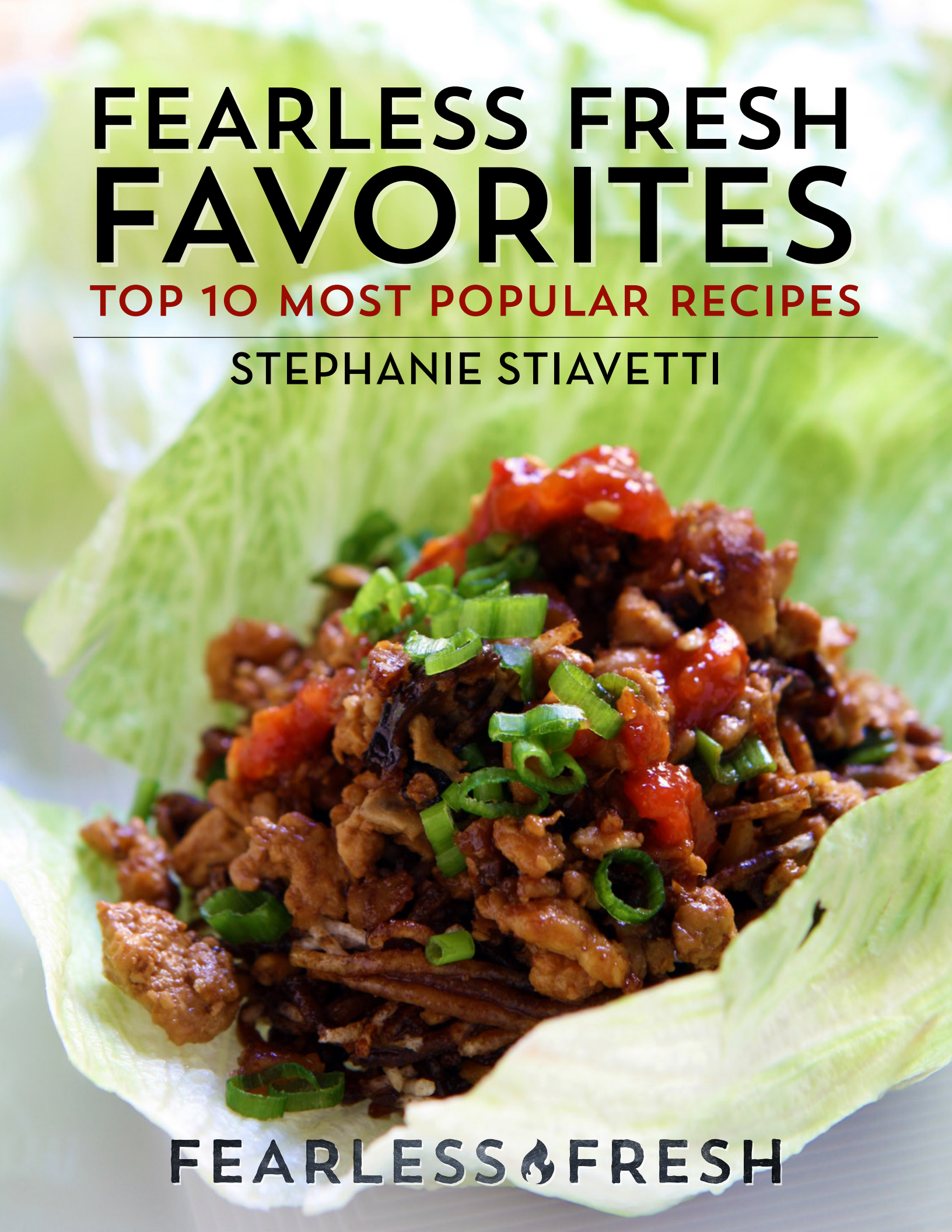


FEARLESS FRESH FAVORITES

TOP 10 MOST POPULAR RECIPES

STEPHANIE STIAVETTI



FEARLESS  FRESH

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WHAT'S THE DEAL?

