

# The Not so Professional Cookbook

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# About the Author

Hi, I'm Billy (crazy kid on the left)

I've been eating food my whole life. In that, someone has to cook the food I shove down my gob. One day little me wanted to see how all the delicious meals my parents made where made. I started out on the BBQ cooking snags and flipping the odd burger, but I wanted to start making other foods. I started cooking with my parents since I was around 8 or 9. now at 15 I cook for the family every weekend.

Cooking food is pretty fun, and its good to learn how to make yourself a meal at a younger age. So if your left home alone for a bit you, wont be stuck eating 2 minute noodles.

I've made this book with a couple recipes I've made, that I reckon others need to know about.





# Starters and Snacks

# Ham and Cheese Quesadillas

*Around 5 minutes, serves 1-4*



## Ingredients

Two tortillas  
Ham  
Cheese  
salsa

## Preparation

1. In a pan on medium high place a tortilla
2. Add ham and cheese to taste
3. Place second tortilla on top and cook until bottom it toasted and cheese is melted
4. Flip the quesadilla and toast underside
5. Serve cut in four and will salsa

*Perfect for taco night.  
Or even an easy snack*

# Celery Soup

*Around 35 minutes, serves 4*



## Ingredients

Half a bunch of celery, diced

4 carrots, diced

2 large onions, diced

1 cup of chopped fresh parsley

½ cup chopped fresh dill (optional)

1 tsp seeded mustard

2 tbsp. maggi original seasoning

2 litres water or chicken stock

1 tsp oil

2 tsp butter

bacon

## Preparation

1. In a large pot fry onion in the oil and butter until golden, then add carrots to gain colour, add celery and herbs until soft
2. Take off heat and add water or stock
3. Simmer until vegetables are tender, add Maggi and mustard and salt and pepper to taste
4. Fry bacon for garnish and serve

***Also make sure you keep a big parsley leaf for an Instagram worthy garnish.***

# Beef Dumplings

*About 1 hour, makes about 35 dumplings*



## Ingredients

2 cups all-purpose flour  
½ cup hot water  
250g ground beef  
1 tbsp soy sauce)  
2 tsp ginger paste  
1 tsp salt  
¼ tsp black pepper)  
1 onion, coarsely chopped  
1 large carrot, coarsely chopped

sesame oil

## Preparation

1. Add flour to a large bowl and slowly stream in the water while mixing with a spatula
2. Once there is no visible dry knead until a rough firm ball is made and let rest for 10 minutes
3. Knead until soft and let rest for 30 minutes
4. In the meantime add the meat, soy sauce, salt, pepper and vegetables into a bowl and cover to marinate in the fridge
5. Make a long rope with the dough then cut into even pieces around 3cm big
6. Press each piece into a disc and roll out into thin discs
7. Add about a teaspoon of the meat onto each dumpling wrapper
8. Pinch each dumpling closed with a little bit of water on the edge
9. Place the dumplings in a pan on medium high with a splash of sesame oil and water and cover
10. Cook until bottom is crisp and the top is firm
11. Serve



