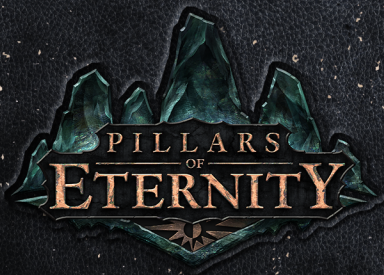
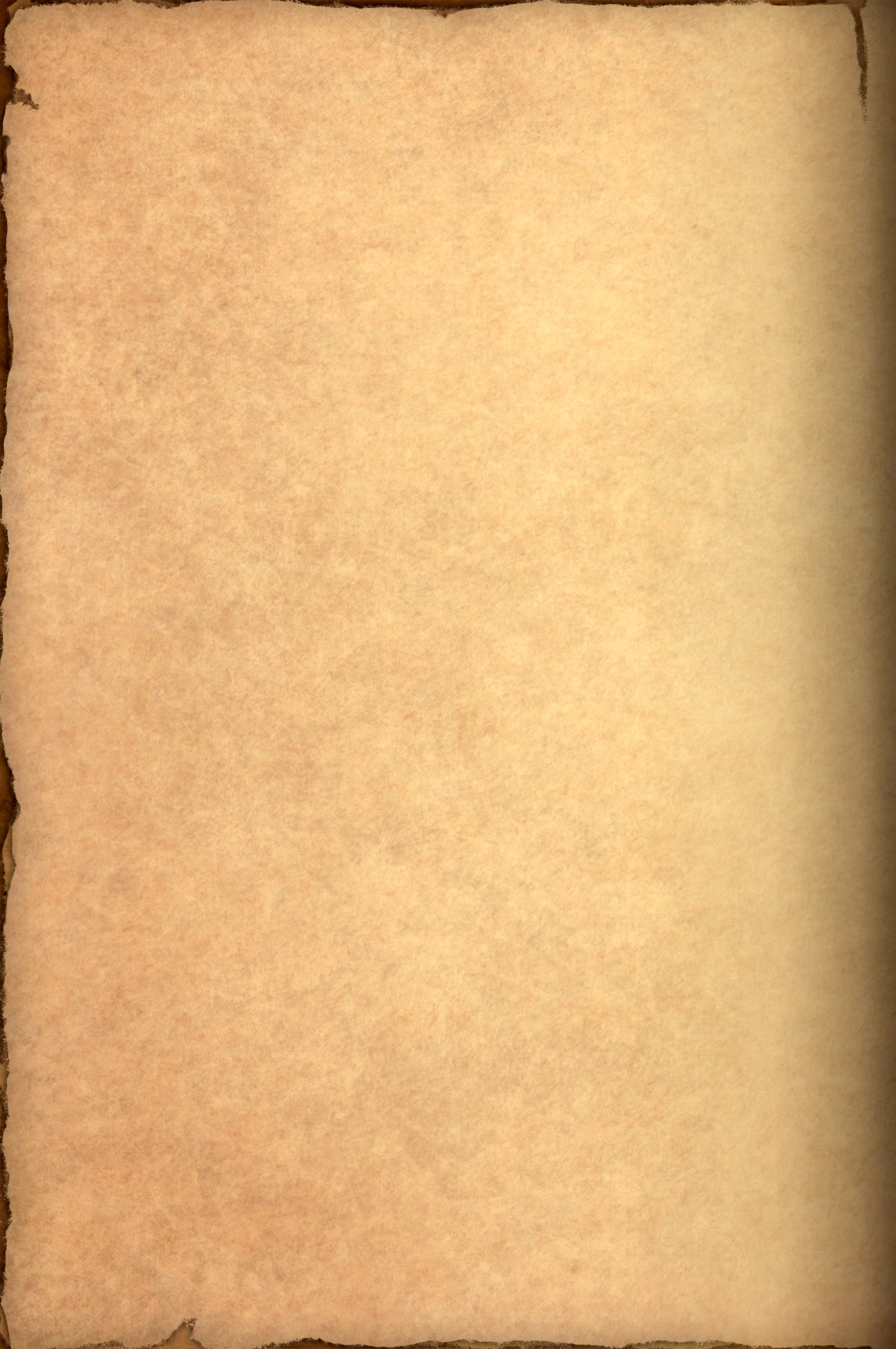


