



THE COZYMEAL COOKBOOK[®]

TOP 8 RECIPES

*from our professional chefs
to recreate at home!*

Cozymeal[™]

welcome to the chef's table

HANDMADE BEET RAVIOLI



BY CHEF ANDREA
Seattle

"I am particularly fond of this recipe because it does not represent the traditional way of making pasta, but it is a fun alternative. The end result is a vibrant-colored dough that is a pleasure for the eyes."

- Chef Andrea

BEET RAVIOLI WITH SPINACH AND RICOTTA FILLING

FROM THE TABLE OF CHEF ANDREA | SERVINGS: 8

Ingredients

PASTA DOUGH:

- 2 Eggs
- 2¼ Cup(s) “00” Pasta Flour
- 1 Small Beet

FILLING:

- 500 Gram(s) Spinach
- 500 Gram(s) Fresh Ricotta
- 1 Egg
- 2 Tablespoon(s) Grated Parmesan
- Nutmeg
- Salt and Pepper

Directions

1. Wrap the beet in foil and bake at 375 degrees F until fork-tender, about 20-25 minutes. Let cool.

2. Once cool, peel and chop the beet. Place the beet and eggs in a blender and blend on low speed until a smooth puree forms.

3. Combine the flour and puree in a bowl and mix with a fork/spoon until it forms a dough. Place on a lightly floured surface and knead for about 3 minutes. Make sure the dough is not sticky to the touch. If it is, add a bit of flour and continue kneading.

4. Seal the ball of dough in plastic wrap and let it rest at room temperature for 30 minutes.

5. Make the filling. Place spinach in a pot of boiling salted water. Blanch spinach, shock under cold water, and drain well. Once cool, squeeze water out with your hands and chop. In a bowl, mix ricotta and parmesan with a sprinkle of nutmeg, salt, and pepper. Add chopped spinach and egg and mix until smooth.

6. Roll out the pasta dough to 1/16" and place 1 tablespoon of filling 1-inch apart along half of the sheet. Brush around filling with water to moisten and fold the pasta sheet over, pressing down to seal. Cut into squares with a pastry cutter.

7. Cook your ravioli in boiling, salted water until tender, about 2 minutes. Top with your favorite sauce, and enjoy!



welcome to the chef's table

ARGENTINIAN SKIRT STEAK



BY CHEF ANDY
Chicago

"This recipe is one of my favorites because I grew up with Latin flavors and original cooking methods. The best way to cook this is on a charcoal or wood grill, but a cast iron skillet or indoor grill can work as well."
- Chef Andy

ARGENTINIAN SKIRT STEAK WITH CHUNKY CHIMICHURRI

FROM THE TABLE OF CHEF ANDY | SERVINGS: 4

Ingredients

STEAK:

- 2 Pound(s) Skirt Steak
- Olive Oil
- Salt and Pepper

CHUNKY CHIMICHURRI:

- 1 Cup(s) Olive Oil
- ¼ Cup(s) Sherry Vinegar
- 3 Garlic Cloves, minced
- ½ Cup(s) Parsley, chopped
- ½ Cup(s) Cilantro, chopped
- 2 Tablespoon(s) Dried Oregano
- 1 Teaspoon(s) Red Pepper Flakes
- 2 Tablespoon(s) Salt
- 1 Tablespoon(s) Black Pepper
- Fresh Lemon (optional)

Directions

1. Preheat grill or cast iron skillet.
2. Marinate skirt steak in olive oil to enhance and preserve flavor.
3. Prepare the chimichurri. In a bowl, mix all ingredients together and add olive oil, sherry vinegar, and red pepper flakes. Season to taste.
4. Season skirt steak and cook on grill or cast iron skillet to desired internal temperature. Once you have grilled both sides, allow it to rest.
5. Slice the steak and add chimichurri and fresh lemon juice, if desired. Enjoy!

STRAWBERRY DONUTS



BY CHEF RYAN
Bay Area

"I wanted to show off donuts in a really fun way that embraces the charm of food that appeals to kids, but for grownups! Instead of pink sprinkles and glaze, I added fresh and freeze-dried strawberries for a fun look and delicious taste."

