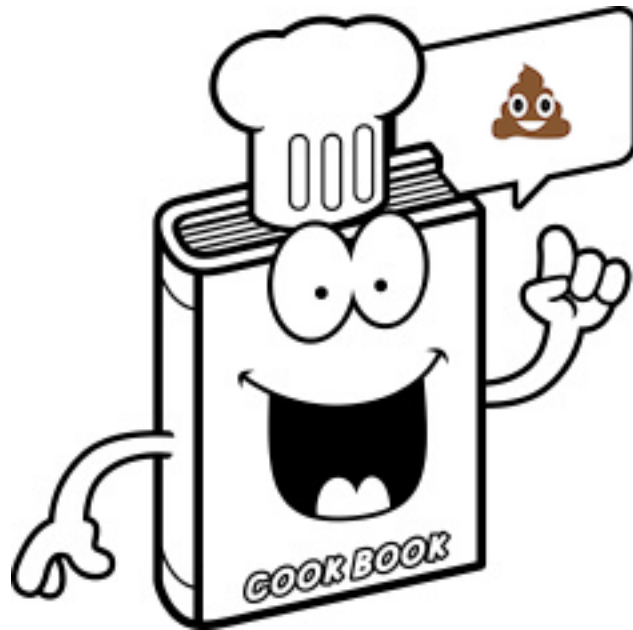




AN
INDIETORRENTS
COOKBOOK



AJI-LIME-KIWI SWEET PEPPER JAM

INGREDIENTS

1 cup minced aji peppers – aji pineapples/aji fantasy peppers, or any peppers

1 cup crushed kiwi

1/3 cup lime juice

1-1/2 tablespoon no-sugar pectin

Cooking Directions

INSTRUCTIONS

Add the peppers, kiwi and lime juice to a large sauce pan. Stir in the pectin and bring the mixture to a strong boil, stirring constantly for about a minute.

Remove from heat and skim any foam that might rise to the top.

Cool slightly and pour into 2 8-ounce jars.

Cover and refrigerate to solidify

BERRY PIE

Source: Adapted from the Moosewood dessert cookbook

INGREDIENTS

Filling

12 oz fresh or frozen cranberries
4 cups fresh or frozen blueberries (about 1 1/2 pounds)
1 tablespoon freshly grated orange zest
1/4 cup orange juice
1 1/2 cups sugar
1/4 cup cornstarch

Sour Cream Crust

2 1/2 cups unbleached white flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup cold butter
1 cup sour cream
1/4 cup flour for dusting the dough and surfaces

Glaze

1 tablespoon heavy cream or milk
1 tablespoon sugar

INSTRUCTIONS

Preheat oven to 375 degrees.

Combine all of the filling ingredients in a large pot, and continuously stir until the cranberries start to pop. Once they start to pop, watch it closely, and continue to stir until it reaches your desired thickness. Remove from heat, and set aside to cool.

Mix the flour, salt, and baking powder in a large mixing bowl. Cut the cold butter into the flour, then stir in the sour cream until a ball forms. Refrigerate for a half-hour, then roll out 2/3 of the dough for the crust. The remaining 1/3 will be used for the lattice topping.

Pour the filling into the pie crust, then roll out and cut the remaining dough into 6 or 8 strips. Carefully lattice (weave) the strips on top of the pie, and fold the excess under the crust. Brush the lattice with the milk, and sprinkle with the sugar.

Bake for 45 mins.

BROWN BUTTER SALTED HONEY PIE

INGREDIENTS

Crust

0.5 cup ice water
0.5 cup butter at room temp, cubed
1.5 tsp of sugar
1.25 cup of plain flour
0.5 tsp salt
1 egg beaten, with splash of water

Filling

0.75 cup unsalted butter (i've used both salted and unsalted, it's fine)
0.75 cup honey (i like to use lavender honey, but whatever you've got will work)
1 cup sugar
2 tbsp flour
0.75 tsp salt
1 tbsp lemon juice
5 eggs
2 tsp vanilla extract
1 cup of heavy cream (I use 33%, I imagine with 18% it's probably lighter)
Flaky sea salt for topping.

INSTRUCTIONS

Crust

Sift flour, sugar and salt in a large mixing bowl. Add cubes of butter and rub together with your fingers / mix until roughly combined, and add water 1 tbsp at a time until the dough forms a bit of shape.

