



 **Homemade Method™**

THE PERFECT SEAR

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

**AUSSIE
VERSION!**

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,

Anna Rakoczy

Founder, Homemade Method

Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS THE US VERSION](#)

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

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THE PERFECT SEAR

Searing is a great cooking technique because it's fast and seals in the natural flavours, so you don't need to use much added fat.

Meat and fish are beneficial for your health, eaten as part of a balanced diet. In particular, meat is an excellent source of **lean protein, iron, vitamin B12 for red blood cell production, calcium, and omega 3 and 6 fatty acids.**

INSTRUCTIONS

- Take an entire boneless piece of meat, fish or chicken.
- Make sure it's at room temperature, pat dry.
- Coat in a generous sprinkling of salt and 1 tbsp oil.
- Add herbs or spices of your choice. We recommend thyme, rosemary, oregano, paprika, cumin, cracked pepper, brown sugar or chilli (or a combination).
- Heat up a stainless steel or cast iron pan until it's VERY HOT - sprinkle in some water, if it spits, it's ready.
- Add 1-2 tbsp high smoke point oil per person (avocado oil).
- Add your meat and cook without turning or moving.
- Turn when it's ready (3-6 mins, depending on the type of meat).
- Cook the other side, remove from heat, wrap in aluminium foil and let it rest for 5 mins.
- Enjoy with a salad or a side of roasted vegetables and/or some cooked grains.



PEPPER-CRUSTED TUNA TATAKI WITH CARAMELIZED PINEAPPLE SALSA

Seared tuna is a great choice for a lean, **nutrient-rich protein**. Tuna has high levels of omega 3s that have an **anti-inflammatory effect** on your body. It also contains **selenium and vitamin B12**.

Selenium has been shown to **rev up your metabolism**, while vitamin B12 is very important for **cognitive function** and has been shown to be important in preventing fatigue, mood disorders, and memory loss.

Accompanying the tuna is a smoky, spicy and sweet pineapple salsa. It is full of vitamin C to boost your **immune system**. This salsa is garnished with fresh coriander, which provides vitamins A and K, and antioxidants to **remove free radicals in your bloodstream**.

Serves: 2

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

Tuna, divided into two portions
Salt
Freshly ground black pepper
Oil

QTY

225 grams
½ tsp
1 tsp
2 tbsp

LINKS TO BUY

[Salt](#)
[Ground Black Pepper](#)
[Avocado oil](#)

INGREDIENTS

Pineapple, cut into spears
(long fingers)
Spring onions, finely chopped
Lime, juiced
Coriander, minced
Chilli flakes
Salt and freshly ground
black pepper

QTY

¼ ea
2 tbsp
1 ea
1 tsp
to taste
to taste

LINKS TO BUY

[Lime Juice](#)
[Chilli flakes](#)
[Salt](#) & [Ground Black Pepper](#)

INSTRUCTIONS (SALSA)

- Heat a saute pan over medium high heat, and add oil. When oil is hot, sear pineapple spears on each side until golden brown.
- Let spears cool, then dice and combine with onions, chilli, lime juice, and coriander.
- Season to taste and let sit for at least 15 minutes to marry the flavours.

INSTRUCTIONS (TUNA)

- Press the tuna slices in a flat plate of mixed black pepper and salt on all sides and set aside at room temperature.
- Heat 2 tbsp of oil in a small sauté pan over medium-high heat. Sear the tuna on both sides until brown and crunchy on the outside, about 3-4 mins each side, yet rare on the inside.
- To serve, slice the tuna thinly and stack in the centre of the plate. Top with pineapple salsa.



RECIPE NOTES

- *Check out our searing guide in this week's Cooking Skill for perfect tuna steaks.*
- *If you like your tuna cooked well done, you can reduce the heat after cooking and leave it in the pan for a few minutes longer on each side.*



SEARED PAPRIKA CHICKEN WITH SAGE GNOCCHI AND CUCUMBER

This dinner is loaded with wholesome and healthy ingredients like lean chicken, that helps **stabilizes blood sugars** and paprika, which is packed with **iron, supporting cellular metabolism and energy production**.

