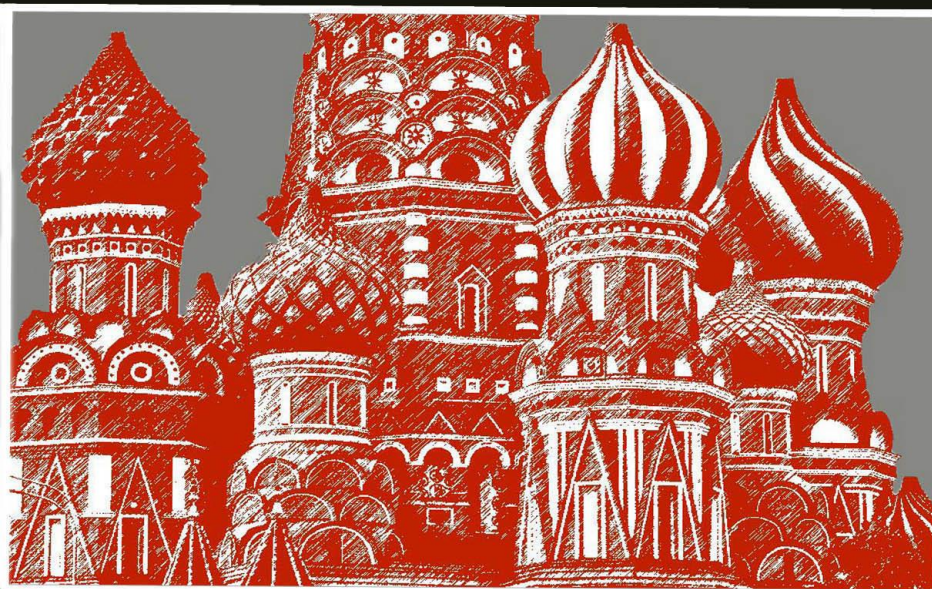




# The Fiction Foodie

*Unofficial Cookbook*

*~Shadow and Bone~*



This digital edition is provided as a preview of the upcoming cookbook : The Fiction Foodie Cookbook ~ Shadow and Bone: recipes inspired by the novel's characters, events, and places / by Elle Jauffret : photographs by Elle Jauffret.

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The Fiction Foodie Cookbook ~ Shadow and Bone: recipes inspired by the novel's characters, events, and places / by Elle Jauffret : photographs by Elle Jauffret.

This book is a fan's cookbook and therefore has not been authorized, approved, licensed, or endorsed by Leigh Bardugo, Henry Holt and Company, LLC, or DreamWorks.

The following recipes were created/adapted for this book by Elle Jauffret. Elle Jauffret, a French-born and trained chef, is a writer who specializes in the creation of literary work-based recipes. You can visit her website at <http://ellejauffret.com>, follow her on Tumblr (<http://ellejauffret.tumblr.com/>) or Facebook ([www.facebook.com/elle.jauffret](http://www.facebook.com/elle.jauffret)), or contact her at [elle@ellejauffret.com](mailto:elle@ellejauffret.com).

This book is available as an e-book only. If you are a publisher interested in making a print version of this book, please, contact Elle Jauffret at [elle@ellejauffret.com](mailto:elle@ellejauffret.com).

In addition to tables of conversion, all recipes provided include American standard measurements (in black) and metric system equivalents (in color and bold). **Most American recipes measure dry ingredients by volume (with cup, tbsp, tsp) instead of weight. The following recipes provide you with a "milliliter (ml) conversion" - in order to do so easily, just use your usual "liquid" container and pour said dry ingredients until they reach the desired level. (For example, if the recipe states 2 teaspoons/10 ml of baking powder, take your liquid measuring device and pour baking powder inside it until the amount reaches 10 ml".)**

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I hope you enjoy this book, find the recipes easy enough to make, and are able to share them with friends. Don't forget to share your creations online. Cheers!

