

Cook Simply, Live Fully

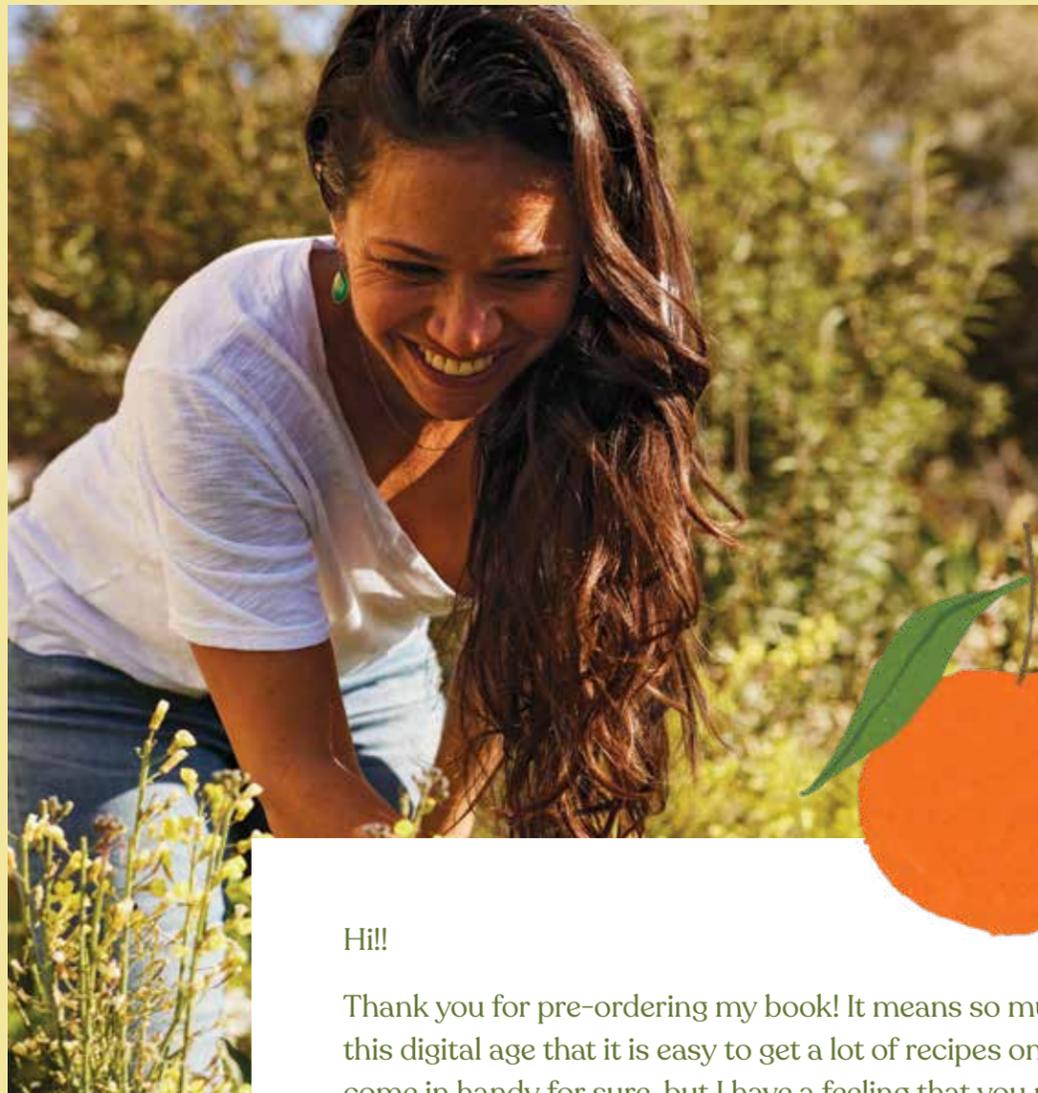
Yasmin Fahr

Flexible, Flavorful Recipes
for Any Mood

SNEAK
PEEK &
BONUS
RECIPES



Lap Dinners • Coffee Table Dinners • At the Dinner Table



Hi!!

