

10 Dish Cookbook

The Better Bachelor



Thebetterbachelor.com/10dish

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Intro

Thanks for making one of the best purchases of your bachelorhood. (Besides the 50" plasma TV and the beer can helmet!) You've made an investment in your future - in more ways than one.

You're going to experience the product of years of experience; years of experience coupled with days of eating. (So again, I thank YOU! I'm now pretty full.) I've made plenty of mistakes along the way, burnt enough food, and made enough bland and boring dishes. As I progressed, however, I started to realize I had a solid set of recipes that I could always fall back on. Whether I was just bored of the typical Ramen noodle night or I had a woman to entertain, 20 minutes later I could have a pretty decent meal. You've decided to skip this process; and I can't encourage you enough. It's time to realize we don't have to reinvent the wheel. Trust this bachelor: these 10 dishes are going to change the way you eat forever.

How this Works

I've looked through many cookbooks and I've always had the same gripes. They never explained the process enough for a new "chef." They didn't give exact times. They didn't show measurements. (If I hear "season to taste" one more time, I'm going to SCREAM!) The goal of this cookbook is to combat this. As much as we guys say we don't need instructions, we know deep down that sometimes... they're a very welcome addition.

This cookbook is going to be extremely verbose. I'm going to cover each recipe in detail with steps, measurements and times. I'm also going to add a bunch of pictures at the end of each recipe that shows my progress while I made each dish. With my instructions, you should be able to make the exact recipe, the exact same way, every time.

This doesn't mean you shouldn't be creative! I suggest you print out the recipe and follow it. Then, note on the print-out what you like and what you don't. Too much garlic? Too little oregano? Before you know it, you'll be crafting your own recipe.

The goal of this cookbook is to add 10 new dishes to your arsenal. If this makes your grand total 10, you should be extremely happy. If you add only three or four new ones, well, you already had some skill. Thanks for using some of my recipes to enhance your cooking prowess.

Let's get on to the recipes!

Red Meat



Tenderloin and Egg Noodles

Tenderloin and Egg noodles is a very easy dish. It takes under 10 minutes and is a favorite of many. To top it off, it requires probably the least amount of ingredients of all the recipes in this cook book.

Ingredients:

3 cups egg noodles
6 cups water
1 tenderloin (approx 8 oz)
2 tablespoon extra virgin olive oil
Lawry's season salt

Directions:

First, prepare the noodles. Add 6 cups of water and 3 cups egg noodles to a kettle on high and bring to boil. When fully boiling, lower to a simmer. (This means there are just a few bubbles popping on the surface of the water.) Simmer for 6 minutes. Drain and add to a bowl.

While waiting for the noodles to boil, cut an 8 oz section of the tenderloin off. Cut this into bite size cubes. Cover this with a bunch of season salt. You should not be able to see much red color under the salt. Do not rotate or mix the meat.

Add 2 tablespoons of extra virgin olive oil to a pan on high heat. (You can use regular olive oil or extra light as well. The olive oil helps to add to the taste of the dish. Extra virgin adds a unique taste.) Once the pan has heated for about a minute, add the meat to the pan. Stir and flip the meat every 30 seconds. Cook for 3 minutes total. The meat should start bubbling with moisture. Don't worry if parts of it are still pink or red. Remove the pan from the heat after 3 minutes but let the meat remain in the pan. It will continue to cook.

Once the noodles and meat are done, pour the entire content of the meat pan over the noodles. This will add both meat and liquid to the dish.

Pictures:



These are the egg noodles I use.



I like to buy a tenderloin like this from the local store. It's cheaper to do it this way than to buy tenderloin steaks.



Extra virgin olive oil I use.



3 cups of the egg noodles



On the left is about the size of meat I use with 3 cups of egg noodles.



Start cutting the steak into bite size pieces.



The steak cut up into bite size pieces.



The season salt I use.



Pour on a generous amount of season salt.



The season salt should cover most of the meat. Remember, do not rotate the meat, otherwise it may become too salty.



The two tablespoons of olive oil.



Adding the meat to a hot pan.



It begins to cook on high. Stir it every 30 seconds.



