


THE iZOMBIE COOKBOOK

THE UNOFFICIAL GUIDE TO LIV'S RECIPES

GUARANTEED • WITHOUT • BRAINS

SEASON 1



BY ROSEMCIVERSOURCE.NET & FRIENDS

INTRODUCTION

After seeing many queries on social networks and loving the idea of having a recipe book of Liv's dishes, I've decided to create one with some friends. Through this cookbook, find meal ideas inspired by Liv's recipes, but also more; Unusual recipes as well as our favorite spicy dishes!

ROSEMCIVERSOURCE.NET is the first international community dedicated to the fans of Rose McIver. In addition to sharing news, media and career info about her, we have a site filled with complete and exclusive files on her career, her style and a Fanzone dedicated to the fans.

Thank you to everyone who helped us to create this book at @rosemciversrc

Join us at @iZombieCB

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A decorative arrangement of fresh herbs, including basil leaves, and various spices like peppercorns and dried herbs, scattered on a dark, textured surface in the top-left corner.

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SPICY HOT CRACKERS

SEASON 1 EPISODE 3 - Liv and Ravi's newest corpse is a bug exterminator who turns out to be a hit man. His memories provide Liv with the information she needs to clear an innocent man and track down the guilty party, but she worries that the man's lack of emotions may be harmful. Meanwhile, Marcy turns up and Major asks Clive for help.



SEASON 1 EPISODE 3



12-20 SERVINGS



20 MINUTES

INGREDIENTS

- 1 1/4 cups canola oil
- 1 (1 ounce) package ranch dressing mix
- 2 tablespoons red pepper flakes
- 1 (16 ounce) box saltine crackers

INSTRUCTIONS

1. Use a large ziplock storage bag. Use the 2 gallon size. Add the oil, ranch dressing mix, red pepper flakes and crackers. Tumble constantly for 15 minutes.

recipe source: food.com



SUBLIME SCRAMBLED EGGS

SEASON 1 EPISODE 8 - The newest victim is a morning radio talk show host, and Liv picks up her annoying tendencies when she eats the woman's brain to solve the murder. Meanwhile, Major is more determined than ever to find out what Julien is hiding, and Ravi decides to ask Peyton out on a date. girls' brains. Meanwhile, Major follows Julien and learns about his interest in brains.ious situation. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.



SEASON 1 EPISODE 8



3 SERVINGS



10 MINUTES

INGREDIENTS

6 large eggs

3 tablespoons butter, diced (ice-cold)

2 tablespoons creme fraiche

freshly ground sea salt and pepper (you can use regular salt if you need to)

3 chives, snipped (substitute with green onion if necessary)

3 slices , rustic bread to serve

INSTRUCTIONS

1. Break the eggs into a cold, heavy-based pan, place on the lowest heat possible, and add half the butter. Using a spatula, stir the eggs frequently to combine the yolks with the whites.
2. As the mixture begins to set, add the remaining butter. The eggs will take about 4-5 minutes to scramble – they should still be soft and quite lumpy. Don't let them get too hot – keep moving the pan off and back on the heat(as the bottom of the pan stays heated even after taking it off of the stove).
3. Meanwhile, toast the bread. He used sourdough bread.
4. Add the crème fraîche and season the eggs at the last minute, then add the snipped chives. Put the toast on warm plates, pile the softly scrambled eggs on top and serve immediately.

recipe source: Gordon Ramsay



RAMEN WITH HOT SAUCE

SEASON 1 EPISODE 1 - Liv is your ordinary everyday over-achieving medical resident. Until the party where she's scratched by a zombie and becomes one herself. Liv discovers that she can read the memories of the brains that she eats, and sets out to help rookie police detective Clive Babinaux solve a call girl's murder with the help of her understanding boss, at the morgue Ravi Chakrabarti.



