

# Recipe Book, 2022 Edition

*for humans, by humans*



Photo by [C Colourin](#)





# Welcome

*One thing we want to highlight to our incredibly important community, is that we are all human. Sometimes people can get so focused on what they are doing they might forget the simple fact that everyone they work with is a person just like them. Let us all take a moment to reflect on our humanity through food.*

*I eat food.*

*You eat food.*

*Everyone eats food.*

*Here are some of the favorite or original recipes that have kept us alive so far. Contributions for this inaugural cookbook come from all over the world and are not exclusively employees at Intel.*

***Cheers and happy tummies,  
flyingtoasters***

Photo by George Hodan



# Drinks



# Cinnamon Maple Whiskey Sour

By *flyingtoasters*

## Ingredients

- 1.5 ounces Catoctin Creek Roundstone Rye
- 0.75 ounce fresh lemon juice
- 0.5 ounce Maple Syrup
- 1 cup ice (cubed)
- 0.5 ounce Aquafaba (the liquid in a can of chickpeas)
- 1 Pinch Cream of Tartar
- 1 Pinch of ground cinnamon

## Preparation

1. Add the rye, lemon juice, maple syrup, aquafaba and cream of tartar to a shaker.
2. Shake for one minute.
3. Strain into a rocks glass.
4. Garnish with a sprinkling of ground cinnamon.

## Tips

- Use one egg-white instead of aquafaba if you prefer a non-vegan recipe. Eggs taste better, but the bean-juice is a lot easier to work with.
- Substitute your favorite whiskey, I recommend a Rye, though any bourbon will work too.
- If you use a Bourbon, reduce the syrup by 10% and increase the lemon by 20%



Photo by George Hodan

# Dark and Stormy

*By Anonymous*

## Ingredients

- 2 ounces black rum
- 1/2 ounce lime juice
- 5 ounces Ginger beer

## Preparation

1. Add rum and lime juice to a tall glass filled with ice.
2. Top with the ginger beer.
3. Garnish with a sliced lime wheel or wedge.



Photo by [George Hodan](#)



# Full of Caffeine (Non-Alcoholic)

By Aleksander



## Ingredients

- Blueberry jam
- Coffee (dark roast is recommended)
- Black Tea (Assam is an ideal choice)
- Chicory

## Preparation

1. Brew coffee overnight (brew the same day is fine but won't give you the good kick)
2. Brew tea
3. Brew chicory
4. By now, you have 3 cups of 3 different drinks. Mix coffee with chicory and put it to boil for 5 mins.
5. Mix blueberry jam (3 tbsp) in a big cup with that tea and a boiled mixture of chicory and coffee. By now, you have a cozy warm drink that you can pour some coffee cream on or enjoy it as it. It will for sure give you kicks.

Photo by George Hodan

# Hunting Cocktail

*By Aleksander*

## Ingredients

- Fever-Tree Tonic Water (or any other tonic water of your choice)
- Red Blood Orange (optional if you get Clementine flavored Tonic water)
- Jägermeister

## Preparation

1. Pour 200ml of the tonic water
2. Mix 25ml of the Jägermeister
3. Pour freshly squeezed juice from that orange
4. Optional: Garnish with mint



Photo by George Hodan



# Sides



Image by [Linnaea Mallette](#)



# 8-Layer Mexican Dip

By Debbie

10+ People



*Here is a quick and easy dip that is a great for parties! It is fantastic with a side of tortilla chips and the leftovers can be used for supreme burritos. Ingredients can be prepared ahead of time and thrown together last minute. I grew up having my mom make this and it was always a big hit at our house.*

## Ingredients

- 1 can spicy refried beans
- 1 package taco seasoning
- 6 oz sour cream
- 2 oz mayonnaise
- 1 cup guacamole (3 avocados, 1 lime, 1 tsp onion powder, 1 tsp garlic salt)
- 1 cup salsa
- 8 oz fine grated cheddar cheese
- 1 bundle green onions, sliced
- 3 Roma tomatoes, diced
- 1 small can sliced black olives, drained
- 1-2 fresh jalapeno peppers, sliced (optional)

## Preparation

1. Mix refried beans with taco seasoning. Spread onto a large serving platter.
2. Mix sour cream with mayonnaise. Spread onto beans.
3. Mix together guacamole. Peel avocados, remove seeds and mash (this works best when avocados that are soft but not mushy). Squeeze in juice from the lime and add onion powder and garlic salt. Mix well and carefully spread onto sour cream mixture.
4. Spread salsa onto guacamole.
5. Sprinkle cheddar cheese onto salsa.
6. Sprinkle chopped green onions onto cheese.
7. Sprinkle diced tomatoes onto green onions.
8. Sprinkle sliced black olives onto tomatoes (last layer).
9. (Optional layer) Slice jalapeno peppers in circles starting at the tip of the pepper and moving towards the stem. To spice up the dip, place pepper slices on part or all of the top layer (black olives).
10. Serve with tortilla chips.

