



Basic Sauces

Béchamel (White Sauce)

Ingredients:	2 tbsp butter 2 tbsp all-purpose flour 2 cups milk Salt and white pepper to taste
Instructions:	<ol style="list-style-type: none">1. Melt butter in a saucepan over medium heat.2. Whisk in flour and cook for 1-2 minutes (roux).3. Gradually whisk in milk until smooth.4. Bring to a simmer, stirring constantly, until thickened.5. Season with salt and white pepper.
Uses:	Base for cheese sauce, lasagna, gratins.

Tomato Sauce

Ingredients:	1 tbsp olive oil 1 onion, chopped 2 cloves garlic, minced 28 oz canned crushed tomatoes 1 tsp dried oregano Salt and pepper to taste
Instructions:	<ol style="list-style-type: none">1. Heat olive oil in a saucepan over medium heat.2. Add onion and cook until softened.3. Add garlic and cook for 1 minute.4. Stir in crushed tomatoes, oregano, salt, and pepper.5. Bring to a simmer and cook for 15-20 minutes, stirring occasionally.
Uses:	Pasta sauce, pizza sauce, base for stews.

Hollandaise Sauce

Ingredients:	3 egg yolks 1 tbsp lemon juice 1/2 cup unsalted butter, melted Salt and cayenne pepper to taste
Instructions:	<ol style="list-style-type: none">1. Whisk egg yolks and lemon juice in a heatproof bowl set over a saucepan of simmering water (double boiler).2. Whisk constantly until yolks thicken and lighten in color.3. Gradually drizzle in melted butter, whisking constantly until emulsified and smooth.4. Season with salt and cayenne pepper.
Uses:	Eggs Benedict, asparagus, vegetables.

Basic Baking

Chocolate Chip Cookies

Ingredients:	1 cup (2 sticks) unsalted butter, softened 3/4 cup granulated sugar 3/4 cup packed brown sugar 1 tsp vanilla extract 2 large eggs 2 1/4 cups all-purpose flour 1 tsp baking soda 1 tsp salt 2 cups chocolate chips
Instructions:	<ol style="list-style-type: none">1. Preheat oven to 375°F (190°C).2. Cream together butter, granulated sugar, and brown sugar until light and fluffy.3. Beat in vanilla extract and eggs.4. In a separate bowl, whisk together flour, baking soda, and salt.5. Gradually add dry ingredients to wet ingredients, mixing until just combined.6. Stir in chocolate chips.7. Drop by rounded tablespoons onto ungreased baking sheets.8. Bake for 9-11 minutes, or until golden brown.

Pancakes

Ingredients:	1 1/2 cups all-purpose flour 3 1/2 tsp baking powder 1 tsp salt 1 tbsp granulated sugar 1 1/4 cups milk 1 egg 3 tbsp melted butter
Instructions:	<ol style="list-style-type: none">1. In a large bowl, whisk together flour, baking powder, salt, and sugar.2. In a separate bowl, whisk together milk, egg, and melted butter.3. Pour wet ingredients into dry ingredients and mix until just combined (do not overmix).4. Heat a lightly oiled griddle or frying pan over medium heat.5. Pour 1/4 cup of batter onto the griddle for each pancake.6. Cook for 2-3 minutes per side, or until golden brown and cooked through.

Simple Bread

Ingredients:	3 cups all-purpose flour 1 tsp salt 1 packet (2 1/4 tsp) active dry yeast 1 1/2 cups warm water
Instructions:	<ol style="list-style-type: none">1. In a large bowl, whisk together flour and salt.2. In a separate bowl, dissolve yeast in warm water.3. Let stand for 5-10 minutes, or until foamy.4. Pour yeast mixture into flour mixture and mix until a shaggy dough forms.5. Turn dough out onto a lightly floured surface and knead for 5-7 minutes, or until smooth and elastic.6. Place dough in a greased bowl, turning to coat.7. Cover and let rise in a warm place for 1-1 1/2 hours, or until doubled in size.8. Preheat oven to 375°F (190°C).9. Punch down dough and shape into a loaf.10. Place loaf in a greased loaf pan.11. Bake for 30-35 minutes, or until golden brown and cooked through.

Ingredient Substitutions

Dairy	
Milk:	Soy milk, almond milk, oat milk (1:1 substitution)
Butter:	Margarine, coconut oil, applesauce (1:1 substitution). For applesauce use half the amount.
Sour Cream:	Greek yogurt, plain yogurt (1:1 substitution)

Eggs	
1 Egg:	1/4 cup applesauce, 1/4 cup mashed banana, 1 tbsp ground flaxseed + 3 tbsp water (whisked)
Sweeteners	
Sugar:	Honey, maple syrup, agave nectar (use slightly less liquid in the recipe)
Brown Sugar:	Granulated sugar + molasses (1 tbsp molasses per 1 cup sugar)

Other	
Flour:	Whole wheat flour, almond flour, gluten-free flour blend (may require adjustments to liquid amounts)
Cocoa Powder:	Unsweetened chocolate (1 oz unsweetened chocolate = 3 tbsp cocoa powder + 1 tbsp butter/oil)

Cooking Techniques

Sautéing	
Description:	Cooking food quickly in a small amount of fat over relatively high heat.
Tips:	Use a pan large enough to avoid overcrowding. Pat food dry before sautéing. Add ingredients in batches to maintain pan temperature.

Braising	
Description:	Combining searing and simmering in liquid. Often used with tougher cuts of meat.
Tips:	Sear the meat before braising. Use enough liquid to cover about half the meat. Braise at a low temperature for a long time.

Roasting	
Description:	Cooking food in a hot oven, often uncovered, until it is tender and browned.
Tips:	Use a roasting pan with a rack. Season food generously before roasting. Allow meat to rest after roasting before carving.

Grilling	
Description:	Cooking food over direct heat, typically on a grill.
Tips:	Preheat the grill before cooking. Oil the grill grates to prevent sticking. Use different heat zones for different types of food.