

PICTURE COOK

SEE. MAKE. EAT.

KATIE SHELLY



CONTENTS

LEGEND ————— 6

BASIC TECHNIQUES ——— 8

BREAKFAST ————— 16

SOUPS & STEWS ————— 24

HEFTY MEALS ————— 36

SIDES & SALADS ————— 50

FAST SNACKS ————— 64

SAUCES & DIPS ————— 76

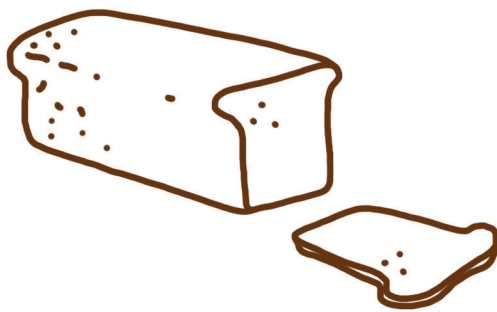
DRINKS ————— 86

DESSERT ————— 96

INDEX ————— 108

ABOUT THE AUTHOR ————— 110

METRIC CONVERSIONS ————— 112



EVERYTHING YOU NEED TO COOK GREAT FOOD IS RIGHT HERE. START WITH THE LEGEND AND BASIC TECHNIQUES TO ORIENT YOURSELF WITH THE WAY THIS BOOK WORKS. THERE'S ALSO A METRIC CONVERSION PAGE IN THE BACK IF YOU NEED IT.

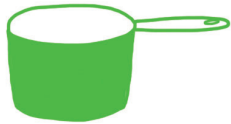
AND REMEMBER—THE FOLLOWING RECIPES ARE NOT INTENDED AS PRECISE CULINARY BLUEPRINTS. INSTEAD THEY ARE MEANT TO INSPIRE IMPROVISATION, EXPERIMENTATION AND PLAY IN THE KITCHEN.

HAVE FUN & BE FREE!

