

food
network

magazine

**TRICKS & TREATS
FROM THE STARS!**



Duff's
TAILGATING
TIPS



Ellie's
HEALTHY
BROWNIES



Guy's
COOKING
CLASS



**Halloween
FUN!**

Costumes,
Pumpkin Carving,
Caramel Apples
and more!

**Dinner in
Minutes!**

120

NEW RECIPES

+ great
weeknight
meals

Chefs'
Favorite Gadgets

LIGHTENED-UP
**Mac &
Cheese**

And the new Iron Chef is...see page 58



Simple Supper
20-minute
Chicken
Tortilla Soup

OCTOBER 2009 \$3.99



A detailed view of the interior of a 2010 Buick Lacrosse. The image shows the driver's side, including the leather-upholstered front seat, the dashboard with wood trim, the center console with climate controls, and the steering wheel with the Buick logo. A soft, ice-blue ambient light is visible along the dashboard and door panels, creating a premium atmosphere. The side-view mirror reflects a blurred city street at night.

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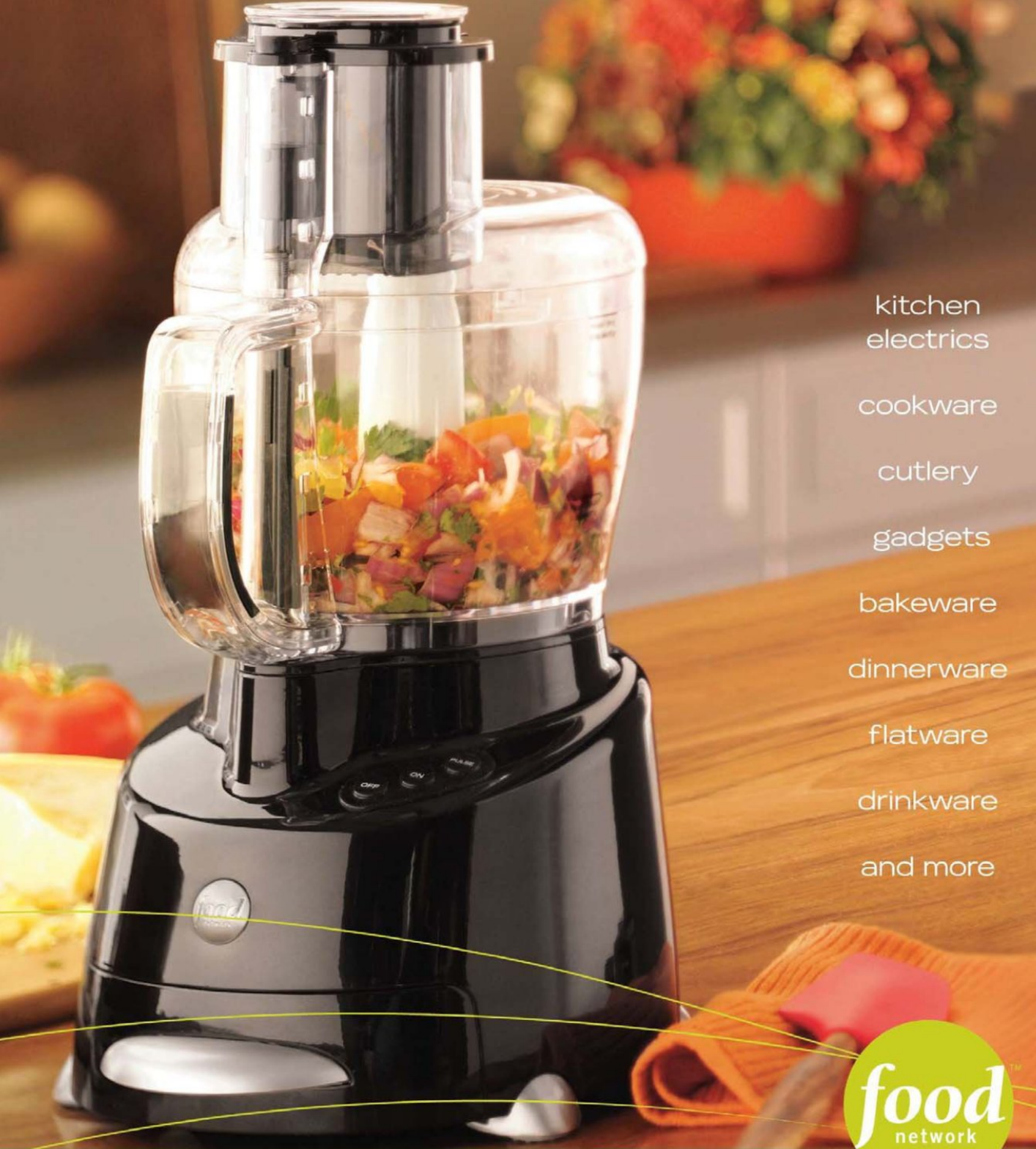
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Cover photograph by Steve Giral
Food styling: Jamie Kimm; prop styling: Marina Malchin.



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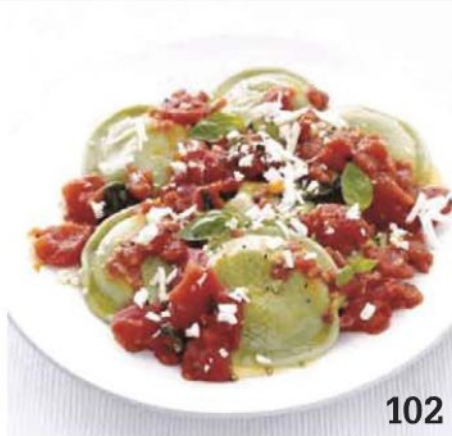
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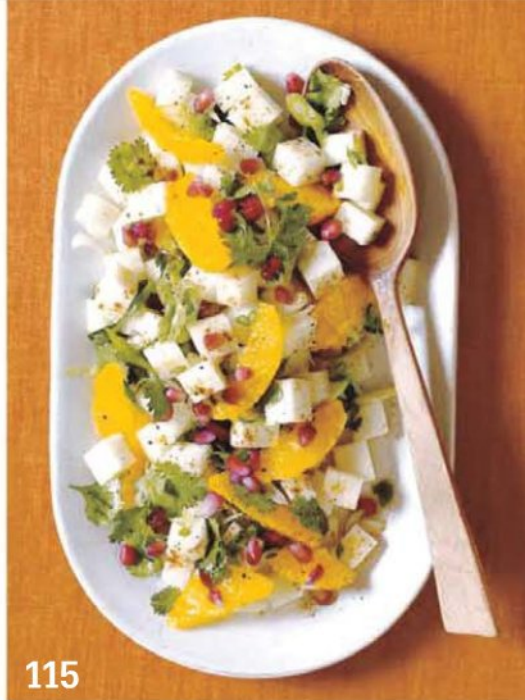
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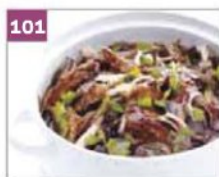
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GARTEN: QUENTIN BACON; CORWIN: WIREIMAGE/GETTY IMAGES.

Dine In or Eat Out to Support a Good Cause This Fall

Dine In

Join chefs **Tyler Florence**, **Cat Cora** and **Emeril Lagasse** and throw a dinner party that'll feed more than just your friends: The stars are leading the effort to raise money for **Feeding America**, an organization that supports 200 food banks nationwide. When guests ask what to bring, tell them to skip the wine and show up with a donation. Visit macys.com/cometogether between September 13 and October 21 to contribute.



Eat Out

Aaron McCargo, Jr. of *Big Daddy's House* wants you to get out of the kitchen—well, just for a week—to support **Share Our Strength's Great American Dine Out**. When you eat at one of more than 4,000 participating restaurants from September 20 to 26, a portion of the proceeds will go toward children's hunger relief. Didn't grab this issue in time? No worries, you can still help. Go to greatamericandineout.org to donate or find a restaurant.



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Moving to a new place can be tough. But remember: Your neighbors are eager to meet you (and see inside your house). Fortunately, with your eye for color plus our expert advice and exceptional paint, the welcoming committee will be too mesmerized by your walls to even think about asking any nosy questions. And if you're lucky, they'll bring delicious baked goods. Got a question? There's nothing you can't ask Sherwin-Williams.



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What a Treat!



Guy is the proud father of...a new Lamborghini.



I try to keep my cool around Food Network stars, but it isn't easy. I usually resist the urge to ask for autographs for friends, or to have my picture taken with chefs after a busy photo shoot. But recently, at the end of a day at Sonoma's Seghesio winery, where Guy Fieri showed us how to make sausage (page 122), I totally caved. Call it a pregnancy symptom: I wanted a photo of my unborn child with a big celeb. Little did I know that Guy would have his own new addition to show off. "Hey, two babies!" he said, pointing to my belly and then at his yellow Lamborghini, delivered a couple of weeks before our shoot.

Guy's actually the father of two boys (13-year-old Hunter and 3-year-old Ryder), but in terms of automobiles, he's right up there with the Octomom: The Lamborghini is his eighth car, and it's a new parent's dream—good-looking, quiet and very well behaved. Here's hoping my child will be the same.

I know I'm supposed to savor every minute with the baby, but I sort of wish I could fast-forward a few years so I could celebrate Halloween with her. This issue is packed with so many great treats for kids: caramel apples, cider doughnuts, pumpkin-carving ideas, plus the best food-inspired costumes I've ever seen (they're on page 136). I'm sure my daughter will have her own ideas about what she wants to be for Halloween someday, but if I have any say, I'm going to dust off this issue and dress her up like a big box of french fries.

Maile

Maile Carpenter
Editor in Chief

Find out which star carved this pumpkin on page 134!

The Great Pumpkins

It turns out the Ace of Cakes is also the ace of pumpkin carving: Just one hour and five minutes after we showed up at Duff's workshop last year with a bunch of pumpkins, he and his friends handed over six fantastic jack-o'-lanterns. They handled the assignment like one of their cake missions, carefully talking through ideas before breaking out the tools. Check out their work (and steal some ideas) on page 134.



FIERI, CARPENTER AND CAR: JAMES BAIGRIE; PUMPKIN CARVING INSET: DONNA RICKLES

Chefs of Tomorrow.

A culinary technician's celebrated journey

In the first installment of its three-part "Chefs of Tomorrow" series, Intel profiles **Chef Paul Liebrandt** to reveal what drives his innovative approach to food, and elicits his predictions as to what we'll be tasting in the not-too-distant future. Like Chef Liebrandt, Intel is constantly working to create the technology of the future today.

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Intel's Chefs of Tomorrow
Sweepstakes (Turn page for details)



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Paul Liebrandt, Corton, New York, NY

With constellations of praise from both sides of the Atlantic, this 32-year-old insists he is still honing his craft with beautifully imagined, intricately assembled dishes that draw on a global pantry of ingredients and influences. With fresh fish from Asia, raw spice from North Africa and a mastery of French technique, Chef Liebrandt presents an inspired medley of texture and taste that is uniquely, wonderfully, his own.

Young Vegetables, Herbs of the Season

Q: You're known as an extremely innovative chef. Did that creative impulse take hold early on?

A: I think so. I've always tried to take the more interesting way around and experiment a bit. Understanding how things work and fitting the pieces together is what drives the engine, what pushes things forward.

Q: Are you a tinkerer by nature? Are you handy around the house?

A: I know my way around a toolbox, sure. You have to know a thing before you can fix it, make it better, take it to the next level. It's problem solving. How do I get from here to there? What are the steps involved? Finding solutions goes hand in hand with technical expertise in cooking. Applying new techniques for a better result is where innovation comes from.

Q: I've heard cooking described as an art form, and you as a modern artist. Do you agree with that?

A: No, I don't. Food is not art. Food serves a specific purpose—to provide nourishment. What chefs do is create something from a raw state and give it form. We're more craftsmen than artists.

Q: What's the oddest tool in your kitchen?

A: Everything from superfine micro-mesh filters to syringes to tanks of liquid nitrogen. But here's the thing: If the person you're serving can't see it or taste it, what's the point? It's fantastic utilizing technology, but it has to get you somewhere.

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"I want to give people who come into my restaurant an evening to remember. I want them to come away with a sense that they've experienced something special, something unique." —Paul Liebrandt

"Noir" Gelée

Foie Gras, Sour Cherries,
Stilton Ice Cream

Q: That sounds almost scientific.

A: Well, there's a lot of science in cooking. Take bread-making: Bakers understand it's not about mixing dough and tossing it in an oven. It's about the right yeast fungus, the right chemical reactions, proper kneading, gluten formation, humidity, temperature. And yet so much of the world so often sees only inspiration, passion, emotion. Which is a big part of it, as well. It's who we are as people. But we get inspired by different things—travel, other chefs, fashion, ingredients, the season. During the summer months, trying to capture the color green can be very inspiring.

Q: Is that something that would work its way onto the menu at Corton?

A: Absolutely. The idea behind the color—its freshness, its essence. We do a squab with *combava*, essentially dried kafir lime. The citric elements—along with the silky texture of the meat, which has very little fat—delivers just a wallop of wonderful flavor. Big, green, beautiful. Like great bunches of mint and fennel, really immediate. Then we use a bit of anise, which is a dry flavor but with a lot of depth, to enhance three variations of porcini mushrooms. The taste is rounded, earthy, but quick in the mouth, fresh.

Q: What do you see yourself cooking in the future?

A: Everything, from everywhere. The world has gotten so much smaller. I can have a fish in my kitchen that was swimming in a Japanese river three days ago. And it can be plated with vegetables grown in the Hudson Valley by a farmer who grows vegetables just for this restaurant.

Q: Mixing ingredients, influences and cultures, you mean.

A: Yes, but it's more than that. We're going really big and global and very focused and local at the same time. It seems contradictory, but it isn't. That's the future.

Q: Speaking of the future, if you could have one last meal on Earth, what would it be and with whom?

A: I would have a kaiseki dinner served by 1,000 geishas, overlooking the mountains of northern Japan, and dine with Sir Winston Churchill, Nostradamus, King Arthur and Lord Voldemort (yes, from *Harry Potter*).

To see more of Paul's interview and watch a video of his cooking demo, go to foodnetwork.com/cot

Intel salutes Paul Liebrandt's passionate intellect and shares his drive to take things to the next level. At Intel, developing new ideas is our bread and butter, and our 41,000 engineers are focused on creating technologies that will become the new normal for generations to come. To learn more about Intel, Sponsors of Tomorrow, visit sponsorsoftomorrow.com.



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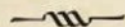
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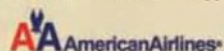
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We Hear You...

The burger debate continues! A few of our **favorite letters** this month, and some helpful ideas, too.

You missed Utah's best burger: the Bleu Bacon Burger at **The Training Table in Salt Lake City** ["50 States, 50 Burgers," June/July 2009]. No other burger packs the punch of this blue-cheese-and-bacon combination. And don't miss the cheese fries with "smoky fry sauce!"

Cammi Larsen
West Jordan, UT

We moved from Michigan to Vermont last year and have been searching for a burger joint to call our own. So we were excited to try the **Scibek Sizzler at the Shopping Bag in Burlington**. It's our new favorite place for burgers.

Linda Ploof
Brandon, VT

I was really enjoying the June/July issue until I got to "50 States, 50 Burgers" and saw your choice for California. Every other state got a great little burger joint, and for us Californians you chose a chain? There are many burger places in California that beat In-N-Out any day of the week, like **Redrum Burger in Davis** or **the Squeeze Inn in Sacramento**.

Justin Kelley
Sacramento, CA



Aaron McCargo, Jr.'s Classic Potato Salad ["He Made...She Made," June/July 2009] gets my vote! It has tons of flavor, is easy to make and looks great. The choice of Worcestershire sauce as the secret weapon makes this potato salad.

Kathleen L. Tsihlis
Bethlehem, PA

After learning that you are going to provide **nutritional information** for some of your recipes, I just want to say it's great to have the information, but please don't change the way you cook!

Wendy Blee
Columbia, MD

My new dilemma is how to read this magazine and watch the Food Network at the same time!

Lori Lewis
Novi, MI

BURGER ILLUSTRATION: JOHN KACHIK; HOFFMANN: JIM FRANCO; CORN DOG: KATE SEARS.

Two months is a long time to wait for this magazine! Please keep it coming.

Barbara O'Brien, Westwood, CA

Good news: Starting with this issue, **Food Network Magazine** will come to you 10 times a year! Next month, you'll get our November issue, with tons of great Thanksgiving recipes (including all-star side dishes and 50 twists on mashed potatoes). And in the December issue, you'll find all sorts of holiday sweets, the best new food gifts and dozens of tips to help you through the season.

How about a focus on cooking techniques related to feature recipes? Teach us a little **something that one might learn only in culinary school**, perhaps....

Lisa Ketrick
Reseda, CA

Absolutely. The Food Network Kitchens team explains as many techniques as possible in each issue. We think you'll like our knife-skills tutorial on page 49—it's like a day at cooking school (without tuition!).

This magazine is like sitting down with all of the Food Network stars and having a nice visit.

Terry Atkins
New Castle, DE



I am Hispanic but did not know how to prepare tamales. I was inspired by **Ingrid Hoffmann's Chicken Tamale** recipe ["Try This at Home," June/July 2009]. After seeing how easy she made them look, I gave them a try. Thank you so much!

Araceli Linn
Wolcottville, IN

My goal is to cook one thing from each issue in the month I receive it. It would help to know **what tools professional chefs use** and why they like them!

Janette Stadler
Rochester, NY

Check out our tools story on page 40: It reveals seven chefs' favorite affordable tools and where to buy them.

We want to know what you think:

Go to foodnetwork.com/magazine and click on Write to Us! Or e-mail us at fneditor@hearst.com.

I had two small children visiting me recently, and I didn't know what to make. But once I read the recipe for **Baked Mini Corn Dogs** ["Lighten Up," June/July 2009], I knew they'd be a hit. And they were! They were quick, easy and delicious—perfect for kiddos.

Margo Papke
Richland, WA



"You'll be hard-pressed to find a better \$13 Chardonnay than this Central Coast bottling."

(88 points)

James Laube,
WineSpectator.com
March 16, 2009

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AND TO THINK,
PEOPLE ONCE THOUGHT
THE CHIP WAS FLAT.



A GIANT LEAP FOR SNACK-KIND.™



FOUND IN THE SNACK AISLE



You Asked...

Food Network stars answer your burning questions.



Emeril, none of the chefs on TV seem to wash meat before cooking it. Can I use meat right out of the package?

Monserrate Bissonnette
Brooksville, FL

There's certainly nothing wrong with washing meat, but today's butchers are held to very high standards, so it's safe to use meat right out of the package. I usually don't wash beef before cooking it, but I like to give poultry a quick rinse under cold water (then I pat it dry). Just be sure to wash your hands thoroughly before and after handling any raw meat or poultry.

—Emeril Lagasse



Sunny, other than cooking, what do you like to do for fun?

Mathew Barnes
Chepachet, RI

Reality TV is my guilty pleasure; I can't get enough of those *Real Housewives* shows. I also love playing video games, either alone or with my boyfriend. And a good walk around my neighborhood always clears my head and works off the calories from eating all the cookin'.

—Sunny Anderson



Marc, where do you film *Unwrapped*?

John Nelson, Jr.
Northglenn, CO

For eight years we were based in Denver, first shooting in two real diners and eventually building a fake one on a soundstage. Now we shoot all over the country. I've hosted recent episodes in California, New Jersey, New York and Pennsylvania. We may show up in your hometown soon!

—Marc Summers



Ina, the cheesecakes you make on your show come out of the oven with perfect tops. How do I keep mine from cracking?

Amy Gerson
Beachwood, OH

Cheesecake is very temperature sensitive. I never trust the dial on my oven. Get one of those inexpensive oven thermometers they sell at the hardware store and use that instead. The good news is, if the top cracks, you can just pile it high with raspberries and no one will ever know what's going on underneath.

—Ina Garten



Aaron, when and how did you first become interested in cooking?

Nancy Huggins
Lake Worth, FL

My passion for cooking began when I was 13:

I was a summer volunteer at Copper University Hospital in Camden, NJ. I already loved food, so imagine my delight when I was assigned to work in the kitchen. I was too young to use the equipment, but I was able to portion food and learn from the chefs. Soon after, I started selling my own baked goods to friends. The rest is history.

—Aaron McCargo, Jr.

Ina recommends an oven thermometer for baking.



Have a question for a Food Network star?

Write to us at foodnetwork.com/magazine.

The content of all submissions (including letters, recipes and photographs) should be original and becomes property of Food Network Magazine, which reserves the right to republish and edit all correspondence received. By making a submission, you guarantee that you possess all necessary rights to grant the material to Food Network Magazine.

DURING THE DUST BOWL,
SOYBEANS
DID MORE THAN JUST
REVIVE THE EARTH.
THEY HELPED REVIVE
AMERICA.

The 1930s. The Great Depression turned the land of opportunity into a land of despair. Struggling farmers, in an attempt to reap greater profits, cultivated large tracts throughout the Great Plains. This removed precious nutrients and moisture from the soil, putting a great strain on the land. Couple that with cattle overgrazing and a drought courtesy of Mother Nature, and the Dust Bowl was born.

Enter the soybean. Packed with soil-replenishing nitrogen, it gave back to the land what crops like corn and wheat stripped away. Planted in large quantities, and utilized in crop-rotation practices first developed in ancient China, soybeans helped suppress erosion and hold the ground together.

With the stabilization of the land helping to stabilize the economy, America was slowly pulled out of the Great Depression. Thanks in part to the amazing soybean—for over 5,000 years an integral part of cultures and diets.

Today, it's this same historic soybean that we take, mix with fruit, and bake to make every SOYJOY.™



Packed with Soy. Baked in History.™

SOYJOY.COM



10
THINGS

You Need to Know

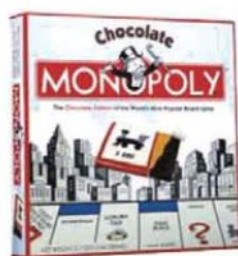
THIS MONTH



1

Board games are now edible.

Some classic games are hitting the grocery aisles:



Monopoly

The iconic game's chocolate edition is a little different from the original: A spinner replaces dice, the board is paper and your properties are chocolates. \$10; available in November at target.com



Scrabble

These Cheez-It crackers stamped with letters are designed to fit on a Scrabble Junior board. It's just too bad that the letter scores are missing: Spelling "cheez" would be worth 19 points. \$3; at grocery stores



Operation

New fruit snacks from Kellogg's won't test your dexterity like the classic game, but you can still pluck Cavity Sam's ailments—such as a frog in his throat—out of the bag. \$2.50; at grocery stores

2 This year's trendiest menu item is also the spookiest.

Diners at some of America's hot new restaurants are digging in—literally—to **roasted marrow bones**. The gelatinous delicacy is served at New York City's Minetta Tavern (minettatavernny.com), L.A.'s carnivore hangout Animal (animalrestaurant.com) and the year-old Craigie on Main (craigieonmain.com) in Cambridge, MA. "I can't think of a time when all the bones didn't come back from the dining room eaten totally clean," says Craigie on Main chef Tony Maws. If you want to make your own, scare up some marrow bones at a butcher shop, place them upright on a foil-lined baking sheet and roast at 450° for 15 minutes. Scoop out the marrow, spread it on toast and top with sea salt.

Marrow is creepy-looking but delicious!



3 You can join a star in the fight against breast cancer.

Down Home With the Neelys host **Gina Neely** loves pink, but that's just one reason she collects kitchen tools in the color. "I'm a big supporter of the Susan G. Komen organization [komen.org]," she says. "Last year, I gave my sister Tanya the pink KitchenAid mixer and she loved it! She helped me raise my girls, so I'd give her the world if I could." You can help the cause even if pink isn't your kitchen color: The recent addition to the Cook for the Cure line, which has raised \$7 million for breast cancer research since 2001, is this white mixer with a subtle pink accent. \$349; kitchenaid.com



4 You can make your skeleton stronger this Halloween by snacking on pumpkin seeds: A quarter-cup provides more than 35% of your recommended daily allowance of zinc, which is vital for healthy bones.



SOURCE: NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE

5 Food Network has a few extreme eaters in the family.



On the new show *Extreme Cuisine With Jeff Corwin* (Thursdays at 9 p.m.), the host travels the world, trying unusual foods like larvae, raw cockles and fried grasshoppers, and teaching us about other cultures through their cuisine. Turns out Jeff isn't the only Food Network star who has eaten something out of the ordinary.



"Fried ants are a common street food in Santander, Colombia, where my family is from. They taste like a cross between bacon and potato chips!"

—Ingrid Hoffmann



"I've had Rocky Mountain Oysters [calf testicles]. I dipped them in hot sauce and blue cheese—good to do anytime you have a hard time eating something."

—Guy Fieri



"In Bologna, a chef said we had to try ortolan [a tiny bird eaten whole]. It looks like tied-up breast meat, but then you realize, there's a face!"

—Aida Mollenkamp

BONE MARROW: KARL JUENGLER/STUDIO D; FOOD STYLING: BRETT KURZWEIL; PUMPKIN SEEDS: MARVIN DEMBINSKY PHOTO ASSOCIATES/ALAMY.

SOME PEOPLE ARE STRUCK
SPEECHLESS BY ITALIAN ART.



MAYBE THAT'S BECAUSE
THEIR MOUTHS ARE FULL.



SERVING SUGGESTION

After a plate of our new Wild Mushroom Agnolotti is served, you won't be talking. Because you'll be devouring a masterpiece made from simple, all-natural roasted Portobello and Crimini mushrooms, Grana Padano and Parmesan cheese. Find your Italian inspiration in the refrigerated section.

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THE ITALIAN ART OF FOOD

Buitoni

6

New vodkas are down to earth.

Vodka makers have rolled out sleek bottles and trendy flavors for years; now they're distilling spirits from farm-friendly sources.



Organic corn
Prairie Organic's bottle is clean and kind of sweet, just like the stuff inside. Made in part by a Minnesota farm co-op, it's distilled entirely from state corn. \$25 for 750 ml; prairievodka.com



Potatoes
Pennsylvania distillery **Boyd & Blair** uses only local new potatoes for its vodka. The silky spirit with near-neutral flavor is perfect for a martini. \$30 for 750 ml; boydandblair.com



Organic wheat
Wheat vodkas are nothing new, but **Tru Organic Spirits** uses only organic North American wheat, resulting in a clean, crisp vodka that's great in a gimlet. \$35 for 750 ml; truvodka.com



Apples
Heart of the Hudson vodka, distilled from apple cider, has a distinct natural apple flavor; all the apples come from New York's Hudson Valley. \$40 for 750 ml; tuthilltown.com

7 Shopping carts are getting a makeover.

A big grocery chain is rethinking cart design, with a nod to shopping-cart history.

1937

Oklahoma City supermarket owner Sylvan Goldman introduces the world's first shopping cart, the Folding Basket Carrier. It's nothing more than a collapsible rolling cradle that holds two removable shopping baskets.



1947

Goldman rolls out a cart that features a single compartment and a swinging back, which allows for the now-familiar trick of storing carts in a nested row. Goldman eventually relinquishes the rights to the innovation: He swiped the idea from fellow inventor Orla E. Watson.



1950s

Suburban sprawl brings minor but important cart innovations like customized handlebars (so supermarkets can put their logos on carts) and child seats.



2009

Wegmans supermarkets roll out new, more spacious carts that, like Goldman's original, have two separate storage sections, plus a cup holder, a two-kid seat, and handlebars treated with germ-resistant coating.



PHOTOS: MARKO METZINGER/STUDIO D; FOOD STYLING: KAREN EVANS; ILLUSTRATIONS: BRUNOILLO



And you thought they were delicious
before they had a cookie attached to them.

**DELIGHTFULLY DELICIOUS HERSHEY'S® KISSES®
PEANUT BUTTER BLOSSOMS RECIPE**

48 HERSHEY'S® KISSES® Milk Chocolates
1/2 cup shortening
3/4 cup REESE'S® Creamy Peanut Butter
1/3 cup granulated sugar
1/3 cup packed light brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
1-1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Granulated sugar

1. Heat oven to 375°F. Remove wrappers from chocolates.
2. Beat shortening and peanut butter in large bowl. Add 1/3 cup granulated and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into mixture.
3. Shape dough into 1-inch balls. Roll in sugar; place on ungreased cookie sheet.
4. Bake 8 to 10 minutes or until lightly browned. Immediately press a KISSES® Chocolate into center of each cookie. Remove from cookie sheet to wire rack. Cool completely. Makes about 4 dozen cookies.



