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WOMEN ▪ HORMONES ▪ LONGEVITY

The Ultimate *Mix-and-Match* Sheet Pan Guide

7 Bold Proteins & 12 Unusual Vegetables • Optimized for High-Heat 425°F Roasting

How to Use This Guide

This culinary framework allows you to pair any of the 7 umami-rich, highly caramelized proteins with a massive selection of 12 distinct vegetables. Because everything cooks at **425°F (220°C)**, you can mix and match endlessly using the built-in timing windows.

The Master Sheet-Pan Technique

THE VEGGIE BED:
Toss your chosen vegetables in oil, salt, and pepper. Lay them down in a dense layer across the pan first to create a protective base.

THE MOAT METHOD:
Nestle your chosen protein directly on top of or nestled tightly between the vegetables. This allows the rendering proteins, fats, and intense glazes to baste the vegetables directly while preventing the sauces from burning on the bare pan.

TIMING CALIBRATION:
Pay attention to the timing rules. Most robust vegetables roast for the full 35-40 minutes. Delicates or leafy greens should be added later.

SECTION 1:

The 7 Master *Protein* Ideas

1. Miso-Honey Butter Chicken Thighs

The original NYT Cooking crowd-pleaser. Creates a rich, sweet-savory lacquer that seasons everything underneath it.

INGREDIENTS:

- 8 skin-on, bone-in chicken thighs (2.5 to 3 lbs)
- 1/2 cup white or red miso paste
- 4 tablespoons unsalted butter, softened
- 2 tablespoons honey
- 1 tablespoon unseasoned rice vinegar
- Freshly cracked black pepper

EXECUTION:

1. Blend: Whisk softened butter, miso, honey, rice vinegar, and pepper until a perfectly smooth paste forms.

2. Coat: Thoroughly massage the paste all over the chicken thighs and under the skin.

3. Roast: Arrange skin-side up on top of the vegetables. Roast for 35–40 minutes until skin is deeply golden and internal temp hits 165°F.

2. Smoked Paprika, Fennel & Apricot Glazed Pork Chops

Adjusted from Gochujang to a sophisticated, warm Mediterranean/Spanish flavor profile. Deeply smoky, fruity, and fragrant.

INGREDIENTS:

- 4 thick-cut, bone-in pork chops (approx. 1 inch thick)
- 3 tablespoons apricot jam or preserves
- 1.5 tablespoons smoked sweet paprika (Pimentón)
- 1 tablespoon whole fennel seeds, lightly crushed
- 2 tablespoons olive oil
- 2 cloves garlic, grated
- 1 tablespoon red wine vinegar
- Kosher salt and black pepper

EXECUTION:

1. Glaze: Whisk apricot jam, smoked paprika, crushed fennel seeds, olive oil, garlic, red wine vinegar, salt, and pepper.

2. Slather: Rub the mixture generously over all sides of the pork chops.

3. Roast: Position on the sheet pan. Roast for 25–30 minutes until internal temperature reads 145°F. Let rest 5 minutes.

3. Tahini, Turmeric & Lemon Cauliflower Steaks with Crispy Tofu

A complete plant-based powerhouse. The tahini creates a rich, nutty, velvety crust on both the hearty cauliflower and the tofu.

INGREDIENTS:

- 2 large heads of cauliflower, cut into 1-inch thick 'steaks'
- 1 block (14 oz) extra-firm tofu, pressed and cut into 1/2-inch cubes
- 1/3 cup well-stirred tahini paste
- 1/2 teaspoon ground turmeric
- Juice of 1 large lemon
- 3 tablespoons warm water (to loosen the paste)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder & 1/2 teaspoon ground cumin
- Salt and black pepper

EXECUTION:

1. Paste: Whisk tahini, turmeric, lemon juice, olive oil, garlic powder, cumin, salt, pepper, and warm water until it reaches a spreadable consistency.

2. Prep: Gently brush both sides of the cauliflower steaks with the paste. Toss the pressed tofu cubes in the remaining paste to coat completely.

3. Roast: Arrange steaks in the center and scatter tofu cubes in a single layer into any open spaces. Roast for 30–35 minutes, flipping the cauliflower halfway through until edges are deeply browned and crispy.