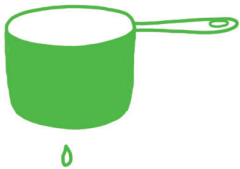
-katie

LEGEND

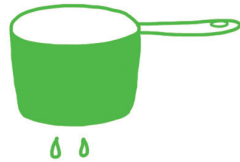
NO
HEAT



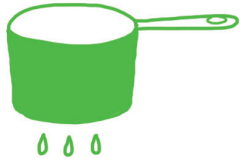
LOW
HEAT



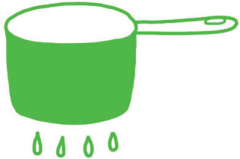
MEDIUM-
LOW
HEAT



MEDIUM
HEAT

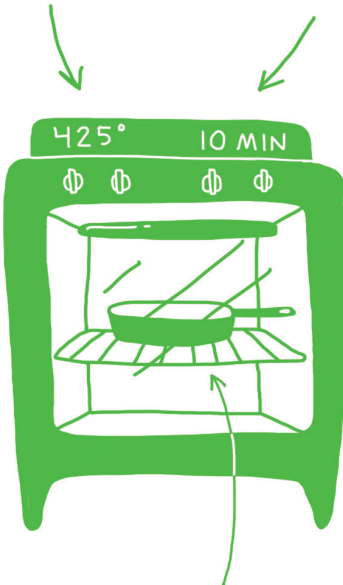


HIGH
HEAT



PREHEAT
OVEN TO
425° F

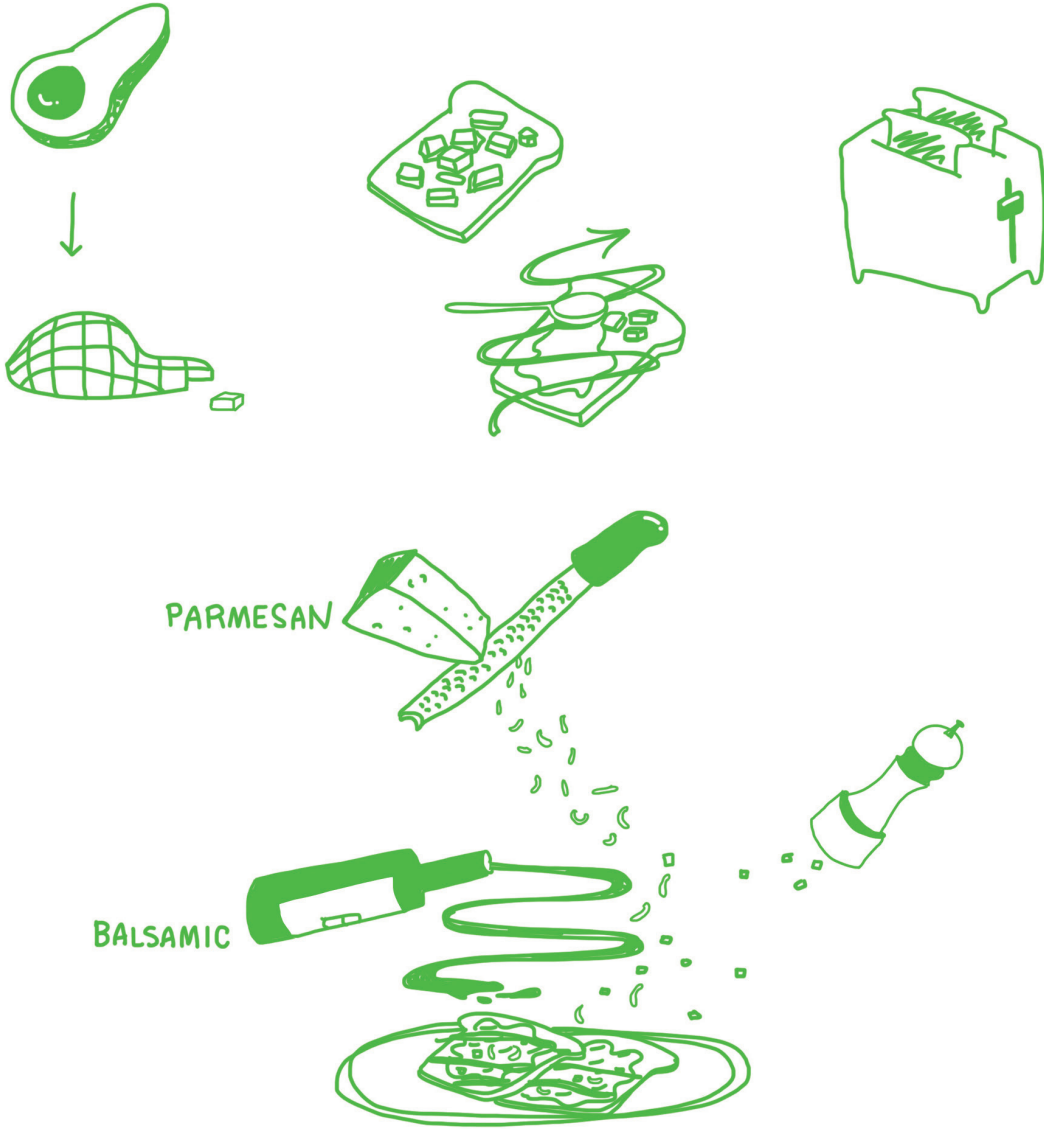
BAKE
FOR
10 MIN



SAUTÉ PANS
IN THE OVEN
ARE ALWAYS
CAST-IRON OR
SOMETHING THAT
SAYS "OVENPROOF"

