

Danish Everyday Cooking

an inspiration to your cooking

Tired of doing the same 10-20 dishes repeatedly?



Book of John

2

Part of the 'Book of John' series
Photographed, written, and published by John Preus
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*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.*

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Book of John 2

written and published by John Preus

an inspirational cookbook for you who:

ISBN 978-87-90064-42-6

- still is stuck in the same 10-20 dishes week after week.
- Just wants more, delicious, easy recipes
- Requires more alternatives to fast food
- 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 still 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. Start experimenting more and you'll end up becoming a better cook. Here are the second part of more than

365 recipes

They are still 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

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A Danish inspirational cookbook

Index

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Greek Meat Balls with Tzatziki.....	34
Simon's Pasta Carbonara.....	35
Salted Pork Loin with Leek-Bacon Pie	36
Susy's Old Fashion Roasted Beef	37
Chicken RamesYang	38
Xiaoqin Soup / Chinese Chicken-Chilli-Garlic-Leek Soup.....	39
Tacos with beef.....	40
Tournedos Bodum	41
Baked Chicken Thighs from Marienlyst	42
Classic Wiener Schnitzel	43
Kaya's Chicken with Asparagus Tartlets	44
Coq au Vin de Narbonne	45
Egida's Rump Steaks	46
Bacon wrapped chicken mini fillets from Tolo in Greece	47
September-soup from Enø	48
Pork Belly roast with champignon sauce.....	49
Fried Meatballs from Isla Moen.....	50
Tomato soup from Casa Fiesta	51
Frankfurters with salad and potato salad.....	52
Auntie Augusta's Pork Tenderloin with Bacon Asparagus	53
Asparagus soup from Isla Omoe	54
ParisBouef du Preus.....	55
Baked Potatoes with minced beef and chilli.....	56
Beef Rump Steak from Isla Enoe.....	57
Daddy's Bacon-Pork Meatballs	58
No.37 pork in Celeriac Sauce	59
John's Beef Lindstrom	60
Bratwurst Sausage	61
Beef Medalion Steak Wiener Art	62
Pork medallions with large RedVegetables	63
Vera's Stuffed Chicken on Vegetables.....	64
Chicken Thighs from Egtved	65
Besalu Pork Loin Steaks.....	66
Roasted pork Belly with Parsley Sauce	67
John's Favourite Tenderloin Schnitzels	68
Sauces, Add Ons.....	69
Lists	70

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Recipe 34

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Greek Meat Balls with Tzatziki

A holiday memory, like a return to Tolo, so delicious

Ingredients:

- 500g minced pork 12%
- 1 big onion
- 1 egg
- 150g grated cheddar cheese
- 2 tbsp oregano
- 1 tsp Turkish saffron (crocus stamen)
- 1 dl wheat flour
- 2 garlic cloves
-
- 1 kg potatoes
- 1 tbsp lemon-pepper
- 1 broccoli
- 3 carrots
- 1 large onion
- 2 sweet, pointed peppers
- 1 tbsp oregano



How to:

Start making your Tzatziki. (see below) Prepare your other vegetables. Cut the bottom part of the broccoli, and split it into small bouquets, peel your carrots and cut it into smaller pieces, remove stems and seeds from your pointed peppers, and cut them into strips. Cut the root of your onions and peel them. Chop one of them in your mini chopper for the meat and cut the other into small boats.

Put your meat in a bowl, add ½ dl of water and mix it with your chopped onion, the egg, grated cheese, 2 tbsp oregano, saffron, flour, and 2 pressed garlic cloves. Keep the mix cold, while you remove spots from your potatoes, and cut them into boats. Put the potato-boats into a roasting pan, pour a little olive oil over them, sprinkle with oregano and lemon pepper. Give them 35 minutes at 200°C hot air in your oven. In the meantime you shape your meat balls with a tablespoon, then fry them in a little butter and olive oil until they are golden brown (3-4 minutes on each side, and then 1-2 minutes on each side). On another pan you can fry your vegetables in olive oil, give your carrots 3 minutes, then add the broccoli bouquets, fry for 2 minutes. Finally add the pointed pepper strips and the onion boats. Fry all for 2-3 minutes together with oregano, salt, and white pepper.

To be served with: Tzatziki, No-Nothing Sauce, etc.

Tzatziki from Tolo: Ingredients:

- 1 cucumber
- 8 garlic cloves
- A good sprinkle salt and a little white pepper
- 1 dl Greek yoghurt
- 2 tbsp whipping cream

Grate your cucumber coarsely, and press some of the water out of it in a whisk. Press your garlic cloves over the grated cucumber. Mix your Greek Yoghurt with the whipping cream, salt and white pepper and add the grated cucumber and garlic. The cucumber takes a lot of the taste from salt and garlic, so give it some extra.

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Recipe 35

Simon's Pasta Carbonara

Easy, fast, cheap, delicious, everybody's favorite

Ingredients:

- 500g fresh pasta
- 250g ham
- 300g bacon
- 250ml whipping cream
-
- A little parsley or dill for garnish



How to:

Fill a 3–4-liter casserole $\frac{3}{4}$ with water and heat it up. Cut your ham and bacon into strips and sear them lightly in butter and a little olive oil in another large casserole for a few minutes. Add the whipping cream together with a little salt and some white pepper. Regulate eventually the taste with a little garlic and more salt/white pepper. Take the casserole with the meat off the stove. When the water is boiling add the pasta, boiling time probably only 4 minutes, but check the package. When the pasta is done, remove the water, then add the pasta to the meat casserole and mix meat and pasta. Garnish each plate with a little dill.

To be served with e.g. : small tomato boats, tomato-mozzarella salad, cucumber strips, Laila's Carrots-Leek mix etc.

Laila's Carrots-Leek mix: Ingredients:

- 4 carrots
- 2 leeks

Peel the carrots and grate them coarsely. Split, rinse, and cut the root off your leeks. Cut them in thin slices and sauté in butter until they are soft. Add a little salt, white pepper, and a few drops of water, so they don't turn brown.



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Salted Pork Loin with Leek-Bacon Pie

Delicious spring food you can eat all year with Quiche Lorraine

Ingredients:

- 800g salted pork loin
- 700g boiled potatoes for fried potatoes
- Salad of your own choice
-
- Dill or parsley as garnish



How to:

Boil your salted pork loin for 1 hour together with 5 bay leaves. (60 °C core temperature). Let it rest in the hot water for 20 minutes. During those 1 hour 20 minutes you can make your salad, fry your potatoes, and make your Leek-Bacon Pie (Quiche Lorraine).

To be served with: white potatoes or pasta instead of fried potatoes, Leek-Bacon Pie (Quiche Lorraine), other pies, salad, Butter Sauce, Dijon Sauce etc.

Fried Potatoes: Cut the potatoes in smaller pieces, sprinkle them with a little white pepper, and fry them brown, crispy, and delicious in butter and a little olive oil.

Leek-Bacon Pie (Quiche Lorraine avec Poireaux): Ingredients:

- 3 leeks
- 5 eggs
- 300g bacon slices
- Shortcrust Pastry, bought or made of:
 - 150g butter
 - 200g wheat flour
 - ½ tsp fine salt
 - 1 egg



Cut the butter in small pieces, sprinkle them with the salt, crumble them together with the wheat flour to a uniform mass, which you join to a dough with the egg. If the dough is too stiff, you can add a little water. The dough should be placed cold for an hour before using it.

Lubricate a pie form (24 cm) with butter and spread the dough uniformly in it. Make holes in the dough with a fork to let out any air during the baking. Prebake the dough for 10 minutes at 225°C. while you split, rinse, and cut your leeks into slices. Also cut the bacon slices into strips. Fry the bacon strips in butter and a little olive oil for 4 minutes, then add the leek slices, a tsp salt, and some white pepper. Let it sear until the leeks are getting soft. Take the pan off the stove and let it cool a little. Beat the eggs together with a fork.

Cover the pie crust with the leeks and bacon and pour the egg mass over.

Bake the pie for 25-30 minutes at 175°C. (until is completely stiff in the centre).

