

COLLECTION 02 · EXPANDED ENGLISH EDITION

Quick & creative cooking

Simple ingredients, vibrant plates

FOOD · ART · TRAVEL · WELL-BEING

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An invitation to make with attention

A practical method for cooking quickly without eating the same thing every day: sequence, seasoning, texture and intelligent ways to use what is already at home.

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.

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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.

The five-colour skillet

Inspired by Everyday base, this recipe favours generous flavour and a method that remains easy to read. Cooking order changes everything: each vegetable keeps a clear, satisfying texture. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 1 onion
- 2 firm vegetables
- 2 tender vegetables
- 1 handful leafy greens
- 1 tbsp oil
- 1 acid: lemon or vinegar
- Herbs, salt and seeds



ONION



PEPPER



SPINACH



LEMON

The principle to remember

Cooking order changes everything: each vegetable keeps a clear, satisfying texture.

The method, step by step



Prepare
Heat the pan before adding the oil.



Build
Cook the onion and firm vegetables first.



Combine
Add the tender vegetables when the first ones are almost ready.



Cook
Finish with the leaves, then turn off the heat.



Finish
Season with acid, herbs and seeds.

Thoughtful variations

- Mediterranean version with thyme
- Asian version with soy and sesame
- Add chickpeas or an egg

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 1 onion provides the foundation; Herbs, salt and seeds shapes the finish. Cooking order changes everything: each vegetable keeps a clear, satisfying texture. 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 mediterranean version with thyme. 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:



Lemon, pea and ricotta pasta

Inspired by Cupboard + fresh, this recipe favours generous flavour and a method that remains easy to read. Starchy pasta water turns ricotta into a silky sauce without extra cream. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 320 g pasta
- 250 g frozen peas
- 200 g ricotta
- 1 unwaxed lemon
- 40 g Parmesan
- Black pepper and salt
- Mint or basil



PASTA / NOODLES



LEMON



CHEESE



HERBS

The principle to remember

Starchy pasta water turns ricotta into a silky sauce without extra cream.

The method, step by step



Prepare

Cook the pasta in moderately salted water.



Build

Add the peas to the pan 3 minutes before the end.



Combine

Combine ricotta, lemon zest and juice with Parmesan.



Cook

Loosen with a ladle of pasta water.



Finish

Coat the pasta away from the heat and finish with herbs.

Thoughtful variations

- Replace ricotta with fresh goat cheese
- Add spinach
- Use wholemeal pasta

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 320 g pasta provides the foundation; Mint or basil shapes the finish. Starchy pasta water turns ricotta into a silky sauce without extra cream. 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 ricotta with fresh goat cheese. 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 roasted tomato soup

Inspired by Oven or air fryer, this recipe favours generous flavour and a method that remains easy to read. High heat concentrates flavour and removes the need for a long reduction. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 700 g cherry tomatoes
- 1 red pepper
- 1 small onion
- 2 garlic cloves
- 500 ml stock
- 1 tbsp oil
- Paprika, basil and salt



TOMATO



PEPPER



ONION



GARLIC

The principle to remember

High heat concentrates flavour and removes the need for a long reduction.

The method, step by step



Prepare

Roast tomatoes, pepper, onion and garlic at 220°C for 18 minutes.



Build

Transfer the vegetables and their juices to a saucepan.



Combine

Add the stock and paprika, then blend until smooth.



Cook

Simmer for 3 minutes and adjust the consistency.



Finish

Serve with basil and toasted bread.

Thoughtful variations

- Blend in white beans
- Finish with yoghurt
- Use as a pasta sauce

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 cherry tomatoes provides the foundation; Paprika, basil and salt shapes the finish. High heat concentrates flavour and removes the need for a long reduction. 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 blend in white 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:



Pear and walnut tartine

Inspired by Light meal, this recipe favours generous flavour and a method that remains easy to read. The pleasure lies in four contrasts: crisp, creamy, fruity and peppery. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 4 large slices sourdough bread
- 200 g soft cheese
- 2 pears
- 60 g walnuts
- 1 tsp honey
- Lemon
- Pepper and rocket



BREAD



PEAR



WALNUTS



CHEESE

The principle to remember

The pleasure lies in four contrasts: crisp, creamy, fruity and peppery.

