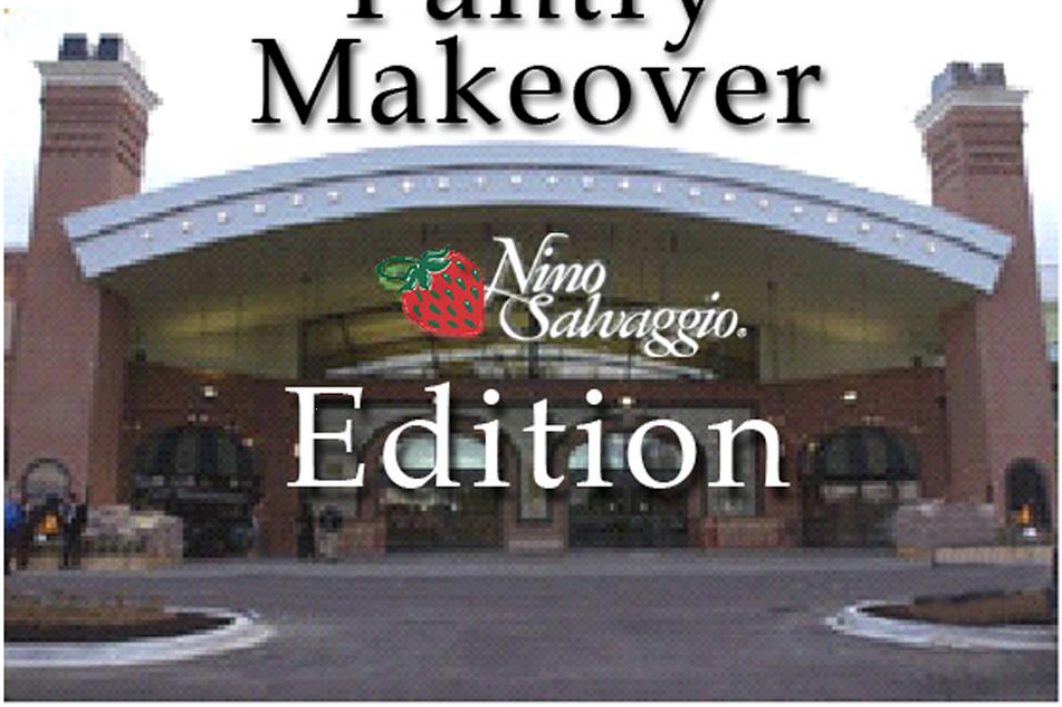
Extreme Pantry Makeover



Nino Salvaggio Live Cooking Demonstration
Clinton Township Store
Saturday, April 17th, 2010

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Ok, I'm a Chef....

I have a terrific culinary education, I've worked in great restaurants, taught at great schools and I work at a GREAT International Marketplace...**Nino's**....

For most of my whole career, I've been paid to cook great food, and I've been doing this for 35+ years....

....by now.... I'm supposed to know what I'm doing...

Let me first begin by saying that cooking is very personal. Everyone has their favorite foods, favorite recipes and even favorite ingredients. Added to that, many of us were raised on the cuisine of our parents and our extended family. Thus, a truly "personalized" Extreme Pantry Makeover would have to take those preferences and/or ethnicities into account. That, along with budget, restricted diets, allergies, your cooking prowess and the time you may or may not have to cook each meal. So, in essence, an individualized Pantry Makeover is more like a personal prescription than a generalization...please tailor this presentation to your own preferences, likes and dislikes...in cooking, one size does not fit all.

Today, I'm going to discuss what I think you should consider stocking in your kitchen as basic necessities if you really enjoy cooking. I'll call it a "Foundation Pantry" These would be the essential/ basic ingredients that I personally have at the ready in my own home kitchen. Of course, added to this list are many other items that just suit one use or another and other ingredients that I only use for special recipes or dinner parties. Those items are not on this list.

Aside from the fact that we all have to eat to live, if you truly enjoy cooking, you have to look at it like other professions or hobbies. Using another trade as an analogy, I'll say that a person who cooks out of necessity is a "Carpenter" and that their tool kit provides all the tools necessary to do basic wood framing (and basic cooking). But, if that same carpenter also enjoyed wood working, then there are many other essential "tools" of the trade that they would need to have in their workshop in order to be a true "craftsman" and create wonderful wood working projects. So, for discussion purposes, I'm going to presume the latter....that you're likely a wood worker or "Culinary Craftsperson"....and I'm here to outfit you with the right tools to do the job.
Today, we're going to break down my Extreme Makeover into 3 sections; **Dry Pantry, Refrigerated Goods and the Freezer**. I've also added a **Dry Produce Section**. Each has its own separate list of essentials items. Some are ingredients, and some are prepared items which you'll make and use as "ingredients" afterwards. In the end, I'm approaching this exercise like

I’m in charge of packing the last spaceship off the planet with all the essential cooking supplies... to make it even MORE challenging, ...There’s a weight restriction...