# Death Salad

*By Anonymous*

## Ingredients

2 cans pear halves, drained  
½ - ¾ cup mayonnaise  
⅓ cup shredded cheddar cheese  
maraschino cherries, optional  
(optional)

## Preparation

1. Place drained pear halves center side up on a serving dish. Add about 1 TBS mayo to the center of each pear half. Then sprinkle the cheddar cheese over each pear. Top with maraschino cherries.
2. Serve and enjoy!

*Despite the heavy name, this light salad can be made from ingredients typically on hand and assembled on short notice when the unexpected happens.*

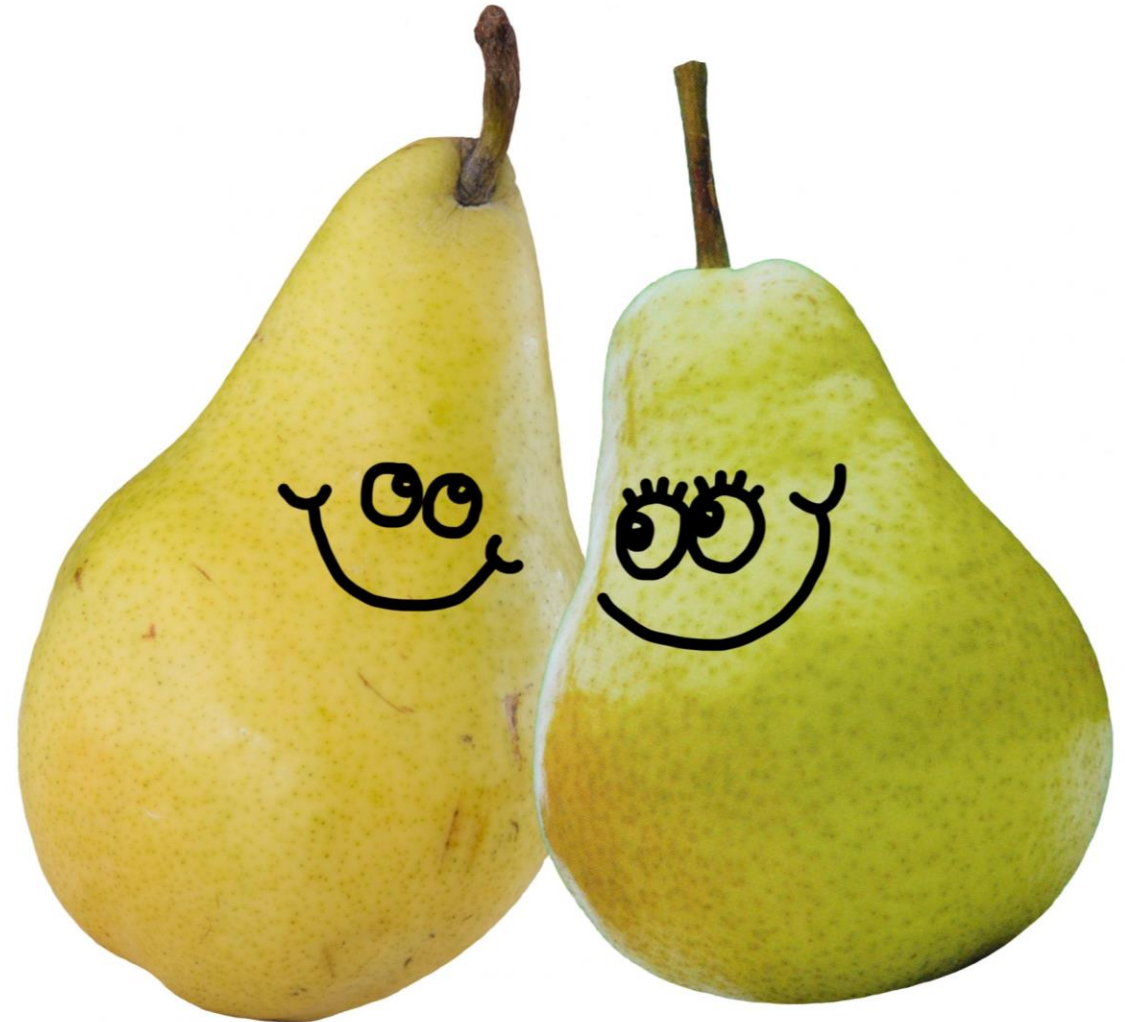


Image by Dawn Hudson



# Drop Biscuits

*By Anonymous*



## Ingredients

Self-rising flour  
Shortening (Crisco)  
Whole Milk

## Preparation

Sift self-rising flour into a large bowl. Make a small divot into the mound of flour. Scoop a handful of shortening and place it into the middle of the divot. Pour a little whole milk over shortening and squish the mixture through your fingers gradually bringing in more and more flour each time. Keep doing this until you get a soft ball of dough. Pinch off some dough and roll it in a ball. Drop each dough ball onto a greased pan. Bake at 450 degrees until golden brown.

*This is a timeless savory biscuit that goes well with any meal.*

Photo by Cynthia Albright

# Simple Cornbread

*By Anonymous*

## Ingredients

1 cup Self-rising cornmeal  
2 cups Buttermilk

## Preparation

Mix the cornmeal and buttermilk well. Pour the slurry into black iron skillet that has been greased with shortening. Bake at 450 for approximately 35 minutes. Test doneness by inserting a knife in the center when removed it should be clean.

