

THE iZOMBIE COOKBOOK

THE UNOFFICIAL GUIDE TO LIV'S RECIPES

GUARANTEED • WITHOUT • BRAINS

SEASON 2

BY ROSEMCIVERSOURCE.NET & FRIENDS

INTRODUCTION

A year after the publication of 'iZombie Cookbook' dedicated to 'iZombie' Season 1, we're back with a new recipe book of Liv's dishes. The first book was quite successful and was even supported by **Rose McIver** who received a copy during a fan meeting in France. Through this second cookbook, find meal ideas inspired by Liv's recipes, through appetizers, meals, soups or even sweet pleasures.

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, a growing photo gallery, and a Fanzone dedicated to the fans.

A very big **Thank You** to everyone who helped us and supported us to create this book at @rosemciversrc on Twitter.


To **Rose McIver**, **Thank You** for supporting us in this project.

Join us also at @iZombieCB on Twitter.

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HUSHPUPPIES + SRIRACHA SAUCE

SEASON 2 EPISODE 4 - While investigating a case, Liv eats the brains of a country-singing waitress. Detective Babineaux meets a female FBI agent who will be working out of their offices. Blaine tries to entice a former business associate to come back to the dark side. Meanwhile, Peyton's return is messing up Ravi's game, and Major continues his downward spiral.



SEASON 2 EPISODE 4



20-24 SERVINGS



50 MINUTES

INGREDIENTS

5 to 6 cups peanut oil
1 cup all-purpose flour
1 cup corn meal
1 1/4 teaspoon salt
1 tablespoon baking powder
1/2 teaspoon baking soda
2 green onions, chopped
1 cup whole milk
1 tablespoon rice vinegar
2 egg yolks, lightly beaten

SRIRACHA SAUCE

2 tablespoons mayonnaise
1/3 cup sour cream
1 tablespoon Sriracha sauce
1 tablespoon chopped green onion

INSTRUCTIONS

1. Preheat peanut oil in a deep pan to 350°F.
2. Prepare a cooling rack placed on a baking sheet for the finished hush puppies.
3. In a medium-sized mixing bowl, whisk the dry ingredients together. Add the green onions to the dry ingredients and toss together. In a separate bowl, combine the wet ingredients. Allow the wet ingredients to sit for about 10 minutes.
4. After 10 minutes, add the wet ingredients to the dry ingredients and stir gently until just blended. Let the batter rest for about 30 minutes.
5. Using a spoon, carefully drop the batter into the hot oil and fry until nicely browned, about 3 to 4 minutes. Turn the hush puppies as they fry to ensure even browning. Don't add more than three or four dollops of batter at a time. Remember to check your oil temperature to make sure it doesn't get too hot or too cold.
6. Place the hush puppies on your prepared cooling rack using a slotted spoon.
7. Combine all the ingredients of sriracha sauce in a bowl and stir to combine. Serve immediately.



recipe source: quartoknows.com

ANTS ON A LOG

SEASON 2 EPISODE 8 - Detective Babineaux arrives at the crime scene of a wedding planner who was shot to death, and is shocked to realize that he used to date the victim. To make matters worse, we learn that the murder victim was stalking Detective Babineaux, and that he is now the number one suspect in her murder. Liv and Ravi pose as an engaged couple in order to infiltrate the victim's wedding planning business.



SEASON 2 EPISODE 8



10 SERVINGS



5 MINUTES

INGREDIENTS

5 stalks celery
1/2 cup peanut butter
1/4 cup raisins

INSTRUCTIONS

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

recipe source: allrecipes.com



TUNA-STUFFED TOMATOES

SEASON 2 EPISODE 3 - Liv eats the brains of a recently murdered trophy wife who was pushed to her death from the balcony of her stunning architectural home in the hills by a hired hit man. A Pinot Grigio-sipping, suddenly fashion obsessed Liv and Detective Babineaux begin questioning suspects in their search for the original brains behind this murder.



