

Spring Cookbook Guide

A BONCOOK GUIDE

FEATURING:

Build-Your-Own Brunch Favorites
Fresh Garden & Bowl Inspirations
Simple Shareable Sides
Easy Brunch-Ready Sweets

ARTICLES:

Brunch Anytime
Master an Indoor-Outdoor Chef's Garden
Make Fresh Bowls a Daily Staple
Accept a Dish Without Ruining Your Menu

HOW TO:

Build a Simply Gorgeous Tablescape
Create a Balanced Brunch Spread
Build Better Burgers at Home

BONUS:

25% Discount Code



BY CINDY JUNCAJ

Welcome

Spring season—when freshness, simplicity, and vibrant flavors take center stage. Whether you're building a beautiful brunch, tossing a quick bowl, or gathering around the table, these recipes are designed to help you cook with ease and confidence.

Inside, you'll find bright seasonal dishes, garden-inspired ingredients, and simple techniques that make everyday cooking feel joyful and intentional. Each recipe highlights smart shortcuts with **bon COOK** tools and French Pantry flavors that deliver beautiful results without unnecessary fuss.

Fresh Inspiration Begins at Home



I always dreamed of a greenhouse, until I discovered how deeply happy a simple indoor-outdoor chef's herb garden could make me.

— **Cindy Juncaj**

This cookbook is here to help you:

Save time and money

Cook with purpose

Bring renewed energy into your kitchen

Think of it as your spring companion—encouraging creativity in your prep, confidence in your hosting, and pleasure in sharing fresh, nourishing food.

So, gather your favorite **bon COOK** pieces and turn the page. Let this season be about color, freshness, and cooking beautifully with intention.



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SECTION 1

BUILD-A-BRUNCH

Overnight Eggs Benedict Casserole

Gluten-Free Everything Bagel Breakfast

Sandwich

Apple-Cinnamon Baked Oatmeal

Brown Sugar Pecan Coffee Cake



**bon
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Overnight Eggs Benedict Casserole



Active Time: 45 min.



Total Time: 1 hour & 5 mins.



Serves: 6



Overnight Eggs Benedict Casserole

A hearty layer of English muffins, Canadian bacon, and fluffy baked eggs creates this crowd-pleasing brunch casserole. Topped with rich hollandaise, it's a stress-free way to serve a classic favorite.

Ingredients

Casserole

- 8 Slices or to taste Canadian bacon, chopped
- 4 English muffins, each split and cut into 1-inch cubes
- 6 large eggs
- 2 cups Half & Half
- 1/2 tsp onion powder (Optional)
- 1/4 tsp garlic powder (Optional)
- Salt and freshly ground black pepper

Garnish

- Paprika
- Minced fresh chives or parsley

Hollandaise Sauce

- 2 egg yolks
- 3/4 Cup butter
- 1 tbsp Fresh Lemon Juice

Directions

1. In the Square Mold, layer half the Canadian bacon, add diced English muffins, then top with remaining bacon.
2. Whisk eggs, Half & Half, onion powder, and garlic powder (if using). Season with salt and pepper.
3. Slowly pour egg mixture evenly over casserole, coating muffins well. Cover with Bonmat or plastic wrap and refrigerate overnight.
4. Next morning, preheat oven to 375°F and let casserole sit at room temp for at least 15 minutes.
5. Remove plastic wrap if used. Cover with Bonmat or foil and bake 30 minutes, then uncover and bake 15–20 minutes more until set.
6. While it rests, blend egg yolks and lemon juice until smooth. Slowly drizzle in hot melted butter until thick and creamy.
7. Slice and serve, top with hollandaise, and garnish with parsley and/or paprika.

Nutritional Benefits

- Eggs provide high-quality protein and essential nutrients for sustained energy.

bonTIPS

- Assemble the casserole the night before for easy, stress-free morning baking.

Shop bon COOK Products here:



Square Bonmat



Square Mold



Perforated Baking Sheet



Cake Server Knife

Gluten Free Everything Bagel Breakfast Sandwich



Active Time: 30 min.



Total Time: 1 hour



Serves: 4-6



Gluten Free Everything Bagel Breakfast Sandwich

A warm, satisfying breakfast sandwich layered with fluffy eggs and savory fillings on an everything-style base. This gluten-free option delivers classic bagel shop flavor while keeping mornings simple, hearty, and delicious.

Ingredients

- 2 cups almond flour
- 1 cup cottage cheese
- 4 tbsp coconut flour
- 2 tbsp apple cider vinegar
- 1 tsp baking soda
- 1/4 cup butter, melted
- 5 eggs
- Everything But the Bagel Seasoning

Nutritional Benefits

- Balanced protein and healthy fats help keep you full and satisfied longer.

bonTIPS

- Toast the bagel well before assembling to keep the sandwich crisp.

Directions

1. Preheat the oven to 350°F, place the Donut Tray on a Perforated Baking Sheet, and set aside.
2. Place the Large Round Tip in the Pastry Bag and place in the Stand.
3. Place butter in microwave until melted.
4. Remove as much liquid as possible from the cottage cheese.
5. Blend all ingredients except the Everything But the Bagel Seasoning in a food processor until well combined. Allow batter to set for 5 minutes.
6. Spoon batter into the Pastry Bag. Pipe the batter evenly into the 8 wells.
7. Sprinkle Everything but the Bagel Seasoning over each of the 8 bagels.
8. Bake for 25-30 minutes.
9. Allow to cool completely and push up from the bottom to remove.
10. Best served toasted.

Shop bon COOK Products here:



[Donut Tray](#)



[Pastry Bag and Tips Set](#)



[Perforated Baking Sheet](#)



BRUNCH ANYTIME

How to Build a Brunch That Feels Effortless (and Looks Like You Planned It)

Brunch doesn't have to be a big production, and it definitely doesn't have to be limited to weekends. The best brunches are the ones that feel relaxed, a little special, and flexible enough to match your day. This guide is my "build-your-own" brunch formula so you can create a table that looks beautiful without spending the whole morning cooking.

Start by deciding how big you want your brunch to be. If you're hosting, I keep it to 10–12 people. It stays fun, food stays manageable, and you can actually enjoy your guests.

CHOOSE YOUR BRUNCH STYLE

Pick one based on your time and energy. All three work and all three feel "brunch-worthy."

Cozy & Simple

- 1 main + 1 sweet + coffee or tea

Balanced Spread

- 1 main + 1 side + 1 fresh element

Full Brunch Table

- 1 main + 1 salad + 1 side + a charcuterie moment + 2–3 sweets

Once you choose your style, use the formula below to build the menu. You can do one category or all four.

The Build-Your-Own Brunch Formula

1) CHOOSE A PROTEIN (YOUR MAIN)

The protein sets the tone. Pick one option, then build around it.

Egg-based mains

- Mini frittatas or baked egg bites
- Scrambled eggs with herbs
- Egg bakes or breakfast casseroles
- Eggs Benedict-style plates for a more classic feel

Meat-forward mains

- Bacon, sausage, or ham
- A simple breakfast skillet
- Roasted protein served alongside eggs

Seafood brunch mains

- Smoked salmon board
- Shrimp bowl-style brunch
- Salmon served warm with a bright dressing

Plant-forward mains

- Roasted veggie base with toppings
- Beans or lentils as the protein anchor
- Grain bowls finished with eggs or herbs

bonTIP: If your main is rich (eggs, bacon, hollandaise), keep everything else lighter and brighter.

2) CHOOSE A SIDE (WARM OR CRISP)

A side is the “supporting player” that makes the table feel complete without adding stress.

Warm sides

- Roasted potatoes or sweet potatoes
- Roasted vegetables on one pan
- A warm grain (quinoa, farro, or rice)

Crisp sides

- A chopped salad
- Fresh fruit with citrus
- Thin-sliced veggies with a simple dip

Easy bakery side (totally allowed)

- Toast, rolls, muffins, biscuits
- Store-bought is fine because it fills the table and saves time

bonTIP: If you’re already roasting something, add one more tray and call it your side.

3) ADD A CHARCUTERIE MOMENT (NO COOKING REQUIRED)

This is my favorite shortcut. A board instantly makes brunch look abundant and intentional, and it’s easy to scale if more people show up.

Include a mix of:

- 2 cheeses (one creamy, one firm)
- 1–2 meats (or smoked salmon)
- Fresh fruit (berries, grapes, citrus)
- Crunch (nuts, seeds, crackers)
- Something briny (olives, pickled onions)
- One spread or drizzle (jam, honey, or a French Pantry drizzle)

You don’t need a fancy board. A big platter works just as well.

4) CHOOSE A SWEET (OR ASSIGN IT)

Here’s my rule: If someone asks what they can bring, let it be dessert. It keeps your menu intact and takes pressure off you. Pick one “easy sweet” and one “special sweet.”

Easy sweets

- Chocolate (even store-bought)
- Cookies
- Muffins
- Yogurt + fruit + granola cups

Special sweets

- Cake
- Pie or tart
- Strudel or galette
- A baked tray dessert you can slice and serve

bonTIP: Two sweets is plenty. Brunch doesn’t need a dessert table to feel complete.

