

Cook It Cool!

Rapid Recipes for Radiant Health



Chapter 1

Tasty Treats—Healthy, Delicious Desserts That Completely Satisfy

Chocolate Pudding	3
Butterscotch Pudding	5
Bavarian Cream	6
Low-Carb Pie Crust	7
Perfect Homemade Whipped Cream	8
Chocolate Truffle Cream Pie	8
Chocolate Soufflé	9
Devil’s Food Cake	10
Chocolate Cake & Chocolate Frosting	11
Sour Cream Chocolate Frosting	12
Marscapone Frosting	13
Delectable Fudge	13
Chocolate Decadence	14
Chocolate Brownies	15
Orange Mocha Brownies	16
Peanut Butter Cookies	17
Whipped Cream Soda	18
Walnut Dreams Pie	19
Classic Tiramisu	20
Venetian Chocolate Cake	21
South African Yogurt Poppy Seed Cake with White Chocolate Ganache	23
Ricotta Custard	24
Delightful Cheesecake	25
Cheesecake Pie	26
Mascarpone Cheesecake	27
Bittersweet Crème Brûlée	28
Coconut Cream Pie	29
Banana Cake	30

A Few Helpful Hints

1. Sugar vs. stevia or other sweeteners

Organic cane sugar is always an excellent choice, but, to decrease carbohydrate intake even more you can use stevia for 50% equivalent of the sugar amount. If 4 teaspoons of sugar is called for, you can substitute 2 teaspoons of sugar and 2 tsp equivalents of stevia. In this fashion, there will be no compromise of flavor.

2. Temperature alarm

You can use a 2-part cooking thermometer. The Redi-Check remote by Maverick Industries has a probe that connects to a sensor you program along with a wireless receiver unit that you program to buzz at the specified temperature. It is highly accurate and makes a perfect alarm to warn you just when the water is ready to boil (set it at 209 F). You no longer need to “watch the pot” as much. It is also ideal for cooking steaks or roasts to your specified temperature.

4. How much to make?

In order to maximize the use of time, you can make bigger amounts and store the rest either in the freezer or refrigerator.

5. Won't it go bad quickly?

No. many of these recipes have high fat content so they last a long time in the refrigerator. You can keep it very cold (about 35 degrees) so food lasts a very long time.

6. For further efficiency

If a recipe calls for time between steps then simply do another chore and set the timer to let you know when to continue.

7. Sensitivity training

Peeling a hard-cooked egg, making a perfect pudding, or a perfect béarnaise sauce requires it. We now live in a very desensitized world, and cooking brings sensitivity and passion back into it. Look at cooking as a delight—not as a chore.

9. Organizational skills

To be their very best, a few of the recipes require more items than you may expect. Even so, they are relatively quick to make given how great they taste.

Chocolate Pudding

Special thanks to Judy Roseberg, author of *All-butter Fresh Cream Baking Book*, for inspiring this recipe. Whenever you want the kids (or anyone else of any age) at home, just tell them “there’s pudding waiting,” and they won’t be late. This also makes a perfect snack food in the evening as it is very low carb.

Ingredients	Instructions
4 ounces of unsweetened chocolate (100% cacao)	1. Heat 3 ½ cups cream over medium heat until warm.
2 ounces unsweetened cocoa powder (100% cacao)	2. Mix the whites with cream of tartar and whip until they form peaks.
3½ cups of heavy cream (whipping cream) for custard	3. Separately, whip the ½ cup of cream into whipped cream.
½ cup of heavy cream for “whipped cream”	4. Wisk the yolks together with salt and sugar until creamy (about 2 minutes).
⅓ cup of white sugar (organic is best)	5. Then slowly whisk them into the heated cream. Stir the egg/ cream mixture constantly over medium heat for about 10 minutes until the mixture coats the back of a wooden spoon. Make certain mixture is thick or the pudding will be too thin even after refrigerating. Note: Straining the egg/ cream mixture at this time will remove any small cooked egg particles that coat the bottom of pan.
12 eggs (whites and yolks separated) chopped or diced almonds (optional)	6. Wisk (or use an electric beater) the (strained) egg/ cream mixture into the chocolate and mix until the chocolate has blended well.
¼ tsp. of cream of tartar	7. Add the whipped cream and fold into chocolate/ egg mixture.
1/8 tsp. of salt	8. Add the egg whites and fold into mixture.
	9. Pour into small individual bowls and chill at least 4 hours. Cover each container if you don’t want a “skin” to form.

(Continued on next page)

Note: When cooking, a wooden spoon is often used because it doesn't absorb heat. This pudding is actually "custard." You will be amazed how little of this pudding it takes to completely satisfy you and your family, and it is loaded with protein so it makes a great meal for breakfast or nighttime snack. With only about 2 tsp of carbohydrate per serving and a rich chocolate, creamy texture, it can't be beat.

Cook It Cool! Comments

#1: This recipe is a great way to introduce children to cook.

#2: The combination of both chocolate and cocoa give this dessert a wonderful airiness.

#3: The combination egg whites and addition of whipped cream gives even more fluffiness.

#4: Covering the small bowls or ramekins with plastic wrap keeps the top of the pudding from forming a "skin." If you don't want a thick top layer then use the plastic covering so it won't form.

#5: With all the eggs used, this dessert can be considered an egg dish.

#6: If you prefer a denser, thicker dessert, you can use 7 yolks and 10 whites instead. However, it will be lighter with 12 eggs.

#7: You can use 70-76% bittersweet chocolate *and less sugar*. However, you can choose 100% unsweetened chocolate and as little sugar as possible. This will make it have little to no "sweetness" yet maximum chocolate flavor and texture.

About Chocolate

The average American eats about 12 pounds of chocolate each year. Like wine, there are many varieties of chocolate. Pure chocolate consists exclusively of cocoa solids and cocoa butter. Much of the chocolate consumed today is in the form of sweet chocolate—chocolate that has been combined with lots of sugar. Milk chocolate is sweet chocolate that contains milk powder or condensed milk, making it extremely high in carbohydrates. The higher the chocolate percentage, the higher the pure chocolate content (e.g. 73% bittersweet dark chocolate is much less sweet and contains much less sugar than 45% milk chocolate).

Butterscotch Pudding

Since vanilla is American's #1 flavor, this alternate recipe is for those who prefer vanilla to chocolate. It's the same great custard base with a slight variation.

Ingredients	Instructions
3½ cups of heavy whipping cream for base	1. 1 Tbl. of vanilla extract
½ cup of heavy whipping cream for "whipped cream"	2. Heat 3½ cups cream over medium heat until warm.
½ cup lightly packed <i>dark brown</i> sugar	3. Mix the whites with cream of tartar and whip until they form peaks.
10 eggs—separated	4. Separately, whip the ½ cup of cream into whipped cream.
⅛ tsp. of salt	5. Wisk the yolks together with salt and sugar until creamy (about 2 minutes).
¼ tsp cream of tartar	6. Then slowly whisk them into the heated cream. Stir the egg/cream mixture constantly over medium heat for about 10 minutes until the mixture coats the back of a wooden spoon. <i>Make certain mixture is thick or the pudding will be too thin even after refrigerating.</i> Note: Straining the egg/cream mixture at this time will remove any small cooked egg particles that coat the bottom of pan.
	7. Add vanilla. Mix.
	8. Add the whipped cream into the strained mixture, and fold into it.
	9. Add the egg whites and fold into mixture.
	10. Pour into small individual bowls and chill at least 4 hours. Cover each container if you don't want a "skin" to form.

Cook It Cool! Comments

#1: With a choice of vanilla or chocolate pudding, everyone will do anything you tell them (like gladly and willingly cleaning up their rooms for a cup of the Butterscotch Pudding!).

#2 When heavy cream and lots of eggs are used it is extremely difficult to get "fluffiness." No one has a pudding of this caliber. It is worth the extra effort.

Bavarian Cream

This dessert is a bit lighter than the puddings.

