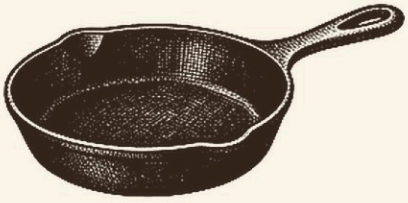
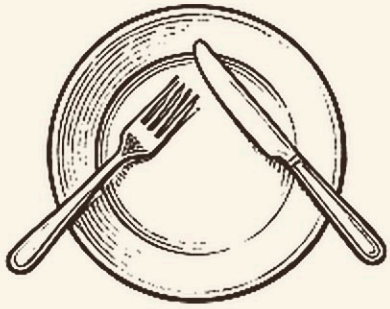
HAROLD'S KITCHEN TABLE

5 Suppers for One

Five plain suppers from the book, free







Harold Lindqvist

HAROLDALL.ORG

Five Suppers, Free

I’m Harold. I was married 51 years and I never had to learn to cook. Then I did.

These five pages come out of my book, Supper for One. They’re yours either way. Print them, tape them inside a cupboard, give them to your brother.

You need a skillet, a saucepan, a sheet pan and a food thermometer. A thermometer doesn’t cost much, and it takes the guessing out of meat. If a page says 160°F, push it into the thickest part and read the number. Color will fool you.

Each page tells you what to do with the half onion and the second plate, because when you cook for one, that’s the real job.

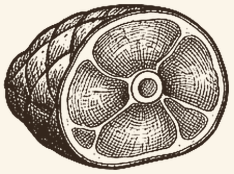
If your doctor has you on a diet, that comes first.

Start with whichever one you’d eat tonight.

Harold



One Hamburger Patty with Fried Onions



A pound of hamburger is four suppers now. It used to be one meatloaf and nobody counting.

MAKES	TIME	COST	PANS
1 plate	21 min	about $2.50	One skillet

WHAT YOU NEED

- **¼ lb** ground beef, thawed
- **½** medium onion, sliced thin
- **1 tbsp** butter
- **2 slices** bread, or 1 bun
- salt and pepper

HOW TO DO IT

1. Melt the butter in the skillet over medium heat, the knob about halfway, until it foams. Add the onion.
2. Stir now and then for 8 minutes, until soft and golden. Scrape the onion onto your plate.
3. Pat the beef into a round ¾ inch thick. Salt and pepper both sides. Wash your hands.
4. Lay the patty in the skillet. It should sizzle. Cook 4 minutes, turn it with a fork, and cook 4 minutes more.
5. Slide the thermometer in through the side to the center: 160°F. If it is short, cook 2 minutes more.

Harold's note. Mine looked done and was not. Color fools you. The thermometer has no opinions about how a hamburger looks.

The second plate. Wrap the other half onion for Hamburger Hash (Recipe 9). The other three quarter pounds stay frozen flat until you want them.

Safe temperature: 160°F. Keeps: Fridge 3 to 4 days, freezer 2 to 3 months.

One Chicken Thigh and a Potato on a Sheet Pan



This was the first thing I made that looked like somebody's supper. I stood there and admired it a while.

MAKES	TIME	COST	PANS
1 plate	**45 min**	**about $1.50**	**One sheet pan**

WHAT YOU NEED

- **1** bone-in chicken thigh with skin
- **1** medium potato, cut the long way into 6 wedges
- **1 tbsp** vegetable oil
- salt and pepper

HOW TO DO IT

1. Heat the oven to 400°F. Rub the potato wedges with the oil on the sheet pan and spread them out, cut side down.
2. Pat the chicken dry with a paper towel. Do not rinse it. Wash your hands.
3. Set the thigh on the pan, skin up, with room around it. Sprinkle everything with salt and pepper.
4. Bake 40 minutes, until the skin is brown and crackly and a fork slides into the potato.
5. Check the thickest part of the thigh, away from the bone: 165°F. If it is short, bake 5 minutes more.

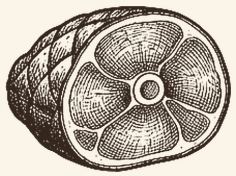
Harold's note. A thigh stays juicy even if you go past the number. That suits a man who goes past the number.

The second plate. A pack holds 4 or 5 thighs. Freeze the others in one layer, then stack them when solid. Thaw one at a time.

Safe temperature: 165°F. Keeps: Fridge 3 to 4 days, freezer 4 months.

