

**Danish Everyday Cooking**

*an inspiration to your cooking*

**Tired of doing the same 10-20 dishes repeatedly?**



# Book of John

# 1

**Part of the 'Book of John' series**  
**Photographed, written, and published by John Preus**  
ISBN 978-87-90064-41-9

**2023**

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.  
In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

written and published by John Preus

*an inspirational cookbook for you who:*

ISBN 978-87-90064-41-9

- still is stuck in the same 10-20 dishes week after week.
- think it is tiresome looking at all the recipes on the Internet, written by people who will do anything to impress themselves and everybody else with their knowledge of complicated recipes and food presentations.
- quite often chooses fast-food or semi-finished products without any soul or taste, thinking it is the fastest solution.
- would wish cooking was easy and that the joy of cooking would magically return.

Cooking is intended to be fun, and easy and relatively fast, but most important of all...

## **It simply must taste really good!**

This is where you come in. Complicated recipes you must follow precisely, is not offering many opportunities to change how you think it's supposed to taste. We all perceive taste differently, so if you really want to please your tastebuds and really want to feel proud of your cooking, you simply must learn to influence the recipes with preferences, e.g. chilli/garlic/lime. Begin to be more experimenting and end up becoming a better cook. Here are the first of more than

## **365 recipes**

They are not divided in Starters, Main Courses, Lunch, Deserts, or Tapas like in traditional cooking books, as I think a leftover cold portion of Captains Potato Stew is the perfect breakfast meal, and e.g. a salad can both be breakfast, a starter, main course, desert, or a snack. In my point of view old fashion rules of conduct regarding what goes with which, how much, and the correct order of dishes are relics from a time where everything was more sparse and seasonally, so we are going to make our own rules, food can be almost sinfully delicious, and for instants a spicy toast can be tasteful morning, midday, evening and even at night, so combine my dishes the way you like. Maybe you want to serve three main courses instead of starter, main course, desert, or different pan cakes for all three. It's has always been all up to yourself, and it still is. Be proud and fear nothing 😊

## **You have the option not to cook the same dish twice in a year! Try it!**

My recipes are written for people with a little experience in cooking, perhaps they are too detailed for you or not detailed enough, but their primary goal is just to inspire you to test new stuff.

**Read the selected recipe thoroughly before you start, maybe some additional shopping is needed for a add on or sauce.**

In the back of each book there are 3 indexes: sauces, add on/side dishes, and spice mix. So, if you want to make you own Garam Masala or a No-Nothing Sauce, that where you find it.

I am not educated as a chef/cook, but just a 66-year-old man, who has been cooking for my family 360 days a year since I was 16 years. Since I simply must make changes every time I follow a recipe, even my own, I ended up with a lot of recipes, as you can see.

The names of the recipes are of course a way of distinguishing between them and are related to whom I was with when I made the recipe, or who inspired me, or where I was at that time, or in some cases just a fitting made for the dish. For instant is Isabella Butter simpler and easier to remember than "Salted Butter with Chilly, Lime, Carlic and some salt"

**Just remember, using spices you must be able to taste them. So be generous with them. And often taste n' adjust.  
Keep the spices in the dark, so they keep the taste longer.**

*John Preus*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.  
In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

Index

written and published by John Preus

ISBN 978-87-90064-41-9

Chilli con Carne de Cerdo .....	1
Chicken Schnitzel Cordon Bleu .....	2
Birds I missed the most .....	3
Sergeant Tim's Pork Fillet Steaks .....	4
Bacon Omelette with cold raised baguettes .....	5
Allumette's Leeks-Potato Pot .....	6
Bouef Stroganoff from Zeeland .....	7
Conny's Beaten up Pork Loin Steaks with No-Nothing sauce .....	8
Isabella's Pumpkin soup .....	9
Gypsy Pot from Maribor .....	10
Asta's Spagetti Bolognaise .....	11
Patient Pork Shoulder Royale .....	12
Peter Pan Minced Pork Steaks with Dijon Sauce .....	13
Smoked Gammon Joint with Cream Stewed Spinach .....	14
Pork Chops of Salted Pork Loin Joint with Asparagus .....	15
Pork fillet in Sweet-Sour Horseradish Sauce .....	16
Mixed Grill Skewers from the Castle of Esbjerg .....	17
Burning Love .....	18
Minced Pork Steaks in Besalu Sauce .....	19
Vilden Knoblauch Soup from Minden .....	20
Hungarian Gullash .....	21
Tower of Smoked Pork Tenderloin .....	22
Tower of Smoked Salmon .....	23
John's Corean Cabbage rolls .....	24
Favourite Pork Loins with Chilli Cheese filling and bacon .....	25
Meat Balls in Curry from Dragoer .....	26
Fastest Napolitana Pasta from the Oresund College .....	27
Runner's Chicken with pasta .....	28
Captain's Potato Stew .....	29
Rosalita's Italian Lasagne .....	30
Pork Fillet RamesYang .....	31
Lady's Meat Balls in Tomato Sauce .....	32
Pork Fillet Cordon Bleu du Cognac .....	33
Sauces, Add Ons, Spice Mix .....	34
Lists .....	35

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.  
In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

## Chilli con Carne de Cerdo

*Easy, little work, but a long cooking time, lots of flavours. For 4-8 persons depending on the amount of accompaniments*

### Ingredients:

- 2 cans of chilli tomatoes
- 2 cans of chilli beans
- 2 cans of garlic tomatoes
- e.g., some tomato concentrate (for more tomato flavour)
- 1000g pork meat (tenderloin, round, rib steak, all in cubes)
- 3-4 sweet bell pepper (multiple colours)
- 2 pork stock cubes
- 1 beef stock cube
- 5-6 garlic cloves
- 1 tbsp dried Turkish chilli maybe supplemented with finely chopped chilli)
- Creme Fraiche for those with a tender stomach)
- newly baked bread



### How to:

Cut the bottoms of your garlic cloves and peel them. Ready your meat (remove tendons and surplus fat, cut the meat in cubes) Boil the meat in a 3-4 l casserole pan, barely covered in water together with your stock, pressed garlic, and dried/fresh chilli, until it is almost tender (½ to 1 hour).

Rinse your sweet bell peppers in water, remove stem and seeds and cut peppers in small pieces. Open the cans with tomatoes and beans and add them and the sweet pepper pieces to the dish. Let it simmer/stew for ½ an hour without a lid. If it's not thick enough, you can add a little sauce thickener. Taste the dish and supplement it with salt, white pepper, more chilli, or cumin, or lime/lemon, chopped dark chocolate to achieve the right taste for you.

*To be served with: creme fraiche, newly baked bread maybe with Isabella Butter, John's FoodMuffins, rice, salad and much more.*

### John's FoodMuffins: Ingredients:

- 2 dl plain flour
- 2 tsp baking powder
- 1 tsp salt and 2 tsp ground white pepper
- 100 g grated cheese
- 3 dl milk
- ½ dl rapeseed oil
- 3 eggs
- 300g diced bacon
- 2 red chillies
- 4 garlic cloves
- 2 onions



Rinse your dine chillies in cold water, remove stem and seeds. Cut them in small pieces. Cut the bottom off your garlic cloves and peel them, press them over the diced bacon. Grate your onion coarsely. Fry your diced bacon in a little olive oil in a frying pan and let your red chillies and grated onion fry along for a couple of minutes.

Mix all the dry stuff in a bowl, add the baking powder through a mesh strainer to the flour. Mix everything else including the cheese in another bowl. Mix the contents of the two bowls to a uniform dough. If the dough is too stiff, you might add a little water. Let it rest for 10 minutes. Fill the dough in silicone muffin forms (¾ filled) and bake them at 180°C hot air in approx. 20 minutes.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 2

## Chicken Schnitzel Cordon Bleu

With small vegetable gratins. Very delicious!

### Ingredients:

- 2 big chicken breasts
- 2 garlic cloves
- 6 slices cheese e.g. Gouda
- 4 slices smoked pork (fillet/ham/Canadian bacon)
- 7 eggs
- Breadcrumbs
- 250 g mushrooms
- 1 red onion
- 4 carrots
- 1 chicken stock cube
- 1 pork stock cube
- 4 dl Basmati rice (6 dl water and a little salt)
- CurrySauce Parisienne



### How to:

Ready your vegetables, rinse them in cold water, cut the bottom of the mushrooms and remove spots, cut them in quarters. Cut the root off your onion, peel it and cut it into tiny boats. Cut top and bottom of your carrots, peel them, and cut them in thin slices at an angle. Sear them, so they are not raw, but still has a little bite (the carrots first since they require most heat). Distribute them in 4 small souffle forms. Heat the oven to 175° C. Whip the 4 eggs together in a deep plate with a fork and spread uniformly over the vegetables in the souffle forms. Put ½ slice cheese over each and bake them approx. 25-30 minutes in the oven, but first after you have finished assembling your chicken cordon bleu.

Cut your chicken breasts in half horizontally so you now have 4 flat slices of meat and do it once more only this time you stop before getting through, so now you have 4 big foldable slices. Put a slice of smoked pork on each with a slice of cheese on top each of the meat slices. Press half a garlic glove over each, together with a sprinkle of white pepper and fold first the smoked pork over the cheese and the meat over the pork, so the layers now are chicken- smoked pork, cheese, garlic, cheese, smoked ham, chicken. Turn on your rice, boiling time 10 minutes, stand/rest 5-10 minutes.



Whip the last 3 eggs together on a deep plate with a fork, add breadcrumbs on another deep plate, and bread the meat in egg and breadcrumbs. Fry the 4 Chicken Cordon Bleu golden on both sides until the cheese melts and begin to seep out (probably 3-4 minutes on each side, and then 1-2 minutes on each side). Take them off the frying pan and keep them on a hot plate covered with tin foil. Then fry the reminding egg-mass lightly, whip the cream and make your CurrySauce Parisienne.