TIM'S
COOK BOOK





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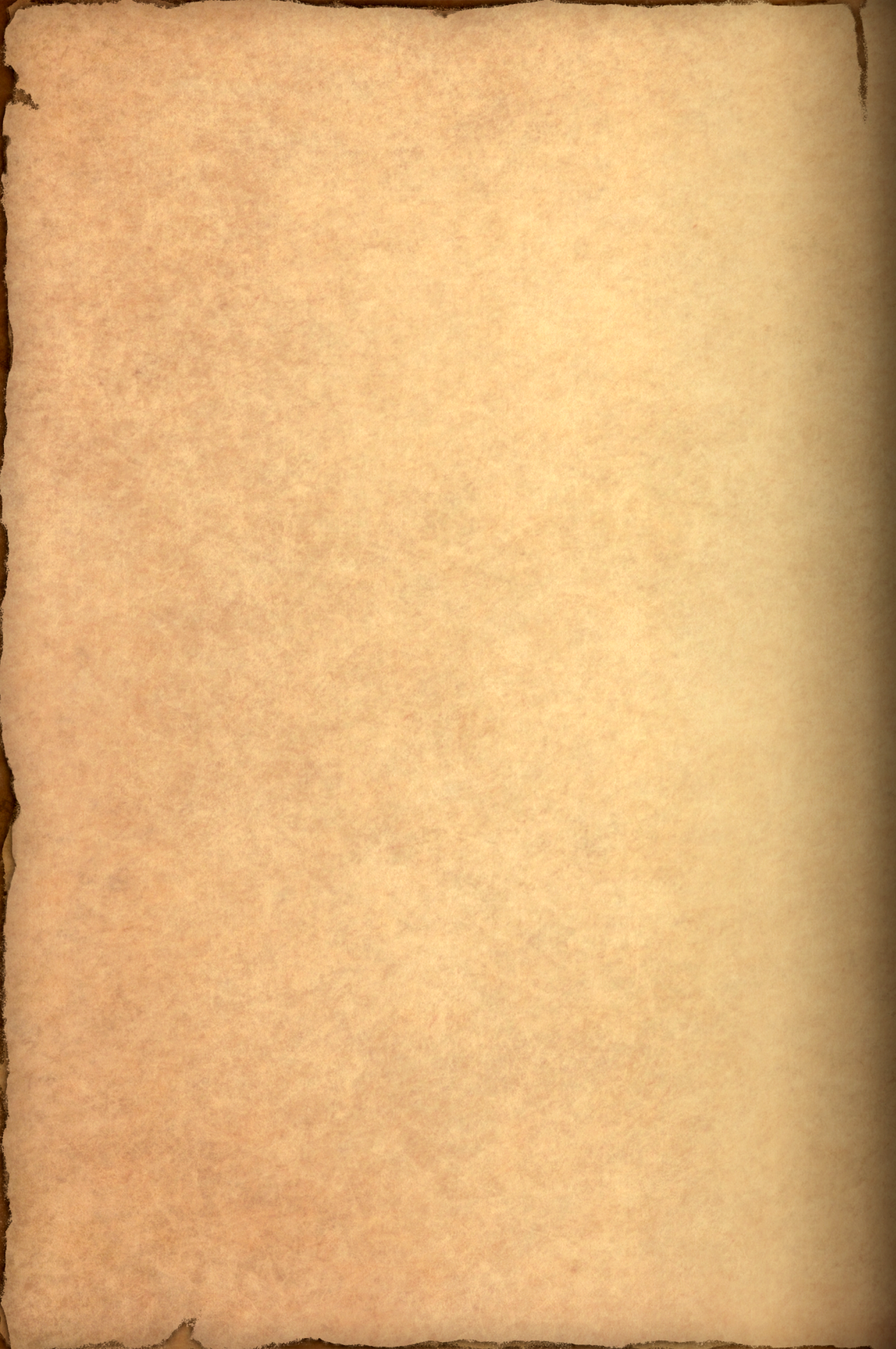
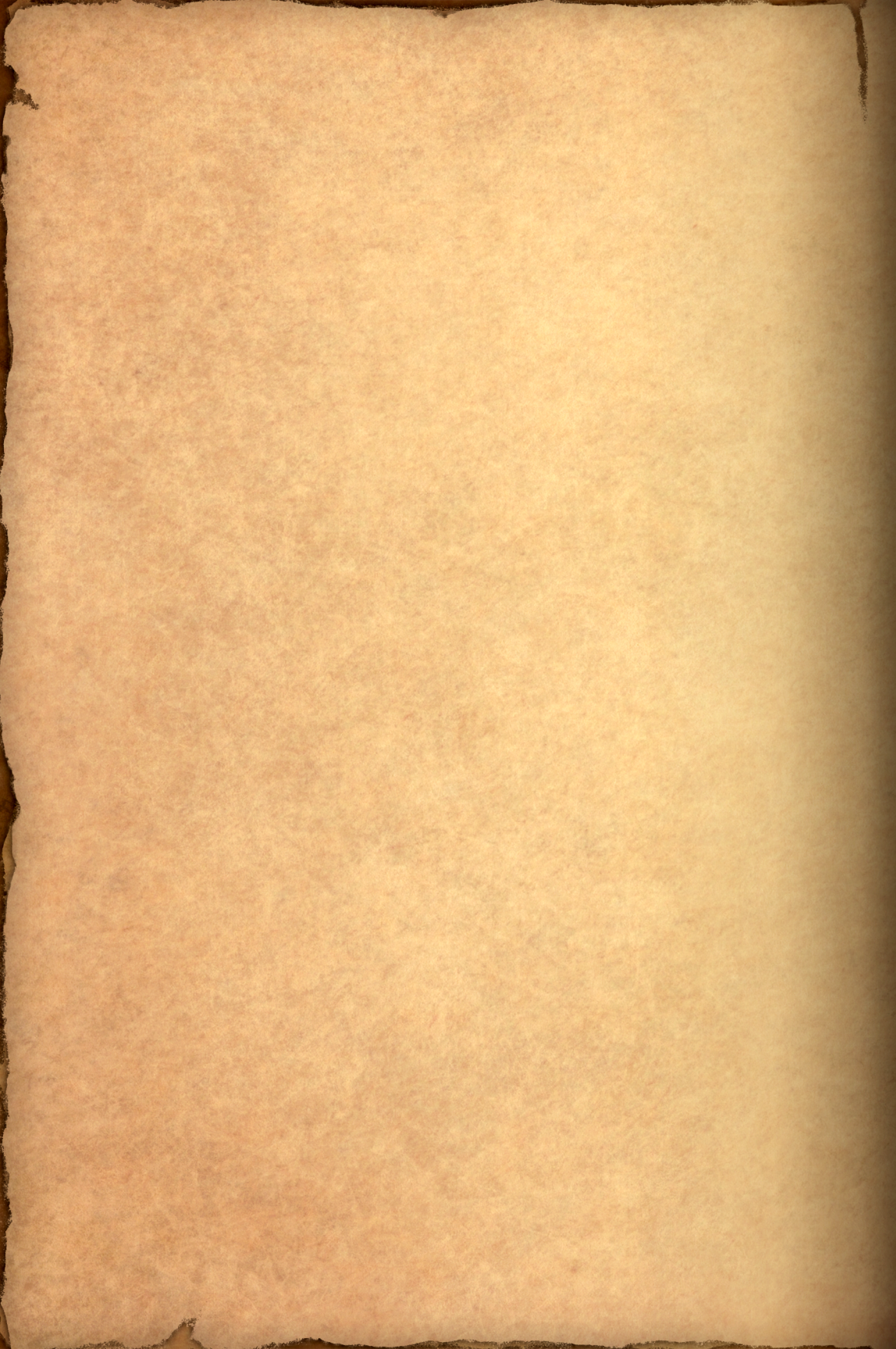


