

Food Lovers

Savory Delights



“Balance is key in cooking - you want a little acid, a little sweet, a little savory - the flavors should be harmonious.”

-Gail Simmons

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for Dinners!

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Three Cheese Creamy Pasta Bake

This **Three Cheese Creamy Pasta Bake** is extra rich and delicious. It's the perfect comfort food that will leave you wanting more. The combination of three cheeses – Parmesan, mozzarella and white cheddar is perfect in this dish which also has pasta in a creamy cheesy sauce. I hope you enjoy!

Ingredients

250 gr / 9 oz **dried pasta**, of choice
2 tablespoons **butter**
 $\frac{1}{2}$ **onion**, finely chopped
2 **garlic cloves**, minced
2 tablespoons **all purpose flour**
240 gr / 1 cup **whole milk**
120 gr / $\frac{1}{2}$ cup **heavy cream**
120 gr / $\frac{1}{2}$ cup **chicken broth**
1 teaspoon **fine salt**
 $\frac{1}{4}$ teaspoon **white pepper**
Pinch of **ground nutmeg**
42.5 gr / 1.5 oz **grated Parmesan**
70 gr / 2.5 oz **shredded mozzarella**
70 gr / 2.5 oz **shredded white cheddar**

Directions

- 1) Preheat oven to 175C / 350F.
- 2) Cook the pasta in a pot of salted boiling water according to package instructions. Don't overcook it at this stage because it will cook more in the oven.
- 3) Meanwhile make the sauce by melting the butter in a large pan or Dutch oven over medium high heat. Add the chopped onion to the butter and cook until soft. About 3-4 minutes.
- 4) Add the minced garlic and cook until fragrant. About 1 minute.
- 5) Stir in the flour for about 30 seconds and then gradually whisk in the milk until it starts to thicken.
- 6) Whisk in the cream and chicken broth until smooth and lump free. Use more milk if you want the sauce to be thinner.
- 7) Season with salt, pepper and ground nutmeg. Add in the Parmesan and stir until melted. Add the cooked pasta to the sauce and stir until combined.
- 8) Transfer to a small/medium baking pan (7x11 inch) and top with shredded mozzarella and white cheddar cheese.
- 9) Bake for 20-25 minutes or until the cheese is lightly golden and bubbly.
- 10) Take out of the oven and let sit for 5 minutes before serving.



Garlic Butter Parmesan Fried Gnocchi



Just a simple delicious gnocchi recipe coming your way. This **Garlic Butter Parmesan Fried Gnocchi** is such an easy and flavorful dish. It's ready in only 15 minutes and you only need a handful of ingredients to make this into the perfect weeknight dinner for 2 or an amazing appetizer for 4. I hope you enjoy!

Ingredients

- 4 tbsps **unsalted butter**
- 500 gr / 1 pound **gnocchi**
- ½ tsp **fine sea salt**
- 3 cloves **garlic**, *minced*
- 45 gr / ½ cup **grated Parmesan**
- 2 tbsps **fresh parsley**, *chopped*

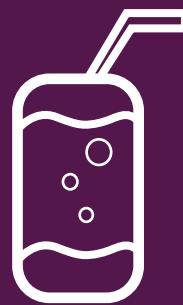
Directions

- 1) Melt 3 tbsps of butter in a medium sized skillet over medium high heat. Leaving 1 tbsp of butter behind.
- 2) Add the gnocchi to the pan and season with salt. Fry for 8-10 minutes until crispy and starting to brown. Stir frequently to avoid any sides burning.
- 3) In the last 30 seconds of cooking stir in the remaining 1 tablespoon of butter, minced garlic and HALF of the grated Parmesan cheese. Stir constantly until everything has melted to prevent the gnocchi from sticking together.
- 4) Remove from heat and stir in chopped fresh parsley and remaining grated Parmesan cheese. Serve immediately.

Note:

If you want more of the butter sauce you can add more than 1 tbsp of butter in the last 30 seconds.

