

# Welcome to Recipes

intro to recipes

list of recipes by type

## Recipe by Service

### Apéritif, canapé, amuse bouche, starter, entrée & hors d'oeuvre



An hors d'oeuvre is something served before meal it might be a bite or two and it might be passed around instead of on the table.

A can of ??? is a type of hors d'oeuvre that's probably on some kind of cracker or toast and may be served at something like a cocktail party with no expectation of a following meal.

An appetizer is really just something meant to stimulate your appetite unfortunately we have things like nachos and hot wings that are actually pretty filling. If you're having a fancy dinner but appetizer would probably just be called the first course and it wouldn't be something as heavy.

An amuse bouche is just something to keep you from starving at the table and as the title implies amuse you. This isn't something you order this is something the chef may send out generally or may send out if your order is taking longer than usual and it might be one or two bites probably something unique like something the chef stumbled across at the market. Because you don't pay for this it's something that Chef can really get creative with. It may be the one thing that allows him to keep being a chef at someone else's restaurant.

### Entree / Starter

---

### Main Plate

## French Winter Dishes

French cuisine offers a variety of hearty and comforting dishes perfect for the winter season. French winter dishes tend to include a lot of cheese, heavy sauces, meat, and potatoes, everything that promises to warm up the insides.

A lot of the French winter dishes are actually inspired by the France's culture of skiing. With many excellent ski resorts in the French Alps, a gathering with friends and family over a sumptuous cheesy fondue or a hearty tartiflette is a must.

- **Fondue Savoyarde:** This dish involves melting a combination of cheeses like comté, beaufort, gruyère, and emmental in white wine and garlic, then dipping bread into the mixture. It's a classic and indulgent meal, especially popular in the Savoie region.
- **Raclette:** Similar to fondue, raclette involves heating cheese slices and scraping the melted cheese over potatoes, ham, and saucisson. It's a simple yet rich meal, often enjoyed with a raclette machine.
- **Aligot:** A mashed potato dish with a high proportion of cheese, butter, and cream, making it very rich and stringy. It's a staple comfort food in the Auvergne region.
- **Tartiflette:** Originating from the Savoie region, this dish is made with potatoes, onions, lardons, and a whole wheel of reblochon cheese melted on top. It's a hearty and comforting meal, perfect for cold weather.
- **Boeuf Bourguignon:** A rich and hearty beef stew made with beef, onions, carrots, celery, and pancetta, all cooked in red wine. It's a classic French dish that warms the soul.
- **Cassoulet:** A hearty bean stew from the Languedoc region, featuring beans, various meats like Toulouse sausage, duck confit, and pork, all cooked together in a tomato sauce.
- **Petit Salé aux Lentilles:** This dish combines ham hock, lentils, and smoked sausage, creating a deeply savory and comforting meal.
- **Choucroute Alsacienne:** A traditional dish from Alsace, featuring sauerkraut with a variety of salted meats, sausages, and potatoes. It's a filling and warming meal, often served with a side of red wine.
- **Hachis Parmentier:** A French version of shepherd's pie, made with mashed potatoes on a base of minced beef, then cooked in the oven until golden. It's a simple yet satisfying dish.
- **Confit de Canard:** Duck preserved in its own fat, then fried and served with duck-fat fried potatoes. It's a rich and indulgent dish, perfect for special occasions.
- **Coq au Vin:** A chicken slow-cooked with vegetables in a stew with wine sauce to tenderize it and bring out the flavors. It is a sumptuous dish at any time of the year, but especially in winter.
- **Pot au Feu:** Pot au feu is a traditional French dish including meat, vegetables and herbs all cooked together in a nourishing stew. The name "pot au feu" in French means "pot on fire", and as you can imagine, the recipe dates back centuries.
- **Vin Chaud** - Whether it is called Vin Chaud, Glühwein, or Glögg, or whatever it is called, this classic mulled wine recipe is a perfect treat for Christmas and your winter holidays. On those freezing cold winter nights, there is nothing like having a warm cup of vin chaud in your hands.

---

## Recipes - Main Plate

- [Braised Winter Vegetables](#)
- [Pot au Feu - Classic](#)
- [Pot au Feu - Vegetarian](#)
- [Coq au Vin](#)
- [Massaman Curry](#)

## Dessert

- **Clafouti** The easy French dessert that's perfect for using up summer fruit. Nothing like cobblers or crisps, clafoutis is decidedly more elegant yet even simpler to make. Use whatever fruit you have on hand — cherries are classic. Even frozen fruit will complement this dish.

