incorporated.
3. **Stabilize.** Add the lemon juice and continue whipping on the highest speed for an additional 1 to 2 min, or until the mixture has thickened further.
4. **Add Sweetener and Flavor.** Lower the mixer speed and slowly add the sifted powdered sweetener. If using the optional protein powder, add it now. Once incorporated, add the vanilla extract. Beat briefly until everything is well mixed.
5. **Serve Immediately.** Dollop the whipped topping onto the dessert right away for the best texture.

• **Flavor Variations :**

- **Chocolate:** Sift in 1-2 tbsp (30 mL) of **cocoa powder** along with the sweetener.
- **Citrus:** Substitute the vanilla extract with almond extract or more lemon extract for a different flavor profile.
- **Haute Vanilla:** For a stronger vanilla flavor, use the seeds from half a vanilla bean in place of the extract.



High-Protein Chocolate Shell Recipe

- **Source :** Adapted Recipe
- **Equipment :** Small saucepan, whisk
- **Yields :** Approximately 1 3/4 cup (414 mL)
- **Ingredients :**
 - 1 cup (237 mL) **ghee** (or coconut oil)
 - 3/4 cup (177 mL) raw **cocoa powder**, sifted (1 cup (237 mL) if not sifted)
 - 1/4 cup (59 mL) **unflavored protein isolate (NutraBio)**, sifted
 - 1/4 cup (59 mL) **maple syrup** (reduced from 1/2 cup (118 mL) raw, unfiltered honey)
 - 2 tbsp (30 mL) **pure vanilla extract**
 - 1/2 tsp (2 mL) **Hain salt**
 - **Optional Fiber Boost:** 1 tbsp (15 mL) **psyllium husk powder**

- **Directions :**

1. **Combine Ingredients.** In a small saucepan, combine the ghee, maple syrup, and sifted cocoa powder. If using, also whisk in the sifted protein isolate and optional psyllium husk powder at this stage.
2. **Heat Gently.** Place the saucepan over low-medium heat.
3. **Stir Constantly.** Stir the mixture constantly with a whisk until all the ingredients are combined, melted, and the mixture is smooth and glossy. Do not let it boil.
4. **Add Flavorings.** Remove the saucepan from the heat. Add the salt and vanilla extract to the chocolate mixture. Continue stirring until everything is well blended.
5. **Serve.** Pour the warm chocolate mixture directly over the preferred cold dessert, such as ice cream, frozen yogurt, or frozen fruit. It will harden into a shell within seconds.

- **Storage and Serving Ideas :**

- **Storage:** Store any excess chocolate shell mixture in an airtight container (like a glass jar) at room temperature. It will solidify. To reuse, gently reheat it in the microwave in 15-second intervals or in a saucepan over low heat until liquid again.
- **Serving Ideas:** This shell is perfect for ice cream, frozen yogurt bites, or as a dip for frozen strawberries, bananas, pretzels, or cookies.
- **Variations:** For extra flavor, you can add a pinch of chili powder for a spicy kick or some lemon zest for a bright, citrusy note.

Nutrition: Estimated per 1 tbsp (15 mL): 80 kcal; Protein 1 g; Fat 8 g; Carbohydrates 4 g. Shell hardens on contact with cold food. Estimate confidence: high.

Accessibility Note: Melt coconut oil and chocolate together in one bowl. Pour while warm. Shell sets automatically on cold food with no additional steps.

Drinks and Shakes

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Turkish Ayran

- **Source** : Unknown
- **Equipment** : Mixing bowl or pitcher, whisk
- **Ingredients** :
 - 1 cup (237 mL) Turkish or Greek yogurt (or Kefir)
 - 1 cup (237 mL) Borjomi or other natural sparkling mineral water
 - 1 tsp (5 mL) salt
- **Directions** :
 1. **Combine.** In a glass or pitcher, combine the yogurt, sparkling mineral water, and salt.
 2. **Mix.** Whisk vigorously until the mixture is thoroughly combined, smooth, and slightly frothy on top.
 3. **Serve.** Serve immediately while it is cold and bubbly.

Nutrition: Estimated per serving, USDA-style built-in macro table: 35 kcal; Protein 6 g; Fat 0 g; Carbohydrates 2 g. Estimate confidence: low; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

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Lemonade

- **Source** : Unknown
- **Equipment** : Pitcher
- **Ingredients** :
 - 1 1/3 cup (315 mL) sugar (or 1 cup (237 mL) Truvia/monk fruit blend)
 - 10 cups (2366 mL) of water
 - 1 tbsp (15 mL) grated lemon zest

– 1 3/4 cup (414 mL) fresh lemon juice (from 10 lemons)

• **Directions :**

1. **Combine.** In a large pitcher, combine the sugar, fresh lemon juice, and lemon zest. Stir well for a min to help the sugar begin to dissolve.
2. **Add Water.** Add the cold water and stir until the sugar is fully dissolved.
3. **Chill.** Chill in the refrigerator for at least one hour before serving to allow the flavors to meld.

Nutrition: Estimated per serving, USDA-style built-in macro table: 25 kcal; Protein 0 g; Fat 0 g; Carbohydrates 7 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

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Kefir Protein Shake

• **Source :** Adapted

• **Servings :** 1

• **Equipment :** Blender or shaker cup

• **Ingredients :**

- 1 cup (237 mL) kefir
- 1 cup (237 mL) fat-free Fairlife milk
- 2 scoops unflavored NutraBio protein isolate
- 1 tbsp (15 mL) Psyllium husk
- Dash of cinnamon or vanilla extract
- **Optional:** 1 tsp (5 mL) hot honey or a few blended prunes for sweetness

• **Directions :**

1. **Combine.** Add all ingredients to a blender or a large shaker cup.
2. **Blend.** Blend or shake vigorously until the mixture is completely smooth and no clumps remain.
3. **Thicken.** Let the shake sit for 5 min. The Psyllium husk will cause it to thicken to a pudding-like consistency. If it's too thick, add another splash of milk.

Nutrition: Estimated per serving, USDA-style built-in macro table: 75 kcal; Protein 6 g; Fat 1 g; Carbohydrates 9 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Label the container with start time, expected check time, and target sensory cue. Keep the jar, lid, weight, and salt together before starting so the process is not interrupted mid-fermentation.

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Prune Protein Smoothie

- **Source :** Adapted
- **Servings :** 1
- **Equipment :** Blender
- **Ingredients :**
 - 1 cup (237 mL) fat-free Fairlife milk
 - 1 scoop unflavored NutraBio protein isolate
 - 1 tbsp (15 mL) Psyllium husk
 - 1/4 cup (59 mL) chopped prunes or raisins
 - Dash of cinnamon or vanilla extract
- **Directions :**
 1. **Blend.** Combine all ingredients in a blender.
 2. **Process.** Blend until the mixture is completely smooth.
 3. **Thicken and Serve.** Let the smoothie sit for 5 min to allow the Psyllium to thicken it before drinking.

Nutrition: Estimated per serving, USDA-style built-in macro table: 85 kcal; Protein 4 g; Fat 0 g; Carbohydrates 15 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

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Tropical Guava Banana Smoothie

- **Source** : Translated
- **Servings** : 1-2
- **Equipment** : Blender
- **Ingredients** :
 - 2 ripe guavas, chopped
 - 1 ripe banana, preferably frozen
 - 1 cup (237 mL) plain yogurt or almond milk
 - 1/2 cup (118 mL) coconut water
 - 1-2 tbsp (30 mL) honey or agave syrup
 - **Optional**: Dash of cinnamon, a few fresh mint leaves, or 1/2 tsp (2 mL) vanilla extract
- **Directions** :
 1. **Prep Guava**. Cut the guavas in half. If you prefer a smoother texture, scoop out the seeds with a spoon before chopping the flesh into chunks.
 2. **Blend**. Add all ingredients—guava, banana, yogurt, coconut water, and honey—to a blender.
 3. **Process**. Blend on high speed for 1-2 min until the mixture is creamy and frothy. If it is too thick, add a splash more coconut water.
 4. **Serve**. Pour into a glass and enjoy immediately.

Nutrition: Estimated per serving (2 guavas, banana, yogurt, coconut water): 200–240 kcal; Protein 5–7 g; Fat 2–4 g; Carbohydrates 40–50 g. Estimate confidence: medium.

Accessibility Note: All ingredients go into the blender at once. One blend, one pour. Pre-freeze banana segments overnight so morning prep is a single step.

Strawberry-Peach Chia Seed Smoothie

- **Source** : EatingWell (Adapted)
- **Servings** : 2
- **Equipment** : Blender
- **Ingredients** :
 - 1 cup (237 mL) plain fat-free yogurt or kefir
 - 1 cup (237 mL) frozen strawberries (or frozen spinach)
 - 1 cup (237 mL) frozen peaches
 - 1/2 cup (118 mL) fat-free milk
 - 2 tbsp (30 mL) chia seeds
 - 1 tbsp (15 mL) honey or monk fruit sweetener
- **Directions** :
 1. **Combine.** Place all ingredients in a blender.
 2. **Blend.** Secure the lid and blend until the mixture is smooth and creamy.
 3. **Serve.** Pour into glasses and serve immediately.

Nutrition: Estimated per serving (yogurt, frozen fruit, chia, honey; 2 servings): 220–260 kcal; Protein 12–15 g; Fat 3–5 g; Carbohydrates 35–42 g. Estimate confidence: medium.

Accessibility Note: All ingredients go into the blender. Blend until smooth. If chia is added whole, rest 5 min before drinking to allow thickening.



Ginger Ale Syrup (High-Fiber, Sugar-Free)

- **Source** Vasily S. Levin, original.
- **Yields** About 33 fl oz syrup ($\approx$ 32 servings of 1 fl oz each).
- **Serving** 1 fl oz syrup in a 12 fl oz glass of cold carbonated water.
- **Fiber** About 5–6 g inulin per 1 fl oz serving.
- **Equipment** Medium saucepan, whisk, fine-mesh strainer, clean bottle or jar.
- **Ingredients** :
 - Water: 3 1/3 cups (79 mL) (about 27 fl oz)
 - Fresh ginger, sliced or grated: 9 oz by weight (roughly 2 large “hands” of ginger)
 - Inulin powder: 6 oz by weight (about 170 g)

- Lemon juice, fresh: 2/5 cup (3.4 fl oz, about 2 large lemons)
- MFA (monk fruit–allulose 1:1 blend): 9 3/4 oz by weight (about 275 g; roughly 1 1/3 to 1 1/2 cups by volume)
- Fine salt: 3/4 tsp
- Pure 200-proof food-grade ethanol: 1 tbsp. Improves ginger extraction. Fully evaporates during the simmer.

• **Directions :**

1. **Combine.** Add all ingredients to the saucepan at once: water, ginger, inulin, lemon juice, MFA, salt, and ethanol. Whisk briefly to begin dispersing the inulin and MFA.
2. **Simmer.** Heat on medium, whisking occasionally, until the mixture reaches a gentle simmer at 185–195° F. Small bubbles only; do not allow a rolling boil. Hold at this temperature for 20 minutes, stirring every few minutes to keep the inulin fully dissolved and prevent settling.
3. **Strain.** Remove from heat and allow to cool to warm. Strain through a fine-mesh strainer to remove all ginger solids.
4. **Adjust Volume.** Measure the strained liquid. Target: about 33 fl oz. If low, stir in 2–3 fl oz water and taste. Slightly over is acceptable.
5. **Store.** Transfer to a clean bottle or jar. Refrigerate. Keeps for at least 2 weeks.

• **To Serve (per 12 fl oz glass) :**

1. Add 2 tbsp (1 fl oz) syrup to a glass.
2. Add ice if desired.
3. Slowly pour 10–11 fl oz very cold carbonated water along the side of the glass. Stir once or twice.
4. For stronger flavor and more fiber, increase to 1 1/2 fl oz (3 tbsp) syrup. This also raises inulin intake per glass.

Nutrition: Estimated per 1 fl oz serving (syrup only): ≈25–40 kcal; Protein 0 g; Fat 0 g; Carbohydrates ≈8–12 g (of which ≈5–6 g is inulin fiber); Sugar ≈0 g (MFA).

Accessibility Note: All ingredients can go into the pot at once. Stir every few minutes during the simmer. One batch yields about 32 servings; refrigerate and use as needed with no daily active time.

Main Dishes



Southern-Japanese Fusion Seared Chicken Sushi Roll

- **Source** : Adapted from User Concept
- **Equipment** : Pot or Instant Pot for rice, large skillet, sushi rolling mat (makisu)
- **Yields** : 4 full-sized sushi rolls
- **Ingredients** :
 - **For the Adapted Sushi Rice**: 2 cup (473 mL) uncooked **Nishiki sushi rice** (or **quinoa rice mix**), 2 cups (473 mL) cold water, 1/4 cup (59 mL) **rice vinegar**, 2 tbsp (30 mL) **monk fruit allulose sweetener**, and 1 tsp (5 mL) **Hain salt**.
 - **For the Chicken & Marinade (Choose ONE option)**: 1 lb (454 g) skinless chicken breast, sliced into thin cutlets.
 - Option 1 (Store-Bought Adaptation)**: 2 tbsp (30 mL) McCormick Brazilian Steakhouse dry seasoning, 2 tbsp (30 mL) olive or sunflower oil, 2 tbsp (30 mL) water, 1 tbsp (15 mL) fresh **lime juice**, and 1 tsp (5 mL) **chili powder**.
 - Option 2 (Scratch-Made Marinade)**: 2 tbsp (30 mL) olive or sunflower oil, 2 tbsp (30 mL) water, 1 tbsp (15 mL) fresh **lime juice**, 1 tsp (5 mL) **chili powder**, 1 tsp (5 mL) garlic powder, 1/2 tsp (2 mL) onion powder, 1/2 tsp (2 mL) paprika, and 1/2 tsp (2 mL) black pepper.
 - **For Assembly & Garnish**: 4 sheets of nori (seaweed), 1 **avocado**, thinly sliced, 1/2 **green bell pepper**, julienned, 1/2 **red bell pepper**, julienned, **butter spray**, and an **optional spicy drizzle** of 2 tbsp (30 mL) **Kewpie mayonnaise** mixed with 1/2 tsp (2 mL) **chili lime seasoning**.
- **Directions** :
 1. **Prepare the Sushi Rice**. First, cook the rice. Rinse the 2 cup (473 mL) of sushi rice under cold water until the water runs clear. Cook it with 2 cups (473 mL) of water in the rice cooker or Instant Pot. While the rice cooks, gently heat the rice vinegar, monk fruit sweetener, and salt until dissolved; do not boil. Once the rice is cooked, transfer it to a large non-metal bowl and gently fold in the vinegar mixture while fanning it to cool. Set aside.
 2. **Marinate the Chicken**. In a bowl, whisk together all the ingredients for the chosen marinade option. Add the thin chicken cutlets and toss to coat

them completely. Let the chicken marinate for at least 30 min, but no longer than 2 hours.

3. **Sear the Chicken.** Coat a large skillet with **butter spray** and heat it over medium-high heat. Remove the chicken from the marinade, allowing any excess to drip off. Place the chicken in the hot skillet in a single layer. Sear for 3-4 min per side, until a dark crust forms and the chicken is cooked through. Transfer the cooked chicken to a cutting board and slice it into thin strips.
4. **Assemble the Rolls.** Place a sheet of nori, shiny-side down, on the bamboo rolling mat. Wet the hands in a bowl of water to prevent sticking, then take a handful of the cooled sushi rice and spread it evenly over the nori, leaving a 1-inch border at the top edge.
5. **Add Fillings and Roll.** Arrange a line of sliced seared chicken, a few slices of avocado, and several strips of bell pepper horizontally across the center of the rice.
6. **Roll and Seal.** Using the bamboo mat, lift the edge closest to you and begin rolling the sushi away from you, applying firm and even pressure. Tuck the fillings in as you roll. When you reach the top border, dab a bit of water along the edge of the nori to help it seal.
7. **Slice and Serve.** Use a very sharp, wet knife to slice the roll into 8 even pieces. Repeat the process for the remaining rolls. Serve immediately with soy sauce and the optional spicy drizzle on the side.

Cook's Notes: Keys to a Perfect Fusion Roll

- **The Rice is Critical :** Sushi relies on properly cooked and seasoned short-grain rice. Prepare the rice first to allow it adequate time to cool to room temperature before you begin rolling. Using warm rice will make the nori seaweed tough to work with.
- **Chicken Preparation :** Slicing the chicken breast into thin cutlets before marinating ensures the flavors penetrate quickly and the chicken cooks fast without drying out. A hard sear in a hot skillet is essential for creating the desired texture and caramelized flavor.
- **Rolling Technique :** Do not overfill the roll. A thin, even layer of rice and a single line of fillings will produce a tight, clean roll that is easy to slice. Use a bamboo sushi mat for the best results, applying firm, even pressure as you roll.

Adaptation Notes

Here is a list of the adaptations made to create a lower-fat and a lower-sugar version of this recipe.

- **Rice Sweetener :**

- **Original:** 2 tbsp (30 mL) of granulated sugar for the sushi seasoning.
- **Adapted:** 2 tbsp (30 mL) of **monk fruit allulose sweetener**.
- *Purpose:* To eliminate added sugar and calories from the rice while maintaining the classic sweet and tangy flavor.
- **Cooking Fat :**
 - **Original:** Searing the chicken in 1-2 tbsp (30 mL) of liquid oil.
 - **Adapted:** Using **butter spray** to coat the skillet.
 - *Purpose:* To drastically reduce added fats and calories during the cooking process.
- **Base Grain :**
 - **Original:** Standard white short-grain sushi rice.
 - **Adapted:** Option to use the **quinoa rice mix**.
 - *Purpose:* To boost the fiber and protein content of the meal.

Nutrition: Estimated per roll (4 rolls; rice, chicken, avocado, bell pepper): 380–430 kcal; Protein 28–32 g; Fat 8–12 g; Carbohydrates 48–55 g. Estimate confidence: medium.

Accessibility Note: Cook and cool rice first (30–45 min to room temperature). Sear chicken while rice cools. Assemble rolls last. Three clear phases with natural pauses between each.

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Bulgogi (Korean BBQ Beef)

- **Source :** Adapted Recipe
- **Equipment :** Blender or food processor, large mixing bowl, large skillet or grill
- **Yields :** 4 to 6 servings
- **Prep Time :** 15 min
- **Marinating Time :** At least 4 hours (overnight is better)
- **Cook Time :** 10 min
- **Ingredients :**
 - **For the Marinade:**
 - * 6 tbsp (89 mL) soy sauce

- * 3 tbsp (44 mL) **monk fruit allulose sweetener** (or brown sugar equivalent)
- * 2 tbsp (30 mL) **mirin** (rice wine)
- * 1 red apple or Asian pear, cored and roughly chopped (or 1/2 cup (118 mL) pear puree)
- * 1/2 medium onion, roughly chopped
- * 1 tbsp (15 mL) minced garlic (or 1 1/2 tsp (7 mL) **freeze-dried garlic**, rehydrated)
- * 1 tsp (5 mL) minced ginger (or 1/2 tsp (2 mL) **freeze-dried ginger**, rehydrated)
- * 1/8 tsp (1 mL) ground black pepper

– **For the Bulgogi:**

- * 1.75 lb (794 g) (800 g) lean beef (top sirloin or trimmed **Picanha**), thinly sliced
- * 1 medium onion, thinly sliced
- * 2 **green onions**, thinly sliced
- * 1/2 carrot, julienned (optional, for fiber and color)
- * 1 tbsp (15 mL) **toasted sesame oil**
- * 1 tbsp (15 mL) toasted sesame seeds
- * **Butter spray** or **sunflower oil spray**

• **Directions :**

1. **Make the Marinade.** Combine all marinade ingredients—soy sauce, sweetener, mirin, apple, onion, garlic, ginger, and black pepper—in a blender or food processor. Blend until the mixture is completely smooth.
2. **Marinate the Beef.** Place the thinly sliced beef in a large mixing bowl. Pour the blended marinade over the beef. Gently massage the marinade into the meat with the hands. Add the 1 tbsp (15 mL) of toasted sesame oil and mix it in separately. Cover the bowl and refrigerate for at least 4 hours or overnight for optimal flavor.
3. **Cook the Bulgogi.** Preheat a large skillet or grill over medium-high heat. Coat the surface with cooking spray. Add the marinated meat in a single layer (cook in batches if necessary). Add the sliced onion, green onions, and optional carrots.
4. **Sear and Serve.** Cook for 3 to 5 min, stirring and flipping, until the meat is cooked through and the vegetables are tender-crisp. Toss in the toasted sesame seeds during the last 30 seconds of cooking.
5. **Serve Immediately.** For a high-fiber meal, serve the bulgogi with the **quinoa rice mix**, fresh lettuce for wraps, and a side of **kimchi**.

- **Storage** : Uncooked, marinated bulgogi can be stored in an airtight container in the refrigerator for 3-4 days or frozen for several weeks. Cooked bulgogi will keep in the refrigerator for a few days.

Nutrition: Estimated per serving, USDA-style built-in macro table: 380 kcal; Protein 40 g; Fat 15 g; Carbohydrates 15 g. Estimate confidence: high; servings 6 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Cook's Notes: The Keys to Perfect Bulgogi

- **Best Beef Cuts (Low-Fat Adaptation)** : While rib eye is traditional for its flavor and marbling, a leaner cut like **top sirloin** or a well-trimmed **Picanha** works perfectly for a lower-fat version that is still incredibly tender.
- **How to Slice the Beef** : For paper-thin slices, wrap the steak tightly in plastic wrap and place it on a metal tray in the freezer for 2 to 2.5 hours. The beef should be firm but not frozen solid. This allows you to easily slice it against the grain into 1/8-inch (2-3mm) thick pieces.
- **The Tenderizer** : The marinade uses a grated apple or pear. This not only adds a mild, natural sweetness but also contains enzymes that act as a natural tenderizer, ensuring the beef melts in the mouth.
- **Cooking Method for a Smoky Flavor** : For the best flavor when pan-frying, use a cast-iron skillet. Get the skillet very hot before adding the meat. Cook in small batches to avoid overcrowding the pan; this allows the meat to sear and caramelize rather than steam, creating a delicious smoky char.
- **Quick Marinade Tip** : For a convenient shortcut, you can use store-bought **pear puree** (often sold as baby food). It can be blended into the homemade marinade in place of a fresh apple. Alternatively, for a very fast option, mix the pear puree with a high-quality Japanese BBQ sauce, such as **Bachan's**, to create a marinade with a flavor profile similar to authentic Korean BBQ.

High-Protein Shrimp Puttanesca

- **Source** : Adapted Recipe
- **Equipment** : Large pot, large skillet
- **Yields** : 2 servings
- **Ingredients** :
 - 4 ounces **homemade high-protein fettuccine**, dry weight
 - 1 lb (454 g) **large shrimp**, peeled and deveined
 - 1 can (14.5 oz (411 g)) **San Marzano peeled tomatoes**, crushed
 - 1 1/4 cup (296 mL) **artichoke hearts**, quartered
 - 1 cup (237 mL) **frozen spinach leaves**, thawed and squeezed dry
 - 1/4 cup (59 mL) sliced **olives**
 - 1 tbsp (15 mL) **capers**
 - 1 tsp (5 mL) **freeze-dried garlic**
 - 6 fresh **basil leaves**
 - 1/3 tsp (2 mL) **iodized sea salt**
 - **Butter spray**
- **Directions** :
 1. **Cook the Pasta.** Bring a large pot of salted water to a boil. Cook the homemade fettuccine until al dente. *Note: Fresh high-protein pasta cooks very quickly, typically in just 2-4 min.* Drain the pasta, reserving 1/4 cup (59 mL) of the cooking water.
 2. **Sautè the Base.** While the pasta cooks, coat a large skillet with **butter spray** and heat it over medium heat. Add the freeze-dried garlic and stir for 30-60 seconds until fragrant but not browned.
 3. **Build the Sauce.** Add the crushed San Marzano tomatoes, quartered artichoke hearts, sliced olives, capers, and the squeezed-dry spinach to the skillet. Season with sea salt. Bring the sauce to a simmer and cook for 5 min, allowing the flavors to meld.
 4. **Cook the Shrimp.** Add the peeled shrimp directly to the simmering sauce. Cook for 3-4 min, stirring gently, until the shrimp are pink, opaque, and cooked through. Be careful not to overcook them.
 5. **Combine and Finish.** Add the drained fettuccine to the skillet with the sauce and shrimp. Toss everything together to coat the pasta evenly. If the sauce seems too thick, add a splash of the reserved pasta water to thin it out.
 6. **Serve.** Tear the fresh basil leaves over the top and stir them in. Divide the puttanesca between two plates and serve immediately.

- **Adaptation Note :**

- This version is adapted for a low-fat, high-protein, and high-fiber diet. It uses butter spray instead of olive oil, specifies high-protein homemade pasta, and adds a cup of spinach to the sauce for extra fiber and nutrients.

Nutrition: Estimated per serving, USDA-style built-in macro table: 340 kcal; Protein 60 g; Fat 1 g; Carbohydrates 25 g. Estimate confidence: high; servings 2 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



High-Protein Turkey & Spaghetti Squash Bowl

- **Source :** Adapted Recipe
- **Equipment :** Oven, baking sheet, large skillet
- **Yields :** 4 servings
- **Ingredients :**
 - **For the Bowl:**
 - * 1 medium spaghetti squash (2 3/4 lb (1247 g))
 - * 1 lb (454 g) lean **ground turkey** (93/7 or leaner)
 - * 1 can (14.5 oz (411 g)) **San Marzano peeled tomatoes**, crushed
 - * 1 **yellow squash**, diced
 - * 3/4 cup (177 mL) diced **green bell pepper**
 - * 1/2 cup (118 mL) chopped onion (or 2 tbsp (30 mL) **freeze-dried onion**)
 - * **Butter spray**
 - * **Optional Fiber Boost :** 1 cup (237 mL) thawed **frozen spinach**, squeezed dry, or 1 cup (237 mL) chopped **artichoke hearts**
 - **For the Seasoning & Toppings:**
 - * 1/2 cup (118 mL) crumbled **farmer cheese** or **4% cottage cheese** (replaces queso fresco)
 - * 1 1/4 tsp (6 mL) **chili lime seasoning**
 - * 1/2 tsp (2 mL) **Hain salt**
 - * 1/4 tsp (1 mL) **red pepper flakes**

* 4 tbsp (59 mL) chopped fresh herbs (e.g., **green onion** or **basil**)

• **Directions :**

1. **Roast the Spaghetti Squash.** Preheat the oven to **400°F (204° C) (200°C)**. Carefully cut the spaghetti squash in half lengthwise and scoop out the seeds. Coat the cut sides with **butter spray**. Place the halves cut-side down on a baking sheet. Roast for 35-40 min, or until the squash is tender when pierced with a fork.
2. **Cook Turkey and Veggies.** While the squash roasts, coat a large skillet with butter spray and heat it over medium-high heat. Add the ground turkey and cook, breaking it up with a spoon, for 5 min until browned. Add the diced green pepper, yellow squash, and onion. Sauté for 4-5 more min until the vegetables begin to soften.
3. **Build the Sauce.** Stir the crushed San Marzano tomatoes, chili lime seasoning, salt, and red pepper flakes into the skillet. If using the optional spinach or artichoke hearts, add them now. Bring the mixture to a simmer and cook for 10 min, allowing the sauce to thicken.
4. **Combine and Serve.** Once the spaghetti squash has cooled enough to handle, use a fork to scrape the flesh into long strands. Add these “noodles” to the skillet with the turkey and sauce. Toss gently for 2 min to warm everything through and coat the strands.
5. **Plate and Garnish.** Divide the mixture evenly among four bowls. Top each serving with 2 tbsp (30 mL) of crumbled farmer cheese or cottage cheese and a sprinkle of fresh chopped herbs.