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Recipe 37

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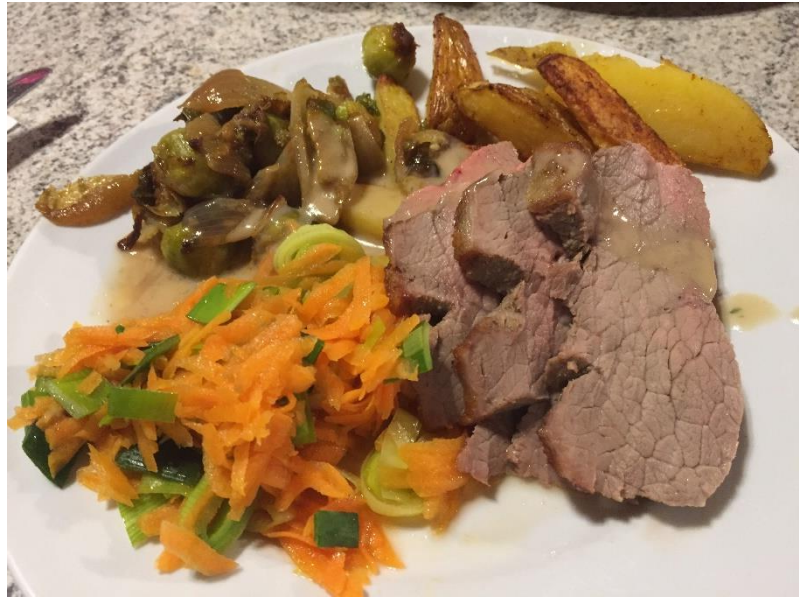
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Susy's Old Fashion Roasted Beef

Just like my granny made it, a mild and still very powerful taste

Ingredients:

- 1 kg Beef Roasting Joint
- 500 g Brussels sprouts
- 3-4 large onions
- 1 kg potatoes (Susy's Potato Wedges)
- 2 beef stock cubes
- 1 pork stock cube
- 2cl whiskey for the sauce
-
- Laila's Carrots-Leeks Mix



How to:

Ready your vegetables. Cut the bottom part off the Brussels sprouts and the outermost leaves, peel your carrots, cut off the roots from your onions and peel them too. Split, rinse and cut the roots off your leeks, remove dark spots and dirt from your potatoes. Rub the roast with salt and white pepper and sear it on all sides in butter and a little olive oil. Cut your onions in quarters and add them and the Brussels sprouts to the roast as well as enough water to cover the roast. Add the 3 stock cubes, and let it boil for 2 hours. In the meantime you can make the Laila's Carrots-Leek Mix on a pan, and Susy's Potato Wedges in the oven.

When your roast is finished, you place it covered with tin foil and kitchen towel for 10 minutes before cutting it into slices. Place the Brussels sprouts and onions on a heated plate. The moisture is going to be made into a sauce, so put it into a little casserole and add water up to 4 dl.

To be served with: Susy's Potato Wedges, white potatoes, Laila's Carrots-Leek Mix, Whiskey Pan, Markaryd Sauce etc.

Susy's Potato Wedges: Cut the washed potatoes in long boats and put them in a bowl. Pour olive oil over them and sprinkle them with thyme, garlic powder and salt. Put them in a roasting pan and give them 40 minutes at 200°C.

Whisky-Pan-Sauce: 4 dl moisture including stock cubes from a roast is flavoured with salt and white pepper, 2 cl whisky and a little garlic powder. Thicken the sauce with light gravy smoothing.

Laila's Carrots-Leek mix: *Ingredients:*

- 4 carrots
- 2 leeks

Peel the carrots and grate them coarsely. Split, rinse, and cut the root off your leeks. Cut them in thin slices and sauté in butter until they are soft. Add a little salt, white pepper, and a few drops of water, so they don't turn brown.

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Chicken RamesYang

A new dish in the Danish kitchen inspired from Ramen in the Korean television

Ingredients:

- 700g chicken breast inner fillet
- 150g bacon slices
- 3 carrots
- 2 parsley roots
- 1 avocado(hard)
- 3 sweet mini peppers
- 3 red chillies
- bunch of spring onions
- 4 garlic cloves
- 1 tbsp curry
- 1 tsp Chilli powder
- 1 tbsp paprika
- 5 packages chicken noodles (Yum Yum)
- 6 eggs
- Soya Sauce / Fanny's Teriyaki Sauce
- 4 sets of chop sticks



How to:

Ready your vegetables, cut root and top off your carrots and parsley roots, peel them and cut them in thin slices or sticks, remove stone and skin from your avocado, and cut it in thick slices (quarters). Remove stems and seed from your mini peppers and chillies, cut the peppers in small pieces, and your chillies in tiny pieces. Cut the roots and tops off your spring onions and rinse them in water. Cut the white parts in slices and cut the green top parts in tiny pieces later to be used as garnish. Cut the roots off your garlic cloves and peel them. Your chicken inner fillets are to be cut in slices and cut your bacon slices in strips. Boil you eggs (5 minutes), cool and peel them, cut them in half.

Fry the above in a very hot wok in olive oil in this order: First your bacon strips, and parsley roots, then your carrots. Mini pepper, spring onion and chilli pieces together with the avocado slices, Chicken pieces together with the spices and pressed garlic cloves. Then keep everything warm in the wok, while you prepare the noodles according to the instructions on the package. Add them and their water to the wok. Flavour with Soya Sauce or Teriyaki Sauce, maybe a little white pepper. Each deep plate/ Ramen bowl can be sprinkled with onion tops and a half egg. To be eaten with chop sticks and spoons.

To be served with: chilli relish, green curry, more vegetables etc.

Fanny's Teriyaki Sauce: Ingredients:

- 1.5 dl water
- 3 tbsp honey
- 50 g dark brown sugar
- ½ dl Soya Sauce
- 2 garlic cloves
- 2 tbsp olive oil
- 2 tbsp sesame seeds
- 2 tsp ground ginger
- 1 tsp garlic salt
- ½ tsp chilli powder

Cut the root of your garlic cloves and peel them. Fry your sesame seed in olive oil until they start changing colour. Then add water and 2 pressed garlic cloves. Let it boil for 3-4 minutes and whisk it over in a small casserole. Add honey, sugar, ginger, garlic salt, and chilli powder. Let it boil for 3-4 minutes again.

To be kept cold in a bottle with a lid. Please use within a week.

For longer shelf life **add a little sodium benzoate** while still boiling.

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Recipe 39

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Xiaoqin Soup / Chinese Chicken-Chilli-Garlic-Leek Soup

One of my Chinese students once said to me: I don't cry because your soup is too hot. I cry because it makes me miss my mom

Ingredients:

- 3-5 chillies (how hot is up to you)
- 3 leeks
- 3 parsley roots (or 3 carrots or ½ celeriac)
- 5 garlic cloves
- 1.5 kg chicken thighs
- 2 pork stock cubes
- 4 chicken stock cubes
-
- Some nice bread, maybe newly baked
Maybe John's Speedy-Baguettes?



How to:

If you are going to bake bread, make the dough ready first (they can bake while the chicken boil).

Boil the chicken thighs for 1 hour together with the stock cubes. In the meantime you can ready your vegetables, cut the roots off the leeks, and garlic cloves. Split the top of the leeks in 4 and rinse thoroughly in water, cut them in slices. Cut the root and top off your parsley roots and peel them, cut then in small sticks. Remove the stem from your chillies and remove the seeds unless you want your soup to be very hot. Sear the vegetables in butter and a little olive oil. Put them aside until the chicken has finished boiling. Pour the soup through a whisk and add the vegetables, let them boil for ½ hour. Separate the chicken meat from the bones and skin and rip it into smaller pieces. When the soup is finished boiling, taste it and flavour it with salt/chilli/white pepper if necessary. Serve very hot.

To be served with: nice bread, cold water, John's Speed-baguettes etc.

John's Speedy-Baguettes: If possible, use a baking machine to make the dough:

- 500 g wheat flour grade '00'
- 3.2 dl water
- ½ dl rapeseed oil
- 2 tsp salt
- 1 sachet dried yeast
- 1 tbsp baking powder

Mix all in baking machine or use a hand mixer. The dough must be a little sticky. Let it raise to twice the size (30 minutes), then form it into 3 baguettes. Brush your baguettes with water and sprinkle a little coarse salt over them before they raise to twice their size again (30 minutes). Bake them at 250°C for 8 minutes, turn the heat down to 200°C and bake them for 10 minutes more.

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Recipe 40 Tacos with beef

Easy, fast, and a nice light meal

Ingredients:

- 500 g minced beef
- 1 large avocado
- 1 Iceberg lettuce
- 4 tomatoes
- 1 cucumber
- 1 large red onion
- 1 apple
- 3 red chilies
- 1 bunch of spring onions
- Fresh basil
- grated cheddar cheese
- tinned sweetcorn
- 1 tomato passata
- 4 garlic gloves
- 1 tsp chili powder
- 2 tsp ground cumin
- Taco Tubs and/or Taco Shells
- 2 beef stock cubes
-
- Salad Dressing



How to:

Ready your vegetables, cut them finely, and keep them in individual bowls. Also pour the grated cheddar into a bowl. Sear the minced beef together with chili powder, ground cumin. Dissolve the stock cubes in a little hot water and add it to the meat together with the pressed or grated garlic gloves and the tomato passata. Adjust the taste with salt and white pepper.