# Pantry Recipes — Emergency, Convenience & Low-Energy Meals

Everyone has days when a trip to the supermarket is impossible, energy is low, or the fridge is nearly bare. A well-stocked pantry turns those moments into no-drama meals. Pantry cooking is a practical skill — part planning, part creativity — that saves money, reduces food waste, and keeps you fed with the least possible stress.

See this detailed section on [Pantry Recipes](#)

## Contents

1. [What Is a Pantry \(Cupboard\) Recipe?](#)
2. [Why Pantry Cooking?](#)
3. [What Ingredients to Stock](#)
4. [Pantry Recipe List](#)
5. [Managing Ingredients — Use Perishables Before They Spoil](#)
6. [See Also / What to Read Next](#)

==== What Is a Pantry (Cupboard) Recipe? =====

A **pantry recipe** is a meal made primarily — or entirely — from shelf-stable, frozen, or long-life ingredients that you already have at home, with little or no reliance on fresh shopping.<sup>1)</sup>

Pantry recipes typically share several characteristics:

- **Minimal fresh produce** — or use hardy vegetables (onions, garlic, carrots, cabbage) that keep for weeks.
- **Short active cooking time** — many take 10–30 minutes of actual hands-on work.
- **Flexible ingredients** — substitutions are expected and encouraged.
- **Low cognitive load** — no complex techniques, specialist equipment, or precise timing.

**Note:** “Pantry cooking” does not mean unpleasant or boring food. Many beloved dishes — pasta e fagioli, dal, fried rice, shakshuka — are fundamentally pantry recipes.

Pantry recipes overlap with several related concepts:

Term	Meaning
Emergency meal	Made when shopping is impossible (illness, weather, no transport)
Convenience meal	Prioritises speed and ease; may use tinned or packet shortcuts
Low-effort meal	Minimal preparation; suits busy weeknights
Low-energy meal	Suits fatigue, illness, depression, or chronic conditions; often one-pot or no-cook

Term	Meaning
Fridge-clear meal	Uses up odds and ends before they spoil

===== Why Pantry Cooking? =====

## Practical reasons

- **Illness or disability** — cooking from scratch when you feel unwell is genuinely difficult; a stocked pantry means you can eat without needing help.<sup>2)</sup>
- **Budget control** — staples bought in bulk cost far less per serving than convenience foods or takeaways.
- **Food security** — a three-week pantry is a modest but meaningful buffer against job loss, supply disruption, or emergency.
- **Reduced food waste** — planned pantry meals consume items before they expire.

## Culinary reasons

- Pantry constraints breed creativity and teach substitution skills.
- One-pot and minimal-equipment methods build fundamental cooking confidence.
- Many pantry staples — dried beans, whole grains, tinned oily fish — are nutritionally dense.

**Tip:** Even a modest investment of £20–£30 / \$25–\$35 in core staples can stock a usable emergency pantry for one to two people for two weeks.

===== What Ingredients to Stock =====

The following is a tiered list. **Tier 1** items are the minimum viable pantry; add **Tier 2** and **Tier 3** as budget and space allow.

## Tier 1 — Essential Staples

### Carbohydrates / Starchy Base

- Dried pasta (several shapes)
- Long-grain or basmati rice
- Rolled oats
- Plain flour
- Crackers or crispbreads
- Tinned or dried bread mix (optional)

### Protein

- Tinned chickpeas, kidney beans, cannellini beans, lentils
- Dried red lentils (cook fast; no soaking)
- Tinned tuna, sardines, or mackerel
- Tinned corned beef or spam (if acceptable to you)
- Long-life UHT eggs are not widely available; keep a small stock of fresh eggs and use them first<sup>3)</sup>

## **Aromatics & Flavour**

- Onions (keep 2-4 weeks in a cool dark place)
- Garlic (bulbs keep 1-2 months; garlic paste in a jar lasts months in the fridge)
- Tinned chopped tomatoes
- Tomato purée / paste (tube keeps longer than tin once opened)
- Soy sauce
- Stock cubes or powder (chicken, vegetable, beef)
- Dried herbs: oregano, thyme, mixed herbs, bay leaves
- Ground spices: cumin, coriander, paprika, chilli flakes, turmeric, curry powder