*While cornbread can be made many ways  
this is the simplest of those recipes if you  
have a seasoned cast iron skillet.*



Photo by Stacey Sauvago



# Vidalia Onion Slaw

*By Anonymous*



## Ingredients

6 large Vidalia Onions (You can vary this one depending on the expected crowd. Four onions still work well with this recipe. Also, yellow onions work if you can't find any Vidalia's.)  
1 cup sugar  
1/2 cup cider or white vinegar  
2 cups water  
1 cup Mayonnaise  
2 teaspoons of celery seeds

## Preparation

1. Thinly slice onions into rings
2. Mix sugar, vinegar and water. Then bring to a boil.
3. Pour mixture over the onions and let them marinate overnight in the refrigerator.
4. Drain the mixture well then mix in the mayo and celery seeds. Chill till ready to serve.

*A simple salad that can make a lot as long as you take the time to prepare.*



# Southern Dressing

*By Anonymous*

## Ingredients

4 eggs  
4 cups cornbread  
3 cups biscuit to taste  
2 cups of stale white bread  
1 ½ cups onion chopped very fine  
2 quarts chicken broth  
¾ cup celery  
salt and pepper

## Preparation

Crumble breads well. Grate or shred the celery, careful not to get any strings. Add to the bread mix; add the onions. Add the chicken broth, which should be at room temperature or warm, never hot. Beat in eggs. The dressing will be soupy. Bake in lightly greased pan 350 to 400 for one hour. Turn up heat if dressing is not brown enough at the end of one hour. Serves 20.

