



The Gourmet Analyst - Entry Level Recipes for the Millennial Generation

What is GA? Recipes My Favorite Products About Chef Cody Blogroll & Friends Guest Blog

My Favorite Products

I live in Miami right now, and I spent part of my childhood in Tokyo... so needless to say, some of my favorite ingredients to cook with are a bit hard to find. Below are some of my most commonly used, hard to find ingredients. Click the picture to order!

Cody's Twitter Updates

@graphic_foodie omg - I totally need to order my boyfriend a bust of her head in cheese - she would just die. in reply to @graphic_foodie 3 weeks ago

@Heloath thanks lol even though what was it? I would never ever ever cook any of your recipes! yes - I think that was it. Reply in reply to Heloath 3 weeks ago

@nahelowl cool! I hope you use that ReadySetGo! I'd be surprised if I reply to @nahelowl 3 weeks ago

More updates...



Johnny's Garlic Spread - Great Caesar Garlic Spread & Seasoning
 "Make garlic bread, dressings, dip. Shake over meat, poultry, pasta, spaghetti, pizza, seafood and salad. Use on your favorite dish to add a wonderful garlic flavor." Whatever variety of spices they use - works perfectly for so many dishes that I use it all the time! My mom has been ordering Johnny's for years and it's become a bit of a Clearwater family tradition. They sell a few different sizes on the website and they're super reasonably priced.

Belmont Aji Amarillo (Yellow Pepper) Paste
 A product of Peru, this paste is made from pureed Yellow Chile Peppers and is sweet and spicy at the same time. Great for so many different uses. Found at my local Publix ... and at Tu Bodeguita, a Peruvian food supplier to the US.

Belmont - Rocoto (Hot Red Pepper) Paste
 Do not underestimate the heat of this paste! I marinated some beef in this paste and some EVOO and when it hit the pan, just the smoke from the peppers almost made my contacts fall out! Super hot, but really tasty. Also available at Tu Bodeguita.

Cacique Queso Blanco Fresco
 This cheese literally is called "fresh cheese." It's a mild flavored moist crumbly cheese that's great when paired with fruit, or heated up for a creamy sauce. It can be found in most grocery stores in the cheese section, but if you can't find it or you're looking for a specialty queso blanco round, click the link to order from gourmet-foods.com.



D'Elidas Habanero Hot Sauce

In my house when I was growing up, my dad would put hot sauce on everything he could get his hands on. I love hot foods, and this sauce really is fantastic. It's imported from Panama and made of three different types of habanero peppers. One or two drops really add a lot of heat to any dish.