

WHATS IN YOUR PANTRY

PANTRY FINDINGS AND RECIPES

Listed below are the five class members who were chosen at random and asked to tell me what was in their kitchen pantries. Based on what they said, I developed one or two recipes for each. In some cases an item in the attached recipes may have needed to be purchased; however, for the most part the recipes used the ingredients the volunteers listed. Of course the basics, the staples, are assumed to be on hand. Here are the volunteers and the recipes developed based on their pantry ingredients.

Susan O'Boyle said she had dried pasta, honey roasted almonds, sour cherry fruit spread, canned pumpkin and some salmon in the freezer. Her recipes are:

Grilled Salmon with Sour Cherry Sauce served over cooked pasta with butter and chopped Honey-Roasted almonds. The second recipe is Cinnamon Spiced Pumpkin Muffins.

TereMathiew said she had Quattro Formaggi in the freezer. Also dried pasta, nutmeg, white pepper, sea salt and milk. Her recipe was:

Italian Four-Cheese pasta sauce

Mary Lu Bednarsky said she had frozen shrimp in the freezer plus some fresh peppers, fresh pears and fresh bananas. She also had mushrooms in a jar, canned Diced tomatoes, canned sweet peas, canned bean sprouts, white rice, canned mandarin oranges, canned pineapple chunks, canned diced mango plus some bagged nuts. Her Recipes are:

Shrimp and rice stuffed peppers plus a mock Waldorf salad.

Linda Le Duc said she had a fresh pork loin in the refrigerator plus carrots, halo oranges, and apples. In addition she had some dried cranberries, honey and a jar of Thai Sweet Gingers sauce. Her recipes are:

Slow Roasted Pork Loin with Thai sweet ginger sauce and a side of honey roasted carrots. In addition she will also have salad of oranges, apples, herbs and dried cranberries with a honey-lime dressing.

Suzanne Pastura said she had fresh Lump Crab Meat, some cauliflower, Grape tomatoes, fresh Basil, Spring Onions, parsley and a Jalapeno Pepper. Her recipes are:

No Filler Crab Cakes and a Roasted Cauliflower, Grape Tomato and Basil Cake

HERE ARE THE RECIPES BASED ON WHAT WAS IN THEIR PANTRIES

Grilled Salmon with Sour Cherry Sauce on Buttered Pasta w/ Chopped Honey Roasted Almonds (Susan O'Boyle)

2 – 6 to 8 ounce salmon fillets, skinned if preferred
2 large lemons, whole
Old Bay Seasoning – optional
Salt and Pepper
Sour Cherry spread
1tablespoon lemon juice
Farfalle pasta
3 tablespoons Butter
4 tablespoons Honey Roasted Almonds - chopped
Vegetable oil

Place 2 – 4 tablespoons Sour Cherry spread into a small saucepan and place over low heat, stirring often until spread is liquid. Stir in the tablespoon of lemon juice.

Rub a little vegetable oil on the fish, both sides; season with salt and pepper, and if desired, a little Old Bay. Cook the fish in heated grill pan, approximately 3 minutes per side. Place cooked fish on sheet pan and keep warm in 180-degree oven.

Cut the lemons in half and scoop out the insides. Trim the edges and flute, if desired. Cut a small slice off the bottom so the lemon stands upright. Fill each lemon cup with some of the Sour Cheery syrup. Meanwhile, cook the pasta as per package instructions, drain and then add the 3 tablespoons of butter and toss to coat the pasta.

Place some pasta in the center of each plate and top with some of the Honey-Roasted almonds. Top with cooked salmon and then spoon some of the Sour Cherry sauce over the fish. Place a filled lemon half on the plate and serve.

Cinnamon Spiced Pumpkin Muffins

Nonstick spray or cupcake liners

1¾ cups all-purpose flour

1½ teaspoons baking powder

1 teaspoon ground cinnamon

½ teaspoon ground ginger

½ teaspoon kosher salt

1/8 teaspoon ground nutmeg

1 cup light brown sugar

1 cup pure canned pumpkin

½ cup granulated sugar, plus more for topping

½ cup vegetable oil

2 large eggs

Preheat the oven to 350-degrees. Lightly coat a standard 12-cup muffin tin with nonstick spray or line with paper liners. Mix flour, baking powder, cinnamon, ginger, salt, and nutmeg in a medium bowl and set aside.

In a separate medium bowl, whisk brown sugar, pumpkin, granulated sugar, vegetable oil and eggs and then beat vigorously until smooth and combined. Add the flour mixture and mix until evenly incorporated.

Divide batter evenly among muffin gups. Sprinkle evenly with granulated sugar and bake until a toothpick inserted in the center comes out clean, 22 to 25 minutes. Serve warm or at room temperature.