IT'S HARD FOR ME TO BELIEVE that I've been creating and posting recipes online for almost ten years now. My very first food website, Wasabimon, hatched in 2007. It was a site centered around gluten-free recipes, because I was struggling with health problems and trying to find a way to manage my health through diet and lifestyle changes.

When my doctors finally realized that I was indeed not gluten-intolerant, I decided that a new way of eating deserved a new place to record my adventures. I closed Wasabimon in 2009 and launched TheCulinaryLife, which eventually became the site you're enjoying now: **FearlessFresh.com**.

Since I've got almost a decade of recipe design under my belt—including **for cookbooks**, major food brands, and my own websites—I've had a lot of time to figure out what people want. The recipes in this book are the most popular among all of my dishes, the top ten that my readers come back to again and again.

I get more comments on these recipes than any others, and more emails from home cooks who say they adore them. So I thought it would be fun to compile these favorites all into one little ebook.

I hope you enjoy these dishes! I'd like to think they're favorites for a reason.



<3 Steph



MORNINGS

A fearless start to your day

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SOUFFLE PANCAKES

SERVES: 2 to 4 / PREP TIME: 5 mins / COOK TIME: 10 mins / TOTAL TIME: 15 mins

NUTRITION INFORMATION: Calories: 343, Fat: 21 G, Saturated fat: 11 G, Unsaturated fat: 7 G, Carbohydrates: 26 G, Sodium: 648 Mg, Fiber: 1 G, Protein: 12 G, Cholesterol: 258 Mg

Soufflé pancakes are light and airy while remaining incredibly decadent. Feel free to smother yours in powdered sugar, chocolate syrup, or your favorite fruit. A pan that can go from stovetop to oven is essential to making this dish correctly—10-inch cast iron skillets are your best bet.

INGREDIENTS

- 2 eggs yolks
- 1/2 cup half & half
- 1/3 cup flour
- 1 1/2 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 3 egg whites
- Chopped fresh fruit
- Powdered sugar for garnish (optional)

INSTRUCTIONS

1. Preheat the broiler in your oven. Alternately, preheat your oven to 400°F (204°C).
2. Beat the egg yolks and half & half in a large bowl until well mixed. Slowly whisk in the flour, stirring just until combined, then whisk in the butter, sugar, salt, and vanilla. Set aside.
3. In a separate bowl, beat the egg whites with an electric beater until they form soft peaks. Gently fold the whites into the batter, folding just until the whites disappear. You don't want to flatten your egg whites, lest you compromise the fluffiness of your lovely soufflé.
4. Lightly grease a 10-inch nonstick ovenproof pan and set it over medium-high heat for one minute. Pour the batter into the hot pan and reduce heat to medium. Cook the pancake for 5 minutes, until the batter begins to firm up a bit. Drop chunks of chopped fruit onto the surface of the pancake.
5. Place the pan 5 inches below the hot broiler, or if you don't have a broiler, slide the pan into the preheated oven. Bake for 2-3 minutes, or until the pancake is puffed up and center is set but still soft. Watch carefully to make sure the top doesn't burn! These things tend to head south pretty quickly, so don't walk away from your oven while the soufflé pancake is baking.
6. Slide the pancake onto a plate using a spatula. Dust with powdered sugar and more fruit, if you like. Eat immediately.



SIMPLE CHERRY COCONUT VEGAN SCONES

SERVES: 6 cookies / PREP TIME: 10 mins / COOK TIME: 15 mins / TOTAL TIME: 25 mins

NUTRITION INFORMATION: Calories: 265, Fat: 10 G, Saturated fat: 9 G, Carbohydrates: 39 G, Sodium: 364 Mg, Protein: 5G

These cherry-coconut scones are the easiest, fastest scone recipe you can possibly think of, and they're vegan to boot (but you'd never know it by the taste or texture). Be sure to not over-knead or your scones or they will be too dense. You literally need to push both palms into the dough, then pull the back of the dough back over itself and push down to squish it into one mass. Fold it in half and repeat the push-pull-squish once more. You're done. Yes, that's it.