8 Food Network chefs are showing off their love of food—permanently.

Take a look at these cooks' culinary tattoos:



"I got this tattoo on the inside of my forearm so I see it every time I use a knife. It reminds me that being a great chef means being a great cook."

—Aarón Sánchez



"People meet me and don't believe that I'm a baker, so I got a tattoo of a baking implement. As for other tattoos, I can't show them in public."

—Duff Goldman



"My buddy Joe Leonard does these monkey-wrench symbol tattoos and I told him, 'Change it. I want mine upside down with a chef's knife in it.'"

—Guy Fieri



This tattoo is on Michael's leg!



"I was looking through a cookbook from the 1800s. I saw these diagrams of primal cuts and I knew I wanted the tattoo immediately."

—Michael Symon

9

Gummy bears can be high art.

The children's exhibit **You Art What You Eat**, opening this month at the Massachusetts Museum of Contemporary Art, explores food as a medium and features the work of five food-obsessed artists, including Chandra Bocci's model of the big bang theory—made out of gummy candies. *October 3 to February 28; massmoca.org/kidspace*

Look closely: It's gummy candy!



10 Food experts are insuring their taste buds for big bucks.



● This spring, Lloyd's of London issued a £10 million (about **\$16 million**) policy for the tongue of Gennaro Pelliccia, taste tester for Costa Coffee, a British chain. He tastes every batch of raw beans.



● As the country's leading wine critic and founder of the influential *Wine Advocate* newsletter, Robert Parker has made a career of sniffing out the best vino—which is why his schnoz is insured for **\$1 million**.



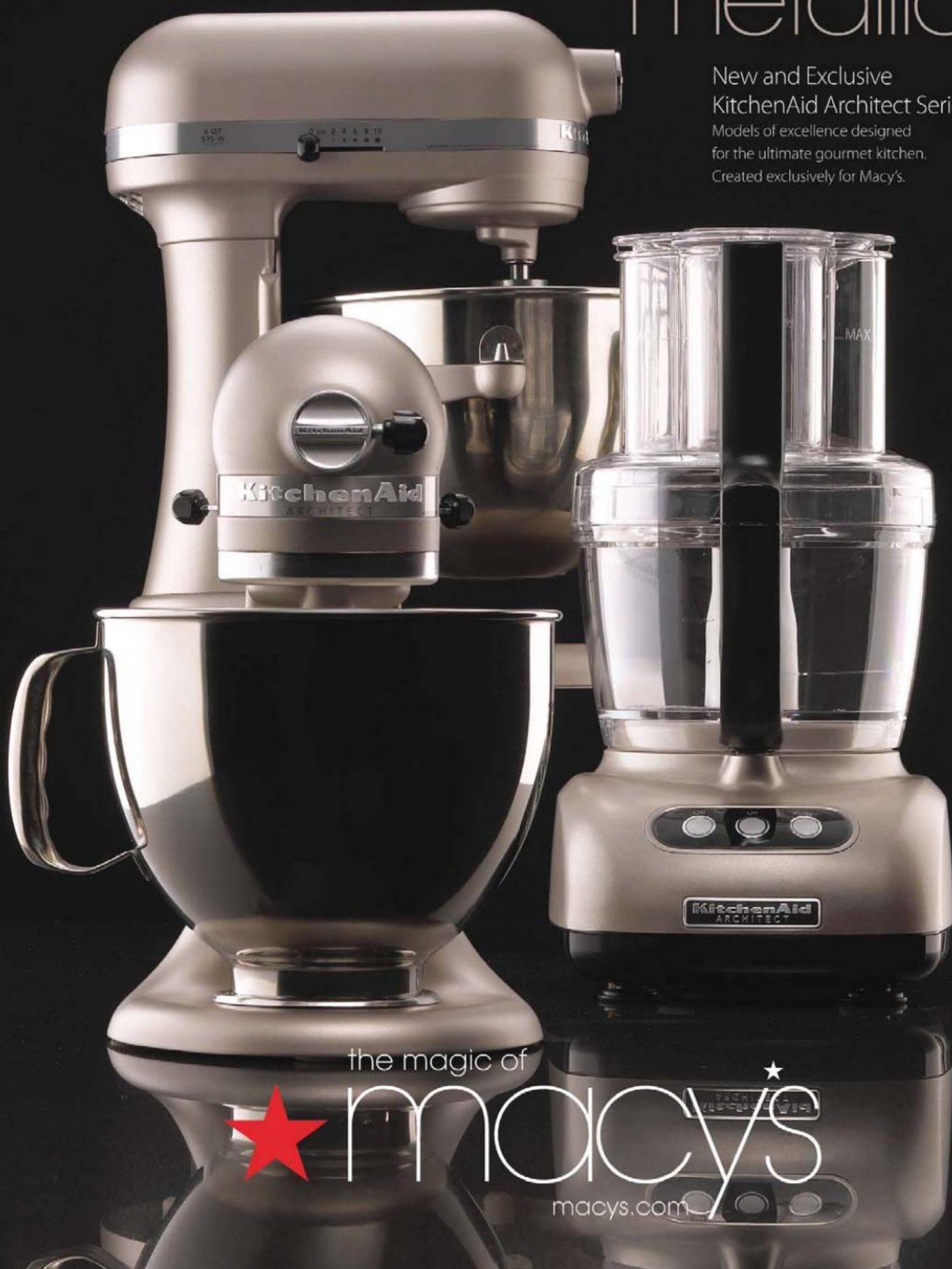
● The official taster for Dreyer's/Edy's Grand ice cream, John Harrison, first got his taste buds insured for \$250,000 more than 20 years ago. He must be good: About 180 million gallons of ice cream later, he's increased the policy to **\$1 million**.

—KATHERINE JAKUB

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Here's an easy recipe for a spicier life: drink milk.
It's naturally nutrient rich like no other beverage. That
means three glasses of lowfat or fat free milk a day is just
what you and your family need to really keep things
cooking. Nature's wellness drink – que rico!

Drink well. Live well.

got milk?

Flu Fighter

Chicken soup gets old fast when you're under the weather. Make **Food Network Kitchens'** immunity-boosting cookie, instead.



PHOTO: MARKO METZINGER/STUDIO D; FOOD STYLING: ERIN PHRANER

These five powerful ingredients might not cure the flu, but they can help!

Ginger

People in China, Japan and India have used ginger medicinally since the 1500s, and now we know why: **The herb has some antiviral compounds**, and its antihistamine properties help combat congestion.

Cranberries

You've been told to eat an apple a day, but a cup of cranberries a day provides twice as many **antioxidants, which help your body fight off cell-damaging molecules** (called free radicals).

Oats

Old-fashioned oats are rich in **selenium, a nutrient that helps your body fend off harmful free radicals**—including ones that your own body produces when you're sick.

Walnuts

A 1-ounce serving of walnuts has 1 mg zinc, and **zinc helps keep viruses from reproducing in your body**. A recent study found that people who took zinc lozenges every few hours could overcome colds faster.

Yogurt

Active cultures from yogurt help balance the bacteria in your digestive tract, **boosting your ability to absorb healthful vitamins and minerals**.

Turn the page for the cookie recipe. ➔

FLU-FIGHTER COOKIES

ACTIVE: 30 min | TOTAL: 1 hr 10 min | MAKES: about 30 cookies

- 2¼ cups all-purpose flour
- 1¼ teaspoons baking powder
- ¾ teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon freshly grated nutmeg
- Pinch of ground cloves
- ¼ teaspoon salt
- 1 stick unsalted butter, at room temperature
- 1 cup packed dark brown sugar
- 2 large eggs
- ¾ cup molasses
- ¾ cup low-fat plain Greek yogurt
- 1 tablespoon freshly grated ginger
- 2 teaspoons finely grated lemon zest (about 1 lemon)
- ½ cup old-fashioned oats
- 1¼ cups golden raisins
- 1¼ cups dried cranberries
- 1¼ cups roughly chopped walnuts, toasted

1. Line 2 large baking sheets with parchment paper. Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt in a medium bowl.

2. Beat the butter and brown sugar in a large bowl with a mixer on medium speed until light and fluffy, 3 minutes. Beat in the eggs one at a time, fully incorporating each before adding the next. Add the molasses, yogurt, ginger and lemon zest and beat until smooth, scraping the sides of the bowl as needed. Reduce the mixer speed to low and beat in the flour mixture to make a sticky batter (do not overmix). Fold in the oats and half of the raisins, cranberries and walnuts. Mix the remaining dried fruit and nuts in a small bowl and set aside.

3. Drop heaping tablespoonfuls of batter onto the prepared baking sheets. Top each with some of the reserved dried-fruit-and-nut mixture and chill for 30 minutes. Meanwhile, preheat the oven to 375°.

4. Bake the cookies until dark golden but still soft, 10 to 12 minutes; cool on a rack. Store in an airtight container for up to 1 week.

Per cookie: Calories 174; Fat 7 g (Saturated 2 g); Cholesterol 22 mg; Sodium 84 mg; Carbohydrate 28 g; Fiber 1 g; Protein 3 g



The face of hunger in America is too often the face of a kid. It's easy to miss. You don't see how his mom is stretching food and money past the breaking point. Or that going to bed hungry tonight makes her more likely to have trouble learning at school tomorrow. An invisible hunger affects over 12 million kids right here in the world's wealthiest nation. You can help end this disgrace. See how at strength.org



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Industrial Revolution

Restaurant chefs tell us which professional tools and supplies are **must-haves** for the home cook.



Gardening Shears

"Heavy-duty shears are great for trimming bones or cutting up a whole chicken, which makes sense, since they can slice right through an inch-wide tree branch. I've had my pair for six years."

Felco Pruner Model 4, \$46; felcostore.com



Mary Dumont
Executive Chef
Harvest,
Cambridge, MA



Generic Metal Tools

"Buy ladles, tongs and spatulas from a restaurant-supply store. They'll last longer than typical tools. Plus, all-metal tongs grab meat much more effectively than the ones with silicone tips."

\$1.23 to \$1.57; bariequipment.com



Sabrina Tinsley
Executive Chef
La Spiga,
Seattle



Silicone Mats

"I've been using Silpat mats on my baking sheets for years. You can pour anything on them—caramel, toffee, dough—and it won't stick. Plus, unlike parchment, they're reusable and easy to clean."

\$20; at Bed Bath & Beyond stores



Lee Hillson
Executive Chef
T. Cook's at the Royal Palms
Resort and Spa, Phoenix



Plastic Quart Containers

"I buy these takeout-style containers to use at home. They have an airtight seal, so they're great for storing chili, soups and dry ingredients. Plus, they're not porous, so they wash completely clean."

\$5 for 25 containers, \$3.60 for 50 lids; webrestaurantstore.com



Kelly Yambor
Executive Chef
Elizabeth on 37th,
Savannah



Industrial Plastic Wrap

"There's one thing I have to say about big, industrial boxes of plastic wrap: They work! Regular plastic wrap never seems to stick on bowls or pans. I prefer the larger, 18-inch-wide rolls."

Purity Wrap, \$18 for 18-inch-wide roll; package4less.com



Kent Rathbun
Executive Chef/partner
Abacus, Dallas;
Jasper's, Austin



Japanese Mandoline

"I recently bought my mom a mandoline because I was always bringing mine home for holiday dinners. It's a huge help with scalloped potatoes, homemade potato chips and julienned vegetables."

Benriner Mandoline, \$40; broadwaypanhandler.com



Ryan Poli
Executive Chef
Perennial, Chicago



Blowtorch

"Using a propane torch is a great way to heat up foods in a pinch. I use mine for all sorts of things: to soften a bowl of butter-cream frosting, sear a piece of fish or brown the top of a lemon-meringue pie. It's much easier than using an oven broiler. But be careful!"

Bernzomatic Trigger-Start Torch, \$35, Fat Boy 7-inch, 16.92-ounce propane cylinder, \$3.50; at Home Depot stores



Elizabeth Falkner
Executive Chef/owner
Citizen Cake and Orson,
San Francisco

TOOLS (EXCEPT PLASTIC WRAP): MARKO METZINGER/STUDIO D; DUMONT: TANIIT SAKAKI; TINSLEY: NAOMI CAMPBELL; POLI: JEFF KAUCK; FALKNER: FRANKIE FRANKENY.

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RESEARCH TODAY SAVES LIVES TOMORROW.

The
Breast
Cancer

Research
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Ask Ted

Ted Allen, host of *Chopped*, tackles your toughest culinary questions—just try him.



To devein or not to devein?

I know about deveining shrimp along the back, but what about that little dark line on the inside curl of the shrimp? Is it edible or should that be removed as well?

Fran Knepper, Hendersonville, TN

A: Glad you asked. I'm a stickler for perfectly cleaned shrimp (and any other meat or seafood). The digestive tract we so politely refer to as the "vein"—that is, the often dark-colored little rope that runs along the shrimp's back—is not harmful to eat. But it's unappetizing to many people, and it can also contain unpleasant sand and grit, especially in large shrimp. The other vein, on the underside between the legs, is the ventral nerve cord, sometimes called the "blood vein," and it does not need to be removed. To devein shrimp, pull off the legs and shell, then hold the critter hump-side up on a cutting board and cut into its back with a sharp knife until the vein is exposed. Slice down the back to reveal the rest of the vein, then pull out the vein or hold the shrimp under the faucet to rinse it off.

Q: How should I cook a frozen pizza on a pizza stone? Should I thaw the pizza first?

Taylor Von Klingler, Raleigh, NC

A: Unless you have a wood-fired brick oven at home (in which case, what are you doing eating frozen pizza?), a pizza stone is the only way to cook pizza properly. Most stones are made of clay or compressed sand, and their porous surface yields a crisp, evenly cooked crust. But they can shatter if they're exposed to dramatic temperature changes. You should thoroughly preheat your stone—I'm talking 30 minutes, ideally—and thaw your pizza at room temperature for the half hour it takes to preheat the oven.

Q: What is the best temperature for my freezer so the food is frozen but the ice cream isn't hard as a rock?

Bill Beether, Middleburg, FL

A: Your freezer should always be set at zero to stop bacterial growth, but the optimal scooping temperature for ice cream is 5 to 10 degrees. What to do? You can set the container on your counter for 10 minutes or so, or microwave it for 15 to 20 seconds. But don't overdo it. As ice cream melts, the water in it separates from the solids, so once the ice cream is back in the freezer, it can form crystals. Your best bet: Dip the scoop in hot water!

*Dear tastebuds,
We've been thinking of you.*



You have 10,000 tastebuds that don't take kindly to bland cereal. So we make over twenty Kashi® cereals with goodies like crunchy nuts, ripe fruits, whole grains and golden honey. After all, we believe healthy can be yummy. Meet our cereals at kashi.com



7 whole grains on a mission™



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions—and gives the OK to eat pizza for breakfast.

Q: I am a pasta-holic! I eat it at least four times a week. Can you suggest some healthy meals?

Charity Rigert,
East Wenatchee, WA

A: Don't worry, you don't need to kick your pasta habit. The trick is to choose whole-wheat pasta (for its fiber, antioxidants and great nutty taste) and to keep portions to 1½ cups of cooked pasta per person. Then load the dish with veggies and lean protein so your meal is balanced; you can amp up marinara sauce by adding white beans and baby spinach leaves. A regular dinner at my house is penne with sautéed onions, colorful bell peppers and Italian chicken sausage.

Q: I'm trying to cut back on salt to lower my blood pressure. Which salt is the best to use, and how can I keep my dishes flavorful?

Gloria Charbonneau, Cocoa, FL

A: Salt is important, but chances are you don't need as much as you're used to. Three-quarters of the salt in our diet comes from processed foods, so start by eating fresh fruits, vegetables, meats and poultry, and adding salt sparingly. Herbs, spices, citrus and vinegar can all punch up flavor, too. And try using coarse salts like kosher and sea salt. They're less dense than table salt, so a teaspoon of either one has less sodium than a teaspoon of table salt.

Have any new ideas for breakfast?

I usually eat a waffle or bowl of cereal for breakfast.

Can you help me find easy options that will fill me up?

Kelly Slagle, Yorba Linda, CA

A: Who says your first meal of the day has to be traditional breakfast food? I love a peanut butter and banana sandwich, or a whole-grain pita stuffed with turkey and greens. But the unconventional breakfast that tops the charts is pizza! It's hot and satisfying, and this one, made on a whole-wheat English muffin, is an excellent source of essential nutrients like protein, calcium and fiber.

ENGLISH-MUFFIN BREAKFAST PIZZA

ACTIVE: 10 min | TOTAL: 20 min | SERVES: 1

- 1 whole-wheat English muffin, split
- 1 small tomato, seeded and diced
- 1 teaspoon extra-virgin olive oil
- 1 thin slice (½ ounce) Canadian bacon, diced
- ¼ cup shredded part-skim mozzarella cheese
- Chopped fresh basil, for garnish

1. Preheat the oven to 450°. Line a small baking sheet with foil.
2. Place the English muffin halves cut-side up on the baking sheet. Top each with tomato and drizzle with the olive oil. Sprinkle the Canadian bacon over the tomatoes, then top with the mozzarella. Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown. Sprinkle with basil.

Per serving: Calories 300; Fat 13 g (Saturated 5 g); Cholesterol 20 mg; Sodium 670 mg; Carbohydrate 32 g; Fiber 6 g; Protein 17 g



Odd Job

An Illinois **pumpkin farmer** gives us the dirt on the pumpkin capital of the world—and that elusive Great Pumpkin.

We drove to

America's prime pumpkin patch in Morton, IL, to see how fourth-generation farmer John Ackerman gets ready for the biggest holiday of the year.

On pumpkin demand:

Chances are, Ackerman and his neighbors grew the pumpkin that'll end up in your pie this fall: About 85 percent of America's canned pumpkin comes from Morton, where the Libby's plant is located. Ackerman grows 726 tons of canning pumpkin a year, and he never tires of the stuff. "My wife makes an awesome pumpkin pie. She uses a 1940s recipe off a can. A pie never survives more than a day around here."

On the Great Pumpkin:

Farmers try every trick in the book for growing monster pumpkins, but Ackerman says tactics like dunking stalks in milk and playing music in the patch don't work. He grows a few 200-pounders every fall, though. His secret: genetically enhanced seeds, which he buys from giantpumpkin.com for about \$2 each.

On pumpkin etiquette:

When Ackerman Farms celebrates its 100th birthday this month, visitors will be able to carve all the pumpkins they want, but they can't partake in the popular sport of pumpkin chuckin'. Seeing people catapult his babies—"that makes me sad," Ackerman says.

There are more than 500 varieties of gourds, including pumpkins and squash; Ackerman grows 150 of them on his farm.

Delicious. Without pots or pans.



Garlic Chicken Penne

new!

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How Sharp Are Your Knife Skills?

Grab your best knife and take our quiz, then add up your points and learn a new trick.

- 1** Hold a knife as if you're about to chop a cucumber. How are you holding it?



- 2** Grab a small onion and a stopwatch. Time how long it takes you to dice the onion into 1/4-inch pieces.



- A 30 seconds or less
B 1 minute or less
C More than 1 minute

- 3** Slice into a tomato with your sharpest knife, applying very little downward pressure. Move the knife forward or backward about half an inch. What happens?



It cuts through but leaves a ragged edge.



The dull blade smashes the tomato.



It makes a clean cut.

- 4** Name the French term for the following cuts:



5 Match each of these knives with the right food:



Chef's



A



Serrated



B



Fillet



C



Paring



D

6 What is this tool called?



7 If you're having stir-fry for dinner, your veggies are:



A

Delivered



B

From the freezer



C

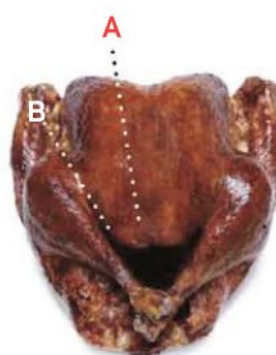
Unevenly sized



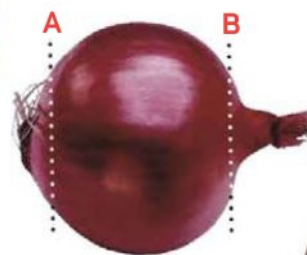
D

Uniformly chopped

8 Where do you make the first cut on...



...a turkey?



...an onion?



...a vanilla bean?

9 Peel an apple with a paring knife and try to produce one continuous strip. How long is your longest piece in inches?



A Less than 3

B 3 to 12

C More than 12

KNIFE CASE AND GARLIC: MARKO METZINGER/STUDIO D.; VANILLA BEAN: PROFIMEDIA INTERNATIONAL S.R.O./ALAMY; ONION: COMSTOCK/UPITER IMAGES; TURKEY: ANITA CALERO; FISH: IMAGE SOURCE/UPITER IMAGES; BELL PEPPER: JUSTIN LIGHTLEY/GETTY IMAGES; BREAD: TIM HILL/FAIRFOODPIX; LEMON: WILDMAN/ISTOCKPHOTO; KNIFE AND STEEL: IMAGE SOURCE/VEER; STEAK KNIFE: D. HURST/ALAMY; MANGO: WAVE3/DAVE/ISTOCKPHOTO.

True or false?



10 I own a travel case for my knives. T F

11 I've had my knives sharpened in the last six months. T F

12 I'm the turkey carver at Thanksgiving. T F

13 I order whole fish at restaurants. T F



14 I own a steel. T F

15 I know the brand of my knives. T F



16 I use steak knives to chop vegetables. T F

17 I store my knives in a messy drawer. T F



18 I buy jarred garlic. T F

19 I put my knives in the dishwasher. T F

20 I own a mango pitter. T F



Do You Have the Edge?

Tally your points, then learn a new knife trick:

1. A 1 point B 2 points C 0 points
Answer B, the "pinch grip," is the correct way to hold a knife: Pinch the top of the blade, near the handle, with your thumb and index finger. Wrap your other fingers around the handle.

2. A 2 points B 1 point C 0 points

3. A 1 point B 0 points C 2 points
Sharp knives should make a clean cut with little pressure.

4. A Chiffonade 1 point B Julienne 1 point C Brunois 1 point D Tournée 1 point

5. Chef's 1 point Serrated 1 point Fillet 1 point Paring 1 point
C 1 point B 1 point D 1 point A 1 point

6. Mezzaluna: 1 point
This classic tool (the name is Italian for "half-moon") is used for chopping herbs.

7. A 0 points B 2 points C 3 points D 4 points

8. Turkey: A 0 points B 1 point

Onion: A 0 points B 1 point

Vanilla bean: A 1 point B 0 points

9. A 0 points B 1 point C 2 points

10. T 3 points F 0 points

11. T 3 points F -2 points

12. T 2 points F 0 points

13. T 1 point F 0 points

14. T 1 point F -2 points

15. T 1 point F 0 points

16. T -5 points F 0 points

17. T -4 points F 1 point

18. T -3 points F 2 points

19. T -2 points F 2 points

20. T -1 point F 0 points

How Did You Do?

Up to 10 points:
Pretty Rusty

11 to 20 points:
Dull Finish

21 to 30 points:
Cutting Edge

31 to 40 points:
Razor Sharp

Your Total:

Turn the page to
learn a new trick.



Sharpen Your Skills

Learn a new technique from Food Network Kitchens' master chopper Jay Brooks.



"It's very important to start with a sharp knife—don't be afraid of it!"

If you scored 10 points or less, learn:

How to dice an onion



Slice off the pointy stem end of the onion with a chef's knife.

If you scored 11 to 20 points, learn:

How to segment an orange



Slice off the top and bottom of the orange with a chef's knife.

If you scored 21 to 30 points, learn:

How to butcher a chicken



Place the bird on its back. Cut through the skin and muscle between the leg and breast on one side with a chef's knife.



Bend the leg back and away from the body and press into the back of the hip joint until it pops loose.



Cut through the joint to detach the leg and thigh, keeping the "oyster," a circular piece of tender meat, attached to the thigh.

If you scored 31 to 40 points, learn:

How to fillet a fish



Using a chef's knife, make a firm downward cut just below the gills to remove the head.



With a fillet knife, slice along the spine toward the tail, making small strokes, to remove the first fillet.



Flip the fish over and repeat on the other side. It's helpful to lift the fillet as you slice. Save the head and carcass for stock.



Stand the onion up on the cut end and slice in half through the root. Peel off the papery skin.



Place each half of the onion cut-side down and make a series of horizontal cuts parallel to the board, stopping before the root.



Make evenly spaced vertical cuts, starting close to the root end; do not slice through the root.



Holding the root end, slice across the vertical cuts; the diced onion will fall away with each cut.



Stand the orange up on one of the ends and slice downward, following the curve of the fruit, to remove the peel in strips.



Trim off any remaining bitter white pith, being careful not to cut into the flesh.



Hold the orange over a bowl and, with a paring knife, cut along the membranes on either side of each segment to release it.



Fold back the membranes as you work your way around. When finished, squeeze the empty membranes to release extra juice.



Place the leg skin-side down and slice through the joint between the thigh and drumstick to separate.



Pull back the wing; cut off at the joint. Cut off the wing tip (save for stock). Remove the leg (with thigh) and wing on the other side.



To remove the breast, make an incision down the breastbone, then cut along the rib cage, pulling back the meat as you go.



Turn the carcass around; remove the other breast. Save the carcass and any trimmings for stock.



Place the fillets skin-side down on your board; trim into an even shape and cut off any excess fat.



Feel down the center of each fillet for small pin bones and pull them out with tweezers or small pliers.



To remove the skin, grasp the tail end of the fillet and run the knife between the skin and flesh, tilting the knife down slightly.

"Keep practicing," Jay says. "That's how I keep my skills sharp."

Star Kitchen

Ice-skating champ turned Food Network star **Brian Boitano** shows us around the set of his new show: his home kitchen in San Francisco. PHOTOGRAPHS BY **JAMES CARRIÈRE**

We're not sure what made Brian Boitano more famous—his phenomenal success on the ice, or a single line from a *South Park* cartoon: "What would Brian Boitano do?" The line turned into a song, Brian Boitano turned into a cult icon, and now, in another unexpected twist, the Olympic gold medalist has a show on Food Network, *What Would Brian Boitano Make?* When you step inside his San Francisco kitchen, Brian's latest career move makes sense: Here's a guy who's serious about cooking. Not too serious, mind you—he has gone grocery shopping in an Elvis costume—but he's been teaching himself to cook for about 15 years, and he entertains constantly. Brian said producers took one look at his home kitchen and wanted to tape the show there. "I didn't mind having the house taken over," he says. "I'm used to being under pressure."



See what Brian keeps in his snack jars on page 56.

HOMEGROWN HERBS

Brian grows rosemary, oregano, sage and other herbs outside these windows overlooking his private courtyard. He snips mint and verberna and steepes them in hot water for a quick herbal tea.

"FRESH" PRODUCE

Brian keeps fruit out as a centerpiece, but if he buys too much, it goes bad. The solution: supplementing actual produce with fake pears. "A friend who's a foodie sat here thinking they were real and twisted one of the stems right off!"

This is skater Michelle Kwan's bouquet from her first World Championship!



HANDMADE TILES

"I wanted a country-in-the-city look, so I went with these tiles," Brian says. The only downside is that they're uneven, so wine glasses can tip when you set them on the counter. "I'd choose the tiles again, though."

ANTIQUE OVEN

This classic Wedgewood oven with a griddle in the middle was in the house when Brian bought it, and he renovated the kitchen around it. "There's only one guy in San Francisco who can service this," he says. "I just love it. I'm wondering what I'll do if I ever have to replace it."

Get the Look

Pick up some of Brian's finds for your own kitchen.



Brian's kitchen table overlooks San Francisco Bay.



The kitchen is drenched with sunlight, but pendant lights similar to this **Use Form One Lighting Ceiling Pendant** over the island add a nice warm glow. \$119; amazon.com



Brian relaxes at his kitchen table every morning, eating cereal (he's a fan of Kashi GoLean Crunch) and drinking from his collection of giant Starbucks mugs. His chairs are similar to this **Elana Banana Leaf Chair** (\$120; worldmarket.com for stores) with **Classic Square Cushion in Lakeside Stripe** (\$20 and up; plowandhearth.com).



