

PREVIEW EDITION

CRAVEFILE

7 independently written
recipe guides inspired by
food trends and practical
home cooking.



Dual measurements - practical substitutions - common fixes - visual doneness cues

Legal and copyright

Copyright 2026. All rights reserved. This ebook is licensed for personal use only. It may not be redistributed, resold, uploaded, or reproduced except where mandatory law permits.

This independent publication is not sponsored, endorsed, administered by, or associated with TikTok, Pinterest, their owners, or any featured creator.

This preview includes seven recipes and cannot reconstruct the complete book.

Seller legal name: [OWNER REVIEW REQUIRED]. Support: [SUPPORT_EMAIL].

PREVIEW

Food and health disclaimer

This book provides general cooking information, not medical, nutrition, or dietary advice. Ingredient labels, allergies, dietary restrictions, kitchen equipment, and local food-safety guidance vary.

Follow safe internal temperatures, avoid cross-contamination, refrigerate perishable food promptly, and use pasteurized products when the recipe calls for them. When in doubt, consult an appropriate professional.

Recipes marked editorially verified were checked against documentary culinary sources; that does not mean they were physically cooked in the project kitchen.

PREVIEW

How to use this book

Start with the time, equipment, and ingredient tables. U.S. and metric amounts appear side by side. Read the complete method before cooking.

Visual cues tell you what to look for when clocks and appliances vary. The common-mistakes panel gives recovery steps before a small problem becomes dinner-ending.

Dietary flags are descriptive only when verifiable from listed ingredients; always confirm packaged-product labels.

PREVIEW

Read the recipe at a glance

Each recipe uses the same compact signals so you can decide, prep, cook, and troubleshoot without replaying a video.

SIGNAL	WHAT IT MEANS
Prep / cook / total	Active preparation, heat time, and realistic elapsed time including stated rests
Look for	A visual, texture, temperature, or sound cue that matters more than an exact clock
Swap it	A practical substitution and the tradeoff to expect
Fix it	A common misstep paired with a recovery action
Dietary flag	A conditional editorial label; packaged-product labels still control
Safety	The recipe-specific control for temperature, allergens, blades, hot oil, or storage
Trend note	Neutral research context, never a claim of creator or platform endorsement

PREVIEW

Measure with confidence

Metric weights are preferred for consistency; volume conversions are practical kitchen equivalents, not laboratory equivalencies.

U.S. measure	Metric guide	Use
1 tsp	5 mL	Small liquid measures
1 tbsp	15 mL	Sauces and oils
1 cup	240 mL	Liquids; dry ingredient weight varies
1 oz	28 g	Weight
1 lb	454 g	Weight
350 F	175 C	Moderate oven
400 F	205 C	Hot oven
425 F	220 C	Very hot oven

A smart substitution shelf

Substitutions solve availability problems, but they can change texture, salt, sweetness, and allergens. The recipe-specific notes take priority over this general guide.

If you are missing...	Try...	Watch for...
Buttermilk	1 cup milk plus 1 tbsp lemon juice	Rest 5 minutes
Greek yogurt	Plain strained yogurt or sour cream	Thickness and acidity
Fresh herbs	One-third as much dried herb	Add dried herbs earlier
All-purpose flour	A tested 1:1 gluten-free blend	Texture differs by brand
Soy sauce	Tamari or coconut aminos	Salt level and allergens
Heavy cream	Half-and-half plus a little butter	Do not boil hard
Lime	Lemon	Flavor shifts but acidity remains

PREVIEW

Inside the book

Legal and copyright	2
Food and health disclaimer	3
How to use this book	4
Read the recipe at a glance	5
Measure with confidence	6
A smart substitution shelf	7
Inside the book	8
Salads, Bowls & Fresh Recipes	9
Herby Dense Bean Salad	10
Make it	11
Crunchy Cabbage and Herb Salad	12
Make it	13
Sesame-Chile Cucumber Shake Salad	14
Make it	15
Budget-Friendly Favorites	16
Blistered Cabbage Steaks	17
Make it	18
Loaded Jacket Potato	19
Make it	20
Unstuffed Cabbage Roll Soup	21
Make it	22
Pasta, Noodles & Dumplings	23
Garlic-Yogurt Beef Pasta	24
Make it	25

Every title in the digital edition links to its recipe. Use your PDF reader's outline panel to jump between chapters.