*A savory dish that no holiday meal should  
be without*

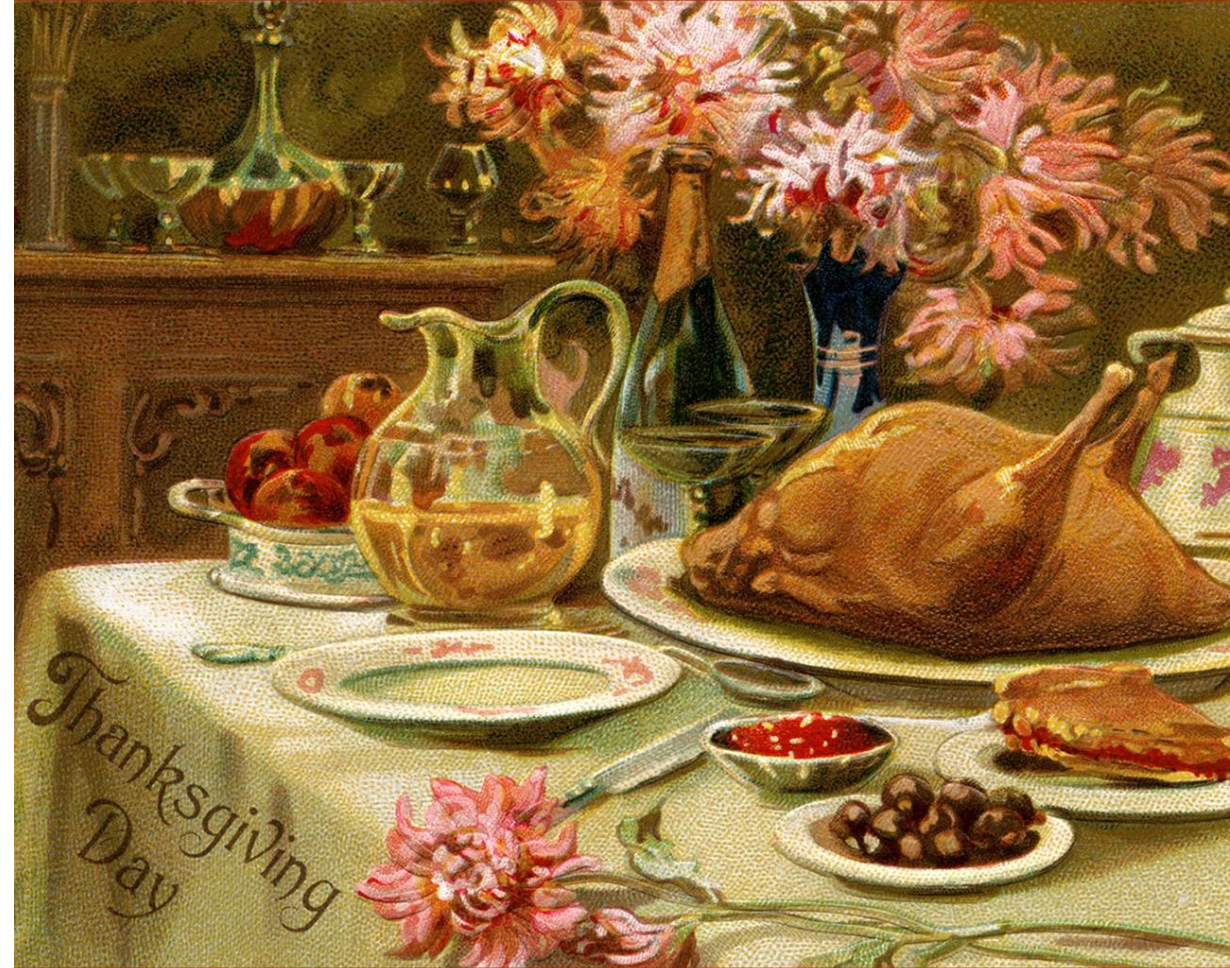


Image by Karen Arnold



# Pineapple Casserole

By Anonymous

Serves 5



## Ingredients

1 cup sugar  
6 tablespoons all purpose flour  
2 cups grated sharp cheddar cheese  
2 (20 oz) cans drained, and 6 tablespoons  
pineapple juice reserved pineapple  
chunks  
1 cup crumbled Ritz crackers  
8 tablespoons melted, plus extra for  
greasing pan butter

*Is it a casserole, a side dish or a dessert?  
Yes.*

## Preparation

Preheat the oven to 350 °F.

Grease a medium-size casserole dish with butter.

In a large bowl, stir together the sugar and flour. Gradually stir in the cheese. Add the drained pineapple chunks, and stir until ingredients are well combined. Pour the mixture into the prepared casserole dish.

In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake for 25 to 30 minutes, or until golden brown.



# Desserts

Photo by Petr Kratochvil



# Apple Pie with Almonds

By The Intigrity Chefs

## Part 1

### Ingredients

5 tablespoons of (self-rising) flour  
4 tablespoons of sugar  
3 tablespoons of milk  
2 tablespoons of oil  
1 egg  
3 to 4 apples

### Preparation

1. Mix in the egg and sugar until the dough is white (+/- 4min).
2. Stir in the milk and the oil
3. Stir in flour
4. Cut apples into slices
5. Pour mixture into pie tin and spread apple slices on top
6. Place in oven 20min at 180°C (fan oven)

## Part 2

### Ingredients

60gr melted (cold) butter  
4 tablespoons of sugar  
1 egg  
Almond flakes

### Preparation

1. Whisk all ingredients until fluffy
2. Spread over pie (after 20min pre-bake)
3. Sprinkle almonds over pie
4. Place in oven 20min at 180°C (fan oven)

The result should be a perfect balance between a moist and fluffy apple pie.  
Bonne appétit!