Oven Baked Coca Cola Chicken Thighs



Family friendly **Oven Baked Coca Cola Chicken Thighs** in the most delicious sticky coca cola glaze that makes the perfect comforting dinner. They are garnished with sesame seeds, sliced spring onions and served with rice. I hope you enjoy!

Ingredients

200 gr / 1 cup **packed brown sugar**
330 ml / 12 oz can of **Coke Zero**
2 tablespoons **soy sauce**
2 tablespoons **cornflour**
2 tablespoons **water**
500 gr / 1 pound **chicken thighs**
Fine sea salt and black pepper
2 **garlic cloves**, *minced*
 $\frac{1}{2}$ **onion**, *sliced*

Garnish:

Sesame seeds
Spring onions, *sliced*

Directions

- 1) Preheat oven to 190C / 375F
- 2) Combine the brown sugar, Coke Zero and soy sauce in a medium saucepan over high heat until boiling.
- 3) Stir the cornstarch and water together in a small bowl, then stir it into the boiling sauce until combined and lump free.
- 4) Boil the sauce for 5-7 minutes or until it has reached your desired thickness.
- 5) Season the chicken thighs with salt and pepper and place in a baking pan. Scatter the minced garlic and sliced onion in the pan as well.
- 6) Pour the sauce over the chicken thighs and turn them until well coated in the sauce.
- 7) Bake with skin side up in the preheated oven for 30-35 minutes or until the chicken is cooked through. Brush the chicken thighs halfway through cooking with coca cola glaze from the pan. (If using boneless skinless chicken thighs baking time would be around 20-25 minutes.)
- 8) Once cooked, take out of the oven and let rest for 5 minutes before serving.





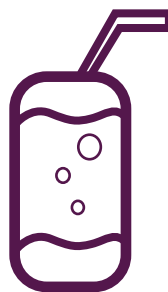
Ingredients

- 1 kg / 2 pounds **chicken wings**
- Fine sea salt** and **black pepper**
- 200 gr / 1 cup packed **brown sugar**
- 330 ml / 12 oz can of **Coke Zero**
- 2 tablespoons **soy sauce**
- 2 tablespoons **cornflour**
- 2 tablespoons **water**

