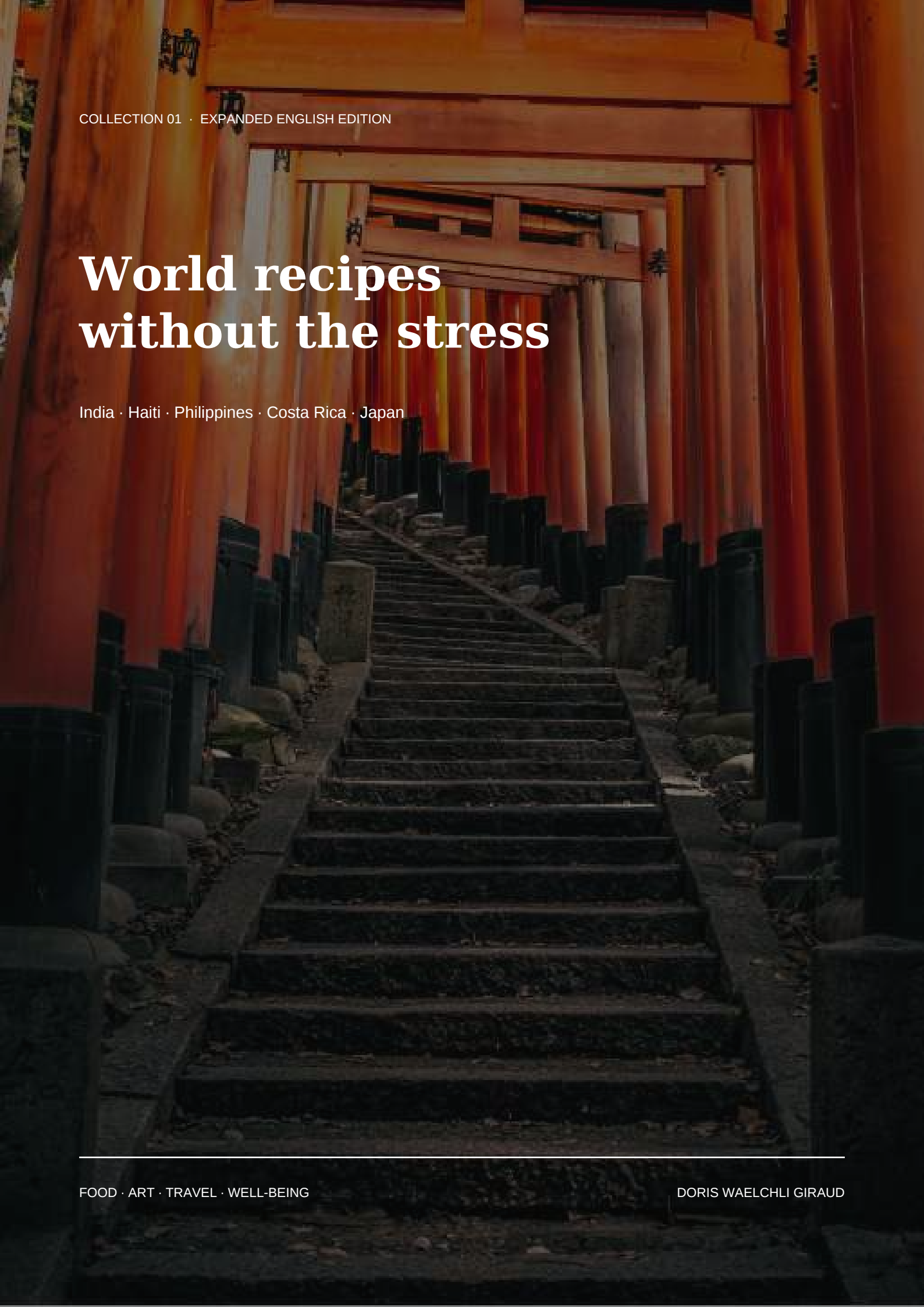




COLLECTION 01 · EXPANDED ENGLISH EDITION

World recipes without the stress

India · Haiti · Philippines · Costa Rica · Japan

An invitation to make with attention

Ten approachable recipes that travel through flavour, with clearly explained techniques, realistic variations and ingredients that are easy to find.