Once the dough is together, roll it up into a ball, place onto a floured surface and roll it out to fit the base and sides of your pie plate. Cover in plastic wrap and put it in the fridge for at least an hour.

Filling

Heat the oven to 375°. Melt butter in a saucepan over medium heat. Bring it up to simmer and foam until the foam subsides. Keep stirring it constantly and it will turn golden, then brown. It'll take about 15 minutes. Once it's a nice brown colour, take it off the heat and stir in the honey and let it dissolve into the butter. Let it cool for 10-15 min.

In a large mixing bowl, mix together the dry ingredients, then start stirring in the brown butter/honey mixture, vanilla, lemon juice. Whisk in an egg at a time until it's all one nice yellowy brown thing. Then whisk in your cup of cream.

Pour the filling into the chilled crust and bake on the centre rack for 60-75 min, turning the pie about half an hour into it. The pie is done when it's golden brown on the top and puffed and jiggly in the middle. Let it rest for a few hours. This pie is better cool than it is warm.

BUTTERNUT POBLANO SOUP

Serves: 8-12

Time: 90 minutes

Source: The Grit Cookbook

INGREDIENTS

1 medium/large Butternut Squash
2 small/medium poblano peppers
3 cups soy milk
1/2 cup margarine (1 stick)
1 large yellow/white onion, diced
1 stalk celery, finely chopped
3 tablespoons white flour
1/2 tablespoon salt
1 tablespoon chili powder
1 tablespoon dried thyme
1 teaspoon black pepper
1 teaspoon dried coriander
1/4 teaspoon cinnamon
1/4 teaspoon dried rosemary
4 cups vegetable broth/stock

INSTRUCTIONS

1. Preheat oven to 400 degrees. Cut butternut squash lengthwise and remove the seeds and pulp with a spoon. Place the squash skin side up on a baking sheet with just enough water in the pan to cover its bottom. Roast for 45 minutes or until the squash is soft to the touch and easily pierced by a fork. Set aside to cool.
2. Roast whole poblanos for 15 minutes, turning halfway through until skin is blistered and flesh softened. Remove from oven and set aside to cool. Remove stem and seed pod and discard. Chop very finely.
3. Use a spoon to scoop the flesh from the squash. Place in a blender with soy milk. Puree until very smooth. Set aside.
4. In a large stockpot or Dutch oven, melt margarine over medium heat and add onion, celery, and garlic. Saute for approximately 10 minutes, until onions and celery are soft. Stir in flour, salt and remaining dry spices with 1 cup of broth to form a paste. Stirring almost constantly, cook over low/medium flame for about 5 minutes.
5. Slowly add remaining vegetable stock and poblanos, stirring to incorporate. Simmer for 5 minutes, stirring often. Slowly add the squash/milk mixture, stirring often, and cook for 10 minutes.

NOTES

For thicker, creamier soup, reduce vegetable stock by half. For added protein, add black beans or chickpeas. Regular dairy items like cow milk or butter might work just fine, but I haven't tested it myself.

COCONUT TOFFEE ALMOND CRUNCH COOKIES

INGREDIENTS

1 cup unsalted butter, softened
1 1/2 cups light brown sugar
1/2 cup granulated sugar
2 teaspoons vanilla extract
2 eggs
2 cups all-purpose flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1 - 10oz bag toffee candy bits (HEATH 'Bits o' Brickle style)
1 cup oatmeal
1 1/2 cups sweetened flaked coconut
1 1/3 cups sliced almonds

INSTRUCTIONS

In a stand mixer, cream butter and sugar until fluffy. Add the vanilla extract and eggs and mix until creamy. In a separate bowl, mix flour, salt, and baking soda. Add these dry ingredients to the butter and sugar mixture. I like to mix the toffee bits, oatmeal, coconut and almonds together in a bowl before adding them to the cookie dough and if you use the bowl you just mixed the dry ingredients in, you'll save yourself washing a dish. Add the toffee, oatmeal, coconut, almond mixture to the dough and mix by hand. The dough is very stiff, but you want to mix it well so the cookies stay together. I like a nice big cookie, so I drop about 2 tablespoons of dough about 2 inches apart on a parchment lined cookie sheets. Because of the sticky toffee involved in this cookie, you won't want to skip lining your cookies sheets with silicon mats or parchment paper. Bake for 10 minutes at 350 degrees. Cool on wire racks and try not to eat all of them in one sitting.