Cucumbers add antioxidants (especially lignans), which have been associated with **decreased risk for cardiovascular diseases and cancers**, like breast, ovarian, and prostate.

To increase the satiety level for this dish, we add some seared gnocchi with sautéed sage that adds a very floral flavour profile to the dish.

Sage has been shown to **improve cognitive function and respiratory ailments**.

Serves: 2

Prep time: 30 minutes

Cook time: 20 minutes

INGREDIENTS (PICKLED CUCUMBER)

QTY

LINKS TO BUY

White vinegar

2 cup

[White vinegar](#)

Fresh dill, minced (optional)

¼ bunch

Salt

4 tsp

[Salt](#)

Brown sugar

2 tbsp

English cucumber, sliced thinly

1 ea

INGREDIENTS (SEARED CHICKEN)

QTY

LINKS TO BUY

Boneless skinless chicken breasts

2 ea, small

Smoked paprika

½ tbsp

[Smoked paprika](#)

Olive oil

2 tbsp

[Olive Oil](#)

Salt

To taste

[Salt](#)

Oil

1 tbsp

[Avocado oil](#)

Serves: 2

Prep time: 30 minutes

Cook time: 20 minutes

INGREDIENTS (SEARED GNOCCHI)

QTY

LINKS TO BUY

Gnocchi	350 grams	
Oil	1 tbsp	
Grass fed butter, unsalted	1 tsp	
Sage leaves	6 ea	
Lemon zest	½ tsp	
Parmesan cheese, grated	1 tbsp	Parmesan
Kosher salt	to taste	Kosher salt

INSTRUCTIONS (CHICKEN)

- Mix together the paprika, oil and salt. Massage this mix into the chicken breasts (hint: put plastic bags on your hands if you don't like touching raw chicken) and allow to stand for about 20 minutes - optional.
- Heat a pan over high heat and add oil and sear on both sides until chicken is golden brown. About 4 minutes each side depending on the thickness of the fillets. Check out our searing guide for more instructions.
- If your chicken is not cooked through the middle, then cover and cook on low heat for about 10 minutes.
- Rest for 5 minutes, then slice on the diagonal and serve atop the gnocchi, along with the pickled cucumber side.

INSTRUCTIONS (PICKLED CUCUMBER)

- Combine the vinegar, dill, sugar and salt in a bowl. (If you like a slighter pickle taste, you can substitute one cup of water for 1 cup vinegar.)
- Whisk until the salt and sugar have dissolved, then add cucumbers. Let sit for 30 minutes up to 1 hour.
- Taste the pickles frequently and keep submerged until they have reached the desired flavour, then drain and plate. Dollop with a spoonful of sour cream or yoghurt and a pinch of paprika.

INSTRUCTIONS (GNOCCHI)

- Bring a pot of water to a low boil and cook gnocchi for 4 - 5 minutes, or until they begin floating to the top. Strain from water and set aside.
- Heat a medium sauté pan over medium - low heat with 2 tablespoons of oil.
- When oil is hot, stir in the butter, sage leaves, and then add gnocchi in a single layer.
- Sprinkle with $\frac{1}{4}$ teaspoon salt and cook, shaking the pan from time to time until the gnocchi and sage are lightly browned, about 5 minutes. Gently stir in the parmesan and serve!



PAN-SEARED ASIAN MARINATED STEAK WITH MUSHROOMS AND BROCCOLINI

Protein is a very important nutrient, needed for both **muscle growth and repair as well as balancing your blood sugars.**

A great protein choice is flank steak, which can be sautéed, broiled, or grilled if it is marinated first. Flank steak is a lean, flavourful cut that helps to support and **strengthen your own connective tissues.**

The sesame seed oil we use in our marinade can **aid heart health** by preventing atherosclerotic lesions with the **antioxidant** and **anti-inflammatory** compound known as sesamol. Plus, sesame is **good for the skin** both topically and internally.