SEASON 2 EPISODE 3



3 SERVINGS



30-40 MINUTES

INGREDIENTS

2 cans or pouches (5 oz)
Solid White Albacore Tuna in
Water, drained and flaked

1/2 cup dry bread crumbs

1 tablespoon diced onion

1 tablespoon diced green
bell pepper

1/2 teaspoon chopped fresh
tarragon

3 tablespoons extra virgin
olive oil

1/2 teaspoon ground black
pepper

1/2 teaspoon salt

4 large tomatoes

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cut a thin slice from the top of each tomato and scoop out most of the pulp leaving a thick shell so that the tomato will hold its shape. Invert on paper towel and set aside.
3. Combine tuna, bread crumbs, onion, bell pepper, tarragon, olive oil, pepper and salt. Stuff each tomato with tuna salad mixture.
4. Place in lightly greased pan and bake for 15 – 20 minutes.
5. Garnish with tarragon as desired.

recipe source: bumblebee.com





SOUPS

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VEGETABLE SOUP

SEASON 2 EPISODE 15 - While investigating the murder of a research scientist who was recently demoted at her job, Liv and Detective Babineaux are shocked to learn where she had been employed. Meanwhile, Blaine pays Ravi a visit at the morgue, and Liv discovers something new about Drake.



SEASON 2 EPISODE 15



6-8 SERVINGS



1H25 MINUTES

INGREDIENTS

4 tablespoons olive oil

2 cups chopped leeks, white part only

2 tablespoons finely minced garlic

Kosher salt

2 cups carrots, peeled and chopped into rounds

2 cups peeled and diced potatoes

2 cups fresh green beans, broken or cut into 3/4-inch pieces

2 quarts chicken or vegetable broth

4 cups peeled, seeded, and chopped tomatoes

2 ears corn, kernels removed

1/2 teaspoon freshly ground black pepper

1/4 cup packed, chopped fresh parsley leaves

1 to 2 teaspoons lemon juice

INSTRUCTIONS

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
2. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

recipe source: foodnetwork.com



GOULASH

SEASON 2 EPISODE 7 - Liv consumes the brains of a death-obsessed illusionist who was murdered in cold blood during a magicians' convention in Seattle. As Liv and Detective Babineaux investigate the case, she uses her new skills to help narrow down the suspect pool.



SEASON 2 EPISODE 3



8 SERVINGS



1H20 MINUTES

INGREDIENTS

2 pounds lean ground beef

2 large yellow onions,
chopped

3 cloves garlic, chopped

3 cups water

2 (15 ounce) cans tomato
sauce

2 (14.5 ounce) cans diced
tomatoes

3 tablespoons soy sauce

2 tablespoons dried Italian
herb seasoning

3 bay leaves

1 tablespoon seasoned salt,
or to taste

2 cups uncooked elbow
macaroni

INSTRUCTIONS

1. Cook and stir the ground beef in a large Dutch oven over medium-high heat, breaking the meat up as it cooks, until the meat is no longer pink and has started to brown, about 10 minutes. Skim off excess fat, and stir in the onions and garlic. Cook and stir the meat mixture until the onions are translucent, about 10 more minutes.
2. Stir water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaves, and seasoned salt into the meat mixture and bring to a boil over medium heat. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally.
3. Stir macaroni into the mixture, cover, and simmer over low heat until the pasta is tender, about 25 minutes, stirring occasionally. Remove from heat, discard bay leaves, and serve.


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





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HERO SANDWICH

SEASON 2 EPISODE 9 - Liv, Detective Babineaux and Ravi work together in solving the murder of Chris Allred, who was a high school shop teacher by day, and a vigilante crime-fighter named "The Fog" by night. Liv gets into trouble while on superhero brains and becomes a little too much for Clive to handle.



SEASON 2 EPISODE 9



8 SERVINGS



15 MINUTES

INGREDIENTS

1/2 cup mayonnaise
1/4 cup Italian salad dressing (prepared)
3 cups shredded lettuce
1 loaf French bread, cut in half lengthwise
8 ounces thinly sliced bologna
8 ounces sliced cooked turkey
2 medium tomatoes, thinly sliced
6 slices American cheese
1 medium green pepper, thinly sliced

INSTRUCTIONS

1. Mix together the mayonnaise and italian salad dressing.
2. Toss the lettuce with 1/4 cup of the dsressing mixture, set aside.
3. Brush cut sides of bread with remaining dressing mixture. Fill bread with lettuce mixture, meat, tomatoes, american cheese and green pepper. Cut crosswise into 8 slices.

recipe source: geniuskitchen.com



CLASSIC BLT SANDWICH

SEASON 2 EPISODE 16 - Liv consumes the brain of a recently murdered stripper and uncovers some extremely useful information. Meanwhile, Blaine isn't quite himself lately, and Ravi makes a startling discovery. Lastly, Major and Ravi are helping Peyton move back in with Liv when she receives a surprising phone call. Malcolm Goodwin also stars.