Italian Four-Cheese (Quattro Formaggi) Pasta Sauce (Tere Mathieu)

1 – 14 ounce package pasta, your choice
1 cup whole milk
1 pinch freshly ground nutmeg
1 pinch white pepper
Fine sea salt, to taste
1 pkg. Quattro-Formaggi

Bring a large pot of salted water to a boil. Add whichever type of pasta you choose. Stir, bring back to a boil and start timing according to your desired degree of doneness or the instructions on e package.

While the pasta is cooking, in a small heavy-bottomed saucepan, heat the milk over medium-low heat. Add the Quattro-Formaggi cheeses and with a wooden spoon, stir until it is melted and the mixture is homogeneous. Now stir in the nutmeg and white pepper.

About 1 minute before the pasta is done, remove it from the heat and drain it. Transfer the drained pasta to a large skillet and stir in the milk and cheese mixture. Cook, shaking the pan continuously and vigorously until the sauce has thickened and the pasta is perfectly al dente and coated in the cheese sauce. Season to taste with a pinch of the sea salt and plate.

Serve hot, with additional grated cheese for topping, if desired, and a green salad.

Shrimp Stuffed Peppers (Mary Lu Bednarsky)

3 cups cooked rice (about 1-cup raw rice)
1 tablespoon olive oil
¼ stick butter
1 pound medium-sized shrimp (peeled/deveined).
Creole seasoning
½ large yellow onion, chopped
½ green bell pepper, chopped
1 clove garlic, chopped
1 can diced tomatoes
1 jar mushrooms
1 can bean sprouts
3 red bell peppers
1` cup water
1 cup shredded cheese
Fresh chopped parsley for garnish

Begin by making the rice so it can be ready when the shrimp sauce is ready. Slice the peppers in half. Remove ribs and seeds. Rinse peppers; place them in boiling water to parboil them for about 5 minutes. Remove from water and arrange cut side down in a large casserole dish.

Heat the olive oil and butter in a large pot over medium high heat. Season the shrimp with creole seasoning (to taste). Add the shrimp and sauté until they are cooked through, about 3 to 5 minutes. Remove shrimp to a bowl once cooked. Add a little more oil to the pot and sauté onion, green pepper, mushrooms and sprouts until soft and cooked through; season with a pinch of the creole spice if desired. Reduce the heat to medium-low and add the diced tomatoes and stir. Add the shrimp back into the sauce and stir. Stir in the cooked rice and turn off the heat.

Fill each pepper with a good amount of the shrimp/rice mixture. Pour about ½ cup of water into the bottom of a casserole dish. This is to allow the peppers and the rest of the dish to continue to steam a little. Cover the casserole dish with foil and seal tightly. Bake at 350-degrees for 20 to 25 minutes. Remove from the oven and very carefully remove foil (be careful of the steam) and top with a little shredded cheese and fresh parsley and serve.

Mock Waldorf Salad

Sliced bananas
Small can mandarin oranges – drained
Small can pineapple chunks – drained
Small can diced mango – drained
1/8 cup raisins
1/8 cup mini marshmallows
1/8 cup nuts, either walnuts or pecans
¾ cup mayonnaise
1 tablespoon white sugar
1 ½ teaspoons lemon juice
1/8 teaspoon salt

Whisk the mayonnaise, sugar, lemon juice and salt together in a serving bowl. Stir in the remaining ingredients and mix well to combine. Cover and chill in the refrigerator for at least 1 hour. Serve chilled.

Roasted Pork Loin with Thai Sweet Ginger Sauce and Honey Roasted Carrots (Linda Le Duc)

1 3 pound pork loin
3 tablespoons olive oil – divided
1 Jar Thai Sweet Ginger Sauce
1 teaspoon paprika
1 teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried thyme
½ teaspoon dried rosemary
Salt and freshly ground black pepper
¼ cup honey
1 pound carrots, peeled and cut into 1 inch chunks

Preheat oven to 375-degrees. Line a rimmed baking sheet with aluminum foil and set aside. Pat dry pork loin with paper towels.

In a small bowl combine the paprika, garlic, onion, thyme, rosemary, salt and pepper. Mix well. Lightly spray pork loin with cooking spray or rub with a little cooking oil. This will make it easier for the spice mix to stick. Take the spice mix and rub it all over the pork loin.

In a heavy bottomed skillet, take 1 tablespoon of olive oil and heat it, then add the pork loin and broiled it on all sides, about 3 to 5 minutes per side. Transfer pork loin to previously prepared baking sheet, fat layer side up. Set aside.

In a bowl, combine the sweet ginger sauce and a tablespoon of olive oil. Reserve 3 tablespoons of the sauce to use for the carrots. Brush the remaining sauce mixture over the pork loin. Roast in the preheated oven for 25 minutes.

