

# Knowledge @ Noon

## *“Cooking from the Cupboard”*



*Wednesday, January 18, 2017*  
*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District*  
*Master Food Volunteers*

***A Pantry Challenge is an excellent time to accomplish a number of great things for your kitchen as well as your pocketbook.***

In using up what you already have, you clean out the cupboards, getting a chance to tidy and declutter while you're at it. Once those shelves start to empty, wipe them down and even do new shelf paper if that's your thing.

By focusing on what you have you will save money in not buying more. You also avoid the grocery store which means you reduce your impulse purchases, again saving you money. You learn what not to buy when you force yourself to use the things that have been there for a very long time.

It may take some time, but you'll find that clean storage areas will make your cooking and your pantry challenge that much more enjoyable. If feasible, pull everything out, consolidate duplicates, and dump stuff that is no good.

Once you've cleaned and organized and discarded the icky stuff, take stock of what you have. It's really important to know what you have so that you can plan great meals from it. There are many websites to find recipes for the ingredients that you have.

Now you have a clean storage space, an inventory of what you have, and a list of meal plans. Next, it's just a matter of filling in the gaps. Most of us have enough to make all of some meals, but not all of all meals. Often a few odds and ends are needed to make the meal complete. In some cases, we could do without. In other cases, it's nice to have a certain ingredient to make the meal complete.

**Information for this lesson was taken from [goodcheapeats.com](http://goodcheapeats.com), *Better Homes & Gardens Quick & Easy Cookbook* and from some of the websites listed below.**

**Recipe Matcher** <http://www.recipematcher.com/> allows you to enter whatever ingredients you have in your fridge and matches it to recipes in their database. Just enter the ingredients you have at home or the ones you want to use and the site will tell you all that you can make. You can narrow down the results to better match your tastes by telling the search engine what type of dish you wish to prepare (breakfast, dessert, American, Asian) and what the primary ingredients need to be.

**Cook Thing** <http://www.cookthing.com/> lets you start with one ingredient. Let's say tomatoes. When press enter you get a list of ingredients that commonly appear with tomato recipes. Now check the boxes against the ingredients that you have and click 'Find Recipes' to get a list of recipes to try out. CookThing too is a universal search engine, meaning, it brings you recipes from all over the Internet.

**My Fridge Food** <http://www.myfridgefood.com/> allows you to choose the ingredients you have from a huge list. (Click use detailed kitchen to reveal the entire list). Once you get the results you can filter it by category – breakfast, dinner, snacks etc. My Fridge Food will also show you the calorie count, fat, carbohydrate and protein content for each recipe – useful for the health conscious.

**Recipe Key** <http://www.recipekey.com/> You begin by searching for an ingredient and then dragging it to a virtual pantry. You keep doing this until you have added all the ingredients to the pantry. Then click on 'Find recipes' to find matching meals. You can filter the results by meal type (breakfast, lunch, dinner), cuisines (American, Chinese, Indian), cook method (grill, stove, microwave), preparation time, cook time and even difficulty level! Amateur cooks should keep this on their bookmarks.

**Food Combo** <https://foodcombo.com/> is a search engine that lets you search for recipes across multiple websites by adding ingredients you have within reach. You can then filter the results by tags such as "Italian", "breakfast", "low carb" etc. If you have allergies towards certain food, you can eliminate them from the results. This allergy filter can also be used to eliminate recipes that require ingredients you don't have. You can fine tune the results further by adding dietary restrictions, such as if you are a vegan or a vegetarian.



## **Pantry Essentials Checklist**

Having a well-stocked pantry and fridge is like money in the bank. The trick is figuring out what to lay by and what you can live without.

