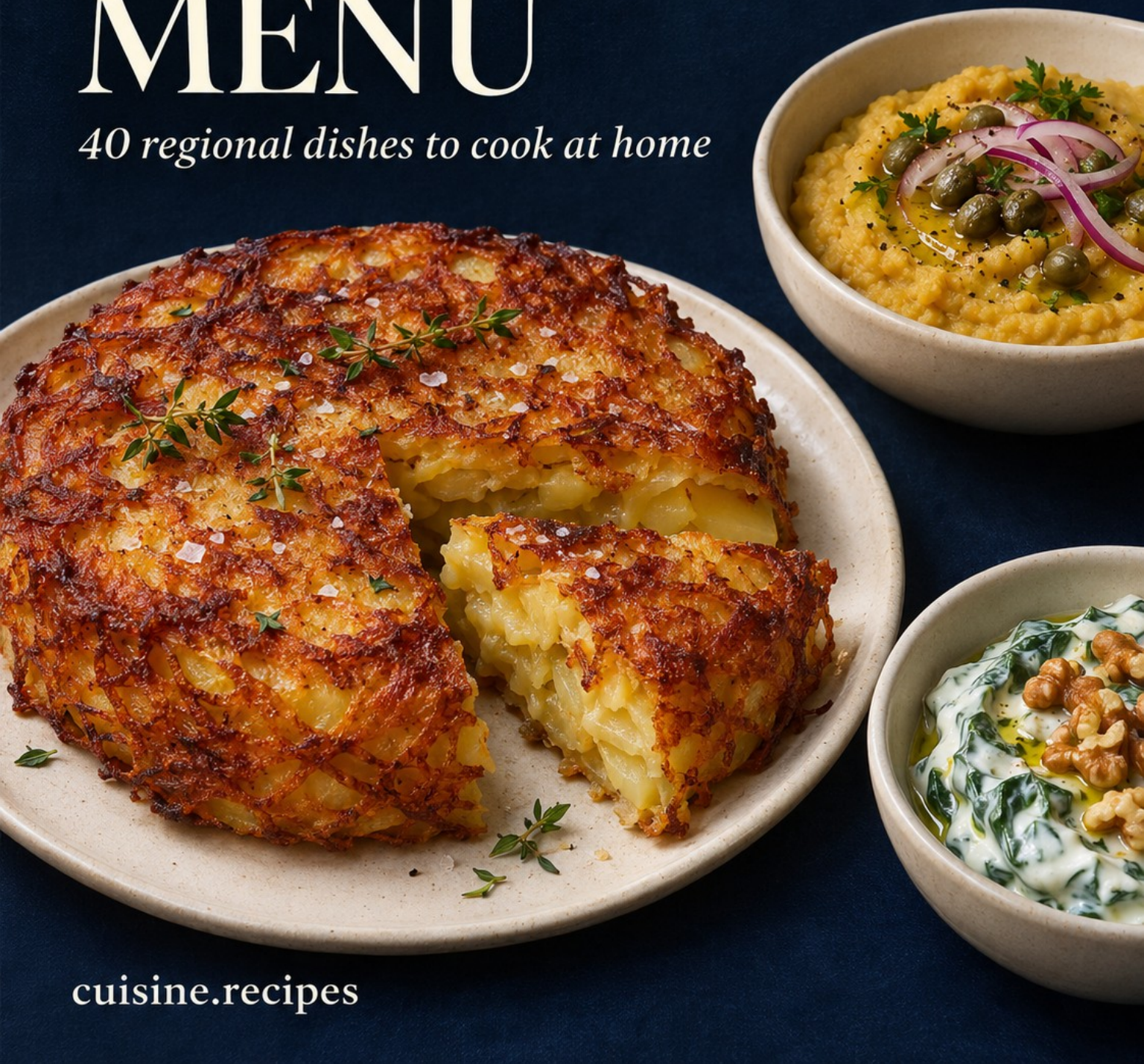
BEYOND THE TAKEOUT MENU

40 regional dishes to cook at home



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A FIRST LOOK

A little curiosity. A very good dinner.

Some dishes make you wonder why you have never cooked them before. A pan of potatoes held together by golden cheese. Split peas softened into a silky purée. Spinach folded into cool, garlicky yogurt.

Beyond the Takeout Menu is a planned collection of 40 regional dishes from cuisine.recipes. This early sample introduces three of them and the direction for the book's design.

