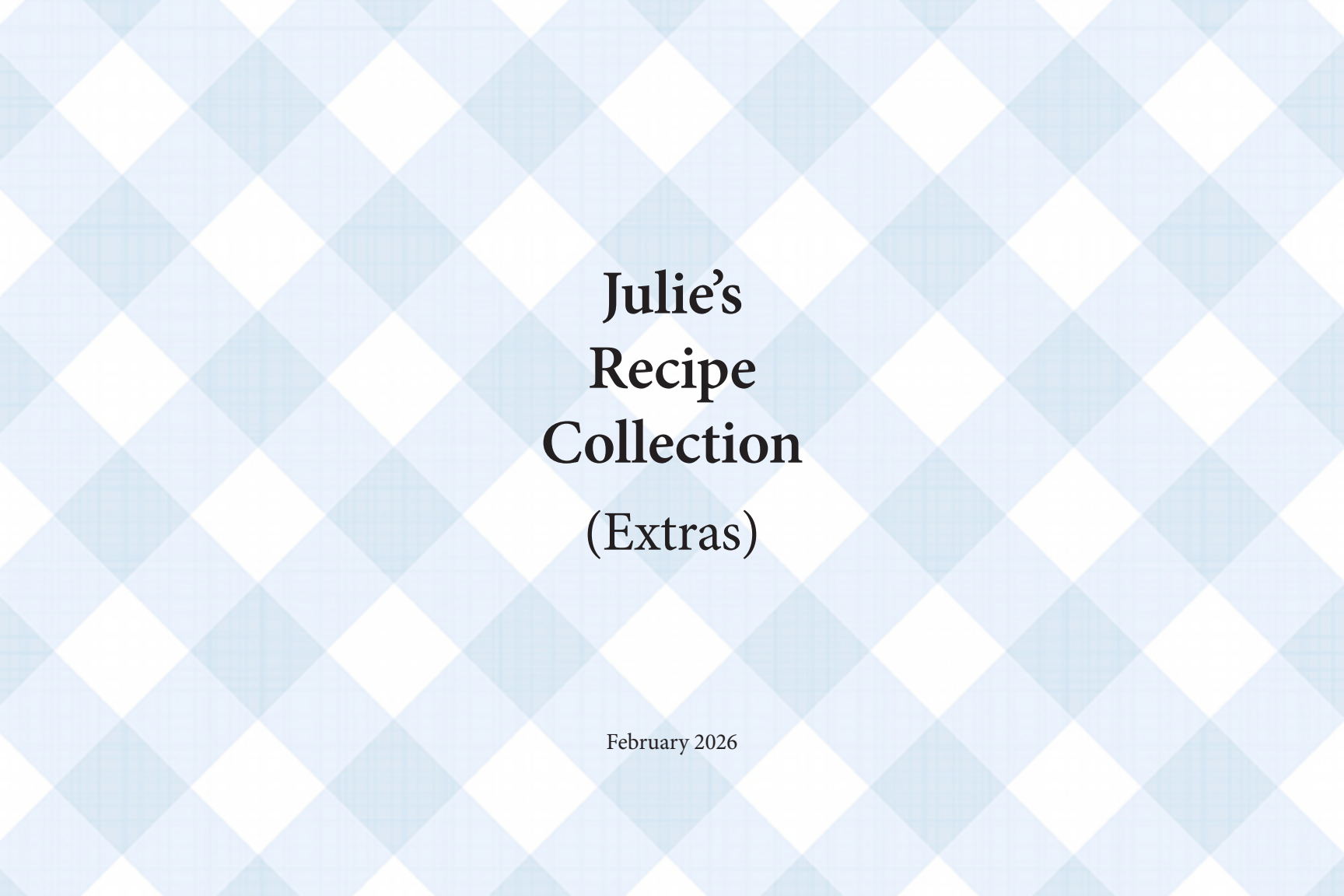


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Julie's Recipe Collection (Extras)