SEASON 2 EPISODE 16



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

INSTRUCTIONS

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

recipe source: geniuskitchen.com



SUSHI

SEASON 2 EPISODE 12 - Detective Babineaux and Liv are investigating a triple homicide, and Liv is shocked to learn that the victims' bodies are missing their heads. A very hungry Liv is forced to consume the brain of an unfortunate social media hungry soul who was recently run over by a bus. Meanwhile, Peyton leans on Ravi for support, and things get interesting when Blaine's worlds start to collide.



SEASON 2 EPISODE 12



8 SERVINGS



45 MINUTES

INGREDIENTS

2/3 cup uncooked
short-grain white rice

3 tablespoons rice vinegar

3 tablespoons white sugar

1 1/2 teaspoons salt

4 sheets nori seaweed
sheets

1/2 cucumber, peeled, cut
into small strips

2 tablespoons pickled ginger

1 avocado

1/2 pound imitation
crabmeat, flaked

INSTRUCTIONS

1. In a medium saucepan, bring 1 1/3 cups water to a boil. Add rice, and stir. Reduce heat, cover, and simmer for 20 minutes. In a small bowl, mix the rice vinegar, sugar, and salt. Blend the mixture into the rice.

2. Preheat oven to 300 degrees F (150 degrees C). On a medium baking sheet, heat nori in the preheated oven 1 to 2 minutes, until warm.

3. Center one sheet nori on a bamboo sushi mat. Wet your hands. Using your hands, spread a thin layer of rice on the sheet of nori, and press into a thin layer. Arrange 1/4 of the cucumber, ginger, avocado, and imitation crabmeat in a line down the center of the rice. Lift the end of the mat, and gently roll it over the ingredients, pressing gently. Roll it forward to make a complete roll. Repeat with remaining ingredients.

4. Cut each roll into 4 to 6 slices using a wet, sharp knife.

recipe source: allrecipes.com



BAKED CLAMS

SEASON 2 EPISODE 6 - Liv unwittingly crosses paths with the most dangerous man in Seattle while investigating the murder of degenerate gambler Harry. Detective Babineaux has a super-fan moment when he and Liv question NBA Hall of Famer Calvin Owens at Harry's funeral. Meanwhile, Blaine's father makes a huge discovery, and Ravi delivers some bad news.



SEASON 2 EPISODE 6



16 YIELD



50 MINUTES

INGREDIENTS

2 tablespoons olive oil

1 small red onion, coarsely chopped

5 garlic cloves, crushed

1 cup dry white wine

16 littleneck or cherrystone clams (each about 3 inches wide), scrubbed

Herbed Breadcrumb Stuffing

Seaweed, for serving (optional)

INSTRUCTIONS

1. Heat olive oil in a pot over medium-high heat. Cook onion until softened but not browned, stirring occasionally, about 5 minutes. Add garlic and saute, stirring, just until fragrant, about 1 minute.

2. Add wine, and bring to a simmer. Add clams, and stir to combine. Cover and steam until clams have opened, 5 to 7 minutes. Remove from heat. Use a slotted spoon to transfer clams to a rimmed baking sheet to cool, discarding any that do not open. Strain clam broth through a fine sieve, and reserve broth for making stuffing.

3. When clams are cool enough to handle, remove all meat, and reserve. Remove half of each clam shell, and discard. Arrange the remaining halves on a rimmed baking sheet. Cut each clam into $\frac{1}{2}$ -inch pieces; return pieces to shell. (Clams can be prepared to this point up to 1 day ahead. Cover with plastic wrap and refrigerate.)

4. Preheat oven to 350 degrees F. Dividing evenly, press Herbed Breadcrumb Stuffing into clam shells, smoothing with the back of a spoon. Bake until tops are golden, 25 to 30 minutes. Nestle clams on seaweed, if desired, and serve immediately.

recipe source: marthastewart.com



OMELETTE

SEASON 2 EPISODE 5 - Liv, Detective Babineaux and Ravi investigate the mysterious death of a peewee basketball coach. Liv, consumed with overzealous coach brains, gives Major a much needed pep talk. Meanwhile, things get a little crazy when Blaine and Ravi are forced to work together to recreate the cure. Lastly, Detective Babineaux receives a surprise visit from Suzuki's widow Helen.