Brunch Checklist

A brunch table feels finished when you have:

- One main
- One warm side
- One fresh element
- One sweet
- Coffee, tea, or something bubbly

If You’re Hosting, Keep It Simple

If you want a brunch that feels calm, plan your menu so you’re not cooking everything at the last minute. I like menus where at least two parts are make-ahead, like a salad, a board, a baked sweet, or something roasted that reheats well.

Apple-Cinnamon Baked Oatmeal



Active Time: 30 min.



Total Time: 40-45 mins.



Serves: 6-8



Apple-Cinnamon Baked Oatmeal

Tender baked oats filled with sweet apples and warm cinnamon create a cozy, nourishing start to the day. This make-ahead favorite is lightly sweet, perfectly comforting, and ideal for busy mornings or relaxed weekend brunch.

Ingredients

- 2 cups rolled oats
- 1/3 cup chopped walnuts or pecans (optional)
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1/4 tsp salt
- 2 cups unsweetened applesauce
- 1 1/2 cups milk (dairy or non-dairy)
- 1/3 cup maple syrup or honey
- 1 large egg
- 2 tsp pure vanilla extract
- 2 medium apples, peeled, cored, and diced

Directions

1. Preheat oven to 350°F. Place square mold on the Perforated Baking sheet.
2. In a large bowl, mix the dry ingredients.
3. In another bowl, whisk together the applesauce, milk, maple syrup or honey, egg, and vanilla extract until well combined.
4. Pour the wet ingredients into the bowl with the dry ingredients and stir until thoroughly mixed.
5. Gently fold in the diced apples, distributing them evenly throughout the oatmeal mixture.
6. Pour the oatmeal mixture into the prepared baking dish, spreading it out evenly.
7. Bake in the preheated oven for 35-40 minutes or until the top is golden and the oatmeal is set.
8. Once baked, remove the oatmeal from the oven and let it cool for a few minutes before serving.

Nutritional Benefits

- Oats deliver fiber for heart health and steady morning energy.

bonTIPS

- Portion the apple-cinnamon-baked oatmeal into glasses or bowls
- Top each serving with a dollop of Greek yogurt and a fanned strawberry or a drizzle of additional maple syrup.
- Best paired with Tuscan Kale and Apple Chopped Salad

Shop bon COOK Products here:



Mini Whisk



Square Mold



Perforated Baking Sheet

Brown Sugar Pecan Coffee Cake



Active Time: 30 min.



Total Time: 1 hour



Serves: 4-6



Brown Sugar Pecan Coffee Cake

Soft, buttery cake layered with a rich brown sugar pecan crumble makes this coffee cake a timeless brunch treat. With its tender crumb and warm nutty sweetness, it pairs beautifully with coffee or tea.

Ingredients

Cake:

- 2 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup butter (room temp)
- 1 ½ cups sugar
- 3 eggs
- 1 cup sour cream
- 1 tsp vanilla extract

Streusel:

- 1 cup brown sugar, packed
- 1 cup pecans, finely chopped
- 1 tsp cinnamon
- 4 tbsp flour
- 4 tbsp butter, melted

Directions

1. Preheat oven to 325°F. Place FORTEEZ Square Mold on a Medium Perforated Baking Sheet.
2. Cream butter and sugar until fluffy. Beat in eggs one at a time.
3. Whisk dry ingredients separately, then slowly mix into batter. Add sour cream and vanilla; mix briefly.
4. Combine brown sugar, nuts, cinnamon, flour, and melted butter until crumbly streusel forms.
5. Layer 1/3 streusel, half batter, another 1/3 streusel, remaining batter, then final streusel in mold.
6. Bake 55–65 minutes until a toothpick comes out clean. Cool 30 minutes, then invert onto serving plate.

Nutritional Benefits

- Pecans add heart-healthy fats and a small boost of plant protein.

bonTIPS

- Do not overmix the batter to keep the cake tender and light.

Shop bon COOK Products here:



FORTEEZ
Square Mold



Perforated
Baking Sheet



SECTION 2

GARDEN-INSPIRED MEALS

Salmon Nicoise

Greek Stuffed Tomatoes

Cauliflower Crust Vegetable Tart

Lemon Balsamic Asparagus Salad

Garden Tartlets



bon
cook

Salmon Niçoise



Active Time: 25 min.



Total Time: 1 hour



Serves: 4

Salmon Niçoise

Flaky salmon rests over crisp vegetables, tender potatoes, and briny accents in this fresh take on the French classic. Light yet satisfying with a balanced flavor and elegant simplicity.

Ingredients

- 2 pounds salmon fillet, skinned
- 2 tbsp extra-virgin olive oil
- 1 tsp FRENCH PANTRY Fresh
- Fresh Lemon & Dill Herb Blend
- Pinch Lemon Thyme **bon Salt**
- Pinch coarse ground pepper
- 2 pounds redskin potatoes,
- 1 pound green beans
- 1/4 cup capers or olives (optional)
- 1 lemon, halved

Dressing:

- 1 ½ tbsp mustard
- 1 ½ tbsp lavender honey
- 2 tbsp white wine vinegar
- 2/3 cup EVOO
- 1 tbsp minced fresh dill

Directions

1. Preheat oven to 450°F. Place the FORTEEZ Fleximat on a Perforated Baking Sheet and set aside.
2. In a bowl, mix EVOO, Lemon & Dill Herb Blend, Lemon Thyme Sea Salt, and pepper. Brush over salmon and let rest 15 minutes.
3. Cook potatoes in boiling water until al dente. Drain and cool. Blanch green beans 4 to 5 minutes, then shock in ice water and drain.
4. Whisk dressing ingredients in a small bowl and set aside.
5. Place salmon on the FORTEEZ Fleximat and bake 12 to 15 minutes, until flaky and pink inside.
6. Transfer salmon to a platter. Arrange potatoes and green beans around it. Top with capers or olives, drizzle dressing, and finish with fresh lemon juice.

Nutritional Benefits

- Salmon provides omega-3s and protein, paired with fiber-rich vegetables for balance.

bonTIPS

- Let salmon rest 5 minutes after baking for clean, flaky pieces.
- Shock green beans in ice water to keep them crisp and bright.
- Whisk dressing well before serving so it stays emulsified.

Shop bon COOK Products here:



FORTEEZ
Fleximat



Perforated
Baking Sheet



Mini Whisk



Fresh Dill and
Lemon Herb
Blend



Lemon Thyme
bon Salt



EVOO

Greek Stuffed Tomatoes



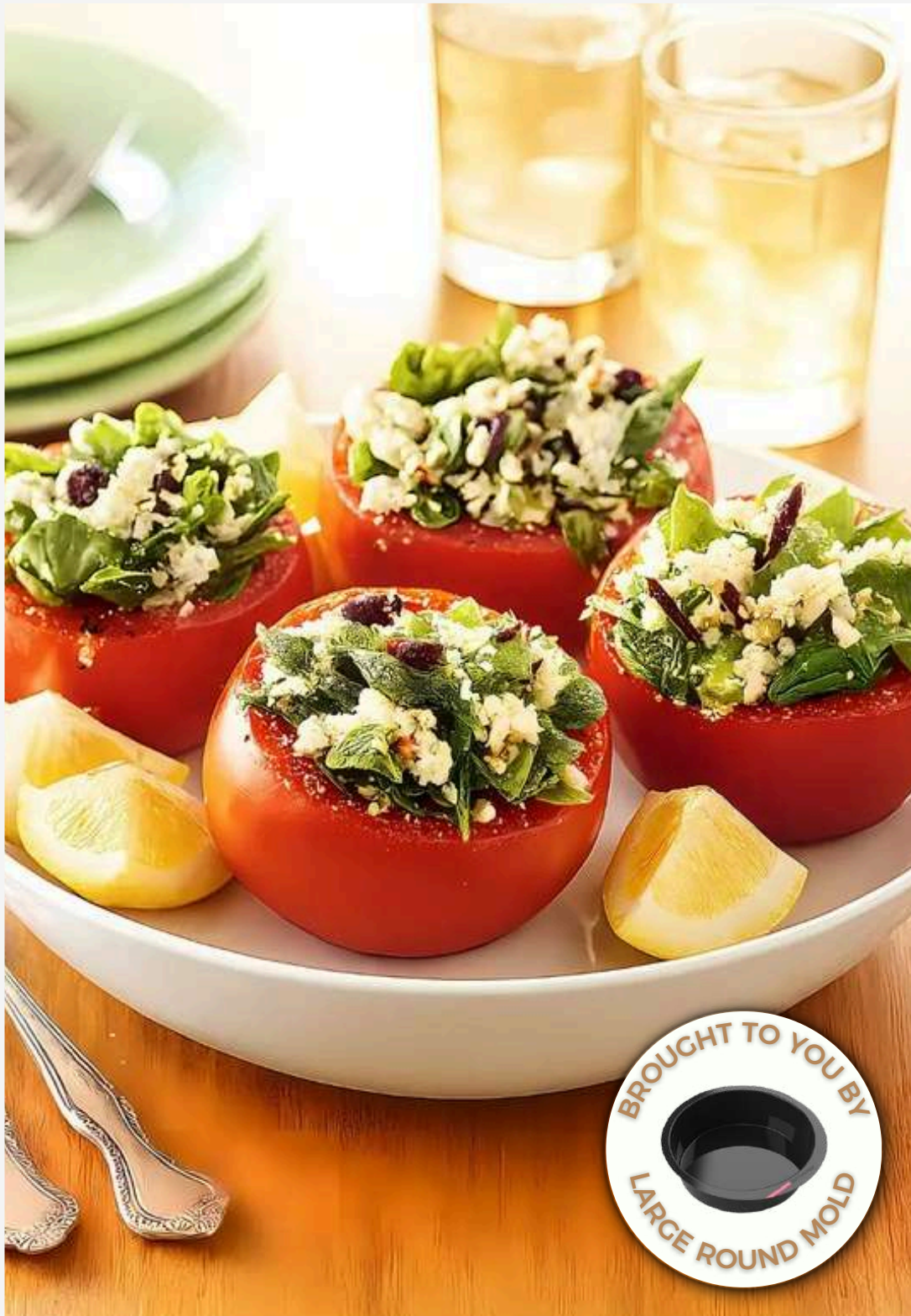
Active Time: 25 min.