Ingredients	Instructions
2 cups of half-and-half	1. If using the split vanilla bean, in a saucepan, bring to a boil the half and half with vanilla bean added. Remove from heat, cover and let sit for 15 minutes. Otherwise, just heat the half and half and add the vanilla extract.
1 Tbl. of vanilla extract (or a vanilla bean split in half)	
4 egg yolks	2. In a medium bowl, whisk together the yolks, sugar, and salt until thick and light in color (if you used a vanilla bean, discard the bean at this time).
1/8 cup of sugar pinch of salt	
	3. Slowly whisk the cream into the yolk mixture. Pour into a saucepan and cook over medium to low heat, mixing constantly until thick, approximately 10 minutes.
	4. Enjoy warm or cold.

About Vanilla: Vanilla bean is a “fat soluble” bean, which means there has to be sufficient contact time with the bean and the liquid for the bean to impart its flavor. The vanilla bean seeds don’t have to be scrapped out because the flavor will be sufficient. The flavor of the vanilla bean is always superior to the “extracts.”

Low-Carb Pie Crust

Here's a great low-carbohydrate pie "crust" that can be used to line the bottom of a pie plate or pan. Follow the recipe for Chocolate Pudding. Instead of serving in individual bowls, pour into the perfect pie crust!

Ingredients	Instructions
1 cup of ground mixed nuts (pecans, walnuts & almonds, or pecans alone).*	1. Preheat the oven to 350 degrees.
1/3 cup of organic white flour or almond flour	2. In a medium bowl, blend the ground nuts/almond flour and butter with a fork. Line the bottom of the pie pan. Bake for about 10 minutes.
4 Tbl. of butter, cut into small pieces	

Cook It Cool! Comment: Almond "flour" (ground, blanched almonds) can be substituted for wheat flour for even fewer carbohydrates.

Perfect Homemade Whipped Cream

Ingredients	Instructions
1 cup of heavy or whipping cream	1. With an electric mixer, beat the chilled whipping cream (preferably in a metal, chilled bowl) at low/ medium speed.
1½ tsp. vanilla extract	2. <i>After 30 seconds</i> , increase speed to high. When it becomes billowy and soft, add the sugar and vanilla. Continue beating until it forms a soft peak.
1 tsp sugar (optional)	

About Whipping Cream: Always start on low so air incorporates SLOWLY into the cream. Never “shocking” food is a key. For the same reason all meat should be brought to room temperature before cooking, so there is less shock as compared to “straight from the refrigerator.”

Chocolate Truffle Cream Pie

Ingredients	Instructions
12 ounces of bittersweet chocolate (74-76% cacao)	1. Preheat oven to 350 degrees.
1¼ cups of heavy cream or whipping cream	2. In a bowl, chop the nuts (or use almond flour) and blend with the butter pieces using a fork.
1 cup of ground mixed nuts (pecans, walnuts & almonds, or pecans alone), or almond flour.	3. Line the bottom of an 8 inch pie pan with the nuts and bake for about 10 minutes.
4 Tbl. of butter, cut into a few pieces	4. Remove from oven and allow it to cool.
	5. Cut the chocolate into small pieces (unless using “bits”) and place in a medium bowl. Heat the cream until very hot, and then pour into the bowl with the chocolate pieces. Wait 1 minute and mix well with beater.
	6. Pour over piecrust and refrigerate.

Chocolate Souffé

** Need to make dough the night before! **

Here is an amazing chocolate souffé that everyone adores. It has rich, liquid chocolate in the middle. Special thanks to Master Chef Roy R. Yamaguchi and Roy's Restaurant in Maui, Hawaii.

Ingredients	Instructions
6 Tbl. unsalted butter	1. In a sauce pan and over low heat, melt the chocolate and butter.
4 ounces of chocolate (70-74% chocolate)	2. Remove from the heat and add the sugar.
¼ cup of sugar	3. In a separate bowl, whisk the eggs together.
2 eggs, plus 2 egg yolks	4. Stir in the eggs with the chocolate mixture and whisk until smooth.
	5. Refrigerate overnight.
	6. Preheat oven to 400 degrees.
	7. Spoon cold chocolate mixture into buttered small souffé molds—about 2/3 rd full.
	8. Bake at top rack for 20 minutes.
	9. Let cool and remove from mold.

Cook It Cool! Comment: The inside of the souffé will be liquid chocolate and the outside will be firm—all with minimal carbohydrates!

About Butter: Like fine wine, there are many varieties of butter. You can get “cultured” butter made the old fashioned, churned way, or many varieties of butter from other countries. One of the best butters is West Country Farmhouse Butter imported from England (available from Whole Foods) or from Denmark. If buying American, make certain it is organic. There are now fine organic, European-style butters that contain less water than traditional butter. The best American butter is Plugra brand European-style butter. It has less water than American butter, and tastes wonderful! That's why restaurants use it and it tastes different than the supermarket butter. Once you try one of these butters, you won't want the bland supermarket variety again. As with eggs, organic is best!

Devil's Food Cake

This devil's food cake recipe is inspired by a restaurant found in Stockbridge, Massachusetts. Unfortunately, that restaurant is no longer in business, but this is a duplicated version of a low carbohydrate!

Ingredients	Instructions
1 cup of almond flour	1. Preheat oven to 325 degrees.
1 tsp. of baking soda	2. Butter the bottom of an 8' x8' x2' pan.
½ tsp. of salt	3. Sift the flour, baking soda and salt, and set aside.
¼ cup of butter	4. In a separate bowl, cream the butter, sugar and vanilla.
½ cup of sugar	5. Beat in the egg yolks and whole egg, one at a time.
1 tsp. vanilla	6. Melt the chocolate in a double boiler, and after it has cooled, add to the butter mixture.
3 eggs—2 yolks plus 1 whole egg	7. Add a bit of flour and a bit of buttermilk, to the chocolate mixture, and repeat until both are incorporated into the mixture.
6 ounces of Bittersweet chocolate (70-73%)	8. Pour into the buttered pan and bake for 30 minutes.
1 cup of buttermilk	

Note: Don't expect the cake to rise as if regular flour were used — almonds are not wheat. The tradeoff for lack of carbs is well worth it.

Cook It Cool! Comment: Ever wondered where the “devil” in devil's food cake came from. It comes from the slightly reddish color caused by the reaction of the baking soda/powder neutralizing the acidity of the chocolate.

More About Butter: What is clarified butter or ghee? It is butter with the proteins and most of the water removed. Ghee is used in India and South Asia, and it is typically found in Indian/South Asian stores or in the ethnic section of your supermarket (Purity Farms brand is an excellent brand and they have an organic version, too). Ghee does not have to be refrigerated, but can be stored in the refrigerator. If you can't find it in the stores, here's the recipe: Take 4 sticks of butter and melt over low heat. It must NOT brown. Let the butter boil lightly for 5 to 10 minutes to evaporate the water. Let it sit for 15 minutes and pour the liquid through cheesecloth. Keep the liquid in a closed container. Use the butter like any frying oil, but it must never come in contact with water, so don't use a wet spoon when handling it. You can fry everything perfectly and healthfully in ghee.

Chocolate Cake & Chocolate Frosting

CAKE

Ingredients	Instructions
1 stick of softened unsalted butter (8 ounces cut into small pieces)	1. Preheat oven to 350 degrees and butter the bottom of a cake pan.
½ cup tightly packed brown sugar	2. Beat the butter and sugar together.
4 eggs	3. Add eggs, one at a time, to the butter/ sugar mixture.
8 ounces melted chocolate (70-73% chocolate)	4. Melt the chocolate in a double boiler and allow it to cool.
1½ cups of almond flour	5. Add the flour and sour cream mixture into the chocolate mixture.
12 ounces of sour cream mixed with 1 tsp. of baking soda	6. Mix well. Pour into the cake pan and bake for 30 minutes.

FROSTING

Ingredients	Instructions
¾ cup heavy or whipping cream	1. Melt the chocolate in a double boiler and allow to cool.
6 Tbl. of unsalted, softened butter (cut in small pieces)	2. In a saucepan over medium heat, mix the cream and the sugar until smooth.
½ cup confectioner's sugar	3. Remove from heat and add the melted chocolate. Stir in the vanilla.
6 ounces of bittersweet chocolate (70-74%)	4. Beat the butter with an electric mixer until creamy and gradually beat in the chocolate mixture until smooth.
2 tsp. vanilla	
4 eggs (optional)	
pinch of salt	

(Continue on next page)

Cook It Cool! Comment: You may add 4 eggs and a pinch of salt to the frosting to make it more nutritious. Just add the eggs to the cream and sugar mixture after it has cooled.

