

## FOUNDATIONS

### Fridge & Freezer continued -

This thin outer layer think the yellow part, avoiding the white pith - grated on a microplane adds a bright freshness to practically everything.

Added to the aromatic onions, **carrots and celery** complete the mirepoix trilogy. Refreshing and vibrant raw, mellow and sweet when caramelized, fennel adds an almost magical component to so many dishes. Baby spinach sautéed in seconds and is fabulous raw; it is a flavorful and colorful side dish, salad, or addition to soup.

**Eggs** are incredibly versatile. A staple in baking, the base of many sauces, hard-boiled to be eaten alone or in salad, and, of course, basic breakfast fare- poached, fried or as a frittata. Slathered on toast or baked goods, used in baking & sautéing or added to sauces for richness and gloss... as the saying goes, butter really does make it better! The Italian **Grana Padano** is an unpasteurized cheese made from cow's milk. It has a sweet, savory and nutty flavor with a fruity aroma. I use it in place of Parmesan - it's aged less so it has more moisture, making shaving it a sinch.

Phyllo is paper-thin sheets of dough that are brushed with butter, layered and filled with sweet or savory fillings to create flaky pastries and hors d'oeuvres.

Puff pastry is time consuming to make, lucky for us there are great alternatives sold in the freezer case of most grocery & specialty stores. Sheets of PP can be turned into sweet and savory tarts, pastries and appetizers.

A great source of soy protein, quick cooking edamame makes a great nibble and add a colorful punch to many dishes. Baby peas are like spring on a plate. Like edamame, they can be eaten alone as a side dish or combined with other vegetables or pasta, adding color and a pop of flavor.