*Elle Jauffret*

## MEASUREMENT EQUIVALENTS

### Volume (Dry)

| American Standard   | Metric  |
|---------------------|---------|
| 1/8 teaspoon        | .5 ml   |
| 1/4 teaspoon        | 1 ml    |
| 1/2 teaspoon        | 2 ml    |
| 3/4 teaspoon        | 4 ml    |
| 1 teaspoon (tsp)    | 5 ml    |
| 1 tablespoon (tbsp) | 15 ml   |
| 1/4 cup             | 56 ml   |
| 1/3 cup             | 75 ml   |
| 1/2 cup             | 113 ml  |
| 2/3 cup             | 150 ml  |
| 3/4 cup             | 170 ml  |
| 1 cup               | 225 ml  |
| 2 cups or 1 pint    | 450 ml  |
| 3 cups              | 675 ml  |
| 4 cups or 1 quart   | 1 liter |

### Oven Temperatures

| American Standard | Metric |
|-------------------|--------|
| 225° F            | 110° C |
| 250° F            | 130° C |
| 275° F            | 140° C |
| 300° F            | 150° C |
| 325° F            | 170° C |
| 350° F            | 180° C |
| 375° F            | 190° C |
| 400° F            | 200° C |
| 425° F            | 220° C |
| 450° F            | 230° C |
| 475° F            | 240° C |
| 500° F            | 250° C |

### Weight (Mass)

| American Standard (Ounces/ oz.) | Metric (Grams) |
|---------------------------------|----------------|
| 1/2 ounce                       | 15 grams       |
| 1 ounce                         | 30 grams       |
| 3 ounces                        | 85 grams       |
| 3.75 ounces                     | 100 grams      |
| 4 ounces                        | 115 grams      |
| 8 ounces                        | 225 grams      |
| 12 ounces                       | 340 grams      |
| 16 ounces or 1 pound            | 450 grams      |

### Volume (Liquid)

| American Standard (Cups & Quarts) | American Standard (Ounces) | Metric (Milliliters & Liters) |
|-----------------------------------|----------------------------|-------------------------------|
| 2 teaspoons                       | .25 oz.                    | 7 ml                          |
| 1 tablespoon                      | .5 oz.                     | 15 ml                         |
| 2 tablespoons                     | 1 fl. oz.                  | 30 ml                         |
| 1/4 cup                           | 2 fl. oz.                  | 60 ml                         |
| 1/2 cup                           | 4 fl. oz.                  | 125 ml                        |
| 1 cup                             | 8 fl. oz.                  | 250 ml                        |
| 1 1/2 cups                        | 12 fl. oz.                 | 375 ml                        |
| 2 cups or 1 pint                  | 16 fl. oz.                 | 500 ml                        |
| 4 cups or 1 quart                 | 32 fl. oz.                 | 1000 ml or 1 liter            |
| 1 gallon                          | 128 fl. oz.                | 4 liters                      |

### Dry Measure Equivalents

|                        |              |            |             |
|------------------------|--------------|------------|-------------|
| 3 teaspoons (tsp)      | 1 tablespoon | 1/2 ounce  | 14.3 grams  |
| 2 tbsp -or- 6 tsps     | 1/8 cup      | 1 ounce    | 28.3 grams  |
| 4 tbsp -or- 12 tsps    | 1/4 cup      | 2 ounces   | 56.7 grams  |
| 5 1/3 tbsp -or-16 tsps | 1/3 cup      | 2.6 ounces | 75.6 grams  |
| 8 tbsp -or-24 tsps     | 1/2 cup      | 4 ounces   | 113.4 grams |
| 12 tbsp -or-36 tsps    | 3/4 cup      | 6 ounces   | .375 pound  |
| 16 tbsp -or- 48 tsps   | 1 cup        | 8 ounces   | .5 pound    |
| 32 tbsp -or- 56 tsps   | 2 cups       | 16 ounces  | 1 pound     |

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Pickled radishes

Roasted haddock





*@ElleJauffret*

**"MALENCHKI" DUMPLINGS**  
(Shadow and Bone - "Before" Chapter 1)

"The Servants called them Malenchki, little ghosts, because they were the smallest and the youngest, [...] sneaking into the kitchen to steal the last of the summer peaches."

1 1/2 cups/**240g** of flour  
2 teaspoons/**10 ml** of baking powder  
1 teaspoon/**5ml** of salt  
1 cup/**225ml** of milk

1 tablespoon/**15 ml** cinnamon  
granulated sugar  
sliced peaches (fresh or preserved)

Whisk all the dry ingredients together first. Add the milk slowly, whisking continuously until the dough is soft and smooth.

Fill a wide pan with water and 1 teaspoon/**5 ml** of cinnamon. Bring to boil. Then lower heat in order to keep the water simmering. Drop batter in liquid (about 10 spoonfuls of batter, one at a time and well spaced apart). Cover and cook for 10-15 minutes. Remove dumplings (they will rise to the top of the water and be swollen by now) and let cool down.