Directions

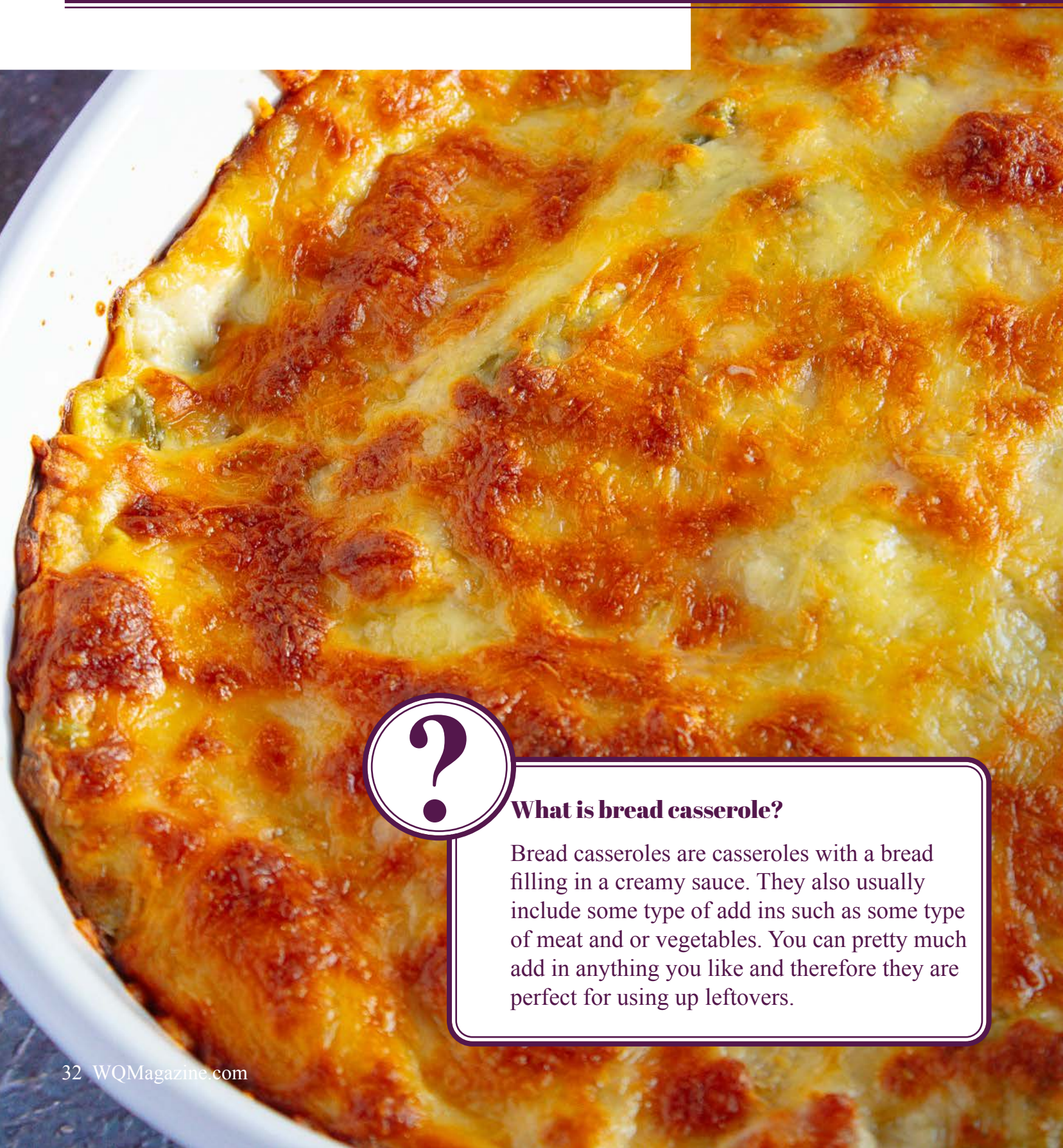
- 1) Preheat the oven to 175C / 350F.
- 2) Cut the wings into wingettes and drumettes. Season with salt and pepper and place in a baking dish.
- 3) Combine the brown sugar, Coke Zero and soy sauce in a medium saucepan over high heat until boiling.
- 4) Stir the cornstarch and water together in a small bowl, then stir it into the boiling sauce until combined and lump free.
- 5) Boil the sauce for 3-5 minutes until it has thickened and turned into a glaze.
- 6) Pour the glaze over the chicken wings and turn them until well coated.
- 7) Bake in the preheated oven for 60-75 minutes or until the glaze is sticky. Turn the wings about halfway done.
- 8) Once cooked, take out of the oven and let rest for 5 minutes before serving.

Sticky Coca Cola Chicken Wings



These **Sticky Coca Cola Chicken Wings** are super delicious. They make the perfect snack or appetizer. You can also use the coca cola glaze on chicken thighs, chicken breast or any other chicken pieces. They are great served on their own or with some rice or noodles. I hope you enjoy!

Ham and Asparagus Bread Casserole



What is bread casserole?

Bread casseroles are casseroles with a bread filling in a creamy sauce. They also usually include some type of add ins such as some type of meat and or vegetables. You can pretty much add in anything you like and therefore they are perfect for using up leftovers.

This simple and delicious **Ham and Asparagus Bread Casserole** is the perfect dish for any mealtime or occasion. It consists of a bread filling with a creamy sauce, ham and asparagus. Which happens to be a combination I have always loved. It is then topped with shredded cheese and baked in the oven until golden brown.