SEASON 1 EPISODE 1



6 BOLWS



20 MINUTES

INGREDIENTS

2 tablespoons sesame oil
2 tablespoons sriracha hot sauce
1 small onion, diced
1 small roma tomato, diced
1 tablespoon ginger, grated
5 cloves garlic, minced
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
4 cups vegetable broth
2 cups water
1 tablespoon soy sauce
3 packages ramen noodles
1/2 cup scallions, chopped
1/2 cup cilantro, chopped

INSTRUCTIONS

1. Add the sesame oil and sriracha to a large stockpot and bring to a simmer over medium-heat. Add the onion and tomato and cook for 4 minutes, stirring occasionally. Add the ginger, garlic, and seasonings; cook for 2 minutes or until fragrant. Add 2 cups of water and transfer mixture to a blender or food processor and pulse until smooth. Return mixture to the pot and add the broth.
2. Bring to a simmer; add soy sauce and vinegar (if using), and simmer for 8-10 minutes. Taste and adjust seasoning as needed.
3. Add the ramen noodles to the broth and simmer for an additional 2-3 minutes, or until the noodles have softened. Add the scallions, stir to combine. Remove pan from heat, ladle soup into bowls, and top with cilantro and eggs. Enjoy!

recipe source: bakerbynature.com



DELICIOUS MIXED SALAD

SEASON 1 EPISODE 8 - The newest victim is a morning radio talk show host, and Liv picks up her annoying tendencies when she eats the woman's brain to solve the murder. Meanwhile, Major is more determined than ever to find out what Julien is hiding, and Ravi decides to ask Peyton out on a date.



SEASON 1 EPISODE 8



4 SERVINGS



15 MINUTES

INGREDIENTS

50gr. rinsed and dried mixed salad leaves (loilo rosso, lollo verde, arugula, chicory, lamb's lettuce)

130gr. cherry tomatoes, cut in half

2 radishes, cut in thin slices

1 small carrot, cut in strips with the peeler

½ small fennel, cut in thin slices

3gr. chives, finely chopped

3gr. parsley, finely chopped

3gr. tarragon, finely chopped

Salt

Pepper

INSTRUCTIONS

1. Get a big bowl and add the salad leaves, cherry tomatoes, radishes, carrot strips, fennel, fresh herbs, salt and pepper.
2. Add your favorite vinaigrette.
3. Toss carefully using your hands.
3. Taste and season again if needed.

recipe source: cookouvagia.com



CLASSIC BLT SANDWICH

SEASON 1 EPISODE 13 - Ravi comes up with a cure for the zombie plague, but warns Liv that it's in short supply. Meanwhile, Major refuses to tell Blaine where the stolen astronaut brains are, and Clive tries to locate Teresa's killer.



SEASON 1 EPISODE 13



4 SERVINGS



15 MINUTES

INGREDIENTS

1/2 lb bacon (approx. 12 slices)

8 slices white bread

8 leaves iceberg lettuce, fresh and full

8 slices of ripened tomatoes

8 tablespoons Hellmann's mayonnaise (or another)



INSTRUCTIONS

1. Cook bacon until crispy, then drain on paper towels. Then, toast the 8 slices of bread.
2. Spread 1 tablespoon mayo on each slice of toasted bread. (More or less, to taste).
3. Add 1 slice of lettuce to 4 pieces of mayo-spreaded toast.
4. Add 2 slices of tomato on top of lettuce.
5. Arrange 3 slices of bacon evenly on top of tomato. (Break bacon slices in half to fit, if needed.).
6. Add 1 slice of lettuce on top of bacon.
7. Put the remaining 4 pieces of mayo-spreaded toast on top to finish the sandwiches.

recipe source: [food.com](https://www.food.com)

HOMEMADE HOT POCKETS

SEASON 1 EPISODE 2 - When a painter is murdered, Liv helps investigate his death and acquires his passion for life. Meanwhile, Blaine visits the morgue and asks for help. binaux solve a call girl's murder with the help of her understanding boss, at the morgue Ravi Chakrabarti.



SEASON 1 EPISODE 2



6 SERVINGS



50 MINUTES

INGREDIENTS

1 box frozen pepperidge farm puff pastry, thawed
3 ounces sliced pepperoni
1 cup (3 ounces) grated mozzarella cheese
½ cup pizza sauce
¾ teaspoon cornstarch
1 egg, lightly beaten
1 teaspoon Italian seasoning
½ teaspoon garlic powder