BREAKFAST

AVOCADO TOAST



PARMESAN

BALSAMIC



AVOCADO



ANY TYPE
OF BREAD



PARMESAN
CHEESE

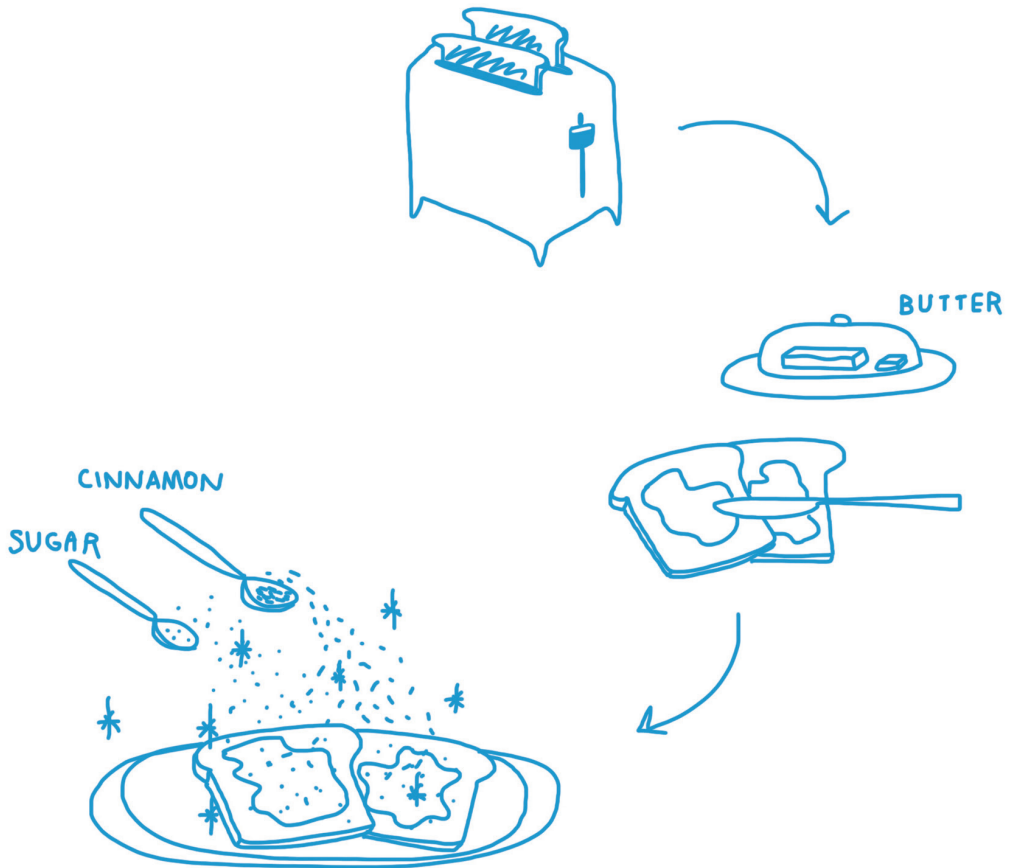


BALSAMIC
VINEGAR



PEPPER

SPARKLE TOAST



ANY TYPE
OF BREAD



BUTTER