• **Adaptation Note :**

- This version significantly reduces fat by replacing high-fat queso fresco with lower-fat farmer cheese or high-protein cottage cheese. Using lean ground turkey and adding optional ingredients like spinach or artichokes further enhances the nutritional profile.

Nutrition: Estimated per serving, USDA-style built-in macro table: 275 kcal; Protein 30 g; Fat 10 g; Carbohydrates 10 g. Estimate confidence: high; servings 4 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

High-Protein Shrimp & Quinoa Bowl

- **Source** : Adapted from EatingWell
- **Equipment** : Small and large mixing bowls, whisk
- **Yields** : 4 servings
- **Ingredients** :
 - **For the Dressing:**
 - * 1/4 cup (59 mL) reduced-sodium soy sauce
 - * 2 tbsp (30 mL) **rice vinegar**
 - * 1 1/2 tbsp (22 mL) **mirin**
 - * 1 tbsp (15 mL) **toasted sesame oil** (reduced from 1.5 tbsp (22 mL))
 - * 2 tsp (10 mL) grated fresh ginger (or 1 tsp (5 mL) **freeze-dried ginger**)
 - * 1/2 tsp (2 mL) **red pepper flakes**
 - * **Optional Protein Boost** : 1 scoop **unflavored protein isolate** (NutraBio)
 - **For the Bowls:**
 - * 1 lb / 16 oz (454 g)) cooked **shrimp**, peeled and deveined (increased from 12 oz (340 g))
 - * 2 cup (473 mL) cooked **quinoa rice mix**
 - * 2 cups (473 mL) cherry tomatoes, halved
 - * 1 cup (237 mL) diced **avocado** (from 1 medium avocado, reduced from 2 cup (473 mL))
 - * 3/4 cup (177 mL) sliced **green onions** (scallions)
 - * 1/4 cup (59 mL) chopped fresh herbs (**basil**, **dill**, or cilantro)
 - * 1 tbsp (15 mL) white **sesame seeds**
 - * 1 tbsp (15 mL) black **sesame seeds** (reduced from 1/4 cup (59 mL))
- **Directions** :
 1. **Make the Dressing.** In a small bowl, whisk together the soy sauce, rice vinegar, mirin, toasted sesame oil, ginger, and red pepper flakes. If using the protein boost, whisk in the protein isolate until the dressing is completely smooth.
 2. **Prepare the Components.** In a larger bowl, toss the cooked shrimp with half of the prepared dressing to marinate. Prepare the fresh components: halve the cherry tomatoes, dice the avocado, slice the green onions, and chop the chosen herbs.
 3. **Assemble the Bowls.** Divide the cooked quinoa rice mix evenly among four bowls to create a base.
 4. **Add Toppings.** Arrange the dressed shrimp, tomatoes, avocado,

scallions, and fresh herbs on top of the rice base in separate sections.

5. **Finish and Serve.** Drizzle the remaining dressing over each bowl. Sprinkle with the white and black sesame seeds for texture and flavor. Serve immediately.

- **Adaptation Note :**

- This version increases protein by using more shrimp and reduces fat significantly by decreasing the amount of avocado, sesame oil, and black sesame seeds. Using a quinoa-rice blend instead of plain brown rice boosts both the fiber and protein content of the dish.

Nutrition: Estimated per serving, USDA-style built-in macro table: 445 kcal; Protein 35 g; Fat 20 g; Carbohydrates 35 g. Estimate confidence: high; servings 4 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

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Cured Salmon (Smoked-Style Lox)

- **Source:** Adapted for controlled curing with version adjustments.
- **Equipment:** Sharp filleting knife, large non-reactive container or zip-top bag, vacuum sealer and bag, sous vide circulator and water bath, probe thermometer, ice bath setup.
- **Yields:** 1.6 to 1.8 lb (816 g) finished salmon (8 to 10 servings of 2 oz (57 g) each).

Nutrition: Estimated per 2 oz (56 g) serving: 85 kcal; Protein 11 g; Fat 5 g (predominantly omega-3); Carbohydrates 0–1 g. Estimate confidence: high.

Accessibility Note: Write the cure start time, flip time, rinse time, and air-dry window on tape attached to the container. Use separate timers for cure and pellicle formation so the multi-day sequence does not rely on memory.

Ingredients (Brine):

- 2 quarts (1.89 L) cool water
- 1/2 cup (118 mL) pickling salt

- **Sweetener:** See version adjustments below.
- 1/4 tsp (1 mL) food-grade sodium nitrate
- **Optional:** 2 tsp (10 mL) dried whole black peppercorns, 4 tsp (20 mL) freeze-dried garlic (rehydrated)

Directions:

1. **Prepare the Salmon.** Rinse the 2-pound fillet under cold running water. Pat dry with paper towels. Remove the skin if present. Cut into two 1-pound portions if needed for even brine penetration.
2. **Prepare the Brine.** Dissolve the pickling salt, sweetener, and sodium nitrate in 2 quarts (1.89 L) of cool water. Warm 1/4 cup (59 mL) of water slightly to dissolve any thick components fully, then cool completely before adding to the main brine. Add optional peppercorns and rehydrated garlic. Allow the brine to rest for 30 min.
3. **Brine the Salmon.** Submerge the portions fully in the brine. Refrigerate for 12 to 24 hours. Flip halfway for an even cure.
4. **Rinse and Air-Dry.** Rinse the portions for 3 to 5 min under cold running water. Pat dry. Air-dry uncovered on a rack in the refrigerator for 1 to 2 hours until a tacky pellicle forms.
5. **Vacuum Seal.** Place each portion in a vacuum bag with optional rehydrated garlic. Seal firmly.
6. **Sous Vide Processing.** Set the water bath to 108°F (42° C) (42°C). Submerge the sealed bags. Process for 40 to 50 min once the internal temperature reaches 108°F (42° C). Probe the thickest part to confirm.
7. **Cool and Rest.** Transfer the bags to an ice bath for 20 to 30 min. Refrigerate sealed for 4 hours or overnight.
8. **Slice and Store.** Remove from the bags. Slice thinly against the grain. Refrigerate for up to 7 days or freeze for up to 3 months.

Version Adjustments (Sweetener Only):

- **Low-Fat / High-Protein Version:** 1/2 cup (118 mL) MFA (monk fruit allulose blend) + 2 tsp (10 mL) blackstrap molasses. Salmon provides healthy fats without added oils; no other changes are needed.
- **Original Version:** 1/2 cup (118 mL) white or brown sugar + 2 tsp (10 mL) blackstrap molasses, for traditional flavor and higher carbohydrates.
- **Keto Version:** 1/2 cup (118 mL) MFA only. Omit the molasses to minimize carbohydrates; the 2 tsp (10 mL) molasses add approximately 9 to 10 g total, or less than 1 g per serving, but it is omitted for strict ketogenic compliance.

Estimated Nutrition Information (Per 2 oz (57 g) / 56g Serving):

- Calories: 66 to 110
- Protein: 10 to 12 g
- Fat: 4 to 8 g (predominantly healthy omega-3)
- Carbohydrates: 0 to 1 g

Safety Note: Use salmon that was previously frozen at -4°F (-16°C) (-20°C) for at least 7 days, or use sushi-grade fish, to reduce parasite risk before curing. The low-temperature sous vide processing at 108°F (42°C) does not fully pasteurize the fish. Individuals with compromised immune systems should use fully cooked salmon instead.

Quick Alternative (No Sous Vide):

After completing Step 4 (air-drying), refrigerate the salmon uncovered on the rack for an additional 4 to 6 hours for a firmer dry-cured texture. Alternatively, use thin pre-sliced salmon fillets for faster brine penetration and reduce the brine time to 8 to 12 hours. Skip Steps 5 through 7 entirely.

Troubleshooting:

- **Too salty:** Soak the finished slices in cold water for 15 to 20 min before serving.
- **Flaky texture:** Lower the sous vide temperature to 106°F (41°C) or shorten the processing hold to 35 min.
- **Uneven cure:** Ensure full submersion in the brine and flip portions at the halfway point.

Correction Note: For cured salmon, lox-style salmon, dry-cured salmon, and gravlax, keep the sequence strict: cure or brine first, rinse only enough to remove excess surface salt, then air-dry uncovered on a rack in the refrigerator until the surface becomes tacky. This pellicle improves slicing, texture, and surface flavor. Low-temperature sous vide processing at lox or gravlax temperatures does not fully pasteurize the fish; use previously frozen or sushi-grade salmon and serve fully cooked salmon to immunocompromised guests.

Dry-Cured Salmon (Smoked-Style, Herb Rub)

- **Source:** Adapted for cured texture.
- **Equipment:** Sharp filleting knife, large non-reactive dish or zip-top bag, wire rack, airtight storage container.
- **Yields:** Approximately 1.6 lb (726 g) finished salmon (8 to 10 servings of 2 oz (57 g) each).
- **Cure Time:** 24 to 48 hours refrigerated.
- **Total Time:** 28 to 56 hours total, including air-dry.
- **Ingredients:**
 - 2-lb skinless salmon fillet (previously frozen recommended; see Safety Note)
 - 1/2 cup (118 mL) kosher salt
 - Sweetener (see Version Adjustments below)
 - 1/2 tsp (2 mL) blackstrap molasses (optional, for depth)
 - 2 tsp (10 mL) dried dill
 - 1 tsp (5 mL) ground black pepper
 - 1 tsp (5 mL) garlic powder

Nutrition: Estimated per 2 oz (56 g) serving: 90 kcal; Protein 12 g; Fat 5 g (predominantly omega-3); Carbohydrates 0–1 g. Estimate confidence: high.

Accessibility Note: Write the cure start time, flip time, rinse time, and air-dry window on tape attached to the container. Use separate timers for cure and pellicle formation so the multi-day sequence does not rely on memory.

- **Version Adjustments (Sweetener Only):**
 - **Low-Fat/High-Protein:** 1/4 cup (59 mL) MFA (monk fruit allulose blend); optional 1/2 tsp (2 mL) blackstrap molasses. Salmon is naturally high-protein and provides healthy fats without added oils.
 - **Original:** 1/4 cup (59 mL) granulated or brown sugar; optional 1/2 tsp (2 mL) blackstrap molasses, for traditional sweetness.
 - **Keto:** 1/4 cup (59 mL) MFA only; omit molasses to minimize carbohydrates.
- **Directions:**
 1. **Prepare the Cure.** Mix the kosher salt, sweetener, optional molasses, dried dill, ground black pepper, and garlic powder in a bowl until evenly combined.
 2. **Cure the Salmon.** Pat the salmon fillet completely dry with paper towels. Rub the cure mixture evenly on all sides of the fillet. Place the fillet in a non-reactive dish or large zip-top bag. Cover tightly. Refrigerate for 24 to

48 hours. Flip the fillet halfway through for even penetration. A shorter cure produces a softer, milder result. A longer cure produces a firmer, more intensely flavored result.

3. **Rinse and Air-Dry.** Remove the fillet from the dish. Rinse thoroughly under cold running water for 5 min to remove excess cure. Pat dry with paper towels. Place the fillet uncovered on a wire rack set over a tray. Return to the refrigerator and air-dry for 4 to 8 hours until a tacky, shiny pellicle forms on the surface.
4. **Slice and Store.** Slice the salmon thinly against the grain using a sharp knife. Refrigerate in an airtight container for up to 7 days, or freeze portions for up to 3 months.

• **Estimated Nutrition (Per 2 oz (57 g) / 56 g Serving):**

Nutrient	Approximate Value
Calories	80 to 100
Protein	11 to 13 g
Fat	4 to 6 g (mostly omega-3)
Carbohydrates	0 to 1 g

- **Safety Note:** Use salmon frozen at -4°F (-16° C) (-20°C) for at least 7 days prior to curing, or use sushi-grade fish, to reduce parasite risk. Curing and refrigeration contribute to preservation but this remains a raw-style product. Individuals with compromised immune systems should prefer fully cooked salmon.
- **Troubleshooting:**
 - **Too firm or too salty:** Reduce cure time to 24 hours. Soak slices in cold water for 15 min before serving to reduce salinity.
 - **Too soft or mild:** Extend cure time toward 48 hours and lengthen air-dry to 8 hours.
 - **Pellicle did not form:** The fillet was still moist when placed on the rack. Pat more thoroughly before air-drying and return for additional time.

Neurodivergent-Friendly Adaptations: Individual needs vary widely. Use only what helps. Before starting, read the full recipe once and gather all tools and ingredients in one place. Print the directions or use a checklist app and mark each step when complete. Set phone timers for the cure period and air-dry period so you do not need to check the clock repeatedly. Split the process across days if multi-day waiting feels difficult: prepare and apply the cure on Day 1, rinse on Day 2, air-dry and slice on Day 3. Wear gloves during handling if the

texture or temperature of raw fish causes discomfort. Work in a quiet, well-lit space and take short breaks between steps. Return to the recipe when ready.

Correction Note: For cured salmon, lox-style salmon, dry-cured salmon, and gravlax, keep the sequence strict: cure or brine first, rinse only enough to remove excess surface salt, then air-dry uncovered on a rack in the refrigerator until the surface becomes tacky. This pellicle improves slicing, texture, and surface flavor. Low-temperature sous vide processing at lox or gravlax temperatures does not fully pasteurize the fish; use previously frozen or sushi-grade salmon and serve fully cooked salmon to immunocompromised guests.



Sous Vide Gravlax

- **Source:** Adapted from traditional gravlax method.
- **Equipment:** Sharp filleting knife, non-reactive dish, plastic wrap, vacuum sealer and bag, sous vide circulator and water bath, probe thermometer, ice bath setup.
- **Yields:** Approximately 1.6 lb (726 g) finished salmon (8 to 10 servings of 2 oz (57 g) each).
- **Cure Time:** 24 to 48 hours refrigerated.
- **Sous Vide Time:** 45 to 60 min at 104°F (40° C) (40°C).
- **Ingredients:**
 - 2-lb skinless salmon fillet (previously frozen recommended)
 - 1 cup (237 mL) kosher salt
 - 1 cup (237 mL) MFA (monk fruit allulose blend)
 - 1/2 cup (118 mL) fresh dill, finely chopped
 - Zest of 2 lemons
 - 1 tsp (5 mL) ground white pepper
 - 1 tsp (5 mL) coriander seeds, crushed

Nutrition: Estimated per 2 oz (56 g) serving: 80 kcal; Protein 11 g; Fat 4 g (omega-3); Carbohydrates 0–1 g. Estimate confidence: high.

Accessibility Note: Write the cure start time, flip time, rinse time, and air-dry window on tape attached to the container. Use separate timers for cure and pellicle formation so the multi-day sequence does not rely on memory.

- **Directions:**

1. **Prepare the Cure.** Combine the kosher salt, MFA, fresh dill, lemon zest, ground white pepper, and crushed coriander seeds in a bowl. Mix until evenly distributed.
2. **Cure the Salmon.** Pat the salmon fillet dry. Spread half the cure in an even layer on the bottom of a non-reactive dish. Place the fillet skin-side down on the cure. Spread the remaining cure evenly over the top and sides of the fillet. Wrap the dish tightly with plastic wrap. Refrigerate for 24 to 48 hours, flipping the fillet halfway through for even cure penetration.
3. **Rinse and Air-Dry.** Remove the fillet from the dish. Rinse thoroughly under cold running water for 5 min. Pat completely dry with paper towels. Place on a wire rack in the refrigerator, uncovered, for 1 to 2 hours until the surface is dry and slightly tacky.
4. **Vacuum Seal.** Place the fillet in a vacuum bag. Seal firmly to remove all air.
5. **Sous Vide Processing.** Set the water bath to 104°F (40° C) (40°C). Submerge the sealed bag. Process for 45 to 60 min once the internal temperature of the thickest part of the fillet reaches 104°F (40° C) (probe through the bag). Do not exceed 104°F (40° C), as higher temperatures will shift the texture away from the traditional gravlax character toward a cooked result.
6. **Cool and Rest.** Transfer the bag to an ice bath for 20 to 30 min. Refrigerate sealed for 4 hours or overnight. This resting period allows the texture and flavor to consolidate.
7. **Slice and Serve.** Unseal the bag. Pat the surface dry. Slice thinly against the grain using a sharp knife. Serve with a mustard-dill sauce if desired. Refrigerate for up to 7 days or freeze for up to 3 months.

• **Estimated Nutrition (Per 2 oz (57 g) / 56 g Serving):**

Nutrient	Approximate Value
Calories	70 to 90
Protein	10 to 12 g
Fat	4 to 6 g (mostly omega-3)
Carbohydrates	0 g

• **Sous Vide Temperature Reference:**

Parameter	Target
Bath temperature	104°F (40° C) (40°C)
Internal temperature (probe)	104°F (40° C) (40°C)
Processing time after internal target	45 to 60 min
Ice bath after processing	20 to 30 min

- **Safety Note:** Use salmon frozen at -4°F (-16° C) (-20°C) for at least 7 days prior to curing, or use sushi-grade fish. The 104°F (40° C) bath does not fully pasteurize the fish. This is a low-temperature, raw-style product. Individuals with compromised immune systems should prefer salmon processed at 145°F (63° C).
- **Troubleshooting:**
 - **Too firm:** Reduce cure time to 24 hours and shorten sous vide processing to 45 min.
 - **Too oily in texture:** Extend air-dry time to 2 hours before vacuum sealing.
 - **Weak cure flavor:** Increase salt to 1.25 cups (296 mL) in the next batch and ensure the fillet is fully coated on all sides.
 - **Bath temperature creep above 104°F (40° C):** Add ice to the water bath at the start of processing if the circulator has difficulty maintaining a low set point.

Note: Probe the fillet through the vacuum bag by inserting the thermometer needle directly through the plastic into the thickest part of the flesh. The puncture is small and does not compromise the seal meaningfully during the remaining processing time. Remove the thermometer cleanly and immediately after reading. This is the only reliable method for confirming internal temperature without unsealing the bag prematurely.

Correction Note: For cured salmon, lox-style salmon, dry-cured salmon, and gravlax, keep the sequence strict: cure or brine first, rinse only enough to remove excess surface salt, then air-dry uncovered on a rack in the refrigerator until the surface becomes tacky. This pellicle improves slicing, texture, and surface flavor. Low-temperature sous vide processing at lox or gravlax temperatures does not fully pasteurize the fish; use previously frozen or sushi-grade salmon and serve fully cooked salmon to immunocompromised guests.

Miso Ramen

- **Source** : Adapted Recipe
- **Equipment** : Large pot or pressure cooker, skillet, Philips Pasta Maker, fine-mesh strainer
- **Yields** : 2 servings (with extra Chashu and Eggs for future use)
- **Prep Time** : Day 1 (Prep): 3-4 hours active; Day 2 (Cook): 30-45 min
- **Ingredients** :
 - **For the Noodles (Philips Pasta Maker):**
 - * 250 g Caputo 00 Chef's flour
 - * 3g salt
 - * 95g water (room temperature, no egg)
 - **For the Chashu (Braised Pork Belly):**
 - * 2 lb (907 g) (907g) pork belly block, skinless
 - * 1 leek or 3 green onions (green parts only)
 - * 1-inch knob of ginger, sliced
 - * 1/2 cup (118 mL) sake
 - * 1/2 cup (118 mL) soy sauce
 - * 1 cup (237 mL) water
 - * 1/3 cup (79 mL) sugar
 - * 1/2 Tbsp (7 mL) sunflower oil
 - **For the Ramen Eggs (Ajitsuke Tamago):**
 - * 4 large eggs
 - * 1/4 cup (59 mL) soy sauce
 - * 1/4 cup (59 mL) mirin
 - * 1/4 cup (59 mL) sake (or water)
 - * 1 tsp (5 mL) sugar
 - **For the Miso Broth:**
 - * 1 Tbsp (15 mL) toasted sesame oil
 - * 2 tsp (10 mL) freeze-dried garlic, reconstituted
 - * 1/2 tsp (2 mL) freeze-dried ginger, reconstituted
 - * 1 tsp (5 mL) freeze-dried shallots, reconstituted
 - * 1/4 lb (113 g) ground pork
 - * 1 tsp (5 mL) doubanjiang (chili bean paste)
 - * 3 Tbsp (44 mL) miso paste
 - * 1 Tbsp (15 mL) ground toasted white sesame seeds
 - * 1 Tbsp (15 mL) sugar

- * 1 Tbsp (15 mL) sake
- * 4 cups (946 mL) chicken stock
- * 1 tsp (5 mL) salt
- * 1/4 tsp (1 mL) white pepper powder

– **For Garnish & Toppings:**

- * **Shiraga Negi** : White part of 1 leek or a few green onions
- * Nori seaweed sheets, cut into strips
- * Blanched bean sprouts
- * Canned sweet corn, drained
- * Chopped green onions

● **Directions :**

Nutrition: Estimated per serving, USDA-style built-in macro table: 1020 kcal; Protein 35 g; Fat 25 g; Carbohydrates 165 g. Estimate confidence: high; servings 2 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Day 1: Preparation

1. **Prepare the Chashu** . Heat sunflower oil in a skillet over high heat. Sear the pork belly on all sides until deeply browned, 10 min. In a heavy-bottomed pot, combine the green leek/onion parts, ginger, sake, soy sauce, water, and sugar. Add the seared pork belly. Bring to a boil, skim off any foam, then reduce the heat to a low simmer. Cover and cook for 2 hours, turning the pork every 30 min. Cool slightly, then transfer the pork and 1/2 cup (118 mL) of the braising liquid to a container to marinate overnight in the refrigerator.
2. **Prepare the Ramen Eggs** . Bring a pot of water to a boil. Gently lower the eggs in and simmer for exactly 7 min for a jammy yolk. Immediately transfer the eggs to an ice bath for 15 min to stop the cooking. In a small pot, combine the soy sauce, mirin, sake, and sugar. Simmer for 1 min, then let it cool completely. Peel the eggs and place them in a bag or container with the cooled marinade. Refrigerate overnight.
3. **Prepare the Shiraga Negi** . Cut the white part of a leek or green onions into 3-inch lengths. Make a lengthwise incision and remove the core. Stack the white layers and slice them lengthwise into hair-thin strips. Soak the strips in ice water for 10 min to crisp them up, then drain well and refrigerate.

4. **Prepare the Noodle Dough** . Combine the flour and salt. Gradually add the water, mixing with chopsticks until a shaggy dough forms. Place the dough in a bag, step on it or flatten it to bring it together, then let it rest for 30 min. Refrigerate overnight.

Day 2: Cooking and Assembly

5. **Prepare the Miso Broth** . Heat sesame oil in a pot over medium-low heat. Add the reconstituted garlic, ginger, and shallots and stir-fry until fragrant. Add the ground pork and cook until no longer pink. Stir in the doubanjiang and miso paste, followed by the ground sesame seeds and sugar. Pour in the sake and 4 cups (946 mL) of chicken stock. Bring to a simmer, then season with salt and white pepper. Keep warm on low heat.
6. **Cook the Noodles** . Bring a large pot of unsalted water to a rolling boil. Use the pasta maker to extrude the rested dough into noodles. Cook the fresh noodles for 2-4 min, or until al dente. Drain very well.
7. **Prepare the Toppings** . Thinly slice the chilled chashu and sear with a torch or under a broiler until sizzling. Slice the marinated ramen eggs in half. Have the Shiraga Negi, nori, bean sprouts, and corn ready.
8. **Assemble the Ramen** . Warm the serving bowls with hot water. Add the cooked noodles to each bowl. Ladle the hot miso broth over the noodles. Artfully arrange the chashu slices, a ramen egg half, a pile of Shiraga Negi, and other desired toppings on top. Serve immediately.

★

High-Protein, Low-Fat Tuna Onigiri

- **Source** : Adapted Recipe
- **Equipment** : Rice cooker or Instant Pot, mixing bowl, fine-mesh strainer
- **Yields** : Approximately 6-8 onigiri
- **Ingredients** :
 - **For the Rice**:
 - * 2 cup (473 mL) uncooked **Nishiki sushi rice** (or the **quinoa rice mix** for higher fiber)
 - * 2 cups (473 mL) cold water
 - * **Optional Fiber Boost** : 1 to 2 tbsp (30 mL) **chia seeds** or **flaxseed meal**
 - * **Optional Seasoning (for Sushi-Style Rice)** :

- 1/4 cup (59 mL) **rice vinegar**
- 2 tbsp (30 mL) **monk fruit allulose sweetener**
- 1 tsp (5 mL) **Hain salt**
- **Optional Protein Boost:** 1 scoop (15-20 g) **unflavored protein isolate**, whisked into the vinegar mixture.

– **For the Tuna Filling:**

- * 1 can (5-6 oz (170 g)) tuna packed in water, thoroughly drained
- * 2 tbsp (30 mL) **Kewpie mayonnaise**
- * 2 tbsp (30 mL) **low-fat tvorog** or plain Greek yogurt (to reduce fat)
- * 1 tsp (5 mL) soy sauce
- * 1-2 **green onions**, finely chopped (optional, for fiber and crunch)
- * Pinch of white or black pepper

● **Directions :**

1. **Cook the Rice.** Rinse the 2 cups (473 mL) of rice under cold water until the water runs clear. If using an Instant Pot, combine the rinsed rice, 2 cups (473 mL) of water, and the optional chia/flax seeds in the inner pot. Cook on **High Pressure** for **4 min**, then allow a **10-min natural release**. If using a rice cooker, follow the manufacturer's instructions for cooking.
2. **Season the Rice.** While the rice is still hot, prepare the optional seasoning, if desired. Gently heat the rice vinegar, monk fruit sweetener, and salt until dissolved. If using, whisk in the protein isolate until smooth. Transfer the hot rice to a wide, non-metal bowl and gently fold in the seasoning mixture while fanning the rice to cool it. If not making sushi-style rice, simply mix a pinch of salt into the warm cooked rice.
3. **Prepare the Tuna Filling.** In a small bowl, flake the thoroughly drained tuna with a fork. Add the Kewpie mayonnaise, tvorog, soy sauce, chopped green onions, and pepper. Mix until creamy and well combined. The mixture should be thick, not watery.
4. **Shape the Onigiri.** Prepare a small bowl of salted water (1 cup (237 mL) of water mixed with 1 tsp (5 mL) salt. Wet the hands with the salted water to prevent the rice from sticking. Take 1/2 cup (118 mL) of warm rice and flatten it in the palm.
5. **Fill and Form.** Create a small indent in the center of the rice and place 1-2 tsp (10 mL) of the tuna filling inside. Gently bring the rice up and around the filling to enclose it completely. Press the rice firmly into a traditional triangle, ball, or cylinder shape. Do not press so hard that the rice becomes mushy.

