

# YOUR EATS

## top quarantine recipes

So, you stayed home did ya? What did you do to pass the time during lock-downs shutdowns, isolations, and quarantines? How many new recipes were you able to try out? There were a lot of great ones that were trending on social media and in 'the media' too. Some of them were so good and so popular they needed to be documented and immortalized in print. Instant-iced coffee, pasta, meat dishes, vegan dishes, baking cookies, breads, and the list went on and on.

'COVID-calories' or 'Pandemic-Pounds' could almost have been a thing. Some world-famous companies graciously released the recipes for the foods they are so well known for. Did you miss the desserts at Disney, or perhaps eating at the IKEA Restaurant, or the warm cookies when you checked into a Hilton DoubleTree Hotel? When you couldn't get to your fav coffee shop, did you jump online and find recipes to make your own? Many of us did, and it was glorious!



### RECIPE

## SOURDOUGH BREAD

PREP TIME 20 min

TEMP. 350°F

### NOTES

Does not require commercial yeast in order to rise.



### RECIPE

## WHIPPED COFFEE (Dalgona Coffee)

PREP TIME 5-10 min

TEMP.

COOK TIME

SERVES 2

### NOTES

You can easily double or triple this recipe.

### DIRECTIONS

- Add the instant coffee, sugar and boiling water into a bowl. Using a hand mixer or stand mixer and whip on one of the highest speeds.
- Whip the mixture until it is light and fluffy. Scrape down the sides of the bowl to ensure it is fully whipped.
- Taste it. It will be very strong! But don't worry, it will be diluted with the milk.
- Add more sugar if you desire and whip mixture for a bit longer.
- To serve cold, fill a glass 3/4 of the way up with milk and ice. Spoon the whipped coffee on top.
- To serve hot, fill a mug 3/4 of the way up with warmed milk. Spoon the whipped coffee on top.
- Using your spoon or straw, stir to swirl the coffee into your milk.

Sip and enjoy! Also take a photo for Instagram!

### INGREDIENTS

- 2 Tbsp instant coffee
- 2 Tbsp granulated sugar
- 2 Tbsp boiling water
- 1 cup milk of choice
- a pinch of cinnamon (optional)

The recipe for dalgona whipped coffee can be traced back to South Korea. The coffee gets its name from a popular street toffee, and early posts of the whipped coffee originated in Korea. Currently, Korean YouTuber J'adore's instructional video has nearly 10 million views. This content is borrowed from YouTube.



### RECIPE

## BANANA BREAD

PREP TIME 10 min

TEMP. 350°F

COOK TIME 55 min

SERVES

### NOTES

Mix in 1 cup of chocolate chips, (toss chips in 2 tps of flour) before pouring into prepared pan.


### DIRECTIONS

- 1) Preheat the oven to 350°F (175°C), and butter an 8x4 inch loaf pan.
- 2) In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
- 3) Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
- 4) Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour, or until a tester inserted into the center comes out clean.
- 5) Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice with a bread knife and serve.


### INGREDIENTS

- 2-3 very ripe bananas, peeled and mashed
- 1/3 cup melted butter
- 1 tsp baking soda
- Pinch of salt
- 3/4 cup sugar
- 1 large egg, beaten
- 1 tsp vanilla extract
- 1 1/2 cups all-purpose flour





**RECIPE**  
**IKEA SWEDISH MEATBALLS**




<b>PREP TIME</b> 15 min	<b>TEMP.</b> 350°F	<b>COOK TIME</b> 45 min	<b>SERVES</b> 4
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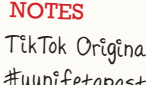
**DIRECTIONS**  
**MEATBALLS**  
 - Combine ground beef and ground pork in a bowl and break it up with your fingers to get rid of lumps. Add chopped onion, garlic, breadcrumbs, egg and mix together. Add milk and season with salt and pepper.  
 - Roll mixture into small meatballs. Place on a clean plate, cover and refrigerate for two hours.  
 - Heat oil in a frying pan on medium heat. Add meatballs and brown on all sides. Heat oven to 180 C (350 F). Add browned meatballs to an ovenproof dish, cover and cook in the oven for 30 minutes.  
**CREAM SAUCE**  
 - Melt 3 tablespoons of butter in a pan. Whisk in 3 tablespoons of flour and stir for two minutes.  
 - Add 2/3 cup of vegetable stock and 2/3 cup of beef stock, stirring continuously.  
 - Add 2/3 cup of double cream, 2 teaspoons of soy sauce and 1 teaspoon of Dijon mustard. Simmer until sauce thickens.  
 - Drizzle over meatballs and enjoy.

