

THE ORGANIZED COOK

*Ingredient
Preparation*

CHEAT SHEETS

VEGGIE PREP CHEAT SHEET

Vegetables

PREP METHOD+

STORAGE

USAGE IDEAS

Beets, Roast

chop wedges, +balsamic, cover roast 200C/400F 45min-1h

fridge 2-3w freezer 6m+

soup, salad, curry, dip, pesto

Broccoli, Boiled

simmer 5 mins in 1cm / 1/2in salted water, drain

fridge 1-2w freezer 6m+

side, salad, +eggs

Broccoli, Bread

see recipe

fridge 1-2w freezer 6m+

sandwiches, toast

Broccoli, Roast

chop into trees, +oil, roast 250C/480F 15-20mins

fridge 2-3w freezer 6m+

side, salad, +eggs

Butternut Squash

roast whole 200C/400F 1hr

fridge 2-3w freezer 6m+

soup, salad, curry, hummus

Cabbage, Steamed

boil covered 1/2in salted water 4-5 mins, drain

fridge 1-2w freezer 6m+

pasta replacement, + eggs

Cauliflower 'Couscous'

whizz in food processor. warm with butter in a pan.

fridge 1-2w freezer NO

+meatballs, +fish tajine, soup

Cauliflower, Roast

chop into trees + sliced onion, +oil, roast 250C/480F 20-25mins

fridge 1-2w freezer 6m+

side, salad, pasta replacement

Greens

wash, slice, wilt with olive oil in a covered pot

fridge 1-2w freezer 6m+

pancakes, saag curry, +rice

Greens, Winter

soften an onion, anchovy, wash, slice, wilt with olive oil in a covered pot

fridge 1-2w freezer 6m+

as a side, + eggs

Eggplant, Roast

halve, score, drizzle with oil, 200C/400F 30-45min

fridge 2-3w freezer 6m+

+quinoa, curry, soup, tortillas

Fermented Veg

chop veg, pack into jar, cover in brine (50g/1.75oz salt in 4cups water)

fridge 1-2m freezer NO

as a side / condiment

Kale

wash, slice, wilt with olive oil in a covered pot

fridge 1-2w freezer 6m+

+eggs, cabonara, +ragu

Mushrooms, Roast

+oil & garlic, roast 200C/400F 20-25min

fridge 2-3w freezer 6m+

low carb toast, veggie main

Onions, Caramelized

slice, cook covered 40min, +balsamic uncovered 20min

fridge 2-3m freezer 6m+

+burgers, salad, +sausages

Peas, Buttered

frozen peas defrosted in covered pot + butter

fridge 1-2w freezer 6m+

as a side, + eggs

MORE VEGGIE PREP...

Vegetables

PREP METHOD+

STORAGE

USAGE IDEAS

Ready-to-Eat Veg

grate veg using food processor / box grater

fridge 1-2w freezer NO

+eggs, rice alternative, salads

Rainbow Veg

grate carrot, beets, cauli and/or broccoli

fridge 1-2w freezer NO

+eggs for breakkie, salad, +curry

Red Peppers (Capsicum)

grill whole until blackened, turn until all sides done

fridge 2-3w freezer 6m+

harissa, soup, veggie bacon

Roast Diced Veg

chop 2cm(1in) dice, roast 200C/400F 25-35min

fridge 2-3w freezer 6m+

lentil risotto, frittata, soup

Sauerkraut

shave 1/2 large cabbage, salt and stand 30mins, pack into jars

fridge 1-2m freezer NO

as a side / condiment

Sofrito

2 onion, 2 carrots, 2 celery, dice, cook covered in oil 30mins until tender.

fridge 2-3w freezer 6m+

meat ragu, veg ragu, soup

Whole Roast Veg

roast whole 200C/400F 40mins - 1hr

fridge 2-3w freezer 6m+

tajine, stuffed, soup, salad

Zucchini Char Grilled

slice lengthwise, oil chargrill 3-4 min each side

fridge 2-3w freezer 6m+

soup, salad, +beef

Zucchini Tortillas

2 zuc, 50g (2oz) ea parm + almond meal +1 egg. 200C 20 min makes 6

fridge 2-3w freezer 6m+

tortilla replacement

GRAIN & LEGUME CHEAT SHEET

Grains

Almond Breads

Barley

Buckwheat

Couscous

Farro

Rice, brown

Rice, white

Quinoa

PREP METHOD+

see recipe

boil like pasta 30-40min or until tender, drain

soak 8-48h, drain, boil like pasta 10min, drain

3/4C boiling water + 1C couscous 2TEVOO, stand 5min, fluff

boil like pasta 15min cracked / 30min wholegrains or until tender, drain

boil like pasta 30-40min or until tender, drain

boil like pasta 10min, drain

boil like pasta 10min, drain

STORAGE

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 1-2w freezer 6m+

fridge 1-2w freezer 6m+

fridge 2-3w freezer 6m+

USAGE IDEAS

bread / toast alternative

rice alternative, soup, salads

rice alternative, soup, salads

+moroccan dishes, rice alternative

rice alternative, soup, salads

egg fried rice, +curry, +stir fry

egg fried rice, +curry, +stir fry

rice alternative, salads, soups

Legumes

Beans

Chickpeas

Lentils

Legume Ragu

Split Peas

Sprouts

soak 8-48h, drain, simmer 45-90mins until tender

soak 8-48h, drain, bake covered w water 3-4h 150C/350F

boil like pasta 20min, drain, season (3Tsoy + 4Tvinegar)