To be served with: Capers, chili relish, garlic gloves in chili oil, pickled red onions among other

Pickled red onions: Ingredients:

- 1.2 dl sugar
- 1.2 dl clear vinegar
- 10 black peppercorns
- 3 large red onions
- 1 tbsp lemon juice
- 1 tsp sodium benzoate

Peel the onions and cut off the roots. Cut them in half rings. Boil the sugar, peppercorns and vinegar until the sugar is dissolved, add the red onions, and boil them for no more than 3 minutes. Take the onions up and put them in your jar. Add sodium benzoate and lemon juice to the still boiling vinegar and pour it over the onions in your jar. Close the lid right away. The pickled onions can be eaten when cooled and should still be fine for a month or more.

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Tournedos Bodum

Beef Tenderloin (Beef Fillet) is a very tender piece of meat with a great taste

Ingredients:

- 500g Beef Tenderloin
- 150 g bacon, not too thinly sliced
- 1 kg Jumbo Fries (large French Fries)
- 1 small courgette
- Ground Lemon Pepper
-
- Salad of your own choice



How to:

Spread your Jumbo Fries in one layer on baking paper on an oven plate. Spray them with chili oil and sprinkle a little garlic powder over them too. Fry the approx. 25 min at 200°C until they are crisp and light brown. Cut your courgette into 1.5cm slices, which are sprayed with oil and sprinkled with some lemon pepper.

Remove tendons from your tenderloin and cut it in 4 slices. Put a slice of bacon around each and sprinkle a little white pepper over them. Ready your vegetables and make your salad. Place it cold.

Fry your courgette slices in olive oil at high heat. And fry your tenderloin steaks (tournedos) at fair heat on another pan 3 minutes on each side and the 1 minute on each side. A rare beef feels like a relaxed underarm muscle and a medium fried beef feels like an underarm muscle with some tension. When your meat is done keep it on a heated plated covered with tin foil and a towel, while you make a pan-sauce e.g. a Bacon BeefSauce

To be served with: more vegetables, and maybe Tzatziki or pickled red onions among other.

Bacon BeefSauce: Ingredients:

- 1 pork stock cube
- 1 beef stock cube
- Worcestershire Sauce
- Soya Sauce

Add 3 dl of water to the pan you used for frying and the two stock cubes together with a little Worcestershire Sauce and a little soya. Boil it up and adjust the taste with salt and white pepper. Thicken it a little with some dark gravy smoothing.

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Baked Chicken Thighs from Marienlyst

Easy "Cooking-it-self food", perfect for a cottage holiday

Ingredients:

- 4 chicken thighs
- 6 carrots
- 2 leeks
- 1 sweet red bell pepper
- 1 sweet green bell pepper
- 300 g frozen peas
- 1 kg potatoes
- 2 chicken stock cubes
-
- Maybe some garlic bread



How to:

Add a little olive oil to a deep roasting pan. Rinse your vegetables in cold water and peel the carrots and the potatoes. Remove stem and seed from the bell peppers, cut the bottom off the leeks and split the top in four, so you can rinse them and remove any dirt. Cut your potatoes in slices and spread them in the bottom of the roasting pan, cut the carrots in an angle to produce large slices, cut the leeks in large pieces and the bell peppers in smaller pieces. Place carrots, leek- and bell pepper pieces along with the peas in stripes on top of the potatoes.

Dissolve the chicken stock cubes in 2 dl hot water and pour over the vegetables. Sprinkle with white ground pepper and a little salt. Place the 4 chicken thighs on top, sprinkle them with a little oil, and some barbeque spice and some garlic powder or fresh pressed garlic. Place the roasting pan in a heated oven at 200°C for about 1 hour and 10 minutes. (The meat must have retracted from the end of the under leg before they are done) Chicken must not be red, so in doubt give them a couple of minutes more.

To be served with: newly baked bread, garlic bread, chilli relish, pickled red onions,

If you can't drop your sauce, then heat the moisture from the roasting pan together with a little butter and thicken it with light gravy smoothing. (**"It's almost not a sauce" sauce.**)



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Classic Wiener Schnitzel

Thinly pounded breaded veal steaks

Ingredients:

- 4 veal steaks of 125g
- 400 g fine frozen peas
- 2 chillies
- 4 eggs
- Breadcrumbs
- 1 kg sliced potatoes
-
- salad by own choice



How to:

Peel your potatoes and cut them in thin slices <5mm. Remove stem and seeds from the chillies and cut them in tiny pieces. Fill a deep plate with breadcrumbs and whip the 4 eggs together in another deep plate. Pour the peas and the chilli pieces in a casserole together with 1 dl water and some butter. Heat them up to the boiling point and then take the casserole off the heat. Pound the veal steaks with a meat hammer or your knuckles into large thin slices.

Now don't get stressed, we are going to use 2 large frying pans and do a little other work at the same time. Add some butter and some olive oil to both pans. None of the pans must end up dry, if necessary, add a little olive oil when needed. Fry your potato slices a little at a time, place the crispy finished ones on a piece of kitchen roll in a bowl. Place kitchen roll between each portion. Turn the wiener schnitzel in the eggs first and then in the breadcrumbs. Fry them on the pan, probably only 2 at a time due to their size. Sprinkle them on the pan with a little white pepper and some salt. Fry the rest of the eggs at last and place the omelet over the meat as a lid while you make the sauce.

To be served with: salad, Whisky- or CognacSauce, or... Sauce Ida (oh... it's really sour 😊)

Sauce Ida: Ingredients: (it's lime sour 😊, but delicious)

- 4 garlic cloves, peeled and in thin slices
- ½ lime peeled and in thin ¼ slices
- 1 red chilli in tiny pieces
- 1 green chilli in tiny pieces
- 100g butter
- 1 beef stock cubes
- 1 tbsp sugar

Rinse and cut your vegetables. Dissolve your stock cube in hot water. Melt your butter in a casserole, add lime, garlic slices, and chillies. Before the butter turns brown add the broth. Thicken with light gravy smoothing or a little cornflour dissolved in cold water. Taste and add sugar, salt, white pepper if needed.

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Kaya's Chicken with Asparagus Tartlets

A light serving you can't have enough of

Ingredients:

- 1 kg chicken thighs
- 400g fresh asparagus
- 400g canned asparagus spears
- 2 chicken stock cubes
- Fresh Flat Leaf Parsley
- 300ml single cream
- 18 butter tartlets
-
- 75 g butter og 1,5 dl wheat flour for a roux for gravy smoothing



How to:

Boil the chicken thighs barely covered with water together with the 2 chicken stock cubes for 50 minutes. While the chicken is boiling, you can rinse the fresh asparagus and break the bottom of them off. Put the moisture from the canned asparagus spears in a cup for later use with the sauce. Cut both fresh and the canned asparagus in 2-3 cm pieces. Put the fresh asparagus pieces in a casserole barely covered with water added a little salt and boil them for 10 minutes. Since the canned asparagus is very tender, it is important that they are not added to the dish before after the sauce is finished.

When the chicken thighs have finished, take them out of the pot for cooling and sieve the soup. Keep 1 liter of the soup in the pot and keep the rest in reserve. Peel off the meat and cut the larger parts of it in smaller pieces. Add the water from the canned asparagus og from the boiled asparagus to the soup. Make a roux of 75g butter and 1,5 dl wheat flour and add the soup to your roux a little at a time while whisking. Then add the cream. The consistency must be viscous thick. Taste and add salt, some grounded white pepper and eventually light gravy smoothing for a perfect consistency for use in the tartlets . Add the chicken meat and the asparagus and stir very carefully.

Heat the tartlets e.g. 4 min at 200°C bottoms up. Fill the thick chicken with asparagus sauce into the tartlets and serve. Garnish with parsley leaves.

- *To be served with: Fresh Flat Leaf Parsley, dill, onion tops, spring onion or chives among other.*

Roux: Ingredients: 75g butter and 1,5 dl wheat flour (used for gravy or soup smoothing, approx. 1 liter)

Melt the butter a low heat and add the wheat flour while whisking. Then add the moisture you will thicken a little at a time while still whisking.