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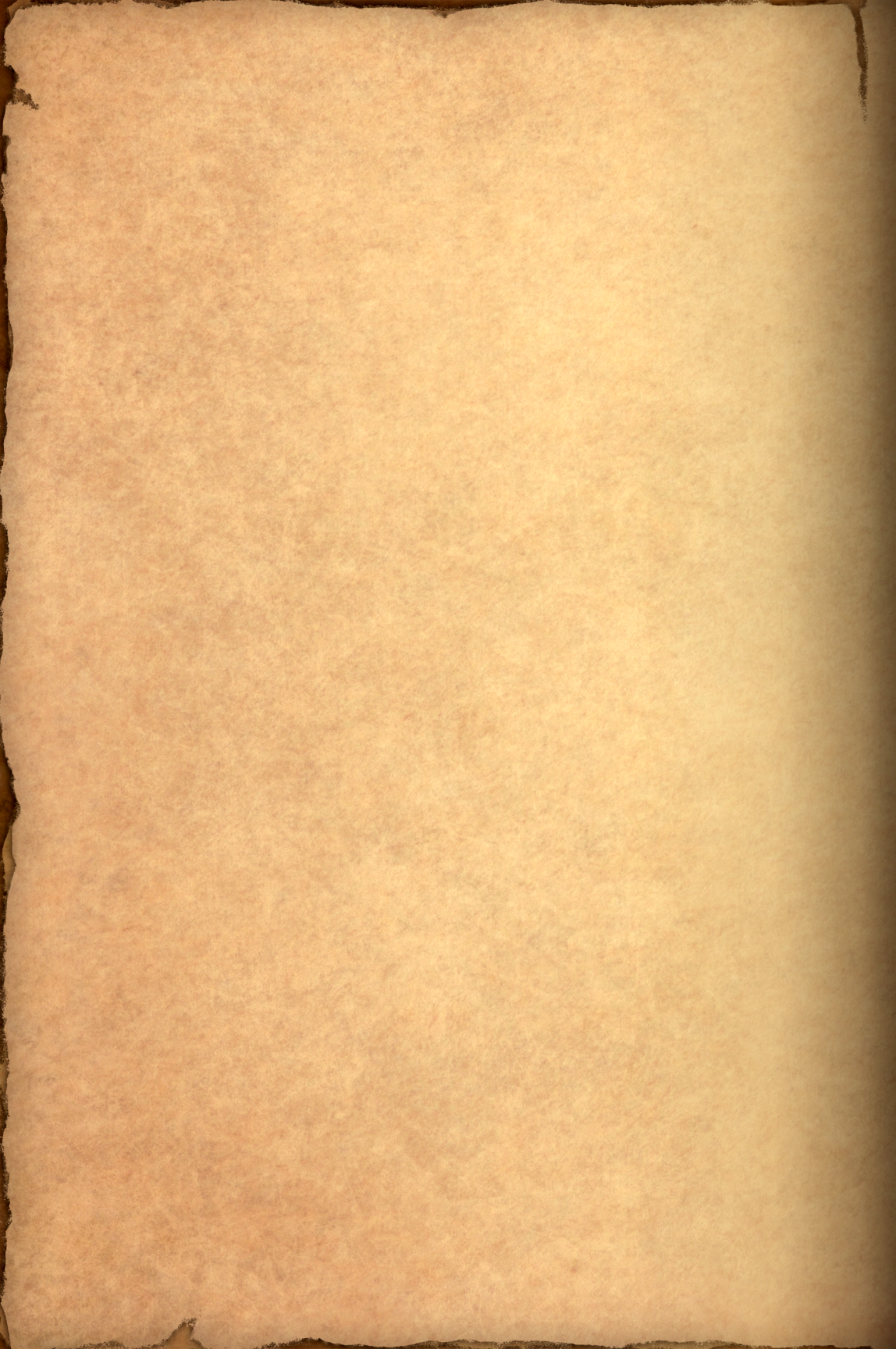
I never learned to cook as a child. As the youngest of five children, my mother and my older siblings took care of most of the cooking, leaving me to handle tasks like cleaning up or taking out the garbage. So when I got my first apartment in college, I was in for a bit of a shock. I could make simple things like grilled cheese sandwiches or salads, but I had no idea how to roast a chicken or bake a potato. Fortunately, my roommate was putting himself through college as a sous chef and showed me how to make a wide variety of dishes. Since he liked to cook and often handled dinner, I was left to contemplate the part of dinner he tended to neglect... dessert!

