

Covid-19 food journal

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Week 1:

This was about a month into the quarantine I believe, and I am getting rather tired of just doing the frozen red baron pizza's as good as they are. Aside from my usual ways of passing the time, I had added a yoyo into my daily activities of passing the time. I decided to get back into cooking some really awesome Chinese, and other types of food. Also ive gotten into learning more bartending recipes. The biggest thing that I like to do was try to get my room mates to eat with me, as a socialized thing, also I don't like to cook for myself, its just about impossible.

In my household we have made an emphasis on at least cooking together but during the pandemic we have started to eat together as well, and its made the long term quarantine significantly easier. As a Christmas present my mom got me a weekly food service that gives us all what we need to make a pretty good meal, some of these are really good but it encourages us all to have dinner together, and to practice cooking of course. This over time got me back into my creative ideas of cooking and I started to really crave some of the food that I cant get in Bozeman.

Sunday the 5th for dinner: An rigatoni oven baked sphagetthi from the delivery service, it was super good had spiced sausage on top, I might try to make a better version of it soon with a red pepper and venison spiced sausage, I have to find venison first.

Monday the 6th for dinner: I made a pseudo drunken garlic noodle where I slow cooked a whole pork loin for eight hours, then shredded the whole pork loin and breaded and fried with just cornstarch so it is crispy. Then I threw noodles in the wok with black garlic sauce, Chinese cooking wine, fish sauce, and dark soy sauce with a bit of sugar. Then added an egg yolk on top by soft boiling the egg for seven minutes. I was very stoked about this dish, great drunk food.



Saturday April 11th: we all made really good steak tacos together and topped them with onions and pickled jalapenos. Also we have decided that our favorite frozen pizza was red baron pizza, this is our typical lunch.



Easter Sunday: We had a very good meal from open range consisting of huge ribeye steaks, au gratin potatoes, brussel sprouts, deviled eggs, and cheesecake. Also a bottle of wine, a very good bottle of wine.



Week 2:

This week I became very enthralled with making traditional ethnic food all the sudden, I can always make passable and very tasty food but I have always kind of just done it my own way. So I decided to follow a recipe online for once and I was incredibly excited how my food came out, and I was happy to share it with my room mates... I have discovered that I really do crave their approval with the food I make.

Monday April 13th: I made laurofan with the pork belly I

Had in my fridge. I started by blanching pork belly with

Ginger, onion, shallots, and green onion until the pork

Was white, then I soft-boiled four eggs during the

Process. Then I mixed light and dark soy sauce, Chinese

Cooking wine, a good amount of sugar, star anise, and

Boiled the pork for 1.5 hours, and thicken the sauce after

Serve with sticky rice and vinegar soaked bok choi.



Tuesday April 14th: I made congee for breakfast in my
Instapot: 1 cup of rice, 4 cups of warm water, pressure
Cook the rice for 33 minutes then let depressurize
Naturally. I added some of the sauce from the laurofan
And a soft boiled egg for flavor. It was very filling, and I
Was stoked on eating food that I grew up eating.



Thursday April 16th: I made a kind of fish sauce crispy pork,
Cooked with onions and jalepenos, I cooked the pork in a
Fish sauce, cooking wine, rice wine vinegar, dark soy sauce.



I chose not to cover all the things I cooked because a lot of it was redundant, just a frozen pizza and I ordered in once a week, but mainly because I wanted to focus on what I was trying to focus a big part of my time into during the day. I wanted to take the time to learn a lot more traditional cooking styles, and learn to be more into being kitchen independent, getting my own spices, prepping ingredients before hand, I learned to make my own Chili Oil, my own Brown Rice tea, and I even learned how to make certain bitters for making mixed drinks.

I did feel like I was successful in what I wanted to achieve, I never wanted to cook at home because of my job as a line cook, and I haven't really enjoyed making food. I decided I should change that, get really into the whole new wave hippy food movement, I have been trying to make sourdough, but I am not a good baker.

My room mate and I have enjoyed making some fun little things as well. One lunch we got really stoked on nachos, and I made my own cheese dip with three cheese blend, jack sharp, flour, salsa and habaneros. It was really good, except my room mates pork was actually breakfast sausage, so I had that funky cured flavor that I don't like, luckily we could pick around it. We have been baking brownies, making jello and pudding during the day to pass the time, but its fun to do something together like that. I think the best was the pudding for sure, we put in a ton of gummy bears.

I think the best way that we have been handling this lockdown in the house is just eating together, even though were watching futurama, but its moving us out of our bedrooms or whatever to at least get us up and going. It has been a good time spending time with my room mates, and cooking and learning how to make good food. I hope you enjoyed my short food journal, and wish I would have remembered to get more pictures.