## **Fats & Oils**

- Vegetable or sunflower oil
- Olive oil (extra-virgin for dressing; regular for cooking)
- Butter (freezes well)

## **Condiments & Acids**

- Table salt and black pepper
- White wine vinegar or cider vinegar
- Worcestershire sauce
- Mustard (Dijon or English)
- Honey or sugar

## **Dairy & Dairy Alternatives**

- UHT full-fat milk (long shelf life before opening)
- Tinned coconut milk
- Parmesan or hard cheese (keeps 4-6 weeks wrapped in the fridge)
- Powdered milk (backup)

## **Tier 2 — Useful Additions**

- Dried pasta e.g. orzo, risotto rice (arborio)
- Tinned corn, peas, artichoke hearts
- Dried mushrooms (porcini, shiitake)
- Miso paste (refrigerated; keeps months)
- Fish sauce

- Capers and olives (jars)
- Anchovies (tin or jar)
- Peanut butter or other nut butter
- Tahini
- Tinned coconut cream
- Instant mashed potato (emergency only)
- Noodles: ramen, soba, rice noodles
- Panko or dried breadcrumbs

### Tier 3 – Freezer Pantry

A small freezer significantly extends pantry capability:

- Frozen peas, spinach, broad beans, edamame
- Frozen prawns / shrimp (defrost in cold water in 15 min)
- Minced beef, chicken thighs (portion and freeze on purchase day)
- Frozen pastry (shortcrust, puff)
- Sliced bread (freezes and toasts directly)
- Grated cheese (freezes well; use from frozen in cooked dishes)

**Warning:** Rotate your freezer stock. Label everything with the date frozen. Freezer burn degrades quality but does not make food unsafe — however, after 3–6 months most items lose significant flavour.

### Long-life hardware to keep

- Bicarbonate of soda and baking powder (for emergency baking)
- Cornflour / cornstarch (sauce thickening)
- Gelatine or agar-agar
- Cocoa powder and dark chocolate (morale)
- Instant coffee or tea

==== Pantry Recipe List =====

Recipes are grouped by effort level and by style. Each entry links to its own dedicated recipe page.<sup>4)</sup>

### No-Cook / Almost No-Cook (≤ 5 minutes active)

Recipe	Main Pantry Ingredients	Notes
<a href="#">Tuna &amp; Cracker Plate</a>	Tinned tuna, crackers, mustard, capers	Assembly only; no heat needed
<a href="#">Sardines on Toast</a>	Tinned sardines, bread, lemon juice, hot sauce	Classic British emergency meal
<a href="#">Cold Peanut Noodles</a>	Rice noodles, peanut butter, soy, vinegar, chilli	Noodles need only boiling water

Recipe	Main Pantry Ingredients	Notes
<a href="#">Bean &amp; Cheese Quesadilla</a>	Tinned beans, flour tortilla, cheese	Pan-fry; 5 min
<a href="#">Overnight Oats</a>	Rolled oats, UHT milk, honey, dried fruit	Prep the night before

### Low-Effort One-Pot (15-30 minutes)

Recipe	Main Pantry Ingredients	Notes
<a href="#">Pasta e Fagioli</a>	Pasta, tinned beans, tinned tomatoes, garlic	Italian peasant classic
<a href="#">Red Lentil Dal</a>	Red lentils, tinned tomatoes, onion, spices	Ready in 25 min; highly nutritious
<a href="#">Shakshuka</a>	Tinned tomatoes, eggs, cumin, paprika	One pan; impressive result
<a href="#">Egg Fried Rice</a>	Rice, eggs, soy sauce, frozen peas, garlic	Use leftover cooked rice
<a href="#">Quick Tomato Soup</a>	Tinned tomatoes, onion, garlic, stock cube	Blender or immersion blender
<a href="#">Quick Chickpea Curry</a>	Tinned chickpeas, coconut milk, curry powder	20 minutes; serve on rice
<a href="#">Spaghetti Aglio e Olio</a>	Spaghetti, garlic, olive oil, chilli, parsley	15 min; few ingredients, huge flavour
<a href="#">Spiced Lentil Soup</a>	Red lentils, onion, cumin, stock, tinned tomatoes	Freezes well
<a href="#">White Bean &amp; Tomato Stew</a>	Cannellini beans, tinned tomatoes, garlic, herbs	Add frozen spinach if available

