



Elevate Your (COOKING &) Security Posture COOKBOOK



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Security leaders share recipes to elevate your everyday cooking and dish out tips to improve your security posture.

We are busy folks in cybersecurity. After spending our workday dealing with heavy stuff like vulnerabilities, cyber risk, patching, attack vectors, CVSS, NIST frameworks etc., we crave for simple and easy for our non-work lives, especially when it comes to food. For a lot of us, everyday cooking calls for simple ingredients and well-known dishes that we make over and over again (that is, unless your partner is a gourmet chef, or you eat take out or frozen meals a lot!) While everyday cooking is wholesome and familiar, sometimes, we do need to change things up a bit to avoid getting too comfortable and get bored.

We caught up with some cybersecurity experts and asked them what they do to elevate their home cooking from time to time. And of course, since we were talking to security experts, we couldn't resist asking them for their best tips and ideas to improve their organization's security posture.

Read this cookbook* to check out some favorite recipes, devour beautiful food pics, and learn some security best practices. And when you do try a recipe from this book, don't forget to take pics and share them with us on Twitter or LinkedIn, using the hashtag #balbix-recipes.

***Created in a marketing facility that is home to a lot of nuts!**

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**Balbix—Your Recipe
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The EGG SPANDING ATTACK SURFACE

Frittata

A good frittata is an egg dish that can be served for breakfast, lunch, or dinner; tastes as good cold or at room temperature as it does warm; and can be packed with just about anything. This dish is versatile in that it expands to accommodate all kinds and types of ingredients and flavors. Whatever you have in your crisper can be thrown in to elevate the flavor of the eggs. Expand your cooking by experimenting with various flavors.

6 large eggs, use 8 eggs
for a 12-inch skillet

1/4 cup unsweetened
almond milk, or any milk

2 garlic cloves, minced

1/4 teaspoon sea salt,
more for sprinkling

Freshly ground black
pepper

Extra-virgin olive oil, for
drizzling

CHOOSE INGREDIENTS FOR
ONE OF THE VARIATIONS BELOW

6 scallions, chopped

2 cups chopped broccoli
or broccolini

1/8 teaspoon smoked
paprika

1/4 cup crumbled feta
cheese

1. Preheat the oven to 400°F.
2. Whisk the eggs, almond milk, garlic, and salt until well combined. Set aside.
3. Heat 1 tablespoon olive oil in a 10 or 12-inch cast-iron skillet over medium heat. Add the scallions, broccoli, and a pinch of salt and pepper and cook, stirring occasionally, until the broccoli is tender but still bright green, 5 to 8 minutes. Stir in the smoked paprika, then add the egg mixture and gently shake the pan to distribute. Sprinkle with the feta and bake for 15 to 20 minutes or until the eggs are set. Season to taste and serve.

SECURITY TIP

**The enterprise attack surface
is expanding like never before.**

Understanding and measuring the expanding attack surface is not a human scale problem. To get a handle on that, you need AI for comprehensive visibility, and to prioritize your most important cyber issues.



CREDIT: www.loveandlemons.com/frittata-recipe

Let's Taco About VISIBILITY

Tacos are quite a perfect food, both nutritionally and taste-wise. With a whole grain carbohydrate, a lean protein, flavorful veggie/salad type fixings to add texture and flavor, enough variations are possible to eat a different style every time. No wonder Americans eat 4.5 billion tacos every year and there is also a national day (October 4th) to celebrate tacos! But, once the tortilla is folded and served in the traditional way, it doesn't really let you see what's in it. You're blind to the ingredients in it. So, here's a different way to serve it – flat on a plate, that lets you see everything and eat with your eyes first.

FOR MANGO SALSA

1 large mango, peeled, cored, and chopped into ½ inch cubes
½ small red onion, finely diced (about ¼ cup diced)
1 jalapeño pepper, seeded and finely diced
2 garlic cloves, minced
½ tablespoon lime juice (from ½ lime)
½ cup packed fresh cilantro, coarsely chopped
salt and pepper, to taste

FOR CRISPY CAULIFLOWER

⅓ cup olive oil, divided
1 head cauliflower, cut into small florets (about 6 cups)
6 tablespoons panko breadcrumbs, divided
salt and pepper, to taste

TACOS

8-10 small flour tortillas (homemade if possible)
1 avocado, pitted
½ tablespoon lime juice
1 cup finely shredded red cabbage (from about ¼ medium head)
½ cup mexican crema (or ½ cup sour cream mixed with 2 tablespoons milk)

SECURITY TIP

Gain visibility into your asset inventory.

You can't secure what you don't know about, yet most organizations are unaware of 20-35% of assets. Visibility into your asset inventory is key to optimizing your security posture. Understand what you have, as well as the type of asset and business criticality.

