



# THE CULTON COOKBOOK

## Introduction

Hello, my name is Gordon Culton and for my Global Studies Capstone Project, I chose to research the connection between diet and health. Throughout my research, it quickly became clear to me that one of the biggest issues surrounding diet in America, is that Americans eat too much fast food and don't do enough home cooking. A diet of fast food can be damaging to one's health over a lifetime, while home cooking often leads to a healthier and better overall diet. Factors such as time, skill, confidence, and money are all reasons why people aren't cooking at home, but if one can get around these boundaries, it can mean a lot for longterm health. So in this cookbook, I have assembled a variety of recipes, mostly from NYT Cooking that my family and I have begun to cook over the past few years. Not all of these recipes are super healthy, but they are still better than the fast food option. Cooking these recipes not only teaches important cooking skills, but it often makes one want to try more. I hope you and your family enjoy these delicious recipes.

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## Cooking

# Rosemary-Paprika Chicken and Fries

By Ali Slagle

**YIELD** 2 to 3 servings

**TIME** 45 minutes

This sheet-pan chicken dinner was inspired by patatas bravas (<https://cooking.nytimes.com/recipes/1021018-oven-fried-patatas-bravas-crispy-potatoes-with-two-sauces>), the crispy potatoes typically served with a spicy sauce and aioli in tapas bars all across Spain. Here, there are potatoes, of course, but they're cut into matchsticks and browned on a sheet pan; and there's a garlic mayonnaise for dipping. (Make real-deal aioli (<https://cooking.nytimes.com/recipes/1017662-aioli>) if you have a few minutes to spare.) But instead of the traditional smoky, brick-red sauce, similar seasonings are smeared onto chicken before roasting: a mix of lemon, garlic, rosemary, smoked paprika and red-pepper flakes. Using bone-in parts keeps the white meat juicy, while the skin gets crisp and some of the schmaltz glosses the fries.

### INGREDIENTS

½ cup mayonnaise

1 tablespoon lemon zest (from 1 large lemon)

3 garlic cloves, grated

Kosher salt (Diamond Crystal) and black pepper

1 tablespoon smoked paprika

1 teaspoon chopped rosemary leaves (or ½ teaspoon dried rosemary)

½ teaspoon red-pepper flakes

2 large bone-in, skin-on chicken breasts (1½ to 2 pounds total), patted dry

1 large russet potato (about 1 pound), scrubbed

1 tablespoon olive oil

1 tablespoon lemon juice

### PREPARATION

#### Step 1

Heat the oven to 425 degrees, and place a sheet pan on the oven's lowest rack to heat. In a liquid measuring cup or small bowl, stir together the mayonnaise, lemon zest and garlic. Season with salt and pepper.

#### Step 2

Transfer half of the mayonnaise mixture (about ¼ cup) to a medium bowl. Stir in the smoked paprika, rosemary, red-pepper flakes and ½ teaspoon black pepper. Season the chicken all over with 1½ teaspoons salt. Add the chicken to the bowl of paprika-mayonnaise, and rub it all over the chicken. Set aside.

#### Step 3

Halve the potato crosswise (no need to peel), then cut it into ¼-inch-thick fries. Right on the cutting board, drizzle with the olive oil, and season with salt and pepper. Toss to coat.

#### Step 4

Place the chicken breasts skin side down on the heated sheet pan, then scatter the potatoes around the chicken in a single layer. Roast on the bottom rack for 15 minutes, then flip the chicken so the skin side is up. (No need to turn the potatoes.) Roast for another 10 to 15 minutes, until the fries are browned underneath and the chicken registers 155 degrees when an instant-read thermometer is inserted in the thickest part. (The temperature will rise as the meat rests.) Let the chicken rest for at least 5 minutes, then cut the chicken meat from the bones and slice. Stir the lemon juice into the remaining mayonnaise mixture. Eat the chicken with the fries and a puddle of the lemon-garlic mayo for dipping.