### **PANTRY**

#### **Basics**

Kosher salt  
Fine salt  
Black peppercorns  
Extra virgin olive oil  
Vegetable oil  
Apple cider vinegar  
Red wine vinegar  
Balsamic or sherry vinegar  
Rice vinegar (unseasoned)

#### **Baking**

Flour: all purpose, whole wheat or pastry  
Baking soda  
Baking powder  
Cream of tartar  
Cocoa powder (unsweetened)  
Chocolate: chips or bar  
Evaporated milk  
Pure vanilla extract

#### **Sweeteners**

Granulated sugar  
Confectioners' sugar  
Brown sugar  
Maple syrup  
Honey  
Agave syrup

#### **Drinks**

Coffee  
Tea

#### **Rice and Grains**

Long-grain white rice  
Brown rice  
Grains: bulgur, quinoa, couscous or farro  
Pasta: standard, whole grain, rice noodles or egg noodles  
Polenta  
Breadcrumbs: plain or panko

#### **Snacks and Cereals**

Crackers  
Tortillas  
Cookies or biscuits  
Pretzels  
Marshmallows  
Popcorn kernels  
Dried fruit: raisins, apricots or cherries  
Seeds: sunflower, flax, chia or hemp  
Peanut butter or almond butter  
Applesauce  
Breakfast cereal  
Old-fashioned rolled oats

#### **Canned Goods**

Chicken broth  
Beans: cannellini, navy, chickpeas or black  
Vegetables: hominy, corn or green beans  
Olives or capers  
Chiles: chipotles in adobo or pickled jalapenos  
Salsa  
Tomatoes  
Tomato paste  
Roasted red peppers  
Tuna  
Anchovy fillets or paste

#### **Dried Herbs and Spices**

Bay leaves  
Cajun seasoning  
Cayenne pepper  
Chili powder  
Crushed red pepper  
Curry powder  
Fennel or dill seed  
Granulated garlic  
Ground cinnamon  
Ground cloves  
Ground cumin  
Ground ginger  
Oregano  
Paprika: sweet and smoked  
Rosemary  
Sesame seeds  
Thyme  
Whole nutmeg

## **REFRIGERATOR**

### **Dairy and Eggs**

Milk  
Plain yogurt: regular or Greek  
Unsalted butter  
Cheddar or mozzarella  
Goat cheese  
Parmesan (wedge)  
Eggs

### **Fresh Produce**

Avocados  
Carrots  
Celery  
Tomatoes: grape, cherry or seasonal  
beefsteak  
Broccoli or cauliflower  
Bell peppers  
Leafy greens: spinach, kale or chard  
Lettuce: romaine, Boston or mixed greens  
Flat-leaf parsley or cilantro  
Thyme  
Scallions  
Gingerroot  
Potatoes: sweet, white or new  
Onions  
Garlic  
Lemons  
Limes  
Apples  
Bananas

### **Condiments**

Jelly, jam or preserves  
Ketchup  
Mayonnaise  
Mustard: Dijon or whole grain  
Pickles  
Hot sauce: Tabasco, Sriracha or sambal  
Worcestershire sauce  
Soy sauce or tamari  
Asian fish sauce  
Toasted sesame oil

## **FREEZER**

Ground beef, ground turkey  
or Italian sausage  
Boneless, skinless chicken breasts  
Bacon  
Bread: baguette or sandwich bread  
Vegetables: peas, chopped spinach or corn  
Fruit: berries, peaches or mangos  
Nuts: almonds, walnuts or pecans  
Dough: pizza, pie or puff pastry  
Vanilla ice cream

*Read more at:*

*<http://www.foodnetwork.com/recipes/packages/cooking-from-the-pantry/pantry-essentials-checklist.html?oc=li>*

## Start with Canned Meat

### Dill Tuna Casserole

|   |   |
|---|---|
| 2 eggs (hard cooked)                        | 1 Tablespoon dried parsley flakes               |
| 1 cup tiny shell macaroni or elbow macaroni | ½ teaspoon dried dill weed                      |
| 1 10 ¾ oz can mushroom soup                 | 1 6 ½ oz. can tuna, drained and flaked          |
| 1/3 cup milk                                | 1 cup shredded American cheese                  |
| ¼ cup mayo                                  | ½ of a 3 oz. can French-fried onions (optional) |

Cool and chop hard cooked eggs, cool macaroni according to directions and drain. Combine soup, milk mayo, parsley flakes and dill weed in a mixing bowl. Add tuna and cheese. Fold in the chopped eggs and cooked macaroni. Bake in 1 ½ qt casserole for 40 minutes at 350 degrees. Remove from oven and sprinkle onions around edge of casserole. Bake 5 minutes more. Serves 4-5