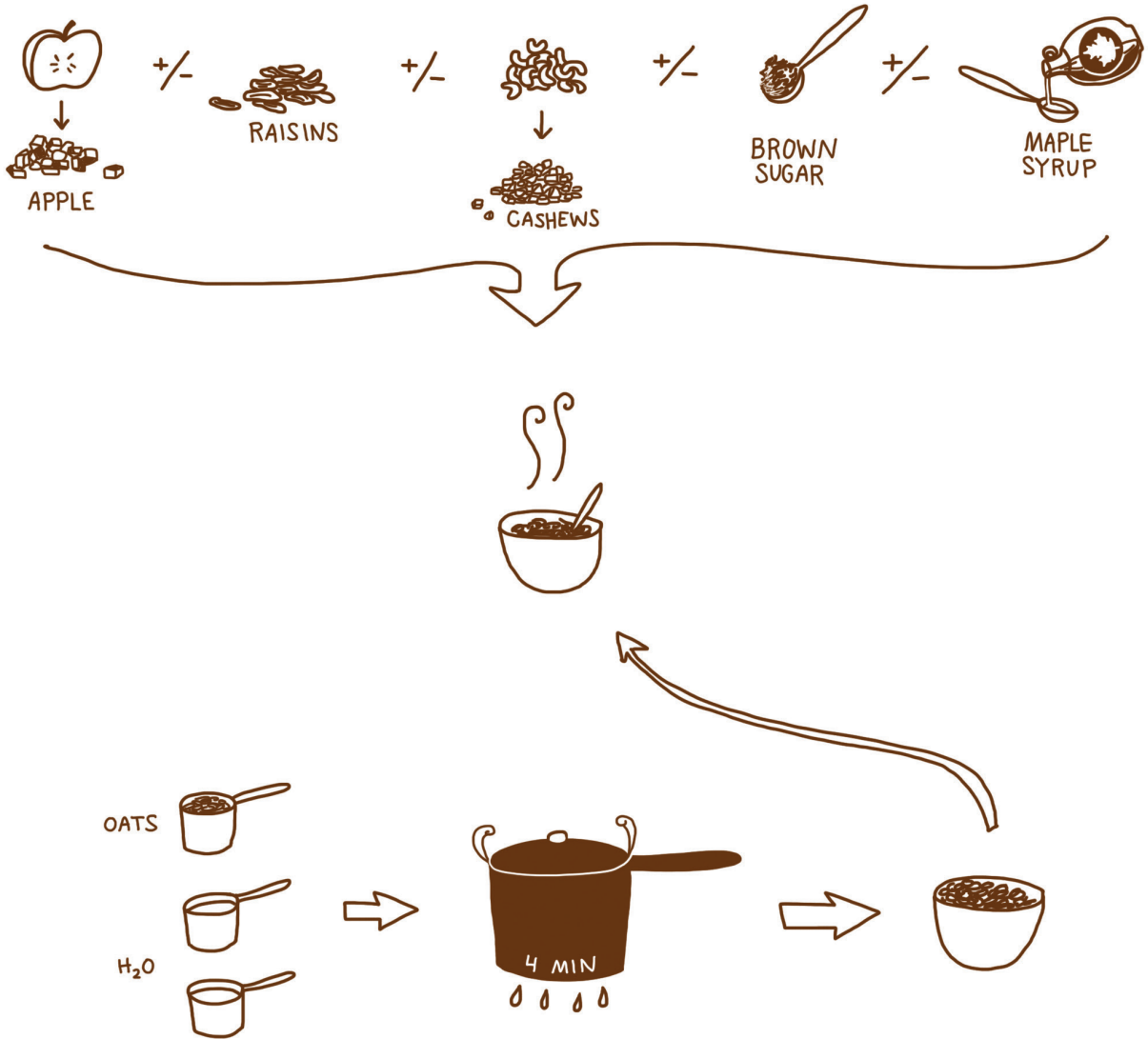


SUGAR



CINNAMON

MAGIC OATMEAL



1 CUP
OATS



2 CUPS
WATER



1/2
APPLE



RAISINS



CASHEWS
OR CASHEW
BUTTER



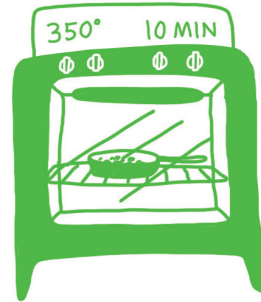
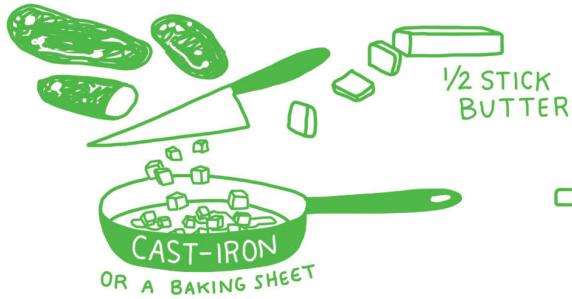
BROWN
SUGAR