Total Time: 1 hour



Serves: 6



Greek Stuffed Tomatoes

Juicy tomatoes filled with a savory, herb-kissed mixture create a bright Mediterranean-inspired dish. Light, aromatic, and versatile as a main or side.

Ingredients

- 2 cloves garlic, minced
- 1 small zucchini, finely diced
- 1 red bell pepper, finely diced
- 1/2 cup crumbled feta cheese
- 1/4 cup pine nuts (optional, toasted)
- 2 tbsp French Pantry Black Olive Tapenade
- 2 tbsp French Pantry Roasted Garlic Oil
- 1 tbsp French Pantry Lemon Thyme bon Salt
- 1 tsp French Pantry Herbs de Provence
- 1/4 cup chopped fresh parsley or mint
- French Pantry Tellicherry pepper,

Directions

1. Preheat oven to 375°F.
2. Slice tops off tomatoes and scoop out insides, leaving a 1/4-inch shell. Finely chop pulp and set aside.
3. Heat 1 tbsp Garlic Olive Oil in a sauté pan. Cook onion and garlic until translucent. Add spinach, bell pepper, and zucchini; cook 4-5 minutes until tender. Transfer to a bowl.
4. Stir in chopped tomato pulp, feta, pine nuts, olive tapenade, Sel Gris, Herbs de Provence, and pepper. Fold in parsley or mint.
5. Spoon filling into tomato shells. Place in the Large or Medium Round Mold on a Perforated Baking Sheet and replace tops.
6. Drizzle remaining oil over tomatoes and bake 30-35 minutes until tender and lightly golden. Cool slightly, garnish if desired, and serve.

Nutritional Benefits

- Tomatoes and vegetables add antioxidants and fiber, while herbs boost flavor without extra salt.

bonTIPS

- **For best texture:** Choose firm, ripe tomatoes so they hold their shape while baking.
- **For better roasting:** Bake on the Perforated Baking Sheet for airflow and caramelization.

Shop bon COOK Products here:



Eco Chop



Large Round Mold



Perforated Baking Sheet



Large Bonmat



Roasted Garlic Oil



Black Olive Tapenade



Lemon Thyme bon Salt



Herbs de Provence Herb Blend

Master an Indoor-Outdoor Chef's Garden

How to Grow Fresh Flavor (Even If You Don't Have a Yard)

You don't need a big backyard to cook with garden-fresh flavor. A "chef's garden" is really just a small collection of herbs and a few produce staples you'll actually use. It can live on a sunny windowsill, a balcony, a porch, or a small patch outside. The goal isn't perfection. It's having fresh, reliable ingredients that make everyday meals taste brighter, cleaner, and more homemade.

I love this idea because it fits what bon COOK is all about: simple cooking that feels special, using good tools and smart habits that make your kitchen more enjoyable.

Step 1: Pick your garden zone

Start by choosing where your garden will live. Use the easiest spot, not the "ideal" spot.

Indoor options

- Sunny kitchen windowsill
- A rolling cart by a bright window
- A small shelf with a simple grow light (helpful if sunlight is limited)



Outdoor options

- Balcony or patio containers
- Porch planters
- A small raised bed if you have space



Quick rule: Most herbs want bright light and good drainage. If you can give them that, you're already doing it right.

Step 2: Grow what you actually cook with

This is what makes it a chef's garden. Pick plants that match your real-life meals.



The "Everyday Herb" Starter Set (beginner-friendly)

- Basil (finishes pastas, salads, bowls)
- Parsley (brightens everything, great for sauces and garnish)
- Chives (instant upgrade for eggs, potatoes, dips)
- Mint (tea, fruit, yogurt bowls, simple desserts)



The "Savory & Cozy" Set (great for roasting + winter meals)

- Rosemary
- Thyme
- Sage
- Oregano



Add 1–2 "bonus" plants if you'll use them

- Green onions (easy, fast regrowth)
- Cherry tomatoes (outdoors is easiest)
- Chili peppers (if you like heat)
- Leafy greens like arugula or spinach (best outdoors or in larger containers)



My tip: Start with 3–5 plants. A small garden you use is better than a big garden you feel guilty about.

Step 3: Set it up so it's easy to maintain

A chef's garden should feel low-effort. Here's the setup that works.



Containers + soil

- Choose pots with drainage holes
- Use a saucer or tray underneath indoors
- Use a basic potting mix (not garden soil)



Watering

- Water when the top inch of soil feels dry
- Water deeply until it drains, then let it rest
- Avoid "tiny sips every day." Herbs do better with consistent, thorough watering.



Light

- If plants get leggy or pale, they need more light.
- Rotate pots every few days so growth stays even.



Keep it simple: If you can keep herbs alive for two weeks, you can keep them alive all season.

The Chef's Garden Harvest Rule

Cut often, use often

The more you harvest herbs, the better they grow.

- Snip a little 2–3 times a week
- Don't wait for the "perfect moment"
- Use the leaves you cut the same day if you can



Best practice: Cut from the top, not the bottom. It helps herbs branch out and get fuller.

Step 4: Turn your harvest into ready-to-use "flavor boosters"

This is where the chef part really shows up. Don't just grow herbs, build a system so they actually get used.

1) Herb "finish" bowl (fresh)

After cooking, add a small handful of chopped herbs to:

- salads and bowls
- eggs and roasted veggies
- soups right before serving
- pasta and grain dishes



Fresh herbs are a finishing touch that makes food feel alive.



2) Quick herb oil (use within a few days)

- Chop fresh herbs
- Stir into olive oil with a pinch of salt
- Spoon over eggs, roasted veggies, or bowls



3) Freeze herbs so nothing goes to waste

- Chop herbs and freeze in small portions
- Or freeze in olive oil in an ice cube tray for quick cooking starters

My tip: If you freeze basil or parsley in oil, you can drop a cube straight into a warm pan and your kitchen smells amazing in seconds.

Step 5: Keep your garden “indoor-outdoor” on purpose

This is the easiest way to keep herbs going year-round.

- Start plants indoors early
- Move them outdoors when weather is stable
- Bring them back inside when temperatures drop
- Keep a small indoor “core set” (basil, chives, parsley) no matter what season it is

If one plant struggles, replace it without overthinking it. This is meant to support your cooking, not become another chore.

