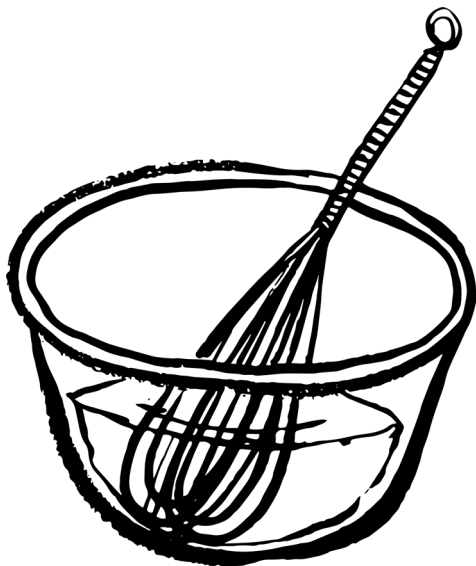


stocked.

a short pantry guide



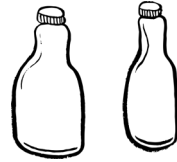
written by elise gallant
illustrated by lio coulter

ricotta

This is a ratio recipe — you can use any amount of either ingredient as long as you follow a 4:1 ratio

The 4:1 ratio is Milk : Buttermilk

Ex. 4 cups milk : 1 cup buttermilk



1. Add the milk and buttermilk to an appropriate sized sauce pot
2. Give it a quick mix, turn the heat onto medium, and give it a few minutes to get going
Stir this mix as little as possible — this allows curds to form on the top of the liquid
3. Squeeze 2-3 juicy lemons into your slightly curdled liquid — this keeps the curds together
4. Let it cook for a few mins then strain through a fine mesh strainer, saving the liquid
*This byproduct is **whey***
5. Once cooled, whip this in your food processor with some whey and heavy cream until smooth and fluffy



You can use whey to lactoferment things like hot sauce or bolster savory soups

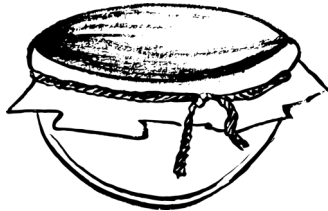
creme fraiche

Here's another little ratio recipe, again, 4:1

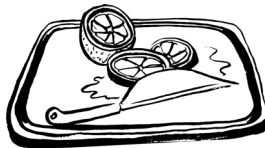
The 4:1 ratio is Heavy Cream : Buttermilk



1. Pour the heavy cream and buttermilk into an appropriate sized container/bowl
2. Give it a quick stir — this gives it the life it needs to become a cultured product
3. Cover with cheesecloth and secure it with tape or kitchen twine
4. Leave it at room temp (70-75 degrees) for 24-48 hours. Use as a base for creamy dressing or sauce



*For a tasty breakfast, add citrus
zest (I like blood orange for this)
and honey, eat with crunchy
granola and fresh fruit*



preserved lemon

This cure can be translated to a lot of different products, especially citrus fruits. And again, uses a quick ratio of 2:1

2:1 is Salt : Sugar

This recipe is enough to cure 10 lemons, I slice them just thin enough to see through on a mandolin so it's ultra consistent

you'll need

- 1 cup salt
- 1/2 cup sugar
- 1/2 tsp red pepper flakes
- 2 tsp fresh thyme,
destemmed & chopped
- 2 cloves garlic, microplaned
- 1 shallot, minced & rinsed
or a few seconds under
hot water
- 2-3 tbsp of olive oil



1. Lay your sliced lemons into a tightly shingled pattern on a sheet tray lined with parchment, try to pick the seeds out as you go along
2. Once the sheet is covered with one layer, sprinkle about 1/2 of the cure over your lemons
3. Create another layer and cover with cure, repeat as necessary (you should have two packed layers)
4. Wrap the tray in plastic wrap and chill in the fridge for about two days, take out and put into air tight containers (makes about 1 quart) with all the juices, store in the fridge



quick vin

When I dress tender greens, I like a really bite-y and acidic vinaigrette, but this can be adjusted to your taste depending on how much oil you add

Some enjoy a 2:1 ratio of oil : vinegar, I like more of a 1:3 balance of oil : vin

You can use any vinegar for this including rice wine, red wine, champagne, apple cider, etc.



you'll need

- 1 cup vinegar
- ~1/3 cup olive oil
- 1 shallot, minced
- 1 whack of dijon
- Salt and pepper