Thank you for pre-ordering my book! It means so much as I know in this digital age that it is easy to get a lot of recipes online, and those come in handy for sure, but I have a feeling that you might be like me and still love holding a book in your hand and being able to pull it off the shelf to browse through. There's something so exciting about getting a new book, flipping through the pages, marking what you're excited to make, learning bits about the author, their way of cooking and lived experience. It's one of my favorite small pleasures, so I hope you enjoy *Cook Simply, Live Fully* in this same way.

This collection of bonus recipes, plus one sneak peek from the book, covers a sampling of what the book has to offer: quick meals for one or two people, big bowl salads, and some easy one-pot weeknight meals made in a skillet, sheet pan, or roasting pan. The book is full of gorgeous photography, plenty of recipes to meet your every mood and energy level, plus lots more that I can't wait for you to read and enjoy. Thank you again!

Happy cooking!
~yasmin xx

cumin rice + feta

Many phone calls with my dad are centered around the plants that I'm growing—any new leaves on the Jasmine plant? How are the lemons doing?—and chats about food and cooking adventures. One day he asked me if I'd ever had cumin rice, meaning one cooked with cumin seeds. Given that it's my favorite spice, I was shocked that I hadn't. So the next time I visited, he made it for me. He cooked it with tomato sauce so it became this delicious cumin-y, tomato-y dish with a crisp tahdig on the bottom that looked like a glowing orange harvest moon. This version is more akin to Jeera, a Northern Indian and Pakistani rice that uses whole cumin seeds to flavor the rice. As my dad said, they soften so they are barely noticeable while eating them but add a subtly rich flavor to the rice, and it only takes a couple of minutes longer to make. Stirring in crumbled feta at the end seemed like the natural thing to do.

Serves 2 to 4, as a side dish

2 tablespoons olive oil
2 teaspoons cumin seeds
1 cup basmati rice, rinsed with cold water until no longer cloudy
Salt
1/2 cup crumbled feta

In a medium saucepan or pot, heat the oil and cumin over medium-high heat until the cumin just starts to crackle and smell amazing, about 1 ½ minutes. Mix in the rice until coated with the oil and seeds and let toast, about 1 minute. Pour in 2 cups water and ½ teaspoon salt. Bring the mixture to a gentle boil, then cover and reduce the heat to low to maintain a gentle simmer with small, active bubbles across the surface and cook until the water is absorbed and rice tender, about 10 minutes more. Remove from the heat and stir in the feta, cover and let sit for 5 minutes, then fluff with a fork and serve.



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bonus recipe

spicy peanut butter noodles

Creamy, comforting and a little bit spicy, this dish is inspired by two beloved dishes, Sichuan dan dan noodles and peanut butter noodles. It's a great one-pot dish when you're tired, and it's made even better if you have some frozen dumplings lurking in your freezer. Boil the noodles and dumplings together in the pot, then scoop out the dumplings to finish the recipe below. Top the finished peanut buttery noodles with the dumplings and spoon some chili crisp over everything. If you're on the fence about buying chili crisp, then please know that the book has at least three other recipes for you to use it up, so it won't go to waste.