- Chef Ryan

STRAWBERRY DONUTS

FROM THE TABLE OF CHEF RYAN | SERVINGS: 12

Ingredients

YEAST DONUT:

- 30 Gram(s) Bread Flour
- 30 Gram(s) Milk
- 249 Gram(s) Water
- 80 Gram(s) Glutinous Rice Flour
- 522 Gram(s) Bread Flour
- 10 Gram(s) Milk Powder
- 71 Gram(s) Sugar
- 18 Gram(s) Salt
- 11 Gram(s) Yeast
- 90 Gram(s) Warm Milk
- 3 Egg Whites
- 1 Egg Yolk
- 54 Gram(s) Butter, room temperature

FONDANT GLAZE:

- 500 Gram(s) Sugar
- 100 Gram(s) Corn Syrup
- Strawberry Puree, as needed
- Citric Acid, to taste

Directions

1. In a pot, whisk 30 grams of bread flour, 30 grams milk, the water, and the glutinous rice flour. Bring to a boil, whisking constantly
2. Transfer to mixer and stir to cool. Begin mixing in the sugar, salt, and milk powder. Add eggs and 90 grams warm milk to combine.
3. Add the dry yeast and second quantity of bread flour and mix until completely incorporated. Add butter and mix until smooth.
4. Increase speed to medium and mix until dough becomes very stretchy, about 10 minutes.
5. Chill dough, ideally overnight.
6. Shape as desired, proof until double in size and fry.
7. Make the fondant glaze. Mix water with sugar in a pot until wet sand is achieved, add corn syrup.
8. Heat to 115 degrees Celsius over high heat. Mix at medium speed until crystallized. Add 1 tablespoon strawberry puree and 1 pinch citric acid powder, heating to 70 degrees Celsius.
9. At 70 degrees Celsius, check for consistency, adding more strawberry puree as necessary.
10. Dip fried donuts in the strawberry glaze, topping with freeze-dried strawberries. Enjoy!

HANDMADE TORTILLAS



BY CHEF SCHEHEREZADE
Los Angeles

"Homemade tortillas are the best! And they are easy to make—there are only 4 ingredients and it takes very little time or skill to make the dough. The dough is also scalable, so you can make as many or as few as you like!"

- Chef Scheherezade

HANDMADE TORTILLAS

FROM THE TABLE OF CHEF SCHEHEREZADE | SERVINGS: 4

Ingredients

- 1 Cup(s) All Purpose Flour
- 1 Pinch Salt
- ½ Teaspoon(s) Baking Powder
- ¼ Cup(s) + 2 Tablespoon(s) Warm Water

Directions

1. In a medium bowl, combine the flour, salt, and baking powder. Mix until just combined.
2. Add ¼ cup of water and mix until combined. (It should be a shaggy dough at this point.) Add the 2 tablespoons of water, one at a time, and knead the dough in between each addition to incorporate the water into the flour mixture.
3. Stop adding water when the dough is the consistency of Play-Doh. If the dough is too wet and is sticking to your hands, add a little bit of flour and knead it in. Roll the dough into a ball and leave in the bowl covered with a damp cloth for at least 20 minutes.
4. After the dough has rested, divide the dough into four equal balls. On a floured surface, smash each ball with the heel of your palm into a flat disc and roll the dough out to a round shape. Roll the dough as thin as you can get it (they will puff up when cooked).
5. Heat a skillet over medium-high heat and add the tortillas to a dry pan one at a time. Let the tortilla cook until it has golden brown spots on each side. Repeat until you have cooked all four tortillas. Enjoy!

POTATO CHIP CRAB CAKES



BY CHEF KENNY
Washington, D.C.