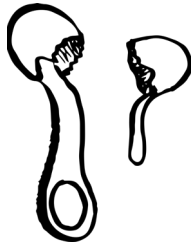
1. Whisk everything together
2. Adjust seasoning ie. too acidic, add oil; too fatty, add lemon and salt; too separate for your taste, add more dijon and whisk like crazy; can't find the perfect balance? maybe add a touch of honey
3. Give your greens a quick toss right before serving/eating or drizzle over roasted veggies when they come out of the hot oven



mayo

Mayo is the sweet combo of egg yolk and oil a.k.a. emulsification — the two come together to create a smooth, fatty spread that can be changed to fit your taste

I use a food processor for this but if you have the muscles and the patience, you can whisk this by hand



you'll need

- 2 yolks
- Juice of 2 lemons
- 2 cloves garlic, microplaned
- Veg or canola oil
- Splash of water, optional

1. Place the yolks, lemon juice, and garlic into the food processor
2. Turn the processor on and slowly drizzle in the oil
3. As the oil and yolks emulsify, it will begin to thicken
4. If it starts to get too thick, add a splash of water and if too loose, continue to drizzle oil
5. Season with salt, lemon, and a few shakes of tabasco



chicken stock

You can alter this recipe to fit any dietary restriction, pantry items you might have, or old veggies that you need to use up

The major key here is the aromatics you choose — I always use peppercorns and bay leaf but add ginger, turmeric, or any other things you have laying around

you'll need

1 chicken body — you can use a raw, butchered chicken or an already roasted and picked apart chicken

Some carrots, peeled and cut into large pieces

Some celery, cut into large piece

A couple onions, peeled and cut into large pieces

A handful of garlic cloves

Herbs — I take this opportunity to clear out my herb drawer throwing in whatever parsley, dill, thyme, scallion, chives or anything else that might look a little sad in the crisper

Aromatics like peppercorns, bayleaf, thyme, etc



1. Throw everything into a large pot and cover with **cold** water
2. Bring to a steady simmer and keep it going until you notice some reduction and it starts to smell good
3. As it simmers, skim and “scum” or foam that appears off the top
4. After about an hour or two, the longer you go the stronger it'll be, strain into large container and let cool for future use or use immediately in soups or stews



pesto

This can be made with any combo of herbs, greens, nuts, and cheeses. Add to pasta, eggs, mayo, on top of soups, etc.

you'll need

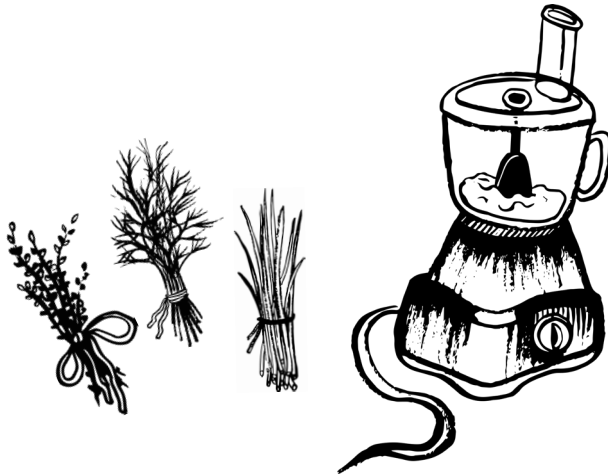
A big bunch of herbs, I like to use basil and parsley

Some toasted nuts, pine nuts are traditional, but pistachios and walnuts are not uncommon

Pecorino cheese or parm or any other crumbly cheese

Good olive oil

1. Add your herbs, nuts, and cheese to the bowl of a food processor and pulse a few times to break it all down
2. Once you get the leaves smaller, let it run while you drizzle in a few glugs of olive oil
3. When it hits the consistency you like, turn off the machine and season to taste with salt and tabasco



things I buy for the pantry

cento anchovies



My fave little fish packed in oil. The key ingredient for a funky Caesar dressing, perfect in pastas, or simply opened and put on the charcuterie board

sambal oleck

Chili garlic sauce, perfectly balanced between spicy and acidic. I drizzle it over eggs, throw into stir-fries, dipping sauces, marinades, mac and cheese, tomato sauce, and anything else that needs a little extra kick



buttermilk



Sour-ish milk that is actually the byproduct of churning butter making it low-fat but high protein. You can also make it at home by adding 1 tsp lemon juice to 1 cup low-fat milk, but I love the texture and viscosity of Guernsey Dairy buttermilk. Buttermilk can be used in dressings, cakes, biscuits, icings/frostings, and brines

dijon mustard

Too many uses to count! Charcuterie or just cheese and crackers, sandwiches, dressings. Add in to hollandaise, marinades and rubs. Add honey for honey mustard, in deviled eggs, pan sauces, the list goes on





designed by holly johnson