INSTRUCTIONS

1. Unwrap one sheet of puff pastry on a clean work surface. Using a pizza cutter or knife, cut the pastry lengthwise into 3 equal strips (follow the seams as a guide). Cut each strip in half crosswise for a total of 6 equal-sized rectangles. Transfer the rectangles to a parchment-lined baking sheet and repeat.
2. Combine pepperoni, cheese, pizza sauce, and cornstarch in a medium bowl. Mound 3 tablespoons of the pizza mixture onto 6 rectangles, leaving a ½-inch space along the edges. Brush the edges with beaten egg and top with the rest of the rectangles. Gently press the edges of each pocket to adhere.
3. Cut small diagonal slits at 1-inch intervals along top of pastries. Brush top and sides of pastry with beaten egg. Sprinkle Italian seasoning and garlic powder on top. Transfer the baking sheet to the freezer for 15 to 20 minutes before baking. Preheat oven to 425°.
4. Bake pastries until puffed and light brown, 15 to 20 minutes. Remove from oven and let cool slightly before serving.
5. To freeze the pockets, allow them to cool completely. Freeze in a single layer on a baking sheet, then transfer to an airtight bag and return to the freezer. To reheat, cover in aluminum foil and warm in a 350°F oven, or cook in the microwave for 3 minutes.



recipe source: thrillist.com

A decorative top-left corner featuring a dark, textured background. In the upper left, there is a small pile of dried herbs and spices, including what looks like crushed nuts or seeds, and a few whole spices like peppercorns. Below this, there are some fresh green leaves, possibly basil, and a small bowl containing a yellow liquid, likely olive oil.

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ROASTED VEGETABLE PASTA

SEASON 1 EPISODE 10 - Rebecca Hinton, the reporter that Major helped, turns up dead. Liv eats her brain to find out who killed her Rebecca and inherits her alcoholism, while trying to cope with Lowell's death. Meanwhile, Clive advises Major to get help.



SEASON 1 EPISODE 10



4 SERVINGS



40 MINUTES

INGREDIENTS

Kosher salt

2 small zucchini, halved lengthwise and sliced 1/2 inch thick

1 bunch asparagus, trimmed and cut into 2-inch pieces

3 tablespoons extra-virgin olive oil

Freshly ground pepper

1 small onion, diced

2 cloves garlic, thinly sliced

1 28 -ounce can diced tomatoes

1/2 cup grated pecorino romano or parmesan cheese, plus more for topping

9 ounces fresh linguine

1/2 cup chopped fresh basil

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Bring a large pot of salted water to a boil.
2. Meanwhile, toss the zucchini and asparagus with 1 1/2 tablespoons olive oil on a rimmed baking sheet; season with salt and pepper. Roast until tender, about 20 minutes.
3. Heat the remaining 1 1/2 tablespoons olive oil in a large skillet over medium heat. Add the onion; cook, stirring occasionally, until softened, about 8 minutes. Add the garlic and cook 30 more seconds. Increase the heat to medium high, add the tomatoes and simmer, stirring occasionally, 15 minutes. Remove from the heat and stir in the cheese.
3. Meanwhile, add the linguine to the boiling water and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta and add to the skillet with the sauce. Add the roasted vegetables and the reserved cooking water; toss to combine, then stir in the basil. Divide among bowls and top with more cheese.

recipe source: foodnetwork.com



BLACK OLIVES & PEPPERONI PIZZA

SEASON 1 EPISODE 12 - Liv eats the brain of a dead cheerleader to identify her killer. Meanwhile, Major prepares for his war on zombies, and Ravi and Peyton plan a trip to San Francisco.



SEASON 1 EPISODE 12



4 SERVINGS



50 MINUTES

INGREDIENTS

2 tablespoons warm water
(105° to 115°F)

1/2 teaspoon active dry
yeast

1 1/3 cups all-purpose flour,
plus more for the work
surface

1/3 cup whole wheat flour

1/2 cup cool water (65° to
70°F)