CREDIT: www.loveandoliveoil.com/2014/07/crispy-cauliflower-tacos-with-mango-salsa.html



To prepare salsa, combine mango, red onion, jalapeño, garlic in a medium bowl. Toss with lime juice and fold in cilantro. Season to taste with salt and pepper and set aside.

For cauliflower, heat half of olive oil in a large skillet over medium-high heat. Add half of cauliflower, stirring occasionally, until golden brown, about 7 minutes. Toss with half of panko and continue to cook until breadcrumbs are golden brown, about 3 minutes more. Season to taste with salt and pepper. Transfer cauliflower to a bowl or platter to keep warm, and repeat with the second half of the cauliflower (cooking the cauliflower in two batches allows the cauliflower to get more brown and crispy).

To assemble tacos, coarsely mash avocado with a generous splash of lime juice. Spread a dollop of mashed avocado down the center of each tortilla. Top with a cup of crispy cauliflower, a spoonful of mango salsa, a handful of shredded cabbage, and a drizzle of sour cream sauce. Serve warm.

A Whole Latte **RISK**

The term “caffè e latte” first appeared in the English language in 1867. Though coffee was often consumed as part of breakfast in European households for years, the latte is an American invention. You can make a latte with just coffee and milk, but those ingredients are only part of the picture. Here’s a quick and easy recipe to make the classic coffee drink a whole latte more!

1 cup milk

1-2 cups ice

1½ cups coffee or espresso, at room temperature (if you want a warm latte, you can leave your coffee warm and omit the ice)

2 tablespoons pure maple syrup

1. In a jar with a lid, pour milk (2% or whole milk) and shake vigorously back and forth for a minute, until foamy. Take off the lid and microwave for 15 seconds.
2. Fill two large glasses (or mason jars) with ice. Pour coffee evenly between the glasses.
3. Drizzle in maple syrup between two cups. If you like your lattes a little on the sweeter side, use a little more maple syrup per cup.
4. Using a spoon, hold back the foam and pour a little milk into each glass. Then, take spoonfuls of the foam to add on top of the latte.
5. Stir to combine and then enjoy!

SECURITY TIP

Accurate risk quantification involves considering many variables.

Many equate risk with unpatched software or some rough idea of breach likelihood, but this shows only part of the picture. True risk calculations require a latte variables, including inventory, vulnerabilities, threats, exposure, compensating controls, and business criticality.



Grilled Cheese

MY WAY

OR

YOUR WAY

Ah, the humble Grilled Cheese sandwich. Anyone can make it, but let's face it, it is pretty one-dimensional and bland. Just cheese, bread and butter. With just a little customization, you can turn this plain staple into something that really resonates with your taste buds.

1 tablespoon butter

4 thin slices mozzarella

2 tablespoons pomegranate arils

1 avocado

4 slices bread

In a large pan, heat about 1 tablespoon of butter to medium heat. Prep sandwiches by placing 2 thin slices of mozzarella, 1 tablespoon of pomegranate arils, and $\frac{1}{2}$ avocado on top of a slice of bread. Repeat on the second slice of bread. Then place another slice of bread on top of each. Cook each side of the sandwich, covered with a lid, for about 2 minutes or until it begins to turn golden brown and the cheese melts.

SECURITY TIP

Customize risk reporting for your business

Every organization is different, with unique risks, data, and organizational structure. Off the shelf security dashboards provide a starting point, but aligning security reporting to your organization's business will ensure a clear, understandable message to key stakeholders. Even if you want yours low carb, gluten and lactose free...

CREDIT: www.buzzfeed.com/daveskillerbread/grilled-cheese-recipes-where-cheese-is-the-least



Mac & His 9 CHEESES

Your mom's mac and cheese dish probably had one or two cheeses, and the rich, gooey classic always had you asking for seconds. But there's dozens of delicious cheeses out there, so if you upgrade those two cheeses to 9, the result is a grown-up, decadent experience like no other.



- 1 pound medium shells
- 3 tablespoons unsalted butter, softened
- 2 ½ tablespoons all purpose flour
- 1 cup whole milk
- ½ cup heavy cream
- 2½ tablespoons Dijon mustard
- 1 tablespoon minced thyme
- ½ teaspoon ground ginger
- 1 President (8 ounce) Brie Round, rind removed
- 1 President (8 ounce) Camembert, rind removed
- 1 tablespoon fresh lemon juice
- ½ to 1 cup chicken stock, warmed
- ¾ teaspoon salt
- ¼ teaspoon cracked black pepper

GARNISH

- 10 buttered crackers, crushed
- 2 tablespoons unsalted butter, melted and cooled
- 2 teaspoons minced thyme