### Grilled Ham and Cheese Sandwiches

|   |                                   |
|---|-----------------------------------|
| 6 slices rye, whole wheat or pumpernickel bread | 4 slices Swiss or American cheese |
| 1 3 oz can deviled ham                          | Mustard                           |
| 2 green onions or 2 Tablespoons chopped onion   | Butter or margarine               |

Spread 4 slices of the bread with the deviled ham. Sprinkle each with the onion, then place 1 slice of cheese atop each.

Lightly spread the remaining 4 bread slices with mustard and place, mustard side down, on top of cheese slice. Spread butter or margarine on the outside of each sandwich.

Cook sandwiches in a large skillet or griddle over medium heat about 8 minutes or until toasted, turn sandwich and cook 2 minutes more or until toasted.

### Potato Shell Chicken Pie

|  |  |
|--|--|
| 1 12 oz pkg. frozen hash brown potatoes  | 1 teaspoon instant bouillon granules         |
| 3 Tablespoons melted butter or margarine | ½ teaspoon Worcestershire sauce              |
| ¾ teaspoon salt                          | ¼ teaspoon dried basil, crushed              |
| Dash of pepper                           | ½ cup shredded American cheese               |
| 1 cup milk                               | 1 10 oz pkg. frozen peas and carrots         |
| 1 ½ teaspoon dried minced onion          | 1 5 oz can chunk style chicken, drain & chop |
| 2 Tablespoons butter or margarine        | ½ of a 3 oz can French fried onions          |

Thaw potatoes slightly in the microwave. Mix potatoes, melted butter, salt and pepper. Press potato mixture into the bottom and up the sides of a 10-inch pie plate. Bake at 425 for 20 minutes.

Meanwhile, melt the 2 Tbsp. of butter in a sauce pan, stir in flour and bouillon, Worcestershire and basil. Add milk and cook until thickened. Add cheese and stir until melted. Stir in peas and carrots. Return to boiling.

Layer chicken on top of backed crust. Spread vegetable mixture on top of chicken. Bake at 375 for about 30 minutes. Top with FF onions and bake 5 more minutes. Serves 4

## Chicken Noodle Bake

|                                   |  |
|-----------------------------------|--|
| 1 cup 2% fat cottage cheese       | ½ teaspoon poultry seasoning                             |
| ½ cup cream cheese (softened)     | ¼ teaspoon salt  |
| ½ cup sour cream                  | 1 dash garlic powder                                     |
| ½ cup mayonnaise                  | 6 cooked lasagna noodles                                 |
| ½ cup chopped onion               | Vegetable oil cooking spray                              |
| ½ cup chopped green bell pepper   | 3 cups diced cooked chicken breasts or<br>canned chicken |
| ¼ cup minced fresh parsley        | ½ cup dry breadcrumbs                                    |
| 2 tablespoons margarine           | 2 Tablespoons chopped fresh parsley                      |
| ⅓ cup flour                       | ¼ teaspoon paprika                                       |
| ½ cup milk                        |  |
| 1 (10 ½ ounce) cans chicken broth |  |

Combine the first 4 ingredients in a medium bowl.

Beat at high speed until well blended.

Stir in the onion, bell pepper and 1/4 cup chopped parsley.

Set aside.

Melt the margarine in a medium saucepan over medium heat.

Add the flour and cook 1 minute, stirring constantly with a wire whisk.

Gradually add milk and broth, stirring constantly.

Bring to a boil over medium heat and cook 3 minutes or until thickened, stirring constantly.

Stir in poultry seasoning, salt, pepper and garlic powder.

Remove from heat and set aside.

Arrange 3 noodles in the bottom of a 9x13 inch baking dish coating with cooking spray.

Top with 1/2 of the cottage cheese mixture, 1/2 the chicken and 1/2 of the sauce.

Repeat layers ending with the sauce.

Combine bread crumbs, 2 tablespoons parsley and paprika. Sprinkle over casserole.

