



 **Homemade Method™**

# THE PERFECT SEAR

FOR THE LIFE-CHANGING  
COOKING PROGRAM

[www.homemademethod.com](http://www.homemademethod.com)

# A MESSAGE FROM OUR FOUNDER, ANNA



## COPYRIGHT NOTICE & LEGALS

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!

But...This document and its contents are protected by copyright laws and intended for private use only.

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](mailto: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 AUSTRALIAN/CANADIAN 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 = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM

## TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C

# CONTENTS

The Perfect Sear.....	1
Pepper-Crusted Tuna Tataki with Caramelized Pineapple Salsa.....	3
Seared Paprika Chicken with Sage Gnocchi and Cucumber.....	6
Pan-Seared Asian Marinated Steak with Mushrooms and Broccolini.....	10
Pistachio Crusted Salmon Steak with Edamame and Cauliflower .....	13
Sauteed Bok Choy With Garlic, Ginger and Sesame Seeds .....	17
Tomato Shrimp and Sweet Summer Corn Stir Fry .....	19
Seared Lemon Chicken with Asparagus and Couscous .....	22



## THE PERFECT SEAR

Searing is a great cooking technique because it's fast and seals in the natural flavors, 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 TO SEAR

- 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 chili (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 (sunflower, canola).
- 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 aluminum 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 CAMELIZED 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 cilantro, 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

---

8 oz  
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  
Cilantro, minced  
Chili flakes  
Salt and freshly ground  
black pepper

## QTY

---

¼ ea  
  
2 tbsp  
1 each  
1 tsp  
To taste  
To taste

## LINKS TO BUY

---

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

## INSTRUCTIONS (SALSA)

- Heat a sauté 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 spring onions, chili, lime juice, and cilantro.
- Season to taste and let sit for at least 15 minutes to marry the flavors.

## 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 it in the center 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 flavor 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 each

## INGREDIENTS (SEARED CHICKEN)

---

### QTY

---

### LINKS TO BUY

---

Boneless skinless chicken  
breasts

2 each, small

Smoked paprika

½ tbsp

[Smoked paprika](#)

Olive oil

2 tbsp

[Olive Oil](#)

Salt

To taste

[Salt](#)

Oil

1 tsp

[Avocado oil](#)

Serves: 2

Prep time: 30 minutes

Cook time: 20 minutes

## INGREDIENTS (SEARED GNOCCHI)

### QTY

### LINKS TO BUY

Gnocchi	¾ pound	
Oil	1 tsp	
Grass fed butter, unsalted	1 tsp	
Sage leaves	6 ea	
Lemon zest	½ tsp	
Parmesan cheese, grated	1 tbsp	<a href="#">Parmesan</a>
Kosher Salt	to taste	<a href="#">Kosher salt</a>

## 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 on 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, cover and cook on low heat for about 10 mins.
- Rest for five 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 subtler 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 flavor, then drain and plate. Dollop with a spoonful of sour cream or yogurt 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 saute pan over medium-low heat with 2 tbsp of oil.
- When oil is hot, stir in the butter, sage leaves, and then add the gnocchi in a single layer.
- Sprinkle with  $\frac{1}{4}$  teaspoons salt and cook, shaking the pan from time to time until the gnocchi and sage are lightly browned for 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, flavorful 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

---

Chili Flakes	½ tsp
Sesame Oil	½ tbsp
Rice Wine Vinegar (or you can use regular vinegar if you don't have it)	1 tbsp
Ginger, minced	½ tbsp
Lemongrass, minced (optional)	1 tbsp
Green Onions, thinly sliced	2 tbsp
Soy Sauce	¼ cup
Good quality steak (Fillet Mignon, New York, Porterhouse)	10 oz
Oil	2 tbsp
Mushrooms (crimini, portobello or button all work)	4 cups
Broccolini (or Broccoli)	1 head

[Chili flakes](#)

[Sesame Oil](#)

[Rice Wine Vinegar](#)

[Soy Sauce](#)

# 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 on each side.
- Set aside and cover with aluminum 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 & broccolini and stir. Let the vegetables cook for 3-4 minutes, stirring occasionally.
- Transfer the steak to a serving plate topped with the mushrooms & 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

10 oz

Salt and pepper

to taste

Pistachios

½ cup

[Pistachios](#)

Breadcrumbs

½ cup

[Breadcrumbs](#)

Egg (optional)

1 ea

[Olive Oil](#)

Olive oil

6 tbsp

[Parsley](#)

Parsley

¼ bunch

Edamame, defrosted

2 cup

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

Cauliflower

Half head

[Rice Wine Vinegar](#)

Cherry or Plum tomatoes

1 cup

[Lime Juice](#)

Rice wine vinegar

2 tbsp

Lime Juice

1 lime

# 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. Note: If you have trouble 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 on 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 mouth 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 colorful 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 fiber 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	1 pound	
Soy Sauce	1 ½ tbsp	<a href="#">Soy Sauce</a>
Oil	1 tbsp	<a href="#">Avocado oil</a>
Garlic, minced	1 clove	
Ginger, peeled and minced	1 tsp	
Sesame Oil	2 tsp	<a href="#">Sesame Oil</a>
Sesame Seeds	3 tsp	<a href="#">Black Sesame Seeds</a>

## 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, bell peppers, and basically anything else you find at your local farmer's market.*



# TOMATO SHRIMP 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 fiber that helps **prevent digestive ailments like constipation, hemorrhoids, and colorectal cancer.** It also has anticarcinogenic 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 jumbo shrimp 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 each	
Zucchini, small, diced	1 each	
Corn cob, kernels removed	1 each	
Grape tomatoes, sliced in half lengthwise	1 cup	
Salt and Pepper	To taste	<a href="#"><u>Salt &amp; Ground Black Pepper</u></a>
Jumbo shrimp, peeled	1 lb	
Basil, small strips	½ cup	<a href="#"><u>Basil</u></a>
Lemon, juice	1 each	<a href="#"><u>Lemon Juice</u></a>
Brown rice, cooked	½ cup	<a href="#"><u>Brown Rice</u></a>

# INSTRUCTIONS

- Heat a medium saute pan over medium-high heat, and add oil.
- When the oil is hot, add in your shallots and saute until they begin to brown.
- Next, add your 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 shrimp in a single layer in the pan and season with salt and pepper.
- Cook for 2 mins, then flip and cook for 1-2 mins more.
- The shrimp is done when the color 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 shrimp, and garnish with lemon juice, 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 flavor 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

10 oz

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 mins. Turn off heat, cover, and set aside for 5-10 mins.
- Season the chicken breasts with salt and pepper.
- Zest the lemon; finely chop the rosemary and parsley.
- In a skillet over medium-high heat, cook chicken in olive oil till browned (around 3-4 mins 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 to the skillet, turn to coat, simmer covered for about 6-8 more minutes or until chicken is no longer pink and fully cooked.
- Serve: Scoop couscous onto a plate, top with chicken and asparagus. Top with the reserved  $\frac{1}{4}$  lemon/herb mixture and the juices from the pan.



# WANT MORE?

WE OFFER EXPERT COACHING, A PRIVATE COMMUNITY AND LIVE EVENTS IN OUR CONTINUING SUCCESS MEMBERSHIP.

EMAIL [MEMBER@HOMEMADE-COOKING.COM](mailto:MEMBER@HOMEMADE-COOKING.COM) FOR MORE INFO.



# NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....