Stirring it as it finishes cooking.



Just about done. Notice the extra liquid.



Bring noodles to a boil. Then lower them to simmer for 6 minutes.



Add noodles to the plate...



Finish by pouring the pan's content over the noodles.

Ground Hamburger & Red Potato Fries

These are two items I have around the house all the time. By adding a few touches to these, the meal comes out amazing. The real difference here is the type of meat and potatoes. Use black angus for a different and richer taste. Use red potatoes for a bit more natural and less starchy feel. This combination seems familiar but tastes a bit different than you would expect.

Ingredients:

1.5 lb black angus ground beef (80/20)
2 tablespoons olive oil
1/8 cup garlic powder
2 tablespoons onion powder
4 red potatoes
Lawry's Season Salt

Directions:

Preheat the oven to 350 degrees. Take four red potatoes and cut off the ends. This should make cylinder potato pieces. Cut into 1/2" by 1/2" by entire potato length fries. Cover a baking pan with aluminum foil. (This not only helps cook the potatoes more evenly, it makes the cleaning super easy.) Spread the entire amount of fries in a single layer. Cover with a large amount of season salt. Put in oven.

After 10 minutes of baking, pull out the fries. Flip them. Don't worry if you don't remember to flip each one of them. At least make sure to move them around. Cook for another 20 minutes. Remove from the oven and let sit for 5 minutes to cool.

To cook the meat, add 2 tablespoons of olive oil to a pan. Then, put the entire 1.5 lbs into the pan. Add 1/8 cup garlic powder and 2 tablespoons onion powder. Put the pan on medium heat and break up the entire hamburger chunk. Don't worry if this looks like too much for the pan. It will cook down.

Break up and mix at 3 minutes of cooking. Do this again at 5 minutes. At 7 minutes, it should start to become brown/grey color. Mix one more time and get a new spatula (we don't want to cross contaminate and make ourselves or guests sick). At 9 minutes, take off heat. Put 3 layers of paper towel in a bowl and pour the meat into it to drain.

Combine the fries and meat in a bowl and serve.

Pictures:



The black angus I use is a little bit more expensive than regular hamburger - but is well worth the taste.



Add 2 tablespoons of olive oil to the pan.



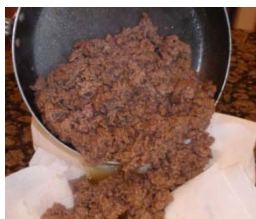
Add the garlic and onion powder to the entire package of meat in the pan.



On medium heat, start to break up the meat. The spices should be somewhat blended throughout the meat. Don't worry if they're not evenly distributed.



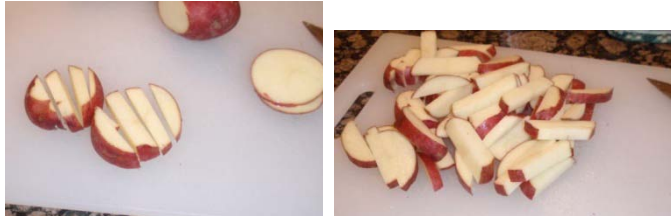
At about 7 minutes before you grab the new spatula.



Drain the meat.



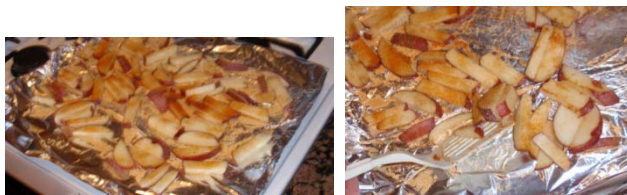
4 red potatoes - cut off the ends.



Cut into 1/2" by 1/2" by length fries.



Spread into single layer on the pan.
Cover with a large amount of season salt.



After 8 to 10 minutes, flip them.
Notice they should be somewhat
"wet" looking.



This is what they will look like when
they're done. Notice they're not
burnt or too browned.



Finished meal.

Roast, Red Potatoes and Baby Carrots

The best thing about this recipe is its sheer volume. After eating one, there usually is at least two more meals worth of leftovers. If you don't want to eat the leftover meat as a roast, you can also thinly slice it and cover with barbeque sauce on some bread. Any way you do it, this is a sizeable portion of food for a very reasonable price.

