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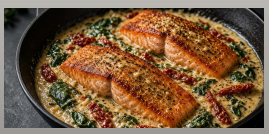
Free · The Complete Kitchen Collection











5 FREE RECIPES · SAMPLER

The Tasting Sampler

Five signature recipes, one from each Simmer & Co. guide.

US MEASUREMENTS · NUTRITION PER SERVING · CHEF-TESTED METHOD



WELCOME

Let's get cooking.

This free sampler gives you one signature recipe from each of our five digital guides, so you can cook from them before you decide. Each recipe gets the same three-page spread as the full guides: the plate and an ingredient checklist, the method with sensory cues, then a page of chef's notes on why it works, common mistakes, swaps, scaling and storage. Start with the four core techniques on pages 4–5.

TIME
Start to table, including any roasting or chilling noted.

SERVES
Servings the recipe makes as written.

KCAL*
Estimated calories per serving.

PROTEIN*
Estimated grams of protein per serving.

*Nutrition values are estimates for guidance only, not medical or dietary advice. Measurements are US standard (cups, tbsp, oz, °F).

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25 MIN



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20 MIN

Tip: tap a title to jump to the recipe.





High-Protein The perfect sear

Browning (the Maillard reaction) only happens on a dry surface in a hot pan. Moisture drops the surface to 212°F and the meat steams gray instead.

STEP 1
Pat the protein completely dry and season it 15 minutes ahead (or right before).

STEP 2
Heat the pan 2 minutes over medium-high, then add oil; it should shimmer.

STEP 3
Lay the meat away from you and don't move it. It releases on its own when the crust has formed.

LOOK FOR *Sizzle stays loud and steady; edges turn opaque; the piece lifts without sticking.*



One-Pan Dinners Don't crowd the pan

Food packed too tightly releases steam that can't escape, so it simmers instead of browning. Space equals color, and color equals flavor.

STEP 1
Use a 12-inch skillet or a large rimmed sheet pan for 4 servings.

STEP 2
Leave a finger-width gap between pieces; cook in two batches if needed.

STEP 3
Spread vegetables in one layer and roast on the upper-middle rack at 425°F.

LOOK FOR *You see pan between the pieces; edges brown within minutes, not sweat.*



Bowls & Pastas Starchy water emulsion

Pasta water is full of dissolved starch. Tossed vigorously with fat (butter, oil, cheese), it binds them into a glossy sauce that clings instead of pooling.

STEP 1
Scoop out 1 cup of pasta water before draining.

STEP 2
Move the pasta into the sauce 1 minute before it's al dente.

STEP 3
Toss hard over medium heat, adding water 2 tbsp at a time.

LOOK FOR *Sauce turns from greasy to creamy and coats the back of a spoon.*



Burgers & Sauces The smash

Pressing a cold ball of beef hard onto a smoking-hot surface in the first 10 seconds maximizes contact and creates the lacy, deeply browned crust smash burgers are known for.

STEP 1
Heat cast iron over high heat 3–5 minutes until it just smokes.

STEP 2
Place the ball, cover with parchment and press down hard with a stiff spatula for 10 seconds.

STEP 3
Season the top immediately and don't touch it again until it's time to flip.

LOOK FOR *Thin, wide patty with jagged edges that brown and crisp within a minute.*



BOWL

HIGH-PROTEIN

No. 01

Grilled Chicken & Quinoa Power Bowl

Juicy seared chicken over fluffy quinoa with creamy avocado, edamame and a bright lemon drizzle.

25 min	2	540	49g
TIME	SERVES	KCAL*	PROTEIN*

GF DF

INGREDIENTS

- [ ] 2 boneless, skinless chicken breasts (about 12 oz total)
- [ ] 1 cup cooked quinoa, warm
- [ ] 1 ripe avocado, sliced
- [ ] ½ cup shelled edamame, thawed
- [ ] 1 cup cherry tomatoes, halved
- [ ] 2 cups mixed greens
- [ ] 1 tbsp olive oil
- [ ] ½ lemon, juiced
- [ ] ½ tsp garlic powder, plus salt and black pepper



NO. 01 · METHOD

Grilled Chicken & Quinoa Power Bowl

MISE EN PLACE

Cook the quinoa up to 4 days ahead. Pound the chicken to ¾ inch and season it up to 24 hours ahead; refrigerate uncovered so the surface dries for a better sear.