About Eggs How much protein is in an egg? Surprise—the yolk contains 16% protein compared to the white’s 10%! No one tells us that the yolk has more protein than the white, they simply naively complain about the yolk’s fat content, which is irrelevant since it is a healthy natural fat.

Sour Cream Chocolate Frosting

If you like the frosting as thick as the cake...then this frosting is for you!

Ingredients	Instructions
¼ cup heavy cream or whipping cream	1. In a double boiler, melt the chocolate and allow to cool.
⅓ cup softened, unsalted butter (cut in small pieces)	2. Blend all ingredients with the chocolate mixture until smooth.
⅓ cup sour cream	3. If frosting is too thick to spread, add a small amount of water, as needed.
2 Tbl. corn syrup (either light or dark, it doesn't matter)	
12 ounces of bittersweet chocolate (70-74% chocolate)	
3 tsp. vanilla	
1 Tbl. of water	

Marscapone Frosting

Would you like a very unique frosting? Then try this. It's easy to make and tastes great!

Ingredients	Instructions
2 cups of mascarpone cheese	1. Beat the cheese and sugar together with an electric mixer.
2 Tbl. of sugar	2. Spread over your favorite cake.

Fabulous Foolproof Fudge

Ingredients	Instructions
3 ounces of chocolate cut in small pieces (76% cocoa)	1. Melt the chocolate in a double boiler until it is melted.
1 ounce of heavy cream or whipping cream	2. Remove from heat and stir in the remaining ingredients.
1 Tbl. of unsalted butter	3. Spread evenly on a foil-lined pan.
pinch of salt	4. Chill until firm.
	5. Turn pan over onto cutting board foil side up and peel off foil. Cut into squares.

Chocolate Decadence

This dessert is best described as a baked chocolate truffle.

Ingredients	Instructions
16 ounces of bittersweet chocolate chopped into pieces	1. Preheat oven to 425 degrees F.
5 ounces of unsalted butter	2. Line an 8" x 2" round pan with parchment paper or waxed paper.
5 eggs (separated)	3. Using a double boiler, melt the chocolate and the butter together. Allow it to cool.
2 cups of heavy cream or whipping cream	4. Whisk in egg yolks and flour into the chocolate mixture.
1 tsp. of almond or wheat flour	5. Using an electric mixer, beat the egg whites and cream of tartar until fluffy.
¼ tsp. of cream of tartar	6. Sprinkle 4 tsp. of sugar and continue beating until soft peaks are formed.
7 tsp. of sugar	7. Fold the egg whites into the chocolate mixture and pour into the lined pan.
	8. Bake for 15 minutes. When cooled, remove from pan.
	9. Whip the heavy cream with the remaining (3 tsp) of sugar until thick.
	10. Frost the cake and refrigerate a few hours before enjoying.

Cook It Cool! Comment: How is whipping cream different from regular cream? Cream is the portion of the milk that has a higher proportion of fat. Fat rises (because it is less dense) to the top of liquids so it is easy to skim off. There are three grades of cream: light (18-30% fat), light whipping cream (30-36% fat), and heavy whipping cream (36-40% fat). Whole milk is about 4% fat (with lots of carbohydrates), and half-and-half creamer is about 10% fat. It is best to chill the cream, bowl and beater before whipping. Stop beating when the cream is stiff—over-beating may cause bits of butter to form, which will completely ruin your topping!

Brownies

These cake-style brownies are unlike any others you have eaten. They are great for the kid's after-school snack. You can eat them without feeling "sugar-high sick" afterwards.

Ingredients	Instructions
8 ounces of <i>unsweetened</i> or 70-75% <i>semi-sweet</i> chocolate	1. Preheat oven to 350 degrees.
$\frac{3}{4}$ cup of butter (12 Tbl)	2. Grease an 8-inch-square pan with butter.
$\frac{1}{2}$ cup of sugar	3. Melt the chocolate and butter in a double boiler and mix well. Allow it to cool.
1 tsp. vanilla	4. Add the sugar, vanilla and eggs and mix together. Add the flour and the nuts.
2 Tbl. of real mayonnaise	5. Pour batter into the greased pan and bake for 25–30 minutes.
6 large eggs	
$\frac{3}{4}$ cup of organic almond flour	
$\frac{1}{2}$ cup chopped walnuts or chopped pecans	

Cook It Cool! Comment: If you prefer your brownies sweeter you can add $\frac{1}{8}$ cup of Stevia without compromising taste or adding carbs.

Mayonnaise adds a delightful creaminess to cakes and you can make it yourself. Here's how: Pulse 1 large egg, 1 egg yolk, $\frac{1}{2}$ tsp. Dijon mustard, 1 Tbl. of lemon juice, 2 tsp. of white wine vinegar in the food processor three to four times. Drizzle $1\frac{1}{2}$ cup of organic safflower or sunflower oil (olive oil tastes too "strong") slowly through the mixing hole, while blending until all of it is incorporated. Store in airtight container.

Orange Mocha Brownies

Here's the above recipe with more of an "adult taste."

Ingredients	Instructions
8 ounces of unsweetened chocolate (100% cocoa rating)	1. Preheat oven to 350 degrees.
¾ cup of butter (12 Tbs.) cut into small pieces	2. Grease an 8" square pan with butter.
½ cup of sugar	3. Melt the chocolate and butter in a double boiler. Add the sugar and vanilla and blend well.
2 Tbl. Grand Marnier orange liquor	4. Mix in the eggs, Grand Marnier and instant coffee.
1 Tbl. instant coffee	5. Add the flour and nuts, and blend well. Pour the batter into the greased pan and bake for 25 to 30 minutes.
2 Tbl. real mayonnaise	
6 eggs	
¾ cup of organic almond flour	
½ cup of chopped walnuts or pecans	

Peanut Butter Cookies

Great for the kids (with optional chocolate chips).

Ingredients	Instructions
1 cup of organic almond flour	1. Preheat oven to 375 degrees.
1 cup of butter (softened to room temperature)	2. Using an electric mixer, beat butter and peanut butter together.
1 cup of organic peanut butter	3. Add the sugar, baking soda and baking powder. Mix together until blended.
1/3 cup of brown sugar	4. Add the eggs and vanilla, followed by the almond flour. Add chocolate chips, if desired.
1/2 tsp. of baking soda	5. Scoop a tablespoon of dough into a greased cookie sheet. Space the dough two inches apart. Bake for 15 minutes.
1/2 tsp. of baking powder	
2 eggs	
2 tsp. of vanilla	
1 bag of unsweetened chocolate chips—optional	

Whipped Cream Soda

Here is a terrific refreshing drink! And it is a great way to curb the cravings for sweets.

Instructions

1. Fill a glass with ice and add half way full with heavy cream, about 3 to 4 ounces.
2. Add a teaspoon of vanilla, chocolate, or any other extract flavoring.
3. Fill the rest of the glass with club soda. Mix well.

Cook It Cool! Comment: This drink has virtually no sugar and since you are using cream, it is most filling! Want a Coconut Cream Soda? Omit the vanilla and add about 5 Tbl. of "full fat" coconut milk instead.

Walnut Dreams

An Adult Treat

Ingredients	Instructions
8 ounces of bittersweet chocolate (70+%) cut in pieces	1. Preheat oven to 375 degrees.
6 ounces (12 Tbs.) of butter cut in pieces	2. Grease the bottom of an 8' -square pan.
3 Tbl. of dark rum	3. Using a double boiler, melt the chocolate and butter. Mix well and allow it to cool.
4 eggs separated	4. Beat the egg yolks with half the sugar.
¼ cup of sugar	5. Stir into the melted chocolate mixture and add the nuts and the flour. Set aside.
¾ cup of finely ground walnuts	6. In a medium-size bowl, beat the egg whites and cream of tartar until peaks form.
¼ cup of organic almond flour	7. While beating, add the remaining sugar.
1 tsp. of cream of tartar	8. Fold whites into the chocolate mixture.
	9. Pour into the greased pan and bake for 30 to 40 minutes.

Note: These “dreams” are best served a day after they are made!

