

# Recipes

Compiled and Cooked with Questionable Sanity

Alexander  
Summer 2025

# Alexander's Cookbook

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## Steamed Bun

*Can be as big as you want em to be.*

Time: About 2 hours total (10 min active prep + 60 min rise + 20 min rest + 12 min steam)

Yield: A few, I guess. Depends how big you like em.

### Ingredients:

- Flour (4 cups)
- Water (2 cups)
- Sugar (1 tsp)
- Yeast (1 tbsp)
- Bowl (big)
- Red bean paste (canned)

You can make your own red bean paste if you've got time and pain to spare, but I just buy a good canned one from the Asian grocery store. No shame. Tastes great.

### Equipment:

- Bowls
- Paper towels
- Steamer
- Cloth

### Instructions:

Step 1: Add flour, water, sugar, and yeast in a bowl

Step 2: Mix the bowl to make dough

Step 3: Knead it all for 10 minutes or until a firm, slightly elastic dough

Knead that dough until it's firm and smooth—not sticky, not tacky. If you're unsure, go drier. A wet dough won't hold and will betray you when you wrap it.

Step 4: Cover the bowl of dough with a damp cloth for 1 hour or until it has risen

Step 5: Wrap buns:

- Flatten into circular disk, edges thinner than center
- Put paste in the center of bun
- Pull dough up and twist
- Place bun face down, with the twisted part underneath so it doesn't open back up and spill the beans

Step 6: Rest buns under damp paper towel for 10–20 mins

Step 7: Put buns in steamer

Step 8: Line steamer with paper and drape cloth over it

Step 9: Steam 12 mins

Step 10: Sit with heat off for 1–2 mins

Step 11: Eat

These hold up well in the fridge and steam back to life like a phoenix. Line your steamer or suffer steamy bun carnage. Don't skip the twist—it's the structural weak point. You're engineering dough containment.

## Hot Soss

*Your girl knows I got the sauce. No ketchup. Just sauce. Raw sauce.*

Time: 10 min active prep + 2 days pickling

Yield: One big-ass jar of pain (about 28 oz)

### Ingredients:

- Peppers (1/2 lb)
- Bell pepper (1)
- Garlic (2 cloves)
- Apple cider vinegar (1 cup)
- Water (1 cup)
- Honey or sugar (1 tbsp)
- Salt (1 tsp)
- Saucepan

### Equipment:

- Glass mason jar (at least 28 oz)

### Instructions:

Step 1: Chop the peppers and bell pepper

Step 2: Smash the garlic with the flat of your knife

Just lay the knife flat over the garlic and press down. You're not slicing—it's violence with intent.

Step 3: Toss the peppers and garlic into the mason jar

Step 4: In a saucepan, close-boil the vinegar, water, honey (or sugar), and salt

Step 5: Pour the hot mixture into the jar

Step 6: Let it cool, then seal with the lid

Step 7: Chill it in the fridge

Step 8: Wait 2 days to let it pickle

Step 9: Don't eat it

This isn't meant to be eaten straight, genius. It's a base. Blend it if you want it smooth. Add oil if you want it clingy. Respect the sauce, don't abuse it.

## Oven Fries (Baked)

*Perfect for when you don't have an air fryer but don't wanna get Maccas.*

Time: 1 hour total (30 min soak + 40-45 min bake)

Yield: However many fries you cut. Trust your cravings.

### Ingredients:

- Potatoes (as many as you want)
- Some olive oil
- Water

### Equipment:

- A conventional oven

### Instructions:

Step 1: Cut the potatoes into thin fry-shaped slices

Step 2: Soak the sliced potatoes in cold water for at least 30 minutes

Step 3: Dry them before baking

Air drying is fine.

Step 4: Preheat the oven to 375°F

Step 5: Brush the potatoes with olive oil

Step 6: Spread them on a baking tray in a single layer

Step 7: Bake at 375°F for 20–25 minutes

Step 8: Crank the heat to 425°F

Step 9: Bake for another 20 minutes

Step 10: Eat

Optional power move: toss with garlic powder, paprika, or cracked pepper before baking. Or don't. It's a free country.