February 2026

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Air Frier Hacks

- Instant Reheating Trick: Instead of using the microwave, cook leftover pizza, fries, or fried chicken in the air fryer at 350° for 3–4 min.
- Dehydrator: Most air fryers can double as dehydrators. Set to 150–170°F and dehydrate apple slices, banana chips, or herbs.
- Crispy Bacon Without the Mess: Cook bacon strips in the basket at 350° for 8–10 min. No greasy splatters, and you can save the bacon fat that drips below.
- Hard-Boiled Eggs: Air fry eggs in the basket at 270° for 15–17 min, then place in ice water.
- Revive Stale Chips: Heat stale chips, crackers, or popcorn at 300° for 2–3 min to crisp.
- Mini Toaster Oven: Heat small portions of bread or bagels in the air fryer—crispy outside, fluffy inside.
- Perfect Grilled Cheese: Cook sandwich at 370° for 5 min per side.
- Quick Roast Garlic: Wrap garlic bulb in foil with a drizzle of oil, air fry at 370° for 20 min for soft, caramelized garlic paste.
- Burgers: Place patties on parchment or foil with holes poked in. Juices drip away, no greasy splatter, and burgers stay juicy.
- Crispy Frozen Dumplings: Brush lightly with water instead of oil, air fry at 380° for 8–10 min.
- Roaster for Nuts & Seeds: Roast almonds, pumpkin seeds, peanuts at 300° for 6–8 min.
- No-Bake Desserts: Use silicone muffin cups inside the basket to bake small batches of brownies, muffins, or lava cakes.
- Spanikopita: 400°, 12-15 min.

Air Fryer Temps and Times

Meat

380	12	chicken breast	400	12	flank steak	400	5-10	bacon
360	75	whole chicken	400	10-15	rib eye	380	15	sausage
380	20-22	drumsticks, thighs	400	5	meatballs	380	4	calamari
400	12	chicken wings	390	45-55	eye round roast	400	10	fish fillet
360	8-10	chicken tenders	360	55	pork loin	400	7-10	tuna steak
370	16-20	burger	400	12	pork chops	400	5-7	scallops
400	18	filet mignon	370	15	pork tenderloin	400	5	shrimp

Vegetables

400	5	asparagus	390	6	corn on the cob	400	15	potatoes
400	40	beets	400	15	eggplant	400	12	squash
400	6	broccoli	400	5	green beans	380	30-35	sweet potatoes
380	15	brussels sprouts	400	5	mushrooms	350	4-6	tomatoes
380	15	carrots	400	10	onions	400	12	zucchini
400	12	cauliflower	400	15	peppers			

Frozen Food

400	8	onion rings	400	8	pot stickers	400	10	chicken nuggets
400	14-18	french fries	400	10	fish sticks	400	9	breaded shrimp
400	8	mozzarella sticks	400	14	fish fillet			

Microwave Hacks

Cooking Hacks

1. Peel garlic easily: Zap a whole head for 15 sec, skins slip right off.
2. Revive stale bread: Wrap in a damp paper towel, zap 10–15 sec.
3. Poach an egg: Crack an egg into a mug with 1/2 c water, cover with a plate, zap 45–60 sec.
4. Crisp bacon: Lay strips on a paper towel-lined plate, cover with another towel, zap 3–4 min.
5. DIY potato chips: Thinly slice potatoes, arrange on parchment, zap 3–5 min until crisp.
6. Warm tortillas: Wrap in a damp towel, zap 30 sec for soft, steamy tortillas.
7. Steam veggies: Place chopped veggies in a bowl with a splash of water, cover with plastic wrap, zap 2–4 min.

Food & Drink Tricks

1. Soften brown sugar: Zap hardened sugar with a damp paper towel for 20 sec.
2. Melt chocolate smoothly: Use 15-sec intervals, stirring each time to avoid burning.
3. Juice boost: Zap a lemon or lime for 15 sec to release more juice.

Cleaning Hacks

1. Deep clean the microwave: Zap a bowl of water with lemon slices for 3 min, then wipe away stains. Include vinegar or baking soda to kill odors.
2. Sanitize sponges: Wet sponge and zap for 1–2 min.

Substitutions



Sweetened Condensed Milk

$\frac{3}{4}$ c powdered milk

$\frac{3}{4}$ c sugar

$\frac{1}{2}$ c hot water



Combine the powdered milk, sugar, and water in a blender.
Yields the equivalent of 1 standard can of sweetened condensed milk

Buttermilk

1 T lemon juice or
white vinegar

1 c milk



Add lemon juice or white vinegar to milk.
Let stand 10 min before using.
Or use plain yogurt.

Baking, Frying



Lazy Person's Dough

1 c self-rising flour

1 c plain Greek yogurt

Mix and knead to form dough.



Bread Loaf

Shape into loaf and place in greased pan.

Bake 350° for 18–20 min.



Cinnamon Rolls

Foll dough into rectangle.

Spread filling.

Roll into log and slice.

Bake 350° for 25–30 min.