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Book of John 2

A Danish inspirational cookbook

written and published by John Preus

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Recipe 45

Coq au Vin de Narbonne

Very classic French inspired dish, very delicious

Ingredients:

- 1 kg upper chicken thighs
- 4 long shallots
- 2 jalapeños
- 4 carrots
- 4 cloves garlic
- 20 whole black peppercorns
- 6 bay leaves
- 250g small champignon
- a little parsley for garnish
- 150 g bacon slices for garnish too
- 2 chicken stock cubes
- 2 dl red wine (e.g. Roussillon/Languedoc)
-
- fresh pasta fettuccine or tagliatelle



How to:

Rinse all your vegetables and peel and cut off the roots of your onions and your garlic cloves. Peel the carrots and cut both in slices. Remove stem and seeds from the jalapeños and cut them in small pieces. Cut the roots off your champignon and rinse them. Cut your bacon slices in strips and fry them crispy in olive oil on a pan with a lid. Remove them from the pan and sauté the chicken thighs in the fat from the bacon on both sides at hard heat. Take the chicken thighs up when they have browned a little and then fry the vegetables (jalapeños, carrots, whole champignon) in a little olive oil. Add the chicken thighs, peppercorns, bay leaves, chicken stock cubes and red wine. Press your garlic cloves over the dish and add a lid. Let your Coq au Vin stew for an hour or so. Approximately 15 minutes before the time has passed, you should start boiling water for your pasta. Probably the fresh pasta only has to cook for 4 minutes but check your packaging. Pour the moisture from your Coq au Vin supplemented with water to 3 dl in a casserole, taste it, and add salt and white pepper if needed. Thicken the moisture with dark gravy smoothing to a delicious Sauce au Vin Rouge.

To be served with: Fresh pasta, Pommes Noisettes, rice, Josephine's Sauce au Vin Rouge (and of course a glass of red wine from Fitou, Roussillon or Languedoc)

This sauce with the broth from Coq au Vin is probably the mother of all Sauce au Vin Rouge, so I'll just show you a different version of it:

Josephine's Sauce au Vin Rouge: Ingredients:

- 1 chicken stock cube
- 2 pork or beef stock cubes
- 2 dl red wine
- broth from frying meat
- salt & white pepper

Add the red wine and the stock cubes to a casserole. Let it boil for 5 minutes. Add broth from frying meat supplemented with water to 3 dl. Let it boil a little and make sure the stock cubes are totally dissolved, then taste it and add salt & white pepper if needed. Thicken it with dark gravy smoothing.

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Recipe 46

Egida's Rump Steaks

Easy, fast and very delicious

Ingredients:

- 4 Beef Rump steaks 150g- 200g
- Small florets of romanesco broccoli
- Small cauliflower florets
- 1 yellow sweet pepper
- 1 red sweet pepper
- 2 red jalapeños
- A hand handful of spinach leaves
- 1 pork stock cube
- 1 beef stock cube
-
- 500g egg pasta



How to:

Rinse and ready your vegetables, remove stem and seed from your peppers and jalapeños, cut the peppers in smaller pieces and your jalapeños in tiny pieces. Cut and break your cauliflower and romanesco broccoli into small florets. Remove any tendons from your meat.

Fill a 3-liter pot with cold water and heat it until it is boiling and ready for your pasta.

Fry your rump steaks 3-4 min on each side in a little butter and some olive oil. When you turn them, add your pepper, jalapeños and spinach to the pan and let them fry along. While frying your meat you can boil your pasta (typically 8 minutes but check packaging) and your cauliflower and romanesco florets (max 5 minutes). A rare beef feels like a relaxed underarm muscle and a medium fried beef feels like an underarm muscle with some tension. If it's too rare you can give it 1-2 minutes more on each side. When your meat is done keep it on a heated plating covered with tin foil and a towel, while you make your sauce.

To be served with: almost any sauces, other vegetables, rice, or potatoes among others

Any Day Pan Sauce: boil 3 dl water from boiling vegetables on the pan along with a pork stock cube and a beef stock cube. (supplement with water if needed) thicken it with light gravy smoothing and taste it. Add salt, white pepper and eventually garlic powder.

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Bacon wrapped chicken mini fillets from Tolo in Greece

Fast and easy with Tzatziki from Tolo and a lot of taste

Ingredients:

- 16 chicken mini fillets
- 300g sliced bacon
- 1 broccoli
- 300g Tzatziki from Tolo (see below)
-
- 3 dl Basmati rice (9 dl water plus a little salt)



How to:

Sprinkle a little salt and white pepper on your chicken mini fillets and wrap each in a slice of bacon. Start boiling your rice. Boil them for 8 minutes, sieve water away, let it drip off for 5 minutes. At the same time start preparing your broccoli, cut the bottom part of, peel the stem, and cut it into florets. Boil the for max 5 minutes, and immediately remove them from the water, so they don't get too soft. Fry your chicken fillets in a little butter and some olive oil.

To be served with: salad, tomato-mozzarella salad, chilli relish, tzatziki among others.

Light Bacon-Curry-Cream sauce: Ingredients:

- A little fat from frying bacon
- 2 tsp curry
- 1 tsp garlic powder
- 1 chicken stock cube
- 1 pork stock cube
- 1 dl double cream

Add 3 dl water to the bacon fat along with the two stock cubes, curry, and garlic powder. Boil it for a few minutes and taste it. Add salt, white pepper and curry, if needed. Thicken the sauce with light gravy smoothing.

Tzatziki from Tolo: Ingredients:

- 1 cucumber
- 8 garlic cloves
- A good sprinkle salt and a little white pepper
- 1 dl Greek yoghurt
- 2 tbsp whipping cream

Grate your cucumber coarsely, and press some of the water out of it in a whisk. Press your garlic cloves over the grated cucumber. Mix your Greek Yoghurt with the whipping cream, salt and white pepper and add the grated cucumber and garlic. The cucumber takes a lot of the taste from salt and garlic, so give it some extra.

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September-soup from Enø

Easy and fast plenty of vitamins. Real cottage food

Ingredients:

- 1 l chicken broth from boiling chicken or 1 l water plus 4 chicken stock cubes
- 4 carrots
- 2 leeks
- ¼ celeriac
- 500g soup balls or chicken meat
- 4 peeled tomatoes or 1 dl tomato passata
-
- fresh bread



How to:

Rinse and ready your vegetables. Peel your carrots and celeriac, cut off the root and split the top of your leeks to rinse them properly. Cut the carrots and leeks in slices and the celeriac in smaller parts. Sear all your vegetable in a little olive oil add tomato/passata and chicken broth Let the soup boil for at least 20 minutes, before you taste it and if needed add salt and white pepper. Serve with chicken meat or add some of John's Meat and Dumpling Balls to the soup.

To be served with: freshly baked bread, garlic croutons, soup pasta, John's food muffins among others

John's Soup Meat Balls: Ingredients:

- 500 g minced pork
- 1 egg
- 1 tbsp onion powder
- 1 dl wheat flour
- Salt and white pepper

Mix all the ingredients thoroughly together with 1/2 dl water. Heat up a large casserole with 1 l water. Shape the small 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. A nice trick is to take a handful of the meat in your left hand and shape it into several balls one at a time, this way you can make the meat balls faster. When you have finished alle the meat balls, let them boil for 5 minutes and then separate the balls from the moisture. Can be frozen individually on a baking plate with baking paper.

John's Soup Dumpling Balls: Ingredients:

- 100 g butter
- 5 eggs
- 200 g wheat flour
- 4 dl water
- 1 tbsp onion powder
- 1 tsp salt
- 1 tsp white pepper

Add butter, onion powder, salt, white pepper and water to a casserole, boil it shortly and then add all the wheat flour at one time. Stir the mixture until it is shiny and easily detaches from the pot and spoon. Take the casserole off the heat and let it cool for a little time. Whisk the eggs together. Then add a little of the egg mass at a time while whisking. When finished heat some water and shape and boil you dumpling balls the same way as the meat balls but in sets so you only boil each set for 5-6 minutes. You can for instance shape a plateful at a time and the boil them. They can also be frozen individually.

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Pork Belly roast with champignon sauce

Delicious powerful food with salad

Ingredients:

- 1 kg pork belly joint
- 1 kg large potatoes
-
- Salad Constanica

Sauce Yole: (for the salad) Ingredients:

- 1 dl single cream
- 1 tbsp apple cider vinegar
- 2 tsp Dijon mustard

Mix Dijon mustard, cream and apple cider vinegar, taste it, add a little salt, and white pepper if needed.



How to:

Preheat your oven at 210 °C hot air. Ready your pork belly joint (cut the skin in stripes, rub some salt into them, and some white pepper on the meat side) put it in a roasting pan skin-side down, and fill the roasting pan with water halfway up. Let it roast for 20 minutes before you turn it skin-side up. Let it roast for another one and a half hour. Check it every 15 minutes and pour a little of the moisture over the skin/cracklings. If your roasting pan runs dry, you just add a little more water. It is done when the cracklings are crisp and core temperature is over 70 °C. While the roast is in the oven, you have some other task to do: making your Sauce Yole, peeling the potatoes, cutting them in half, making your Salad Constanica, Preparing champignon for the sauce, and in the end boiling the potatoes (boiling time 20 minutes), and making the Beata's Champignon Sauce (if you don't have 3 dl moisture left, when you have skimmed the fat from the moisture from the roasting pan, you just supplement with cold water).