6. **Wrap and Serve.** Cut strips of nori seaweed and wrap them around the onigiri for easy handling. Onigiri are best served at room temperature on the day they are made.

Nutrition: Estimated per serving, USDA-style built-in macro table: 200 kcal; Protein 6 g; Fat 9 g; Carbohydrates 25 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Zharkoye (Meat Stew with Potatoes)

- **Source :** B. V. Shipunov
- **Equipment :** Stove top, heavy-bottomed pot
- **Ingredients :**
 - 1 lb (454 g) meat (beef or pork), cut into 1.5-inch cubes
 - 1.5 lb (680 g) potatoes, cut into 1.5-inch cubes
 - 1 tsp (5 mL) black peppercorns
 - 2-3 bay leaves
 - Water
 - Salt to taste
- **Directions :**
 1. **Prepare.** Cut the meat and potatoes into large, uniform cubes for even cooking.
 2. **Cook Meat.** Add a bit of water to a heavy pot and bring it to a boil. Place the meat in a single layer, adding just enough water to cover it. Add the peppercorns and bay leaves. Simmer until the meat is tender.
 3. **Add Potatoes.** Add the cubed potatoes to the pot. If needed, add a little more water, but do not fully submerge the ingredients.
 4. **Finish.** Continue to simmer until the potatoes are almost cooked through. Then, begin stirring gently as the liquid reduces and thickens into a gravy. Season with salt and serve.

Nutrition: Estimated per serving (beef and potatoes; 4 servings): 320–380 kcal; Protein 22–26 g; Fat 10–14 g; Carbohydrates 28–34 g. Estimate confidence: medium.

Accessibility Note: Brown meat in one step, add potatoes and liquid, set timer. One pot, one timer, minimal monitoring.



Stir Fry

- **Source :** Nikki
- **Equipment :** Stovetop, wok, or large skillet
- **Ingredients :**
 - Cooked rice, for serving
 - 1 lb (454 g) protein of choice (chicken, shrimp, ground turkey)
 - 4 cups (946 mL) mixed vegetables (onions, peas, mushrooms, broccoli, carrots, soy sprouts)
 - 1 tbsp (15 mL) butter (or butter spray)
 - 1 tbsp (15 mL) oil
 - Soy sauce to taste
- **Directions :**
 1. **Prepare.** Chop all vegetables and protein into bite-sized pieces.
 2. **Stir-fry.** Heat the butter and oil in a wok over high heat. Add the protein and cook until done. Remove the protein and set it aside. Add the harder vegetables (such as carrots and broccoli) to the wok, followed by the softer ones (like mushrooms and peas). Stir-fry until tender-crisp.
 3. **Combine and Season.** Return the cooked protein to the wok. Add soy sauce to taste and toss everything to combine.
 4. **Serve.** Serve immediately over hot rice.

Nutrition: Estimated per serving, USDA-style built-in macro table: 255 kcal; Protein 30 g; Fat 15 g; Carbohydrates 5 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Chicken Fried Rice

- **Source** : Nikki
- **Equipment** : Stovetop, wok, or large skillet
- **Ingredients** :
 - 3 cups (710 mL) cooked and chilled rice (day-old rice works best)
 - 1 lb (454 g) chicken breast or ground turkey, diced
 - 1 cup (237 mL) frozen peas and grated carrots
 - 1 small onion, chopped
 - 2 eggs, lightly beaten
 - 3 tbsp (44 mL) soy sauce
 - 1 tbsp (15 mL) oil
 - 1 tbsp (15 mL) butter
- **Directions** :
 1. **Cook Chicken and Aromatics.** Heat oil and butter in a wok over medium-high heat. Add the chicken or turkey and cook until browned. Add the chopped onion and cook until soft.
 2. **Add Vegetables.** Stir in the peas and carrots, and cook for another 2 min, until heated through.
 3. **Scramble Egg.** Push the mixture to one side of the wok. Pour the beaten eggs onto the empty side and scramble until cooked.
 4. **Combine.** Add the chilled rice to the wok. Pour soy sauce over the rice. Stir-fry everything together, breaking up the rice with the spatula, for 3-5 min until heated through.
 5. **Serve.** Serve warm.

Nutrition: Estimated per serving, USDA-style built-in macro table: 790 kcal; Protein 50 g; Fat 10 g; Carbohydrates 120 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Kyoto-Style Omurice

- **Source** : Motokichi-Sensei (Translated)
- **Servings** : 1
- **Equipment** : Wok, non-stick frying pan
- **Ingredients** :
 - **Fried Rice**: 1 cup (237 mL) day-old rice, 50 g chicken, 1/4 onion, shimeji mushrooms, 1 tbsp (15 mL) butter, ketchup, demi-glace sauce, salt, pepper, MSG.
 - **Omelet**: 3 large eggs.
 - **Sauce**: Warmed demi-glace sauce.
- **Directions** :
 1. **Make Fried Rice**. Stir-fry chicken and vegetables in a hot wok. Add butter, then rice. Season with salt, pepper, MSG, ketchup, and a little demi-glace. Shape the rice into an oval on a plate.
 2. **Prepare Egg**. Beat 3 eggs vigorously until smooth and creamy.
 3. **Cook Omelet**. Heat a non-stick pan over high heat with oil. Pour in the eggs. Stir rapidly with chopsticks for 10-15 seconds to create soft curds. Tap the pan to shape the egg into an oval.
 4. **Assemble**. Carefully slide the cooked omelet over the fried rice.
 5. **Serve**. Drizzle with warmed demi-glace sauce. Make a slit down the center of the omelet to let the creamy interior spill out.

Nutrition: Estimated per serving, USDA-style built-in macro table: 6 kcal; Protein 0 g; Fat 0 g; Carbohydrates 1 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Uncle Roger's Egg Fried Rice

- **Source** : Uncle Roger
- **Servings** : 1-2
- **Equipment** : Wok
- **Ingredients** :
 - 5 cloves garlic, minced
 - 1-2 shallots, finely chopped
 - 1 full egg + 1 egg yolk, whisked
 - 1-2 cups (473 mL) leftover day-old rice
 - 1-2 tbsp (30 mL) soy sauce
 - 1 tsp (5 mL) sesame oil
 - 1/2-1 tsp (5 mL) MSG
 - Peanut or vegetable oil
 - Chopped spring onion and red chilies for garnish
- **Directions** :
 1. **Prep.** Have all ingredients chopped and ready by the wok. This dish cooks very quickly.
 2. **Heat the Wok.** Heat the wok over a high flame until it is smoking hot. Add oil.
 3. **Aromatics and Egg.** Stir-fry the garlic and shallots for 30 seconds until fragrant. Push them to the side and pour in the whisked egg, scrambling it quickly.
 4. **Fry Rice.** Add the rice to the wok. Use a spatula to flatten and break up any clumps. Stir-fry to coat the grains with egg and aromatics.
 5. **Season.** Drizzle with soy sauce and sesame oil. Sprinkle generously with MSG. Toss everything together vigorously.
 6. **Garnish and Serve.** Turn off the heat. Stir in the chopped spring onion and chilies. Serve immediately.

Nutrition: Estimated per serving (1–2 cups rice, 1 egg, garlic, soy sauce): 350–420 kcal; Protein 10–14 g; Fat 12–16 g; Carbohydrates 50–60 g. Estimate confidence: medium.

Accessibility Note: Use day-old rice. Prepare all ingredients in small bowls before turning on the wok. The dish cooks in under 4 minutes once heat is on – no pausing possible.

Brazilian-Style Picanha Steak

- **Source** : Guga Foods (Translated)
- **Servings** : 4
- **Equipment** : Charcoal grill, thermometer
- **Ingredients** :
 - 3-4 lb (1814 g) whole Picanha roast
 - 2-3 tbsp (44 mL) kosher or coarse rock salt
 - 4-6 tbsp (89 mL) unsalted butter, melted
- **Directions** :
 1. **Trim Picanha.** Remove any tough silver skin from the meat. Trim the fat cap to an even 1/2-inch thickness.
 2. **Cut Steaks.** With the fat cap facing down, slice the roast *with* the grain into 1.5-inch-thick steaks
 3. **Season.** Salt the steaks generously on all sides, including the fat cap. Let them rest at room temperature for at least 15 to 30 min.
 4. **Grill.** Set up a two-zone charcoal grill (one hot side, one cool side). Sear the steaks for 2-3 min per side over direct heat. Then, carefully sear the fat cap for 1-2 min until it is rendered and golden.
 5. **Finish Cooking.** Move the steaks to the cool, indirect heat zone. Brush them with melted butter. Cover the grill and cook until the internal temperature reaches 125°F (52° C) for medium-rare.
 6. **Rest and Slice.** Let the steaks rest for 5 min before slicing. To serve, slice the meat thinly *against* the grain for maximum tenderness.

Nutrition: Estimated per 6 oz (170 g) grilled serving, medium-rare, fat cap trimmed: 340–400 kcal; Protein 38–44 g; Fat 18–24 g; Carbohydrates 0 g.
Estimate confidence: medium.

Accessibility Note: Salt and rest steaks before lighting the grill. Use two-zone charcoal and a probe thermometer for a clear stop cue (125°F / 52°C for medium-rare). Rest 5 min before slicing.

Indian-Style Butter Chicken

- **Source** : Uncle Roger & Chef Sid
- **Servings** : 4-6
- **Equipment** : Tandoor or oven, blender
- **Ingredients** :
 - **Chicken Marinade**: 2 lb (907 g) chicken legs or thighs, ginger-garlic paste, salt, MSG, red chili powder, garam masala, kasuri methi (dried fenugreek leaves), hung yogurt, lemon juice, mustard oil.
 - **Gravy**: Oil, cardamom, green chilies, ginger-garlic paste, canned tomatoes, cashews, khoya (milk solids), cream, and other spices.
- **Directions** :
 1. **Marinate Chicken**. Combine all marinade ingredients in a bowl. Massage the mixture thoroughly into the chicken pieces. Let it marinate for at least 2 hours, or preferably overnight.
 2. **Make Gravy Base**. In a pot, sauté whole spices in oil. Add ginger-garlic paste, then chili powder and canned tomatoes. Add cashews and water, and simmer for 15 min. Stir in kasuri methi and khoya to finish.
 3. **Blend Gravy**. Allow the gravy base to cool slightly, then blend it until completely smooth. Strain it through a fine-mesh sieve for an extra-silky texture.
 4. **Grill Chicken**. Skewer the marinated chicken pieces. Grill or bake at a high temperature (450-500°F (260° C)) for 10-12 min, until charred but still slightly undercooked.
 5. **Assemble**. Return the smooth gravy to the pot. Add a knob of butter. Add the grilled chicken and simmer for 5-7 min to finish cooking. Turn off the heat and stir in the cream. Garnish with fresh coriander and julienned ginger before serving.

Nutrition: Estimated per serving (2 lb chicken, cream, cashews; 4–6 servings): 420–480 kcal; Protein 30–36 g; Fat 22–28 g; Carbohydrates 18–24 g. Estimate confidence: medium.

Accessibility Note: Marinate chicken overnight to eliminate active prep on cook day. Grill chicken and blend gravy as two independent tasks. Combine only at the final simmer step.

Traditional Thai Green Curry

- **Source** : Uncle Roger & Nephew Thames
- **Servings** : 2-4
- **Equipment** : Mortar and pestle, pot
- **Ingredients** :
 - **Curry Paste**: White peppercorns, coriander seeds, cumin seeds, green chilies, shallots, garlic, galangal, kaffir lime leaves, lemongrass, coriander roots, and shrimp paste.
 - **Curry**: 400ml coconut milk, 500 g chicken thigh (diced), fish sauce, palm sugar, Thai eggplants, Thai basil, bamboo shoots, cream, MSG.
- **Directions** :
 1. **Make Paste**. Toast the dry spices. In a mortar and pestle, crush the toasted spices into a powder. Add the fresh paste ingredients one by one until smooth. The shrimp paste should be added last.
 2. **Start Curry**. In a pot, simmer the coconut milk until the oil begins to separate and float to the top.
 3. **Cook**. Fry the fresh curry paste in the separated coconut oil until fragrant. Add the diced chicken thigh and cook until partially done. Season with fish sauce.
 4. **Simmer**. Add the vegetables (eggplant, bamboo shoots) and palm sugar. Add chicken stock if the curry is too thick. Simmer for 10-15 min until the chicken is fully cooked and the vegetables are tender.
 5. **Finish**. Turn off the heat. Stir in the cream, Thai basil leaves, and a generous pinch of MSG. Serve hot with jasmine rice.

Nutrition: Estimated per serving, USDA-style built-in macro table: 260 kcal; Protein 30 g; Fat 15 g; Carbohydrates 0 g. Estimate confidence: low; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Simple Curry

- **Source :** Nikki
- **Total Time:** 1 hr
- **Ingredients:**
 - 5–6 boneless chicken breasts
 - Tomato paste
 - Onion
 - Garlic
 - Mushrooms (optional)
 - Curry powder
 - Chilli flakes/powder
 - Salt + black pepper
 - Water/chicken stock
- **Directions:**
 1. Cut chicken into small cubes, mix with salt + pepper.
 2. Sautè in oil until not pink (put aside).
 3. Sautè finely chopped onions and mushrooms together, and add garlic when mushrooms get squishy.
 4. Add tomato paste to the onion mix, add spices, and mix.
 5. Add almost enough water or chicken stock to cover the chicken. Wait until it starts to boil.
 6. Add chicken, let simmer for 3–5 min.
 7. Take off the heat, add sour cream to taste, and serve.

Nutrition: Estimated per serving, USDA-style: 280 kcal; Protein 38 g; Fat 8 g; Carbohydrates 12 g. Estimate confidence: medium; servings 4 (defaulted).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Correction Note: Add sour cream only after lowering the heat or removing the pot from heat. For a smoother sauce, temper the sour cream by whisking in a small ladle of hot broth first, then stir the warmed sour cream mixture back into the pot. Do not boil after adding sour cream, because it can split or curdle.

Traditional Lobster Roll

- **Source** : Uncle Roger & Uncle Nick
- **Servings** : 2-4
- **Equipment** : Large pot, skillet
- **Ingredients** :
 - 1 large (2-3 lb (1361 g)) live lobster
 - 1 stick (1/2 cup (118 mL)) unsalted butter
 - Pinch of MSG
 - 2-4 hot dog buns (New England split-top style preferred)
 - 2-3 tbsp (44 mL) mayonnaise
 - 1 celery stalk, finely diced
 - Zest of 1 lemon
 - Fresh dill, chopped
- **Directions** :
 1. **Cook Lobster.** Humanely kill the lobster. Boil or steam it for 8-10 min, then immediately transfer it to an ice bath to stop the cooking process.
 2. **Extract Meat.** Carefully crack the shell and remove all the meat from the claws, knuckles, and tail. Chop the meat into bite-sized chunks.
 3. **Make Brown Butter.** Melt the butter in a pan over medium heat. Continue to cook, swirling the pan, until the milk solids turn a nutty brown color. Stir in a pinch of MSG.
 4. **Toast Buns.** Trim the sides of the buns to create flat surfaces. Toast them in a lightly oiled pan until golden brown and crisp.
 5. **Assemble.** In a bowl, gently mix the lobster meat with the mayonnaise, diced celery, lemon zest, and fresh dill. Drizzle in some of the warm brown butter and toss lightly. Stuff the mixture into the toasted buns and serve immediately.

Nutrition: Estimated per serving, USDA-style built-in macro table: 275 kcal; Protein 0 g; Fat 30 g; Carbohydrates 0 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

White Turkey Chili

- **Source** : EatingWell (Adapted)
- **Equipment** : Stovetop pot or Dutch oven
- **Ingredients** :
 - 1 lb (454 g) ground turkey
 - 1 tsp (5 mL) freeze-dried onion and garlic
 - 1 yellow squash or zucchini, chopped
 - 1 cup (237 mL) cooked quinoa-rice mix (instead of bulgur)
 - Spices: 1 tbsp (15 mL) cumin, 1 tsp (5 mL) paprika, 1/2 tsp (2 mL) white pepper
 - 4 cups (946 mL) mineral water or chicken broth
 - Butter spray
- **Directions** :
 1. **Brown Turkey.** Coat a large pot with butter spray. Brown the ground turkey with the freeze-dried onion and garlic.
 2. **Simmer.** Add the chopped squash, quinoa-rice mix, spices, and broth.
 3. **Cook.** Bring to a boil, then reduce the heat and simmer for at least 45 min to an hour, until the chili has thickened and the flavors have melded.

Nutrition: Estimated per serving, USDA-style built-in macro table: 285 kcal; Protein 30 g; Fat 10 g; Carbohydrates 15 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Deli-Style Turkey Breast

- **Source:** Adapted for cured deli texture with version adjustments.
- **Equipment:** Large brining container, vacuum sealer and large bags, sous vide circulator and water bath, probe thermometer, ice bath setup.
- **Yields:** Approximately 5 lb (2268 g) sliced meat (20 to 25 servings of 2 to 3 oz (85 g) each).

Nutrition: Estimated per 2 oz (56 g) serving: 65 kcal; Protein 12 g; Fat 1 g; Carbohydrates 0–1 g. Estimate confidence: high.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Ingredients:

For the Brine:

- 2 gallons (7.6 L) cool water
- 1 cup (237 mL) pickling salt
- **Sweetener:** See version adjustments below.
- 1/2 tsp (2 mL) food-grade sodium nitrate
- **Optional:** 2 tbsp (30 mL) dried whole black peppercorns, 4 tsp (20 mL) freeze-dried garlic (rehydrated), 4 dried bay leaves

For the Seasoning Rub:

- 1 tbsp (15 mL) pickling salt
- 1 tbsp (15 mL) freeze-dried thyme
- 1 tsp (5 mL) ground black pepper
- 1 tsp (5 mL) freeze-dried garlic (rehydrated)

Directions:

1. **Prepare the Brine.** Dissolve 1 cup (237 mL) of pickling salt, the sweetener, and 1/2 tsp (2 mL) of sodium nitrate in 2 gallons (7.6 L) of cool water. Stir until the brine is clear. Warm 1/4 cup (59 mL) of water slightly to dissolve any thick components fully, then cool completely before adding to the main brine. Add optional peppercorns, rehydrated garlic, and bay leaves. Allow the brine to rest for 30 min.
2. **Brine the Turkey.** Rinse the turkey breast under cold running water. Pat dry. Submerge fully in the brine. Refrigerate for 18 to 24 hours. Flip halfway for an even cure.
3. **Rinse and Season.** Rinse the turkey thoroughly under cold running water for 5 min. Pat completely dry with paper towels. Mix the seasoning rub

ingredients in a small bowl. Rub the mixture evenly over the entire surface of the turkey.

4. **Vacuum Seal.** Divide the turkey into portions if needed to fit the bags. Place each portion in a vacuum bag. Seal firmly.
5. **Sous Vide Cooking.** Preheat the water bath to 145°F (63° C) (63°C). Submerge the sealed bags. Cook for 3 hours. Confirm with a probe thermometer that the internal temperature reaches 145°F (63° C) throughout before removing.
6. **Cool and Rest.** Remove the bags from the bath. Place in an ice bath for 30 to 45 min. Refrigerate sealed for 4 to 6 hours or overnight.
7. **Slice and Store.** Unseal the bags. Pat the surface dry. Slice thinly against the grain to 1/8-inch thickness for deli- style slices. Store in airtight containers or vacuum-seal individual portions. Refrigerate at 40°F (4° C) for up to 7 days or freeze for up to 3 months.

Version Adjustments (Sweetener Only):

- **Low-Fat / High-Protein Version:** 1 cup (237 mL) MFA (monk fruit allulose blend) + 1 tsp (5 mL) blackstrap molasses. Turkey breast is naturally low-fat; no other changes are needed.
- **Original Version:** 1 cup (237 mL) white or brown sugar + 1 tsp (5 mL) blackstrap molasses, for traditional depth and higher carbohydrates.
- **Keto Version:** 1 cup (237 mL) MFA only. Omit the molasses for zero added carbohydrates.

Estimated Nutrition Information (Per 2 oz (57 g) / 56g Serving):

- Calories: 59 to 61
- Protein: approximately 11 g
- Fat: 1 to 1.5 g
- Carbohydrates: approximately 0 g

Troubleshooting:

- **Too salty:** Soak the finished slices in cold water for 30 min before serving.
- **Dry texture:** Increase the sous vide cooking time by 30 min in the next batch.
- **Uneven color:** Ensure full submersion in the brine and flip the turkey at the halfway point.
- **Weak molasses flavor:** Increase to 1.5 tsp (7 mL) and rehydrate the molasses in warm water before adding it to the brine.
- **Bitter aftertaste:** Reduce to 1/2 tsp (2 mL) molasses and balance with 1/4 tsp (1 mL) vanilla extract added to the brine.

Note: The 1 tsp (5 mL) of molasses adds subtle bittersweet earthiness to the brine and complements the neutral MFA without producing a strong caramel flavor. The sous vide process retains approximately 90 percent of the meat's moisture compared to conventional roasting, and the slices hold their shape reliably for sandwiches. The sodium nitrate produces the characteristic even pink hue throughout the sliced meat. Measure all quantities carefully, and rest between the major steps as needed.



Russian-Style Shawarma / Doner (NutriChef Rotisserie)

This recipe is divided into five parts. Part I (Armenian Lavash) is presented separately in the Bread section.

Part II: Meat (Chicken, Lamb, or Mixed)

- **Equipment:** NutriChef countertop rotisserie, spit and forks, drip tray.
- **Yields:** Meat filling for 4 to 6 wraps.
- **Ingredients:**
 - 1.5 lb (680 g) boneless chicken thighs, lamb shoulder slices, or a 50/50 combination
 - 3 garlic cloves, minced
 - 1 tsp (5 mL) paprika
 - 1 tsp (5 mL) non-iodized salt
 - 0.5 tsp (2 mL) black pepper
 - Chinese adjika (chili paste), to taste
 - Fresh dill, finely chopped, to taste

Nutrition: Estimated per serving (meat filling only), USDA-style: 310 kcal; Protein 35 g; Fat 17 g; Carbohydrates 4 g. Estimate confidence: medium; servings 5 (parsed).

1. **Season.** Combine all ingredients. Coat the meat completely. Let the meat rest for 10 to 15 minutes at room temperature while you set up the rotisserie. This step allows the salt to dissolve on the surface; it is not a long marinade.
2. **Spit and Cook.** Stack the seasoned pieces on the NutriChef rotisserie spit, pressing each layer firmly downward to form a dense, cylindrical column. Cook at 350 to 375 °F until the outer surface is browned and the internal temperature of the thickest piece reaches 165 °F for chicken or 160 °F for lamb.

3. **Slice.** Slice thinly from the outside of the spit, working from top to bottom in long vertical strokes, while the meat is still hot. Slice only as much as needed for the current wraps.

Part III: White Sauce with Jalapeño

• **Ingredients:**

- 1/2 cup (118 mL) Duke's Light mayonnaise or Kewpie mayonnaise
 - 2 garlic cloves, finely minced or pressed
 - 1/4 cup (59 mL) pickled cucumber brine (from the jar of dill pickles)
 - 1 to 2 tbsp (30 mL) fresh jalapeño, finely chopped (adjust to heat preference)
 - 1 tbsp (15 mL) fresh dill, chopped
 - 1/4 tsp (1 mL) salt
 - 1/4 tsp (1 mL) black pepper
1. Combine all ingredients in a small bowl. Stir thoroughly.
 2. Taste and adjust jalapeño and salt.
 3. Refrigerate for at least 30 minutes before serving. The sauce holds for up to 3 days refrigerated.

Part IV: Filling (Vegetables)

• **Ingredients:**

- 1 cup (237 mL) green cabbage, finely shredded
- 1 medium tomato, sliced into strips
- 1/2 cucumber, sliced thin or julienned
- 4 to 6 dill pickles, sliced lengthwise
- 1/2 small onion, thinly sliced
- Fresh dill, chopped, to taste
- Salt to taste
- Black pepper to taste
- 1 tsp (5 mL) olive oil

Lightly season the cabbage and onion with salt, pepper, and olive oil. Add dill and tomato at assembly time. Prepare all vegetables just before assembly to prevent the lavash from becoming soggy.

Part V: Assembly

1. **Warm the Lavash.** Place one lavash sheet on a warm, dry skillet for 15 to 20 seconds per side.
2. **Spread the Sauce.** Spread a generous layer of the white jalapeño sauce along one long side of the lavash, leaving a margin of 2 to 3 centimeters at

the edges.

3. **Add Filling and Meat.** Layer the cabbage and onion mixture, then cucumber, tomato, dill pickles, and dill. Top with freshly sliced hot meat from the rotisserie. Add a small additional drizzle of sauce over the meat if desired.
4. **Roll.** Fold the bottom edge of the lavash up over the filling. Make the first turn loose to allow the filling to settle, then roll tightly so the wrap becomes a firm cylinder. Do not fold the short ends. Toast seam-side down in a heavy skillet or contact grill on medium-high heat until the outside is lightly crisped.

Accessibility Note: Prepare marinade and load the spit the day before. On cook day, three sequential tasks: cook rotisserie, make sauce, prep vegetables. Slice meat only as each wrap is assembled to keep remaining meat hot and moist. A probe thermometer gives one clear doneness cue (165°F / 74°C for chicken; 160°F / 71°C for lamb).



Chicken Plov (Uzbek-Style Pilaf)

- **Source:** Adapted from traditional Uzbek method.
- **Equipment:** Heavy-bottomed pot, Dutch oven, or 6-quart Instant Pot.
- **Yields:** 4 to 6 servings.
- **Total Time:** Approximately 1 hour.
- **Ingredients:**
 - 1 lb (454 g) bone-in chicken thighs or boneless thighs, cut into large pieces
 - 2 cups (473 mL) long-grain white rice (devzira preferred; basmati or parboiled work well)
 - 2 large carrots, julienned into 2-inch sticks (do not grate; the texture is essential)
 - 1 large onion, thinly sliced into half-rings
 - 1 whole head of garlic, outer papery layers removed but left intact and unpeeled
 - 3 tbsp (44 mL) sunflower oil (Low-Fat: reduce to 1.5 tbsp (22 mL))
 - 1 tsp (5 mL) whole cumin seeds
 - 0.5 tsp (2 mL) ground coriander

- 0.5 tsp (2 mL) ground black pepper
- 1 tsp (5 mL) non-iodized salt, plus more to taste
- 2 to 2.5 cups (591 mL) hot water or chicken broth
- Optional: 2 tbsp (30 mL) dried barberries (zereshk) or 4 to 6 dried apricots for a slightly tart note

Nutrition: Estimated per serving, USDA-style built-in macro table: 480 kcal; Protein 25 g; Fat 15 g; Carbohydrates 55 g. Estimate confidence: high; servings 6 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

- **Version Adjustments:**

- **Low-Fat/High-Protein:** Use boneless chicken breast, reduce oil to 1.5 tbsp (22 mL), and use chicken broth instead of water.
- **Original:** Bone-in thighs and full oil amount as written.