So, be prepared to take notes... it just wasn’t practical to write down all my thoughts and there are some alternative ideas here and there that you may want to make note of....

First....a few things that just make life a little easier in the kitchen...

- Oils in clear glass bottles with pourers
- A salt pig
- Spice tray
- Foil squares
- 18” Plastic film & foil
- A “BIG” wood cutting board
- Sharp knives that you like
    - A magnetic knife bar
- A hand held immersion blender
- Non-stick fry pans of various sizes
- Sil-Pat baking mats
- A GREAT potato peeler
- A half dozen good spatulas...
- A few whisks of various sizes
- A cheap Japanese mandolin
- Lots of 1 pint & 1 quart storage containers

And now...a word about perishables...

For the most part, I haven’t included highly perishables on this list. Items like fresh produce, fresh meats, poultry and seafood that need refrigeration but have a short shelf life. If it can’t last 2 weeks in the refrigerator it’s likely not on my “staples” list. Going back to the wood working analogy, I keep the tools, the nails and the screws in my inventory....I shop weekly for the “wood”. The items normally considered “perishable” under refrigeration I DO keep handy among my frozen inventory. And I keep them only as “back ups” in the event I have to prepare an unexpected meal, have last minute company or just run out of time to shop. So, I have it covered both ways.

DRY PANTRY

- Fats
  - Oils
    - Canola
    - Olive
    - Sesame
  - Butter
    - Cheap Unsalted
    - Plugra Salted
  - Vegetable Spray (Non-Stick)
  - Hydrogenated Shortening (Crisco)
- Flours (All Purpose and Whole Wheat)
  - 1st Alternative (Yellow Cornmeal or Polenta)
- Sugars
  - Granulated
  - Light Brown
  - Un-sulfured Molasses
    - 1st Alternate 10X or Powdered Sugar
- Seasonings (Get a GOOD peppermill)
  - How to buy, how to store
  - Herb Basics (Oregano, Sweet Basil, Thyme, Parsley, Sage, Rosemary, Tarragon)
  - Spice Basics (Ground Cinnamon, Cloves, Cinnamon, Nutmeg, Black Peppercorns, Cumin, Chili Powder, Ginger, Saffron Threads, Fennel Seed or Anise Seed)
  - Other (Granulated Garlic, Granulated Onion)
  - Rubs (Char-Crust Hickory)
  - Blends (Cajun/Blackening Seasoning)
- Salts (Have a salt pig)
  - Kosher/Sea
  - Finishing Salts
  - Prepared Seasoning Salt (Personalized)
- Canned & Jarred Goods
  - Crushed Tomatoes in Juice
  - Tomato Paste (Small cans)
  - Salvaggio Marinara Sauce
  - Beans (Black or Northern) Kidney 1st Alternate
- Panko & Italian Bread Crumbs
- Sweet Stuff
  - Semi-Sweet Chocolate
    - Cocoa as 1st Alternate
  - Pure Vanilla
- Pastas
  - Vermicelli
  - Penne or Farfalle
  - 3rd Alternate (Cous Cous)
- Rices
  - Converted
    - 1st Alternative (Pearl or Sushi if you like Asian, Basmati or Arborio if you like Italian)
- Leaveners

    - Baking Powder
    - Baking Soda
    - Dry Yeast
- Thickeners
    - Cornstarch
        - 1st Choice of alternative....Arrowroot (Bob's Red Mill)
    - Unsweetened Gelatin
- Vinegars
    - Cider
    - Balsamic
        - 3rd & 4th Alternate Rice Wine, (Sherry or Tarragon)
- Lemon Juice
- Honey
- Prepared Horseradish
- Maple Syrup (Pure)
- Peanut Butter (Smooth)
- Coconut, Shredded, Sweetened
- Barbecue Sauce (Sweet Baby Ray's)
- Raisins (Dark)