Ingredients

15 slices **sandwich bread**
150 gr / 5.3 oz **sour cream**
150 gr / 5.3 oz **mayonnaise**
1 can cream of **mushroom soup**
200 gr / 7 oz **ham, diced**
1 can of **diced asparagus, drained**
115 gr / 4 oz **shredded Mozzarella cheese**
Salt, pepper

Directions

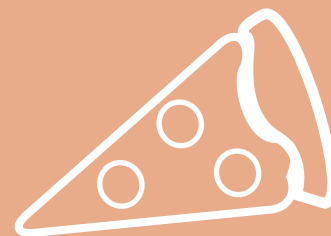
1. Preheat oven to 190C / 375F
2. Slice the ends of the sandwich bread and cut each slice into 4 cubes.
3. In a large nonstick skillet (or other) over medium heat combine together sour cream, mayonnaise and cream of mushroom soup until melted together.
4. Add the cubed ham and diced asparagus to the mixture and stir together until everything is well together.
5. Season with salt and pepper.
6. Take off the heat and add the bread cubes to the pan and carefully mix together until all of the bread is soaked in the sauce.
7. Pour the mixture in a casserole dish.
8. Top with shredded Mozzarella cheese and bake in the oven for 20-25 minutes or until the cheese is golden brown.





Italian Meatball & Filled Pasta Bake

This Italian Meatball & Filled Pasta Bake is easy, family friendly and super comforting. It has homemade Italian meatballs, marinara sauce, cheese and whether you're a fan of tortellini or ravioli, this pasta bake has both.



1 rye crispbread round
Tomato sauce or pizza sauce
225 gr / 8 oz fresh mozzarella cheese
Fresh basil, for garnish
Extra virgin olive oil (optional)

Directions

1. Preheat oven to 230C / 450F.
2. Spread the sauce over the crispbread base.
3. Top with torn or sliced fresh mozzarella cheese.
4. Bake for 10 minutes or until the cheese is melted.
5. Top with fresh basil and drizzle with olive oil, if desired.
6. Slice into 8 slices and serve!

Ham & Banana Crispbread Pizza



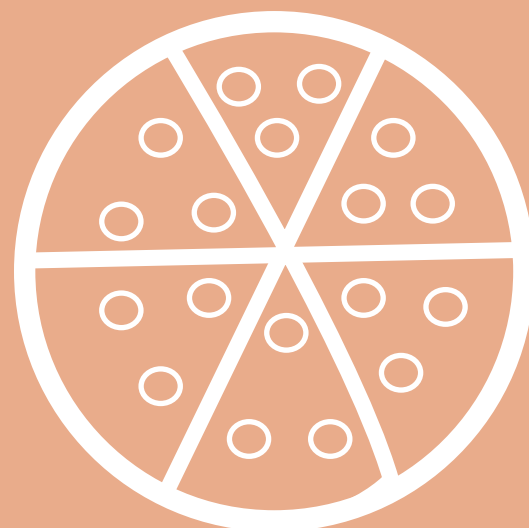
Ingredients

- 1 rye crispbread round
- Tomato sauce or pizza sauce
- 100 gr / 3.5 oz grated mozzarella
- 55 gr / 2 oz sliced ham
- 1 large banana, *sliced*
- Dried oregano (optional)
- Handful of rucola, *for garnish*

Directions

1. Preheat oven to 230C / 450F.
2. Spread the sauce over the crispbread base.
3. Top with grated mozzarella cheese, sliced ham and banana.
4. Sprinkle with dried oregano, if desired.
5. Bake for 10 minutes or until the cheese is melted.
6. Top with rucola leaves and serve.

This **Ham & Banana Crispbread Pizza** is super easy and a healthier way of making homemade pizza. It's made using a rye crispbread base instead of pizza dough and then it's topped with delicious ham and bananas or your favorite pizza toppings.





Cheese Crusted Pizza Grilled Cheese

Let me introduce you to my favorite way of making grilled cheese and my favorite grilled cheese combination! **Cheese Crusted Pizza Grilled Cheese**. When you also put cheese on TOP of the bread, something wonderful happens. The cheese melts into the bread and creates a crispy cheesy crust on the outside.