Salads, Bowls & Fresh Recipes

3 practical recipes selected for visual appeal, utility, and staying power.



Herby Dense Bean Salad

Two kinds of beans, crisp vegetables, feta, and a bright lemon-Dijon dressing.

PREP	COOK	TOTAL	SERVES	LEVEL
20 min	0 min	30 min	6 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Dense bean salads became a widely shared make-ahead format because every spoonful looks colorful, substantial, and easy to customize.	This version turns pantry beans into a practical lunch that holds its texture for several days and needs no cooking.

Equipment

colander, large bowl, small bowl, whisk

Ingredients

INGREDIENT	U.S.	METRIC
chickpeas - drained and rinsed	1 (15-ounce) can	1 (425 g) can
cannellini beans - drained and rinsed	1 (15-ounce) can	1 (425 g) can
cherry tomatoes - quartered	1 pint	280 g
English cucumber - diced	1 small	250 g
red onion - finely diced	1/3 cup	50 g
flat-leaf parsley - chopped	1/2 cup	30 g
fresh dill - chopped	1/4 cup	12 g
feta cheese - crumbled	3/4 cup	110 g
olive oil	1/3 cup	80 ml
lemon juice	1/4 cup	60 ml
Dijon mustard	2 teaspoons	10 g
garlic - grated	1 clove	1 clove
kosher salt	1/2 teaspoon	3 g
black pepper	1/4 teaspoon	0.5 g

Make it

01 Dry the beans

Rinse the chickpeas and cannellini beans in a colander, drain well, and blot them dry so the dressing will cling.

Look for: The beans look matte rather than wet.

02 Build the salad

Add the cherry tomatoes, English cucumber, red onion, flat-leaf parsley, fresh dill, and feta cheese to a large bowl with the beans.

Look for: The vegetables and herbs are evenly scattered through the beans.

03 Whisk the dressing

Whisk the olive oil, lemon juice, Dijon mustard, garlic, kosher salt, and black pepper in a small bowl until lightly thickened.

Look for: The dressing is unified and no oily streaks remain.

04 Toss and rest

Pour the dressing over the salad, fold gently until coated, and rest for 10 minutes before tasting and serving.

Look for: A glossy film coats the beans without liquid pooling below.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The salad turns watery after chilling.	Drain and dry the beans and cucumber thoroughly before combining them.
The beans break down while mixing.	Use a broad spoon and fold from the bottom instead of stirring vigorously.

SWAP IT	CHANGE IT UP
- Use great northern beans in place of cannellini beans.	- Add diced bell pepper for extra crunch.
- Replace feta with a plant-based feta for a dairy-free salad.	- Fold in cooked farro just before serving for a grain-and-bean bowl.

Keep, reheat, and serve

Storage: Refrigerate in a covered container for up to 4 days; stir gently before serving.

Reheating: No reheating is needed; let the salad stand at room temperature for 10 minutes to loosen the olive oil.

Allergens: milk

Safety: Wash and dry all produce, use clean utensils, and refrigerate the finished salad within 2 hours.

Serve and shoot: Spoon into a shallow bowl and reserve a little feta and dill for a fresh, high-contrast finish.

Trend note

This is an original, practical interpretation of the dense bean salad format; it does not reproduce any creator's recipe or presentation.

Crunchy Cabbage and Herb Salad

A crisp green salad with cucumber, mint, parsley, and a tangy lime dressing.

PREP	COOK	TOTAL	SERVES	LEVEL
20 min	0 min	35 min	6 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Cabbage-forward recipes gained fresh attention for their dramatic crunch, bright color, and ability to stay crisp in make-ahead videos.	An inexpensive cabbage becomes a lively side dish that can be prepared ahead without wilting like tender leafy greens.