KALE & BRUSSELS SPROUT SALAD

INGREDIENTS

1/4 cup fresh lemon juice
2 tbsp. Dijon mustard
1 tbsp. minced shallot
1 small garlic clove, finely grated
1/4 tsp. kosher salt plus more for seasoning
Freshly ground black pepper
2 large bunches Tuscan kale (1 1/2 lbs.), center stem discarded, leaves thinly sliced
12 oz. brussels sprouts, trimmed, finely grated or shredded with a knife
1/2 cup extra-virgin olive oil, divided
1/3 cup almonds with skin, coarsely chopped
1 cup finely grated Pecorino

INSTRUCTIONS

Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.

Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.

Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. **DO AHEAD:** Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.

Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

KALE COLCANNON

Serves: 4

(vegetarian, but not vegan)

INGREDIENTS

2 pounds potatoes, cut into even pieces

8 ounces kale, shredded (can also be made with cabbage, but I've never tried that)

2 scallions, chopped

butter or margarine

fresh nutmeg, grated (optional)

salt & freshly ground black pepper

4 large eggs

3 ounces aged cheese, grated

INSTRUCTIONS

1. Preheat oven to 375F.

2. Cover potatoes with water in saucepan, bring to a boil and cook until just tender, then drain and mash well.

3. Lightly cook the kale in a saucepan with some butter until just tender but still crisp.

4. Mix the kale into the potato with the scallions, additional butter or margarine to taste, and optional nutmeg. Season to taste with salt & pepper.

5. Spoon the mixture into a shallow ovenproof dish and make four hollows in the mixture with the back of a spoon. Crack an egg into each and season well.

6. Bake for about 12 minutes or until the eggs are just set (or to your desired level of doneness), then serve sprinkled with the cheese.

LINGUINE VONGOLE

Serves: 2

INGREDIENTS

3/4 lbs. Linguine
12-18 Littleneck Clams, substitute: 20-30 manila clams
2 leaves bay leaf
1/4 cup white wine
1/2 stick butter
1/2-1 head garlic, peeled and coarsely chopped
10 oz. Baby Clams, canned, good quality (Bumble Bee Fancy, etc.)
0-2 tsp. sundried tomatoes, coarsely chopped
1/4 cup Italian Parsley, washed and chopped (removing stems)
4-6 tbsp. olive oil
black pepper, coarsely ground
salt, taste

INSTRUCTIONS

1. Prepare Ingredients: Take the butter out of the fridge to soften. Rinse clams thoroughly in a strainer, rubbing off any dirt. Discard any clams that are not fully closed. Open the can of baby clams but leave them and the liquid in the can. Wash the parsley well. Chop the parsley, discarding big stems. Peel and chop the garlic. Chop the sun-dried tomatoes. These are optional and not traditional but add a nice bit of acid tang. Use ones packed in olive oil if possible, or if necessary use dried ones rehydrated well in advance.
2. Steam Clams: In a small pot, bring a mixture of about 1.5 cups of water (maybe 2 inches at bottom of pot), the white wine, the bay leaves, and a pinch of salt to a boil. Turn the heat down to simmer, put the clams in, cover the pot. Steam clams for about 10 minutes while moving on to the next steps. Watch to make sure it doesn't boil over.
3. Boil Some Fucking Water: At this point you can put the pot on a burner to boil water for the pasta. Add a bit of olive oil and a small pinch of salt. Even I doubt whether you really needed me to put in this step, though I've really tried to coddle you as much as possible under the assumption you can't melt butter.
4. Saute Garlic: In a heavy sauce pan (preferably cast iron), melt the butter on a medium-low heat. Saute the garlic until just slightly brown. Keep a close eye on the heat, adjusting as needed. Getting the garlic just brown and fragrant but not burned, and not burning the butter, is key to this recipe.
5. Add Olive Oil, then Clams to Sauce: As soon as the garlic is ready, put in the olive oil. Stir for a few seconds. Poor in canned clams, including liquid. Stir. This will stop the garlic from browning further. Turn the steamed clams' pot's heat down to low. Uncover and add a few tablespoons of the liquid from the steamed clams. Cover the pot back up to keep steamed clams warm. (Note: If these steamed clams are blue as pictured, you got the wrong fucking clams. Abort.)
6. Cook the Pasta: Now you can start the pasta. Follow directions on package. Cooking time to al dente should be about 8-12 minutes if using dried pasta, much less if fresh. Have strainer ready in sink.
7. Finish Sauce: Add sun-dried tomatoes if using. Grind pepper from a mill or used coarse ground pepper. Use an ample amount, to taste. Add a tiny pinch of salt (the clams will already have salt). Add about 3/4 of the parsley,

