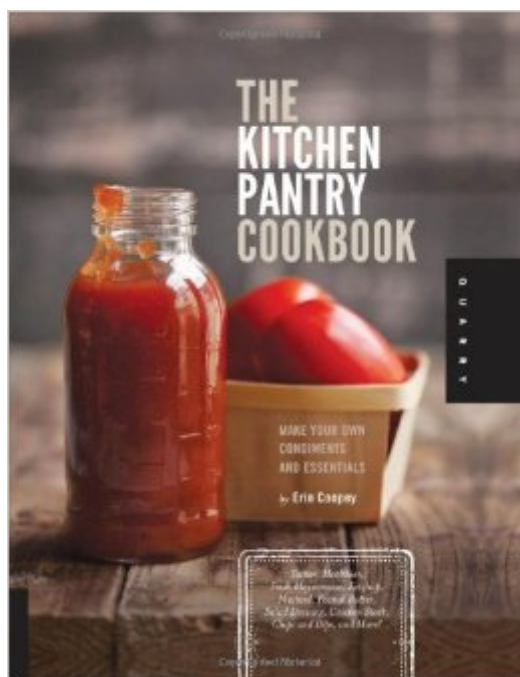


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# The Kitchen Pantry Cookbook: Make Your Own Condiments And Essentials - Tastier, Healthier, Fresh Mayonnaise, Ketchup, Mustard, Peanut Butter, Salad Dressing, Chicken Stock, Chips And Dips, And More!



## Synopsis

Tastier, Healthier, Homemade You work hard to make dinner--choosing the best food, mastering preparation techniques, and picking the perfect recipes. But what about the unsung staples, the ingredients and condiments that build and accompany your meal? Too often, the store-bought versions are loaded with extra salt, sugar, allergens, and preservatives, and they end up bland and uninspiring. But you don't have to limit yourself to the same tastes and the same plastic bottles. With Kitchen Pantry Cookbook you can create your own staples--fresh, delicious, and just the way you like them. Chef and winner of Food Network's Guy's Grocery Games, Erin Coopey shows you 90+ recipes and variations to personalize your pantry. You'll never go back to the bottles.

Stock your kitchen pantry with:

- Condiments: Everything you need--Mayonnaise, Dijon Mustard, Ketchup, Steak Sauce, and more
- Nut butters and spreads: The classics and the creative--Homemade Peanut Butter, Chocolate Hazelnut Butter, Vanilla Chai Pear Butter, and more
- Salad dressings: All your favorites, from Balsamic Vinaigrette to Honey Mustard to Sesame Tahini
- Stocks: The basics to have on hand, including Chicken Stock, Vegetable Stock, and Court Bouillon
- Relishes and refrigerator pickles: Delicious and easy--Bread and Butter Pickles, Pickled Peppers, Sauerkraut, and more
- Chips, dips, and dunks: Snacks that hit the spot, from Homemade Potato Chips with French Onion Dip to Tortilla Chips with Tomatillo Salsa

## Book Information

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## Customer Reviews

The recommendation for this book came from a trusted source, but I was a bit disappointed. I was

hoping for recipes that I could can and PUT IN THE PANTRY for later use. However, the focus is on making small batch items that you store in the fridge and use almost immediately. While the recipes look delicious, I don't see myself cooking half the day to make the ketchup that will go on the burgers I make this evening. It just isn't practical for most people's busy lives.

