

The

Sill



ALL-DAY RECIPES

- for soulless people

1. Flavored Cucumber Salad

*Ingredients: 2 English cucumbers
1 teaspoon salt & black pepper
1/4 cup chopped red onions
2 tablespoons extra virgin olive oil
1/4 cup chopped fresh **MINT***

Note: the key of the flavor salad is to use
THE MINT THAT ACCOMPANIED YOUR DAY
AND NIGHT.

2. Cheffy Steak

*Ingredients: 1 - 2 boneless ribeye or scotch fillet
1 tbsp vegetable oil
Salt and pepper
5 tbsp unsalted butter
6 sprigs fresh **THYME** or 3 sprigs **ROSEMARY***

Note: the secret of a cheffy steak is to use
SELF-GROWN THYME AND ROSEMARY +
COOK WITH LOVE.

3. Finger-Licking Salmon

*Ingredients: 6 lemon & lime slices
1/4 cup extra-virgin olive oil
6 pieces salmon
1 cup loosely packed fresh **BASIL**
3/4 cup loosely packed fresh **MINT***

Note: the magic of the finger-licking is to use
THE MINT AND BASIL BROUGHT FROM
THE SILL

WANT THE FULL VERSION OF RECIPE?
GO TO WWW.THESILL.COM
TO GET MORE TIPS TO BECOME A MASTER CHEF.

The Sill