CREDIT: www.spoonforkbacon.com/creamy-skillet-mac-cheese

1. Fill a large pot with water and bring to a boil. Add a small handful of salt and the shells and stir. Bring the water back up to a boil and cook shells for 7 to 9 minutes or until al dente (soft with a slight bite), stirring occasionally. Strain shells and set aside until ready to use.
2. Place a 10 inch skillet over medium heat and melt butter. Sprinkle flour into skillet and stir until well combined and the raw flour taste disappears, 2 to 3 minutes.
3. Stir in milk and cream and continue to stir until no lumps remain. Lower heat to medium-low and allow mixture to thicken, enough to coat the back of a wooden spoon. Stir in mustard, thyme and ginger until well combined. Season with salt and pepper.
4. In a small bowl toss together both cheeses and lemon juice. Begin whisking cheeses into the skillet and continue to whisk together until all the cheese has been added and mixture is thick and smooth.
5. Add warmed chicken stock and stir together until smooth. Fold in the cooked and cooled shells until just combined and adjust seasonings.
6. Heat broiler to high.
7. In a small bowl toss together crushed crackers butter and thyme until well combined. Top the mac and cheese filled skillet with the buttered cracker mix and place under the broiler for 3 to 5 minutes or until the shells slightly caramelize and the cheese sauce becomes hot and bubbly. (you can also transfer the mixture into individually-sized buttered skillets and top with the cracker mixture before placing under the broiler).
8. Allow the mac and cheese to sit and cool for 5 to 7 minutes before serving.

SECURITY TIP

Risk arises from many different types of vulnerabilities.

Many organizations view unpatched software (CVEs) and misconfiguration as the primary concern of their vulnerability management program. But there are 7 more types of vulnerabilities that need to be included for a complete vulnerability management recipe, including weak credentials, phishing/web/ransomware, trust relationship, compromised credentials, malicious insiders, missing/poor encryption, zero days/unknown methods.

Cake It **EASY**

You don't have to put 8 hours into a tasty, great looking cake like they do on the Food Network. This quick and easy recipe will have them oohing and aahing, and will have you back to your day in just a few minutes.

Nonstick vegetable oil spray

1½ cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

¾ teaspoon kosher salt

3 large eggs

1½ cups ricotta

½ teaspoon vanilla extract

½ cup (1 stick) unsalted butter, melted

1 cup frozen raspberries or blackberries, divided

SECURITY TIP

Prioritize vulnerabilities accurately to increase security team efficiency.

Most cybersecurity progress comes from a small percentage of overall effort. But it's difficult to identify which tasks will have the biggest overall impact. AI-based prioritization can look at a wide range of issues across your attack surface, quantifying risk for each of them and prioritizing to help you get more done with the same sized team.

1. Preheat oven to 350°. Line a 9" diameter cake pan with parchment paper and lightly coat with nonstick spray. Whisk flour, sugar, baking powder, and salt in a large bowl.
2. Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by ¾ cup raspberries, taking care not to crush berries. Scrape batter into prepared pan and scatter remaining ¼ cup raspberries over top.
3. Bake cake until golden brown and a tester inserted into the center comes out clean, 50–60 minutes. Let cool at least 20 minutes before unmolding.
4. Do ahead: Cake can be made 2 days ahead. Store tightly wrapped at room temperature.



Gotta Have **ALL 5 LAYERS**

Why decide between guac, queso, or beans when you can have all your chip-n-dip must haves at once? The classic 5 or 7 layer dip is a crowd pleaser, and so easy to make. And you can dip anything, from tortilla chips to carrot or celery sticks. Try dipping pea pods or pita chips. The secret behind why it is such a popular potluck or party dish is because while each layer can stand alone, put together it offers unparalleled bursts of flavor.

1 (16-ounce) can refried beans
2 large cloves garlic
1 teaspoon kosher salt, plus more for the tomatoes
4 medium avocados
¼ cup freshly squeezed lime juice (from about 2 limes)
½ cup finely chopped red onion (from 1 small red onion), divided
2 tablespoons finely chopped unseeded jalapeño (from 1 small jalapeño, optional)
16 ounces sour cream
4 ounces cream cheese, very soft
1 (1-ounce) package 25% less-sodium taco seasoning mix
2 cups salsa
2 cups shredded Mexican-blend cheese (8 ounces)
2 plum or Roma tomatoes, diced
1 tablespoon chopped fresh cilantro
1 (2.25-ounce) can sliced black olives, drained
Tortilla chips, for serving