**T | Cooking**

Save

# Crispy Parmesan Roast Chicken With Lemon

By Melissa Clark

**YIELD** 4 to 6 servings**TIME** 1 1/4 hours, plus marinating

Sprinkling grated Parmesan over a whole chicken as it roasts yields extra-crisp, extra-savory skin in this recipe, while chopped fresh rosemary and lemon zest perfume the meat through and through. Be sure to serve this with the lemony pan drippings, which make a bright, rich sauce for the tender meat. Heat lovers should feel free to add plenty of red-pepper flakes to the drippings — or serve red pepper on the side for individual spicing.

**INGREDIENTS**

1 small lemon

2 teaspoons kosher salt, plus more to taste

1 teaspoon black pepper

1 teaspoon chopped rosemary, plus 4 sprigs

Large pinch of red-pepper flakes, plus more for serving (optional)

1 (3 1/2- to 4-pound) whole chicken, patted dry

Extra-virgin olive oil, for drizzling

1/2 cup finely grated Parmesan

**PREPARATION****Step 1**

Finely grate 1 teaspoon zest from the lemon and place it in a small bowl. (Save the zested lemon for the drippings.) Stir in 2 teaspoons salt, pepper, chopped rosemary and red-pepper flakes, if using. Season the chicken inside and out with salt mixture. Let sit at room temperature for 20 minutes or refrigerate uncovered for up to overnight.

**Step 2**

Heat oven to 425 degrees. Place chicken, breast-side up, in a large skillet, sheet pan or roasting pan. Stuff cavity of chicken with rosemary sprigs. Drizzle breast with a little olive oil.

**Step 3**

Roast chicken for 30 minutes. Sprinkle chicken all over with Parmesan, then continue roasting until bird's juices run clear when skin is pierced with a knife and the skin is golden, 25 to 30 minutes longer.

**Step 4**

Let chicken rest for 10 minutes. Squeeze juice from the zested lemon, to taste, into the pan drippings and season with more salt and red-pepper flakes if you like. Carve and serve with drippings spooned over the meat.

## Cooking

# One-Pot Chicken Thighs With Black Beans, Rice and Chiles

By Margaux Laskey

**YIELD** 4 to 6 servings

**TIME** 1 hour

Adapted from Diana Henry's "From the Oven to the Table: Simple Dishes That Look After Themselves," this true one-pot wonder of chicken, black beans, rice, tomatoes and chiles will make everyone at the table happy. As the chicken thighs roast, the cumin-scented rice soaks up all of the delicious juices. When the timer chimes, the rice and chicken emerge from the oven perfectly cooked. Be sure to use a 12-inch skillet here; a smaller or larger pan might result in under- or overcooked chicken or rice. Leftovers, if you have any, are great in tacos or enchiladas.

### INGREDIENTS

8 bone-in, skin-on chicken thighs  
 Flaky sea salt and black pepper  
 2 tablespoons extra-virgin olive oil or peanut oil  
 1 large yellow or white onion, chopped  
 2 green or red bell peppers, halved, seeded and sliced  
 2 ½ cups chicken stock  
 2 red Fresno chiles or jalapeños, halved, seeded and chopped  
 1 (3-inch) cinnamon stick, broken in half  
 3 garlic cloves, finely grated  
 1 teaspoon ground cumin  
 1 (15-ounce) can black beans, rinsed  
 ½ pound cherry tomatoes, halved  
 1 cup basmati rice, rinsed in a sieve until the water runs clear  
 3 tablespoons chopped cilantro leaves  
 Lime wedges, pickled chiles, sliced fresh chiles, sour cream and sliced avocado, for serving

### PREPARATION

#### Step 1

Heat the oven to 375 degrees. Season the chicken with salt and pepper on both sides. Heat the oil in a 12-inch ovenproof skillet (the pan size is very important) over medium-high. Brown the chicken on both sides to give it good color, 3 to 5 minutes per side. Transfer to a plate. Add the onion and bell peppers to the pan and sauté until just starting to soften, about 5 minutes. Season with salt and pepper.