4. Pomegranate & Sumac Crusted Lamb Chops

- 8 single-rib lamb chops or 4 thick double-cut loin chops
- 1.5 tablespoons ground sumac (tart, fruity crimson spice)
- 3 tablespoons pomegranate molasses
- 2 cloves garlic, minced; 2 tablespoons olive oil; Salt and pepper

NOTE ON TIMING:

Combine all ingredients to create a tart, earthy marinade. Rub into lamb. Roast at 425°F for 15–20 minutes (medium-rare is 135°F).

5. Harissa & Preserved Lemon Chicken Thighs

8 bone-in, skin-on chicken thighs

3 tablespoons spicy harissa paste

1 whole preserved lemon, flesh removed, rind finely minced

3 tablespoons olive oil; 1 teaspoon ground coriander; Salt

NOTE:
Rub the fiery, citrusy mixture all over and under the chicken skin. Roast for 35–40 minutes alongside your vegetables.

6. Black Garlic & Balsamic Glazed Beef Tri-Tip

1 whole beef tri-tip roast (approx. 2 to 2.5 lbs)

6 cloves black garlic (fermented, sweet, and savory), mashed into a smooth paste

3 tablespoons high-quality aged balsamic vinegar

2 tablespoons olive oil; 1 tablespoon fresh rosemary, minced; Salt

NOTE:
Rub the rich, dark paste heavily over the tri-tip. Sear in a hot pan first if desired, or lay directly onto the veggie bed. Roast for 30–35 minutes until 130°F for medium-rare. Rest 10 minutes before carving thin slices against the grain.

7. Sake & White Pepper Lacquered Salmon

4 thick center-cut salmon fillets (6-8 oz each), skin-on

1/4 cup sake (Japanese rice wine); 2 tablespoons soy sauce; 1 tablespoon honey

1/2 teaspoon ground white pepper; 1 teaspoon toasted sesame oil

GLAZE:
Simmer sake, soy sauce, and honey in a small pan for 3 minutes until syrupy. Stir in white pepper and sesame oil. Brush over salmon.

CRITICAL TIMING CALIBRATION:
Because salmon cooks quickly (12–15 mins), you must roast your robust veggies for 20–25 minutes FIRST, then pull out the sheet pan, nestle the salmon on top, glaze it, and return to the oven for the final 12–15 minutes.

SECTION 2:

12 *Unusual* Sheet-Pan Veggie Pairings

Pick 2, 3, or more of these options to build your custom sheet pan. All instructions are tailored to thrive at 425°F.

CATEGORY A:

High-Heat Heroes

(Roast for the FULL 35–40 minutes)

1.	Fennel Bulbs:	Cut into thick, vertical wedges leaving the core intact so they hold shape. Turns sweet and anise-forward.
2.	Whole Radishes:	Leave completely whole; do not chop. They lose their sharp, peppery bite and become juicy, tender, and intensely sweet bursts.
3.	Delicata Squash:	Slice into 1/2-inch thick half-moons. No peeling required; the skin is fully edible and becomes beautifully crisp.
4.	Whole Garlic Cloves:	Keep entirely unpeeled. They roast into rich, spreadable, sweet garlic gold inside their husks.
5.	King Oyster Mushrooms:	Slice into thick coins or halves. Score a crosshatch pattern into the cut sides to capture the rendering protein juices.
6.	Celery Root (Celeriac):	Cut into thick, blocky cubes. They soak up pan fat like a sponge and form stunningly crisp, caramelized edges.
7.	Cipollini Onions:	Cut in half lengthwise and lay cut-side down on the pan. They develop a gorgeous, deeply caramelized skin.

CATEGORY B:

Mid-Way Marvels

(Add to pan during the LAST 15–20 minutes)

8.	Thick Cabbage Wedges:	Slice into 6 to 8 thick wedges through the core. Nestle directly into pan drippings. Melts down while outer edges char heavily.
9.	Gai Lan (Chinese Broccoli):	Trim any woody ends, leaving stems intact. They char beautifully and catch glazes perfectly in their ruffles.
10.	Baby Bok Choy:	Slice lengthwise. They char on the outer leaves while the core remains sweet, juicy, and tender.
11.	Broccolini:	Trim the stems but leave the spears whole. Provides a vibrant, earthy snap with slightly crispy tops.
12.	Leeks:	Slice into thick rings. They sweeten dramatically and develop highly charred, lacy rims.

Mix, match, and enjoy your custom sheet-pan creations!