To be served with: Salat Constanica og Sauce Yole, boiled vegetables among others (must be salad and vegetables to reduce the average among of fat in the total meal)

Beata's Champignon Sauce: Ingredients:

- 500 g small champignon
- 1 pork stock cube
- 3 dl broth from a roast, (or 3 dl water and a beef stock cube)
(add a few drops of sauce colouring to the broth to make it easier to see and skim the fat with a sauce spoon)
- 1 tsp curry
- 1 tsp garlic powder

Cut the roots off your champignon, rinse them in water and cut them in half. Fry them a little in butter with curry and garlic powder. When they have change colour and is shrunken a little you add broth and stock cube. Let it boil for 10 minutes on low heat before you thicken it with dark gravy smoothing. Taste and add salt and white pepper if needed.

Salad Constanica: Ingredients:

- 150 g small champignon
- ¼ iceberg lettuce
- 4 plum tomatoes
- 300g very finely cut red cabbage
- 1 yellow bell pepper
- 1 red bell pepper
- Sauce Yole

Rinse and ready your vegetables, cut the roots of your champignon and cut them in thick slices. Remove stem and seed from your peppers, cut the in smaller pieces, also remove stem residues from the tomatoes and cut them in small boats, cut your ¼ iceberg in thin slices and your red cabbage in very fine slices. Pour Sauce Yole over the salad.

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Fried Meatballs from Isla Moen

Classic Danish meal with a little twist

Ingredients:

- 1 kg minced pork
- 2 large onions
- 2 eggs
- 1 dl wheat flour
- 2 carrots
- 500g fettuccine or tagliatelle pasta
-
- Salad Belle
- Green Peppercorn Sauce



How to:

Ready your vegetables, cut the roots off your onions and peel them. Peel your carrots and grate them finely. Chop the onions in a mini chopper with a little water and make your Salad Belle. Mix the minced meat with the chopped onions, eggs, wheat flour, grated carrots, and some salt and white pepper. Add a little water to make the mixture soft and easy to form balls of. Make and fry the meatballs in butter and a little olive oil at fair heat. With the spoon add a little of the hot fat on top of each of the meat balls and press them a little flat. (the fat also makes the next meat ball nonstick to the spoon) Heat up a 3–4-liter pot with a lid for the pasta. Add the pasta when it is boiling along with a little salt. Check the packaging for boiling time (fresh pasta around 4 minutes, dried pasta around 10 minutes)

To be served with: Green Peppercorn Sauce, Salad Belle, potatoes among others

Green Peppercorn Sauce: Ingredients:

- 50 g green Madagascar Peppercorn
- 1 pork stock cube and 1 beef stock cube
- 1 dl double cream

Boil 2 dl water with the stock cubes, add peppercorns and thicken the sauce with light gravy smoothing. Add the cream and taste. Add salt and white pepper if needed.

Salad Belle: Ingredients:

- 3 tomatoes
- 1 small red onion
- A little mixed lettuce

Rinse and ready your vegetables. Peel the onion. Cut it in half and then in thin slices. Cut the tomatoes in slices and the lettuce in smaller pieces. Mix everything in a salad bowl. Make your Sour Belle's Salad Sauce and pour over the salad.

Sour Belle's Salad Sauce: Ingredients:

- ½ dl apple cider vinegar
- 1/2 dl olive oil
- ½ dl water
- ½ dl cream
- 2 tsp dried basil

Mix everything in a bottle together with a little salt and some white pepper. Shake well just before you pour it over the salad.

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Tomato soup from Casa Fiesta

Easy and fast, delicious, and powerful

Ingredients:

- 1 kg frozen tomatoes
- 3 dl double cream
- ½ l water
- 1 tsp salt
- 1 chilli
- 2 garlic cloves
- 1 tsp basil
- 1 tsp curry
- celeriac salt or lovage salt
- 2 chicken stock cubes
-
- 1 dl small soup pasta
- fresh parsley or basil for garnish



How to:

Peel the tomatoes, (easy when they are frozen, simply pour hot water on them and the skin is loose) also remove the green spot. Peel your garlic and remove stem and seed from your chilli. Cut both in smaller pieces and place everything in a 2-liter pot. Let it boil for 15 minutes while you occasionally stir your soup. Take the pot off the heat and blend the soup with a hand blender. Add your soup pasta and keep the soup hot on low heat for another 10 minutes. Stir occasionally. Add the cream, save eventually a little for making cream spirals when serving.

To be served with: fresh bread, soup pasta, garlic croutons, among others

Garlic croutons: Ingredients:

- 6 garlic cloves
- 6 slices white sandwich bread
- Olive oil

Peel your garlic cloves. Cut the bread in dices 2 x 2 cm, heat a pan with a fair amount of olive oil. Press the garlic cloves over the oil and fry the bread dices golden and crisp. Sprinkle them with salt and white pepper. If the pan goes dry, add a little more olive oil.

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Frankfurters with salad and potato salad

Easy, easy and easy and still delicious

Ingredients:

- 8 frankfurter sausages, if possible with chilli & cheddar
- potato salad
- salad of your own choice, maybe premade mixed salad with some tomato boats added
- 20g cut chives
- 1 tbsp Dijon Mustard
- Your choice of salad dressing



How to:

Heat a pan moderately, lower the heat to low heat, fry the frankfurters for 20 minutes turn them often, as they tend pop easily, especially if the pan is too hot. Meanwhile cut your chives finely, carefully mix them and the mustard, a sprinkle of white pepper and the potato salad. Much easier doesn't cooking get!

To be served with: baguettes, chilli ketchup, chilli relish, among others

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Auntie Augusta's Pork Tenderloin with Bacon Asparagus

A summer dream with a little bite

Ingredients:

- 500g pork tenderloin
- 1 bunch of asparagus
- 1 courgette
- 300g sliced bacon
- 1 kg new potatoes
- 1 pork stock cube
- 1 beef stock cube
- 1 tsp chilli flakes
- 1 tbsp lemon pepper
- 6 bay leaves
-
- salad of your own choice



How to:

Make your salad first. Then make your Bacon Asparagus. Check your courgette for spots and rinse it in cold water. Cut it in 1,5 cm slices. Peel your potatoes and start boiling them. Boiling time 20 minutes.

Remove tendons from your tenderloin, especially the flat one and the one behind the side tenderloin. Part it in the middle and wrap the rest of the bacon around the two parts. Sear the two parts of your meat on all sides in butter and olive oil in a pot. Sprinkle them with salt, white pepper and chilli flakes. Add 4 dl of water plus stock cubes and bay leaves. Put a lid on top and let the dish stew for 10 minutes at low heat. Turn the meat upside down after 5 minutes.

Meanwhile you will have to use 2 pans, one for the Bacon Asparagus and one for the courgettes. Fry your Bacon Asparagus in a little butter and olive oil and fry your courgettes in olive oil sprinkled with lemon pepper. When the tenderloin pieces are done, they must rest on a plate covered with tin foil and kitchen towel while you make your Turkish Chilli-Bacon Sauce. Boil a little water on all pans and combine with the moisture from cooking the meat to a broth for your sauce. The recipe for the sauce below is in case you will use the sauce to another dish. In your case you just thicken your broth with dark gravy smoothing and maybe add a little sugar, salt and white pepper.

To be served with: Tzatziki, chilli relish, boiled carrots among others.

Turkish Chilli-Bacon Sauce: If you haven't followed the recipe above, you can make a similar broth of 4 dl water, 6 bay leaves, 1 pork stock cube, 1 beef stock cube, a little butter and bacon fat plus 1 tsp chilli flakes. Let it boil for 10 minutes, remove the bay leaves taste it and add sugar, salt and with pepper if needed.

Bacon Asparagus: Ready your asparagus, break off the bottom part and rinse them. Use half of your bacon to wrap around your asparagus (1 or 2 at time). Fry them in a little butter and olive oil. See above for appropriate timing.

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Asparagus soup from Isla Omoe

My absolute favorite soup both as a starter and as a light meal

Ingredients:

- 500g asparagus
- 3 chicken stock cubes
- 300 ml double cream
-
- 1 roux (see below)



How to:

Ready your asparagus, rinse them in water and break the bottoms off. Cut them in 1.5 cm pieces and boil them for 10 minutes covered by water together with the 3 stock cubes. Make your roux in a casserole.

Pour the asparagus moisture in a 1-liter measuring jug. Supplement with cold water to 1 liter. Pour the moisture a little at a time into the casserole with the roux while heating and whisking.

When all the moisture is added and the soup is boiling, you must regulate the consistency probably with a little light gravy smoothing. It must be a little too thick before you add the cream. Taste and add salt and white pepper if needed. Add the asparagus and serve hot.