Snacks are always on hand in **glass jars**. Brian keeps animal crackers in the big one and pretzels in the middle one; the smallest jar "stays random": He loves Trader Joe's blister peanuts. \$40 for three; crateandbarrel.com



Brian often travels to Italy and usually brings back pottery similar to this **Italian Yellow Platter with Rustic Finish**. \$205; culturalelements.com



He mimics the greenery of the courtyard with a small indoor planter like this **Turkish Copper Oval Planter with Rings**. \$30; yurdan.com

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Can you spot the next Iron Chef?

Ten of the country's best chefs will duke it out on *The Next Iron Chef*. Try to pick the winner before the battle begins.

Most chefs are lucky just to compete against an Iron Chef, but this year, 10 of them will fight to actually become one—and take up permanent residence in Kitchen Stadium. It's not a chance that comes along often, and it may not happen again for a long time: Since the American version of the show started in 2005, only one of the five reigning Iron Chefs, Michael Symon, joined the ranks by winning a competition like this one. Chef Symon had to pull out all the stops to emerge victorious, and this year's contestants won't have it any easier. They're facing off in Los Angeles in a series of top-secret, internationally themed culinary challenges, with their fate in the hands of the three judges: restaurateur Donatella Arpaia, esteemed food writer Jeffrey Steingarten and sustainable food expert Anya Fernald. Although they don't know what battles are in front of them, we hope the chefs have some idea of the job they're trying to get: Says Iron Chef Bobby Flay, "It's the hardest thing I do."



JEHANGIR MEHTA
New York City

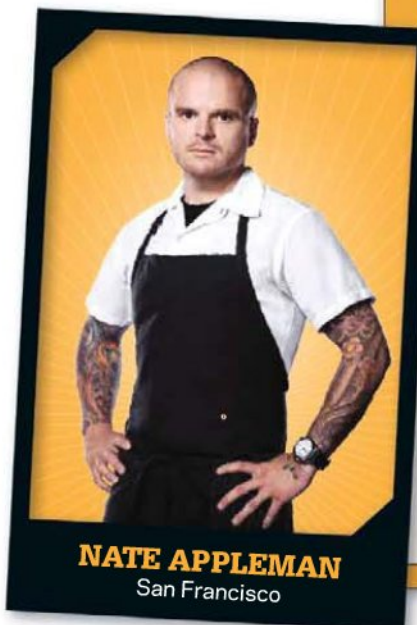
Restaurant
Graffiti

Culinary focus
Contemporary Indian

Claim to fame
Mehta worked as a pastry chef at several renowned restaurants, including Jean Georges in New York, before opening his own bistro and wine bar.

Competitive edge
His entire restaurant is a mere 410 square feet (including the kitchen, dining room and storage areas), so who knows what will happen when Mehta has room to let loose?

See the chefs
in action when
*The Next Iron
Chef* premieres on
October 4
at 9 p.m.



NATE APPLEMAN
San Francisco

Restaurants
Formerly A16 and SPQR

Culinary focus
Rustic Italian

Claim to fame
The 30-year-old has racked up big national accolades this year, including a James Beard Award (the food-world equivalent of an Oscar) for Rising Star Chef.

Competitive edge
Appleman is willing to take big risks: He left his two San Francisco restaurants at the height of their popularity in July and has kept everyone wondering, "what's next?"



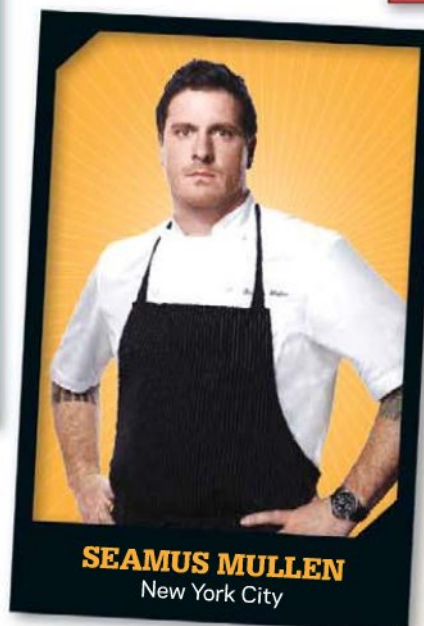
AMANDA FREITAG
New York City

Restaurant
The Harrison

Culinary focus
Contemporary American

Claim to fame
Freitag could be called the restaurant "fixer": In 2008, she took control of The Harrison's kitchen and rejuvenated the menu, winning acclaim from food critics.

Competitive edge
Freitag is a frequent judge on another head-to-head cooking show, *Chopped*, so she has some insight into what Jeffrey, Donatella and Anya are thinking.



SEAMUS MULLEN
New York City

Restaurants
Boqueria (two locations)

Culinary focus
Spanish tapas

Claim to fame
Mullen's original Boqueria restaurant was such a success, he opened a second New York location, and both are packed every night of the week.

Competitive edge
Mullen is a fighter who won't let anything get in his way; when he was 14, he became a pizza delivery driver, even though he was too young to get a license.



DOMINIQUE CRENN
San Francisco

Restaurant

Luce

Culinary focus

Farm-to-table French

Claim to fame

Esquire named her Best Chef in America in 2008.

Competitive edge

Crenn's French charm could fool competing chefs into thinking she's soft, but the chef has a tough side: She holds a black belt in judo.



BRAD FARMERIE
New York City

Restaurants

Double Crown, Public

Culinary focus

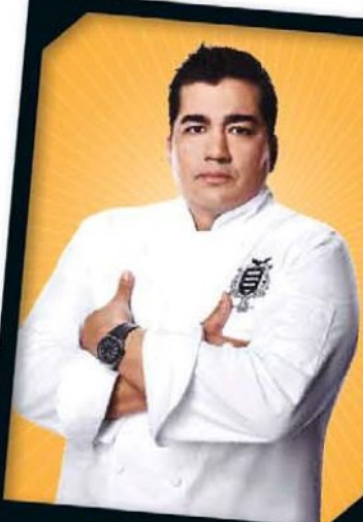
Asian/European

Claim to fame

He's the only chef in the competition who has been awarded a highly coveted Michelin star.

Competitive edge

Farmerie already has a fan in judge Jeffrey Steingarten, who, while eating at Public, took an after-dinner tour of the kitchen—then returned to his table to order more food.



JOSE GARCES
Philadelphia

Restaurants

Amada, Chifa, Distrito, Tinto and Village Whiskey in Philadelphia; Mercat a la Planxa in Chicago

Culinary focus

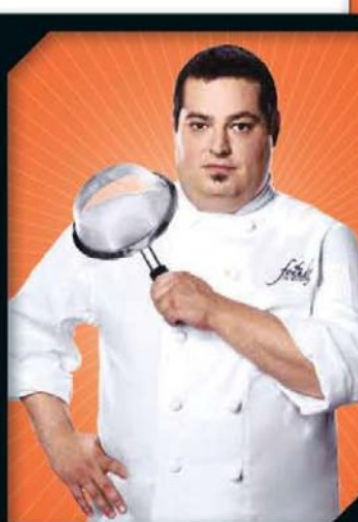
Pan-Latin

Claim to fame

As an *Iron Chef America* challenger, Garces managed to beat Bobby Flay in Battle Melon.

Competitive edge

The chef runs six restaurants with entirely different menus; he should be able to jump seamlessly from cuisine to cuisine during the challenges.



ERIC GREENSPAN
Los Angeles

Restaurant

The Foundry on Melrose

Culinary focus

French-inspired American

Claim to fame

Last year, Greenspan offered to reimburse diners who weren't happy with their meals. The gimmick paid off—the restaurant was packed, but not one person took him up on the offer.

Competitive edge

As the only chef currently residing in L.A., where the show is being shot, he has a home-field advantage.



HOLLY SMITH
Seattle

Restaurant

Cafe Juanita

Culinary focus

Northern Italian

Claim to fame

Critics often refer to Smith's restaurant as one of the most impressive in the country. The James Beard Foundation named her Best Chef in the Northwest in 2008.

Competitive edge

Smith's commitment to carefully sourced organic ingredients is sure to win her favor with sustainable food expert and judge Anya Fernald.



ROBERTO TREVIÑO
San Juan, PR

Restaurant

Budatai

Culinary focus

Modern Latin

Claim to fame

Legendary food writer R.W. Apple, Jr., once called Treviño "Puerto Rico's ranking culinary celebrity."

Competitive edge

He's compelled American food critics to pay attention to Puerto Rico, and the famously charismatic chef could have an equally strong pull with the judges.

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Medium Shells with Borlotti Beans, Escarole, Topped with Pesto

SERVES: 6

- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- 1 small onion, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- Kosher salt and freshly ground black pepper or 1/4 to 1/2 teaspoon crushed red pepper flakes
- 6 large sage leaves
- 1 tablespoon fresh thyme leaves
- 4 garlic cloves
- 3 cups cooked borlotti beans
- 1 13.5 ounce package Barilla Whole Grain Medium Shells pasta
- 1 head escarole, washed and leaves finely shredded (about 12 ounces)
- 1 cup freshly grated parmesan cheese
- 1/4 cup sun-dried tomato pesto, optional



1 Heat olive oil in a large deep skillet over medium heat. Add onion, carrot, and celery and cook until vegetables are slightly softened, 5 minutes. Add 1 cup water, season with salt and pepper, cover and cook until tender, 10 minutes.

2 Meanwhile, finely chop sage, thyme, and garlic together. Stir chopped herb mixture and beans into vegetables.



3 Cook pasta according to package directions. After 5 minutes, stir in escarole and cook, until shells are al dente, 1 to 2 minutes more. Drain, reserving 1 1/2 cups pasta water.



4 Add pasta and escarole to the vegetables, tossing with some pasta water until creamy and coated. Stir in 3/4 cup cheese, season with more salt and pepper to taste. Serve with grated cheese and a dollop of tomato pesto if desired.



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Fun Cooking

Check out these **over-the-top doughnuts**. Then, go tailgating with Duff, make light mac and cheese and more.



Dough Nutty

Doughnut makers are rolling out wild toppings. Try some—or steal a few ideas and decorate your own.

1. Psycho Donuts, near San Jose, CA, stays true to its name: Crazy topping combos like pretzels with cayenne, or **Nilla wafers**, are piled onto yeast doughnuts and drizzled with chocolate. psycho-donuts.com

2. Never mind coffee. Bakers at Chicago's Glazed Donuts Catering pair doughnuts with booze. Mojito doughnuts are topped with rum glaze, and **Pecan Pie** versions are dipped in bourbon-spiked frosting. 773-655-6027 for stores

3. The offbeat chain Fractured Prune, based in Ocean City, MD, sells cake doughnuts dipped in Day-Glo-bright glazes, including Peppermint Patty, Lemonade and **Blueberry Hill**. fracturedprune.com

4. Voodoo Doughnut shops in Portland, OR, are famed late-night hangouts: Bar-hoppers stop by to devour yeast doughnuts topped with **cereal** or shaped like voodoo dolls (with pretzel-rod "pins"). voodoodoughnut.com

face-off



"Brownie and healthy don't belong in the same sentence. Try my Mexican brownies and you won't be disappointed."

He Made



VOTE!
Tell us who made
the better brownie
at foodnetwork.com/magazine.

AARÓN SÁNCHEZ'S MEXICAN BROWNIES

ACTIVE: 20 min | TOTAL: 50 min | MAKES: 18 brownies

- 2 sticks unsalted butter, plus more for greasing
- 2 cups sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- $\frac{2}{3}$ cup good-quality unsweetened cocoa powder
- 1 cup all-purpose flour
- 1 teaspoon ground Mexican cinnamon (canela)
- $\frac{1}{4}$ teaspoon **pequín chili powder or cayenne pepper**
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon baking powder

*Aarón's
secret weapon*

1. Preheat the oven to 350°. Line a 9-by-13-inch baking dish with parchment paper, leaving an overhang on two sides. Press the paper into the corners of the pan and lightly grease the paper with butter.

2. Melt the 2 sticks of butter in a nonstick saucepan over medium-low heat; do not boil. Remove from the heat and let cool slightly. Add the sugar, eggs and vanilla to the saucepan and stir with a wooden spoon until combined.

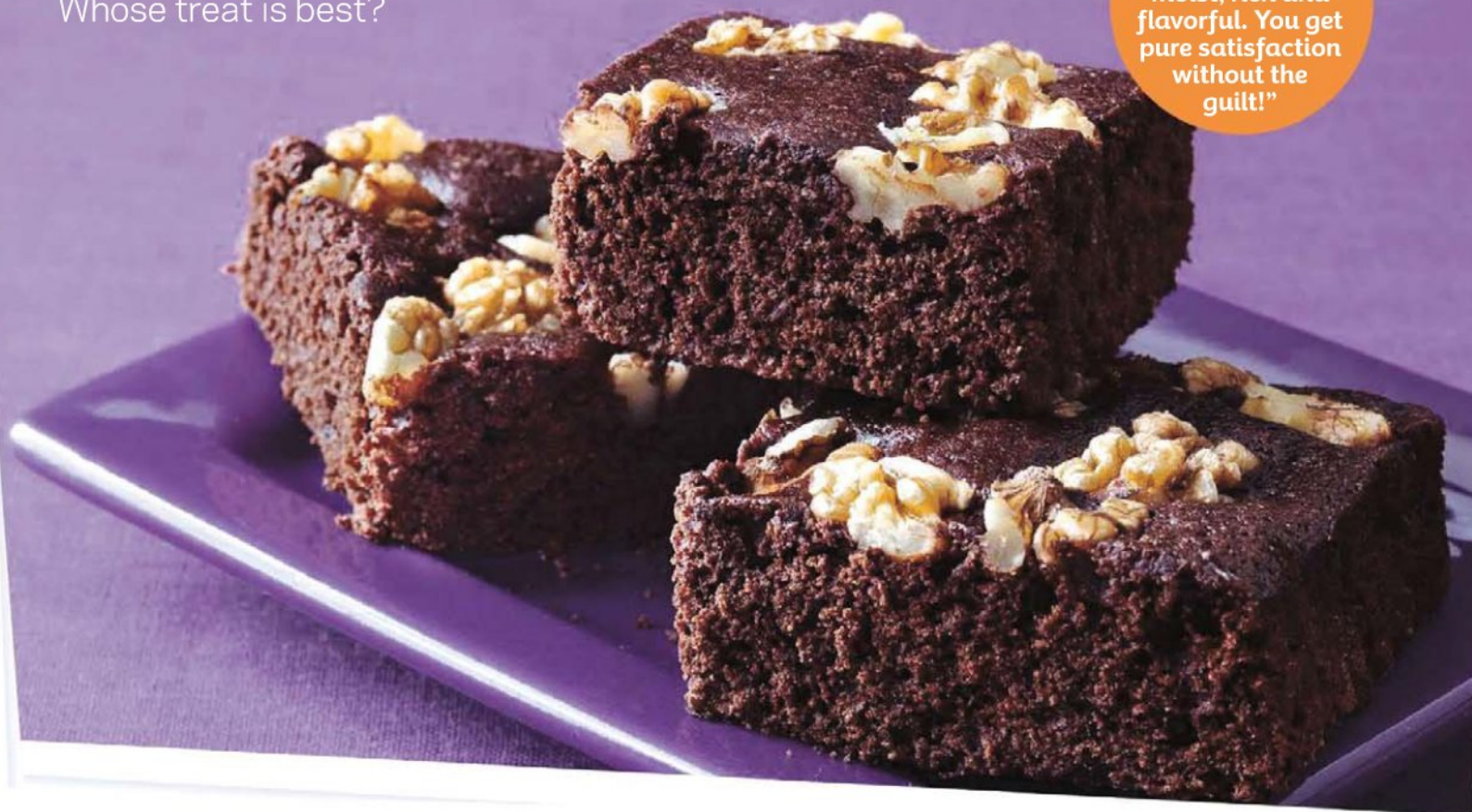
3. Add the cocoa, flour, cinnamon, chili powder, salt and baking powder and mix until smooth. Spread the batter in the prepared pan and bake until a toothpick inserted in the middle comes out fudgy, 20 to 25 minutes. Cool in the pan on a rack, then use the parchment paper to lift out the brownies before slicing.

She Made

We challenged **Aarón Sánchez** of *Chefs vs. City* and health-minded **Ellie Krieger** to a brownie bake-off. Whose treat is best?



"My whole-grain brownies are moist, rich and flavorful. You get pure satisfaction without the guilt!"



ELLIE KRIEGER'S DOUBLE-CHOCOLATE BROWNIES

ACTIVE: 20 min | TOTAL: 50 min | MAKES: 24 brownies

Cooking spray

- 6 ounces bittersweet chocolate, coarsely chopped
- 2 tablespoons unsalted butter
- 1 cup whole-grain pastry flour (or ½ cup each whole-wheat and all-purpose flours)
- ¾ cup unsweetened cocoa powder
- ¾ teaspoon salt
- ¾ teaspoon baking soda
- 4 large eggs
- 1 cup packed light brown sugar
- ½ cup plain low-fat yogurt
- ¾ cup canola oil
- 2 teaspoons vanilla extract
- ¾ cup chopped walnuts (optional)

Ellie's
secret weapon

1. Preheat the oven to 350°. Coat a 9-by-13-inch baking dish with cooking spray.

2. Melt the chocolate and butter in a heatproof bowl set over a saucepan of barely simmering water, stirring occasionally; do not let the bottom of the bowl touch the water.

3. Whisk the flour, cocoa, salt and baking soda in a medium bowl. In a large bowl, whisk the eggs and brown sugar until smooth, then add the yogurt, oil and vanilla and whisk to combine. Whisk in the melted chocolate mixture until blended. Add the dry ingredients and mix until just moistened.

4. Spread the batter in the prepared pan and sprinkle with walnuts, if desired. Bake for 20 to 25 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs. Cool completely in the pan on a rack before slicing.

Per brownie (with nuts): Calories 160; Fat 9 g (Saturated 3 g); Cholesterol 40 mg; Sodium 55 mg; Carbohydrate 17 g; Fiber 1 g; Protein 3 g

Copy That!

top
secret

Red Lobster keeps a tight lid on its Cheddar Bay Biscuit recipe, but that didn't stop Food Network Kitchens from creating a perfect replica.

Red Lobster



If you could travel back in time to visit the original Red Lobster restaurant when it opened in Lakeland, FL, in 1968, you'd barely recognize the place: There were few seaside motifs, no popcorn shrimp, and, most shocking, there weren't any Cheddar Bay Biscuits in the bread basket. The now-famous freebies were introduced decades later, in 1991, replacing plain old garlic bread. Today, diners at the chain's 680 locations consume more than 7 million of the warm, cheesy biscuits every week, yet readers like Curtis Swineford, from Middleburg, PA, still can't get enough of them. He wrote to us asking for the recipe, so we called the restaurant's Orlando, FL, headquarters to get it—with no luck. Undeterred, Food Network Kitchens developed these spot-on copies.

ALMOST-FAMOUS CHEDDAR BISCUITS

ACTIVE: 25 min | TOTAL: 35 min
MAKES: 12 to 14 biscuits

FOR THE BISCUITS

- Cooking spray
- 1¾ cups all-purpose flour
- 1 tablespoon plus 2 teaspoons baking powder
- 2½ teaspoons sugar
- ¾ teaspoon salt
- 3 tablespoons vegetable shortening, at room temperature
- 4 tablespoons cold unsalted butter, cut into ½-inch pieces
- 6 ounces grated yellow cheddar cheese (about 1¾ cups)
- ¾ cup whole milk

FOR THE GARLIC BUTTER

- 3 tablespoons unsalted butter
- 1 clove garlic, smashed
- 1 teaspoon chopped fresh parsley

1. Position a rack in the upper third of the oven and preheat to 425°. Lightly mist a large baking sheet with cooking spray.
2. Make the biscuits: Pulse the flour, baking powder, sugar and salt in a food processor. Add the shortening and pulse until combined. Add the butter; pulse 4 or 5 times, or until the butter is in pea-size pieces. Add the cheese and pulse 2 or 3 times. Pour in the milk and pulse just until the mixture is moistened and forms a shaggy dough. Turn out onto a clean surface and gently knead until the dough comes together. Do not overwork the dough or the biscuits will be tough.
3. Drop the dough onto the baking sheet in scant ¾-cup portions, 2 inches apart, and bake until golden, 15 to 20 minutes.
4. Meanwhile, make the garlic butter: Melt the butter with the garlic in a small saucepan over medium heat; cook for 1 minute. Remove from the heat and stir in the parsley. Brush the biscuits with the garlic butter and serve warm.



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challenge

Fun
Cooking

Out of the Box

Three chefs from Food Network Kitchens put a twist on **frozen spinach**.



SUSAN'S SPINACH AND GOAT CHEESE TARTLETS

ACTIVE: 35 min | TOTAL: 50 min
MAKES: 24 tartlets

- 4 tablespoons unsalted butter
- 3 sheets frozen phyllo dough, thawed
- 2 tablespoons grated parmesan cheese
- Vegetable oil, for brushing
- 1 large shallot, minced
- 1 clove garlic, minced
- 1 teaspoon all-purpose flour
- $\frac{1}{4}$ cup milk
- Pinch of freshly grated nutmeg
- Kosher salt and freshly ground pepper
- $3\frac{1}{2}$ ounces mild goat cheese, softened
- 2 teaspoons finely grated lemon zest
- 1 tablespoon white wine vinegar
- 2 large eggs, separated
- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- Chopped chives, for garnish

1. Preheat the oven to 350°. Melt 1 tablespoon butter. Place 1 phyllo sheet on a clean surface (cover the other sheets with a damp towel), brush with melted butter and sprinkle with 1 teaspoon parmesan. Cover with another phyllo sheet, brush with more butter and sprinkle with another teaspoon parmesan. Top with the remaining phyllo sheet and brush with butter. Cut the phyllo stack into 24 squares, about 3 inches each. Brush a 24-cup mini muffin tin with oil, then firmly press a phyllo square, buttered-side down, into each cup. Bake until golden, 10 minutes.

2. Meanwhile, heat the remaining 3 tablespoons butter in a saucepan over medium heat. Add the shallot and garlic and cook until translucent. Stir in the flour, then add the milk and stir until the mixture is smooth, 1 minute. Add the nutmeg, $\frac{1}{2}$ teaspoon salt, and pepper to taste. Stir in the goat cheese, lemon zest and vinegar until the cheese melts. Remove from the heat and mix in the egg yolks, then the spinach.

3. Beat the egg whites to stiff peaks and fold into the spinach filling. Spoon about 1 tablespoon filling into each phyllo cup and top with the remaining parmesan. Bake until the filling is set, 15 minutes. Cool slightly in the pan; remove and top with the chives.

"Frozen spinach is great to have on hand for this quick-fix take on spanakopita. No stemming or rinsing required!"

—SUSAN STOCKTON



YOUNG SUN'S INDIAN SPINACH-AND-CHICKPEA FRITTERS

ACTIVE: 35 min | TOTAL: 35 min | MAKES: about 24 fritters

- | | |
|--|--|
| 1 cup chickpea flour (available at Middle Eastern, Indian or health-food stores), or all-purpose flour | 1 cup canned chickpeas, drained, rinsed and roughly chopped |
| $\frac{3}{4}$ cup cornstarch | 1 10-ounce box frozen chopped spinach, thawed and squeezed dry |
| $\frac{1}{4}$ teaspoon baking powder | 1 tablespoon minced peeled ginger |
| 1 teaspoon cumin seeds | |
| $\frac{1}{4}$ teaspoon cayenne pepper | |
| Kosher salt | Vegetable oil, for deep-frying |
| $\frac{1}{2}$ onion, finely chopped | Mango chutney, for serving |

1. Whisk the chickpea flour, cornstarch, baking powder, cumin seeds, cayenne and $\frac{1}{4}$ teaspoon salt in a bowl. Add $\frac{3}{4}$ cup water and whisk until smooth. Add the onion, chickpeas, spinach and ginger to the batter and mix to combine.

2. Heat 2 inches of vegetable oil in a deep heavy-bottomed pot until a deep-fry thermometer registers 325°. Working in batches, drop heaping tablespoonfuls of batter into the oil (do not crowd the pan). Cook until lightly golden, about 2 minutes, turning as needed. Transfer with a slotted spoon to a paper-towel-lined plate. Cool slightly, then gently press each fritter into a small disk, about $\frac{1}{8}$ inch thick.

3. Return the fritters to the hot oil and fry until crisp and golden brown, about 1 more minute. Season with salt and serve with chutney.



"My fritters were inspired by the delicious snack foods found in street stalls throughout India. They're the perfect finger food!"

—YOUNG SUN HUH



"I've always liked spinach salad with Caesar dressing, so I decided to make a spinach-Caesar dressing."

—DAVE MECHLOWICZ



DAVE'S BISTRO SALAD WITH SPINACH-CAESAR DRESSING

ACTIVE: 40 min | TOTAL: 1 hr 10 min | SERVES: 6

FOR THE DRESSING

- 1 head garlic
- 1 cup extra-virgin olive oil, plus more for drizzling
- Kosher salt
- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- 3 anchovy fillets
- 1 large egg yolk
- 1 tablespoon dijon mustard
- 1 tablespoon white wine vinegar
- Freshly ground pepper

FOR THE SALAD

- $\frac{1}{2}$ pound pancetta, diced
- 3 thick slices ciabatta bread
- Extra-virgin olive oil, for brushing
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ pound cremini mushrooms, sliced
- Juice of 1 lemon
- 1 pound small heirloom tomatoes, halved or cut into wedges
- $\frac{1}{4}$ pound small mozzarella balls, quartered
- $\frac{1}{3}$ cup loosely packed fresh parsley

1. Make the dressing: Preheat the oven to 350°. Cut the top $\frac{1}{2}$ inch off the garlic head and discard; place the garlic on a piece of foil, drizzle with olive oil, season with salt and wrap up. Roast until tender, 30 minutes. Cool; squeeze the cloves from their skins.

2. Puree the roasted garlic, spinach, anchovies, egg yolk, mustard, vinegar and $\frac{3}{4}$ cup water in a blender. With the motor running, slowly add 1 cup olive oil. Season with salt and pepper.

3. Prepare the salad: Preheat the broiler. Cook the pancetta in a skillet over medium heat until crisp, 6 minutes; transfer to paper towels to drain. Reserve the drippings in the skillet. Brush the bread with olive oil, season with salt and pepper and broil until toasted. Cool, then cut into cubes.

4. Toss the mushrooms, lemon juice, tomatoes, mozzarella and parsley in a bowl and season with salt and pepper. Add the pancetta, bread cubes and 2 tablespoons of the pancetta drippings and toss. Divide among bowls and drizzle with dressing.

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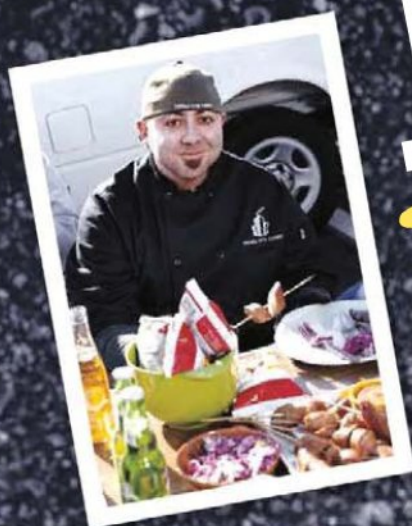
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Duff's Time-Out

Ace of Cakes Duff Goldman takes a break from baking to tailgate with his friends...Baltimore-style.

PHOTOGRAPHS BY RICK LEW



Duff Goldman's vans at Charm City Cakes log about 50,000 miles every year, delivering his famous, over-the-top cakes from Baltimore to California and everywhere in between. But on a few Sundays every fall, the vans take a break and roll into the Ravens stadium parking lot so Duff and the *Ace of Cakes* gang can cheer on their hometown team—and dig into a big pregame feast.

“With tailgating, the city really comes out and expresses how much they love their team,” Duff said one chilly game day last fall. “I love walking around the parking lot. The air smells good here, like every meat product under the sun. Burgers, sausage, chicken...”

