

Let's Make Cooking Great Again

Poul's Kitchen *50 Real Food Recipes*

By Poul
Woodworth

Introduction

Pouls Kitchen

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Welcome to Poul's Kitchen, I am Chef Poul, and welcome to maybe the start of a new life for you. Maybe you're a diabetic, maybe you have heart issues, maybe you have among what millions of us suffer: some disorder that disables you from having a normal diet that everyone else has, and that is fine. There are lots of healthy ways for you to eat and not have to stress you or your taste buds out about it.

Maybe you don't have any dietary restrictions, and you want to learn how to cook, or just cook healthier. This is not that hard to do, but here is my goal: Let's Make Cooking Great Again! Let's find our groove and say goodbye to fast food, salty TV dinners, and just all in all bad eating. I want to show you there are healthier, and tastier ways to make food, to make things fun and realistic, and make you feel better about learning how to cook, upping your skill level, and being able to enjoy it.

If I can reach out to one person, just one person and show them a better way, and change their life for the better, then this book was a success. My name is Poul, and let's make cooking great again!

About Poul

Poul is just a simple man who grew up in the Maritimes, in Atlantic Canada. Poul was orphaned as a newborn baby, and due to the manner in which his birth mother tried to abort him at birth, he has dealt with a lot of health issues from the get go. He was rescued and put into an orphanage and then adopted by a very loving family, who took care of him.

Through some very bad lifestyle choices, later in his life Poul developed diabetes and high blood pressure. Like many, at first it was a very hard lifestyle choice to make, but a decision to change his diet was made.

One of his biggest challenges was learning how to cook. Poul was never allowed to cook at all growing up and was basically kicked out of the kitchen. When he was in college he boarded with some culinary students who took pity on him. He was eating TV dinners, and wasting money at the bar constantly. The culinary students taught him how to cook which Poul took very seriously.

Through the years Poul learned from cooks all over the world. He learned and developed his own recipes, and started to really enjoy it.

By the time Poul learned he was diabetic, he was able to translate what he was already making into healthier meals.

One guilty pleasure Poul always had was chatting on IRC. He met his beautiful wife Aimee there and along the way met other people who struggled with their diets. Poul's Kitchen began, first with a chat room, then with a YouTube show, website, WhatsApp and finally a Facebook group too.

Poul loves to eat, loves to cook for others, and has even hosted, prepared and organized a 300+ women's appreciation night for a church. He served a full course turkey meal.

Poul really hopes you get something out of this book. Thank you for taking the time to read this.

About Poul's Kitchen

Poul's Kitchen started on an IRC Network, randomly after Poul publicly admitted that he was diabetic. A few other users had stated the same. They told him how they were having issues learning how to cope and eat healthier. At that point Poul decided to work on having a support group to help other people learn how to make small tweaks on their diet to live healthier.

Soon a Chat Room opened up, and more people showed up asking for help. The party was just getting started.

Eventually, Poul among some of his loyal supporters opened up their own IRC Network. He found more like minded people who were happy to contribute. This was by no means a one man operation, this was a group effort, and on many levels it succeeded.

The videos started to open up, not in a professional production. It is not intended to be professional. It's set up to be from the heart, open and honest, and real.

Are there better channels on YouTube, or on IRC? Sure there are, but there are not a whole lot that dedicate themselves to make videos or chat strictly for those with dietary restrictions!

Welcome to Poul's Kitchen.

Dedication

To dedicate this book, there are a few people who I need to thank, because without them, Poul's Kitchen wouldn't exist.

Ron and Bon, thank you for your countless hours and posts. Without you I could never keep our Facebook group alive, without you, I couldn't keep things together, you've sacrificed so much of your personal time to sit and help those who need it. You are one of the most important people we have.

Rhianna, Thank you for taking the time to be honest, and for giving the hard opinions. It makes us all stronger, thank you for your advice, and insight.

Quo-Fan, Without your sacrifice, time and dedication, our technical advances would never work. We owe you a lot.

Suntop, Thank you for being there, always thick and thin. Thank you for the help with technical needs. You sir are awesome. By the way, if you didn't hear me say it, I believe George Lucas owes some of his biggest movie ideas to Suntop. I can't prove it, but that's my story and I'm sticking to it.

Dennis, You are one of the most amazing people I know. You and your family, your contributions technical and otherwise are one of the most important we could ever have asked for.

Alex, Thank you for being there behind the camera. For helping us pick up things when we needed it. Thank you for being there. Thank you also for being a "son" and brother.

Rachel and Tony, Thank you for keeping me in check, I really need you at times.

J, We all fall, we have the choice if we want to get back up or not, while I can not help you, I do owe you for helping getting this started, I do hope one day you embrace true change.

Chef Josh, Believe it or not your a huge inspiration, thank you.

Aimee, Without you, my life would mean nothing, and I owe all this to you.

To everyone else who has ever helped us along the way, encouraged us and was there: thank you to everyone, and especially you the reader!

Where To Find Us

You can find Poul's Kitchen on Facebook, in our Facebook group, Poul's Kitchen <https://www.facebook.com/groups/PoulsKitchen1975>. We also have a YouTube channel Poul's Kitchen [Poul's Kitchen - YouTube](#) .

If you would like to reach out to one of us we can invite you to our WhatsApp group.

We are also on www.PoulsKitchen.com

If you are familiar with IRC you can find us on sith.poulskitchen.com on #PoulsKitchen We are also on many different IRC Networks and connected via a relay so everyone can chat with each other.

We would love to have you join us, no gnomes allowed.

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Tropical Pineapple Salsa

<https://www.poulskitchen.com/?p=217>

Ingredients

1. Ground black pepper
2. Lo Salt, or NoSalt
3. Smoked paprika
4. Onion
5. Red Pepper
6. Cilantro
7. Pineapple (Not canned)
- 8.
9. Tomato (Not canned)
10. Lime
11. Jalapeno (Your choice if you want seeds or not)
12. Tajin

Instructions

1. Chop all of your vegetables.
2. Add each ingredient into a large bowl.
3. Mix as you add a new one in.
4. Add your spices, salt, pepper, tajin, and smoked paprika.
5. Squeeze the juice of a lime inside.
6. Make sure everything is mixed well.
7. Sit your salsa in the fridge for 1 to 2 hours before serving.

Best served with nacho chips!



Naan Bread

<https://www.poulskitchen.com/?p=196>

Ingredients

1. 3 Cups of flour (White or Whole Wheat).
2. 3 Cups of plain Greek Yogurt.
4. 2 Whole garlic
5. 1 Large onion.

Instructions

1. Put your onion and garlic in a food processor, if you don't own one just mince very finely.
2. Put all of the ingredients very slowly into a large bowl and slowly mix with your hands.
3. Make 2 balls out of them.
4. Beat and knead the balls until they are elastic and then cover and let them rest for 30 minutes.
5. After 30 minutes, take each ball out and separate into 6 pieces, and then roll them into thin bread.
6. On a cast iron pot, you may want to grease your pan a bit, but not necessary.
7. On medium heat, cook both sides until they are both done, this should only take 2 to 3 minutes per slice.



Chicken Chow Mein

<https://www.poulskitchen.com/?p=193>

Ingredients

- 4 Pieces of Chicken Breasts
- 2 Tbsp Light soya sauce
- 1 TBSP Cornstarch
- 1 Cabbage
- 2 Carrots
- 1 Small bag of cashews
- 3 TBS of minced ginger
- 3 TBS of Minced garlic
- Bunch of green onion
- 1 Large onion
- 1 Your choice bottle of a sauce you like
 - 2. Black pepper
 - 1 TBSP hot sauce
- 2 TBSP sweet soya sauce
- 1 TBS of light soya sauce
- 2 TBSP of apple cider vinegar
- 1 Pack of Chow Mein noodles

Instructions

Chop your chicken up into small strips, put a splash or 2 of water, and a tablespoon of light soya sauce, and a few tablespoons of cornstarch, mix it up and put it in the fridge for at least 10 minutes. This will help tenderize it.

Chop all vegetables finely.

For the sauce, pick up a nice healthy and good sauce you like, add some black pepper, hot sauce, sweet soya sauce, light soya sauce, apple cider vinegar, mix well.

Fully cook your chicken

Start to mix everything in your wok adding the sauce at the end, serve with the green onion and you're good to go.



Sliders

<https://www.poulskitchen.com/?p=178>

Ingredients

A package of extra lean beef
Potato Rolls
2 large onions
Cheese
4 Jalapenos

Instructions

On a baking tray lined with parchment paper, put your beef over it and flatten it over parchment paper, and make it flat as you can with a rolling pin. you want them to be slightly bigger than your buns, take a chop stick and poke 5 holes per burger, cover with parchment paper and freeze it for at least 4 hours.

After 4 hours take the patties out and separate them, cut up lots of onions and jalapeno, get your cheese ready.

Put the onions and jalapenos on the bottom of the pan, and fry your sliders on top of them, add cheese to the top, and remove when done. Add them to the bun and you're done!

The onions and jalapenos will help steam and cook the sliders and produce a much nicer and better tasting slider. You can add condiments to it, but you don't need to, and shouldn't.