1. Pat the chicken dry and season both sides with garlic powder, salt and pepper.
2. Heat half the olive oil in a skillet over medium-high heat. Sear the chicken 6–7 minutes per side until golden and 165°F inside. Rest 5 minutes, then slice.
3. While the chicken rests, fluff the quinoa and divide it between two bowls with the greens.
4. Arrange the avocado, edamame and tomatoes around the bowl, then top with sliced chicken.
5. Whisk the remaining olive oil with the lemon juice and a pinch of salt; drizzle over each bowl.

WATCH FOR

- Oil shimmers and flows like water before the chicken goes in: that's about 400°F at the pan surface.
- Don't move the chicken for the first 5 minutes; it releases on its own when a golden crust forms.
- Cook until the thickest part reads 165°F, then rest 5 minutes so the juices settle.

CHEF'S TIP

Pound thick breasts to an even ¾ inch so they cook evenly and stay juicy.



WHY IT WORKS

Even thickness = juicy chicken

A breast tapers from 1½ inches to ½ inch, so the thin end dries out before the thick end is safe. Pounding it to an even ¾ inch between plastic wrap lets the whole piece reach 165°F at the same time.

COMMON MISTAKES

- × Slicing straight away: the juices run onto the board. Rest 5 minutes first.
- × Dressing the greens in advance for meal prep; they wilt by day two.

SWAPS & DIETARY

- Chicken thighs (cook to 175°F for the best texture).
- Farro or brown rice instead of quinoa.
- Vegetarian: 1 can drained chickpeas, roasted at 425°F for 20 minutes.

SCALING

Doubles easily; sear in two batches so the pan stays hot.