**INGREDIENTS**  
**MEATBALLS**  
 1 pound ground beef  
 0.5 pound ground pork  
 1 onion, finely chopped  
 1 clove of garlic, minced  
 1/2 cup bread crumbs  
 1 egg  
 5 Tbsp whole milk  
 Salt & pepper  
  
**CREAM SAUCE**  
 Dash of olive oil  
 3 Tbsp butter  
 3 Tbsp plain flour  
 2/3 cup vegetable stock  
 2/3 cup beef stock  
 2/3 double cream  
 2 tsp soy sauce  
 1 tsp Dijon mustard

Ikea shared the recipe for its iconic Swedish meatballs to help people get through their time at home during the pandemic. "Staying at home can be hard, but we want to help make everyone's lives that little bit easier and more enjoyable," Ikea's food manager said in the news release. "Bon appétit or, smaklig måltid, as we say in Sweden!"




**RECIPE**  
**BAKED FETA PASTA**




<b>PREP TIME</b> 5 min	<b>TEMP.</b> 400-450°F	<b>COOK TIME</b> 40 min	<b>SERVES</b> 4
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**DIRECTIONS**  
 1. Preheat oven to 400. Add olive oil to a baking dish and toss with whole cherry tomatoes, garlic, salt and pepper until everything is coated.  
 2. Add the feta in the middle and top with a splash more of olive oil plus a few cranks of fresh pepper, and red pepper flakes or Italian seasoning. Bake for 30 minutes.  
 3. Meanwhile, prepare bow-tie pasta according to directions then strain.  
 4. After the 30 minutes has passed, crank the heat up to 450 and bake for another 5-10 minutes or until the feta and tomatoes have browned.  
 5. Remove the baking dish from the oven, smash the roasted garlic cloves and break up the block of feta. Mixing everything together.  
 6. Toss in the pasta and stir one more time. Finish with fresh basil, another splash of olive oil and season with salt and pepper.

**INGREDIENTS**  
 • 1 lb bow-tie pasta (or pasta of your choice)  
 • 1/4 cup olive oil, plus more for finishing  
 • 2 boxes cherry tomatoes (around 20-25 oz)  
 • 1 block feta about 8 oz  
 • A few cloves of garlic  
 • Red pepper flakes or Italian seasoning  
 • 1 handful fresh basil leaves  
 • Salt and pepper



**RECIPE**  
**Hilton DoubleTree CHOCOLATE CHIP COOKIES**



<b>PREP TIME</b> 20 min	<b>TEMP.</b> 300°F	<b>COOK TIME</b> 20-23 min	<b>SERVES</b> 26
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**DIRECTIONS**  
 Step 1: Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about 2 minutes.  
 Add eggs, vanilla and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.  
 Step 2: With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix.  
 Remove bowl from mixer and stir in chocolate chips and walnuts.  
 Step 3: Preheat oven to 300°F. Portion out dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart.  
 Step 4: Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft. Remove from oven and cool on baking sheet for about 1 hour.

**INGREDIENTS**  
 1 cup butter, softened  
 3/4 cup, plus 1 Tbsp granulated sugar  
 3/4 cup packed light brown sugar  
 2 large eggs  
 1-1/4 tsp vanilla extract  
 1/4 tsp fresh lemon juice  
 2-1/4 cups flour  
 1/2 cup rolled oats  
 1 tsp baking soda  
 1 tsp salt  
 Pinch of cinnamon  
 2-2/3 cups semisweet chocolate chips  
 1-3/4 cups chopped walnuts

If you have ever stayed at a DoubleTree by Hilton hotel, then you likely have been greeted at check-in with one of these cookies. More than 30 million are eaten every year. Plus, it was the first food to be baked in space. In an Instagram post, DoubleTree said they've received "lots of messages" from people saying they miss the famous cookies.

# ENJOY!