

What every kitchen needs

By MARNI JAMESON
(Part two)

Until a few weeks ago, I thought I was an OK cook.

I was wrong. In fact, I probably have no business writing about cooking, but since when has lack of knowledge stopped me?

Recently, during a two-hour conversation with America's Test Kitchen's executive reviewer Lisa McManus, who really does know what she's talking about, I learned that my kitchen, though it contains plenty of cookware, is, in fact, ill equipped. Of the four essential pieces of cookware McManus says every kitchen should have, I had only two. I was lacking a Dutch oven and a cast-iron skillet.

No wonder my cooking isn't better! Not only do I not have the right basics, but what I have is subpar.

The four pans I do use are nonstick, not her first choice, and, I learned, they were also well past their prime, if they ever had a prime. The surface of a nonstick pan only lasts a few years, and mine were going on 10. They weren't fit for a stray-dog cookout.

"In our kitchens, we test pieces, not sets," she said. A pan test involves making the same recipe over and over in many pans of the same size from different makers to see what works and what annoys.

"If I am fighting the pan, and burning my hand, it's not working."

Because good pans are both a household staple and an investment, McManus tells home cooks to buy pans one at a time based on what they cook and can afford. Start with a few durable, flexible workhorses that will earn their keep. Here are four pieces every well-equipped kitchen should have, and the brands ATK recommends:

- **A Dutch oven.** These high-sided, cast-iron, enamel-coated cookers can go from stovetop to oven, and can be used to steam, deep fry, braise, bake, or roast. Choose round over oval, because round fits burners better and get the 7-quart size.

Cooks universally agree that Le Creuset makes the winning Dutch oven, but it's expensive at (cough) around \$375. However, McManus

also recommends a best-buy runner-up, the much less expensive Cuisinart Chef's Classic Enameled Dutch Oven Casserole.

- **A large, four-quart saucepan with lid.** A high-walled saucepan that can handle gravies, soups, and puddings is another kitchen must. At ATK, the category winner is the All-Clad tri-ply stainless saucepan.

"You can always cook a small amount of food in a large pan, but you can't cook a large amount in a small pan," McManus said. So start large and get smaller pans later.

- **A 12-inch stainless-steel skillet.**

Again, the ATK team favorite is the All-Clad D3 stainless-steel frying pan with lid, which sells for around \$120.

"That may sound like a lot, but these are the hardest workers in your kitchen," McManus said.

- **A second 12-inch skillet made of cast iron or carbon steel.** Lodge makes the winning cast-iron skillet, which, for a change, fits most budgets.

"This is the one pan to get if you're broke," she said.

Last week, I found a Lodge 12-inch cast-iron pan at Home Goods for \$15. I have cooked in it every night since, and dinners are markedly better.

Carbon steel offers the same benefits of cast iron but is lighter. The ATK team favorite is the Matfer Bourgeat Black Steel round frying pan.

When properly cared for and seasoned, both materials develop nonstick surfaces naturally and never need replacing.

- **Nice to have.** After you have your core set, the following items fall in the would-be-nice-to-have category: A generous stockpot (8 to 12 quarts), a 2-quart saucepan, a 10-inch skillet, and an 8-inch skillet.

- **Avoid nonstick.** Although nonstick pans are easy to clean and inex-

pensive, don't make them your first purchase, McManus said. The coating goes downhill fast, so they need to be replaced every few years. With wear, the coating, usually made of polymerizing tetrafluoroethylene, or PTFE, (popularly known as Teflon), blisters, peels and gets in food, which has raised health concerns.

Though alternative nonstick surfaces are available, you'll be better off starting your recipe with a little oil in a regular pan.

Join me next week to find out how to care for your cookware, so your investment lasts a lifetime.

SELLING AT PUBLIC AUCTION

FOR THE ESTATE OF JACK POWELL

Saturday, November 7th, 2020 @ 10:00am
5708 E Dupont Ave., Glasgow, WV 25086



DIRECTIONS: From Charleston – I-79 South to US Route 60 East
Midland Trail 15 miles to 5708 E Dupont Ave. Glasgow on right.
Property faces Rt. 60 in Glasgow. Watch for signs.

***** CALL TODAY TO SCHEDULE SHOWING *****

Rt. 60 Frontage – Commercial Office/Sales/Rental Building
4,000+/- sqft. commercial building with street level office spaces along with lower level storage & ground level alleyway street access.
Building needs repairs & updates but has strong rental/income/storage possibilities.

Auctioneer/Agent: Roger Mullins #1703

Auctioneer: Stacy L. Cooper #1517

Auction Gallery: 304-548-4056

Cell: 304-542-5735

www.Mountaineerauctions.com

or **www.auctionzip.com**

ID #4152 or #4158 for terms & photos

440415

3 Bedroom in South Hills

872 Alta Road
Charleston, WV

Thursday, October 29th at 5:00 PM



Sold to the Highest Bidder

Updated Kitchen
One Car Garage
2 Full Baths

RE Terms: 10% down payment made day of auction w/balance due at closing w/in 60 days. 10% BP

JOE R. PYLE COMPLETE AUCTION & REALTY SERVICE

Joe Pyle WV212 Joe R. Pyle, Broker

5546 Benedum Drive, Shinnston, WV

(888) 875-1599

www.joerpyleauctions.com

439967