

bZoodles!

CARL FRANKLIN'S LOW-CARB NOODLE COOKBOOK



Introducing bZoodles

bZoodles look, smell, feel, and taste just like egg noodles except they have virtually no carbohydrates. There is no wheat in them whatsoever. They are made from eggs, egg whites, egg white powder, and transglutaminase which is an enzyme used to bind proteins together.

Once I had the recipe down, I started testing it out on my friends and family. The response was overwhelming. I had a sense that I had discovered something ground-breaking in the low-carb food space, and I didn't want to just give it away.

This cookbook is the first publication that describes the procedure for making bZoodles successfully and consistently. The recipes in this book will be familiar to you. However, my recipes do not call for sugar or starch, and in many cases they have a higher fat content than you're probably used to.

I sincerely hope you enjoy making bZoodles and all of the delicious recipes contained herein. Eating noodles again has brought me an immense sense of joy. Oh, noodles, how I've missed you!

- Carl Franklin

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The History of bZoodles

In 2018 I had a revelation. I had learned about New York chef Wylie Dufresne making noodles out of shrimp. My friend Richard Morris had actually made them at my house, and they were amazing. The secret ingredient was transglutaminase (TG) . More on TG in a minute but, suffice it to say, nobody was thinking of using TG with plain old eggs and egg whites to approximate regular egg noodles - at least I couldn't find a shred of evidence of this.

I started messing with different ingredients including konjac powder, and trying different ratios. It didn't take long before I found a decent mix and, with the help of my good friend and chef Julie Fox McClure, I came up with a final tweak that knocked it out of the park!

I created the name *bZoodles* because I wanted to leave the door open to sell them as a product later on, and also because I wanted a catchy name rather than having to qualify *low-carb* or *keto* every time I refer to them.

I started a website at <http://bzoodles.com> and put up a video showing how to make them once you have the batter made. I also started taking pre-orders for this cookbook and offered the recipe for those who couldn't wait, if they wanted to pay for it.

The orders started pouring in. Clearly, I was on to something!

While making the rounds at local restaurants and chefs with samples of my new creation, I met a chef who pointed me to a crepe manufacturing machine you could order online. It looked like it would work to mass-produce bZoodles.

I set up a Go Fund Me campaign to raise the money I needed to get the machine and it worked! The machine was delivered to RD86 Space, a local culinary incubator and commercial kitchen in downtown New London, my hometown, and I started cranking them out.

The big test will be Ketofest (<http://ketofest.com>) a low-carb food and science festival I founded in 2017. I plan on making bZoodles for hundreds of people using the new machine.

The end goal is to eventually sell bZoodles as a refrigerated and/or frozen product, and make it available in grocery stores all over the United States. After that? Who knows!



Carl Franklin

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About Carl Franklin

Carl Franklin learned he had type 2 diabetes at age 48. Before that, he was a junk food and sugar addict. He decided to go on what many consider to be an extreme diet, one where he replaced virtually all of the sugar and starch in his diet with healthy fats. With his low-carb mentor, Richard Morris, he decided to do a podcast as a commitment device to stick to the new way of eating. Not only did the podcast (2 Keto Dudes) quickly become very popular, but he dropped 80 pounds and reversed his diabetes within 6 months.

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General Tips

for creating, storing, and re-heating bZoodles

bZoodles and Water

You can re-heat bZoodles in boiling water, but for no longer than 30 seconds, or else they will start to fall apart. There is no need to boil or further cook bZoodles once you've made them. You only need to re-heat them before serving.

Tomato Sauce

The first time I had bZoodles with tomato sauce I made Tagliatelle Bolognese. I mixed the bZoodles into the sauce and their texture changed. I believe it was the acid in the tomatoes. They got tough and chewy. Therefore, if you're making a very acidic sauce, it might be a good idea to serve the sauce **over** the bZoodles, rather than combining them.

bZoodles Don't Hold Heat for Very Long

I noticed that even if you serve bZoodles hot out of the pan, they may get cold before the rest of your food. To balance this, consider always serving them with a sauce or a hot element. That said, in a lasagna they maintain their heat simply because the rest of the ingredients do. Also, bZoodles work well in cold dishes like tuna noodle salad.

Storing and Reheating bZoodles

bZoodles will store in the refrigerator. Think of them as cooked eggs. You can also freeze and thaw bZoodles without losing texture or taste. The best way to reheat bZoodles is in a pan with a little butter or olive oil, but you can use water or stock as well. Just don't boil them for more than 30 seconds.

Transglutaminase



Transglutaminase (TG) is a naturally occurring enzyme found in humans as well as other animals and plants. It forms covalent bonds between proteins, acting as a glue. TG allows blood to clot when you get a cut, and also plays a role in the production of sperm. It is used in the food industry for things like hot dogs, chicken nuggets, imitation crab meat, and fish balls. Recently, TG has made its way into baked goods and other products you wouldn't expect. The brand I use (Activa RM) has .37 grams of carbs per gram. One batch of bZoodles uses about 3 grams (1 tsp) of TG, giving you a whopping 1.1 grams of carbs per serving. An egg has .6 grams of carbs, by comparison.

Is TG safe?

There is science showing that tissue TG, which exists naturally in our bodies, plays a role in how celiac disease develops. However, I can find no science that links microbial TG (what the food industry uses) to celiac disease. Still, there is a lot of concern out on the Internets about TG. I feel safe consuming TG because I don't eat gluten or products that cause leaky gut. However, if I had a kid who eats gluten, I would avoid giving them food products made with TG. The problem is that TG is everywhere. Of course, if you are concerned about the safety of TG, do some research and decide for yourself.