How to Use Your Chef’s Garden in Everyday Meals

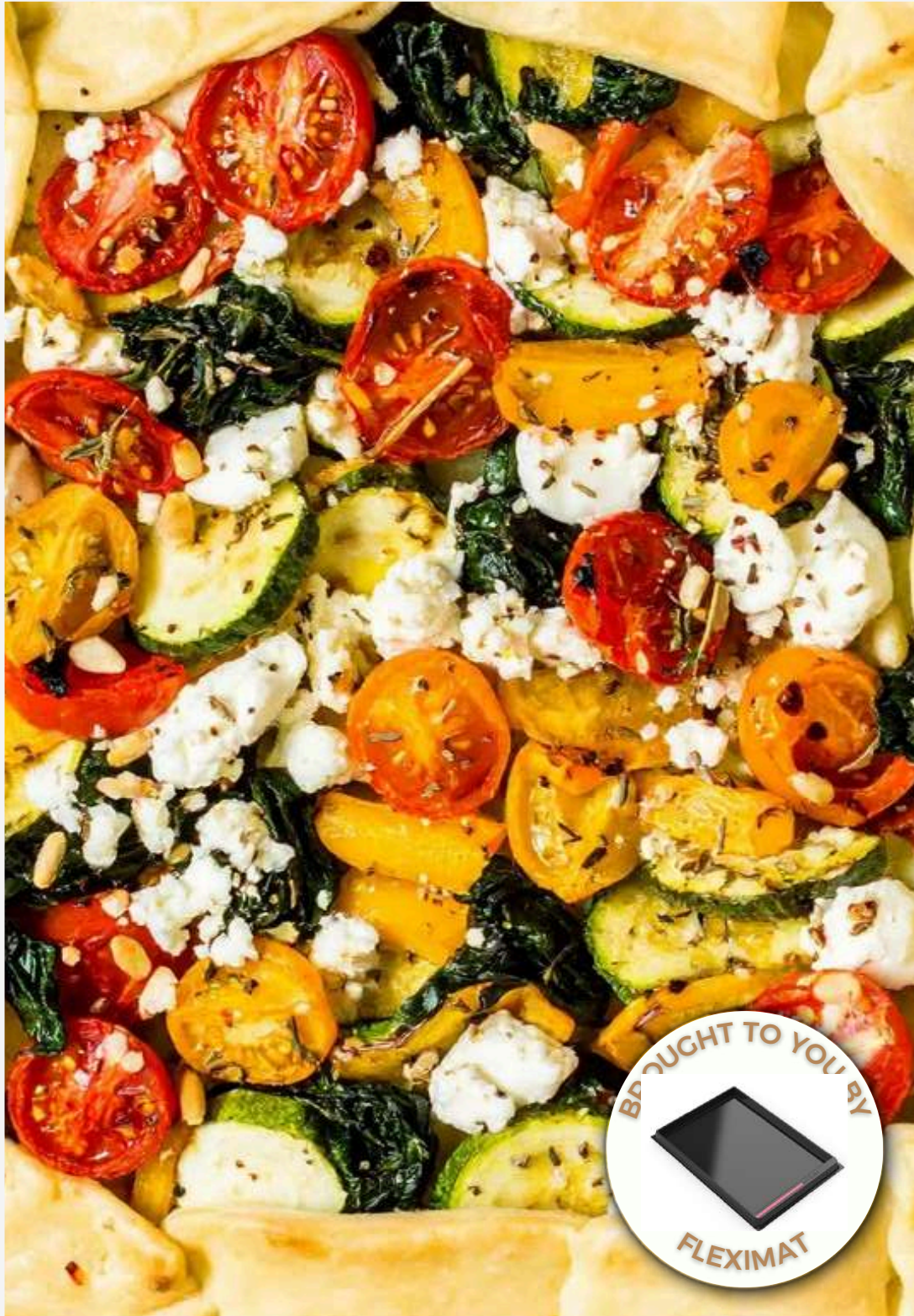
Here are simple ways to plug fresh herbs into what you’re already cooking:

- Breakfast: eggs + chives, basil on avocado toast, herb yogurt drizzle
- Lunch bowls: greens + grains + protein + chopped herbs + simple dressing
- Dinner: roasted veggies finished with herbs, soups topped with parsley, potatoes with thyme and rosemary
- Snacks: herb dip, herby cottage cheese, or a simple salad with a bright finish

Chef’s Garden Checklist

- Choose your spot (indoor, outdoor, or both)
- Pick 3–5 herbs you’ll actually cook with
- Use pots with drainage + decent potting mix
- Harvest a little, often
- Create a simple system: fresh herbs for finishing + freezing extras
- Keep a small indoor set going year-round

Cauliflower Crust Vegetable Tart



Active Time: 30 min.



Total Time: 1 hour



Serves: 4-6

Cauliflower Crust Vegetable Tart

A golden cauliflower crust topped with roasted vegetables and melted cheese. Finished with creamy tzatziki for a fresh, satisfying bite.

Ingredients

Cauliflower Crust:

- 1 medium cauliflower, riced
- 1/2 cup almond flour or GF flour
- 1/2 cup shredded mozzarella cheese or dairy-free cheese
- 1 large egg
- 1/2 tsp. Sel Gris + 1/4 tsp. Tellicherry Pepper
- 1/2 tsp. Roasted Garlic to taste
- 1 tsp. Roasted Garlic and Chive Herb blend.

Vegetable Filling:

- 1 tbsp. olive oil
- 1 small onion, diced
- 1 bell pepper red, yellow, or green, diced
- 1 zucchini, diced
- 1 cup fresh spinach, chopped
- 1 cup cherry tomatoes, halved
- 1/2 cup shredded mozzarella cheese or dairy-free cheese
- 1 tbsp Rosemary Basil Thyme Herb Blend
- 1/2 tsp Lemon Thyme bon salt
- Tellicherry Pepper to taste.

Tzatziki Sauce:

- 1 cup Greek yogurt plain
- 1 medium cucumber grated and moisture spun out.
- 2 cloves of garlic minced
- 1 tbsp olive oil + 1 tbsp fresh lemon juice
- 1 to 2 tbsp French Pantry Fresh Lemon
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F. Place Fleximat on Perforated Baking Sheet.
2. Rice cauliflower, steam 5-7 minutes, then squeeze dry.
3. Mix with almond flour, mozzarella, egg, seasonings. Spread into a thin crust and bake 25-30 minutes until firm.
4. Toss vegetables with seasonings and roast on Bonmat for 10 minutes.
5. Top crust with vegetables and cheese; bake 10-15 minutes more.
6. Mix tzatziki ingredients until smooth.
7. Slice and serve warm with tzatziki.

Nutritional Benefits

- Cauliflower and vegetables add fiber and micronutrients with a lighter, veggie-forward crust.

Shop bon COOK Products here:



[Eco Chop](#)



[FORTEEZ Fleximat](#)



[Perforated Baking Sheet](#)



[Large Bonmat](#)



[Roasted Garlic and Chive Herb Blend](#)



[Rosemary, Basil & Thyme Herb Blend](#)



[Lemon Thyme bon Salt](#)



[Tellicherry Pepper](#)

Lemon Balsamic Asparagus Salad



Active Time: 15 min.



Total Time: 30 mins.



Serves: 6

Lemon Balsamic Asparagus Salad

Crisp asparagus tossed in a bright lemon balsamic dressing delivers fresh, clean flavor in every bite. Light, vibrant, and beautifully balanced, this simple salad pairs easily with almost any spring meal.

Ingredients

- 1 lb baby asparagus, trimmed and cut into 1-inch pieces -(we love multi colored)
- 4 oz fresh mushrooms, thinly sliced
- 1 Lemon
- 1/2 cup fresh basil, chopped
- 1 tbsp fresh lemon juice
- 1 tbsp French Pantry Roasted Garlic and Chive Herb Blend
- 1 tbsp French Pantry Traditional Balsamic Vinegar (or more to taste)
- 1 tsp French Pantry Herbs de Provence mustard
- 1 clove garlic, minced
- 3 tbsp French Pantry Extra Virgin Olive Oil
- Lemon Thyme Salt, to taste
- 2 tbsp freshly grated Parmesan cheese
- Lemon zest for garnish

Directions

1. Prep the vegetables: trim asparagus and cut into 1-inch pieces. Slice mushrooms and chop fresh basil.
2. Preheat oven to 400°F (204°C). Toss asparagus with salt, Roasted Garlic and Chive Herb Blend, and French Pantry extra-virgin olive oil.
3. Spread asparagus on Bonmat and roast 10-15 minutes until tender and lightly crisp.
4. In the Eco-Chop, whisk lemon juice, balsamic vinegar, Dijon mustard, and minced garlic. Slowly add olive oil while whisking until emulsified. Season with black pepper.
5. Let asparagus cool slightly, then toss with half of the dressing until coated.
6. In a separate bowl, toss mushrooms and basil with remaining dressing. Layer over asparagus.
7. Finish with Lemon Thyme Salt, grated Parmesan, and lemon zest. Serve immediately.

Nutritional Benefits

- Asparagus provides fiber and folate, while EVOO supports heart-healthy fats.

bonTIPS

- Dress while slightly warm so it absorbs flavor without getting soft.
- Finish with lemon zest right before serving for a bright lift.

Shop bon COOK Products here:



Eco Chop



Large Bonmat



Perforated Baking Sheet



Roasted Garlic and Chive Herb Blend



Herbs de Provence Mustard



Traditional Balsamic Vinegar

MAKE FRESH BOWLS A STAPLE FOR BREAKFAST, LUNCH, OR DINNER



A simple formula you can repeat all year

Bowls are one of the easiest ways to eat well without getting bored. They're flexible, they work with what you already have, and they make meals feel fresh even when your week is busy. I love bowl cooking because it's simple, buildable, and forgiving. Once you know the formula, you can mix and match ingredients and still end up with something that tastes intentional.

This is the method I use to turn "random fridge items" into a meal that feels complete.

The Fresh Bowl Formula

1) Choose a protein

Protein makes it satisfying. Pick one.

Quick proteins

- Shrimp
- Chicken (grilled, roasted, or leftover)
- Salmon
- Eggs (jammy, scrambled, poached, or baked)

Plant-forward proteins

- Chickpeas
- Lentils
- Black beans
- Tofu (if you use it)

My tip: If you're short on time, choose the protein that cooks the fastest. Shrimp and eggs are weeknight heroes.

2) Choose a base (greens or grains)

Your base sets the vibe.

Greens (fresh + light)

- Spinach, arugula, spring mix, romaine
- Massaged kale if you want it sturdier

Grains (cozy + filling)

- Quinoa, rice, farro, couscous
- Cauliflower rice if you want lower-carb

Warm base option: A bowl feels extra comforting when the base is warm and the toppings are fresh.



3) Choose 3 veggies (hot or cold)

This is the part that makes bowls feel colorful and interesting.