Yours truly,

The Intigrity family

*This recipe is an original one, and is actually a family secret!  
But since you're trying to bring everyone closer by sharing recipes, we  
thought sharing secrets could be the perfect start.*

*I hope you'll put as much love inside this recipe as my grandmother  
does every Saturday. Bringing together the family through pie.*

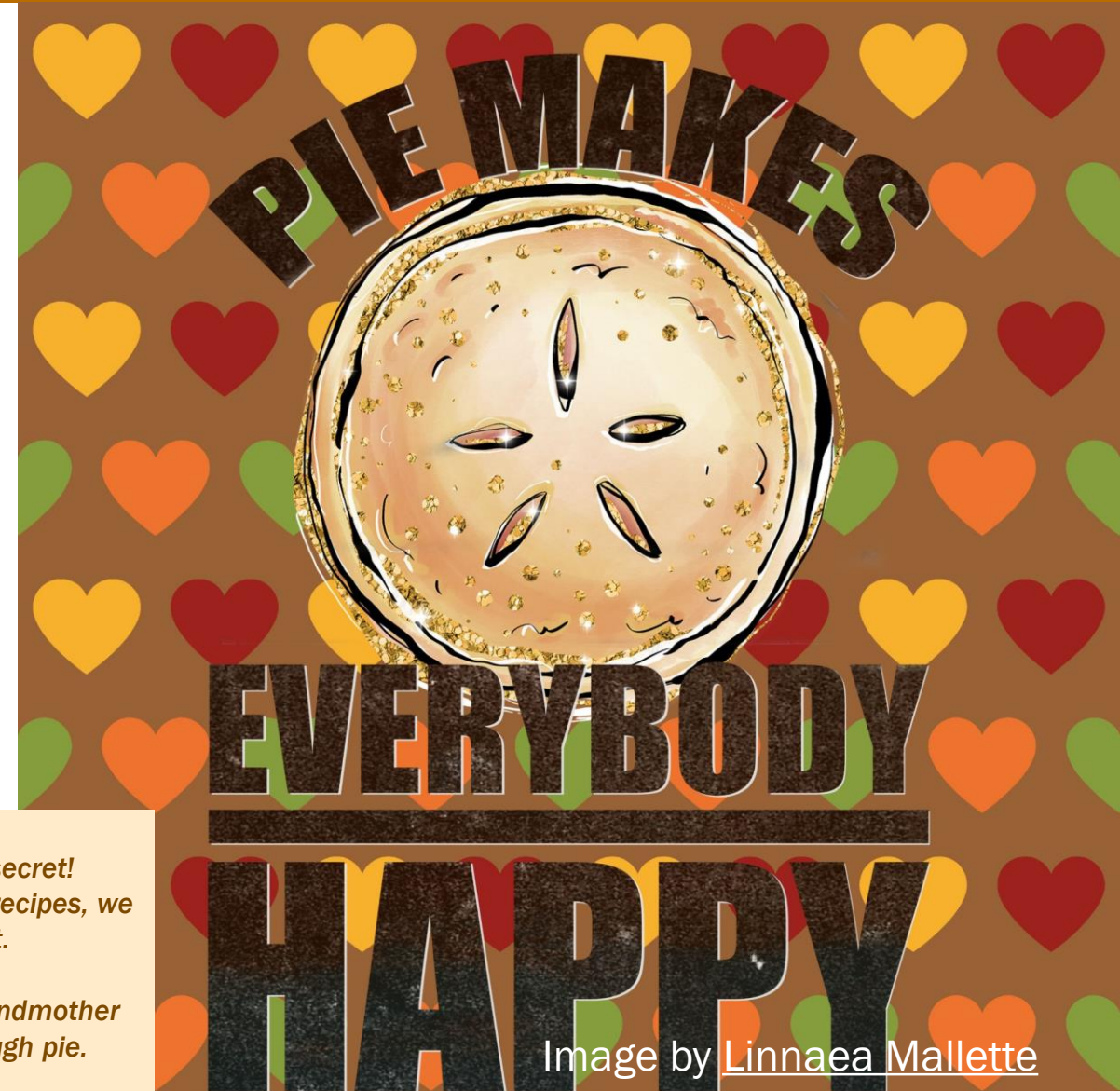


Image by [Linnaea Mallette](#)

# Carole's Forgotten Cookies

By Anonymous



## Ingredients

Two egg whites  
A pinch of salt  
 $\frac{2}{3}$  cup of sugar  
 $\frac{3}{4}$  cup of chocolate chips  
1 cup of finely chopped pecans

*A few ingredients can go a long way.*

## Preparation

1. Preheat the oven to 350 degrees.
2. Add a pinch of salt to the egg whites and beat until soft peaks form.
3. Gradually add  $\frac{2}{3}$  cups of sugar; beat until very stiff.
4. Carefully fold in chocolate chips and d pecans.
5. Line cookie sheet with aluminum foil.
6. Drop by teaspoonful onto foil.
7. **Turn the oven off**, put cookies in, close the oven and wait. Forget the cookies in the oven overnight or at least 5 hours.