Watch Chef Wylie Dufresne talk about TG at <http://wylie.bzoodles.com>

Can I touch TG?

I was told that if you get TG on your skin your fingers will stick together and you won't be able to separate them. Not true. At least, it has been my experience that a little TG on my fingers washes right off with warm water.

Don't inhale TG

This is a real risk. If, when handling TG, you see a poof of it in the air, as you would with flour, turn away until it settles. Don't let it get in your lungs or eyes. I have never witnessed an accident of this type, but I try to minimize my exposure to TG to be safe. Make sure you read the warning labels on packages of TG.

Keep it cold

The best way to store TG is in the freezer. It has to stay cold to maintain its bonding properties.

Making bZoodles

The basic recipe is eggs, egg whites, egg white powder, and TG. You are basically cooking a crepe and the method is tricky. It's very sensitive to size, temperature, and time. But, if you practice, you'll quickly become a bZoodle expert. Let's talk about these three aspects.

Size Matters

I use a 9-inch nonstick pan for good reason. If it were any bigger, it wouldn't heat evenly and I'd have raw egg around the edges. If you have a larger burner and a pan that fits it perfectly, you may be able to cook more noodles at one time.

Temperature Control

It's very important to get the temperature of the pan right. It may be different depending on where you live, but I use a propane stove on the lowest setting. The egg batter has to come up to room temperature, and the pan has to be thoroughly heated before starting. If the pan is too cold, the noodles will cook slowly and they will taste like an omelet. If the pan is too hot, the noodles will burn and bubble.

Cook Time

Ideally, the crepe will take about one minute to cook on one side, and then another 15 seconds on the other side. If you don't let it cook completely, it will rip when you try to flip it. If you cook it for too long, it will get dry and tough.

Products and Ingredients

Here is a list of links to the products I use. You do not necessarily need these exact items.

9" Crepe Pan

<http://pan.bzoodles.com>



Blender

<http://blender.bzoodles.com>



Strainer

<http://strainer.bzoodles.com>



Transglutaminase (3.5 oz)

<http://tg35.bzoodles.com>



Transglutaminase (2.2 lb/1 kilo)

<http://tg1k.bzoodles.com>



TG (Canada)

<http://tgca.bzoodles.com>

TG (Australia)

<http://tgau.bzoodles.com>



Egg White Powder

<http://eggwhitepowder.bzoodles.com>

Pizza Wheel

<http://pizzawheel.bzoodles.com>



Basic bZoodle Recipe

Essentially we are making a crepe and slicing it with a pizza wheel into noodles.

After the first side cooks, you should be able to pick it up with your fingers and flip it. The second side only needs 15 to 30 seconds.

Just prepare yourself for a few flops before you get the temperature and technique down, but once you do, you'll make perfect noodles every time. Perhaps it would be wise to double the recipe on your first run.

Each batch makes enough for one serving: about three crepes.

INGREDIENTS

- 2** Large Eggs
- 1/2 cup** Egg Whites
- 1 tsp** TG
- 1/2 tsp** Egg White Powder

- 1 Preheat a 9-inch nonstick pan over low heat and allow at least 5 minutes for it to come up to temperature.

Let's Talk Temperature

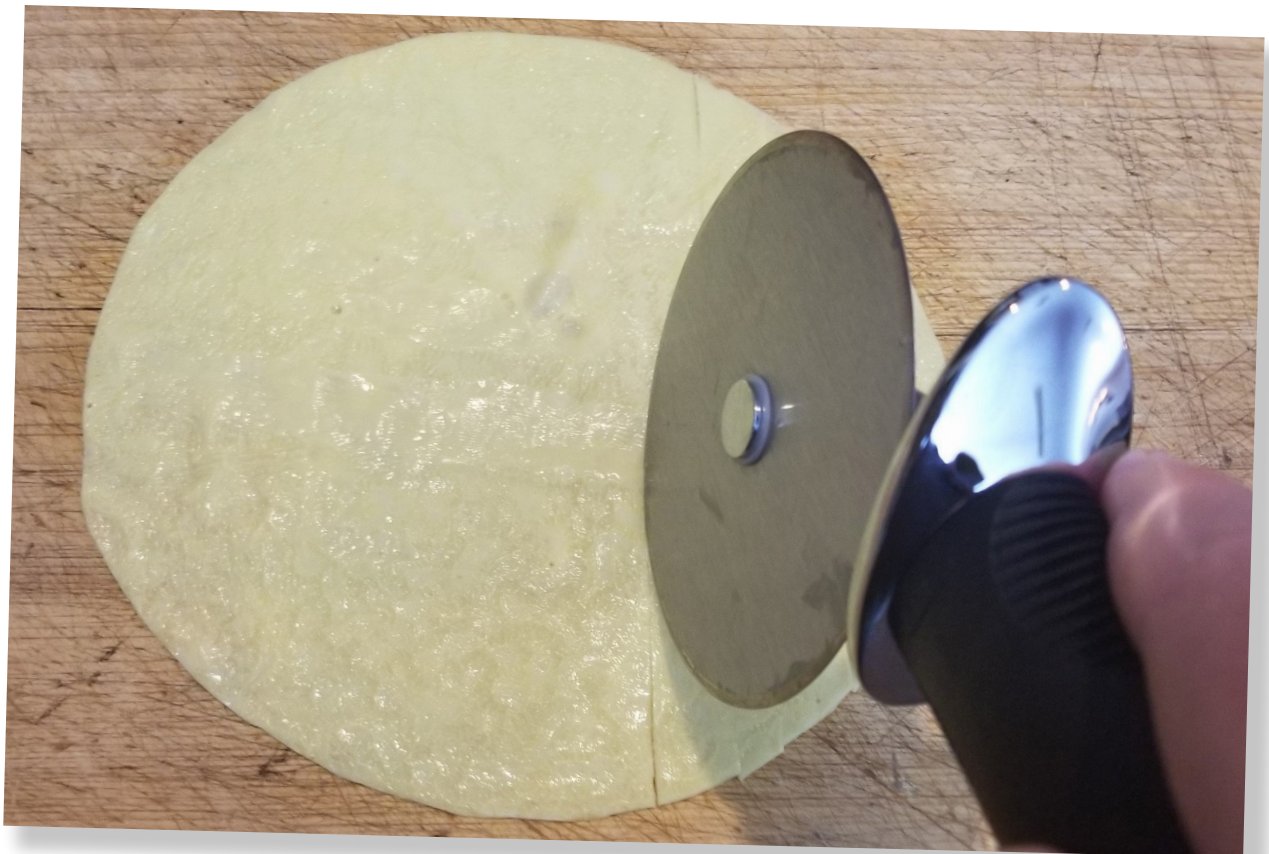
When I say "low heat," I mean over a propane stove. I have not tested it on an electric stove top, but I have made it on an induction burner stove, and the level that worked best was 50%. The crepe should cook quickly, but if you see bubbles right away the pan is too hot.