Equipment

chef's knife, cutting board, large bowl, jar with lid

Ingredients

INGREDIENT	U.S.	METRIC
green cabbage - very thinly sliced	1/2 medium head	600 g
Persian cucumbers - thinly sliced	3	250 g
scallions - thinly sliced	4	60 g
flat-leaf parsley - roughly chopped	1 cup	60 g
fresh mint - torn	1/2 cup	25 g
roasted sunflower seeds	1/3 cup	45 g
olive oil	1/4 cup	60 ml
rice vinegar	3 tablespoons	45 ml
lime juice	2 tablespoons	30 ml
maple syrup	2 teaspoons	10 ml
kosher salt	3/4 teaspoon	4 g
black pepper	1/4 teaspoon	0.5 g

Make it

01 Soften the cabbage

Place the green cabbage in a large bowl with half the kosher salt and massage for 1 minute, just until it becomes flexible.

Look for: The cabbage bends easily but still snaps when bitten.

02 Add the fresh ingredients

Fold in the Persian cucumbers, scallions, flat-leaf parsley, fresh mint, and roasted sunflower seeds.

Look for: Green herbs are distributed evenly instead of sitting in clumps.

03 Shake the dressing

Combine the olive oil, rice vinegar, lime juice, maple syrup, remaining kosher salt, and black pepper in a jar; seal and shake until blended.

Look for: The dressing looks slightly cloudy and emulsified.

04 Dress and rest

Toss the salad with the dressing and let it stand for 15 minutes so the flavors settle while the cabbage stays crisp.

Look for: The cabbage is glossy with no large puddle in the bowl.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The cabbage feels tough and bulky.	Slice it no thicker than 1/8 inch (3 mm) and massage briefly with salt.
The herbs bruise and darken.	Tear or chop them just before mixing and fold rather than mash.

SWAP IT	CHANGE IT UP
- Use napa cabbage for a softer texture.	- Add thinly sliced apple for a sweet-tart note.
- Replace sunflower seeds with roasted pumpkin seeds.	- Stir in drained white beans to turn the side into a light meal.

Keep, reheat, and serve

Storage: Cover and refrigerate for up to 3 days; keep extra sunflower seeds separate if maximum crunch is important.

Reheating: Serve cold or cool; this raw salad should not be reheated.

Allergens: No major allergen identified from the listed ingredients; check labels.

Safety: Rinse cabbage, cucumbers, herbs, and scallions under running water before cutting, then keep the salad refrigerated.

Serve and shoot: Pile the salad high on a wide plate and scatter the reserved green herbs and sunflower seeds across the top.

Trend note

The cabbage-focused concept reflects a documented search trend, while the ingredient ratios and method here are independently developed.

Sesame-Chile Cucumber Shake Salad

Craggy cucumber chunks tossed in a jar with a savory, spicy sesame dressing.

PREP	COOK	TOTAL	SERVES	LEVEL
12 min	0 min	22 min	4 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Cucumber shake salads spread widely because the closed-container mixing method is playful and coats every textured piece on camera.	The technique creates a punchy, cooling side in minutes and uses a short list of dependable pantry seasonings.

Equipment

rolling pin, cutting board, large container with tight lid

Ingredients

INGREDIENT	U.S.	METRIC
Persian cucumbers	6	500 g
kosher salt	1/2 teaspoon	3 g
rice vinegar	2 tablespoons	30 ml
low-sodium soy sauce	1 1/2 tablespoons	22 ml
toasted sesame oil	2 teaspoons	10 ml
chili crisp	1 tablespoon	15 g
granulated sugar	1 teaspoon	4 g
garlic - grated	1 clove	1 clove
toasted sesame seeds	1 tablespoon	9 g
scallion - thinly sliced	1	15 g

Make it

01 Crack the cucumbers

Lay the Persian cucumbers on a board, press firmly with a rolling pin until they split, then tear or cut them into 1 1/2-inch (4 cm) pieces.