Serves: 2

Prep time: 5-10 minutes

Cook time: 5-10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Chilli flakes	½ tsp	<u>Chilli Flakes</u>
Sesame oil	½ tbsp	<u>Sesame Oil</u>
Rice wine vinegar (or you can use regular vinegar if you don't have it)	1 tbsp	<u>Rice Wine Vinegar</u>
Ginger, minced	½ tbsp	
Lemongrass, minced (optional)	1 tbsp	
Spring onions, thinly sliced	2 tbsp	
Soy sauce	¼ cup	<u>Soy Sauce</u>
Good quality steak (rump, rib eye, porterhouse)	285 grams	
Oil	2 tbsp	
Mushrooms (crimini, portobello or button all work)	4 cups	
Broccolini (or broccoli)	1 head	

INSTRUCTIONS

- Make marinade by whisking together all ingredients (other than steak and oil for cooking). Set aside half the marinade.
- Place steak in a shallow pan. Pour half the marinade over the steak and refrigerate for up to 24 hours. If you have no time, then 5 - 10 minutes is still fine.
- Heat a wok or large skillet over medium - high heat until a bead of water sizzles and evaporates on contact.
- Add the oil, then carefully add your marinated steak along with the marinade.
- Sear for about 3 - 4 minutes each side.
- Set aside and cover with aluminium foil to let the meat rest. Slice thinly.
- Thinly slice the mushrooms. Chop the dirty ends off the broccolini, and slice into long, thick slithers.
- Add half a cup of water to the pan on medium heat and scrape the pan so the juices in the pan combine with the water. Add the sliced mushrooms and broccolini and stir. Let the vegetables cook for 3 - 4 minutes, stirring occasionally.
- Transfer the steak to a serving plate topped with the mushrooms and broccolini and ladle the marinade you set aside earlier over the top. Serve with a boiled potato and/or a side salad.



RECIPE NOTES

This would make a great meal atop a bed of brown rice, stir-fried vegetables, or asian style noodles. It can also be wrapped up in large butter lettuce leaves to make lettuce cups!



PISTACHIO CRUSTED SALMON STEAK WITH EDAMAME AND CAULIFLOWER

Here is a dinner designed to bring **Nourishment and Satisfaction** - key elements supporting **natural weight and health goals!**

Salmon is a nourishing protein high in essential fatty acids that are **important to the brain and to promote a feeling of satiety.**

Edamame enriches the plate with extra protein, but also the more rare manganese, which helps **build bone and balance compromised blood sugar regulation.**

Cauliflower helps **restore liver health and promote weight loss**, as a healthy liver is vital to a healthy body and reaching optimum weight.

Serves: 2

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Salmon steak

285 grams

Pistachios

½ cup

[Pistachios](#)

Breadcrumbs

½ cup

[Breadcrumbs](#)

Olive oil

6 tbsp

[Olive Oil](#)

Parsley

¼ bunch

[Parsley](#)

Edamame, defrosted

2 cups

(you can find them in the freezer section in most grocery stores)

Cauliflower

half head

Cherry or plum tomatoes

1 cup

Rice wine vinegar

2 tbsp

[Rice Wine Vinegar](#)

Lime juice

1 lime

[Lime Juice](#)

INSTRUCTIONS: PREPARE THE FISH

- Sprinkle the salmon with salt and pepper.
- Finely chop the parsley and pistachios. Then mix with the breadcrumbs and set aside in a large bowl or dish.
- Pour half the olive oil into a small plate.
- Dip each side of the fish in the oil, followed by a coating on each side of the breadcrumb blend. Notes: If you have trouble with getting the breadcrumb mix to stick to the fish, you might need to chop the pistachios smaller. You can also try dipping the fish in some beaten egg and then coat with the breadcrumb mix.
- When all the salmon steaks are coated, heat a cast iron pan or stainless steel pan of your choice, on medium - high heat.
- Add remaining olive oil to the pan and place the salmon steak skin side down. Then brown each side of the fish, about 3 minutes each side.
- If you enjoy your fish rare in the middle, you can serve as is. Otherwise, turn down the heat and cover with a lid to cook through the middle.

