

HOW TO...

UP YOUR FLAVOR GAME

Get more zing, spice, and aroma into every meal with tips and how-tos from our test kitchen.



STEP BY STEP *Marinating meat*



1 Stir the marinade ingredients together in a wide, shallow glass dish so the meat has room to get evenly coated.



2 Add the meat in a single layer and turn to coat all sides. Cover the dish tightly with plastic and refrigerate 2-4 hours.



3 Dab the excess marinade off the meat with a paper towel so the meat browns and cooks evenly on the grill. Find these Grilled Chicken Tikka Skewers on page XX.



5 tips

to get big flavor from your broiler

Intense heat from your broiler crisps, browns, and caramelizes everything from toast to steak. It gives the Broiled Miso Salmon, page XX, a delicious crust. Here's how to use it.

- > **Move your oven rack up** a position or two before preheating your broiler. Your food should be about 3-4 inches from the heating element.
- > **Preheat your broiler for about 5 minutes** or until thoroughly heated before adding your food so it cooks quickly and browns evenly.
- > **Use an oven-safe, high-heat pan** like a broiler pan, heavy-duty baking sheet, or cast-iron skillet. Line pans with foil instead of parchment paper.
- > **Keep a close eye on your food.** Anything under the broiler can get too dark very quickly. It's best to stay close by and check your food often.
- > **Rotate your pan as needed.** The heating element is narrow—it usually covers only the middle of the oven. Place your pan right underneath it and rotate as needed for even browning.

Q & A

Q: HOW MUCH SALT DO I NEED TO SEASON MY FOOD WELL?

A: You don't need lots of salt to bring out the flavor in your food. Adding one small pinch of salt at a time 2-3 times throughout cooking will concentrate flavors better and season food thoroughly. For the Whole-Grain Penne with Tuna on page XX, try adding a small pinch of salt (a little less than ¼ teaspoon) to the penne as it boils, to the onion and bell pepper as they sauté, and to the finished pasta toss. If you're on a salt-restricted diet, consult your doctor first.



GET THE MOST FROM DRIED HERBS AND SPICES

Try these tips to get the most from your spice cabinet, then make a bold blend like the **Homemade Taco Seasoning** on page XX.

- > **Store spices** and dried herbs in a dark, dry place.
- > **Add spices** and dried herbs early on as you cook so they have time to infuse your food.
- > **Replace ground spices** every 2-4 years and dried herbs every 1-3 years.
- > **Write the date** of purchase on the bottom of spice containers so you know when to replace them.



THE POWER OF SOUR

A little tang and tartness from citrus, sour cream, and vinegar livens up dishes that can taste too flat, spicy, or rich. Give these classic combos a try.

- > **Add** a dollop of sour cream and squeeze of lime to a bowl of meaty chili.
- > **Drizzle** malt vinegar or apple cider vinegar over french fries and fish.
- > **Squeeze** a wedge of lemon over creamy pasta or grilled chicken and vegetables.



How to use up canned chipotles

Once you've made the **Chicken Tinga Tacos** on page XX, use the chipotles in adobo to add a little smoky, spicy heat to other dishes.

- > **Mayonnaise:** Stir in a little adobo sauce for a french fry dip or sandwich spread.
- > **Butter:** Combine with softened butter and spread over corncoobs or cornbread.
- > **BBQ sauce:** Add to bottled sauce before grilling to balance its sweetness and tang.
- > **Scrambled eggs:** Use in place of hot sauce to add a little kick to your eggs.
- > **Slow cooker pork:** Add to pork shoulder while it cooks for smokiness and heat.

Taste, taste, taste

One of the best ways to be sure your food is well seasoned before you serve is to taste it as you go. Tasting at the beginning, middle, and end of cooking helps give you an idea of how flavors build over time and helps you learn what you like. It's also easier to adjust the balance of flavors in a dish bit by bit instead of just at the beginning or the end.

BUILD YOUR FLAVOR PANTRY



HOW TO STORE

Refrigerate condiments and capers after opening. Store oils and vinegars in a cool, dark place in your pantry. Keep spices and seasoning mixes tightly sealed in a dry place.

Inspired to try a new cuisine or punch up the flavor in your cooking? Try adding these versatile ingredients to your pantry.



GOCHUJANG

Korean chili paste works well in steak marinades, soups, and noodle or rice stir-fries. Look for it in the international aisle or sub Korean barbecue sauce.



MISO PASTE

You can cook with miso or stir into dressings and marinades. A package will keep in your fridge for at least a year. Look for it in the refrigerated section.



RANCH SEASONING

A zesty blend of buttermilk, garlic, and spices amps up burger patties, roasted potato wedges, and snack mixes. Look for it with the bottled dressings.



WORCESTERSHIRE SAUCE

Add a splash of this umami-rich condiment to chilis and beef stews, creamy salad dressings, or cocktail sauce. You can also use tamari sauce.



CAPERS

Add a salty, briny pop to Italian salsa verde, pasta salads, or bagels with cream cheese. Find them with the jarred olives and pickles.



SHERRY VINEGAR

Not too sweet or tangy, this vinegar from Spain brightens up tomato soup and vegetable sautés. You can also sub red wine vinegar.



HARISSA

Stir this spicy Moroccan condiment into hummus, add to braises, or drizzle over fried eggs. You can also sub Asian chili garlic sauce.



TOASTED SESAME OIL

This rich, nutty oil is delicious in a vinaigrette, tossed in a cold noodle salad, or drizzled over baked fish. You'll find it in the international aisle.



SMOKED PAPRIKA

Unlike sweet or hot paprika, this Spanish spice has lots of smoky flavor. Use in rubs for steak or chicken or in vegetable soups.

A long shelf life lets you use these items anytime

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