

September 2, 2012

## Stocking the Pantry

Having a well-stocked pantry is a key to successful weeknight cooking, as well as to being prepared for impromptu gatherings. In this class you'll learn what chefs always have on hand, including healthy items that make easy meals. In addition, you'll learn how to “put up” some of summer's final crop.

A well-stocked pantry is the secret to getting dinner on the table during a hectic workweek—there's no need to make a trip to the grocery store. To inspire you, we offer some quick and easy recipes that rely on ingredients in your pantry, refrigerator and freezer.

### The Pantry

Typically, the pantry is a closet or one or more cupboards where you store dried herbs and spices, canned and jarred condiments, oils and vinegars, grains and pastas, and such fresh foods as potatoes, onions, garlic, ginger and shallots. Make sure your pantry is cool, dry and dark when not in use, as direct heat or light can sap herbs and spices of their flavor and hasten spoilage of grains and oils.

### Stock Your Pantry

- Take inventory of what is in your pantry using the Pantry Staples list inside.
- Remove everything from the pantry; clean the shelves and line with paper, if needed; and then re-sort the items by type.
- Discard items that have passed their expiration date or have a stale or otherwise questionable appearance or odor.
- Make a list of items that you need to replace or stock.
- Shop for the items on your list.
- Restock the pantry, organizing items by type.
- Write the purchase date on perishable items and label bulk items.
- Keep staples you use often toward the front of the pantry.
- Keep dried herbs and spices in tightly sealed containers and preferably in a separate spice or herb organizer, shelf or drawer.

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### Stone-Fruit Chutney



*A perfect way to “put up” late summer stone fruit, this beautiful chutney serves as a delicious reminder of the season's bounty. Enjoy it later alongside a holiday ham or turkey or with roast pork loin. The chutney also makes an elegant addition to a cheese plate and pairs especially well with a creamy St. André or a tangy goat cheese.*

1 cup golden balsamic vinegar  
 1½ cups sugar  
 2 lb. peaches or nectarines  
 2½ lb. apricots, plums or pluots, pitted and sliced  
 1 lb. cherries, pitted and halved  
 2 tsp. whole cloves  
 2 tsp. cardamom pods  
 1½ tsp. black peppercorns, crushed  
 ½ tsp. anise seeds  
 4 orange zest strips, each 1 inch wide and 2 inches long  
 2 cinnamon sticks

In a large nonreactive saucepan, stir together the vinegar and sugar. Blanch and peel the peaches, then halve them and remove the pits. Cut the peach halves into thick slices and add to the pan along with the apricots and cherries. Stir the fruit to coat with the vinegar-sugar mixture. Place the cloves, cardamom pods, peppercorns and anise seeds on a square of cheesecloth. Tie the corners together with kitchen string and add to the pan along with the orange zest and cinnamon sticks. Let stand at room temperature for 1 hour.

Have ready 7 hot, clean half-pint jars and their lids.

Set the pan over medium-high heat and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the mixture is thickened and almost jamlike, about 1 hour and 15 minutes. Discard the cloth bag and cinnamon sticks.

Ladle the hot chutney into the jars, leaving ¼ inch of headspace. Remove any air bubbles and adjust the headspace, if necessary. Wipe the rims clean and seal tightly with the lids.

Process the jars in a boiling-water bath for 15 minutes. The sealed jars can be stored in a cool, dark place for up to 1 year. If a seal has failed, store the jar in the refrigerator for up to 2 months. Makes 7 half-pint jars.

Adapted from *The Art of Preserving*, by Lisa Atwood, Rebecca Courchesne & Rick Field (Weldon Owen, 2010).

### Lentil Soup with Pasta



*Instead of using pancetta, ask your butcher or delicatessen for prosciutto ends. The cost should be a fraction of the price of sliced prosciutto.*

In a large pot over medium-high heat, warm the olive oil. Add the pancetta and sauté until lightly browned, about 2 minutes. Add the onion, garlic, carrot, celery and sage and sauté until the vegetables are softened, about 3 minutes.

Stir in the lentils and tomatoes and cook, stirring occasionally, for 5 minutes. Increase the heat to high, add the 6 cups broth and bring to a boil. Add the 1 Tbs. salt, reduce the heat to medium-low and simmer, partially covered, until the lentils are nearly tender, 30 to 40 minutes. Add more broth if the soup starts to dry out.

Add the pasta to the lentils. Cook, stirring occasionally to prevent sticking, until the pasta is not quite al dente, about 2 minutes less than the package instructions. The pasta will continue to cook in the heat of the soup. Season with salt and pepper. Ladle the soup into bowls and serve immediately. Serves 4.

Adapted from Williams-Sonoma Food Made Fast Series, *Pasta*, by Julia della Croce (Oxmoor House, 2006).

