

Good Morning...As you know our next class is "Cooking from the Pantry." I wanted to take a moment to give you some information about what to expect from this class.

The concept was to take an inventory of what you have in your pantry and then apply those items to recipes you can prepare for either yourself or for entertaining others. Keep in mind that items like sugar, flour, salt, pepper, mayo, butter, mustard, and other standard ingredients are considered staples. What I was looking for were the vegetables, fruits, meats, seafood, or frozen items on hand. Also pastas, sauces, rice, and baking items other than flour and sugar. My plan is to take what you tell me and make something out of it.

That being said, five class members were chosen at random and asked to tell me what was in their kitchen pantries. I then applied what they told me and either made a known recipe or created a new one. I will share all those with you in class.

As for the attached, Basic Kitchen Tools and Equipment list, back when I was teaching Adult Ed., I prepared this for a class on designing and equipping your kitchen. It is by no means what should be in everyone's kitchen. There is no right or wrong list of items. It depends on how often you cook and how many you cook for. If just yourself, your list might be a lot smaller than someone who cooks for several family members. Others, who love to cook and spend time in the kitchen most likely will have a longer, more detailed list.

So, I would like for you to print the list and then see how many of the listed items you have. Then bring that list to class so we discuss who has what and how everyone compares.

The purpose of this class is not to teach you how to cook, but rather to best use what you already have, be it a food item or a kitchen utensil.

See you all on February 28th.

Chef Cal