To be served with: Basmati Rice, pasta, potatoes, other vegetables, salad and e.g. CurrySauce Parisienne among others

#### CurrySauce Parisienne: Ingredients:

1 chicken stock cube, 1 pork stock cube, 1 tbsp curry, 50g butter, 1 dl whipping cream (to be whipped), light gravy smoothing (or a roux of ½ dl flour heated with 25g butter), 3 dl water, 1 tsp garlic powder. Mix all and heat. Make the sauce a little thick at first and then add whipped crème to a creamy, fluffy consistency. You can add John's Garam Masala together with your curry for a more enriched flavour.

#### John's Garam Masala: Ingredients:

2 tbsp cumin, 3 tbsp ground coriander, 2 tbsp cardamom, 1 tbsp ground white pepper, 2 tsp ground cloves, 1 tsp cinnamon, 2 tsp nutmeg, 1 tsp ground chilli, 2 tbsp turmeric, 2 tbsp garlic powder, 2 tsp celeriac salt. Mix everything thoroughly and keep in a brown closed container in a dark cupboard with your other spices for long shelf life. 😊

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 3

## Birds I missed the most

*Slices of Beef with onion and chilli filling, food that you'll love to stew for hours*

### Ingredients:

- 1 kg Top Round Roast (preferable 'thick')
- 300 g slices of bacon
- 3 large onions
- 3 chillies (choose some you like)
- 2 pork stock cubes
- 2 beef stock cubes
- 7 Bay leaves
- Easy Vegetables e.g. frozen vegetable-mix e.g. bell pepper-broccoli-onion or other
- .....
- 1,5 kilo potatoes, preferable new baby
- 2-3 tomatoes
- Cotton food cord to tie around the 'birds'



### How to:

Ready our vegetables, rinse them in cold water, cut the root off the onions and peel them. Cut them into tiny boats. Remove stem and seeds from your chillies and chop them finely. Sear them lightly together, add a little plain flour to make them less slippery. Remove any tendons and surplus fat from your roast and turn it into slim large slices of beef this way. Cut a slice ½ cm thick but stop the knife just before it goes through. Cut the next slice all the way through. This way you produce very large thin slices, we can use to roll. Spread the slices out on the table, put a slice of bacon on top of each, and distribute the sticky onion/chilli mass on top of the bacon slices.

Roll the 'birds' not too tightly and tie a cord of cotton around to avoid they are un-rolling. Sprinkle them with grounded white pepper and sear half of them in a big casserole pan in butter and a little olive oil for 4-5 minutes. Take them up and do the same for the rest of them. Add the first of them and some water until they are nearly covered. Also add the Bay leaves and the stock cubes. Now let the stew for up to a couple of hours. The meat must be tender, but not to easily come apart.

While the 'birds' are cooking, you peel your potatoes and prepare for heating your easy vegetables. The potatoes must boil 18-20 minutes totally covered with water. Heat your vegetables accordingly to the instructions on the bag. Add a little salt.

Pour the moisture from the 'birds' into a smaller casserole and thicken it with some dark gravy smoothing. Taste the dish and if necessary, add a little salt n' white pepper.

*To be served with: new white potatoes, mashed potatoes, rice, easy vegetables, tomato-boats and/or pasta.*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

Recipe 4

written and published by John Preus

ISBN 978-87-90064-41-9

## Sergeant Tim's Pork Fillet Steaks

Fast, classic, full powder

### Ingredients:

- 1 large pork fillet (or the middle part of two, where you can use the ends to a stew)
- 4 big onions (preferable different types)
- 1 kg potatoes
- .....
- Salad stuff for your own salad, or salad of: Iceberg lettuce, San Marzano tomatoes, cucumber, sweetcorn, sweet, pointed peppers, seedless grapes, 5-10 strawberries



### How to:

Make your salad and place chilled.

Peel your potatoes and start boiling them covered with water, add a little salt. Boiling time 18-20 minutes. Cut the root off your onion and peel them. Cut them in quarters. Sprinkle them with sugar, salt, and white pepper. Fry them slowly in butter and a little olive oil until they are soft, but still with a little bite.

Ready your pork fillet, remove any tendons, and cut it in 4 equally big pieces. Press each piece flat (2 cm) with your knuckles. Sprinkle them with a little salt and white pepper. Fry them in butter and olive oil for 3-4 minutes on each side. They should end up being slightly rosa in their centre, so they still are juicy, but not red! Put them on a heated plated and cover them with the soft onions and a piece of tin foil with a cloth on top to keep them warm, while you make the Sergeant Tim's CapersSauce.

*To be served with: Basmati Rice, pasta, Redtables, or easy vegetables, boiled broccoli with a little butter among others*

### Sergeant Tim's CapersSauce: Ingredients:

- 1 pork stock cube
- 1 beef stock cube
- 100g capers
- 25g butter
- 1 dl whipping cream

Make the sauce on the pan you fried your fillet on. Pour the moisture from your capers but save a little for flavour adjustment. Add 4 dl water to the pan together with the 2 stock cubes and your butter. Boil it for a few minutes, before you thicken it with light gravy smoothing. Add the capers and the cream. Taste the sauce, and adjust the taste with salt, white pepper and a little of the saved moisture.

It might take some practice to make the fillet steaks quite right.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

Recipe 5

written and published by John Preus

ISBN 978-87-90064-41-9

## Bacon Omelette with cold raised baguettes

Easy, rather fast dish, if you already have the baguettes

### Ingredients:

- 16 Large Free-Range eggs
- 1 dl milk
- 300g diced bacon
- 1 onion
- Chive for garnish
- .....
- 1 coldly raised baguette or JohnnyCakes, or other bread
- Isabella Butter, see recipe 17
- A big lid or the back of a roasting pan /baking sheet to use to flip the omelette around
- Cheese, 4 slices or grated cheese



### How to:

Cut the root off the onion and peel it. Cut it into tiny pieces. Fry the diced bacon and the onion at rather hard heat in butter until the bacon begins to be crispy. In the meantime beat the eggs, and milk together, add a little salt and white pepper and pour it over the bacon and onion when they are ready. Use a spatula to lift the egg-mass so the floating parts can get to bottom, and to prevent the bottom from burning. When the top is nearly stiff, use a big lid or like to turn the omelette around. Add cheese to one half of the omelette and flip the other half of the omelette over. Serve the omelette on plates, eventually with individual accompaniment.

*To be served with: Cold Raised baguettes, other bread, tomatoes cut in boats cheese, roasted mushrooms, roasted tomato slices with garlic pepper, pressed garlic, chopped chilli, chilli-relish, brassica potatoes, Isabella Butter, JohnnyCakes among others.*

Please note! The dough for coldly raised baguettes must be made and placed cold for 12-36 hours before intended use, and please allow for 2 hours of re-heating at 20 °C before you shape the dough into baguettes,

### John's Coldly Raised French Baguettes:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 475 g plain flour</li><li>• ½ dl rapeseed oil</li><li>• 200 g pizza flour grade 00</li><li>• ½ sachets dried yeast (3,5 g)</li></ul> | <ul style="list-style-type: none"><li>• 4 dl water</li><li>• 1 dl white wine</li><li>• 1½ tsp salt</li><li>• 1 yolk for brushing</li></ul> |
|--|--|

Mix all the ingredients together using an electric mixer or a baking machine. Spray a big bowl with oil and put the dough in it. Cover the top of the bowl with oil coated tin foil. Place the bowl in the refrigerator for 12-36 hours and place it at room temperature for 2 hours before shaping your baguettes.

Turn the dough out on a flour sprinkled table and divide it in 3 equally sized parts. Roll them into sticky baguettes and place them on a piece of non-stick baking paper. Cut each baguette diagonally 3 times and let the raise for an hour at room temperature covered with a cloth. Brush each baguette with yolk and bake them 8 minutes at 250°C, turn the down to 200°C and bake them for 6-8 minutes more.

**Mon dieu! C'est tres bon!**

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."



## Allumette's Leeks-Potato Pot

*Easy, and surprisingly tasteful just as leeks-potato soup*

### Ingredients:

- 3 large leeks
- 1 kg pork mince 12%
- 1 kg large potatoes
- Lots of barbeque spice
- 1 pork stock cube
- 1 beef stock cube
- .....
- Salad by own choice



### How to:

Peel the potatoes and cut them into large thin slices. Cut the root off the leeks and a couple of cm off the top. Split the top of each in 4 and rinse thoroughly in cold water. Cut them into slices. Fry the minced meat and the leek slices separately, both together with a lot of barbeque spice. Add the stock cubes and ½ dl water to the meat. Make sure the stock cubes are dissolved. In a deep roasting pan you spread the leeks, and then the minced meat and on top the potato slices. Sprinkle a lot of barbeque spice on the potatoes and bake the dish for 30 minutes at 200°C.

If you use barbeque spice, you have bought, watch out you don't get the dish too salty.

*To be served with: salad, HP sauce, Worcestershire sauce, soya sauce, Hakusai Salad among other*

**Uncle Jake's Barbeque Spice:** 1 dl paprika, 1 tbsp celeriac salt, 1 dl onion powder, 2 tbsp garlic powder, 2 tbsp icing sugar, 1 tsp chilli powder, 1 tsp fine salt and 1 tsp cumin. Mix thoroughly.



*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 7

written and published by John Preus

ISBN 978-87-90064-41-9

## Bouef Stroganoff from Zeeland

Classic and very delicious

### Ingredients:

- 700g Beef Round (diced)
- 600g bacon slices
- 3 onions
- 250 g mushrooms
- 140g tomato concentrate
- ¼ l whipped cream
- 1 pork stock cube
- 2 beef stock cubes
- 1 tbsp garlic powder
- 1 tsp curry
- 1 tbsp paprika
- .....
- mashed potatoes (below)



### How to:

Remove tendons and surplus fat from the meat. Cut it in slices and cut the slices in strips 1 x 1 x 4 cm. Cut your bacon slices in short strips and sear the lightly, while ready your mushroom and onions. Cut the root off you mushrooms, and remove spots, cut them in slices. Remove the root from your onions and peel them, cut them in small boats. Add the meat to the frying bacon and sear it too. Add ½ l of water, stock cubes and tomato concentrate. Sear the mushroom in butter with a sprinkle of garlic powder, 1 tsp curry, then sear the onions in butter and a little olive oil together with 1 tbsp paprika and 1 tsp white pepper. Add both to the dish, and let it stew for 1 hour. Pour the moisture over in another pot/pan and thicken it with some gravy smoothing or use a roux made from ½ dl plain flour and 25g melted butter. Pour the gravy back over the meat.