Cold + crisp

- Cucumbers, shredded cabbage, snap peas, fresh herbs
- Pickled onions, olives, pomegranate pearls

Roasted or sautéed (warm + cozy)

- Broccoli, Brussels sprouts, zucchini, peppers
- Roasted cherry tomatoes, caramelized onions
- Sweet potatoes or crispy potatoes

My tip: Mix textures. One crunchy veggie + one roasted veggie + one fresh element makes the bowl feel finished.

4) Choose a dressing or sauce

This is what ties everything together. Keep it simple and bold.

Easy bowl dressings

- Lemon + olive oil + Mustard + salt + pepper
- Balsamic + olive oil + herbs
- Yogurt + herbs + garlic + lemon
- Green goddess-style dressing

My tip: If your bowl is warm and roasted, use a bright dressing. If your bowl is fresh and crisp, add something creamy.

5) Finish with “one thing that makes it amazing”

This is the bonus step that makes the bowl feel restaurant-level.

Pick one:

- Crunch: nuts, seeds, crispy chickpeas, croutons
- Creamy: feta, goat cheese, avocado
- Bright: lemon zest, fresh herbs, pickled onions
- Sweet: a drizzle of honey or a spoon of jam used sparingly

You don't need all of them. One is enough.

Garden Tartlets



Active Time: 30 min.



Total Time: 1 hour



Serves: 4-6

Garden Tartlets

Crisp tart shells layered with savory cream filling and vibrant veggies. An elegant bite-sized dish for brunch or spring meals.

Ingredients

Pie dough (homemade or store-bought)

Filling:

- 8 ounces of cream cheese, softened
- 1/2 cup sour cream (or plain Greek yogurt)
- 1 tbsp FRENCH PANTRY Herb Blend of choice
- 1 tbsp French Pantry Roasted Garlic and Chive Herb Blend

Veggie Toppings:

- small head of broccoli, chopped into small florets
- 1 large cucumber, thinly sliced
- 1 large carrot, julienned

Directions

1. Preheat oven to 400°F. Place Tartlet Tray on the Perforated Baking Sheet and set aside.
2. Place Roul'Pat on the counter. Roll pie dough with the Beechwood Rolling Pin until the lettering shows through.
3. Using Fluted Round Dough Cutters, cut dough to size and place a circle into each tartlet well.
4. Press gently with the Shaper and prick bottoms with a fork. Bake 7-9 minutes until lightly golden.
5. In a mixing bowl, combine cream cheese, sour cream, and herb blend. Mince garlic with the Mini Herb Chopper and stir in.
6. Fit Pastry Bag with a large tip, fill with mixture, and set aside.
7. Prep veggies: cut broccoli into small florets, cut cucumber into wedges, julienne carrot with the Mandolin, and thinly slice green onion.
8. Pipe filling into cooled shells, garnish with vegetables, and serve immediately.

Nutritional Benefits

- Fresh vegetables add vitamins and crunch, while the creamy base makes a satisfying bite.

bonTIPS

- Prick shells before baking to prevent puffing.
- Cool shells fully before piping filling to keep them crisp.
- Prep veggies in advance, then assemble just before serving.

Shop bon COOK Products here:



Herb Blend of Your Choice



Mini Tartlet Tray



Perforated Baking Sheet



Rectangular Roul'Pat



Fluted Round Cutters



Shaper



Mini Herb Chopper



Pastry Bags & Tips Set

MAKE IT BETTER AT HOME: Fresh Dressings in 3 Minutes or Less



A simple way to add more flavor, better ingredients, and less waste to everyday meals

Homemade dressing is one of the fastest ways to make food taste better at home. In just a few minutes, you can create fresh, flavorful dressings with ingredients you recognize and adjust them to your taste.

This is not about making cooking harder. It is about replacing bottled shortcuts with simple combinations that taste brighter, cleaner, and more personal. A quick dressing can wake up roasted vegetables, turn leftovers into lunch, and make a simple salad or grain bowl feel restaurant-worthy.

The best part is that most dressings follow the same easy pattern:

oil + acid + seasoning + flavor booster.

With French Pantry oils, vinegars, herb blends, and mustard, you can mix and match flavor profiles in minutes and keep your meals interesting all week.

Why Make Dressings at Home?

Better flavor

Fresh dressings taste brighter and more balanced than many bottled options.

More control

You control the salt, sweetness, acidity, and texture.

Cleaner ingredients

You can skip unnecessary fillers and use simple pantry ingredients.

More versatility

The same dressing can be used for salads, bowls, vegetables, proteins, and grain dishes.

Less waste

A small batch helps you use herbs, citrus, and pantry staples before they go unused.

The 3-Minute Dressing Method (Use This Every Time)

Use this as your base formula for quick dressings:

1) Start with fat

Choose an oil for richness and body.

Examples: **French Pantry EVOO**, Basil Oil, Garlic Oil



2) Add acid

This brings brightness and balance.

Examples: lemon juice, **French Pantry** vinegars (Lemon, White Balsamic, Pomegranate, Rosemary)



3) Add seasoning

Salt and pepper wake everything up. Add herb blends for depth.

4) Add a flavor booster

Mustard, herbs, avocado, yogurt, tahini, or garlic can turn a basic vinaigrette into a signature dressing.

5) Whisk, shake, or blend

- Whisk for classic vinaigrettes
- Blend in Eco-Chop for quick emulsifying
- Shake in a jar for creamy herb dressings

10 Fresh Dressings in 3 Minutes or Less

Lemon-Herb Dressing

Bright, clean, and versatile for bowls, salmon, chicken, or roasted vegetables.

Ingredients:

- 3 tbsp French Pantry Lemon Oil
- 1 tbsp French Pantry Blackberry Vinegar
- 1 tsp French Pantry Mustard
- 1 tsp Sel Gris Sea Salt
- Crack of Peppercorn
- Optional: pinch of French Pantry Lemon Dill Blend

Directions:

Whisk vigorously until creamy. Thin with warm water if needed.

Best with: salmon, greens, asparagus, warm grain bowls



Green Goddess Dressing

Creamy, herb-forward, and fresh without added sugar.

Ingredients:

- 1/4 cup French Pantry Basil Oil
- 2 tbsp French Pantry White Balsamic
- 1 tbsp French Pantry Mustard
- 1/2 avocado
- 1 cup packed herbs (parsley, basil, dill, chives)
- 1 garlic clove
- 1/2 lemon, juiced
- Sel Gris + pepper to taste

Directions:

Blend everything in the Eco-Chop until smooth and vivid green.

Best with: green salads, roasted vegetables, salmon, chilled lunch plates



Pomegranate Vinaigrette

Sweet-tart and bold for colorful salads and roasted vegetables.

Ingredients:

- 3 tbsp French Pantry Pomegranate Vinegar
- 2 tbsp French Pantry EVOO
- 1/2 tsp French Pantry Roasted Garlic & Chives
- Herb Blend
- 1/2 tsp French Pantry Mustard
- Pinch Sel Gris and Black Pepper

Directions:

Place ingredients in Eco-Chop and pull until emulsified.

Best with: arugula, roasted carrots, beets, brunch salads



Creamy Garlic Herb Dressing

Savory and creamy with a clean finish.

Ingredients:

- 3 tbsp French Pantry Garlic Oil
- 1 tbsp French Pantry Traditional Balsamic
- 1 tbsp French Pantry Mustard
- 2 tbsp unsweetened Greek yogurt OR avocado
- 1 tsp French Pantry Herb Blend of choice (Rosemary, Basil, Thyme or Roasted Garlic, etc.)
- Sel Gris + Pepper

Directions:

Shake or blend until thick and pourable.

Best with: low-carb bowls, grilled chicken, raw vegetables, slaws



Basil Citrus Vinaigrette

Fresh and aromatic with a clean citrus lift.

Ingredients:

- 3 tbsp French Pantry Basil Oil
- 1 tbsp French Pantry Balsamic
- Zest of 1/2 lemon
- 1 tsp French Pantry Mustard
- Sel Gris + pepper

Directions:

Place ingredients in Eco-Chop and emulsify until creamy and aromatic.

Best with: brunch plates, salmon, tomatoes, spring vegetables



Dijon Shallot Dressing

A classic bistro-style vinaigrette that works on almost everything.

Ingredients:

- 3 tbsp French Pantry EVOO
- 1 tbsp French Pantry Traditional Balsamic
- 2 tsp French Pantry Mustard
- 1 small shallot, minced
- 1 tsp Sel Gris
- Fresh pepper

Directions:

Whisk until smooth.

Best with: greens, warm potatoes, cauliflower rice, simple side salads



Creamy Avocado Lime Dressing

Silky and dairy-free with a fresh lime finish.

Ingredients:

- 1/2 avocado
- 3 tbsp French Pantry Lime Oil
- 2 tbsp French Pantry Pomegranate Balsamic
- 1 tbsp water (to thin)
- 1 tsp French Pantry Zesty Mediterranean Herb Blend
- Sel Gris + pepper

Directions:

Blend until silky.

Best with: Tex-Mex bowls, chicken, grilled vegetables, crunchy salads



Herb Tahini Lemon Dressing

Creamy and satisfying with nutty depth and bright herbs.

Ingredients:

- 2 tbsp tahini
- 2 tbsp French Pantry Lemon Oil
- 1 tbsp French Pantry Traditional Balsamic
- 2 tbsp warm water
- 1 tsp French Pantry Basil & Thyme Herb Blend
- Sel Gris

Directions:

Whisk until creamy and drizzle-ready.

