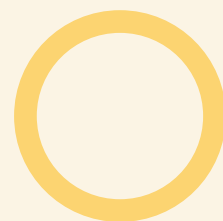




My Recipes Made

The Family Cookbook

Simple meals. Real moments. From our kitchen to yours.



A NOTE FROM OUR KITCHEN

Welcome, honey.

Pull up a chair. Pour something warm. This cookbook was made with love for families like yours — the busy ones, the loud ones, the ones who still gather around the table when they can.

Every recipe in here has a story behind it. Some come from long-standing family favorites. Some come from the little experiments that happen when you're feeding two hungry kids and you've got twenty minutes before homework. All of them have been tested in our own kitchen, again and again, until they were right.

We keep our cooking honest. No complicated ingredients you'll never use again. No twenty-step methods. Just real food, the kind that tastes like someone cared about you enough to make it.

Thank you for letting us be part of your kitchen. We hope these pages feel warm in your hands and that at least one of them becomes a recipe your family asks for, over and over again.

With love,

Nora & Nicolas

The Dalim Family

est. in the kitchen

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N° 01



CHICKEN · SALAD

Restaurant-Quality Chicken Caesar Salad

All the restaurant flavor, made easy at home.

PREP
30 min

COOK
15 min

TOTAL
45 min

SERVES
4

Juicy marinated chicken, creamy homemade Caesar dressing, and crisp romaine come together for a salad that tastes like a night out — but comes from your own kitchen.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 2 boneless, skinless chicken breasts (about 1.5 lb)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt & freshly ground black pepper
- 1/2 lemon, juiced
- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1/4 tsp black pepper
- 2-3 tbsp water, to thin
- 2 romaine hearts, chopped
- 1 cup croutons
- 1/2 cup shaved Parmesan
- Lemon wedges, for serving



Nora's tip

Let the marinated chicken rest up to 24 hours in the fridge — the flavor deepens beautifully.

Method

- 1 Mix olive oil, garlic powder, oregano, salt, pepper, and lemon juice. Pound chicken to even 3/4-inch thickness, coat in marinade, and rest 15-30 minutes.
- 2 Whisk all dressing ingredients except water in a bowl. Add water until creamy and pourable. Rest 10 minutes.
- 3 Heat a grill pan or skillet over medium-high. Cook chicken 6-7 minutes on the first side, flip, and cook 5-6 minutes more to 165°F. Rest 5 minutes, then slice.
- 4 Wash, chop, and spin romaine dry. For extra crispness, chill 5 minutes in the freezer.
- 5 Toss romaine with half the dressing, croutons, and half the Parmesan. Plate, top with sliced chicken, drizzle more dressing, and finish with Parmesan and lemon wedges.

Nicolas's notes

Always slice chicken against the grain. That's what keeps every bite tender.

N° 02



CHICKEN · SLOW COOKER

Sweet Hawaiian Crockpot Chicken

Set it, forget it, and dinner makes itself.

PREP
10 min

COOK
6 hr

TOTAL
6 hr 10 min

SERVES
6

A sweet-savory slow cooker favorite with pineapple, soy, and ginger. The kind of recipe that earns a permanent spot in your weeknight rotation.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 2 lb boneless, skinless chicken breasts
- 1 can (20 oz) crushed pineapple with juice
- 1/2 cup low-sodium soy sauce
- 1/3 cup brown sugar
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 green bell peppers, chopped
- 1 medium onion, diced
- 1 tsp sesame oil (optional)
- 2 tbsp cornstarch
- 2 tbsp water



Nora's tip

Prep the whole thing in a freezer bag ahead of time. Thaw overnight and dump into the crockpot — dinner done before you start your day.

Method

- 1 Place chicken breasts in the bottom of the slow cooker.
- 2 In a bowl, whisk pineapple and juice, soy sauce, brown sugar, garlic, ginger, and sesame oil.
- 3 Pour over the chicken. Top with bell peppers and onion.
- 4 Cook on LOW for 6-7 hours or HIGH for 3-4 hours, until chicken is tender.
- 5 Shred chicken directly in the crockpot using two forks.
- 6 Whisk cornstarch and water, stir into the pot, and cook on HIGH 10 more minutes until sauce thickens.
- 7 Taste, adjust seasoning, and serve hot over rice or in soft rolls.

Nicolas's notes

A pinch of red pepper flakes at the end gives it just a little kick without losing the sweet.

N° 03



CHICKEN · PASTA

Marry Me Chicken Pasta

The creamy, dreamy pasta that lives up to the hype.