Meat, in Duff's book, is second only to cake. Many people don't realize that years before he became the *Ace of Cakes*, Duff worked his way up as a restaurant cook, so he knows how to make more than just dessert. “It's true,” said bakery manager Mary Alice Yeskey. “Duff can cook!”

Still, we couldn't help but notice that Duff's savory dishes go the way of his cakes: They're super colorful. Leave it to this guy to make purple potato salad and yellow curried pasta. “I'm very into color, because you eat with your eyes first. Why have russet potatoes when you can have purple ones? I was thinking, ‘Oh man, Ravens...purple potatoes.’”

Duff's food never lasts long. On this Sunday, he, Mary Alice and cake decorators Mary Smith and Lauren Friedman quickly attracted the attention of their parking lot neighbors, who came over to swap drinks and snacks.

“The great thing about tailgating food is, it's all home-cooked,” Duff said. “Look at these guys in the next tent—they have jambalaya, shrimp cocktail, sliders. No offense to the stadium people, but I'm not spending seven bucks on a hot dog.”



Duff and *Ace of Cakes* buddies (from left) Lauren Friedman, Mary Alice Yeskey and Mary Smith got to M&T Bank Stadium parking lot early to secure a prime spot.

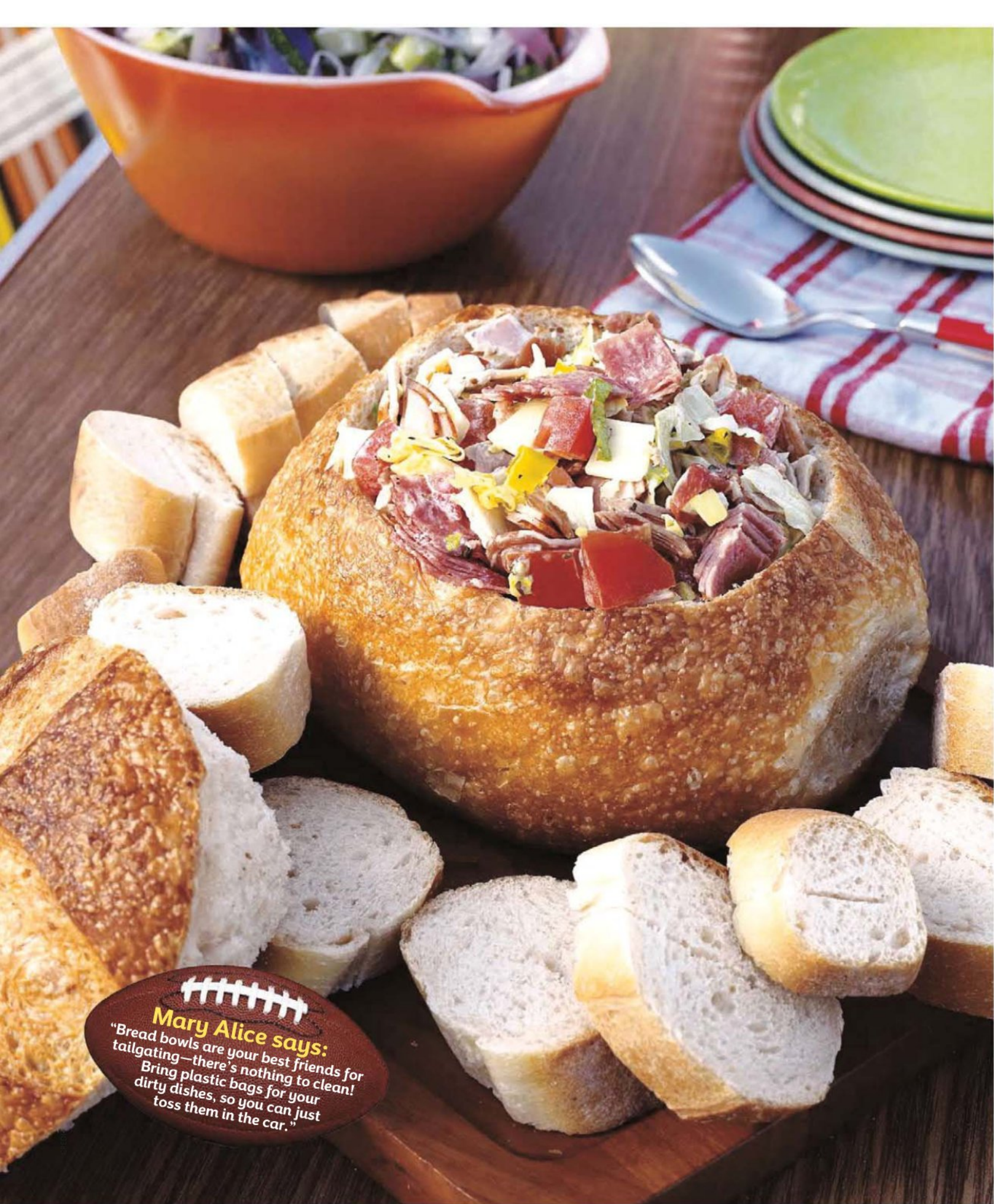
MARY ALICE'S HOAGIE DIP

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 8

- 1 medium onion
- 2 pickled pepperoncini peppers
- ½ head iceberg lettuce
- 1 large tomato, halved and seeded
- ¾ pound deli-sliced genoa salami
- ¾ pound deli-sliced ham
- ¾ pound deli-sliced prosciutto
- ¾ pound deli-sliced roast turkey
- ¾ pound deli-sliced provolone cheese
- ½ cup mayonnaise
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- 1½ teaspoons dried basil
- ½ teaspoon red pepper flakes
- 1 10-to-12-inch round loaf Italian bread
- 8 hoagie rolls, cut into pieces, for dipping

Duff says:
“Layer for warmth, especially when you have an awesome team like the Ravens that'll go to the play-offs. It gets cold late in the season.”

1. Chop the onion, pepperoncini, lettuce and tomato into bite-size pieces. Dice the meats and cheese.
2. Combine the chopped vegetables, meats and cheese in a large bowl. Add the mayonnaise, olive oil, oregano, basil and red pepper flakes and stir until everything is all mixed up and tasty. Refrigerate until ready to serve.
3. Carve out the center of the bread loaf to make a bowl (don't cut through the bottom) and cut the scraps into bite-size pieces. Serve the hoagie dip in the bread bowl, with the extra bread and hoagie rolls to scoop it up. Yummers!



Mary Alice says:

"Bread bowls are your best friends for tailgating—there's nothing to clean! Bring plastic bags for your dirty dishes, so you can just toss them in the car."

TANGY CORN RELISH

ACTIVE: 15 min | TOTAL: 45 min | SERVES: 6 to 8

- 2 ears corn
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ cup chopped sweet piquante peppers
- $\frac{1}{2}$ small red onion, chopped
- $\frac{1}{4}$ cup finely chopped sweet gherkins
- $\frac{1}{4}$ cup chopped fresh parsley
- 1 red jalapeño pepper, seeded and minced
- $\frac{1}{2}$ teaspoon sugar

1. Preheat a grill to medium-high. Brush the corn with 1 tablespoon olive oil and sprinkle with the cumin, and salt and pepper to taste. Grill until golden and toasted on all sides, 5 to 8 minutes, turning as needed.

2. Combine the remaining 2 tablespoons oil, the sweet piquante peppers, onion, gherkins, parsley, jalapeño and sugar in a large bowl and season with salt and pepper. Slice the corn kernels off the cobs and toss with the relish. Cover and refrigerate for at least 30 minutes. Serve with grilled sausage (below).

GRILLED SAUSAGE WITH SPICY SAUCE

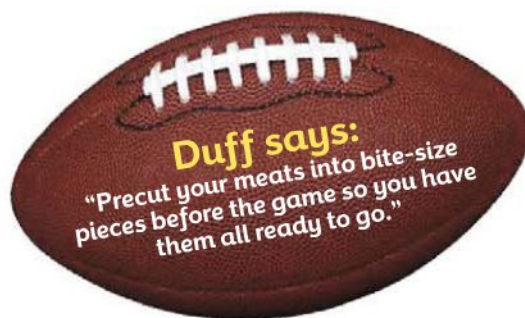
ACTIVE: 15 min | TOTAL: 35 min | SERVES: 6 to 8

- 1 tablespoon vegetable oil
- 2 pounds good-quality kielbasa or other smoked sausage, cut into bite-size pieces
- $\frac{3}{4}$ cup ketchup
- $\frac{3}{4}$ cup spicy brown mustard
- 1 tablespoon hot sauce

1. Soak 8 to 10 wooden skewers in water for about 20 minutes.

2. Preheat a grill to medium and brush with the oil. Thread the sausage onto the skewers, leaving space between each piece. Grill until slightly crisp, 3 to 4 minutes per side.

3. Mix the ketchup, mustard and hot sauce in a bowl. Serve with the sausage for dipping.





Duff and Mary Alice (below) are old college friends. "Duff used to make these amazing twice-baked potatoes, even back in the dorms," she says.



SWEET-HOT CABBAGE RELISH

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 6 to 8

- 2 teaspoons vegetable oil
- $\frac{1}{2}$ small red onion, thinly sliced
- 1 large clove garlic, smashed
- Kosher salt
- $\frac{1}{4}$ head red cabbage, thinly sliced
- $\frac{1}{2}$ cup apple cider
- 2 tablespoons apple cider vinegar
- 1 teaspoon sugar
- Freshly ground pepper
- $\frac{1}{4}$ small jicama, peeled and grated
- 2 tablespoons beet horseradish, drained
- 2 tablespoons chopped fresh dill

1. Heat the oil in a medium saucepan over medium heat. Add the onion, garlic and 1 teaspoon salt and cook, stirring occasionally, until the onion is soft but not brown, about 5 minutes. Add the cabbage, cider, vinegar, sugar, and pepper to taste. Cover and simmer until the cabbage is tender, about 20 minutes.

2. Mix in the jicama, beet horseradish and dill; season with salt and pepper. Cool to room temperature. Serve with grilled sausage (left).





Duff says:

"Always bring extra food because you're going to make friends in the parking lot. It's great bartering material if you forget something."

CURRIED PASTA SALAD

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 6 to 8

- Kosher salt
- 8 ounces elbow macaroni
- $\frac{1}{4}$ cup cold milk
- 2 tablespoons curry powder (preferably Madras-style)
- $\frac{1}{4}$ cup peanut oil
- 2 tablespoons mayonnaise
- $\frac{1}{4}$ cup mango chutney, finely chopped
- $\frac{1}{4}$ cup rice wine vinegar
- Freshly ground pepper
- 1 10-ounce bag broccoli slaw mix
- $\frac{1}{2}$ cup chopped scallions
- $\frac{1}{4}$ cup roughly chopped fresh cilantro

- 1.** Bring a large pot of salted water to a boil. Add the macaroni and cook until al dente; drain and toss with the milk in a large bowl.
- 2.** Meanwhile, toast the curry powder in a small dry skillet over medium heat until fragrant, about 1 minute. Whisk in the peanut oil and cook until the oil is curry-colored; let cool. Whisk the mayonnaise, chutney and curry oil in a large bowl, then whisk in the vinegar to make a smooth dressing. Season with $\frac{1}{4}$ teaspoon salt, and pepper to taste.
- 3.** Add the broccoli slaw mix, scallions and cilantro to the dressing and toss until combined. Stir in the pasta and toss to coat. Cover and refrigerate until serving.



PURPLE POTATO SALAD

ACTIVE: 20 min | TOTAL: 25 min | SERVES: 6

- 2 pounds purple-skinned fingerling potatoes, quartered lengthwise
- 1 head garlic, halved crosswise
- Pinch of red pepper flakes
- 5 tablespoons apple cider vinegar
- Kosher salt
- 1 red onion, halved and thinly sliced
- 1 teaspoon sugar
- $\frac{1}{2}$ cup mayonnaise
- 4 tablespoons sour cream
- $\frac{1}{3}$ cup horseradish, drained
- 2 stalks celery, thinly sliced
- 4 half-sour dill or sweet pickles, diced
- 3 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh parsley
- Freshly ground pepper

- 1.** Combine the potatoes, garlic, red pepper flakes, 1 tablespoon vinegar and 1 tablespoon salt in a medium saucepan and cover with water. Bring to a boil over medium-high heat, then simmer, uncovered, until the potatoes are tender but not mushy, 7 to 10 minutes. Add the onion and cook until almost tender, about 1 more minute. Drain, discarding the garlic. Let the potatoes cool.
- 2.** Whisk the remaining 4 tablespoons vinegar, the sugar and 1 teaspoon salt in a large bowl. Mix in the mayonnaise, sour cream and horseradish. Add the celery and pickles, then gently fold in the potatoes and chopped herbs. Season with salt and pepper. Cover and refrigerate until serving.





Duff puts
a torch
to his
pineapple!

PINEAPPLE SUNDAES

ACTIVE: 15 min | TOTAL: 20 min | SERVES: 6 to 8

- 4 ounces semisweet chocolate, chopped, or chocolate chips
- 1 stick unsalted butter, sliced
- $\frac{3}{4}$ cup unsweetened cocoa powder
- $1\frac{3}{4}$ cups plus 2 tablespoons sugar
- 1 cup plus 2 tablespoons half-and-half
- 1 cup mascarpone cheese, at room temperature
- 1 store-bought pound cake, cut into 6 to 8 thick slices
- 2 teaspoons vegetable oil
- 1 fresh pineapple, peeled, cored and cut into wedges

Shredded coconut, toasted, and/or peanuts, for garnish (optional)

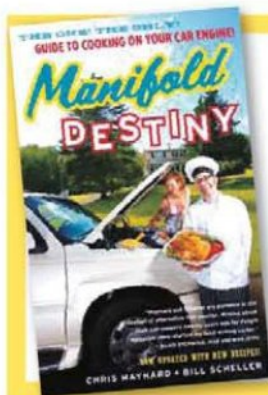
1. Combine the chocolate and butter in a microwave-safe bowl. Heat at 50 percent power for 2 minutes; stir, then microwave at 30-second intervals until completely melted. Whisk in the cocoa and $1\frac{3}{4}$ cups sugar until smooth. Microwave the mixture on full power for 5 minutes, stopping to whisk occasionally. (Don't worry if the mixture looks grainy; continue to cook and whisk until smooth.)

Add 1 cup half-and-half and microwave on full power until smooth and slightly fudgy, 2 minutes. Transfer to a thermos to keep warm.

2. Fold the remaining 2 tablespoons half-and-half and 2 tablespoons sugar into the mascarpone in a bowl; cover and refrigerate.

3. Preheat a grill to medium. Brush the cake slices lightly with oil and grill for 1 to 2 minutes per side. Brush the pineapple lightly with oil and grill until marked, about 1 minute per side.

4. Top the cake with pineapple, a scoop of mascarpone cream and hot fudge. Garnish with coconut and/or nuts, if desired.



For the adventurous tailgater...

When Duff's on the road, he sometimes cooks on his delivery-van engine, placing packets of potatoes or cans of beans under the hood. "We really do that. It's not just a gimmick," he says. "Your engine is making tons of heat, why let it go to waste?" We can't endorse this as a safe cooking method—it has to be done right or you can damage your engine—but if you're curious about it, Duff recommends the book *Manifold Destiny: The One! The Only! Guide to Cooking on Your Car Engine!* (\$14; Simon & Schuster).



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STEAM



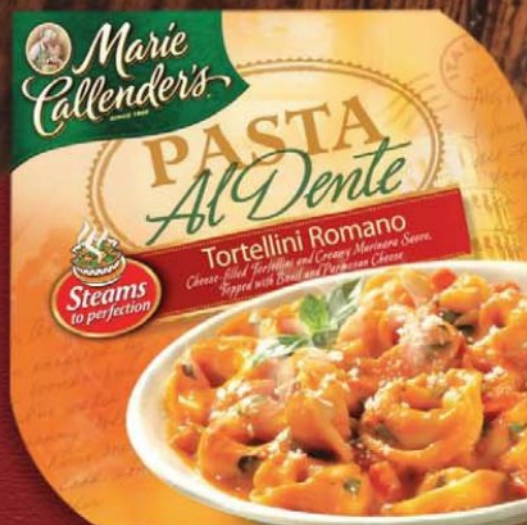
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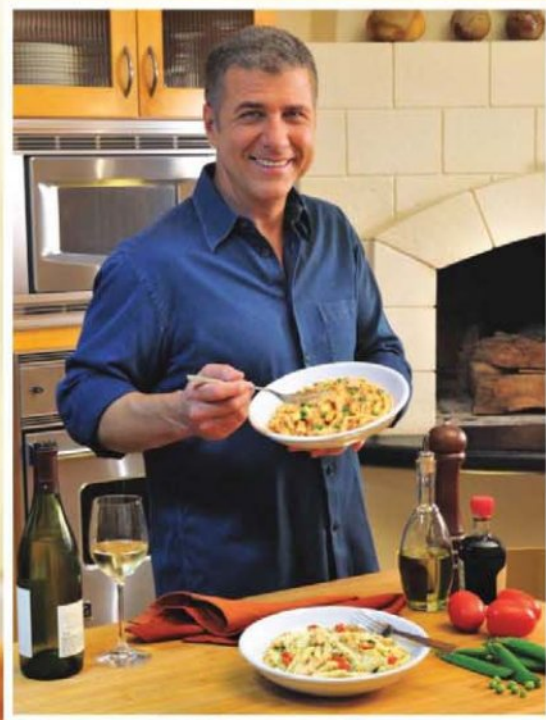


Authentic Italian

with Michael Chiarello

The Proof is in the Pasta

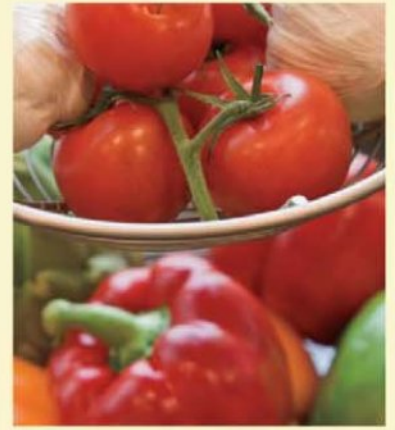
Celebrated chef Michael Chiarello believes in bringing Italian flavors to the table with authenticity and ease. And to him, any proper Italian meal begins with pasta that's prepared "al dente"—an Italian phrase meaning "firm, but not hard." Here, Michael offers you his favorite pairings, tips to creating a true Italian meal, and the secret behind perfect "al dente" pasta.



RIGATONI MARINARA CLASSICO

PAIRING: The berry and plum aromas of a California Sangiovese go very nicely with **Marie Callender's Pasta Al Dente Rigatoni Marinara Classico**, suggests Michael. And a light end to this earthy, authentic meal is pound cake with fresh berries and whipped cream (or mascarpone).

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A Toast to Italian Flavors

Michael believes in raising a glass to Italian traditions — and raising the standards of every Italian meal with fresh flavors, a sense of ease, and the right wine. There's no easier way to do it than with these easy-to-implement steps that bring true authenticity to the table.

1. Pass around an antipasto of cured meats, Italian cheeses, marinated vegetables & olives and tomato steaks.

2. Pairing the right pasta with the right sauce brings out the best in both. A smooth sauce is great with long, thin noodles, while a more hearty sauce, like marinara with savory sausage, is perfect with rigatoni, or other hollow noodles.

3. To test your pasta, explains Michael, remove a piece from the water and allow it to cool. It should be firm — but not hard — and you should be able to bite through it.

4. Open the wine to give it a few minutes to breathe before pouring it into casual tumblers. And if you are serving different wines with the meal, go from the lightest wine to the most robust.



Authentic Italian Cuisine Tonight It's Easy with Suggestions from Michael

PAIRING:

Marie Callender's Pasta Al Dente Chicken Carbonara

features uncured bacon and peas with a smoky tomato carbonara sauce which needs the subtle contrast of a light Chardonnay, suggests Michael. His two perfect accompaniments to this classic pasta dish are tomatoes and mozzarella with a basil vinaigrette; and a dessert of balsamic marinated strawberries with biscotti.



CHICKEN CARBONARA

TIP: To further enhance your Chicken Carbonara or any Italian dish, add crispy, hot bread. Top it with olive oil, sea salt, and a mixture of ground Parmesan cheese and dried herbs.

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challenge

It's a Win-Win

The Next Food Network Star winner **Melissa d'Arabian** creates dishes to please her cutest critics: her four daughters.

Having an audience is nothing new for Melissa d'Arabian. She's done stints as a cruise-ship singer, private chef, local food-show host and even as a beauty queen (she's a two-time Miss Vermont runner-up). So it's no wonder the stay-at-home mom beat out nine other hopefuls on *The Next Food Network Star* this summer and ended up with her own show. She's certainly cut out for hosting *Ten Dollar Dinners*: Melissa has an MBA from Georgetown University, and she recently slashed the household bills for her husband, Philippe, and their four daughters by more than half, to \$175 a week. "If you saw my coupon binder, you'd be floored," she says.

Of course every mom knows that cooking for kids comes with another challenge altogether: getting them to eat healthful food. We asked Melissa to make some cheap-and-easy dishes for her daughters, Valentine, 4, Charlotte, 3, and 2-year-old twins Margaux and Océane, using some of their not-so-favorite ingredients. We have to hand it to her. She got the girls eating whole grains, greens, fish and even tofu...and she kept her budget in check while she was at it.



"It's hard to get Valentine to eat whole grains, but without them, she can become crabby by 10 a.m.!"



CRUNCHY BRAN FRENCH TOAST

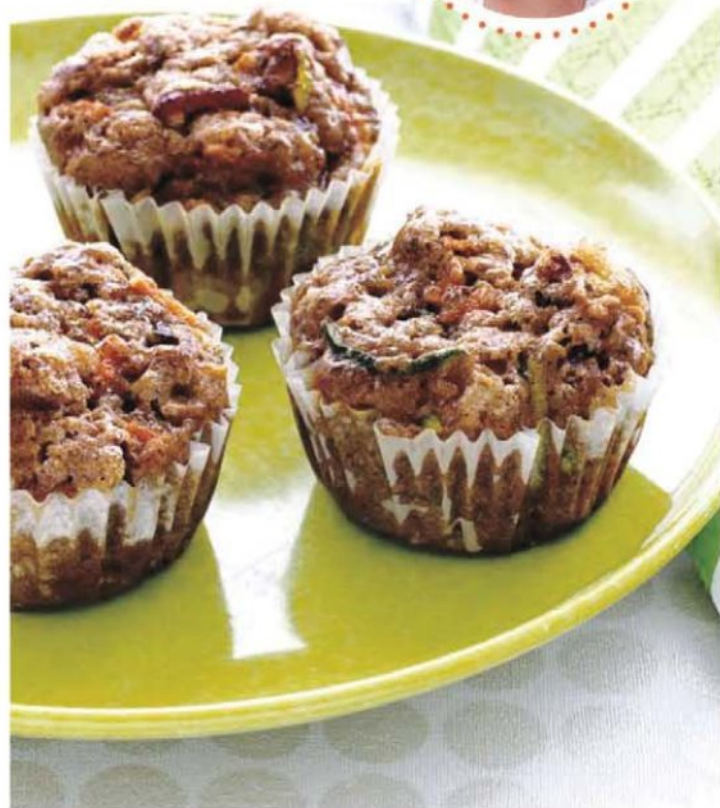
ACTIVE: 35 min | TOTAL: 35 min

SERVES: 4

- 8 slices whole-grain bread
- 4 tablespoons light cream cheese
- 4 teaspoons low-sugar orange marmalade
- 2 large eggs plus 2 egg whites
- Zest and juice of 1 orange
- 1 teaspoon vanilla extract
- 1½ cups bran flakes cereal
- 1 to 2 tablespoons vegetable oil
- 1 to 2 tablespoons unsalted butter
- 2 tablespoons confectioners' sugar (optional)

1. Spread 4 bread slices with 1 tablespoon cream cheese each; spread the other 4 slices with 1 teaspoon marmalade each. Combine to make 4 sandwiches.
2. Whisk the whole eggs, egg whites, orange zest and juice, and vanilla in a shallow bowl. Place the bran flakes in a resealable plastic bag and crush with a rolling pin or your hands. Pour the crumbs onto a plate. Dip both sides of each sandwich in the egg mixture, then in the crumbs, gently pressing the crumbs onto the bread.
3. Heat 1 tablespoon each oil and butter in a skillet or griddle over medium heat. Add the sandwiches in batches and cook until the outsides are golden and the insides are melted, 3 to 4 minutes per side. (Add more oil and butter, if needed.)
4. Slice the French toast sandwiches into triangles. Let cool before serving to little ones, as the cream cheese can get quite hot. Sprinkle with confectioners' sugar, if desired, and the kids won't even ask for syrup!

"Margaux doesn't like green vegetables but these muffins are a perfect way to get her to eat zucchini."



MAGIC FRUIT-AND-VEGGIE CUPCAKES

ACTIVE: 25 min | TOTAL: 45 min | MAKES: 24 mini cupcakes

Cooking spray (optional)

- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- 1 tablespoon soy flour
- 2 tablespoons wheat germ
- ½ cup bran flakes cereal or old-fashioned oats (or a combination)
- ¼ cup ground flax seeds
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- Pinch of salt
- 1 large egg
- ¾ cup packed light brown sugar, plus more for topping (optional)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon vanilla extract
- ⅔ cup plus 1 tablespoon whole milk
- ¾ cup grated or finely chopped vegetables (carrots, zucchini and/or spinach)
- ¾ cup grated or finely chopped fresh or dried fruit (apples, pears, pineapple and/or raisins)

1. Preheat the oven to 350°. Line a 24-cup mini muffin pan with paper liners or mist with cooking spray.
2. Whisk the flours, wheat germ, bran flakes, flax seeds, baking soda, baking powder, cinnamon and salt in a large bowl; set aside. Beat the egg and brown sugar in a medium bowl with a wooden spoon until smooth. Add the olive oil, vanilla, milk, vegetables and fruit and mix well. Pour the wet ingredients into the dry mixture and stir just until blended.
3. Spoon the batter into the prepared pan, filling each cup about three-quarters of the way. Sprinkle the tops with brown sugar, if desired. Bake for 20 to 24 minutes. Remove from the pan and cool on a rack.

KID-FRIENDLY SALMON

ACTIVE: 20 min | TOTAL: 20 min (plus marinating)
SERVES: 4

- 2 tablespoons vegetable oil, plus more for brushing
- 4 tablespoons soy sauce
- Juice of 2 lemons
- ½ onion, finely chopped
- 2 tablespoons packed light brown sugar
- 2 cloves garlic, minced
- 1 teaspoon toasted sesame oil
- Freshly ground pepper
- 4 5-to-6-ounce wild salmon fillets, skin removed

1. Combine 2 tablespoons vegetable oil, the soy sauce, lemon juice, onion, brown sugar, garlic, sesame oil, and pepper to taste in a bowl or large resealable plastic bag. Add the salmon and turn to coat; refrigerate for at least 3 hours, preferably most of the day.
2. Preheat the broiler and line a broiler pan with foil. Place the salmon on the foil (reserve the marinade) and brush with vegetable oil. Broil for 5 to 7 minutes, or until the salmon is opaque. Meanwhile, strain the marinade and simmer in a saucepan over medium-low heat until slightly reduced. Serve the salmon with the sauce on the side.



"Océane just wasn't a fan of fish flavors, until she had this sweet salmon."





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CHEESY STUFFED SHELLS

ACTIVE: 40 min | TOTAL: 1 hr 25 min
SERVES: 4 to 6

FOR THE SAUCE

Kosher salt

- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ cup grated carrot
- $\frac{1}{2}$ cup grated zucchini
- 1 small onion, finely chopped
- $\frac{1}{2}$ cup chopped celery
- 3 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 1 28-ounce can crushed tomatoes
- Freshly ground pepper

FOR THE SHELLS

- 1 12-ounce box jumbo pasta shells
- 8 ounces silken tofu, mashed
- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- $1\frac{1}{2}$ cups cottage cheese
- $\frac{1}{2}$ cup grated parmesan cheese
- $1\frac{1}{2}$ cups shredded mozzarella cheese
- 1 large egg, lightly beaten
- 1 clove garlic, minced
- Kosher salt and freshly ground pepper
- Cooking spray

1. Preheat the oven to 350°. Bring a large pot of salted water to a boil. Make the sauce: Heat the olive oil in a medium saucepan over medium heat. Add the carrot, zucchini, onion and celery and sauté until soft but not brown, 5 minutes. Add the garlic and cook for 5 minutes, stirring occasionally. Add the basil, oregano, tomato paste, crushed tomatoes and 2 cups water. Bring to a boil, then reduce the heat and simmer for 15 minutes. Season with salt and pepper.