Ingredients:

1 Beef roast

Garlic Pepper (or 2/3rds garlic powder, 1/3 black pepper)

2 tablespoons olive oil

Baby red potatoes

Baby carrots

Directions:

Preheat oven to 350 degrees. In large pan, add 2 tablespoons of olive oil and turn on high heat. Put the roast in the large pan to brown each side. After each flip, lightly dust the top side with garlic pepper. The browning process takes about 1 minute on each side.

In a large baking pan, spray cooking spray to coat the bottom. Then, place the roast in the center. Surround the roast with baby potatoes and baby carrots. Make sure none of them are stacked higher than the edge of the pan. Pour water into the pan until it is half full. Do not over fill. Cover tightly with tin foil.

Cook the roast at 350 degrees for 90 minutes. Slice and serve.

Pictures:



This was the roast I used.
Cost: about \$9.



This is the brand of garlic pepper I used. I'm pretty certain you can just mix 2/3rd garlic powder 1/3rd black pepper.



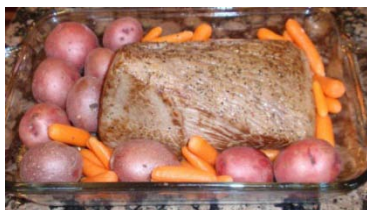
First side of browning. Note how much garlic pepper is used.



The process of browning the meat.



The cooking spray is used to spray the bottom of the pan. Use baby carrots. Also, use petite red potatoes. Normal sized red potatoes would need to be cut which you don't want.



Surround the roast with the potatoes and carrots. Fill until half full with water.



Cover tightly with foil.



After 90 minutes, take out and uncover.



Serve.

Beef Stew

Stews aren't just for Grandma anymore. With this recipe, you can make a very simple beef based stew without all of the extra work. Using some precooked ingredients along with some raw ones gives a unique blend to the stew. This stew can be served very hot or just lukewarm - it even freezes well. The key to this recipe is the extra preparation that is done to the meat.

Ingredients:

- 1.5 cup white flour
- 1 lb stew meat
- 1 teaspoon pepper
- 3 tablespoons olive oil
- 7 cups water
- 2 large spoons of beef soup base
- 30 raw carrot slices
- 15 oz can of cooked yellow corn
- 15 oz can cooked young peas

Directions:

Pour 1.5 cup of white flour into a bowl. Add the entire package of stew meat. Mix in 1 teaspoon of pepper. Mix this together with your hands. Make sure to coat every surface of every piece of meat.

Pour 3 tablespoons of olive oil into a large soup kettle. Heat to medium. When the olive oil spreads, add the meat to the kettle. Do not dump in the entire mixture - instead grab each piece by your finger tips and drop into the kettle. Don't worry if some extra flour gets into the kettle, just don't pour all of it in. Stir this every 3 minutes. Cook for a total of 9 minutes. The meat starts to turn a grey brown color and a bit of pasty flour develops at the bottom of the pan. Make sure not to burn the flour in the pan.

Add in 7 cups of water and turn the heat to high. Add 2 heaping spoons of beef soup base. (The more of this you add, the saltier the stew may become.) Bring to a boil. This took about 10 minutes for me.

After the stew comes to a boil, add in the carrot slices. I tend to use carrot chips pre-cut at the produce section of the store. Now, slow the boil down to a simmer. Stir every 10 minutes.

After 20 minutes of simmering, drain the can of corn and the can of peas. Add the juiceless corn and peas to the stew and slowly mix in. Simmer for another 30 minutes - and then serve.

Pictures:



Package of stew meat



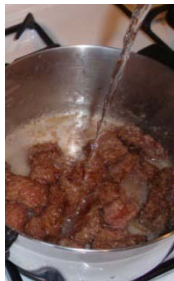
The 1lb meat, 1.5 cup flour and teaspoon of pepper mixed together.



0 min, 3 min (after 1 stir)



6 and 9 minutes in.



The stew begins its boil. Don't forget to add the 2 large spoons of beef soup base.