"The potato chip crust adds a good crispy crunch to these crab cakes. Serve it on a buttered roll to make a sandwich or with some spicy remoulade sauce."
- Chef Kenny

POTATO CHIP CRAB CAKES

FROM THE TABLE OF CHEF KENNY | SERVINGS: 6

Ingredients

- 1 Egg, beaten
- ¼ Cup(s) Lemon Juice
- 3 Tablespoon(s) Mayonnaise
- 1½ Tablespoon(s) Dijon Mustard
- 1 Tablespoon(s) Old Bay Seasoning
- ¼ Teaspoon(s) Worcestershire Sauce
- 1 Dash Tabasco Sauce
- 1 Pound(s) Jumbo Lump Crabmeat, picked clean of all shells
- 1 Tablespoon(s) Parsley, chopped
- ¼ Teaspoon(s) Black Pepper
- Kosher Salt, to taste
- 2 Tablespoon(s) Scallions
- 20 Saltine Crackers, finely crushed
- 2½ Cup(s) Potato Chips
- ¼ Cup(s) Vegetable Oil
- ½ Stick Salted Butter

Directions

1. Heat the oven to 400 degrees F.
2. In a small bowl, whisk the mayonnaise together with the egg, mustard, Worcestershire sauce, Tabasco sauce, Old Bay, and lemon juice until smooth.
3. In a medium bowl, lightly toss the crabmeat with the parsley, kosher salt, black pepper, scallions, and the cracker crumbs.
4. Gently fold in the mayonnaise mixture. Be gentle, as you do not want to break up lumps of crabmeat.
5. Shape the crab cakes (about 1/2 cup each) and place on a baking sheet.
6. In a medium bowl, finely crush the potato chips. Coat each side of each crab cake with the crushed potato chips.
7. Preheat a large cast iron skillet to medium and add the butter and the vegetable oil.
8. When the oil is hot, place the crab cakes in the pan and cook for 3 minutes, flip over and put the pan in the oven and cook for 5 minutes until golden brown.
9. Serve hot with a dollop of remoulade sauce or serve as a sandwich on a buttered roll. Enjoy!

SPICY VEGAN CHEESE SAUCE



BY CHEF MAGGIE
Denver

"I love cashews, they are such a perfect way to get extra healthy fats into your diet. A lot of clients are requesting vegan sauces and dips, so I have been using pureed cashews to give that "thickness" to the recipes without having to use dairy!"

- Chef Maggie

VEGAN ROASTED POBLANO CHEESE SAUCE

FROM THE TABLE OF CHEF MAGGIE | SERVINGS: 4

Ingredients

- 1 Small Poblano Chile, roasted
- Olive Oil
- 1 Cup(s) Raw Cashews
- 1½ Cup(s) Water
- ¼ Teaspoon(s) Garlic Powder
- ¼ Teaspoon(s) Onion Powder
- 1 Lemon, juiced
- 2 Tablespoon(s) Nutritional Yeast
- Sea Salt, to taste

Directions

1. Soak 1 cup of cashews with 1½ cups water for about 15-20 minutes.
2. Rub poblano with olive oil and roast in a 425°F oven or grill for about 5 minutes, until the skin is blistered and turns black. Flip the pepper over and roast for another 5 minutes.
3. Remove the chile from the oven and set aside to cool. Once it is cooled, carefully remove the outer blistered skin. (Tip: put the chile in an aluminum bowl and cover with plastic wrap and let sit for 5 minutes. It makes the skin separate from the chile and makes it easier to peel!) Cut off the top of the chile's stem and remove all the seeds from within.
4. Place the cashews, water, garlic powder, onion powder, lemon juice, and nutritional yeast in a high speed blender or food processor. Blend until combined and smooth. Add half the poblano into the blender and blend on high until very smooth.
5. Taste the cream sauce and adjust the flavors to your liking and the consistency, adding a little bit of water if it's too thick. Use the other half of the poblano to add more heat or more nutritional yeast for a more tangy, cheesy flavor.
6. Mix the sauce with your favorite pasta for a take on vegan macaroni and cheese or use to top vegetables. Enjoy!

VEGETABLE LO MEIN



BY CHEF GILLEY
New York City

"I developed this recipe for those who want comfort food that is both flavorful and healthy. This sauce is made with honey, not sugar, and a low-sodium soy sauce."