Flatbread

Divide into 4 to 6 balls.

Roll out into thin circles.

Cook on hot griddle 1–2 min per side.



Pizza

Roll dough into a circle.

Add sauce, cheese, toppings.

Bake 425° for 12–15 min.



Bagels

Shape and place on a greased pan.

Bake 350° for 25–30 min.



Flours

Cake Flour

1 c less 3 T AP flour
3 T cornstarch

Sift several times before using.



Self-rising Flour

1 c AP flour
1½ t baking powder
¼ t salt



Bread Flour

1 c AP flour
1 T wheat gluten



Crispy Batter Mix

¾ c flour
2 T cornstarch
¼ t baking soda
¼ t baking powder
¼ t salt
¾ c water



Combine dry ingredients.

Mix in water to make batter.

Sauces



Base Béchamel Sauce

2 T butter

2 T flour

1½ c warm milk

Salt, pepper, nutmeg (optional)



Melt butter. Whisk in flour for 1 min.

Gradually add milk. Whisk til smooth and thick. Season as desired.

Cheese Sauce

Add 1 c grated cheese to warm béchamel sauce. Stir til melted.

Use for pastas, mac & cheese, veggies.

Onion Sauce

Cook finely chopped onions until soft before adding flour and milk.

Use for roasts, mashed potatoes, baked dishes.

Mustard Sauce

Stir in 1–2 t Dijon mustard and a squeeze of lemon.

Use for grilled chicken, fish, or roasted veggies.

Mushroom Sauce

Sauté chopped mushrooms in butter until browned. Stir into béchamel.

Use for steaks, crêpes, pastas.

Tomato Sauce

Add 2 T tomato purée and ½ t Italian herbs to béchamel.

Use for pastas, baked veggies, meatballs.

Garlic Sauce

Sauté 2 minced garlic cloves in butter before adding flour.

Use for roasted potatoes, pastas, white pizzas.

Compound Butters

Smash softened butter together with pretty much anything—fresh herbs, crumbled cheese, miso—and spread, dollop, or melt onto your next dish.

Store compound butter by rolling it into a log in plastic wrap. Refrigerate or freeze for longer use, slicing off coins as needed.

Don't microwave butter to soften it; it will end up partially melted. Let it soften slowly at room temp.



Blue Cheese Butter

Mix a few T softened butter with Gorgonzola or other robust blue cheese, a few grinds of pepper, and 1 t of chopped fresh thyme. Add on top of a freshly grilled steak so that it has a chance to mingle with the juices.

Miso Butter

Top most any sautéed or roasted vegetable, or tossed with noodles. Blend equal parts mild white or yellow miso and softened unsalted butter (salty miso and salted butter are too saline) and a little grated ginger. Store for two weeks in a sealed container in the refrigerator.

Soy Butter

Blend one part soy sauce into two parts softened butter to melt over grains or vegetables or resting meats. Melt into sautéed mushrooms for omelets or pile onto noodles.

Herbal Tahini Butter

Use on a mild white fish. Mix 4 T butter with 3 T tahini, 2 t lemon zest, ½ t cayenne pepper and 2 T each minced parsley and cilantro. Dollop on hot baked fish fresh.

Garlic-Herb Butter

Use on flatbread. Mix 1 clove of grated garlic into 3 T butter. Add 2 T parsley and 1 T each dill and cilantro, season with salt.

Noodle Sauces

In a pan, heat oil. Add garlic and sauté meat, veggies, or eggs.

Add chosen sauce. Toss in 2 c cooked noodles. Cook for 2–3 min until evenly coated.

Peanut Butter Satay

(creamy, nutty, umami)

2 T peanut butter

1 T soy sauce

1 T lime juice or vinegar

1 t honey

1–2 T warm water (to thin)

Soy Garlic Stir Fry

(savory, slightly sweet)

2 T soy sauce

1 T oyster sauce

1 t honey or sugar

1 t minced garlic

½ t sesame oil

Sweet & Sour Sauce

(tangy and sweet)

1½ T ketchup

1 T soy sauce

1 T vinegar

1 T brown sugar

½ t chili flakes

Spicy Chili Garlic Sauce

(hot, garlicky, bold)

2 T soy sauce

1 T chili oil or 1 t chili flakes

1 t vinegar

1 t sugar

1 t garlic paste



Lemon Butter Garlic Sauce

(fresh, buttery, zesty)

1 T butter

1 T lemon juice

1 t minced garlic

½ t chili flakes

Salt & pepper to taste

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