PREP
10 min

COOK
20 min

TOTAL
30 min

SERVES
4

Tender chicken, penne, and a rich sun-dried tomato cream sauce — all on the table in 30 minutes. It's called Marry Me Chicken for a reason.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 1.5 lb boneless, skinless chicken breast, bite-sized pieces
- 10 oz penne pasta
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil
- 3 tbsp butter
- 2 tsp minced garlic
- 3 tbsp all-purpose flour
- 2 cups low-sodium chicken broth
- 1 cup heavy cream
- 1 cup freshly grated Parmesan
- 1 cup sun-dried tomatoes, drained & chopped
- 1 tsp paprika
- 2 tsp dried Italian seasoning
- Fresh basil, for garnish



Nora's tip

Oil-packed sun-dried tomatoes are worth it. The extra flavor shows up in every bite.

Method

- 1 Bring a large pot of salted water to a rolling boil. Cook penne to al dente, reserve 1 cup pasta water, then drain.
- 2 Season chicken with salt and pepper. Heat olive oil in a large skillet over medium-high. Sear chicken 6-8 minutes to 165°F. Transfer to a plate.
- 3 In the same skillet, melt butter over medium heat. Add garlic and cook 30 seconds until fragrant.
- 4 Sprinkle in the flour and whisk 1 minute to make a roux.
- 5 Slowly whisk in broth, then add heavy cream. Simmer 2-3 minutes until slightly thickened.
- 6 Reduce heat to low. Add Parmesan in handfuls, whisking until smooth. Stir in sun-dried tomatoes, paprika, and Italian seasoning.
- 7 Return chicken and add pasta. Toss until glossy and fully coated. Simmer 1 minute.
- 8 Tear fresh basil over the top and serve immediately in shallow bowls.

Nicolas's notes

Freshly grated Parm only — the pre-shredded kind won't melt smoothly into the sauce.



SOUP · COMFORT FOOD

Grandma's Classic Chicken Soup

The cure for everything that ails you.

PREP
15 min

COOK
2 hr

TOTAL
2 hr 15 min

SERVES
8

A healing, herb-scented chicken soup built on a slow-simmered bone broth. Keep a container in the freezer for sick days and cold nights.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 1 whole chicken (3-4 lb) or 2 lb bone-in chicken pieces
- 3 large carrots, peeled & chopped
- 3 celery stalks, chopped
- 1 large onion, quartered
- 4 cloves garlic, smashed
- 2 bay leaves
- A handful of fresh parsley
- Fresh thyme sprigs (or 1 tsp dried)
- 8-10 cups cold water
- Salt & black pepper, to taste
- Optional: parsnip, egg noodles, rice, fresh dill, lemon



Nora's tip

Cold water extraction pulls more flavor from the bones than hot water ever will. Start cold.

Method

- 1 Place the whole chicken in a large stockpot and cover completely with cold water.
- 2 Bring to a boil over high heat, then reduce to a low simmer. Skim the foam.
- 3 Add carrots, celery, onion, garlic, bay leaves, thyme, and parsley. Season generously with salt and pepper.
- 4 Simmer gently for 1.5-2 hours, until the chicken is very tender.
- 5 Remove the chicken, rest 5 minutes, then shred the meat and discard skin and bones.
- 6 Strain the broth through a fine-mesh sieve. Return broth and shredded chicken to the pot.
- 7 Taste and adjust seasoning. Add noodles (8-10 min) or rice (15-20 min) if using.
- 8 Finish with fresh herbs and a squeeze of lemon right before serving.

Nicolas's notes

This soup tastes better the next day. Always make extra.

N° 05



SEAFOOD · SHEET PAN

Garlic Butter Baked Salmon with Asparagus

One pan. Thirty minutes. Restaurant results.

PREP
10 min

COOK
20 min

TOTAL
30 min

SERVES
4

Tender salmon, crisp asparagus, and a glossy garlic butter — all baked together on a single sheet pan. Minimal cleanup, maximum flavor.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 4 salmon fillets (wild-caught preferred)
- 1 lb fresh asparagus spears
- 4 tbsp unsalted butter, melted
- 4 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- Fresh parsley or thyme, chopped
- Lemon slices, for topping
- Parchment paper



Nora's tip

Choose fillets of similar thickness so everything finishes at the same time.

Method

- 1 Preheat oven to 375°F. Line a baking sheet with parchment.
- 2 Pat the salmon dry. Season both sides with salt and pepper.
- 3 Bend the asparagus until the tough ends snap off. Rinse and dry.
- 4 Stir melted butter with minced garlic, a pinch of salt, pepper, and herbs.
- 5 Arrange salmon skin-side down in the center of the sheet, asparagus around the edges.
- 6 Drizzle the garlic butter generously over everything. Top with lemon slices.
- 7 Bake 15-20 minutes, until salmon reaches 145°F and flakes easily with a fork.