This expanded edition was designed as a genuine companion for practice. Every gesture is explained, the variations remain realistic and each proposal leaves room for intuition. The aim is not to accumulate rules, but to understand a few dependable principles and adapt them with confidence.



How to use this book

Read once from beginning to end, prepare the ingredients or materials, then follow the sequence without chasing perfection. Record what worked, what resisted and what you would change next time.

Contents



01 Red lentil dal with coconut and lime

02 Weeknight aloo gobi

03 Diri kole with red beans

04 Chicken with mild epis

05 Balanced chicken adobo

06 Vegetable pancit with citrus

07 Morning gallo pinto

08 Quick plant-based casado

09 Miso mushroom and egg donburi

10 Sesame and cucumber onigiri

Before you begin



Read the whole recipe

Notice resting time, simultaneous cooking and ingredients added away from the heat.



Prepare the work surface

Wash, weigh and cut before cooking. Speed comes from order, never from rushing.



Taste at three moments

Taste before salt, after reduction and after the final acidity. A sauce changes as it cooks.



Adapt by function

Replace an ingredient with another that plays the same role: crunch, fat, acidity, aroma or body.

Red lentil dal with coconut and lime

Inspired by India, this recipe favours generous flavour and a method that remains easy to read. Coconut softens the spices; lime added away from the heat brings definition without heaviness. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 250 g red lentils
- 1 yellow onion, finely chopped
- 2 garlic cloves and 2 cm fresh ginger
- 1 tsp each turmeric and cumin
- 400 ml coconut milk
- 500 ml water or light stock
- 1 lime, salt and coriander



LENTILS



COCONUT MILK



LIME



GINGER

The principle to remember

Coconut softens the spices; lime added away from the heat brings definition without heaviness.

The method, step by step



Prepare

Rinse the lentils until the water runs clear.



Build

Sweat the onion in one spoonful of oil for 6 minutes without browning.



Combine

Add the garlic, ginger and spices; stir for 45 seconds to release their aroma.



Cook

Add the lentils, coconut milk and water; simmer gently for 18 to 20 minutes, stirring occasionally.



Finish

Loosen with a little water if needed, season, then finish with lime and coriander.

Thoughtful variations

- Fold in two handfuls of spinach at the end
- Replace coriander with flat-leaf parsley
- Serve with rice, flatbread or roasted vegetables

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 250 g red lentils provides the foundation; 1 lime, salt and coriander shapes the finish. Coconut softens the spices; lime added away from the heat brings definition without heaviness. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to fold in two handfuls of spinach at the end. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:

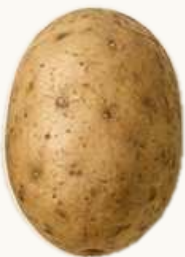


Weeknight aloo gobi

Inspired by India, this recipe favours generous flavour and a method that remains easy to read. Even cutting keeps the cauliflower from turning soft while the potatoes are still firm. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 500 g waxy potatoes
- 1 small cauliflower, cut into florets
- 1 onion
- 2 tomatoes or 200 g chopped tomatoes
- 1 tsp each cumin, turmeric and garam masala
- 1 small piece fresh ginger
- Lemon, salt and oil



POTATOES



CAULIFLOWER



TOMATO



GINGER

The principle to remember

Even cutting keeps the cauliflower from turning soft while the potatoes are still firm.

The method, step by step



Prepare

Cut the potatoes and cauliflower into similarly sized pieces.



Build

Brown the potatoes with cumin and oil for 8 minutes.



Combine

Add the onion, ginger and cauliflower; season lightly.



Cook

Stir in the tomatoes and turmeric, cover and cook for 15 minutes with 3 tbsp water.



Finish

Remove the lid, add garam masala and lemon, then let the edges caramelise.