1/2 teaspoon salt

1/2 cup pizza sauce

1 cup shredded mozzarella
cheese

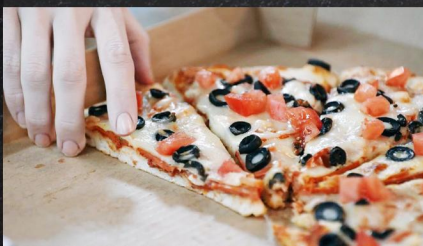
1/4 small red onion, thinly
sliced

about 24 slices pepperoni

3/4 cup Black Ripe Olives

INSTRUCTIONS

1. Combine warm water and yeast in large bowl of stand mixer fitted with dough hook; let stand until yeast dissolves, about 15 minutes (mixture might not be foamy). Add flours, cool water, and salt. Mix on medium-low 4 minutes. Then, let rest 5 minutes, then mix on medium-low until dough is smooth, elastic, and slightly sticky, about 3 minutes.
2. Lightly oil medium bowl. Transfer dough to prepared bowl; turn to coat with oil. Cover bowl with plastic wrap and let rest at room temperature 30 minutes.
3. Refrigerate overnight or up to 2 days.
4. Transfer dough to countertop and let rise, covered, about 2 hours.
5. Preheat oven to 500°F, ideally with pizza stone.
6. On lightly floured surface, roll or stretch dough into a 12-to-14 inch round. Transfer to pizza pan or flour-dusted pizza paddle. Top with pizza sauce, cheese, onion, pepperoni, and olives.
7. Transfer to oven and bake until golden and crisp, 10 to 12 minutes



recipe source: ilovelindsay.com

SPICY SPANISH-STYLE RICE

SEASON 1 EPISODE 4 - Clive discovers a John Doe in the morgue is one of his former criminal contacts from his days working on the vice squad, but he refuses Liv's help to solve the murder. Liv and Ravi investigate on their own, which puts them in a precarious situation. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.



SEASON 1 EPISODE 4



8 SERVINGS



45 MINUTES

INGREDIENTS

1 tablespoon butter
2 cups uncooked long-grain white rice
1/3 cup diced jalapeno pepper
1/3 cup chopped green onion
1 clove garlic, crushed
1 teaspoon chili powder, or to taste
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon chipotle chile powder, or to taste
1/2 teaspoon cayenne pepper, or to taste (optional)
2 1/4 cups chicken stock
1/2 cup tomato sauce

INSTRUCTIONS

1. Melt butter in a pot over medium-low heat. Stir rice, jalapeno, green onion, and garlic together in the melted butter until rice is completely coated with butter. Add chili powder, cumin, salt, chipotle chile powder, and cayenne pepper; cook and stir until fragrant, about 1 minute.
2. Stir chicken stock and tomato sauce into rice mixture. Bring to a simmer, cover the pot, reduce heat to low, and simmer for 20 minutes. Turn heat off and leave pot covered on the burner for 8 minutes. Remove cover and fluff rice with a fork.

recipe source: allrecipes.com



CHICKEN NOODLES

SEASON 1 EPISODE 7 - A missing pregnant girl reappears after eight months, and dies of exposure. The doctors save her child, and Liv takes on a strong maternal instinct after eating the girls' brains. Meanwhile, Major follows Julien and learns about his interest in brains. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.



SEASON 1 EPISODE 7



2 SERVINGS



15 MINUTES

INGREDIENTS

1 tbsp sunflower or vegetable oil

4 skinless, boneless chicken thigh, diced

1 garlic clove, crushed or sliced

1 red pepper, thinly sliced

small bunch spring onion, sliced

100g or 3 good handfuls beansprout

2 x 150g packs straight-to-wok noodles

3 tbsp oyster sauce

INSTRUCTIONS

1. Heat the oil in a large frying pan, then stir-fry the chicken for about 3 mins, until golden
2. Throw in the garlic and pepper and cook for 2 mins more. next, add the spring onions, beansprouts, noodles, sauce and 5 tbsp water and toss everything together for a final 2 mins cooking. Serve immediately.

recipe source: Good Food magazine, October 2006



GNOCCHI WITH FRA DIAVOLO SAUCE

SEASON 1 EPISODE 4 - Clive discovers a John Doe in the morgue is one of his former criminal contacts from his days working on the vice squad, but he refuses Liv's help to solve the murder. Liv and Ravi investigate on their own, which puts them in a precarious situation. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.



SEASON 1 EPISODE 4



8 SERVINGS



60 MINUTES

INGREDIENTS

4 tablespoons olive oil,
divided

6 cloves garlic, crushed

3 cups whole peeled
tomatoes with liquid,
chopped

1 1/2 teaspoons salt

1 teaspoon crushed red
pepper flakes

2 16-ounce package DeLallo
potato gnocchi

8 ounces small shrimp,
peeled and deveined

8 ounces bay scallops

1 tablespoon chopped fresh
parsley

INSTRUCTIONS

- 1.** In a large saucepan, heat 2 tablespoons of the olive oil with the garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally.
- 2.** Meanwhile, bring a large pot of lightly salted water to a boil and add the gnocchi. Cook until the gnocchi float to the top of the boiling water.
- 3.** In a large skillet, heat the remaining 2 tablespoons of olive oil over high heat. Add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble. Serve sauce over gnocchi.

recipe source: allrecipes.com and foodiecrush.com



SOLE À LA GRENOBLOISE

SEASON 1 EPISODE 4 - Clive discovers a John Doe in the morgue is one of his former criminal contacts from his days working on the vice squad, but he refuses Liv's help to solve the murder. Liv and Ravi investigate on their own, which puts them in a precarious situation. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.



