

A RECIPE FOR TODAY'S CHALLENGES

DO NOT WASTE ANYTHING—EVER

STOCK AND CHEESE

STOCK, STOCK, AND MORE STOCK TO STOCK UP ON FOR YOUR PANTRY

All the tidbits of vegetables that are hiding out in the back of your refrigerator make excellent stock. It cooks itself and makes the house smell great. I think vegetable stock needs spices so add what you have liberally. If you are making chicken stock do the same thing as vegetable and add the bones of last night's chicken. Add the rind of your remaining parmesan, the one that is so hard you cannot cut it with a ax, just add it to the simmering stock for a fantastic flavor addition. I keep all the parmesan rinds in the freezer to add to stock or pasta sauce.

Let it simmer all day long. Adjust the seasoning at the end with a little salt and pepper. Then put it into ice cube trays for use later on when you are tired and need a cube of something good to help what ever else you are making. After freezing, pop out the little cubes of deliciousness and place in one layer in freezer bags.

PARMESAN RINDS FROM THE FREEZER FOR STOCK



CHEESE GLORIOUS CHEESE

All the little bits of cheese in the back depths of your cheese drawer can be put to great use to make a delicious cheese spread.

Put them all in the blender, yes all of them together, add some cream or stock or water and blend away.

This is a delicious way to use the tidbits for cheese spread, cheese sandwiches or a cheese dip. If the flavor is what you like, this may be a great mac-n-cheese addition.

To vary the flavor add your favorite herbs or spices, Go slowly, you can always add more, but you cannot take it away. Even a little lemon juice for acidity will be a good addition. Add the spices as you are blending. Taste as you go along to make sure the spices are correct. Salt and pepper to your taste.

OR fold in some diced spring onions for color and texture . Use the cheese, it will thank you.