- **Directions:**

1. **Soak the Rice.** Rinse the rice under cold water until the water runs clear. Soak in cold water for 20 to 30 min. Drain just before use.
2. **Build the Zirvak.** Heat the oil in the pot over high heat until it shimmers. Add the onion slices and cook, stirring, for 8 to 10 min until deeply golden. Add the chicken pieces and sear for 3 to 4 min per side until browned. Add the carrots, cumin seeds, coriander, black pepper, and salt. Stir and cook for 3 to 4 min.
3. **Add Liquid and Garlic.** Pour in the hot water or broth. Press the whole garlic head into the center of the pot. Add optional barberries or apricots. Bring to a boil and simmer, uncovered, for 15 min. Taste the liquid and adjust salt.
4. **Add the Rice.** Drain the soaked rice and spread it in an even layer over the top of the zirvak. Do not stir. The rice layer should sit on top of the liquid and meat. Gently press it down so the surface is flat.
5. **Cook.** Bring to a full boil over high heat, uncovered, until most of the visible liquid has been absorbed into the rice layer, approximately 10 to 12 min. Reduce heat to the absolute minimum. Cover tightly. Cook for 20 to 25 min without lifting the lid.
6. **Rest and Fluff.** Remove from the heat and allow to rest, covered, for 10 min. Remove the lid. Remove the garlic head and set aside to serve

alongside. Gently fold the rice and meat together from the bottom of the pot.

- **Troubleshooting:**

- **Rice is mushy:** Too much liquid was used or the lid was lifted during steaming. Reduce water by 1/4 cup (59 mL) in the next batch.
- **Rice is hard at the top:** Insufficient liquid or the heat was too low after adding rice. Add 2 tbsp (30 mL) of hot water around the edges of the pot without disturbing the top, replace the lid, and cook 5 min more.
- **Burning on the bottom:** Heat after covering was too high. A heat diffuser or towel under the lid helps maintain the steam without high-bottom heat.



Turkish Vermicelli Pilaf (Sehriyeli Pilav)

- **Source:** Traditional Turkish method.
- **Equipment:** Medium saucepan with tight-fitting lid.
- **Yields:** 4 servings.
- **Total Time:** Approximately 35 min.
- **Ingredients:**
 - 2 cups (473 mL) long-grain white rice
 - 1/3 cup (79 mL) thin vermicelli (sehriye or angel hair), broken into 1-inch pieces
 - 2 tbsp (30 mL) unsalted butter (Low-Fat: reduce to 1 tbsp (15 mL) and add 1 tsp (5 mL) olive oil)
 - 2.5 to 3 cups (710 mL) hot chicken broth (adjust based on the rice variety; start with 2.5 cups (591 mL))
 - 1 tsp (5 mL) non-iodized salt
 - Optional: 1/4 tsp (1 mL) ground black pepper

Nutrition: Estimated per serving, USDA-style built-in macro table: 920 kcal; Protein 20 g; Fat 10 g; Carbohydrates 185 g. Estimate confidence: high; servings 4 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

1. **Rinse the Rice.** Rinse under cold water until clear. Drain.
 2. **Toast the Vermicelli.** Melt the butter in the saucepan over medium heat. Add the broken vermicelli. Stir constantly for 3 to 4 min until the pieces are uniformly golden brown. Watch closely, as the vermicelli passes from golden to burned quickly.
 3. **Toast the Rice.** Add the rinsed, drained rice to the pan. Stir for 1 to 2 min until each grain is coated with butter and the rice is slightly translucent.
 4. **Add Broth.** Pour in the hot chicken broth and add the salt and optional pepper. Bring to a boil.
 5. **Cook.** Reduce heat to the lowest setting. Cover tightly and cook for 18 to 20 min without lifting the lid.
 6. **Rest and Fluff.** Remove from heat. Place a folded paper towel between the pot and the lid to absorb excess steam. Rest for 10 min. Remove the lid and fluff gently with a fork from the sides inward.
- **Troubleshooting:**
 - **Vermicelli tastes bitter:** It was over-toasted. Stop toasting at a uniform medium golden color and remove from heat immediately.
 - **Rice sticks to the bottom:** This is normal and considered desirable (the crust is called *socarrat* in Spanish cooking; Turks call it *tah dig* when intentional). Reduce heat further on the next batch if the crust is too thick.

Meal Plans and Summaries

Nutrition: Index section — no per-serving macros applicable. Individual meal macros are listed within each entry.



Guga's Weight Loss Journey Summary

- **Source :** Guga Foods (Adapted)
- **Principles :**
 - **Calorie Budgeting:** A strict limit of 2000 calories per day, tracked meticulously using the Lose It! app.
 - **Protein Focus:** Prioritizing protein in every meal and snack to promote satiety and support muscle maintenance.
 - **Strength Training:** Shifting focus from long cardio sessions to 45- 60 min strength workouts to build muscle, which increases resting metabolism.
 - **Mindful Snacking:** Using high-protein, low-calorie options like protein bars, PB powder sandwiches, and hard-boiled eggs to manage cravings.
 - **Sustainable Mindset:** No foods are forbidden. Treats and vacation meals are budgeted for, followed by a return to the established calorie goals.
- **Daily Meal Structure Example :**
 - **Breakfast:** High-protein egg white omelet with high-fiber toast and a low-fat spread like tvorog.
 - **Lunch:** Flexible, often tasting meals cooked for his channel, but always logging the portion to fit within the daily calorie budget.
 - **Dinner:** A satisfying, high-protein meal such as a 3-egg sandwich or smoked salmon to be eaten before the intermittent fasting window closes.
 - **Hydration:** Using electrolyte supplements (like Element or Keto Chow) to manage hydration, which helped resolve issues related to over-hydration.

Meal and Snack Ideas (with Nutritional Info)

Brown Rice Shrimp Bowl with Tomatoes & Avocado

- **Description :** A Japanese-inspired meal with a base of low-fat carbohydrates, fresh vegetables, and lean protein.
- **Nutrition (per serving) :**
 - **Calories:** 517

- **Protein:** 30 g
- **Fat:** 20 g
- **Carbohydrates:** 57g
- **Fiber:** 9g

Baked Tilapia Beet Bowl with Kimchi

- **Description :** A light, easily digestible dinner ideal for an intermittent fasting schedule. It combines lean protein with Eastern European flavors (beets, dill) and fermented kimchi for gut health.
- **Ingredients (1 Serving) :** 200 g frozen tilapia (baked with lemon and dill), 100 g cooked quinoa-rice mix, 100 g steamed spinach, 100 g artichoke hearts, 100 g cooked beets, 100 g kimchi.
- **Nutrition (approx.) :**
 - **Calories:** 517
 - **Protein:** 66g
 - **Fat:** 10 g
 - **Fiber:** 14g

Peach-Oatmeal Breakfast Bars

- **Description :** A low-fat bar with heart-healthy oats and chia seeds. Protein is low, so it pairs well with a protein shake.
- **Nutrition (per bar) :** 167 calories, 5g protein, 30 g carbs, 4g fiber, 3g fat.
- **Pantry Tweaks :** Use the oats, chia seeds, cinnamon, vanilla, and lemons. Bake with butter spray for a low-fat version.

High-Protein Blueberry & Peanut Butter Chia Pudding

- **Description :** A high-fiber, high-protein pudding that is excellent for meal prep.
- **Nutrition (per serving) :** 478 calories, 24g protein, 45g carbs, 17g fiber, 25g fat. (Fat content can be reduced to 5g by substituting PB powder for peanut butter and using fat-free milk/yogurt).
- **Pantry Tweaks :** Use the chia seeds, flaxseed, monk fruit sweetener, and fat-free Fairlife yogurt.

Caesar Salmon Bites

- **Description :** A high-protein, low-carb meal that is quick to prepare. Omega-3s from salmon support heart health.
- **Nutrition (per serving) :** 160 calories, 19g protein, 3g carbs, 0 g fiber, 8g fat. (Fat can be reduced to 5g by using a low-fat dressing).

- **Pantry Tweaks** : Use frozen salmon, nutritional yeast as a Parmesan substitute, and freeze-dried garlic/dill. Add mirin or rice vinegar to the dressing for a Japanese twist.

Nutrition: Summary section — no per-serving macros applicable. See individual meal entries for specific nutrition values.

Accessibility Note: Reference summary. No active cooking steps. Use as a planning reference alongside individual recipes.



Recipe Collection Summaries (from EatingWell)

Heart-Healthy Spring Dinner Recipes

- **Description** : A collection of 21 recipes focused on seasonal produce with low saturated fat and sodium.
- **Top Picks for the Pantry** :
 1. **Sheet-Pan Salmon & Veggies**: Use the frozen salmon and green peppers.
 2. **Skillet Salmon with Quinoa**: Substitute the quinoa-rice mix for orzo.
 3. **Chickpea Pasta with Mushrooms**: High in fiber; make the own pasta with semolina/00 flour.

Easy Lunch Recipes for Better Heart Health

- **Description** : A collection of 24 quick recipes (under 20 min), low in sodium and saturated fat.
- **Top Picks for the Pantry** :
 1. **Lemon Shrimp & Quinoa Salad**: Use the frozen shrimp, quinoa mix, and fresh lemons.
 2. **Chickpea & Quinoa Grain Bowl**: A high-fiber option using quinoa and hummus.
 3. **Strawberry-Pineapple Smoothie**: A low-fat way to satisfy sweet cravings; add protein isolate to boost macros.

Heart-Healthy Mediterranean Diet Snack Recipes

- **Description** : A collection of 18 simple, plant-forward snacks.
- **Top Picks for the Pantry** :

1. **Cottage Cheese Snack Jar:** Use 4% cottage cheese.
2. **Pistachio & Peach Toast:** Use Killer Bread and substitute sesame seeds for pistachios to lower fat.
3. **Avocado Hummus:** Combine the existing hummus and avocado; Use in moderation.

Nutrition: Summary section — no per-serving macros applicable. See individual recipe entries for specific nutrition values.

Accessibility Note: Reference section. No active cooking steps.



Sugar Substitutes

- **MFA:** Has the same taste, properties, and none of the calories of the cane sugar. Unlike pure allulose, it is easily digestible. Unlike pure monkfruit, the taste is almost identical to fine cane sugar.
- **Honey:** Raw and unfiltered, preferably from a local bee farm. Multiple health benefits and fully natural.
- **Beetroot Sugar:** Sugar variant used throughout Europe. Differs in taste from cane sugar. Additionally, tolerance may be more suitable for individuals with a similar geographic heritage background.

Accessibility Note: Reference guide. No active cooking steps. Consult when adapting a recipe that calls for sugar.

Nutrition: Reference section — no per-serving macros applicable. Calorie impact depends on the specific substitute chosen.

Pasta & Pizza Doughs



Simple Pizza Dough

- **Source** : Nikki
- **Equipment** : Mixing bowl
- **Ingredients** :
 - 600 g (4 3/4 cups (1124 mL)) flour
 - 1 tsp (5 mL) dried yeast
 - 1/2 tsp (2 mL) salt
 - 300 ml (1 1/4 cup (296 mL)) warm water
 - 2 tbsp (30 mL) oil
- **Directions** :
 1. **Activate Yeast.** In a small bowl, dissolve the yeast in the warm water and let it sit for 5- 10 min, until it becomes foamy.
 2. **Mix Dough.** In a large bowl, combine the flour and salt. Pour in the yeast mixture and the oil. Mix until a shaggy dough forms.
 3. **Knead.** Turn the dough out onto a lightly floured surface and knead for 10 min, until it becomes smooth and elastic.
 4. **Rise.** Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for 1 hour, or until it has doubled in size.
 5. **Use.** Punch down the dough. It is now ready to be shaped and used for pizza.

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: medium; based on 3 weighed ingredient(s) totaling 905 g): 364 kcal, Protein 10.2 g, Fat 1.0 g, Carbohydrates 75.8 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.



Neapolitan-Style Pizza Dough (with Poolish)

- **Source** : Translated
- **Yields** : 12–14 dough balls
- **Equipment** : Stand mixer (optional), mixing bowls
- **KitchenAid Note**: If mixing in a **6-quart KitchenAid stand mixer**, scale the entire recipe to **0.75** of the quantities listed below. The full batch exceeds the safe working capacity of the 6-quart bowl and may cause spillage or uneven mixing. At 0.75 scale, the dough hooks engage the mass correctly and the bowl does not overflow during kneading.
- **Ingredients** :
 - **Poolish (Pre-ferment)**: 500 g lukewarm water, 2g SAF instant yeast, 500 g 00 flour.
 - **Main Dough**: All of the poolish, 850 ml cold water, 1600 g 00 flour, 54g sea salt.
- **Hydration Note**: As written, total hydration is about 64 % (1350 g water to 2100 g flour). Do not increase the main-dough water to 1000 ml (1 L); that pushes total hydration to roughly 71 % and produces a slack, watery dough that is hard to handle in a home oven. If using a high-protein 00 flour, hold back the last 50–100 ml of water and add it only if the dough feels dry.

Nutrition: Estimated per 100 g unbaked dough, confidence medium: 285 kcal; Protein 8 g; Fat 1 g; Carbohydrates 59 g. Per-serving depends on dough-ball weight.
- **Directions** :
 1. **Mix Poolish**. In a large bowl, combine the flour and yeast. Gradually add the water, stirring with a spoon or your hands until a wet, sticky dough forms. No kneading is necessary. (SAF instant yeast needs no honey or sugar to activate.)
 2. **Ferment**. Cover the bowl with a damp cloth or plastic wrap. Let it sit at room temperature. For a faster rise (with 1/2 tsp (2 mL) yeast), check for bubbles after 6 hours. For a slower, more flavorful rise (with 1/4 tsp (1 mL) yeast), let it ferment for 12-24 hours. The poolish should double in size and become very spongy.
 3. **Use or Store**. The poolish is now ready to be mixed into the final pizza dough recipe. Alternatively, you can refrigerate it for up to 48 hours. Let it come to room temperature before using it.
 4. **Mix Dough**. Combine the ripened poolish with the cold water in a large mixing bowl. Gradually add the flour and salt.

5. **Knead.** Knead by hand or with a dough hook for 15- 20 min, until the dough is smooth and strong (it should stretch thinly without tearing).
6. **Bulk Ferment.** Let the dough rise in a covered, oiled bowl for 30 min.
7. **Shape and Proof then Use or Freeze.** Divide the dough into 280- 300 g balls. Place them on a dusted tray, cover, and proof for an additional 1–2 hours, until they are puffy. Alternatively, you can freeze the dough balls at this stage for up to 3 months using vaccum bags. Thaw in the refrigerator overnight and bring to room temperature before using.
8. **Bake.** Stretch a dough ball to a 10–12 inch circle. Top as desired and bake in a very hot oven (500–550°F (288° C)) on a preheated stone for 6–8 min.

Accessibility Note: Mix dough, cover, refrigerate. The long cold ferment does all the work. Bring to room temperature 2 hours before baking. Two active steps, one long passive window.



High-Protein Egg Fettuccine Dough

- **Source :** Adapted
- **Equipment :** Philips Pasta Maker
- **Yields :** 1 lb (454 g) Dough (4 Servings)
- **Ingredients :**
 - 1 cup (237 mL) (120 g) 00 flour
 - 1 cup (237 mL) (160 g) semolina flour
 - 3 large eggs (or 3/4 cup (177 mL) liquid eggs)
 - 1/2 cup (118 mL) (60 g) unflavored protein isolate (NutraBio)
 - 1/4 cup (59 mL) (60ml) water or fat-free Fairlife milk (adjust as needed)
 - Pinch of Hain salt
- **Directions :**
 1. **Mix Dry Ingredients.** In a bowl, combine the 00 flour, semolina flour, protein isolate, and salt.
 2. **Add Wet Ingredients.** In a separate bowl, whisk the eggs and water/milk. Pour the wet mixture into the dry ingredients and stir until a firm, shaggy dough forms.

3. **Extrude Pasta.** Attach the fettuccine disc to the pasta maker. Feed the dough through the machine in portions, dusting the extruded pasta with semolina to prevent it from sticking.
4. **Cook or Dry.** The fresh pasta can be cooked immediately in boiling salted water for 2- 4 min, or air-dried for later use.

Nutrition: Estimated per 100 g dry dough (00 flour and eggs): 330–370 kcal; Protein 13–17 g; Fat 4–6 g; Carbohydrates 58–66 g. Estimate confidence: medium.

Accessibility Note: Measure dry and wet ingredients into two bowls before starting. Feed dough through the pasta maker in small portions. Dust extruded pasta immediately to prevent sticking; this is the only time-sensitive step.



High-Protein Linguine Dough (Eggless)

- **Source :** Adapted
- **Equipment :** Pasta roller or rolling pin; manual 19-inch steel dough roller (Brazil, budget)
- **Yields :** 1 lb (454 g) Dough (4 Servings)
- **Ingredients :**
 - 1 cup (237 mL) (160 g) semolina flour
 - 1 cup (237 mL) (120 g) 00 flour
 - 1/2 cup (118 mL) (60 g) unflavored protein isolate
 - 3/4 cup (177 mL) (180 ml) mineral water
- **Directions :**
 1. **Mix Dry Ingredients.** In a bowl, combine the semolina flour, 00 flour, and protein isolate.
 2. **Form Dough.** Gradually stir in the water until a firm, non-sticky dough forms.
 3. **Knead and Rest.** Knead the dough on a lightly floured surface for 5-10 min until it is smooth and elastic. Cover it and let it rest for at least 20 min.
 4. **Roll and Cut.** Roll the dough out thinly and cut it into 1/4-inch linguine strips.

Nutrition: Estimated per 100 g unbaked dough, confidence medium: 330 kcal; Protein 20 g; Fat 2 g; Carbohydrates 55 g. Per-serving depends on portion weight.

Accessibility Note: Divide dough into smaller portions and roll in short bursts to reduce repetitive strain; use a bench scraper to reposition dough instead of excessive handling.

Salads, Spreads, and Side Dishes



Hummus

- **Source** : Nikki
- **Equipment** : Food processor or blender
- **Ingredients** :
 - 1 can (15 ounces) chickpeas, rinsed and drained
 - 2 tbsp (30 mL) tahini
 - 1/4 cup (59 mL) fresh lemon juice
 - 1–2 cloves garlic, minced
 - 2 tbsp (30 mL) extra-virgin olive oil, plus more for serving
 - 1/2 tsp (2 mL) ground cumin
 - Salt to taste
 - 2 to 3 tbsp (44 mL) water or mineral water
- **Directions** :
 1. **Combine Base.** In a food processor, combine the tahini and lemon juice. Process for 1 min until whipped and creamy.
 2. **Add Aromatics.** Add the olive oil, minced garlic, cumin, and a pinch of salt. Process for 30 seconds until well blended.
 3. **Blend Chickpeas.** Add half of the chickpeas to the food processor and process for 1 min. Add the remaining chickpeas and continue processing for 1 to 2 min, until the mixture is thick and smooth.
 4. **Adjust Consistency.** While the food processor is running, slowly stream in 2 to 3 tbsp (44 mL) of water until you reach the perfect creamy consistency.
 5. **Serve.** Taste for salt and adjust as needed. Serve with a drizzle of olive oil.

Nutrition: Estimated per serving, USDA-style built-in macro table: 285 kcal; Protein 10 g; Fat 15 g; Carbohydrates 30 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Group ingredients by bowl before mixing. Use a food processor or grater attachment if chopping causes fatigue. Keep wet ingredients separate until the final mix so the recipe can be paused cleanly.



Creamed Spinach

- **Source** : Nikki, Scotland
- **Equipment** : Stovetop pan
- **Ingredients** :
 - 1 lb (454 g) fresh or frozen spinach
 - 1 tbsp (15 mL) butter (or butter spray)
 - 1 small onion, finely chopped
 - 2 cloves garlic, minced
 - 1/2 cup (118 mL) plain yogurt, sour cream, or heavy cream
 - Salt and freshly ground black pepper to taste
- **Directions** :
 1. **Prepare Spinach.** Cook fresh spinach over low heat until it has wilted, or thaw frozen spinach. Squeeze out as much excess water as possible, then roughly chop the spinach.
 2. **Sauté Aromatics.** In a pan, heat the butter and a small amount of oil over low-medium heat. Add the chopped garlic and onion and cook until the onion is soft and translucent.
 3. **Combine Spinach.** Add the drained spinach to the pan. Increase the heat slightly and stir for a min to let it dry out.
 4. **Finish.** Add the yogurt (or cream), salt, and pepper. Mix everything and serve warm.

Nutrition: Estimated per serving, USDA-style built-in macro table: 85 kcal; Protein 5 g; Fat 4 g; Carbohydrates 10 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Quick Braised Red Cabbage

- **Source** : Nikki
- **Equipment** : Large pot or Dutch oven
- **Ingredients** :
 - 1 medium head red cabbage, cored and thinly sliced
 - 1 medium onion, thinly sliced
 - 1 large apple, peeled, cored, and grated
 - 1/4 cup (59 mL) apple cider vinegar
 - 2 tbsp (30 mL) honey or brown sugar
 - 1/2 tsp (2 mL) salt
 - 1/4 tsp (1 mL) black pepper
- **Directions** :
 1. **Combine Ingredients.** In a large pot, combine the sliced cabbage, onion, grated apple, vinegar, sweetener, salt, and pepper.
 2. **Braise.** Stir everything together. Bring the mixture to a simmer over medium-high heat.
 3. **Simmer.** Reduce the heat to low, cover the pot, and let it simmer for 20-30 min, or until the cabbage is tender. Stir occasionally.
 4. **Serve.** This dish serves well warm as a side.

Nutrition: Estimated per serving, USDA-style built-in macro table: 70 kcal; Protein 1 g; Fat 0 g; Carbohydrates 15 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Sweet Salad

- **Source** : Nikki
- **Equipment** : N/A
- **Ingredients** :
 - 2 cups (473 mL) shredded cabbage
 - 1 large carrot, grated
 - 1 apple, cored and diced
 - 1/4 cup (59 mL) raisins or chopped prunes
 - 2 tbsp (30 mL) plain yogurt or kefir
 - 1 tsp (5 mL) lemon juice
 - Salt and pepper to taste
- **Directions** :
 1. **Combine Solids.** In a large bowl, combine the shredded cabbage, grated carrot, diced apple, and raisins or prunes.
 2. **Make Dressing.** In a small bowl, whisk together the yogurt or kefir, lemon juice, salt, and pepper until smooth.
 3. **Mix Salad.** Pour the dressing over the cabbage mixture and toss well to coat everything evenly. For best results, chill for at least 15 min before serving.

Nutrition: Estimated per serving, USDA-style built-in macro table: 90 kcal; Protein 2 g; Fat 0 g; Carbohydrates 25 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Group ingredients by bowl before mixing. Use a food processor or grater attachment if chopping causes fatigue. Keep wet ingredients separate until the final mix so the recipe can be paused cleanly.

Beryozka (Savory Salad)

- **Source :** Natasha
- **Total Time:** 2 hrs (including prep)
- **Ingredients:**
 - Chicken fillet: 350-500 g
 - Mushrooms: 300 g
 - Cucumber (grated): 2 fresh
 - Eggs: 3-4
 - Onion: 1
 - Prunes: 100 g
 - mayonnaise, oil, salt, parsley
- **Layering order**
 - a. Prunes
 - b. Chicken (separate)
 - c. Egg (white only)
 - d. Mushrooms
 - e. Egg (yolks)
 - f. Grated cucumber
- **Directions:**
 1. Soak prunes in water for 15 min, and cut into small pieces.
 2. Cook & cube chicken, eggs.
 3. Fry onions & mushrooms together till crispy.
 4. Lay out layers, smear a small amount of mayonnaise in between each:
prunes †' chicken †' egg white †' mushrooms †' egg yolk †' grated
cucumber
 5. Decorate with mayonnaise, a prune, & parsley.

Nutrition: Estimated per serving, USDA-style built-in macro table: 285 kcal; Protein 40 g; Fat 5 g; Carbohydrates 20 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Group ingredients by bowl before mixing. Use a food processor or grater attachment if chopping causes fatigue. Keep wet ingredients separate until the final mix so the recipe can be paused cleanly.

Olivier (Russian Potato Salad)

A. Traditional Version

- **Source:** Adapted from Allrecipes and Momsdish for authenticity.
- **Equipment:** Large pot for boiling, large mixing bowl, knife for dicing.
- **Yields:** Approximately 8 servings as a side dish.
- **Total Time:** Approximately 1 hour active plus 1 hour refrigeration.

Nutrition: Estimated per serving, USDA-style built-in macro table: 220 kcal; Protein 9 g; Fat 15 g; Carbohydrates 10 g. Estimate confidence: medium; servings 8 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Ingredients:

- Medium potatoes, peeled and boiled until tender 6
- Medium carrots, peeled and boiled until tender 3
- Hard-boiled eggs, peeled 4
- Bologna or ham, diced (traditional protein) 1 lb (454 g)
- Small dill pickles, diced 6
- Medium onion, finely diced 1
- Canned peas, drained 1 can (15 oz (425 g))
- Mayonnaise, or more to taste $\frac{1}{2}$ cup
- Salt and black pepper to taste
- Fresh dill for garnish optional

1. **Boil Vegetables and Eggs.** Place potatoes and carrots in a pot of cold water, bring to a boil, and cook until fork-tender, approximately 15 to 20 min for potatoes and 10 to 15 min for carrots. In a separate pot, hard-boil the eggs for 10 min. Cool everything under cold running water, then peel.
2. **Dice Ingredients.** Cut potatoes, carrots, eggs, bologna or ham, pickles, and onion into small, uniform cubes of approximately $\frac{1}{4}$ inch. Uniform size is important for the characteristic texture of Olivier.
3. **Combine.** In a large bowl, add all diced ingredients and the drained peas. Stir in the mayonnaise until every component is evenly coated. Season with salt and pepper.
4. **Chill.** Refrigerate for at least 1 hour to allow the flavors to meld.
5. **Serve.** Garnish with chopped dill if desired. Serve cold as a side dish or appetizer with crackers or pita bread.



Olivier (Adapted)(Russian Potato Salad)

• **Source:** Tatiana Rojdenstveskaya

• **Ingredients:**

- 1 large potato, peeled & boiled
- 2 large carrots, peeled & boiled
- 2 small cucumbers, diced
- 5-6 small dill pickles diced
- 1 medium onion, diced
- 1 can peas, drained (optional)
- 3 hard-boiled eggs, chopped
- 3 green apples, diced
- 3-4 tbsp (59 mL) herbs of choice – dill is traditional
- 1/2 lb (227 g) chicken breast, boiled and chopped
- 1/2 cup (118 mL) mayonnaise, or more to the taste
- Salt and pepper to taste

• **Directions:**

1. Dice boiled potato and carrots.
2. Place in a large bowl and add all remaining ingredients.
3. Mix well and refrigerate for at least one hour before serving.
4. Serve with crackers or pita bread.

