

Thomas' Recipes

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- Pesto Sauce (Thomas' Way)
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Red Sauce (Thomas' Way)

Source: Thomas D'Attilio

Ingredients

12-16 cloves of garlic
1 bunch parsley
2 tsp Dried oregano
1 tsp Red pepper flakes
2-3 Bay leaves
4 cans of Muir Glen whole peeled tomatoes (plain NOT with basil added)
1/4-1/2 cup olive oil
sugar to taste
salt to taste

Instructions

1. Peel and chop garlic into thinnish slices. Uniform thickness is important.
2. Dump tomatoes in large dutch oven. Heat for a while, then blend with immersion blender, then continue to heat on medium-low.
3. Put 1/8 cup oil in small saucepan. Garlic. Then parsley. Add pepper flakes and oregano.
4. Add to pot. Add more oil. Add bay leaves.
5. Silent simmer. Let reduce by 15-20%, stirring occasionally to keep solids from settling and burning. Scrape down sides when stirring to incorporate the dark red sauce that forms on pot above the sauce.
6. Remove bay leaves.

Price Breakdown

Thomas's Red Sauce -- \$13.15 (3+ meals for 2 people)

12-16 cloves of garlic (5 bulbs for \$2.49) -- ~\$.75

1 bunch parsley -- \$1.29

4 28(?)oz cans of tomatoes (1 for \$2.59) -- \$10.36

1/4-1/2 cup olive oil (6.25 cups for \$10.79) -- ~\$.75

2 tsp Dried oregano -- negligible

1 tsp Red pepper flakes -- negligible

2-3 Bay leaves -- negligible

Sugar -- negligible

salt -- negligible

Tomato-Pesto-Mozz Sandwich

Source: Heather Hayden, Thomas D'Attilio
(Inspire by sandwiches from The Brooklyn Farmacy)

Ingredients

Homemade pesto (see below)

Tomatoes (the more flavorful, the better), sliced thin

Fresh mozzarella (we used Esposito's, but any fresh mozz should do), sliced thin

Multigrain bread (we used Caputo's sliced multigrain sandwich bread)

Homemade Pesto

Ingredients

2 bunches of basil leaves, rinsed (discard stems) and dried (salad spinner works fine)

4-6 large garlic cloves, roughly chopped and prepared fascist Italian style (sautéed in oil until golden and soft)

Small amount of pine nuts (roughly three tablespoons; to taste)

.2 lb fresh Parmesan, chopped

Black pepper (optional)

Olive oil

Instructions

Pack basil leaves into food processor. Pulse a few times. Add chopped garlic and pine nuts. Stir a bit (scrape up the chopped stuff on the bottom and dump over the still whole leaves), and pulse a few more times. Add ~1 tablespoon of oil and pulse a few times, stirring occasionally. Add a little more oil at a time, pulsing a few times and stirring with each addition. The pesto is ready to be pulsed when there is enough oil that the blades "grab" the remaining basil leaves and grind them. Add Parmesan and continue to pulse. Don't pulse too long, or you'll wind up with a paste (still good, but it won't have a nice texture.)

Sandwiches

Turn toaster onto bake at 350°F.

Toast two slices of bread slightly, just until slightly dry on both sides.

Spread one slice with pesto. Layer sliced mozzarella and tomatoes on the other slice of bread. Place pesto slice side down on top of the other slice. Press gently, then place in toaster.

Toast for ~5 minutes on one side. Flip. Toast for ~5 on the other side. When the cheese is melted, it's ready.

Enjoy!

Thai Stir Fry

Source: Thomas D'Attilo

Ingredients

Fried Egg (Optional)

- 1 egg
- oil for frying

Stir-Fry (Serves 2-3)

- 2 packages of seitan
 - or ~200g chicken breast
 - or __g Asian fake duck, fake chicken, etc.
- ~.75 vidalia onion (or 1 small)
- ~2 green peppers
- 15 cloves of garlic
- 2 habanero peppers (use seeds of only one)
 - or ~10 thai chilis
 - or equal amount of other chilis
- 1 tablespoon oil for frying
- Thai sauce (*Note: ratio of soy sauce to garlic needs to stay the same, do NOT increase soy sauce*)
 - 2 teaspoons of oyster sauce
 - 1.5 teaspoons light soy sauce
 - 3 splashes of dark sweet soy sauce (you can use Indonesian kecap manis)
 - 1.5 teaspoons sugar
- 2-3 packs of Thai holy basil leaves (*Tear into small pieces*)
- Lime (splash at end)

Instructions

First, START THE RICE!

1. There is nothing worse than a stir fry that's ready to eat but has no accompanying rice, so make sure you start the rice early enough to give it time to cook.
2. Jasmine rice: 1 cup rice to ~1.5 cups water. 1.5 cups of rice may be ideal.
3. Basmati rice: NEEDS SOAKING. Start 45-60 minutes before you want to eat, because it needs to be rinsed, then soaked for 30 minutes, then cooked.

Second, fry the egg

1. Heat about 1 tablespoon of vegetable oil in a wok or frying pan on high-medium heat.
2. When the oil is hot and sizzling, drop in the egg. Let it sizzle and bubble up, and at the same time, splash some of the hot oil onto the top of the egg (don't flip the egg, unless

you really want to).