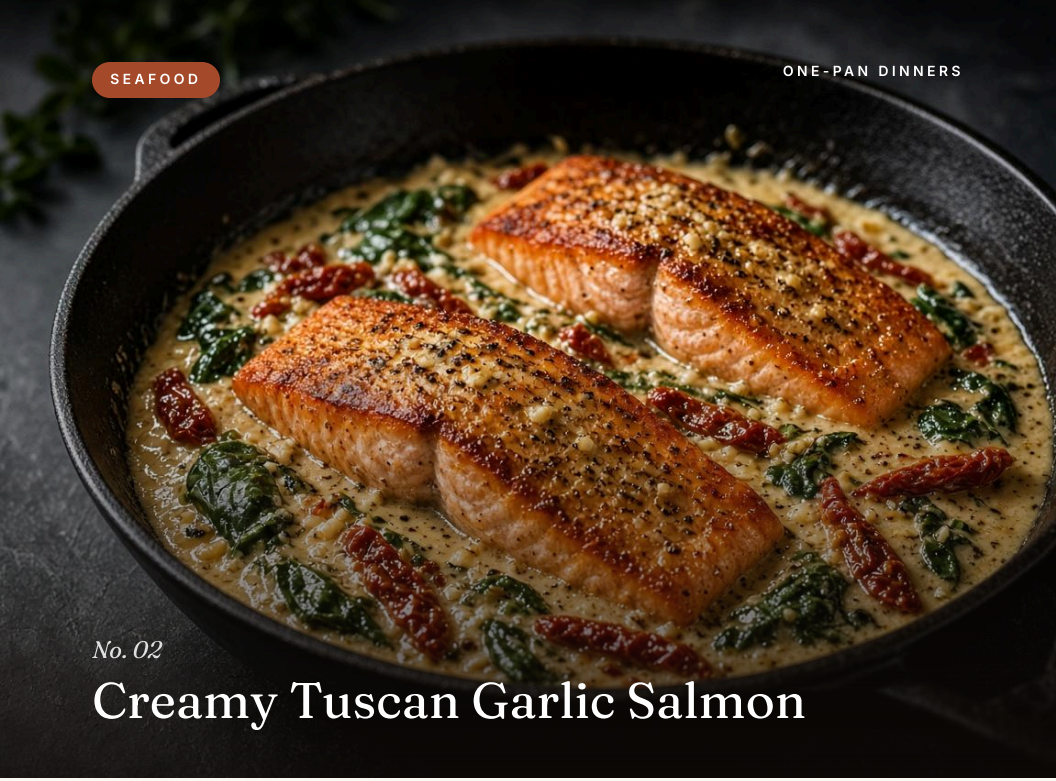
MAKE AHEAD & STORAGE

Store components separately for up to 4 days; slice avocado just before eating. Eat cold, or warm the chicken and quinoa 60–90 seconds in the microwave, covered, before adding the cold toppings.

SERVE WITH *A sparkling water with cucumber, or a crisp Sauvignon Blanc.*

NOTES

*Nutrition is estimated per serving from standard USDA values for the listed ingredients and will vary with brands and portions. Optional toppings are not included.



No. 02

Creamy Tuscan Garlic Salmon

Golden salmon in a velvety garlic-parmesan cream with sun-dried tomatoes and spinach. Restaurant-level in one skillet.

20 min	2	690	41g
TIME	SERVES	KCAL*	PROTEIN*

GF · ONE PAN

INGREDIENTS

- [ ] 2 salmon fillets (about 6 oz each), patted dry
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] ½ cup sun-dried tomatoes in oil, drained and chopped
- [ ] 2 cups baby spinach
- [ ] ⅓ cup heavy cream
- [ ] ¼ cup grated parmesan
- [ ] Salt, pepper and a pinch of red pepper flakes



NO. 02 · METHOD

Creamy Tuscan Garlic Salmon

MISE EN PLACE

Pat the salmon very dry and let it sit at room temperature for 10 minutes. Mince the garlic, chop the tomatoes and measure the cream and parmesan before you start.

1. Season the salmon with salt and pepper. Sear in olive oil over medium-high, 3–4 minutes per side, until it flakes (145°F). Transfer to a plate.
2. Lower the heat to medium. Melt the butter and cook the garlic 30 seconds until fragrant.
3. Add the sun-dried tomatoes and spinach; stir until the spinach wilts.
4. Pour in the cream and parmesan and simmer 2 minutes until slightly thickened.
5. Return the salmon to the pan and spoon the sauce over the top.

WATCH FOR

- Salmon sizzles steadily; it's ready to flip when the bottom third turns opaque and it releases from the pan.
- Garlic is ready when it smells sweet and turns pale gold, after about 30 seconds. Brown garlic tastes bitter.
- The sauce is ready when it coats a spoon and leaves a trail when you drag a finger through it.

CHEF'S TIP

Start the salmon skin-side down (if it has skin) and don't move it. It will release when ready.



CHEF'S NOTES · NO. 02

WHY IT WORKS

Sear, then sauce in the same pan

Searing leaves browned bits (fond) on the pan. Lowering the heat before the butter and garlic go in stops them burning, and the cream dissolves the fond into a deeply savory sauce.

COMMON MISTAKES

- × Simmering the salmon in the sauce for long; it overcooks. Just spoon the sauce over it.
- × Adding the parmesan over high heat; it clumps. Keep the sauce at a gentle simmer.

SWAPS & DIETARY

- Chicken cutlets (cook to 165°F).
- Dairy-free: full-cat coconut milk and nutritional yeast.
- Kale instead of spinach (cook 2 minutes longer).

SCALING

For 4 fillets, sear in two batches and double the sauce.

MAKE AHEAD & STORAGE

Best fresh; keeps 2 days. Reheat gently over low heat. Reheat gently, covered, over low heat 5–6 minutes. Add a splash of cream if the sauce has tightened.

SERVE WITH *Crusty bread for the sauce, or orzo; a glass of Pinot Grigio.*

NOTES

*Nutrition is estimated per serving from standard USDA values for the listed ingredients and will vary with brands and portions. Optional toppings are not included.