About Walnuts: Walnuts have been with us for thousands of years; however, they vary in origin. The trees actually originate in India as well as the northwest Asia regions around the Caspian Sea. The Romans brought the walnut to Europe circa the 4th Century A.D. Walnut trees historically have been sources of medicine and dye as well as food and fuel for lamps. The walnuts grown in North America are known as English walnuts, since they were shipped to America on English merchant ships. Walnuts were integral to the diets and way of life of the colonial settlers, as well as Native Americans. The odd appearance of the walnut shell—wrinkled like a brain—has resulted in the description of walnuts as “brain food.” Another reason for that name is their high concentration of essential parent omega-6. Shelled and unshelled walnuts should be stored in airtight containers either in the freezer or refrigerator for up to six months.

Classic Tiramisu

Ingredients	Instructions
1 cup of heavy cream	1. In a food processor, chop the walnuts.
¼ cup of powdered sugar	2. Line the bottom of a deep bowl with half of the nuts.
1 Tbl. of vanilla	3. Whip the heavy cream with an electric mixer and slowly add the sugar.
½ pound of mascarpone cheese—softened	4. Fold in the mascarpone cheese followed by the Marsala wine.
2 Tbl. of Marsala wine (optional)	5. In a separate bowl, combine the espresso, Kahlua and rum.
1 cup of cold espresso coffee	6. Pour half a cup of coffee and liquor mixture over nuts you have layered in a bowl.
¼ cup Kahlua liquor	7. Add half the cheese mixture on top and layer with the remaining nuts.
¼ cup of white rum	8. Pour remaining coffee mixture on top, followed with the top layer of the cheese mixture.
1 cup of toasted walnuts	9. Refrigerate at least four hours before serving.

Venetian Chocolate Cake

(This is a more sophisticated Italian Tiramisu)

Syrup:

Ingredients	Instructions
1/8 cup of sugar	<ol style="list-style-type: none">1. Combine the sugar and the water in a saucepan and bring to a boil. Allow it to cool.2. Stir in the brandy and the coffee. Set aside.
1/8 cup of water	
1/2 cup of strong, brewed espresso	
1/4 cup of Italian brandy or cognac	

Topping (Ganache):

Ingredients	Instructions
1 1/4 cup of heavy whipping cream	<ol style="list-style-type: none">1. Bring the cream to a boil and remove from heat.2. Add the chocolate and allow it to melt in the hot cream (about 5 minutes). Mix well and set aside.
1 pound of bittersweet chocolate (70-74%), chopped	

Zabaglione Filling:

Ingredients	Instructions
3 egg yolks	<ol style="list-style-type: none">1. In a large bowl, mash the mascarpone cheese.2. In a double boiler, or over a pan of hot water, whisk the yolks using an electric mixer.3. Add the sugar and wine and continue mixing until thickened.4. Fold the mascarpone cheese.5. In a separate bowl, whip the heavy cream using an electric beater until it forms a soft peak, and fold into the mixture.
1/8 cup of sugar	
1/3 cup of sweet Marsala Italian wine	
1/2 pound of mascarpone cheese at room temperature	
1 cup of heavy whipping cream	

(Continued on next page)

Cake:

Ingredients	Instructions
1/8 cup of cornstarch	1. Preheat the oven to 350degrees.
1/3 cup of cocoa powder	2. Butter the bottom of a 9" or 10" x 2" pan and line it with parchment or wax paper.
1/3 cup of sugar	3. Sift the flour, cornstarch, and cocoa, and set aside.
4 large eggs, separated	4. Using an electric mixer at medium setting, whisk the yolks with half the sugar and the vanilla for about 4 minutes. The mixture should look fluffy and be a pale yellow color.
1 tsp. of vanilla extract	5. In another bowl, whisk the egg whites and salt together. Mix with the electric mixer on medium speed until soft peaks form. Increase speed and gradually whip in remaining sugar until firm.
pinch of salt	6. Fold the yolks into the egg whites using a rubber spatula.
	7. Fold in the sifted, dry ingredients.
	8. Pour the batter into the prepared pan and bake for 30 minutes until the cake is firm to the touch in the center. Allow it to cool completely.
	9. Cut the cake into 1/2" thick pieces. Soak the cake with the cognac/ espresso syrup. Top with the zabaglione and ganache, leaving enough ganache to frost the cake.

About Ganache and Zabaglione: Ganache is chocolate, cream and sometimes butter mixed together, used as icing, a glaze or a sauce, coming from France in the mid 19th century. Rumor has it that an apprentice spilled cream into a vat of chocolate, and was promptly scolded with the term "un ganache" (ger-NASH), meaning "fool." If this tale is to be believed, a happy accident resulted in a lovely chocolate icing. Zabaglione is even older – from the 16th century Florence, Italy – and is a custard made with three ingredients: sugar, egg yolks and a sweet wine, liquor or juice.

Chocolate doesn't make the world go around, but it certainly makes the ride worthwhile." **Anonymous**

South African Yogurt Poppy Seed Cake with White Chocolate Ganache

A unique dessert that no one will have seen before

Cake:

Ingredients	Instructions
3 eggs	1. Preheat oven to 350 degrees.
½ cup of sugar	2. Butter the bottom of a 13x9x2" pan, and line with parchment or wax paper.
½ cup cold-pressed organic safflower oil	3. In a large mixing bowl, whip with an electric mixer the eggs, salt, and sugar until fluffy.
1 cup of poppy seeds	4. Mix in the oil, then one at a time add the poppy seeds, coconut, flour, baking powder and yogurt until each ingredient is blended.
1 cup of coconut (unsweetened is best)	5. Pour the mixture into the pan and bake for 30 minutes until a toothpick inserted into the center comes out clean. Allow the cake to cool.
1 cup of almond flour	
1 tsp. baking powder	
½ tsp. salt	
8 ounces (one container) of plain yogurt (not low-fat)	

Frosting:

Ingredients	Instructions
½ cup of heavy whipping cream	1. Bring the butter and cream to a boil in a saucepan. Remove from heat.
4 Tbl. of unsalted butter (1/2 stick)	2. Add the chocolate.
2 ounces of white chocolate	3. Allow the mixture to stand a couple of minutes, then mix with an electric mixer.
	4. Refrigerate until thick and spread on the cake before serving.

About "White" Chocolate: This confection isn't technically chocolate because it doesn't contain any chocolate liquor. It is high in carbs, too (cocoa butter is equal parts fat, sugar and powdered milk), but for a special treat it's not an issue.

Ricotta Custard

Ingredients	Instructions
2 pounds of whole milk ricotta	1. Preheat oven to 375 degrees.
½ cup of sugar	2. In a food processor combine all ingredients and process until smooth.
⅛ cup of water	3. Fill ramekins (small glass bowls) and place them in a large baking dish with water, filling the pan halfway up the bowls.
3 eggs — 1 whole egg plus 2 yolks	4. Bake for 45 minutes or until golden brown.
½ cup of heavy whipping cream	5. Refrigerate overnight. Run a knife around the edges before removing from bowls.
1 Tbl. of vanilla	
1 tsp. orange-flower water (or orange juice)	
2 tsp. finely grated orange peel	

Delightful Cheesecake

This is a unique cheesecake because there are three types of cheese and no eggs. You can vary the “tanginess” of the cake by varying the goat or triple cream cheese.

Ingredients	Instructions
4 Tbl. of unsalted butter	1. Preheat the oven to 275 degrees.
2 cups of shredded unsweetened coconut (for “crust”)	2. Melt the butter in a large pan.
8 ounces of cream cheese	3. Add the coconut and blend until all the butter is absorbed.
1 cup of sour cream	4. Line the bottom of a 12-inch springboard pan (or deep pie pan) with the coconut and bake for 20 minutes until browned.
8 ounces of goat (chevre) cheese or any triple cream	5. Using an electric mixer, blend the cheeses and sour cream for three minutes.
¼ cup of sugar juice of 2 lemons	6. Add the sugar and lemon juice and beat for another three minutes.
	7. Pour filling on top of the baked crust. Cook for 45 minutes.
	8. Refrigerate overnight, and enjoy.

Cheesecake Pie

A more traditional cheesecake made "cool." To make the crust, follow the recipe for Low-Carb Pie Crust on page 7.