To be served with: newly baked bread, Isabella Butter, maybe small croissants among others.

Tip! If you like a fluffier soup, you can whisk the cream before adding it to the soup.

Roux: Ingredients: 75g butter and 1,5 dl wheat flour (used for gravy or soup smoothing, approx. 1 liter)
Melt the butter a low heat and add the wheat flour while whisking. Then add the moisture you will thicken a little at a time while still whisking.

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!

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Recipe 55

ParisBouef du Preus

This is absolute one of my all time favourites

Ingredients:

- 800g minced low fat beef (Steak Tatare from a butcher)
- 8 slices sandwich bread
- 300g pickled sliced jalapeños
- pickled capers
- grated horseradish
- pickled beetroot
- Swedish cucumber salad
- 4 tomatoes
- 1 red onion
- 4 pasteurized egg yolk (see below)
- pickled vegetables
- chilli ketchup
- garlic powder or grated garlic cloves



How to:

If you cannot get Steak Tatare from a high-end butcher, you can use common minced very lean beef, but in that case, you must make sure your meat is prepared well done and not very rare as Steak Tatare normally is.

Peel your onion. Cut your pickled beetroot in smaller pieces, your tomatoes in boats, and your onion in thin slices. Spread butter on your bread and turn them upside down on a piece of baking paper. Make a cross from corner to corner with your chilli ketchup on all the bread. Spread 100g Steak Tatare on each, press it firmly. Sprinkle salt, garlic powder and white pepper on top of each.

Heat a large pan with a little olive oil to hard heat. Fry 4 ParisBouef at a time, first 2-3 min on the meat side and then 1-2 min on the bread side. If you are using common minced lean beef, you will have to fry the meat side again for 2-3 minutes. Put them on a plate and fry the next 4 the same way, you might add a little more olive oil.

To be served with: (see the list above) and add whatever you see fit.

Be careful the bread doesn't get burned.

Pasteurized egg yolk: (you'll need a digital thermometer or a Sous Vide)

Heat a casserole with 8 eggs covered with water to exactly 60° C and hold it at this temperature for 3 minutes. If the temperatures drop below 58° C, your time start over. If the temperature rises, add a little cold water. Then separate yolks from the egg white. You can keep each in a closed container, flushed in boiling water.

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Baked Potatoes with minced beef and chilli

Everybody loves a baked potato with a good garnish

Ingredients:

- 1 kg large potatoes
- 500g minced beef
- 2 large beef tomatoes for frying
- ½ cucumber for spirals
-
- ½ cucumber for salad
- 10 baby plum tomatoes
- pickled red onion
- garlic powder
- onion powder
- 1 tbsp chilli flakes
- Chinese soya sauce
- Isabella Butter
-
- Salad Valldaro



How to:

Rinse and remove spots from your potatoes. Boil them for 18 minutes. Meanwhile make your salad and your Isabella Butter, if not already present in your refrigerator. Cut your beef tomatoes in 1cm slices. Use a Cucumber-Spiral-Cutter to make cucumber spirals. When your potatoes have boiled, you put them in a roasting pan on a little layer of coarse salt. Cut a cross on top of each and give them 30 minutes in the oven at 220°C hot air until the skin is loose.

Sear the meat in butter and olive oil together with chilli, garlic powder, salt, white pepper, and a little Chinese soya sauce. Fry your beef tomato-slices in olive oil sprinkle with basil and garlic pepper.

To be served with: Isabella Butter, pickled red onion, baby plum tomatoes, a good glass of red wine among others.

Salad Valldaro: Ingredients:

- 10 cherry tomatoes
- 200g honeydew melon
- 4 spring onions
- 1 avocado
- 20 red seedless grapes
- some lettuce baby salad leaves
- 1 tbsp olive oil
- 1 tbsp **Tarragon Vinegar** (make your own by giving 3 tbsp dried tarragon and 1 dl clear vinegar a short boil. Sieve the vinegar. Keep cold until next time. Tarragon vinegar can also be used as bearnaise essence)

Cut your tomatoes and grapes in half. Remove skin and stone from the avocado. Remove skin from the melon and cut it and the avocado in smaller pieces. Rinse your spring onions, cut off the roots and top, then cut the rest in smaller pieces. Mix everything with the baby salad leaves. Spray with a little olive oil and a little tarragon vinegar.

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.

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Beef Rump Steak from Isla Enoe

Fast, easy, and very delicious, both for lunch and for dinner

Ingredients:

- 4 Beef Rump Steaks 125-180g
- 1 kg boiled, cooled potatoes
- pickled red onion
- salad of your own choice
-
- Capers Sauce



How to:

Ready your rump steaks, remove any tendons. Sprinkle them with a little white pepper. Cut your potatoes in smaller pieces and fry them in a little olive oil. Sprinkle them with a little garlic salt and some white pepper. Fry the steaks 3-4 minutes on each side. Let them rest covered with tin foil and a kitchen towel while you make your Capers Sauce.

To be served with: pickled red onion, Capers Sauce, Pickled Beetroots among others.

Capers Sauce: Ingredients:

- 1 pork stock cube
- 1 beef stock cube
- 100g small capers
- ½ dl double cream

Pour the moisture from your capers (save a little for flavour) add 4 dl water, the two stock cubes and your capers to the pan you fried your meat on. When the stock cubes are totally dissolved thicken it with light gravy smoothing. Taste and add cream, salt, white pepper, moisture from the capers if needed.

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Daddy's Bacon-Pork Meatballs

Danish "frikadelle" you'll love the taste

Ingredients:

- 500g minced pork 5% fat
- 300g sliced bacon
- 2 eggs
- 1 dl oat flour
- ½ dl wheat flour
- 1 kg potatoes
- 500g frozen fine peas
- 2 large onions
- Garlic powder
- 2 pork stock cubes
- 1 beef stock cube
-



How to:

Peel your onions, cut the roots off, then grate one of them finely for the meat mix. Cut the other onion finely for mixing with the peas. Cut your bacon slices into tiny pieces. Dissolve one of your stock cubes in 1 dl boiled water.

Mix the meat, bacon, eggs, oat flour, wheat flour, grated onion, and your dissolved stock cube with a hand mixer. Keep the mix in a bowl in the refrigerator while you peel your potatoes, cut them in large slices and start boiling them. Boiling time 18 minutes.

Put the frozen fine peas into a bowl and pour boiling water over them. Change the hot water if needed. The peas must defrost, but not get too hot. Sear the cut onion a little in butter. Pour the water from the peas and mix them with onion pieces on the pan. Turn off the heat.

Heat a large pan with butter and a little olive oil. Shape the meatballs with a spoon and your right hand. Dip the spoon in the boiling fat between each and pour a little over each meatball with a little press. Fry the 4 minutes on each side and then 1-2 minutes on each side. When finished remove the meatballs and add 3 dl water to the pan and the two remaining stock cubes. Taste and add garlic powder, salt, and white pepper, if needed. Thicken the sauce with light gravy smoothing.

To be served with: salad, pickled red onion, pickled beetroot, among others.

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No.37 pork in Celeriac Sauce

Light, different and fast and very tasteful. Inspired from my local Vietnam Grill.

Ingredients:

- 500g pork tenderloin
- 16 asparagus
- 300g sliced bacon (16 slices)
- 3 dl Basmati rice
(9 dl water + a little salt)
- ¼ Iceberg lettuce
- 4 large plum tomatoes
- 10 mini peppers in assorted colours
- ¼ cucumber
- 1 golden delicious apple
- Celeriac salt
- 2 pork stock cubes



How to:

Ready your meat, remove tendons especially the flat one and the one behind the side-tenderloin. Cut the meat into 4 long stripes and then into dices approx. 2x2x2 cm. Sprinkle with celeriac salt and white pepper. Wrap a bacon slice around each asparagus, try to fixate the ends so they are locked. Boil the rice for 8 minutes, and then separate the water from rice with a sieve. Let the rice drip off for 5 minutes before serving. Meanwhile you can make your salad and fry your meat in butter. At the same time you fry your bacon asparagus in olive oil. Make your Celeriac Sauce and add your meat.

To be served with: Swedish cucumber salad, pickled jalapeños o.m.a.

Celeriac Sauce: Boil 1,5 dl water on each pan, combine and add stock cubes. Taste and add more celeriac salt and white pepper, if needed. Thicken with light gravy smoothing.