Bake uncovered in a 375-degree oven for 30 minutes. Servings: 8

## Start with Packaged Meat

### Polish Sausage All in One Dinner

2 lb. Polish sausage  
4-5 medium potatoes  
1 medium green bell pepper  
4-6 carrots  
1-2 onions  
1 cup water  
1 medium head cabbage  
1 (16 oz.) can French green beans  
1/2 teaspoon pepper  
1/2 teaspoon salt

Slice sausage and potatoes. Cut green pepper and carrots into strips.

Cut onions and cabbage into quarters. Layer sausage, potatoes, green pepper, carrots, onions and cabbage in large saucepan. Add salt, pepper and water. Bring to a boil; reduce heat. Simmer, covered for 35-45 minutes or until vegetables are tender. Yield: 6 servings.

## **Start with a Dinner Mix**

### **Ham-Mac Bake**

1 7 ½ oz pkg. mac and cheese mix.  
1 6 ¾ oz can of chunk styled ham, drained  
1 cup cream style cottage cheese  
½ cup sour cream  
2 Tablespoons chopped onions  
¼ teaspoon salt  
¼ teaspoon dry mustard  
2 Tablespoons grated parmesan cheese  
1 Tablespoon butter or margarine, melted  
1 teaspoon dried parsley flakes.

Prepare mac and cheese according to pkg. directions. Stir in ham, cottage cheese, sour cream, onion, salt and dry mustard. Turn in to a 1 ½ qt. casserole  
Combine bread crumbs, Parmesan cheese, melted butter and dried parsley flakes. Sprinkle on top to casserole. Bake at 350 oven for 35 minutes. Serves 4

### **Zesty Spanish Beef and Rice**

1 6.8 oz box Rice a Roni Spanish Rice  
1 lb. ground beef or turkey  
2 Tablespoons butter or margarine  
2 cups water  
Special Seasonings from rice mix  
1 14.5 oz can diced tomatoes

Brown meat in large skillet, drain. Add rice mix, 2 Tbsp. butter, 2 cups water, Special Seasonings and tomatoes. Bring to a boil. Cover, reduce heat to low and simmer 15-20 minutes.

## Start with Canned Soup

Make Your Own Cream Soup

### Cream Soup Mix

- 2 cups nonfat dry milk powder
- $\frac{3}{4}$  cup cornstarch
- $\frac{1}{4}$  cup instant reduced sodium chicken or beef bouillon granules
- $\frac{1}{2}$  teaspoon dried crushed thyme
- $\frac{1}{2}$  teaspoon dried crushed basil
- $\frac{1}{4}$  teaspoon ground white or black pepper

Directions: Combine ingredients. Store in an airtight container.  
Mix makes the equivalent of nine cans of condensed soup.

To prepare as a substitute for one can of condensed cream soup in recipes:  
Stir together  $\frac{1}{3}$  cup dry mix and  $1\frac{1}{4}$  cups water in a saucepan or microwave cooking dish.  
Cook and stir until thickened.

### Soup variations:

Cream of Mushroom Soup: Sauté  $\frac{1}{2}$  cup of chopped mushrooms in a bit of olive oil and add to prepared soup.

Cream of Chicken Soup: Add  $\frac{1}{4}$  cup chopped chicken to prepared soup.

Cream of Celery Soup: Sauté  $\frac{1}{2}$  cup of diced celery in a bit of olive oil and add to prepared soup.

## Start with Canned or Frozen Veggies

### Scalloped Corn

- |  |  |
|--|--|
| 2 beaten eggs                            | $\frac{1}{2}$ cup quick cook rolled oats |
| 1 17 oz can cream-style corn             | 1 small green pepper, chopped            |
| 1 8 $\frac{3}{4}$ can whole kernel corn  | $\frac{1}{4}$ cup grated Parmesan cheese |
| 1 5 $\frac{1}{3}$ oz can evaporated milk | 1 Tablespoon minced dried onion          |