Look for: Each cucumber piece has jagged edges but remains intact.

02 Salt and drain

Put the cucumbers in the container with the kosher salt, toss, rest for 10 minutes, and pour off the released liquid.

Look for: A small pool of clear cucumber liquid has collected below.

03 Add the dressing

Add the rice vinegar, low-sodium soy sauce, toasted sesame oil, chili crisp, granulated sugar, and garlic to the drained cucumbers.

Look for: Seasonings collect around the rough cucumber surfaces.

04 Shake and finish

Seal the lid, shake vigorously for 15 seconds, then open and fold in the toasted sesame seeds and scallion.

Look for: Every cucumber piece is evenly glossy and speckled.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The finished dressing tastes diluted.	Do not skip the salted rest, and drain the cucumber liquid completely.
The container leaks while shaking.	Use a container with a locking lid and fill it no more than two-thirds full.

SWAP IT

- Use English cucumber cut into thick half-moons if Persian cucumbers are unavailable.
- Use tamari labeled gluten-free in place of soy sauce for a gluten-free version.

CHANGE IT UP

- Add crushed roasted peanuts for extra crunch.
- Reduce the chili crisp by half for a gentler heat level.

Keep, reheat, and serve

Storage: Refrigerate in a covered container for up to 2 days; the cucumbers soften as they sit.

Reheating: Do not reheat; shake the chilled salad once more immediately before serving.

Allergens: soy, sesame

Safety: Wash the cucumbers and scallion under running water, use a clean container, and return leftovers to the refrigerator promptly.

Serve and shoot: Serve in a clear-sided bowl so the craggy cucumber edges and red chili oil remain visible.

Trend note

The shaking format was widely searched and shared; this balanced dressing and method are an original editorial formulation.

Budget-Friendly Favorites

3 practical recipes selected for visual appeal, utility, and staying power.



Blistered Cabbage Steaks

Thick roasted cabbage rounds with smoky edges and a cool lemon-yogurt drizzle.

PREP	COOK	TOTAL	SERVES	LEVEL
12 min	30 min	42 min	4 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Cabbage steaks make an inexpensive vegetable look dramatic, with caramelized edges and concentric layers that photograph especially well.	High-heat roasting concentrates cabbage's sweetness while a quick yogurt sauce turns it into a satisfying side or light main.

Equipment

rimmed sheet pan, parchment paper, small bowl, whisk

Ingredients

INGREDIENT	U.S.	METRIC
green cabbage	1 small head	900 g
olive oil	3 tablespoons	45 ml
smoked paprika	1 teaspoon	2 g
garlic powder	3/4 teaspoon	2 g
kosher salt	3/4 teaspoon	4 g
black pepper	1/4 teaspoon	0.5 g
plain Greek yogurt	1/2 cup	120 g
lemon juice	1 tablespoon	15 ml
flat-leaf parsley - chopped	2 tablespoons	8 g

Make it

01 Heat and cut

Heat the oven to 425 degrees F (220 degrees C). Keep the green cabbage core intact and cut the head into four 1-inch (2.5 cm) rounds.

Look for: Each round holds together around a wedge of core.

02 Season the rounds

Arrange the cabbage on a parchment-lined pan. Brush both sides with olive oil and season with smoked paprika, garlic powder, kosher salt, and black pepper.

Look for: The cut surfaces are evenly coated and lightly red-speckled.

03 Roast until blistered

Roast for 15 minutes, carefully turn with a wide spatula, and roast 12 to 15 minutes more until the edges are deeply browned and the cores are tender.

Look for: Outer leaves are crisp and dark at the tips; a knife enters the core easily.

04 Make the drizzle

Whisk the plain Greek yogurt with the lemon juice, then spoon it over the hot cabbage and finish with flat-leaf parsley.

Look for: White sauce falls in loose ribbons across the browned layers.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The cabbage rounds fall apart.	Leave the core attached and turn each round once with the widest spatula available.
The cabbage steams instead of browning.	Use a large pan with space between rounds and preheat the oven fully.