Philly Cheese Steak

<https://www.poulskitchen.com/?p=220>

Ingredients

Steak
Large onion
Worcestershire sauce.
Pepper
Cheese
Mayonnaise
Sub Bun

Instructions

Put the steak in the freezer for at least 2 hours.

After 2 hours take the steak out and cube into small cubes, and then dice an onion.

Fry both up until the steak is cooked, and the onions are caramelized. Adding pepper, you can add salt, but not necessary, adding some Worcestershire sauce until done.

On a sub bun, you can put some mayonnaise on it, no miracle whip please. Add in your meat and onion mixture.

Add some cheese to this, provolone is the most common, but you can be creative.

Wonder Foods

Wonder foods are foods that we should be eating more of. They can help your diet and help you feel better and actively help your diet. They can work to prevent some of the things we suffer from. These are foods we should work harder on to eat more of, and include in your meals.

I promise if you try to incorporate these into your regular meals you will start to feel better in no time.

Chickpeas

- 1.1.1. Chickpeas – They have been proven to help improve your diabetes, it can help you lose weight, improve high cholesterol and heart issues, are full of vitamins, and lower your cholesterol. They also help make you feel full instead of making you want to eat more snacks. They are also a very rich source of plant protein.

Apple Cider Vinegar

2. Apple Cider Vinegar – This can help moderate your blood sugar which is major for diabetics. It also contains acetic acid and antioxidants, which may have antimicrobial and antioxidant effects. It's also great for weight management, can lower cholesterol and help your heart as well as offer probiotics that can help your gut health.

Dark Leafy Greens

- 1.1.3. Dark Leafy Greens – Are great to help against chronic illnesses and diabetes and heart issues. These are something to include in your meals especially your sandwiches.

Green Tea

- 1.1.4. Green Tea – A drink that came out of China. It can help with weight loss, diabetes and cancer. It is not something everyone drinks, but maybe a cup or two a day might be worth trying.

Turmeric and Ginger

5. Turmeric and Ginger – We should be using these every time we cook. It is for those of us who suffer from arthritis, can help heal wounds, great for those of us with heart disease, diabetes and cholesterol, and is best paired with pepper!



Egg-roll Bowl

<https://www.poulskitchen.com/?p=223>

Ingredients

- Sweet soya sauce
- Rice vinegar
- Sesame seed oil
- Black pepper
- Crushed chili peppers
- Minced turkey - 2 packs
- Liquid smoke
- Onion powder
- Apple wood spice
- Smoked paprika
- Apple cider vinegar
- Minced ginger
- Minced garlic
- 2 Bell peppers
- 2 Green onions
- Shredded cabbage
- A bag of shredded carrots
- 1 Chopped up onion

Instructions

For the sauce, In a bowl mix up some sweet soya sauce, some light soya sauce, some rice vinegar, sesame seed oil, black pepper, and crushed chili peppers, and mix it up well.

In a large wok cook up both packs of ground turkey adding a touch of liquid smoke, and apple wood spice, onion powder, smoked paprika, and some apple cider vinegar, make sure the meat is almost finished cooking before adding anything else, and add your minced garlic and ginger, now add your onions and carrots, then add cabbage and peppers, and then pour in your sauce, and mix well until everything is cooked.

This may be a pain, but you may wish to use tongs to do this, but make sure to stir and mix well, and when done serve this into bowls and you're good to go. Just top with green onions for the looks.



Butter chicken Poutine

<https://www.poulskitchen.com/?p=226>

Ingredients

Instructions

6 Chicken breasts - Chopped up into cubes
 1 Lemon
 Garlic paste
 Ginger paste
 Chili powder
 Onion powder
 Fennel seeds
 Red pepper flakes
 Lo Salt
 Black pepper
 Extra virgin olive oil
 Plain Greek Yogurt
 Turmeric
 Garam masala
 French Fries
 Chopped up onions from 1 onion
 2 can of diced tomato
 Half a block of butter
 Rice vinegar
 Honey
 Minced up cashews
 A block of shredded cheese

Cube up chicken breasts add a few squirts of lemon juice from a lemon add 2 spoons of garlic and ginger paste, add chili powder, onion powder, fennel seeds, red pepper flakes, and some lo salt, black pepper and mix it all up cover this up in the fridge for 20 minutes.

After 20 minutes take it out of the fridge, add a few drizzles of extra virgin olive oil, and 4 good spoonfuls of plain Greek yogurt add some turmeric, garam masala and mix it up really well. Put this back in the fridge for at least 20 minutes, you can leave this sit for a few hours and would work better.

Take a baking tray with parchment paper and set the chicken out of the marinade and on the tray and bake in a preheated oven for 350 degrees, for 20 minutes, make sure it is fully cooked, you may need to let it cook a bit longer.

Once that is done, in a wok with a bit of extra virgin olive oil, add some diced up onions. Add 2 cans of diced tomatoes, add a few blocks of butter, add some rice vinegar, add a generous amount of honey, keep mixing until the butter melts, add some garam masala, add some chili powder.

Start making your french fries how ever you want to.

Back to the gravy, add some garlic paste, add some turmeric, add some lo salt, add some cashews, simmer this until everything is soft, then pour it into a blender and blend it until its done.

Now it's time to serve, put some French fries into a bowl, add your gravy, and add some cheese and serve!



Chicken Nuggets

<https://www.poulskitchen.com/?p=181>

Ingredients

Chicken Breasts
Russet Potatoes
2 Eggs
1 Large Onion
Ground black pepper
Onion powder
Dill
Cheyenne pepper
Turmeric

Instructions

Make some mashed potatoes the way you like them and works for you, don't worry about the extra just simple mashed potatoes, boil them up then mash them up.

Put a large onion in the food processor, put some chicken breasts in the food processor, process it until it's completely done. You want it at the consistency that it's almost like crumbs. Add it to the potatoes, add 2 eggs then add the following spices: Ground black pepper, Onion Powder, Dill, Cayenne pepper, Turmeric. Mix it all together so that it is completely mixed.

Preheat your air fryer, (works best with this.), Shape into nuggets and air fry on 400 for 20 minutes.



Feta Cheese

<https://www.poulskitchen.com/?p=161>

Ingredients

4 Litters of milk
2 Cups of plain yogurt
1 Lemon
Lo salt

Instructions

Start with 4 liters of milk, take a quarter of a cup of milk, pour the rest of the milk in a large pot and start cooking on medium heat and keep stirring it. take 2 cups of plain yogurt into your cup of milk, and stir it up, squeeze the juice of 1 lemon then put in a bit of salt. Just before it starts boiling, put in your milk yogurt mix, soon it will start boiling, and you will see curds come up on top.

Take a pot with some cheesecloth put on top and start scooping the curds into the cheesecloth, when it's all in the cloth squeeze the liquid out to make your cheese dry.

Store in a dark warmish place for 24 hours.

24 hours put in the fridge and you're good to go!



Burrito Bowl

<https://www.poulskitchen.com/?p=102>

Ingredients

Chicken Breasts - Chunk it up
2 Spoons of minced garlic
Liquid Smoke
Black pepper
Lime juice
Honey
Smoked Paprika
Onion powder
Ground cumin
Water
Apple cider vinegar
2 Cups of rice
3 Onion minced
1 Jalapeno minced
2 Cans of corn
1 Can of crushed tomatoes
2 Cans of black beans
Cumming
3 Cloves of minced garlic
3 cans of chipotle peppers in adobo sauce
1/4 cup of Mayonnaise
Sour cream

Instructions

The Chicken

Add some chunked up chicken breasts, add 2 spoons of minced garlic, and some liquid smoke, add lots of black pepper, some lime juice, honey, and smoked Paprika, onion powder, and ground cumin. Marinate this between 2 to 24 hours, and then cook this for 6 hours on low, with a bit of apple cider vinegar, and some water.

Mexican Rice

Strain 2 cups of rice and rinse this under water until the water is clean, this will clean the starch off of the rice, we are now going to use a wok to cook the rice, adding the onion and jalapeno and corn, you want to add some lime juice and a can of crushed tomatoes, mix and cook well.

Black Bean Mix

Put 2 onions in a food processor, and then to the frying pan we added 2 cans of black beans, and no do not drain them we want the liquid, and add some paprika, pepper, cumin and garlic and cook this until the beans are nice and hot.

Chipotle Mayo

In a food processor we added 3 cans of chipotle peppers in adobo sauce

In a bowl with your now pureed chipotle we added some lime juice, mayo (no miracle whip guys, please.) Some sour cream, apple cider vinegar. Mix well.

Plate

I would take a huge plate, and a very small bowl, in the small bowl put your mayo in and set in the center of your large plate, and then add every piece of the meal and display well

Life Style

When you have a heart condition, diabetes, or another health concern, your diet would most certainly need to change, Along with your lifestyle choices. You can sit and tell your friends and family and even your doctor that you have a healthy lifestyle, but the only person you need to be honest with is you. You can lie to your friends and family, however the only person you're hurting is yourself. I would always encourage you to take your friends, your family and your doctor seriously, and try to find ways to change and implement things that are going to improve your diet and your lifestyle. Without these improvements and changes you're just not going to get as healthy as what you could be.