I started with pies, using my mom's pie crust recipe and a variety of fruit fillings. But my love of chocolate directed me to use that ingredient more and more often. I think my first chocolate pie was a chocolate chip pie, which was kind of like a big soft warm cookie in a pie shell. It was quite decadent, and I've included it in this collection, so you can enjoy its rich buttery goodness.

Later, in graduate school and without my sous chef friend, I learned how to grill and bake and fry and roast, and my recipe collection expanded from dessert foods to entrees and side dishes. I raided my mom's recipe box for old favorites from my childhood, like her oat-based meatloaf or her mother's ham and bean soup. I also asked friends for the recipes from their favorite dishes, and then I painstakingly tweaked those recipes to my liking. For a period of about three months in graduate school, I was making a different dessert every night and sharing it with friends, until one day my neighbors begged me to stop bringing over these treats every night. They had gained fifteen pounds since I moved in!

Anyway, from all of these sources, I have hand-picked my favorite recipes to share here. This collection contains a variety of meals I have been making for twenty-five years or more, from simple dishes like egg salad to more complex recipes like grilled miso chicken. Of course, there are dessert recipes too, including the darkest, richest chocolate cookie I have ever learned to make. And despite the range of ingredients needed for some of these recipes, I think they are all easy to make and delicious to eat, and I hope you enjoy them as much as I do.

Tim Cain
May 15, 2014.



RECIPES OF ETERNITY



Aedwell's Oats

This is a wonderful way to make breakfast the night before, since you will make up to an amazing house-filling cinnamon aroma. Just make sure to use raw steel-cut oats, not instant oatmeal. These are sometimes called Irish oats and come in a tin.

1 ½ cups	milk
1 ½ cups	water
1 cup	uncooked steel-cut oats
3-4 tbsp	brown sugar
2 tbsp	butter, cut into 6-8 cubes
1 tsp	cinnamon
¼ tsp	salt
1 tbsp	ground flaxseed (optional, for more flavor and texture)

Use a heat-proof bowl that will fit inside of your slow cooker. Fill it with all of the ingredients, stirring well. Place inside the slow cooker, and fill the cooker with hot tap water, to halfway up the side of the bowl. Set the cooker on Low and turn it on. Cook for 7-8 hours.