Thoughtful variations

- Add green peas
- Use broccoli in winter
- Turn leftovers into a wrap filling

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 500 g waxy potatoes provides the foundation; Lemon, salt and oil shapes the finish. Even cutting keeps the cauliflower from turning soft while the potatoes are still firm. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add green peas. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Diri kole with red beans

Inspired by Haiti, this recipe favours generous flavour and a method that remains easy to read. The final rest completes the steaming and keeps the grains distinct. Remove the cloves before serving. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g long-grain rice, rinsed
- 250 g cooked red kidney beans
- 1 onion
- 2 garlic cloves
- 1 sprig thyme
- 2 cloves
- 600 ml light stock
- 1 tbsp oil, salt and mild chilli



RICE



BEANS



ONION



GARLIC

The principle to remember

The final rest completes the steaming and keeps the grains distinct. Remove the cloves before serving.

The method, step by step



Prepare

Gently fry the onion, garlic, thyme and cloves for 5 minutes.



Build

Add the beans and coat them in the aromatics.



Combine

Stir in the rice for one minute, then pour in the hot stock.



Cook

Cover and cook over low heat for 15 minutes without lifting the lid.



Finish

Turn off the heat, rest for 10 minutes, then fluff gently with a fork.

Thoughtful variations

- Replace part of the stock with coconut milk
- Serve with a mild pikliz
- Add roasted vegetables

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 300 g long-grain rice, rinsed provides the foundation; 1 tbsp oil, salt and mild chilli shapes the finish. The final rest completes the steaming and keeps the grains distinct. Remove the cloves before serving. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to replace part of the stock with coconut milk. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:

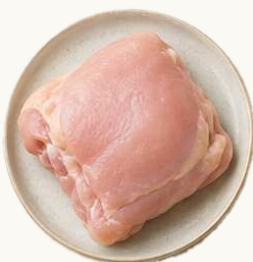


Chicken with mild epis

Inspired by Haiti, this recipe favours generous flavour and a method that remains easy to read. The marinade should perfume rather than mask. Gentle cooking after searing keeps the meat succulent. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 600 g boneless chicken thighs
- 1 green pepper
- 3 spring onions
- 3 garlic cloves
- 1 bunch parsley
- 1 lime
- 1 tsp thyme
- 2 tbsp oil and salt



CHICKEN



PEPPER



SPRING ONIONS



PARSLEY

The principle to remember

The marinade should perfume rather than mask. Gentle cooking after searing keeps the meat succulent.

The method, step by step



Prepare

Blend the pepper, spring onions, garlic, parsley, lime, thyme and oil into a loose paste.



Build

Massage two thirds of the epis into the chicken and rest for at least 30 minutes.



Combine

Sear the chicken in a hot pan for 4 minutes on each side.



Cook

Add the remaining epis and 100 ml water; cover for 12 minutes.



Finish

Uncover and reduce until the sauce coats the meat; check that the centre is fully cooked.

Thoughtful variations

- Use firm tofu instead
- Bake at 190°C
- Keep leftover epis chilled for up to 48 hours

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 600 g boneless chicken thighs provides the foundation; 2 tbsp oil and salt shapes the finish. The marinade should perfume rather than mask. Gentle cooking after searing keeps the meat succulent. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to use firm tofu instead. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:

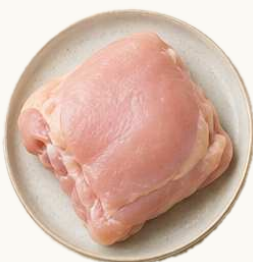


Balanced chicken adobo

Inspired by Philippines, this recipe favours generous flavour and a method that remains easy to read. Do not judge the sauce before it reduces: the acidity softens and the texture becomes glossy. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 700 g chicken pieces
- 80 ml soy sauce
- 80 ml rice or cider vinegar
- 150 ml water
- 5 garlic cloves, crushed
- 2 bay leaves
- 1 tsp peppercorns
- 1 tsp raw sugar, optional



CHICKEN



SOY SAUCE



VINEGAR



GARLIC

The principle to remember

Do not judge the sauce before it reduces: the acidity softens and the texture becomes glossy.