Ingredients

2 slices sandwich bread, any type

Pizza sauce

3 slices mozzarella cheese

Dried oregano

2 tbsp salted butter

Optional: Toppings of choice (pepperoni, ham, other)

Directions

- 1) Spread pizza sauce on both slices of bread.
- 2) Top with 2 slices of the cheese.
- 3) Sprinkle with dried oregano.
- 4) Top with remaining slice of bread and 1 slice of cheese.
- 5) Melt butter in a nonstick skillet over medium high heat. (cast iron also works)
- 6) I put 1 tbsp of butter to fry one side of the bread and the other tablespoon of butter when flipping.
- 7) Place the sandwich in the skillet cheese side up and cook until golden brown for 3-5 minutes. Flip the sandwich to the cheese side and cook for an additional 3-5 minutes until cheese is crispy golden. Serve right away!



Cheese Crusted Hawaiian Grilled Cheese

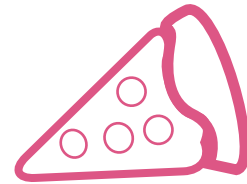
For all you ham and pineapple fans out there. **This Cheese Crusted Hawaiian Grilled Cheese** is THE comfort food for you. This method of grilled cheese sandwiches is the **ONLY** way I make grilled cheese and have been doing so for years or ever since I picked it up when I was a teenager experimenting in the kitchen. The original way I made it was with pizza sauce, cheese and dried oregano. You can then add your favorite pizza toppings to it.

Ingredients

- 2 slices **sourdough bread**
- 2-3 slices **extra thin ham**
- 1x slice **canned pineapple**, or chunks
- Shredded **mozzarella cheese**, or other
- Dried oregano**
- 2 **tbsp salted butter**

Directions

- 1) Put ham and pineapple on 1 slice of bread. Top with shredded cheese.
- 2) Sprinkle with dried oregano.
- 3) Top with remaining slice of bread and shredded cheese.
- 4) Melt butter in a nonstick skillet over medium high heat. (cast iron also works)
- 5) Place the sandwich in the skillet cheese side up and cook until golden brown for 3-5 minutes. Flip the sandwich to the cheese side and cook for an additional 3-5 minutes until cheese is crispy golden on the outside and melted on the inside. Serve right away!



Ingredients

450 gr / 1 lb **pizza dough**, store bought or homemade

3 tbsp **chili jam**

100 gr / 3.5 oz **Mozzarella cheese**, shredded

Handful of **arugula**

4 thin slices **prosciutto**, torn in pieces

3 tbsp **Parmesan cheese**, *grated or shaved*

Directions

1) Preheat oven to 260C / 500F and place your oven rack in the upper 1/3 of your oven. Lightly spray a baking sheet or pizza tray/pizza crisper with oil.

2) On a lightly floured surface roll the pizza dough out until you have reached your desired thickness. About a 12 inch circle.

3) Place the pizza dough on the prepared pizza tray.

4) Using the back of a spoon, gently spread the chili jam onto the dough.

5) Top with shredded Mozzarella cheese.

6) Slide into the preheated oven and bake for 10-15 minutes or until the cheese is golden.

7) Once cooked, take out of the oven and top with arugula, torn prosciutto and grated Parmesan cheese.

8) Slice and serve immediately.

Chili Jam Prosciutto Arugula Pizza

This **Chili Jam Prosciutto Arugula Pizza** is unlike anything you've ever tasted before. With sweet and spicy flavors from the chili jam used instead of a tomato sauce base that goes perfectly with the salty flavor of dry cured ham and parmesan cheese. This pizza is both unique and delicious at the same time. I hope you enjoy!

Creamy Rotisserie Chicken Salad

This **Creamy Rotisserie Chicken Salad** is made from store bought or homemade rotisserie chicken. I then add in some celery, red onion, avocado, corn and grapes. It's then combined together with creamy mayo and sour cream. It's perfect for sandwiches and wraps with some lettuce or rucola. I hope you enjoy!

