

Cooking Hot Meals

{Cook Book}

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Based on the theme of this year's ConT_EXt meeting “ConT_EXt cookery” my input was the preparation of a small cook book. It deals with the Asian kitchen which was introduced in our family through Adrian and Lieke after their return from their Asia-trip when they stayed in our house again. The presented meals are mostly simple to prepare. The cook book is made up in ConT_EXt and bound by hand.

1. Introduction

When the theme of the 8th ConT_EXt meeting was announced, I thought “What could I produce as an input for this meeting?” – It took me a long time until I came to the conclusion that my abilities to produce something in ConT_EXt which would be using a lot of cookery would be too difficult. Then it came to my mind, that I could make something which would illustrate the use of ConT_EXt and would show what one can achieve with simple binding techniques. I wanted to produce the book in the bindery and distribute it at the meeting.

2. Setup of the book

The style I developed for this project is rather simple, still showing the strength of the type-setting environment of ConT_EXt.

The style starts with setting up two modes. For redaction purposes a simple A5 setup is used. For the production of the book arranging of the pages into sections is needed. The paper-size used is SRA3, which is an enlarged A3.

```
\enablemode[A5]
% \enablemode[SRA3]

\usetypscriptfile[type-seravek]
\usetypscript[Seravek]
\setupbodyfont[Seravek,ss,10pt]

\startmode[SRA3]
  \setuppapersize
    [A5,portrait][SRA3]
  \definepapersize
    [SRA3]
    [width=320mm,height=450mm]
\stopmode

\startmode[A5]
  \setuppapersize
    [A5]
    [A4,landscape]
\stopmode
```

Hereafter follows the setup of the page:

contextgroup > context meeting 2014

```
\setuppagenumbering
  [location={bottom,right},
   alternative=doublesided]

\setuplayout
  [topspace=1.5cm,
   backspace=12mm,
   header=0pt,
   footer=1.5\bodyfontsize,
   height=186mm,
   width=112mm,
   location=middle,
   alternative=doublesided]
```

In a next section I put all the commands, which influence the appearance.

```
\mainlanguage[en]
\setupmakeup[standard][top=,bottom=]
\setupinterlinespace[small]
```

Throughout the recipes two tabulate environments are used. So there are two definitions for these tabulations:

```
\definetabulate[Ingredients][|r|l|p|]
\definetabulate[Metrics][|l|p|]
```

With these definitions in place the coding of a tabulation is reduced to e.g.

```
\startMetrics
  \NC Difficulty \EQ Medium \NC\NR
  \NC Yield \EQ 4 People \NC\NR
  \NC Cuisine \EQ Indian \NC\NR
  \NC Attribution \EQ Lieke \NC\NR
  \NC Prep time \EQ 15 min. \NC\NR
  \NC Cook time \EQ 60 min. \NC\NR
\stopMetrics
```

For the final production of the book there is

more to be set up inside the defined modes. For the bound booklet I wanted to place 4 pages of the book per side of the paper. I wanted also, that I get an extra cut space at the top after folding the sections. For this purpose the vertical page shift list is used. – It should be mentioned, that a commercial SRA3 paper has its grain direction along the short edge. For my purpose I had to cut SRA3-sized paper from larger sheets in order to be able to have the grain direction along the long edge. The latter is needed, because after folding the grain direction must be in the direction of the spine!

```
\startmode[SRA3]
  \definepageshift
    [ver]
    [vertical]
    [5mm,5mm,
     5mm,5mm,
     5mm,5mm,
     5mm,5mm,
     5mm,5mm,
     5mm,5mm,
     5mm,5mm]

  \setuppageshift[paper][ver]
  \setuparranging[2*4*2]
\stopmode
```

For the mode A5 the setup is such, that the system creates a simple one-section book. If the print is only used for reading and making corrections, one does not need to care about the grain direction of the paper. However if the book should be printed for final use one should realize that commercial A4 has the grain direction along the long edge. So for this book special A4 must be cut from larger sheets, which make it possible to have the grain direction along the short edge. The latter makes it possible that the grain direction is in the direction of the spine after folding.

```
\startmode[A5]
\setuparranging[2UP]
\stopmode
```