MAPLE
SYRUP

HOME FRIES

POTATO



2-3 POTATOES,
PEELING OPTIONAL



3/4 STICK BUTTER,
DIVIDED



1 ONION



1 BELL
PEPPER



1 CHILE

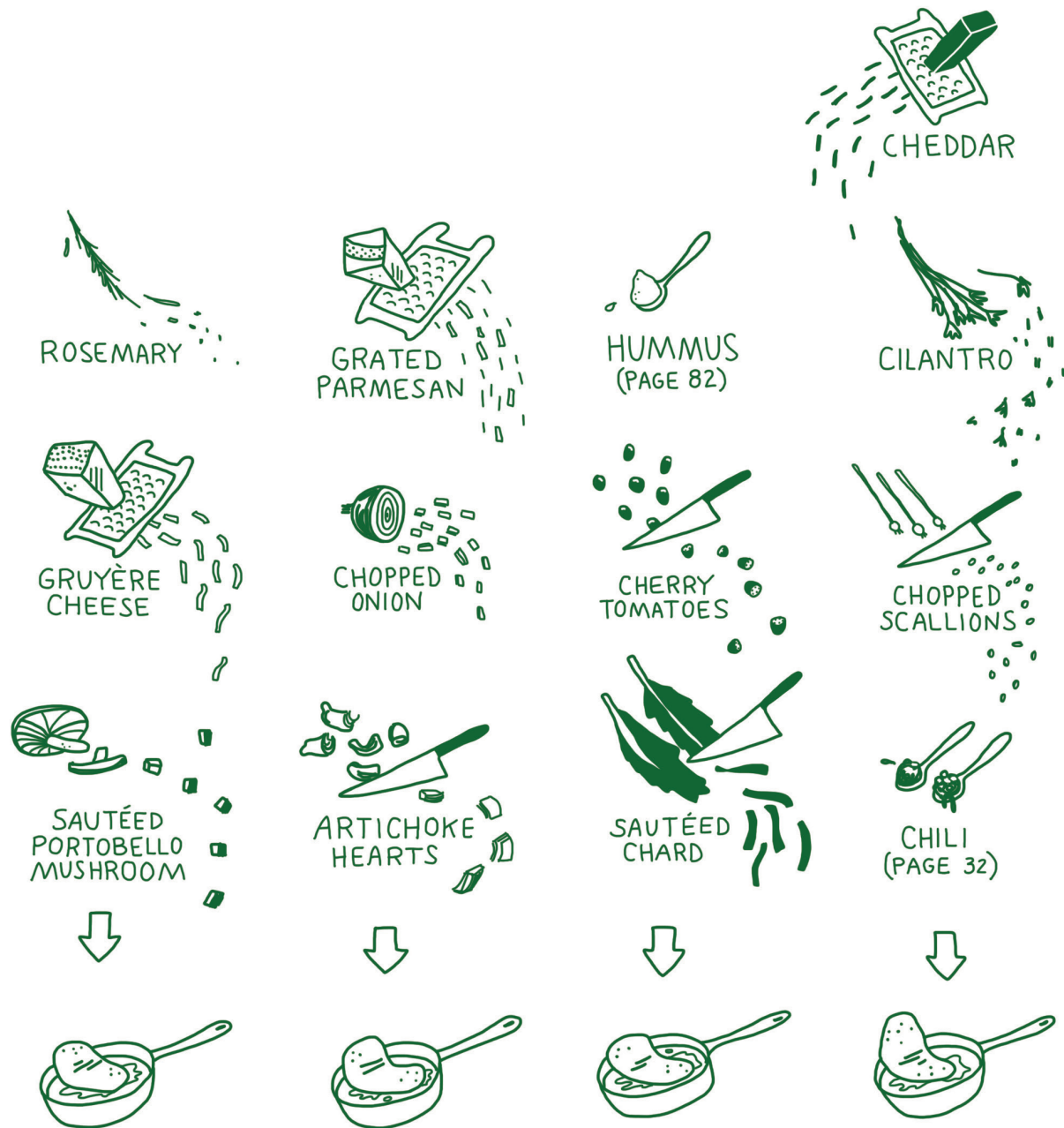


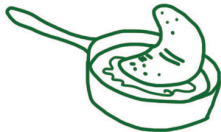
SALT &
PEPPER