SEASON 2 EPISODE 5



1 SERVING



10 MINUTES

INGREDIENTS

2 large free-range eggs

1 small knob of unsalted butter

1 small handful of grated Cheddar cheese , (optional)

2 or 3 sprigs of fresh basil

1 handful of cherry tomatoes
olive oil

INSTRUCTIONS

1. Pick and roughly tear the basil leaves. Chop the tomatoes in half, then add to a hot frying pan with a small knob of butter, a drizzle of oil and a pinch of salt and pepper. Fry and toss around for 1 minute, then turn the heat down to medium and sprinkle over the basil leaves. Add the eggs and move the pan around to spread them out evenly.

2. Heat a small knob of butter in a small frying pan on a low heat, and once melted and bubbling, add the eggs and move the pan around to spread them out evenly.

3. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese (if using). I sometimes grate mine directly on to the omelette.

4. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

recipe source: jamieoliver.com



NACHOS

SEASON 2 EPISODE 2 - Liv and Detective Babineax investigate the murder of a hard-partying frat boy whose death shocks everyone. After consuming his brains, Liv attends a fraternity party in an attempt to search for clues, but ends up ruling the beer pong table instead. Still desperate to find the cure, Ravi takes matters into his own hands and brings Major along for the ride.



SEASON 2 EPISODE 2



8 SERVINGS



25 MINUTES

INGREDIENTS

5 cups tortilla chips

1 lb extra lean ground beef
(at least 93%)

1 cans (4.5 ounces) Old El
Paso™ chopped green
chiles, drained

1 package (1 ounce) Old El
Paso™ taco seasoning mix

2 roma (plum) tomatoes,
chopped (2/3 cups)

2 medium green onions,
sliced (1/4 cup)

2 cups finely shredded
Colby-Monterey Jack cheese
(8 ounces)

INSTRUCTIONS

1. Heat oven to 400°F. Line 12-inch pizza pan or 15x10x1-inch pan with foil; spray with cooking spray. Spread half of chips evenly on pan. Set aside.
2. In 8-inch nonstick skillet, cook beef over medium heat, stirring occasionally, until beef is brown; drain. Stir in taco seasoning mix and green chiles. Cook 2 to 3 minutes longer or until beef is thoroughly cooked and seasoning is well combined.
3. Arrange half of beef mixture on chips. Top with half of other toppings. Repeat layers ending with cheese. Bake 10 to 12 minutes or until cheese is melted. Add additional FRESH toppings if desired.

recipe source: bettycrocker.com



STUFFED GREEN PEPPER

SEASON 2 EPISODE 11 - Things become interesting for Liv when she and Clive investigate the murder of a young librarian, who was also secretly an erotic fiction writer. Meanwhile, things heat up between Blaine and someone quite unexpected. Lastly, Major is hit with an unforeseen snag in his plan.



SEASON 2 EPISODE 11



3 SERVINGS



50 MINUTES

INGREDIENTS

6 large green peppers
1 lb beef, Ground
1/2 cup onion, Chopped
1 (16 ounce) can tomatoes, diced
1/2 cup long grain rice, any available rice is fine it may affect cooking time though
1 cup water
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 cup cheddar cheese, Shredded (about 4 ounces)



INSTRUCTIONS

1. Cut off the tops of green peppers; discard seeds and membranes. Chop enough of the tops to make 1/4 cup, set aside. Cook the whole green peppers, uncovered in boiling water for about 5 minutes; invert to drain well. Sprinkle insides of the peppers lightly with salt.
2. In a skillet cook ground beef, onion and 1/4 cup chopped pepper till meat is browned and vegetables are tender.
3. Drain off excess fat. Add drained tomatoes, salt, Worcestershire, and a dash of pepper.
4. In a separate pot put water bring to boil add rice cook until rice is soft. if needed add more water.
5. Add rice to beef mixture.
6. Stir in cheese. Stuff peppers with meat mixture. Place in a 10x6x2 baking dish.
7. Bake, covered in a 350 degree oven for 30 minutes. in the last 5 minutes add any remaining cheese to the top of the peppers.

recipe source: bettycrocker.com

MAC AND CHEESE

SEASON 2 EPISODE 10 - Liv is crushed to discover that the lead actor on her favorite show, "Zombie High" has been murdered on set. Meanwhile, Vaughn tests Major's loyalty, and Ravi delivers bad news. Lastly, Blaine receives an unexpected visitor.