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About this edition

Development preview dated 25 November 2026. Recipes are adapted from the site's current collection and are pending kitchen testing. Images are illustrative. The final recipe selection, page count, cover, and $24.99 target price may change.

The sample uses metric ingredient weights and standard measuring spoons. The planned print edition will include reviewed US measures. Cover and food images use generated artwork; final print assets require a physical proof review.

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FRIULI, ITALY

Frico morbido

Friulian potato and cheese cake



The pleasure of a golden crust.

Let the potatoes become tender before adding the cheese. Once you press the mixture into a round, give the base time to brown and release before turning it.

Recipe pending kitchen testing.

Frico morbido

SERVES 4 PREP 15 MIN COOK 35 MIN REST 3 MIN

Ingredients

- 500 g potatoes
- 100 g onion
- 250 g Montasio cheese
- 1 tbsp olive oil

Method

1. Peel and coarsely grate the potatoes. Thinly slice the onion. Remove the cheese rind and grate the cheese into a separate bowl.
2. Warm the oil in a nonstick skillet over medium heat. Soften the onion, then stir in the potatoes and a splash of water. Allow about 5 minutes.
3. Cover and cook gently, stirring occasionally, until the potato shreds crush easily. Uncover and stir until the pan looks dry. Allow about 15 minutes.
4. Fold in the cheese. Once it melts, press the mixture into an even round. Cook undisturbed until a brown crust releases from the pan. Allow about 8 minutes.
5. Slide the cake onto a plate. Cover with a second plate, invert, then slide it back into the pan to brown the other side. Allow about 7 minutes.
6. Let the cake rest on a board before cutting it into wedges. Allow about 3 minutes.

KITCHEN TEST NOTE

Test the pan diameter, cheese maturity, and turning method. Confirm the 35-minute cooking estimate with the stated quantities.

GREECE

Fava me kapari

Greek split pea purée with capers



A simple pot of split peas.

The texture changes as the purée stands. Keep a little warm water nearby so you can loosen it before serving, then finish with the capers, red onion, and olive oil.

Recipe pending kitchen testing.

Fava me kapari

SERVES 4 PREP 10 MIN COOK 55 MIN REST 5 MIN

Ingredients

- 250 g yellow split peas
- 120 g onion
- 2 tbsp lemon juice
- 40 g red onion
- 900 ml water
- 3 tbsp olive oil
- 25 g capers
- salt, to taste

Method

1. Rinse the split peas until the water runs nearly clear. Finely dice the onion and keep the red onion for the topping.
2. Warm a third of the oil in a pot. Cook the diced onion over gentle heat until soft, then add the peas and water. Allow about 5 minutes.
3. Bring to a simmer and skim the foam. Cook partly covered, stirring more often as the mixture thickens. Add hot water if needed, until the peas collapse when pressed. Allow about 50 minutes.
4. Take the pot off the heat. Reserve a little cooking liquid if the mixture looks loose. Blend until smooth with the lemon juice and half the remaining oil.
5. Season with salt and leave to thicken slightly. Loosen with the reserved liquid or warm water until a spoon leaves a shallow swirl. Allow about 5 minutes.
6. Spoon onto a shallow plate. Thinly slice the red onion, rinse the capers and scatter both over the purée. Finish with the last of the oil.

KITCHEN TEST NOTE

Test the simmer time and water requirement with two brands of yellow split peas. Record the texture immediately after blending and after resting.

IRAN

Borani esfanaj

Persian spinach and yogurt dip



Cool yogurt. Tender greens.

Squeezing the spinach is the small step that matters here. Dry it in handfuls before chopping, so the yogurt stays thick when everything comes together.

Recipe pending kitchen testing.

Borani esfanaj

SERVES 4 PREP 10 MIN COOK 5 MIN REST 20 MIN

Ingredients

400 g spinach leaves

1 clove garlic

salt, to taste

250 g plain strained yogurt

20 g walnuts

Method

1. Wilt the washed spinach in a covered pot with just the water clinging to its leaves. Allow about 4 minutes.
2. Drain, cool and squeeze the spinach dry in small handfuls. Chop across the leaves.
3. Grate the garlic into the yogurt, stir in the spinach and add salt to taste.
4. Chill until the garlic has mellowed. Roughly chop the walnuts and scatter over the bowl just before serving. Allow about 20 minutes.

KITCHEN TEST NOTE

Weigh the spinach after squeezing. Confirm the garlic strength after the 20-minute rest and check the finished yield.