No. 03

Dark Cacao & Raspberry Mousse

Impossibly silky chocolate mousse made with avocado. Nobody will guess.

10 min	2	230	4g
TIME	SERVES	KCAL*	PROTEIN*

VG GF NO-BAKE

INGREDIENTS

- [ ] 1 large ripe avocado
- [ ] 3 tbsp unsweetened cacao or cocoa powder
- [ ] 2 tbsp pure maple syrup or honey
- [ ] ¼ cup milk of choice
- [ ] ½ tsp vanilla extract
- [ ] Pinch of sea salt
- [ ] ½ cup fresh raspberries
- [ ] 1 tsp cacao nibs, optional



NO. 03 · METHOD

Dark Cacao & Raspberry Mousse

MISE EN PLACE

Use an avocado that yields to gentle pressure but has no brown spots inside. Chill your serving glasses for 10 minutes.

1. Scoop the avocado into a blender or food processor.
2. Add cacao, maple syrup, milk, vanilla and salt.
3. Blend 1 minute, scraping the sides, until completely smooth and glossy.
4. Taste and add a little more maple if you like it sweeter.
5. Spoon into glasses, chill 10 minutes, and top with raspberries and cacao nibs.

WATCH FOR

- Blend until completely glossy with no green flecks; stop and scrape the sides twice.
- Taste before chilling: it should taste like dark chocolate, not avocado. Add maple and salt to balance.
- The texture sets thicker and silkier after 10 minutes in the fridge.

CHEF'S TIP

Use a very ripe avocado with no stringy spots for the smoothest texture.



CHEF'S NOTES · NO. 03

WHY IT WORKS

Fat makes it silky

Avocado's natural fat and emulsifiers do the work of cream and egg yolks in a classic mousse. A food processor gives the smoothest result; a blender works with the milk added first.

COMMON MISTAKES

- × Using an underripe avocado; it tastes grassy and stays lumpy.
- × Skipping the salt; it's what makes the chocolate taste rich instead of flat.

SWAPS & DIETARY

- Vegan: maple syrup and plant milk.
- Orange zest instead of vanilla.
- Strawberries or cherries instead of raspberries.

SCALING

Doubles in a food processor; 1 avocado makes 2 servings.

MAKE AHEAD & STORAGE

Cover the surface with plastic wrap; keeps 2 days refrigerated.

SERVE WITH *A spoonful of coconut yogurt and fresh mint.*

NOTES

*Nutrition is estimated per serving from standard USDA values for the listed ingredients and will vary with brands and portions. Optional toppings are not included.



No. 04

Roasted Cherry Tomato & Burrata Tagliatelle

Jammy, blistered tomatoes tossed with silky ribbons of pasta and crowned with creamy burrata.

25 min	3	480	18g
TIME	SERVES	KCAL*	PROTEIN*

V

INGREDIENTS

- [ ] 8 oz tagliatelle or fettuccine
- [ ] 1½ cups cherry tomatoes
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, thinly sliced
- [ ] Pinch of red pepper flakes
- [ ] 1 ball (4 oz) fresh burrata
- [ ] 2 tbsp grated parmesan
- [ ] Fresh basil and cracked black pepper



NO. 04 · METHOD

Roasted Cherry Tomato & Burrata Tagliatelle

MISE EN PLACE

Take the burrata out of the fridge 20 minutes before serving. Slice the garlic thinly and bring 4 quarts of water to a boil with 1 tbsp kosher salt.

1. Boil the pasta in well-salted water until al dente; reserve ⅓ cup pasta water.
2. Meanwhile, heat the oil in a wide skillet over medium-high. Add tomatoes and a pinch of salt; cook 6–8 minutes until they burst.
3. Add the garlic and pepper flakes and press the tomatoes to release their juices.
4. Add the pasta and a splash of pasta water; toss 1 minute until glossy. Stir in the parmesan.
5. Plate, tear the burrata over the top and finish with basil, pepper and a drizzle of oil.