Best with: Mediterranean-style bowls, roasted vegetables, chickpeas, grain salads



Rosemary Dijon Vinaigrette

Savory and aromatic with warm herb flavor.

Ingredients:

- 3 tbsp French Pantry Rosemary Oil
- 1 tbsp French Pantry Balsamic Vinegar
- 1 tsp French Pantry Provence Mustard
- 1/2 tsp French Pantry Herbs de Provence
- Sel Gris

Directions:

Shake to emulsify.

Best with: roasted vegetables, eggs, potatoes, hearty greens



Garlic Balsamic Reduction Drizzle

Sweet-savory and concentrated for finishing warm dishes.

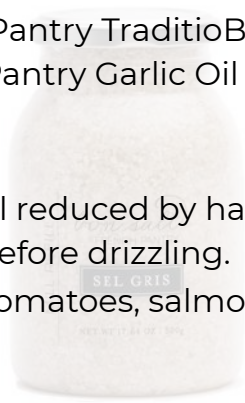
Ingredients:

- 3 tbsp French Pantry Traditional Balsamic Vinegar
- 1 tbsp French Pantry Garlic Oil
- Pinch Sel Gris

Directions:

Heat vinegar until reduced by half. Whisk in garlic oil. Cool slightly before drizzling.

Best with: roasted tomatoes, salmon, brunch potatoes, tartines, sliders



How to Choose the Right Dressing Fast

If you want a quick guide when cooking, use this:

- For fresh greens: Dijon Shallot, Basil Citrus, Green Goddess
- For roasted vegetables: Rosemary Dijon, Garlic Balsamic Reduction, Lemon-Herb Omega
- For salmon or chicken: Lemon-Herb Omega, Basil Citrus, Creamy Garlic Herb
- For grain bowls: Herb Tahini Lemon, Green Goddess, Pomegranate Maple-Free
- For brunch-style plates: Basil Citrus, Garlic Balsamic Reduction, Dijon Shallot

bon COOK Make-It-Easy Tools

Homemade dressing is even faster with simple tools you already use in everyday prep:

- Eco-Chop for blending creamy herb dressings quickly
- Mini Herb Chopper for garlic, shallots, and fresh herbs
- Mixing bowls + whisk for fast vinaigrettes
- Bonmat / FORTEEZ Fleximat for roasting vegetables you can finish with dressing
- French Pantry oils, vinegars, herb blends, and mustard for easy flavor layering

Make-Ahead Tips for Busy Weeks

- Mix 2 to 3 dressings at the start of the week for variety
- Keep creamy dressings in smaller jars and use within a few days
- Shake vinaigrettes again before serving
- Label jars by flavor so it is easy to match with meals
- Use leftover dressing as a quick marinade for chicken, salmon, or roasted vegetables



Final Thought

A great dressing can make simple food feel thoughtful. It adds brightness, balance, and personality without adding extra work. Start with one recipe, then try a second variation using a different French Pantry oil, vinegar, or herb blend.

Small changes like this are what make home cooking feel easier, better, and more beautiful.

SECTION 3

HOSTING, TABLESCAPE & ENTERTAINING

Gourmet Truffle Sliders

Crunchy Harvest Coleslaw

Southern Cowboy Caviar

Easy Cake Donuts

Lemon Blueberry Cream Cheese Muffins



Gourmet Truffle Sliders



Active Time: 15-17 min.



Total Time: 30-35 min.



Serves: 6



Gourmet Truffle Sliders

Juicy mini burgers infused with rich truffle flavor and layered with melty cheese. A bold, gourmet twist perfect for entertaining.

Ingredients

Sliders:

- 1 tsp Worcestershire sauce (optional)
- 1 tbsp finely minced shallot (optional)
- 1 tbsp French Pantry Roasted garlic and Chive Herb Blend

Toppings:

- Pickled red onions (store-bought or homemade)
- French Pantry Truffle Aioli
- French Pantry Truffle mustard
- Aged white cheddar or Gruyère cheese, sliced
- Arugula or baby greens
- Brioche slider buns, toasted
- Butter (for toasting buns)

Optional:

- Crispy pancetta or prosciutto
- Caramelized mushrooms (sautéed in butter and French Pantry, Rosemary Basil Thyme Herb Blend)

Directions

1. Preheat the oven to 375°F.
2. In a bowl, gently mix the ground beef with red wine salt, Madagascar pepper, Worcestershire sauce, and shallots until just combined.
3. Form into six small patties (about 2½-3 inches wide) and press a small dimple into the center of each.
4. Place on a baking sheet and cook for 2-3 minutes per side for medium-rare, or longer to your preferred doneness.
5. In the last minute of cooking, top with cheese and cover to melt.
6. Butter the inside of the brioche buns and toast in a skillet until golden.
7. Spread truffle mustard on the bottom bun, add arugula and the patty, then top with pickled onions, truffle aioli, and optional pancetta or

Nutritional Benefits

- Protein-rich sliders help support satiety when paired with veggies or salad.

bonTIPS

- Don't press the patties while cooking to keep them juicy.

Shop bon COOK Products here:



Roasted Garlic & Chive Herb Blend



Rosemary, Basil & Thyme Herb Blend



Red Wine bon Salt



Truffle Aioli



Truffle Mustard



Masher



Mini Herb Chopper

HOW TO MAKE A REALLY GREAT BURGER AT HOME

Cooking a great burger at home shouldn't feel complicated. Many people think you need a grill master's touch or a restaurant setup to get that juicy, flavorful result. The truth is, a delicious burger comes down to a few simple principles and a little confidence in the process.

Burgers are a classic comfort food because they're satisfying, customizable, and perfect for casual gatherings. Once you understand the basics, making a great burger at home becomes easy, repeatable, and far more enjoyable than takeout.

START WITH THE RIGHT MEAT

You don't need specialty blends to make a great burger. Look for ground beef with about 80/20 lean-to-fat ratio. This balance gives you the juiciness and flavor burgers are known for.

For easy portioning and uniform patties, use the **bonCOOK Rounds** or shape gently by hand without overpacking the meat.



KEEP THE PATTIES SIMPLE

Great burgers don't need a long ingredient list. Form patties gently and avoid overmixing, which can make burgers dense and tough.

Simple rule:

- Handle the meat lightly
- Keep patties about $\frac{3}{4}$ -inch thick
- Make a small thumb indent in the center to prevent puffing

This helps burgers cook evenly and stay tender.

SEASON JUST BEFORE COOKING

Seasoning too early can draw moisture out of the meat. For best results:

- Sprinkle bonCOOK Sel Gris or Tellicherry Pepper
- Season right before the burgers hit the heat
- Keep it simple and let the beef shine

Additional sauces and toppings can come later.



USE HIGH HEAT AND BE PATIENT

High heat is the secret to a flavorful crust. Whether roasting in the oven or in a skillet in the stove.

- Preheat oven: 400 degrees
- Place burgers in mold
- Roast 15 to 20 minutes until burgers reach 150 degrees.

The **bon COOK FORTEEZ** Six Round Tray on a **Perforated Baking Sheet** works beautifully for oven-finished burgers or batch cooking.



No Need to Flip

No need to flip when roasting in the FORTEEZ mold.

Frequent flipping prevents proper browning and can dry out the meat.

Pressing down on the meat while it is cooking releases the natural juices and makes a dry tasteless burger. Stay patient and allow the heat and time to deliver the best burger without the fuss.



ADD CHEESE AT THE RIGHT TIME

If making cheeseburgers, add cheese during the last minute of cooking and cover briefly to melt.

This gives you that classic, creamy finish without overcooking the burger.



LET IT REST

Just like steak, burgers benefit from a short rest.

Rest for 2–3 minutes after cooking to allow juices to redistribute. This keeps every bite moist instead of running onto the plate.

BUILD AND FINISH SIMPLY

A great burger doesn't need to be overloaded.

Easy winning formula:

- Toasted bun
- Juicy burger
- One fresh element (lettuce or tomato)
- One creamy element (aioli or sauce)
- Optional crunch (pickles or onions)

Serve immediately and enjoy.



QUICK REFERENCE: BURGER DONENESS GUIDE

Based on a ¾-inch patty cooked over medium-high heat.

Desired Doneness	Internal Temperature	Time Before Flip	Time After Flip
Medium-Rare	130-135°F	3-4 minutes	2-3 minutes
Medium	140-145°F	4-5 minutes	3-4 minutes
Medium-Well	150-155°F	5-6 minutes	4-5 minutes
Well Done	160°F	6-7 minutes	5-6 minutes

*USDA recommends 160°F for ground beef.

Tip: Remove burgers about 5°F below target temperature. Carryover heat will finish the cooking while they rest.

WHY BURGERS WORK FOR EASY ENTERTAINING

Burgers feel fun and satisfying without being complicated. Paired with a fresh salad or simple side, they create a meal that feels relaxed and welcoming.

A great burger isn't about perfection. It's about understanding the basics and feeling confident enough to try. Once you do, it becomes a go-to skill you'll use again and again.



Crunchy Harvest Coleslaw



Active Time: 15-20 min.