Place a few on a plate, sprinkle with sugar and cinnamon, add a few slices of peach, and serve.



## **FIRST ARMY MAKESHIFT PELMENI**

(Russian beef dumplings)

Pelmeni, a popular way to preserve meat during the harsh Siberian winter, were frozen outdoor. Very portable, they only required a fire and some boiling water (melted snow) to be cooked, and were therefore a food of choice for hunters or soldiers.

2 cups/250g flour  
2 eggs  
1 lb/450g ground beef  
2 onions (finely chopped)  
4 tbsps/15 ml water  
1/2 tsp/8 pinches of salt  
1/8 tsp/1 pinch of pepper

Combine meat, onions, salt, pepper, and 1 tbsp/15 ml of water. Set aside. For the dough, combine the flour, 1 egg, 1/4 tsp /4 pinches of salt, 45 ml of water. Knead the dough on a lightly floured surface until all the ingredients are well combined and dough is elastic. Roll dough thin. Cut circle from dough (using a drinking glass upside down). Fill the center of each cut-out circle of dough with a small spoonful of meat mixture. Brush the edges of filled dough circle with egg wash (1 egg lightly beaten). Fold one half over, pressing tightly with your fingers to seal the dough to form a half circle. Cook in boiling water until Pelmeni float to the surface (about 15 minutes) with a skimmer.

Serve warm with your favorite sauce.





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## THE DOCUMENTS TENT EDIBLE MAPS

(Shadow and Bone - Chapter 1 p. 17)

Alina Starkov is an assistant cartographer in the Royal Corps of Surveyors.

4 eggs

1 1/4 cups/200g flour

1 1/4 cup/281 ml milk

1 cup/237 ml water (or beer)

3 tbsp/1.5oz /43g butter (melted)

1 pinch of salt

Chocolate, sugar, or your favorite jam/spread

Mix all the ingredients together until smooth and lump free.

Butter a crêpe pan and, when hot, pour 1/4 cup/55 ml of batter in it while horizontally swirling the pan to make sure the batter spreads all over the surface. Cook over medium-high heat for about 1 minute. Flip the crêpe and cook the other side for about 40 seconds (until golden brown). Remove from heat and place the crêpe on a plate. Repeat process as many times as you have batter, stacking the crêpes on top of each other.

Fill with jam or spread and roll or fold. Serve.

Tip: to rid your batter of any lump, whisk it quickly or use a blender.



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## THE TRUE SEA FISH TACOS

(Shadow and Bone - Chapter 22)

"[...] first glimpse of the True Sea. [...] pink light gleaming [...]. A breeze [...] carrying the smell of salt and damp."

1 pound /**4 medium filets** of white fish (tilapia or cod best - fresh or thawed)

2 tbsp/**30 ml** olive oil

1/4 medium red cabbage (finely shredded- about 3 cups)

1/2 cup/**85 g** sour cream

1 lime (cut in 8ths)

3 tablespoons/**45 ml** lime juice

1/4 cup/**15 medium leaves** fresh cilantro leaves (chopped)

1/2 cup/**155 ml** fresh chive (chopped small)

8 small 6-inch tortillas (flour best)

Salt and pepper

Tabasco sauce or your favorite hot sauce (optional)

1. To make the slaw: in a small bowl, combine the sour cream with lime juice and salt and pepper to taste. Set aside a third of the sauce. Toss red cabbage in the remaining 2/3 of the sauce.
2. Coat an oven-proof pan with 1 tbsp /**15 ml** olive oil. Salt fish on both sides, place in pan, and use remaining 1 tbsp olive oil to brush the fish. Bake at 350° F /**180° C** for 8-10 minutes. When fish is cooked, cut filets into 8 equal strips.
3. Warm tortillas in microwave for 1 minute (or according to package's instructions).
4. Fill tortillas with slaw, fish, cilantro, and chives. Drizzle remaining sauce and hot sauce. Serve immediately.



**THE UNSEA FISH TACOS**  
(Shadow and Bone - Chapter 14)

"[...] the black tide of the Unsea, [...]"