## Tune a Melt

*A chop suey, but American, and with canned tuna.*

Time: 15 minutes total Yield: 1–2 sandwiches, depending on how aggressively you stack it

### Ingredients (amounts? vibe it out):

- Butter
- Bread
- Can o' tuna (any brand)
- Finely diced celery
- Lemon juice
- Green onions
- Parsley
- Salt
- Garlic powder
- Cheddar
- Mayo

### Equipment:

- Bowl (big)
- Skillet

### Instructions (tuna situation):

Step 1: Cut the onions and toss 'em in the bowl

Step 2: Chop parsley, throw it in too

Step 3: Add the tuna and celery

Step 4: Add a couple proper clonks of mayo

Step 5: Stir that mess together

Step 6: Squeeze in some lemon juice for brightness

Step 7: Salt and garlic powder to taste

### Instructions (melt construction):

Step 1: Make a sandwich: bread, tuna mixture, cheddar, top bread

Step 2: Spread butter on the outside faces of the sandwich

Step 3: Grill in a skillet, covered, for a few minutes on one side

Step 4: Flip and grill the other side, covered again

Step 5: Plate it

Step 6: Slice diagonally like a goddamn professional

Step 7: Eat

Optional mods: add sriracha to the mix. Sub in sourdough. Toast one side before assembling. Or don't.



## Chops of Lamb

*Thyme, garlic, and god's forgiveness seared into animal flesh.*

Time: 20 minutes active cook time + 5 minute rest

Yield: However many chops you've got the guts for

### Ingredients:

- Lamb chops (just get 'em from the grocery store)
- Thyme (chopped)
- Rosemary
- A thick clonk of butter (around 4 tbsp)
- A few cloves of chopped garlic
- Olive oil
- Salt and pepper

### Equipment:

- Skillet or cast iron pan (my personal favorite)
- Stove
- Cutting board (or a large plate)

### Instructions:

Step 1: Heat the thick clonk of butter in your pan

Step 2: Add thyme to the butter

Step 3: Salt and pepper the lamb chops on the cutting board

Step 4: Add garlic to the thyme-butter base

Step 5: Add rosemary and a little olive oil

Step 6: Add more garlic if you're a garlic freak (respect)

Step 7: Cook the lamb chops on one side for 4–5 minutes on medium/high heat

Step 8: Turn the chops onto the fat side briefly when flipping

Really sear that fat. It's the best part and deserves to be treated like royalty—crispy, rendered, and reverent.

Step 9: Flip the chops and cook another 2–3 minutes

While cooking, baste the chops in butter—just scoop and splash that herby fat over the top like you’re painting a masterpiece.

Step 10: Flip once more for a final minute before removing from heat

Step 11: Plate them and cover with foil

Step 12: Let rest for 5 minutes

Step 13: Eat

Resting is mandatory. It locks in juices and prevents your plate from looking like a crime scene. Don’t skip it.

## Brocco Beef

*An authentic taste of the takeout spot downstairs.*

Time: 30–35 minutes total

Yield: Feeds 2 hungry degenerates or 1 gymbro with no self-control

### Ingredients:

- Steak (1 lb, cut into ¼ inch pieces)
- 1 head of broccoli (chopped small)
- Some spare sesame oil
- Salt and pepper
- Wok
- Flour (6 tbsp)
- Water (1 cup)

### Ingredients to have ready and raring to go (speedrun set):

- Garlic (3 cloves, diced)
- Sesame oil (2 tsp)
- Soy sauce (1/3 cup)
- Brown sugar (1/4 cup)
- Honey (1/4 cup)
- Beef broth (1 cup)

### Equipment:

- Wok
- Stove

### Instructions:

Step 1: Fry the steak bits in the wok with some spare sesame oil until browned

Step 2: Add salt and pepper to the steak

Step 3: Remove steak and set aside

Step 4: Add the garlic, sesame oil, soy sauce, brown sugar, honey, and beef broth to the wok

Step 5: Add the broccoli and cook for 15 minutes

Step 6: Mix water and flour together, then pour that slurry into the wok

This is your thickener. It'll turn the sauce from runny to luscious. Stir fast or you'll end up with beef Jell-O.

Step 7: Add the beef back into the wok

Step 8: Cook for 5–10 more minutes, stirring to coat

Step 9: Plate it

Step 10: Eat

## Mapo Tofu

*Good on top of white rice. Even better eaten straight out of the wok.*

Time: 35 minutes (including tofu prep)

Yield: Enough for 2–3 bowls of rice vengeance

### Ingredients:

- Tofu (one package from the Asian market)
  - Wet
- Mapo tofu sauce packet (convenient. don't feel bad)
- Ground pork (½ lb)
- Garlic (1 head)
- Ginger (diced)
- Chives (diced)
- Chicken stock (150ml)
- Corn starch (2 tbsp)
- Water (4 tbsp – double the starch)
- Sake (2 tbsp, used separately)
- Sesame oil

### Equipment:

- Wok
- Stove

### Instructions:

Step 1: Take tofu out of the package and wrap it in paper towels

Step 2: Put a dish on top and let it soak for 20 minutes to press it

Step 3: Mix the corn starch and water to make a slurry

Step 4: Unwrap tofu, then slice:

