

Beans

Vegan

Lentil Soak in 2 cups water per cup of lentils. Let sit 10 hours.
Pancakes Blend and pan fry in pancakes.

Homemade Yogurt

Heat up milk until you start to see bubbles forming on the rim of the milk. About 85 celsius.

Let it cool down to < 45 celsius. Stir occasionally. (45 seconds means you can hold your finger against the pot for 10 seconds)

For each liter of milk stir in 100g or milk powder and 25 grams yogurt

Store in airtight container for 9 + (no. of liters) hours in someplace warm.

Warm can be outside or an instant pot. You can use an oven but turning on the heat every 2 hours to about 50C.

Airfryer

Tesco Gnocchi	Cover in oil and salt. Fry for 10 mins at 200 200g
French Fries	Cut potato into fries. Set airfryer for 20 mins Put fries in for 3 mins to remove moisture Coat fries with oil and salt then let run for rest of time
Whole Chicken	Let warm to room temp. Fry for 45 mins.



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