*To be served with: tomatoes cut in boats, Camilla's Tomato Mozzarella salad, ordinary salad, pickled red onions among other.*

### Mashed potatoes: ingredients:

- 50g butter
- 1 dl whole milk
- 1 ½ kg large potatoes (baking)

Peel your potatoes and cut them in large pieces. Boil them for 25 minutes without any salt. Pour the water from them but save 2 dl for later. Add butter, milk, a snip of salt, and a fair sprinkle of white pepper before you mashed the potatoes with your masher. Use a whisk and add some of the potato-water at a time until your mashed potatoes have the right fluffy consistency. Nutmeg and parsley can spice up mashed potatoes.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 8

written and published by John Preus

ISBN 978-87-90064-41-9

## Conny's Beaten up Pork Loin Steaks with No-Nothing sauce

*Tender, nice, old fashion food from Granny's kitchen*

### Ingredients:

- 4 large Pork Loin Steaks or Pork Chops
- 4 eggs
- breadcrumbs
- broccoli
- butter
- 1 kg large potatoes
- 2 pork stock cubes
- .....
- HP-sauce

*You will need a meat hammer or similar!*



### How to:

Peel the potatoes and boil them covered with water for 20 minutes, add a little salt. Ready your broccoli, cut off 2cm from the bottom, peel the stem and cut it into bouquets. Lay them in a casserole with the stem to the bottom. Add water so it covers the stems and a little salt. Broccoli must not boil for more than 5 minutes, so you must wait with their boiling until everything else is close to be finished.

Put your steaks on a cutting board covered with e.g. a freezer bag, so they don't mess, when you beat them with the rugged side of the meat hammer. Turn them over and beat them on the other side. This way they become very tender.

Beat up the 4 eggs in a deep plate with a fork, add breadcrumbs to another deep plate, sprinkle the steaks with salt and white pepper, and bread them in the eggs and breadcrumbs. Fry them golden brown in butter and a little olive oil 3-4 minutes on each side and then 1-2 minutes on both sides. First time you turn them over; you turn on the broccoli. Remember to time them, 5 minutes! And then take them up in a small bowl. When the steaks are finished, you take them off the pan and fry the reminding egg-mass, which you can use as a lid over the steaks, while you make the famous No-Nothing Sauce. **Remember frying pork: if you poke the meat with a stick, the moisture seeping out is clear, when the meat is done, and milky if not.**

**Famous No-Nothing sauce:** add 3 dl water to the pan you used for frying, plus the two stock cubes. Bring it up to boiling, add 1 tsp white pepper, 1 tsp paprika, 1 tsp onion powder, 1 tbsp HP-sauce and a little chilli powder. Let it boil for two minutes and then thicken it with dark gravy smoothing. It has not to be too thick a gravy.

*To be served with: boil broccoli with butter, Salad, Coleslaw, Hakusai Salad, Famous No-Nothing sauce, Green Pepper Sauce, Hollandaise sauce, rice, pasta among other.*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 9

## Isabella's Pumpkin soup

Delicious, hot, and creamy

### Ingredients:

- 1 kg pumpkin without seeds and shell
- 1 lime
- 4 garlic cloves
- 2 medium heat chilli
- ½ L water
- (to cover the pumpkin pieces in a pot)
- 250ml whipping creme
- 2 chicken stock cubes
- 1 pork stock cube
- John's Wheat Rolls
- Isabella's Butter

**Isabella's Butter:** Add 250 g Butter to a small bowl, add 1tbsp lime juice, 2 tsp salt, 2 medium heat chilli finely chopped (no seeds and stem), press 5 garlic cloves into the bowl and mix everything together.

**This is the spread you've been waiting for!**



### How to:

Cut the pumpkin into smaller pieces and remove seeds, soft parts, and the shell. Weigh and make sure you have one kilo. Boil the pumpkin pieces for one hour together with a peeled lime cut into slices, the 2 chillies without seeds and stem, the stock cubes, a snip of salt and the pressed 4 garlic cloves in a pot. (while the soup boils you could: clean up, bake John's Wheat Rolls, make Isabella's Butter, roast strips of Serrano Ham). When the soup has boiled, we must blend it with a hand blender. Add whipping cream, taste, give it some salt and white pepper. If the soup is too thick, add some water.

*To be served with: John's Wheat Rolls, baguettes, chilli relish. Maybe a sprinkle of roasted Serrano Ham strips, fresh parsley or watercress, Isabella's Butter can be used both on the bread, or as a little butter pad in each portion.*

### John's Wheat Rolls: Ingredients:

- 500 g plain flour
- 3dl water (lukewarm)
- 1 tsp salt
- 1 sachet dried yeast
- 1 tbsp sugar
- a sprinkle of cardamom
- 50g soft butter
- ½ dl rapeseed oil
- Yolk for brushing



Mix everything with a hand mixer until the dough is smooth and easy to work with. Raise the dough to double size. Roll it like a long baguette and cut it in 24 pieces. Roll each piece in the hand and place them on a baking sheet on one of your oven plates. Brush them with yolk and bake for 10 minutes at 200°C.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 10

## Gypsy Pot from Maribor

A nice stew with a lot of powerful taste

### Ingredients:

- 1 kg diced beef
- 2 pork stock cubes
- 2 beef stock cubes
- 2 bell peppers
- 2 large onions
- 6-8 fed garlic cloves
- 2-3 chilli without seeds and stem
- 1 tomato passata
- 200g bacon slices
- 250ml cream
- 500g cocktail sausages
- 6 bay leaves
- 1 tbsp curry
- 1 tbsp paprika
- 1 tsp cumin
- 1 tsp ground white pepper
- .....
- 1,5 kg potatoes



### How to:

Ready your vegetables, rinse them in cold water, remove seeds, roots, stem, and peel the onions and the garlic cloves. Cut your bacon in strips, cut the chillies in tiny pieces, and the bell pepper in coin sizes. Cut the onion in boats.

Sear the bacon strips and the meat at high heat in butter and a little olive oil. Let the onion boats sear a little with meat and bacon, before you add ½ liter of water and stock cubes, make sure they dissolve well. Now add the tomato passata, spices, bay leaves, press the garlic cloves into, and add the chillies and bell peppers. Let it stew for 1-2 hour.

In the meantime you peel the potatoes and boil them (start boiling ½ hour before your stew is finished)

If you like you can turn your potatoes into mashed potatoes (see recipe 7)

Remove the bay leaves and thicken the sauce with gravy smoothing. Add cream, cocktail sausages, taste and if necessary, add salt & white pepper.

*To be served with: white potatoes, salad, pasta, rice, mashed Root-Potatoes, or plain mashed potatoes.*

Since it's a Gypsy Pot, you can use any meat or vegetable you have and try adding berries if you like. E.g. Strawberries, cranberries, redcurrant, blackcurrant, raspberries among other.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 11

## Asta's Spagetti Bolognaise

Easy and delicious, everybody's favourite also the kid's

### Ingredients:

- 500 g minced beef
- 1 tomato passata
- 200g tomato puree or paste
- ½ tbsp basil
- 1 ½ tbsp oregano
- 4 garlic cloves
- 1 beef stock cube
- 1 pork stock cube
- 55g green Madagascar peppercorns
- 250 g spaghetti
- 150 g grated cheddar cheese
- 150 g grated or finely cut ham



### How to:

Ready your garlic cloves, cut the root, and peel them. Cut your ham if necessary and put it in a little bowl. Sear the minced beef in olive oil, constant stirring so it crumples nicely. Add tomato passata, tomato puree, basil, oregano. Press the garlic cloves into the pot. Dissolve the stock cubes in a little boiled water and add it to the pot together with the green peppercorns. Turn the heat down and let it stew while you boil your spaghetti.

Boil your spaghetti in a 3-4 litre pot ¾ filled with water. Don't add the spaghetti before the water is boiling, add a little salt and a drop of oil. Use a fork to move the spaghetti around until it no longer is stiff, so it doesn't stick to each other. For the cheese to melt I recommend you put it on your plate in the order of spaghetti, cheese, meat sauce, ham.

*To be served with: salad, fresh mozzarella, Camilla's Tomato Mozzarella Salad, finely chopped chilli, pickled jalapeños, grated onions, or grated carrots among other*

### Camilla's Tomato Mozzarella Salad: Ingredients:

- 6 large tomatoes
- 250g fresh mozzarella
- Fresh basil for garnish

Cut top and bottom off the tomatoes and cut them as well as the fresh mozzarella in slices. Put them in layers and pour Oda's Oil-Vinegar dressing over them. Garnish with fresh basil.

### Oda's Oil-Vinegar Dressing: Ingredients:

- ½ dl vinegar
- 1 tsp sugar
- ½ dl olive oil
- 1 tsp dried basil
- ½ dl water
- 1 tsp fine salt & a good sprinkle ground white pepper

Mix all in container with a lid and shake well before use.



*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 12

## Patient Pork Shoulder Royale

*Slow-cooking, little work, but long preparation time, self-cooking food*

### Ingredients:

- 1,5 kg Pork Shoulder
- 1 pork stock cube
- 1 beef stock cube
- 7 bay leaves
- 1 tbsp paprika
- 1 tsp garlic powder
- 1 tsp celeriac salt
- 1 tbsp honey
- Salad stuff e.g. Iceberg lettuce, tomatoes, cucumber, avocado, apple, sweetcorn etc.
- potatoes, preferable new
- .....