Ingredients	Instructions
2½ pounds of cream cheese at room temperature	1. Preheat oven to 350 degrees.
2 Tbl. of vanilla	2. Place a roasting pan ¾ full of water on the lowest rack of your oven. This allows moist heat for the cake.
⅓ cup of sugar	3. Beat the softened cream cheese, sour cream, vanilla, and sugar with an electric mixer until smooth.
1 cup of sour cream	4. Add the egg yolks and the lemon juice.
7 eggs separated	5. In a separate bowl, beat the egg whites until light and foamy.
3 Tbl. of lemon juice	6. Fold the heavy cream into the egg whites and then fold into the cream cheese mixture.
¼ cup heavy whipping cream	7. Pour into the baked crust and bake for an hour or until a knife placed in the center comes out clean.

Mascarpone Cheesecake

To make the crust, follow the recipe for Low-Carb Pie Crust on page 7.

Ingredients	Instructions
½ cup of organic almond flour	1. Preheat oven to 300 degrees.
⅓ cup of sugar	2. Fill a roasting pan with water and place on the lowest rack of the oven (allows moist heat for the cake).
7 eggs—5 egg whites and 7 yolks	3. Beat the mascarpone cheese, sour cream, vanilla, and sugar in an electric mixer until smooth.
¼ cup heavy whipping cream	4. Add the eggs, vanilla, lemon juice and the optional lemon/ orange rinds.
2 cups mascarpone cheese	5. Fold in the heavy cream.
1 cup of sour cream	6. Pour into the baked crust and bake for one hour.
1 tsp. of vanilla	
1 Tbl. of lemon juice	

“We are more than what we eat, but what we eat can nevertheless help us to be much more than what we are”

Adelle Davis

Bittersweet Crème Brulee

Ingredients	Instructions
4 cups of heavy whipping cream	1. Preheat oven to 300 degrees.
1/3 cup of sugar	2. Over medium heat, bring the cream and sugar to near boiling point.
12 ounces of unsweetened chocolate	3. Remove from heat and add the chocolate, allowing it to melt.
8 egg yolks	4. Whisk the cream and chocolate until blended and smooth.
	5. In a separate bowl, whisk the egg yolks and blend with the chocolate mixture.
	6. Pour into individual soufflé bowls (ramekins).
	7. To cook evenly, place the ramekins in a large cooking pan and fill the pan with water until it covers half of the ramekins. Cook for 1 hour.
	8. Instead of using caramelized sugar to top this dessert, serve with homemade whipped cream on top.

Coconut Cream Pie

Ingredients	Instructions
2 cups of heavy whipping cream	1. Cook the pie crusts as directed and allow them to cool.
1 can (14 ounces) of coconut milk (<i>do not</i> use low-fat)	2. Bring the cream, coconut milk and sugar to a boiling point over medium heat, stirring continuously.
¼ cup of sugar	3. In a separate bowl, and using an electric mixer, beat the yolks and salt. Add the cream mixture slowly while blending. Return to the stove and cook over low heat while stirring until thickened, about 6 minutes, or until it coats the back of a wooden spoon. Make certain it is thick!
8 large eggs (yolks only)	
1 Tbl of vanilla extract	
2 cups of unsweetened, shredded coconut	
pinch of salt	
2 perfect pie crusts (recipe above)	4. Remove from heat and add the vanilla.
	5. Pour into the pie shells, top with the shredded coconut and refrigerate for at least three hours before serving.
	6. Serve with homemade whipped cream.

Note: Recipe is enough for 2 pies.

Cook It Cool! Comment: The term “coconut milk” is misleading because it is not milk from inside the coconut; it is actually moisture resulting from pressing the meat of the coconut. It’s not a carbohydrate either; it is virtually all fat and delicious. Extra virgin coconut oil is about 93% saturated fat, and contrary to popular but unscientific opinion, is extremely healthy to cook with. Of further interest: coconut is not a “nut,” it is actually a seed.

Banana Cake

If you absolutely have to have bananas, then here is the recipe. It is higher in carbohydrates than recommended, but so long as you eat few carbs the next couple of days after “over-indulging,” you’ll be fine.

Ingredients	Instructions
2 large ripe bananas	1. Preheat the oven to 350 degrees.
1/3 cup of sugar	2. Using a food processor or electric mixer, blend the bananas and sour cream until smooth. Add the eggs, lemon zest, and vanilla.
10 Tbl. of softened unsalted butter	3. Blend just a bit and add the dry ingredients. While mixing, add the butter until batter is light and fluffy.
1 tsp. of baking soda	4. Pour into a 8" x10" pan and bake for 35 minutes, or until toothpick inserted in the center of the cake comes out clean. Hint: top with Chocolate Sour Cream Frosting.
1/3 cup of sour cream	
3/4 tsp. baking powder	
2 tsp. grated lemon rind	
1/2 tsp. salt	
2 tsp. vanilla	
2 large eggs	
1 1/2 cup of organic almond flour	

Chapter 2

Heavenly Hamburgers—America's Favorite Sandwich

The Best Burger	34
Romano Cheeseburger	35
Sloppy Joe.....	35
Delicious Burger Toppings	36
Methods to Cook Burgers.....	37

Heavenly Hamburger— America's Favorite Sandwich

Included in this section is important information about protein and *natural* fats that you need to know.

80% ground beef is best. The taste is great and the meat is juicy. You can grind your own burgers from chuck (also known as chuck steak or beef chuck), but also use the variations below. Today, many supermarkets have great hamburger patties ready made. In Houston, Central Market makes a great half-pound pepper-crusting "natural" hormone-free burger and Whole Foods has great natural burgers, too. They are reasonably priced. "Naturally raised" or "organic" is best when purchasing ingredients which contain fat. However, regarding meats, most of the estrogenic hormone residues are "denatured" (inactivated) by cooking thoroughly (testing showed about 97% deactivation).

Grinding a lot at a time is more efficient because you have the same amount of cleanup whether you make little or lots.

You can grind chicken, turkey, or fish, if you like. But they simply don't have enough fat, and fat = flavor!

Burger with no bread is best when doing low-carb, but sometimes you can just set the burger on 1 slice of bread. To minimize carbs, use the "Very Thin" Pepperidge Farm brand or the Sara Lee Delightful White or Wheat, which is lower in carbs.

Lunch note:

Burgers are a great meal to take to work or school. These burgers will taste delicious cold, too. You can use two small "very thin" pieces of bread to "house" your treat.

The Best Burger

Ingredients	Instructions
<p>4-15 pounds of chuck (80% cut along the grain and into pieces small enough to fit in your meat grinder.</p> <p>1 onion (diced) per each 4 pounds of meat (optional)</p> <p>¼ bunch of green onions (diced) per each 4 pounds of meat (optional)</p> <p>salt* for the outside of the burger before frying or broiling</p>	<p>A dollop of blue cheese butter on top or some homemade mayonnaise (see recipes) are delicious additions.</p> <p>If you want to add the onions and/or green onion, then alternate meat, then some of the vegetables, and repeat until everything is ground up. Make patties about ⅓ – ½ pound each (2-3 patties to a pound). Form them by taking a “ball” of meat and flattening it out in your hands until you like the shape.</p> <p>You can whip up at least two weeks of burgers at a time so you always has plenty. Frozen burgers are fine. Just make sure they thaw 100% and are at room temperature before cooking. Otherwise, the center will often be raw because it stays too cold. Even refrigerator meats should be left out for an hour to warm to room temperature. Don't worry, thorough cooking kills everything! You can wrap them in plastic wrap or freezer wrap and freeze them, but a vacuum packer is best so you can store the food for long periods of time without getting “freezer burn.”*</p>
<p>OR for a “beef er” flavor</p> <p>4-5 pounds of skirt steak or sirloin flap steak (more expensive than chuck and less fat) or try a combination of 60% skirt or flap with 40% short ribs for extra fat and flavor. There is no need to have boring beef!</p>	<p>When you cook the burger with the onion already in it, the flavor is simply delicious. Once you taste these burgers, be warned that you or your family may not like going out for burgers ever again!</p> <p>Of course, you can always add a nice slice of real cheese: cheddar, provolone, Swiss, or mozzarella.</p> <p>Condiments like ketchup, mustard, mayonnaise, horseradish, or Worcestershire sauce are also welcome additions.</p>

*Tilia® makes a fine machine food storage machine called a FoodSaver at 800-777-5452.