# Breakfast and Brunch

# The Almighty Omelet

*Around 15 minutes, Serves 1*



## Ingredients

2-3 eggs  
Butter  
Cheese  
Bacon  
Onion  
Spring onion  
Capsicum

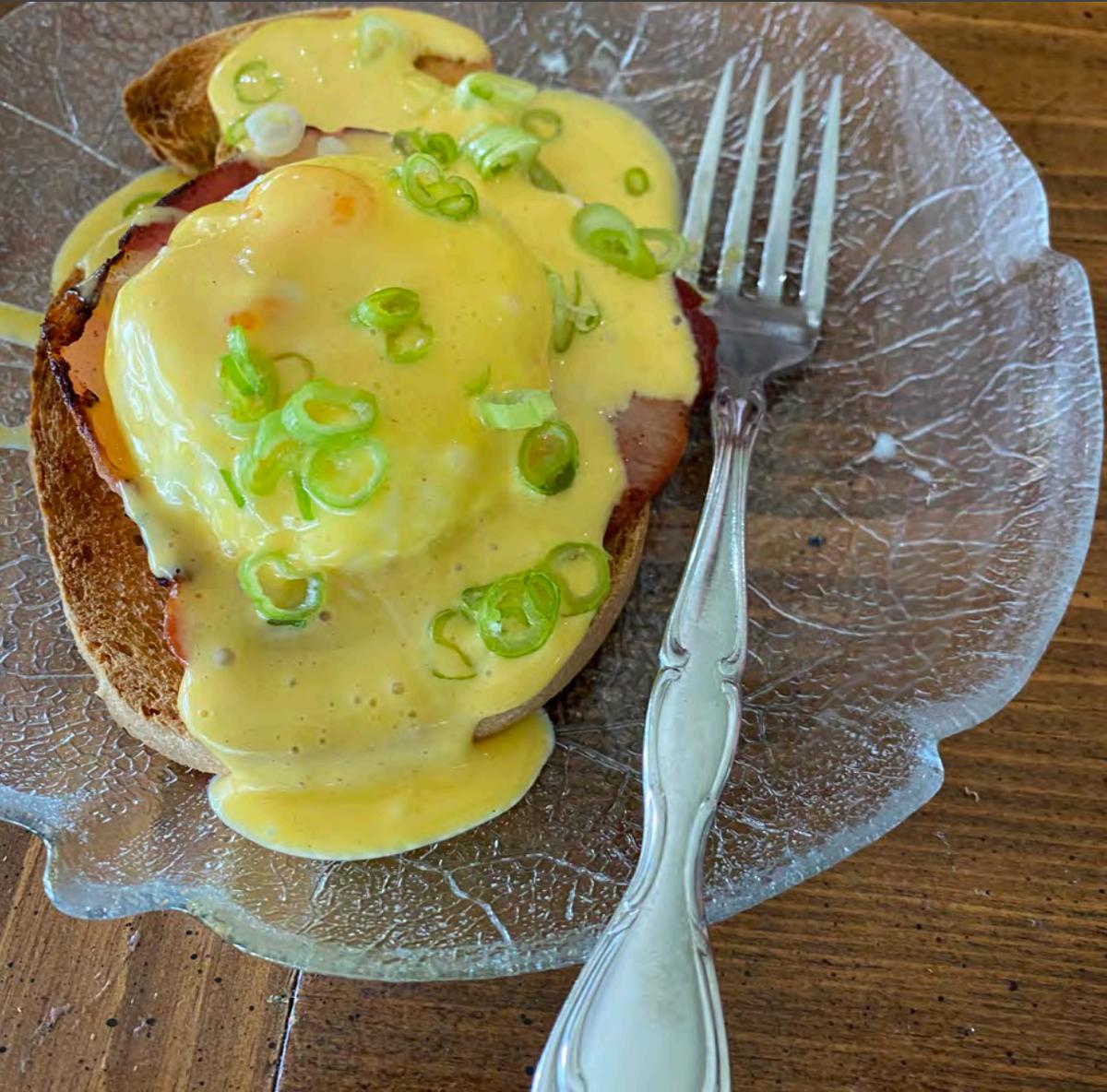
## Preparation

1. Dice ingredients
2. Add about a tablespoon of butter to frypan and cook onion until slightly see-through and add other ingredients
3. Set oven to 180
4. Remove ingredients and add scrambled eggs to pan (add butter if no residual grease)
5. Once the egg has been in the pan for just under a minute add your other ingredients and cheese on top
6. Place pan in oven until the omelet has puffed up and has a bit of colour on top
7. Serve with and optional bit of hot sauce and/or toast

*Besides the eggs, the other ingredients are totally optional. To have the almighty omelet it must contain all ingredients.*

# Eggs Benedict...but fast

*Under 10 minutes, Serves 1*



## Ingredients

- 2 eggs
- English muffin
- Lemon
- Bacon
- Butter
- White vinegar
- Salt
- Optional: chives and smoked paprika

## Preparation

1. Add 1 egg, a squeeze of lemon juice and pinch of salt to blender and blend
2. Melt butter in the microwave and slowly add to blender under the sauce is smooth
3. add bacon to pan
4. Add second egg to mug with a splash of vinegar and enough water to cover about an inch above and cook in microwave for 45 seconds
5. Add muffin to pan to toast
6. Optionally dice fresh chives
7. Plate up muffin, bacon, egg, sauce then chives and paprika to garnish

If you get this down pat, you can do it in around 4 minutes. So if you're still hungry after one serve you can make another for a 10 minute brekky.