The method, step by step



Prepare

Toast the bread lightly so the centre stays tender.



Build

Toss the thinly sliced pears with lemon.



Combine

Spread the cheese in a generous layer.



Cook

Arrange pear, crushed walnuts and rocket.



Finish

Finish with honey, pepper and a few drops of lemon.

Thoughtful variations

- Use apple instead of pear
- Choose a mild blue cheese
- Add cured ham

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 4 large slices sourdough bread provides the foundation; Pepper and rocket shapes the finish. The pleasure lies in four contrasts: crisp, creamy, fruity and peppery. 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 apple instead of pear. 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:



Cupboard chickpea curry

Inspired by One pot, this recipe favours generous flavour and a method that remains easy to read. Rinsing softens the canned taste; a short reduction brings the sauce together. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 2 cans chickpeas
- 400 g chopped tomatoes
- 200 ml coconut milk
- 1 onion
- 1 tbsp curry powder
- 1 tsp cumin
- Lemon, salt and spinach



CHICKPEAS



TOMATO



COCONUT MILK



SPINACH

The principle to remember

Rinsing softens the canned taste; a short reduction brings the sauce together.

The method, step by step



Prepare
Sweat the onion for 5 minutes.



Build
Add the spices and stir for 30 seconds.



Combine
Pour in tomatoes and coconut milk; add the rinsed chickpeas.



Cook
Simmer uncovered for 12 minutes.



Finish
Add spinach and lemon, then adjust the salt.

Thoughtful variations

- Mash one ladleful to thicken
- Add precooked sweet potato
- Serve with yoghurt

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 2 cans chickpeas provides the foundation; Lemon, salt and spinach shapes the finish. Rinsing softens the canned taste; a short reduction brings the sauce together. 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 mash one ladleful to thicken. 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:



Rolled herb omelette

Inspired by Breakfast or supper, this recipe favours generous flavour and a method that remains easy to read. Water creates steam and keeps the omelette supple; gentle heat prevents browning. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 8 eggs
- 2 tbsp water
- 1 bunch mixed herbs
- 2 spring onions
- 60 g grated cheese
- Salt, pepper and oil



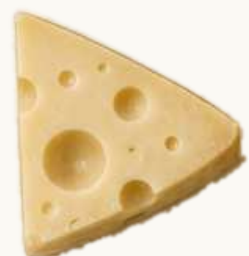
EGG



HERBS



SPRING ONIONS



CHEESE

The principle to remember

Water creates steam and keeps the omelette supple; gentle heat prevents browning.

The method, step by step



Prepare

Beat the eggs with water, salt and pepper.



Build

Pour a thin layer into a non-stick pan.



Combine

Add herbs and cheese while the surface is still slightly wet.



Cook

Roll the omelette over itself with a spatula.



Finish

Rest for one minute, then slice.

Thoughtful variations

- Add cooked mushrooms
- Replace cheese with crumbled tofu
- Serve in a sandwich

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 8 eggs provides the foundation; Salt, pepper and oil shapes the finish. Water creates steam and keeps the omelette supple; gentle heat prevents browning. 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 cooked mushrooms. 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:



Green couscous with feta and citrus

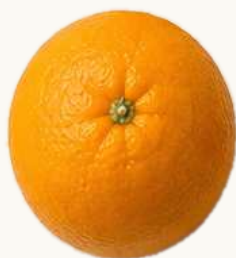
Inspired by Complete bowl, this recipe favours generous flavour and a method that remains easy to read. Fluff while warm, then cool before adding the herbs so they stay vivid. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g medium couscous
- 300 ml boiling water
- 1 cucumber
- 2 oranges
- 150 g feta
- 1 large bunch parsley
- Lemon, olive oil and salt



CUCUMBER



ORANGE



PARSLEY



LEMON

The principle to remember

Fluff while warm, then cool before adding the herbs so they stay vivid.