Walking. Try to go for a walk every day. If you can, walk to work. It can burn off calories, and often builds your leg muscles and also can help your heart. This will make you feel better. There are apps for your phone like CashWalk that will reward you for walking.

Water, there are a lot of health benefits to drinking water, it helps flush the system, and gives you nutrients and vitamins. Your body needs a lot of this. You should always make a habit of drinking more.

Ditching sugar, let go of eating candy, sweets and chocolate. These are made with lots of sugar. By getting rid of minimizing sugar you're going to make yourself feel so much better. By eating sugar you're gaining a lot of weight and this isn't good for anyone.

Pop, if you have to drink pop, or soda, try Zero sugar brand pops. They are sugar free, 0 carbs, and honestly this is better than diet pop which still has carbs. Carbs turn into sugar so there is no point to it. Zero pop tastes amazing and has very little negative effects to them. There are some, but not a lot.

Don't eat big meals. Watch your portions. Even if you're not Canadian, it's worth checking out the Canadian food guide to see what it has to say about portions. Remember you may still be hungry after eating. Give it some time and your stomach will finish processing your meal and you won't be so hungry.

Start incorporating some Superfoods into your meals, they do help.

Clean and groom yourself, it's not always about making yourself look great, but making yourself feel good helps you as well.

Avoid fast food as much as you can. It's okay to eat every now and again, but don't rely on this as fast food is high in calories, fat and sugar. It can really build a case against you and with your doctor because of high cholesterol and diabetes.

These are some small things you can start doing that will really help you. Remember if you can't be honest with yourself, being honest with anyone else won't matter. Let's take some time and build a better lifestyle.



Ranch Dressing

<https://www.poulskitchen.com/?p=128>

Ingredients

1 Clove of garlic
1 Onion
1.5 Cups of cauliflower
1 bunch of dill and parsley
1 Cup of cold water
Apple Cider vinegar
A small bag of cashews

Instructions

This is a super easy dressing, you simply take 1 or 1.5 cups of cauliflower, boil it so it's nice and soft, let them cool off a bit before continuing.

In a food processor, take 1 clove of garlic, a 3rd of a small onion and 1 cup of cashews and grind them down really well.

Now chop up some dill and parsley.

Now in a blender add your cauliflower then add in 1 cup of cold water.

Add a small amount of apple cider vinegar, you should always have this on hand as it's one of the best things to add to your diet.

Add your onion garlic and dill and parsley, and then add your cashews!



Dark Chocolate

<https://www.poulskitchen.com/?p=205>

Ingredients

- 1 Cup of coconut oil
- 1 Cup of coco powder
- 1/2 Cup of honey
- Vanilla extract

Instructions

In a small pot put everything in and melt and mix everything, when it starts to bubble pour it into your mold, the easiest might be an ice cube maker.

Freeze for 30 minutes to an hour, take it out and wrap in tin foil, and your done!

Easy, quick and man it tastes so great!



Baked Ziti

<https://www.poulskitchen.com/?p=146>

Ingredients

- 1 Large onion
- 1 Whole garlic
- 4 Roasted peppers (Optional)
- 1 Cup of Parmesan cheese
- 2 Cups of Mozzarella
- 1 Bag Of Ziti Noodles
- 1 Pack of extra lean ground beef
- Lo Salt
- Black Pepper
- 5 Cups Of marinara sauce
- 1 Container of Ricotta Cheese

Instructions

In a food processor make the onion and garlic and roasted peppers almost purred.

You will want to grate a lot of Parmesan cheese, (You can buy this pre grated.) and your Mozzarella, (please do not buy pre grated.) You are going to need enough of this.

Cook your noodles until done, however when done, do not rinse as we need the starch from the noodles.

Oil your pot and add your onions, beef and cook until the onions are getting cooked and then add the garlic and roasted peppers, add in your marinara sauce, and the ricotta cheese, and keep mixing everything.

In a casserole dish add a small spread of your meat sauce with no noodles and then preheat your oven to 350.

Add half of your meat sauce into the pan, cover in half your Parmesan cheese and your mozzarella.

Now add your noodles and then meat sauce and then the rest of your cheese, you want to layer this like you would lasagna.

Bake for 25 minutes, then let sit for 10 minutes and you're ready to serve.



Big Mac Taco

<https://www.poulskitchen.com/?p=172>

Ingredients

- 1 Cup of Mayonnaise
- Apple Cider Vinegar
- 4 Spoons of sweet hotdog relish
- A few squirts of BBQ sauce
- Smoked Paprika
- Garlic Powder
- Onion Powder
- Extra lean ground beef
- Black pepper
- Chopped lettuce
- chopped onion
- Tortilla or taco shell
- Enough cheese to cover a burger patty

Instructions

For the sauce you want to add the mayonnaise, a few drops of apple cider vinegar, the sweet hotdog relish and the BBQ sauce, a few TBSP of smoked paprika and garlic powder and onion powder.

Make some skinny burgers, you don't want them thick, you just want a skinny patty, adding some pepper to the patties and finally some cheese on top until the cheese melts.

Put a patty on a taco shell, pour some sauce in it, then some chopped onion and chopped lettuce, and more sauce.



Chili Burrito

<https://www.poulskitchen.com/?p=158>

Ingredients

Ground beef
2 small onions diced up
Mexican oregano
Cumin
Ground black pepper
Smoked Paprika
Chili powder
Apple cider vinegar
2 Cups water
1 Cups of water
3 TBSP of Cornstarch
1 Can of refried beans
1 Can of tomato paste
1 Can of Chipotle peppers in adobo sauce diced up
Shred up half a block of cheese
Tortilla shells
Mexican sour cream, or regular sour cream

Instructions

Oil your pan lightly and add your ground beef, and onions, break the beef up and add in your spices, and keep mixing add a few drops of apple cider vinegar, 2 cups of water.

Let's make a slurry out of a glass of water with your corn starch, mix it up and add it to your mix.

Cover this and let simmer for 5 minutes, then add in a can of refried beans, and then your tomato paste.

Add in your chipotle peppers in adobo sauce, let this simmer for 10 minutes.

Stir your cheese into your meat mix until the cheese is all melted.

Take a Tortilla and add the mix to the center and add some Mexican sour cream, if you can't find that just use regular sour cream.

What To Buy For The Kitchen

What do you want to make sure you have in the kitchen? There are several appliances that we can not live without. They make our lives easier. You need to consider storage space, and what you need and want. You also want to consider the price range. You don't want the cheapest thing out there, but you also don't want the most expensive either.

1. Food Processor, this can make your life so much easier.
2. Blender, this can be used for so much!
3. A good knife set. Sharp quality knives make your lives easier.
4. A slow cooker, put your food in turn on, go to work, come home and eat.
5. Cast Iron pans, this is great for cooking meats, keeps your temperature steady.
6. Tupperware, you want to be able to store extra food not to waste.
7. A wok, sometimes you just want to cook out a lot in one pan.
8. Air Fryer, it's healthier than deep frying, and yeah, way easier.
9. Mixing Bowls, trust me these save a lot of time and are priceless when you need them.
10. Spices, always add to your spice collection when they are on sale, they will get used.

These are 10 things to consider adding to your kitchen. They are absolutely amazing things to have. Trust me they are all things we use constantly and wouldn't be happy to do without.



English Muffin Breakfast

<https://www.poulskitchen.com/?p=140>

Ingredients

English Muffin
Egg
Salt
Pepper
Hot sauce
Grated cheese
Sliced Onion

Instructions

Cut an English Muffin in half and spread some mayo over it, if you want to make your own mayo mix you can do that, chipotle sauce would work great here!

Heat up your pan and put an egg on it, breaking the yolks and cooking it with pepper and salt (lo or no sodium salt if you can.) Remove from the stove when cooked and then toast the English Muffin over the stove too, and remove it.

Place your Eggs on the bottom part of the English Muffin.

Put some hot sauce on, we like Sweet Thai Franks Hot Sauce on ours.

Put some grated cheese over it.

Put a sliced onion over it.

Close it up and serve.



Sloppy Aimee

<https://www.poulskitchen.com/?p=41>

Ingredients

3 Onions
3 Green Peppers
Garlic
Ground Beef
Pepper
Salt
Worcestershire Sauce
Spaghettis Sauce
Apple Cyder Vinegar
BBQ Sauce
Your choice of hot sauce
Big burger buns

Instructions

Start by chopping up your onion, green pepper and garlic, it would be best if you had a food processor and let it do it for you, more simple and a lot quicker.

In an oiled frying pan start frying up that mix. Add in your ground beef, breaking it up making sure it's very chunky.

As it cooks down it's going to reduce.

Add some pepper.

Add some Worcestershire sauce.

Add some spaghetti sauce.

Add some apple cider vinegar, not a lot but it does help with taste and works with helping your blood sugar and blood pressure.

Add some BBQ Sauce, your favorite flavor.