REFRIGERATOR

- Condiments
    - Mustards (Smooth Dijon & Yellow Salad) 1st Alternate Whole Grain Dijon
    - Ketchup
    - Mayonnaise
        - 1st Alternative Salad Dressing
    - Horseradish / Pickles
    - Liquid Smoke (Hickory)
    - Worcestershire Sauce
    - Tabasco (Cayenne in spices can be a substitute)
    - Kitchen Bouquet (Breaks my rules..)
    - Red Currant Jelly &/or Orange Marmalade
    - Pickles (whole) choose either Dill or Sweet (Capers are optional)
    - Olives (Kalamata or Spanish), Pitted
    - Maraschino Cherries (as much for the juice as the cherries)
    - Sweet Chili or Chili Garlic Sauce (especially if you enjoy Asian Cuisine) 1st Alternate Fish Sauce
- Sauce Bases
    - More than Gourmet
        - Foundation Sauces
    - Minor's
        - Beef, Chicken, Lobster
    - 1st Alternative (Kitchen Basics, All Flavors)
- Wines
    - White (Un-Oaked Chardonnay or Dry Riesling) & Red (Merlot or Zinfandel)
    - Marsala / Sherry / Port or Madiera
- Soy Sauce / Teriyaki Sauce (Soy Vay, Veri-Veri)
- Basic Produce

    - Sweet Onions
    - Bell Peppers
    - Red Skin or Idaho Potatoes
    - Fresh Garlic (or frozen)
- Dairy
    - Milk (any fat content)
    - Eggs (Ex. Large)
    - Half & Half (Ultra Pasteurized)
        - 1st Alternate Heavy Cream
        - 2nd Alternate Sour Cream
    - Cheeses
        - Grated or Shredded Parmesan (the good stuff)
            - 1st Alternative (Monterey Jack Blend)
        - Cream Cheese / Ricotta (depending if you like to bake)

FREEZER

- Almond Slivers
- Sun-Dried Tomatoes
- Cut Sweet Corn
- Green Peas
- P&D Shrimp 21/25 Minimum
- Sea Scallops
- Cod Fillets (I.Q.F. portions)
- Sautéed Onion & Pepper Mixture
- Braised, Pork
- Braised Beef (Short Ribs)
- Bacon (Nino's Maple or Peppered)
- Chicken Breasts
- Pork Baby Back Ribs
- Pork Tenderloins
- Beef Tenderloin
- NY Strip Steaks
- Sauces (See below)
    - Basil Pesto (Fresh Made or Delallo)
- Concentrated O.J.

DRY PRODUCE

- Sweet Onions
- Bulb Garlic
- Bell Peppers (Colorful)

TODAY'S RECIPES

Southern Style Chicken Gravy

Makes 3 Quarts

This recipe is an excellent one to use over any poultry dish or as a foundation for Chicken a la King, Chicken & Biscuits, Chicken & Dumplings or even as a soup base by thinning it down with stock and adding rice, noodles or vegetables

1 Stick	Butter
1 Cup	Onions, Sweet, Chopped
1/3 Cup	Carrots, Chopped
1/3 Cup	Celery, Chopped
1 tsp	Garlic, Minced
1 Cup	All Purpose Flour
3 Quarts	Chicken Stock (or Broth)
½ tsp	Sage
1/8th tsp	Thyme
1	Bay Leaf
1 Chicken	Roasted Chicken Bones (from a Rotisserie Chicken)
1 Chicken	Cooked Rotisserie Chicken Meat, Chopped Fine
1 Cup	Heavy Cream
1 TBSP	Parsley, Dry
To Taste	Salt & Pepper

1. In a medium to large size sauce pot, sauté onions, carrots, celery and garlic until softened but not browned.
2. Add flour and cook "roux" while stirring for 3 to 5 minutes.
3. Add chicken stock, sage, thyme, bay leaf and roasted chicken bones. Cook on a LOW simmer for 30 minutes to 1 hour. Do not scorch.
4. Strain sauce and return to the sauce pot.
5. Add chicken, heavy cream, parsley and season with salt and pepper to taste. Cook for an additional 15 to 20 minutes.
6. Optionally, sautéed mushrooms and sherry can be added to taste.

Honey & Soy Braised Beef with Sauce

Makes about 3 ½ lbs of Braised Beef and about 3 Quarts of Sauce

This recipe is as much about the sauce it creates as it is the delicious Braised Beef “headliner”. The soy sauce and honey add a remarkably rich flavor to this sauce, yet you really never know it’s there. Adding mushrooms only enhances this sauces ability to turn an ordinary steak into a memorable meal.