1. Spread the bean mixture into an even layer in a 9 x 13-inch or 7 x 11-inch baking dish.
2. Make garlic paste by first mincing the garlic, then sprinkling with the salt. Then hold the blunt side of the knife with both hands, and scrape the sharp end of a knife against the pile of garlic at an angle to flatten the garlic. Work the garlic back into a tidy pile and repeat, pressing and scraping the knife through the pile for 2 to 3 minutes until you have a smooth paste. Transfer the garlic paste to a large bowl.
3. Slice the avocados in half lengthwise and remove and discard the pits. Scoop the avocado flesh into the bowl of garlic. Add the lime juice and half of the red onion, then use a fork or potato masher to mash to desired consistency. Stir in the jalapeño, if using. Spread the guacamole into an even layer on top of the refried beans.
4. Mix the sour cream, cream cheese, and taco seasoning together in a large mixing bowl with a hand mixer until smooth. Then spread the sour cream mixture over the guacamole into an even layer, covering the guacamole completely.
5. Spread the salsa into an even layer over the sour cream layer and top with the cheese.
6. Stir the tomato, cilantro, remaining 2 tablespoons red onion, and a pinch of salt together in a small bowl. Scatter evenly over the cheese. Sprinkle the olives on top.

CREDIT: www.thekitchn.com/7-layer-dip-265851

 **SECURITY TIP****Use a 5-dimensional approach for risk prioritization**

You must consider 5 factors impacting risk—vulnerability severity, threat level, business criticality of the asset, exposure/usage of the asset, and the risk-negating effect of compensating controls while prioritizing risk. This would result in very accurate prioritization and will help you avoid needless busy work fixing low priority issues.

The **PIE CHART**

Enjoy this informative take on the boring old pie chart — the world's only dessert recipe that also conveys key metrics!

1 Master Pie Dough pie shell

2³/₄ cups canned pumpkin
(from 2 15-ounce cans)

1 teaspoon grated peeled
fresh ginger

1 teaspoon orange zest

1 teaspoon vanilla extract

³/₄ teaspoon kosher salt

¹/₂ teaspoon ground
cinnamon

¹/₄ teaspoon grated fresh
nutmeg

³/₄ cup granulated sugar

3 tablespoons water

²/₃ cup heavy cream,
warmed

²/₃ cup packed dark brown
sugar

3 tablespoons unsalted
butter

3 large eggs

¹/₂ cup candied pepitas
(shelled pumpkin seeds) or
nuts

CREDIT: www.foodandwine.com/recipes/gingered-pumpkin-pie-candied-pepitas

STEP 1

Preheat oven to 400°F. Line frozen pie shell with parchment paper, and fill with pie weights. Bake until crust edges are lightly browned, 16 to 18 minutes. Remove paper and weights; prick bottom of crust several times with a fork. Return to oven; bake until bottom is lightly browned, 4 to 6 minutes. Transfer to a wire rack to cool completely, about 30 minutes. Reduce oven temperature to 350°F.

STEP 2

Whisk together pumpkin, ginger, orange zest, vanilla, salt, cinnamon, and nutmeg in a large bowl; set aside.

STEP 3

Stir together granulated sugar and 3 tablespoons water in a small saucepan. Cook over medium, stirring constantly, until sugar melts, about 3 minutes. Increase heat to medium-high; cook, swirling saucepan often, until mixture is rich caramel in color, 6 to 7 minutes; remove from heat. Gradually add warm cream to sugar mixture, whisking constantly. (Mixture will bubble up.) Whisk in brown sugar and butter until smooth and incorporated.

STEP 4

Whisk warm caramel mixture into pumpkin mixture until combined. Whisk in eggs, 1 at a time, until incorporated. Pour mixture into pie shell; smooth top with an offset spatula. Bake at 350°F until filling is set and crust is golden, about 1 hour. Turn oven off, and crack open oven door; let pie stand in oven 15 minutes. Transfer pie to a wire rack to cool completely, about 4 hours. Garnish with candied pepitas.

 SECURITY TIP**Communicate risk in financial terms to the board.**

Ensure that reports to the board and other executive stakeholders go smoothly by communicating risk in the financial terms that they will understand. And everyone likes pie, so even if your results aren't great, they might be willing to overlook them for a slice of Dutch Apple or a fancy one like this Gingered Pumpkin pie.

BALBIX

Your recipe for a strong security posture

Balbix uses specialized AI algorithms to discover and analyze your enterprise attack surface to give a 100x more accurate view of breach risk, without increasing the size of your team or your budget. Balbix also provides a prioritized set of actions to reduce your breach risk by 95% or more.

1. Easy-to-deploy sensors and connectors discover and monitor all devices, apps, and users across 100+ attack vectors.
2. This data is analyzed using specialized AI to predict likely breach scenarios and provide prioritized actions.
3. Simple to operationalize workflows and custom dashboards enable you to optimize security posture.