After a boil, add the 30 carrot slices.



Boiling with carrots now. Remember, the carrots aren't cooked so they need more time with the stew.



These are the items I used. It's time to add the peas and corn.



It simmers and then starts to distribute itself naturally.



The end product.

Chicken



Sautéed Chicken & Chicken Broth Rice

Although the term sautéed is used here, it's really not that complicated. To top it off, this whole dish only uses one kettle; the cleanup is really minimal. The kicker in this mix is the chicken broth added to the water in the rice. This makes the dish.

Ingredients:

- 1 boneless skinless chicken breast
- 1 tablespoon extra virgin olive oil
- 2 cups water
- 1 cup Jasmati rice
- 2 large spoonfuls of chicken soup base

Directions:

Cut chicken breast into very small pieces. They should be smaller than bite size: approximately 1" x 1" x 0.5" pieces. Add 1 tablespoon of extra virgin olive oil to a pot. Put on high heat and wait until the olive oil spreads. Add chicken pieces. After 1 minute, stir the chicken. Then, lower heat to a medium-low level. Cook for one additional minute and then stir.

Next, add 2 cups of water. Then, using a large spoon, add in two heaping spoonfuls of chicken soup base. Turn up the heat and wait for the water to boil.

Once the water is boiling, add 1 cup of Jasmati rice. (Any white rice will do, jasmine has the most unique flavor.) Lower the heat until the water is very slowly boiling. Stir occasionally. The rice should take about 15 minutes to cook.

Once this is done, spoon out onto a plate. Pieces of chicken should be mixed in the white rice and broth. Serve.

Pictures:



One boneless chicken breast



Cut into very thin slices



This is what the pieces should look like after they've been cut



About 30 seconds into cooking on high heat



Almost complete cooking first stage.



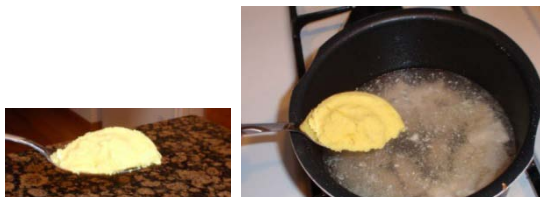
When the chicken is finished cooking for the allotted time. Notice how it's not completely darkened.



2 cups of water boiling



Chicken soup base



This is half the amount of soup base I added.



Added the base to the water.



Bringing chicken and base to a boil.



1 Cup of Jasmati Rice



Add 1 cup rice to the water after it is boiling.



Rice is starting to cook.



Rice is nearly finished.



Finished product

Lazy Chicken Stir Fry

While this is not really a traditional stir fry, it does use most of the same ingredients. Instead of using a wok and peanut oil, we're going to make use of our standard large pan and olive oil. The combination of a bit of chicken base and soy sauce give this dish that recognizable orient taste. Cover the white rice with this and you're good to go.

Ingredients:

- 1 16oz bag of frozen stir fry vegetables
- 1 boneless skinless chicken breast
- 2 tablespoons olive oil
- 1 heaping spoon of chicken soup base
- 1/3 cup soy sauce
- 4 cups water
- Fresh ground black pepper
- 1 cup jasmati rice

Directions:

Cut the boneless chicken breast into 1 inch cubes. Put a large pan on high heat with 2 tablespoons of olive oil. Once olive oil has spread, add chicken breast. Cook on high heat for 6 minutes, stirring every 2 minutes.

Heat 2 cups of water to boil. Stir in 1 heaping spoon of chicken soup base. Mix in 1/3rd cup soy sauce.

When the chicken finishes cooking (you'll notice it is starting to turn light brown on its edges), add in half of the bag of frozen stir fry vegetables. Mix together with the chicken breast. Cook for 2 more minutes. Then add in half of the water, soup and soy sauce mixture. Bring to a boil. Add in the other half of the stir fry bag. Add 20 grinds of black pepper. Cook for 15 minutes.

If the liquid dissipates before the 15 minutes is up, add in a small bit of the remaining water mixture.