Makes 4-6 servings.

“Though there is evidence that the Thyrtan and Sceltrfolc of present-day Aedyr once cultivated oats in their ancient northern past, it was not until they arrived in the Eastern Reach that they rediscovered the hearty grain as a nutritious and delicious source of food. Glanfathans eat oats after soaking and straining in large batches. This modest and efficient method of preparation was too bland for the Aedyran palate. Dyrwoodan folk tales state emphatically that it was a farmer named Aedwell of Road’s End who combined oats with goats milk, butter, cinnamon, and sugar to give it the rich sweetness that much Aedyre cooking is known for. The dish is now widespread across the Eastern Reach, especially in coastal communities that have regular access to imported Aedyre sugar and Rauatai cinnamon.”

Ixamitl Ricepan

This really should be called rice, bean, and corn casserole, but that's far too long for a name.

1 15oz can	corn, drained
1 15oz can	black beans, rinsed and drained
1 cup	sour cream
1 cup	tomato salsa
1 cup (4oz)	shredded Colby cheese
3 cups (12oz)	shredded Monterey Jack cheese
1 can (10oz)	diced tomatoes with green chilies, with juice
2 cups	cooked rice
¼ tsp	ground black pepper
1-2	green onions, diced

Preheat oven to 350F. Grease a 2.5-3 quart casserole dish.

Reserve 2 cups of shredded Monterey Jack cheese, and combine everything else in a large bowl. Pour the mixture into the casserole dish and use a spoon to even it out. Cover with the reserved cheese, and bake for 30-35 minutes.

Makes 4-6 servings.

"Popular as a dinner entr e in the Ixamitl Plains, the Ixamitl ricepan has hundreds of regional and family variations. Varied as it may be, the dish is often seen as a great unifier in a culture heavily stratified by social hierarchy. Philosophers and wealthy politicians may use rare spices or finer cheeses, but its basic ingredients and ease of cooking have made it a traditional meal for all Ixamitl people. At Ixamitl wedding celebrations, it is common for the couple's close friends and family to spend the previous day cooking enough Ixamitl ricepan to feed everyone at the celebration to come."

Pearlwood Chicken

This is easy to make, uses very few ingredients, and heats up well as leftovers. If you don't have fresh corn, just use a 15oz can or corn, drained.

1 tbsp	olive oil
2	boneless skinless chicken breasts, halved (so you have 4 pieces)
2	ears of corn,shucked
1 ½ tbsp	Southwest seasoning
½ cup	greek yogurt
1	lime, juiced and zested

Salt and pepper, to taste

Preheat oven to 400F.

Brush the oil over the chicken and the corn, and place both on a baking sheet. Sprinkle 1 tbsp of the seasoning onto the chicken. Cook for 25-30 minutes, until the chicken is cooked and the corn is golden brown. Turn everything once or twice during cooking.

Cut the kernels from the cobs into a bowl. Add the yogurt, the remaining ½ tbsp of seasoning, and the lime juice and zest. Mix, and season with salt and pepper if desired. Top the chicken with this corn mixture and serve.

Makes 4 servings.

"Pearlwood chicken is common among the settlers along the Pearl Coast and Defance Bay, but its popularity has not spread far north or abroad. Locals claim that the dwarves of Talancir were responsible for inventing the dish. Given the odd assembly of ingredients, often a notable feature of dwarven cuisine, many are inclined to accept the claim at face value. There are rumors that the Duc of Ozia has become fond of Pearlwood chicken, supposedly using greybreast chickens imported, live, all the way from Old Vailia to suit his particular tastes. As the dish is not yet popular in the Vailian Republics, the citizens of Ozia are not sure if they should try to emulate the ducs rumored style or vigorously deny it to foreigners."

Coral Court Noodles

This is a great use for leftover spaghetti noodles! You can use fettuccine or linguine too.

4 oz	cooked spaghetti noodles (without sauce, at room temperature)
2 tsp	olive oil
2 slices	bacon
¼ tsp	red pepper flakes
¼ cup (1 oz)	shredded Parmesan cheese
¼ tsp	salt
1/8 tsp	ground black pepper

Heat the oil in a skillet on medium heat. Fry the bacon until crisp. Remove the bacon, let cool and then crumble into a bowl. Meanwhile, drain all but a couple of teaspoons of oil from the skillet, then add the red pepper flakes to the oil. Increase heat to medium high and add the noodles, spreading them out to form a large pancake. Cook without stirring for 4-5 minutes, until the bottom begins to crisp and brown. Sprinkle the cheese and bacon over top and continue to cook for two minutes. Season with salt and pepper, and slide the noodles onto a plate.

Makes 1-2 servings.