1 pound / **4 medium filets** of white fish (cod or tilapia best - fresh or thawed)  
2 tbsps/**30 ml** olive oil  
1/3 cup/ **60 g** sour cream  
1/2 cup black pitted olive (cured best) - shredded  
about **40 leaves** of dark lettuce  
1/4 small red cabbage (finely shredded- about 1 cup)  
4 small 6-inch tortillas (flour best)  
Salt and pepper

1. Combine sour cream with shredded black olives.
2. Coat an oven-proof pan with 1 tbsp /**15 ml** olive oil. Salt fish on both sides, place in pan, and use remaining 1 tbsp olive oil to brush the fish. Bake at 350° F /**180° C** for 8-10 minutes. When fish is cooked, cut filets into 8 equal strips.
3. Warm tortillas in microwave for 1 minute (or according to package's instructions).
4. Fill tortillas with cabbage, dark lettuce leaves, fish, sour cream mix, and chives. Sprinkle some black pepper. Serve immediately.



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## UNLEASHED POWER BORSCHT

(Shadow and Bone - Chapter 2)

An autumn day. The Fold to cross. Mal's blood beneath her palms. "And the world went white."

6 medium beets (peeled and grated)  
1 medium onion (peeled and minced)  
2 carrots (peeled and finely grated)  
1 tablespoon/**15g** of unsalted butter  
2 teaspoons/**10ml** of brown sugar  
5 1/2 cups/**1250ml** of chicken broth  
1/2 teaspoon /**2.5ml** of salt  
Fresh dill

Sauté onion and carrots in butter for about 10 minutes. Add beets, sugar, and broth and bring to a boil. Reduce heat and simmer for 30 minutes. Remove from heat and purée the mixture (in food processor or with a hand blender or food mill).

Serve warm. Garnish with a sprig of fresh dill. Serve with sour cream on the side.





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## **BUTTERWEEK KERAMZIN DOUBLE-CRUST APPLE PIE**

(Shadow and Bone - Chapter 17)

"It's butter week! [...] We would [...] pass out cakes and candies."

2 sheets of pastry dough (homemade or store bought)  
8-10 apples (Gala best): peeled, cored, and cubed small  
juice of one lemon  
3 tbsps/60g sugar  
1 tsp/ 1 dessertspoon/5ml cinnamon

Combine the apple cubes, lemon juice, and sugar well, and pour in a crust-lined pan. Sprinkle with cinnamon. Cover with upper crust. Bake at 350° F/180° C for 30 minutes or until golden.  
Let cool and serve.



## IN-ROOM DINNER FOR ALINA AND GENYA

(Shadow and Bone - Chapter 7)

“The food was less alien than I’d expected [...] sweet pea porridge, quail roasted in honey [...]”

### QUAIL ROASTED IN HONEY

4 quails (whole)

2 tbsps + ¼ tsp /**30 ml + 2ml** extra virgin olive oil

2 tbsps /**30 ml** orange juice (best fresh)

2 tablespoons /**30 ml** honey

2 garlic cloves (crushed)

4 sprigs of thyme (about 1 ½ tbsps)

Salt and pepper to taste

Preheat oven to 500°F /**250° C**. Lightly drizzle a small roasting pan with olive oil (about ¼ tsp) and place the 4 quails breast side up. Rub them with 1 tbsp/ **15 ml** of olive oil, and season to taste (¼ tsp salt and 1/8 tsp pepper). Set aside.

Combine remaining ingredients and brush quails with half of the mixture.

Place in oven for 10 minutes, brush with remaining mixture, and return to the oven (rotate the pan from its original position to allow even roasting) for 10-15 more minutes (until bird golden brown/ perfectly cooked).





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## THE DARKLING'S KISS INTENSE CHOCOLATE MOUSSE

(Shadow and Bone - Chapter 14)

"[...] I felt his power flood through me."

6 eggs (extremely fresh)

250 g chocolate (bittersweet or semisweet ok)

6 large squares of dark chocolate (finely grated) to decorate

Beat the egg whites (in an electric mixer fitted with a whisk attachment) until stiff.

Melt chocolate (best in stainless steel bowl over simmering water).

Add egg yolks to melted chocolate and mix until well combined.

Then add stiffened egg whites to the chocolate mixture and mix gently (without "breaking" the whites) until well combined. Pour in individual cups and refrigerate for at least 4 hours.

Sprinkle with grated chocolate before serving.

Dark chocolate mousse presented on Darkling's crest (place mat made from a photocopy of art piece by Adam F. Watkins from <http://pinterest.com/lbardugo/grisha-crests/>)



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## **TRACKER (Malyen Oretsev ) BURGER**

A hearty tracker meal.