reserving rest for garnish. Continue to add more of the liquid from the steamed clams, to taste and consistency, while finishing the sauce. (By the time the pasta is ready, the sauce should be well, thin-saucy, not watery but not too thick.) Continue to stir periodically.

8. Strain and Plate the Pasta: When the pasta is al dente, strain it. Assuming you added the olive oil, it should not be sticky, so avoid rinsing if possible because this will cool the pasta down unnecessarily. Plate the pasta in pasta bowls if you have them, otherwise use a dinner plate. Just don't use a soup bowl, you cretin. (Note: you will probably have plenty of extra pasta. Better too much than too little, right? That shit is cheap. If you have extra sauce left over, which you probably will, you can get some leftovers out of this. I usually just cook the whole 1 pound package of pasta.)

9. Top Pasta: Pour ample sauce over the pasta and toss. Arrange 6+ littleneck clams (or 10+ manila clams) open and face up in a semi-circle along the rim of each plate. Do not use any unopened clams. If clams fall from shell you can put back in, no problem man. Drizzle a bit more sauce over the clams. (Do not try to short your dinner guest on the clams. She will notice. Even if she claims not to like clams that much but is willing to try.) Garnish with reserved chopped parsley.

10. Serve: Serve immediately when hot. No, do not add grated cheese, what are you a barbarian, or a Tuscan? You can add more pepper if desired.

PASTA CACIO E PEPE

Serves: 4

INGREDIENTS

500g "long-style" pasta, preferably fresh (tonnarelli, spaghetti, bucatini)

250g aged pecorino cheese (not soft)

Black pepper (grains, not powder)

Olive oil

Salt

INSTRUCTIONS

1) Fill a pot with abundant water and some salt (not much! remember that pecorino cheese is quite salty itself), put it on the fire and, only when water starts boiling, put pasta on it and let it cook al dente (it should not be crisp neither overcooked, taste it every couple of minutes or so). you can move pasta with a spoon a couple of times while it's cooking so that the cooking level will be uniform.

2) Take a big bowl (it will need to contain all the pasta at the end). While pasta is cooking, grate the pecorino cheese and grind the pepper with a pepper mill into the bowl (if you have bought already-ground cheese and/or pepper just mix them on the bowl).

3) When pasta is about halfway cooked take a couple of spoons of boiling water (the one into which you're cooking pasta) and put it on the bowl, add a couple of spoons of olive oil and start mixing all the ingredients on the bowl (simply by hand with a spoon). Keep adding boiling water into the mix (a couple of spoons at a time) and keep mixing until cheese and pepper have completely blend themselves into a light-to-mid-grey cream*.

4) When pasta is "al dente", drain it into a colander and then put it into the bowl with the dressing cream, mix pasta with its dressing, put some pasta on dishes, grind a last dash of fresh pepper on each dish and you're done.

NOTES

* if you use fresh pasta make sure your dressing cream is quite fluid (add some more water) because fresh pasta usually absorb much more liquid while if you use dried pasta your cream should be a bit more solid.

A refined variation on the original recipe include in the dressing mix some thin artichokes slices or Zucchini blossoms (both previously fried in olive oil); another one, known in Rome as "Pasta alla gricia", includes some slice of jowl bacon previously fried in a pan with a bit of olive oil and some very-thin-sliced onion. Personally i prefer the original recipe.