Combine eggs, cream-style corn, un-drained whole kernel corn, and milk. Stir in oats, green pepper Parmesan cheese and onion.  
Turn mixture into an 8x1  $\frac{1}{2}$  inch round or a 10x6x2 inch rectangular baking dish.  
Bake at 350° for 30 – 40 minutes. Let stand for 5 min. 6-8 servings

## **Oven Veggies and Rice**

1 Tablespoon butter or margarine  
1 cup long grain rice  
1/8 teaspoon dried basil, crushed  
1 10 oz pkg. frozen mixed veggies  
1 teaspoon salt  
1/4 teaspoon pepper

In a 2 qt. casserole stir butter into 2 cups boiling water. Stir in rice, basil, salt and pepper. Place frozen veggies on top. Cover and bake at 350 for 40-45 minutes, stirring after 20 minutes. Serves 8

## **Bean Salad**

1 can shoe peg corn  
1 can sweet peas  
2 cans cut green beans  
1 can kidney beans  
1 cup sliced celery  
1 medium red onion, chopped  
1 med green pepper, chopped\*  
1 jar (3 Oz) pimentos\*

\* One chopped red bell pepper can be substituted for the green pepper and the pimentos. Drain peas and green beans. Rinse and drain kidney beans. Mix all vegetables together.

## **Dressing**

1/2 cup white vinegar  
3/4 cup sugar\*\*  
1/4 cup olive oil

\*\* substitute Splenda for sugar to reduce calories

Heat vinegar, sugar or Splenda and olive oil in microwave to dissolve sugar, cool. Pour dressing over vegetables and refrigerate overnight. This salad will keep for one week in the refrigerator.

## Start with Gelatin

### Cranberry – Orange Salad

Prep time: 12 minutes

Chilling Time: 45 minutes

|   |                                 |
|---|---------------------------------|
| 1 3 oz. package cherry flavored gelatin       | ½ cup water                     |
| 1 16 oz. can whole cranberry sauce            | 1 8 oz. carton dairy sour cream |
| 1 11 oz can mandarin orange sections, drained | ¼ cup chopped nuts              |
| 1/3 cup mayonnaise or salad dressing          |                                 |

In saucepan, heat and stir gelatin and water until gelatin is dissolved. Remove from heat. Beat cranberry sauce and **half** the sour cream into gelatin mixture with rotary beater. Stir in oranges and nuts. Pour into an 8x8x2 inch pan. Chill in freezer about 45 minutes or until firm. To serve, combine remaining sour cream and the mayonnaise. Cut into squares; dollop with mayonnaise mixture. Serves 8.

## Start with Bread Mix

### Bacon Corn Muffins

|                               |                                   |
|-------------------------------|-----------------------------------|
| 1 beaten egg                  | 1 8 oz. carton dairy sour cream   |
| 1 8.5 oz pkg. corn muffin mix | 3 Tablespoons cooked bacon pieces |

Mix egg, muffin mix and sour cream. Fold in bacon pieces. Fill muffin tins 2/3 full and bake in 400° oven for 20-25 minutes. Makes 10 muffins

## Start with Cake Mix

### Easy Pecan Pie Bars

|                          |                          |
|--------------------------|--------------------------|
| 1 package white cake mix | ¾ cup dark corn syrup    |
| ¼ cup butter, softened   | ¾ cup packed brown sugar |
| 1 slightly beaten egg    | 1 teaspoon vanilla       |
| 3 eggs                   | ¾ cup chopped pecans     |

Set aside 2/3 cup of the dry white cake mix. In medium bowl combine the remaining cake mix, butter, and the egg. Stir by hand just till mixture is crumbly. With floured hands press mixture evenly over bottom and 1 inch up sides of an ungreased 13x9x2 baking pan. Bake in a 350°F oven for 15 minutes.

Meanwhile, in a mixing bowl combine the 3 eggs, dark corn syrup, brown sugar, and vanilla. Add the 2/3 cup cake mix; stir by hand just till mixture is blended (some specks of cake mix will remain).

Spread evenly over baked crust in pan; sprinkle pecans atop. Bake for 20 to 25 minutes or until filling is set. Cool completely in pan on wire rack; cut into bars. Makes 48 bars.