Combine 2 cups water and 1 cup jasmati rice (or any white rice). Bring this to a boil. Lower heat to a simmer after it begins boiling. Stir occasionally. This should cook for approximately 8 minutes and look nearly dry when you mix it. It's ok to see a little moisture.

To serve, spoon vegetable and chicken pan contents onto the rice. It is ok to include any of the liquid.

Pictures:



Cut the chicken breast into 1 inch cubes.

Cook for 6 minutes on high. Stir every 2 minutes.

After 6 minutes, the chicken should start to turn light brown.



The soup base and soy sauce I used.



1 heaping spoon of the soup base and 1/3rd cup of soy sauce.



Mix it together.



The stir fry mix I used.



Add the stir fry. Mix in with the chicken.



Add in the liquid. As it cooks, add in the remaining portion of the stir fry.



The liquid starts to boil out of the stir fry.



Completed dish.

Chicken Flats and Rice

This recipe calls for the most complex of slicing skills in this cook book. The thinner you can cut the chicken, the better. Because of this thin slice, the chicken is able to cook really quickly. Then, the combination of parsley and olive oil can get onto more surface area of the chicken. This is where the real taste comes from.

Ingredients:

1 boneless skinless chicken breast
2 tablespoons extra virgin olive oil
2 cups water
1 cup jasmati rice
Dried parsley flakes
Soy sauce

Directions:

Combine 2 cups water and 1 cup jasmati rice (or any white rice). Bring this to a boil. Lower heat to a simmer after it begins boiling. Stir occasionally. This should cook for approximately 8 minutes and look nearly dry when you mix it. It's ok to see a little moisture.

Take the chicken breast and push down on it with the palm of your left hand. Slice underneath your hand with the knife across the breast. This should create a slice that is about 1/4" thick. Do this as many times as you can. I get about 8 to 10 thin slices out of one chicken breast.

While rice is cooking, add 2 tablespoons of olive oil to a pan. Heat this pan using high heat to distribute the oil evenly. Put in the chicken flat. Do not overlap any of them. Then, sprinkle on parsley. You should be able to see a large amount of parsley flakes on each piece. After 45 seconds, flip the flats. Then, sprinkle with parsley flakes again. Cook for another 45 seconds. Turn off heat and remove pan from the burner. Flip the chicken one more time and let it sit for 30 seconds. After that, place chicken on paper towel to drain off any grease.

Finally, spoon rice into a bowl. Put chicken flats over the top of the rice. Drizzle the top of the bowl's contents with soy sauce. Then, eat!

Pictures:



The rice begins to cook. In the mean time...



1 boneless skinless chicken breast



Slice thin by pressing your hand down on the meat. Cut across under the pressure.



8 to 10 thin sliced pieces.



The parsley and the soy sauce I use.



2 tablespoons of olive oil will spread the entire bottom of the pan.



The initial layer of chicken in the high - heat pan.



I use a lot of parsley



After 45 seconds, you can see the one side is cooked.



Add more parsley



Drain.



Rice is cooking.



Add the finished rice to a bowl.



The finished product - and then with soy sauce.

Seafood



Baked Salmon and Green Beans

Baked salmon is thought to be a treat in most households. I'm not sure why - it's relatively inexpensive and not that complicated to cook. At any rate, when you can cook a moist baked salmon with a hint of spice, you can treat yourself. Since foil is used in this recipe, the salmon is cooked thoroughly. As a bonus, cleanup is easy. Couple this with a mix of green beans and beef soup base seasoning to finish off the meal.

Ingredients:

8 oz room temperature salmon
1 teaspoon fresh ground pepper
Pinch of thyme (or oregano)
Pinch of salt
14.5 oz can of green beans
1 small spoon of beef soup base

Directions:

Preheat the oven to 450 degrees. Get two large pieces of aluminum foil and put a 4 oz piece of salmon on each. Then, grind pepper onto each piece. Add a pinch of thyme. (Oregano will also work, but I like thyme better in this case.) Add a pinch of salt. Right before putting it into the oven, splash or squeeze on some lemon juice. 4 squirts from a lemon container I use is enough for me. Each squirt is about 1/2 second long in duration. It should be enough to wet the surface of the fish but not leave standing lemon juice puddles. Put into the oven for 7 minutes. Remove from the oven and foil after 7 minutes to make sure it doesn't get over cooked. The skin may stick to the foil and separate from the fish. This is ok.