Photo by Rheo Gauthier



# Chess Squares

*By Anonymous*

## Part 1

1 yellow cake mix  
1 stick margarine, melted  
1 egg, beaten  
1 teaspoon vanilla

Mix together and spread into the bottom of  
a 9 x 13 pan.

*A rich and easy dessert  
with no games.*

## Part 2

In separate bowl, mix with mixer:

8 oz. softened cream cheese  
3 eggs, beaten  
1 box confectioner's sugar

Pour on top and bake at 350 degrees for 45 to 50 minutes.



Photo by [Anna Langova](#)

# Italian Apple Pie

By zi0Black

## Ingredients

2 eggs  
3 tablespoons of sugar  
4 tablespoons of oil (Olive one is suggested)  
5 tablespoons made with flour  
4 Rennet Apple - Mela Renetta in Italian cuisine  
1/2 sachet of yeast and a pinch of salt  
marmalade (Suggested plum one or any with similar taste)  
1/2 lemon

*The dough ratio to apples  
is deliberately in favor of  
apples!*

## Preparation

1. Cut the apples into small pieces and season with half a lemon and a little sugar.
2. Beat the eggs with the sugar, and add the oil, flour, yeast, and salt.
3. Add the apples and pour them into the baking pan.
4. Sprinkle with jam and sugar.
5. Cooking at 200 °C for about 30 minutes.

Enjoy the break with a different type of 0x41 ;)



Photo by zi0Black



# Puffed Wheat Squares

By Malcolm S.

20 – 24 Squares



## Ingredients

1 cup corn syrup  
3/4 cup white sugar  
1/3 cup margarine  
3 tablespoons cocoa  
1 teaspoon vanilla  
6 cups of puffed wheat cereal

*The recipe is  
originally from a  
friend of the family*

## Preparation

1. Mix in a large saucepan all the ingredients except the vanilla and the puffed wheat.
2. Bring to a rapid boil while constantly stirring the ingredients.
3. Take off the heat and stir in the vanilla.
4. Mix in the puffed wheat cereal ensuring it is well covered.
5. Press into a greased pan.
6. Allow to cool.



# Mains

Photo by [Vera Kratochvil](#)



# Bluebird's Best Pasta

By Bluebird

Serves 2.5



## Ingredients

- 2 cups 00 flour (you can use all purpose to substitute, but trust me you will want 00 flour)
- 3 duck eggs (large chicken eggs can substitute) at room temp
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  Tbsp EVOO

*You may be wondering "why duck eggs?" Great question! Duck eggs are about 25-50% bigger than the largest chicken egg you would find in the grocery store. They contain a higher protein and fat content but have less water in the egg, so your dough will turn out smoother and richer and the noodle will better hold its shape. You can sometimes find duck eggs in specialty grocery stores, farmers markets, or make friends with your local farmer (or micro-flock owner).*

## Preparation

1. Mix dry ingredients together in a bowl
2. Make a well with your hand and crack the eggs into the well
3. Incorporate the egg into the dry ingredients
4. Knead for 8-10 minutes. The dough will start off shaggy – keep kneading until the dough becomes a smooth, homogeneous, and a little stretchy (doesn't tear as much). If the dough is too dry, try adding in a small amount of water or EVOO.
5. Once the dough is finished, let it rest (covered) for at least 30 minutes
6. You are off to the races! Roll the dough and cut into your preferred pasta shape. You can freeze your pasta by placing your cut noodles into a freezer bag or container
7. If eating immediately, bring 4 quarts of water to a rolling boil. Once boiling, place pasta into the water and boil for no more than 4 minutes. Start taste testing after 1 minute to get the perfect al dente noodle. Top with your favorite sauce. .

