

## DINNER IN A CAN (FOR THE MOST PART) #000

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This started out with another night of saying to myself, “I want something to eat, but I don’t want to spend a lot of time on it.” After wasting an embarrassingly long amount of time staring into my pantry, I came up with the predecessor to this. It had always been tasty, but a tad heavy. This last time I made it, however, I had one of those rare, “Wow!”, “Eureka!”, “Holy !#\$%\$!” moments. You see, I have been doing a lot more reading lately into cooking. Not recipes, but more along the lines of underlying principles. One of those books is Samin Nosrat’s “Salt Fat Acid Heat”. This time, inspired by Samin, I said to myself, “Lets see what happens when I add some acid”, and WOW!, I am so glad I did. So many more doors are open now.

By the way, you may be asking yourself, “Why is “For The Most Part” in the title?” Well, the original iteration was one of the early pieces in my “Dinner In A Can” series which was intended to be made entirely from items in a can, box, jar, or bottle. There are two ingredients in this which don’t really meet that definition.

### INGREDIENTS

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<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	12 oz. Can	SPAM
1	15 oz. Can	Sweet Peas
2	15 oz. Can	Diced Potatoes
1	4 oz.	Sliced Mushrooms
1	-----	Medium-ish / Large Lemon
AR	-----	Baby Carrots
AR	-----	Grapeseed Oil

I had some baby carrots left over in a bag that I had been randomly snacking on. Seemed to be a good fit to add some color and texture

If you don’t have grapeseed oil, any neutral oil with a high-ish smoke point will do

### SPECIAL TOOLS

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- NONE! [i]

## PREPARATION

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- 1) Heat cast iron pan to medium-ish, maybe medium-high-ish
- 2) Drain the peas, potatoes, and mushrooms
- 3) Dice the SPAM
- 4) Toss the diced SPAM and potatoes in a glass bowl with a little grapeseed oil; just enough to lightly coat
- 5) Add a little grapeseed oil to the cast iron pan; just enough to lightly coat
- 6) Add SPAM and potatoes to pan. Cook stirring around every so often, until the SPAM and potatoes become nicely browned
- 7) Add mushrooms and peas to the pan and stir until evenly distributed
- 8) Heat until the mushrooms and peas are, well, heated, but not necessarily crispy
- 9) In the meantime
  - a. Juice the lemon
  - b. Julienne enough baby carrots for a decent amount of garnish
- 10) Put the peas / mushrooms / SPAM / potatoes into a decent sized glass bowl
- 11) Add the juice from the lemon and stir thoroughly, but try not to mash the peas and mushrooms
- 12) Serve in regular size bowl topped with the julienned carrot garnish
- 13) ENJOY!

## NOTES

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- i. If you don't have a cast iron pan, you really need to get one!

PICTURES

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