Without sounding preachy, Erin Coopey discusses in her 2-page introduction the importance of where your food comes from and how it was grown. I personally am alarmed at how much GMO ingredients (vegetable/soybean oil and corn & its derivatives are the biggies) are in the processed foods we buy at the grocery store -- not to mention all the extra preservatives and stabilizers that make store-bought items like mayonnaise last several months once open, that's just not normal! With Erin's book you can take charge of your own food destiny and make your own condiments! Erin's recipes are not complicated or fussy, nor do they require any hard-to-find ingredients or expensive equipment! For starters, this book is organized incredibly well. Right when you open the book there is a beautiful two page spread of the full table of contents with every single recipe listed under each chapter heading. The book is divided into 6 sections: condiments, nut butters and spreads, salad dressings, stocks, relishes and refrigerator pickles, and then chips/dips/and dunks. I will say that as a vegan AND someone with nut allergies, this book is incredibly vegan friendly!!! For me, the nut spreads are an absolute no-no, but the majority of the book is a-okay for me to use! One of the best things about the book, as I mentioned above, is that you do not need any fancy equipment -- just a food processor (not all the recipes use this) which I think most people do have. Also, hang on to your old jelly and pickle jars with lids, because you can just boil them to "sterilize" them and store your homemade mustards and things in them! Although you want to boil to sterilize your jars, there is absolutely no "canning" in this book -- which I think is an added bonus because canning can be intimidating with risk of botulism and also with the added expense of having to buy canning equipment (pot, jars & lids, tongs, racks, etc.....) Another great thing about the book, is Erin's extra info (boxes, sidebars, full page info) that is occasionally sprinkled throughout the book (it is definitely not a distraction). For example, on pages 82 and 83 Erin provides lists of fats, acids, seasonings, and optional (natural) stabilizers so that you can create your own vinaigrette and not rely on a recipe! Erin also tells you how long each recipe will keep too, whether it's tucked in your pantry or stored in the fridge. This book is truly fantastic (My family has enjoyed everything I have made) and would make an excellent purchase for ANYONE who LOVES to be in the kitchen, prepare things FROM SCRATCH, and CARES about what ingredients are or aren't into their food. disclosure: I received a review copy from the publisher but the opinions are my own.

Ok, I would give this book 5 stars for the concept, but then no one would read my review I'm sure. I am 100% for making your own condiments. They taste better and you can control the ingredients. I've been making mayo for a year now and trying to perfect a bbq sauce, which is what sparked me to buy this book. Plus, I thought it would be fun to get into ketchup and mustard. This book has all of the above and everything in between. So why the low rating? The complexity and ingredients. Wow. I mean, several of the recipes call for 1/2 tsp of several diff fresh herbs. I don't know about you, but it gets expensive and wasteful buying full bunches of fresh herbs for just such a simple amount. Plus, most of the recipes only keep for 3 days. Again, wasteful. Who plans on using that much mustard in 3 days? That's a lot of work to make every single time. Sure, mixing is easy but sourcing the ingredients is more difficult. Honestly, you can easily google and bookmark recipes for future reference. But for me, this just didn't work into my budget and wasn't very economical.

This book is wonderful. Chef Erin has written a book that is both fun to read and simple to follow. In other words, it is a book that I can frequently use. In addition, the products resulting from these recipes are delicious!!! Our guests went crazy over the dips (blue cheese, onion, herb) that we served at a party this summer. If you want the best BBQ sauce EVER, without all the added high fructose corn syrup, etc, this is the way to go. Enjoy!

I'm the kind of person who likes to learn the base recipe and then expand on it (i.e. wing it) from there. I've been doing this with my salad dressings for a while. And thanks to this book, I can now do it for my mustard, mayo, ketchup, steak sauce, tartar sauce, bbq sauce, chicken broth, etc. All stuff I was just buying the standard version of from the store. I'll probably still be lazy and buy some stuff standard (i.e. peanut butter), but it's nice to know I can both make and improve on everyday items. I was sold when I read this (paraphrasing): "Why the f\* does mayo last for 324234 years? It's made of eggs! Would you eat eggs that have been sitting in your 'fridge for 324234 years." Well people, use her mayo recipe and you'll have awesome homemade mayo that isn't made in a science lab. You can feel comforted by the fact that it will only last a few days. My one complaint... Why did Chef Erin take so long to create this cookbook? Frankly, I find it rude that she didn't create this in 2005 (the year I really started cooking for myself). I've been using stock ketchup, mayo, etc. for WAY too long. Minus one star (from 6\* to 5\*). In summary, stop thinking about buying this cookbook and just buy it. Buy it now. Buy it for a friend. Incredible utility and just a better way of doing standard, everyday items.

I received this book and quickly went to work and made 4 recipes--all of which were excellent. I ordered another copy as a gift. I love being able to make my condiments and staples and having them be fresh and organic.

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