- 2 Combine ingredients in a blender on high for about seven seconds.
- 3 Allow mix to rest for at least 15 minutes until all the foam rises to the top.
- 4 Using a spoon, remove as much of the foam from the top as you can.
- 5 Strain the mixture into a Pyrex measuring cup or some other vessel.
- 6 Again, make sure there is no foam on the top before you start cooking.
- 7 Add ¼ cup of batter (all at once) to the pan. Immediately swirl the pan around and shake back and forth to evenly distribute.

- 8 Allow to cook for about 60 seconds or until the edges start to lift up and the crepe is dry. If you see bubbles, your pan is too hot. If you can't pick it up after two minutes, the pan is too cold.

- 9 Using a rubber spatula and then your fingers, lift up an edge of the crepe, peel it off, and carefully flip it. If it starts to break it needs to cook longer.
- 10 Cook the other side for no more than 30 seconds.
- 11 Move to cutting board.
- 12 Using a pizza wheel, remove the crust from the edges, about ½ inch, then cut pasta however you like: wide strips, thin strips, lasagna, etc.







Tagliatelle Bolognese

"Bolognese sauce, known in Italian as ragù alla bolognese (or simply ragù), is a meat-based sauce in Italian cuisine. It is customarily used to dress tagliatelle al ragù and to prepare lasagne alla bolognese. Genuine ragù alla bolognese is a slowly cooked sauce, and its preparation involves several techniques, including sweating, sautéing and braising. Ingredients include a characteristic soffritto of onion, celery and carrot, different types of minced or finely chopped beef, often alongside small amounts of fatty pork. White wine, milk, and a small amount of tomato concentrate or tomatoes are added, and the dish is then gently simmered at length to produce a thick sauce." - Wikipedia

To me, a good Bolognese sauce has to be meat-forward with both pork and beef. Some Italian grandmothers I know also include veal, but I don't think that's necessary.

My Bolognese is made with Italian sausage and ground beef. Of course, you can use whatever meat you like, but the sausage and beef make for a very tasty meat-forward sauce, perfect for tagliatelle.

My version also does not include carrots.

Though the picture shows the bZoodles integrated into the sauce, I still recommend you sit the sauce on top of the bZoodles to serve.



Tagliatelle is typically wider than linguini but not as wide as pappardelle, although I prefer mine a bit wider.

Start by sauteing the vegetables, tarragon, and garlic in olive oil, then add the meat and cook until brown. I always like to deglaze the pan (or pot in this case) with a little red wine.

Next, add the sauce. If you make your own marinara sauce, that's great. I use Rao's because it's readily available in my local supermarket, it's affordable, and it only has 3g of carbs per 1/2 cup.

Let the sauce simmer for at least an hour. Ten minutes before serving, add the butter to the sauce. This is my secret weapon for tomato-based sauces. It thickens the sauce, it makes it taste much better, and you end up eating less of the sauce itself because it's so rich. Less sauce means less carbs, and you got some good healthy fat in there at the same time.

Serve over bZoodles that have been gently warmed with butter and top with Parmesan or Pecorino Romano cheese. You can, alternatively, serve the grated cheese on the side and allow your guests to add their own.

Tagliatelle Bolognese

Prepare your mise en place by chopping the fennel, onion, and pepper. Make sure the sausage is out of the casing and completely crumbled.



- 1 Heat the olive oil over medium heat in a pot.
- 2 Add the fennel, onion, pepper, garlic, and tarragon. Saute' until soft, about 5 minutes.
- 3 Add the meat and brown for 8 to 10 minutes.
- 4 Add the red wine. Scrape all the bits off the bottom of the pot. Allow wine to cook out for 3 minutes.
- 5 Add the marinara sauce, turn heat down to low, and simmer, stirring occasionally, for at least an hour.
- 6 Ten minutes before serving, add the butter and allow it to melt into the sauce.
- 7 Reheat your bZoodles in butter over low heat in a nonstick pan.
- 8 Taste the sauce. Salt and pepper accordingly.
- 9 Serve Bolognese over bZoodles. Top with generous amounts of grated Parmesan or Pecorino Romano cheese.