3 Tbs. olive oil  
 2 oz. chopped pancetta or bacon  
 1 small yellow onion, chopped  
 2 large garlic cloves, minced  
 1 carrot, finely chopped  
 1 celery stalk, finely chopped  
 1 Tbs. minced fresh sage  
 2 cups lentils  
 1 cup canned whole plum tomatoes, chopped, with juice  
 6 cups chicken broth, plus more if needed  
 1 Tbs. salt, plus more, to taste  
 ¼ lb. tubettini, ditalini or other small soup pasta  
 Freshly ground pepper, to taste

## Keep It Organized

- Look over the recipes in your weekly menu plan and check your pantry to make sure you have all the ingredients you will need.
- Rotate items as you use them, moving the oldest ones to the front of the pantry so they will be used first.
- Keep a list of the items you use up so you can replace them.

## Storing Foods in the Pantry

**Dried herbs and spices:** Dried herbs and spices start losing flavor after about 6 months, so buy in small quantities and replace often. Store in airtight containers.

**Oils:** Store unopened bottles of oil at room temperature in a cool, dark place. Oils will keep for up to 1 year, but their flavor diminishes over time. Store opened bottles for 3 months at room temperature or in the refrigerator for up to 6 months.

**Grains and pastas:** Store grains in airtight containers for up to 3 months. The shelf life of most dried pastas is 1 year. Although safe to eat beyond that time, they will have lost flavor. Once you open a package, put what you do not cook into an airtight container.

**Fresh foods:** Store in a cool, dark place and check occasionally for sprouting or spoilage. Do not put potatoes alongside onions; when placed next to each other, they produce gases that hasten spoilage.

**Canned foods:** Discard canned foods if the can shows signs of expansion or buckling. Once a can is opened, transfer the unused contents to an airtight container and refrigerate.

## Pantry Staples

This list includes essential ingredients to store in your pantry.

<b>Grains and pastas</b> <ul style="list-style-type: none"><li><input type="checkbox"/> barley</li><li><input type="checkbox"/> basmati rice</li><li><input type="checkbox"/> cornmeal</li><li><input type="checkbox"/> couscous</li><li><input type="checkbox"/> dried bread crumbs</li><li><input type="checkbox"/> farro</li><li><input type="checkbox"/> lo mein</li><li><input type="checkbox"/> long-grain white rice</li><li><input type="checkbox"/> penne</li><li><input type="checkbox"/> quinoa</li><li><input type="checkbox"/> rice vermicelli</li><li><input type="checkbox"/> noodles</li><li><input type="checkbox"/> spaghetti</li></ul>	<b>Fresh foods</b> <ul style="list-style-type: none"><li><input type="checkbox"/> avocados</li><li><input type="checkbox"/> garlic</li><li><input type="checkbox"/> ginger</li><li><input type="checkbox"/> onions (red, sweet, yellow)</li><li><input type="checkbox"/> potatoes (red, sweet, white, Yukon Gold)</li><li><input type="checkbox"/> shallots</li><li><input type="checkbox"/> tomatoes</li></ul>	<b>Spirits</b> <ul style="list-style-type: none"><li><input type="checkbox"/> amber ale or dark beer</li><li><input type="checkbox"/> bourbon</li><li><input type="checkbox"/> brandy</li><li><input type="checkbox"/> Cognac</li><li><input type="checkbox"/> dry sherry</li><li><input type="checkbox"/> Marsala</li><li><input type="checkbox"/> mirin</li><li><input type="checkbox"/> port</li><li><input type="checkbox"/> red wine, full bodied</li><li><input type="checkbox"/> sake</li><li><input type="checkbox"/> tequila</li><li><input type="checkbox"/> white wine, dry and fruity</li></ul>
<b>Oils</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Asian sesame oil</li><li><input type="checkbox"/> canola oil</li><li><input type="checkbox"/> corn oil</li><li><input type="checkbox"/> olive oil</li><li><input type="checkbox"/> peanut oil</li></ul>	<b>Vinegars</b> <ul style="list-style-type: none"><li><input type="checkbox"/> balsamic vinegar</li><li><input type="checkbox"/> cider vinegar</li><li><input type="checkbox"/> malt vinegar</li><li><input type="checkbox"/> red wine vinegar</li><li><input type="checkbox"/> rice vinegar</li></ul>	<b>Condiments</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Asian fish sauce</li><li><input type="checkbox"/> black bean sauce</li><li><input type="checkbox"/> Dijon mustard</li><li><input type="checkbox"/> hoisin sauce</li><li><input type="checkbox"/> honey mustard</li><li><input type="checkbox"/> mango chutney</li><li><input type="checkbox"/> mayonnaise</li><li><input type="checkbox"/> oyster sauce</li><li><input type="checkbox"/> soy sauce</li><li><input type="checkbox"/> Worcestershire sauce</li></ul>
<b>Nuts and dried fruits</b> <ul style="list-style-type: none"><li><input type="checkbox"/> almonds</li><li><input type="checkbox"/> apricots</li><li><input type="checkbox"/> cashews</li><li><input type="checkbox"/> cherries</li><li><input type="checkbox"/> dates</li><li><input type="checkbox"/> peanuts</li><li><input type="checkbox"/> pistachios</li></ul>	<b>Dried herbs and spices</b> <ul style="list-style-type: none"><li><input type="checkbox"/> ancho chili powder</li><li><input type="checkbox"/> bay leaves</li><li><input type="checkbox"/> black peppercorns</li><li><input type="checkbox"/> caraway seeds</li><li><input type="checkbox"/> cinnamon, ground and sticks</li><li><input type="checkbox"/> coriander, ground</li><li><input type="checkbox"/> cumin, ground</li><li><input type="checkbox"/> cumin seeds</li><li><input type="checkbox"/> garam masala</li><li><input type="checkbox"/> mustard seeds</li><li><input type="checkbox"/> paprika</li><li><input type="checkbox"/> red pepper flakes</li><li><input type="checkbox"/> saffron</li><li><input type="checkbox"/> sesame seeds</li></ul>	<b>Canned and jarred foods</b> <ul style="list-style-type: none"><li><input type="checkbox"/> beef broth</li><li><input type="checkbox"/> chicken broth</li><li><input type="checkbox"/> capers</li><li><input type="checkbox"/> chipotle chilies in adobo</li><li><input type="checkbox"/> honey</li><li><input type="checkbox"/> Kalamata olives</li><li><input type="checkbox"/> oil-packed sun-dried tomatoes</li><li><input type="checkbox"/> pesto</li><li><input type="checkbox"/> roasted red peppers</li><li><input type="checkbox"/> tomatoes</li></ul>
<b>Miscellaneous</b> <ul style="list-style-type: none"><li><input type="checkbox"/> flour</li><li><input type="checkbox"/> molasses</li><li><input type="checkbox"/> sugar</li><li><input type="checkbox"/> tortillas</li><li><input type="checkbox"/> legumes (black beans, lentils navy beans, pinto beans, etc.)</li></ul>		