DASH OF CUMIN
& PAPRIKA

THOUGHTS ON OMELETS

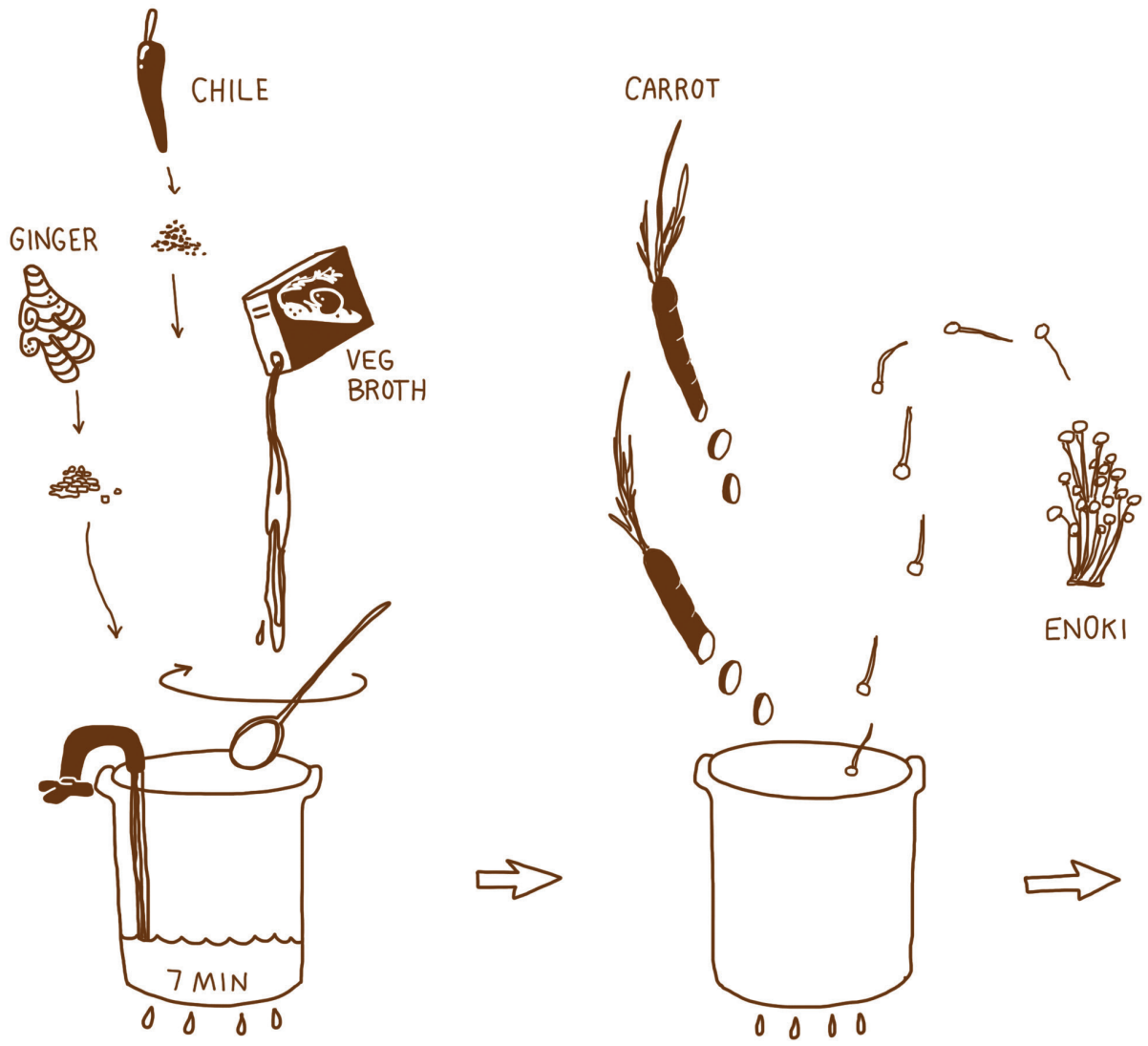






SOUPS & STEWS

THUNDER SOUP



ABOUT
4 CUPS
WATER



1/2 CUP
MINCED
GINGER



1 CHILE



4 CUPS
VEG BROTH



2 CARROTS