If you want some hot sauce this is where you add it in, if you're sharing the meal, think about how other people will feel about it, you don't wanna kill anyone.

Mix this all in well, and cook until done, be careful to make sure the meat is well cooked. Lastly get your buns ready and put some mix in until it looks like a sloppy joe, but this time make it messy!



Tater Tot Casserole

<https://www.poulskitchen.com/?p=230>

Ingredients

- 7 Medium potatoes
- 2 Pieces of pork cubed up
- BBQ sauce
- Apple cider vinegar
- Black pepper
- A block of cheddar cheese
- 1 Can of chickpeas
- 1 Bunch of fresh spinach
- 1 Can of crushed tomatoes
- 2 Medium onions
- 1 Red sweet pepper
- Dill spice
- 1 Can of sweet corn
- 1 Pack of mushrooms
- Tajin

Instructions

Phase 1 - Potato Bath

Cube up the potatoes, and soak them in water for 30 minutes, after that rinse them and let them dry.

Phase 2 - Where's the Beef?

Well there is no beef, it's pork, we are using a piece of tenderloin, and pork chop, we cut them, and fried them with black pepper, apple cider vinegar and some BBQ sauce, let this cool after they are done cooking.

Phase 3 - The Prep.

Chop up the spinach, the onions and pepper, and shred the cheese up.

Phase 4 - Making the Casserole

Grease a casserole dish, and line the bottom with your potatoes, they don't need to be absolutely dry, but should mostly be dry, put some black pepper and dill spice over it, you don't want to over spice this here.

Put your meat mixture over it, and then sprinkle half of your cheese on top of that.

Now spread your veggie mix and add some tajin and then the rest of your cheese.

Phase 5 - Cooking.

Preheat your oven to 350 degrees, and bake for 45 minutes.

After that take it out and let it sit for 10 minutes!



Chicken Chickpea Curry

<https://www.poulskitchen.com/?p=214>

Ingredients

- 1 Large onion
- 6 Chicken breasts cubed
- 3 Cloves of minced garlic
- 2 TBSP Smoked Paprika
- 3 TBSP Turmeric
- 3 TBSP Ginger
- 2 TBSP Ground Mustard
- 2 TBSP Cardamom
- 1 TBS Fennel seeds
- 4 TBSP Curry spice
- 3 TBSP Cumin
- 2 Cans of crushed tomatoes
- 1 Small package of chestnuts
blended in a food processor
- 1 Can of coconut milk
- 5 TBS Garam Masala

Instructions

Chop and mince the things that need to be mixed.

In a large pan, or better yet wok, add every ingredient other than the chicken and chickpeas, those are the last 2 to go in, mix it well, and let this simmer, making sure that the chicken is fully cooked, serve this with some naan bread, and some rice, and should taste amazing!



Orange Chicken

<https://www.poulskitchen.com/?p=26>

Ingredients

6 Chicken breasts
A few heads of broccoli
Extra virgin olive oil
4 TBSP black pepper
2 TBSP Lo Salt
4 TBSP of cornstarch
2 Cups of orange juice
2 Tablespoons of cornstarch
3 cloves of garlic
2 Tablespoons of ginger
A splash of rice wine vinegar
Some honey to taste
Some soya sauce (We like
sweet soya sauce)
The orange rind from 1 orange

Instructions

Cut your broccoli to just heads and cut it down to the size that you want it to be. take a frying pan and put some water in it, enough to cover your broccoli and start to simmer it until the broccoli is nice and soft then drain it and rinse in cold water so that it stops cooking, put it into another container with cold water and set aside.

Cut your chicken into small bites, pepper it, (if you want salt use that, but we recommend you use Lo-Salt or a low sodium alternative.) and put in corn starch mix together well. In a frying pan with some extra virgin olive oil, fry the chicken up until fully cooked then drain your broccoli again and cook it a bit more with the chicken and then set aside.

In a pot on a burner set to medium high add each ingredient one by one stirring after adding aside from the orange rind, do not add that yet but take your time and stir each ingredient in so that its incorporated. Once done, cook down for another 5 to 7 minutes until it reduces, then take it off of the heat.

Now mix in the orange rind and stir again, then pour it over your chicken and broccoli mix, now stir in the sauce with the rest of it, and you're done. This is best served with cooked rice, you can go all fancy and make some stir fried rice if you want to as well!

We hope you like this and enjoy it, and some takeaways, is that we don't need salt (I don't use any unless it's a no or low sodium alternative, honestly it's a good replacement for salt, it's natural and better for you.

Rinse your rice, cook it and let it sit in the fridge overnight for better results.

Chicken thighs offer more fat and better flavor, however chicken breasts are far more healthier, and sometimes you can get a whole chicken for cheaper and would work better, you do have options, so take some time and think about it.

Extra Appliances

There are a few different things you want to consider. Everyone uses these a lot. They make your life easier.

Food processor – You can chop your veggies quickly, you can even turn steak into ground beef, in only seconds. This takes a lot of prep time away from you and makes your life easier.

Bread Maker – With the cost of bread why not ? You control what goes in which makes it far better to make it yourself. You can also make pizza dough, raisin bread and tons of different things.

Rice Cooker – Much easier to make your rice and just walk away and do other things. You can also steam veggies too!

Coffee Maker – Get a higher quality one. This will make some amazing coffee! Getting a cheap one will do the trick, but a good quality one is much better.

Stand Mixer – When you want to blend things without having to put it into a blender or food processor this can be a great thing. We can't live without ours.

Slow Cooker – Put food in, go to work, come home and eat. Not much else to say.

Air Fryer – Who needs deep fried food, all that wasted oil, and the danger and smell. Air frying does the job easier and safer.

These are some of the best things you can own. I promise you we use ours a lot, and honestly do you need them? No but they do make life easier.

I promise you it's worth considering and it will make your life easier.



Mexican Street Corn

<https://www.poulskitchen.com/?p=134>

Ingredients

A bag of corn
Lo Salt
Black Pepper
Tajin
Cream cheese
Mayonnaise
Lime
Hot sauce
Parmesan cheese

Instructions

Cook your corn, it's normal to use white corn, however not everyone can get access to it, we couldn't find it at all.

If you're using canned corn drain first, otherwise cook your corn. We used a bit of low sodium salt, some pepper and tajin.

Let your corn cool off before proceeding.

Put some corn in a cup, now presentation is not important, not everyone will care that much.

Put 2 spoon fulls of cream cheese.

Put 2 good squirts of mayo. (Please do not use Miracle Whip)

Put a bit of lime juice over it.

Put some of your favorite hot sauce, we used Franks Sweet Thai Chili, my absolute favorite!

Then finally add a few sprinkles of Parmesan cheese and that's it your good to go!



Mac n Cheese Casserole

<https://www.poulskitchen.com/?p=33>

Ingredients

A bag of macaroni noodles
A pack of ground beef
1 Can of crushed tomatoes
Lo Salt
Black Pepper
2 Onions diced
1 Whole garlic crushed
Half cup of flour
1 And a half cup of milk
2 Blocks of different cheese

Instructions

Cook your bag and choice of noodles as directed on the package. We like using elbow macaroni!

For the beef you can use steak or any other type of pork, but then again you can use any type of pork if you want, but you can also use ground meat as well. If you don't have a food processor then just buy it already ground. I find by choosing your meat to make into ground meat you have a much better quality and all, so it will be more rewarding.

Take your meat and grind it up in the food processor then put it in an oiled pan and add salt pepper and some spices you like and cook it until done.

You can use 1 can of tomato sauce and 1 can of crushed tomatoes, salt, pepper and any other sauce you may choose. I also added 2 onions and a whole garlic that was also put in the food processor. Mix it well and cook until it's bubbling and your set, take it off the burner.

Take a baking pan you can cook with, maybe like a cake pan, and start by putting your cooked and drained noodles in. Line the bottom with that, the meat and then your tomato sauce you just cooked, and mix it all up good, we're almost done folks.

Take a frying pan and cut up some butter and a bit of oil so the butter doesn't burn, once the butter is melted, take a half a cup of flour and stir it well so there are no clumps, and this is very important no one wants to bite into a meal and taste clumps of flour, then add 1 and a half cup of milk mix it well,

then start adding 2 types of cheese, bit by bit until the cheese is melted in keep stirring so nothing burns once thats finished were very close.

Now lets take the cheese sauce and pour it on top of the casserole.

Now make sure your oven is preheated for 375, then bake for 20 minutes, once the 20 minutes is over, you're done, but let it set for 10 to 20 min, and you're done!



Cranberry Dijon

<https://www.poulskitchen.com/?p=47>

Ingredients

Wine
Mustard Seeds
A bag of fresh cranberries
Rice wine vinegar
Onions
Salt
Pepper
Honey
Dijon mustard
Yellow Mustard
Water
Hot sauce

Instructions

In a pot add some wine and a good amount of mustard seeds, let this cook down until soft.

In a food processor cut up some onion and set aside for a few moments.

In a separate pot add a cup or so of water.

Add a bag of cranberries, make sure the water is almost up to the top of the cranberries.

Add some rice wine vinegar.

Add the onions.

Mix well so that its combined.