Ingredients

1 cooked rotisserie chicken
(store bought or homemade)
2-3 celery stalks, chopped
½ red onion, finely chopped
1 large avocado, diced
165 gr / 1 cup canned corn, drained
200 gr / 2 cups red grapes, halved
115 gr / ½ cup mayonnaise
115 gr / ½ cup sour cream or yogurt
4 tablespoons fresh lemon juice
1 teaspoon fine salt
½ teaspoon ground pepper

Directions

- 1) Pull the meat off the bones of the rotisserie chicken and shred into pieces.
- 2) Mix all of the ingredients together in a large mixing bowl.
- 3) Season with salt and pepper..
- 4) Store in the refrigerator in an airtight container.



Air Fryer Whole Roasted Chicken



This **Air Fryer Whole Roasted Chicken** is going to be your new favorite way of cooking whole chicken. In 1 hour you have the perfect rotisserie chicken dinner that comes out juicy and tender every time. You can serve it either as a main course or use it in so many other recipes that require cooked chicken. I hope you enjoy!

Ingredients

1 1.4-1.8 KG / 3-4 lb chicken

1 tablespoon olive oil

2 tablespoons **chicken seasoning**
(homemade or store bought)

Directions

Preheat the air fryer to 180C / 360F.

Remove the chicken from packaging and pat dry with a paper towel. Make sure that the cavity of the chicken is empty.

Rub the chicken with olive oil and then season all sides of the chicken. Also season the inside of the chicken.

Tie the legs of the chicken together or tuck them under the loose skin.

Place the chicken breast side down into the air fryer basket and cook for 25-30 minutes.

Carefully turn the chicken around and cook for additional 25-30 minutes until the chicken is golden brown and crispy with the internal temperature of 82C / 180F.

Once cooked, remove the chicken from the air fryer and let rest for 5-10 minutes before cutting and serving.



Ingredients

- 4 tablespoons **fine salt**
- 4 tablespoons **paprika**
- 2 tablespoons **white pepper**
- 2 tablespoons **garlic powder**
- 2 tablespoons **onion powder**
- 2 teaspoons **ground black pepper**
- 1-2 teaspoons **cayenne pepper**

Directions

Mix all of the spices together in a small bowl and transfer to an air tight container or glass jar. Store for up to 2-3 years.



Homemade Rotisserie Chicken Seasoning

This **Homemade Rotisserie Chicken Seasoning** is super easy to make and my go to seasoning for all things chicken. It's great on seafood and vegetables as well. It has the perfect combination of spices for many different cooking method whether it's roasting, baking, grilling or air frying chicken. The best thing about it is it's made using everyday spices that are most likely already in your pantry. I hope you enjoy!



Homemade Pepperoni Pizza Burgers

These 30 minutes **Homemade Pepperoni Pizza Burgers** are a fun and delicious twist on one of summer's most popular food. Homemade hamburger patties that are topped with mozzarella, pepperoni and dried oregano for extra pizza flavor. They are then served on toasted hamburger buns with melted butter, Parmesan cheese and topped with marinara sauce. I hope you enjoy!

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Ingredients

675 gr / 1 ½ lb **ground beef**
1 teaspoon **Italian seasoning**
½ teaspoon **garlic powder**
Fine salt and **black pepper**
2 tablespoons **vegetable oil**
4 slices **mozzarella cheese**
12 **pepperoni slices**
1 teaspoon **dried oregano**
4 **hamburger buns**
2 tablespoons **butter**, *melted*
Freshly **grated Parmesan**
8 tablespoons **marinara sauce**

Directions

- 1) Preheat oven to 175C / 350F.
- 2) In a large bowl, combine ground beef, Italian seasoning and garlic powder until combined. Form 4 hamburger patties using your hands and season both sides with salt and pepper.
- 3) Brush the hamburger buns with melted butter on the inside of each half and sprinkle with freshly grated Parmesan cheese.
- 4) Heat the oil in a large skillet over medium high heat. Add the burgers and cook for 3-5 minutes, then flip and top the burgers with cheese and pepperoni. Cook until they have reached your desired doneness. About 3-5 minutes.
- 5) Sprinkle with dried oregano.
- 6) Meanwhile, bake the hamburger buns in the oven until golden and crispy. About 3-5 minutes.
- 7) Once ready, spread marinara sauce on the buns and top with the burgers. Serve immediately.