"Coral Court noodles have not had much success outside of the cities of Rauatai, but the dish is quite popular among the large merchant classes of that nation. In fact, it is so beloved that Rauatai mercantile vessels often stock large quantities of bacon specifically to ensure frequent and regular servings on long voyages."

Duc's Own Beefloaf

Everyone needs a good meatloaf recipe, and this one uses oats instead of bread crumbs. I think it tastes better, plus it's gluten-free.

1 lb	ground beef
½ cup	chopped onion
1	large egg
1 8oz can	diced tomatoes in juice
¼ cup	quick-cooking oats
1 ½ tsp	salt
¼ tsp	ground black pepper
1/3 cup	chili or barbeque sauce

Preheat oven to 375F.

In a large bowl, mix all of the ingredients (except the sauce). You should use your hands to make sure everything is well mixed. Shape it into a loaf and place in a deep baking dish. Top it with the sauce, and bake for one hour.

Makes 4-6 servings.

"Beefloaf is a standard dish all across the Dyrwood and hundreds of families have been using the listed recipe for generations. No one is quite sure how it came to be known as the 'duc's own', but two legends are widespread. The first involves Admeth Hadret, the Dyrwood's first duc, personally making beefloaf for his captive prisoner, the Glanfathan Galven Rgd. The orlan was supposedly so fond of the meal that he asked for the recipe and passed it on to his kin after his release. The second, more likely, tale features an unscrupulous cook who worked for the venerable Black Hound Inn of Gilded Vale. She confided in myriad travelers that she had a recipe for the 'duc's own' beefloaf -- simply her own delicious recipe -- and sold it to dozens of people for outrageous prices. Each victim of the ruse went on to make their beefloaf with the 'duc's own' recipe, giving rise to the popular name."

Whitecoast Chicken

Even though this recipe uses some hard-to-find ingredients, I had to include it because it is so freaking delicious. And you have to grill the chicken, since baking makes the miso taste odd.

2 tbsp	miso paste
2 tbsp	mirin
2 tsp	sesame oil
2 tsp	freshly grated ginger root
½ tsp	garlic powder
¼ tsp	red pepper flakes
6-8	skinless chicken thighs, boneless or bone-in

Take all of the ingredients except the chicken and mix it in a bowl. Use a whisk to make sure everything is combined. Put the chicken in a baking dish and pour the mixture over top. Cover and let marinate for at least 3-4 hours, or preferably overnight.

Heat your grill to high, and then grill the chicken for 30 minutes, turning once (15 minutes each side).

Makes 6-8 servings.

Popular in the cities and villages along Ixamitl's Whitecoast, this chicken dish is often only eaten by the wealthy. Ginger is rare outside of Aedyr, making the meal quite expensive in distant Ixamitl. Even so, the Ixamitl people consider it ostentatious to include too much of the spicy root in Whitecoast chicken, leading to the expression 'heavy with the ginger' for someone who throws their wealth around.

Farmer's Spread

I make this recipe all of the time for sandwiches. It's the easiest recipe on the planet, with just three ingredients. If you can boil water, you can make this recipe.

2	large eggs
1 tbsp	mayonnaise
2 tsp	mustard

Place the eggs in a saucepan and cover in cold water. Cover and bring to a boil. As soon as it is boiling, remove from heat and let sit for 13 minutes. Then pour off the water and add cold water to stop the eggs from cooking. If you want the eggs immediately, put them in an ice bath, or just put them in the refrigerator for later. They will keep for a week in there.

When you want egg salad, shell and chop the two eggs, then mix in the mayo and mustard. That's it. If you want to spice things up a little, trying using wasabi mayonnaise (or just add 1 tsp of wasabi to regular mayo). Or add in 1 tsp of sriracha. Or add ½ tsp of smoked paprika. Or add ½ tsp of curry powder. These mix-ins are all good, just don't use them all together. Trust me.

"Dyrwoodan farmers, especially in Tenferths, make heavy use of this egg-based spread for their workday meals. The Tenferthers, renowned for their unflappable nature and rustic stoicism, are often the butt of jokes involving their humble food. The more good-natured jokes feature Tenferthers accidentally putting the whole eggshell in the spread and eating it all without complaint. Mean-spirited jokes involve the Tenferthers impassively eating stones, chicken feathers, nails, and other appalling substances that somehow got mixed up in the spread."

Philosopher's Chicken

Here's a great chicken salad recipe for sandwiches or serving inside hollowed tomatoes or over avocado halves.

1 12.5oz can	chicken breast packed in water, drained
2 tbsp	mayonnaise
½ tsp	smoked paprika
12	black grapes, quartered
¼ cup	green bell pepper, minced
½ cup	walnuts, shelled and chopped
2	green onions, chopped
¼ cup	sharp cheddar cheese, cubed

Salt and pepper to taste

Mix all of the ingredients and let sit, refrigerated, for a few hours or overnight.