INGREDIENTS

24 oz Rao's Marinara sauce (<http://raos.bzoodles.com>) or another low-carb marinara.

1/4 cup Olive oil

1/2 lb Sweet Italian sausage

1/2 lb 80/20 ground beef

1/2 cup Dry red wine

1/2 lb Butter (unsalted)

2 bulbs Fennel (chopped)

1 Onion (small, chopped)

1 Green or red pepper (chopped).

10 cloves Garlic, minced

3 tbsp Fresh tarragon (chopped)

Lasagna!

"Lasagne are a type of wide, flat pasta, possibly one of the oldest types of pasta. Lasagne, or the singular lasagna, commonly refers to a culinary dish made with stacked layers of pasta alternated with sauces and ingredients such as meats, vegetables and cheese, and sometimes topped with melted grated cheese. Typically, the cooked pasta is assembled with the other ingredients and then baked in an oven. The resulting lasagne casserole is cut into single-serving square portions." - Wikipedia

When was the last time you were able to enjoy lasagna in a low-carb world? For me it was at least three years before bZoodles came into my life. This is an easy and fun dish to make. My kids especially like to help.

This version uses a marinara sauce. You can alternatively make a white lasagna by omitting the sauce. I use Rao's marinara because it's available in my local supermarket, it's affordable, and it only has 3g of carbs per 1/2 cup. If you prefer to make your own marinara, that's okay, too. Just make sure you cut it with butter. Butter makes the sauce more delicious and cuts the carbs per serving as well.

To make lasagna bZoodle sheets in a 9" pan, you basically square them up, cutting off the round edges, and then cut them so they fit inside a baking dish. I use at least two layers of bZoodle sheets per noodle layer. You can experiment, but please try making the recipe as is first.

To make it easier to spread, I always combine the Ricotta and Pecorino cheeses with an egg. The egg solidifies during cooking. I tried using cream once, and it was a disaster.

Another related tip is to thoroughly drain every ingredient before it goes into the lasagna. Spinach needs to be cooled down and the water squeezed out. You could use frozen spinach instead of fresh, but even so, make sure to get ALL the water out of it before it goes in the pan.

Before you put your lasagna in the oven, put another baking dish on top of it and press down. This will ensure you will end up with a nice tight lasagna that doesn't slop all over the plate.



Lasagna

To prepare your mise en place, chop the mushrooms, onions, and peppers. Melt the butter into the marinara sauce with the fresh tarragon. Combine the Ricotta with one egg. Combine the Pecorino Romano cheese with the other egg.



- 1 Preheat oven to 325 F
- 2 Saute the crumbled Italian sausage in a saucepan with 1 tbsp olive oil until brown, about 8 minutes. Drain and set aside.
- 3 Saute' spinach, mushrooms, onions, and peppers with garlic in the remaining olive oil over medium heat until soft, about 6 minutes. Drain and set aside.
- 4 Spoon a light layer of sauce on the bottom of the baking dish.
- 5 Add a layer of bZoodles.
- 6 Add a layer of well-drained vegetables.
- 7 Add another layer of bZoodles and sauce.
- 9 Add a layer of the Ricotta and egg mixture.
- 9 Add another layer of bZoodles.
- 10 Add a layer of sausage and sauce.
- 11 Add another layer of bZoodles.
- 12 Add a layer of the Pecorino and egg mixture.
- 13 Add another layer of bZoodles and sauce. Cover with shredded mozzarella cheese. Pack it down.
- 14 Bake for 20-25 minutes until golden brown.

INGREDIENTS

- 12 crepes** bZoodles, about 4 batches.
- 24 oz** Rao's Marinara sauce (<http://raos.bzoodles.com>) or another low-carb marinara.
- 1/2 lb** Butter (unsalted)
- 2 cups** Mushrooms (chopped)
- 1 cup** Onions (chopped)
 - 1** Green Pepper (chopped)
- 10 oz** Spinach
- 1 lb** Sweet Italian Sausage (crumbled)
- 8 cloves** Garlic (crushed)
- 2 tbsp** Olive oil
 - 2** Eggs (large)
- 15 oz** Ricotta cheese (whole milk)
- 8 oz** Pecorino Romano cheese (grated finely)
- 16 oz** Mozzarella cheese (whole milk, shredded)
- 3 tbsp** Fresh tarragon (chopped)





Linguini & Clam Sauce

"Clam sauce is a topping for pasta, usually linguine. The two most popular varieties are white, usually featuring minced clams, olive oil, garlic, lemon juice and parsley, or red, usually a thin tomato sauce with minced clams. Other variants include the incorporation of whole clams, hot pepper flakes and other ingredients. Clam juice may be used in the preparation of clam sauce." - Wikipedia

This dish is so simple and so delicious. I prefer the white sauce with white wine to the red sauce with tomatoes and red wine. It allows the garlic and butter to shine through.

This is one of those sauces that, because it is not watery, can be mixed with the bZoodles. They will absorb the sauce nicely.

If you prefer to use fresh clams, just ask your fish monger to open them for you and save the juice. Clam juice makes the base of the sauce.

I personally use chopped clams in a can. Bumble Bee sells clams in 6.5 ounce cans. Two of those is plenty for this dish. You can order them online at <http://clams.bzoodles.com>.

The method is simple and only takes 20 minutes. Reduce the clams (and juice) over low heat with garlic, tarragon, and optionally chopped mushrooms for at least 10 minutes.

Add butter to thicken and toss in warm linguini-sized bZoodles. Top with Pecorino Romano cheese and fresh flat-leaf parsley.



