

The Scratch Kitchen™—The Primer

RULES OF THREE REFERENCE SHEET

Print this, slap it on the fridge, let the kids pick tonight's hit! Add to the list as you grow.

| Core Item | Oils/Fats | Acid | Umami | Cooking Style |
|---------------------|------------------|-----------------------|------------------------|---------------------------|
| Pasta | Lard | Lemon | Tomatoes (can/fresh) | Sauté (twirl & toss) |
| Beans | Butter | Lime | Garlic | Sear (sizzle drum) |
| Rice | Suet | Vinegar: white | Peas (canned/frozen) | Boil (maracas shake) |
| Cornmeal | Bacon Fat | Vinegar: apple cider | Seaweed (or soy) | Roast (oven disco) |
| Chicken | Burger Fat | Vinegar: red wine | Soy sauce | Braise (slow jam) |
| Chicken: whole | Veg Oil | Vinegar: white wine | Fish sauce | Camp fire (story time) |
| Chicken: breast | Olive Oil | Vinegar: balsamic | Cheese: aged | Grill (flip & cheer) |
| Chicken: dark meat | Fish Oil | Vinegar: rice | Cheese: Parm | Cold prep (picnic pack) |
| Beef | Cheese: any | Vinegar: other | Mushrooms | Fry: deep (bubble party) |
| Beef: roast | PB | Yogurt | Cocoa | Fry: shallow (crisp flip) |
| Beef: hamburger | Oil | Pickle juice | Stocks (meat/veg) | Steam |
| Beef: stew cubes | Save Bacon fat | Orange (juice/zest) | Bouillon Cubes | |
| Pork | Chicken Schmaltz | tomato juice/puree | Nutritional yeast | |
| Pork: roast | Ghee | Kombucha | Anchovy paste | |
| Pork: ground | Sesame Oil | Citric Acid | Marmite/Vegemite | |
| Pork: cubes/chopped | Coconut fat/oil | Verjus (green grapes) | Dried Mushrooms (grnd) | |
| Tofu | Chili Oil - DIY | Buttermilk | Miso Paste | |
| Eggs | | | Worcestershire sauce | |
| Veggie: Root | | | Fish sauce | |
| Veggie: Fruiting | | | MSG (Accent) | |
| Veggie: Greens | | | Parmesan Rind | |
| Lentils | | | | |
| Mushrooms | | | | |
| Oats | | | | |
| Flour | | | | |