#### Step 2

In a small saucepan, bring the chicken stock to a boil. Meanwhile, add the Fresno chiles or jalapeños, cinnamon, garlic and cumin to the skillet and cook for about 2 minutes, then add the black beans and cherry tomatoes. Season generously with salt and pepper. Sprinkle the rice on top in an even layer. (It's important that the black beans are beneath the rice and chicken. The rice will burn otherwise.) Add the stock and return the chicken to the pan, skin-side up.

#### Step 3

Bake, uncovered, for 40 minutes. The chicken should be lovely and golden, the stock should be absorbed and the rice should be tender. Sprinkle with the cilantro. Serve with lime wedges, pickled chiles, sliced fresh chiles, sour cream and avocado (squeeze some lime juice over the avocados in a bowl and sprinkle with salt and pepper).

#### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Cooking

Save

## Stewed Spicy Chicken With Lemongrass And Lime

By Mark Bittman

**YIELD** 4 servings**TIME** 45 minutes

This wildly flavorful chicken dish is inspired by the bright flavors found in Thai cooking – garlic, galangal (or ginger), chiles, turmeric, cilantro and lemongrass. While its flavor profile is complex, it is blessedly easy to make. Just sauté the savories, herbs and spices and add the chicken to the pan. Allow it to cook, covered, for about 20 to 30 minutes. Remove the lid, let the chicken brown a bit, and that's it. Serve over rice so you don't miss out on a single drop of the exquisite sauce.

### INGREDIENTS

2 tablespoons peanut or vegetable oil

½ cup minced shallot

1 tablespoon minced garlic

1 tablespoon minced galangal or ginger

1 teaspoon minced hot chili, or crushed red pepper flakes, or to taste

1 teaspoon turmeric

1 teaspoon ground dried cilantro

1 teaspoon sugar

2 stalks lemongrass

1 3-pound chicken, cut into serving pieces

Salt and freshly ground black pepper

1 tablespoon minced lime leaves or zest

2 tablespoons nam pla

¼ cup minced cilantro leaves

### PREPARATION

#### Step 1

Place the oil in a large, deep skillet and turn the heat to medium. Add the shallot, garlic, ginger and chilies and cook, stirring frequently, until the vegetables are tender and the mixture pasty. Add the turmeric, cilantro and sugar and cook, stirring, for another minute. Trim the lemongrass stalks of their toughest outer layers, then bruise them with the back of a knife; cut them into sections and add them to the mixture along with 1 cup water.

#### Step 2

Add the chicken and turn it once or twice in the sauce, then nestle it in the sauce; season with a little salt and pepper. Turn the heat to low and cover the skillet. Cook, turning once or twice, until the chicken is cooked through, 20 to 30 minutes.

#### Step 3

Uncover the skillet and raise the heat to medium-high; turn the chicken skin-side down. Let most (but not all) of the liquid evaporate and brown the chicken just a little on the bottom. Stir in the lime leaves and nam pla; taste and adjust seasoning as necessary, then garnish and serve with white rice.

### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

**Cooking**

# Baked Mustard-Herb Chicken Legs

By Mark Bittman

**YIELD** 4 servings**TIME** 45 minutes

“A model of simplicity” is how Mark Bittman described this 2004 recipe from the San Francisco chef Gary Danko. Painted with mustard and tossed in an herbed mix of bread crumbs, they go right into an oven, to be pulled out about 30 minutes later. It’s dinner party-worthy fare, made just as easily on a weeknight.