2. Meanwhile, prepare the shells: Add the pasta to the boiling water and cook for 8 minutes; drain. Mix the tofu, spinach, cottage cheese, parmesan, $\frac{1}{2}$ cup mozzarella, the egg and garlic in a medium bowl and season with salt and pepper.

3. Mist a 9-by-13-inch baking dish with cooking spray. Spread about 1 cup of the sauce in the dish. Stuff the cheese mixture into the shells and place in the baking dish, open-side up. Pour the remaining sauce over the shells. Cover tightly with foil and bake for 30 minutes. Uncover, sprinkle with the remaining 1 cup mozzarella and bake for 15 minutes. Let cool slightly before serving.



"Charlotte doesn't like the texture of meat, so I have to find creative ways to give her protein."



presents

SURPRISING *flavors*

Andrew Kirschner, executive chef of Wilshire Restaurant in Santa Monica brings a passion for sustainable products and practices to all he does. Most recently he sat down with his staff to introduce them all to an exciting and sumptuous new dish on his menu – Panko-Crusted Miso-Marinated Tofu Steak. “Soy surprises people,” Andrew told his team. “Restaurant guests who might ordinarily order meat or fish entrées are blown away by the layers of flavor.”

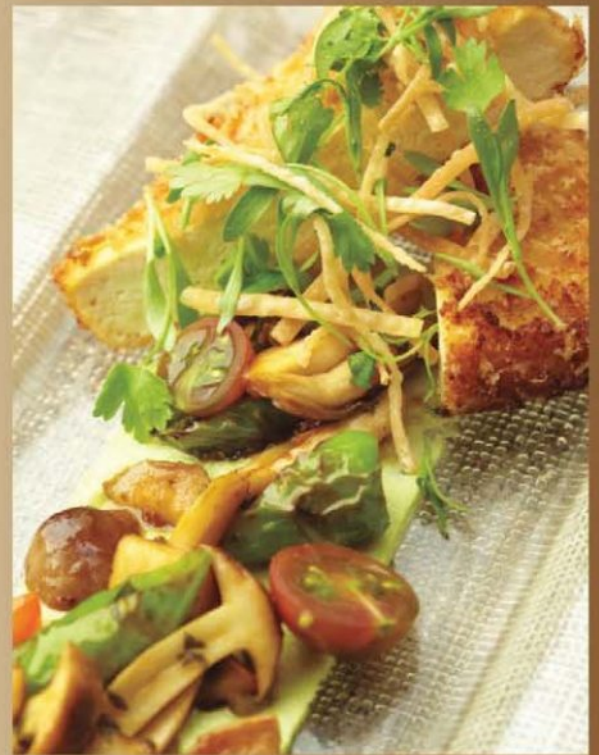
He explains that while soy comes in many different forms – from tofu to edamame – all carry different flavors and provide the basis for limitless recipes.

While proven to maintain heart and bone health, whole soy is more than a plant-based source of protein. It contains all the essential amino acids your body needs. Whole soy is actually soy in its original state. Because it has been minimally processed, you get all of the naturally occurring nutrients contained in the soybean. As Andrew continues to add soy-based dishes to his menu, be sure to try some of his latest at home.



Andrew Kirschner
Executive Chef, Wilshire Restaurant

This native Angeleno, who was cooking his own macaroni and cheese at age 8, graduated from the prestigious California Culinary Academy in 1996. His skills graced venues as wide ranging as Eos in San Francisco and L.A.'s Table 8 before earning him a three-star rating from the *Los Angeles Times* at Wilshire Restaurant.



ANDREW KIRSCHNER'S TOFU STEAK:

“My Panko-Crusted Miso-Marinated Tofu Steak with Edamame Puree, Soy Stir-Fried Mushrooms and Shishito Peppers incorporates four forms of soy: miso, tofu, soy oil and edamame, which is an excellent form of whole soy and all its nutrient-rich elements.”



View all of Andrew's soy-based recipes at SOYJOY.com.

Lighten Up

Los Angeles reader Jennifer Latkiewicz asked us for a **healthier mac and cheese** with full-fat cheese! It was a tall order, but Food Network Kitchens came through.

THREE-CHEESE MACARONI

ACTIVE: 30 min | TOTAL: 50 min
SERVES: 6

- 1 large egg
- 1 12-ounce can evaporated whole milk
- Pinch of cayenne pepper
- Pinch of freshly grated nutmeg
- Kosher salt and freshly ground black pepper
- 1½ cups grated muenster cheese (4 ounces), plus 4 deli-thin slices (1 ounce)
- ½ cup grated sharp cheddar cheese (2 ounces)
- ¼ cup grated parmesan cheese (1 ounce)
- ½ head cauliflower, cut into small florets (4 cups)
- 4 cups medium pasta shells (9 ounces)

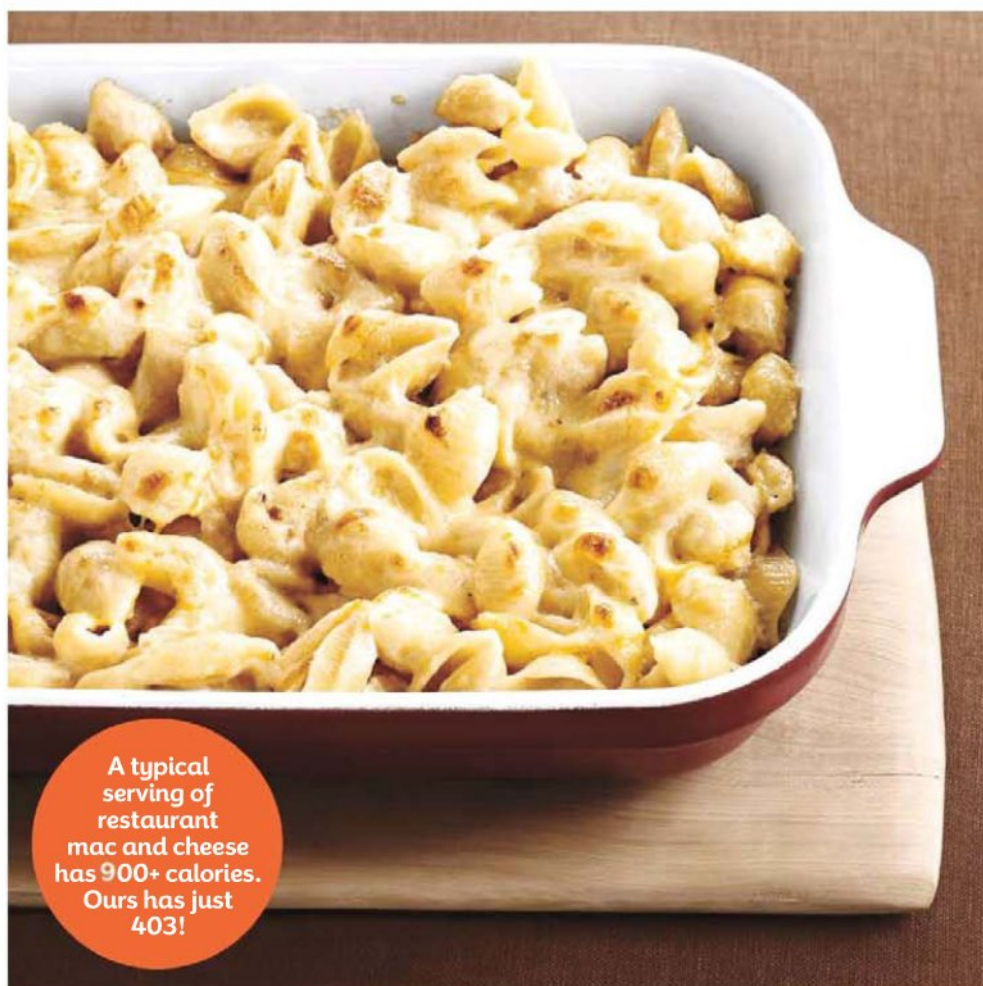
1. Whisk the egg, evaporated milk, cayenne, nutmeg, and salt and black pepper to taste in a bowl. Toss the grated cheeses in a separate bowl.

2. Bring a large pot of salted water to a boil. Add the cauliflower and cook until almost falling apart, about 7 minutes. Transfer with a slotted spoon to a bowl. Add the pasta to the same water and cook until al dente, about 10 minutes. Drain, reserving ¼ cup cooking water. Preheat the broiler.

3. Combine the egg mixture and the grated cheeses in the empty pot and cook over medium-low heat, stirring constantly, until the cheeses melt and the sauce begins to thicken. Remove from the heat and add the cauliflower. Puree with an immersion blender until smooth and light (you can also use a regular blender). Stir in some of the reserved pasta water until creamy.

4. Toss the pasta in the sauce; season with salt and black pepper. Transfer to a shallow casserole dish and top with muenster slices. Broil until golden brown, about 5 minutes.

Per serving (about 1½ cups): **Calories** 403; **Fat** 17 g (**Saturated** 10 g); **Cholesterol** 85 mg; **Sodium** 517 mg; **Carbohydrate** 41 g; **Fiber** 2 g; **Protein** 20 g



A typical serving of restaurant mac and cheese has 900+ calories. Ours has just 403!

The Light Stuff

After 12 tries, recipe developers found the key to making mac and cheese trim and tasty:



Sharp cheese

Reduced-fat cheese doesn't always melt well. Try a strong regular cheese, like sharp cheddar or parmesan, and use less.



Evaporated milk

It has less than one-fifth the fat of heavy cream but it makes the sauce taste just as rich. Whole milk (not fat-free) works best.



Cauliflower

One cooked cup has less than 30 calories. We pureed it, which bulked up the dish and gave the sauce its creamy texture.



How to take the sneaking out of snacking.

Step 1: Get a bowl.

Step 2: Fill with whole, roasted California Almonds.

Step 3: Place out in the open at home, at work or anywhere that allows you to grab some anytime of day.

Step 4: Smile knowing that studies show you're getting lots of nutritious, heart-healthy benefits in a tasty, delicious snack.

Step 5: Repeat daily.

Remember: A handful of almonds a day in place of foods higher in saturated fat can help you maintain a healthy cholesterol level.



Good news about good fat

U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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MORE CHOICES

FOR A LIFE WELL SPENT

Nicole Zila
Food Network Magazine
Integrated Marketing

Leon Johnson
SEARS BLUE
APPLIANCE
CREW EXPERT

Life well spent is about viewing the American Dream through the richness of family. Luckily, Nicole Zila of *Food Network Magazine's* Integrated Marketing Group knows a little about the magazine's readers and their families...while the Sears Blue Appliance Crew experts know a lot about appliances...and offer the most choices for new American Dreamers. Nicole says:

The magazine's readers love trying new recipes every week—and they want the smart features that help them get everything right!

A lot of *Food Network Magazine* readers have kids in the house—so child-friendly features are a must!

Many of the magazine's readers work. So they need help in finding appliances for smart entertaining.

With that in mind—and with more top brands to choose from—the Sears Blue Appliance Crew experts put together 3 brand suites to meet *Food Network Magazine* readers' unique needs, so you can achieve your dreams and be smart with your money.

"Nicole told us that many of her readers will remodel this year—and we can help them do it for less," says SEARS BLUE APPLIANCE CREW expert Leon Johnson.

SEARS BLUE APPLIANCE CREW experts make updating your home easy with:

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- More top brands than anyone
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- More Energy Star-rated appliances than anyone



Leon on the **Kenmore Elite® Dishwasher with Ultra Wash®** "With a pressurized spray that blasts off dried egg and even lipstick, this dishwasher can clean anything that Nicole's readers can cook." **\$1,529.99**



Leon on the **Kenmore Elite® Dual Cavity Electric Range** "Perfect for families with kids, this two-in-one oven lets you cook different foods at different temperatures." **\$1,999.99**



Leon on the **Kenmore Elite® 21-cu.-ft. Counter-Depth Refrigerator** "Using 20% less energy than non-Energy Star-rated models is smart. An ice dispenser in the door that frees up shelf space—that's just cool." **\$3,199.99**

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more than \$40/year
(compared to
hand-washing).

Leon on the **KitchenAid® Superba® EQ Series Dishwasher** "Nicole's readers will love the mix of sleek Architect® Series design and smart functionality—like an adjustable upper rack with fold-down tines." **\$1,199.99**



Leon on the **KitchenAid® Double Wall Oven** "Nicole's foodies are always baking, so the Bread Proofing Function that completes the entire bread-making process (without kneading) is cool." **\$3,569.99**



Leon on the **KitchenAid® 24.5-cu.-ft. Architect® Series II Refrigerator** "For a reader who wants a truly built-in look, this design is flush with the counter—freeing up a whole 5 inches of floor space." **\$2,999.99**



Leon on the **LG SteamDishwasher™** "This cleans as many as 16 place settings at once at a nice price—great for families with kids or the constant entertainer." **\$1,099.99**



Leon on the **LG Double Wall Oven** "We know Nicole's readers love recipes, and this model, with its modern LCD Touch Screen, has a recipe bank that can hold up to 100." **\$3,369.99**



Leon on the **LG 28-cu.-ft. 4-Door Refrigerator** "Nicole told us her readers want real flexibility. And they get it here, with 2 freezer drawers and a 4-compartment crisper system." **\$3,299.99**

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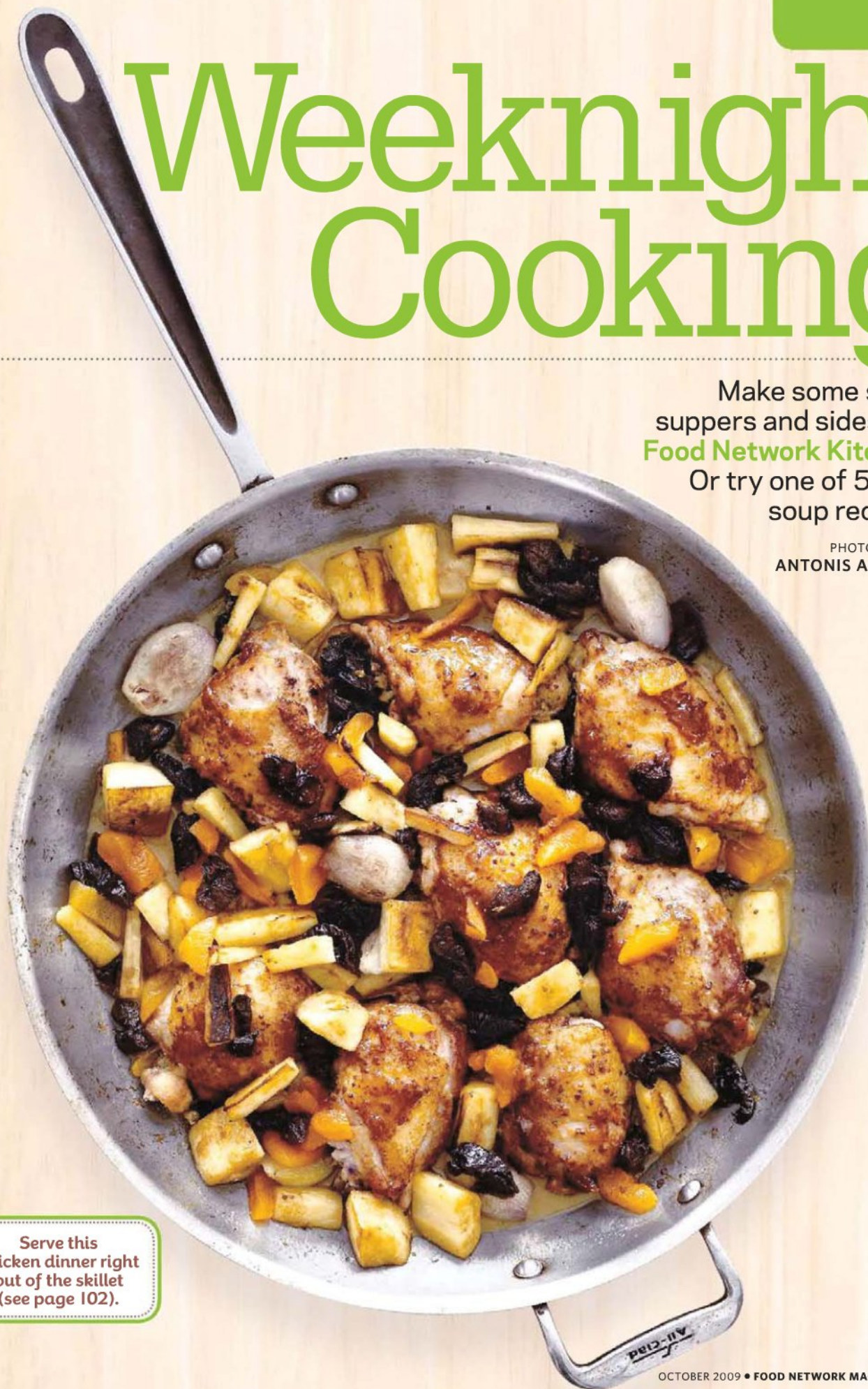
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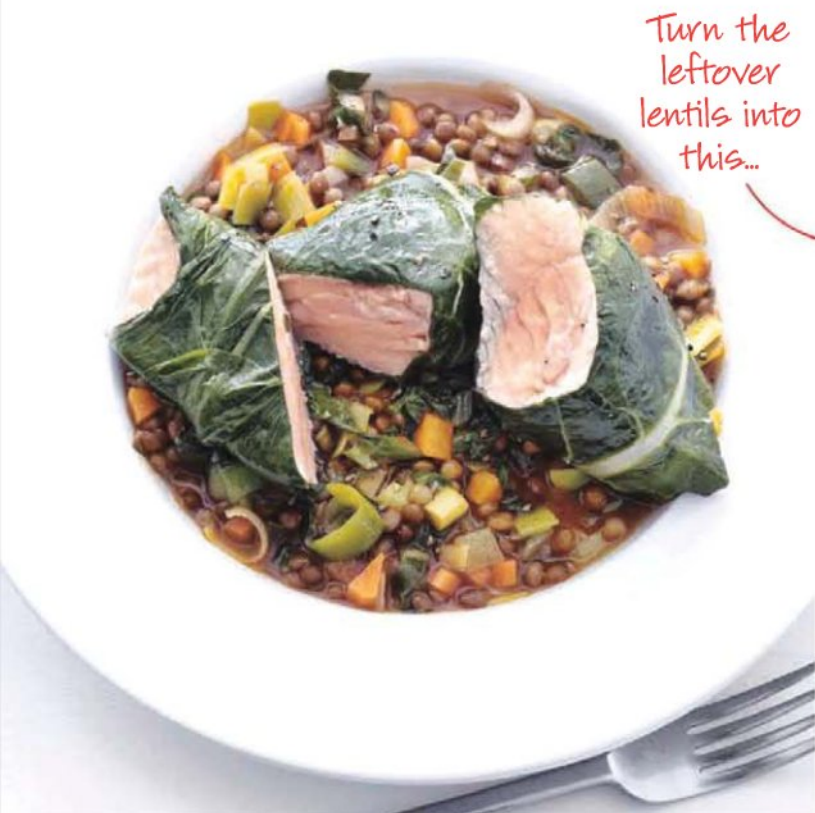
Weeknight Cooking

Make some simple
suppers and sides from
Food Network Kitchens.
Or try one of 50 new
soup recipes...

PHOTOGRAPHS BY
ANTONIS ACHILLEOS



Serve this
chicken dinner right
out of the skillet
(see page 102).



Turn the
leftover
lentils into
this...

SALMON WITH LENTILS

ACTIVE: 30 min | TOTAL: 40 min

SERVES: 4 (with leftovers for Warm Beet and Lentil Salad)

- | | |
|--|---|
| ¼ cup extra-virgin olive oil, plus more for drizzling | ½ pound (1¼ cups) French brown or green lentils |
| 2 leeks, white and light-green parts only, halved lengthwise and chopped | 1 bunch Swiss chard |
| 2 carrots, diced | 3 6-ounce center-cut skinless salmon fillets |
| 3 cloves garlic, chopped | Kosher salt and freshly ground pepper |
| 1 tablespoon tomato paste | 1 tablespoon honey |
| 1 cinnamon stick | Juice of 1 lemon |

1. Heat ¼ cup olive oil in a skillet over medium heat. Add the leeks and carrots and cook until tender, 5 minutes. Add the garlic and tomato paste and cook 1 minute. Increase the heat to high; add 4 cups water, the cinnamon stick and lentils. Bring to a boil, then reduce the heat to medium-high, cover and simmer until tender, 20 minutes.

2. Meanwhile, remove the Swiss chard stems; reserve 3 leaves and chop the rest. Place the whole leaves over the lentils, cover and wilt, 1 minute. Remove the chard and cover the lentils. Season the salmon with salt and pepper and wrap a wilted chard leaf around each fillet.

3. Reserve about 1 cup lentils for Warm Beet and Lentil Salad (see right). Stir the honey and lemon juice into the remaining lentils and season with salt and pepper. Stir in the chopped chard. Place the wrapped salmon on top of the lentils, drizzle with olive oil and season with salt and pepper. Cover and cook over medium-high heat until the fish is just cooked through, 6 minutes.

4. Remove the salmon and cut into pieces. (If the lentils are dry, add a splash of water.) Divide lentils among bowls and top with salmon.

Per serving: **Calories** 510; **Fat** 20 g (**Saturated** 3 g); **Cholesterol** 70 mg; **Sodium** 357 mg; **Carbohydrate** 45 g; **Fiber** 8 g; **Protein** 40 g



WARM BEET AND LENTIL SALAD WITH GOAT CHEESE

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

- | | |
|---|--|
| 2 medium beets, peeled and cut into 1-inch-thick wedges | 1 cup leftover lentils from Salmon with Lentils (left) |
| 3 tablespoons extra-virgin olive oil, plus more for drizzling | ¾ pound slab or thick-cut bacon, sliced |
| Kosher salt and freshly ground pepper | 1 medium shallot, minced |
| ¼ cup hazelnuts, walnuts or pecans, finely chopped | 2 tablespoons apple cider vinegar |
| 1 4-ounce log goat cheese | Pinch of sugar |
| | 1 large bunch frisée, torn, or 6 cups baby greens |

1. Preheat the oven to 400°. Toss the beets with 3 tablespoons olive oil in a roasting pan and season with salt and pepper. Roast until tender, 30 minutes.

2. Meanwhile, season the nuts with salt and pepper in a shallow bowl. Cut the goat cheese into 4 even rounds. Press the cut sides in the nuts and set aside. Warm the lentils in the microwave or in a saucepan and season with salt and pepper.

3. Cook the bacon in a skillet over medium-high heat until crisp, 10 minutes, and transfer to paper towels with a slotted spoon. Add the shallot to the pan drippings and cook for 20 seconds. Remove from the heat; whisk in the vinegar and sugar.

4. Remove the beets from the oven and warm the nut-crusted goat cheese on the hot roasting pan. Toss the frisée with the bacon and dressing and divide among bowls. Top the salads with beets, lentils and a round of goat cheese. Drizzle with more olive oil.

Per serving: **Calories** 482; **Fat** 39 g (**Saturated** 12 g); **Cholesterol** 42 mg; **Sodium** 571 mg; **Carbohydrate** 19 g; **Fiber** 5 g; **Protein** 15 g



FLANK STEAK WITH SALSA VERDE

ACTIVE: 25 min | TOTAL: 30 min | SERVES: 4

- 2 cups loosely packed fresh parsley
- 3 scallions, coarsely chopped
- 2 tablespoons capers, drained
- Zest and juice of ½ lemon
- 2 anchovy fillets
- 2 cloves garlic, smashed
- ½ teaspoon dijon mustard
- ⅓ cup extra-virgin olive oil, plus more for the grill
- Kosher salt
- 1 flank steak (about 1½ pounds)
- Freshly ground pepper
- 2 or 3 medium tomatoes

- 1.** Make the salsa verde: Pulse the parsley, scallions, capers, lemon zest and juice, anchovies, garlic, mustard and olive oil in a food processor until slightly chunky. Pour into a bowl and season with salt.
- 2.** Preheat a grill to high or place a grill pan over high heat. Pierce the steak all over with a fork and season with salt and pepper. Oil the grill or pan; grill the steak, 4 to 5 minutes per side for medium-rare, turning once. Transfer to a cutting board and let rest for 5 minutes.
- 3.** Slice the tomatoes and season with salt and pepper. Thinly slice the steak against the grain. Serve with the tomatoes and salsa verde.

Per serving: Calories 465; Fat 31 g (Saturated 8 g); Cholesterol 66 mg; Sodium 545 mg; Carbohydrate 7 g; Fiber 2 g; Protein 37 g



Tomatillos can be sticky; be sure to rinse them well after removing the husks.

CHICKEN-AND-CHEESE ENCHILADAS

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- | | |
|--|--|
| 1 small red onion, halved | 3 cups shredded rotisserie chicken |
| 1½ pounds tomatillos, husked and rinsed | 2½ cups shredded mozzarella and/or Monterey Jack cheese |
| 1 to 2 serrano chile peppers, stemmed and seeded | ⅓ cup fresh cilantro |
| ½ cup low-sodium chicken broth | 2 tablespoons extra-virgin olive oil, plus more for greasing |
| Kosher salt | ¾ cup crumbled queso fresco or feta cheese |
| Pinch of sugar | |
| 8 corn tortillas | |

- 1.** Preheat the broiler. Slice half of the onion into thin rings and set aside. Place the other onion half, tomatillos and serranos on a foil-lined baking sheet and broil until the vegetables are soft and slightly brown, 7 to 10 minutes, turning as needed. Transfer the vegetables and any liquid to a blender, add the broth and puree. Season with ½ teaspoon salt and the sugar.
- 2.** Meanwhile, stack the tortillas, wrap in a damp paper towel and microwave just until warm and soft, 1 minute; keep covered. Toss the chicken with 2 cups shredded cheese in a bowl. Spoon a portion of the chicken mixture down the middle of each tortilla. Add a few cilantro leaves and roll up. Place the enchiladas side by side in a lightly oiled 9-by-13-inch baking dish and brush with the 2 tablespoons olive oil. Broil until crisp and golden, 3 minutes.
- 3.** Pour the tomatillo sauce over the enchiladas and top with the remaining ½ cup shredded cheese. Return to the oven and broil until the cheese is bubbly and golden brown, 3 to 5 minutes. Garnish with the onion rings, queso fresco and any remaining cilantro.

Per serving: Calories 626; Fat 32 g (Saturated 13 g); Cholesterol 98 mg; Sodium 1,056 mg; Carbohydrate 46 g; Fiber 6 g; Protein 47 g

VEGETABLE SHEPHERD'S PIE

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- | | |
|--|---|
| 6 medium Yukon gold potatoes, peeled and diced | 6 cloves garlic, minced |
| Kosher salt | Freshly ground pepper |
| 2 tablespoons extra-virgin olive oil | $\frac{1}{2}$ bunch fresh parsley, leaves chopped (stems reserved) |
| 1 large onion, diced | $1\frac{1}{2}$ tablespoons Worcestershire sauce |
| 3 large carrots, cut into $\frac{1}{2}$ -inch chunks | 5 tablespoons unsalted butter |
| 2 stalks celery, cut into $\frac{1}{2}$ -inch chunks | $\frac{3}{4}$ cup chopped veggie burgers or vegetarian protein crumbles |
| 1 bunch baby turnips, halved or quartered if large | $\frac{2}{3}$ cup milk or half-and-half |
| | Grated parmesan cheese, for sprinkling (optional) |

1. Preheat the broiler. Cover the potatoes with water in a pot; season with salt, cover and boil until the potatoes are fork-tender, 15 minutes.

2. Meanwhile, heat the oil in a stovetop casserole dish or shallow enamel pot over medium-high heat. Add the onion, carrots, celery, turnips and garlic. Season with salt and pepper and cook until the vegetables brown, 8 minutes. Add $1\frac{1}{2}$ cups cooking liquid from the potatoes to the casserole dish. Lower the heat and scrape up any browned bits with a wooden spoon. Tie the parsley stems with twine and add to the casserole. Cover and simmer until the vegetables are tender, 8 minutes. Stir in the Worcestershire sauce, 2 tablespoons butter and the chopped veggie burgers and warm through, 5 minutes. Remove the parsley stems and stir in the chopped parsley. Keep warm.