WATCH FOR

- Tomatoes are ready when the skins split and they slump and release juice, after 6–8 minutes.
- Garlic should sizzle and turn pale gold; add it after the tomatoes so it doesn't burn.
- Toss until the sauce turns glossy and clings to the pasta, about 1 minute.

CHEF'S TIP

Let burrata come to room temperature for 20 minutes. It's creamier.



CHEF'S NOTES · NO. 04

WHY IT WORKS

Finish pasta in the pan

Pulling the pasta a minute early and tossing it with the sauce and starchy water lets it absorb flavor and creates an emulsified, glossy sauce instead of a watery one.

COMMON MISTAKES

- × Rinsing the pasta; you wash away the starch the sauce needs.
- × Tearing cold burrata over the pasta; it chills the dish and tastes muted.

SWAPS & DIETARY

- Gluten-free: GF fettuccine.
- Fresh mozzarella or ricotta instead of burrata.
- Add ½ cup chopped olives or capers.

SCALING

Use a 12-inch skillet for 6 servings; burst the tomatoes in two batches.

MAKE AHEAD & STORAGE

Best fresh; pasta keeps 2 days without burrata. Best fresh. Reheat leftover pasta (without burrata) with a splash of water.

SERVE WITH *A glass of Chianti and an arugula salad.*

NOTES

*Nutrition is estimated per serving from standard USDA values for the listed ingredients and will vary with brands and portions. Optional toppings are not included.



No. 05

Double Truffle Smash Burger

Two lacy-edged patties, aged white cheddar, sweet caramelized shallots and truffle burger sauce on buttery brioche.

20 min	2	1050	49g
TIME	SERVES	KCAL*	PROTEIN*

DATE NIGHT

INGREDIENTS

- [ ] 12 oz 80/20 ground chuck, divided into 4 loose balls
- [ ] 4 slices aged white cheddar
- [ ] 2 brioche buns, buttered
- [ ] 2 shallots, thinly sliced + 1 tbsp butter
- [ ] 3 tbsp Truffle Mayo (see recipe)
- [ ] Kosher salt and cracked black pepper



NO. 05 · METHOD

Double Truffle Smash Burger

MISE EN PLACE

Make the Truffle Mayo and jammy shallots up to 3 days ahead. Portion the chuck into 4 loose 3-oz balls and keep them cold until the pan is ready. Cut 4 parchment squares.

1. Cook the shallots in butter over medium-low, 10 minutes, until jammy. Set aside and toast the buns cut-side down until golden.
2. Heat a cast-iron skillet over high heat until smoking.
3. Add the beef balls, top with parchment and smash firmly with a spatula for 10 seconds into thin patties. Season with salt and pepper.
4. Cook 2 minutes until deeply browned with crispy edges, scrape and flip, top with cheddar and cook 1 minute (to 160°F).
5. Spread truffle mayo on both buns, stack two patties, add shallots and serve hot.

WATCH FOR

- The pan is ready when a drop of water skitters and evaporates instantly and you see the first wisp of smoke.
- Listen for a loud, steady sizzle as you smash; a weak hiss means the pan is too cold.
- Flip when the edges are lacy and dark brown, and red juices bead on top, after about 2 minutes.

CHEF'S TIP

Keep the beef cold until the moment it hits the pan for the best crust.



WHY IT WORKS

The smash

Pressing cold beef hard against a smoking-hot pan in the first 10 seconds maximizes contact, driving the Maillard reaction for a deep, crispy crust. Smash once only; pressing later squeezes out the juices.

COMMON MISTAKES

- × Overworking the meat into tight balls; the patties turn dense and springy. Handle lightly.
- × Smashing after the first 30 seconds; you push out fat and juices and lose the crust.

SWAPS & DIETARY

- Gruyère or fontina instead of cheddar.
- Caramelized onions instead of shallots.
- Gluten-free: GF buns or a lettuce wrap.

SCALING

Cook 2 patties at a time in a 12-inch skillet; hold finished burgers on a rack in a 200°F oven.

MAKE AHEAD & STORAGE

Best fresh. Store the shallots and mayo; cook the patties to order.