For a more in depth and entertaining experience, watch this: [bit.ly/3BLS9gi](https://bit.ly/3BLS9gi)

# French Toast

*Around 10 minutes, serves 2*



## Ingredients

6 slices of bread  
2 large eggs  
¼ cup of milk  
1 tsp Vanilla extract  
Icing sugar  
1 tsp Cinnamon powder  
Strawberry's  
Kiwis  
Whipped cream

## Preparation

1. Beat egg, milk, vanilla and cinnamon in shallow dish with whisk.
2. Dip bread in egg mixture, coat both sides evenly.
3. Prepare cream and fruit
4. Cook bread slices on lightly greased non-stick pan on medium heat until browned
5. Cut each slice in half and serve with fruit and cream with a sprinkle of icing sugar for garnish

*Perfect for Instagram,  
make sure you drop a little  
cream on the bench  
though*

Add nutritional information

# Deviled Eggs

Around 20 minutes, serves 4



## Ingredients

500ml Sour Cream  
Mustard  
12 eggs  
Bacon  
Parsley  
Smoked paprika

## Preparation

1. boil eggs for 11 minutes
2. Add sour cream, a tablespoon of mustard and salt and pepper to taste in a bowl
3. dice bacon and fry until crispy and add to sour cream mixture save some for garnish
4. Add eggs to bowl filed with cold water and peel
5. Cut each egg in half and carefully scoop out yolk and add to sour cream mixture
6. Add about a tablespoon of the sour cream mixture to each halved egg
7. Add a few pieces of bacon, a bit of parsley and sprinkle of paprika to each egg for garnish

*These are the also a perfect appetizer, and people will think your really fancy if you make these!*



# Pasta

# Mum's Spaghetti

About 45 minutes, around 25 serves



## Ingredients

Garlic oil  
2 large onions  
Garlic paste  
Italian herb mix  
500g pork mince  
500g beef mince  
500g Tomato Paste  
700g rustic passata  
410g diced tomato  
410g tomato puree  
Worcestershire sauce

## Preparation

1. Dice 2 large onions and add to big pot with a splash of garlic oil on medium high with about a tablespoon of garlic paste and salt, pepper and Italian herbs to taste
2. Once the onions have gained some colour add the pork mince
3. Once the pork mince is almost fully cooked add the beef mince and cook until lightly brown
4. Add the tomato paste, tomato puree, diced tomatoes and passata
5. Add a splash of Worcestershire sauce and about half a cup of water
6. Leave on a simmer until ready to serve

*Any left over sauce can be frozen and eaten later by zapping it in the microwave.*

# Beef Ravioli

*Around 30 minutes + 4 hours drying, serves 2*



## Ingredients

- 3 cloves garlic,
- 300g Beef mince
- ½ tsp oregano
- ½ cup parsley
- ¼ cup grated Parmesan
- 2 egg yolks
- 4 eggs
- 1 ½ cups flour
- 1 tsp olive oil

## Preparation

1. Make a mound of the flour on a bench and make a well in the middle
2. Whisk 3 eggs, oil and a pinch of salt and add into the well
3. Slowly incorporate flour into the mixture with a fork until a soft dough forms
4. Knead dough for about 5 minutes adding more flour if necessary until firm, smooth dough forms.
5. Place in a large bowl covered with a tea towel
6. Add beef mince into a pan until the fat renders
7. Add pinch of salt, oregano and garlic and cook until browned
8. Turn off heat and add cheese and parsley
9. While still warm stir in egg yolks
10. Cut dough in two and roll out into long thin sheets
11. Score lines about 4 cm apart, and add around a tsp of the meat to each square
12. Whisk egg and add around one half of the edges of the dough
13. Fold over dough and use a pastry cutter or sharp knife to cut out each ravioli
14. Let the ravioli air dry for about 4 hours
15. Boil the ravioli in salted water for about five minutes or until they float to the top
16. Best served with spaghetti sauce (page 10)