The method, step by step



Prepare

Pour salted boiling water over the couscous; cover for 5 minutes.



Build

Fluff with a fork and a little oil.



Combine

Segment the oranges over a bowl and keep their juice.



Cook

Add cucumber, feta and plenty of parsley.



Finish

Dress with orange juice, lemon and olive oil.

Thoughtful variations

- Use quinoa
- Add chickpeas
- Replace feta with toasted almonds

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 medium couscous provides the foundation; Lemon, olive oil and salt shapes the finish. Fluff while warm, then cool before adding the herbs so they stay vivid. 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 quinoa. 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 peanut noodles

Inspired by Quick lunch, this recipe favours generous flavour and a method that remains easy to read. The sauce looks too thick before the water is added; add it gradually to preserve the emulsion. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g noodles
- 2 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp honey
- 1 cucumber
- Sesame and chilli, optional



PASTA / NOODLES



SOY SAUCE



CUCUMBER



SESAME

The principle to remember

The sauce looks too thick before the water is added; add it gradually to preserve the emulsion.

The method, step by step



Prepare

Cook the noodles and reserve a cup of water.



Build

Mix peanut butter, soy sauce, vinegar and honey.



Combine

Whisk in hot cooking water until the sauce coats a spoon.



Cook

Add the hot noodles and toss thoroughly.



Finish

Serve with cucumber, sesame and chilli.

Thoughtful variations

- Add shredded chicken
- Use tahini
- Serve cold as a salad

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 noodles provides the foundation; Sesame and chilli, optional shapes the finish. The sauce looks too thick before the water is added; add it gradually to preserve the emulsion. 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 shredded chicken. 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:



Savoury vegetable crumble

Inspired by Use what you have, this recipe favours generous flavour and a method that remains easy to read. A wet base softens the crust: reduce it first or add one spoonful of starch. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 700 g cooked or frozen vegetables
- 80 g flour
- 60 g rolled oats
- 60 g butter or oil
- 50 g Parmesan
- Herbs, salt and pepper



FLOUR



OATS



BUTTER



CHEESE

The principle to remember

A wet base softens the crust: reduce it first or add one spoonful of starch.

The method, step by step



Prepare

Warm the vegetables in a dish and evaporate excess water.



Build

Rub flour, oats, fat and Parmesan together with your fingertips.



Combine

Season the vegetables with herbs and pepper.



Cook

Scatter the crumble loosely without pressing.



Finish

Bake for 20 minutes at 200°C until golden.

Thoughtful variations

- Spread mustard beneath the topping
- Use ground hazelnuts
- Bake as individual portions

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 cooked or frozen vegetables provides the foundation; Herbs, salt and pepper shapes the finish. A wet base softens the crust: reduce it first or add one spoonful of starch. 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 spread mustard beneath the topping. 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:



Instant frozen fruit yoghurt

Inspired by Dessert, this recipe favours generous flavour and a method that remains easy to read. Long blending melts the mixture. Work quickly with fruit that is completely frozen. Read it once, prepare every element, then let time and heat do their work.

Ingredients · serves 4

- 500 g frozen berries
- 250 g Greek yoghurt
- 2 tbsp honey
- 1 lemon
- Vanilla
- Pistachios or coconut



The principle to remember

Long blending melts the mixture. Work quickly with fruit that is completely frozen.

The method, step by step



Prepare
Chill the blender bowl if possible.



Build
Pulse the frozen fruit first.



Combine
Add yoghurt, honey, vanilla and lemon.



Cook
Blend only until smooth and dense.



Finish
Serve at once with pistachios, or freeze for 30 minutes.

Thoughtful variations

- Use mango
- Replace yoghurt with coconut yoghurt
- Add basil or mint

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 frozen berries provides the foundation; Pistachios or coconut shapes the finish. Long blending melts the mixture. Work quickly with fruit that is completely frozen. 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 mango. 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.