Serves 1, generously

Salt

1 bundle (~3 ounces) soba, udon or other quick-cooking noodles

2 handfuls of baby spinach

2 tablespoons room temperature peanut butter

1 teaspoon soy sauce, plus more to taste

1/2 teaspoon chili crisp, plus more to taste

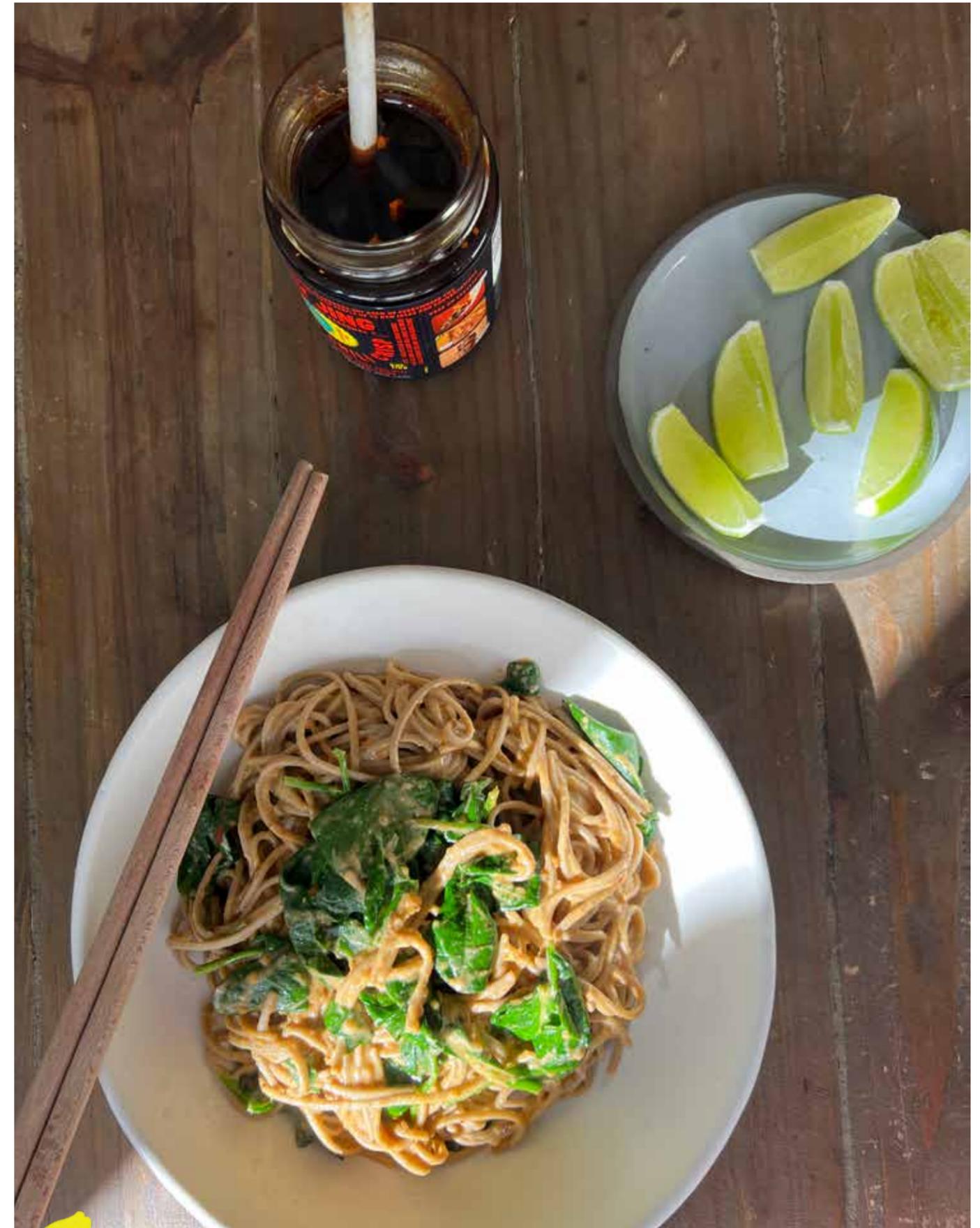
1 lime, halved

Bring a saucepan of water to a boil. Add the noodles and lower the heat to maintain a gentle boil. Cook until tender, about 4 minutes or according to the package instructions. Place the spinach in a colander in the sink. Drain the noodles over the spinach to soften them, then rinse everything with cold water to prevent sticking. Rinse again, then shake to release excess water.

In the same pot over medium heat, add ¼ cup of room temperature water, the peanut butter, and soy sauce, mixing until smooth and just starting to bubble and thicken, about 1 minute. It happens quickly so pay attention, please! Add the noodles, spinach, and chili crisp, mixing until all the noodles are well coated and warmed through, about 1 minute more. If it looks dry, then add a splash of water. Remove from the heat. Squeeze in half the lime juice, mix and then adjust to taste with more lime juice, soy sauce or chili crisp.

endless topping variations

Sliced scallions, cilantro leaves, leftover shredded chicken, cooked tofu, black or white sesame seeds.



COOK SIMPLY, LIVE FULLY BY YASMIN FAHR

citrusy kale + brussels salad with parm + pistachios

Friends, it's time to pull out your big bowl for this one. Much like one of my favorite TV shows, *Derry Girls*, you need your big bowl. Borrow it from your neighbor like Mary or fish it out of its hiding place in the back of a closet—an ordinary bowl just won't do. Full of bright citrus flavors, this is just the salad you want for wintery days when citrus reigns supreme. Since it's raw, I love serving it with hot dishes that want this gentle and flavorful side dish that won't steal the show but will complement it perfectly instead. You can make it ahead for guests or to enjoy throughout the week, topping it with leftover chicken, shrimp, steak, or whatever you'd like. (Sliced avocado would also be a nice addition.)