3. Drain the potatoes and mash with the remaining 3 tablespoons butter and the milk; season with salt and pepper and spoon over the casserole. Sprinkle with parmesan, if desired. Broil until golden brown, 5 minutes.

Per serving: Calories 558; Fat 24 g (Saturated 11 g); Cholesterol 42 mg; Sodium 656 mg; Carbohydrate 68 g; Fiber 9 g; Protein 17 g

You can assemble the pie the day before, then cover and refrigerate. Bake at 350° for 30 minutes.

HAM AND CHEESE PAN SOUFFLÉ

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- | |
|--|
| 2 russet potatoes, peeled and cut into $\frac{1}{2}$ -inch cubes |
| Kosher salt |
| 6 large eggs, at room temperature, separated |
| 8 ounces manchego or aged provolone cheese, grated (2 cups) |
| 1 tablespoon all-purpose flour |
| Freshly ground pepper |
| 4 tablespoons extra-virgin olive oil, plus more if needed |
| 1 onion, halved and thinly sliced |
| 2 Anaheim chile peppers, halved, seeded and thinly sliced |
| $\frac{1}{4}$ pound boiled ham, cut into small cubes |
| 1 teaspoon paprika |
| 2 tablespoons chopped fresh parsley |
| 1 clove garlic, minced |

1. Preheat the oven to 400°. Cover the potatoes with water in a pot; season with salt, cover and boil until just tender, 2 minutes. Drain.

2. Whisk the egg yolks, cheese, flour, and pepper to taste in a bowl.

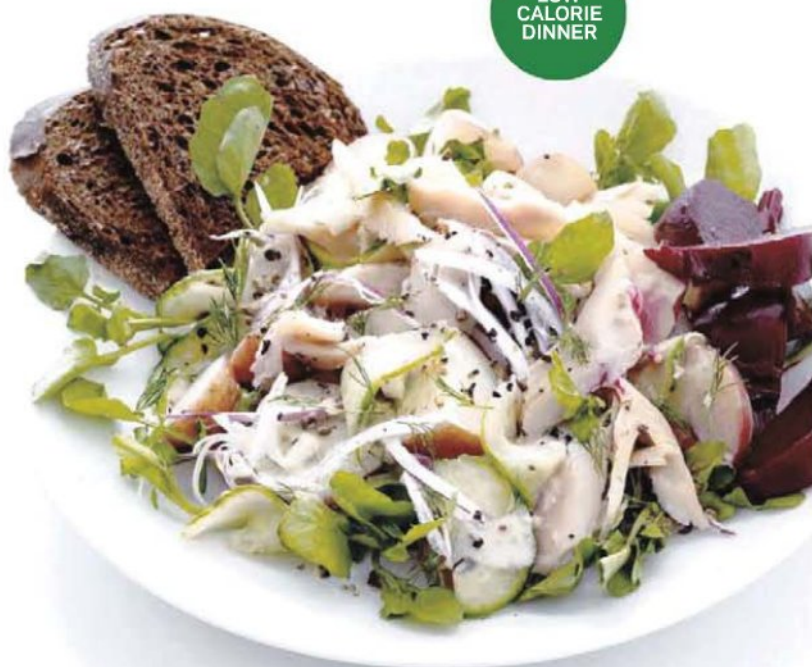
3. Heat a 10-inch ovenproof nonstick skillet over high heat. Add 2 tablespoons olive oil, the onion and chiles and cook until browned, 4 minutes. Add the ham and cook 3 minutes. Transfer the mixture to a bowl. Add the remaining 2 tablespoons oil and the potatoes to the skillet and cook until golden, 4 minutes. Add the paprika, parsley and garlic and cook 1 minute. Transfer to the same bowl.

4. Beat the egg whites, 2 tablespoons water and $\frac{1}{2}$ teaspoon salt with a mixer until soft peaks form. Stir one-third of the whites into the yolk mixture, then gently fold in the rest. Oil the skillet, if dry, and place over medium-low heat. Add the egg mixture, cover and cook until the top just sets, 4 to 6 minutes. Top with the filling and transfer to the oven, uncovered, until set, 5 to 7 minutes.

Per serving: Calories 641; Fat 44 g (Saturated 19 g); Cholesterol 373 mg; Sodium 1,215 mg; Carbohydrate 32 g; Fiber 4 g; Protein 32 g



LOW-
CALORIE
DINNER



SMOKED TROUT AND POTATO SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- ½ small red onion, thinly sliced
- 1 pound red-skinned potatoes, cut into 1-inch chunks
- Kosher salt
- ¼ cup crème fraîche or sour cream
- 1 tablespoon white wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons grainy mustard
- 3 tablespoons chopped fresh dill
- ½ small English cucumber, halved lengthwise and thinly sliced
- Freshly ground pepper
- 1 large bunch watercress, stems trimmed
- 12 ounces smoked trout, skin removed
- Pumpnickel bread and/or pickled beets, for serving (optional)

- 1.** Soak the onion slices in a bowl of ice water. Cover the potatoes with water in a pot; add a pinch of salt, cover and bring to a boil. Reduce to a simmer and cook, uncovered, until tender, 8 to 10 minutes. Drain and let cool slightly; pat dry.
- 2.** Meanwhile, whisk the crème fraîche, vinegar, olive oil and mustard in a large bowl to make a smooth dressing. Stir in the dill. Drain the onion, pat dry and add to the dressing. Add the potatoes and cucumber, season with salt and pepper and toss to coat.
- 3.** Divide the watercress among 4 plates and add some potato salad to each. Flake the trout with your fingers and scatter on top. Serve with pumpnickel bread and/or pickled beets, if desired.

Per serving: Calories 344; Fat 15 g (Saturated 6 g); Cholesterol 67 mg; Sodium 296 mg; Carbohydrate 22 g; Fiber 3 g; Protein 27 g



PORK AND FENNEL RAGOUT

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

- 1 teaspoon fennel seeds
- Kosher salt and freshly ground pepper
- Zest and juice of 1 lemon
- 3 1-inch-thick boneless pork loin chops (1 pound total), trimmed and sliced into ¾-inch-wide strips
- 3 tablespoons all-purpose flour
- 5 tablespoons chopped fresh parsley
- 3 tablespoons extra-virgin olive oil
- 1 cup sliced shallots
- 1 small fennel bulb, trimmed and chopped
- 2 tablespoons tomato paste
- 10 ounces cremini mushrooms, sliced
- 1½ cups red or white wine

- 1.** Grind the fennel seeds with 1 teaspoon salt and ½ teaspoon pepper in a spice grinder or chop with a knife. Transfer to a medium bowl; mix with the lemon juice and pork. Add the flour and toss to coat. In another bowl, mix the lemon zest with 2 tablespoons parsley.
- 2.** Heat a deep skillet or pot over high heat and add the olive oil. Brown the pork in batches, 1 minute per side; transfer to a plate. Add the shallots, fennel, the remaining 3 tablespoons parsley, and salt to taste to the skillet. Reduce the heat and cook until the vegetables are wilted, 2 minutes. Add the tomato paste and cook, stirring, 3 minutes.
- 3.** Add the mushrooms, wine and ½ cup water; scrape up any browned bits. Cover and simmer over low heat until the fennel is tender, 12 minutes. Add the pork and heat through, 2 to 3 minutes. Season with salt and pepper and top with the lemon zest-parsley mixture.

Per serving: Calories 435; Fat 18 g (Saturated 4 g); Cholesterol 62 mg; Sodium 882 mg; Carbohydrate 24 g; Fiber 4 g; Protein 30 g



SPINACH RAVIOLI WITH TOMATO SAUCE

ACTIVE: 20 min | TOTAL: 25 min | SERVES: 4

- 2 tablespoons extra-virgin olive oil
- 1 ounce Italian salami, finely diced, or pulsed in a food processor
- 4 cloves garlic, minced
- 1 28-ounce can San Marzano plum tomatoes, drained, juices reserved
- 5 or 6 fresh basil leaves, plus more for garnish
- Pinch of sugar
- Kosher salt and freshly ground pepper
- 1½ pounds frozen spinach-and-cheese ravioli
- 1 ounce ricotta salata or parmesan cheese, grated

1. Bring a large pot of water to a boil. Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the salami and garlic and cook, about 1 minute. Crush the tomatoes into the pan with your hands and cook until slightly dry, about 5 minutes. Add the reserved tomato juice, basil, sugar, and salt and pepper to taste. Increase the heat to high and cook until the sauce thickens, about 5 minutes. Stir in $\frac{3}{4}$ cup water and reduce the heat to medium-low. Let simmer while you cook the ravioli.

2. Add salt to the boiling water, then add the ravioli and cook as the label directs; drain. Divide the ravioli among shallow bowls, spoon the sauce on top and sprinkle with the cheese. Garnish with more basil.

Per serving: **Calories** 482; **Fat** 20 g (**Saturated** 7 g); **Cholesterol** 60 mg; **Sodium** 1,007 mg; **Carbohydrate** 54 g; **Fiber** 7 g; **Protein** 25 g



GLAZED CHICKEN WITH DRIED FRUIT AND PARSNIPS

ACTIVE: 15 min | TOTAL: 40 min | SERVES: 4

- 2 tablespoons extra-virgin olive oil
- 6 medium shallots
- 4 medium-large parsnips, peeled and cut into 1-inch chunks
- $\frac{1}{3}$ cup apricot preserves
- 2 tablespoons whole-grain mustard
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cumin
- 8 medium skin-on, bone-in chicken thighs
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ cup pitted prunes, roughly chopped
- $\frac{1}{2}$ cup dried apricots, roughly chopped
- 1 tablespoon apple cider vinegar

1. Position a rack in the center of the oven and preheat to 425°. Heat the olive oil in a large ovenproof skillet over high heat. Add the shallots and parsnips and cook until golden, shaking the pan, 2 minutes.

2. Whisk the apricot preserves, mustard, ginger and cumin in a bowl. Season the chicken with salt and pepper; toss with the apricot glaze.

3. Scatter the dried fruit in the skillet. Place the chicken, skin-side up, on top. Add $\frac{3}{4}$ cup water and bring to a boil. Cover and cook until heated through, 6 minutes. Uncover and transfer the skillet to the oven. Cook until the chicken and vegetables are tender and golden, 20 to 25 minutes.

4. Push the chicken to the side of the skillet, then stir the vinegar into the pan juices (add up to 2 tablespoons water if the sauce is too thick). Serve from the skillet.

Per serving: **Calories** 757; **Fat** 36 g (**Saturated** 9 g); **Cholesterol** 158 mg; **Sodium** 464 mg; **Carbohydrate** 71 g; **Fiber** 6 g; **Protein** 38 g

WHOLE-WHEAT SPAGHETTI WITH LEEKS AND HAZELNUTS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

Kosher salt

- 12 ounces whole-wheat spaghetti
- 4 tablespoons extra-virgin olive oil
- 3 large leeks, white and light-green parts only, thinly sliced
- 2 teaspoons sugar
- 2 teaspoons balsamic vinegar (preferably aged)
- 1 small head radicchio, halved, cored and thinly sliced
- 6 ounces creamy Italian cheese, such as fontina or taleggio, cubed
- $\frac{3}{4}$ to $\frac{1}{2}$ cup hazelnuts, toasted and chopped

- 1.** Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs.
- 2.** Meanwhile, heat a large skillet over medium-low heat and add 2 tablespoons olive oil. Scatter the leeks in the skillet and season with 1 teaspoon each salt and sugar. Cook, stirring occasionally, until tender, about 10 minutes.
- 3.** Drain the pasta, reserving about 1 cup of the cooking liquid. Add the pasta and the reserved cooking liquid to the skillet with the leeks. Add the remaining 2 tablespoons oil, 1 teaspoon sugar and the balsamic vinegar. Increase the heat to medium-high and add the radicchio and cheese. Toss until the cheese melts, 3 to 5 minutes. Season with salt and top with the hazelnuts.

Per serving: **Calories** 692; **Fat** 34 g (**Saturated** 11 g); **Cholesterol** 49 mg; **Sodium** 966 mg; **Carbohydrate** 78 g; **Fiber** 13 g; **Protein** 26 g



HIGH
IN FIBER

ROASTED GARLIC CHICKEN

ACTIVE: 10 min | TOTAL: 40 min (plus marinating) | SERVES: 4

- 1 head garlic
- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{3}$ cup extra-virgin olive oil
- 2 tablespoons roughly chopped fresh oregano, plus more for garnish
- 3 or 4 dried red chile peppers, crushed
- Kosher salt
- 4 pounds bone-in chicken parts (or one 4-pound chicken, cut into 10 pieces)
- Pita bread, for serving

- 1.** Mince 1 clove garlic; smash the rest. Combine the garlic with the vinegar, olive oil, oregano, chiles and 2 teaspoons salt in a large bowl. Add the chicken and toss to coat. Cover and refrigerate for at least 2 hours or overnight.
- 2.** Preheat the oven to 450°. Arrange the chicken in a roasting pan; roast until cooked through and golden, about 30 minutes. Garnish with oregano. Brush pita bread with the pan drippings to serve with the chicken.

Per serving: **Calories** 644; **Fat** 43 g (**Saturated** 10 g); **Cholesterol** 190 mg; **Sodium** 657 mg; **Carbohydrate** 1 g; **Fiber** 0 g; **Protein** 59 g

A whole chicken is much cheaper than chicken pieces. Learn how to break one down on page 52.



DONE IN
25
MINUTES



TURKEY REUBENS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- | | |
|--|---|
| 2½ tablespoons unsalted butter, softened | ¼ cup mayonnaise |
| 3 scallions, white parts and 2 inches of green, finely chopped | 2 to 3 tablespoons chili sauce |
| 1 8-ounce can sauerkraut, drained and rinsed | 2 teaspoons capers, chopped, plus 1 teaspoon liquid |
| 1 small apple, peeled and grated | 8 slices dill pickle, plus 1 teaspoon pickling liquid |
| Kosher salt and freshly ground pepper | 8 slices seeded rye bread |
| | 1 pound deli-sliced turkey |
| | 1½ to 2 cups grated Swiss cheese (about 6 ounces) |

1. Heat 1 tablespoon butter in a medium saucepan over medium-high heat. Add the scallion whites and cook until light brown, about 3 minutes. Add the sauerkraut and apple and season with salt and pepper. Cook until the sauerkraut is lightly browned and dry, about 10 minutes. Add half of the scallion greens and cook for 1 minute.

2. Preheat the broiler. Mix the mayonnaise, chili sauce, the remaining scallion greens, the capers and their liquid, and the dill pickling liquid.

3. Spread about ½ teaspoon butter on one side of each bread slice. Place 4 slices, buttered-side down, on a foil-lined baking sheet. Spread each with some of the mayonnaise mixture, then layer the turkey, dill pickles and sauerkraut mixture on top. Sprinkle with the cheese and broil until the cheese melts, about 2 minutes.

4. Spread more of the mayonnaise mixture on the unbuttered sides of the other 4 bread slices; place buttered-side up on the sandwiches. Return to the broiler until golden, turning once, about 2 minutes.

Per serving: **Calories** 625; **Fat** 33 g (**Saturated** 12 g); **Cholesterol** 102 mg; **Sodium** 2,381 mg; **Carbohydrate** 46 g; **Fiber** 6 g; **Protein** 39 g

INSIDE-OUT CHICKEN CORDON BLEU

ACTIVE: 20 min | TOTAL: 25 min | SERVES: 4

- | | |
|--|--------------------------------------|
| 3 tablespoons fig jam | 8 thin slices black forest ham |
| ½ teaspoon chopped fresh thyme | 5 tablespoons extra-virgin olive oil |
| Kosher salt and freshly ground pepper | 1 shallot, minced |
| 4 6-ounce skinless, boneless chicken breasts | ½ teaspoon dijon mustard |
| 1 cup shredded gruyère cheese (about 3 ounces) | 2 tablespoons white wine vinegar |
| | 2 cups baby greens |

1. Mix the jam, thyme, and salt and pepper to taste in a bowl. Lay out a long piece of plastic wrap on a cutting board. Place the chicken on the plastic and brush half of the jam mixture evenly on top of each breast. Mound a quarter of the cheese on each piece of chicken, then wrap 2 slices of ham around each breast to cover the cheese. Place another piece of plastic over the chicken and gently pound with a mallet or heavy skillet until about ¼ inch thick.

2. Heat 2 tablespoons olive oil in a medium nonstick skillet over medium-high heat. Add the chicken and cook until golden and crisp, 3 to 4 minutes. Turn and cook on the other side until cooked through but still moist, 3 to 4 more minutes.

3. Meanwhile, whisk the shallot, mustard, vinegar and the remaining jam mixture in a medium bowl. Slowly whisk in the remaining 3 tablespoons olive oil to make a smooth dressing.

4. Place each piece of chicken on a plate and drizzle with dressing. Toss the greens with the remaining dressing; serve with the chicken.

Per serving: **Calories** 500; **Fat** 26 g (**Saturated** 7 g); **Cholesterol** 124 mg; **Sodium** 486 mg; **Carbohydrate** 22 g; **Fiber** 1 g; **Protein** 46 g





Parmesan Pork Tenderloin
Cooking Time: 20 Minutes

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SPICY SWEET POTATO FRIES

Toss 2 pounds **sweet potatoes** (cut into wedges) with 3 tablespoons **olive oil**, 1½ teaspoons each **brown sugar** and **salt**, ¼ teaspoon each **cumin** and **chili powder**, and a pinch of **cayenne**. Roast cut-side down on a baking sheet in a 425° oven until crisp, 30 minutes, turning once.



COCONUT RICE

Sauté 2 tablespoons minced **ginger** in a saucepan with **butter**. Add 1 cup rinsed **basmati rice**, 1 cup **coconut milk**, 1 cup water and a pinch of **salt**. Bring to a boil, then reduce heat; cover and simmer until the liquid is absorbed, 15 minutes. Let stand 10 minutes off the heat; fluff with a fork. Garnish with **cilantro** and **cashews**.



BRAISED CELERY

Sauté 1 sliced **onion** in a skillet with **butter** until golden. Add 1 chopped **carrot**, fresh **oregano**, **salt** and **pepper**; cook 2 minutes. Peel 1 bunch **celery**; cut into long pieces and add to the skillet with 1 cup **chicken broth**. Cover and simmer until just tender, 20 minutes; uncover and boil to thicken. Stir in more butter and chopped **parsley**.



6
EASY
SIDES

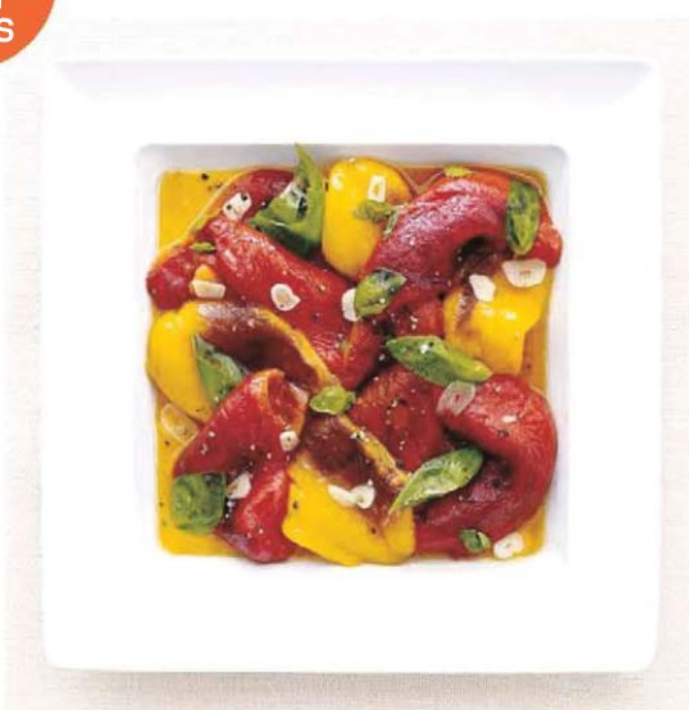
PARMESAN BROCCOLI

Preheat a baking sheet on the lower rack in a 450° oven. Blanch 1 head chopped **broccoli** in boiling water with **salt** and sliced **garlic** for 1 minute; drain. Toss with a splash of **olive oil**, a handful each of **breadcrumbs** and **parmesan**, **salt** and **pepper**. Place on the hot baking sheet and top with more cheese and breadcrumbs; roast until golden, 15 minutes.



PEAR AND FENNEL SALAD

Whisk 3 tablespoons **white wine vinegar** with ½ teaspoon crushed **anise seed**, **salt** and **pepper** in a serving bowl, then slowly whisk in ½ cup **olive oil**. Add 1 thinly sliced **fennel bulb**, 2 thinly sliced **pears** and some **parsley**; season with salt and pepper and toss. Top with shaved **pecorino**.



ROASTED PEPPERS WITH BASIL

Halve, stem and seed 2 red and 2 yellow **bell peppers**. Broil, cut-side down, until blackened, 5 minutes. Place in a bowl, cover and cool; peel and cut into pieces. Sauté sliced **garlic** in **olive oil**; drizzle the oil over the peppers. Top with **basil**, **lemon juice**, **salt** and **pepper**.

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Hot Tips

from Food Network Kitchens' **Katherine Alford**:



Tie up your herbs.

I really enjoy the classic French ritual of putting together a "bouquet garni," a bundle of herbs and other aromatics that flavor a dish. Traditionally, it consists of parsley stems, a bay leaf and thyme, tied up with twine or leek greens or wrapped in cheesecloth. But you can add any herbs or spices you have lying around—rosemary, sage, allspice or whatever suits the dish. We bundled some leftover parsley stems for our shepherd's pie on page 100.



Give your meat a rest.

After cooking the steak on page 99, we let it rest off the heat for about 5 minutes before slicing. Resting meat helps distribute residual heat and prevents that bull's-eye effect: rings of overcooked meat on the outside and rare meat in the center. When you rest a steak, the proteins don't toughen up as much, so the meat is more tender.



Pare down your roasting time.

Recipes often call for roasting beets whole, but in our salad on page 98, we peel and cut the beets first, so they cook in 30 minutes instead of a couple of hours. Try this with any root vegetables, like parsnips, turnips or celery root: Just peel, chop, coat with oil, season and roast, cut-side down, at 400° for 20 to 30 minutes.



Get your leeks squeaky-clean.

Leeks have a great complex sweetness (as in our salmon dish on page 98), but they can be a pain to clean. Farmers mound sandy soil around the base of leeks when they're growing to block out sunlight, which keeps the stems white and mild-tasting—and really dirty. To clean them, slice the leeks first and soak in cold water, then remove with a slotted spoon or your hands. Dry in a salad spinner.



Put fennel on your shopping list.

Mild, anise-flavored fennel is a super-versatile fall vegetable, and it's not as difficult to tackle as it might look: You can just chop up the bulb and cook it, as in our ragout on page 101, or cut it crosswise into thin slices and eat it raw, as in the salad on page 106. If the outer layer of the bulb is extra thick, fibrous or bruised, you should peel it off; otherwise, just rinse the whole bulb and get to work. And save the leafy fennel fronds for garnish.



Upgrade your canned tomatoes.

We call for a can of San Marzano tomatoes in our ravioli sauce recipe on page 102—chefs swear by these Italian plum tomatoes. (They're the only type of canned tomatoes that Anne Burrell will use!) The tomatoes are grown in mineral-rich soil, which gives them more pronounced acidity and sweetness. Look for "D.O.P." on the label: It's a government-issued designation that indicates the real deal.





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50 Easy Soups

Stay warm all season with dozens of soups from Food Network Kitchens.

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French Onion Cook 4 sliced onions and 2 thyme sprigs in butter, covered, 20 minutes. Uncover; cook 1 hour, or until caramelized, stirring occasionally. Add 6 cups beef broth; simmer 10 minutes. Add cognac, salt and pepper. Top with gruyère toasts.

Pull out this booklet for 50 great soups!

food
network
magazine

50 Easy Soups

PHOTOGRAPHS BY CON POULOS

1. Basic Chicken Chop 1 onion, 1 celery stalk, 2 carrots and 1 tablespoon thyme; sauté in butter until tender. Season with salt and pepper. Add 6 cups chicken broth; simmer 20 minutes. Add 2 cups shredded cooked chicken, $\frac{1}{3}$ cup mixed chopped dill and parsley, and some lemon juice.

2. Chicken Rice Make Basic Chicken Soup (No. 1); omit dill and add chives, chervil and tarragon. Stir in $\frac{1}{2}$ cup cooked basmati rice.

3. Italian Wedding Make Basic Chicken Soup (No. 1) with a rind of parmesan in the broth. Add 1 pound mini meatballs, 1 cup orzo and 3 cups torn escarole; simmer until the orzo is tender.

4. Chicken Dumpling Mix 2 tablespoons softened butter, 1 beaten egg, $\frac{1}{2}$ cup farina cereal and $\frac{1}{2}$ teaspoon salt. Drop half-teaspoonfuls into simmering chicken broth; cook for 3 minutes after the dumplings float.

5. Escarole and White Bean Cook 3 chopped garlic cloves and some red pepper flakes in olive oil. Add 3 cups chicken broth, 1 head chopped escarole and a parmesan rind; simmer 15 minutes. Add 1 can white beans, parmesan and salt.

6. Butternut Squash Sauté $\frac{1}{2}$ sliced onion with a pinch of thyme in butter until soft. Add salt, pepper, 2 pounds diced butternut squash and 5 cups chicken broth. Simmer until tender, then puree.



No.
7

Squash and Sage
Make Butternut Squash Soup (No. 6) using 2 shallots instead of onion. Fry sage leaves in the butter. Replace $1\frac{1}{2}$ cups of the broth with apple cider; add nutmeg. Top with crème fraîche and the fried sage.

8. Parsnip-Bacon Make Butternut Squash Soup (No. 6); substitute 2 pounds parsnips for the squash. Top with crumbled bacon and crème fraîche.

9. Asian Chicken Puree 2 garlic cloves with a 2-inch piece peeled ginger; fry in oil with 1 bunch sliced scallions. Add 3 cups each chicken broth and water, 1 tablespoon each soy sauce and sherry, and a pinch of sugar; boil. Add shredded cooked chicken, sliced carrots and snow peas; drizzle with sesame oil.

10. Spicy Dumpling Make Asian Chicken Soup (No. 9); add frozen dumplings instead of chicken. Top with Asian chili sauce.

11. Spicy Tortilla Puree 2 seeded, soaked ancho chiles, 1 onion, 2 tomatoes and 2 garlic cloves; fry in oil. Add 6 cups chicken broth, 4 torn corn tortillas, some shredded cooked chicken and $\frac{1}{2}$ cup cilantro; simmer until thick. Add salt; garnish with crisp tortilla strips, Mexican cheese, avocado, cilantro and lime juice.

12. Stracciatella Beat 2 eggs with $\frac{1}{3}$ cup grated parmesan. Drizzle into 6 cups simmering chicken broth; cook 2 minutes.

13. Egg Drop Cook 1 tablespoon chopped ginger and 3 chopped scallions in sesame oil. Add 6 cups chicken broth and 2 tablespoons each soy sauce and sherry; bring to a simmer. Slowly pour in 2 beaten eggs and cook 2 minutes.

Sausage-Bean Make Escarole and White Bean Soup (No. 5); sauté 4 chopped sweet Italian sausages with the garlic.

No. 14



15. Egg-Lemon Cook $\frac{1}{2}$ cup pastina in 6 cups simmering chicken broth with 3 tablespoons lemon juice. Beat 2 eggs, 2 yolks and 3 tablespoons lemon juice; whisk in a little hot broth, then stir the mixture into the soup. Cook over low heat until thick.

16. Potato Chowder Sauté 4 ounces chopped bacon; add 2 tablespoons butter, 2 sliced leeks and 2 teaspoons each sage and thyme. Add 4 cups chicken broth, $1\frac{1}{2}$ cups cream, a bay leaf and 3 chopped potatoes. Simmer until tender; top with chives.

