

MIRAVA BOOKS

A Calm Home

24 simple dishes made from everyday ingredients

English edition

Free excerpt

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English edition · Revised edition · October 2026

This book helps you make everyday breakfasts, lunches and dinners from familiar ingredients. It contains 24 standalone recipes: choose a dish, read it all the way through and only then get out the ingredients. There is no need to cook everything in order. For a first dinner, one main dish and a simple side are enough.

Each recipe states its number of portions. Vegetable and fruit weights, except whole apples for baking, refer to the peeled edible part; grains and pasta are weighed dry, and canned foods are weighed after draining. A teaspoon is 5 ml and a tablespoon is 15 ml; use level spoonfuls of spices. Times are approximate: the size of the pieces, cookware and hob power affect the result. Check the signs of doneness as well. Oven temperatures are given for conventional heat and separately for fan ovens.

Wash your hands, vegetables and herbs, and keep raw meat separate from cooked food. Thaw meat and fish in the fridge. Do not taste raw dough or batter. Use pasteurised dairy products and check substitution ingredients if you have an allergy. Measure the centres of meat, fish and egg dishes with a clean food thermometer, following the recipe targets [1].

Divide leftovers into small, shallow containers and refrigerate within 2 hours of cooking, or within an hour in heat above 32 °C. Keep the fridge at 4 °C or below and reheat hot dishes to 74 °C [2]. For this book's meal planning, use cooked food within 2 days and dishes with raw components within one day [3]. Do not try to make poorly stored food safe by reheating it.

The text and translations were prepared with AI assistance and proofread for recipe consistency. These recipes have not been

kitchen-tested. References [1]-[3] concern official food safety guidance, rather than the origins of the recipes.

MIRAVA · Text and translation prepared with AI assistance.

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01

Apple and Cinnamon Porridge

Serves 2 · preparation 5 minutes · total 20 minutes.

Ingredients: rolled oats, not instant, 120 g; milk 400 ml; water 200 ml; apple 180 g; ground cinnamon ½ tsp; a pinch of salt.

1. Wash the apple, remove its core and cut the flesh into roughly 1 cm cubes. Leave the skin on if you like: it helps the pieces keep their shape.
2. Bring the milk and water to a gentle simmer in a small saucepan. Add the oats, apple and salt, then lower the heat. Cook for 7-10 minutes, stirring frequently, or follow the cooking time on the oat packet.
3. When the oats are soft, take the pan off the heat. Stir in the cinnamon, cover and leave for 2 minutes; the porridge will thicken a little more.
4. Divide between bowls. For a looser consistency, add 30-50 ml hot water. Allow the porridge to cool to a comfortable eating temperature.

Substitution: use 180 g ripe pear instead of apple. Replace the milk with the same volume of an unsweetened plant drink; check its ingredients if you have an allergy.

02

Buckwheat with Mushrooms and Onion

Serves 3 · preparation 10 minutes · total 40 minutes.

Ingredients: buckwheat groats 200 g; water 400 ml; button mushrooms 300 g; onion 100 g; vegetable oil 20 ml; salt $\frac{1}{2}$ tsp; black pepper $\frac{1}{4}$ tsp; parsley 10 g.

1. Rinse the buckwheat in a sieve. Put it in a saucepan with the water and half the salt, and bring to the boil. Cover and simmer gently for 15-18 minutes until the water is absorbed. Turn off the heat and leave covered for 5 minutes.
2. Meanwhile, finely chop the onion. Clean the mushrooms, giving them a quick rinse if needed, and slice them.
3. Heat the oil in a wide frying pan. Cook the onion for 4 minutes, then add the mushrooms. Cook uncovered for 8-10 minutes, until the liquid evaporates and the mushroom edges turn golden.
4. Add the buckwheat, remaining salt and pepper, and fold together gently. Heat for 2 minutes, then scatter over the washed, chopped parsley.

Substitution: oyster mushrooms work in place of button mushrooms. With frozen mushrooms, allow extra time for the excess water to evaporate first.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] [1] FoodSafety.gov: Cook to a Safe Minimum Internal Temperature (US federal food safety guidance) · www.foodsafety.gov

[2] [2] USDA FSIS: Leftovers and Food Safety · www.fsis.usda.gov

[3] [3] BfR: Meal prep – the proper way · www.bfr2go.de