SERVE WITH *Crispy Parmesan Garlic Oven Fries and a glass of Pinot Noir.*

NOTES

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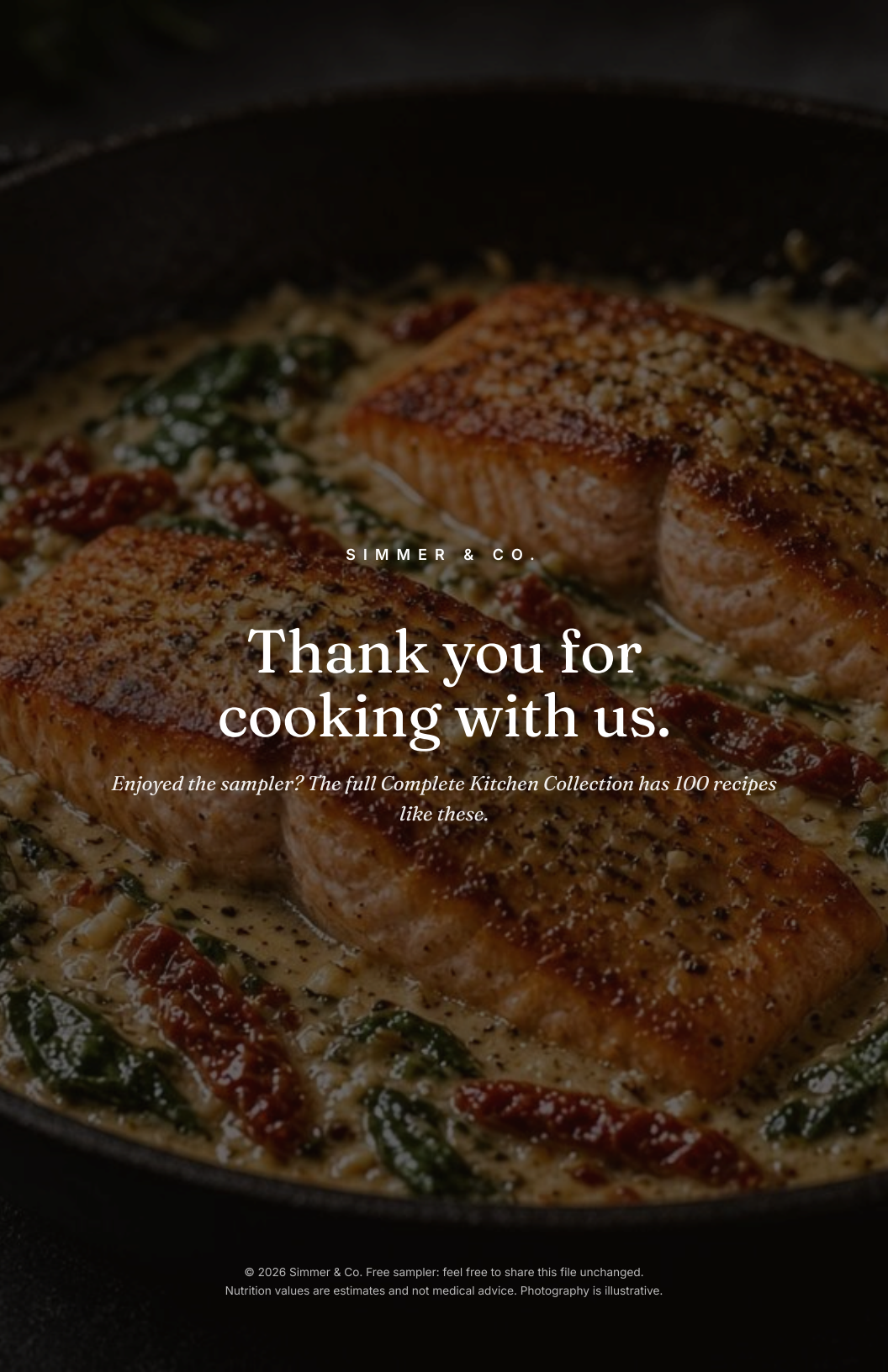

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