PREPARE THE VEGETABLES

- Slice cauliflower into bite-sized florets.
- Add edamame, cherry tomatoes and cauliflower to the pan on medium, together with rice wine vinegar and lime juice. Feel free to add a little water (2-3 tbsp) to bind the flavors.
- Cook for 3-4 mins.

TO SERVE

- Place the cooked fish on a plate, with the colourful vegetables on the side. This meal presents beautifully, is delicious and full of nutrients.



RECIPE NOTES

This is also really delicious with asparagus, zucchini, or broccoli.



SAUTEED BOK CHOY WITH GARLIC, GINGER AND SESAME SEEDS

Bok choy contains vital phytonutrients, vitamins, minerals, and antioxidants that can help you reach your health goals with little effort!

The antioxidant plant chemicals found in bok choy include isothiocyanates and sulforaphane, among others. Together with dietary fibre and vitamins, these compounds **help protect against breast, colon, and prostate cancers and also reduce LDL or "bad cholesterol" levels in the blood.**

Plus, this vegetable is a great source of minerals, particularly calcium, phosphorus, potassium, manganese, iron, and magnesium. These will help to **regulate heart rate and blood pressure, assist in red blood cell formation, and support your entire system.**

The garnish of this dish, sesame seeds, also contains compounds like phytic acid and phytosterols, which will **fight off cancer.**

Serves: 2

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Bok choy	500 grams	
Soy sauce	1 ½ tbsp	Soy Sauce
Oil	1 tbsp	Avocado oil
Garlic, minced	1 clove	
Ginger, peeled and minced	1 tsp	
Sesame oil	2 tsp	Sesame Oil
Sesame seeds	3 tsp	Black Sesame Seeds

INSTRUCTIONS

- Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact.
- Add the oil, then the garlic and ginger and stir-fry until aromatic, 20 to 30 seconds.
- Add the bok choy and stir-fry for about 2 minutes, until crisp-tender.
- Add the soy sauce and cook for another 30 seconds.
- Turn off the heat, drizzle with sesame oil and garnish with sesame seeds. Transfer to a serving plate and serve hot.



RECIPE NOTES

This same technique can be used on a variety of vegetables, including carrots, edamame, broccoli, baby corn, capsicum, and basically anything else you find at your local farmer's market.



TOMATO PRAWNS AND SWEET SUMMER CORN STIR FRY

This fantastic dish makes the absolute most of our bountiful produce! Corn is a rich source of vitamins A, B, E, and contains fibre that helps **prevent digestive ailments like constipation, hemorrhoids, and colorectal cancer.** It also has **anti-carcinogenic** agents and can **lower the risk for Alzheimer's disease and hypertension.**

Zucchini, the other main vegetable in this dish, is rich in vitamins A and C and is a good source of potassium as well, which is an important intracellular electrolyte that **reduces blood pressure and heart rates by countering pressure effects of sodium.**

By pairing these great ingredients with some sweet king prawns and hearty brown rice, you have the perfect comforting meal that will also nourish your body.