Romano Cheeseburger

If you'd like "something a little different," then to every 2 pounds of ground beef add ½ cup shredded Romano cheese. Romano is a dry cheese and it imparts a delightful flavor to the meat. Just mix it in and cook as usual.

Sloppy Joe

After the all-American hamburger comes the "Sloppy Joe." The kids will love 'em, so here's a simple, one-pan, easy-cleanup recipe.

Ingredients	Instructions
1 pound 80% chuck—ground	1. Heat an oiled cast iron skillet on high. Add beef, onion powder, garlic, and bell pepper. Cook the meat, turning occasionally, until beef is partially cooked. Add the onion and continue until beef is cooked to desired doneness.
½ teaspoon onion powder	
6 garlic cloves (minced)	2. Add the diced tomato, parsley, salt and pepper and simmer 10 minutes.
1 onion—chopped	
1 can—diced tomatoes	
1 bell pepper (diced)	
a few sprigs of parsley (chopped)	
salt and pepper to taste	
a dash of red pepper flakes—optional	

Now remember what you learned in *The 24-Hour Diet*: Serve this on a piece of bread or half a roll. Of course, you eat this dish with a fork and knife.

Delicious Burger Toppings

If you'd like a topping on your burger or steak then here's a few that are delicious and unique as they are easy to prepare. Just top your burger with one of them:

Blue cheese butter: 4 tablespoons softened *unsalted* butter mixed with 4 ounces blue cheese. Maytag Blue is very good. It's one of American's best cheeses.

Sautéed mushrooms with onions and shallots: Heat 2 tablespoons butter over medium-high heat. Add 2 tablespoons minced onions and 2 tablespoons minced shallots. Cook about 3 minutes. Add 8 ounces soaked and cleaned sliced mushrooms. Season with salt and pepper. Cook about 4 minutes until the moisture in the mushrooms has evaporated. Enjoy.

Sautéed onions: Heat 2 tablespoons butter over medium-high heat. Add thinly sliced onions. Mix. Heat about 15 minutes until browned and delicious.

Dilled Sour Cream: Mince about 2 tablespoons red onion. Add this plus 1 teaspoon dill and some salt and pepper to ½ cup of sour cream. Blend well, and enjoy.

Ginger Yogurt Dressing: Into 1 cup of plain, unflavored (not low fat) yogurt, add 1 tablespoon grated ginger, 1 teaspoon parsley, and some salt and pepper. Mix well. Enjoy.

Honey Mustard Cream: Blend ½ cup sour cream, 2 tablespoons Dijon mustard, and 1 tablespoon honey (or sugar). Enjoy.

Mustard Butter: Strange sounding, but delicious. 8 tablespoons softened *unsalted* butter, 2 tablespoons coarse whole-grain ground mustard (Pommery, etc.), ½ teaspoon lemon juice, salt and pepper to taste. Delicious.

Cook It Cool! Comment: A bit of sugar is insignificant. There is virtually no carbohydrate in a burger so enjoy this with abandon!

Cook It Cool! Comment: "Salt" your burger **AFTER** it is cooked with a little salt on the top and bottom of the patty. Otherwise, it may stick to the pan. And the salt is good for you if it is sea salt or nearly any salt besides the common commercial salt sold at your local supermarket.*

* Flower of the Ocean® organic salt from France is available through The Salt and Grain Company or better supermarkets. Himalayan salt is delicate and delicious, too.

Methods to Cook Burgers

Cast Iron Pan. The best way to make burgers is in a cast iron pan. It's great because you can't ruin the pan, and because these pans radiate heat to allow ideal grilling of your burger. Whether you use gas grilling, or an electric range, the burgers still turn out perfectly.

Heat your cast iron skillet on “a tad below” high until it reaches full temperature (about 10 minutes). Be careful when touching the handle—use a pot holder. Season the pan with a little extra virgin coconut oil or ghee before heating. Put in your burgers and cover with a “spatter screen” (optional, but recommended). Burgers are so good well done—charred on the outside—but cook them to your desired degree and ENJOY!!!

You can also sear the outsides of your burger then bake at 450F until desired temperature. The two-step method produces excellent results.

Note: You can use either a flat or ridged cast iron pan. If you have read the books *Radiant Health: Moving Beyond The Zone* (out of print) or *The 24-Hour Diet* and learned about the true nature of saturated fats, the issue won't concern you. **Cast iron pans (available from your local hardware store) are great because you CAN'T BURN THEM.** If anything cakes on the surface just add water and boil it. Soap isn't used. The pan will clean up easily. It is best to clean metal pans with stainless steel wool made for the kitchen available at your local kitchen store or hardware store.

Water Broiler: Another method is to broil the burger. Water Broiler® from Drannan Cookware (www.waterbroiler.com) has a pan filled with water on the bottom so there is never any smoke or risk of flame from the broiler.

Hardwood (charcoal) grilling: To many people, nothing beats the taste of a burger, steak, or other meat grilled over real hardwood. There is nothing directly definitive about the negative effects of flame on meat. “Out-of-body” chemistry often has little real-life “in-body” correlation. And animal studies are meaningless in this area because no animal is capable of grilling meat. Therefore, it is inappropriate for them. However, thank goodness, it is most appropriate for humans!

Pan-frying: A simple and easy way to cook your steak is “pan frying.” Take a cast iron skillet (it needs to be iron to radiate the heat properly), add a small amount of coconut oil or ghee and heat it to medium hot about 10 minutes. Add the meat and cover with a spatter screen. You can cook all the way through or simply char the exterior and bake in the oven to desired temperature. The 2-step method may be preferable.

Chapter 3

Best of Beef—Better Than Most Restaurants

Brian's Meatloaf.....	41
"I Love Olives" Meatloaf	42
Filet of Beef for Sandwiches	43
Filet of Marinated Beef	44
Butter Garlic London Broil	45
Prime Rib of Beef, Slow Roasted.....	46
Horseradish Sauce	47
Steak au Poivré (Steak with Peppercorn Sauce)	48
Beef Stew	50
Japanese-Style Sirloin	51
Sizzling Sesame Beef.....	52
Oriental Ginger-Mustard Glazed Steak	53
Marinated London Broil (alá the Grill or in the Cast Iron Pan)	54
Balsamic Marinated Rib Eye.....	55
African Fajitas.....	56
Regular Fajitas	57
Yankee Pot Roast.....	58
Malaysian Beef Rendang.....	59

Brian's Meatloaf

Beef in its many forms makes a satisfying dish. Here are some favorite recipes, starting with meatloaf.

Ingredients	Instructions
2 pounds ground beef (80% chuck) 1 egg—lightly beaten 1 small onion—finely chopped 1 clove garlic—minced 1 teaspoon salt 1 teaspoon pepper ¼ cup Dijon mustard (place on top of meatloaf before cooking)	1. Mix it all together except the mustard—that goes on top of the loaf. 2. Bake in a pan at 350F about an hour or until done.

“I Love Olives” Meatloaf

For Olive Lovers

If you’d like something with ground beef that’s quite a bit different than the usual stuff, then here’s another one from Chris Pirillo.

Ingredients	Instructions
1 jar black olives sprinkle of olive oil 1 pound ground hamburger chili powder— sprinkled clove of garlic—diced fine	1. Pour the olive juice into a skillet—cast iron is best. 2. Sprinkle in the chili powder and add the garlic. 3. Add the hamburger. Cover, and heat at medium high about 15 minutes or until done. 4. Mix in the olives. 5. Cover and let sit a few minutes. 6. Finish with a bit of sea salt and olive oil.

Filet of Beef for Sandwiches

(more expensive than burger but a nice change of pace)

Enough of ground beef—onto the roasts.... One the best is a roasted f let of beef. It's easy, and delicious. Just season and roast.

It's best to let a roast warm up* to room temperature for ½ hour so it isn't "shocked" by cooking.

Ingredients	Instructions
1 whole f let of beef (4-8 pounds) minced garlic salt pepper	<ol style="list-style-type: none">1. Preheat oven to 500F.2. Combine spices and sprinkle on roast.3. Put f let in oven and immediately reduce heat to 450F. Use a meat thermometer to test inside temperature. It's so good well done (about 160F).4. Let cool about 15 minutes and slice. Sliced f let with mustard makes a great sandwich, too.