Linguini & Clam Sauce

To prepare your mise en place, chop the mushrooms, if desired.

- 1 Reduce wine, clams, and clam juice with garlic, black pepper, olive oil, basil, lemon juice, and tarragon in a pan over medium-low heat for at least 10 minutes
- 2 Five minutes before serving, gently warm the bZoodles on low heat in a pan with 2 tbsp olive oil or butter.
- 3 Remove sauce from heat. Add bZoodles and gently toss.
- 4 Garnish with Pecorino Romano and parsley.



INGREDIENTS

- 13 oz** Clams (chopped) with clam juice
- 4 servings** Linguini-sized bZoodles
- 1/3 cup** Dry white wine
- 1 tsp** Lemon juice
- 8 tbsp** Butter (unsalted)
- 1 cups** Mushrooms (chopped) - optional
- 6 cloves** Garlic (crushed)
- 2 tsp** Black pepper (crushed)
- 2 tbsp** Olive oil
- 1/2 cup** Pecorino Romano cheese (grated finely)
- 3 tbsp** Fresh tarragon (chopped)
- 4 tbsp** Flat-leaf parsley (chopped)

Ravioli!

"Ravioli are a type of dumpling comprising a filling enveloped in thin pasta dough. Usually served in broth or with a sauce, they originated as a traditional food in Italian cuisine. Ravioli are commonly square, though other forms are also used, including circular and semi-circular (mezzelune)." - Wikipedia

Ravioli was a happy accident with bZoodles. The key to making them is that they can be sealed and hold up to sauces without breaking open. It turns out that bZoodles are still very sticky when they come out of the pan. That's the perfect time to add filling and fold them over so they form a nice seal.

Classic ravioli filling is a combination of Ricotta cheese, Parmesan or Pecorino Romano cheese, nutmeg, salt, pepper, and an egg to bind it together. If you are feeling adventurous, you could make a meat-stuffed ravioli or use vegetables like mushrooms, onions, leeks, peppers, fennel, etc. Of course, herbs go well with all of that stuff. Before you experiment, try making the basic recipe to get the folding technique down.

Once the bZoodle crepe is cooked on one side, take it off the heat, place three evenly-spaced teaspoons of filling on one half of the crepe, and then fold it over and press down between the fillings. Finally, cut the crepe into three triangles.

Since this is a very technical process, I've added a few pages documenting every step.



Ravioli!

- 1 Mix together Ricotta, Pecorino Romano, nutmeg, egg, and pepper.
- 2 Make a bZoodle crepe. Remove it from the pan at the point where you would normally flip it, and place it on your work surface shiny side up.
- 3 Place three small round teaspoons of filling on one half of the crepe, two close to the middle, and one closer to the edge.
- 4 Fold the crepe over and press down around the fillings making a seal.
- 5 Cut the crepe into three triangles around the fillings.
- 6 Repeat for remaining ravioli.
- 7 In a saucepan, brown the butter with sage over low heat for 3 to 5 minutes.
- 8 Add the ravioli to the pan and cook for two minutes per side.
- 9 Serve immediately.



INGREDIENTS

- 2 servings** bZoodle batter
- 1 cup** Ricotta cheese
- 1/2 cup** Pecorino Romano cheese (grated)
- 1** Egg (large)
- 1/2 tsp** Nutmeg
- 1/2 tsp** Black pepper (crushed)
- 8 tbsp** Butter
- 1/2 cup** Fresh sage (chopped)

bZoodle Ravioli Step by Step

Step 1

Blend together 1 cup of Ricotta cheese, 1/2 cup of grated Pecorino Romano cheese, 1/2 tsp of nutmeg, 1/2 tsp of black pepper, and one large egg. Set aside. Prepare 2 batches of bZoodle batter, which make about six crepes, or 18 ravioli.

Step 2

Make the basic bZoodle crepe recipe as described elsewhere in this book, but instead of flipping it over to cook the other side, remove it from the pan and set it on your work surface.



Step 3

Place three teaspoons-ish of filling on the crepe, two of them evenly spaced near the middle, and one near the edge, or as my mother-in-law would say, cattywompus.



You have to work quickly before the crepe loses its sticky power. In the above picture you can see the dollop on the top left is too big. That's going to come back to haunt me.

Step 4

Fold the crepe over and press down around the filling, trying to make the ravioli as tight as possible.



Step 5

Cut the crepe with a pizza cutter to make three triangular ravioli.



Step 6

Separate them gently, press the edges again, and trim off excess bZoodle.



Step 7

In a saucepan, brown the butter with the chopped sage for three to five minutes, or until the butter turns a nice brown color. In this photo I'm only using 2 tbsp of butter for one serving.



Step 8

Gently add the ravioli and cook on each side for 2 minutes. The ravioli will become crispy and buttery.



Step 9

Slide the ravioli out of the skillet directly on to a plate or into a shallow bowl. Make sure to get the crispy sage and delicious brown butter in there.



Haluski with Kielbasa

Anyone who has spent time in a Polish-American household knows about Haluski, or fried cabbage and onions with egg noodles. Haluski is a peasant dish brought over to America by our Polish ancestors. My version includes Kielbasa (Polish smoked sausage) and caraway seeds for a little rye flavor.

You basically caramelize paper thin slices of cabbage and onions in butter with slices of Kielbasa and a sprinkle of caraway seeds, and then add the bZoodles before serving. Top with a dollop of sour cream which the lucky recipient can stir into the dish.

This may be the only recipe in my book that doesn't use garlic and gets away with it! The flavors are amazing, and the bZoodles stand up nicely.