- Chef Gilley

VEGETABLE LO MEIN

FROM THE TABLE OF CHEF GILLEY | SERVINGS: 4

Ingredients

LO MEIN:

- 1 Pound(s) Uncooked Lo Mein Noodles
- 1 Cup(s) Chopped Asparagus, cut on the bias
- 4 Tablespoon(s) Olive Oil
- 1 Cup(s) Sliced Zucchini
- 1 Cup(s) Chopped Red Peppers
- 2 Cup(s) Sliced Cremini Mushrooms
- 8 Ounce(s) Soy Chili Noodle Sauce
- Chopped Scallion, to garnish

SOY CHILI NOODLE SAUCE:

- 40 Gram(s) Minced Ginger
- 40 Gram(s) Minced Garlic
- 120 Gram(s) Minced Shallots
- 56 Gram(s) Olive Oil
- 15 Gram(s) Sambal
- 8 Ounce(s) Light Soy Sauce
- 15 Gram(s) Honey
- 16 Ounce(s) Water
- 15 Gram(s) Sesame Oil
- 1 Tablespoon(s) Cornstarch mixed with 2 Tablespoon(s) Cold Water

Directions

1. Make the sauce. Sauté the minced ginger, garlic, and shallots with the oil. Cook until tender. Add the sambal and cook it out for 2 minutes. Add the soy sauce, water, honey, and sesame oil. Bring it to a boil. Add the cornstarch slurry to thicken slightly.
2. Bring a large pot of water to a boil. Add the lo mein noodles, and cook until tender. Rinse under cold water to remove the starch. Cool, and then add a 1 teaspoon of oil to prevent the noodles from sticking to each other.
3. Heat the oil in a large non-stick pan over medium heat. Add the sliced vegetables, with a touch of salt and pepper, and cook until tender. Pushing the vegetables to one side, add the chilled noodles to the pan. Slightly brown the noodles to bring out the flavor of the noodles.
4. Add the soy-chili noodle sauce to the pan, and cook until the sauce, noodles, and vegetables are well glazed and seasoned. Garnish with sliced scallions. Enjoy!

AVOCADO & CHARD BENEDICT



BY CHEF DAVID
Bay Area

"This is definitely a Crowd Pleaser. We combine everybody's two favorite brunch dishes, Avocado Toast and Eggs Benedict, and we add garlicky chimichurri and chard stem pickles to add some fun nuances to this tasty dish!"
- Chef David

AVOCADO AND SWISS CHARD BENEDICT

FROM THE TABLE OF CHEF DAVID | SERVINGS: 4

Ingredients

BÉARNAISE SAUCE:

- 6 Egg Yolks
- 2 Tablespoon(s) Boiling Water
- 2 Cup(s) Clarified Butter, melted
- 2 Tablespoon(s) Shallot, minced
- 1 Tablespoon(s) Grapeseed Oil
- 4 Tablespoon(s) Apple Cider Vinegar
- 1 Tablespoon(s) Parsley, chopped
- 1 Tablespoon(s) Chervil, chopped

CHARD CHIMICHURRI:

- 4 Cup(s) Chard Leaves
- 3 Cloves Garlic, minced
- 2 Tablespoon(s) Apple Cider Vinegar
- 2 Cup(s) Olive or Grapeseed Oil
- 2 Tablespoon(s) Chili Flakes
- Salt, to taste

PICKLED CHARD STEMS:

- ½ Cup(s) Sugar
- ¾ Cup(s) Vinegar
- ½ Cup(s) Water
- 2 Tablespoon(s) Salt

ASSEMBLY:

- 2 Avocados
- Toast or English Muffins
- 4 Poached Eggs

Directions

1. Make the pickled chard stems by combining sugar, salt, water, and white vinegar in a medium saucepan. Bring to a boil and pour over cut chard stems. Cool, and reserve. (Tip: Pickles are best done at least 24 hours in advance, and get better the longer they sit!)
2. Make the chimichurri by blending all ingredients on high for 30 seconds or until fully incorporated. Season with salt.
3. Make the bearnaise sauce. Sauté shallot in oil until translucent. Deglaze with the vinegar, and reduce by half. Set aside.
4. In a double boiler, whisk egg yolks with boiling water. Whisk until frothy. Slowly drizzle in clarified butter until thick and creamy. Add vinegar and shallot mixture, herbs, and season with salt. (Tip: If you break your sauce you can always add a touch of heavy cream to bring it back together.)
5. Assemble the benedicts. Smear avocado on toasted bread or muffin and season with flakey sea salt. Add sautéed chard and form a "nest" for your egg to settle on top of. Top with bearnaise, chimichurri, and pickled chard stems. Enjoy!