SEASON 2 EPISODE 10



4 TO 6 SERVINGS



25 MINUTES

INGREDIENTS

1 pound dried short pasta

1 1/2 cups whole or 2% milk,
divided

2 tablespoons all-purpose
flour

2 to 3 cups shredded cheese,
such as cheddar, Monterey
Jack, or Colby

1 teaspoon kosher salt

1/4 teaspoon powdered
mustard



INSTRUCTIONS

1. Cook the pasta. Bring about 4 quarts of salted water to a boil over high heat in a large pot. Add the pasta and cook according to package directions until al dente, about 8 minutes. Drain and set aside.

2. Warm the milk. Place 1 cup of the milk in a medium saucepan over medium heat. Meanwhile, place the remaining 1/2 cup of milk and flour in a small bowl and whisk together until there are no lumps. When you just start to see wisps of steam rising from the warming milk, whisk in the milk-and-flour mixture. Continue whisking gently until the milk thickens slightly to the consistency of heavy cream, 3 to 4 minutes.

3. Make the cheese sauce. Turn the heat to low and begin mixing handfuls of cheese into the milk. Stir in the salt and mustard. Stir until all the cheese has melted and the sauce is creamy. Taste and adjust the seasonings as desired. Remove the sauce from the heat.

4. Combine the pasta and cheese sauce. Place the pasta and 1/2 of the cheese sauce in a large serving bowl. Stir to coat the pasta evenly. Add the remaining sauce and any extra add-ins and stir to combine. If you'd like a looser sauce, add up to another 1/4 cup milk if desired. Serve the mac and cheese immediately while still warm.

recipe source: thekitchn.com

THE WHOPPER

SEASON 2 EPISODE 13 - Liv and Detective Babineaux investigate the murder of Corey "Big Fish" Carp, who they learn got his nickname not because of his last name but because he was a well-known pathological liar. Ravi makes an unsettling discovery and Blaine is reunited with someone from his past. Meanwhile, Major finds himself in a precarious situation.



SEASON 2 EPISODE 13



1 SERVING



20 MINUTES

INGREDIENTS

1 sesame-seed hamburger bun

1/4 pound ground beef

Pinch salt

3 dill pickle slices

1 teaspoon ketchup

3 to 4 onion rings

2 tomato slices

1/4 cup chopped iceberg lettuce

1 tablespoon mayonnaise



INSTRUCTIONS

1. Preheat a barbecue grill on high.
2. Toast both halves of the bun, face down, in a hot skillet. Set aside.
3. Form the beef into a thin patty slightly larger than the bun.
4. Lightly salt the hamburger patty and cook it on the barbecue grill for 2 to 3 minutes per side.
5. Build the burger in the following stacking order from the bottom up:

bottom bun
hamburger patty
pickles
ketchup
onion rings
tomatoes
lettuce
mayonnaise
top bun

recipe source: topsecretrecipes.com

SPAGHETTI AND MEATBALLS

SEASON 2 EPISODE 1 - Liv consumes the brains of a cantankerous old man to help gain insight into his death. After receiving an anonymous call on the tipster hotline, Liv and Detective Babineax stop by the residence of Byron Thistlewaite, to question the mysterious caller. Meanwhile, Ravi suspects that Major might be experiencing a side effect of the cure, and Liv pays Blaine a surprise visit.



SEASON 2 EPISODE 1



6 SERVINGS



2H20 MINUTES

INGREDIENTS

MEATBALLS

1 pound lean ground beef
1 cup fresh bread crumbs
1 tablespoon dried parsley
1 tablespoon grated
Parmesan cheese
1/4 teaspoon ground black pepper
1/8 teaspoon garlic powder
1 egg, beaten

SAUCE

3/4 cup chopped onion
5 cloves garlic, minced
1/4 cup olive oil
2 (28 ounce) cans whole peeled tomatoes
2 teaspoons salt
1 teaspoon white sugar
1 bay leaf 1 (6 ounce) can tomato paste
3/4 teaspoon dried basil
1/2 teaspoon ground black pepper

INSTRUCTIONS

1. In a large bowl, combine ground beef, bread crumbs, parsley, Parmesan, 1/4 teaspoon black pepper, garlic powder and beaten egg. Mix well and form into 12 balls. Store, covered, in refrigerator until needed.
2. In a large saucepan over medium heat, saute onion and garlic in olive oil until onion is translucent. Stir in tomatoes, salt, sugar and bay leaf. Cover, reduce heat to low, and simmer 90 minutes. Stir in tomato paste, basil, 1/2 teaspoon pepper and meatballs and simmer 30 minutes more. Serve.

recipe source: allrecipes.com



BEEF NOODLE STIR FRY

SEASON 2 EPISODE 17 - Liv consumes the brains of a cantankerous old man to help gain insight into his death. After receiving an anonymous call on the tipster hotline, Liv and Detective Babineax stop by the residence of Byron Thistlewaite, to question the mysterious caller. Meanwhile, Ravi suspects that Major might be experiencing a side effect of the cure, and Liv pays Blaine a surprise visit.