The method, step by step



Prepare

Place every ingredient except the sugar in a wide saucepan.



Build

Bring to a gentle simmer, cover and cook over low heat for 25 minutes.



Combine

Turn the pieces halfway through so they season evenly.



Cook

Uncover, remove the chicken and reduce the sauce for 6 to 8 minutes.



Finish

Return the chicken, glaze it in the sauce and rebalance salt and acidity.

Thoughtful variations

- Add coconut milk for a rounder version
- Use mushrooms and tofu
- Serve with white rice and cucumber

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 700 g chicken pieces provides the foundation; 1 tsp raw sugar, optional shapes the finish. Do not judge the sauce before it reduces: the acidity softens and the texture becomes glossy. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add coconut milk for a rounder version. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Vegetable pancit with citrus

Inspired by Philippines, this recipe favours generous flavour and a method that remains easy to read. Success begins with preparation: everything should be cut before the heat is turned on. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 250 g rice noodles
- 1 carrot
- 150 g white cabbage
- 150 g green beans
- 2 spring onions
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 lemon or calamansi



PASTA / NOODLES



CARROT



CABBAGE



SPRING ONIONS

The principle to remember

Success begins with preparation: everything should be cut before the heat is turned on.

The method, step by step



Prepare

Soak the noodles according to their thickness, then drain while still firm.



Build

Slice every vegetable finely for fast, even cooking.



Combine

Stir-fry the carrot and beans for 3 minutes, then add the cabbage and spring onions.



Cook

Add the noodles, soy sauce and 2 tbsp water; lift and toss rather than stirring heavily.



Finish

Finish with sesame oil and plenty of citrus just before serving.

Thoughtful variations

- Add prawns or ribbons of omelette
- Replace cabbage with baby spinach
- Serve cold the next day

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 250 g rice noodles provides the foundation; 1 lemon or calamansi shapes the finish. Success begins with preparation: everything should be cut before the heat is turned on. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add prawns or ribbons of omelette. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Morning gallo pinto

Inspired by Costa Rica, this recipe favours generous flavour and a method that remains easy to read. Day-old rice absorbs flavour while staying distinct. The bean liquid creates the characteristic colour. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g cold cooked rice
- 250 g cooked black beans plus 80 ml of their liquid
- 1 small onion
- 1/2 red pepper
- 1 tsp cumin
- 1 tbsp Lizano-style or mild brown sauce
- Coriander, oil and salt



RICE



BEANS



PEPPER



ONION

The principle to remember

Day-old rice absorbs flavour while staying distinct. The bean liquid creates the characteristic colour.

The method, step by step



Prepare

Cook the onion and pepper until soft.



Build

Add cumin, beans and their liquid; simmer for 3 minutes.



Combine

Fold in the cold rice and separate the grains with a spatula.



Cook

Add the sauce and cook until absorbed without drying the rice.



Finish

Finish with coriander; serve with egg, avocado or plantain.

Thoughtful variations

- Use red beans
- Spoon into a tortilla
- Add a few cubes of fresh tomato

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 300 g cold cooked rice provides the foundation; Coriander, oil and salt shapes the finish. Day-old rice absorbs flavour while staying distinct. The bean liquid creates the characteristic colour. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to use red beans. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Quick plant-based casado

Inspired by Costa Rica, this recipe favours generous flavour and a method that remains easy to read. Casado is about variety rather than complication: hot, fresh, creamy and bright on one plate. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 2 ripe plantains
- 300 g cooked rice
- 250 g black beans
- 1 small red cabbage
- 2 avocados
- 2 limes
- Coriander, oil and salt
- 4 eggs, optional



PLANTAIN



RICE



BEANS



AVOCADO

The principle to remember

Casado is about variety rather than complication: hot, fresh, creamy and bright on one plate.

The method, step by step



Prepare

Finely shred the cabbage, season lightly and massage with lime.