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 2

A Danish inspirational cookbook

written and published by John Preus

ISBN 978-87-90064-42-6

Recipe 60

John's Beef Lindstrom

Classic very tasteful dish

Ingredients:

- 500g minced beef
- 60g pickled beetroot
- 1 small onion
- 2 tbsp capers
- 1 tsp Dijon mustard
- 2 eggs
- 150g sliced bacon
- 1 pork stock cube
- 1 beef stock cube
-
- 1 kg new potatoes
- 4 carrots
- 2 pointed sweet peppers
- 2 onions for boats
- ¼ broccoli
-
- Tzatziki (see below)
- ¼ Iceberg lettuce
- 1 golden delicious apple
- 3 large tomatoes



How to:

Make your tzatziki. Ready your other vegetables, rinse them in cold water. Remove stem and seed from the peppers, cut them in smaller pieces. Peel and root cut your onions. Cut the bottom off your broccoli and cut it into small florets. Peel your potatoes and carrots and start boiling them. Boiling time 20 minutes. Make a salad of Iceberg lettuce, apple, and the tomatoes. Cut the beetroots and the little onion finely. Mix beetroot, onion pieces, minced meat, capers, Dijon Mustard, eggs, salt, and white pepper thoroughly. Form the mixture into 4 beefs and wrap 2 slices of bacon around each. Fry the beefs 3-4 minutes on each side and the 1-2 minutes on each side.

Meanwhile you cut your carrots and pointed peppers in smaller pieces, also cut the 2 onions into small boats. These vegetables are to fry in butter and olive oil on a pan for 4-5 minutes. Take the vegetables up and boil 3 dl of water on the pans together with the 2 stock cubes. Taste and add salt and white pepper if needed. Thicken the sauce with light gravy smoothing

To be served with: Tzatziki, butter roasted vegetables, salad among others

Tzatziki from Tolo: Ingredients:

- 1 cucumber
- 8 garlic cloves
- A good sprinkle salt and a little white pepper
- 1 dl Greek yoghurt
- 2 tbsp whipping cream

Grate your cucumber coarsely, and press some of the water out of it in a whisk. Press your garlic cloves over the grated cucumber. Mix your Greek Yoghurt with the whipping cream, salt and white pepper and add the grated cucumber and garlic. The cucumber takes a lot of the taste from salt and garlic, so give it some extra.

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Recipe 61

Bratwurst Sausage

Easy and nice, with salad and boiled potatoes

Ingredients:

- 8 Bratwurst sausages
- 1 kg potatoes
-
- Salad of your own choice e.g.
pieces of sugar snap peas
halves cherry tomatoes
small pieces of cucumber
Asparagus pieces
small pieces of lettuce
finely chopped red chilli



How to:

Peel your potatoes and boil them. Boiling time 20 minutes. Fry your bratwurst at very low heat and flip them often. In the meantime you can prepare your salad. salat.

To be served with: hotdog rolls, Garlic Butter Sauce, tzatziki, chilli relish, chilli ketchup among others

Garlic Butter Sauce: 100g butter, one garlic clove pressed, 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.

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Beef Medalion Steak Wiener Art

Very classic European inspired Wiener schnitzel

Ingredients:

- 4 Beef Medalion Steaks 150-200g
- 1 kg French Fries
- A little parsley for garnish
- Breadcrumbs
- 4 eggs
- 1 bag of roasting vegetables e.g. Mediterranean style
-
- Olive oil or rapeseed oil for deep frying the French fries



How to:

Remove any tendons from the meat. Cut your meat horizontally with a santoku knife, so you end up having 8 pieces of meat 0.5-1cm thick. One at a time you take one piece of meat, put it in a freezer bag, and tenderize it (bang it) on both sides with a meat hammer. Sprinkle the meat with a little white pepper on all sides. Whip your egg together on a deep plate and add breadcrumbs on another deep plate for breading. Make your Dalmatia Creamy Champignon Sauce and place it hot. Remember to make your roasting vegetables according to the instructions on the bag.

Now you are getting busy! Heat up a large pot with at least 2 cm of oil for your French Fries and heat up a pan with butter and olive oil for frying the meat/schnitzels. Turn one schnitzel at a time in first the egg mass and then in the breadcrumbs. Fry them crispy and golden, probably in two or more sets as they each take up a lot of space. Fry your schnitzels 2-3 minutes on each side. At the same time fry a couple of handfuls of your French Fries in the pot with the oil at hard heat. Use a stainless skimmer spoon to take the French Fries down and up. Put the finished French fries on a piece of kitchen paper to suck the excessive oil. When all the schnitzels are done, you fry the remaining egg mass as an omelette to use as a lid over the schnitzels, while you make the sauce and finish frying French Fries.

To be served with: a glass of beer or white wine, salad among others

Dalmatia Creamy Champignon Sauce: Ingredients:

- 250 g small champignon
- 1 pork stock cube
- 1 beef stock cube
- 3 dl water
- 1 tsp curry
- 1 tsp garlic powder
- 1 dl double cream

Rinse and root cut your champignon, cut them in halves or quarters depending on their size. Fry them in butter together with the garlic, curry, and a little salt. When they have changed colour and are shrunken a little, you add water and stock cubes. Let them boil for 5 min, before you thicken the sauce with light gravy smoothing. Add cream, taste and salt and white pepper if needed. Use a little parsley for garnish.

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Recipe 63

ISBN 978-87-90064-42-6

Pork medallions with large RedVegetables

Yummy, yummy, yummy !

Ingredients:

- 700g pork tenderloin
- 300g sliced bacon
- ½ broccoli
- 6 carrots
- 2 leeks
- 2 beetroots medium sized
- 3 dl Basmati rice
(9 dl water + salt)
- 1 pork stock cube
- 1 beef stock cube



How to:

Ready your vegetables, cut off the bottom of your broccoli, part it in florets. Peel your carrots and beetroots. Cut them in large parts. Cut off the tops/roots and split the remaining tops of your leeks, cut both in 8-10 cm long parts. Boil the carrots for 15 minutes, after 5 minutes add the beetroots, and the leeks. Let the broccoli boil along the last 5 minutes. When boiled take the vegetables up and put them in a bowl for later. Save 3 dl of the vegetable moisture for the sauce.

Now we prepare the pork tenderloin, remove any tendons, especially the big flat one and the one behind the side tenderloin. Cut 8 medallions of the meat and wrap a piece of bacon around each. The remaining bacon you cut in half (for frying with the vegetables). Sprinkle the wrapped medallions with white pepper and a little garlic powder.

Boil your rice, boiling time 8 minutes, then separate them from the water with a large sieve. Let them be dripping off for 5 minutes. While the rice is cooking, fry your medallions 3-4 minutes on each side and then 1 minute on each side. Take your medallions off the pan and let them rest covered with tin foil and a kitchen towel, while you fry your half bacon slices on the pan for 2-3 minutes before you add all the vegetables. Let them heat up for 2-3 minutes.

Put bacon and vegetables on a heated plate and add the moisture from the meat and the 3 dl of vegetable moisture to the pan together with the 2 stock cubes. Heat and taste. Add salt and white pepper if needed. Thicken the sauce a little with a spoonful of Maizena dissolved in a little cold water.

To be served with: a different choice of sauce e.g. Sauce Cafe Parisienne, Capers Sauce, among others

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Vera's Stuffed Chicken on Vegetables

More of everything, more meat, and more taste

Ingredients:

- 1 1300g chicken
- 500g chicken mince
- 1 avocado
- 1 small onion
- 2 eggs
- 1 dl wheat flour
- 4 garlic cloves
- 3 leeks
- 6 carrots
- 1 kg large potatoes
- 2 chicken stock cubes



How to:

Heat the oven to 200°C. ready your chicken, remove any feather residues and rinse inside with cold water. Peel and root cut the onion and garlic cloves, remove skin and stone from your avocado.

Chicken stuffing for filling into the chicken: In a mini chopper you put the avocado, one garlic clove and the onion, let it chop all finely. Mix the chopped vegetable with the chicken mince, eggs, wheat flour, and ½ dl water.

Fill the stuffing into the chicken and close each end with a meat pin. Add a little oil to a roasting pan place any leftover stuffing in the middle of the pan and place the stuffed chicken on top. Give it 40 minutes in the oven at 200°C. now ready the rest of your vegetables, peel the carrots and potatoes, root cut your leek, cut of a little of the top, split the remaining top in four and rinse thoroughly . Cut the carrots and the potatoes in slices and the leeks in 3-4 pieces each.

When the chicken has had it time in the oven it is place on a plate while you place the vegetables in the roasting pan with the potatoes on top. Sprinkle them with salt, white pepper and press the remaining 3 garlic cloves over them. Part the chicken in two halves and place each on top of the potatoes with the stuffing downside. Dissolve the 2 chicken stock cubes in 1 dl hot water and pour over the vegetables. Give everything 30-40 minutes further until the skin is loose and the vegetables are soft.

To be served with: newly baked bread, JohnnyCakes, Tzatziki, Isabella Butter among others.