Haluski with Kielbasa

To prepare your mise en place, finely shred the cabbage and onion with a mandoline or sharp knife. Cut the Kielbasa into bite-sized slices.



- 1 Saute' cabbage, onions, Kielbasa, and caraway seeds in a saucepan with the butter, salt, and pepper until caramelized, about 6 minutes.
- 2 One minute before serving, add the bZoodles and remove from heat. Combine thoroughly.
- 3 Serve with a dollop of sour cream on top.

INGREDIENTS

1 link Kielbasa

4 serv-ings Linguini-sized bZoodles.

1 Small onion

1/4 Head of cabbage

4 tbsp Butter

1 tbsp Caraway seeds

1 tsp Salt

1 tsp Black pepper

1/2 cup Sour cream

Hungarian Goulash

"Goulash is a stew of meat and vegetables usually seasoned with paprika and other spices. Originating from medieval Hungary, Goulash is a popular meal predominantly eaten in Central Europe but also in other parts of Europe. It is one of the national dishes of Hungary and a symbol of the country." – Wikipedia

I used to eat Goulash before I went keto. Of course, it is usually served over noodles or with potatoes in the stew itself, and always with bread and butter. So, naturally, I hadn't had it until I served some up over bZoodles and fell in love all over again.

This is a basic Goulash recipe modified to be more low-carb, and subsequently more delicious, than any other recipe I've found.



Hungarian Goulash

- 1 Cook the bacon in a Dutch oven or a pot over medium heat until crispy and fat is rendered.
- 2 Add olive oil, then add the shaved fennel to the pot and cook until soft, about 8 minutes.
- 3 Add chicken stock, tomato paste, garlic, paprika, onion powder, black pepper, bay leaf, and lemon juice.
- 4 Cover and reduce heat to simmer.
- 5 Place the beef cubes into an appropriately sized bowl and sprinkle with salt and pepper.
- 6 Brown the beef in a skillet over medium heat, stirring until browned on all sides, about 6 minutes. Remove from heat.
- 7 Simmer the Goulash for 30 more minutes, stirring occasionally.
- 8 Add the beef with 4 tbsp of butter. Simmer for 10 more minutes.
- 9 Gently warm 2 to 4 batches of bZoodles in a little butter.
- 10 Remove bay leaf and chop the parsley.
- 11 Serve over bZoodles with a dollop of sour cream and a little parsley for garnish.



INGREDIENTS

- 4 strips** Fatty bacon, chopped
- 1 tbsp** Olive oil
- 6 tbsp** Butter
- 3 lb** Steak, chopped into bite-sized pieces
- 2 bulbs** Fennel, sliced thin
- 6 oz** Tomato paste
- 2.5 cups** Chicken stock
- 6 cloves** Garlic, minced
- 4 tbsp** Paprika
- 3 tbsp** Onion powder
- 1 tbsp** Black pepper
- 1 tbsp** Lemon juice
- 1** Bay leaf
- 1/2 cup** Flat-leaf parsley
- 1 cup** Sour cream (optional)

Tuna Noodle Salad

I wanted to do a cold pasta salad in my cookbook, and tuna macaroni salad has a place near and dear to my heart. I remember many summer picnics and family reunions that involved tuna mac.

The key to this version is bringing all the delicious flavors like Worcestershire sauce, mustard powder, and a little sesame oil.

Tuna mac is always best the next day, after it's had a chance to get happy in the fridge overnight.

I can think of a few alternative ingredients such as real garlic and onion, chopped fennel, and perhaps some toasted sesame seeds on top. You might like Albacore tuna in yours, but I prefer chunk light.



Tuna Noodle Salad

- 1 Drain water or oil from tuna.
- 2 Combine all ingredients in a bowl.
- 3 Refrigerate for at least 4 hours, preferably overnight.
- 4 Serve in a bowl and garnish with green onions.



INGREDIENTS

- 5 oz** Chunk light tuna
- 3 servings** bZoodles
- 1/3 cup** Mayonnaise
- 1 stalk** Celery (chopped finely)
- 1 tsp** Onion powder
- 1 tsp** Garlic powder
- 1/2 tsp** Mustard powder
- 1 tsp** Worcestershire sauce
- 1/2 tsp** Sesame oil
- 1/2 tsp** Salt
- 1/2 tsp** Black pepper (crushed)
- 1/2 cup** Green onions (chopped)

Thai Garlic Pepper Shrimp

There was a local Thai restaurant in New London, CT, my home town, offering a dish called “Kiss Me! Garlic and Pepper.” I used to get it with pork but also shrimp on occasion.

This dish is an approximation from my memory of what it tasted like. Just like the Haluski, we’re going to use finely shredded cabbage and onions to bulk up the dish.

I use a lot of black pepper, more than you’re probably used to. However, if you are one to partake of spicy food, give it a go. It’s delicious.

Start by making shrimp-infused brown butter. To do that, remove the tails from the shrimp and cook them over medium-low heat in butter until the butter browns and the shrimp tails turn pink. Remove the tails and cook the shrimp.

Setting the shrimp aside, cook the rest of the ingredients, return the shrimp, and add the bZoodles.



Thai Garlic Pepper Shrimp

To prepare your mise en place, finely shred the cabbage and onion with a mandoline or sharp knife. Cut the shrimp into two or three pieces per shrimp.