see recipe

boil like pasta 25-30min, drain

soak 8-36h, drain, stand at room temp until sprouted, rinse daily

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 2-3w freezer 6m+

fridge 4-5d freezer NO

braised, pasta alternative

salad, curry, tajine, frittata

beet salad, +ricotta, +roast chicken

anywhere you'd use lentils

anywhere you'd use bolognese sauce

salads, wraps, as a fresh side

PROTEIN CHEAT SHEET

Protein

PREP METHOD+

STORAGE

USAGE IDEAS

Brisket

brine (opt), wrap in foil, roast 130C/260F 3-4h, smoke or roast uncovered 1h

fridge 1-2w freezer 6m+

wraps, salads, +slaw, +sweet potato

Chicken, Poached

simmer in 4C water 5mins, turn off heat, stand 20min

fridge 1w freezer 6m+

salads, soups, sandwiches, wraps

Chicken, Pulled

cover coldwater, simmer 8-10 mins until 73C (165F), cool & shred

fridge 1w freezer 6m+

salads, soups, sandwiches, wraps

Chicken, Whole

brine (opt), butterfly, room temp, roast 220F/450F 30mins, rest

fridge 1w freezer 6m+

salads, soups, sandwiches, wraps

Eggs

cover cold water, simmer 8mins, drain, cool

fridge 4-5d freezer NO

snack, breakkie, salads, curry

Fish

cover oil, gently simmer 5-10mins, cool in oil

fridge 1-2w freezer 6m+

anywhere you'd use cooked or canned fish

Meatballs

500g(1lb) minced meat + 75g (3oz) almond meal. bake 30min 200C/400F

fridge 1-2w freezer 6m+

+tomato sauce, +pesto, +lentils

Pork Ragu

brown meat 4 sausages, +1 can tomatoes + 3Tbutter, simmer 5mins

fridge 1-2w freezer 6m+

+baby spinach, on toast, +pasta

Sausages

Poach gently in water 15 minutes.

fridge 1-2w freezer 6m+

+mash, BBQ, +lentils, + mushrooms

SAUCES & FLAVOURINGS CHEAT SHEET

Sauces

PREP METHOD+

STORAGE

USAGE IDEAS

Chilli Oil

200g (7oz) long red chillies, 2Coil, 3cloves garlic, simmer 5mins, cool & whizz

fridge 6m+ freezer 12m+

on everything!

Chilli Salt

1T sea salt flakes 1-2t chilli powder or dried chilli flakes

pantry 6m+ freezer 12m+

on everything!

Hollandaise

100g(3.5oz) butter, 2 yolks, 3T vinegar, 1.5C oil

fridge 1-2w freezer NO

+eggs, +fish, +chicken, +greens

Hot Sauce

500g chillies, 1t sea salt, 1/2C water

fridge 3-4m freezer 12m+

on everything!

Hummus

1 can chickpeas, 3T each lemon, tahini & water, 1-2 cloves garlic

fridge 3-4w freezer 12m+

+spiced mince, +lentils, dip

Hummus, Cauliflower

500g / 1lb cauli boiled 10min, 1/3C lemon, 1/2Ctahini, 1c garlic

fridge 3-4w freezer 12m+

+spiced mince, +lentils, dip

Ketchup

see recipe

fridge 3-4w freezer 12m+

+meats, + burgers

Lemon Tahini

1 clove garlic, 4T each lemon, tahini, water, 2TEVOO

fridge 3-4w freezer 12m+

on fish, +chicken, falafels

Mayo

2 yolks, 2T water, 1T mustard, 2T vinegar, 3C oil

fridge 1-2w freezer NO

+eggs, +kale, on everything!

Mayo, Stick Blender

1 yolk, 2l water, 1T mustard, 1T vinegar, 1C oil

fridge 1-2w freezer NO

+eggs, +kale, on everything!

Olive Tapenade

2 handfuls olives, 8Toil, 1 clove garlic, lemon juice

fridge 3-4w freezer 12m+

dip, +steak, +fish

Onion Dressing

1 chopped onion, 1C EVOO, cook onion in oil until soft. Add 1/4C vinegar

fridge 3-4w freezer 12m+

all salads, sauce for meats

Pesto

bunch basil, handful each pinenuts & parmesan, 1/2C EVOO & 1 clove garlic

fridge 3-4w freezer 12m+

on steak, +lentils, +chicken

Pesto (Dairy-Free)

bunch basil, 1C cashews, 1/2C EVOO & 1 clove garlic

fridge 3-4w freezer 12m+

on steak, +lentils, +chicken

Preserved Lemons

4 lemons, quartered, 8Tsalt. Squash into jars top with extra lemon juice

pantry 6m+ fridge 12m+

+fish, tajines, salads, dressings

Salad Dressing

1C EVOO, 4T vinegar, 1T soy sauce

pantry 6m+ freezer 12m+

salad, on cooked veg, sauce for meats

SWEETS CHEAT SHEET

Sweets

Buttered Fruit

PREP METHOD+

chop, peel (optional), pan fry in butter med heat 5mins

Frozen Fruit

peel (optional), chop, ziplock bag, freezer

Vanilla Roast Fruit

chop, +butter & vanilla, bake 180C/350F 30 mins covered, 20-30mins uncovered

STORAGE

fridge 2-3w freezer 6m+

freezer 6m+

fridge 2-3w freezer 6m+

USAGE IDEAS

+yoghurt, +cakes, +cream, +pancakes

smoothies, ice cream, sorbets

+yoghurt, +cakes, +cream, +pancakes