Add 1 cup of water to a small kettle. Add 1 small scoop of beef soup base and bring to a boil. Stir the entire time. Once at a boil, add a 14.5 oz can of cooked green beans plus its juice. Lower heat to medium. Mix occasionally while it simmers. Simmer for about 10 minutes. Spoon out the beans for serving next to the salmon. (Do not use the liquid mixture.)

Pictures:



One 4oz package of salmon.



You'll end up having two of these.



The first is with pepper on it. Then, adding thyme.



Wrap the fish with foil and make sure it is tight.



The fish looks like this when it's done cooking.



Adding a small amount of beef soup base to 1 cup of water. Boil and continue to stir.



Add the entire can to the beef soup base mixture.



Spoon out the beans - make sure not to use the remaining mixture.



The finished dish.

Shrimp and Fried Noodles

While I can't officially call this Shrimp Scampi, it may fool some people into thinking so. This combination of garlic, butter and lemon with shrimp and noodles is a very rich and memorable dish. The combination of a soft shrimp with sauce and a fried noodle makes this a very unique entrance into your arsenal.

Ingredients:

1/4 cup melted butter
1/8 cup granulated garlic
1/8 cup extra virgin olive oil
1 teaspoon parsley
1 teaspoon lemon juice
Onion powder
20 de-tailed cooked shrimp
Angel hair noodles

Directions:

First, bring a pot of water to a boil. Add about a nickel sized round section of noodles into the water after breaking them in half. Cook at boil for 6 minutes stirring every 2 minutes. Drain.

Add some olive oil to a pan on medium heat (approximately 1 tablespoon). When olive oil spreads on pan, put in noodles and spread as flat as possible. Sprinkle lightly with onion powder. You should just barely be able to see the onion powder on the noodles. Flip every 2 minutes until there starts to become hard noodles in the pan. This takes about 6 to 8 minutes. At this point, turn up the heat as high as possible. Flip every minute for 3 minutes. When this process is complete, there should be mainly fried noodles and hardly any soft ones. Put these into a bowl.

Melt 1/4 cup of butter and combine with 1/8 cup olive oil. (You may want to use unsalted butter if this is available to you.) Mix in 1/8 cup granulated garlic or garlic powder, 1 teaspoon lemon juice and 1 teaspoon parsley. Poor this mixture into a small pan with higher sides. This mixture should be able to nearly cover your shrimp when you put them in. Put this pan on low heat.

Put in about 20 pre-cooked tail-less shrimp into the mixture. Cook for a total of 7 minutes. Every minute, shake the pan slightly so that the mixture can reach and swirl around the shrimp. Also, flip the shrimp twice during the 7 minutes. Let shrimp sit in mixture for another 2 minutes after turning off heat.

Fork shrimp pan contents over the fried noodles. Make sure to grab some of the mixture with the fork, but do not pour the entire mixture into the noodles.

Pictures:



Lemon. If you can't find this in your local store... you're just not looking.



This amount of noodles should suffice.



Break the noodles in half.



This is about enough olive oil for frying the noodles.



Noodles should be spread out flat.



A slight sprinkling of onion powder.



The noodles should start to harden as they fry.



Finished noodles.



These are the shrimp I used.



Mixing the liquid and seasoning together before putting it into the pan.



The mixture before the shrimp.



The shrimp as it cooks.



The shrimp sits for a while before it is poured onto the noodles.



Fork on the mixture, don't pour.



The end.

Turkey



Spaghetti with Ground Turkey Sauce

Ground turkey is a healthy alternative to ground beef. Because it is usually leaner than ground beef, it also lacks the standard meat flavor. However, this is easily reconciled with additional spices. This spaghetti sauce has amazing flavor and is very healthy for you as well.

Ingredients:

1 green pepper
1 large onion
2 tablespoons extra virgin olive oil
16 oz ground turkey
32 oz standard spaghetti sauce
1/2 cup Tones Spice Spaghetti Seasoning

Directions:

First, slice the top off of the green pepper. Then, slice the sides off. Use two sides for the sauce. This turns out to be about a little less than half of the green pepper. Cut the green pepper into 1/4 inch squares.