- 1 Saute' the shrimp tails with butter in a saucepan over medium-low heat until the butter browns and the tails turn bright pink, about 5 minutes.
- 2 Remove the tails and discard.
- 3 Add the shrimp and wine. Saute' for 4 minutes or until shrimp are opaque. Do not overcook! Remove shrimp and set aside.
- 4 Add the cabbage, onion, garlic, salt, and black pepper. Saute' until translucent, about 6 minutes.
- 5 One minute before serving, add the bZoodles and remove from heat. Return the shrimp to the pan and combine thoroughly.
- 7 Serve with chopped cilantro on top.



INGREDIENTS

- 24** Shrimp (large, deveined and peeled, with tails on).
- 4 servings** Linguini-sized bZoodles.
- 1** Small onion
- 1/4** Head of cabbage
- 8 cloves** Garlic (crushed)
- 1/2 cup** Dry white wine
- 4 tbsp** Butter
- 4 tsp** Black pepper (crushed)
- 1 tsp** Salt
- 4 tsp** Fresh cilantro (chopped)

Asian Beef Stir Fry

This stir fry has everything you want in a noodle dish: sweet, savory, tangy, and spicy flavors.

The key to this dish is the marinade. Not only does it flavor the meat, but we will add it to the stir fry to make the base of the sauce.

We're using classic Chinese flavors: ginger, garlic, rice wine vinegar, soy sauce, and sesame oil. What we're NOT using is sugar. I prefer allulose as my go-to sweetener. It tastes just like sugar and does not raise blood glucose. You can get it on Amazon at <http://allulose.2keto.com>.

As for the veggies, we're going to chop up red pepper (capsicum), onions, celery, and mushrooms. We're also going to add a little shredded cabbage (or pre-packaged cole-slaw mix) and a few bean sprouts.

Of course, the star of the dish (besides the noodles) is the ribeye steak. Make sure to get a nice fatty boneless cut.



Asian Beef Stir Fry

To prepare your mise en place, finely shred the cabbage and onion with a mandoline or sharp knife. Julienne the peppers, chop the mushrooms and celery, crush the garlic, grate the ginger, and finely slice, then chop the habanero pepper.



- 1 Combine olive oil, soy sauce, ginger, garlic, rice wine vinegar, Worcestershire sauce, sesame oil, and allulose in a bowl and stir until allulose is dissolved. Transfer to a sealable plastic bag.
- 2 Place the steak in the bag. Using the Archimedes method, remove all the air from the bag to seal (see next pages). Set aside to marinate for two hours.
- 3 Remove the steak from the bag. Pat dry with a paper towel. Strain the marinade and set aside the solids (ginger and garlic). Place a cast iron skillet over high heat.
- 4 Add a few tablespoons of olive oil to a hot wok or fry pan. Add ginger and garlic from marinade. Sauté the habanero pepper, celery, red peppers, and cabbage for one minute.
- 5 After one minute add the onions and mushrooms and sauté for two minutes. Then, add sprouts and sauté for two minutes.
- 6 Add 1/3 cup of the marinade along with the ginger and garlic solids and continue to sauté for two minutes. Decrease heat to low.
- 7 Sear the steak over high heat for three minutes per side. Allow to rest for three minutes.
- 8 One minute before serving, add the bZoodles to the stir fry and sauté on high heat for one minute. Move to a serving platter or bowl. Slice the steak on the bias and add to top.

INGREDIENTS

2 servings	Spaghetti-sized bZoodles.
100 grams	Olive oil
256 grams	Soy sauce
5 grams	Ginger (grated)
5 grams	Garlic (crushed)
2 tbs	Rice wine vinegar
1 tbs	Worcestershire sauce
1/2 tsp	Sesame oil
92 grams	Allulose
1	Boneless ribeye steak
1 gram	Habanero pepper (sliced thinly and chopped) about 1/2 a pepper.
1/2 cup	Celery (chopped)
1/2 cup	Red pepper (Juliened)
1/2 cup	Cabbage (shredded)
1/2 cup	Onions (shredded)
1/2 cup	Mushrooms (chopped)



Asian Stir Fry mise en place: red peppers, mushrooms, cabbage, bean sprouts, celery, and onion.



Asian Beef Marinade: olive oil, soy sauce, allulose, ginger, garlic, vinegar, Worcestershire sauce, and sesame oil.

The Archimedes Principle

The best way to get a marinade deep into a steak, or any other food, is to vacuum seal it. However, you do not need an expensive vacuum sealer to remove the air from a sealable bag.

You can instead use the Archimedes principle: any object completely or partially submerged in a fluid is buoyed up by a force equal to the weight of the fluid displaced by the object.



Macaroni And Cheese

I consider the humble macaroni and cheese to be the holy grail of low-carb cuisine. Many people who embark on a low-carb diet say they miss mac and cheese. It took me a long time to master this recipe, but it is now tested and approved!

One of the outcomes of my kitchen research was a thicker noodle. I used 1/3 cup of bZoodle batter instead of the usual 1/4 cup. The result is a chewier noodle that tastes the same as the thinner version. My tests using 1/2 cup resulted in an over-cooked omelet. Suffice it to say, you might just want to go back and use this thicker version for ALL the bZoodle recipes. Even my partner in crime and podasting, Carrie Brown, says the thicker version is much better across the board.

I had thought about using my old friend trisodium citrate to thicken the cheese sauce, but I found it was a bit strange after being cooked in the oven, and it tended to separate. The answer is to create a low-carb roux with heavy cream and a little glucomannan powder, otherwise known as konjac flour, and then add the cheese to it.

Of course, mac and cheese is a blank canvas flavor-wise. Change up the cheese. Remove the onions, shallots, and/or bacon. The only constant here is acid. You need a little wine or vinegar to make that cheese sauce pop. The extra liquid also prevents the sauce from breaking.