3. After the egg looks about right to your cooked likeness (I like mine runny [so does Heather]), take it out, drain the excess oil, and put it on a plate for later.

Basil Chicken/Seitan/FakeDuck/Whatever

1. Cut the (*main ingredient*) into bite-sized pieces.
2. Rinse and peel the garlic and chilies, and pound them in a mortar and pestle (alternatively you can just mince them with a knife). They don't need to be super fine, you just want to bring out the oils and flavors from the garlic and chilies.
3. Pluck a good-sized handful of holy basil leaves off the stems.
4. Mix the sauce ingredients together.
5. Now it's time to start cooking. Heat your wok on high heat, and add about 1 tablespoon of oil to the pan.
6. When the oil is hot, add the (*main ingredient*) and the chilies and garlic. Stir fry them for about 20 seconds or so until they get really fragrant, but don't let them burn or get too dry.
7. **If using meat:** cook for about 2-3 minutes, be sure to stir *constantly*, add a tiny splash of water if it starts to dry out. Cook until chicken is fully cooked through.
8. Add the onions and keep stir frying.
9. Add the peppers and continue to stir fry.
10. Add the sauce. Keep stir frying for about another 30 seconds.
11. Grab a handful of holy basil, toss it into the pan, fold it into the (*main ingredient*), and then immediately turn off the heat (if you're using an electric stove, you'll want to remove the pan from the burner). The holy basil really only needs to cook for about 5 seconds, and it will continue to wilt and cook from the existing heat of the chicken. This step is important because if you cook the basil for too long, it loses some of its glorious flavor and gets slightly chewy.
12. Add a splash of lime juice at the end.
13. Serve with rice!

Dry Stir-Fry

Ingredients

- 25 grams fresh lemongrass (or paste)
- 19 grams fresh galangal
- 5 grams fresh turmeric
- 56 grams shallots
- 3 medium garlic cloves
- 1lb or so of sliced seitan

Directions

1. Mix all ingredients except seitan using a mortar and pestle.
2. Heat oil in wok, add paste, saute for a bit. Add seitan and saute.
3. Serve with rice.

Avocado Risotto

Yield: 3 servings.

Ingredients

Single Recipe (serves 3) 1/4 cup olive oil 1/2 cup vermouth <i>DO NOT INCREASE AMOUNT. LESS IS FINE.</i> 4 cups vegetable broth <i>Note: try no-chicken broth next time</i> 1 cup arborio rice 3/4 cup onion <i>Note: maybe try shallots next time</i> 3 cloves garlic 1/2 cup minced red bell pepper <i>Note: maybe cut this amount a bit and add a little hot pepper next time</i> 2 chopped avocados salt to taste chopped cilantro for garnish	Family Recipe (serves 18+) 1.5 cup olive oil 3 cups vermouth 24 cups vegetable broth 6 cup arborio rice 4.5 cups onion 18 cloves garlic 3 cups minced red bell pepper 12 chopped avocados salt to taste chopped cilantro for garnish
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Directions

1. Put broth on stove to heat--must be boiling by step 5.
2. In large pot, put 2-3 tbsp of oil, onions, and salt. Saute onions until golden.
3. Add rice and stir for two minutes until grains are evenly coated.
4. Add wine and stir until wine has evaporated.
5. Add 1 cup of stock and stir regularly until it is dry. Repeat twice.
6. Add remaining olive oil to small saucepan and saute garlic until golden. Mash garlic. Remove garlic and throw away.
7. Add final cup of stock to rice (if dry) and continue to stir. Saute peppers 3-4 minutes in the garlic-infused olive oil.
8. Add peppers and oil to the rice.
9. Remove from heat. Add avocados (mashing some) and stir.
10. Serve with a garnish of cilantro.

Pesto Sauce (Thomas' Way)

Ingredients

2 bunches of basil leaves, rinsed (discard stems) and dried (salad spinner works fine)

4-6 large garlic cloves, roughly chopped and prepared fascist Italian style (sauteed in oil until golden and soft)

Small amount of pine nuts (roughly three tablespoons; to taste)

.2 lb fresh Parmesan, chopped

Black pepper (optional)

Olive oil

Instructions

Pack basil leaves into food processor. Pulse a few times. Add chopped garlic and pine nuts. Stir a bit (scrape up the chopped stuff on the bottom and dump over the still whole leaves), and pulse a few more times. Add ~1 tablespoon of oil and pulse a few times, stirring occasionally. Add a little more oil at a time, pulsing a few times and stirring with each addition. The pesto is ready to be pulsed when there is enough oil that the blades "grab" the remaining basil leaves and grind them. Add Parmesan and continue to pulse. Don't pulse too long, or you'll wind up with a paste (still good, but it won't have a nice texture.)

Inari

Ingredients

- 1 package (16-count) inari
- 1 1/2 cups uncooked sushi rice
- seasoned rice vinegar
- 2 avocados, sliced

Directions

1. Cook sushi rice. Mix cooked rice with rice vinegar to taste, then allow to cool.
2. Stuff each inari with rice, leaving a bit of space at the top. Top with sliced avocado. Enjoy!