Total Time: 50 min.



Serves: 4-6



Crunchy Harvest Coleslaw

Crisp cabbage and fresh vegetables tossed in a balanced dressing create a bright, crunchy side. Light yet flavorful, this colorful slaw adds refreshing contrast to rich mains and hearty spreads.

Ingredients

- 1 cup Red Cabbage (shredded)
- 4 cups White Cabbage (shredded)
- 1 cup Carrots (shredded)
- 1 tbsp Roasted Garlic and Chive Herb Blend
- 1/2 Small Red Onion (thinly sliced)
- 1 Large Apple (chopped)
- 1/2 cup Parsley (chopped)
- 1/3 cup Sunflower Seeds
- 1/2 tsp Celery Seeds
- 1 tbsp Maple Syrup (or honey, optional)

Nutritional Benefits

- Cabbage and carrots provide fiber and antioxidants that support gut health.

bonTIPS

- Let it chill at least 30 minutes so flavors meld.
- Add seeds right before serving to keep them crisp.

Directions

1. Shred 2 cups red cabbage and 2 cups white cabbage using a knife or mandoline. Peel and shred 1 cup carrots. Chop apple, onion, and parsley in the Eco-Chop.
2. In a large bowl, Combine the Ingredients: Combine the shredded cabbage, onion, and carrots in a large mixing bowl. Add the roasted garlic and chive herb blend to the vegetables. Add the chopped apples, chopped parsley, and sunflower seeds.
3. For the dressing, add ingredients (except sunflower and coriander seeds) to the Eco-Chop. Cover and pull 6–8 times until emulsified. Pour over vegetables and toss to coat.
4. Season with salt and pepper. Add sunflower and coriander seeds and toss gently.
5. Cover and refrigerate at least 30 minutes before serving.

Shop bon COOK Products here:



[Bordeaux Wild
Pepper Mustard](#)



[Pomegranate
Balsamic](#)



[Roasted Garlic
& Chive Herb
Blend](#)



[Tellicherry
Pepper](#)



[Citrus
Coriander Aioli](#)



[EVOO](#)



[Eco-Chop](#)



[Mini Whisk](#)

Southern Cowboy Caviar



Active Time: 10 min.



Total Time: 15 min.



Serves: 6-8



Southern Cowboy Caviar

A vibrant mix of beans, vegetables, and zesty dressing creates this bold, scoopable favorite. Fresh, colorful, and packed with texture, it's perfect for dipping, topping, or adding lively flavor to any spread.

Ingredients

- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) corn, drained or frozen – steam and chill before adding to ingredients.
- 1 bell pepper (red or yellow), diced
- 1 small red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1 avocado, diced (optional)
- 1 jalapeño, seeded and minced (optional for heat)
- 1 cup fresh cilantro, chopped
- French Pantry Garlic, Paprika, Salt, and Madagascar Pepper to taste

Dressing

- 1/4 cup Garlic Oil
- 2 tbsp apple cider vinegar
- 1 tbsp lime juice
- 1 tbsp honey
- 1 tsp cumin (for smoky flavor)
- Salt and pepper, to taste

Directions

Prepare the Cowboy Caviar:

1. In a large mixing bowl, combine the black beans, corn, diced bell pepper, red onion, cherry tomatoes, diced avocado (if using), jalapeño (if using), and chopped cilantro.
2. Gently mix everything—season with salt and pepper to taste.

Prepare the Dressing:

1. Squeeze the lime using the Citrus Press and whisk together the olive oil, apple cider vinegar, lime juice, honey, garlic powder, and cumin in a small bowl.
2. Season the dressing with salt and pepper to taste.
3. Pour the dressing over the cowboy caviar salad and mix well to ensure everything is coated evenly.
4. Let it sit in the refrigerator for at least 30 minutes to allow the flavors to meld.
5. Serve chilled with tortilla chips, or enjoy it as a topping for grilled meats, tacos, or a fresh salad.

Nutritional Benefits

- Beans deliver plant-based protein and fiber for steady energy and fullness.

bonTIPS

- Let it sit 15-30 minutes before serving for better flavor.

Shop bon COOK Products here:



Medium Round Mold



Octagonal Bonmat



Eco-Chop



Mini Herb Chopper



Mini Whisk



Citrus Press

Build a Simply Gorgeous Tablescape in 5 Steps

A simple, repeatable method that makes any meal feel special

A tablescape doesn't have to be formal or expensive to feel beautiful. The goal is not perfection. It's creating a table that feels warm, intentional, and welcoming. This is the exact method I use when I want the table to look put together without overthinking it. You can use it for brunch, a holiday, a casual dinner, or even a weekday meal that needs a little lift.

Step 1: Choose your “style sheet”



This is my favorite trick because it instantly pulls everything together.

Pick one sheet of wrapping paper in a color or pattern you love. That becomes your style guide. It sets your palette and gives direction to the rest of the table.

How to use it:

- Pull 2–3 colors from the paper and stick with them
- Let it guide your napkins, flowers, fruit, and even serving pieces
- If it's bold, keep the rest simple. If it's neutral, add a pop of color.

Quick option: If you don't have wrapping paper, use a runner, a scarf, or even brown kraft paper.

Step 2: Set your base layer (runner + plates)

Your base layer is what makes the table feel grounded.

- Add a runner or your “style sheet” down the center
- Place plates (or bowls) first so spacing looks clean
- Keep place settings simple. You don't need extra pieces to make it feel elevated.

My tip: Leave a little breathing room between each setting. The table feels calmer and more intentional right away.



Step 3: Add flowers the easy way (one per person)



This is where the table gets its charm. Instead of one big centerpiece, I love single bud vases lined down the table. It feels special and it doesn't block conversation.

Quick rule: If flowers are bold, keep the food styling simple. If food is colorful, keep flowers simple.



Container ideas:

- Simple bud vases
- Small jars
- French Pantry vinegar and oil bottles
- French Pantry small EVOO bottle

Step 4: Build the table around the food (your “gorgeous display”)

Food is the best decoration. A beautiful tablescape works when the menu is organized and easy to serve. Here's the formula that always looks good:

Choose your food:

- One main
- One salad
- One side
- Several simple desserts: one chocolate, one cookie or muffin, and one “showstopper” dessert cake, pie, strudel, or tart.

This combination fills the table without feeling crowded, and it gives guests enough variety without making you cook five different things

My hosting tip: I don't invite more than 10–12 people for brunch. It stays enjoyable and manageable.



Step 5: Let guests help without ruining your menu



This is how you keep control of the table and still accept help.

If someone asks what they can bring, keep it simple:

- “Bring a chocolate.”
- “Bring cookies.”
- “Bring a pie or tart.”



Desserts are the easiest thing to add without throwing off your main menu. Plus, they make the table look even more abundant.

Quick win: Put desserts on one tray or stand so they feel like a “dessert moment” instead of random extras.

The Tablescape Checklist (Save This)

- Choose one wrapping paper “style sheet”
- Set the base: runner + plates first
- Line the table with single bud vases
- Use food as décor: one main, one salad, one side, simple desserts
- Assign guests desserts only

FORTEEZ

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Molds made of durable and reliable high quality PLATINUM silicone.
No fillers
Food compliant
completely non-toxic

Guaranteed

BPA-Free
Phalate-Free
Peroxide-Free
Medical Grade
Platinum Silicone
Non-toxic

Color

The color black promotes heat production for a more homogeneous cooking

Flex

Ironclad flexibility with a return to original shape after each use.
Non-stick with a mirror finish - dishwasher safe or quick clean



@boncook.com

THIRD PARTY TESTED AND APPROVED!

Easy Cake Donuts



Active Time: 15 min.



Total Time: 30 min.



Serves: 8



Easy Cake Donuts

Soft, tender cake donuts baked until lightly golden offer a simple homemade treat without the fuss of frying. Lightly sweet and endlessly customizable, they're perfect for brunch boards or cozy mornings.

Ingredients

- 2 cups all-purpose, unbleached flour
- 2 tsp baking powder
- ¼ tsp nutmeg
- ½ tsp salt
- ¾ cup sugar
- 2 tbsp butter, melted
- 2 large eggs
- ¾ cup buttermilk

Nutritional Benefits

- Baked donuts use less oil than fried, making them a lighter sweet treat.

bonTIPS

- Fill wells evenly for uniform baking and consistent shape.
- Cool completely before glazing so toppings set cleanly.
- Use a quick dusting of cinnamon sugar for a fast finish.

Directions

1. Preheat oven to 435°F. Place Donut Tray on the Perforated Baking Sheet and set aside.
2. In the mixing bowl, whisk in all dry ingredients.
3. In another bowl, add butter, eggs and buttermilk whisking until well combined.
4. Add wet ingredients to the dry ingredients and stir just until completely smooth mixture.
5. Using your Pastry Bag fitted with large round tip, fill pastry bag with donut batter. Fill each shape of the donut tray half full.
6. Once full, tap bottom of tray to level batter.
7. Bake for 8-10 minutes or until lightly golden and when pressed on lightly the donut bounces back.
8. Let cool completely before unmolding.
9. Sprinkle with powdered sugar, cinnamon sugar or frost your donuts.