SWAP IT

- Use red cabbage, allowing several extra minutes for the firmer leaves.
- Use unsweetened plant-based yogurt for a dairy-free drizzle.

CHANGE IT UP

- Add a pinch of cayenne with the smoked paprika.
- Top with drained chickpeas during the final 10 minutes for a more substantial plate.

Keep, reheat, and serve

Storage: Refrigerate the cabbage and yogurt drizzle separately in covered containers for up to 4 days.

Reheating: Reheat cabbage on a sheet pan at 400 degrees F (200 degrees C) for 8 to 10 minutes; add cold yogurt sauce after heating.

Allergens: milk

Safety: Wash the cabbage before cutting, use dry oven mitts, and keep hands clear of steam when turning the hot rounds.

Serve and shoot: Place one intact round on each plate and drizzle diagonally so the browned leaf pattern stays visible.

Trend note

This recipe responds to renewed cabbage interest with an independently written roasting method and neutral presentation.

Loaded Jacket Potato

A crisp-skinned baked potato filled with beans, cheddar, salsa, and scallions.

PREP	COOK	TOTAL	SERVES	LEVEL
10 min	60 min	70 min	4 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Loaded jacket potatoes returned to social feeds as an affordable blank canvas with an especially satisfying split-and-fill reveal.	A pantry-friendly potato becomes a complete-feeling dinner with simple toppings and very little active work.

Equipment

fork, rimmed sheet pan, small saucepan, instant-read thermometer

Ingredients

INGREDIENT	U.S.	METRIC
russet potatoes - scrubbed and dried	4 medium	1 kg
olive oil	1 tablespoon	15 ml
kosher salt - divided	1 teaspoon	6 g
black beans - drained and rinsed	1 (15-ounce) can	1 (425 g) can
ground cumin	1/2 teaspoon	1 g
shredded cheddar cheese	1 cup	115 g
plain Greek yogurt	1/2 cup	120 g
tomato salsa	1/2 cup	120 g
scallions - thinly sliced	3	45 g

Make it

01 Prepare the potatoes

Heat the oven to 425 degrees F (220 degrees C). Prick the russet potatoes several times, rub with olive oil, and sprinkle with half the kosher salt.

Look for: The skins have a thin, even sheen of oil and salt.

02 Bake until fluffy

Bake the potatoes directly on a sheet pan for 50 to 60 minutes, until the skins are crisp and the centers reach about 205 degrees F (96 degrees C).

Look for: A skewer slides to the center without resistance.

03 Warm the beans

Meanwhile, heat the black beans with the ground cumin and remaining kosher salt in a small saucepan over medium-low for 4 to 5 minutes.

Look for: The beans are steaming and a few begin to split.

04 Split and load

Cut a cross in each potato, squeeze the ends to fluff the center, then add the warm beans and shredded cheddar cheese.

Look for: The potato interiors are open and fluffy, with cheese beginning to melt.

05 Finish the topping

Top each loaded potato with plain Greek yogurt, tomato salsa, and scallions, then serve immediately.

Look for: The red, white, and green toppings sit in distinct layers.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The potato skin stays soft.	Dry the potatoes well and bake them unwrapped so moisture can escape.
The center remains firm.	Choose similarly sized potatoes and bake until a skewer reaches the center easily.

SWAP IT

- Use pinto beans in place of black beans.
- Use plant-based cheese and yogurt for a dairy-free version.

CHANGE IT UP

- Add thawed corn to the warming beans.
- Top with diced avocado immediately before serving.

Keep, reheat, and serve

Storage: Refrigerate baked potatoes and toppings separately in covered containers for up to 4 days.

Reheating: Reheat an unfilled potato at 375 degrees F (190 degrees C) until it reaches 165 degrees F (74 degrees C), about 15 minutes; warm beans separately and add cold toppings afterward.

Allergens: milk

Safety: Do not hold baked potatoes in foil at room temperature; refrigerate them within 2 hours and reheat leftovers thoroughly.