Cook It Cool! Comment: Some have expressed the concern, "What about all the "bacteria" from leaving the food out?" Simple. The cooking kills them! With a steak or roast, the bacteria reside mainly on the surface. With ground meats (like hamburger) this isn't true—the bacteria are everywhere. This is why the FDA has no specification for bacteria counts on the surface of an "aged" steak, which can actually have some mold growing on it—the cooking kills the surface bacteria. However, this is not a problem when burgers are always cooked well done.

Filet of Marinated Beef

If you found the previous recipe for Filet of Beef nice, but want something more exotic then you'll like this.

Ingredients	Instructions
1 whole f let ¼ cup olive oil ¼ cup balsamic vinegar (aged at least 3 years) 1 teaspoon dried oregano (Greek or regular version) 1 tablespoon dried rosemary 1 teaspoon salt and as much pepper as you like	1. Wisk oil, vinegar, oregano, rosemary, and pepper together in a small bowl. 2. Rub f let with more black pepper; place in stainless steel bowl and cover with marinade. Marinate a few hours at room temperature or overnight in the refrigerator. 3. Preheat oven to 500F. Put f let in oven and reduce temperature to 450F. Use a meat thermometer to test inside temperature. 4. While the roast sits for 10-15 minutes, you can boil, then simmer the gravy at the bottom of the pan for about 5 minutes, and serve.

Butter Garlic London Broil

Would you like an inexpensive steak? Then you'll really enjoy this dish.

Ingredients	Instructions
<ul style="list-style-type: none">1 pound London Broil2 cloves garlic—minced2 teaspoons butter1 teaspoon Italian seasoning	<ul style="list-style-type: none">1. Mix garlic, butter, and Italian seasoning2. Pierce steak with a fork throughout. Spread top and bottom of the steak with seasoning.3. Either broil to your liking, or use oiled cast iron pan heated to medium high.

Prime Rib of Beef, Slow Roasted

A dish for company (or yourself).

Ingredients	Instructions
2–8 pounds of prime rib (French-cut is ideal)	1. Mix the spices together. Rub on all sides of roast.
Spiced version "a":	2. Heat a cast iron pan to high and sear all sides of the roast before baking (optional).
2 tablespoons dried tarragon	3. Preheat oven to 250F. Place roast in pan in oven and cook to desired temperature with a meat thermometer.
1 ½ teaspoons salt	
1 tablespoon pepper	
3 cloves minced garlic	
Spiced version "b":	
3 tablespoons salt	
2 tablespoons fresh pepper	
4 cloves minced garlic	
orange peel of 2 oranges—cut into small pieces	

Enjoy this with horseradish sauce (next page), and a side of mashed potatoes made with *real* butter and heavy cream.

Horseradish Sauce

Ingredients	Instructions
<p>¼ cup sour cream (not low-fat)</p> <p>¼ cup heavy whipping cream—whipped</p> <p>½ cup peeled and grated fresh horseradish root—or ¼ cup (or more, but taste as you add more) “prepared” horseradish</p> <p>¼ teaspoon any type of white wine vinegar</p> <p>1 tablespoon Dijon mustard</p> <p>pinch of salt</p>	<p>1. Mix all together in non-reactive bowl (like stainless steel). Let flavors blend for at least 1 hour to mingle. ENJOY!!!</p>

Note: Any combination of the heavy cream and sour cream can be used, depending on personal preference.

Steak au Poivré (Steak with Peppercorn Sauce)

Steak au poivré (pepper steak). It's delicious!

Ingredients	Instructions
Individual sirloin or rib eye steaks* 2 tablespoons black peppercorns—ground 2 tablespoons chopped shallot 1/3 cup heavy cream 1/2 stick butter 2 tablespoons brandy/cognac or orange liquor like Mathilde (optional)	<ol style="list-style-type: none"><li data-bbox="544 450 1202 595">1. Grind the pepper. Coat the steak(s) on both sides and keep at room temperature for 1/2 hour so the flavor penetrates the surface of the meat.<li data-bbox="544 604 1202 710">2. Heat the oiled cast iron pan on medium high. Add the steaks and sear for 2 minutes on each side.<li data-bbox="544 720 1202 826">3. Either continue cooking on the oven top or, finish cooking by baking the steak in the oven at 400F until desired doneness.*<li data-bbox="544 836 1202 1020">4. To cook the sauce: over medium heat, sear the shallots for a few minutes, then reduce heat to low and add the cream, butter, and brandy. Cook about 5 minutes until very hot. Spoon over steak.

*“Finishing” the steak in the oven is ideal for home cooks. With this method, the steak is perfectly charred on the outside and tender on the inside. You can beat most restaurants with this method.

Cook It Cool! Comments:

#1: Medium-well is around 130 F internal temperature. Well-done is closer to 170 F. You can measure the inside temperature with a meat thermometer. There are even fancy ones where you can program the temperature and a buzzer goes off when the correct temperature is reached. You can find them at a cooking stores for about \$30.00

The reason to bring meat to room temperature before cooking is to have the least amount of “shock.” If you are worried about “all that bacteria” that supposedly grows. Don’t worry, cooking kills it.

#2 Score a steak around the edges to prevent “curl”: Make 1” slits around the outside of the steak from the edge of the fat of your steak toward the center.

#3 All of these meats are delicious with mashed potatoes made with heavy whipping cream and real butter.

Beef Stew

Here's a simple beef dish you cook in a "Crockpot."

Ingredients	Instructions
3 pounds stew meat or any beef cut into 2-inch chunks	1. Reserve 2 tablespoons of flour for later. Mix flour, salt, and pepper in a plastic bag. Add beef and shake until coated. Throw away this "coating" flour
$\frac{3}{4}$ cup flour plus 2 tablespoons flour (to be added after the vegetables)	2. Use a heavy baking or casserole dish that is stovetop-friendly. Put in plenty of oil to sauté the beef. Heat on medium-high and fry the beef 4-5 minutes.
4 cups beef broth	3. Pour off residue (optional).
1 teaspoon dried thyme	4. Add the carrots and celery.
3 bay leaves	5. Add the butter and 2 tablespoons flour. Cook 3-4 minutes until the roux browns.
1 cup black coffee	6. Add coffee and stir. Add thyme, bay leaves, crushed tomatoes and broth.
3 tablespoons butter	7. Cover and cook about 40-60 minutes on medium-low.
$\frac{1}{4}$ pound soaked and scrubbed* mushrooms	8. Add pearl onions half way through cooking—they add nice texture (don't overcook).
5 stalks celery—cut in $\frac{1}{2}$ " pieces	
5 carrots—peeled and cut in $\frac{1}{2}$ " pieces	
3 Yukon gold potatoes—quartered (optional)	
5 ounces (half a bag)—pearl onions	
1 can (12 ounces)—crushed tomatoes	
salt and pepper to taste	
olive oil, coconut oil, or ghee to coat the pan	

Cook It Cool! Comment: Mushrooms are best soaked in cold water for about 15 minutes, then scrubbed. This loosens the grit.

Japanese-Style Sirloin

Tired of American food? For a taste of Japan, you'll enjoy this next dish.

Ingredients	Instructions
Sauce:	1. Mix the sauce ingredients together.
½ cup beef broth*	2. In a wok or cast iron skillet, heat two (2) tablespoons oil on high until hot. Add the meat and cook until browned. Remove.
⅓ cup (organic) soy sauce.	3. Heat the other 2 tablespoons of oil on high. Add onion, celery, carrot, and red pepper. Toss and cook for about 2 minutes. Add the remaining ingredients and cook another minute of so.
½ teaspoon sugar	4. Add the steak and sauce. Cook until hot—about 2 minutes.
2 tablespoons (dry) Sherry	
Meat and vegetables:	
8 ounces thinly sliced sirloin steak or julienne-cut flank steak	
4 tablespoons peanut oil** (half for the meat and half for the vegetables)	
1 onion—sliced	
1 carrot—cut lengthwise	
1 stalk celery—thinly sliced	
1 red bell pepper—thinly sliced	
3 mushrooms (shitake is best)—thinly sliced	
1 bunch spinach—washed, spun dry and de-stemmed	
1 entire bamboo shoot (canned)—sliced	
1 bunch scallions—sliced into ½ inch lengths	
4 ounces water chestnuts—sliced	

* Commercial beef broth is often awful. A great brand is Pacific Natural Foods. It's a bit more expensive, but well worth it. You can also use a demi-glace stock instead—also well worth the price in extra taste.