Add 1 tablespoon of olive oil to the bowl with the cut-up carrots, then mix in the 3 tablespoons of the ginger sauce. Mix well to coat all the carrots. Pull the pork roast out of the oven and add the carrots all around it in one layer. Tent a piece of foil over the pork so the too doesn't burn, but the inside continues to cook. Put it back in the oven and continue to cook for an additional 25 to 30 minutes or until the internal temperature of the pork loin reaches 145-degrees on an instant read thermometer. Stir the carrots half way through cooking.

Remove the baking sheet from the oven and loosely cover the meat and carrots with foil; let rest 10 minutes. Cut the pork in slices and serve with the carrots.

Honey-Fruit Compote

Halo oranges, segmented

Apples – cored and diced

Dried cranberries

1 lime- zested

1 tablespoon chopped fresh mint

4 tablespoons honey

1 tablespoon sesame seeds, optional, either white or black or both

Mix the fruit together. Mix the honey and 2 tablespoons lime juice together. Add the lime zest and the chopped mint. Toss with the fresh fruit and mix well. Add the cranberries and sesame seeds if using. Refrigerate prior to serving.

NO FILLER CRAB CAKES (Susanne Pastura)

1 pound jumbo lump crab meat
1 teaspoon Worcestershire sauce
Freshly squeezed juice from ¼ lemon (1 teaspoon)
1 teaspoon powdered mustard
1 teaspoon Old Bay seasoning
2 scallions, white and light-green parts, finely chopped
¼ cup chopped flat leaf parsley
½ chopped Jalapeno – size depends on how hot you want it
1 egg
½ cup good quality mayonnaise
1 tablespoon chopped cilantro – optional
3 – 4 tablespoons canola oil for cooking

Spread out the crab meat on a baking sheet and go through it carefully to pick out and discard any bits of shell or cartilage. Take care to leave the lumps intact as much as possible. Transfer the picked over crab meat to a large bowl.

Add the Worcestershire sauce, lemon juice, mustard, Old Bay, scallions, parsley, jalapeño and cilantro to the bowl. Use a flexible spatula or your clean hands (better) to gently fold the mixture without breaking up the lumps of crabmeat. Beat the egg in a separate bowl, then add the mayonnaise to the egg mixture and mix well. Gently fold into the crab mixture until thoroughly incorporated.

Set a strainer inside a large bowl, fill the strainer with the crab cake mixture and cover it with plastic wrap; refrigerate for at least several hours or up to overnight. Remove from the refrigerator and discard the liquid in the bowl.

To form the crab cakes, take approximately ¼ of the mixture and place it into a 3-inch round biscuit cutter on a parchment lined baking sheet; gently press the crab meat into the cutter to form a crab cake. Remove the mold and repeat with the remaining crab mixture. You should have 4 fairly firm crab cakes when done. Cover and refrigerate until ready to cook. Note: the crab cakes can be formed several hours in advance.

Place a baking sheet in a pre-heated 200-degree oven. Pour some oil into a skillet over medium heat until the oil shimmers. Carefully place 2 of the crab cakes in

the skillet and cook undisturbed for 3 to 4 minutes, until the bottoms are well browned. Use a large, thin spatula to turn the cakes over; cook for 3 more minutes on the second side, just until they are browned. Transfer them to the oven to keep warm while you cook the remaining crab cakes. Serve warm and enjoy! This should make 4 to die for crab cakes

GRAPE TOMATO, BASIL, AND CAULIFLOWER CAKE

1 small cauliflower- cut into small florets	2 tablespoons olive oil
2 tablespoons butter	2 cloves garlic, minced
8 eggs	½ cup fresh basil, chopped
1 cup all-purpose flour	1½ teaspoons baking powder
¼ teaspoon ground turmeric	½ teaspoon ground cumin
Pinch red pepper chili flakes	1½ teaspoons kosher salt
Ground pepper to taste	5 ounces grated Parmesan cheese
1½ cups fresh grape tomatoes, sliced	

Pre-heat the oven to 400 degrees.

Steam or roast cauliflower until tender, about 12 minutes. Set aside. In a small skillet, heat oil and butter over medium heat. Add garlic and sauté until fragrant. Scrape garlic into a large bowl, then add eggs and basil, whisking well. Add dry ingredients, seasonings and Parmesan cheese. Whisk until smooth. Now, gently stir in cauliflower and tomatoes.

Spray a 9½ inch diameter spring-form pan with cooking spray. Pour mixture into pan, spreading evenly. Place on middle rack and bake for 40-45 minutes, until golden brown and set. A knife inserted in cake center should come out clean. Remove from oven and let rest 15-20 minutes. Remove outer pan ring, and slice cake into serving pieces. Serve with a nice crisp Caesar salad.
Enjoy!