SEASON 1 EPISODE 2



2 SERVINGS



30 MINUTES

INGREDIENTS

2 whole skinless sole filets
(about 4 oz. each), halved
lengthwise down center line

Kosher salt and freshly
ground black pepper to taste

1/4 cup milk

1 lemon, peeled

1/2 cup flour

2 tbsp. clarified butter

2 tbsp. unsalted butter (like
L'Ancêtre Bio Organic)

2 tsp. capers, drained

2 tsp. coarsely chopped
flat-leaf parsley

INSTRUCTIONS

1. Season sole filets with salt and pepper; put them into a shallow dish. Cover with milk; set aside.
2. Using a knife, cut white pith away from lemon; remove segments by slicing between membranes. Cut half the segments into 1/2" pieces. (Reserve the other half for another use.) Put flour on a plate; season with salt and pepper; set aside.
3. Heat clarified butter in a large skillet over medium-high heat. Remove filets from milk; fold the thin, tapered ends under to create an even thickness. Dredge both sides in flour, shake off excess, and add to skillet. Cook, turning once, until golden brown, about 2 minutes per side. Transfer to plates; cover with foil to keep warm.
4. Add whole butter to skillet; cook, stirring, until it turns a deep brown and smells nutty, about 3 minutes. Remove from heat and stir in lemon pieces, capers, and parsley; swirl skillet to combine. Spoon sauce over sole. Serve immediately.

recipe source: saveur.com





SWEET PLEASURE

FRESH STRAWBERRY MILKSHAKE

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MEXICAN HOT CHOCOLATE

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FRESH STRAWBERRY MILKSHAKES

SEASON 1 EPISODE 6 - Liv and Ravi investigate a shut-in Internet troll who died in his basement. Meanwhile, Major continues his search for the Candyman, and Blaine is forced to cut off a customer with extreme prejudice.



SEASON 1 EPISODE 6



2 SERVINGS



30 MINUTES

INGREDIENTS

1/2 pound fresh strawberries, hulled and sliced, plus whole strawberries, for garnish

2 heaping tablespoons sugar

1 teaspoon vanilla extract

1 pint vanilla ice cream

1/2 cup milk

INSTRUCTIONS

1. In a mixing bowl combine the sliced strawberries, sugar and vanilla extract and stir to combine well. Set aside and allow to macerate for at least 20 minutes and up to 1 hour.
2. In a large mixer, place the strawberries, ice cream, and milk. Blend until smooth. Pour into ice cream parlor glasses and garnish the rim of each glass with whole strawberries. Serve immediately.

recipe source: foodnetwork.com



MEXICAN HOT CHOCOLATE

SEASON 1 EPISODE 12 - Liv eats the brain of a dead cheerleader to identify her killer. Meanwhile, Major prepares for his war on zombies, and Ravi and Peyton plan a trip to San Francisco. *ut on a date. girls' brains. Meanwhile, Major follows Julien and learns about his interest in brains. ious situation. Meanwhile, Major searches for a roommate, and Liv thinks he is considering a cute co-ed.*



SEASON 1 EPISODE 12



4 SERVINGS



10 MINUTES

INGREDIENTS

3 cups whole milk

3 tablespoons crushed cinnamon sticks (preferably Ceylon)

6 ounces semisweet chocolate (preferably Scharffen Berger), finely chopped

3 tablespoons demerara or granulated sugar

$\frac{3}{4}$ teaspoon vanilla extract

Pinch of kosher salt

$\frac{1}{4}$ teaspoon ground chile de árbol or cayenne pepper, plus more for serving

Lightly sweetened whipped cream (for serving)