Add salt.

Add Pepper.

Add some honey, add to your taste.

Add some Dijon mustard.

Add some regular mustard.

Stir some more, and at this point regularly keep stirring up.

Add some hot sauce, whatever you like, don't make it too hot though, you should be serving this to others so you don't want to burn them out.

When the pot with the mustard seeds is cooking and the seeds seem like they are nice and soft, mix them in with the cranberries and stir well, it's important to have them incorporated well.

Cook this until the cranberries get soft and start to no longer be berries and go into a sauce, this can take a while and if it's not going to happen for you, remember all stoves are different, you may want to use a blender to help the process.

When this is done cooking, take it off the heat and let cool, it will thicken up and you're done, serve with a sandwich or some meats, and this will be an awesome meal.



Sweet Thai Chili Tenderloin

<https://www.poulskitchen.com/?p=90>

Ingredients

A nice cut of pork tenderloin

Extra virgin olive oil

Minced ginger

Minced garlic

3 TBSP of paprika

Black pepper

4 TBSP Honey.

Lo Salt.

Cracked Pepper.

6 Spoons of Thai Chili Sauce

Apple Cider Vinegar (only a small amount).

Roasted Sesame oil (only a small amount).

4 TBSP Dutch sweet soya sauce.

Instructions

You want to make sure that you are coating all sides with oil, minced ginger and garlic, and paprika salt and pepper.

In a bowl mix the following.

Honey.

Lo Salt.

Cracked Pepper.

Thai Chili Sauce.

Apple Cider Vinegar (only a small amount).

Roasted Sesame oil (only a small amount).

Dutch sweet soya sauce.

Mix it all up good,

Piece by piece sear all sides of it until it's seared but not fully cooked.

Preheat your oven to 400 degrees, (while cooking this take your time and pay attention to your food as everyone's oven is different and you don't want to burn this.)

Coat the top with the sauce, and then bake it for 12 minutes, after 12 minutes take it out and flip it and put more sauce over the next side and bake for the final 12 min.

Phase 5 Finishing it up!

Once it's done cooking, wait about 10 minutes before doing anything. If you cut into it right away the juices are going to escape and it just won't taste right!

After 10 minutes, start slicing it into thin strips, and you're done! Serve this with potatoes, maybe rice, whatever you want, and any veggie you want!



Pink Tacos

<https://www.poulskitchen.com/?p=53>

Ingredients

- 1 Bag of cranberries
- 3 Cups of water
- Cinnamon
- 1 Cup of orange Juice
- 1 Cup of orange Peels
- Hot sauce
- 1 Jalapeno
- 1 Bunch of cilantro
- Can of Mandarins
- Can of Peaches
- Can of Apricots
- Chunky pineapple
- 2 TBSP Tajin
- Lime juice
- Fresh Tuna
- Lo Salt
- Black pepper

Ingredients

In a pot put a bag of cranberries in on medium heat
3 cups of water

Add some cinnamon

Add some orange juice

Add some peels of some oranges

Add some hot sauce you enjoy

Let simmer for 30 minutes

Remove 75% of the cranberries and blend them, and then combine them and let them sit in the fridge for a while.

Remove the liquid from the Mandarins the peaches, the apricots and pineapples

Add them to a food processor

Chop 1 Jalapeno (remove the seeds if you don't like heat) and add it to the food processor

Add Tajin to the food processor, process the mix, add lime juice and set aside.

We like using fresh tuna for this, it's got a great taste and also much healthier

Marinate the tuna with a bit of oil salt and pepper
Cook the tuna the same way you would as a steak just sear it, you don't want to fully cook it.

Let it rest for 10 minutes, if you don't the juices and flavor will escape.

Cut it up in very small pieces.

We're going to get some pink taco shells, (if you can get pink ones, sometimes there is a lot of false advertising and you don't get them.)

Start by putting the tropical salsa on the bottom.
Line the next layer up with your tuna.
Finish it up with your cranberry salsa.
Serve it.

Can vs Fresh

There are some very strong arguments about using fresh food vs canned, while there are some exceptions like corn and tomatoes.

Tomatoes are fresher in a can, because they suck the nutrients out of the actual tomato to keep them looking good longer.

Can goods can be cheaper and easier to keep for the long term. Things like corn and cream corn, and yes they can be cheaper, are not always the cheapest options.

The aim of a good meal should be to make it healthy, filling, and tasty. When we add things that have a lot of sodium and other additives it makes it not so healthy.

Go ahead and read some labels on your frozen goods, canned goods. Also read your labels on everything and see what it says.

Yes, sometimes making meals from fresh ingredients is expensive, however they are healthier. In the long run it will make you feel better and lead to a healthier lifestyle.

There are some that are healthy, like canned beans, tuna, tomatoes, sardines and oysters.

Always read the labels and make sure there is no salt added to it.

Read for sugar and sodium, this can be the most important thing to consider.



Trashy Aimee's Nachos

<https://www.poulskitchen.com/?p=87>

Ingredients

Half a stick of butter

A few drops of extra virgin olive oil

Half a cup of milk

1 Thinly cut onion

3 Cloves of garlic

Velveeta cheese

Black pepper

2 Jalapeno

Veggies of your choice - mushrooms, olives, onions, celery, green and sweet peppers are our normal choice

Your favorite Nacho chips

Instructions

Let's build a rue.

Put some butter oil in a pan, and then add 1/2 cup of flour, and mix that in.

Add some milk in.

Add some very thin cut onions, if you use a food processor it would work best.

Add some minced garlic, make sure you are mixing this in real well.

Now start adding in pieces or chunks of Velveeta cheese, (you can use real cheese if you want, we wanted to try Velveeta once.

Add more milk if needed.

Put some cracked pepper in.

And finally add some jalapeno and keep on mixing until the cheese and everything is mixed well, and take off the heat.

Veggies are totally your choice. Cut them up and cook them down a bit so they are a bit soft and not too crunchy, cut them and cook them. We like jalapeno, mushrooms, olives, onions, celery, green and sweet peppers.

Take a baking tray, (maybe tin foil or parchment paper on the bottom, line it up with your favorite nacho chips, cover evenly with your veggies, and then your cheese sauce, you can also add protein if you want, not necessary, but you can



Homemade Burgers

<https://www.poulskitchen.com/?p=63>

Ingredients

Select some good beef, we like
bison,
Mayonnaise
Apple Cider Vinegar
Ketchup
Mustard
Dill pickles
Cheese
Burger buns
Sliced lettuce
Sliced tomato
Sliced onion

Instructions

Take your bison meat and simply put it into the food processor, no spices at all, just pure meat, grind it up until its a consistency of ground beef.

Take the meat out and start forming them into patties, we like smash burgers so we just made Bison balls.

You want to leave this sitting at room temperature for about 10 minutes before you cook, in the meantime oil a frying pan up and heat it up so when you're ready to cook it's hot and waiting.

While we are waiting for the patties to come to room temperature we shall make some sauce.

In a bowl pour in a lot of mayo, (don't worry you can save this for future use too.)

put in a small amount of apple cider vinegar

Put in a bit of ketchup

Put in some mustard

I would put some dill pickles in the food processor and then put this in too.

And give it a good mix, take some time and taste as you go and add more of whatever you feel it needs, mix it and make sure it's all incorporated.

Fry up your burgers on the last flip, put on a slice of good quality cheese, you took your time to make such a high quality burger you want to make sure you're using good cheese, don't cheap out here.

Ok, so it's time to put this all together, grab your favorite bun and let's layer.

First we are going to put some lettuce then a bit of sauce.

Your burger, and if you want some more cheese, do her up.

More sauce, tomato, onion, and lettuce and finally the bun.

That's it folks, your friends should be jealous that you have the best burger around, and I promise you, if you serve this to your friends and family, they will absolutely think you're the best cook in the world!

You can add some hot sauce to your burger sauce if you want, but personally I don't think it's the best idea in the world, to me it distracts from the flavor of the meat.



Rooster Soup

<https://www.poulskitchen.com/?p=233>

Ingredients

- Cock Soup package
- 1 Pack of ground chicken.
 - Hot sauce
 - Garlic powder
 - Smoked paprika
 - Black pepper

- 2 Diced up carrots
- 3 Chopped up cloves of garlic
- 3 Chopped up potatoes
- 1 Chopped up sweet pepper
- 2 Chopped up onion

- 1 jalapeno (More depending on how hot you want it, and you can remove the seeds.)

Instructions

Start to fry up your ground chicken, apply some hot sauce, then some apple cider vinegar, garlic powder, smoked paprika, and black pepper, add the carrots, garlic, potatoes, sweet pepper, and half the onions and add some more hot sauce.

In a large pot filled with water, pour in your package of Cock soup, mix it up and turn your heat to medium.

Take the veggies and meat combo from the frying pan and into the pot.

Start to fry up the rest of the onion and jalapeno, once it's sauteed enough put it into the rest of the soup.