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**INGREDIENTS**

4 leg-thigh chicken pieces, cut in 2,  
or 8 thighs

1 ½ cups coarse fresh bread crumbs

2 teaspoons minced garlic

2 tablespoons chopped parsley

1 teaspoon chopped fresh tarragon  
or other herb

Salt and pepper to taste

6 tablespoons Dijon mustard

**PREPARATION****Step 1**

Heat oven to 400 degrees. Trim excess skin and fat from chicken. Combine bread crumbs, garlic, parsley, tarragon and salt and pepper on a plate or waxed paper. Use a pastry brush to paint mustard lightly on chicken legs. Carefully coat chicken legs with bread crumb mixture.

**Step 2**

Gently place chicken in a roasting pan and bake for 30 to 40 minutes, or until completely cooked. Serve hot or cold.

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**PRIVATE NOTES**

Leave a Private Note on this recipe and see it here.

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Adapted from Gary Danko

# Coconut Curry Fish

By Millie Peartree

**YIELD** 4 servings

**TIME** 30 minutes

Jamaican curry powder plays a major role in this deeply savory weeknight dish, giving the sauce its unique flavor and golden hue. The traditional spice blend is heavy on the turmeric, and benefits from being toasted, which brings out its notes. This recipe calls for frozen whiting, which doesn't hold up to frying but shines here, simmered in a sauce studded with red and green bell peppers. If whiting is unavailable, cod is also a good choice.

## INGREDIENTS

2 tablespoons olive oil

**2 medium red bell peppers**,  
deseeded and sliced into **1/4-inch-thick strips**

**2 medium green bell peppers**,  
deseeded and sliced into **1/4-inch-thick strips**

**1 medium onion**, sliced

**Kosher salt and freshly cracked black pepper**

**1 ½ tablespoons Jamaican curry powder** (hot or mild)

**2 garlic cloves**, minced

1 tablespoon grated ginger

**4 (6-ounce) fillets frozen fish**, such as whiting or cod

**1 (14-ounce) can coconut milk**

**1 lime**

**2 scallions**, trimmed and thinly sliced, for garnish

**Fresh cilantro leaves and tender stems**, for garnish

**White rice or couscous**, for serving

## PREPARATION

### Step 1

Heat a medium (10-inch) saucepan with deep sides over medium-high. Drizzle in olive oil to cover the bottom of the pan. Add red and green bell peppers and onion, and sauté until softened, about 3 to 4 minutes. Season with salt and pepper.

### Step 2

Add the curry powder to the pan, and toast for about 1 minute, stirring often to keep the curry from scorching. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the grated ginger and cook until fragrant, about 30 seconds.

### Step 3

Place fish on top of cooked vegetables, or nestle them into the vegetables, if your pan is becoming too full. Pour coconut milk over fish and vegetables.

### Step 4

Cover and simmer over medium-low until fish is cooked and starts to flake, about 20 minutes. Adjust seasoning with salt and pepper. Squeeze lime to taste over the top and garnish with scallions and cilantro. Serve with white rice or couscous.

## PRIVATE NOTES



## Cooking

# Fish Skewers With Herbs and Lime

By Melissa Clark

**YIELD** 4 servings

**TIME** 20 minutes, plus grill heating

In this simple, speedy recipe, meaty cubes of fish are marinated with fish sauce and red-pepper flakes, then lined up on skewers and grilled until seared at their corners, but still juicy and tender inside. Topped with herbs and lime juice, it's a minimalist take that lets the flavors of good, fresh fish shine through. If you have a fish basket and would rather line up the cubes inside that, go right ahead. Just watch it carefully and adjust the cooking time if needed. If you're looking to add a sauce, this is lovely served with some garlic-spiked yogurt (<https://cooking.nytimes.com/recipes/1018230-basic-yogurt-sauce>) on the side.

