

Sheltr's Quarantine Cookbook.

**Selected Secret
Recipes, Cooking
Cards & Bootlegs.**

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Introduction

At the dinner table, just as in life, patience is rewarded. To those who wait, aromas are more intense and textures are richer. Patience is the path towards the pavlova you've always wanted to perfect, and to pulling off even the most minute flake of vol-au-vent. In life, patience can land you your dream job, or, even more relevantly, save lives.

By being patient at home during the COVID-19 pandemic, you are contributing to the victory of the global population over the virus. Never has there been a fight more suited to our 21st century, and never have we been more prepared. By connecting through the internet and staying active and entertained, we will all get through to the other side.

To those who wait, waiting is not boring. It never has to be. Waiting is the perfect occasion to acquire new skills, discover new passions, and cook. Cook your heart out and your worries away.

This is why, as corporations have been releasing recipes for some of their signature dishes and snacks, Sheltr has compiled the best and tastiest to let you celebrate the best of life and its adventures by trying them out. From the bitterest bitters to the sweetest sweets, we hope this cookbook will not only get you to savor great foods, but also live for the joy of making them, until we can all resume our culinary journeys in restaurants and eateries around the world.



A Swedish delight

IKEA MEATBALLS

Servings: 4

Preparation time: 130 minutes

Cook time: 45 minutes

Ingredients

Meatballs:

- 500g beef mince
- 250g pork mince
- 1 chopped onion
- 1 minced garlic clove
- 100g breadcrumbs
- 1 egg
- 5 tbsp whole milk
- Salt & pepper

Cream Sauce:

- Olive oil
- 40g butter
- 40g plain flour
- 150ml vegetable stock
- 150ml beef stock
- 150ml thick double cream
- 2 tsp. soy sauce
- 1 tsp. Dijon mustard

Directions

1. Combine beef and pork mince and mix with your fingers to break up any lumps. Add finely chopped onion, garlic, breadcrumbs, egg and mix. Add milk and season well with salt and pepper.
2. Shape mixture into small, round balls. Place on a clean plate, cover and store in fridge for 2 hours. (This will help them hold their shape whilst cooking).
3. In a frying pan, heat oil on medium heat. When hot, gently add meatballs and brown on all sides.
4. When browned, add to an ovenproof dish and cover. Place in a hot oven (180°C conventional or 160°C fan) and cook for a further 30 minutes.
5. Melt 40g of butter in a pan. Whisk in 40g of plain flour and stir for 2 minutes. Add 150ml of vegetable stock and 150ml of beef stock and continue to stir. Add 150ml of double cream, 2 tsp. of soy sauce, and 1 tsp. of Dijon mustard. Bring it to simmer and allow sauce to thicken.
6. Serve with side of potatoes, mashed or boiled.



An exotic treat

CHEESECAKE FACTORY'S CAJUN JAMBALAYA PASTA

Servings: 2

Preparation time: 20 minutes

Cook time: 40 minutes

Ingredients

- 2 oz. olive oil
- 1 lb. boneless chicken breasts, cut into 1 in. pieces
- 2 tbsp. Cajun spice blend
- 4 oz. peppers, cut into thin strips
- 4 oz. red onions, cut into thin strips
- 6 oz. shrimp
- 1 tbsp. minced blanched garlic
- ½ tsp. Cajun spice blend
- ½ tsp. kosher salt
- ¼ tsp. ground black pepper
- 4 oz. 1 in. diced tomatoes
- 1 ½ spicy chicken-seafood broth
- 1 tbsp. chopped parsley
- 1 lb. fresh linguini pasta

Directions

1. Heat the olive oil in a large sauté pan. Place the chicken into a clean mixing bowl. Sprinkle the Cajun spice over the chicken and into the bowl. Gently toss the chicken until each piece is evenly coated with the spice.
2. Add the chicken into the sauté pan and cook until it is about half done. Add the peppers, onions and shrimp into the pan. Cook until the shrimp are about half done. Add the garlic into the pan. Season all of the ingredients with kosher salt, ground black pepper and a little more Cajun spice.
3. Add the diced tomatoes and chicken-seafood broth into the sauté pan. Gently stir the ingredients together. Continue to cook until the chicken and shrimp are done and the vegetables are tender.
4. Drop the pasta into boiling water and cook until *al dente*.
5. Place the pasta into serving bowls. Spoon the jambalaya over the pasta. Garnish with a sprinkle of freshly chopped parsley.



A snack from out of this world

TOY STORY LAND'S GRILLED CHEESE

Servings: 4

Preparation time: 15 minutes

Cook time: 7 minutes

Ingredients

Grilled Cheese Sandwich:

- 8 slices of artisan bread
- 8 slices of cheddar cheese
- 8 slices of provolone

Garlic Spread:

- 1 cup mayonnaise
- 1 ½ tsp. minced garlic
- 1 ½ tsp. coarse salt

Cream Cheese Spread:

- ½ cup cream cheese
- ½ cup shredded Double Gloucester or cheddar
- 2 tbsp. heavy cream
- ¼ tsp. coarse salt

Directions

1. Combine cream cheese, Double Gloucester or cheddar, heavy cream and salt in food processor. Blend until smooth. Set aside.
2. Combine mayonnaise, garlic and salt in small bowl and stir until blended. Set aside.
3. Lay out artisan bread slices on parchment paper or large cutting board.
4. Place two slices of cheddar on four bread slices. Place two slices of provolone on remaining bread slices.
5. Equally spoon cream cheese spread on slices with provolone. Gently smooth cream cheese spread over each slice.
6. Press cheddar side and provolone side together.
7. Heat large skillet over medium heat for 5 minutes, until hot.
8. Brush both sides of the sandwiches with garlic spread.
9. Grill sandwiches for 2 minutes on each side, until cheese is melted and bread is golden brown.