17. Potato Cheese Make Potato Chowder (No. 16); stir in 8 ounces grated sharp cheddar.

18. Clam Chowder Make Potato Chowder (No. 16); omit sage and use 2 cups each clam juice and water in place of broth. Season with cayenne. Add 2 cups clams during the last 5 minutes of cooking.

19. Corn Chowder Make Potato Chowder (No. 16); omit sage. Stir in 2 cups corn during the last 5 minutes of cooking. Garnish with diced roasted red peppers.

20. Minestrone Chop 3 garlic cloves, 1 carrot, 1 onion, 1 celery stalk and $\frac{1}{4}$ head cabbage; sauté in oil. Add 1 can each white beans and diced tomatoes, 4 cups chicken broth and a parmesan rind; simmer 20 minutes. Add 1 cup ditalini pasta and simmer until tender. Add salt and pepper.



No. 21

Fish Chowder
Make Potato Chowder (No. 16) with just 2 ounces bacon. Omit sage; swap the cream with half-and-half. Add 1 pound white fish chunks and $\frac{1}{2}$ pound flaked smoked trout during the last 5 minutes of cooking.

22. Pistou Make Minestrone (No. 20); add 1 sliced zucchini and 1 cup diced butternut squash with the vegetables. Swirl in pesto.

23. Tortellini Make Minestrone (No. 20); substitute 1 cup tortellini for the ditalini.

24. Sweet Potato Sweat 2 chopped onions, 4 chopped garlic cloves, 3 peeled and cubed sweet potatoes, and 1 teaspoon coriander in olive oil. Simmer with 6 cups chicken broth until soft. Puree; top with salsa.

25. Curried Sweet Potato Make Sweet Potato Soup (No. 24); use butter instead of oil and add 1 tablespoon curry powder with the potatoes. Top with chutney.

26. Curried Red Lentil Cook 3 chopped garlic cloves, 1 each chopped onion and carrot, $\frac{1}{2}$ tablespoon chopped ginger and a pinch of cayenne in oil. Add 6 cups water, 1 can coconut milk, 1 cup red lentils and $\frac{1}{2}$ cup rice; simmer 20 minutes. Garnish with lime, cilantro and scallions.

27. Split Pea Simmer $\frac{1}{2}$ pound split peas with 1 each chopped celery stalk, onion and carrot, a ham hock and a bundle of fresh herbs in 5 cups water until tender. Remove ham and bone; pull off the meat. Puree the soup; stir in ham.

28. Vegetarian Pea Make Split Pea Soup (No. 27); omit the ham hock. Puree just half of the soup and mix it back in; add 1 cup diced carrot. Top with croutons.

No. 29



Cheddar-Horseradish

Sweat 2 each diced carrots and leeks in butter. Add cayenne, salt, 3 tablespoons flour and 2 tablespoons dry mustard; cook 2 minutes. Add 1 bottle beer, $\frac{1}{4}$ cup horseradish, 3 cups water and a dash of Worcestershire; simmer until thick.

Whisk in 2 cups half-and-half and $1\frac{1}{2}$ cups cheddar.

30. French Onion Cook 4 sliced onions and 2 thyme sprigs in butter, covered, 20 minutes. Uncover; cook 1 hour, or until caramelized, stirring occasionally. Add 6 cups beef broth; simmer 10 minutes. Add cognac, salt and pepper. Top with gruyère toasts.

31. Tomato Alphabet Boil 3 cups chicken broth, 2 cups tomato juice and a pinch of dried oregano. Add $\frac{1}{2}$ cup alphabet pasta, and season with salt and pepper. Cook until tender. Stir in grated parmesan.

32. Tomato Orzo Make Tomato Alphabet Soup (No. 31) with orzo instead of alphabet pasta. Omit parmesan; top with feta and dill.

↑
**To make
croutons, toast
bread cubes
drizzled with
olive oil at
400° for
10 minutes.**

33. Carrot-Ginger Sweat 2 sliced shallots and 3 tablespoons minced ginger in butter; season with salt and pepper. Add 1 pound sliced carrots, 2 tablespoons rice, 2 cups chicken broth and 3 cups water. Simmer until the rice is tender, then puree.

34. Carrot-Dill Make Carrot-Ginger Soup (No. 33); omit the ginger and add chopped dill. Garnish with sour cream.

35. Pappa al Pomodoro Sauté 1 chopped onion in oil until tender; add 3 chopped garlic cloves, some red pepper flakes, 1 large can chopped tomatoes, 1 cup water and a basil sprig. Add 2 cups stale bread cubes; simmer 20 minutes.

No. 36



Thai Coconut Sauté 3 sliced garlic cloves, 3 tablespoons grated ginger, $\frac{1}{4}$ cup chopped lemongrass, 1 teaspoon each cumin and coriander, and a Thai chile in oil. Add 1 sliced raw chicken breast and 1 sliced onion; cook 5 minutes. Add shredded bok choy, 4 cups water, 1 can coconut milk, cilantro and 2 tablespoons fish sauce; simmer 8 minutes.

37. Black Bean Soak $\frac{1}{2}$ pound dried black beans overnight; drain. Sauté 1 each chopped celery stalk, onion and carrot and 2 smashed garlic cloves in oil. Add beans, thyme, a bay leaf, a ham hock and 5 cups water; simmer 40 minutes. Remove ham and bone; pull off the meat. Puree the soup; stir in the ham.

38. Mexican Bean Make Black Bean Soup (No. 37); omit thyme and add 1 teaspoon each chipotle chili powder and cumin. Puree just half of the soup and mix it back in. Mix in the juice of 1 lime; top with sour cream, cilantro and salsa.

39. Curried Cauliflower Cook 4 sliced leeks with 1 tablespoon curry powder in butter. Add 1 head chopped cauliflower and 1 garlic clove; cook 5 minutes. Season with salt and pepper. Add 5 cups chicken broth; boil until soft, then puree. Simmer with 1 cup cream.

40. Thai Shrimp Make Thai Coconut Soup (No. 36); omit the chicken and add $\frac{1}{2}$ pound peeled small shrimp during the last 5 minutes of cooking.

41. Potato-Leek Sauté 3 cups each sliced leeks and cubed potatoes in butter. Add 1 sliced garlic clove and a pinch each salt, pepper, thyme and nutmeg; cook 5 minutes. Add 5 cups chicken broth; boil until potatoes are tender, then puree. Reheat with 1 cup cream.



No. 42

Beef Borscht
Sweat $\frac{1}{2}$ head chopped cabbage and 2 each chopped celery stalks, leeks, carrots and parsnips in oil. Add thyme, 1 tablespoon tomato paste, a bay leaf and 10 cups beef broth; simmer 30 minutes. Add 4 diced roasted beets and 2 cups shredded cooked beef; simmer 15 minutes. Top with sour cream and dill.

43. Potato Broccoli Make Potato-Leek Soup (No. 41); add 3 cups broccoli and simmer 5 minutes before pureeing.

44. Vichyssoise Make Potato-Leek Soup (No. 41) with water instead of broth. Strain after pureeing, then chill. Omit the cream; stir in half-and-half and top with chives.

45. Watercress Make Potato-Leek Soup (No. 41); add 2 bunches chopped watercress and simmer 3 minutes, then puree until smooth.

46. Garlic Broth Sweat 2 heads garlic (smashed and peeled) in olive oil. Add 8 cups chicken broth and a bundle of fresh herbs; simmer 40 minutes. Season with salt and pepper.

47. Garlic-Chorizo Make Garlic Broth (No. 46); add $\frac{1}{4}$ pound sliced chorizo during the last 10 minutes. Add chopped spinach.

48. Garlicky Broccoli Rabe Make Garlic Broth (No. 46); add chopped broccoli rabe and small pasta during the last 10 minutes. Top with grated parmesan.

49. Tomato-Lime Make Garlic Broth (No. 46); add 3 chopped plum tomatoes during the last 3 minutes. Stir in lime juice and chopped cilantro.

50. Peas and Pesto Make Garlic Broth (No. 46); add 1 cup frozen peas during the last 5 minutes. Stir in pesto and grated parmesan.

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Spicy Tortilla Puree 2 seeded, soaked ancho chiles, 1 onion, 2 tomatoes and 2 garlic cloves; fry in oil. Add 6 cups chicken broth, 4 torn corn tortillas, some shredded cooked chicken and ½ cup cilantro; simmer until thick. Add salt; garnish with crisp tortilla strips, Mexican cheese, avocado, cilantro and lime juice.





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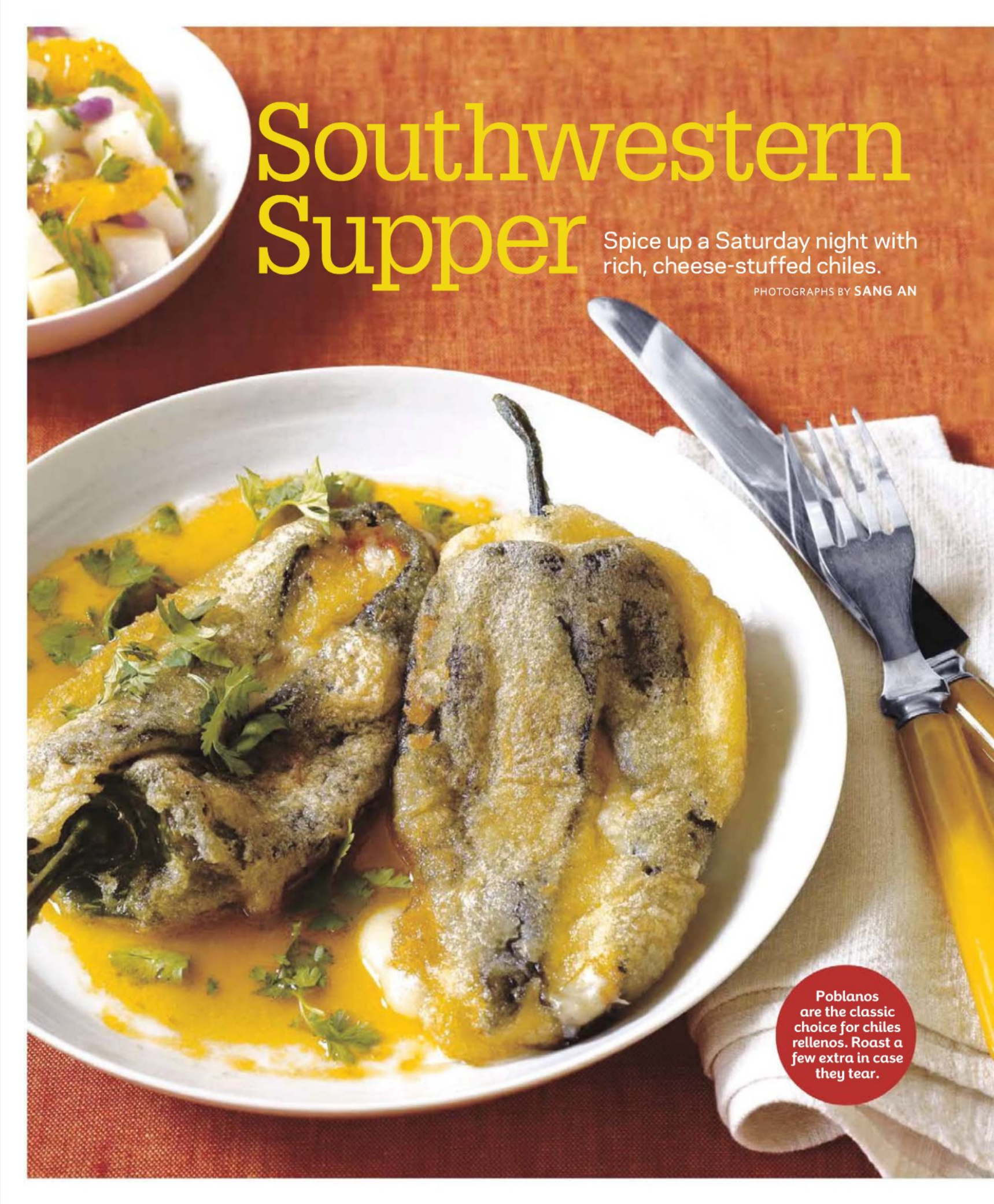


Fruit Undressed.[™]
Chilling in your produce section.

Weekend Cooking

Feast on fall dinners from Food Network Kitchens. Then, make sausage from scratch with Guy Fieri...

Try our extra-smooth hummus as an appetizer (see page 117).



Southwestern Supper

Spice up a Saturday night with rich, cheese-stuffed chiles.

PHOTOGRAPHS BY SANG AN

Poblanos are the classic choice for chiles rellenos. Roast a few extra in case they tear.

CHILES RELLENOS IN TOMATO BROTH

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 50 min | SERVES: 4

- 8 poblano chile peppers (4½ to 5 inches long)
- 12 ounces muenster cheese, cut into 8 sticks (about 3½ by 1 inch)
- 1½ pounds tomatoes, cored and chopped
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 3 tablespoons extra-virgin olive oil
- 2 whole cloves
- 7 black peppercorns
- 2 small bay leaves
- 1 cinnamon stick
- 1 sprig fresh cilantro, plus leaves for garnish
- 4 cups low-sodium chicken broth
- Kosher salt
- Vegetable oil, for frying
- 6 large eggs, separated
- All-purpose flour, for dredging

1. Preheat the broiler. Place the chiles on a foil-lined broiler pan; broil, turning, until the skins char, about 8 minutes. Place in a bowl, cover with plastic wrap and let cool, about 10 minutes.

2. Peel the chiles. Slice each open lengthwise, about ½ inch from the top to 1 inch from the bottom. Remove the seedpod, then rinse to flush out any remaining seeds. Blot dry, inside and out, with paper towels. Carefully stuff each chile with a stick of cheese.

3. Puree the tomatoes, onion and garlic in a blender until smooth. Heat the olive oil in a large skillet over high heat until almost smoking. Add the tomato puree, cloves, peppercorns, bay leaves, cinnamon stick and cilantro sprig and fry, stirring, until thick, 5 to 6 minutes. Add the broth, reduce the heat and simmer until thickened but still brothy, 25 to 30 minutes. Season with salt. Strain, discarding the solids, and keep warm.

4. Preheat the oven to 350°. Line a baking sheet with paper towels. Heat 1 to 1½ inches of vegetable oil in a large pot over medium-high heat until a deep-fry thermometer registers 360°. Beat the egg whites, 2 tablespoons water and 1 teaspoon salt with a mixer until stiff but not dry. Beat the yolks in a separate bowl until combined, then gently fold them into the whites.

5. Overlap the sides of the slit in the chiles to enclose the cheese, then dredge in flour, working with two chiles at a time. (Coat any tears with flour.) Using tongs, dip and roll the chiles in the egg mixture to coat. Fry in the hot oil until golden, 2 to 3 minutes per side. Transfer with a large skimmer or 2 spatulas to the paper-towel-lined baking sheet, letting the excess oil drip back into the pot. Repeat with the remaining chiles and egg mixture. Place in the oven on the lined baking sheet to cook off any excess oil, about 5 minutes.

6. Ladle the tomato broth into 4 shallow bowls; place 2 chiles in each. Garnish with cilantro.



JICAMA-ORANGE SALAD

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- | | |
|---------------------------------------|-----------------------------------|
| 4 oranges | Juice of 1 lime |
| ¼ teaspoon ancho chili powder | 1 medium jicama, peeled and diced |
| Kosher salt and freshly ground pepper | 3 scallions, chopped |
| 3 tablespoons extra-virgin olive oil | 2 tablespoons fresh cilantro |
| | Seeds of ½ pomegranate |

1. Peel and segment the oranges with a paring knife (see page 52). Squeeze the empty membranes over a large bowl to release the juices.

2. Whisk the chili powder, salt and pepper to taste, the olive oil and lime juice into the orange juice. Toss in the orange segments and jicama. Before serving, add the scallions, cilantro and pomegranate seeds.



What to Drink

Get to know **tequila's sophisticated side**—no shots involved!

➤ Silver or “blanco” (clear) tequila is a good starting point for tequila novices; it's mild because it hasn't been aged for long. Try bright, peppery **Herradura Silver**, which has just a hint of smoke. It's great on the rocks, and perfect in a margarita. **\$30 for 1 liter**



➤ Tequila enthusiasts should try **Cazadores Reposado**. It has a pale straw hue and notes of vanilla due to its two-month stint in oak barrels, much like bourbon (reposado means “rested”). Sip it straight. **\$25 for 750 ml**

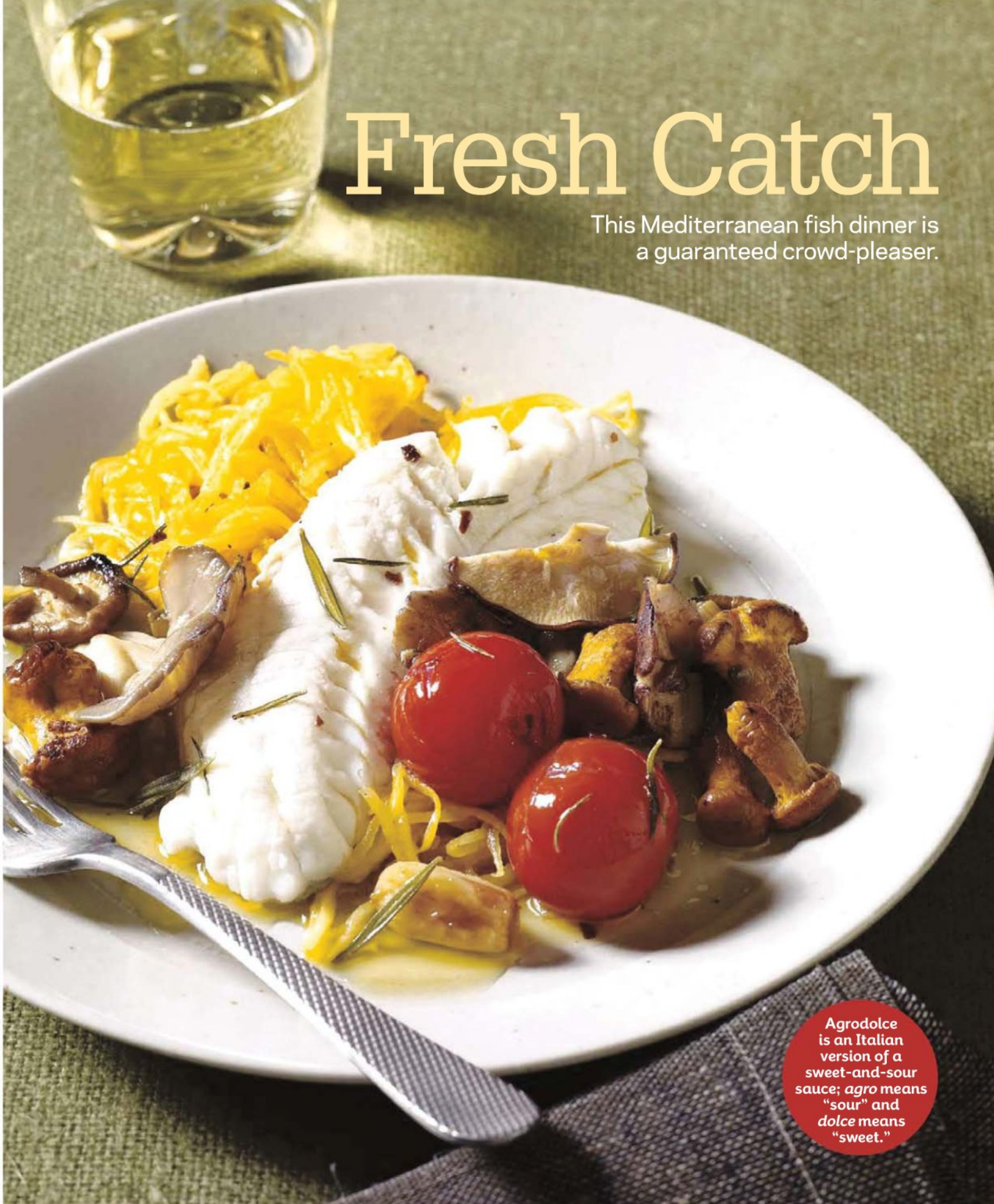


➤ Tequila experts and Scotch fans should spring for a smoky mezcal (although, technically, mezcal isn't tequila because it can be made with any kind of agave plant; tequila must be from blue agave). **Scorpion Mezcal Añejo** is an ideal introduction to the liquor; it has a salty caramel flavor and a smooth finish. **\$45 for 750 ml**



And for Dessert...

Finish the meal with a quick **pepita rice pudding**: Combine ½ cup each golden raisins and rum in a bowl and microwave for 3 minutes. Heat ½ stick butter, ½ cup green pumpkin seeds (pepitas) and a pinch of salt in a skillet until the seeds are golden and the butter turns nutty brown. Stir in the raisin-rum mixture and 1 tablespoon dark brown sugar. Spoon over store-bought rice pudding.

A photograph of a Mediterranean fish dinner. A white plate holds a piece of white fish, spaghetti squash, mushrooms, and tomatoes. A glass of white wine is in the background. The text 'Fresh Catch' is overlaid on the top right.

Fresh Catch

This Mediterranean fish dinner is a guaranteed crowd-pleaser.

Agrodolce is an Italian version of a sweet-and-sour sauce; *agro* means "sour" and *dolce* means "sweet."

BASS AGRODOLCE WITH SPAGHETTI SQUASH AND MUSHROOMS

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 50 min
SERVES: 4

- 5 tablespoons extra-virgin olive oil
- 3 or 4 sprigs fresh rosemary
- 1 head garlic, peeled
- Pinch of red pepper flakes
- $\frac{1}{4}$ cup red wine vinegar
- 3 tablespoons sugar
- 1 medium spaghetti squash
- Kosher salt and freshly ground pepper
- 12 ounces mixed mushrooms (shiitake, chanterelle and/or oyster), cut into pieces if large
- 2 cups cherry tomatoes
- 4 6-ounce striped bass fillets, pin bones removed

1. Preheat the oven to 375°. Make the agrodolce sauce: Heat 3 tablespoons olive oil, the rosemary, whole garlic cloves and pepper flakes in a small saucepan over low heat, stirring, until the garlic is tender, 8 minutes. Set aside 1 tablespoon of the garlic oil. Add the vinegar and sugar to the pan; simmer over medium-low heat until syrupy and caramelized, 5 minutes.
2. Halve the squash lengthwise and remove the seeds. Brush the cut sides with the reserved garlic oil and season with salt and pepper. Place cut-side up in a baking dish and roast until tender, 1 hour. Reduce the oven to 200°. Hold the squash with a towel; using a fork, pull off flesh in strands and place in the baking dish. Season with salt and pepper, cover with foil and keep warm in the oven.
3. Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the mushrooms, season with salt and cook, stirring, until browned, 10 minutes. Transfer to a plate. Add the remaining 1 tablespoon olive oil to the skillet; add the tomatoes and toss until they blister. Add 1 tablespoon of the agrodolce sauce and a splash of water; cover and cook until the tomatoes burst, 5 minutes. Return the mushrooms to the pan and warm through.
4. Meanwhile, bring 1 inch of water to a boil in a saucepan over medium-high heat. Season the fish with salt and pepper, then place in a bamboo or collapsible steamer over the water; cover and steam until almost cooked through, 5 to 6 minutes. Remove from the heat and keep covered to finish cooking, 2 to 4 minutes.
5. Place a fish fillet on each of 4 plates; add the squash, mushrooms and tomatoes. Drizzle with the agrodolce sauce. Serve with extra sauce and the caramelized garlic.



On the Side You can make **extra-creamy hummus** using chickpea flour instead of whole chickpeas. (Look for the flour at specialty and health-food stores.) Simmer 2 $\frac{3}{4}$ cups salted water. Whisk in $\frac{3}{4}$ cup chickpea flour to make a paste and cook 2 minutes. Puree with $\frac{1}{4}$ cup tahini, 3 tablespoons olive oil and the zest and juice of 1 lemon. Toast $\frac{1}{4}$ teaspoon each cumin and fennel seeds in a skillet; add some red pepper flakes and 2 tablespoons olive oil and cook 30 seconds. Serve warm, drizzled with the spiced oil and topped with parsley.

And for Dessert...

Try a new pairing: **cheese and chocolate**. Place a slab of robiola or other soft, creamy cheese and a stack of toasted bread slices on a cheese board or slate. Scoop some chocolate-hazelnut spread (such as Nutella) into a bowl. Let guests make chocolate-and-cheese crostini; sprinkle with sea salt, if desired.



What to Drink

We like pairing fish with **big, bold whites** in the fall. These Italian picks are just right.

> 2008 Barbi Orvieto Classico Abboccato (\$9)

This wine has a touch of honeylike sweetness, hence the name Abboccato, which means "lightly sweet" in Italian.



> 2007 Elena Walch Pinot Grigio (\$19)

There's a nice earthy quality to this Northern Italian wine, and a saltiness that lingers as you drink. It makes a great aperitivo.



> 2007 La Merlina Gavi di Gavi (\$16)

This refreshing, floral white from Piedmont has a rustic apple taste that makes it perfect for an autumn meal.



Dim Sum Party

Turn traditional Chinese small bites into one big buffet.

CHICKEN-AND-MUSHROOM ROLLS

ACTIVE: 40 min | TOTAL: 1 hr 40 min

SERVES: 6 to 8

- 4 dried Chinese black mushrooms
- 1 skinless, boneless chicken breast, diced
- 2 ounces boiled ham, finely diced
- 1 teaspoon minced peeled ginger
- Kosher salt
- 2 teaspoons Chinese rice wine or dry sherry
- 1 tablespoon toasted sesame oil
- 1 teaspoon soy sauce, plus more for dipping
- 1 tablespoon cornstarch
- 1 large egg white
- 4 scallions, halved lengthwise and thinly sliced
- $\frac{3}{4}$ cup finely diced jicama
- 1 large head napa cabbage
- Vegetable oil, for frying

1. Soak the mushrooms in hot water for 30 minutes; drain. Remove the stems, then dice the caps and place in a food processor. Add the chicken, ham, ginger, 2 teaspoons salt, rice wine, sesame oil, soy sauce, cornstarch and egg white; pulse 3 or 4 times to form a coarse paste. Stir in the scallions and jicama. Cover and chill for 30 minutes.

2. Cut the top 3 or 4 inches off the cabbage and separate the leaves (reserve the bottom for another use). Place a heaping tablespoon of filling in the center of each leaf and roll up to enclose the filling. Place seam-side down on a plate.

3. Heat $\frac{3}{4}$ inch of oil in a large skillet over medium heat. Add the rolls and fry until the chicken is cooked through and the cabbage is golden, about 2 minutes per side. Drain on paper towels, then serve with soy sauce.



DAN DAN NOODLES

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 6 to 8

- ½ cup sesame seeds, toasted
- 4 tablespoons toasted sesame oil, plus more for serving
- 1 tablespoon plus ½ teaspoon sugar
- Kosher salt
- 2 half-sour dill pickles
- 1 clove garlic, minced
- 1 tablespoon minced peeled ginger
- 4 scallions, finely chopped
- 3 tablespoons soy sauce
- 1¼ cups low-sodium chicken broth or stock
- 8 ounces ground pork
- 3 tablespoons vegetable oil
- 2 to 4 teaspoons Chinese chili oil, plus more for serving
- 2 teaspoons balsamic vinegar
- 9 ounces dried Chinese egg noodles
- 1 medium head bok choy, sliced crosswise

- 1.** Bring a pot of water to a boil. Pulse the sesame seeds in a mini food processor with 2 tablespoons sesame oil, 1 tablespoon sugar and ¼ teaspoon salt until powdery; set aside.
- 2.** Prepare the stir-fry: Quarter, seed and finely dice the pickles and put in a bowl. In another bowl, mix the garlic, ginger, scallions, ½ teaspoon salt and the remaining ½ teaspoon sugar. Mix 1 tablespoon soy sauce and the broth in a third bowl. Mix the pork with 1 tablespoon soy sauce and ½ teaspoon salt in another bowl. Place the four bowls by the stove.
- 3.** Place a large skillet over high heat. Add 2 tablespoons vegetable oil, then the pork, breaking it up with a wooden spoon, until cooked but not dry, 4 minutes. Transfer the meat to a bowl and toss with the remaining 1 tablespoon soy sauce.
- 4.** Add the remaining 1 tablespoon vegetable oil to the skillet; stir-fry the pickles for 1 minute. Add the garlic mixture and fry 30 seconds. Add the broth and boil until reduced by half, 4 minutes. Divide the broth among bowls and drizzle with the chili oil and vinegar.
- 5.** Meanwhile, add the noodles and bok choy to the boiling water and cook until just tender, 2 minutes. Drain and toss with the remaining 2 tablespoons sesame oil. Season with salt, then divide among the bowls. Top with pork and sprinkle with sesame powder. Serve with more sesame and chili oil.