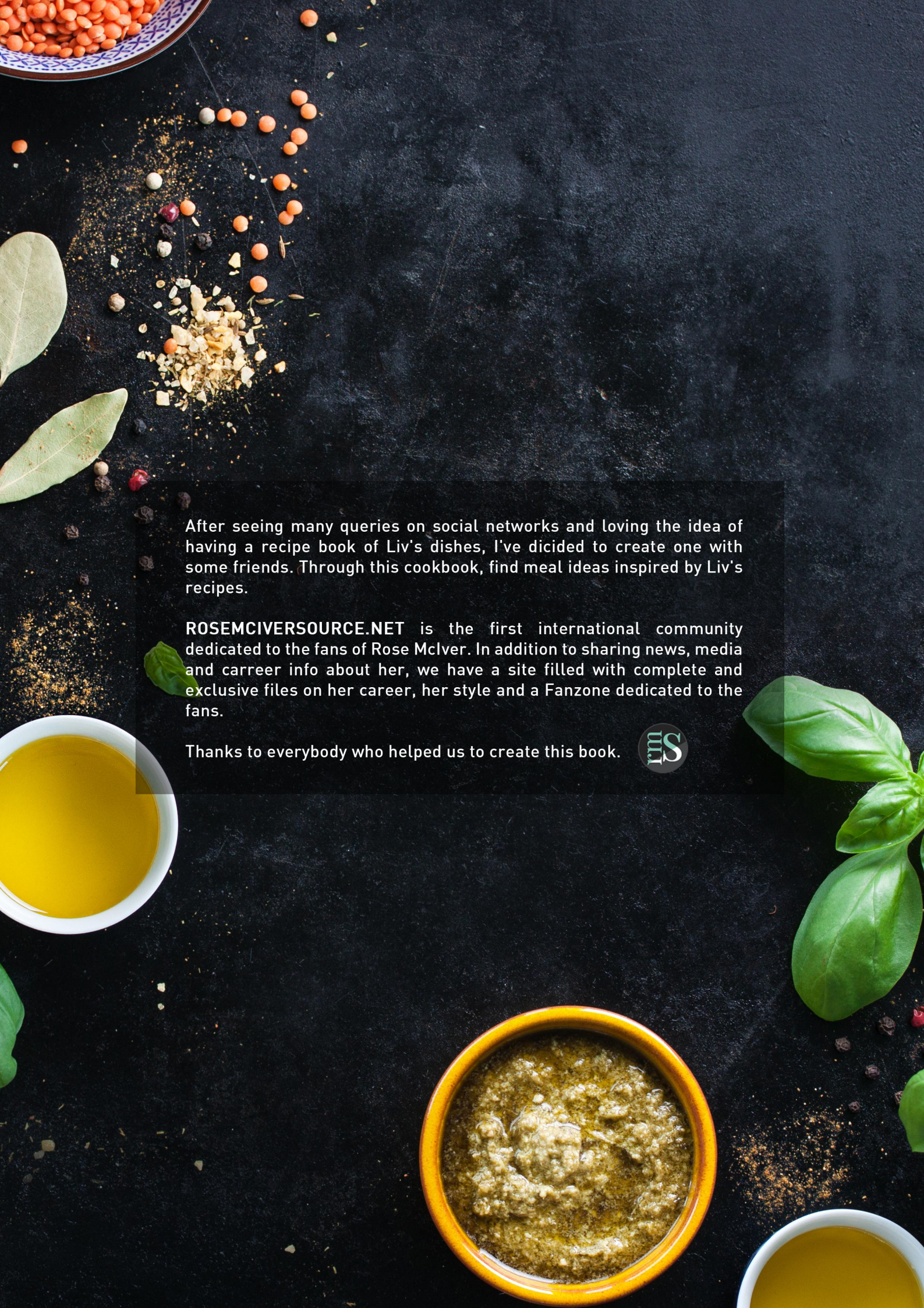
INSTRUCTIONS

1. Bring milk and cinnamon to a simmer in a medium saucepan over medium-low heat, whisking occasionally and making sure milk doesn't boil, until cinnamon is floral and fragrant, about 10 minutes. Whisk in chocolate, sugar, vanilla, salt, and $\frac{1}{4}$ tsp. ground chile and cook, whisking frequently, until mixture is smooth and creamy and chocolate is melted, about 5 minutes.

1. Divide hot chocolate among mugs. Top with whipped cream and dust with cocoa powder.

recipe source: bonappetit.com





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ROSEMCIVERSOURCE.NET is the first international community dedicated to the fans of Rose McIver. In addition to sharing news, media and career info about her, we have a site filled with complete and exclusive files on her career, her style and a Fanzone dedicated to the fans.

Thanks to everybody who helped us to create this book.