# Dad's Gnocchi with Creamy Garlic Sauce

*Around 1 hour 30 minutes, serves 8*



## Ingredients

5 stale rolls  
1 cup of flour  
10 potatoes  
1 large egg  
2 cups grated parmesan  
½ cup of parsley  
2 cups of milk  
Salt and pepper

8 garlic cloves, mashed  
1 litre of thicken cream  
½ cup of finely chopped chives

## Preparation

1. Peel and boil potatoes in salted water, once cooked drain and cool
2. Break stale rolls into small chunks in large bowl
3. Pour milk onto chunks, once milk is soaked squeeze excess milk out of chunks
4. Combine bread, potatoes, parsley, egg, flour, parmesan and salt and pepper to taste until soft dough forms. Any remaining chunks of bread should be the size of a raisin
5. Sprinkle workspace with flour, roll dough into long ropes, press down with fork and cut into even pieces (or any shape)
6. Cook in salted boiling water, wait for gnocchi to rise then count 30 seconds and take out with slotted spoon
7. In the meantime fry the garlic in 1 tblsp of olive oil until gold, add cream and chives and leave to simmer until ready to serve.

*Do this with family or friends, it makes it so much easier.*

# Lasagna

*Around 2 hours,*



## Ingredients

- 4 cups Bolognese sauce (see page 13)
- 4 tablespoons butter
- 1/4 cup flour, all purpose or plain
- 3 cups milk
- 1 cup fresh shredded parmesan
- Around 12 lasagne sheets (depending on dish size)

## Preparation

1. Make or defrost Bolognese sauce
2. In a large pot, melt butter over low heat. add the flour and until well blended.
3. slowly whisk in 1 cup of the milk until well combined, then add the remaining milk in 1 cup increments.
4. Once creamy and lump free increase heat to medium and cook until it thickens and coats the back of your spoon.
5. Add in the parmesan cheese and remove from heat. Season with salt and pepper and mix until the cheese is melted through.
6. Preheat oven to 180
7. Spoon about 1 cup of meat sauce on the base of baking dish, then cover with lasagna sheets
8. Layer with enough meat sauce to cover pasta, 1 cup of white sauce and half of the mozzarella cheese. Repeat layers (leaving the remaining cheese for the top).
9. Pour the remaining meat sauce and white sauce over the last layer of lasagna sheets and top with the remaining mozzarella cheese. Bake for around 40 minutes or until golden and bubbling.
10. Garnish with parsley and let stand for about 10 minutes before slicing and serving.



# Mains

# The perfect burger

*Around 10 minutes, serves 4*



## Ingredients

500g beef mince  
Cheese slices  
2 sliced tomatoes  
Shredded Lettuce  
2 small dill pickles  
1 onion  
4 brioche buns  
½ cup Ketchup  
2 tsp Mustard  
½ cup Mayo  
salt

## Preparation

1. In a bowl combine mayo, ketchup and mustard (should be pale orange)
2. Dice onion and pickles and stir into sauce
3. Form mince into 4 or 6 even patties and sprinkle each with salt
4. Set grill to high, once small whisks of smoke appear squish patty's flat on grill
5. Once sides become brown flip and cook until crisp
6. Cut buns in half and place to toast on grill
7. Liberally coat each bun in sauce and add ingredients
8. serve

***Before you say anything, yes all you need is salt on the patty, its weird but it works***

# Fried Rice

*Around 25 minutes, serves 4*



## Ingredients

- 1 ½ cups of rice
- 2 carrots, diced
- 1 broccoli, cut
- 2 asian pork sausages, diced
- 2 onions, diced
- 4 eggs, scrambled
- 3 celery stalks, diced
- Soy sauce
- ¼ cup parsley, chopped
- 1 tsp sesame oil

## Preparation

1. Add rice to salted boiling water and cook until just before ready
2. In a pan on medium, add the oil, onions and sausages and cook until sausages are crisp
3. Add broccoli, carrot and about ½ a tablespoon of soy sauce and cook until tender
4. Add celery and take off heat
5. In a separate pan add scrambled eggs and parsley and cook both sides evenly
6. Take eggs and slice into even strips
7. Add rice into pan and stir in with more soy sauce to taste
8. Serve with eggs pan top

*If you're lazy you can just add the eggs in with the celery. But the rolls look fancy*