- Slice in half horizontally to flatten
- Cut into ¾ inch cubes

Step 5: Heat wok and add sesame oil

Step 6: Stir-fry ground pork over high heat until browned

Step 7: Add garlic and ginger, stir to release aroma

Step 8: Add the mapo tofu sauce:

- Dump it into one side of the wok, then swirl to mix

Step 9: Add 1 tbsp of sake and stir until golden

Step 10: Add chicken stock, soy sauce, and remaining 1 tbsp of sake

Step 11: Gently slide in the tofu cubes

Step 12: Bring to a boil on high heat

Step 13: Drop heat to low and simmer for 2–3 minutes

Step 14: Sprinkle in chives

Step 15: Add the starch slurry and swirl the wok gently to thicken

Step 16: Crank the heat back up for 30 seconds to finish

Step 17: Serve

Step 18: Eat

If you're feeling bold, drop in some chili oil or Sichuan peppercorns. Or don't. You already made dinner from a packet and a pig—let's not get fancy.

## New York Steak

*The NYC experience minus every aspect of NYC.*

Time: 20–25 minutes (plus rest time)

Yield: 1 glorious slab of seared protein

### Ingredients:

- A steak (New York strip preferred)
- Garlic (diced)
- Kosher salt
- Olive oil
- Black pepper
- A clonk of butter (1 tbsp)

### Equipment:

- Skillet
- Meat thermometer
- Stove

### Instructions:

Step 1: Season the steak with kosher salt, pepper, and diced garlic

Step 2: Heat olive oil in a skillet over medium-high heat

Step 3: Sear the fat cap first

Stand the steak up so the fat side gets direct contact—render that flavor

Step 4: Sear both flat sides evenly until golden brown

Step 5: Swirl the oil around the pan for even heat

Step 6: Monitor the internal temp:

Start basting with butter around 115°F. Pull from heat around 125°F for medium-rare.

Step 7: Place steak on a plate

Step 8: Let it rest for 10 minutes

Step 9: Slice

Step 10: Eat

No thermometer? Press the steak. If it feels like the fleshy part of your thumb when you touch your index finger, that's medium-rare. Probably. No guarantees. You're living dangerously now.



## John Rib Roast

*I found this recipe online by a guy named John. Thanks, John Mitzewich.*

Time: 2 hours 30 minutes (25 min active, 2+ hour passive)

Yield: A rack of ribs. You know what that means.

### Ingredients:

- A rack of ribs
- Butter (4 tbsp) — softened
- Generic rub (2 tbsp)
- Kosher salt

### Equipment:

- Bowl
- Oven rack
- Conventional oven
- Aluminum foil

### Instructions:

Step 1: Preheat the oven to 500°F

Step 2: Combine the butter and rub in a bowl until smooth

Step 3: Slather that rub butter all over the ribs

Step 4: Season generously with kosher salt

Step 5: Place ribs on an oven rack

Step 6: Cover with aluminum foil

I'm pretty sure you're supposed to. But it literally does not say on the original paper. I'm so sorry.

Step 7: Roast for 25 minutes at 500°F

Step 8: Turn off the oven and let the ribs coast in the hot box for 2 hours

Step 9: Take the ribs out of the oven

Step 10: Slice

Step 11: Eat

John Mitzewich is the goat. The GOAT.

## Ramen

*Woooooooooooo yeah baby that's what I've been waiting for that's what it's all about Woooooooooooo*

This one's gonna a bit more complex. The recipe lures you in with a sense of tranquility as you make the broth, and then flashbangs you with boss-level difficulty at the end as you scramble to put it all together. Especially if you're cooking for 5, like I was.

### Soup Base (Makes 8–10 bowls)

#### Ingredients

- 6 lb pork neck bones
- 2 oz ginger, sliced
- 2 garlic bulbs, halved
- 1 leek, halved and washed
- 1.5 oz konbu
- 1½ tbsp chicken stock powder
- 24 cups water
- 2 lb pork belly meat

#### Equipment

- Big-ass soup pot. Ideally, with built-in strainer
- Big bowl

#### Instructions

Step 1: Soak the pork neck bones in cold water for 1 hour to draw out the blood.

Step 2: Dump the 24 cups of water into a big-ass pot.

Step 3: Toss in the soaked bones, plus everything else except the pork belly.

Step 4: Boil at high heat for 15 min, uncovered (or it'll overflow).

Step 5: Skim the surface scum.

Step 6: Cover, simmer low for 3 hours.

Step 7: Add pork belly, simmer 30–45 more minutes.

Step 8: Remove pork belly and store in fridge for later.

Step 9: Strain the broth.