BBQ Chicken Pizza

<https://www.poulskitchen.com/?p=144>

Ingredients

Buy crust, use a bread maker
or just do it by hand
2 Cooked chicken breasts
chunked up (Spice this
however you want, or don't
spice at all)
BBQ Sauce
1 Diced up onion
1 Diced up green pepper
1 Container of chopped up
mushrooms
1 Block of shredded cheese

Instructions

Cook and chunk your chicken.
Preheat your oven to 500 degrees.
Take a pizza tray and put some oil or margarine over it to make
the pizza come off easier when done.
Put your dough on the pan, and apply a nice BBQ sauce over it,
having a good quality BBQ sauce will ensure that you have a
great taste to it.
Put your chicken all over the pizza so that there is good
coverage.
Add some chopped up onion, green pepper and mushrooms.
Add some shredded cheese to the pizza and then bake for 20
minutes.
Leave it to sit for 10 minutes before cutting it and sharing!



Shepherds Pie

<https://www.poulskitchen.com/?p=236>

Ingredients

- 3 Potatoes chopped into cube
- Garlic powder
- 1 liter of skin milk
- Margarine
- Parmesan cheese
- Garlic paste
- Ginger paste
- A block of ground beef
- 2 Grounded up onions
- 1 Container of low sodium beef stalk
- 3 Spoonfuls of flower
- 1 Can of corn
- 1 Can of peas

Instructions

Put your potatoes and put them in a container and let them sit in water for 30 minutes. After 30 minutes drain and rinse.

Put the potatoes into a pot of boiling water and boil them until they are soft.

Mash your potatoes really well, add milk until it hits the consistency you like, add a spoonful of margarine and 2 TBS garlic powder, add a few spoonfuls of garlic and ginger paste, and mix it really well, adding your grated Parmesan cheese.

Start frying some ground beef, add in the onion, garlic powder and mix it well until it's fully cooked, then add 1/4 cup of beef stalk, and 3 spoons of flour and keep mixing and it will form its own gravy.

Add in 1 can of corn, and peas, mix it up really well.

Scoop the mixture into a casserole dish until half way done and make sure it's packed down.

Then add your potatoes to the top until the dish is full.

Preheat your oven to 450 degrees, and cook for 30 minutes!

Resources and Making Things Your Own

Let's not fool ourselves, when we cook, we do not reinvent the wheel. It's impossibly hard to make something 100% brand new. We got our ideas elsewhere. What makes it our recipe is how we improvise and how we add or change things to make things better for us. We do not need to make things on any recipe 100%.

We need to understand the basics, what makes a recipe a recipe, what can be modified, and what we can improve.

Fresh ingredients over frozen or canned in most circumstances, what spices to use, and what techniques work better for you.

Some things to start working on, is reading the food labels. Start looking for things like sugar and sodium to name a few, and other things you can do.

There is YouTube. You can watch a lot of different recipes done in many different ways, steal from different recipes and eventually you'll Frankenstein your way into your dish.

Don't forget about Facebook, or Google, some old cook books, or the family cookbook.

If you're not sure about an ingredient, take a moment and Google it, this can save you a lot of time when you're unsure of something.

No one is perfect, and no one can cook the perfect dish. You can however, make things perfect for you.

I hope Poul's Kitchen has inspired you, and I hope you stole from me. I hope that you made some changes to make it your own. I would love to hear all about it, that is what cooking is all about.

Good luck!



PK Rib

<https://www.poulskitchen.com/?p=239>

Ingredients

- 2 Packs of ground pork
- 1 Large white onion
- 1 Jar of pickles
- BBQ Sauce
- 4 TBSP Garlic Powder
- A pack of Kaiser sub buns

Instructions

In a bowl put your ground pork in. Add in garlic powder, and mix it in well. Spend your time doing this as you want it incorporated. Then start making some really rectangle sized patties, make sure you squeeze and beat them as best you can, I don't worry about making it look like a rib, you won't get it perfect unless you actually have a mold, and to be honest it's not that important just do your best.

Fry up your patties until done. When done, put them in a bowl smother in BBQ sauce, put it on the patty, cover with onion and pickles and you're done. Very quick, very simple to make.



Corn Chowder

<https://www.poulskitchen.com/?p=50>

Ingredients

Bacon
2 cans of creamed corn
2 onions
3 russet potatoes
1 container of heavy cream
(whipping cream)
Celery 1
Black pepper

Instructions

Cut up the bacon and put it in a bowl.
Slice up the onions, you want these to be very thin.
Slice up the potatoes, you want these in cubes.
Slice up the celery

You want to use a large cooking pot for this, and you're going to start by cooking the bacon on the bottom, no oil or greases, bacon produces enough of that, cook it down enough so it's cooked but still to the point that it's soft.
Add the onion and potatoes, and start cooking them, you want them soft.
Add the cans of cream corn.
Keep mixing this so that it's not all stuck to the bottom.
Mix in some pepper.
Start pouring in the milk only to the point that you're getting the volume that you want.
Add a lot of black pepper.
Finally add the celery.
Let the chowder simmer and it shouldn't take too long, and then take it off of the heat.



Seafood Chowder

<https://www.poulskitchen.com/?p=167>

Ingredients

- 2 Finely chopped carrots
- 2 Cubed large potatoes
 - 1 Liter 2% milk
 - 2 TBSP tain
- 2 celery stalks cut up
- 4 TBSP black pepper
- 3 Celery stalks chopped
- 1 Large onion sliced
- 1 Container of vegetable or chicken stalk, (You can use water)
- A package of haddock chopped up
- A sea food mixed, should be chopped up scallops, lobster, shrimp, any ocean fish
- 2 Cans of cream corn
- 2 TBSP of dill spice
- 3 TBSP Smoked paprika
- 2 TBSP Sage

Instructions

Boil your carrots and potatoes, add your tain over it.

In a large pot add your onion, carrots and potatoes and celery, add lots of black pepper, add your stalk, put your haddock in, add in your seafood mix, add your cream corn, add your milk, keep mixing to make sure things don't clump, add your dill, and add smoked paprika and onion, and sage, stir this up and let this simmer for 20 minutes.



Blueberry Rhubarb Jam

<https://www.poulskitchen.com/?p=117>

Instructions

- 2 Spoonfuls of Stevia brown sugar
- 1 Bag of frozen blueberries
- 1 Lemon squeezed for its juice
- 4 Cups of frozen rhubarb
- 3 TBSP Cinnamon

Instructions

All you need is a few spoonfuls of brown sugar.

Frozen Blueberries, frozen rhubarb, some lemon juice and cinnamon!

Add that all into a tall pot and boil for 30 minutes, just leave it simmer, you can mix it a bit if you want, but that's it, super simple and easy right?

Once it's done boiling, take it off the heat and give it about 30 minutes or so to cool down before you put it in containers, this will help thicken it up a lot.



East Coast 6 Star Chili

<https://www.poulskitchen.com/?p=242>

Ingredients

- 2 Containers of extra lean ground beef
- A few squirts of BBQ Sauce
- Liquid Smoke
- Ground black pepper
- 1 Green pepper diced
- 2 Stalks of Celery diced
- 1 Sweet Pepper diced
- 1 can of tomato juice
- 1 Can Kidney beans
- 2 Cans of crushed tomatoes
- 2 TBSP Smoked rub
- 3 TBSP smoked paprika
- 3 TBSP chili powder
- 3 Cans of baked beans
- 2 TBSP of Red pepper flakes
- 2 TBSP Cinnamon
- 2 TBSP Garlic powder
- 1 TBSP Allspice
- 1 Large onion

Instructions

Cook down your beef with some BBQ sauce. Put a few drops of liquid smoke in. Add some ground black pepper, and cook it until the beef is broken down and fully cooked.

In your wok, add the following.

- Ground black pepper
- 1 Green pepper diced
- 2 Stalks of Celery diced
- 1 Sweet Pepper diced
- 2 TBSP Smoked rub
- 3 TBSP smoked paprika
- 3 TBSP chili powder
- 2 TBSP of Red pepper flakes
- 2 TBSP Cinnamon
- 2 TBSP Garlic powder
- 1 TBSP Allspice
- 1 large onion

Cook this down fully, when the burger is all cooked add it to the wok, and mix it well, put in the canned tomatoes, if you haven't added your spices, now add all your beans.

And then cook for 3 hours and you're ready to serve.

Your Slow Cooker And You

One of the biggest complaints about not eating properly is not being able to have a real meal at the end of the day. After a 12 hour shift, it's easier to order out than it is to make your meal.

There is a better way and it's easier and cheaper. It's called a slow cooker.

You can throw in your meat and your veggies. Simply add in some form of liquid and cook. Put it on for 6 to 8 hours and when you get home it will be cooked.

You can choose to be as plain, or as fancy as you want. Adding spice and different liquids like stock or sauces, it's your choice, most of our recipes can easily be adapted to a slow cooker.

We love ours. If we have a meal that we want to eat that night and we know we are likely going to be too tired to cook after our shift we will just chuck it in the slow cooker. It turns out amazing every time.

I would encourage everyone to own one, as honestly, they are one of the greatest things we own, and we use them a lot.

You can get one used or buy one new. You can order them online. It should be an easy sell, this is something everyone should know.