### How to:

Remove any bone or skin from your pork shoulder. Then boil the meat together with the stock cubes, bay leaves, paprika, garlic, celeriac salt, and honey for at least 3-4 hours covered with water.

Sometimes later you peel your potatoes but wait to boil them until ½ hour before the meat is done. Check the raspberry for worms and rinse them in cold water. You are going to use them for you Swedish Sauce Markaryd. Prepare your salad ready too. When the meat is done, you remove it carefully with some supporting spatula from the pot and place it on a cutting board, covered with tin foil.

Any surplus fat can be removed from the pot most easily giving the moisture a couple of drops of gravy colouring, so it is easy to see the different layers. You can then use a gravy spoon and put the fat in small bowl for some other day.

*To be served with: potatoes (maybe new), salad, Hakusai-salad, coleslaw, mashed potatoes, any good sauce e.g. Swedish Sauce Markaryd etc.*

### Sauce Markaryd: Ingredients:

- 3,5 dl fond/moisture from cooking meat (with stock)
- 10-15 Raspberries
- 1 dl cream

3.5 dl is put in a smaller pot and given a short boil up before you thicken it with light gravy smoothing. Add the cream, a little salt, and some white pepper. Taste it and add what you think it is missing. Principle in this sauce is that any powerful fond can be made into a subtle Sauce Markaryd even the Butt Pixies (Astrid Lindgren: Ronja) would love

You can boil the meat the day before, and then just re-heat it in the moisture. The surplus fat can be saved in the refrigerator for a week or more, and can be used to fry other stuff in.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

## Peter Pan Minced Pork Steaks with Dijon Sauce

*classic Danish cooking with a little twist*

### Ingredients:

- 500g minced pork 12%
- 4 eggs
- breadcrumbs
- 1 tsp garlic powder
- Frozen vegetables e.g. broccoli, onion, carrots, sweet pepper
- Salad stuff: grapes, iceberg lettuce, tomatoes, sweet mini peppers, cucumber, sugar snap peas
- .....
- 250g egg pasta



### How to:

Put your frozen vegetables in a casserole, add a little water and a little butter. Make your salad. Fill a 3-4 litre pot 3/4 with water and start boiling it (for the pasta).

Shape the meat into 4 balls, squeeze them like a snowball, then press them flatter like hack beefs. Sprinkle them with a little salt and some white pepper. Beat the egg together in a deep plate and add breadcrumbs in another deep plate. Turn on your pan with a little butter and some olive oil. When hot, bread the meat in first egg and then breadcrumbs and fry them 3-4 minutes on each side. While they are frying, add your pasta to the boiling water together with a little salt. Boiling time for your pasta is probably around 8 minutes but check the package. Fry your meat 1-2 minutes further until they are golden brown and juicy. Sprinkle the meat with a little garlic powder and put it on a warm plate. Fry the egg-mass and put on top the meat as a lid, so they stay warm while you make a sauce.

**Remember frying pork: if you poke the meat with a stick, the moisture seeping out is clear, when the meat is done, and milky if not.**

*To be served with: salad, new potatoes, pasta or rice, butter steamed vegetables, Dijon Sauce or maybe Capers Sauce etc.*

### Dijon Sauce: Ingredients:

- 2 tbsp Dijon mustard
- 1 pork stock cube
- 1 beef stock cube
- 1 dl whipping cream
- Salt & white pepper

boil 3 dl water, the Dijon mustard and fat from the pan together with the two stock cubes (make sure they are totally dissolved), add a little salt and some white pepper. Thicken the sauce with light gravy smoothing, add the whipping cream, taste, and add more mustard, cream, salt and pepper if necessary. For a perfect sauce you might have to pour it through a whisk.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*



## Smoked Gammon Joint with Cream Stewed Spinach

*Easy, delicious winter food with loveable sugar glazed potatoes*

### Ingredients:

- 800g Smoked Gammon Joint or Salted Pork Loin Joint
- 5 bay leaves
- .....
- cream stewed spinach
- sugar glazed potatoes



### How to:

Boil your Smoked Gammon Joint and your bay leaves for 1 hour. Let the meat rest in the water for 20 minutes while you make the potatoes and spinach.

*Can also be served with: white potatoes and butter steamed vegetables.*

### John's Cream Stewed Spinach: Ingredients:

- 500g frozen leaf spinach
- 2 tbsp honey
- 250 ml whipping cream
- Salt & white pepper

Put the spinach in a casserole together with cream and honey and a little salt. Heat under constant stirring. When boiling let it simmer for 5 minutes. Add a little white pepper. Thicken it with a little gravy smoothing or with a roux made of 25g melted butter and 2 tbsp plain flour. Taste it.

### Laila's Sugar Glazed Potatoes: Ingredients:

- 800g tinned potatoes
- 1 dl sugar
- 20 g butter

Put 20g butter on a spoon. Check your tinned potatoes for spots and cool them in cold running water. Melt the sugar on a frying pan, use a wooden spatula to stir it. Watch out, it must not burn black! In the second the sugar is melted, add the butter and stir well. Quickly pour the water from the potatoes and add them to the melted sugar. Turn the heat down and stir. The potatoes are finished when most of the sugar is sticking to the potatoes (5-6 minutes).

Turn off the heat and stir occasionally while cutting the meat.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

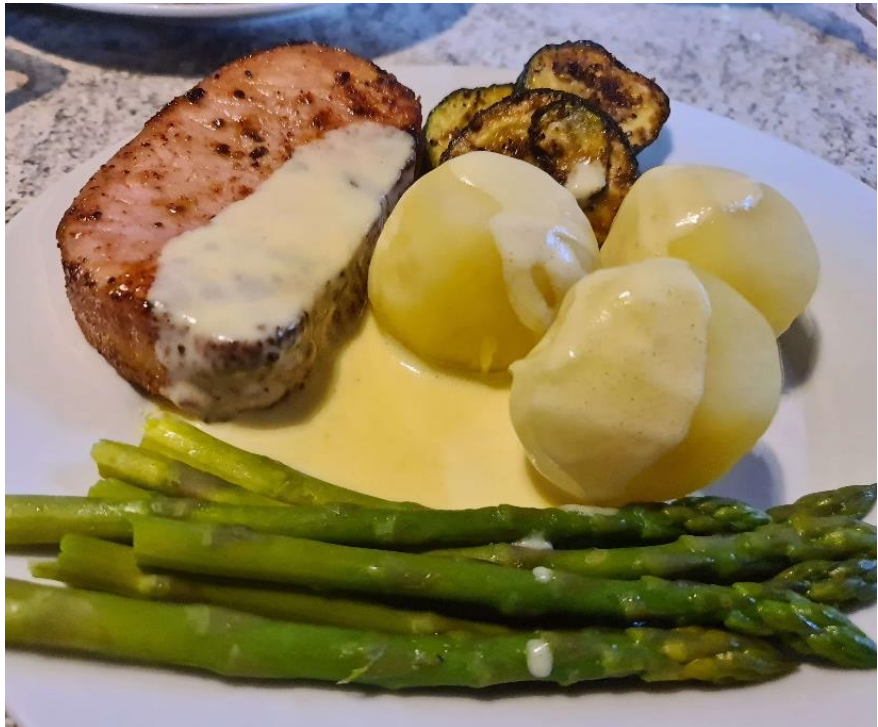
*In the long run your adjustments will make the recipes your own.*

## Pork Chops of Salted Pork Loin Joint with Asparagus

*Easy, Delicious with a lot of taste*

### Ingredients:

- 800g Salted Pork Loin Joint
- 250g fresh asparagus tips
- 2 sachets hollandaise sauce
- 1 lemon
- 1-2 tbsp white wine
- 250ml whipping creme
- 1 kg potatoes, preferable new
- .....
- 1 courgette
- garlic pepper



### How to:

Peel your potatoes. Rinse your courgette in cold water. Cut off stem and bottom and cut it in 2cm thick slices. Cut your Salted Pork Loin Joint into 4 thick slices. Rinse your asparagus in cold water, og boil them for 5 minutes, let them be in the water to stay warm. Boil your potatoes covered with water for 20 minutes. While they are boiling you sprinkle both your meat and the slices of courgette with a lot of garlic pepper. Fry the courgette on a pan in olive oil at hard heat. Fry your meat at medium heat on another pan for 5 minutes on each side.

*To be served with: Dutch UtrechtSauce, boiled asparagus, hard fried courgette slices, white potatoes, etc.*

**Dutch UtrechtSauce:** Make Hollandaise sauce of 2 sachets (follow the instructions on the packet but use only half the amount of butter), whip your whipping cream, cut 3 slices of your lemon, measure 2 tbsp white wine. Mix whipped cream and your hollandaise sauce to a fluffy consistency and add a little lemon juice from the lemon slices and the white wine until the sauce has a little edge again.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

## Pork fillet in Sweet-Sour Horseradish Sauce

*Quick, piquant, old fashioned granny food*

### Ingredients:

- 1 pork fillet
- 1 kg potatoes
- 2 pork stock cubes
- 1 tbsp paprika
- .....
- 3-4 mixed onions
- 500g frozen easy vegetables  
e.g. a broccoli mixture



### How to:

Peel your potatoes and boil them covered with water added little salt for 20 minutes.

Ready your pork fillet: remove any tendons, cut the fillet in 4 long strips of meat, then cut the strips in 2 cm slices, sear them shortly in butter, a little olive oil and paprika. Then add water and boil for 10 minutes.

Cut the root off the onions and cut them in quarters. Soar the in a casserole in 1 dl water and a butter pad. Heat the easy vegetables in a casserole with a little water and a butter pad. Give both casseroles a sprinkle of white pepper and a little salt.

When the meat has finished boiling, take it up on a plate, and measure 3 dl of the moisture. If less than 3 dl, add water up to 3 dl. Use the moisture to make your sauce. When the sauce is finished, add the meat to the sauce and serve.

