

*Recipe from
Chef Daniel Turgeon*

*Pantry Basics:
How to Cook with
What You Have*

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SPAGHETTI WITH PARMESAN, ROASTED GARLIC AND CRACKED PEPPER

COMPONENTS

Ingredient	Amount
Spaghetti	6 ozs.
Whole butter	2 Tbsp.
Extra virgin olive oil	1 Tbsp.
Garlic, roasted and pureed	2 tsp.
Black pepper, cracked	$\frac{2}{3}$ tsp.
Parmesan, finely grated	$\frac{3}{4}$ cup

METHOD

1. Roast the garlic cloves and puree.
2. Bring a half gallon of salted water to a boil. Add the spaghetti and stir from time to time to prevent sticking.
3. Drain the pasta when al dente. Add all the ingredients together, adjust seasoning and serve.

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TUNA WITH WHITE BEANS, RED ONION AND BASIL

Yield: 2 Servings

COMPONENTS

Ingredient	Amount
Green beans, trimmed and halved	3 ozs.
Red onion, sliced thinly	1 each
Basil leaves, chiffonade	2 Tbsp.
Extra virgin olive oil	3 tsp.
Red wine vinegar	1 tsp.
Small white beans, rinsed	½ cup
Tuna in water, drained	3ozs.
Hard-boiled egg, peel and cut in half	2 each
Kosher salt and pepper	to taste

METHOD

1. Bring a pot of salted water to a boil and add the green beans. Cook until tender, drain and cool.
2. Prepare all remaining ingredients and combine all together. Chill for an hour. Adjust seasoning and serve cold.

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FRIED RICE WITH GINGER AND TOASTED SESAME

Yield: 2 Servings

COMPONENTS

Ingredient	Amount
White rice	½ cup
Whole egg, whisked	1 each
Yellow onion, small dice	¼ cup
Broccoli, chopped small	¼ cup
Cauliflower, chopped small	¼ cup
Carrots, peel and small dice	¼ cup
Frozen peas	¼ cup
Ginger, peel and mince	1 tsp.
Garlic, minced	1 tsp.
Scallions, cut on bias	¼ cup
Vegetable oil	as needed
Soy and Oyster sauces	to taste
Toasted sesame oil	to taste

METHOD

1. Bring quart or so of salted water to a boil and add the rice. Cook until tender, drain and cool.
2. Prepare all remaining ingredients and combine all together. Sauté onion, broccoli, cauliflower, carrots and peas and combine.
3. Sweat the ginger and garlic in a small amount of oil.
4. Combine all ingredients together.
5. Sauté or stir fry the rice on high heat. Season with soy sauce, oyster sauce and sesame oil and serve.