### INGREDIENTS

2 garlic cloves, finely grated,  
pressed or minced  
1 tablespoon fish sauce  
¼ teaspoon red-pepper flakes  
3 tablespoon extra-virgin olive oil  
1 pound thick, dense fish steaks,  
such as tuna or swordfish, cut into 1  
1/2-inch pieces  
Lime wedges, for serving  
2 scallions, white and green parts,  
trimmed and thinly sliced  
½ cup chopped dill, mint, parsley,  
cilantro or a combination

### PREPARATION

#### Step 1

Heat the grill to high. In a mixing bowl, combine garlic, fish sauce and red-pepper flakes. Whisk in oil. Add fish cubes and gently toss to evenly coat. Let marinate while the grill heats up.

#### Step 2

Thread marinated fish onto metal or pre-soaked bamboo skewers (see Tip), pushing them up so they touch. This keeps them from overcooking.

#### Step 3

When the grill is hot, lightly brush the grates with oil and add the skewers. Cook until slightly charred in places, about 2 to 4 minutes, rotating them carefully halfway through.

#### Step 4

Transfer to a serving platter, and immediately squeeze 2 or 3 lime wedges on top of the fish while still hot. Garnish fish with scallions and herbs, and serve with more lime wedges on the side.

### Tip

*Using traditional flat metal skewers is best, but not necessary. If using bamboo skewers, they must be soaked in water for at least 30 minutes before grilling to prevent flare-ups. Place bamboo skewers flat on a rimmed sheet pan and add enough water to cover.*

# Cooking

## Beef and Broccoli

By Sam Sifton

**YIELD** 4 servings

**TIME** 45 minutes

Here is a streamlined, powerfully flavorful recipe for a delivery-food standby: velvety wok-fried beef in a oyster-soy sauce, served in a forest of green. “It’s diaspora food,” the chef Jonathan Wu told me, describing the cooking of Chinese immigrants to the United States and a dish that is almost unknown in China but beloved in America. The recipe is a version of the one Wu’s mother made for dinner when he was growing up outside Hartford, Conn., with a little chile-garlic paste added for zip and, thanks to the Brooklyn chef Dale Talde, a pat of butter swirled into the sauce at the end. This provides a plush gloss that is far better than the traditional cornstarch slurry. It is midweek family cooking at its best.

### INGREDIENTS

1/3 cup Shaoxing rice wine, dry sherry or sake  
3 tablespoons plus 2 teaspoons soy sauce  
1 tablespoon cornstarch  
1 pound beef — chuck or rib steak — sliced thin against the grain  
1/4 cup oyster sauce  
1/2 tablespoon chile-garlic sauce, or to taste  
1/2 cup plus 1 tablespoon neutral oil, like canola, grapeseed or peanut  
1 pound broccoli, the head cut into florets and the stems peeled and cut into planks  
2 tablespoons unsalted butter

### PREPARATION

#### Step 1

In a large bowl, whisk together the wine, 2 tablespoons of the soy sauce and the cornstarch. Add the beef to the bowl, and toss to combine, then cover the bowl, and set aside for 20 minutes or so.

#### Step 2

To make the sauce, combine in a small bowl the remaining soy sauce, the oyster sauce and the chile-garlic sauce, and mix to combine, then add a tablespoon of water and mix again. Set aside.

#### Step 3

Heat the 1/2 cup of oil in a wok set over high heat. When the oil is hot and shimmering, add about half the beef to the wok, and stir-fry until it is browned and crisp and barely cooked through, about 2 minutes. Transfer to a bowl or plate, and set aside. Then repeat with remaining beef.

#### Step 4

Pour off the oil in the wok, wipe it out with a towel and return it to the stove over high heat. Add the remaining tablespoon oil, and swirl it around and heat it until it is smoking. Add the broccoli and cook,

tossing and stirring frequently, until lightly charred in spots, about 2 minutes.

**Step 5**

Add 2 tablespoons water to the wok, and toss and stir the broccoli in the steam for an additional 2 minutes, then return beef to the wok, followed by the sauce. Cook, stirring and tossing frequently, for 30 seconds or so, then add the butter, and stir and toss again for 30 seconds more. Serve immediately, with rice.

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PRIVATE NOTES

Leave a Private Note on this recipe and see it here.