Serve and shoot: Set each potato on a small plate, open the split widely, and place the brightest toppings last.

Trend note

This familiar loaded-potato format is presented independently and is not affiliated with any social account or restaurant brand.

Unstuffed Cabbage Roll Soup

A tomato-rich beef, cabbage, and rice soup with all the comfort of cabbage rolls.

PREP	COOK	TOTAL	SERVES	LEVEL
15 min	40 min	55 min	6 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
Cabbage-roll soup translates a labor-intensive comfort dish into a one-pot format with visible layers of vegetables, rice, and beef.	The soup uses inexpensive staples, freezes well, and captures familiar savory-sweet flavors without wrapping individual cabbage leaves.

Equipment

large Dutch oven, wooden spoon, instant-read thermometer

Ingredients

INGREDIENT	U.S.	METRIC
olive oil	1 tablespoon	15 ml
lean ground beef	1 pound	450 g
yellow onion - diced	1 medium	180 g
garlic - minced	3 cloves	3 cloves
green cabbage - chopped	6 cups	600 g
crushed tomatoes	1 (28-ounce) can	1 (794 g) can
low-sodium beef broth - certified gluten-free if needed	5 cups	1.2 liters
long-grain white rice - rinsed	1/2 cup	95 g
sweet paprika	1 teaspoon	2 g
dried thyme	1/2 teaspoon	0.5 g
kosher salt	3/4 teaspoon	4 g
black pepper	1/4 teaspoon	0.5 g

Make it

01 Brown the beef

Heat the olive oil in a Dutch oven over medium-high. Add the lean ground beef and cook, breaking it into small pieces, until browned and 160 degrees F (71 degrees C), 6 to 8 minutes.

Look for: No pink remains and browned bits form on the pot.

02 Soften the aromatics

Add the yellow onion, garlic, half the kosher salt, and black pepper; cook for 3 minutes, scraping up the browned bits.

Look for: The onion looks translucent around the edges.

03 Build the soup

Stir in the green cabbage, crushed tomatoes, low-sodium beef broth, long-grain white rice, sweet paprika, dried thyme, and remaining kosher salt.

Look for: The cabbage is mostly submerged in the red broth.

04 Simmer gently

Bring to a boil, reduce to a steady simmer, cover partially, and cook for 25 to 30 minutes until the rice and cabbage are tender.

Look for: Rice grains are plump and cabbage pieces bend easily.

05 Adjust and serve

Stir well from the bottom, add a splash of water if the soup is thicker than desired, and taste for seasoning before serving.

Look for: Beef, rice, and cabbage remain suspended in a spoonable broth.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The rice sticks to the pot.	Keep the heat at a gentle simmer and stir from the bottom once or twice.
The soup becomes too thick overnight.	Thin each reheated portion with broth or water because the rice keeps absorbing liquid.

SWAP IT

- Use ground turkey and cook it to 165 degrees F (74 degrees C).
- Use brown rice only if you extend the simmer according to its package timing.

CHANGE IT UP

- Add one diced carrot with the onion.
- Finish bowls with chopped fresh dill for a brighter flavor.

Keep, reheat, and serve

Storage: Cool promptly and refrigerate in shallow covered containers for up to 4 days, or freeze for up to 2 months.

Reheating: Reheat on the stovetop with added broth until the soup reaches 165 degrees F (74 degrees C) throughout.

Allergens: No major allergen identified from the listed ingredients; check labels.

Safety: Prevent raw-beef cross-contamination, cook beef to 160 degrees F (71 degrees C), and refrigerate soup within 2 hours.

Serve and shoot: Ladle into light-colored bowls and place a few distinct cabbage and beef pieces on top for texture.

Trend note

The soup is an independently developed, simplified interpretation of cabbage-roll flavors rather than a claim of traditional authenticity.

Pasta, Noodles & Dumplings

1 practical recipes selected for visual appeal, utility, and staying power.



Garlic-Yogurt Beef Pasta

Tender pasta layered with cool garlic yogurt, spiced beef, and paprika butter.