## Tare Sauce

### Ingredients

- $\frac{3}{4}$  cup soy sauce
- $\frac{3}{4}$  cup mirin
- $\frac{3}{4}$  cup sake
- Some sliced ginger
- 1 garlic clove, smashed

### Equipment

- Saucepan

### Instructions

Step 1: Dump everything into a saucepan.

Step 2: Boil 5–7 min on high.

Step 3: Take out pork belly from fridge.

Step 4: Pour a lil of the sauce onto the pork belly to marinate it.

Step 5: Put pork belly back in fridge, along with the rest of the sauce to cool.

## Noodles & Garnishes (Per Bowl)

### Ingredients

- Fresh ramen noodles (I get these from the local Asian supermarket)
- 3 oz bean sprouts
- Chopped green onions
- 1 garlic clove
- 1 soft-boiled egg

Soft boil the egg sometime during your long ass broth cooking stint early on and put them aside or in the fridge.

### Equipment

- An additional pot

### Instructions

Step 1: Boil water in a pot.

Step 2: Blanch the bean sprouts real quick.

Step 3: Cook the noodles per usual.

Step 4: Slice the pork belly thin.

Step 5: Chop green onions and prep egg + garlic.

### Putting It All Together

Step 1: Pour  $\frac{1}{4}$  cup tare sauce into the bowl.

Step 2: Add 2 cups of ramen broth.

Step 3: Add noodles. Stir gently.

Step 4: Top with bean sprouts.

Step 5: Lay down the pork slices + green onions.

Step 6: Halve the egg and place on top.

Step 7: Grate garlic clove over it.

Step 8: Eat.

## Dorayaki

*Now you too can experience what it's like to be Doraemon.*

Time: 25 minutes total (including rest time)

Yield: 4–5 pancake pairs, depending on how symmetrical you are

### Ingredients:

- Egg (2)
- Sugar (4 tbsp)
- Honey (1 tbsp)
- Vanilla extract (1 tsp)
- Flour (1 tbsp)
- Baking powder (1 tsp)
- Canned red bean paste (some)

Maybe you've got leftovers from the steamed buns. If not, grab a can from the nearest Asian market. Don't overthink it.

### Equipment:

- Bowl (medium or big)
- Skillet

### Instructions:

Step 1: Stir the egg, sugar, honey, and vanilla extract in a bowl

Step 2: Add flour and baking powder

Step 3: Mix it all well

Like really well. Like aggressively well. If this batter isn't smooth, your dorayaki will betray you.

Step 4: Cover the bowl and let it stand for 10 minutes

Step 5: Heat a skillet over low heat

Step 6: Cook them like pancakes:

- Pour batter into small rounds on the skillet
- Flip when they start to bubble
- Cook the other side for 1 minute

Step 7: Spread red bean paste between two pancakes and press the edges to seal

## Step 8: Eat

PERSONAL TIP FROM YA BOY ALEX: Matching sizes can be hard. If you don't feel like playing pancake geometry, just spread the bean paste on one and fold it like a sandwich. Works great. Grandpa style.

## Cobbler of the Peaches<sup>TM</sup>

*I swear, cobbler is like pie for people who can't be bothered.*

Time: 15 min prep + 40 min bake

Yield: One glorious dish of gooey, hot, buttery chaos

### Ingredients:

- Peaches (5) — peeled, cored, and sliced
- Sugar (1/2 cup)
- Salt (1 tsp)
- An entire stick of butter hallelujah
- Flour (1 cup)
- Sugar (another 1/2 cup)
- Salt (another 1/4 tsp)
- Milk (3/4 cup)
- Just a pinch of ground cinnamon woooooooooooooooooooo

### Equipment:

- Heatproof casserole dish
- Bowl (large)
- Conventional oven

### Instructions:

Step 1: Put the sliced peaches, sugar, and 1 tsp salt into a saucepan

Step 2: Cook over medium heat for 2–3 minutes, just until the sugar dissolves

Step 3: Remove from heat and set aside

Step 4: Preheat oven to 350°F

Step 5: Place the stick of butter in the casserole dish and put it in the oven while it preheats

It should melt completely by the time the oven finishes preheating. This is divine intervention in action.



Step 6: In a large bowl, mix flour, the second 1/2 cup sugar, baking powder, and 1/4 tsp salt

Step 7: Slowly stir in milk and mix until you get a doughy-ish mixture—slightly less viscous than pancake batter

Step 8: Remove the casserole dish and pour the batter evenly over the melted butter. Smooth it out.

Step 9: Spoon the peaches (and juice) over the batter

Step 10: Sprinkle on that cinnamon like you're blessing it

Step 11: Bake for 38–40 minutes until golden and bubbling

Step 12: Let it cool a bit, but don't let it go cold—it's best served warm

Step 13: Eat