Serves 6

2 teaspoons honey

2 teaspoons Dijon mustard

2 tablespoons grated Parmesan,
plus more for garnish

1/2 teaspoon red pepper flakes

Juice of 1 large lemon (about 3
tablespoons)

Juice of 3 clementines or other
small, sweet, tangerine-ish citrus
(about 1/4 cup)

3 tablespoons olive oil

1 bunch lacinato kale, leaves
stemmed and thinly sliced

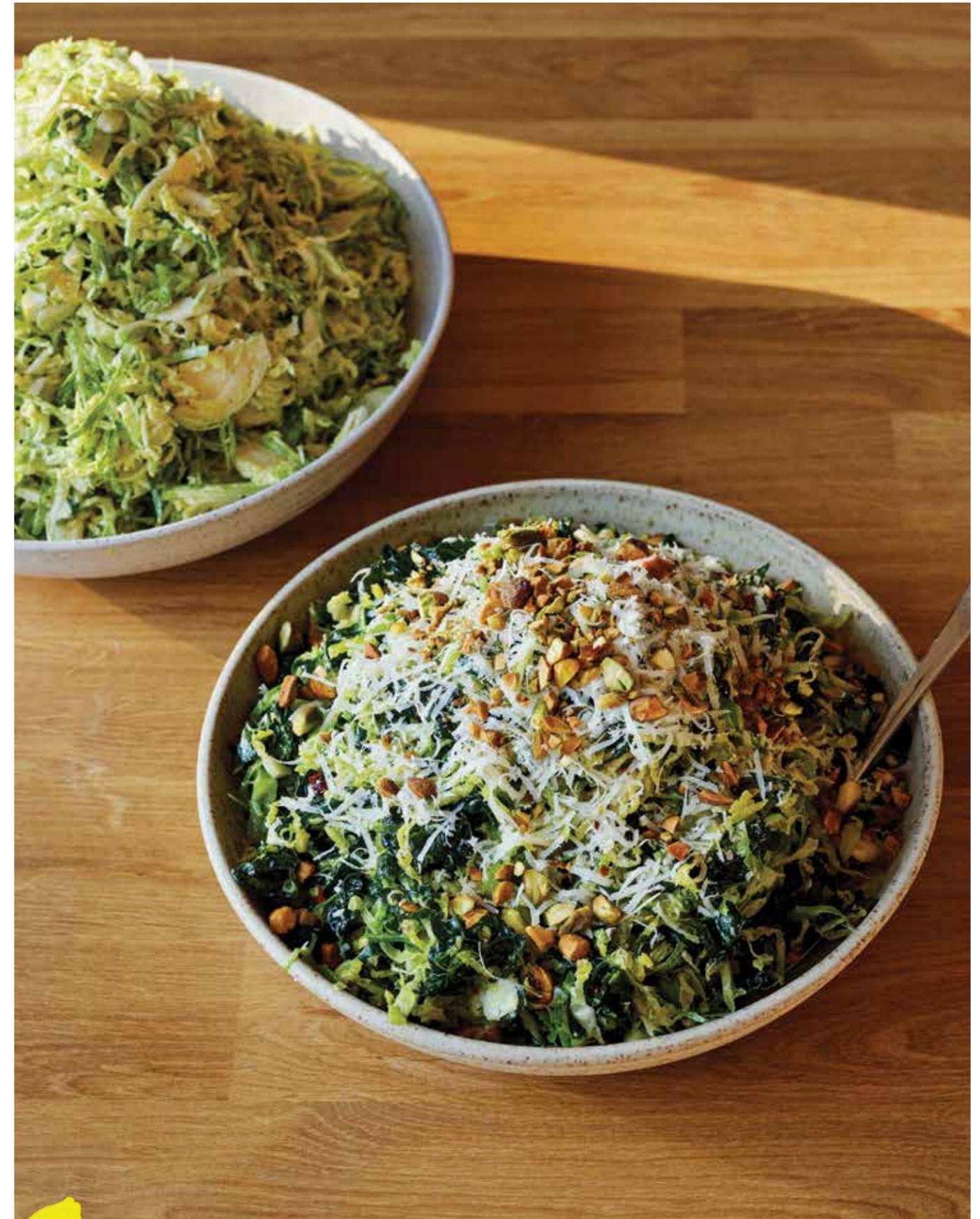
1 pound Brussels sprouts, trimmed
and thinly sliced