¼ Cup	Vegetable Oil (Canola)
5 Lbs	Beef Chuck (or Short Ribs) cut 2” x 2”
1 Cup	Onions, Sweet, Cut 1”
½ Cup	Carrots, Cut 1”
½ Cup	Celery, Cut 1”
1 TBSP	Garlic, Chopped Large
2 Quarts	Beef Stock (or Broth)
2 Cups	Soy Sauce
½ Cup	Honey
¼ tsp	Oregano
½ tsp	Basil
1 Stick	Butter
1 Cup	All Purpose Flour
2 TBSP	Butter
4 Cups	Mushrooms, White, Sliced
To Taste	Salt & Pepper

1. In a large sauce pot, heat vegetable oil until very hot and sear the beef on all sides until well browned. Do not over crowd the pan while searing the beef, otherwise it will not brown.
2. Remove beef as it browns and reserve.
3. Add onions, carrots and celery to the pot and sauté 3 to 5 minutes, lightly browning. Just before finishing the vegetables, add the garlic during the last minute of browning.
4. Add the beef back to the pot and then add beef stock, soy sauce, honey and spices. The liquids should just cover the meat and vegetables.
5. Cook COVERED on a low simmer for 2 to 2 ½ hours or until the beef is VERY tender.
6. Remove the braised beef pieces from the sauce pot, strain the remaining liquid broth and return the broth to the sauce pan.
7. In a separate, small saucepot or pan, heat 1 stick butter with 1 cup flour and cook over medium low heat 5 to 7 minutes. Allow this roux to cool 10 to 15 minutes afterwards.
8. Heat the beef & soy broth back to a simmer and add the cooked roux stirring with a wire whip constantly. Adjust the seasonings with salt and pepper then pour the sauce back over the top of the braised beef,
9. Optionally, you can add sautéed mushrooms with the remaining butter and mushrooms listed at the bottom of the recipe.

Lobster & Shrimp Sauce

Makes approximately 1 Quart

¼ Stick	Butter
1 TBSP	Garlic, Fresh, Minced
¼ Cup	Green Onion, Chopped Fine
8 Each	Shrimp, Minced
¼ Cup	Marsala Wine (Sherry Wine is an alternative)
1 Quart	Half & Half
2 TBSP	Cornstarch
1 ½ TBSP	Lobster Base (Minor's Brand)
Pinch	Paprika
Pinch	White Pepper
½ tsp	Tarragon, Dry (Optional)

1. Over medium heat, sauté garlic, green onions and minced shrimp in butter 1 to 2 minutes, do not brown.
2. Add Marsala wine and cook a half minute.
3. Mix together half & half and cornstarch and add.
4. Bring to a simmer and then add Lobster Base.
5. Continue to simmer and adjust seasonings to taste,
6. Add tarragon (optional) and simmer 5 minutes longer.

Thai Peanut Curry Sauce

Makes about 1 quart

3 TBSP	Ginger Root, Fresh, Minced
3 TBSP	Garlic, Fresh, Minced
3 TBSP	Green Onion, Chopped Fine
1 Medium	Jalapeno Pepper, Seedless, Minced
3 TBSP	Red Bell Pepper, Minced
3 TBSP	Sesame Oil
2 TBSP	Chicken Base, Minors Brand
1 Cup	Water
1 Cup	Teriyaki Sauce | Kikkoman
2 TBSP	Sweet Sherry
½ Lb	Peanut Butter, Smooth
2 TBSP	Curry Powder, (Oriental Style if available)
2 TBSP	Brown Sugar
¼ Cup	Cilantro Leaves, Fresh, Chopped
1 TBSP	Vinegar, Rice Wine
½ tsp	Fish Sauce

1) Briefly sauté garlic, ginger, green onion, jalapeno & bell pepper in 1/2 of sesame oil.
2) Add chicken base, water, teriyaki sauce and sherry and bring mixture to a simmer.
3) Add remaining ingredients and bring to a simmer whisking briskly.

4) Adjust seasonings if necessary and reserve.

Southwest Fajita Marinate & Dressing

Makes about 3 Pints

2 Cups	Teriyaki Sauce
3 TBSP	Cornstarch
½ Cup	Water
2 Cups	Olive Oil
¼ Cup	Garlic, Minced
1/3 Cup	Sweet Onion, Minced
1/3 Cup	Red Bell Pepper, Minced
1 Medium	Jalapeno Pepper, Seeded, Minced
¼ Cup	Lt. Brown Sugar
¼ Cup	Cilantro Leaves, Chopped
½ tsp	Liquid Smoke (Hickory)
1 TBSP	Cumin
2 TBSP	Chili Powder

1. In a medium size sauce pot, heat teriyaki sauce to a simmer.
2. Dissolve cornstarch in water and gradually add to simmering teriyaki sauce to thicken. Bring to a boil, then remove thickened teriyaki sauce from heat and cool.
3. Sauté peppers, onions, garlic and jalapeno in 2 TBSP of the olive oil and reserve.
4. Add remaining olive oil to the thickened teriyaki sauce while whisking or using immersion blender. The mixture will become creamy and thicker.
5. Add all remaining ingredients and stir in well to incorporate.
6. Chill.