Easy recipe, meat, veggies, liquid, spice turn on and leave.



Chicken Korma

<https://www.poulskitchen.com/?p=245>

Ingredients

2 Cups of cooked rice
4 Chicken Breasts Cubed up
2 Diced up Onions
Korma sauce
Curry Masala
3 TBSP Tajin
3 TBSP turmeric

Ingredient

Get your wok ready, with some oil, get it nice and hot, put your onion in and caramelize it, and then run it through a food processor or blender to get it to a pureed state.

Cook your chicken until it's fully cooked. Make sure you keep enough oil in the pan, Pour in the pureed onion in with the chicken. Pour your sauce in, add 3 TBS of Tajin, add 3 TBSP of turmeric

Serve with Rice, and you're good to go.



Darkside NS Baked Beans

<https://www.poulskitchen.com/?p=59>

Ingredients

- 1 bag of navy beans
- Pepper
- 1 Cup of warm water
- Salt
- 1 TBSP Cloves
- 1 TBSP Allspice
- 1 container of molasses
- 1 Cup of brown sugar
- 6 Squirts Yellow mustard
- 2 Diced onions
- 5 TBSP Maple Syrup
- Bacon

Instructions

You want to buy a bag of navy beans. Put them in a large container and soak them overnight. This is something that you have to do. Do not rush this, it should be soaked no less than 8 hours, preferably 12.

After they are done soaking, take your beans and drain and then rinse them off, clean out any bad ones and disregard them.

Boil them for 30 minutes on medium heat.

Let's put the beans into the slow cooker
As you add things into the slow cooker, stir things very evenly.
Take a large measuring cup, add 1 cup of warm water and then add some pepper, salt, cloves, and all spice mix well.

Add the mixture and stir.

Add more water until the beans are almost submerged, but not over the beans just under.

Add 1 cup of brown sugar

Add one small container of molasses, make sure to drain it, it can be a real pain to do.

Add a good amount of mustard, a few good squeezes.

Add 2 diced onions.

Add some maple syrup.

Add some sliced up bacon. If you want it to be crispy bacon make sure to fry it up first.

Cook this on low in your slow cooker for 8 hours. If you cook this for longer that's ok too. Eventually the liquid will reduce

and you'll end up with an amazing meal. You can top this with more mustard if you want. Do not use ketchup at all! You can serve this with a slice of homemade bread, and if you wish to make this vegan, that's easy just don't add bacon, or you can always add a vegan alternative.



Lobster Rolls

<https://www.poulskitchen.com/?p=248>

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Ingredients

Ingredients
Mayonnaise
1 Diced up onion
A bowl of lettuce
Hot dog buns
A bag of cooked lobster

Instructions

Put some lettuce in the hot dog bun. In a small bowl add your onions, lobster and a few spoons of mayonnaise . Mix it all up, and add it on top of the lettuce and serve.



Strawberry Ice Cream

<https://www.poulskitchen.com/?p=78>

Ingredients

3 Cans of coconut milk
A container of strawberries
(cleaned and cut up)
3 TBSP of honey

Instructions

Take your blender and get it cleaned and ready.

Open your coconut milk and remove the cream, leaving the coconut water. You can use that for other things, but for this recipe you don't need it or want it. Take the cream and put it in the blender.

Take the strawberries and put them in the blender.

Pour some honey in it, to the sweetness level that you desire.

Blend it till it's all consistently mixed.

Pour into some containers that are safe for the freezer or deep freeze.

Deep Freeze for 8 hours or overnight, and when you're done Ice Cream!



Spaghetti Squash Pad Thai

<https://www.poulskitchen.com/?p=30>

Ingredients

1 Spaghetti Squash
1 Chicken Breast
Ginger
Green Peppers
Onions
Cucumbers
Radishes
Peanut butter
Spinach

Hot sauce – you can replace this with another type of sauce or dressing if you are not into heat

Instructions

To start, preheat your oven to 350 degrees. Get yourself a very sharp knife and cut your squash into quarters.

Clean out the center of the seeds and garbage like you would a pumpkin.

Put it on a baking tray and lightly oil the tops and bottoms of your squash.

Bake it at 350 degrees for 20 minutes.

Once done, put it on a cooling tray, and leave it to cool off for 30 to 60 minutes, there is no rush on this, as it stays very hot and will burn you.

After the squash is cooled off enough, take a fork, maybe 2 and pull the insides apart, like you're pulling pork, it will look like spaghetti noodles, very amazing once you see this for the first time.

Put the noodles in a container and set aside.

Take 1 chicken breast. Cook it up with pepper, ginger, and if you have low or no sodium salt you can use that too.

Once that is cooked up, cut your chicken breast into small pieces.

Remember this is not the main part of the meal, so it's not a big deal here. If you're looking for a vegan option just leave it out.

Dice your veggies up and then start to fry them with your spinach. Being last, make sure you have the amount of sauce you want. You can use more than 1 type if you want.

Finally put in your spaghetti squash and then mix it up nice and good.

And now you're ready to serve this delicious healthy meal!

Things To Avoid

While cooking can be fun and creative, there are things to avoid. As easy as this may seem, this can be a bit tricky, and takes reading and patience.

When buying canned goods, read the label and check for sodium. When we use spice a lot of the time we have enough salt added, we don't need more in cans.

We need to watch for extra carbs. This turns into sugar and can start to cause issues so we need to be mindful of that.

Types of oil, we should stay away from including lard, this can turn fatty. There are much better options out there.

Pre-made sauces, while yes we do use them from time to time, it's always better to avoid them if you can. Some of them only stay good for a few days, and have a lot of other ingredients that are not necessary. Often if you make it yourself you can make as much of a quantity as you want.

Avoid things that are extra greasy. Extra oil just isn't good for you. If you don't have any health concerns now, you will in the future, best to prepare yourself.

Your best tool you have on avoiding the trap is reading the labels. Read them every time. Company's change, if they can figure a way to make things cheaper they will change an ingredient and not advertise that.



Sesame Chicken

<https://www.poulskitchen.com/?p=251>

Ingredients

- 6 squirts of Sesame seed oil
- 8 Chicken cutlets
- 3 TBSP Black pepper
- Chopped Ginger
- 1 Large onion diced.
- 3 Cloves of garlic
- 1 Green onion minced
- 2 Sticks of celery chopped
- Half a cup of mushrooms
- 1 TBSP of rosemary
- 2 TBSP ginger powder
- A few squirts of rice vinegar
- A few squirts of soya sauce
- A few squirts of lime juice
- Sesame seeds

Instructions

In a bowl take your chicken cutlets, add your sesame oil, use lots of black pepper, and ginger. Let this sit overnight.

Pour some sesame seed oil in your wok. Put the chicken cutlets in the wok and onion. You want to keep mixing this really well.

Add your garlic, celery, mushrooms, rosemary , ginger powder, rice vinegar, soya sauce, and some lime sauce.

Serve with rice, and sprinkle some sesame seeds over and you're done!



Chicken Fried Rice

<https://www.poulskitchen.com/?p=254>

Ingredients

- 4 Sticks of Celery Chopped
- 1 Green pepper chopped
- 3 Onions chopped
- 3 Cloves of garlic chopped
- 2 Tomatoes chopped
- 4 Cups of rice made
- Rice wine vinegar
- 2 Cups of chopped pineapple
- 2 TBSP of soya sauce
- 3 Chicken breasts cubed
- 1 TBSP spiced rum
- 1 TBSP of white pepper
- 2 TBSP nutmeg
- 1 TBSP of oregano
- One thing of green onion

Instructions

Making your rice the night before, overnight is the best.

In your wok add your onions. Start to cook these down and add your garlic, Add your chicken and rum. When the chicken is white and done, start to put the rice in. Add in your veggies, and stir in rice wine vinegar, nutmeg, oregano, and finally your pineapple. Make sure you stir everything. Top with green onion. This is super easy, and tasty, and doesn't require much effort!



Apple Butter BBQ Sauce

<https://www.poulskitchen.com/?p=96>

Ingredients

Cut up 10 apples cubed and not peeled.
1 Onion.
1 Can of crushed tomatoes.
1 Orange.
1 to 2 Jalapeno
Lots of black pepper.
Salt.
Lemon (Can use lemon juice, or squeeze a fresh lemon.)
3 TBS Garlic and ginger paste.
1 TBSP Paprika.
2 TBS Cinnamon.
3 TBSP Honey (You can use sugar, but honey is better and healthier.)
2 TBSP Mustard.
2 TBSP Cloves.
Liquid smoke (Only use a small amount this will taste like a shoe if you use too much.)
1 TBSP Apple Cider vinegar.
2 TBS All Spice.

Instructions

Add everything, apples being the last into a slow cooker. Mix things every so often, apples last, make sure it's all mixed in the end. You want it on low for 10 hours.

In the end you may need to use an immersion blender. You can also scoop it into a blender to get it smooth if needed. I usually don't but sometimes you will. Let it cool before putting it in the fridge and you are good to go!

This is a great condiment, and honestly it's not so common, but it is something that everyone will love.