INGREDIENTS

- 1 1/2 cups bread flour, plus extra for dusting
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup shredded coconut (the dry kind)
- 1 cup pitted and halved cherries
- 3/4 cup + 1 tablespoon coconut milk (full-fat canned coconut milk, NOT lite!!)

INSTRUCTIONS

1. Move oven rack to center of oven. Preheat oven to 425°F (218°C). Line a baking sheet with parchment.
2. Whisk together the bread flour, sugar, baking powder, salt, and shredded coconut.
3. Add the cherries and give it all a quick toss. Next, add the coconut milk and use your hands to gently bring together the ingredients. If you need to add a bit more coconut milk or flour, then do so carefully, adding only a teaspoon at a time. The resulting dough will be sticky and clumpy (also known as "shaggy").
4. Turn the dough out onto a lightly floured surface and knead twice (push-pull-squish, push-pull-squish, done).
5. Form the dough into a disc and cut into 6 pieces triangular slices. Gently move to the prepared baking sheet. Brush the tops with a touch more coconut milk.
6. Bake for 10-15 minutes, or until golden on the very edges. Eat hot!

NOTES

You can use regular flour over bread flour, if you like. There will be a slight textural difference, but not by much. Don't over-knead your dough or the scones will lose their fluffy texture. You literally need to push both palms into the dough, then pull the back of the dough back over itself and push down to squish it into one mass. Fold it in half and repeat the push-pull-squish once more. Then stop. Yes, really!



DINNERTIME

My very best savory recipes

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THE ULTIMATE EASY ENCHILADA SAUCE

SERVES: 4 cookies / PREP TIME: 5 mins / COOK TIME: 20 mins / TOTAL TIME: 25 mins

NUTRITION INFORMATION: Calories: 151,
Fat: 8 g, Saturated fat: 1 g, Unsaturated fat: 6 g,
Carbohydrates: 15 g, Sodium: 1277 mg, Fiber: 6 g,
Protein: 5g

Homemade enchilada sauce is quick and easy to make, with only a few ingredients and fifteen minutes worth of work. Never eat the canned stuff again! Makes about 3 cups of sauce.

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped (about a cup)
- 3 cloves garlic, minced
- 2 14.5-ounce cans diced tomatoes
- 2 tablespoons chili powder
- 1 teaspoon cayenne
- 2 teaspoons cumin
- 2 tablespoons freshly chopped oregano leaves
- 1 teaspoon freshly chopped rosemary leaves
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon freshly-ground black pepper

INSTRUCTIONS

1. In a large skillet, heat olive oil over medium heat. Add onions and cook until browned, about 10 minutes. Add garlic and cook for another minute. Pour onions and garlic into the carafe of a blender and add tomatoes, chili powder, cayenne, cumin, oregano, rosemary, lemon juice, salt, and pepper. Puree the sauce until completely smooth.
2. Wipe out the skillet with a paper towel to remove any leftover onions. Pour the sauce into the skillet and bring to a simmer over medium heat. Lower heat and simmer for 15 minutes. Salt and pepper to taste and pour over enchiladas.



PAN TO OVEN BAKED PORK CHOPS

SERVES: 4 / PREP TIME: 10 mins / COOK TIME: 20 mins / TOTAL TIME: 30 mins

NUTRITION INFORMATION: Calories: 1332, Fat: 87 G, Saturated fat: 31 G, Unsaturated fat: 49 G, Carbohydrates: 17 G, Sodium: 231 Mg, Fiber: 2 G, Protein: 78 G, Cholesterol: 300 Mg

These deliciously juicy pork chops couldn't be easier to make—you take them from pan to oven in less than 20 minutes. Perfectly seasoned, full of flavor, and just one dish! Feel free to use boneless or bone-in, whichever you prefer.