### Comfort & Hearty (30-45 minutes)

Recipe	Main Pantry Ingredients	Notes
<a href="#">Tuna Pasta Bake</a>	Pasta, tinned tuna, tinned tomatoes, cheese	Oven finish; great leftovers
<a href="#">Corned Beef Hash</a>	Tinned corned beef, potatoes or instant mash	Fry until crispy on the outside
<a href="#">French Onion Soup</a>	Onions, butter, stock cube, bread, cheese	Onions take time but do the work
<a href="#">Rice and Beans (Caribbean style)</a>	Rice, kidney beans, coconut milk, garlic	One-pot; rich and filling
<a href="#">Pantry Frittata</a>	Eggs, any tin of veg, cheese, olive oil	Versatile; use whatever you have
<a href="#">Savoury Oat Porridge</a>	Oats, stock cube, soy sauce, egg, sesame oil	Unusual but warming; Asian-inspired

### Baking & No-Fuss Baked Goods

Recipe	Main Pantry Ingredients	Notes
<a href="#">Simple Flatbread</a>	Flour, water, salt, oil	No yeast; ready in 20 min
<a href="#">Overripe Banana Bread</a>	Overripe bananas, flour, sugar, egg, butter	Rescues ageing fruit
<a href="#">3-Ingredient Oat Cookies</a>	Oats, peanut butter, honey	No flour needed
<a href="#">Chocolate Mug Cake</a>	Flour, cocoa, sugar, oil, egg, milk	90 seconds in microwave

### Drinks & Warming Sips

Recipe	Main Pantry Ingredients	Notes
<a href="#">Golden Milk / Turmeric Latte</a>	UHT milk, turmeric, honey, black pepper	Anti-inflammatory; soothing
<a href="#">Simple Miso Soup</a>	Miso paste, hot water, dried wakame, tofu	2 minutes; deeply restorative

**Tip:** Print this list and pin it inside a cupboard door. When energy or time is low, scanning a physical list is much easier than searching a phone or computer.

---

===== Managing Ingredients — Use Perishables Before They Spoil =====

## The Principle: First In, First Out (FIFO)

The single most important habit is **FIFO** — new stock goes to the back, older items come to the front.<sup>5)</sup>

## A Simple Rotation System

1. When you unpack shopping, move existing tins, jars, and packets **to the front**.
2. Place new purchases **at the back**.
3. Do a **weekly scan** of the fridge and any bowls of fruit; plan meals around what is closest to expiry.

## Reading Dates

Label	Meaning
<b>Best Before</b>	Quality may decline after this date, but the food is not necessarily unsafe
<b>Use By</b>	Safety date — do not consume after this date <sup>6)</sup>
<b>Display Until</b>	A stock management guide for retailers — ignore it entirely

**Warning:** Never consume meat, fish, dairy, or pre-prepared meals past their **Use By** date. “Best before” on dry goods (pasta, rice, oats, tinned food) is very conservative — most are safely edible months or years beyond the printed date, though quality degrades.

## Practical Perishable Management

### Produce

- Keep onions, garlic, and potatoes in a cool, dark, ventilated space — **never the fridge**.
- Herbs: wrap in damp paper and store in the fridge; or freeze in olive oil in ice-cube trays.
- Greens going limp: wilt into soups, stews, fried rice, or frittata — texture does not matter.
- Fruit going soft: freeze for smoothies or bake into muffins, crumbles, or banana bread.

### Dairy

- Cheese: wrap in wax paper (not cling film) to allow slight breathing; trim surface mould on hard cheeses<sup>7)</sup>.
- Milk approaching its date: use in béchamel, porridge, rice pudding, pancakes, or mug cake.
- Yogurt near date: fold into curry, use as a marinade, or make tzatziki.

## Bread

- Going stale: make breadcrumbs (dry in oven, blitz, freeze), croutons, bread pudding, or panzanella.
- Freeze any loaf you won't finish within three days; slice before freezing to toast individual pieces.

## Eggs

- The water float test<sup>8)</sup>: place the egg in a glass of cold water.
- Eggs within two days of their best-before date: use in baked goods, scrambled eggs, or frittata where precise texture matters less.

## Tinned & Jarred Goods

- Opened tins should be transferred to a lidded container and refrigerated; use within 2–3 days.
- Jars: wipe the rim before replacing the lid. Refrigerate after opening.
- Check for rust, swelling, or dented seams — discard any tin showing these signs.<sup>9)</sup>

## Weekly "Fridge Audit" Habit

1. Every Friday (or your chosen day), open the fridge and identify anything that needs using in the next two days.
2. Plan at least one “fridge-clear” meal for the weekend.
3. If you cannot use something in time, freeze it immediately rather than waiting until it is already spoiled.