Nicolas's notes

If the asparagus is thick, give it a 5-minute head start on the pan before the salmon goes in.

N° 06



GRAINS · WORLD CUISINE

Turkish Bulgur Pilaf with Vermicelli

The towel trick that makes every grain fluffy.

PREP
10 min

COOK
20 min

TOTAL
30 min

SERVES
6

An authentic Turkish pilaf with toasted vermicelli, buttery bulgur, and a crispy golden bottom called kazandibi. A weeknight side with serious soul.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 1 1/2 cups medium bulgur (#2 grind)
- 1/2 cup thin vermicelli or orzo, broken into pieces
- 3 tbsp butter (or olive oil)
- 2 3/4 cups hot chicken or vegetable broth
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 clean, dry kitchen towel



Nora's tip

The towel catches every drop of condensation. That's the secret to separated, fluffy grains.

Method

- 1 Melt butter in a medium pot over medium heat. Add vermicelli and stir 2-3 minutes until deeply golden. Watch closely — it burns fast.
- 2 Add the bulgur and stir 1 minute so every grain is coated in butter.
- 3 Pour in the hot broth. Add salt and pepper. Stir once — then do not stir again.
- 4 Raise heat to high and boil vigorously 2-3 minutes with the lid off.
- 5 Drop heat to the lowest setting. Lay the clean towel across the pot, then cover with the lid. Set a timer for 15 minutes and do not peek.
- 6 Turn off heat. Let rest 10 minutes, covered.
- 7 Remove lid and towel. Fluff gently with a fork from edge to center. Look for the crispy kazandibi at the bottom.

Nicolas's notes

Want extra kazandibi? After resting, return the pot to medium heat with the lid back on for 2-3 minutes.



VEGETARIAN · ITALIAN

Crispy Baked Eggplant Parmesan

Cheesy, crispy, and family-approved.

PREP
45 min

COOK
45 min

TOTAL
1 hr 30 min

SERVES
6

Golden baked eggplant rounds layered with marinara and bubbling cheese. Every bite is crunch, melt, and comfort all at once.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 2 large eggplants, sliced into 1/4-inch rounds
- Salt (for drawing out moisture)
- 2 cups panko breadcrumbs
- 1/3 cup nutritional yeast (or grated Parmesan)
- 1 tbsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt & pepper, to taste
- 1 cup unsweetened milk (any kind)
- 2 tbsp cornstarch
- 1/2 cup all-purpose flour
- 3 cups marinara sauce
- 2 cups shredded mozzarella
- 1/2 cup grated Parmesan
- Fresh basil, for garnish



Nora's tip

Don't skip the salting step — it's what keeps the final dish from getting soggy.

Method

- 1 Arrange eggplant slices on paper towels. Salt both sides generously and rest 30 minutes to draw out moisture. Pat dry.
- 2 Preheat oven to 400°F. Line a baking sheet with parchment.
- 3 Set up three bowls: flour; milk whisked with cornstarch; breadcrumbs mixed with nutritional yeast (or Parmesan), Italian seasoning, garlic powder, onion powder, salt, and pepper.
- 4 Dip each slice in flour, then milk, then press into the breadcrumb mix. Place on the sheet in a single layer.
- 5 Bake 20-25 minutes, flipping halfway, until golden and crisp.
- 6 Spread 1/2 cup marinara in a 9x13 dish. Layer half the eggplant, half the remaining sauce, and half the mozzarella.
- 7 Repeat with the rest. Top with Parmesan.
- 8 Cover with parchment and foil. Bake 20 minutes. Uncover and bake 5 more, until golden and bubbling.
- 9 Rest 5-10 minutes so the layers set. Garnish with fresh basil.

Nicolas's notes

For extra crunch, pan-sear the breaded slices in a splash of olive oil for 1 minute per side before layering.

N° 08



DESSERT · COOKIES

Easy Strawberry Crinkle Cookies

Pink, soft, and made for little helpers.

PREP
30 min

COOK
12 min

TOTAL
42 min

SERVES
24 cookies

Soft strawberry cookies with crackled tops and a snowy sugar coating. Four ingredients, one bowl, and the best kind of kitchen mess.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 1 box (15.25 oz) strawberry cake mix
- 2 large eggs
- 1/3 cup vegetable oil
- 1 tsp vanilla extract
- 1/2 cup powdered sugar (for rolling)
- 1/4 cup granulated sugar (for first roll, optional)
- Pink food coloring (optional)



Nora's tip

Double-coat: granulated sugar first, powdered sugar second. That's the secret to those deep, pretty cracks.

