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11 Underrated Ingredients That Will Transform Your Cooking

JANUARY 21, 2016 1:00 PM
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Vinegar, turnips, even anchovies: At first glance these might not seem like standout ingredients, but some of our favorite chefs beg to differ. Even the much-maligned parsley has a serious fan in Dirt Candy's Amanda Cohen. These are 11 ingredients that deserve a second—or third—look as you cook your way through 2016. They're simple and humble, but have the power to seriously transform just about any dish.

7. "Sweet potato. It's the most delicious vegetable as far as I'm concerned. It can be used in many ways—savory, sweet, breakfast, lunch, dinner—and happens to be super healthy and considered a 'good carb.' It's most delicious when simply roasted with salt and olive oil."

—[Michael Chernow](#), [Seamore's](#) and [The Meatball Shop](#)

9. "Salt! Every single recipe has salt, but we never talk about how amazing it really is. Ninety percent of the time when there's a dish that isn't quite right, an extra pinch of salt is all it needs to bring it to life."

—[Daniel Holzman](#), [The Meatball Shop](#)