Nutrition: Estimated per serving, USDA-style built-in macro table: 410 kcal; Protein 25 g; Fat 25 g; Carbohydrates 25 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Group ingredients by bowl before mixing. Use a food processor or grater attachment if chopping causes fatigue. Keep wet ingredients separate until the final mix so the recipe can be paused cleanly.



Herb Tvorog Spread

- **Source** : Adapted
- **Equipment** : Mixing bowl
- **Servings** : 4
- **Ingredients** :
 - 1 cup (237 mL) (200 g) low-fat tvorog or farmer cheese
 - 2 tbsp (30 mL) nutritional yeast
 - 1 tbsp (15 mL) capers or chopped olives
 - 1/4 cup (59 mL) total fresh basil and green onion, finely chopped
 - 1 tbsp (15 mL) lemon juice
 - Dash of Tony's seasoning, freeze-dried garlic, and dill
 - Salt, pepper, and MSG to taste
- **Directions** :
 1. **Prepare Tvorog.** If the tvorog is firm, mash it with a fork in a bowl to soften its texture. If it seems too dry, stir in 1 to 2 tbsp (30 mL) of fat-free milk to make it more spreadable.
 2. **Combine.** Add the nutritional yeast, capers or olives, fresh herbs, lemon juice, and all seasonings. Stir vigorously until the mixture is creamy and well-blended.
 3. **Rest.** Let the spread sit for 5–10 min. This allows the flavors to meld fully.
 4. **Serve.** Use as a dip with vegetables, a spread for bread, or a flavorful topping for protein bowls.

Nutrition: Estimated per serving, USDA-style built-in macro table: 85 kcal; Protein 10 g; Fat 3 g; Carbohydrates 5 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Label the container with start time, expected check time, and target sensory cue. Keep the jar, lid, weight, and salt together before starting so the process is not interrupted mid-fermentation.

Grilled Brown Sugar Glazed Carrots

- **Source** : Translated
- **Servings** : 4
- **Equipment** : Grill
- **Ingredients** :
 - 1–2 lb (907 g) carrots, peeled
 - 2–3 tbsp (44 mL) olive oil or melted butter
 - 2–3 tbsp (44 mL) brown sugar or hot honey
 - 1/2 tsp (2 mL) salt
 - 1/4 tsp (1 mL) black pepper
 - **Optional**: 1/2 tsp (2 mL) cinnamon or a splash of orange juice
- **Directions** :
 1. **Preheat Grill**. Preheat the grill to medium-high heat (around 400–425°F (218° C)). Set it up for indirect grilling with a hot zone and a cooler zone.
 2. **Prepare Carrots**. Cut the carrots into uniform 2-inch pieces or halve them lengthwise. Pat them dry to help the glaze adhere.
 3. **Make Glaze**. In a bowl, mix the oil or butter, sugar or honey, salt, pepper, and any optional add-ins.
 4. **Coat Carrots**. Toss the carrots in the glaze until they are evenly coated.
 5. **Grill**. Place the carrots on the cooler, indirect heat side of the grill. Cook for 12–20 min, turning every 3–5 min, until the vegetables are tender and caramelized.
 6. **Serve**. Remove from the grill and let rest for a min before serving.

Nutrition: Estimated per serving (approx. 120 g grilled carrots with glaze; 4 servings): 90–120 kcal; Protein 1 g; Fat 4–6 g; Carbohydrates 15–20 g; Sugar 10–14 g. Estimate confidence: high.

Accessibility Note: Mix glaze in one bowl, toss carrots, place on grill. Set a 5-minute rotation timer. No indoor prep needed beyond the initial mix.

Simple Basmati Rice

- **Equipment** : Zojirushi Rice Cooker
- **Servings** : 3-4
- **Ingredients** :
 - 1 cup (237 mL) high-quality basmati rice
 - 1.5 cups (355 mL) of water or mineral water
 - 1/2 tsp (2 mL) Hain salt (optional)
 - 1 tbsp (15 mL) ghee or butter (optional)
- **Directions** :
 1. **Rinse Rice.** Place the rice in a strainer and rinse under cold water until the water runs mostly clear. This removes excess starch. Drain very well.
 2. **Add to Cooker.** Transfer the rinsed rice to the inner pot of the rice cooker. Add the water, salt, and ghee or butter if using.
 3. **Cook.** Place the pot in the cooker, select the “White Rice” setting, and then press the start button.
 4. **Rest and Fluff.** After the cooking cycle finishes, let the rice rest on “Keep Warm” for 10 min without opening the lid. Then, open it and fluff the rice gently with a paddle.
 5. **Serve.** Serve hot as a perfect side.

Nutrition: Estimated per serving, USDA-style built-in macro table: 195 kcal; Protein 4 g; Fat 3 g; Carbohydrates 35 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Adapted Instant Pot Sushi Rice

- **Source** : Adapted Recipe
- **Equipment** : Instant Pot Pro Plus (or similar model), fine-mesh strainer, wide non-metal bowl
- **Yields** : Approximately 4 cups (946 mL) of cooked rice (enough for 4-6 sushi rolls)
- **Ingredients** :
 - 2 cup (473 mL) uncooked **Nishiki sushi rice** (or the **quinoa rice mix** for higher fiber)
 - 1 3/4 cup (414 mL) cold water
 - 1/4 cup (59 mL) **rice vinegar**
 - 2-3 tbsp (44 mL) **monk fruit allulose sweetener**
 - 1 tsp (5 mL) **Hain salt**
 - **Optional**: 1 to 2 tbsp (30 mL) **chia seeds** or **flaxseed meal**
- **Directions** :
 1. **Rinse Rice**. Place the rice in a fine-mesh strainer. Rinse under cold running water, swirling the grains with the hand, until the water runs clear. Drain thoroughly.
 2. **Soak Rice**. Transfer the rinsed rice and cold water to the inner pot of the Instant Pot. If using, stir in the optional chia seeds or flaxseed meal. Let it soak for 20-30 min.
 3. **Pressure Cook**. Seal the Instant Pot lid. Set to **Manual/Pressure Cook** on **High Pressure** for **4 min**. Allow a **10-min natural release** before venting any remaining steam.
 4. **Prepare Seasoning**. While the rice cooks, gently heat the rice vinegar, monk fruit sweetener, and salt in a small pot or microwave-safe bowl. Stir until the sweetener and salt dissolve completely. Do not boil.
 5. **Season and Cool**. Immediately transfer the hot rice to a wide, non-metallic bowl. Drizzle the vinegar seasoning over the surface. Use a wooden spatula to “cut” and fold the seasoning into the rice with slicing motions. Fan the rice for 5-10 min, folding it to cool quickly and create a glossy sheen.
 6. **Use or Cover**. The rice is now ready for making sushi. If not using immediately, cover the bowl with a damp cloth.
- **Serving Note** :
 - To create a high-protein meal, use this rice for sushi rolls filled with items from the pantry like **tuna**, **salmon**, cooked **shrimp**, seasoned **ground**

turkey, or smoked turkey breast.

Nutrition: Estimated per serving, USDA-style built-in macro table: 145 kcal; Protein 5 g; Fat 4 g; Carbohydrates 25 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Seld Pod Shuboy (Herring Under a Fur Coat)

- **Source:** Traditional version adapted from Momsdish and Peters Food Adventures; adapted version.
- **Equipment:** Large pot for boiling, box grater, flat serving dish or ring mold for layering.
- **Yields:** Approximately 8 servings as an appetizer.
- **Total Time:** Approximately 1 hour active plus 2 hours or overnight refrigeration.

Nutrition: Estimated per serving: 90-280 kcal; Protein 4-18 g; Fat 4-18 g; Carbohydrates 8-32 g.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

A. Traditional Version

Ingredients:

- Salted herring fillets, finely diced 2 (pickled variety; remove all bones)
- Potatoes, boiled 3 medium
- Carrots, boiled 3 medium
- Beets, boiled 3 medium
- Small onion, finely chopped 1
- Hard-boiled eggs, grated 4
- Mayonnaise 1 cup (237 mL)
- Fresh dill or parsley for garnish optional

1. **Prepare Vegetables.** Boil potatoes, carrots, and beets separately until fork-tender, approximately 20 to 30 min each depending on size. Cool completely, peel, and grate each vegetable on the large holes of a box grater. Keep each vegetable in a separate bowl.
2. **Prepare Herring and Eggs.** Dice the herring fillets finely, removing any remaining bones. Grate the hard-boiled eggs on the large holes of the grater.
3. **Layer the Salad.** In a flat serving dish or ring mold, build the layers in this order, spreading a thin smear of mayonnaise between each:
 - Bottom: herring, mixed with the chopped onion
 - Second: grated potatoes with mayonnaise
 - Third: grated carrots with mayonnaise
 - Fourth: grated eggs with mayonnaise
 - Top: grated beets with a final layer of mayonnaise spread smoothly across the entire surface to seal
4. **Chill.** Refrigerate for at least 2 hours, and ideally overnight, to allow the layers to set firmly.
5. **Serve.** Garnish with fresh herbs. If using a ring mold, unmold carefully and slice the salad into wedges as one would slice a cake.

B. Adapted Version (Low-Fat, High-Protein, High-Fiber)

Ingredients:

- Salted herring fillets, diced 2 (use fresh herring if salted is too high in sodium for dietary requirements)
 - Potatoes, boiled 3 medium (substitute half with sweet potato for additional fiber)
 - Carrots, boiled 3 medium
 - Beets, boiled 3 medium
 - Small onion, finely chopped 1
 - Hard-boiled eggs, grated 4 (use 6 egg whites for extra protein; omit some yolks to reduce fat)
 - Low-fat mayonnaise or Greek yogurt mixed with mustard (reduces fat while preserving binding) $\frac{1}{2}$ cup
 - Cooked quinoa or peas, for added fiber and protein $\frac{1}{2}$ cup, optional, mixed into the potato layer
 - Fresh dill or parsley for garnish
1. **Prepare Vegetables.** Boil and grate as in the traditional version. If using quinoa, fold it into the grated potato layer before spreading.
 2. **Prepare Herring and Eggs.** Dice herring. Grate mostly egg whites, using

only 1 to 2 yolks if reducing fat.

3. **Layer the Salad.** Follow the same order as the traditional version, substituting the low-fat mayonnaise or Greek yogurt blend as the binding agent between layers.
 4. **Chill.** Refrigerate for at least 2 hours to allow the layers to firm up.
 5. **Serve.** Garnish with herbs. Portion mindfully; the use of sweet potato and quinoa increases satiety at a lower calorie level than the traditional version.
- **Note:** The traditional version is served cold and holds shape better when assembled in a ring mold. Any leftover salad should be covered tightly and refrigerated; the beet layer will continue to bleed color into lower layers overnight, which is normal and does not affect quality.



Rice Cooker Rice Dressings

Suggested Pairings for Lemon Herb Chicken Thighs

- **Source:**
- **Purpose:** This guide provides dressing options for plain rice cooker rice served alongside the Lemon Herb Chicken Thighs recipe. Dressings are organized by preparation time.

Nutrition: Index section — no per-serving macros applicable. See individual dressing entries for nutrition.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.

Quick Dressings (Under 2 Minutes)

- **Low-Sodium Soy Sauce.** Drizzle 1 to 2 tsp (10 mL) directly over hot rice; stir to coat evenly. Adds umami and saltiness that complements the garlic and lemon in the chicken without clashing. Avoid excess to prevent sogginess. Best for everyday pairing.
- **Sesame Oil and Furikake.** Drizzle $\frac{1}{2}$ tsp toasted sesame oil; sprinkle 1 tsp (5 mL) furikake (seaweed and nori mix) on top. Sesame adds a nutty aroma while furikake contributes texture and subtle salt. Use if both are available in the pantry. Best for textural interest.

Short Dressings (2–5 Minutes)

- **Japanese BBQ Sauce (Yakiniku or Teriyaki Style).** Mix 1 tsp (5 mL) sauce with $\frac{1}{2}$ tsp water; toss into rice after fluffing. Introduces sweet-savory notes from soy, mirin, and ginger that harmonize with the Italian seasoning in the chicken. Use sparingly, as thickness can make rice sticky.
- **Hot Sauce (Sriracha or Gochujang-Based).** Stir in $\frac{1}{4}$ to $\frac{1}{2}$ tsp, adjusting for heat tolerance; add after the rice cools slightly. Provides acidity and spice to cut through the chicken's richness, echoing the lemon's tang. Start low.
- **Lemon-Herb Vinaigrette.** Whisk 1 tbsp (15 mL) fresh lemon juice (from the chicken recipe), 1 tsp (5 mL) olive oil, and $\frac{1}{4}$ tsp dried Italian seasoning; fold into the rice. Reinforces the chicken's citrus and herb elements for cohesion. Keeps the meal light and unified.

Herb and Garnish Additions (4–5 Minutes)

- **Fresh Herb and Scallion Gremolata.** Chop 1 tbsp (15 mL) fresh parsley, chives, or green onion; mix with $\frac{1}{2}$ tsp lemon zest and a pinch of salt; scatter over rice. Echoes the chicken's herbs for freshness and adds brightness without added liquid. Best for herb-forward meals.
- **Toasted Sesame Seeds.** Toast 1 tsp (5 mL) white sesame seeds in a dry pan for 1 min; mix into dressed rice. Adds nutty depth that harmonizes with soy-based dressings.
- **Nori Flakes.** Crumble 1 sheet of nori over the top for oceanic umami and a Japanese theme extension.

Moderate Additions (5–10 Minutes)

- **Cucumber Ribbon Salad.** Julienne $\frac{1}{2}$ cucumber using a vegetable peeler; toss with 1 tsp (5 mL) ponzu and a pinch of salt. Serve atop the rice for crunch and hydration.
- **Pickled Radish Side.** Thinly slice 2 radishes; quick-pickle in 1 tbsp (15 mL) ponzu for 5 min. Provides a peppery contrast to the chicken's tenderness.

Advanced Variations (10–15 Minutes)

- **Ponzu-Marinated Egg.** Soft-boil 1 egg for 6 min; peel and marinate in 1 tbsp (15 mL) ponzu for 10 min. Halve and place on the rice for added protein and creaminess.
- **Herb-Infused Ponzu Butter.** Melt 1 tsp (5 mL) butter; stir in $\frac{1}{2}$ tsp ponzu and chopped green onions. Drizzle over reheated chicken for a richer finish.
- **Preparation Tips:** Fluff the rice with a fork immediately after cooking to distribute dressings evenly. Serve warm to integrate flavors; if reheating, add dressing after reheating to preserve vibrancy. Undressed rice keeps in an airtight container for 3 to 4 days; dress individual portions as needed.

Savory Baked Goods

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Spanakopita Calzone

- **Source** : Adapted Recipe
- **Equipment** : Oven, pizza stone or baking tray, large mixing bowl, rolling pin
- **Yields** : 1 large calzone (serves 2-4)
- **Baking Instructions** : Preheat oven to **500°F (260° C) (260°C)**. Bake for 10-12 min.
- **Ingredients** :
 - **For the Dough & Assembly:**
 - * 1 ball **Neapolitan pizza dough**, rested and proofed
 - * **Semolina** and **00 flour** mix (3:1 ratio), for dusting
 - * **Olive oil** , for brushing
 - **For the Filling:**
 - * 200 g frozen spinach
 - * 100-150 g **tvorog**, low-fat
 - * 100 g feta cheese, crumbled
 - * 60 g mozzarella, shredded
 - * 100 g smoked turkey breast, thinly sliced (optional)
 - * 80-100ml liquid **egg whites** (from 2-3 eggs)
 - * 1 full real egg
 - * 1-2 tsp (10 mL) freeze-dried **green onions**
 - * 1 tsp (5 mL) freeze-dried **dill**
 - * 1 tsp (5 mL) freeze-dried **parsley**
 - * 1/4 tsp (1 mL) ground nutmeg
 - * 1 tsp (5 mL) sugar
 - * Salt and black pepper to taste
- **Directions** :
 1. **Preheat Oven.** Place a pizza stone or baking tray in the oven and preheat it to **500°F (260° C) (260°C)** or its maximum temperature. Dust the work surface lightly with the semolina flour mix.
 2. **Prepare Spinach.** Thaw the frozen spinach completely. Place the spinach in a clean kitchen towel or cheesecloth and squeeze out as much

excess water as possible. This step is critical to prevent a soggy filling. Roughly chop the dry spinach.

3. **Reconstitute Herbs.** In a small bowl, combine the freeze-dried green onions, dill, and parsley with a few tbsp of warm water. Let them sit for 5-10 min to rehydrate, then drain any excess water.
4. **Mix Cheese and Egg Base.** In a large mixing bowl, combine the tvorog and crumbled feta cheese. Add the liquid egg whites and the full egg, whisking until fully incorporated. Season with a small pinch of salt and pepper.
5. **Combine All Filling Ingredients.** Add the prepared spinach to the cheese and egg base. Fold in the shredded mozzarella and, if desired, the optional smoked turkey. Stir in the reconstituted herbs, ground nutmeg, and sugar. Mix thoroughly until the filling is thick and cohesive.
6. **Assemble the Calzone.** On the dusted surface, gently stretch or roll the pizza dough into a 10 to 12-inch circle. Spread the filling evenly over one-half of the dough, leaving a 1-inch border all around. Fold the empty half of the dough over the filling to create a half-moon shape. Press the edges firmly together to seal, then crimp with a fork for extra security.
7. **Bake the Calzone.** Use a sharp knife to cut 3-5 small slits across the top to allow steam to escape. Carefully transfer the calzone to the preheated baking stone or tray. Brush the top surface lightly with olive oil. Bake for **10-12 min**, or until the crust is a deep golden brown and crisp to the touch.
8. **Rest and Serve.** Remove the calzone from the oven and let it rest for 2-3 min. This allows the filling to set, making it easier to slice and serve. Serve warm.

● **Notes :**

- If the filling seems too wet, press it gently in a fine-mesh sieve to drain excess liquid before assembling the calzone.
- If the dough tears during stretching, patch it with a small piece of excess dough by pinching it over the hole to seal.
- For a richer, more creamy filling, you can mix a small amount of plain yogurt into the tvorog base.

Nutrition: Estimated per serving, USDA-style built-in macro table: 290 kcal; Protein 35 g; Fat 15 g; Carbohydrates 8 g. Estimate confidence: high; servings 3 (parsed range).

Accessibility Note: Separate the recipe into mix, rest, shape, and bake stages. Set a timer for every rise or rest period and write the current stage on paper before walking away. If shaping becomes tiring, cover the dough and take a 10-minute reset rather than adding excess flour.



Pirozhki (Russian Pies with Filling)

- **Source** : Adapted
- **Equipment** : Large mixing bowl, skillet, baking sheets, rolling pin
- **Yields** : Approximately 24 pirozhki
- **Baking Instructions** : Preheat oven to **375°F (191° C)**. Bake for **20-25 min**, or until golden brown.

Nutrition: Estimated per serving, USDA-style built-in macro table: 1660 kcal; Protein 45 g; Fat 35 g; Carbohydrates 285 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

I. Rich Yeast Dough

Ingredients

- 1 1/4 cup (651 mL) whole milk or **2% milk**, warmed to lukewarm (110°F (43° C))
- 1 1/4 cup (651 mL) boiled water, cooled to lukewarm
- 1/2 cup (118 mL) sunflower oil
- 3 large eggs, beaten
- 2 tsp (10 mL) **SAF instant yeast**
- 2 tsp (10 mL) salt
- 2 tbsp (30 mL) sugar or **monk fruit allulose sweetener**
- 8 to 12 cups (2839 mL) of all-purpose flour (start with 8 and add more as needed for kneading)
- 1 additional egg, beaten with 1 tsp (5 mL) water (for egg wash)

Directions

1. **Combine Dry Ingredients.** In a large mixing bowl, whisk together 8 cups (1893 mL) of flour, the sugar, and salt.

2. **Combine Wet Ingredients** . In a separate bowl, combine sunflower oil, beaten eggs, water, milk, and SAF instant yeast. Stir to combine.
3. **Add Flour** . Gradually stir in the flour mix, one cup at a time, until the dough forms a soft, thick mass that pulls away from the sides of the bowl.
4. **Knead Dough** . Turn the dough out onto a well-floured surface. Knead for 5 to 8 min, adding more flour as necessary to prevent sticking, until the dough is smooth and elastic.
5. **First Rise** . Place the dough in a greased bowl, cover it with a cloth or plastic wrap, and let it rise in a warm, draft-free area for 3 hours. For a better flavor, you can let it rise overnight in the refrigerator.
6. **Shape Pirozhki** . Punch down the risen dough. If it is sticky, knead it again briefly with extra flour. Divide the dough into 24 golf-ball-sized pieces.
7. **Fill and Seal** . On a floured surface, roll each piece into a 4 to 5-inch circle. Place 2 to 3 tbsp (44 mL) of the chosen cooled filling in the center. Fold the dough over the filling to create a half-moon shape. Pinch the edges firmly to seal, creating an oval.
8. **Second Rise** . Place the shaped pirozhki seam-side down on a parchment-lined baking sheet. Cover them lightly and let them rise for an additional 30 to 45 min, until puffy.
9. **Bake** . Brush the tops of the risen pirozhki with the beaten egg wash. Bake in a preheated oven at **375°F (191° C)** for **20-25 min**, until deep golden brown.
10. **Cool** . Let the pirozhki cool on a wire rack for 5-10 min before serving. Enjoy warm.

II. Filling Options

Note: All fillings should be prepared and cooled completely before use.

Cabbage Filling

- *Note: Traditional cabbage filling can be made with or without eggs. Including hard-boiled eggs adds richness and protein. For a simpler or vegan-friendly version, you can omit the eggs entirely.*
- **Ingredients** :
 - 1 medium head of cabbage (2 lb (907 g)), finely shredded
 - 2 medium onions, diced
 - 2 medium carrots, grated (optional)
 - 4 large hard-boiled eggs, chopped (optional)
 - 4 tbsp (59 mL) butter or 2 tbsp (30 mL) ghee/clarified butter (reduced fat)
 - Salt, black pepper, and dill to taste

- **Directions :**

1. Hard-boil the eggs for 10 min, then cool and chop them.
2. Blanch the shredded cabbage by placing it in a colander and pouring boiling water (removed from heat) over it. Let it sit for 2-3 min until slightly translucent, then drain very well.
3. In a large skillet, melt the butter over medium heat. Sauté the onions and optional carrots for 5-7 min, or until they are soft.
4. Add the drained cabbage and cook for 15-20 min until tender. **Do not salt during cooking.**
5. Remove from heat, let it cool slightly, then mix in the chopped eggs, salt, pepper, and dill.

Rice, Egg, and Green Onion Filling

- **Ingredients:**

- 2 cups (473 mL) cooked long-grain rice (3/4 cup (177 mL) uncooked rice, boiled in 1 1/2 cup (355 mL) water for 15 min until tender; yields fluffy texture)
- 6 large hard-boiled eggs, finely chopped
- 1 bunch green onions (4 oz (113 g) or 1 cup (237 mL) chopped, including greens for color and mild bite)
- 2 tbsp (30 mL) butter, melted or 1 tbsp (15 mL) ghee (or mayonnaise for creaminess)
- Salt and black pepper to taste (start with 1 tsp (5 mL) salt, 1/2 tsp (2 mL) pepper)
- 2 tbsp (30 mL) fresh dill or parsley, chopped (optional, for herb freshness)

- **Directions:**

1. Cook the rice ahead of time and let it cool completely.
2. Hard-boil the eggs for 10 min, cool them in ice water, peel, and chop finely.
3. Chop the green onions finely.
4. Mix all ingredients in a bowl with the melted butter, salt, pepper, and optional herbs. Stir well to bind the mixture. Chill for 30 min, if necessary, for easier handling. Yields 4-5 cups (1183 mL) of filling.

Meat Filling

- **Ingredients :**

- 1 lb (454 g) boiled beef, minced (or cooked ground beef)
- 1 medium onion, finely chopped
- 1/2 cup (118 mL) cooked rice (optional)

- 2 tbsp (30 mL) vegetable oil
- Salt, black pepper, 1/2 tsp (2 mL) garlic powder, and fresh parsley or dill to taste

• **Directions :**

1. If using whole beef, boil for 1-1.5 hours until tender, then mince. If using ground beef, brown it in a skillet and drain the fat.
2. In a skillet, sauté the chopped onion in oil for 5 min until soft.
3. Combine the cooked meat, sautéed onion, optional cooked rice, and all seasonings. Let the mixture cool completely.

Egg Filling

• **Ingredients :**

- 8 large hard-boiled eggs, chopped
- 1 bunch green onions, finely chopped
- 2 tbsp (30 mL) butter or mayonnaise
- Salt and black pepper to taste

• **Directions :**

1. Hard-boil the eggs, then cool and chop them.
2. In a bowl, combine the chopped eggs, green onions, and butter or mayonnaise for binding.
3. Season with salt and pepper.

Egg and Mushroom Filling

• **Ingredients :**

- 1 lb (454 g) mushrooms (button or cremini), sliced
- 4 large hard-boiled eggs, chopped
- 2 medium onions, diced
- 4 tbsp (59 mL) butter
- Salt, black pepper, and 1/2 tsp (2 mL) thyme to taste

• **Directions :**

1. In a large skillet, melt the butter and sauté the onions for 5 min until soft.
2. Add the mushrooms and cook for 10-15 min, until their liquid has evaporated.
3. Remove from heat and let the mixture cool. Stir in the chopped eggs and seasonings.

Apple Filling (Sweet)

- **Ingredients :**

- 4-5 medium tart apples (e.g., Granny Smith)
- 1/3 cup (79 mL) **monk fruit allulose sweetener** (replaces granulated and brown sugar)
- 1 tbsp (15 mL) **ghee** or butter (replaces 2 tbsp (30 mL) butter)
- 1 tsp (5 mL) ground cinnamon
- Pinch of **Hain salt**
- 1 tsp (5 mL) **lemon juice**

- **Directions :**

1. **Prepare the Apples.** Peel, core, and dice the apples into small, 1/2-inch pieces.
2. **Sautè the Apples.** Melt the ghee in a pan over medium heat. Add the diced apples and cook for 2-3 min, stirring, until they begin to soften.
3. **Simmer the Filling.** Sprinkle the sweetener, cinnamon, and salt over the apples. Stir well. The mixture will become syrupy as the apples release their juices. Reduce the heat to low and simmer for 10-15 min, until the apples are tender and the sauce has thickened to a jam-like consistency.
4. **Finish and Cool.** Remove from the heat and stir in the lemon juice. Let the filling cool completely before using it in the pirozhki.

Sausage Filling

- **Directions :** Cut sausages (like hot dogs or kielbasa) into 2 to 3-inch pieces. Wrap each piece of sausage in a rolled-out circle of dough and seal it completely.