"The so-called Philosopher's chicken has been connected to a variety of Ixamitl's many illustrious thinkers over hundreds of years. The recipe often features heavily in parables about teachings from one of the great masters. In the story Cuatla and the Seven Chickens, the making of the meal is the central focus. Other tales, such as Mazuízos Funeral Supper, often feature the symbolism of the ingredients themselves. As for Ixamitl's contemporary philosophers, many believe the legendary meal was created as part of a parable by a philosopher who never made the dish. As such, they attribute the success of the meal to later recipe revisions or simply a happy accident."

Vailian Seafingers

These are great to make for a BBQ, or to use in bento lunches, or just to eat by themselves on a hot summer day.

½ to 2/3 cup	rice vinegar
1 tbsp	sugar
1-2 tsp	sesame oil
1-2 tsp	chili paste
1 pinch	salt
1-2	English cucumbers

Take all of the ingredients except the cucumbers, and mix them using a whisk. Slice the cucumbers and place in a glass dish. Pour the mixture over the cucumbers, cover the dish, and refrigerate for 3-4 hours. These will keep up to one week in the fridge, so you can make them days in advance.

This marinade is also great over cauliflower florets, and also over fresh green beans and fresh carrot sticks. You will need to blanch the green beans and carrots for one minute in boiling water before covering in the marinade.

"In a tradition that goes back over two thousand years, the merchants and sailors of the Vailian Republics never leave port without at least one barrel of Vailian seafingers in the hold. Legends say that the pickled cucumbers accompanied Gergli the August on his campaigns against the Silent Fleet in the early days of the Grand Empire. Today, captains keep Vailian seafingers stocked for the physical and mental health of the crew. Though few will openly admit it, many Vailian sailors believe old stories about Ondra sinking any ship that sets sail without Vailian seafingers in the hold. The exact reasons for Ondra's wrath change from story to story, but the legends' inconsistencies haven't stopped Vailians from putting stock in them."

Settlers' Cornbread

These are great to serve with roast ham or turkey, along with mashed potatoes. You can use gluten-free flour too, if you want.

Dry ingredients

1 cup	yellow cornmeal
1 cup	all-purpose flour
1 tbsp	baking powder
½ cup	sugar
1 tsp	salt

Wet ingredients

1 cup	milk
2	large eggs
¼ cup (½ stick)	butter, melted
¼ cup	honey
¼ cup	corn kernels (optional)

Preheat oven to 400F. Grease mini muffin tins, enough for 24-36 muffins.

In one bowl, mix all of the dry ingredients. In another, mix all of the wet ingredients. Pout the wet mixture onto the dry mixture, and stir until they are just mixed (there may be lumps). Pour into the greased muffin tins and bake for 11-13 minutes, until just browned.

Makes 24-36 mini muffins.

"In Aedyr, Wyflan cornbread is not well-liked by many outside of the Wyfla Valley. Because many of the Dyrwood's early settlers were from Wyfla, the cornbread became a common sight at family tables in original colonies. Glanfathans also quickly took a liking to the settlers' cornbread, so it has since achieved far more popularity in the Dyrwood than in Aedyr."

Darkest Rauatai Cookies

These flourless, butterless cookies are the purest essence of chocolate you will ever experience in a dessert. So dark that light itself cannot escape their surface, these cookies will make you question the existence of all other cookies.

3	large egg whites
2 ¼ cups	confectioner's sugar
¾ cup	regular cocoa powder
¼ cup	black cocoa powder
2 tsp	vanilla extract
1 tsp	espresso powder
1 cup (6 oz)	chocolate chips

Preheat the oven to 350F. Place greased parchment paper onto two baking sheets.

Mix all of the ingredients except the chips until well-blended. Slowly stir in the chips, then scoop the dough onto the baking sheets. Make 1-2 inch cookie dough lumps, but give them 4 inches of room to spread. I recommend four rows of two cookies on each baking sheet.

Bake 8-9 minutes, then remove from the oven and let cool on the sheets.

Makes 16 cookies.

"Rivaled only by Aedyrans in their love of sweet things, the Rauatai count many delicious desserts and rich treats among their famed recipes. One of their most revered by wealthy connoisseurs around the known world is the 'darkest' Rauatai chocolate cookie. It has become a courtesy gift among Rauatai ambassadors, with many foreign dignitaries warmly receiving any Rauatai delegation simply in the hopes of receiving a batch of the revered treats.

Glanfathan Nut Cookies

These delicious cookies were originally called Butter Nut Cookies, but people don't like being reminded that they are eating so much butter. Enjoy!