INGREDIENTS

- 4 fresh, thick pork chops
- Salt and pepper (to taste)
- 1 large whole head of garlic
- 2 tablespoons olive oil
- 1 cup dry white wine (I use Sauvignon Blanc)
- 1 tablespoon rosemary, chopped fine

INSTRUCTIONS

1. Preheat your oven to 425°F (218°C). Lightly salt and pepper your chops on both sides and set aside.
2. Pop all of the little cloves out of your head of garlic. Don't peel them—leaving the peel on will protect them from burning and will roast them to a perfect consistency while the chops cook. Instead, crush them gently with the side of a heavy knife.
3. In a Dutch oven or other stove-to-oven-proof skillet that won't react to alcohol (sorry—your cast iron is out, unless it's enameled), heat a few tablespoons of olive oil over medium-high heat and toss in the whole, crushed garlic cloves. Fry for three minutes, then remove with a slotted spoon and set aside in a bowl.
4. Place chops in the pan and brown for one minute per side, then pull them out with a pair of tongs and set aside on a plate.
5. Reduce heat to medium and add wine to pan. Use a spatula to deglaze and get up all the savory little bits on the bottom. Simmer until the wine reduces by half.
6. Add the chops back into the pan, allowing the boney ends to stick up and out of the wine so that they get nice and crispy. Ideally the ends will stick out of the pan, but if you're using a tall Dutch oven, just make sure they're a few inches above the liquid.
7. Sprinkle cooked garlic (still in the paper peel) and chopped rosemary over the top of the chops and put the pan in the oven. Cook until the chops reach an internal temperature of 145°F (63°C), about 15-20 minutes, basting with pan juices halfway through. Cooking time depends on how thick your chops are. If you're using a digital meat thermometer, insert the probe and set the beeper-thingie to 145°F (63°C).
8. Once the meat has reached the proper temperature, remove from the oven and cover the main meaty parts with foil, leaving the [hopefully] crispy ends poking out where they won't get soggy. Allow to rest for ten minutes.
9. Serve each chop topped with a few whole cloves of garlic, some colcannon mashed potatoes and a salad. Drizzle absolutely everything with the juices from the pan—this stuff is liquid love!



HOW TO ROAST A CHICKEN THE RIGHT WAY

PREP TIME: 5 min / COOK TIME: 1 hour / TOTAL TIME: 1 hour, 35 min

Roasting a whole chicken is super easy with the right advice. The tips below will show you how to roast a perfectly tender bird, complete with crispy skin.



- » Larger birds meant for roasting have a heartier taste, while smaller fryers tend to be less flavorful. Organic chickens taste a little better to me, though most people won't be able to tell the difference.
- » The jury is in: 400°F (204°C) is the perfect temperature for cooking a whole chicken. You'll get crispy skin and a fairly quick dinner without compromising tenderness.
- » Depending on the size of your chicken, it should take about 1 to 1-1/2 hours to roast at 400°F (204°C). I highly recommend a meat thermometer, one that stays in the chicken while it cooks and lets you set an alarm for when it reaches the proper temperature. This keeps you from continually opening the oven door, which will greatly increase your cooking time.
- » Basting the bird won't give you crispier skin. In fact, you'll get limp, soggy skin and it only marginally affects the flavor.
- » Some argue that rubbing the entire bird with fat, inside and out, doesn't affect the flavor, but I disagree. It depends on the fat, though – olive oil won't give you a flavor boost, but butter mixed with a heaping dose of salt and herbs will yield a tasty dish indeed. I didn't notice that it makes the skin much crispier, but Sunset thinks it does.
- » When learning how to roast a chicken, you should know that it doesn't matter what orientation you roast the bird in. Breast up, breast down, or flipped over halfway through – no position will make the breast more moist.
- » Stuffing some flavored fat (such as butter with salt and herbs) under the skin will help flavor meat, but don't go overboard. Too much fat will just make the meat greasy. A dab under the skin of each drumstick, thigh, and side of the breast is all you need.
- » They (whoever "they" are) say that you're supposed to cook a whole chicken to 180°F (82°C), but I find that 170°F (77°C) yields a perfectly moist bird that's still cooked completely through. Make sure to measure in the thickest part of the breast.
- » Let your bird rest for a few minutes after you take it out of the oven. A good ten minute nap will let everything settle and keep the moisture where it belongs: in the meat.
- » The easiest way to guarantee that pieces of breast will be moist is to let them soak in the chicken's juices for a few minutes after they've been cut. This includes the fatty runoff from what you've rubbed over the surface or stuffed under the skin.
- » You want the entire bird to roast evenly and have crispy skin all over, so consider elevating it off the surface of the roasting pan. A small roasting rack will do the trick, which allows air to circulate under the bird – crisping it all the way around. Or get one of those pokey racks that holds the chicken upright, crisping all possible skin. (YES!!!)
- » GET A DECENT OVEN THERMOMETER. 'Nuff said.
- » Don't waste the juices in the bottom of the pan! Reduce in a saucepan with a little white wine, and you've got an amazing sauce.
- » Truss your chicken! Preventing air circulation in the bird's cavity will keep it from drying out. **Here's an awesome video on trussing a chicken.** Otherwise, stuff it with a quartered onion or lemon to keep internal airflow to a minimum.