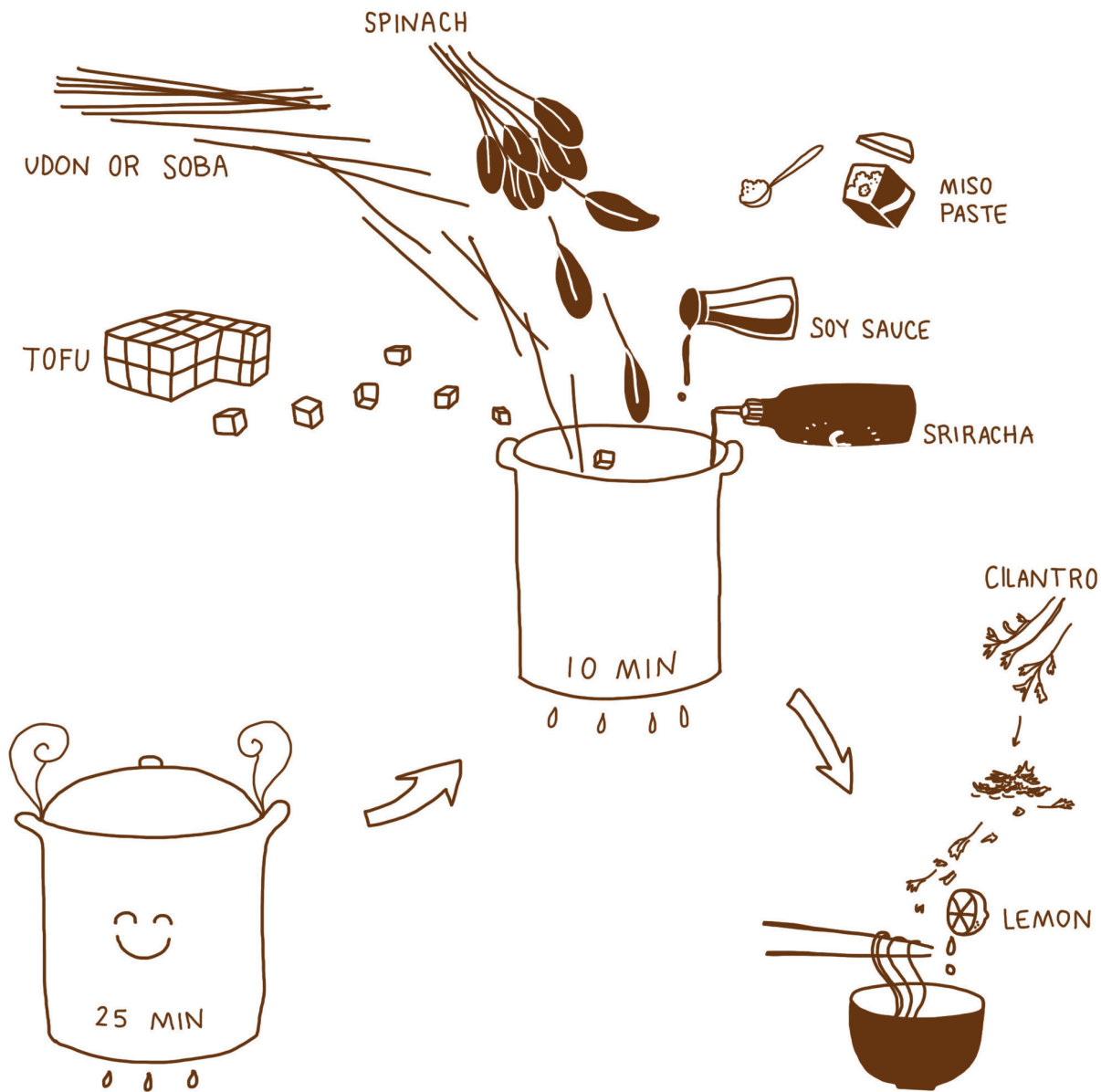


2 CUPS
ENOKI
MUSHROOM

OR



2 CUPS
ANY
MUSHROOM



1 BOX
FIRM TOFU

1/2 BAG
UDON OR
SOBA NOODLE

1 BUNCH
SPINACH

2 TBS
MISO
PASTE

GENEROUS
SPASH OF
SOY SAUCE

SQUIRT
OF SRIRACHA

HANDFUL
CILANTRO

1/2 LEMON