# Sesame chicken with asparagus and beans

*Around 25 minutes + marinating, serves 4*



## Ingredients

- 2 tbsp. soy Sauce
- 2 tbsp. lemon juice
- 2 tbsp. honey
- 4 tbsp. roasted sesame seeds
- 4 Chicken breast, cut into bite sized pieces
- 1 tbsp. olive oil
- 2 bunches of asparagus, cut in half
- 500g snow peas
- 3 garlic cloves, thinly sliced
- Half a Lemon zest
- 1 cup of rice
- 2 tsp. saffron
- Sesame oil

## Preparation

1. combine soy sauce, lemon juice, honey and sesame seeds in a large container. Cut chicken and add to the marinade. Wrap in plastic wrap and place in fridge for two hours or overnight.
2. bring water to a boil add a rice along with small heap of salt
3. heat oil in pan over medium-high heat and sauté asparagus for about 4 minutes or until tender then set aside
4. Remove chicken from marinade and sauté for 5 minutes, until the chicken is slightly pink inside.
5. Add, garlic, snow peas and lemon zest and sauté for another 2 minutes. Finally add in the asparagus and turn off stove.
6. strain rice and incorporate saffron
7. Serve chicken on top of rice with a drizzle of sesame oil

# Chicken fajita bowl

*Around 25 minutes, Serves 4-6*



## Ingredients

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 red capsicum, sliced      | 1/3 tsp Mexican chili powder         |
| 2 large onions, diced       | 2 chicken breast                     |
| 2 tomatoes, diced           | 1 lime                               |
| 1 corn cob, kernels removed | 400g Mexican beans                   |
| Shredded lettuce            | 1 1/2 cups rice                      |
| Sour cream                  | 1/2 lemon                            |
| 2 avocados                  | 1/4 cup fresh chopped parsley        |
| 1/2 tsp lemon pepper        | 1 tbsp butter                        |
| 1/2 tsp salt                | 1 packet Nandos medium peri peri rub |
| 1/2 tsp cayenne pepper      |                                      |
| 1 tsp smoked paprika        |                                      |

## Preparation

1. Add the butter, onions, cayenne pepper, paprika and chili powder into a pan on medium heat
2. Cut other vegetables and add to pan once onions are soft
3. Add rice to boiling pot with salt
4. dice chicken into bite sized pieces and coat in rub
5. Mash avocados and add the salt, lemon pepper and lemon juice
6. add chicken to oiled pan on medium high heat and cook for at least 5 minutes or until browned
7. Strain rice and add the lime and parsley
8. Serve with rice on bottom and ingredients on top with a dollop of sour cream

*The Nandos seasoning is incredible, you can find it at every supermarket. It's a hidden gem.*

# Homemade pizza (dough)

50 minutes, makes 3 pizzas



## Ingredients

375ml warm water  
Pinch of caster sugar  
2 tsp dried yeast  
600g plain flour  
1 tsp salt  
60ml olive oil

## Preparation

1. Combine water, yeast and sugar in a small bowl and set aside until foamy. set aside for 30 minutes or until dough doubles in size.
2. Combine the flour and salt in a large bowl, make a well in the centre. Add yeast mixture and oil. Use butter knife and cut mixture to roughly combined. Use your hands to bring the dough together in the bowl.
3. Turn dough onto a lightly floured surface and knead until smooth and elastic.
4. Place dough in a lightly oiled bowl and turn to coat in oil. Cover with plastic wrap and
5. Knead dough and form into a long rope and divide into thirds.
6. Use a rolling pin to roll each third into a 20cm disc, then add your favourite toppings and bake for 10-15 minutes or until top is golden and bottom is browned.