SEASON 2 EPISODE 17



4 SERVINGS



25 MINUTES

INGREDIENTS

2 (7-ounce) refrigerated udon noodles, seasoning sauce packets discarded*

1 tablespoon olive oil

8 ounces beef top sirloin filet, thinly sliced across the grain

8 ounces cremini mushrooms, sliced

6 ounces broccoli florets

2 carrots, diced

FOR THE SAUCE

1/3 cup reduced sodium soy sauce

3 tablespoons oyster sauce

1 tablespoon brown sugar, packed

1 tablespoon freshly grated ginger

2 cloves garlic, pressed

1 teaspoon sesame oil

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon ground black pepper

INSTRUCTIONS

1. In a small bowl, whisk together soy sauce, oyster sauce, brown sugar, ginger, garlic, sesame oil, red pepper flake and ground black pepper; set aside.
2. In a large pot of boiling water, cook udon noodles according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add beef and cook, flipping once, until browned, about 3-4 minutes; set aside.
4. Stir in mushrooms, broccoli and carrots to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in udon noodles, beef and soy sauce mixture until well combined, about 2-3 minutes.
5. Serve immediately.

**Udon is Japanese-style thick wheat noodles and can be found in the refrigerated aisle of your local grocery store.*

recipe source: damndelicious.net





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BAGEL

SEASON 2 EPISODE 18 - Liv and Ravi are in need of help and find an unlikely ally in Blaine. Detective Babineaux and Dale Bozzio pursue a new lead on an old case. Meanwhile, when Major finds himself in a world of trouble, sleazebag Brant Stone comes to his rescue. Vaughn's evil side reaches a whole new level of mean.



SEASON 2 EPISODE 18



6 SERVINGS



3H20 MINUTES

INGREDIENTS

1 1/4 cups water
4 1/2 cups bread flour
3 tablespoons white sugar
1 teaspoon salt
2 tablespoons vegetable oil
1 tablespoon instant yeast
4 quarts water
1 cup honey (optional)

TOPPINGS

2 tablespoons poppy seeds (optional)
2 tablespoons sesame seeds (optional)
2 tablespoons dried onion flakes (optional)
1 tablespoon coarse salt (optional)

INSTRUCTIONS

1. Combine 1 1/4 cup water, flour, sugar, 1 teaspoon salt, vegetable oil, and yeast in the mixing bowl of a stand mixer. Mix on low speed using the dough hook until well-developed, about 8 minutes. To ensure the gluten has developed fully, cut off a walnut-sized piece of dough. Flour your fingers, and then stretch the dough: if it tears immediately, the dough needs more kneading. Fully developed dough should form a thin translucent "windowpane."

2. Transfer the dough to a lightly oiled bowl, cover it with plastic wrap and a kitchen towel, and let rise for 2 hours. Punch the dough down, place it on a lightly floured work surface, and use a knife or dough scraper to divide the dough into 6 pieces (or more, for smaller bagels). Roll each piece of dough into a sausage shape about 6 inches long. Join the ends to form a circle. Repeat with the remaining dough, and let the bagels rest for 15 minutes.

3. Preheat oven to 475 degrees F (245 degrees C). Line a baking sheet with parchment paper. Arrange small plates with poppy seeds, sesame seeds, and onion flakes next to the baking sheet.

4. Bring 4 quarts water to a boil in a large pot. Add honey, if desired (see Editor's Note). Boil the bagels, three at a time, until they rise to the surface of the pot, about 1 minute per side. Remove the bagels with a slotted spoon and place them on the parchment-lined baking sheet.

5. Dip the tops of the wet bagels into the toppings and arrange them, seeds up, on the baking sheet. Sprinkle with coarse salt, if desired. Bake in the preheated oven until the bagels begin to brown, 15 to 20 minutes.