1 bunch scallions, sliced

Salt

1/4 cup shelled salted and roasted
pistachios, roughly chopped

In your biggest salad bowl, use a fork to whisk together the honey, mustard, Parmesan, red pepper flakes, lemon juice, clementine juice, and olive oil until smooth. Add the kale, Brussels sprouts, and scallions and toss with clean hands to combine, scrunching everything together with the dressing to tenderize the kale and Brussels. Season to taste with salt. Cover and set aside for at least 30 minutes or refrigerate overnight. Top with the pistachios and a final sprinkle of Parmesan, and serve.



 COOK SIMPLY, LIVE FULLY BY YASMIN FAHR

10-minute lemony tortellini with spinach

Do you ever make something for yourself and think, I feel both slightly proud and embarrassed to have this bowl in front of me? This was the case for this recipe. It was on a truly tired night, with a sad fridge of empty drawers save the occasional dill and cilantro leaves and some grated Parmesan and tortellini. I had zero desire to clean two pots, so this tortellini was going to be a one-pot affair, and I rationalize that because this dish also has some spinach in it, it's well balanced. If you're pouring yourself a glass of white wine with the meal, then swap the water in the recipe for wine.

Serves 1 hungry person or 2 not-so-hungry people

2 tablespoons olive oil
1 (8-ounce) package tortellini
Salt
1 tablespoon butter or ghee
1/2 cup grated parmesan or pecorino
1 to 2 handfuls baby spinach or arugula
1 lemon, halved
Freshly grated black pepper

Heat the olive oil in a 10- or 12-inch heavy-weight skillet with a tight-fitting lid over medium-high heat until shimmering. Add the tortellini, season lightly with salt, stir to coat in the oil, and cook until it becomes opaque on some parts and a little browned on others, about 3 minutes, stirring occasionally. Add the butter, 1/2 cup water and immediately cover. Let cook until the tortellini are steamed and soft, about 3 minutes more.

Remove the cover. Add the cheese and spinach to the liquid in the pan. Toss to coat and form a loose sauce and soften the spinach, about 1 minute more. If it looks dry, then add a splash of water at a time until saucy. Squeeze in half the lemon juice, stir, then taste and season with salt or more lemon as needed. Finish with some black pepper and serve.

endless variations on this dish

Finish it with a spoonful of creme fraiche, labneh, ricotta, or spices like za'atar, aleppo, or sumac, depending on what you are in the mood for. Or, keep it simple as is.

side note: If you're using frozen tortellini, then cook in the first step for 1 minute more.



baked mustard salmon + orzo

An oven-does-the-work baked salmon with a built-in side of orzo. What I love about this dish is the orzo in the corner of the pan that gains a crispiness, kind of like the corners of lasagna. The rest of the orzo is slightly saucy, so it's best to serve the dish, then spoon any juices over the salmon and orzo. I personally like eating the lemon slices, but you can always remove them before serving. When heating up leftovers in a skillet, if you slice the lemon, it caramelizes in the pan and gives a strong (and delicious!) lemon flavor. You can also finish this dish with a bit of red-pepper flakes for color and heat as it lives in the more lemony/mustardy space right now.

Serves 4

2 tablespoons Dijon mustard,
divided

1 tablespoon soy sauce

1 cup orzo

1 lemon, halved, 1/2 thinly
sliced

4 6-ounce center-cut salmon
fillets, about 1-inch thick,
skin on or off

Salt and freshly ground black
pepper

2 tablespoons olive oil

1 or 2 sprigs fresh cilantro,
basil or parsley, leaves and
tender stems, gently torn or
chopped

Heat the oven to 400 degrees. In a measuring cup, add 1 tablespoon mustard and the soy sauce to 2 cups of hot water from the tap (or boiled water from a kettle left to cool slightly). Add the orzo and lemon slices (poking out any seeds) to a 9x13-inch baking dish, then pour in the water mixture, mixing to combine and spreading out the orzo.