This picture shows half of the recipe yield which serves four to five people. Expect the entire recipe to feed eight to ten people.



Mac & Cheese with Smoked Gouda

To prepare your mise en place, finely chop the shallots and onion, dice the bacon, and shred the cheese. Make 600 grams of thick bZoodles cut into macaroni-sized strips, about 10 crepes. Use 1/3 cup of batter for each crepe.



- 1 Preheat oven to 300° F
- 2 In a cast iron skillet, sauté bacon pieces over medium- low heat until almost crispy. Remove and set aside.
- 3 Sauté the shallot and onion in the bacon fat over medium-low heat until browned.
- 4 Combine the heavy cream, wine, Worcestershire sauce, glucomannan powder, mustard powder, and cheese in a saucepan and stir over medium heat until the cheese has completely dissolved and the glucomannan powder has cooked out. About eight minutes.
- 5 Remove from heat. Gently stir in onions, shallots, bacon, and bZoodles.
- 6 Transfer to baking dish. Sprinkle Mozzarella cheese on top. Optionally sprinkle with crushed pork rinds.
- 7 Bake for 30 minutes. Allow to cool, serve, and enjoy!

INGREDIENTS

- 600 grams** Short-sized bZoodles.
- 5 strips** Bacon, diced (about 150g)
- 1** Shallot, finely chopped
- 1/2** Onion, finely chopped
- 1 cup** Heavy cream
- 1/2 cup** White wine
- 1 tbsp** Worcesterchire sauce
- 1/2 tsp** Glucomannan powder
- 1 tsp** Mustard powder
- 800 grams** Smoked Gouda cheese, shredded
- 200 grams** Fontina cheese, shredded

Spaghetti and Meatballs

There is, perhaps, no Italian American dish more popular than good old spaghetti and meatballs. This will come as a relief not only to parents struggling to get their kids to eat less sugar and starch, but to the rest of us, who just miss Italian food.

The bZoodles part of this dish is easy. Make bZoodles cut thin and set them aside. The more challenging part is to make meatballs that are tender, juicy, and tasty and to cut the carb content of the sauce while making it much more delicious. For that trick, we turn to our old friend, butter!

To bind the meatballs we will use crushed pork rinds. If you don't have a food processor and you'd prefer to buy a pre-crushed product, check out Pork Panko on Amazon (<http://ppanko.2keto.com>). The key to making meatballs tender is to use olive oil and cook them covered in the oven in the sauce.

As for sauce, many people have their own recipe for marinara sauce. I like to use Rao's Marinara (<http://raos.2keto.com>). It's delicious, and only has 3 grams of carbs per 1/2 cup. To make it more delicious and less carby, I add 1/2 cup chopped onions (sautéed in bacon fat) and an entire stick of butter to a 15.5 oz jar. I also add a few ounces of tarragon because... well, because tarragon is awesome. Additionally, I add 1/4 cup of dry red wine. My wine of choice lately is Rioja.

You can take some liberties with the seasoning in the meatballs. The most important thing to get right is the olive oil and pork rinds. My recipe calls for garlic, salt and pepper.



Spaghetti and Meatballs

To prepare your mise en place, finely chop the onion and tear the tarragon leaves. Make 600 grams of bZoodles cut into spaghetti-sized noodles. Preheat oven to 300° F

- 1 Cook bacon in a stainless steel skillet over medium heat. Remove and set aside.
- 2 Sauté onions in bacon fat for 5 minutes.
- 3 Add tarragon and cook for 2 minutes.
- 4 Add marinara sauce, wine butter. Reduce heat and simmer until butter has melted. Remove from heat and set aside.
- 5 In a large bowl, combine meatball mix, pork rinds, crushed garlic, egg, olive oil, salt, and pepper. Mix thoroughly with your hands. Add additional seasonings if desired. Form into nine large meatballs.
- 6 Cover the bottom of a baking dish with sauce. Arrange meatballs and cover with remaining sauce.
- 7 Cover dish with foil and bake for 30 minutes.
- 8 Remove from oven. Uncover, and turn meatballs over. Spoon sauce from pan on top. Bake uncovered for 10 minutes.
- 9 To prepare for plating, chiffonade basil leaves, then gently heat bZoodles in a saucepan with 1 tbsp of butter for 2 or 3 minutes.
- 10 Place bZoodles in the bottom of a serving bowl or plate, place meatballs on top, spoon sauce over meatballs, and top with basil. Serve with Parmesan or Romano cheese.



INGREDIENTS

- 600 grams** bZoodles cut thin
- 2 strips** Bacon
- 1 stick** Butter, salted
- 1/2 cup** Onions, chopped
- 3 sprigs** Fresh Tarragon leaves
- 1/4 cup** Dry red wine
- 1 cup** Marinara sauce
- 1.2 lbs** Meatball mix (beef, pork, and veal).
- 2.5 oz** Crushed pork rinds
- 5 cloves** Garlic, crushed
- 1** Egg, large
- 3 tbsp** Olive oil, extra virgin
- 1 tsp** Kosher salt
- 1 tsp** Black pepper, crushed
- 4 leaves** Basil, cut in chiffonade



Chopped onions sautéed in bacon fat with tarragon



Onions, tarragon, marinara, wine, and butter



Nine meatballs in a baking dish



Flipping meatballs before cooking an additional 10 minutes

What's Next?

I am adding recipes slowly but surely. Next I plan to do a dessert noodle dish! Stay tuned for that!

Suggestions? Photos?

Please send them to me at carl@2keto.com

Thank you!

- Carl Franklin