This is already all what is needed as setup. The front pages with the French title, the title page and the page with the impressum are made up with `\startstandardmakeup ... \stopstandardmakeup`. Furthermore after placing the table of contents the starting of a new chapter is switched from default right to left. This is done because most of the recipes need two pages and it is a good thing, that one does not need to turn pages in order to have the whole recipe visible.

```
6 Beef Rendang
Description: Spicy Indonesian beef stew with coconut
Ingredients:
1000 g Boneless beef short ribs
5 tbsp Cooking oil
1 Cinnamon stick (about 5cm long)
3 cloves Garlic, crushed
3 Star anise
3 Cardamom pods
1 Lemongrass (cut into 10cm length and crushed)
1 cup Coconut cream
1 cup Water
2 tsp Tamarind pulp (soak in some warm water for the juice and discard the seeds)
6 Fresh kaffir lime leaves, minced
6 tbsp Kurma (dried coconut)
1 tbsp Brown or palm sugar
Salt (to taste)
Spice Paste:
5 Shallots
2 cm Galangal (Thai ginger)
3 Lemongrass (use only the white part)
5 cloves Garlic
2 cm Ginger
10 Dried chilies (soaked in warm water and de-seeded)
```

```
Metrics:
Difficulty : Hard
Yield : 4 People
Attribution : Luke Everitt
Cuisine : Indonesian
Prep time : 30 minutes
Cooking time : 3-4 hours
Directions:
Cut out the fat and tendon tissue of the large beef pieces in a big a strip as you can make (do not throw away). Cut the rest of the meat into 2cm x 2cm cubes.
Chop the spice paste ingredients and then blend it in a food processor until smooth.
Heat the oil in a deep pot, preferably a cast iron one (e.g. LeCreuset).
Add the spice paste, cinnamon, garlic, star anise, and cardamom and stir-fry them briefly.
Add the beef and the crushed lemongrass and stir for 1 minute.
Add the coconut milk, tamarind juice, water. Let the curry simmer on medium heat.
Add the kaffir lime leaves, kurma (dried coconut), sugar (palm sugar, stirring to blend well with the gravy).
Lower the heat, cover the lid, and simmer for 2 - 4 hours. It's important to stir at least every 15 minutes to avoid burning. To prolong the cooking process to make the meat more tender, periodically replenish the evaporated water.
Before serving, add salt to taste. If not sweet enough, add more sugar to taste. Then take the lid off and let the water evaporate until the gravy is thick. Don't forget to remove the long strips of fat and tendon.
Remove the kaffir lime leaves.
* Serve with steamed basmati rice and haricots verts. If cooked this dish can be easily refrigerated.
```

8 Chicken Satay

Ingredients:

```
60 ml Coconut cream
1 tbsp Peanut butter
1 tbsp Soy sauce
60 ml Chicken stock (bouillon)
1 tsp Fish sauce
1 tbsp Brown sugar
Wok oil
2 Chicken breasts, cleaned and diced
1 Habanero chili, diced
Cilantro leaves, fresh, chopped
```

Metrics:

```
Difficulty : Easy
Yield : 2 People
Cuisine : Indonesian
Attribution : Donna Hay
Prep time : 10 minutes
Cooking time : 10 minutes
```

Directions:

Mix the coconut cream, peanut butter, soy sauce, chicken bouillon, fish sauce and brown sugar. The sugar won't dissolve readily, so stir again before pouring it into the pan.

Clean and cut the chicken breasts into cubes. Fry the chicken and chili with wok oil in a large (teflon) frying pan at high heat.

When the chicken is nice and brown, add the sauce. Lower the heat and stir as the sauce boils down. When the sauce is thick, add the cilantro leaves.

Serve with rice or baked potatoes.

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3. Consideration

We had a great meeting again and even had a workshop on cooking. This little book fits nicely into all this. I do hope that the receivers will try-out one or the other meal. This is cooking hot and this time not only with ConTeXt. – I would like to thank Adrian for his help with getting the wording in the recipes correct and both Lieke and Adrian for sharing these recipes.