Cut off 1/4th of a large onion. Cut this into roughly 1/2 inch squares. Combine 2 tablespoons extra virgin olive oil, green pepper and onion in a large kettle on high heat. Cook for 7 minutes, stirring each minute. The onions and green peppers should begin to get soft. The onions may shrink and start to turn a caramel color.

Add 16oz of ground turkey. Break up and mix with the content of the kettle. Continue to cook for 8 minutes. Stir and break up occasionally.

Add 32 oz of spaghetti sauce from a can or jar. The more basic and bland this sauce, the better. Add in 1/2 cup of Tones spicy spaghetti sauce. If you can't find this, equal parts of pepper, garlic powder and oregano will suffice as a replacement.

Cook this mixture until it comes to a boil. It took about 2 minutes for me. Then, simmer for 15 minutes, stirring every 4 to 5 minutes.

Bring a pot of water to a boil. Add about a nickel sized round section of noodles into the water after breaking them in half. Cook at boil for 8 minutes stirring every 2 minutes. Drain.

To serve, scoop the sauce mixture over the noodles.

Pictures:



I always had a problem cutting green peppers. This method makes it easier. Cut off the top and then cut off the sides.

Scoop out the center of the green pepper. Then, begin by cutting the sides into 1/4 inch slices.

The smaller the slices of green pepper, the better.

Cut a quarter of the onion into 1/2 inch strips.

It is ok for these pieces to be slightly bigger from time to time.

Add the onion and pepper to the olive oil. After cooking for 6 minutes, the onions will start to turn a light tan or brown color. They should not be burning.



Add the ground turkey to the mixture, break it up and mix it.



Add in the seasoning and the spaghetti sauce.



The sauce simmers for 15 minutes. It should start to get a bit thicker.



The finished product.

Appendix A: Bonus Dishes

The following two entries to the cookbook are not really fully fledged dishes. Instead, they're more like additions to your normal meal. I felt that they were easy enough to add to this level of cookbook but didn't warrant their own set of pages in the main section. Besides, you can't eat only Vinaigrette... (Maybe you could eat just pudding cups though!)

The first is a very simple Vinaigrette Salad Dressing. I find this has a very similar taste to the similarly named dressings found in the store. As a bonus, when you serve this, you can serve it directly from a bowl with a spoon. This both saves on dishes and increases the authenticity of your dish.

Following this is a quick and simple desert. Requiring almost no time to put together, it still makes a great impression. Finish up the meal with something that has been chilling for a while in the fridge for the sweet tooth.

Vinaigrette Salad Dressing

Bachelors are typically not huge fans of salad. And that is OK. However, when that urge does strike, a home-made salad dressing can be just the ticket to making the lettuce a welcome treat. This simple recipe not only tastes great but appears impressive too.

Ingredients:

3/4 cup extra virgin olive oil
1/4 cup balsamic vinegar
2 tablespoons oregano
1 tablespoon thyme leaves
Fresh ground pepper

Directions:

In a small bowl, combine all of the ingredients. Use a fork to mix all the content together. Use a spoon to distribute it to salad.

Pictures:



These are the brands of ingredients I am using.



3/4 cup olive oil.



1/4 cup balsamic vinegar.



Add in other ingredients.



The finished product. You may find you have more or less leaves in your mix. I like a bit more oregano. Also, as the mix sits, it separates. Make sure to mix it before serving each time.

Pudding Cup Pie

This simple desert is a great end point to any of these meals. There is no clean up, no measuring, it's just simple. Cool it in the fridge for a few minutes and serve at desert time.

Ingredients:

1 chocolate pudding cup
1 individual pie crust
Whip cream

Directions:

Take one pie crust bowl. Add 1 cup of pudding to it. Add a tiny bit of whip cream.

Pictures:



These are the pie crusts I'm talking about. They're already cooked.



Any pudding will do. I like chocolate.



Add entire pudding cup to one crust.



And you're done!