Serves: 2-4

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Oil	2 tbsp	
Butter	2 tbsp	
Shallot, minced	1 ea	
Zucchini, small, diced	1 ea	
Corn cob, kernels removed	1 ea	
Grape tomatoes, sliced in half lengthwise	1 cup	
Salt and pepper	to taste	<u>Salt & Ground Black Pepper</u>
King prawns, peeled	500 grams	
Basil, small strips	½ cup	<u>Basil</u>
Lemon, juice	1 each	<u>Lemon Juice</u>
Brown rice, cooked	½ cup	<u>Brown Rice</u>

INSTRUCTIONS

- Heat a medium sauté pan over medium high heat and add the oil.
- When the oil is hot, add in the shallots and sauté until they begin to brown.
- Next add the zucchini, corn and tomatoes and stir fry for about 3 minutes or until the vegetables are cooked but have some bite left to them. Season to taste with salt and pepper, remove to a plate and keep warm.
- Return the pan to the heat and add in the butter. When the pan is hot and the butter is sizzling, place your prawns in a single layer in the pan and season with salt and pepper.
- Cook for 2 minutes, then flip and cook for 1 - 2 minutes more.
- The prawns are done when the colour is bright pink, and they have started to curl slightly. If the tails have curled up extremely tightly into themselves, they are overdone.
- Top the brown rice with the stir fried vegetables and prawns and garnish with lemon juice and basil.



RECIPE NOTES

This would make a great salad once cooled, and could also be used as toppings for pizza or filling for tacos!



SEARED LEMON CHICKEN WITH ASPARAGUS AND COUSCOUS

Here is a dinner that brings a refreshing zing to the day. The lemon and rosemary that enhance the chicken's flavour in this dish also contribute a **rich supply of antioxidants**.

Rosemary is especially **healing to the gut, reduces inflammation, and invigorates the brain**. Chicken is a versatile source of protein that **provides sustained energy and supports digestive function**.

Asparagus is a great source of vitamin K, niacin and phosphorus and even helps **reduce inflammation, crucial to those dealing with arthritis and rheumatism**.

This protein-rich meal, with green veggies galore, goes well with the seasoned and fluffy couscous. Here's a way to enjoy the treat of couscous without it affecting the blood sugar due to the balancing effects of the chicken and vegetables. Enjoy!

Serves: 2-3

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS (CHICKEN AND ASPARAGUS)

Chicken breast	300 grams
Lemon, zest and juice	1 ea
Rosemary, minced	¼ bunch
Fresh parsley	½ bunch
Chicken stock	½ cup
Asparagus	1 bunch
Olive oil	2 tbsp
Sea salt	to taste
Pepper	to taste

LINKS TO BUY

[Lemon Juice](#)

[Rosemary](#)

[Parsley](#)

[Olive Oil](#)

[Ground Black Pepper](#)

INGREDIENTS (COUSCOUS SIDE)

Couscous	1 cup (uncooked)
Chicken stock	2 cup
Carrot, diced	1 ea
Fresh chives	1 bunch

LINKS TO BUY

[Couscous](#)

[Chicken stock](#)

INSTRUCTIONS

- Dice the carrot and finely chop the chives. Set aside.
- Bring 2 cups of chicken stock to a boil add the couscous, carrot and chives, boil for about 3 minutes. Turn off heat, cover and set aside for 5 - 10 minutes.
- Season with salt and pepper.
- Zest the lemon and finely chop the rosemary and parsley.
- In a skillet over medium - high heat, cook the chicken in olive oil until browned, around 3 - 4 minutes either side, turning only once in between. Transfer to plate. (The browning is the important part here - the chicken will be further cooked later in the recipe.)
- Add the asparagus and some additional oil and sear the asparagus, remove from heat.
- Add the stock, stir well, scraping the tasty browned pieces from the bottom of the skillet using your spatula or wooden spoon.
- Add in $\frac{3}{4}$ of the lemon/herb mixture and the juice of 1 lemon and bring to a simmer while stirring.
- Return the chicken back to the skillet, turn to coat, simmer covered for about 6 - 8 more minutes or until chicken is no longer pink and fully cooked.



WANT MORE?

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EMAIL MEMBER@HOMEMADE-COOKING.COM FOR MORE INFO.

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