What do you think, are you going to use this on your burger tonight? Perhaps on some chicken strips? We hope you enjoy it!



Pineapple Curry

<https://www.poulskitchen.com/?p=56>

Ingredients

Bottle of Chili Sauce
A Whole Garlic
Bottle of Coconut oil
Fresh pineapple
3 TBSP Cinnamon
2 TBSP Smoked Paprika
1 TBSP Garlic powder
1 TBSP Cardamom
2 Onions
3 TBSP Curry powder

Instructions

Let's take some time and slice up your onions, garlic and pineapple, they should be in bite sized chunks.

Start by putting some coconut oil in the wok and letting it turn into oil, sometimes this is a thicker consistency at the start and needs to melt.

Start adding each ingredient in 1 by one until they are all in, making sure to stir after each addition.

Let everything cook out properly and you're done, it's that simple!



Stuffed Peppers

<https://www.poulskitchen.com/?p=257>

Ingredients

- 4 Sweet Peppers
- Ghost pepper sauce
- Sweet Thai Chili Sauce
- Tomato Ketchup
- Apple Cider Vinegar
- Korean wing sauce
- 2 Cups of rice
- 2 TBSP Smoked Paprika
- 3 Spoons of garlic paste
- 3 Chopped up onions
- 3 Spoons of ginger paste
- 1 Pack of ground chicken
- 3 Carrots food processed
- 1 Can of olives food processed
- 1 Block of cheese of your choice
- 8 Sweet peppers

Ingredients

In a small bowl, add ghost pepper sauce, tomato ketchup, add some apple cider vinegar, sweet thai chili sauce, Korean wing sauce, add some smoked paprika, mix well, and sit aside.

In an oiled frying pan, put your onions, add your ginger and garlic paste, keep mixing it in, add a pack of ground chicken (You can use something else if you'd prefer) make sure your meat is fully broken up and cooked, Add your carrots, and now your olives, and start adding your rice, and make sure you mix it all in, and add your cheese, and then mix your sauce.

Cut your peppers at the top, clean them out, and then put your mix in, stuffing them completely full put the tops on

Preheat your oven to 350 degrees and then bake for 20 minutes

Fresh vs Can

A lot of times we have the urge to buy things from a can, as it is cheaper and you can store things longer. However you do need to actively think about the sodium and other additives that are in the can. It is not all that healthy, and I know that I speak about this a lot, but it is very important, and after all, our health is more important.

Things like canned fruit, and canned tomatoes are worth the investment, but other things you need to watch out for.

It's worth keeping some canned vegetables in the pantry, as a last resort. It's best when you're making meals with fresh fruits and vegetables as it will taste better, and in the end you will feel better.

I will say this a million times but it is very very important to read the labels. You need to keep an eye on what you are doing as this is a very serious matter.

I would like to impart on you the value of eating fresh and healthy. Even if you don't have any health concerns, we all get older and it's best to keep on top of things now.



Mexican Casserole

<https://www.poulskitchen.com/?p=260>

Ingredients

- 1 Bag of avocados
- 3 Large white onion in food processor
- 1 Can of crushed tomatoes
- 1 TBSP guacamole spice
- 1 TBSP Mexican oregano
- 2 TBSP garlic powder
- 2 Diced up green pepper
- 5 Sticks of celery diced
 - 1 Can of corn
 - 3 TBS tajin
- 2 Packs of extra lean ground beef
 - 1 Can of refried beans
 - 1 TBS of garlic salt
- 2 Cups of rice, already cooked
- 1 Can of crushed tomatoes
- 1 Block of cheese, graded up
- 1 Container of sour cream

Instructions

In a large bowl have your bag of avocado peeled and cut. Add 2 onions, crushed tomatoes, mash and mix everything. Add some guacamole spice, Mexican oregano, and garlic powder. You want to use a potato masher, and mash and mix well.

In a big casserole dish pour the mix in and pat it down.

Fry some green pepper, celery, corn, and mix some tajin in with it. It doesn't have to be completely soft, but soft enough, and then add to the Guacamole mixture packing it down. Add 1 can of refried beans, add in 1 TBS of Mexican oregano, 1 TBS of garlic salt

Fry up your beef. Add in 1 diced up onion, 1 TBSP garlic salt, and your rice. Add it into a second casserole, and then 1 can of crushed tomatoes.

Add in some diced up cheese, add in to sour cream you can add some Quac into this if you want.

To serve this take some scoops of each casserole and put it into a container and pour your guac mix on top.



East Coast Donair

<https://www.poulskitchen.com/?p=22>

Meat Portion

Extra Virgin Olive Oil

1 TBSP Oregano

1 TBSP Garlic powder

1 TBSP Chili Powder

1 TBSP Onion Powder

1 TBSP Cayenne Powder

Medium ground beef or Lamb
meat (you can do 50/50)

Preheat your oven for 450
degrees

Oil a bread pan, or any pan
you want to use.

take the ingredients and mix
them together and beat them
together very well, you want a
solid meatloaf.

Put them in the bread pan,
and pack it in tightly.

Bake for 45 to 50 minutes.

Sauce Portion

3/4 cup of vinegar

2 cups of sweetened condensed milk

2 TBSP Garlic powder

Mix all the ingredients in a container that you can stick in the
fridge, mix it well, and let it rest in the fridge for an hour!

Tomato

Onion

Cheese (Cheddar or Mozzarella is best, but use what works for
you!

Pita bread

(optional Lettuce)

Ok we are ready to put everything together, so first, after the
meat has cooled down, we are going to slice it up well, and
then re-fry it with some extra virgin olive oil, just to get it nice
and hot and maybe a bit of sear.



Pineapple and Chipotle Salsa

<https://www.poulskitchen.com/?p=72>

Ingredients

Chipotle and Adobo Sauce.

1 Large Onion.

1 Sweet Pepper.

Some Cardamon.

3 Cloves of garlic.

1 Can of tomatoes.

1 Can of Pineapples.

Some minded ginger.

Some Tajin.

Lime Juice.

Mexican Oregano.

Lo-Salt.

Smoked Paprika.

Cumming.

Black Pepper.

Hot Peppers.

Instructions

Ok there are some things that need to be processed first, after you're done processing the items throw it directly into your blender.

Onions.

Sweet Peppers.

Cardamon.

Garlic.

Pineapple.

Chipotle in Adobo Sauce.

If you're using fresh Ginger, do that too.

Simply put everything into the blender, and you may have to do multiple runs to get it done, if so just put everything into a bowl after a blend, and mix everything well when its done.

You want to start putting this into containers, and leave it to sit in the fridge for at least an hour, and you're done!

This is best served with nacho chips, or you can use this with tacos too.

This is an excellent and tasty salsa, and I promise you, everyone will be impressed with you, and think you made the best salsa ever! You're welcome!



Marinara Sauce

<https://www.poulskitchen.com/?p=143>

Ingredients

1 Large Onion
2 Whole Garlic
5 Chili peppers
5 TBSP extra virgin olive oil
3 Cans of crushed tomatoes
Oregano
Parsley
Basil
Chili peppers
Ground Black Pepper

Instructions

Chop up one large onion, 2 whole garlic, 3 to 5 chili peppers.

This would be the easiest in a Wok, otherwise a big pot might be better, or a very large frying pan.

For spices I will not add measurements, add per your own taste, and judgment.

Add a lot of extra virgin olive oil in your pan and heat it up really well. When it's hot and bubbling then go to the next step.

Put your onions in and cook them until they start getting soft. Add your garlic and cook them until they become frequent. Add in a few sprays of white wine, (You can use red, but it's a bit heavier, rice wine would be ok too, or you can leave this step out.)

Add 3 cans of crushed tomatoes, you can add whatever type of canned tomatoes you want, for tomatoes they should be canned unless you have garden grown tomatoes, (those are best).

Add a lot of oregano, parsley and basil, and mix that in well. Add some chili peppers, this step is optional. Add some salt and pepper.

Cook this out until it's done, and take it off of the heat.

Put the sauce through a blender.
Once cooled down, bottle and fridge.



Hot Chicken Sandwiches

<https://www.poulskitchen.com/?p=170>

Instructions

- 1 TBSP Smoldering Applewood spice
- 1 TBSP Red pepper flakes
- 1 TBSP Cumin
- 1 TBSP Turmeric
- 1 TBSP Smoked Paprika and Onion
- 1 TBS Cardamom
- 2 Pieces of chicken chopped the way you want them to go into your sandwich
- 1 Pack of mushrooms chopped thinly
- Make up a gravy mix
- 3 TBSP mustard
- And slices of bread

Instructions

Chop your chicken up so your happy with how it will go into a sandwich

Oil a pan and start cooking it up

Add some spices, we used

Smoldering Applewood

Red pepper flakes

Cumin

Turmeric

Smoked Paprika and Onion

Cardamon

Mix the spices well and cook until done

Chop up some mushrooms thinly

Add your gravy mix

Add some mustard

Take a slice of bread and put chicken on top of it

Put a slice of bread on top

Pour some gravy on top

Serve with veggies and potatoes and you're good! We hope you like this, we loved the way this came out, let us know what you think!

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