Shop bon COOK Products here:



[Donut Tray](#)



[Pastry Bag and Tips Set](#)



[Perforated Baking Sheet](#)

Lemon Blueberry Cream Cheese Muffins



Active Time: 15 min.



Total Time: 45-50 min.



Serves: 12



Lemon Blueberry Cream Cheese Muffins

Bright lemon and juicy blueberries folded into a tender muffin with a creamy center create a bakery-style favorite. Soft, fresh, and lightly sweet, these muffins are perfect for brunch or anytime snacking.

Ingredients

- 4 ounces of cream cheese at room temperature
- 4 tbsp of unsalted butter at room temperature
- one tbsp of lemon juice and one tbsp of lemon zest
- 2 tbsp of vanilla
- 2 eggs at room temperature
- 1/2 cup of whole milk at room temperature
- two cups of all-purpose flour
- 1 cup of sugar
- 1 1/2 tsp baking powder
- 1 half tsp baking soda
- 1 pint of fresh blueberries

Nutritional Benefits

- Toss blueberries in a little flour to reduce sinking.

bonTIPS

- Blueberries provide antioxidants, while the muffin base offers satisfying carbs for energy.

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Place Flower Tray onto the Medium Perforated Baking Sheet.
3. Beat cream cheese and butter until smooth.
4. Add lemon juice, lemon zest, and vanilla and beat until combined.
5. Add milk and eggs and beat until well blended.
6. Combine flour, sugar, baking powder, baking soda, and salt in a mixing bowl and whisk until combined.
7. Add flour mixture 1/2 cup at a time to the cream cheese mixture until well incorporated. Fold the blueberries in gently.
8. Scoop the batter evenly into each well of the Flower Mold.
9. Press down gently on each well so that the flower design fills in the well.
10. Bake for 30 minutes or until just lightly browned.
11. Remove from the oven and allow to cool before unmolding.
12. Once cooled, unmold and serve with your desired fresh berries or dollop of Chantilly cream.

Shop bon COOK Products here:




[Flower Tray](#)



[Mini Whisk](#)



[Perforated Baking Sheet](#)



ACCEPT AN OFFER TO BRING A DISH WITHOUT RUINING YOUR MENU

A simple way to say yes to help and still keep the meal cohesive

When you're hosting, people often ask, "What can I bring?" And I love that, because it means they want to contribute. But if you've ever said "Sure, bring anything!" you already know what can happen next: a menu that feels random, duplicates you didn't need, or dishes that don't match what you planned.


Here's the approach I use so you can accept help without losing control of the menu. It keeps things simple, keeps your table cohesive, and keeps you from doing all the work yourself.

Step 1: Decide what YOU are making first

Before you assign anything, lock in your core menu. I plan around this easy formula:

- **One main**
- **One salad or fresh element**
- **One side**
- **One simple sweet (optional)**

Once you have that, you'll know exactly what you can delegate without stressing about it.

 *My tip: If you're making the main, you're already doing the hardest part. Don't give away anything that would change the timing of the meal.*

Step 2: Only delegate the "safe categories"

Some dishes support your menu. Others compete with it. These are the categories I almost always delegate because they don't throw off the flow.

Best things to assign

- **Dessert (cookies, brownies, pie, tart, chocolate)**
- **Beverages (sparkling water, juice, coffee items, ice)**
- **A simple snack board (fruit, cheese, crackers)**
- **A salad only if you give a clear direction (more on that below)**

Things I avoid delegating (unless I'm very specific)

- **The main dish**
- **Anything that needs oven space right before serving**
- **Anything that depends on my timing (like a hot side I'm counting on)**

Step 3: Give guests choices, but within your plan

People like having options. The trick is to offer choices that still protect your menu.

Instead of:

- ***“Bring whatever you want!”***

Try:

- ***“If you’d like to bring something, could you bring dessert? Cookies, a pie, or a tart would be perfect.”***
- ***“Could you bring a chocolate and something simple like muffins?”***
- ***“Could you bring a fruit and cheese board? Nothing fancy, just easy snack items.”***

You’re being friendly, but you’re also guiding the outcome.

Step 4: Use the “dessert strategy” to keep it cohesive

If there’s one rule I use most, it’s this:

When in doubt, assign desserts.

Desserts don’t affect the main meal timing, and they make the table feel generous. They also stack well together. Even if you end up with three sweets, it still looks like a dessert moment instead of a menu problem.

A simple dessert lineup that always works:

- **One chocolate (store-bought is fine)**
- **One cookie or muffin**
- **One pie, tart, cake, or strudel**

Step 5: If you DO need a side, get specific

Sometimes you actually want help with a side. That’s fine, you just have to be clear.

Instead of:

- ***“Bring a side dish.”***

Try:

- ***“Could you bring a fresh green salad with a light vinaigrette?”***
- ***“Could you bring roasted vegetables (no cheese, no heavy sauce)?”***
- ***“Could you bring a simple fruit bowl with citrus?”***

When you give one clear direction, you avoid duplicates and you avoid flavors that fight your menu.

Step 6: Protect your kitchen space and timing

This is where hosting stays calm.

When someone offers to bring something, I also add a quick note like:

- **“No need to warm it up here, we’ll serve it room temp.”**
- **“If it needs reheating, please bring it already warm in a covered dish.”**
- **“I’ll have limited oven space, so room temp is best.”**

Guests are usually relieved to have clarity.

The Quick Scripts (Copy + Paste Friendly)

Dessert script:

“If you’d like to bring something, could you bring dessert? Cookies, a pie, or a tart would be perfect.”

Snack board script:

“Could you bring a simple fruit and cheese board? Nothing fancy, just easy snack items.”

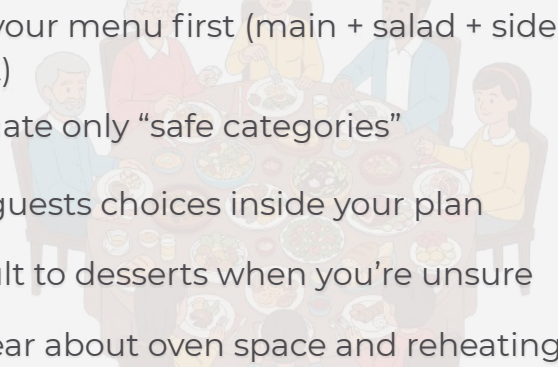
Salad script:

“Could you bring a fresh green salad with a light vinaigrette? Something crisp and simple would be great.”

Drink script:

“Could you bring ice and a few drinks for the table? Sparkling water or something fun for brunch works great.”

Hosting Checklist

- 
- Plan your menu first (main + salad + side + optional sweet)
 - Delegate only “safe categories”
 - Give guests choices inside your plan
 - Default to desserts when you’re unsure
 - Be clear about oven space and reheating

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Spring Meal Plan



BRAINSTORM What are you craving this week?



MEAL PLAN Organize your meals and cravings to specific days.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1							
MEAL 2							
MEAL 3							



GROCERY LIST
Write down items you need to buy based on your meal plan.



MAKE AHEAD
Is there anything you want to prepare in advance?

Need recipe inspiration? Schedule a free cooking class today!

Visit bonCOOK.com for more information.

Recipe Card

Name of Recipe

Ingredients:

 Prep Time:

 Cook Time:

 Serves:

 Difficulty:

Directions:

How to Shop with Us?



Cooking is more fun when you have the right tools in hand. We've made it simple for you to shop our bonCOOK favorites right from this cookbook.

Here's how it works:

1. See it in the recipe

Throughout this book, you'll notice photos of the tools we used.

2. Click the product

Each product photo is linked directly to our website so you can shop with ease.

3. Use your one-time code

Enter the code at checkout to receive 25% off an entire single order - in the months of March and April

Code valid for one-time use per customer through 4/30/2026.

4. Start cooking

Your order will be shipped directly to your door.

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Where to begin?

We recommend starting with our **Taste the Trend Collection** – it's the perfect set to get you going, and it's on sale this month! This bundle has everything you need to cook along with us in class or to create recipes at home with confidence. [Click here to see the collection](#)



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VIRTUAL COOKING CLASS SERIES

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Choose your class(es) or join them all!

MAR. 31 - EASTER MORNING

- Eggs Benedict Casserole
- Champagne Fruit Salad

APR. 14 - IT'S GREEK TO ME

- Greek Stuffed Tomatoes
- Lemon Blueberry Cream Cheese Muffins

APR. 28- EVERYONE LOVE LEMON & GARLIC

- Lemon Balsamic Asparagus Salas
- Grilled Shrimp Scampi

REGISTER NOW





What's your favorite dish?

Share a meal that brings
back fond memories.

THANK YOU!

Thank you for spending time with our Spring Cookbook Guide. Whether you built a brunch board, refreshed your table with simple touches, or tried a new recipe for gathering and sharing, we're so glad you're here.

This guide was created to make spring cooking feel easier and more connected. From fresh bowls and garden-inspired meals to simple hosting ideas, we hope it gives you practical ways to enjoy the season. If it helped, share it with a friend or tag us so we can celebrate with you.

Wishing you bright tables, fresh flavors, and meaningful moments with the people you love. Here's to simple spring meals, easy hosting, and a kitchen that brings everyone together.

Cindy

@theboncook