1½ cups farro, soaked in water to cover for 20 minutes and drained

For the vinaigrette:

⅓ cup olive oil

2 Tbs. red wine vinegar

2 Tbs. fresh lemon juice

4 tsp. brined-cured green peppercorns, chopped

½ tsp. kosher salt

1 can (10½ oz.) Italian tuna packed in olive oil, drained and flaked

½ white onion, finely diced

1 celery stalk, thinly sliced

⅓ cup coarsely chopped fresh flat-leaf parsley

1 garlic clove, finely chopped

Kosher salt and freshly ground pepper, to taste

1 small head radicchio, julienned

Lemon wedges for garnish

Extra-virgin olive oil for drizzling

## Tuna and Farro Salad

*Farro, an ancient wheat that is similar to spelt and is a specialty of Tuscany and Umbria, makes an excellent salad because it maintains its shape and texture. It is sold in Italian specialty-food stores and health-food markets. Whole-wheat couscous or short-grain brown rice makes a good substitute.*

In a large saucepan over high heat, combine the farro with 6 cups water and bring to a boil. Reduce the heat to medium-low, cover and simmer until the grains are tender but not soft, about 30 minutes. Pour into a colander, rinse with cold water and set aside to drain.

To make the vinaigrette, in a large salad bowl, whisk together the olive oil, vinegar, lemon juice, peppercorns and salt.

Add the farro, tuna, onion, celery, parsley and garlic to the vinaigrette and toss until evenly coated. Season with salt and pepper. (The salad can be prepared up to 4 hours in advance, covered with plastic wrap and stored at cool room temperature.)

To serve, add the radicchio to the salad bowl and toss to combine. Garnish with the lemon wedges and drizzle with a little extra-virgin olive oil. Serve immediately. Serves 8.

Adapted from Williams-Sonoma *Outdoor Entertaining*, by George Dolese (Free Press, 2006).

3 Tbs. canola oil

1½ lb. boneless, skinless chicken breasts, cut into 1-inch pieces

Salt, to taste, plus 1 tsp.

Freshly ground pepper, to taste

2 Tbs. minced fresh ginger

1½ tsp. curry powder

2½ cups chicken broth

1 cup long-grain rice, such as basmati

¼ cup golden raisins

Finely grated zest and juice of 1 lemon

1 cup frozen baby peas, thawed

½ cup minced fresh cilantro

½ cup roasted cashews, coarsely chopped

## Spiced Chicken and Rice

*Top this dish with ½ cup sweetened, shredded, dried coconut that has been toasted to enhance its nutty flavor. To toast coconut, spread on a baking sheet and place in a preheated 350°F oven until light golden brown, 8 to 10 minutes.*

In a large Dutch oven over medium-high heat, warm the oil. Add the chicken, season with salt and pepper, and sauté until browned on all sides, about 4 minutes. Transfer the chicken to a plate.

Add the ginger and curry powder to the pan and cook, stirring, until fragrant, about 30 seconds. Stir in the broth, scraping up any browned bits from the pan bottom, and bring to a boil. Add the rice, raisins, lemon zest, lemon juice and the 1 tsp. salt.

Return the chicken and any accumulated juices to the pan. Bring to a boil, reduce the heat to medium, cover, and cook until the rice is tender and the chicken is opaque throughout, about 20 minutes. Add the peas, cover and let stand for about 10 minutes. Sprinkle the cilantro and cashews over the rice, stir to combine and serve immediately. Serves 4 to 6.

Adapted from Williams-Sonoma Food Made Fast Series, *One Pot*, by Carrolyn Carreño (Oxmoor House, 2008).