Hamburger Hash

A potato, an onion and a quarter pound of hamburger. For a while that was everything I knew how to buy.



MAKES	TIME	COST	PANS
1 plate	25 min	about $2	One skillet

WHAT YOU NEED

- **¼ lb** ground beef, thawed
- **1** medium potato, cut in sugar-cube pieces
- **½** medium onion, chopped
- **1 tbsp** vegetable oil
- **2 tbsp** water
- salt and pepper

HOW TO DO IT

1. Put the potato, oil and water in the cold skillet. Cover and set over medium heat for 8 minutes, stirring once.
2. Take the lid off and add the onion. Fry 5 minutes, stirring now and then, until the potato edges brown and a fork goes in easy.
3. Push everything to one side. Crumble the beef into the empty side and break it up until no pink shows.
4. Stir it all together with salt and pepper. Pile up some of the meat and check the middle: 160°F.

Harold's note. Keep the pieces small. Big chunks stay hard in the middle long after the onion has given up.

The second plate. Leftover hash heats up in the skillet to 165°F. Put two eggs, scrambled firm, beside it and call it breakfast.

Safe temperature: 160°F. Keeps: Fridge 3 to 4 days.

Potato Soup



A ten-pound bag of potatoes will outlast a man's interest in potatoes. This is where the rest of them go.

MAKES	TIME	COST	PANS
2 plates	**35 min**	**about $2.50**	**One saucepan**

WHAT YOU NEED

- **2** medium potatoes
- **½** onion, chopped small
- **1 tbsp** butter
- **1 (14.5-oz) can** broth
- **½ cup** milk, for tonight's plate
- salt and pepper

HOW TO DO IT

1. Peel the potatoes. Cut them into pieces the size of a sugar cube.
2. Melt butter in the saucepan on medium until it foams. Cook the onion 4 minutes, stirring, until soft and clear, not brown.
3. Add potatoes and broth. Turn to medium-high until it bubbles, then low. Cover and cook 15 minutes, until a fork slides in.
4. Mash some of the potatoes against the side of the pan with a fork. Leave some lumps.
5. Spoon half into a freezer container. Stir the milk into the pot. Heat on low until steaming. Do not boil. Salt and pepper.

Harold's note. Milk turns potato soup grainy in the freezer, so mine goes in before the milk does. I ate a bowl of wet sand finding that out.

The second plate. For the frozen plate, thaw it in the fridge, bring it to a rolling boil, then turn to low and stir in ½ cup milk.

Keeps: Fridge 3 to 4 days, freezer 2 to 3 months, frozen without the milk.

Frozen Meatballs and Gravy on a Potato



Frozen meatballs mean somebody else did the rolling. I have made my peace with that.

MAKES	TIME	COST	PANS
1 plate	**23 min**	**about $3**	**Saucepan and a microwave**

WHAT YOU NEED

1 medium potato

6 frozen cooked meatballs

1 packet brown gravy mix

1 cup cold water

salt and pepper

HOW TO DO IT

1. Rinse the potato and poke it 6 times with a fork. Microwave on a plate 4 minutes, turn it over, 4 more, until a fork slides in.
2. Stir gravy mix and cold water in the saucepan until smooth. Add the frozen meatballs.
3. Turn to medium. Stir until it boils, about 5 minutes. Turn to low, cover and cook 8 minutes, stirring twice.
4. Cut a meatball in half and check the center: 165°F.
5. Split the potato on the plate. Spoon meatballs and gravy over it.

Harold's note. That potato is hotter than it looks. Pick it up with a pot holder, and split it with the knife, not your fingers.

The second plate. Seal the bag and put the rest of the meatballs straight back in the freezer. Leftover gravy goes on a Hot Chicken Sandwich (Recipe 37).

Safe temperature: 165°F. Keeps: Gravy, fridge 3 to 4 days, freezer 2 to 3 months.

That’s Five

Write down what you’d change. Your memory isn’t the filing cabinet it used to be.

The whole book has sixty suppers like these, one to a page, with how to shop for one and what to do when it goes wrong. It’s at haroldall.org if you want it. If you don’t, you’ve got five suppers and you owe nobody a thing.

FOOD SAFETY

Numbers are from the USDA. Ground meat 160°F. All chicken 165°F. Leftovers reheated to 165°F. Get leftovers in the refrigerator within 2 hours. They keep 3 to 4 days there.

THE SMALL PRINT

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