WANNA-BE PF CHANG'S LETTUCE WRAPS

SERVES: 4 cookies / PREP TIME: 45 mins / COOK TIME: 1 hour / TOTAL TIME: 1 hour, 45 mins

NUTRITION INFORMATION: Calories: 409,
Fat: 16 G, Saturated fat: 2 G, Unsaturated fat: 15 G,
Carbohydrates: 38 G, Sodium: 1243 M G, Fiber: 3 G,
Protein: 30 G, Cholesterol: 68 Mg

Homemade enchilada sauce is quick and easy to make, with only a few ingredients and fifteen minutes worth of work. Never eat the canned stuff again! Makes about 3 cups of sauce.

INGREDIENTS

POURING SAUCE

- 1/4 cup sugar
- 1/2 cup warm water
- 2 tablespoons gluten free tamari (or regular soy sauce if you're not concerned about gluten)
- 2 tablespoons unseasoned rice wine vinegar
- 2 tablespoons ketchup
- 1 tablespoon lemon juice
- 1/8 teaspoon sesame oil
- 1 teaspoon hot water
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced

STIR-FRY SAUCE

- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1/2 teaspoon rice wine vinegar

CHICKEN STIR-FRY

- 2 tablespoons extra virgin olive oil
- 2 tablespoons sesame oil
- 2 boneless skinless chicken breasts, cubed to 1/2"
- 1 8-ounce can sliced water chestnuts, minced to the size of corn kernels
- 1/2 cup mushrooms, minced to the size of corn kernels
- 1/2 onion, chopped fine
- 3 cloves garlic, minced fine
- 6 large leaves of iceberg lettuce or Napa cabbage
- Chopped green onions, for garnish



Continued on page 13...

WANNA-BE PF CHANG'S LETTUCE WRAPS (CONTINUED)

INSTRUCTIONS

POURING SAUCE

1. In a large bowl, dissolve sugar in 1/2 cup warm water, then add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil. Mix well and throw in the fridge until you're ready to eat.
2. Just before serving, combine 1 teaspoons hot water with dijon mustard and garlic and mix in small bowl. Add to the pouring sauce, 1/2 a teaspoon at a time to taste.

STIR-FRY SAUCE

1. Prep the stir fry sauce by mixing soy sauce, brown sugar, and rice vinegar in a small bowl.

CHICKEN STIR-FRY

1. Combine oils and add to wok or large frying pan. Heat oil over high heat until it glistens, about one minute. Add chicken and saute until mostly cooked through, about 5 minutes.
2. Turn the heat under the wok down to medium-high. Add another tablespoon of olive oil to the pan, wait one minute, and then add garlic, onions, water chestnuts, mushrooms, and the stir-fry sauce you prepared earlier. Stir-fry everything until the mushrooms have cooked through, about 4 minutes, and remove to a serving dish.
3. Serve stir-fry with iceberg lettuce or Napa cabbage leaf wraps and top with pouring sauce. Sprinkle with green onions.
4. Variation: you can do the same thing with ground beef, if you like.