Photo by [George Hodan](#)



# Cornflake Chicken

By JennD

Serves 6 - 8

## Ingredients

- 8 Boneless, skinless chicken breasts
- 1 “standard” sized (not the extra value sized) box of your favorite “corn flakes” style cereal
- 2 cups of grated parmesan cheese
- ½ cup of dried oregano seasoning
- ½ cup of garlic powder
- ¼ cup of dried paprika seasoning
- ¼ dried parsley
- Salt to taste
- 1 pound of butter or butter substitute

### Storage & Re-heating

*Let the casserole return to room temperature, cover and store in the refrigerator. Reheat in the microwave.*

## Preparation

1. Pre-heat oven to 375 degrees F.
2. In the medium mixing bowl, melt the butter using a microwave.
3. In the very large mixing bowl, add the box of corn flakes.
4. Using your hands or the kitchen tool of your choice, crush the flakes so that they are roughly ¼ their usual size. E.g. they still are flakes, just much smaller.
5. Add the parmesan cheese, oregano, garlic powder, paprika, parsley, and salt to the bowl of crushed corn flakes and mix.
6. Dredge chicken breasts in the melted butter and then GENEROUSLY coat with the corn flake mixture, pressing the chicken into the mix to help it stick. Repeat once more to get a nice solid coating.
7. Place the coated chicken breasts into the “x13” casserole dish.
8. Mix the leftover corn flakes into the remaining butter and mix. Pour over the top of the chicken breasts already in the casserole dish.
9. Cover the casserole dish with aluminum foil.
10. Cook in the oven for 45 minutes (if using very thick chicken breasts, cut into the center of one breasts to check for doneness. There should not be any pink meat or juices).
11. Uncover the casserole dish and cook another 5 minutes.
12. Remove from oven and serve hot or warm.

TIP: The seasoning will tend to sink to the bottom of the bowl during this process - just hand mix again as needed.



Photo by [George Hodan](#)



# Potato Leek Soup

By Lady\_N

Serves 6

## Ingredients

3 tablespoons unsalted butter  
4 large leeks, white and light green parts only, roughly chopped (about 5 cups)  
3 cloves garlic, peeled and smashed  
2 pounds Yukon Gold potatoes, peeled and roughly chopped into ½-inch pieces  
7 cups chicken or vegetable broth  
2 bay leaves  
3 sprigs fresh thyme  
1 teaspoon salt  
¼ teaspoon ground black pepper  
1 cup heavy cream  
Chives, finely chopped, for serving

## Preparation

1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
2. Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.



Photo by [Lucy Toner](#)

**Note:** If using a standard blender to purée the soup: be sure not to fill the jar more than halfway; leave the hole in the lid open and cover loosely with a dishtowel to allow the heat to escape; and pour blended soup into a clean pot.

**Freezer-Friendly Instructions:** The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving.

# Jalapeño Casserole

By [flyingtoasters](#)

Serves 4 - 6

## Storage & Re-heating

*Let the casserole return to room temperature, cover and store in the refrigerator. To re-heat, use a microwave or place the whole casserole dish in a cold oven and set to 350 for 20-45 minutes (until desired temperature is reached). This meal can be prepared and stored in the mixing bowl until ready to cook, simply cover and refrigerate. Freezing has not been tested because it never lasts more than a day in my house.*



Photo by [Sheila Brown](#)

## Ingredients

1.5 pounds of [Ground Beef](#) (ground turkey or a fake meat can be used for healthier options)  
45 ounces of [Green Beans](#) (usually this means 3 cans; French Style is what I like, any cut will work though)  
1 packet of [Taco Seasoning Mix](#)  
4 tablespoons Diced [Jalapeños](#) (add more if you want more spice in your life)  
1 tablespoon of [Soy Sauce](#) (this can be skipped)  
1 bag of [French's Fried Onions](#)  
1 bag of [French's Crispy Jalapeños](#)  
1 can [Campbell's Cream of Chicken Soup](#)  
1 cup [Milk](#) (any kind)

## Preparation

1. Brown the meat in a pan and season it using the Taco Seasoning; make sure you use water for the mixture (not fat/oil).
2. Pre-heat oven to 350 F.
3. In a large mixing bowl, combine the Milk, Soy Sauce, Cream of Chicken Soup, and Diced Jalapeños; mix well, breaking up any chunks.
4. Add Green Beans and Meat (cooked and seasoned) into the bowl; mix well (If using canned green beans, drain the liquid before use).
5. Add a small handful of Fried Onions and Crispy Jalapeños to the bowl; mix well.
6. Pour the contents into the casserole dish and spread it out into an even layer.
7. Cook in the oven for 10 minutes and remove.
8. Pour the remainder of the Fried Onions on top of the casserole, spread it out evenly; Sprinkle the Crispy Jalapeños on top evenly but do not layer (these will add a lot of spice quickly if you aren't careful).
9. Cook in the oven for 20-30 minutes or until liquid is starting to boil and the top is starting to be crispy.
10. Remove from oven and let sit for 5-10 minutes before serving.
11. Serve hot or warm.