** It can be difficult to find organic peanut oil. Organic coconut oil, or organic ghee (Purity Farms brand is superb) are the two best oils for high-temperature frying because they are highly saturated and can't easily distort their molecular structure.

Sizzling Sesame Beef

Ingredients	Instructions
1 pound rib-eye or sirloin steak about 1" thick	1. In large bowl combine the following ingredients: 1 tablespoons green onions, 1 teaspoon garlic, 2 teaspoons oil, and ¼ teaspoon salt. Set aside.
2 green onions: green portion thinly sliced and white portion cut in chunks	2. Cut steak across grain into thin slices.
4 cloves of garlic—minced	3. In shallow bowl combine 1 tablespoon soy sauce, green onion (white portion) chunks, and remaining garlic. Toss steak in this mixture.
4 teaspoons organic cooking oil	4. In skillet, heat 1" of water to boiling. Add broccoli; cook about 3 minutes until slightly tender. Drain. Place in big bowl with the onion/ garlic mixture. Toss.
2 teaspoons organic sugar	5. In oiled skillet, on high heat, add beef and cook about 1 minute. Stir in remaining sliced green onions. Cook another minute or so, and add remaining soy sauce. Stir in broccoli.
2 tablespoons organic soy sauce	
1 pound broccoli florets salt	

Oriental Ginger-Mustard Glazed Steak

Here's an interesting steak with a hint of ginger you may enjoy.

Ingredients	Instructions
1 pound strip, London broil, or any steak you desire 2 garlic cloves—minced 2 tablespoons Dijon mustard 1 tablespoon freshly grated ginger (use a ginger grater) 1 tablespoon soy sauce	1. Mix all ingredients together in stainless pan 2. Coat steak on both sides with the paste and marinate 30 minutes. 3. Cook as desired—broil, pan-fry, or grill over a hardwood fire.

Marinated London Broil

(ala´ the Grill or in the Cast Iron Pan)

Would you like a great steak for the grill? Almost any meat tastes great grilled—from the simple hamburger...to a filet mignon. Here's a marinated London Broil that you'll find delicious.

Ingredients	Instructions
1 cup soy sauce (organic is best)	1. Mix all the ingredients together in a plastic or stainless steel pan* except the beef.
½ cup red wine	2. Place the meat in the marinade and cover the meat well. Marinate 12-24 hours for the most flavor.
½ cup olive oil	3. Grill (or fry in the cast iron pan) until done.
6 cloves garlic—minced	4. Let rest 5-10 minutes after cooking. Cut meat <i>against</i> the grain, and enjoy.
½ teaspoon dried basil	
½ teaspoon dried thyme	
½ teaspoon freshly ground pepper	
2-3 pounds London Broil (also called round steak)	

Cook It Cool! Comment: Acidic ingredients react with metals such as aluminum. You don't want this; that's why stainless steel is always a safe choice.

Balsamic Marinated Rib Eye

You'll enjoy a rib eye marinated with balsamic vinegar. Many Americans haven't yet discovered this delicious treat, but now you can enjoy it at home.

Ingredients	Instructions
4 good-sized rib eye steaks—score on the edge to prevent curling 2 teaspoons olive oil 6 tablespoons balsamic vinegar 1 clove garlic— minced black pepper	1. Combine all marinade ingredients in a nonreactive pan. 2. Marinate steaks for 30 minutes. 3. Cook as desired.

Cook It Cool! Comment: Always let your meat rest five minutes before serving. The meat continues to cook after heating, and the taste is better, too.

African Fajitas

If you like fajitas, you'll really enjoy this next dish. You may find you prefer the African version, but we've included the "standard" one, too.

Ingredients	Instructions
1 pound flank or round steak	1. Cut steak into 1" wide strips.
1 teaspoon garlic powder	2. Mix all the ingredients in small bowl.
1 teaspoon ground ginger	3. Coat the steak with the mixture. Let marinate a few hours or use the MicroMarinader found in the back of this book.
1 teaspoon paprika	4. Sauté the meat in the cast iron pan or broil until done.
1 teaspoon ground cinnamon	
chili powder—pinch	
2 teaspoons onion salt	
½ cup peanuts—finely ground	
½ teaspoon sugar	

Regular Fajitas

Ingredients	Instructions
½ cup lime juice	1. Combine 1 st 5 marinade ingredients.
2 tablespoons chili powder	2. Cut the steak into 4 pieces, and coat with marinade. Marinade 2 hours or use the MicroMarinader and spend 5 minutes instead.
2 teaspoons ground cumin	3. Add some cooking oil to a cast iron pan. Top with the onions and peppers. Heat to high. Cook until well done (about 5-7 minutes). Remove.
1 teaspoon dried oregano	4. Put marinated steak into cast iron pan and cook until desired doneness. Slice steak into ½ inch strips.
½ teaspoon ground cinnamon	5. Top steak with onions, peppers, and sour cream.
1 onion cut crosswise into ½ inch thick slices	
2 green peppers—seeded and quartered	
1 pound skirt steak	
1 cup full-fat sour cream	
cooking oil for the pan	

ENJOY

Yankee Pot Roast

Yankee pot roast is a childhood favorite of many. It's a great dish because it is so easy to make.

Ingredients	Instructions
1 35-ounce can of whole Italian plum tomatoes	1. In a large pot add oil, heat to medium high and brown the beef on all sides. If you don't the meat will cook, but not look its best. Turn off heat.
4 pounds boneless chuck roast	2. Remove the meat. Add the tomatoes and juice. Gently mash the tomatoes. Add the juice, too.
¼ cup vegetable oil (olive, peanut, or any organically produced oil)	3. Add all other ingredients along with the beef.
3 onions—coarsely chopped	4. Heat oven to 350F and cook about 2 hours or until done.
3 carrots—coarsely chopped	
½ pound potatoes—quartered	
3 garlic cloves—minced	
2 cups beef broth plus 2 cups water	
¼ cup soy sauce	
1 tablespoon chili sauce (Asian or any you can find)	

It will be very hot so let cool a few minutes before serving.

Malaysian Beef Rendang

We'll end the beef section with the most unique meat dish you may ever taste— it's delicious. You can make extra and freeze it for later. This dish even tastes great after frozen for many weeks!

Ingredients	Instructions
2½ pounds boneless chuck ribs or boneless top round	1. To soften beef and make it fork tender, place beef in saucepan and cover with just enough water to cover meat. Cover, bring to boil and simmer for 1 ½ hours. Remove beef and set aside.
2 cans organic, high-fat unsweetened coconut milk (13-14 ounces ea)	2. In blender, blend shallots, garlic, chiles, ginger, and lemon grass to a paste.
¾ pound shallots	3. Grind coriander, fennel, cumin, and nutmeg or use ready-made.
6 cloves garlic, minced	4. Toast the coconut over medium heat stirring constantly until just golden brown.
4 dried red chile peppers or 2 fresh ones	5. Fry the shallot paste for a few minutes over medium high heat. Add the coriander, fennel, cumin, and nutmeg. Cook 4 minutes, stirring constantly.
10 “slices” fresh ginger root	6. Add beef and fry 3-4 minutes until browned.
2 teaspoons coriander seeds or 1 heaping teaspoon pre-ground	7. Stir in coconut milk, toasted coconut, red curry paste and cinnamon stick. Bring to boil, then reduce heat to medium and cover. Simmer 30 minutes.
2 teaspoons fennel seeds or 1 heaping teaspoon pre-ground	8. Stir in cilantro before serving.
2 teaspoons cumin seeds or 1 heaping teaspoon pre-ground	
Pinch of nutmeg	
1 cinnamon stick	
2 tablespoons chopped lemongrass (optional)	
2 onions, chopped	
1 cup red curry paste	
2 bunches fresh cilantro, well-chopped	

This dish is perfect reheated. There will be very little “sauce” as it will be a thick delicious coating on the beef.