SCONES

SEASON 2 EPISODE 14 - When an incredibly optimistic coffee-shop owner is murdered, Liv uses her sunny outlook to help Clive solve the murder. Meanwhile, things begin to go from bad to worse for Blaine, and Drake is forced to cancel plans with Liv due to a run in with Seattle's finest.



SEASON 2 EPISODE 14



8 SERVINGS



25 MINUTES

INGREDIENTS

3 cups all-purpose flour
1/2 cup white sugar
5 teaspoons baking powder
1/2 teaspoon salt
3/4 cup butter
1 egg, beaten
1 cup milk



INSTRUCTIONS

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
2. In a large bowl, combine flour, sugar, baking powder, and salt. Cut in butter. Mix the egg and milk in a small bowl, and stir into flour mixture until moistened.
3. Turn dough out onto a lightly floured surface, and knead briefly. Roll dough out into a 1/2 inch thick round. Cut into 8 wedges, and place on the prepared baking sheet.
4. Bake 15 minutes in the preheated oven, or until golden brown.

recipe source: allrecipes.com

CHOCOLATE NOUGAT

SEASON 2 EPISODE 18 - Liv and Ravi are in need of help and find an unlikely ally in Blaine. Detective Babineaux and Dale Bozzio pursue a new lead on an old case. Meanwhile, when Major finds himself in a world of trouble, sleazebag Brant Stone comes to his rescue. Vaughn's evil side reaches a whole new level of mean.



SEASON 2 EPISODE 18



4 DOZEN CANDIES



1H30 MINUTES

INGREDIENTS

Canola oil, for slicking the baking pan

MERINGUE

2 large egg whites

1/4 cup light corn syrup

1 tablespoon vanilla extract

SYRUP

2 cups granulated sugar

3/4 cup water

1 1/2 cups light corn syrup

NOUGAT

3/4 cup milk powder

1/2 cup cocoa powder

1/4 cup confectioners' sugar

1/4 cup plus 2 tablespoons melted unsweetened chocolate

CHOCOLATE COATING

1 1/2 pounds dark chocolate, melted and tempered

INSTRUCTIONS

1. Prep the meringue

Lightly oil a 9-by-13-inch baking pan.

Place the egg whites, corn syrup, and vanilla extract in the large bowl of a standing mixer fit with a whip attachment. Do not begin whipping yet.

2. Make the syrup and the meringue

Combine the sugar, water, and corn syrup for the syrup in a 2-quart saucepan. Cover the pan and bring to a boil. Boil covered for 3 minutes, remove the lid, insert a thermometer, and continue to cook over high heat without stirring. When the syrup reaches 233°F (112°C), begin whipping the egg whites on high speed.

When the syrup reaches 257°F (125°C), immediately remove it from the heat and quickly pour the hot syrup into the whipping whites mixture in a constant stream. Continue whipping on high speed for 8 minutes.

3. Make the nougat

Sift together the milk powder, cocoa powder, and confectioners' sugar. Turn off the mixer, add the sifted dry nougat ingredients, and mix on low speed just until combined.


Add the unsweetened chocolate and mix on low speed just until combined. If white streaks remain, gently fold in the chocolate by hand with a rubber spatula until the streaks disappear and the meringue is homogeneously chocolatey in appearance.

Press the nougat into the prepared baking pan in an even layer. Allow the nougat to cool completely to room temperature, about 2 hours or you can let it rest overnight. When the nougat is cool, cut it into 1 1/2-inch squares.

3. Coat the nougat

Dip the nougat in the tempered chocolate (see Dipping Master Techniques, below). Mark the tops of the chocolate nougat with waves, if desired (see Making Waves, below). You know what to do from here.





A year after the publication of 'iZombie Cookbook' dedicated to 'iZombie' Season 1, we're back with a new recipe book of Liv's dishes. The first book was quite successful and was even supported by Rose Mclver who received a copy during a fan meeting in France. Through this second cookbook, find meal ideas inspired by Liv's recipes, through appetizers, meals, soups or even sweet pleasures.

ROSEMCIVERSOURCE.NET is the first international community dedicated to the fans of Rose Mclver. 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, a growing photo gallery, and a Fanzone dedicated to the fans.

A very big **Thank You** to everyone who helped us and supported us to create this book at @rosemciversrc on Twitter.

To Rose Mclver, **Thank You** for supporting us in this project.

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