*To be served with: easy vegetables, butter steamed onions, carrots, maybe a glass of cold beer etc.*

### Sweet-Sour Horseradish Sauce: ingredients:

- 3 dl moisture from boiling the meat
- 2 pork stock cubes
- 4 tbsp vinegar
- 2-3 tbsp rated horseradish (fresh)
- 2-3 spsk sugar
- 250 ml cream

Boil the moisture, stock cubes, vinegar, sugar, and grated horseradish. Add a little salt and white pepper. It must taste a little strongly since the cream is not added yet. Add more grated horseradish if not strong enough. Also adjust the amount of vinegar and sugar if necessary. When the right flavour is found, thicken the sauce with light gravy smoothing and add the cream.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 17

written and published by John Preus

ISBN 978-87-90064-41-9

## Mixed Grill Skewers from the Castle of Esbjerg

Barbecue or oven grill, delicious guest food anyhow

### Ingredients:

- 500g minced beef
- 150g bacon slices
- 500g beef tenderloin
- 250g mushrooms (16 pieces)
- 1 red bell pepper
- 1 yellow bell pepper
- 2 red onions
- Chilli-oil spray
- .....
- 6 large baking potatoes
- For Isabella's Butter:
  - 250g Lurpak spreadable
  - 1 lime
  - 2 red chillies
  - 5 garlic cloves
- your own choice of salad



### How to:

Make your Isabella Butter. Ready your baked potatoes and start boiling them. Then start making your skewers. You are going to make 8 skewers (wooden or metal) so form 16 small balls of the minced meat, squeeze them hard and roll a half slice of bacon around each. Ready your beef tenderloin, remove any tendons and cut it into 24 cubes. Ready your vegetables, cut the root off your mushrooms, rinse all vegetables in cold water, remove spots, stem, seeds, roots, and peel your onion. Cut the onions in 8 boats which you divide into 16 sets of onion, as you must place onion at 16 locations. Cut each bell pepper into 16 pieces.

Make your skewers with 2 meat balls, 3 cubes of beef, 2 pieces of each bell pepper, 2 pieces of onion and 2 mushrooms on each in some mixed order. Spray them with chilli oil, put them on top of a roasting pan and give them 25 minutes at 200°C hot air in the oven or grill them at your barbeque in which case you must turn them often. Place the roasting pan in the oven together with the baked potatoes as they require approximately the same time.

*To be served with: Baked potatoes with Isabella's Butter, salad, baguettes etc.*

**Baked Potatoes:** Clean and rinse the potatoes, remove dirt and spots. Boil them for 18 minutes, make a cross with a knife in each and place them in a roasting pan, with a layer of coarse salt in the bottom. Bake them for 25 minutes at 200°C hot air in the oven (until the peel is getting loose).

**Isabella's Butter:** Add 250 g Butter to a small bowl, add 1tbsp lime juice, 2 tsp salt, 2 medium heat chilli finely chopped (no seeds and stem), press 5 garlic cloves into the bowl and mix everything together.

**This is the spread you've been waiting for!**

Ovens are not totally alike, so experiment with temperature and time to get a perfect mixed grill skewers every time.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

## Recipe 18 Burning Love

Classic simple dish with a lot of flavour

### Ingredients:

- 600g diced bacon
- 2 yellow onions

### Mashed potatoes:

- 1.5 kg potatoes
- 1 dl milk
- 25g butter
- A little parsley for garnish
- .....
- Pickled sliced beetroot (bought or made the previous day)
- Sweet pickled red onions (bought or made the previous day)
- 4 tomatoes



### How to:

Get your pickled beetroot, onions, pickled red onions and tomatoes ready first. Rinse your parsley, cut your tomatoes nicely. Then peel your potatoes and start boiling them without salt. Boil them for 25 minutes. Cut the roots and tops off your yellow onions, peel them, and chop them finely. Fry the diced bacon and the chopped onions in a little olive oil until the bacon is golden and starting to get crispy. Sprinkle a little salt and white pepper over the bacon. Put a lid over the pan with the bacon, while you make the Conny's Plain Mashed Potatoes.

You can also fry the diced bacon and onions in a roasting pan in the oven for 35 minutes at 200°C. Stir it often.

To be served with: Conny's Plain Mashed Potatoes, pickled beetroot, pickled red onions, tomatoes, mini snack peppers etc.

#### John's Pickled Beetroots: Ingredients:

- 1 kg beetroots
- 7 dl vinegar
- 300g sugar
- 4 cloves
- a little ascorbic acid or sodium benzoate for long time preservation optional
- a large jar

Boil the beetroots in water with a little salt for 40 minutes. Take them up and peel them with a peeler. Cut them in ½ to 1 cm slices and place them in the jar. Boil vinegar, sugar and cloves until the sugar is totally dissolved. Add eventually preservatives and pour the moisture over the beetroots in the jar. Use an airtight lid. Best after a day.

#### Sweet Pickled Red Onions: Ingredients:

- 1.2 dl sugar
- 1.2 dl white vinegar
- 10 black peppercorns
- 3 large red onions
- 1 tbsp lemon juice
- a little ascorbic acid or sodium benzoate for long time preservation optional
- a large jar

Cut the roots off the onions, peel them and cut them into half rings. Boil sugar, vinegar and peppercorns until the sugar is totally dissolved. Add the half onion rings and let the boil for 3 minutes. Take the onions up, (you can use a mesh strainer) and put them in a jar. Add 1 tbsp lemon juice and eventually preservatives. Pour the moisture into the jar. Best after a day.

#### Conny's Plain Mashed Potatoes: (Ingredients and boiling instructions: see above)

Pour 2 dl of the potato moisture into a mug. Discard the rest of the moisture. Mash the potatoes with a potato masher, add butter and milk together with a little salt and white pepper. Whisk the mashed potatoes adding a little of the saved water at a time until the right fluffy consistency is reached.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

Recipe 19

ISBN 978-87-90064-41-9

## Minced Pork Steaks in Besalu Sauce

*Spicy edition of the classic Minced Pork Steaks*

### Ingredients:

- 500g minced pork 12%
- 4 eggs
- Breadcrumbs
- 4 slices gouda cheese
- .....
- 3 dl Basmati Rice  
(9 dl water and a little salt)
- Besalu Sauce
- 1 broccoli



### How to:

Ready your broccoli, cut the bottom of rinse in cold water, and cut in bouquets. Put them in a casserole with the stem covered with water added a little salt. Shape the meat into 4 balls, squeeze them like a snowball, then press them flatter like hack beefs. Sprinkle them with a little salt and some white pepper. Beat the egg together in a deep plate and add breadcrumbs in another deep plate. Turn on your pan with a little butter and some olive oil. When hot, bread the meat in egg and breadcrumbs and fry them 3-4 minutes on each side, and then 1-2 minutes on each side until they appear golden brown and juicy. Sprinkle the meat with a little garlic powder and put it on a warm plate. Fry the egg-mass and put on top the meat as a lid, so they stay warm while you make the Besalu Sauce.

**Remember when frying pork: if you poke the meat with a stick, the moisture seeping out is clear, if the meat is done, and milky if not.**

Heat your oven to 200°C hot air and start boiling your rice, boiling time 8 minutes, sieve water away, let it drip off for 5 minutes.

Boil your broccoli for max 5 minutes. Cut your butter in small dices to use on the broccoli when serving. Put the 4 minced pork steaks in a roaster pan, cover each with a slice of gouda cheese, pour the Besalu sauce over and give them 10 minutes in the oven.

*To be served with: Rice, salad, or new potatoes, pasta, butter steamed vegetables, boiled broccoli with butter (only 5 minutes boiling time)*

### Besalu Sauce: Ingredients:

- 500g tomato passata
- 6 garlic cloves
- 1 pork stock cube
- 1 beef stock cube
- 1 dl cream
- 1 tbsp oregano

Cut the root off the garlic cloves and peel them. Cut them into tiny slices fry them in olive oil until they are light brown, then add a little water, Tomato Passata, oregano, and the two stock cubes. Make sure the stock cubes are totally dissolved. Taste and add salt & white pepper. Add cream and taste again. Regulate the taste if necessary.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 20

written and published by John Preus

ISBN 978-87-90064-41-9

## Vilden Knoblauch Soup from Minden

*A very lovely soup, very delicious*

### Ingredients:

- 1 bunch of fresh garden garlic with top or 10 garlic cloves and a bunch of spring onions
- 250g frozen peas
- 250 ml whipping creme
- 3 pork stock cubes
- 7.5 dl water
- .....
- light gravy smoothing
- 160g serrano ham
- A little parsley for garnish



### How to:

Cut your Serrano Ham into thin strips and fry them in a little olive oil til they are crispy. Ready your garlic and tops, rinse them in cold water, remove roots, and cut a couple of cm off the tops. Peel the cloves if necessary. Let them boil together with the peas and the stock cubes for half an hour. Then blend then with a hand blender. Add most of the cream but save a few drops to show off (make a pattern). The soup must not be too thin, if so, add a little light gravy smoothing. Taste, add a little salt & white pepper. Maybe a little more garlic?

*To be served with: small John's Wheat Rolls, John's FoodMuffins, JohnnyCakes, Isabella's Butter, chilli relish etc*

### JohnnyCakes ..Corn-bread on a pan

- 2 ½ dl plain flour
- 1 tbsp sugar
- 2 ½ dl corn flour
- 2 ½ tsp baking powder
- 1 tsp salt
- 2 large eggs
- 2 dl fat milk or cream
- ½ dl water
- 1 dl melted fat or oil and 50g butter (used to frying)

Mix all the dry stuff together, and the all the wet stuff. Mix the dry with the wet. Let it rest 15 minutes. Then fry your Johnny Cakes in fat or oil in a Saute Pan ½ dl dough at a time.