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Chicken Thighs from Egtved

Easy, delicious, and self-cooking

Ingredients:

- 8 chicken whole thighs
- 750g potatoes
- 4 leeks
- 4 carrots
- chilli oil
- celeriac salt
- Fajita seasoning mix
- 2 chicken stock cubes



How to:

Ready your vegetables, peel the carrots and potatoes, root cut your leek, cut of a little of the top, split the remaining top in four and rinse thoroughly . Cut the carrots and the potatoes in slices and the leeks in 3-4 pieces each.

Add a little olive oil to a roasting pan, place a layer of the leeks in the bottom, then a layer of carrot slices, and on top the potato slices. Dissolve the chicken stock cubes in ½ dl of hot water add pour over the potatoes. Spray with chilli oil, sprinkle with celeriac salt. Place the chicken thighs on top and sprinkle a god layer of Fajita seasoning over them. Cook at 200°C hot air for 1 hour and 10 minutes and crispy.

To be served with: newly baked bread, JohnnyCakes, Tzatziki, Isabella Butter among others.

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Recipe 66

Besalu Pork Loin Steaks

Mediterranean style Pork Loin

Ingredients:

- 8 pork loin steaks
- 8 small slices of cheese
- 500g tomato pasado
- 8 garlic cloves
- 2 pork stock cubes
- 1 tbsp fresh rosemary
- 3 dl Basmati rice
(9 dl water plus a little salt)
- 4 large tomatoes
- fresh basil
- 210 g mozzarella



How to:

Boil your Basmati rice, (boiling time 8 minutes, then separate from the water and dry for 5 minutes). Ready your garlic cloves and cut then in very thin slices. Sprinkle the steaks with salt and white pepper, sear then shortly on a very hot pan in butter, the sliced garlic cloves, and olive oil on both sides. Place the steaks in a roasting pan, boil the pan with ½ dl water and the stock cubes. Add tomato passata and rosemary. Pour the tomato sauce over the meat and place a slice of cheese on top of each steak. Give the disk 15 minutes at 200°C hot air in the oven. Cut your tomatoes in half and then in thin slices and your mozzarella likewise. Place both on a plate, garnish with fresh basil. Taste the tomato sauce before serving and add water, salt and white pepper if needed.

To be served with: salad, JohnnyCakes eller John's Food Muffins among others

John's Food Muffins: Ingredients:

- 4 dl wheat flour
- 2 tsp baking powder
- 1 tsp salt and 2 tsp white pepper
- 150 g grated cheese
- 3 dl whole milk
- 1/2 dl rape seed oil
- 3 eggs
- 300g diced bacon
- 2 red chillies
- 4 garlic cloves
- 2 onions



Ready your chillies, remove stem and seeds, cut in tiny pieces. Cut off the roots of your garlic cloves and onions, Pres the garlic cloves over the diced bacon and grate your onion coarsely. Now fry your diced bacon in a little olive oil for a couple of minutes, then add the chilli pieces and grated onion, and give it a couple of minutes more. Mix all the dry stuff in a bowl and all the other stuff including the cheese in a different bowl. Pour the contents of the two bowls into one and mix it with a hand mixer to a smooth dough. Let the dough rest for 10 minutes and then fill it into silicone muffin forms. Bake them at 180°C hot air for 20 minutes.

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Roasted pork Belly with Parsley Sauce

This is the classic Danish National dish, and it's very good...

Ingredients:

- 1,2 kg sliced pork Belly
- 1 kg new potatoes



How to:

Heat your oven to 220°C hot air. Add a little olive oil to 2 roasting pans. Distribute the pork belly slices in them. Sprinkle them with salt and a little white pepper. Give the pans 30-40 min in the oven. (Time can be influenced by mass and a lot of other issues). Flip the slices 2-3 times during that time. Peel your potatoes and boil them for 20 minutes. When the pork belly slices are golden and crispy take them out and place them loosely stacked, so they keep being crispy. Use some of the melted fat for the Parsley Sauce.

To be served with: Danish Aquavit and a cold beer among others

Conny's Parsley Sauce: Ingredients:

- 100 g flat leaf parsley
- 1 dl double cream
- 3 dl milk
- ½ dl melted fat
- 1 dl wheat flour
- a little butter

Chop your parsley finely. Make a roux with ½ dl melted fat, 1 dl wheat flour and a little butter. (Heat and mix) Add the milk a little at a time during constantly whisking. Add double cream and taste, add salt and white pepper if needed. Add the parsley and serve.

This sauce cannot be re-heated later for health reasons, but you can keep it cold and eat cold.

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Book of John 2

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written and published by John Preus

ISBN 978-87-90064-42-6

Recipe 68

John's Favourite Tenderloin Schnitzels

Tenderloin Schnitzels beat every other schnitzel, and this is my favourite recipe 😊

Ingredients:

- 2 pork tenderloins
- 300g asparagus
- 300g sliced bacon
- 4 slices of cheese
- fresh parsley
- 3 large bell peppers
- 10 spring onions
- 500g carrots
- 500g fresh pasta fettuccine
- 4 eggs
- A little chilli flakes
- 1 pork stock cube
- 1 beef stock cube
- Breadcrumbs



How to:

Prepare your vegetables, rinse them in cold water. Break the bottom off the asparagus, remove coarse stems in your parsley. Remove stem and seeds from your bell peppers. Root cut your spring onions and cut a little of the top. Peel your carrots. Cut your bell peppers in stripes, and the spring onions in smaller pieces, cut your carrots in slices at an angle. Wrap bacon slices around the asparagus but save 4 slices bacon for the meat.

Ready your pork tenderloins, remove tendons, especially the big flat one and the one behind the side tenderloin. Cut both ends of the tenderloins, save the ends cold for next day's stew. The remaining middle part we have to part into two schnitzels. Do the same for the other tenderloin. Press the 4 schnitzels flat (2 cm) and cut them nearly all way horizontally, so they can open like a clam. Open them and fill them with a slice of bacon, a little parsley, 1 slice of cheese, a sprinkle of salt, white pepper, and some chilli flakes. Close your filled schnitzels.

Fry your carrot pieces in a little butter and some olive oil for 5-10 minutes on a pan. Add the spring onion and pepper pieces and let it sear for another 5-10 minutes. Empty the pan and place everything on a hot plate covered with tin foil and a kitchen towel to stay hot. Add a little more olive oil to the pan add fry your Bacon Asparagus golden and a little crispy. Save them together with the other vegetables on the hot plate. Add a little butter to the pan and keep it off the heat until you are ready to fry the meat. Start boiling water for your pasta. (Boiling time probably 4 minutes but check packaging).

Whisk the 4 eggs together in a deep plate with a fork and put breadcrumbs on another deep plate. Start breading your meat by first flip it in the egg mass and then flip it in the breadcrumbs. Fry the meat golden and delicious on the pan for 3-4 minutes on each side and the 1 minutes on each side. Remember to boil your pasta. Place the meat on a hot plate, and at last fry the remaining egg mass on the pan as an omelette to place on the meat as a lid, while you make a pan sauce of 3 dl water and the two stock cubes. Taste and add salt, white pepper, and garlic salt if needed.

To be served with: chilli relish, tzatziki among others

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Sauces

Whisky-Pan-Sauce:.....	37
Fanny's Teriyaki Sauce:	38
Bacon Beef Sauce:.....	41
Sauce Ida:	43
Roux:	44
Josephine's Sauce au Vin Rouge	45
Any Day Pan Sauce:.....	46
Light Bacon-Curry-Cream sauce:.....	47
Beata's Champignon Sauce:	49
Green Peppercorn Sauce.....	50
Turkish Chilli-Bacon Sauce:.....	53
Roux:	54
Capers Sauce:.....	57
Celeriac Sauce:.....	59
Garlic Butter Sauce:.....	61
Dalmatia Creamy Champignon Sauce:	62
Conny's Parsley Sauce:.....	67

Add Ons

Tzatziki from Tolo:	34
Laila's Carrots-Leek mix:	35
Fried Potatoes:	36
Leek-Bacon Pie (Quiche Lorraine avec Poireaux):	36
Susy's Potato Wedges:	37
Laila's Carrots-Leek mix:	37
John's Speedy-Baguettes:	39
Pickled red onions:	40
Tzatziki from Tolo:	47
John's Soup Meat Balls:	48
John's Soup Dumpling Balls:	48
Sauce Yole:	49
Salad Constancia:	49
Salad Belle:	50
Sour Belle's Salad Sauce:	50
Garlic croutons:	51
Bacon Asparagus:	53
Isabella's Butter	54
Pasteurized egg yolk:	55
Salad Valldaro:	56
Isabella's Butter	56
Tzatziki from Tolo:	60
Chicken stuffing	64
John's Food Muffins:	66

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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
maybe Bisto Favourite Gravy Granules
- 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 cream (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.

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Inspiration for your everyday cooking

This is the second 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

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