DO IT YOURSELF

Because DIY = delicious!

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HOW TO MAKE MINT TEA

PREP TIME: 5 mins / **COOK TIME:** 5 mins / **TOTAL TIME:** 10 mins

Peppermint tea will cure what ails you, whether it be a stomach ache, nausea, headache, lethargy, you name it. A quick, simple and CHEAP remedy.

INGREDIENTS

- 1 handful of fresh mint
- 2 cups of boiling water

INSTRUCTIONS

1. There isn't really a recipe for mint tea, but rather a method. Wash and tear up the fresh mint leaves. (Spearmint, peppermint, chocolate mint; the variety doesn't matter.) Put them in a French press or teapot and pour some boiling water over them. Allow to steep for about 3-7 minutes, depending on how strong you want your tea. Feel free to add a bit of honey or even a splash of whole milk if you want.
2. Enjoy.



HOW TO MAKE HOMEMADE BREADCRUMBS

SERVES: 4 cookies / PREP TIME: 5 mins / COOK TIME: 20 mins / TOTAL TIME: 25 mins

Homemade breadcrumbs have a far fresher texture, crunch, and flavor than you'll never get out of store-bought crumbs. And it's ridiculously easy to make them! Homemade breadcrumbs can be easily adapted to fit your needs and preferences, from the type of bread you use to the addition of whatever spices, salts, or dried herbs you like best. If using bread with small seeds (poppy, sesame, etc) or grains on the crust, these will lend intriguing flavor to your crumbs.

NOTE: Avoid using bread with nuts or dried fruits, as the moisture may mold when you store them.

INGREDIENTS

Old bread, or one of the above-mentioned ingredients
Dried herbs, spices, or other dry flavorings you enjoy

INSTRUCTIONS

1. Whether you're using a whole loaf, half loaf, or a few slices, tear the bread into 1-inch chunks. If you're using something other than bread, crumble your crumb fodder into small pieces. Set them in a bowl and tuck them away somewhere in the cupboard and let them sit for four days.
2. They should be perfectly stale, but not hard as rocks. Place the chunks in a food processor, 1 cup at a time (doing too much at once results in some being whizzed to powder and others not getting chopped at all). Pulse a few times, add a pinch of good quality salt and pepper, and pulse a few times more. You want the chunks to break into coarse crumbs of various sizes from larger bits to tiny grains. You do not want to pulverize your crumbs into a fine powder.
3. Spread the crumbs in a single layer on a baking sheet and allow to sit out overnight to let out any excess moisture.
4. Place the breadcrumb in an airtight container. The breadcrumbs should taste perfectly fresh for about a month.



NOTE

You can use breadcrumbs in many ways. You can sprinkle them on casseroles, into salads, over stuffed vegetables, mixed into meatballs, and even tossed over the top of thick soups for a little texture. Try mixing your crumbs with a little grated hard cheese right before you use them for extra oomph!

HOW TO MAKE CLOTTED CREAM (SLOW COOKER METHOD)

SERVES: 4 / PREP TIME: 1 min / COOK TIME: 24 hours / TOTAL TIME: 24 hours, 1 min

NUTRITION INFORMATION: Calories: 821, Fat: 88G, Saturated fat: 55G, Unsaturated fat: 28G, Carbohydrates: 7G, Sodium: 89 Mg, Protein: 5G, Cholesterol: 326 Mg

Clotted cream is a luxurious British treat that is swept across warm scones and English muffins, often with a little jam. While it's expensive to buy in a grocery store, you can easily make this rich cream in a slow cooker. Note: Some slow cookers run hotter than others, so you may find that your particular model cooks faster or slower than the recipe calls for. I recommend checking your cream every 2 hours to see how it's looking.