# Pav Bhaji

By Anonymous



## Ingredients

- 2 medium Potatoes, chopped
- 1/2 cup Green Peas
- 3/4 cup chopped Cauliflower
- 1/2 cup chopped Carrot
- 1 large Onion, chopped
- 1 tablespoon Ginger Garlic Paste
- 2 medium Tomatoes, chopped
- 1/2 cup chopped Capsicum
- 1½ teaspoons Red Chili Powder
- 1/4 teaspoon Turmeric Powder
- 1 teaspoon Cumin-Coriander Powder, optional
- 1 teaspoon Readymade Pav Bhaji Masala Powder
- 1 teaspoon Lemon Juice
- Salt to taste
- 2 tablespoons Oil + 2 tablespoons Butter
- Butter for serving
- 2 tablespoons finely chopped Coriander Leaves
- Pav Buns for serving

## Preparation

1. Take all the vegetables listed in the ingredients and cut them into small pieces
2. Transfer chopped potato, cauliflower, carrot and green peas into pressure cooker. Add 1/2 cup water and salt to taste.
3. Cook over medium flame for 2-whistles. Open the lid after pressure releases naturally; it will take around 5-7 minutes. The texture of your bhaji would depend on how you mashed the veggies.
4. Mash the boiled vegetables gently .
5. Heat 2-tablespoons oil and 2-tablespoons butter together in a pan over medium flame. Add chopped onion and ginger-garlic paste. Sauté until onion turns translucent.
6. Add chopped capsicum, chopped tomato and salt and saute them till they are soft
7. Add 1½ teaspoons red chilli powder, 1/4 teaspoon turmeric powder, 1-teaspoon cumin-coriander powder and 1-teaspoon readymade pav bhaji masala powder.
8. Stir and cook for a minute.
9. Add 3/4 cup water, mix well and cook for 2-3 minutes.
10. Add boiled and mashed vegetables and 1-teaspoon lemon juice.
11. Mix well and cook for 4-5 minutes. Taste for the salt at this stage and add more if required. Turn off the flame. Add chopped coriander leaves and mix well. Bhaji is ready for serving
12. Cut the pav buns horizontally into halves. Heat tava over medium flame. Add a tablespoon of butter and place halved pav buns over it. Shallow fry both sides until light brown spots appear, it will take around 30 seconds for each side to turn light brown. Transfer to the plate. Shallow fry remaining pavs.
13. Transfer prepared bhaji to a serving bowl and garnish with a cube of butter. Serve hot with butter roasted pav, sliced onion and lemon wedges



# Peppered Filet Mignon

By Anonymous

## Ingredients

4 teaspoons extra virgin olive oil  
4 teaspoons soy sauce  
1/2 teaspoon cider vinegar  
3 tablespoons coarsely ground black pepper  
2 teaspoons kosher or sea salt  
4 teaspoons dark brown sugar  
Up to 6 1 1/2 inch thick filet mignon steaks

*Recipe borrowed with pride from Chris Lilly's Fire and Smoke BBQ book. It's my wife's favorite.*

## Preparation

1. For the steaks: In a small bowl mix all ingredients to form a paste. Apply 1 tablespoon of the paste to each steak and evenly coat. Wrap each steak tightly in plastic wrap and let the steaks marinate 1-2 hours in the fridge.
2. Build a two-zone fire in a charcoal grill by putting the coals on only one side of the grill. Pre-heat the grill to 500 degrees F
3. Remove the steaks from the fridge. Unwrap them and put on grill over direct heat and grill for 3 1/2 minutes on each side for rare doneness. For medium rare move beef to over indirect heat away from the coals, close the grill lid, and cook for 2 more minutes. For medium flip the steak, close the grill lid, and cook for two more minutes.
4. Remove the steaks from the grill. Let rest 5-10 minutes and enjoy.



Photo by Jon Sullivan



# Contributors



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Cheers to you,  
everyone.