Method

- 1 Mix cake mix, eggs, oil, and vanilla in a large bowl until a smooth dough forms. Add food coloring if you want a pinker finish.
- 2 Refrigerate the dough 20-30 minutes — this is what gives you the crinkle.
- 3 Preheat oven to 350°F. Line baking sheets with parchment.
- 4 Roll the dough into 1-inch balls. For the cleanest crinkle, roll first in granulated sugar, then press into powdered sugar.
- 5 Space balls 2 inches apart on the sheet. Bake 10-12 minutes, until the tops crack.
- 6 Rest 5 minutes on the pan, then move to a wire rack to cool.

Nicolas's notes

Freeze dough balls before sugar-coating. Bake from frozen, adding 1-2 minutes to the time.

N° 09



SOUP · COZY NIGHT

Broccoli Cheddar Potato Soup

A cozy bowl that comes together in one pot.

PREP
10 min

COOK
35 min

TOTAL
45 min

SERVES
2

Creamy cheddar, tender potatoes, and broccoli florets — the small-batch soup that makes a weeknight feel like a weekend.

• • •
TURN THE PAGE FOR INGREDIENTS

Ingredients

- 2 tbsp unsalted butter
- 1/3 cup finely chopped celery
- 1/3 cup finely chopped carrot
- 1/3 cup finely chopped shallot or yellow onion
- 2 tbsp finely chopped jalapeño (optional)
- 1/2 tsp salt, plus more to taste
- 1 clove garlic, minced
- 1/2 tsp paprika
- 1/2 tsp crushed red pepper (optional)
- 2 tbsp all-purpose flour
- 3 cups low-sodium chicken or vegetable stock
- 2/3 cup half-and-half or heavy cream
- 2 cups yellow potatoes, 1/2-inch cubes
- 2 cups broccoli florets
- 1 1/2 cups shredded cheddar
- 1/2 tsp freshly cracked black pepper



Nora's tip

Shred the cheddar yourself from a block — pre-shredded cheese is coated in starch and won't melt as smoothly.

Method

- 1 Melt butter in a medium pot over medium heat. Add celery, carrot, shallot, and jalapeño with 1/2 tsp salt. Sauté 6-8 minutes.
- 2 Add garlic, paprika, and red pepper. Stir 1 minute. Sprinkle in flour and whisk constantly 1 minute to form a roux.
- 3 Slowly whisk in 1 cup of stock, scraping the bottom. Add the rest of the stock and the potatoes. Simmer uncovered 10 minutes.
- 4 Add broccoli. Simmer 5-7 more minutes until the vegetables are fork-tender.
- 5 Lower the heat. Stir in the half-and-half. Add cheese by the handful, stirring until smooth.
- 6 Taste and adjust pepper and salt. Serve hot in warm bowls.

Nicolas's notes

For a thicker soup, mash a few potatoes against the side of the pot before adding the cream.



BREAKFAST · HIGH PROTEIN

High-Protein Cottage Cheese Pancakes

Breakfast that keeps you full until lunch.

PREP
5 min

COOK
15 min

TOTAL
20 min

SERVES
2 (4 pancakes)

Fluffy, creamy pancakes blended in seconds with cottage cheese and oats. A protein-packed start that freezes beautifully for busy mornings.

TURN THE PAGE FOR INGREDIENTS

Ingredients

- 1 cup cottage cheese (2%, small curd if possible)
- 2 large eggs
- 1/2 cup rolled oats or oat flour
- 1 scoop vanilla protein powder (optional)
- 1 tbsp chia seeds (optional)
- 1 tsp vanilla extract
- 1 tbsp honey or maple syrup (optional)
- Butter or oil, for the pan
- Fresh berries, to serve



Nora's tip

Batter can be made the night before and stored covered in the fridge. Stir well before cooking.

Method

- 1 Blend cottage cheese, eggs, and oats in a blender until smooth, about 30 seconds. The batter should be thick and creamy.
- 2 Heat a non-stick skillet over medium and lightly grease.
- 3 Pour about 1/4 cup batter per pancake. Cook 3-4 minutes until bubbles appear, then flip and cook another 1-2 minutes until golden.
- 4 Serve warm with fresh berries, a drizzle of honey, or a spoonful of Greek yogurt.

Nicolas's notes

These freeze like a dream. Stack with parchment between them and reheat straight in the toaster.

Until the next *kitchen table.*

We hope this cookbook finds a spot on your counter —
dog-eared, sauce-stained, and well loved.

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