# Aussie Meat Pie

About 1 hour 20 minutes, makes 4



## Ingredients

- 1 tbsp olive oil
- 1 large brown onion, finely chopped
- 500g Lean beef mince
- 1 tbsp Cornflour
- 3/4 cup beef stock
- 3/4 cup tomato sauce
- 2 tbsp Worcestershire sauce
- 1 tbsp barbecue sauce
- 1 tsp Vegemite
- 2 sheets shortcrust pastry
- 2 sheets puff pastry,
- 1 egg, beaten

## Preparation

1. Heat oil in a saucepan over medium-high heat. Add onion until soft. Add mince and cook until browned.
2. Mix cornflour and about 1 tablespoon of stock to form a paste, then add remaining stock.
3. Add stock, sauces and Vegemite to mince. Bring to the boil. Reduce heat to medium-low. Simmer until thick.
4. Preheat oven to 220°C. Place a baking tray into oven and grease pie pans.
5. Cut circles from shortcrust pastry and use to line bases and sides of pans. Fill with mince and brush rims with water. Cut circles from puff pastry to place over meat and press to seal and brush top with egg.
6. Bake for 20 to 25 minutes or until golden.

***You know its aussie  
coz it has the vegemite***

# Salmon Tail

*About 10 minutes, serves one*



## Ingredients

- 2 tsp butter
- Salmon tail (skin on)
- Lemon pepper seasoning
- 8 halved cherry tomatoes

## Preparation

1. Set the stove to medium high and melt butter
2. Once butter has melted place salmon skin down
3. Add tomatoes and sprinkle lemon pepper on top to taste
4. Once the bottom is crisp flip and set stove to low
5. Cook to preferred doneness
6. Serve

*This goes best with  
veggies by its side*



# Desserts

# Apple Strudel

*About 25 minutes, serves 4-8*



## Ingredients

4 green apples  
1 tsp Cinnamon powder  
1 sheet puff pastry  
Icing sugar  
Whipped cream  
1 egg beaten

## Preparation

1. Pre heat oven to 180
2. Grate apples into large bowl, squeeze put excess moisture and add cinnamon powder
3. Place the apple mixture in the middle of the pastry sheet
4. Coat the edges of the pastry with a bit of the egg
5. Fold one side of the pastry over the apple and coat the edge of the pastry
6. Fold the other side on top of the other and seal the edges
7. Flip the pastry and place on baking tray with greased baking paper
8. Coat the outside with a thin layer of egg
9. Cook in oven for about 15 minutes or until lightly brown and flakey
10. Serve with whipped cream and sprinkle of icing sugar

# Banana Bread

About 1 hour 15 minutes



## Ingredients

- 3 ripe bananas
- 60g melted butter
- 1/3 cup raw sugar
- 1 beaten egg
- 1 tsp vanilla essence
- Pinch of salt
- 1 ½ cups of self raising flour

## Preparation

1. Pre heat oven to 175
2. Mash bananas with a fork
3. Melt butter
4. Combine all ingredients in large bowl with a whisk
5. Grease loaf pan and bake for 55 minutes
6. Cool on rack for 10 minutes before removing

*This goes great with a coffee or hot chocolate*

# Jam Drops



## Ingredients

1 cup plain flour

1 cup self-raising flour

1 tbsp rice flour (optional)

125g butter (room temperature)

1 egg

$\frac{3}{4}$  cup caster sugar

$\frac{1}{4}$  cup jam (approximately, any flavour)

## Preparation

1. Preheat your oven to 180°C.
2. Place butter in a large bowl and beat with wooden spoon until soft.
3. Add caster sugar and beat until it is lighter colour and feels quite light to beat.
4. Beat the egg in a separate and add into butter mixture.
5. Combine the flours and add to the mixture. If it is too hard to do with a spoon, you can use your hands.
6. Once the mixture is combined, shape it into a dough and cut into even pieces
7. Roll dough into small balls and evenly space them on the tray baking tray, use your finger to make a small indent on top
8. add about  $\frac{1}{2}$  a teaspoon of jam into each drop, bake for 10 minutes
9. Allow to cool and enjoy

*This is basically  
preparing you to be a  
grandparent*

# Grandmas American Fruit Salad

*Around 30 minutes + marinating, serves 12*



## Ingredients

- 3 apples
- 3 bananas
- 432g canned Pineapple chunks
- 310g canned mandarin segments
- Small grape bunch
- 140g halved marshmallows
- 300g sour cream

## Preparation

1. Cut all fruits and marshmallows into bite sized pieces and add to large bowl
2. Add sour cream and mix until everything is evenly coated
3. Marinate for a few hours or even better overnight and serve

*My family has this every Christmas and new years, it sounds gross but its pretty good*