Season the salmon all over with salt, then add skin-side down to the dish with a little space between each piece. Rub the remaining mustard on the exposed tops and sides. Finish with a few grinds of pepper and drizzle the olive oil over the salmon and liquid in the pan. Make sure all of the orzo is submerged.

Bake until the salmon is just cooked through and the orzo tender, about 17 to 20 minutes, depending on the thickness of the salmon. Remove from the oven and squeeze the remaining lemon half over everything and finish with a few grinds of black pepper and herbs.

side note: You can use ½ cup white wine + the rest water instead of all water for more flavor.



COOK SIMPLY, LIVE FULLY BY YASMIN FAHR

chicken with paprika, olives + citrus

A lovely one-pot stove-top dish that I first made in Menorca as I was on a smoked paprika and crouton kick. For the States-side testing, I added some green olives for a bit of briny acidity and to balance out the sweet citrus. For eating this dish, my recommendation is to scoop the chicken onto plates and keep the croutons in the dish to move around and soak up the juice, then divvy them up.

Serves 4

2 clementines or other small sweet citrus

2 teaspoons pimenton (smoked paprika)

2 teaspoons ground cumin

Salt and freshly cracked black pepper

2 pounds bone-in skin-on chicken parts

3 tablespoons olive oil, divided

1/2 loaf fresh or stale country-style or sourdough bread or baguette, torn or cut into bite-size pieces (about 2 cups)

4 garlic cloves, thinly sliced

1/2 cup green olives, such as castelvetrano, pitted and roughly chopped

1 teaspoon soy sauce

1/4 packed cup parsley or cilantro leaves and tender stems, gently torn or chopped

Zest the citrus into a large mixing bowl, then slice into thin rounds. Set aside. Add the pimenton, cumin and 1 teaspoon salt to the bowl and mix together. Pat the chicken dry, then coat with the spice mixture. Add 2 tablespoons of olive oil and toss to coat.

Heat the remaining olive oil in a 12-inch cast-iron skillet or Dutch oven over medium heat until shimmering, tilting the pan to coat it. Add the bread cubes, stirring to coat with the oil, then nestle in the chicken, skin-side down, making sure they have contact with the pan (it's okay if it's snug); cook without moving until the chicken easily releases from the pan and the skin is crispy, 5 to 7 minutes, stirring the bread cubes occasionally so they toast all over—turn on your fan, too.

Flip the chicken, then use tongs to transfer the bread to a plate and add the garlic, olives, and citrus slices between the chicken pieces; cook until the bottom of the chicken has browned, about 4 minutes more.

Pour in 1 cup of water and the soy sauce and reduce the heat to medium low so that the liquid is gently bubbling. Cook until the chicken is cooked through and the liquid has mostly evaporated leaving a slightly saucy bottom that will soak up all that bread, 15 to 17 minutes more. Add the bread cubes back during the last few minutes, turning them over to heat up evenly. Garnish with the parsley and serve.

side note: Instead of all water, 1/2 cup white wine plus chicken broth would be delicious. Or even 1 cup low-sodium chicken broth.

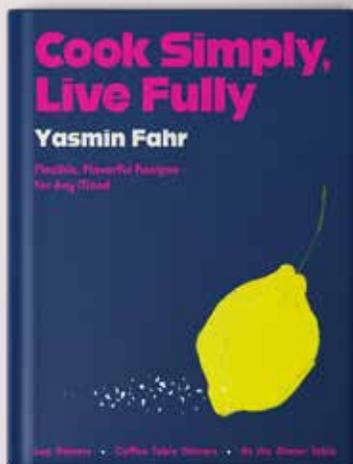


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about the author

YASMIN FAHR is a food writer and recipe developer who has a penchant for cheesy phrases, lemons, fresh herbs, feta, and cumin (as you'll soon see).

A frequent contributor to *New York Times* Cooking and the author of *Keeping It Simple* and *Boards & Spreads*, she attended Cornell University and then completed a master's degree in food studies from New York University. She is currently on a quest to move to Menorca, with previous stints, both lengthy and brief, in New York City, Los Angeles, London, and Miami. Please say hi to her online at @yasminfahr and www.yasminfahr.co/.



HARPER

Food Photography by Matt Russell