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Pirozhki (Alternative)

- **Source:** Avery from Anna Shipunova

- **Ingredients – For the Dough:**

- 1 teaspoon (5 mL) active dry yeast
- 1 tablespoon (15 mL) sugar
- 1 1/4 cups (296 mL) milk – warm to 97°F (36° C) (body temp)
- 4 to 4 1/2 cups (1065 mL) flour
- 3 egg yolks

- 1 tsp (5 mL) salt
- 2 tbsp (30 mL) olive oil (to coat the mixing bowl and the hands)
- 4 tbsp (59 mL) butter, melted

- **For the Egg Wash:**

- Mix 1 TBSP (15 mL) milk and 1 egg yolk and set aside

- **Directions:**

1. Combine yeast and sugar with 1/2 cup (118 mL) of warm milk and leave until the yeast is activated. It will form a little cap on top of the milk.
2. Mix the remaining warm milk with salt and 3 egg yolks.
3. In a separate large bowl, sift 3 cups (710 mL) of flour and make an indent in the middle.
4. Pour the yeast mixture, the milk and egg mixture, and the melted butter into the indentation.
5. Begin mixing gently by hand until soft, sticky dough is formed.
6. Mix the dough for 15-20 minutes until the dough begins to unstick from your hands. If it is still sticky after 20 minutes, leave it as it is. Additional flour can be added during the second kneading process.
7. Coat the inside of a clean bowl with olive oil and place the dough in the bowl, and cover with a towel.
8. Leave it in a warm spot to rise.
9. After it has risen to 2-3 times its original size (one hour), gently knead it and add additional flour, if needed. Allow it to rise again for 30 minutes.
10. Lay the dough on a large surface, lightly dusted with flour. Roll the dough into a long sausage shape the size of the circle formed by touching the index finger to the thumb.
11. Cut the dough into equal pieces, 40 grams or 1.4 ounces.
12. Roll each piece into a ball, and leave it under a paper towel until needed.
13. Line a baking sheet with parchment paper.
14. Flatten each ball with your hands or a rolling pin. You want the dough to be as thin as possible without tearing when filled. Approximately 1/2 cm or just shy of 1/4 inch thick.
15. Place 1 full tablespoon of filling in the center of the flat dough. Gently press two sides together, forming a "seam" to form a rounded diamond.
16. Lay each pierogi, seam side down, as you fill the baking sheet.
17. Preheat oven to 350°F (177° C).
18. Just before you put the pierogi into the pre-heated oven, brush each pierogi with egg wash. The egg wash should be on the pierogi no longer than five minutes before baking.

19. Place the sheet in the middle rack for 15-25 minutes, until the top is golden.
20. Brush with melted butter as soon as they are removed from the oven to soften the crust.

Nutrition: Estimated per serving, USDA-style built-in macro table: 240 kcal; Protein 6 g; Fat 20 g; Carbohydrates 4 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Fried Cabbage (Alternative)

- **Source:** Anna Shipunova
- **Ingredients:**
 - 1 head of cabbage, chopped very fine
 - Boiled water
 - 3-4 hard-boiled eggs, chopped very fine
 - 1/2 stick butter
 - 1 tsp (5 mL) salt (or to taste)
- **Directions:**
 1. In a pot, boil enough water to cover the cabbage.
 2. Remove water from the heat and add chopped cabbage to the pot, and let it sit for 3-5 minutes.
 3. Drain water and repeat the process one more time. Drain. This is to remove the bitterness from the cabbage.
 4. Heat butter in a very large pan.
 5. Add the drained cabbage to the melted butter and cook until the cabbage is soft and wilted. 10 to 15 minutes, stirring occasionally. Do not allow the cabbage to brown.
 6. Remove from heat and allow to cool.
 7. In a bowl, combine the cabbage and chopped eggs, and add salt to taste.
- **Note:** This is now ready for the favorite pirozhki dough recipe. This also makes a great side dish just as it is.

Nutrition: Estimated per serving, USDA-style: 140 kcal; Protein 5 g; Fat 9 g; Carbohydrates 10 g. Estimate confidence: medium; servings 6 (defaulted).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Adjarian Khachapuri

- **Source:** Unknown
- **Equipment:** Mixing bowl, rolling pin, baking sheet, oven
- **Yields:** 3 servings
- **Ingredients**
- **For the Dough:**
 - Butter: 30 g
 - Flour: 250 g
 - Warm water: 160 ml
 - Dry yeast: 1 tsp (5 mL)
 - Sugar: 1 tsp (5 mL)
 - Salt: 0.25 tsp (1 mL)
- **For the Filling:**
 - Suluguni cheese: 300 g
 - Egg yolks: 3 pcs
- **Additionally:**
 - Egg: for brushing
 - Herbs: for serving
 - Butter: for serving
- **Directions:**
 1. Prepare products for Adjarian khachapuri.
 2. Mix yeast with sugar.
 3. Pour warm water over the mixture and stir. Leave for 10 minutes.
 4. Melt 30 g of butter.
 5. Mix flour with salt.
 6. Pour in the starter. Knead the dough first with a spoon.
 7. Then knead by hand.

8. Pour melted butter into the dough, and knead for 10 minutes.
9. Cover the bowl with a towel or lid, and place it in a warm place without drafts. Let rise for 1 hour.
10. Divide the risen dough into 3 parts.
11. Grate Suluguni cheese on a coarse grater.
12. Roll out part of the dough into a circle. Place cheese.
13. Slightly roll up the edges.
14. Pinch the ends of the dough so that it forms a boat. Place more cheese in the center.
15. Form 3 khachapuri this way. Place on a baking sheet lined with parchment. Brush the dough and cheese with beaten egg.
16. Bake the khachapuri at 220°C (428°F (220° C)) for 20 minutes.
17. Serve ready-made Adjarian khachapuri with raw yolk (you can crack the yolk and bake the khachapuri in the oven for 2-3 minutes). Also, when serving, place pieces of butter and fresh herbs on the "Boat" khachapuri.

Nutrition: Estimated per serving, USDA-style built-in macro table: 370 kcal; Protein 20 g; Fat 30 g; Carbohydrates 4 g. Estimate confidence: high; servings 3 (parsed).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Adjaruli Khachapuri (Halved, 3 Boats)

- **Source:**
- **Equipment:** Large mixing bowl, rolling pin or hands, baking sheet lined with parchment, Tovala oven or conventional oven, vacuum sealer with bags, probe thermometer optional.
- **Yields:** 3 boats. Bake 1 immediately; vacuum seal and freeze the remaining 2.
- **Total Time:** Approximately 180 to 240 min, including a 45 to 60-min rise.

Nutrition: Estimated per serving, USDA-style built-in macro table: 1890 kcal; Protein 85 g; Fat 55 g; Carbohydrates 255 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Dough Ingredients:

- Warm water 150 g
- Warm milk 150 g
- SAF instant yeast 1.5 g
- Salt 10 g
- Sugar 5 g
- Sunflower oil 35 g
- Highest-grade flour, sifted 500 g

Filling Ingredients (total 800 g, divided into 3 portions of approximately 270 g each):

- Suluguni cheese, grated or stretched 300 g
- Low-moisture mozzarella, grated 500 g
- Non-iodized salt to taste, only if cheeses lack seasoning
- Sunflower oil 5 to 10 g, only if cheeses lack fat
- $\frac{1}{2}$ egg, mixed into filling 1

Per Boat (at baking time):

- $\frac{1}{2}$ egg beaten, for optional brushing (1 boat only)
- 1 egg yolk, for topping (1 boat only; discard the white)
- Unsalted butter 5 to 10 g per boat, small pat, for serving

• Directions:

1. **Prepare Filling.** Grate suluguni and mozzarella. Combine in a bowl. Taste and add salt if the cheeses lack seasoning. Add sunflower oil if the mixture seems dry or lacking in fat. Mix in the $\frac{1}{2}$ egg until evenly combined. Divide the filling into 3 portions of approximately 270 g each. Refrigerate 2 portions and keep 1 at room temperature for the boat to bake immediately.
2. **Mix Dough.** Combine instant yeast with sifted flour, salt, and sugar in a large bowl. Add warm water, warm milk, and sunflower oil. Stir until a soft, shaggy dough forms.
3. **Knead Dough.** Transfer to a lightly floured surface. Knead for 5 min until smooth. Dust with additional flour only if the dough is unworkably sticky. The dough should be soft and slightly tacky but not wet.
4. **First Rise.** Coat the dough lightly with sunflower oil. Cover and allow to rise in a warm place for 45 to 60 min until doubled in volume.

5. **Shape Boats.** Divide the risen dough into 3 equal pieces of approximately 135 to 140 g each. For each piece: roll into a circle approximately 30 cm in diameter on a floured surface. Place 1 filling portion in the center, leaving a clear border of dough. Fold the edges up and over the filling to form a boat shape with raised walls, pinching the pointed ends closed firmly. Optional: scatter a small amount of extra grated cheese across the top of the filling. Allow all 3 shaped boats to rest for 5 to 10 min before baking or sealing.
 6. **Optional Glaze.** Brush the dough border of the 1 boat designated for immediate baking with the beaten $\frac{1}{2}$ egg to produce a glossy finish.
 7. **Bake 1 Boat (Tovala Settings).** Use Bake mode at 350°F (177°C). Add steam for the first 10 min of the bake to retain moisture in both the dough and the cheese filling and prevent dryness. Bake for 15 to 20 min total. Check at 15 min: the edges should be golden and the cheese fully melted. Place the boat on the included Tovala tray. No preheat is needed if using Tovala app controls.
 8. **Add Topping to the Baked Boat.** Remove the boat from the oven. Separate the yolk of 1 egg, discarding the white. Place the yolk directly onto the hot melted cheese in the center of the boat. Return the boat to the oven and bake at 350°F for 1 additional min to set the yolk slightly. The yolk should remain glossy and runny.
 9. **Finish and Serve.** Remove from the oven. Add 1 small pat of unsalted butter to the cheese to melt in. Serve immediately while the filling is still fluid and hot.
- **Vacuum Sealing and Freezing the Remaining 2 Boats:**
 1. Allow the 2 unbaked, shaped boats to rest on parchment for the 5 to 10-min bench rest described in Step 5. Do not allow them to over-proof.
 2. Place each shaped boat flat on a sheet of parchment inside an individual vacuum bag. Seal firmly, removing all air to prevent freezer burn.
 3. Freeze immediately. Store for up to 3 months.
 4. **To use from frozen:** Thaw each sealed boat in the refrigerator overnight. Remove from the refrigerator and allow it to rest at room temperature for 30 min before baking. Proceed directly to baking as in Step 7. No second rise is needed.
 - **Troubleshooting:**
 - **Dough tears during shaping:** The gluten has not relaxed sufficiently. Allow a longer bench rest after dividing, up to 15 min, before rolling.
 - **Filling leaks out during baking:** The ends were not pinched firmly enough. Pinch again and press the boat walls upward before placing in the

oven.

- **Dough border is pale and undercooked at the 15-min mark:**
Extend the bake by 3 to 5 min and increase the Tovala temperature to 375°F for the final minutes.
- **Yolk sets solid:** The oven temperature was too high or the boat remained in the oven too long after the yolk was added. Reduce the topping bake to 45 seconds in the next batch.

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Potato Scones

- **Source :** Nikki, Scotland
- **Equipment :** Oven, baking sheet
- **Ingredients :**
 - 250 g (1 cup (237 mL)) leftover mashed potatoes
 - 50 g (1/3 cup (79 mL)) flour, plus more for dusting
 - 1/8 tsp (1 mL) baking powder (1/2 variation)
 - Salt to taste (pinch)
 - A little oil or melted butter (1 tbsp (15 mL))
- **Directions :**
 1. **Preheat Oven.** Preheat the oven to 200°C (400°F (204° C)).
 2. **Mix Dough.** In a bowl, combine the mashed potatoes, flour, baking powder, and salt. Mix until a soft dough forms. Do not overwork it.
 3. **Shape Scones.** On a floured surface, gently roll out the dough and cut it into wedges or rounds. Brush the tops lightly with oil.
 4. **Bake.** Place the scones on a baking sheet and bake for 15 min. For crispier scones, bake a few min longer.

Nutrition: Estimated per serving, USDA-style built-in macro table: 75 kcal; Protein 1 g; Fat 3 g; Carbohydrates 10 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Bliny (Russian Crepes/Pancakes)

• **Source:** Natalie Leva

• **Ingredients:**

- 1 1/2 cups (355 mL) Milk
- 1/4 cup (59 mL) Water
- 1/3 cup (79 mL) Butter
- 1 package Active Dry Yeast
- 2 tbsp (30 mL) Sugar
- 3/4 tsp (4 mL) salt
- 2 1/2 cups (591 mL) Flour
- 3 Eggs Separated

• **Directions:**

1. Heat milk, water, and butter until warm and pour into a large bowl.
2. Add yeast, sugar, and salt, and mix well.
3. Add flour and egg yolks, mix well, and let rise at least until twice the size.
4. In a small bowl, beat egg whites until soft peaks form. Stir batter and fold in beaten egg whites, and let stand 10 minutes.
5. Pour 1/4 of the batter onto a hot griddle/pan for each bliny. Flip to cook both sides. Stack bliny onto a plate as you finish each.

Nutrition: Estimated per serving, USDA-style built-in macro table: 215 kcal; Protein 5 g; Fat 20 g; Carbohydrates 7 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Mix batter once and let it rest. Cook in a repeating one-flip sequence. Stack finished pancakes under a towel to keep them warm without extra effort between batches.



Simple Onion Pie

- **Source** : Nikki
- **Equipment** : Oven, skillet, pie dish
- **Ingredients** :
 - 1 portion of Simple Dough (Yeast-free or Yeast)
 - 2 large onions, thinly sliced
 - 2 tbsp (30 mL) butter
 - 2 large eggs
 - 1/2 cup (118 mL) shredded cheese (such as Gruyere or cheddar)
 - 1/2 cup (118 mL) milk or cream
 - Salt and pepper to taste
- **Directions** :
 1. **Prepare Crust.** Press the dough into a pie dish. Pre-bake the crust at **375°F (191° C)** for 10 min.
 2. **Caramelize Onions.** While the crust bakes, melt the butter in a skillet. Cook the onions slowly over low-medium heat for 20-25 min, until they are deeply golden and sweet.
 3. **Make Filling.** In a bowl, whisk together the eggs, cheese, and milk or cream until well combined. Season with salt and pepper. Stir in the caramelized onions.
 4. **Bake Pie.** Pour the onion filling into the pre-baked crust. Bake for another 25-30 min, until the filling is set and golden on top.

Nutrition: Estimated per serving, USDA-style built-in macro table: 240 kcal; Protein 5 g; Fat 20 g; Carbohydrates 8 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Basic Onion Pie

- **Source :** Natasha
- **Total Time:** 1 hr 30 min
- **Ingredients**
- **A – Dough**
 - Butter: 1/2 stick (60 g)
 - Flour: 200 ml (1 cup (237 mL))
 - Cream: 2-3 tbsp (44 mL)
- **B – Filling**
 - Onion: 400 g
 - Salt, pepper to taste
- **C – Pouring**
 - Eggs: 3
 - Sour cream: 200 g
- **Directions:**
 1. Dough (A): Melt butter, mix all A together †' put into fridge.
 2. Filling (B): Slice onions, fry until transparent (in oil).
 3. Pouring (C): Shake up ingredients.
 4. Smear dough thinly on the skillet, 2 up the sides.
 5. Add onions, smooth out.
 6. Pour the shaken (pouring) liquid on top of the line.
 7. Put in a hot oven (350°F (177° C)) for 30 minutes.

Nutrition: Estimated per serving, USDA-style built-in macro table: 465 kcal; Protein 8 g; Fat 25 g; Carbohydrates 50 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Snacks

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No-Bake Protein Energy Bars

- **Source** : Adapted
- **Yields** : 8 bars
- **Equipment** : 8x8 inch pan, mixing bowl
- **Ingredients** :
 - 2 cups (473 mL) rolled oats
 - 1/2 cup (118 mL) unflavored protein isolate (NutraBio)
 - 1/4 cup (59 mL) PB powder
 - 1/2 cup (118 mL) chopped raisins or prunes
 - 1/4 cup (59 mL) hot honey or regular honey
 - 1 tsp (5 mL) cinnamon
 - 1 tsp (5 mL) vanilla extract
 - 2 tbsp (30 mL) chia seeds
 - **Optional**: 2 tbsp (30 mL) cocoa powder
- **Directions** :
 1. **Mix Dry Ingredients.** In a large bowl, combine the oats, protein isolate, PB powder, chia seeds, cinnamon, and optional cocoa powder.
 2. **Combine All Ingredients.** Warm the honey slightly to make it more fluid. Add the honey, vanilla, and chopped raisins or prunes to the dry mixture. Stir until a very thick, sticky dough forms.
 3. **Press into Pan.** Line an 8x8-inch pan with parchment paper. Press the mixture firmly and evenly into the bottom of the pan.
 4. **Chill and Cut.** Refrigerate for at least 1 hour to allow the bars to firm up. Lift the block out using the parchment paper and cut it into 8 bars. Store in the refrigerator.

Nutrition: Estimated per bar (oats, protein powder, nuts, dried fruit, honey; 12 bars): 180–220 kcal; Protein 8–12 g; Fat 6–10 g; Carbohydrates 22–28 g. Estimate confidence: medium.

Accessibility Note: Mix all ingredients in one bowl, press into pan, refrigerate. No heat required. Portion after chilling. Bars keep refrigerated for 1 week.



Blueberry & Peanut Butter Chia Pudding

- **Source** : EatingWell (Adapted)
- **Servings** : 4
- **Equipment** : Jars or containers
- **Ingredients** :
 - 1 cup (237 mL) fat-free Fairlife milk
 - 1 cup (237 mL) plain fat-free yogurt or tvorog
 - 1/2 cup (118 mL) chia seeds
 - 1/4 cup (59 mL) PB powder, mixed with water to a paste
 - 2 tbsp (30 mL) monk fruit syrup or maple syrup
 - 1 scoop unflavored protein isolate (or 1/4 cup (59 mL) flaxseed meal)
 - 1 1/2 cup (355 mL) frozen blueberries (or other berries)
- **Directions** :
 1. **Mix Pudding Base.** In a bowl, whisk together the milk, yogurt, chia seeds, PB powder paste, syrup, and protein isolate until no clumps remain.
 2. **Layer.** Divide the blueberries into four equal portions. Top with the chia pudding mixture.
 3. **Chill.** Cover and refrigerate for at least 12 hours, or overnight, until the pudding is thick and set.
 4. **Serve.** Top with the remaining blueberries before serving.

Nutrition: Estimated per serving, USDA-style built-in macro table: 275 kcal; Protein 15 g; Fat 10 g; Carbohydrates 30 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



Lemon-Raspberry Frozen Yogurt Bites

- **Source** : EatingWell (Adapted)
- **Servings** : 2
- **Equipment** : Muffin tin, blender, or food processor
- **Ingredients** :
 - 1 1/2 cup (355 mL) plain fat-free yogurt
 - 1 cup (237 mL) raspberries (fresh or frozen)
 - 2 tbsp (30 mL) honey or monk fruit syrup
 - 1 tbsp (15 mL) lemon juice
 - 1 tsp (5 mL) lemon zest
 - **Optional**: 1/2 tsp (2 mL) freeze-dried ginger
- **Directions** :
 1. **Blend Mixture.** Combine the yogurt, raspberries, honey, lemon juice, lemon zest, and optional ginger in a blender or food processor. Blend until smooth.
 2. **Portion.** Line a muffin tin with paper or silicone liners. Divide the yogurt mixture evenly among 4-6 muffin cups.
 3. **Freeze.** Freeze for at least 2 hours, or until the bites are completely firm.
 4. **Serve.** Let the bites sit at room temperature for a few min to soften slightly before serving.

Nutrition: Estimated per 3-bite serving (plain Greek yogurt and berries): 60–80 kcal; Protein 5–7 g; Fat 0–2 g; Carbohydrates 8–12 g. Estimate confidence: medium.

Accessibility Note: Fill mold or spoon onto tray, freeze overnight. One active step, one passive freeze window. Label tray with freeze start time.

High-Protein Avocado Toast

- **Source** : Adapted from EatingWell
- **Equipment** : Toaster, knife
- **Yields** : 1 serving
- **Ingredients** :
 - 1 thick slice **Killer Bread** (or other high-fiber, whole-grain bread)
 - 1/4 to 1/2 large ripe **avocado**
 - 1/3 cup (79 mL) (3 ounces) **4% cottage cheese** or **tvorog** (replaces burrata)
 - 1 tsp (5 mL) fresh **lemon juice**
 - 1 tsp (5 mL) finely sliced **fresh basil**
 - 1 tsp (5 mL) minced **green onion** (replaces chives)
 - Pinch of **red pepper flakes** (replaces Aleppo pepper)
 - **Hain salt** and ground **pepper** to taste
 - **Optional Protein Boost**: 1 poached or fried **egg**
 - **Optional Fiber Boost**: 1 tsp (5 mL) **chia seeds**
- **Directions** :
 1. **Toast the Bread.** Toast the slice of bread to the desired level of crispness.
 2. **Prepare the Avocado.** While the bread is toasting, slice or mash the avocado. Place it on the warm toast.
 3. **Season.** Drizzle the avocado with fresh lemon juice, then sprinkle with salt and pepper to taste.
 4. **Add Toppings.** Spoon the cottage cheese or tvorog over the avocado.
 5. **Garnish and Serve.** Sprinkle the top with fresh basil, minced green onion, and a pinch of red pepper flakes. For an extra boost of fiber, add a sprinkle of chia seeds. If adding an egg, place it on top. Serve immediately.
- **Adaptation Note** :
 - This version boosts protein and significantly reduces fat by replacing high-fat burrata cheese with the high-protein cottage cheese or tvorog. Using a high-fiber, high-protein bread like Killer Bread as the base further improves the nutritional profile of this meal.

Nutrition: Estimated per serving: 120-300 kcal; Protein 5-18 g; Fat 4-18 g; Carbohydrates 10-40 g.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.



High-Protein Amosov Energy Balls

- **Source** : Adapted from Amosov Paste & EatingWell
- **Equipment** : Food processor or knife, large mixing bowl, parchment-lined tray
- **Yields** : Approximately 20 energy balls
- **Ingredients** :
 - **Dry Base:**
 - * 1 1/2 cup (355 mL) rolled oats
 - * 3 scoops **NutraBio whey isolate protein powder**
 - * 3 tbsp (44 mL) **chia seeds**
 - * 2 tbsp (30 mL) **cocoa powder** (replaces cacao nibs for lower fat)
 - * 5 tsp (25 mL) **psyllium husk powder**
 - * 2 tsp (10 mL) ground cinnamon
 - * 1/2 tsp (2 mL) iodized sea salt
 - **Fruits & Seeds:**
 - * 1/4 cup (59 mL) **sunflower seeds** (replaces walnuts for lower fat)
 - * 6 dried apricots
 - * 6 dried figs, stems removed
 - * 5 pitted prunes
 - * 50 seedless raisins (1/3 cup (79 mL))
 - **Wet Binders:**
 - * 1/2 cup (118 mL) (120 g) non-fat plain Greek yogurt or **kefir**
 - * 2-3 tbsp (44 mL) **honey** or **hot honey**
 - * 2 tsp (10 mL) **Mexican vanilla extract**
 - * Juice from 1/3 of a fresh lemon
- **Directions** :
 1. **Prepare Fruits and Seeds.** Finely chop the prunes, apricots, figs, and sunflower seeds. For a more cohesive texture, you can pulse these ingredients in a food processor until a coarse, crumbly mixture forms.

2. **Mix Dry Ingredients.** In a large bowl, combine the rolled oats, protein powder, chia seeds, cocoa powder, psyllium husk, cinnamon, and salt. Stir well to distribute everything evenly.
3. **Combine All Ingredients.** Add the chopped fruit and seed mixture, along with the raisins, to the dry base. Pour in the Greek yogurt (or kefir), honey, vanilla extract, and lemon juice.
4. **Form the Dough.** Mix everything with a strong spoon or the hands until a sticky, uniform dough forms. If the mixture seems too dry, add another tbsp of yogurt; if it is too wet, add a few more oats. Knead for a min to ensure it is well combined.
5. **Roll the Balls.** Scoop out 2 tbsp (30 mL) of the mixture at a time. Roll firmly between the palms to form uniform spheres. Place the finished balls on a parchment-lined tray or plate.
6. **Chill and Store.** Refrigerate the energy balls for at least 30 min to allow them to set and firm up. Store them in an airtight container in the refrigerator for up to one week or in the freezer for up to one month.

• **Adaptation Note :**

- This version significantly reduces the fat and calorie content by replacing 1.5 cups (355 mL) of walnuts with a smaller amount of sunflower seeds and substituting cocoa powder for cacao nibs. The fiber and protein content remain high, consistent with the goals.

Nutrition: Estimated per serving: 120-300 kcal; Protein 5-18 g; Fat 4-18 g; Carbohydrates 10-40 g.

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Soups

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Chicken & Noodle Soup

- **Source** : Adapted from a Russian Recipe
- **Equipment** : Large pot or Dutch oven
- **Yields** : 6 servings
- **Prep Time** : 10 min
- **Cook Time** : 40 min
- **Ingredients** :
 - **For the Broth:**
 - * 1 lb (454 g) **skinless chicken breast or ground turkey** (replaces chicken for more protein)
 - * 1 whole onion, peeled
 - * 1-2 bay leaves
 - * 8 cups (1893 mL) of water
 - * Salt and black pepper to taste
 - * **Optional for color** : A pinch of **paprika** (replaces turmeric)
 - **For the Soup:**
 - * 4-5 medium potatoes, cubed
 - * 1 large carrot, sliced or grated
 - * 2 celery stalks, chopped (for added fiber)
 - * 2-3 ounces (2 servings) **homemade high-protein noodles**
 - **For Garnish:**
 - * Freshly chopped **dill** or **basil**
- **Directions** :
 1. **Make the Broth.** Place the chicken or ground turkey, the whole peeled onion, and the bay leaves in a large pot. Cover with 8 cups (1893 mL) of cold water. Bring to a gentle boil, then immediately reduce the heat to a low simmer. Season with salt, pepper, and the optional paprika.
 2. **Simmer and Skim.** Let the broth simmer gently for 20-25 min. It is important not to let it boil vigorously, as this will make the broth cloudy. Skim any foam that rises to the surface.
 3. **Prepare Vegetables.** While the broth simmers, peel and chop the potatoes, carrots, and celery.

4. **Cook the Vegetables.** After the broth has simmered, remove and discard the whole onion and bay leaves. If using whole chicken breasts, remove them, shred the meat, and set it aside. Add the chopped potatoes, carrots, and celery to the pot. Continue to simmer for 15 min, or until the vegetables are tender.
5. **Add Noodles.** Add the fresh, high-protein noodles to the soup. Stir immediately to prevent them from clumping. Cook for another 3-5 min, or until the noodles are al dente.
6. **Finish and Serve.** If you removed shredded chicken, return it to the pot now. Taste the soup and adjust the salt and pepper as needed. Stir in fresh herbs, ladle into bowls, and serve hot.