*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

## Recipe 21 Hungarian Gullash

Slowcooking, powerful Autumn food

### Ingredients:

- 1 kg lean diced beef
- 200g bacon slices
- 6 bell peppers
- 2 large onions
- 6 garlic cloves
- 3 medium heat chillies
- 2 beef stock cubes
- 1 pork stock cubes
- 6 medium carrots
- 250 ml cream
- 2 tbsp paprika
- 6 bay leaves
- .....
- 190g Capers or Green Peppercorns In Brine, half a can (87.5 g)
- 1 ½ kg potatoes (mashed potatoes)
  - 1 dl whole milk
  - 25g butter
  - 1 tsp grated nutmeg



### How to:

Cut you bacon slices in strips and sear them in a little butter/olive oil in a saucepan/stockpot. Add the meat and the paprika and let it soar a little before you 6dl water, bay leaves and the stock cubes. Cut the root off your garlic cloves and peel them before pressing them over your Gullash. Add capers or green peppercorns if you like. Let it soar for 1 hour before you add your vegetables. In the meantime you can ready your potatoes and vegetables. So peel your potatoes, cut them in half and put them in a casserole covered with water added a little salt.

Peel your carrots and cut them in slices. Cut the roots off your onions and peel them. Cut them into boats. Rinse the bell peppers and chillies in cold water and remove stems and seeds. Cut the bell peppers in large pieces and the chillies in tiny pieces. When the meat has boiled 1 hour, you boil your potatoes, and add all the vegetables to your Gullash and let it boil for ½ hour before you pour the moisture in a smaller pot and thicken it with dark gravy smoothing. Taste the sauce, add salt, white pepper, and the cream. Pour the sauce back over the Gullash.

*To be served with: Mashed potatoes, chilli-relish, new potatoes, easy frozen vegetables e.g. farmhouse mix, salad etc.*

**Chilli-relish:** 4 chillies (medium heat), 6 garlic cloves, and a medium sized tomato together with 1 tsp salt is chopped finely in a chopper. Add a little ascorbic acid for longer preservation. Keep under lid and store cold.

**John's Mashed Potatoes:** (Ingredients and boiling instructions: see above)

Pour 2 dl of the potato moisture into a mug. Discard the rest of the moisture. Mash the potatoes with a potato masher, add butter and milk together with grated nutmeg, a little salt and white pepper. Whisk the mashed potatoes adding a little of the saved water at a time until the right fluffy consistency is reached.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*



# Book of John 1

A Danish inspirational cookbook

Recipe 22

written and published by John Preus

ISBN 978-87-90064-41-9

## Tower of Smoked Pork Tenderloin

*Very delicious, could be a starter, a main course or almost a dessert*

### Ingredients:

- 200 g smoked pork tenderloin
- 100g good ham in thick slices
- 100g Serrano Ham
- 1 red onion
- 1 Avocado
- 1 lime
- 100g grated cheddar
- 4 fresh asparagus
- 100 g mixed baby lettuce leaves
- Baby tomatoes
- .....
- Nonstick foil
- 4 straight-up-glasses



### How to:

Make your Sauce Yole and your Clear Lime-Gel, and let it cool to room temperature. Cut the root off the red onion, peel it, and cut it into small pieces. Cut the ham, and the smoked pork tenderloin into dices. Cut the avocado into half, remove stone and shell, cut it into small dices. Rinse the asparagus in cold water, remove hard bottom, if any, and cut them into 1cm pieces. Mix everything with the grated cheddar. Rinse the shell of the lime and grate a tsp, also press 2 tsp of the fresh lime juice, and put both over the mixed pieces. Add 1 tsp white pepper and mix again.

Fold a piece of the nonstick foil to smooth cover the inside of each of the 4 glasses. Distribute the mixed food into them, press them a little and pour some Clear Lime-Gel over each. Place in the refrigerator for at least 1 hour before serving. When serving gently remove the cold mix from the glasses, and carefully remove the nonstick foil. Garnish with baby leaves and baby/Manzano tomatoes.

*To be served with: coldly raise baguettes, John's Wheat Rolls, JohnnyCakes, Roasted bread, John's FoodMuffins, Sauce Yole etc.*

### Sauce Yole: Ingredients:

- 1 tbsp white wine
- 250ml whipping creme
- 1 tbsp Dijon mustard

Pour 250ml whipping creme into a small bowl, add the Dijon mustard, the white wine, a little salt, and a little sprinkle white pepper. Whisk and place cold.

### Clear Lime-Gel: Ingredients:

- 2 ½ dl hot water
- 5 pcs leaf gelatine
- 1 tbsp lime juice

Put the gelatine sheets in cold water until they are softened. Heat up 2 ½ dl water together with the lime juice. Take the gelatine sheets from the cold water and whisk them into the heated water

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

## Tower of Smoked Salmon

*Very delicious, could be a starter, a main course or almost a dessert*

### Ingredients:

- 200 g hot smoked salmon
- 100g prawns
- 100g sliced smoked salmon
- 1 red onion
- 1 Avocado
- 1 lime
- 1 lemon for garnish and freshness
- 100g grated cheddar
- 4 fresh asparagus
- 100 g mixed baby lettuce leaves
- Baby tomatoes
- .....
- Nonstick foil
- 4 straight-up-glasses



### How to:

Make your Sauce Yole and your Clear Lime-Gel, and let it cool to room temperature. Cut the root off the red onion, peel it, and cut it into small pieces. Cut the hot smoked salmon, and the smoked salmon slices into dices. Cut the avocado into half, remove stone and shell, cut it into small dices. Rinse the asparagus in cold water, remove hard bottom, if any, and cut them into 1cm pieces. Mix everything with the grated cheddar and the prawns. Rinse the shell of the lime and grate a tsp, also press 2 tsp of the fresh lemon juice, and put both over the mixed pieces. Add 1 tsp white pepper and mix again. Fold a piece of the nonstick foil to smooth cover the inside of each of the 4 glasses. Distribute the mixed food into them, press them a little and pour some Clear Lime-Gel over each. Place in the refrigerator for at least 1 hour before serving. When serving gently remove the cold mix from the glasses, and carefully remove the nonstick foil. Garnish with baby leaves, lemon boats and baby/Manzano tomatoes.

*To be served with: coldly raise baguettes, John's Wheat Rolls, JohnnyCakes, Roasted bread, John's FoodMuffins, Sauce Yole etc.*

### Sauce Yole: Ingredients:

- 1 tbsp white wine
- 250ml whipping creme
- 1 tbsp Dijon mustard

Pour 250ml whipping creme into a small bowl, add the Dijon mustard, the white wine, a little salt, and a little sprinkle white pepper. Whisk and place cold.

### Clear Lime-Gel: Ingredients:

- 2 ½ dl hot water
- 5 pcs leaf gelatine
- 1 tbsp lime juice

Put the gelatine sheets in cold water until they are softened. Heat up 2 ½ dl water together with the lime juice. Take the gelatine sheets from the cold water and whisk them into the heated water

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 24

## John's Corean Cabbage rolls

A spicy oriental delicacy

### Ingredients:

- 1 kg minced pork or pork/veal
- 3 eggs
- 5 chillies
- 1 red onion
- 200g grated mozzarella
- 4 garlic cloves
- 2 dl plain flour
- 1 pork stock cube
- 1 beef stock cube
- 1 Chinese cabbage or if not available use savoy cabbage
- 300g bacon slices
- .....
- Hakusai salad  
(must be Chinese cabbage)



### How to:

Take 16 leaves Asian/Chinese cabbage and cut the bottommost 3 cm off. Dip the leaves in boiling water for 2 minutes and cool them (Cut the bottommost parts into strips and use for Hakusai Salad). Rinse the chillies in cold water, remove stem and seeds. Cut into tiny pieces. Cut the root off the red onion and the garlic cloves, peel them and cut the onion finely, press the garlic cloves over the minced meat. Dissolve the stock cubes in a little hot water. Mix meat, eggs, stock water, mozzarella, chilli and onion pieces with the plain flour and 2 tsp white pepper. Distribute the mix on the 16 leaves of Chinese cabbage. Fold the cabbage and fold a slice of bacon around the cabbage to avoid unfolding. Sear the rolls in hot olive oil for a couple of minutes, then add a little water and let it soar for ½ hour.

To be served with: Basmati Rice, Hakusai salad, Kimchi, coleslaw, chilli relish, Sauce Cole etc.



**Sauce Cole:** Thicken the moisture from the cabbage rolls and add ½ dl sweet-sour chilli dressing.

### Hakusai Salad: Ingredients:

- The bottommost white part of 8-10 leaves of Chinese cabbage
- Sweet Chilli Sauce

Cut the white Chinese cabbage into strips and cover them in the sweet chilli sauce.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

Recipe 25

ISBN 978-87-90064-41-9

## Favourite Pork Loins with Chilli Cheese filling and bacon

Easy, spicy, self-cooking food

### Ingredients:

- 500g, 4 thick pork loins
- 2 medium heat chilli
- 150g grated cheddar or 8 slices cheese
- 150 g bacon slices
- 1 pork stock cube
- 1 beef stock cube
- 1 tomato passata
- 8 garlic cloves
- 1dl whipping creme
- .....
- 3 dl Basmati rice (9 dl water plus a little salt)



### How to:

Rinse the chillies in cold water, remove stems and seeds, chop the finely. Part the pork loins horizontally so you can open them up and fill them with chopped chilli, a pressed garlic clove and some grated cheddar, save half the cheddar to put on top later. Close them and put a piece of bacon around each to keep them closed. Put the pork loins in a roasting pan with a little olive oil and bake them 15 minutes at 200°C.

Dissolve the stock cubes in hot water, add the tomato passata, cream, and press the remaining 4 garlic cloves over the sauce. Add a little salt and white pepper. Pour the sauce over the pork loins, sprinkle with the remaining cheese and bake for 30 minutes more at 200°C.

Boil your Basmati rice for 8 minutes, sieve water away, let it drip off for 5 minutes.