PASTA WITH CANNELINI BEANS & SUN DRIED TOMATOES

INGREDIENTS

Pasta noodles (bowtie or pipe rigate recommended)
1 cup/jar sun dried tomatoes (drained and cut into strips, retaining 2 tbsp. oil)
1 can cannellini beans (drained)
Pecorino
2 tbsp. olive oil
Red pepper flakes
4 garlic cloves (sliced thin)
2 1/2 cups pasta cooking liquid

INSTRUCTIONS

Start boiling water right away for the pasta (salt the water). Once boiling, start cooking pasta and follow directions on the pasta package.
In a skillet or large pot, add and heat the oils. Add the garlic and sautee for a minute. Add the sun dried tomatoes and sautee for another couple minutes. Add 1 cup of water from the boiling pasta to the sun dried tomato pot/skillet. Reduce by about half at a simmer. Add the drained can of cannellini beans. Add a 1/2 teaspoon of salt and add 1+1/2 cups pasta cooking water. Bring to boil, reduce heat and simmer until the liquid becomes a pretty thick but not fully reduced. Add the cooked pasta and mix it up. Serve in bowls and shave a healthy amount of pecorino on top. Delicious.

PEA SOUP WITH SCALLIONS, PARMESAN AND BASIL

Serves: 2-4

Time: 20 minutes

Source: Brokeass Gourmet

INGREDIENTS

1 10oz. bag frozen green peas

1 15oz. can vegetable stock (I use the equivalent amount of Better Than Bullion)

6 scallions, chopped, ends removed, plus more for garnish

2 tbsp. unsalted butter

1 small bunch basil, chopped

2 tbsp. grated parmesan, plus more for garnish

Salt and pepper to taste

INSTRUCTIONS

Combine green peas, stock, scallions, butter, basil and Parmesan in a soup pot over medium-high heat. Stir until the butter melts. Bring to a light boil and then reduce heat to medium. Allow to simmer for 10 minutes or until peas are soft.

Remove from heat and puree using a food processor, blender or immersion blender. Season with salt and pepper to taste.

If serving chilled, refrigerate for at least 2 hours or until cold. If serving hot, serve immediately, garnishing individual bowls with Parmesan and scallions.

NOTES

Eat with some warm, crusty bread!

PISTACHIO, RASPBERRY, AND WHITE CHOCOLATE BISCOTTI

Yield: 3 dozen

Source: Bon Appetit December 2005

INGREDIENTS

3 cups all purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

1 cup sugar

3 large eggs

2 tablespoons canola oil

2 1/2 teaspoons almond extract

3/4 cup shelled raw unsalted natural pistachios

1 cup dried raspberries or chopped dried strawberries (about 5 ounces)

1/2 cup chopped high-quality white chocolate (such as Lindt or Perugina)

8 ounces high-quality white chocolate (such as Lindt or Perugina) and/or 8 ounces bittersweet or semisweet chocolate, chopped

INSTRUCTIONS

Preheat oven to 350°F. Line large baking sheet with parchment paper. Whisk flour, baking powder, and salt in medium bowl to blend. Using electric mixer, beat sugar, eggs, oil, and almond extract in large bowl until well blended. Add flour mixture and beat until smooth. Stir in pistachios, dried berries, and 1/2 cup chopped white chocolate. Drop dough by heaping tablespoonfuls in two 12-inch-long strips on prepared baking sheet, spacing strips 3 inches apart. Using wet fingertips, shape each strip into 3-inch-wide log, pressing evenly (logs may look slightly lumpy).

Bake logs until lightly browned and almost firm to touch, about 30 minutes.

Cool logs on sheet 30 minutes. Reduce oven temperature to 325°F.

Carefully transfer logs to cutting board. Line same baking sheet with parchment paper. Cut each log crosswise into generous 1/2-inch-thick slices.

Stand biscotti upright, spacing about 1/4 inch apart, in 3 rows on prepared baking sheet. Bake until pale golden (biscotti may be soft but will firm as they cool), about 20 minutes. Cool completely on baking sheet.

Line another large baking sheet with parchment paper. Place 8 ounces chopped white chocolate in medium glass bowl. Place 8 ounces chopped bittersweet chocolate in another medium glass bowl, if desired. Microwave separately on medium in 20-second intervals just until chocolate is soft to touch, about 40 seconds total (do not overheat or chocolate will burn or seize). Stir chocolate until smooth.

Dip 1 end or 1 side of each biscotti in chocolate; place on baking sheet. Chill until chocolate is set, about 30 minutes. (Can be made ahead. Arrange in single layer in airtight container and chill up to 5 days or freeze up to 2 weeks.)

NOTES

I don't use white chocolate for the last step and only do dark chocolate.