INGREDIENTS

- 4 cups heavy cream - NOT ultra-pasteurized

INSTRUCTIONS

1. Pour heavy cream into the vessel of your slow cooker. Cover the slow cooker, then set it to the lowest setting, usually called "warm" or "low." Your goal is to have the cream cooking at 180°F (82°C).
2. Let sit for 12 hours. Do not stir!
3. After 12 hours has passed, gently remove the crock from the slow cooker, being very careful not to move the cream around and agitate the fragile top layer. Agitating will cause the cream to mix back into the milk liquids underneath, reducing the amount of clotted cream you end up with.
4. Allow the cream to come to room temperature, and then slide the crock into your refrigerator to sit for 12 hours.
5. Once the top layer is solid, use a slotted spoon to gently skim the thick layer of clotted cream from the surface, leaving the liquid whey-type stuff behind. You can use the leftover liquid much like you can reuse whey, such as in bread, soup, rice.
6. Gently stir the clotted cream to create an even, creamy texture. Store in the refrigerator for 5 days. Make sure you keep it in a tightly sealed container so that it doesn't pick up strange flavors from your fridge - you don't want your clotted cream tasting of garlic hummus or those green onions that have turned into a science experiment in your crisper. I use mason jars.
7. For best flavor, bring to room temperature before serving.

NOTE

Important! The cooking temperature of slow cookers can vary, so check your cream every few hours to make sure it's not burning. If your slow cooker gets too hot and scorches your cream, try using the water bath method. Pour the cream in a wide, open dish that fits inside the crock of your slow cooker and set it inside. Fill the cooker with about an inch of water that surrounds the dish with the cream. This water will act as a buffer between your too-hot slow cooker and the your would-be clotted cream.

5-MINUTE COTTAGE CHEESE WITH BUTTERMILK

PREP TIME: 5 mins / COOK TIME: 10 mins / TOTAL TIME: 15 mins

NUTRITION INFORMATION: Calories: 137,
Fat: 6 G, Saturated fat: 4 G, Unsaturated fat: 2 G,
Carbohydrates: 12 G, Sodium: 2111 Mg, Protein: 8 G

This homemade cottage cheese recipe is the perfect way to use up all that leftover buttermilk after making pancakes, biscuits, or any other buttermilk-based cooking project. It's so simple even a child could do it - in fact, this is a great recipe to make with the kids.

INGREDIENTS

- 4 cups buttermilk
- 3 tablespoons heavy cream (optional)
- 1/2 teaspoon salt

INSTRUCTIONS

1. Heat buttermilk in a large saucepan over low heat. Watching carefully, allow the buttermilk to heat until it steams and small bubbles slowly saunter to the surface, but do not let it boil. As the buttermilk heat
2. s, curds will start to form. Don't stir, which will break up the curds. Once the buttermilk is about to boil, remove from heat and let sit for 5 minutes.
3. Line a strainer with cheesecloth or a clean cotton handkerchief. Discard the whey, if you like, or keep it for another use. (See notes.) Allow the curds to cool in the strainer for 15 minutes. Transfer to a bowl and stir in heavy cream and salt, being careful not to smash the curds. Keeps in the refrigerator for up to a week in an airtight container.



NOTES

If you want to keep the whey that's leftover after you make your cottage cheese, store it in a sealed container in the fridge for up to a week. You can add it to soups, smoothies, or rice/pasta cooking water for a little extra flavor and protein.

If you don't want to use cream, you can sprinkle in a few tablespoons of half & half or whole milk. Or leave it out altogether for a drier, firmer homemade cottage cheese.

PLEASE SHARE THIS GUIDE!

Was this cooking guide useful to you? Then **pass the link on to your friends** so that they can get their own secret password to the vault. I'll be hosting some mega-giveaways for everyone who signs up for the vault with their email address, so they may win something really awesome. (And so might you!)

Click here to post to Facebook, or **click here** to send an email.

CHECK IT OUT:

Join the Fearless Fresh Kitchen Ninjas group on Facebook and get all of your cooking questions answered. There's no stupid blog post spam and we're all really nice. Pinky swear!



FEARLESS FRESH

Get fearless in the kitchen!

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