Build

Slice the plantain diagonally and brown for 3 minutes on each side.



Combine

Reheat the rice and beans separately to preserve their textures.



Cook

Cook the eggs at the last moment, if using.



Finish

Arrange each plate in distinct sections; add avocado, coriander and final seasoning.

Thoughtful variations

- Replace the egg with grilled tofu
- Add a tomato salad
- Prepare each element in advance

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 2 ripe plantains provides the foundation; 4 eggs, optional shapes the finish. Casado is about variety rather than complication: hot, fresh, creamy and bright on one plate. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to replace the egg with grilled tofu. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Miso mushroom and egg donburi

Inspired by Japan, this recipe favours generous flavour and a method that remains easy to read. Miso should not scorch: add it after the mushrooms have browned, together with a little water. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g cooked Japanese rice
- 400 g mixed mushrooms
- 2 tbsp white miso
- 1 tbsp soy sauce
- 1 tsp honey or mirin
- 4 eggs
- 2 spring onions
- Sesame and neutral oil



RICE



MUSHROOMS



EGG



SOY SAUCE

The principle to remember

Miso should not scorch: add it after the mushrooms have browned, together with a little water.

The method, step by step



Prepare

Mix the miso, soy, honey and 4 tbsp hot water.



Build

Sear the mushrooms in one layer until deeply coloured.



Combine

Add the sauce and reduce until it coats the mushrooms.



Cook

Cook the eggs for 6 minutes 30 seconds, cool and peel.



Finish

Divide the rice among bowls; add mushrooms, half an egg, spring onions and sesame.

Thoughtful variations

- Replace the egg with silken tofu
- Add spinach or pak choi
- Use leftover quinoa

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 300 g cooked Japanese rice provides the foundation; Sesame and neutral oil shapes the finish. Miso should not scorch: add it after the mushrooms have browned, together with a little water. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to replace the egg with silken tofu. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Sesame and cucumber onigiri

Inspired by Japan, this recipe favours generous flavour and a method that remains easy to read. The rice must be warm: cold rice will not bind; very hot rice becomes sticky and hard to handle. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 400 g cooked Japanese rice, still warm
- 1 small cucumber
- 2 tbsp sesame seeds
- 2 sheets nori
- 1 tbsp rice vinegar
- Fine salt
- Umeboshi or cooked salmon, optional



RICE



CUCUMBER



SESAME



SALMON

The principle to remember

The rice must be warm: cold rice will not bind; very hot rice becomes sticky and hard to handle.

The method, step by step



Prepare

Salt the sliced cucumber, wait 10 minutes, then squeeze it dry.



Build

Gently combine the rice, vinegar, sesame and cucumber.



Combine

Moisten your hands and season them lightly with salt.



Cook

Take a portion of rice, add a little filling and shape into a triangle without crushing.



Finish

Wrap with a strip of nori just before serving so it stays crisp.

Thoughtful variations

- Shape into balls instead of triangles
- Add flaked cooked salmon
- Pack the nori separately for travel

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 400 g cooked Japanese rice, still warm provides the foundation; Umeboshi or cooked salmon, optional shapes the finish. The rice must be warm: cold rice will not bind; very hot rice becomes sticky and hard to handle. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to shape into balls instead of triangles. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



The next chapter is yours

A practice becomes personal when it is repeated, simplified and transformed. Returning to a recipe, exercise or notebook page reveals what has changed in the gesture and in the gaze. Brief notes, dated attempts and clear acknowledgement of sources build a more sincere body of work.



Three commitments

1. Choose curiosity over perfection.
2. Respect people, cultures, ingredients and the body's limits.
3. Create something useful, however simple, then pass it on accurately.



Doris Waelchli Giraud

Food · Art · Travel · Well-being

A collection inspired by travel, Switzerland, artistic creation and food that is simple, authentic and free from unnecessary stress.

Editorial note

Recipes should be tested under the conditions of your own kitchen before commercial publication. Well-being content is informational and does not replace individual medical, nutritional or psychological advice.