PREP	COOK	TOTAL	SERVES	LEVEL
15 min	20 min	35 min	4 servings	Easy

WHY IT CAUGHT ON	WHY IT EARNS A REPEAT
The hot-and-cool layered pasta format gained search momentum for its bold contrast, generous textures, and satisfying assembly shots.	It delivers a weeknight-friendly combination of tangy yogurt, savory beef, and warm spices without requiring a long-simmered sauce.

Equipment

large pot, colander, large skillet, small bowl

Ingredients

INGREDIENT	U.S.	METRIC
short pasta - such as shells or rotini	12 ounces	340 g
kosher salt	1 1/4 teaspoons, plus pasta water	7 g, plus pasta water
plain Greek yogurt	1 cup	240 g
garlic - finely grated and divided	3 cloves	3 cloves
olive oil	1 tablespoon	15 ml
lean ground beef	1 pound	450 g
ground cumin	1 teaspoon	2 g
black pepper	1/2 teaspoon	1 g
unsalted butter	2 tablespoons	28 g
sweet paprika	1 teaspoon	2 g
red pepper flakes	1/4 teaspoon	0.5 g
flat-leaf parsley - chopped	1/4 cup	15 g

Make it

01 Cook the pasta

Boil the short pasta in well-salted water until al dente according to the package; reserve 1/2 cup (120 ml) pasta water, drain, and keep warm.

Look for: The pasta is tender with a slight bite at its center.

02 Mix the yogurt

Stir the plain Greek yogurt with two-thirds of the garlic and 1/4 teaspoon of the kosher salt; let it sit at room temperature while the beef cooks.

Look for: The yogurt is smooth and loose enough to spoon.

03 Brown the beef

Heat the olive oil in a skillet over medium-high. Add the lean ground beef, ground cumin, black pepper, remaining kosher salt, and remaining garlic; cook, breaking it up, until browned and 160 degrees F (71 degrees C), 7 to 9 minutes.

Look for: No pink remains and browned bits cling to the crumbles.

04 Bloom the spices

Melt the unsalted butter in a small clear area of the skillet, stir in the sweet paprika and red pepper flakes for 20 seconds, then mix through the beef.

Look for: The butter turns brick red and smells fragrant, not scorched.

05 Layer and serve

Loosen the pasta with a splash of reserved pasta water, divide among bowls, and top with garlic yogurt, paprika beef, and flat-leaf parsley.

Look for: Distinct white, red-brown, and green layers remain visible.

Fix it before it fails

COMMON MISSTEP	HOW TO RECOVER
The yogurt splits or becomes grainy.	Do not heat it directly; spoon room-temperature yogurt over the pasta just before serving.
The beef turns gray and watery.	Use a broad hot skillet and let moisture evaporate before stirring frequently.

SWAP IT	CHANGE IT UP
- Use ground turkey and cook it to 165 degrees F (74 degrees C) instead of beef. - Use a thick unsweetened plant-based yogurt and dairy-free butter for a dairy-free version.	- Add chopped mint with the parsley for a cooler herbal finish. - Stir baby spinach into the hot pasta before layering.

Keep, reheat, and serve

Storage: Refrigerate pasta, beef, and garlic yogurt in separate covered containers for up to 3 days.

Reheating: Reheat pasta and beef to 165 degrees F (74 degrees C) with a splash of water; add the cold garlic yogurt only after reheating.

Allergens: wheat, milk

Safety: Cook ground beef to 160 degrees F (71 degrees C), avoid cross-contamination from raw meat, and refrigerate leftovers within 2 hours.

Serve and shoot: Use shallow bowls and leave a ribbon of yogurt uncovered by the beef for a clear color contrast.

Trend note

The dish acknowledges a searched social format and Turkish culinary inspiration without claiming a definitive origin or copying creator expression.

PREVIEW

From saved to served.

Get the complete ebook for US\$4.99

One-time payment. Digital PDF. Available from the official Cravefile storefront.

PREVIEW