### **BURGERS (makes 4)**

2 pounds /900g ground beef

1 tbsp /15 ml Worcestershire sauce

Salt and pepper to taste

4 hamburger buns

40 spinach leaves (or lettuce)

Combine beef with sauce, salt, and pepper. Make 4 patties. Cook patties on a grill (or a pan with a drizzle of olive oil) set on medium/high, until fully cooked (about 6 minutes per side).

Split hamburger buns in half. Place spinach leaves and patties on buns. Top with sautéed mushrooms and cranberry sauce. Cover with other halves of buns.

### **MUSHROOMS**

20-30 small Cremini mushrooms

1 tsp olive oil / 5ml (extra virgin best)

Wash and slice mushrooms. Sauté in shallow pan with olive oil under brown. Set aside.

### **CRANBERRY SAUCE WITH ORANGE**

2 cups /500 ml cranberries (fresh or defrosted)

1 1/2 tbsps /20 ml orange extract

1 cup /240 ml light brown sugar

1/4 cup / 60 ml orange juice (fresh best)

1/4 tsp /5 big pinches (or 1.25 ml) ground allspice

1/4 tsp /5 big pinches (or 1.25 ml) ground clove

1/4 tsp /5 big pinches (or 1.25 ml) black pepper

1/4 tsp /5 big pinches (or 1.25 ml) red-pepper flakes

1/4 tsp /5 big pinches (or 1.25 ml) ground cinnamon

Combine all the ingredients in a medium sauce pan. Bring to boil. Reduce heat and let simmer, stirring often, for 20 minutes (until syrupy). Let cool. Refrigerate until needed.







## RYEVOST'S LAMB AND FRESH BREAD

(Shadow and Bone - Chapter 16)

“My mouth watered at the smells of roasting lamb and fresh bread, and I treated myself to an apple as I refreshed my supplies of hard cheese and dried meat.”

### ROASTED LAMB STEAKS WITH MINT (FOR 4)

2 lamb steaks  
2 tsps/**10ml** mustard (Dijon best)  
1/4 medium onion (coarsely chopped)  
4 garlic cloves  
1/4 cup olive oil/**56 ml** (+1/2 tsp /**3ml** for pan)  
1 1/2 cups/**340 ml** fresh mint leaves

Oil large skillet with the 1/2 tsp/**3ml** of oil. On high heat, sear the steaks on both sides until well browned (1- 2 minutes each side).

Remove steaks from skillet and place them in a shallow baking pan. Cook in a 425 °F /220 °C oven for about 7 minutes (the lamb should be cooked medium-rare, when meat thermometer reaches 130 degrees).

In a mortar (or in food processor), place the remaining ingredients and crush them to make a paste. Use paste as a condiment or spread onto lamb steaks after searing but before placing in oven).

### FRESH SODA BREAD

4 cups/ **640g** of flour  
1 tsp/**5 ml** baking soda  
1 tsp/**5 ml** salt  
1 3/4 cups/**14 oz/415 ml** buttermilk

Combine all the dry ingredients together. Add the buttermilk last.

Knead lightly. Baked in a 415°F /**210°C** oven for about 30-40 minutes (crust should be golden)



## SUPPER IN STURMHOND'S QUARTERS

(Siege and Storm - Chapter 5)

"We ate [...] fresh bread, roasted haddock, pickled radishes, and a sweet iced wine that set my head spinning after just a few sips."

### PICKLED RADISHES

1-2 cups/**250-500ml** white Balsamic vinegar

1 bunch radishes/**10-12 radishes** (small radishes are sweeter than large ones)

Wash radishes. Pat dry. Slice thinly. Place in glass jar. Pour vinegar over sliced radishes until they are all immersed. Close jar lid and put aside for 1 week. Then serve.

### ROASTED HADDOCK

Filets of haddock (hake is a good substitute) fresh or thawed

Olive oil

Fresh dill (for decoration)

Salt and pepper

Preheat oven at 375°F/**190°C**. Pat filets dry. Place filets on baking sheet, add salt and pepper (to taste). Drizzle with olive oil. Bake for 10 minutes (or more, until cooked thoroughly, depending on thickness).

### SWEET WINE

Port wine or Madeira wine

The complete THE FICTIONAL FOODIE: SHADOW AND BONE,  
will be available late Spring 2014.