1 cup (2 sticks) unsalted butter (room temperature)
plus 5 tbsp
2 ¼ cups confectioner's sugar
¼ cup corn syrup
1 ¼ cups bread flour
1 ¼ cups chopped nuts (such as almonds, pecans or walnuts)

Using an electric mixer with a paddle attachment, beat the butter and sugar on medium speed until fluffy. Add the corn syrup and beat another minutes. Reduce speed to low, add flour and mix. Finally, add the nuts and mix until just combined.

Spoon the dough onto a 12x16 inch piece of parchment paper. Fold the paper over the dough and roll into a log. Chill the dough log, still in paper, in the refrigerator for an hour.

Preheat oven to 350F. Line two baking sheets with parchment paper.

Remove the dough log from its paper and slice into ¼-inch rounds. Space these 3-4 inches apart on the baking sheets and bake for 15-20 minutes, rotating the baking sheets halfway thru baking, until golden brown. Remove the cookies immediately and cool on a wire rack. Makes 2-3 dozen cookies.

"Glanfathan nut cookies are a relatively recent invention in the Eastern Reach. Not known for sweet foods, it took the Glanfathans generations of interaction with Aedyran settlers to begin incorporating sugar and copious amounts of butter into their recipes. Their early experiments were considered vile by both natives and settlers alike, but when the Guided Compass tribe began incorporating a variety of local nuts into butter-rich cookies, even discriminating Aedyrans agreed that the natives had succeeded. While the treats are now common throughout Sir Glanfath and the Dyrwood, locals consider cookies from east of the Bael River to be the most authentic."

Ymyran Pudding

This is the recipe that proved to me that I liked cinnamon almost as much as chocolate.

2 cups	water
1 cup	arborio rice
1 pinch	salt
3 cups	milk
1 cup	heavy cream
½ cup	sugar
1 tsp	cinnamon
1 ½ tsp	vanilla extract
½ tsp	lemon zest

In a medium sauce pan, mix the water, rice and salt. Over low heat, simmer with a lid on, stirring occasionally, for 14 minutes. Add the milk, cream, sugar and cinnamon, and continue to cook over low heat, uncovered, for 20-22 minutes, until thickened. Stir every minute or so during this process, and DO NOT BOIL the mixture.

Remove from heat and add vanilla and zest. Pour mixture into a serving dish. Cover with plastic wrap, pushing it down onto the mixture's surface to prevent a film from forming. Chill for 4 hours or overnight.

Makes 8 servings.

"Born out of the same forges that produce the renowned 'black steel' of western Aedyr, Ymyran pudding is said to require the same patience as working a fine sword blade. Smiths deep in the Ymyran Hills are said to have developed the sweet desert over two hundred years ago when cinnamon was first imported from Rauatai. Since then, it has traveled across the Great Eastern Ocean to the new world."

Rauatai Sweet Pie

I made this pie a lot in my college days. I think it contributed to my robust physique.

2	large eggs
½ cup	all-purpose flour
½ cup	sugar
½ cup	brown sugar
¾ cup (1 ½ sticks)	butter, melted
1 cup (6 oz)	chocolate chips
1 9-inch	pie shell, unbaked

Preheat the oven to 325F.

Using a mixer, beat the eggs until they are foamy. Add the flour, sugar and brown sugar, and beat well. Blend in the melted butter. Stir (do not beat) in the chocolate chips, then pour the mixture into the pie shell. Bake for 1 hour.

Makes 6-8 servings.

“Popular in all of the coastal communities of Rauatai, sweet pie is often considered too rich even by their standards. It is saved for special occasions. One of the most notable and worthy occasions is when a Rauatai aumaua makes his or her first long journey across the ocean. Upon returning, his friends and family members often share a sweet pie with the returning youngster enjoying the first piece.”

Old Aedyran Pie Crust

Yes, you can buy already made pie crusts, but they are so easy to make that why would you?

1 cup	sifted all-purpose flour
¾ tsp	salt
¼ cup	vegetable oil
1/8 cup	cold milk (or water)

Mix the flour and salt in a large bowl. Pour oil and water over the mix, then stir until blended. Form mix into a large ball, then flatten it between two sheets of waxed paper, eventually using a rolling pin to make a large 9-10 inch crust.

If you need a baked crust, bake it at 475 for 10 minutes.

"The ubiquitous pie crust of Aedyr and most of the Eastern Reach, it is associated with a figure from Dyrwoodan folk tales called the Old Aedyran. Sometimes conflated with Woedica or an aspect of Berath, this mythical crone often makes pies with nasty surprises inside of them for the greedy or unwary. Though all Dyrwoodan pie crusts use the same essential recipe, on important days many Dyrwoodans use a wooden or iron press to imprint an iconic old woman's face into the crust. Superstitious sorts believe that failure to do so before putting in the filling will invite the wrath of the crone."