• **Notes & Variations :**

- **Noodle Quantity:** You can adjust the amount of noodles depending on how thick you prefer the soup.
- **Creamy Version:** For a richer, more nourishing soup, you can stir in a splash of fresh cream, a dollop of sour cream, or some melted processed cheese (like “Yantar”) at the very end of cooking.
- **Flavor:** Feel free to experiment with other spices. Adding different herbs can change the aroma and taste of the soup.

Nutrition: Estimated per serving, USDA-style built-in macro table: 240 kcal; Protein 25 g; Fat 3 g; Carbohydrates 25 g. Estimate confidence: medium; servings 6 (parsed).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

High-Protein Clam Chowder

Cook's Notes: The Keys to a Healthier Chowder

- **Flavor Base without the Fat** : Traditional chowder starts with rendered salt pork or bacon. This recipe achieves a similar savory, smoky flavor by crisping up diced **smoked turkey breast** with butter spray. This provides the texture and taste of bacon bits with a fraction of the fat.
- **Creaminess without the Cream** : The velvety texture of this bisque comes from a high-protein, low-fat blend of **fat-free Fairlife milk** and **4% cottage cheese**, which is pureed until smooth. This replaces the heavy cream entirely, cutting hundreds of calories from fat.
- **Thickening and Fiber** : A traditional roux made with a small amount of ghee provides the base thickness. For a major fiber boost, **psyllium husk powder** can be whisked in, which also helps to create a silky, thick consistency.
- **Clams** : Canned clams are convenient and work perfectly here. Be sure to reserve the juice, as it is critical to the broth. Add the clams at the very end of cooking and only heat them through; boiling them will make them tough and rubbery.

Nutrition: Estimated per serving, USDA-style: 295 kcal; Protein 32 g; Fat 5 g; Carbohydrates 30 g. Estimate confidence: medium; servings 4 (parsed).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

New England-Style Clam Chowder Recipe

- **Source** : Adapted from Natasha's Kitchen
- **Equipment** : Large pot or Dutch oven, blender
- **Yields** : 4-6 servings
- **Ingredients** :
 - **For the Base:**
 - * 4 ounces **smoked turkey breast deli meat**, diced
 - * 1 large onion, finely chopped
 - * 2 carrots, finely chopped
 - * 2 celery stalks, finely chopped
 - * 1 tbsp (15 mL) **ghee** (or butter)
 - * 1/4 cup (59 mL) all-purpose flour
 - * **Optional Fiber Boost** : 1-2 tbsp (30 mL) **psyllium husk powder**

– **For the Soup:**

- * 4 cups (946 mL) low-sodium chicken broth
- * 3 cans (6.5 oz (184 g) each) chopped clams, drained, **juice reserved**
- * 1.5 lb (680 g) Yukon Gold or red potatoes, peeled and cubed (3 cups (710 mL))
- * 1 bay leaf
- * 1 tsp (5 mL) dried thyme
- * 1 tsp (5 mL) Worcestershire sauce
- * A few dashes of Tabasco or other hot sauce
- * Salt and black pepper to taste

– **For the Low-Fat Cream Substitute:**

- * 1 cup (237 mL) **fat-free Fairlife milk**
- * 1 cup (237 mL) **4% cottage cheese**

– **For Garnish:**

- * Freshly chopped **basil** or **green onions**

● **Directions :**

1. **Prepare the “Bacon” and Cream Substitute.** Coat a large Dutch oven with **butter spray** and set it over medium heat. Add the diced smoked turkey and cook until browned and crisp. Transfer the pieces to a plate, leaving any rendered juices in the pot. In a blender, combine the fat-free milk and cottage cheese; blend on high until smooth, then set aside.
2. **Sautè Vegetables.** Add the chopped carrots, onion, and celery to the Dutch oven. Sautè for 8-10 min until soft and golden.
3. **Make the Roux.** Melt the 1 tbsp (15 mL) of ghee into the vegetables. Sprinkle the flour (and optional psyllium husk) over the top and stir constantly for 2 min until the raw flour smell is gone.
4. **Build the Broth.** Gradually whisk in the chicken broth and the reserved clam juice from all three cans. Add the bay leaf, dried thyme, Worcestershire sauce, and Tabasco sauce. Bring the mixture to a light boil.
5. **Cook the Potatoes.** Add the cubed potatoes to the pot. Return to a simmer, then reduce the heat to low, cover, and cook for 20 min, or until the potatoes are easily pierced with a fork. **Finish the Chowder.** Remove the bay leaf. Slowly stir in the blended cottage cheese mixture until combined. Add the drained, chopped clams.
6. **Heat and Serve.** Return the soup to a very light simmer just to heat

the clams through (2-3 min). **Do not boil the soup at this stage**, as it can curdle the base and toughen the clams. Season to taste with salt and pepper. Serve hot, garnished with the crisp smoked turkey bits and fresh herbs.



High-Protein Crab Bisque

- **Source** : Adapted Recipe
- **Equipment** : Large pot or Dutch oven, blender
- **Yields** : 4 servings
- **Ingredients** :
 - **For the Bisque:**
 - * 1 lb (454 g) **lump crab meat**, picked over for shells (doubled for high protein)
 - * 1 tbsp (15 mL) **ghee** or unsalted butter
 - * 1 cup (237 mL) sweet baby rainbow carrots, finely chopped
 - * 2 tbsp (30 mL) **freeze-dried shallots**
 - * 1/4 cup (59 mL) (31g) **Antimo Caputo “00” Chef’s Flour**
 - * 1/2 cup (118 mL) cooking sherry
 - * 4 cup (946 mL) **Sam’s Club chicken broth**
 - * 1 tbsp (15 mL) fresh lemon juice
 - * 1/2 tsp (2 mL) **cayenne pepper**
 - * 1/2 tsp (2 mL) **iodized sea salt**
 - * A pinch of **MSG**
 - * **Butter spray**
 - **For the Low-Fat Cream Substitute:**
 - * 1 cup (237 mL) **organic heavy cream** (or for a **low-fat, high-protein version**: blend 1 cup (237 mL) **2% milk** with 1/2 cup (118 mL) **2% tvorog** until smooth)
 - **For Garnish:**
 - * 1 tbsp (15 mL) **freeze-dried chives** or green onions
- **Directions** :
 1. **Prep Ingredients.** Finely chop the carrots. In a small bowl, rehydrate the freeze-dried shallots and chives in a few tbsp of warm water for 5 min,

then drain. To make the low-fat cream substitute, combine milk and cottage cheese in a blender and process until smooth.

2. **Sautè the Base.** In a large pot or Dutch oven, melt the **ghee** over medium heat (or coat generously with **butter spray**). Add the chopped carrots and rehydrated shallots. Cook, stirring often, for 8 min until the vegetables are soft but not browned.
3. **Make the Roux.** Sprinkle the flour over the softened vegetables. Stir constantly for 2 min to cook out the raw flour taste. This will form a thick paste, also known as a roux.
4. **Add Liquids.** Gradually pour in the cooking sherry while whisking to break up any lumps. Once smooth, slowly whisk in the chicken broth.
5. **Simmer and Season.** Bring the soup to a simmer. Stir in the salt, cayenne pepper, MSG, and lemon juice. Allow the bisque to simmer gently, uncovered, for 10 min, allowing the flavors to deepen and the soup to reduce slightly.
6. **Incorporate “Cream” and Crab.** Lower the heat to the minimum setting. Slowly stir in the chosen cream (heavy cream or the low-fat milk/cottage cheese blend). Gently fold in the lump crab meat, being careful not to break up the pieces too much.
7. **Finish and Serve.** Heat the bisque gently for another 5 min. **Do not let it boil**, as this can cause the soup to curdle. Remove from heat, ladle into warm bowls, and garnish with the rehydrated chives.

• **Adaptation Note :**

- To significantly reduce fat and increase protein, use the blended milk and tvorog mixture instead of heavy cream. This adaptation also doubles the amount of crab meat, resulting in a more substantial, protein-rich meal.

Nutrition: Estimated per serving, USDA-style built-in macro table: 510 kcal; Protein 35 g; Fat 30 g; Carbohydrates 20 g. Estimate confidence: high; servings 4 (parsed).

Accessibility Note:

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

Adaptation Summary: High-Protein Clam Chowder

• **Savory Base :**

- **Original:** Bacon and its rendered drippings.

- **Adapted:** 4 oz (113 g) **smoked turkey breast deli meat** crisped with **butter spray**.
- *Purpose:* To significantly reduce saturated fat while keeping a smoky flavor.
- **Roux Fat :**
 - **Original:** A portion of 6 tbsp (89 mL) of butter.
 - **Adapted:** 1 tbsp (15 mL) of **ghee** or butter.
 - *Purpose:* To reduce the total fat in the soup's base by over 80%.
- **Cream :**
 - **Original:** 1 cup (237 mL) of heavy whipping cream and milk.
 - **Adapted:** A blend of 1 cup (237 mL) **2% milk** and 1 cup (237 mL) **tvorog** (pureed until smooth).
 - *Purpose:* To replace high-fat cream with a high-protein, lower-fat alternative that still provides a creamy texture.
- **Fiber Boost :**
 - **Original:** Not included.
 - **Adapted:** An optional 1-2 tbsp (30 mL) of **psyllium husk powder**.
 - *Purpose:* To add a significant amount of dietary fiber and help thicken the soup.
- **Garnish :**
 - **Original:** Cilantro.
 - **Adapted:** Freshly chopped **basil** or **green onions**.
 - *Purpose:* To align with the herbs available in the pantry.

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Svekolnik (Cold Beet Soup)

- **Source :** Anna Shipunova from NI
- **Equipment :** Stovetop, large pot, grater
- **Ingredients :**
 - 1 medium beet (or 2 small)
 - 2-3 hard-boiled eggs
 - 1 large cucumber
 - 70-100 g green onion (1 bunch)

- 1l (approx. 4 cups (946 mL)) kefir or soured milk
- 1 tbsp (15 mL) salt, plus more to taste
- **Optional:** Fresh dill or parsley, finely chopped

• **Directions :**

1. **Prepare Eggs.** Hard-boil the eggs, then cool them completely. Separate the yolks from the whites. Finely chop the egg whites and set aside.
2. **Cook Beets.** Peel the beet(s) and boil in 1 to 1.5 liters of water until tender. Allow the beet(s) to cool in the cooking liquid. Once cool, grate the beet(s) and return them to the liquid. This will be the soup base.
3. **Prepare Vegetables.** Finely chop the green onion. Grate the cucumber.
4. **Create the Soup Base.** In a large soup pot, place the chopped green onion and 1 tbsp (15 mL) of salt. Mash them together with a spoon or pestle. Add the cooked egg yolks and continue mashing into a smooth paste.
5. **Combine.** Gradually stir in the beet broth (without the grated beets at first) to dissolve the yolk paste. Once smooth, add the grated beets, chopped egg whites, and grated cucumber.
6. **Add Kefir.** Slowly pour in the kefir while stirring continuously. Taste the soup and adjust the salt if necessary.
7. **Garnish and Chill.** Stir in optional fresh dill or parsley, if desired. For the best flavor, chill the soup thoroughly in the refrigerator before serving.

Nutrition: Estimated per serving, USDA-style built-in macro table: 165 kcal; Protein 10 g; Fat 5 g; Carbohydrates 20 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

Svekolnik (Alternative)

• **Source:** Yury Klovov

• **Ingredients:**

- 3 beets
- 1/2 tsp (2 mL) salt
- Water to cover the beets while cooking
- **Garnish:**
 - * 5 green onions (scallions)
 - * 5 dill sprigs
 - * 3 cucumbers, peeled and diced
 - * 3 boiled eggs **
 - * Bacon (fried, drained, and crumbled) **
 - * Sour cream **
 - * ** DO NOT USE IF DURING LENT

• **Directions:**

1. Peel the beets and grate them.
2. Place beets into the soup pot with enough water to cover.
3. Allow to boil. Add salt, reduce the heat, and cover.
4. Cook 30 minutes. Taste for salt and adjust if needed.
5. Allow to cool and refrigerate.
6. When ready to eat, ladle into the bowl and garnish with diced cucumbers, green onions, and chopped dill. If not consuming during Lent, you can also add a dollop of sour cream, half a boiled egg, and bacon crumbles.

• **Note:** "This soup is very good for the summer time when it's hot and you do not want to eat anything heavy."

Nutrition: Estimated per serving, USDA-style built-in macro table: 55 kcal; Protein 2 g; Fat 0 g; Carbohydrates 15 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Stage ingredients before turning on heat, then work in one linear cooking path. Use timers for passive steps and clear visual checkpoints for doneness so the recipe remains easy to pause and resume.

Tarator (Cold Cucumber Soup)

- **Source** : Anna Shipunova
- **Equipment** : N/A
- **Ingredients** :
 - 2 large cucumbers (1 lb (454 g)), peeled
 - 500 g (2 cups (473 mL)) plain yogurt or kefir
 - 3-4 garlic cloves, crushed or minced
 - 1 bunch fresh dill, finely minced
 - 2-3 tbsp (44 mL) crushed walnuts (optional)
 - 1 tbsp (15 mL) sunflower oil
 - Salt to taste
 - Cold water or mineral water (optional, for thinning)
- **Directions** :
 1. **Prepare Cucumbers.** Grate the cucumbers or dice them into very small cubes. Place them in a large bowl.
 2. **Mix Soup.** Whisk the yogurt or kefir with a fork until smooth and liquid. Pour it over the cucumbers.
 3. **Add Flavorings.** Stir in the crushed garlic, minced dill, crushed walnuts (if using), oil, and salt to taste.
 4. **Adjust and Chill.** If the soup is thicker than you like, stir in a small amount of cold water until it reaches the desired consistency.
 5. **Serve.** Refrigerate until well-chilled, or add a few ice cubes to serve immediately.

Spicy Borsch

- **Source** : Katya
- **Equipment** : Stovetop
- **Ingredients** :
 - 2 medium beets, grated
 - 1 large carrot, grated
 - 1 medium onion, finely chopped
 - 1 tomato, chopped (optional)
 - 1/4 head of cabbage, thinly shredded
 - 1 large potato, cubed
 - 6 cup (1420 mL) soup stock (beef or vegetable)
 - Oil for frying
 - Salt and pepper to taste

- 1 tbsp (15 mL) lemon juice (optional, to preserve beet color)

- **Directions :**

1. **Start Stock.** Bring the soup stock to a boil in a large pot.
2. **Sautè Vegetables.** While the stock heats, heat some oil in a skillet. Add the grated beets and optional lemon juice, and fry for a few min. Add the grated carrot and chopped onion. Sautè all together until softened. Add the chopped tomato, if using, and cook for another min.
3. **Cook Potatoes and Cabbage.** Add the cubed potato to the boiling stock and cook for 10 min. Then, add the shredded cabbage and continue to cook until it is almost tender.
4. **Combine.** Transfer the sautéed vegetable mixture from the skillet into the soup pot. Season with salt and pepper.
5. **Simmer.** Cook for a few more min to allow all the flavors to meld together. Serve hot.

Nutrition: Estimated per serving (cucumber, yogurt or kefir, dill, garlic, walnuts; 4 servings): 80–120 kcal; Protein 4–6 g; Fat 4–8 g; Carbohydrates 6–10 g. Estimate confidence: medium.

Accessibility Note: All cold ingredients go into one bowl. Stir and chill. No cooking required. Prepare up to 1 day ahead and refrigerate in the serving bowl.



Courgette & Fennel Soup

- **Source :** Nikki, Scotland
- **Equipment :** Stovetop, immersion blender
- **Ingredients :**
 - 2 medium courgettes (zucchini), chopped
 - 1 fennel bulb, chopped
 - 1 onion, chopped
 - 2 cloves garlic, minced
 - Juice of 1/2 lemon
 - 4 cups (946 mL) vegetable stock
 - Salt and pepper to taste
- **Directions :**

1. **Sautè.** In a large pot, heat a small amount of oil over medium heat. Sautè the onion, garlic, and fennel for 5-7 min, until softened and fragrant.
2. **Simmer.** Add the chopped courgette and pour in the vegetable stock. Bring the soup to a boil, then reduce the heat and let it simmer for 15 min, or until the vegetables are tender.
3. **Blend.** Use an immersion blender to puree the soup until smooth.
4. **Finish.** Remove from the heat and stir in the lemon juice. Season with salt and pepper to taste before serving.

Nutrition: Estimated per serving, USDA-style built-in macro table: 55 kcal; Protein 4 g; Fat 1 g; Carbohydrates 6 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

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White Bean and Kale Soup

- **Source :** Tabitha Viscontas
- **Equipment :** Stovetop or pressure cooker
- **Ingredients :**
 - 1/4 cup (59 mL) extra virgin olive oil, plus more for garnish
 - 1 medium onion, finely diced
 - 1 head of garlic, minced
 - 1 carrot, finely diced
 - 1 tsp (5 mL) kosher salt
 - 2 bay leaves
 - 1 tsp (5 mL) minced rosemary (fresh or dried)
 - **Flavor Booster:** 1 Parmesan rind, and/or 3/4 oz (21 g) dried porcini mushrooms, and/or 2 tbsp (30 mL) vegetable broth powder
 - 2 cups (473 mL) dried white beans (or 15-30 oz (850 g) canned beans, rinsed)
 - 7 cups (1656 mL) of water
 - 1 bunch dinosaur kale, leaves only, cut into ribbons
 - Juice of one lemon

- **Directions (Stovetop Method) :**

1. **Sautè Aromatics.** In a large saucepan or Dutch oven, heat the olive oil over medium-high heat. Sautè the onion, garlic, carrot, and salt for 4 min, until the onion is translucent.
2. **Simmer Broth.** Add the water (or bean juice plus water if using canned), bay leaves, rosemary, and the chosen flavor booster. If using dried beans, add them now. Bring to a boil, then reduce the heat and simmer for 1.5 to 2 hours, or until the beans are tender. If using canned beans, simmer the broth for 30 min before proceeding.
3. **Finish Soup.** Remove the bay leaves and Parmesan rind. Stir in the canned beans (if using), kale ribbons, and lemon juice. Simmer for another 10 min, or until the kale is tender.
4. **Serve.** Taste and adjust seasoning. Serve hot with a final drizzle of olive oil.

Nutrition: Estimated per serving, USDA-style built-in macro table: 255 kcal; Protein 8 g; Fat 15 g; Carbohydrates 25 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.



Shchi (Cabbage Soup)

- **Source :** B. V. Shipunov
- **Equipment :** Stove top
- **Ingredients :**
 - 1-2 lb (907 g) meat on the bone (beef or chicken)
 - 1 whole large carrot
 - 1 whole onion (optional, for broth)
 - 1 onion, chopped
 - 1/2 head of cabbage, thinly sliced
 - 2-3 potatoes, diced
 - 1 tbsp (15 mL) butter or pork fat
 - 1 tbsp (15 mL) flour

- 2-3 cloves garlic, minced
- Fresh herbs (dill, parsley), bay leaf, salt, and pepper

- **Directions :**

1. **Make Broth.** Place the meat, whole carrot, and optional whole onion in a large pot and cover with cold water. Simmer until the meat is very tender. Remove the meat, shred it, and set it aside. Strain the broth, discarding the boiled onion but retaining the carrot if desired.
2. **Cook Vegetables.** Return the broth to a boil. Add the diced potatoes first, followed by the sliced cabbage a few min later. Cook until the vegetables are tender.
3. **Make Roux.** While the vegetables cook, melt butter or fat in a skillet. Sauté the chopped onion until golden. Stir in the flour and cook for one min to form a roux.
4. **Combine.** Whisk the roux into the soup to thicken it slightly. Add the shredded meat back to the pot. Season with salt.
5. **Infuse and Serve.** Turn off the heat. Stir in the minced garlic and fresh herbs. Cover the pot tightly and let the soup stand for at least one hour to allow the flavors to deepen before serving.

Nutrition: Estimated per serving (cabbage, potatoes, carrots, ground turkey; 4–6 servings): 180–240 kcal; Protein 14–18 g; Fat 4–8 g; Carbohydrates 20–28 g. Estimate confidence: medium.

Accessibility Note: Build soup in one pot in sequence: broth, then hard vegetables, then cabbage last. Set a timer for each addition. No simultaneous tasks required.



Borscht (Borsch)

- **Source :** Avery
- **Total Time:** 1 hr 45 min
- **Ingredients:**
 - Tomato paste: 1/2 can
 - Pinto beans: 1 can
 - Water: 3.5 liters
 - Beet: 1 large

- Carrot: 1
- Onion/scallion: 1 + 2–5 stalks
- Potato (medium): 2–3
- Cabbage: 1/4 head
- Oil (for frying): 4–6 tbsp (89 mL)
- Hard-boiled egg: 2–4
- Stew beef (optional): 2 cups (473 mL)

• **Directions:**

1. Drain beans. Boil slowly with all the water for 30–40 min.
2. Prepare veggies:
 - a. Onion – chopped into 1 cm cubes
 - b. Carrot – cleaned & shredded on big shredder holes
 - c. Potato – washed, peeled, cut into 1-inch pieces (like each finger)
 - d. Cabbage – cut into strings, fine, 5 cm
3. When beans are boiled, add all veggies, mix, and leave on medium heat for 15 min.
4. Wash, peel, and grate (large) beet.
 - a. Heat oil in a pan.
 - b. Add beet, stir for 5–7 min.
 - c. Add tomato paste, stir 3–4 min.
5. Add beet to the soup. Add salt & pepper to taste. Keep on heat 5–10 min.
6. Take off heat, leave under pot lid for 20–30 min. Add finely cut egg & scallion.

• **Serve with**

- Sour cream
- Garlic

Nutrition: Estimated per serving, USDA-style built-in macro table: 160 kcal; Protein 10 g; Fat 1 g; Carbohydrates 30 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Prepare vegetables and measure seasonings before heating the pot. Use one main pot and one discard bowl. Set a timer for each simmer stage so you do not need to monitor continuously.

Sweet Baked Goods & Doughs

————— ★ —————

High-Protein, High-Fiber Russian Sharlotka

- **Source** : Adapted from “Equality Pie” Recipe by NI, adapted from Molohovetz
- **Equipment** : 9-inch springform or round cake pan, electric mixer, large bowl, spatula
- **Yields** : One 9-inch cake (8 servings)
- **Baking Instructions** : Preheat oven to **350°F (177° C)**. Bake for **40-50 min.**
- **Ingredients:**
 - 4-5 medium tart apples (2 lb (907 g)), cored and thinly sliced **with the skin on**
 - 4 large eggs, at room temperature
 - 1 cup (237 mL) **monk fruit allulose sweetener**
 - 3/4 cup (177 mL) (90 g) all-purpose flour, sifted
 - 1/4 cup (59 mL) (30 g) **unflavored protein isolate (NutraBio)**, sifted
 - 1 tbsp (15 mL) **Psyllium Husk** (for added fiber)
 - 1 tsp (5 mL) vanilla extract
 - 1 tsp (5 mL) ground cinnamon
 - **Butter spray** (for greasing the pan)
 - Extra flour (for dusting the pan)
- **Directions:**
 1. **Prepare Oven and Pan** . Preheat the oven to **350°F (177° C) (175°C)**. Thoroughly coat a 9-inch springform or cake pan with **butter spray**, then dust it lightly with flour, tapping out any excess. This ensures the cake will not stick.
 2. **Prepare Apples** . Wash the apples well. Core and slice them thinly (1/8-inch thick), **leaving the skin on** to maximize fiber content. In a bowl, toss the apple slices with the ground cinnamon until they are evenly coated. Arrange the slices tightly in the bottom of the prepared pan to form a thick, compact layer.
 3. **Make the Batter** . In a large bowl, combine the 4 eggs and 1 cup (237 mL) of monk fruit sweetener. Using an electric mixer on high speed, beat the mixture for **5-7 min.** Continue until it is pale, very thick, and has

tripled in volume. It should fall from the beaters in a thick ribbon that sits on the surface for a moment before dissolving (this is the “ribbon stage”). Beat in the vanilla extract.

4. **Fold in Dry Ingredients** . Sift the flour, protein isolate, and psyllium husk together. Add the dry ingredients to the egg mixture in three parts, gently folding with a spatula after each addition. **Fold only until no dry streaks remain.** Do not overmix, as this will deflate the airy batter.
5. **Assemble the Cake** . Pour the finished batter evenly over the layer of apples in the pan. The batter will be thick but should seep down and around the apple slices. Gently tap the pan on the counter a few times to settle the batter and remove any large air bubbles.
6. **Bake** . Place the pan on the middle rack of the preheated oven. Bake for **40-50 min.** The sharlotka is done when the top is deep golden brown and a toothpick inserted into the center comes out clean. Check at the 40-min mark; if the center is still wet, continue baking and check every 5 min.
7. **Cool and Serve** . Let the cake cool in the pan on a wire rack for 10 min. Then, run a thin knife around the edges to loosen it before removing it from the pan. Serve warm or at room temperature. It pairs well with a high-protein topping, such as **tvorog** or plain Greek yogurt.

Variations (Adapted)

- **Berry Mix** : Gently fold 1 cup (237 mL) of fresh blueberries or raspberries into the batter along with the last addition of flour for a tart flavor boost.
- **Crunch Addition** : For texture, fold 1/2 cup (118 mL) of **sesame seeds** or chopped nuts into the batter with the flour.
- **Citrus Twist** : Add the zest of 1 lemon to the batter when you add the vanilla. Squeeze the juice of that lemon (2 tbsp (30 mL)) over the apple slices before pouring the batter over them.

Retsept piroga (Dough for Sweet Pies)

- **Source** : Unknown
- **Equipment** : Breadmaker
- **Ingredients** :
 - 1 egg
 - 150 ml milk
 - 150 ml water
 - 450 g (3 1/2 cups (828 mL)) flour
 - 30-50 g butter, softened

- 1 tsp (5 mL) salt
- 2 tbsp (30 mL) sugar
- 1 packet vanilla powder (or 1 tsp (5 mL) vanilla extract)
- 2 tsp (10 mL) dried yeast

• **Directions :**

1. **Measure Liquids.** Crack the egg into a measuring cup. Add a 50/50 mix of milk and water until the total liquid volume reaches 300 ml.
2. **Load Breadmaker.** Pour the liquid mixture into the breadmaker pan. Add the flour on top. Place the butter pieces, salt, sugar, and vanilla on top of the flour. Make a small well in the flour and add the yeast.
3. **Run Cycle.** Select the “Dough” setting on the breadmaker (typically a 1.5-hour cycle).
4. **Use Dough.** Once the cycle is complete, the machine will beep. The dough is now ready to be used for sweet pies (pirogi) or buns.

Nutrition: Estimated per slice (apples, eggs, flour, sweetener; 8 slices): 140–180 kcal; Protein 4–6 g; Fat 3–5 g; Carbohydrates 22–28 g. Estimate confidence: medium.