*To be served with: Basmati Rice, or fresh pasta, salad, boiled broccoli (5 minutes), fine peas, Hakusai salad, chilli relish, easy vegetables etc.*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

## Meat Balls in Curry from Dragoer

*Classic, granny food, plenty of taste*

### Ingredients:

- 1 kg minced pork (pork/veal)
- 2 onions
- 2 eggs
- 1 dl plain flour
- 2 tsp salt
- 1 tsp white pepper
- 2 tsp garlic powder
- 2 pork stock cubes
- 2 beef stock cubes
- 6-7 bay leaves
- .....
- 3 dl Basmati rice  
(9 dl water plus a little salt)



### How to:

Cut the roots off the onions, peel them, chop them finely or grate them coarsely. Mix them thoroughly with the meat, eggs, flour, salt, white pepper and 1 dl water. Heat up a large casserole with 2l water, the stock cubes, and bay leaves. Shape the balls with a long teaspoon and your left hand one at a time and put them in the boiling water. Dip the spoon every time, so it doesn't get too sticky. When a meat ball has laid in the surface for a minute, technically it is done, but it is much easier to leave them in the hot water, while you shape the rest. When you have finished all the meat balls, separate the balls from the moisture, which must be made into a curry sauce. But begin boiling your rice first. Boiling 8 minutes, sieve water away, let it drip off for 5 minutes.

**! Tip! Take a ½ handful of the meat mix in your left hand and shape it into the meat balls with spoon. This way making the meat balls is much faster when you first get the hang of it.**

*To be served with: Salad, Basmati rice, butter steamed broccoli, mushrooms, red bell pepper, onions, avocado, cocktail sausages, etc.*

### Curry Sauce:

- 1l water from boiling the meat balls, maybe with an additional stock cube
- 3 tsp curry (maybe also some Garam Masala)
- 2 dl whipping cream or coconut milk
- light gravy smoothing or a roux (mix) of 50g melted butter and 1 dl plain flour
- 2 tsp garlic powder

If you will use a roux, you start with melting the butter in a small casserole, whisk the flour into the melted butter, make sure it doesn't burn. Add a tbsp curry and a tsp garlic powder. Then add the water a little at a time while you whisk continuously. If the sauce is not thick enough, add some light gravy smoothing. Add the cream/coconut milk, taste, and add more curry, garlic powder, salt white pepper if necessary.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 27

written and published by John Preus

ISBN 978-87-90064-41-9

## Fastest Napolitana Pasta from the Oresund College

*Classic college food, many peoples favourite Italian dish, both fast and cheap!*

### Ingredients:

- 500 g egg pasta
- 2 garlic cloves
- 1 tomato passata
- 2 pork stock cubes
- 1 tbsp basil
- A little parmesan cheese (to sprinkle)
- 400g ham (any ham will do, also smoked pork fillet etc.)



### How to:

Cut the root off your garlic cloves, peel them. Heat the water for your pasta and start boiling them. Boiling time probably 8 minutes but check on the package.

Heat a casserole with 1 dl water and the two stock cubes. When the cubes are totally dissolved, add tomato passata, basil, and press your garlic cloves over the sauce. Let it boil for 5-10 minutes, taste it, and add salt and white pepper maybe a little more basil. Cut your ham into pieces and put it in a little bowl to be served as a side as well as your parmesan cheese.

*To be served with: Salad, tomato salad etc..*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

## Runner's Chicken with pasta

*Easy, fast, good the day before a major performance*

### Ingredients:

- 500g chicken breasts
- 150g bacon slices
- 2 bell pepper
- 2 red onions
- 1 red jalapeño
- 2 carrots
- 2 garlic cloves
- .....
- 500g egg pasta



### How to:

Rinse your vegetables in cold water. Remove stems and seeds from bell peppers and jalapeño, cut the bell peppers in small strips and the jalapeño in tiny pieces. Cut the root off your red onions and peel them, cut them into boats. Peel your carrots and cut them into small sticks. Cut your bacon slices in strips and sear them in a little butter/olive oil. Cut the chicken breasts in small pieces, fry them and the jalapeño pieces together with the bacon strips. Add salt and a little white pepper. (Remember to boil your pasta. Boiling time probably 8 minutes but check the package). Put Meat and bacon in a bowl temporarily and fry the vegetables, first the carrots for 3 minutes, then add the red onion boats, and a couple of minutes later the small bell pepper strips. Press the garlic cloves over and add everything from the bowl. Also add 1 dl of water. Let it soar for 5 minutes and then use the moisture to make a Cream Paprika Sauce.

*To be served with: egg pasta, Cream Paprika Sauce, salad, tomato boats etc.*

### Cream Paprika Sauce: Ingredients:

- moisture from preparing meat and vegetables supplemented with water to 3 dl
- 1 chicken stock cube
- 1 beef stock cube
- 250 ml cream
- 2 tbsp paprika
- 2 tbsp sugar
- 2 garlic cloves
- a light sprinkle coriander
- light gravy smoothing

Cut the root off the 2 garlic cloves and peel them. Dissolve the stock cubes in the moisture, add paprika and sugar. Press 2 garlic cloves over and sprinkle a little coriander. Thicken the sauce with light gravy smoothing. Add cream, taste it, and add salt, white pepper, paprika if needed. Pour the sauce back over the meat and vegetables and serve.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 29

## Captain's Potato Stew

*Classic, old fashioned, self-cooking food. Simple but so tasteful, you easily eat too much*

### Ingredients:

- 2 kg large potatoes
- 1 kg smoked og salted pork cubes (can be smoked pork loin, bacon, pulled pork, Christmas Ham etc.)
- 50 black peppercorns
- 8 bay leaves
- 4 pork stock cubes
- 1 tbsp garlic powder
- .....
- Butter for butter pads, could well be Isabella's Butter if available
- 3 tomatoes for garnish



### How to:

Peel your potatoes and cut them into smaller pieces. Also cut the meat into small pieces. Boil both in a casserole nearly covered with water together with the black peppercorns, bay leaves, stock cubes and garlic powder for at least  $\frac{3}{4}$  to 1 hour. Remove the bay leaves, pour the moisture in a bowl, and mash the potatoes and the meat with the potato masher. Add moisture a little at a time while whisking until a suitable fluffy consistency is reached.

*To be served with: salad, tomato boats, chopped parsley, rye bread, chilli-relish, Isabella's Butter. Eventually use Butter Sauce instead of butter pads.*

**Butter Sauce:** 100g butter, a snip of salt and 1 dl water is brought to the boiling point. Thicken a little with light gravy smoothing as it still must be a little thin.



*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*



# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 30

## Rosalita's Italian Lasagne

So easy and so much better than processed half fabricated

### Ingredients:

For Rosita's Meat Sauce:

- 1kg minced beef 12%
- 5 garlic cloves
- 2 tomato passata
- 200g tomato puree/paste
- 2 tbsp oregano
- 1 tbsp basil
- 2 beef stock cubes
- 1 pork stock cube
- a few drops of lemon juice
- 250g lasagne sheets (500g if fresh)
- Bechamel sauce (see below)
- top: 1-2 dl breadcrumbs and 25g butter
- fresh basil for garnish



### How to:

Remember that if you don't use fresh lasagne sheets, both the sauces need to be a little thin as the sheets suck up a lot of moisture. Make your Rosa's Bechamel Sauce. Make Rosita's Meat Sauce. Pour a little of the meat sauce in the bottom of a 25 x 35 cm roasting pan then a layer of lasagne sheets, and so on until all the sauce is used. End with a layer of sheets. Pour a thick layer of the Bechamel sauce, sprinkle a layer of breadcrumbs, and put some tiny butter pads on top. Bake the lasagne for 25 minutes at 200°C hot air.

*To be served with: salad, Camilla's Tomato-Mozzarella-salad, garlic baguettes, a glass of Chianti etc*

**Rosita's Meat Sauce:** Ingredients: (see above)

Cut the roots off your garlic cloves, sear the meat in a casserole in a little butter and olive oil, press the garlic cloves over the meat. When the meat has browned and is getting loose, add tomato passata, tomato puree, oregano, and basil. Dissolve the stock cubes in a little hot water and add them too. Add a little salt and some white pepper. Let the sauce soar for 15 minutes, then taste. If necessary, add more salt, white pepper, oregano, basil, and maybe a few drops of lemon juice or wine.

**Rosa's Bechamel Sauce:** Ingredients:

- 75g butter
- 1 dl plain flour
- 4 dl whole milk
- 250ml whipping cream
- 1 grated nutmeg
- 200g grated mozzarella

Melt the butter in a casserole, add the flour and whisk together. Add milk, cream, grated nutmeg, a little white pepper, 1 tsp salt and the cheese, still whisking, take care it doesn't burn in the bottom.

*Buon appetito*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-41-9

Recipe 31

## Pork Fillet RamesYang

Easy, Asian, tasteful with plenty of variations possible

### Ingredients:

- 1 pork fillet
- 1 tbsp butter
- 200 g baby spinach
- 150g mushrooms
- 1 pork stock cube
- 2 beef stock cubes
- 2 tbsp soja sauce
- 5 asparagus
- 1 tsp curry
- 5 garlic cloves
- 2 red chillies (or chilli powder)
- ½ leek
- 4 Yum Yum Instant noodles
- 6 large eggs
- 1 red bell pepper
- 5 spring onions
- 1 lime.....
- remember chopsticks,  
and maybe a little coriander 😊



### How to:

Boil the eggs for 4-5 minutes. Ready your vegetables, rinse all in cold water. Cut the root off your mushrooms and remove spots. Cut the mushrooms in slices. Cut your lime into small boats. Cut the root off your garlic cloves and peel them. Cut the root of your half leek, spit the top in 4 and rinse it in cold water. Cut it into strips. Remove roots and 2 cm of the top of your spring onions and cut it and your asparagus into pieces. Remove stems and seeds from your chillies, cut them in tiny pieces. Make your Yum Yum noodles as suggested on the package.