The breakfast of champions

MCDONALD'S MCMUFFIN

Servings: 1

Preparation time: 5 minutes

Cook time: 10 minutes

Ingredients

- 1 English muffin
- 75g sausage meat
- 2 large eggs
- 1 slice of American cheese

Directions

1. Season the meat with a pinch of salt and pepper, then shape into a ball. Flatten into patty shape and cook under a pre-heated grill for 7 minutes on each side.
2. Brush the inside of a metal ring with a little oil and place in a small frying pan. Pour in just enough water to cover the base then bring to boil. Crack the eggs into the ring, cover the pan and cook for 3 minutes.
3. Toast the English muffin until golden brown.
4. Place the slice of American cheese onto a slice of warm toasted English muffin. Assemble the McMuffin by layering the patty and egg on top of the cheese and placing the second slice of English muffin.
5. Serve with warm coffee and enjoy.



A taste of the Old Country

PRET A MANGER'S BANANA BREAD

Servings: 8

Preparation time: 30 minutes

Cook time: 65 minutes

Ingredients

- 250g plain flour
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ tsp. ground cinnamon
- 115g unsalted butter, softened to room temperature
- 150g brown or white caster sugar
- 2 large eggs
- 80g plain yogurt
- 4 large ripe mashed bananas
- 1 tsp vanilla extract
- Optional: 100g chopped pecans or walnuts.
- Optional topping: halved banana and oats

Directions

1. Preheat oven to 180°C. Grease a 9x5-inch loaf tin.
2. Beat the butter and sugar together until smooth.
3. Add the eggs one at a time, beating well each time. Beat in the yogurt, mashed bananas, and vanilla extract until combined.
4. Add remaining dry ingredients (flour, baking soda, salt, cinnamon and optional nuts) and mix until fully combined.
5. Spoon into the prepared tin. If you wish, add your halved banana and oats to the top of the mixture.
6. Bake for 65 minutes until a skewer inserted into the middle comes out clean. Cool in the tin for 10 minutes before serving onto a rack or plate.



A classic, revisited

DOUBLE TREE'S CHOCOLATE CHIP COOKIES

Servings: 26 cookies

Preparation time: 15 minutes

Cook time: 23 minutes

Ingredients

- *½ lb. butter, softened (2 sticks)*
- *¾ cup + 1 tbsp. granulated sugar*
- *¾ cup packed light brown sugar*
- *2 large eggs*
- *1 ¼ tsp. vanilla extract*
- *¼ tsp. freshly squeezed lemon juice*
- *2 ¼ cups flour*
- *½ cup rolled oats*
- *1 tsp. baking soda*
- *1 tsp. salt*
- *Pinch of cinnamon*
- *2 ⅔ cups semi-sweet chocolate chips*
- *1 ¾ cups chopped walnuts*

Directions

1. Cream butter, sugar, and brown sugar in the bowl of a stand mixer on medium speed for 2 minutes.
2. Add eggs, vanilla, and lemon juice, blending with mixer on low speed for 30 seconds, the medium speed for 2 minutes, or until light and fluffy, scraping down bowl.
3. With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for 45 seconds. Avoid overmixing.
4. Remove bowl from mixer and stir in chocolate chips and walnuts.
5. Portion dough with a scoop (about 3 tbsp.) onto a baking sheet lined with parchment paper. Space about 2 inches apart.
6. Preheat oven to 300°F. Bake for 23 minutes, or until edges are golden brown and center is still soft.
7. Remove from oven and cool on baking sheet for 1 hour.
8. Cook's note: you can freeze the unbaked cookies, and there is no need to thaw. Preheat oven to 300°F. Bake for 23 minutes, or until edges are golden brown and center is still soft.



An iconic soft serve

DISNEY PARKS' FAMOUS DOLE WHIP

Servings: 1

Preparation time: 5 minutes

Cook time: 0 minutes

Ingredients

- *1 big scoop of ice cream*
- *4 oz. pineapple juice*
- *2 cups of frozen pineapple*

Directions

1. Add pineapple, ice cream and juice to a blender.
2. Start blending at low speed, and gradually increase to high speed. Blend until smooth.
3. Use a piping bag with a star tip to create a classic swirl, or just scoop right into bowls.



The happiest food on Earth

DISNEY PARKS' CHURRO BITES

Servings: 4

Preparation time: 15 minutes

Cook time: 15 minutes

Ingredients

- 1 cup of water
- 8 tbsp. butter
- ¼ tsp. salt
- ¾ tsp. ground cinnamon, divided
- 1 ¼ cups of all-purpose flour
- 3 large eggs
- 1 ½ cups of vegetable or canola oil
- ½ cup of sugar

Directions

1. Combine water, butter, salt and ¼ tsp. cinnamon in 1 1/2-quart saucepan over medium heat. Bring pot to rolling boil.
2. Reduce heat to low.
3. Add flour and stir vigorously until mix forms a ball. Remove from heat and let rest for 7 minutes.
4. Add eggs, one at a time, and stir until combined. Set aside.
5. Heat oil in medium skillet or 1-quart saucepan over medium-high heat or until temperature reaches 350°F.
6. Spoon dough into piping bag fitted with large star tip. Pipe 1-inch strip of dough over saucepan, cut with knife and drop into hot oil. Repeat until churro bites fill saucepan with room to fry.
7. Fry churro bites until golden brown. Remove with slotted spoon or mesh spider strainer.
8. Drain churro bites on paper towel.
9. Mix sugar and ½ tsp. cinnamon in medium bowl. Toss churro bites until coated. Place on serving plate and serve with favorite dipping sauce.

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