Accessibility Note: One-bowl batter. Slice apples, fold in, pour into pan. Set a timer and do not open the oven until it sounds. Toothpick test gives a clear doneness cue.



Dough (No Yeast)

- **Source :** Anna Shipunova
- **Equipment :** N/A
- **Ingredients :**

- 2 egg yolks
- 500 g (4 cups (946 mL)) flour
- 200 g (1 cup (237 mL)) butter, melted
- 1/2 cup (118 mL) milk, kefir, or ryazhenka
- Salt and sugar to taste

• **Directions :**

1. **Mix Dough.** Sift the flour into a mound and make a well in the center. Pour the melted butter, egg yolks, milk, sugar, and salt into the well.

2. **Knead and Chill.** Gradually mix all the ingredients to form a dough. Knead it briefly until it comes together smoothly. Chill the dough for 20 min before using.

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: high; based on 4 weighed ingredient(s) totaling 922 g): 376 kcal, Protein 7.4 g, Fat 19.4 g, Carbohydrates 41.9 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.



Dough (Yeast)

- **Source :** Anna Shipunova
- **Equipment :** N/A
- **Ingredients :**
 - 2 cups (473 mL) flour
 - 1 tsp (5 mL) dried yeast
 - 1 cup (237 mL) lukewarm water
 - Pinch of sugar and salt
 - **Optional:** a little oil, milk, or an egg for a richer dough (sdoba)
- **Directions :**
 1. **Activate Yeast.** In a small bowl, dissolve the yeast and a pinch of sugar in the warm water. Let it stand in a warm place until it becomes foamy.
 2. **Mix Dough.** In a large bowl, combine the flour and salt. If using optional enrichments, add them now. Pour in the yeast mixture and mix thoroughly to form a dough.
 3. **Knead and Rise.** Knead the dough well. Let it rise in a warm place until doubled in size. Punch it down, knead it again briefly, and let it rise a second time. It is then ready to be shaped into pirozhki or other baked goods.

Nutrition: Estimated per 100 g of dough/batter (USDA-style estimate, confidence: low; based on 1 weighed ingredient(s) totaling 5 g): 325 kcal, Protein

40.0 g, Fat 7.6 g, Carbohydrates 41.0 g. Per-serving values depend on portion size; weigh the finished piece and scale these numbers proportionally.

Accessibility Note: Use timers for rise/rest/cook stages, divide the work into small batches, and pause at natural resting points to reduce strain and context switching.

Desserts

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Oladyi (Small Thin Pancakes)

- **Source** : Unknown
- **Equipment** : Stovetop, non-stick skillet
- **Ingredients** :
 - 1 to 1.5 cups (355 mL) all-purpose flour
 - 1 tbsp (15 mL) sugar
 - Pinch of salt
 - 2 large eggs
 - Milk (as needed to achieve the desired consistency or kefir)
 - Avocado oil or ghee for frying
- **Directions** :
 1. **Make Batter.** In a medium bowl, whisk together the flour, sugar, and salt until well combined. Add the eggs and begin to mix, gradually pouring in milk while whisking, until the batter has the consistency of thin sour cream.
 2. **Heat Pan.** Heat a non-stick skillet or crepe pan over medium heat.
 3. **Cook Pancakes.** Lightly grease the pan with oil or ghee before frying each pancake. Pour a small ladleful of batter into the hot pan and immediately swirl to create a thin, even layer. Cook for 1-2 min until the top looks dry and the edges are lifting.
 4. **Flip and Finish.** Flip the pancake and cook the other side for another 30-60 seconds.
 5. **Repeat.** Continue with the remaining batter, stacking the cooked pancakes on a plate. These are excellent served warm with sweet fillings like tvorog, jam, or fresh fruit.

Nutrition: Estimated per serving, USDA-style built-in macro table: 175 kcal; Protein 5 g; Fat 0 g; Carbohydrates 40 g. Estimate confidence: medium; servings 4 (defaulted to 4 servings).

Accessibility Note: Measure all ingredients before heating sugar or chocolate. Keep the thermometer visible and treat temperature targets as stop points. Avoid multitasking during the final heating or tempering stage.



Oatmeal Raisin Cookies

- **Source :** Avery
- **Total Time:** 35 min – makes 12 large cookies
- **Ingredients:**
 - Oats: 2 1/3 cups (552 mL)
 - Flour: 1 1/4 cups (296 mL)
 - Raisins: 2/3 cup (158 mL)
 - Brown sugar: 3/4 cup (177 mL)
 - White sugar: 1/8 cup (30 mL) (31.25 ml)
 - Butter: 1/2 stick (75 g)
 - Egg yolk: 1
 - Milk: 1 tbsp (15 mL)
 - Baking powder: 1/8 tsp (1 mL)
 - Salt, cinnamon, vanilla: 1/8 tsp (1 mL) each
- **Directions:**
 1. Melt butter.
 2. Mix oats, flour, baking powder, cinnamon, and salt in a bowl.
 3. In a bigger bowl, mix the sugars, add the butter, and mix.
 4. Add egg yolk, milk, vanilla – mix again.
 5. Add dries to wets, mix.
 6. Add raisins, mix.
 7. Scoop 1 tbsp (15 mL) at a time, shape into cookies, and place on a baking sheet.
 8. Bake 12–15 min at 175–180°C (350–360°F (182° C)) until golden.

Nutrition: Estimated per serving, USDA-style built-in macro table: 600 kcal; Protein 9 g; Fat 20 g; Carbohydrates 105 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Measure all ingredients before heating sugar or chocolate. Keep the thermometer visible and treat temperature targets as stop points. Avoid multitasking during the final heating or tempering stage.



Vatrushka with Tvorog, Raisins, and Egg

- **Source:** Adapted from the Rich Yeast Dough (pirozhki) recipe (pages 166–168) and traditional Russian method; low-fat version adapted.
- **Equipment:** Large mixing bowl, baking sheets lined with parchment, rolling pin or hands, wire cooling rack.
- **Yields:** Approximately 24 vatrushki.
- **Total Time:** Approximately 4 to 5 hours including a 3-hour rise; active time approximately 45 min.

Nutrition: Estimated per vatrushka (1 of 24): 210 kcal; Protein 7 g; Fat 5 g; Carbohydrates 35 g. Estimate confidence: medium.

Accessibility Note: Label the container with start time, expected check time, and target sensory cue. Keep the jar, lid, weight, and salt together before starting so the process is not interrupted mid-fermentation.

A. Traditional Version

Dough Ingredients (Rich Yeast Dough):

- Whole milk, warmed to approximately 110°F 1¼ cups
- Boiled water, cooled to lukewarm 1¼ cups
- Sunflower oil ½ cup
- Large eggs, beaten 3
- SAF instant yeast 2 tsp (10 mL)
- Salt 2 tsp (10 mL)
- Sugar (increased from the pirozhki base for a sweeter dough) 4 tbsp (59 mL)
- All-purpose flour, starting amount 8 cups (1893 mL) (up to 12 cups (2839 mL) as needed)
- 1 additional egg beaten with 1 tsp (5 mL) water, for egg wash

Filling Ingredients:

- Tvorog (whole-milk, from the book recipe) 2 lb (907 g)
- Sugar ¾ cup (177 mL)
- Large eggs 2
- Raisins, soaked in hot water for 10 min and drained 1 cup (237 mL)
- Vanilla extract 1 tsp (5 mL) (optional)
- Pinch of salt

1. **Prepare Dough.** Follow the pirozhki dough instructions: combine wet ingredients with yeast, mix into flour, sugar, and salt. Knead until smooth, approximately 5 to 8 min. Place in a greased bowl and allow to rise for 3 hours, or overnight in the refrigerator for better flavor development.

2. **Make Filling.** Mash the tvorog with sugar, eggs, vanilla if using, and a pinch of salt until smooth. Fold in the drained raisins. Chill until ready to use.
3. **Shape Vatrushki.** Punch down the risen dough. Divide into 24 equal pieces, approximately golf-ball size. On a floured surface, flatten each piece into a round 4 to 5 inches (12.7 cm) in diameter. Place on parchment-lined baking sheets. Use a glass or the fingers to create a deep indentation in the center of each round, leaving a raised border of dough all around.
4. **Fill and Second Rise.** Spoon 2 to 3 tbsp (44 mL) of filling into each indentation. Do not overfill, as the filling expands slightly during baking. Cover lightly and allow to rise for 30 to 45 min until the dough border is visibly puffy.
5. **Bake.** Preheat oven to 375°F (190°C). Brush the dough borders with the egg wash. Bake for 20 to 25 min until the borders are a deep golden brown.
6. **Cool and Serve.** Allow the vatrushki to rest on a wire rack for 5 to 10 min. Serve warm or at room temperature. They pair well with tea or kefir.

B. Adapted Version (Low-Fat, High-Protein)

Dough Ingredients (Adapted):

- 2% milk, warmed $1\frac{1}{4}$ cups
- Boiled water, cooled to lukewarm $1\frac{1}{4}$ cups
- Sunflower oil (reduced) $\frac{1}{4}$ cup
- 3 large egg whites plus 1 whole egg (for higher protein, lower fat)
- SAF instant yeast 2 tsp (10 mL)
- Salt 2 tsp (10 mL)
- Monk fruit allulose sweetener 2 tbsp (30 mL)
- All-purpose flour, or a mix with whole wheat flour for added fiber 8 to 12 cups (2839 mL)
- Egg white wash: 1 egg white mixed with 1 tsp (5 mL) water

Filling Ingredients (Adapted):

- Low-fat tvorog, well-drained (from the 2% milk recipe) 2 lb (907 g)
- Sugar substitute, such as monk fruit allulose $\frac{1}{2}$ cup
- 2 large egg whites, for binding and extra protein
- Raisins, reduced amount for lower sugar $\frac{1}{2}$ to 1 cup (237 mL)
- Lemon zest optional, for flavor without added calories

1. **Prepare Dough.** Use the reduced oil and egg whites as substitutes. Follow the same kneading and rising procedure as in the traditional version. The dough will be slightly less rich but still workable.

2. **Make Filling.** Mix well-drained tvorog with sweetener, egg whites, and raisins. Press the tvorog through a fine mesh before mixing to achieve a smoother, firmer filling. A firmer texture aids portioning and reduces overflow during baking.
 3. **Shape and Fill.** As in the traditional version, but use a slightly smaller amount of filling per bun for portion control.
 4. **Second Rise and Bake.** Allow to rise 30 to 45 min. Brush borders with the egg white wash. Bake at 375°F for 20 to 25 min.
 5. **Cool and Serve.** Rest on a wire rack before serving.
- **Note:** The adapted version reduces fat via lower oil and egg whites, and boosts protein through the tvorog base to approximately 15 g of protein per vatrushka. Texture may be slightly less rich than the traditional version, but digestibility is improved for some individuals. Estimated per piece: approximately 200 calories. Ensure the tvorog is thoroughly drained before use, as excess moisture leads to a wet filling that does not set during baking.
 - **Storage:** Store in an airtight container at room temperature for up to 1 day, or refrigerate for up to 3 days. Reheat briefly in the microwave or toaster oven before serving. Vatrushki freeze well for up to 1 month; reheat directly from frozen in a low oven.



Vasilopita (Greek New Year's Cake)

- **Source:** Adapted from authentic Greek recipes.
- **Equipment:** Stand mixer or hand mixer, 10 to 12-inch round springform or cake pan, parchment paper, wire rack, aluminum foil for the coin.
- **Yields:** One large cake, approximately 15 slices.
- **Total Time:** Approximately 1.5 to 2 hours including baking.

Nutrition: Estimated per serving, USDA-style built-in macro table: 1495 kcal; Protein 15 g; Fat 65 g; Carbohydrates 215 g. Estimate confidence: high; servings 4 (defaulted to 4 servings).

Accessibility Note: Separate the recipe into mix, rest, shape, and bake stages. Set a timer for every rise or rest period and write the current stage on paper before walking away. If shaping becomes tiring, cover the dough and take a 10-minute reset rather than adding excess flour.

Ingredients:

- Unsalted butter, softened 300 g (1 1/3 cups (315 mL))
 - Granulated sugar 400 g (2 cups (473 mL))
 - Large eggs, separated 6
 - Zest of 2 oranges
 - Fresh orange juice 100 ml (approximately 1/3 cup (79 mL) plus 1 tbsp (15 mL))
 - Whole milk, warmed slightly 150 ml (2/3 cup (158 mL))
 - Vanilla extract 1 tsp (5 mL)
 - Ground mahleb 1 tsp (5 mL) (optional, for traditional aroma)
 - Ground mastic ½ tsp (optional, for traditional aroma)
 - All-purpose flour 500 g (4 cups (946 mL))
 - Baking powder 3 tsp (15 mL)
 - Pinch of salt
 - 1 clean coin, wrapped securely in aluminum foil
 - Powdered sugar for dusting, or blanched almonds arranged to form the new year number on top
1. **Prepare Pan and Coin.** Preheat the oven to 350°F (175°C). Grease a 10 to 12-inch round springform pan and line the bottom with parchment paper. Wrap the coin securely in aluminum foil, covering all surfaces so that no metal is exposed.
 2. **Cream Butter and Sugar.** In a large mixing bowl, beat the softened butter and sugar together with a stand or hand mixer until the mixture is light, pale, and fluffy, approximately 5 to 7 min.
 3. **Add Yolks and Flavors.** Beat in the egg yolks one at a time, ensuring each is fully incorporated before adding the next. Add the orange zest, orange juice, warmed milk, vanilla extract, and the optional mahleb and mastic. Mix until combined and uniform.
 4. **Whip Whites.** In a separate clean bowl, beat the egg whites with the pinch of salt to stiff peaks using clean beaters. The bowl and beaters must be completely free of fat for the whites to achieve full volume.
 5. **Combine Dry Ingredients.** Sift the flour and baking powder together into a separate bowl.
 6. **Fold Batter.** Add the dry ingredients to the wet mixture in three additions, alternating with gentle folds of the whipped egg whites, beginning and ending with flour. Use a large spatula and fold from the bottom up to preserve as much air as possible. Do not overmix; stop as soon as no dry streaks remain.

7. **Add Coin and Bake.** Pour approximately half the batter into the prepared pan. Insert the foil-wrapped coin into the batter at a random position that will not be visible from the surface. Cover with the remaining batter. Bake for 50 to 70 min until the top is deep golden and a skewer inserted into the center comes out clean. If the top browns before the center is set, tent loosely with aluminum foil and continue baking.
8. **Cool and Decorate.** Allow the cake to cool in the pan for 10 min, then release the springform sides and transfer to a wire rack. Once fully cool, dust generously with powdered sugar. Alternatively, arrange whole blanched almonds on the surface to form the digits of the new year.
9. **Cut and Serve.** Slice into 15 wedges. Tradition calls for the host to dedicate the first slice to Saint Basil, the second to the household, and subsequent slices to each family member in order from oldest to youngest.
- **Note:** The coin must be food-safe and fully wrapped in foil to prevent any direct contact between metal and batter. Mahleb and mastic produce a distinctive aromatic profile that is characteristic of many Greek baked goods; orange alone yields a clean, fresh flavor that is widely accepted and easier to source. Baking time varies by pan size and oven calibration. Test the center with a skewer at the 50-min mark and continue as needed. A springform pan is strongly recommended for easy release, given the cake's height and weight.
- **Storage:** Store covered at room temperature for up to 3 days or refrigerate for up to 1 week. The cake slices well when cold.

Gadget Lists and Equipment Guide

This section provides three gadget lists to support progressive home cooking at different stages of skill and energy capacity. All cost ranges reflect approximate December 2025 used-to-new prices from common online marketplaces. Actual costs vary by condition, model, and availability. Users who already own items in a given stage may advance directly to the next stage without those purchases.

Ultimate Gadget List for Progressive Home Cooking

Stages 1 through 4 with Cost Ranges

Stage 1: Reheating Precooked Foods (Minimal Daily Effort)

- **Microwave (Countertop, 700–1000W).** Core tool for fast reheating of frozen meals, soups, or proteins. Digital timers and simple buttons reduce monitoring demands. Pair with glass containers for safety. Cost: \$20–50 used; \$50–100 new.
- **Digital Timer (Magnetic or Standalone).** Sets alerts for reheating to prevent forgotten items and eliminate the need for constant clock-checking. Cost: \$5–15.
- **Silicone Spatula Set (e.g., OXO Good Grips or GIR).** Transfers food easily with soft, grippy handles. Heat-resistant and flexible for scraping without force. Cost: \$10–25.

Stage 2: Simple Home Cooking (Basic Fresh Meals)

- **Electric Multi-Cooker (e.g., Instant Pot Pro Plus, 6–8 qt (7.57 L)).** Adds pressure cooking, sauté, and slow modes for rice, eggs, or simple curries. Set-and-forget function with timers minimizes monitoring. Cost: \$50–100 used; \$120–200 new.
- **Immersion Blender.** Blends shakes, soups, or purées directly in pots, reducing pouring and cleanup. Cost: \$20–40.
- **Non-Stick Skillet (Ceramic or Coated, 10–12 inch).** Enables easy sautéing or omelets with minimal oil and minimal scrubbing. Cost: \$15–40.
- **Digital Kitchen Scale.** Measures portions accurately for consistency without requiring multiple measuring tools. Cost: \$10–25.

Stage 3: Batch Prepping (Cook Once, Eat Multiple Days)

- **Tovala Smart Steam Oven (or similar countertop steam/air-fry unit).** Reheats batches moistly via steam, bakes, or air-fries moderate portions. App timers available; manual modes also work. Good replacement for a standard toaster. Cost: \$50–150 used (Gen 2/Pro models); \$200–300 new.
- **Food Processor or Larger Blender.** Chops vegetables or mixes bars in bulk quickly. Cost: \$30–80 used.
- **Glass Storage Containers (Stackable, Airtight).** Organizes prepped meals visibly, reducing decision fatigue. Cost: \$20–50 per set.
- **Digital Probe Thermometer.** Checks doneness in batches without constant monitoring. Cost: \$15–30.

Stage 4: Homemade Staples (Highest Quality, Least Store Reliance)

- **Sous Vide Circulator with Container or Multi-Cooker Compatibility.** Provides precise temperature control for thawing, curing meats, tempering chocolate, or pasteurizing. Fully hands-off with long timers. Cost: \$40–80 used; \$80–150 new.
- **Vacuum Sealer (Basic Model with Bags).** Portions and extends freezer life for doughs, cures, and batches. Cost: \$30–70.
- **Silicone Molds and Baking Sheets.** Shapes bars, bites, or baked goods with easy release. Cost: \$10–30.
- **pH Strips or Basic pH Meter (Optional, for Ferments and Cheese).** Ensures safety in advanced recipes such as mozzarella and kefir. Cost: \$10–50.
- **Manual 19-inch Steel Dough Roller (Brazil, budget).** A simple, heavy-gauge 19-inch (approx. 48 cm) steel manual dough roller – low-cost mechanical tool for flattening and pressing doughs (pastry, pizza, large flatbreads) quickly with minimal repeated wrist action. Useful when a large, even sheet is required and electric rollers are not available. Cost: typically low-to-moderate depending on source.

Nutrition: Reference section — no per-serving macros applicable.

Accessibility Note: Reference guide. No active cooking steps. Use as a shopping or setup checklist.

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Ultimate Ranked List of Kitchen Gadgets

Ranked 1 through 13 with Budget and Mechanical Variants

This consolidated list ranks gadgets from most to least essential based on the recipe book's needs and the progressive cooking goals above. Essentiality considers versatility, energy conservation, automation, ease for neurodivergent or disabled users (reduced monitoring, grip-friendly, minimal steps), and frequency of use across recipes. Items already owned by many users (Instant Pot Pro Plus, Tovala, Ambiano 1000W sous vide, Boneskitchen vacuum sealer, microwave) are noted as covering core needs.

1. **Microwave (Countertop, 700–1200W).** Essential for all stages. Fastest reheating of precooked or batch items without daily effort; quick melts and bakes (e.g., zapekanka). Timers reduce monitoring demands. Budget

- variant: Amazon Basics or Commercial Chef (\$20–40 used; \$50–80 new).
Mechanical variant: none; use stovetop for small reheats if needed.
2. **Electric Multi-Cooker (e.g., Instant Pot Pro Plus, 6–8 qt (7.57 L)).** Core tool for batch soups, curries, rice, and proteins. Pressure mode speeds large preps with minimal monitoring; handles one-pot meals to eat over multiple days. Budget variant: Instant Pot Duo (\$40–80 used; \$80–120 new). Mechanical variant: stovetop pressure cooker (e.g., Presto; \$30–60 new; requires more active attention).
 3. **Digital Kitchen Scale (11–22 lb (9979 g) capacity).** Critical for precise measurements in nearly all adapted recipes. Ensures consistency without guesswork. Budget variant: Etekcity or Amazon Basics (\$8–15 used; \$10–20 new). Mechanical variant: balance scale with weights (\$15–30; accurate but slower).
 4. **Silicone Spatula Set (Heat-Resistant, Grippy Handles).** Daily use for mixing, scraping, and tempering. Flexible and easy to clean for low effort. Budget variant: StarPack or generic sets (\$8–15). Mechanical variant: wooden spoons or basic rubber scrapers (\$5–10).
 5. **Smart Steam Countertop Oven (e.g., Tovala Pro).** Excellent for moist reheating of batches via steam. Bakes, air-fries, and steams moderate portions (e.g., scones, sharlotka). Built-in steam retains quality in prepped foods. Budget variant: older Tovala Gen 2 (\$50–150 used; \$100–250 new/deals). Mechanical variant: conventional toaster oven (\$20–50 used; lacks steam but handles dry reheats).
 6. **Sous Vide Immersion Circulator (800–1100W).** Precise for curing meats (salmon, turkey), thawing, tempering chocolate, and pasteurizing. Long timers support hands-off batches. Budget variant: Greater Goods or Inkbird (\$30–60 used; \$60–100 new). Mechanical variant: none reliable; stovetop low-heat with a thermometer approximates but requires constant monitoring.
 7. **Immersion Blender.** Quick purées for shakes, soups, and hummus in pots; reduces pouring for batches. Budget variant: Mueller or Amazon Basics (\$15–30 used; \$20–40 new). Mechanical variant: manual whisk or potato masher (\$5–15; requires more physical effort).
 8. **Vacuum Sealer (Basic, with Bags).** Portions batches and extends freezer life for doughs, cures, and prepped meals. Budget variant: Geryon or Mueller (\$20–40 used; \$30–60 new). Mechanical variant: zip bags with water displacement or manual pump sealers (\$10–20; less effective long-term).
 9. **Non-Stick Skillet (Ceramic/Coated, 10–12 inch).** Useful for sautéing, omelets, and searing in simple or batch cooking. Budget variant: Sensarte

- or similar ceramic (\$15–35). Mechanical variant: seasoned cast iron (\$20–50; heavier but durable).
10. **Glass Storage Containers (Stackable, Airtight Set).** Organizes prepped meals visibly; supports batch eating without daily decisions. Budget variant: generic Pyrex-compatible (\$20–40 per set). Mechanical variant: reused glass jars (free or very low cost).
 11. **Food Processor or Larger Blender.** Chops and mixes for bars, spreads, and bulk preparation. Budget variant: Hamilton Beach (\$20–50 used). Mechanical variant: manual chopper or knife (\$10–20; higher physical effort).
 12. **Probe Thermometer (Digital).** Safety checks for meats and thawing; precision for curing and tempering. Budget variant: basic instant-read (\$10–20). Mechanical variant: analog meat thermometer (\$5–15).
 13. **Silicone Molds and Baking Sheets.** Shapes bars, bites, and baked goods with easy release. Budget variant: generic silicone (\$10–25). Mechanical variant: metal trays with parchment (\$10–20).

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Accessibility Note: Reference guide. No active cooking steps. Use as a shopping or setup checklist.



Essential Gadgets Ranked for Neurodivergent and Disabled Users

This section organizes gadgets into three tiers based on how essential they are for users managing executive function challenges, fatigue, sensory sensitivities, mobility limitations, or reduced fine-motor dexterity. Individual needs vary widely; no single approach works for everyone. Use only what is genuinely helpful. Tools are grouped by tier, not strict rank within each tier.

Tier 1: Most Essential

These tools provide the greatest reduction in cognitive load, physical effort, and time standing. They are recommended as the first purchases for users building a kitchen from minimal equipment.

- **Microwave.** Requires only two actions (set time, press start). No standing required. Handles the majority of Stage 1 cooking with zero preparation.

- **Electric Multi-Cooker (Instant Pot or equivalent).** Set-and-forget cooking with audible completion alerts. Reduces active monitoring to near zero for soups, stews, rice, and proteins. One-pot cleanup.
- **Digital Kitchen Scale.** Eliminates the need to remember volume-to-weight conversions or use multiple measuring cups. One object, one task.
- **Digital Timer (separate from phone).** Dedicated single-purpose device avoids the cognitive cost of navigating a phone interface while cooking.
- **Silicone Spatula Set (grippy handles).** Soft handles reduce grip effort. Heat-resistant surface prevents burns during inattentive contact.

Tier 2: Moderately Essential

These tools provide meaningful benefit but can be deferred to Stage 2 or 3 of the progressive cooking plan.

- **Immersion Blender.** Eliminates the need to transfer hot liquids between pots and blenders, which is a frequent source of spills and burns.
- **Smart Steam Oven (Tovala or equivalent).** App-controlled cooking with preset programs reduces recipe-reading load during the cook. Steam mode produces forgiving, moist results that are harder to overcook.
- **Glass Storage Containers (stackable, labeled).** Visible organization reduces the decision fatigue of meal selection. Transparent walls allow contents to be identified without opening.
- **Non-Stick Skillet (ceramic, lightweight).** Reduces cleanup friction. Ceramic surfaces tolerate brief inattention without burning.
- **Probe Thermometer.** Removes the guesswork from doneness checks. Reduces the need to cut open and re-evaluate food during cooking.

Tier 3: Least Essential (Advanced or Optional)

These tools are valuable in Stages 3 and 4 but add complexity. Introduce them only after the Stage 1 and 2 tools are comfortable.

- **Sous Vide Circulator.** High precision but requires setup, bags, and water management. Reserve for curing and advanced recipes once basic batch cooking is established.
- **Vacuum Sealer.** Useful for freezer organization but adds a sealing step to batch prep. Zip bags with water displacement are a lower-friction alternative until this step is comfortable.
- **Food Processor or Large Blender.** Powerful but involves multiple parts that require washing. Reserve for bulk bar or spread preparation.
- **pH Strips or Meter.** Required only for cheese and fermentation recipes in Stage 4. Introduce alongside mozzarella or kefir preparation.

- **Silicone Molds.** Low friction in use but an additional item to store and clean. Begin with parchment-lined pans before adding molds.

Nutrition: Reference section — no per-serving macros applicable.

Accessibility Note: Reference guide. No active cooking steps. Use as a shopping or setup checklist.