Remove any tendons from your pork fillet and cut it into 2cm cubes. Fry them in a little olive oil at high temperature. Take the off when finished, and then give your mushroom slices and baby spinach a minute on the frying pan also at high temperature. Add curry and press your garlic cloves over the mushrooms. Add the strips of leek, 1 liter of water, stock cubes, chillies, spring onions, asparagus, and soya sauce. Soar for 3 minutes, add the noodles and serve. Cut your eggs into halves and serve as side-on together with the lime boats.

*To be served with: soft-boiled eggs, chilli-relish, fresh parsley, soya sauce, wasabi, teriyaki etc.*

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

# Book of John 1

A Danish inspirational cookbook

Recipe 32

written and published by John Preus

ISBN 978-87-90064-41-9

## Lady's Meat Balls in Tomato Sauce

Easy, Disney-like, very tasty

### Ingredients:

- 1 kg minced pork
- 2 onions
- 2 eggs
- 1 dl plain flour
- 2 tsp salt
- 1 tsp white pepper
- 2 tsp garlic powder
- 2 pork stock cubes
- 2 beef stock cubes
- 6-7 bay leaves
- .....
- 500g spaghetti
- bunch of asparagus
- 250g mushrooms
- Diana's Tomato Sauce



### How to:

Cut the roots off your mushrooms, rinse them and cut them into slices. Fry them in olive oil together with a little curry and garlic powder. Cut the roots off the onions, peel them, chop them finely or grate them coarsely. Mix them thoroughly with the meat, eggs, flour, salt, white pepper and 1 dl water. Heat up a large casserole with 2l water, the stock cubes, and bay leaves. Shape the balls with a long teaspoon and your left hand one at a time and put them in the boiling water. Dip the spoon every time, so it doesn't get too sticky. When a meat ball has laid in the surface for a minute, technically it is done, but it is much easier to leave them in the hot water, while you shape the rest. When you have finished alle the meat balls, separate the balls from the moisture, which can be keep cold and used for sauce next day. But begin boiling your spaghetti first. Boiling time 10 minutes (turn the spaghetti with a fork, until it's beginning to be soft, so it doesn't stick together). Pour boiling water over your asparagus and let them stay in the water until serving.

**! Tip! Take a ½ handful of the meat mix in your left hand and shape it into the meat balls with spoon. This way making the meat balls is much faster when you first get the hang of it.**

*To be served with: boiled spaghetti, boiled asparagus, curry mushrooms, tomato boats, etc.*

### Diana's Tomato Sauce: Ingredients:

- 1 tomato passata
- 1 pork stock cube
- 1 beef stock cube
- 1 tbsp oregano
- 2 tsp basil
- 1 tbsp garlic powder
- A few drops of lemon juice or 2 tbsp wine (Vive Italia!)
- 125 ml cream

Mix all together except cream, and let it soar for 5-10 minutes. Add salt, white pepper, and the cream.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

# Book of John 1

A Danish inspirational cookbook

Recipe 33

written and published by John Preus

ISBN 978-87-90064-41-9

## Pork Fillet Cordon Bleu du Cognac

*Delicious, very delicious*

### Ingredients:

- 2 pork fillets (centre parts 600g)
- 4 ham slices
- 4 cheese slices
- 4 garlic cloves
- 4 eggs
- 1 dl breadcrumbs
- 2 red chillies
- 1 kg new potatoes
- .....
- CognacSauce
- salad by own choice



### How to:

Make your choice of salad. Peel your potatoes. Remove stems and seeds from the chillies. Cut them into tiny pieces. Remove any tendons from the meat. Part each of the 2 pork fillet centre parts into halves, so you have 4 pieces of 150g each which you press flat with your knuckles (2 cm). Cut each of them horizontally with a sharp knife, but not all the way through, so now you have 4 large flat foldable pieces of meat (like oysters). Put a slice of ham on each so part of the ham is hanging out of the pork fillet and put a slice of cheese on top of the ham. Press a garlic glove over each of the cheese slices and add some chilli pieces. Fold the ham into the pork fillet and fold the pork fillet, so the cheese now is in the middle. Boil your potatoes for 18 minutes. Bread the meat in beaten eggs and breadcrumbs and fry them golden and brown in butter and a little olive oil (4-5 minutes on each side and then 1-2 minutes on each) Take them off the pan, fry the rest of the egg-mass as an omelette and use as lid on the meat, while you make your Cognac Sauce.

*To be served with: Cognac Sauce, boiled broccoli with butter pads, salad, new potatoes, etc.*

### Cognac Sauce: Ingredients:

- 1 pork stock cube
- 1 beef stock cube
- 2 cl cognac/brandy
- 2 dl whole milk
- Boil up from the pan used to fry meat with 1 dl water
- Light gravy smoothing

Mix everything together in a casserole and boil up. Make sure the stock cubes are totally dissolved. Thicken with light gravy smoothing, add salt and white pepper. Taste and fix if necessary.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

"This material is copy protected according to Danish law on copy rights. Copying for educational use is only permitted in agreement with Danish Copydan Tekst og Node."

## Sauces

CurrySauce Parisienne:.....	2
Sergeant Tim's CapersSauce:.....	4
Famous No-Nothing sauce: .....	8
Oda's Oil-Vinegar Dressing:.....	11
Sauce Markaryd: .....	12
Dijon Sauce: .....	13
John's Cream Stewed Spinach: .....	14
Dutch UtrechtSauce: .....	15
Sweet-Sour Horseradish Sauce:.....	16
Besalu Sauce: .....	19
Sauce Yole: .....	22
Sauce Yole: .....	23
Sauce Cole: .....	24
Curry Sauce:.....	26
Cream Paprika Sauce:.....	28
Butter Sauce: .....	29
Rosita's Meat Sauce: .....	30
Rosa's Bechamel Sauce: .....	30
Diana's Tomato Sauce: .....	32
Cognac Sauce: .....	33

## Add Ons

John's FoodMuffins: .....	1
John's Coldly Raised French Baguettes: .....	5
Mashed potatoes: .....	7
Isabella's Butter .....	9
John's Wheat Rolls: Ingredients: .....	9
Camilla's Tomato Mozzarella Salad: .....	11
Laila's Sugar Glazed Potatoes: .....	14
Isabella's Butter .....	17
Baked Potatoes: .....	17
John's Pickled Beetroots: .....	18
Sweet Pickled Red Onions: .....	18
Conny's Plain Mashed Potatoes .....	18
JohnnyCakes ..Corn-bread on a pan .....	20
Chilli-relish: .....	21
John's Mashed Potatoes .....	21
Clear Lime-Gel: .....	22
Clear Lime-Gel: .....	23
Hakusai Salad: .....	24

## Spice Mix

John's Garam Masala: .....	2
Uncle Jake's Barbeque Spice: .....	6

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

## Lists of things which might be nice to have in your kitchen

### Tools

- Knife sharpener/sharpening stone/steel
- A couple of good knives in each size
- Whisks in different sizes
- spatula
- Electric mini chopper
- Hand blender
- Meat hammer
- Mini grater for garlic/nutmeg eventually a garlic press
- Large grater
- Potato masher
- Baking machine (for dough making), optional
- Cutting board with a deep groove
- Potato peeler, electrically optional
- Mesh strainer

- Salt (both fine and coarse, maybe flakes )
- White pepper (whole and grounded)
- Oregano
- Basil
- Garlic powder
- Dried onion powder
- Garlic pepper
- Lemon pepper
- Nutmeg
- Curry
- Dried sweet bell pepper
- Chilli
- Celeriac salt
- Lovage salt (make it yourself, it's like a healthy kind of mono natrium carbonate / mono sodium carbonate MSG)
- Turmeric/Turkish saffron
- Cinnamon
- Cumin powder
- Some whiskey/brandy for sauces
- Cardamom
- Bay leaves

### Goodies

- Light and dark gravy smoothing
- Capers
- Green peppercorns (Madagascar)
- Chinese soya
- HP-sauce/Worcestershire sauce
- Kitchen Bouquet (sauce colouring)
- Vinegar
- Estragon vinegar/bearnaise essence
- Olive oil/butter for frying
- Rapeseed oil for baking
- Sugar
- Dark sirup
- Honey
- Redcurrant gelée / lingonberries jam
- Pickled red onion
- Ketchup
- Dijon mustard
- Long lasting whipping creme (100ml) or frozen crème for sauces
- Bouillon/broth/stock (chicken-, pork-, beef-, vegetable-) blocks are ok, but find some with low salt contents
- Mushroom (can or glass) (\*)
- Cocktail sausages (can or glass) (\*)
- Asparagus (can or glass) (\*)
- Sundried Tomatoes (\*)
- Pitted olives (\*)
- Sweet corn (can or glass) (\*)
- Frozen pickling onion (\*)
- Onion (any) green/red/yellow/shallot (\*)
- Carrots, eventually small frozen (\*)
- Good Basmati rice (e.g., Falak Extreme or Kilec) (\*)
- Potatoes (can or glass) (\*)
- Jam sugar/pectin sugar/sodium benzoate

(\*) In case of unexpected guests, or maybe to turn a little leftover into a whole meal the next day.

*Remember! It's ok to use shortcuts and cheats to make delicious everyday cooking fun to do every time.*

*In the long run your adjustments will make the recipes your own.*

## **Inspiration for your everyday cooking**

This is the first of 12 planned booklets with inspiring recipes of Danish modern everyday cooking. It is not 'Fine French Cuisine', just recipes for plain ordinary cooking, so we speedily can produce some nice food with an acceptable amount of work.

It will typically be rather spicy food, some might think too spicy, other not spicy enough, but it's intended to be an inspiration, so feel free to adjust the recipes over time to make the recipes your own.

The ingredients list belonging to a recipe might not be fully complete, as I haven't added ingredients, I could assume you naturally had in your kitchen, as e.g., salt & white pepper. So read the recipe, you intend to work on, thoroughly before doing your shopping.

**Bon Appetite**

and

**Good Inspiration**

**November 2023**

*John Preus*