**Tip:** Keep a small whiteboard or notepad on or near the fridge. Write items that need using soon. This makes the weekly audit take 30 seconds instead of 5 minutes.

---

==== See Also / What to Read Next ====

## On This Site

- [Complete Storecupboard Staples Guide](#) — detailed buying and storage advice for every category
- [Batch Cooking for Beginners](#) — cook once, eat three times
- [Basic Knife Skills](#) — speed up prep for any recipe
- [One-Pot Meal Index](#) — all one-pot recipes in one place
- [Freezer Guide — What Freezes Well and What Does Not](#)
- [Make Your Own Spice Blends](#) — reduce costs; increase flavour

## Specific Recipe Categories

- [Dal & Lentil Recipes](#) — a whole collection built around dried lentils
- [Pasta Recipes](#) — from 10-minute aglio e olio to hearty baked pasta
- [Egg-Based Recipes](#) — frittata, shakshuka, fried rice, mug cake and more
- [Tinned Fish Recipes](#) — sardines, tuna, mackerel, and anchovies

## Reference

- [Food Safety Dates — Best Before vs Use By](#) — plain-language summary
- [Common Ingredient Substitutions](#) — when you are missing something
- [Key Cooking Ratios](#) — rice to water, lentils to water, flour to liquid, etc.
- [Nutrition in Pantry Staples](#) — why tinned beans and lentils are nutritional powerhouses

## External Resources

- [Love Food Hate Waste](#) — practical food waste reduction guides
  - [BBC Good Food: Storecupboard Recipes](#) — large tested recipe collection
  - [NHS: How to Store Food Safely](#) — UK guidance on food storage and date labels
- 

*Page maintained by the site cooking editors. Last substantive revision: 2026-03. Categories: [pantry](#) [low\\_effort](#) [emergency\\_cooking](#) [one\\_pot](#) [convenience\\_meals](#)*

## Recipe Models

Feel free to edit and copy these models to modify for your own use.

[How to Boil Water](#)  
[Hound Dog Steak](#)  
[Vegetable Barley Soup](#)

Explain the flow of

- ingredients - what are the best? How to save
- recipes - recipes are composed of ingredients
- products - are those items that are stand-alone and may or not be included in a menu such as purchased items water, wine, bread
- menus - menus are composed of several dishes

welcome to products ready to eat

finished products ready to consume

- [water](#)
- [Drinking Water in France](#)
- [water sparkling](#)

## Dijon mustard

sidebar

eat

## Spaghetti alla Puttanesca

1)

The term “pantry meal” became popular in food media during the COVID-19 lockdowns of 2020, though the concept is as old as domestic cookery itself.

2)

The concept of “spoon theory” — coined by Christine Miserandino — describes the limited energy reserves of people with chronic illness. Low-energy pantry cooking directly addresses this need.

3)

Fresh eggs kept at a stable cool temperature last 3–5 weeks; refrigerated eggs last longer but must stay refrigerated once started.

4)

Individual recipe pages follow the site's standard recipe template: ingredients, method, variations, and nutrition notes.

5)

FIFO is standard practice in commercial kitchens and is mandated by food safety regulations in most countries for professional food handlers. It is equally valuable at home.

6)

“Use by” dates are legally binding in many jurisdictions (e.g., EU Regulation 1169/2011). “Best before” dates are advisory quality indicators only.

7)

Hard cheeses such as Cheddar, Parmesan, and Gruyère can have surface mould safely cut away (remove 1 cm around the mould). Soft cheeses with mould should be discarded entirely.

8)

Fresh egg: sinks and lies flat. Week-old egg: sinks but tilts. Old egg (still safe): sinks but stands on end. Floating egg: discard — it has gone bad.

9)

A swollen or leaking tin may indicate *Clostridium botulinum* contamination. Do not taste-test; discard immediately and wash hands.

From:

<http://parisyank.com/> - Paris Yank

Permanent link:

[http://parisyank.com/doku.php?id=paris\\_yank:eat:preparein:recipes:start&rev=1772454865](http://parisyank.com/doku.php?id=paris_yank:eat:preparein:recipes:start&rev=1772454865)

Last update: **2026/03/02 07:34**