SCALLION PANCAKES

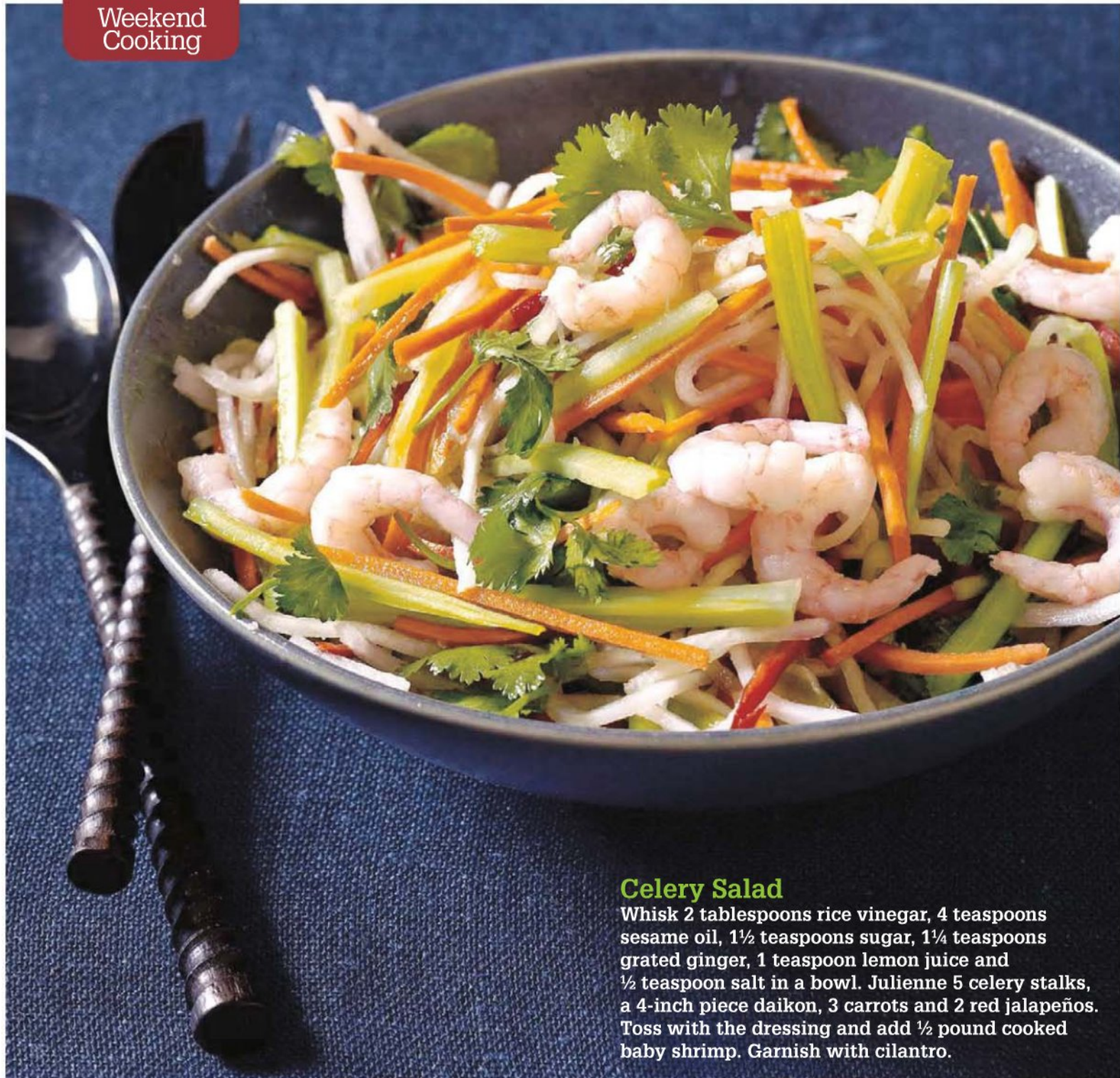
ACTIVE: 1 hr | TOTAL: 3 hr 30 min
MAKES: 6 pancakes

- 1½ cups all-purpose flour, plus more for dusting
- Kosher salt
- 1 to 2 tablespoons vegetable shortening, at room temperature
- 5 scallions, finely chopped
- Vegetable oil, for frying

- 1.** Sift the flour and ¾ teaspoon salt into a large bowl. Stir in ½ cup hot water until blended. If the dough is dry, add up to 2 more tablespoons water. Knead on a lightly floured surface until elastic yet firm, about 5 minutes. Cover with a damp cloth and set aside for 30 minutes.
- 2.** Divide the dough into 6 pieces and keep covered. One at a time, roll each piece into a 4-inch-long log, then stretch into a 14-inch-long rope. Brush with shortening and sprinkle with about 1 tablespoon scallion. Coil the dough into a circle, cover and set aside. Repeat with the remaining dough. Flatten the coils with your hand on a floured surface, then roll with a floured rolling pin into a thin circle. Cover and refrigerate for at least 2 hours.
- 3.** Heat 1 tablespoon oil in a 10-inch nonstick skillet over medium-high heat. Add 1 pancake and cook until golden brown, about 2 minutes per side. Drain on paper towels and repeat with the remaining pancakes, adding more oil as needed. Cut into wedges to serve.

For a dipping sauce, mix 1 tablespoon each sesame oil and sugar, 2 tablespoons each water and soy sauce, and sliced scallions.





Celery Salad

Whisk 2 tablespoons rice vinegar, 4 teaspoons sesame oil, $1\frac{1}{2}$ teaspoons sugar, $1\frac{1}{4}$ teaspoons grated ginger, 1 teaspoon lemon juice and $\frac{1}{2}$ teaspoon salt in a bowl. Julienne 5 celery stalks, a 4-inch piece daikon, 3 carrots and 2 red jalapeños. Toss with the dressing and add $\frac{1}{2}$ pound cooked baby shrimp. Garnish with cilantro.



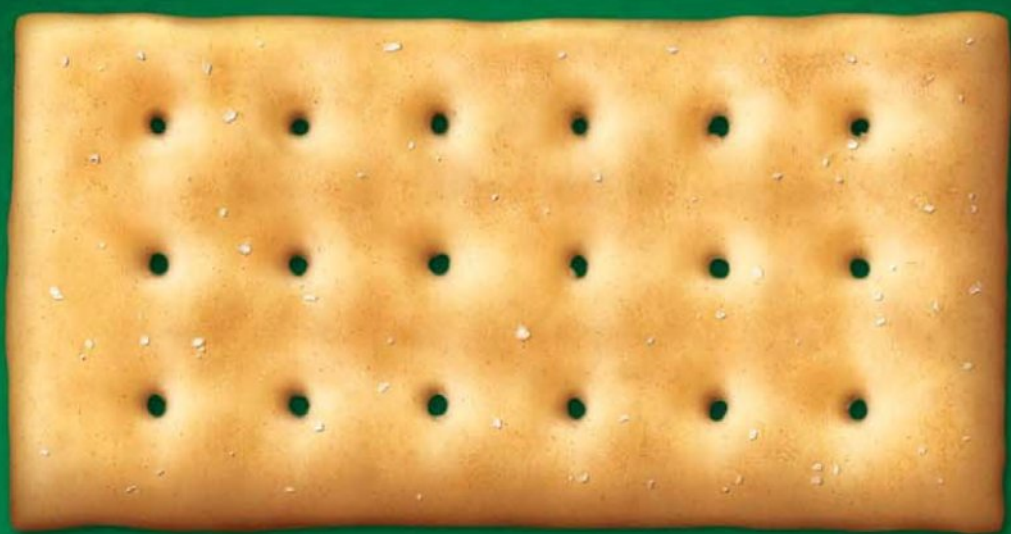
What to Drink

Dim sum is never complete without tea. Follow these tips to brew the perfect pot:

Use loose tea instead of bags, about 1 heaping teaspoon per serving. Black, green and oolong are all good choices. If you're buying black, look for "OP" (orange pekoe) on the package. It has nothing to do with citrus; it's a grade that indicates smaller, high-quality leaves.

Boil cold filtered water in a kettle. Pour the hot water directly over the leaves in a teapot. Avoid using a small infuser ball—you'll get better flavor if you keep the leaves loose.

Steep the tea for about 5 minutes (1 minute less if you're using green tea or strongly flavored black tea), and then strain into cups or back into the teapot. Use a small sieve if your teapot doesn't have a built-in strainer.



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without spending a fortune.*

Light, flaky, buttery. **Now that's rich.**



Try this at home:

SAUSAGE

Pull up to your next tailgating party with homemade chorizo for the grill. Guy Fieri shows us the ropes.

PHOTOGRAPHS BY JAMES BAIGRIE

HOMEMADE CHORIZO

ACTIVE: 1 hr 20 min

TOTAL: 1 hr 50 min

(plus overnight chilling)

MAKES: 5 pounds chorizo

- 2 ounces hog sausage casing (about 14 feet)
- 2 chipotles in adobo sauce
- 5 cloves garlic
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup tequila
- 5 pounds well-marbled boneless pork butt
- $\frac{1}{2}$ teaspoon ground cumin
- 4 tablespoons kosher salt
- 4 tablespoons ancho chili powder
- 3 to 5 teaspoons pequin chili powder or cayenne pepper
- 2 tablespoons granulated onion
- 2 tablespoons paprika
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon white pepper
- Vegetable oil, for the grill

1. Prepare the casing.



Soak the casing in cold water for 30 minutes to soften, then run water through it to remove excess salt and check for leaks. (You can buy casings from most butchers.)



2. Blend the chiles.

Remove the seeds from the chipotles, and finely chop in a food processor with the garlic, vinegar and tequila.



3. Chop the pork.

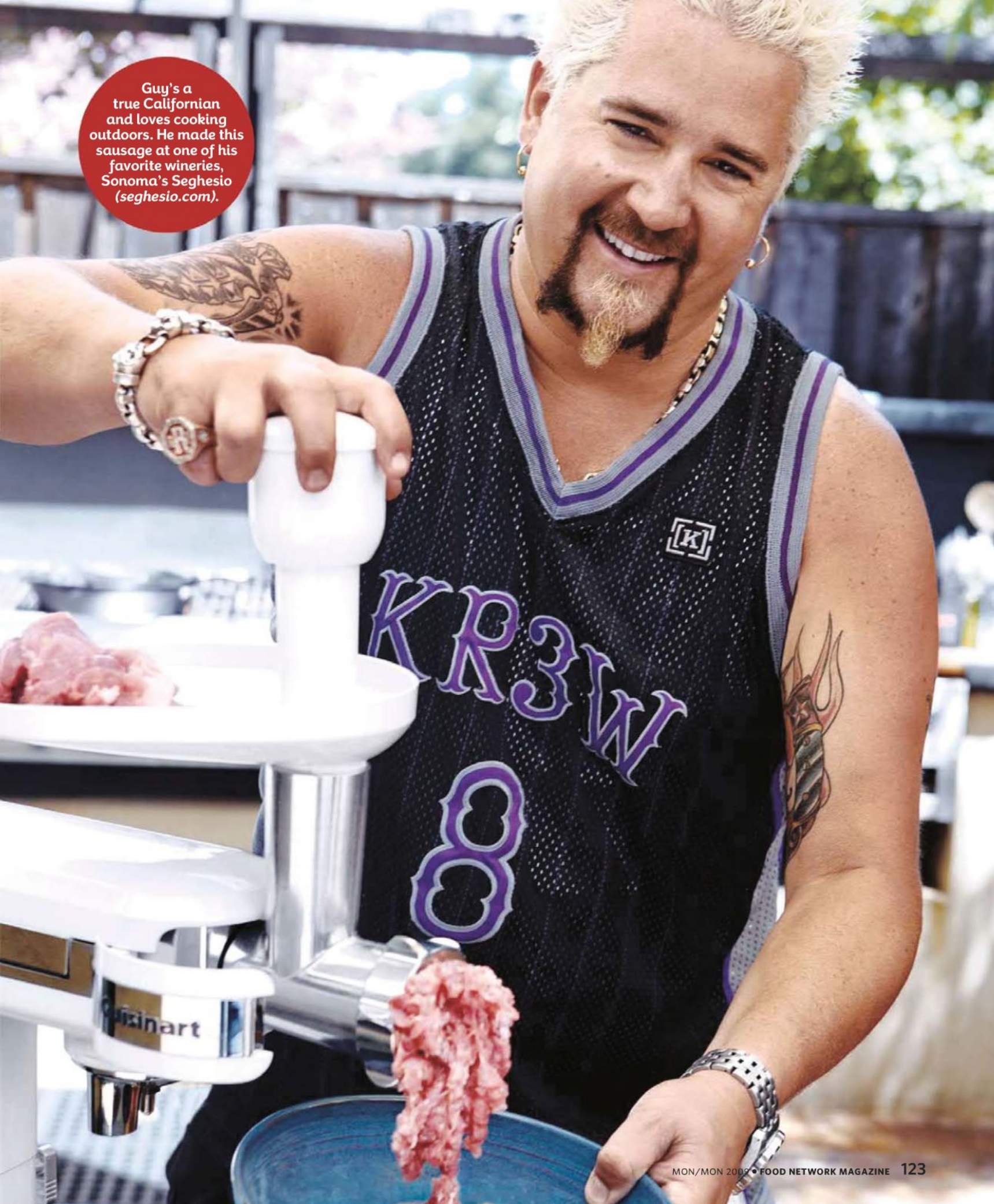
Cut any silver skin off the pork butt, then cut it into 3-inch chunks.

4. Grind the meat.

Grind the pork in a meat grinder (or mixer with a grinder attachment) with a $\frac{3}{16}$ -inch die. Use the feed tube to push the meat through gently. ➔

Don't press too hard on the feed tube. The machine does the work; you just need to guide the meat into the grinder.

Guy's a true Californian and loves cooking outdoors. He made this sausage at one of his favorite wineries, Sonoma's Seghesio (seghesio.com).



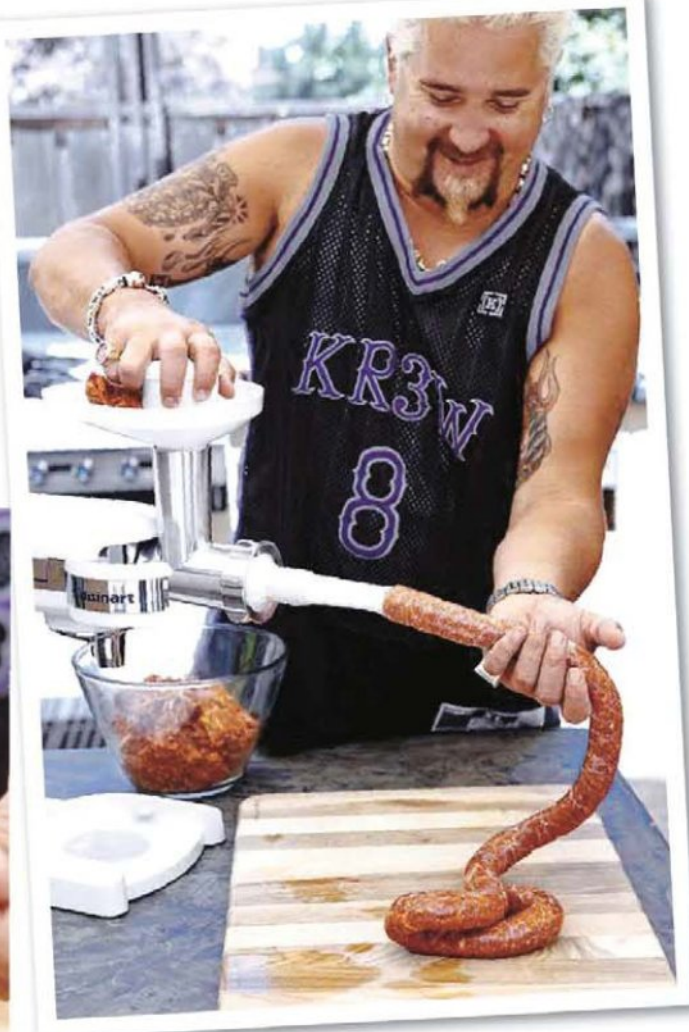


5. Season the meat.

First, “de-bling” (take off your rings!); you’ll be mixing with your hands. Combine the dry spices—cumin, salt, chili powders, onion, paprika, oregano and white pepper—in a small bowl. Then season the pork in layers: Place half the ground meat in a large bowl, cover with half the spice mixture and half the garlic-vinegar mixture, then add the rest of the meat, spices and garlic mixture. Combine everything with your hands; it’s the best way to make sure all the meat gets seasoned.



After you've ground the pork, grind some bread to help clean the meat out of the machine.



6. Thread the casing.

Remove the die from the grinder and attach the sausage-stuffing tube, then slide the whole casing onto the tube, leaving enough at the end to tie into a tight knot.

7. Stuff the casing.

With the mixer on low, gently feed the sausage mixture into the tube, using one hand to guide the casing out at the right speed; be careful not to overstuff or tear the casing.

8. Form the links.

Turn off the mixer after you get about 3 to 4 feet of sausage and cut and tie off the casing. Retie the casing on the stuffing tube and continue making the remaining sausage. Pinch and then twist the long pieces of sausage about every 8 inches to form links. Place the linked sausages on a baking sheet lined with parchment paper and refrigerate overnight to dry.



“To form a link, just pinch the sausage in two places [about 8 inches apart] and flip the middle piece around and around.”



Throw the sausages on the grill for tailgating, or cook and slice them for paella. Get Guy's paella recipe at foodnetwork.com/magazine.

9. Grill the sausage.

Preheat one side of a grill to medium-high and the other to low. Lightly brush the grill with oil, then grill the sausages until they're browned on all sides, 6 to 8 minutes. Move to low heat and continue grilling until they're cooked through, 5 to 7 more minutes.



Sugar and Spice

Grab some fresh apples and crank out your own **cider doughnuts**.

Don't
waste the
dough scraps.
Fry them up
as doughnut
holes!

what you'll need



2 red apples,
such as Cortland or McIntosh



2½ cups
apple cider



3½ cups all-purpose flour,
plus more for dusting



4 teaspoons
baking powder



¼ teaspoon
baking soda



3½ teaspoons
ground cinnamon



1 teaspoon
salt



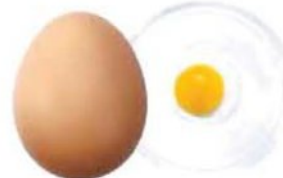
¼ teaspoon
freshly grated nutmeg



1½ cups
granulated sugar



3 tablespoons
vegetable shortening



1 large egg
plus 1 egg yolk



¼ cup
buttermilk



1 teaspoon
vanilla extract



¼ cup
confectioners' sugar



Vegetable oil,
for frying

APPLE CIDER DOUGHNUTS

ACTIVE: 1 hr 10 min | TOTAL: 3 hr | MAKES: 12 doughnuts

1. Core and coarsely chop the apples (do not peel). Combine with 1½ cups cider in a medium saucepan over medium heat; cover and cook until softened, about 8 minutes. Uncover and continue cooking until the apples are tender and the cider is almost completely reduced, about 5 minutes. Puree with an immersion blender or in a food processor until smooth. Measure the sauce; you should have 1 cup. (Boil to reduce further, if necessary.) Let cool slightly.
2. Whisk the flour, baking powder, baking soda, 1½ teaspoons cinnamon, salt and nutmeg in a medium bowl.
3. Beat ¾ cup granulated sugar and the shortening in another bowl with a mixer on medium speed until sandy. Beat in the

- egg and yolk, then gradually mix in the applesauce, scraping the bowl. Beat in half of the flour mixture, then the buttermilk and vanilla, and then the remaining flour mixture. Mix to make a sticky dough; do not overmix.
4. Scrape the dough onto a lightly floured sheet of parchment paper and pat into a 7-by-11-inch rectangle, about ½ inch thick. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.
5. Meanwhile, make the glaze: Simmer the remaining 1 cup cider in a small saucepan over medium heat until reduced to ¼ cup. Whisk in the confectioners' sugar until smooth and glossy, then set aside. Mix the remaining 1 cup granulated sugar and 2 teaspoons cinnamon in a shallow bowl; set aside for the topping.

6. Heat 2 inches of vegetable oil in a large heavy-bottomed pot over medium-high heat until a deep-fry thermometer registers 350°. Line a baking sheet with paper towels. Cut the chilled dough into 12 rounds, using a floured 2½- or 3-inch biscuit cutter, then cut out the middles with a 1-inch cutter (or use a doughnut cutter). Slip 2 or 3 doughnuts at a time into the hot oil and fry until golden brown, 1 to 2 minutes per side, adjusting the heat as needed. Transfer to the paper towels to drain.
7. Dip one side of each doughnut in the cider glaze, letting the excess drip off; dip just the glazed side in the cinnamon-sugar or roll all over in cinnamon-sugar, if desired. Serve warm.

There was only one way
we could make granola
even better.

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GRANOLA COOKIES

Chewy Fruit & Nut

Crunchy Triple Nut

Chewy Trail Mix

Crunchy Dark Chocolate Almond



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Trick or Treat

Mix up a **spooky cocktail**. Then, carve pumpkins with the *Ace of Cakes* gang and check out five *Good Eats*-inspired Halloween costumes...

CLAIRE ROBINSON'S DARK AND SPOOKY

MAKES: 1 drink

Black decorating sugar, for the glass

Juice of 1 lime, plus 1 lime wedge

$\frac{1}{4}$ cup dark rum

$\frac{1}{4}$ cup ginger beer or all-natural
ginger ale

1 black gummy spider

1. Spread out the black sugar on a small plate. Rub the lime wedge around the rim of a rocks glass; dip the glass in the black sugar, then fill with ice.

2. Combine the rum and lime juice in a cocktail shaker. Fill with ice and shake well. Carefully strain into the glass, minding the sugar on the rim. Top the drink with ginger beer and add the gummy spider.

You can also push the spider onto the end of a swizzle stick to serve with the drink.



"Classic cocktails are so trendy right now. One of my favorites is this twist on a Dark and Stormy, perfect for Halloween."

—Claire Robinson, host of *5 Ingredient Fix*,
airing Saturdays at 12:30 p.m.

Sweet Ideas

Make fun (and cheap!) Halloween decorations with candy corn.



*Infuse
your own
candy corn
vodka!*

CANDY CORN CORDIALS

MAKES: 2 drinks (plus extra infused vodka)

FOR THE INFUSED VODKA

$\frac{1}{2}$ cup candy corn
 $1\frac{1}{2}$ cups vodka

FOR THE CORDIALS

2 ounces orange liqueur
Juice of $\frac{1}{2}$ lemon
1 large egg white
Candy corn, for garnish

1. Infuse the vodka: Combine the candy corn and vodka in an airtight container; set aside for at least 3 hours, then strain.

2. Make the cordials: Add 4 ounces of the candy corn vodka, the orange liqueur, lemon juice and egg white to a cocktail shaker filled with ice. Shake vigorously for at least 30 seconds. Strain into 2 chilled martini glasses and garnish with candy corn.

PHOTOGRAPHS BY LEVI BROWN

FOOD STYLING: BRETT KURZWEIL



CORN ON THE COB CAKE

Trim the ends of a store-bought jelly-roll cake to make a corn-cob shape. Cover with a thin layer of vanilla frosting, then cover the cake completely with candy corn, inserting the tips into the cake so that only the yellow ends are visible. Roll out a package of green fondant (we used Wilton Primary Colors Multi Pack, available at baking and crafts stores) until about $\frac{1}{8}$ inch thick. Cut out 2 leaf-shaped pieces and arrange around the cake to look like husks.



CORNY CANDLES

These 3.5-inch candy corn candles (\$4 each; broadwaypanhandler.com) look and smell like the real thing.



NOVEL NAPKINS

Mimic the look of candy corn by buying white, orange and yellow paper napkins in small, medium and large sizes (\$2.50 to \$3.50; partycity.com). Then stack them, or for individual place settings, fold three napkins in half diagonally and arrange to resemble a piece of candy corn for each guest.

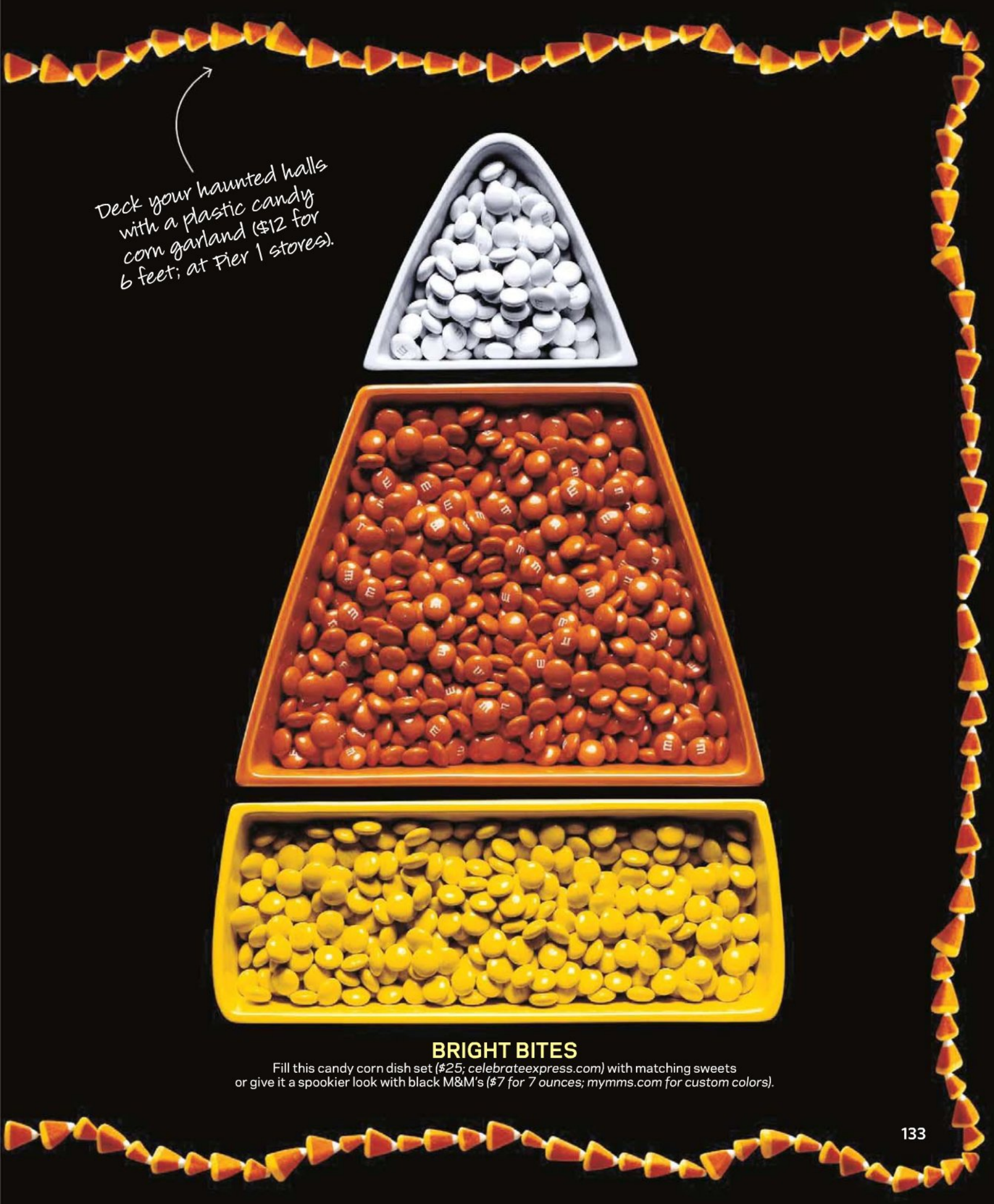


CANDY CORN PARFAIT

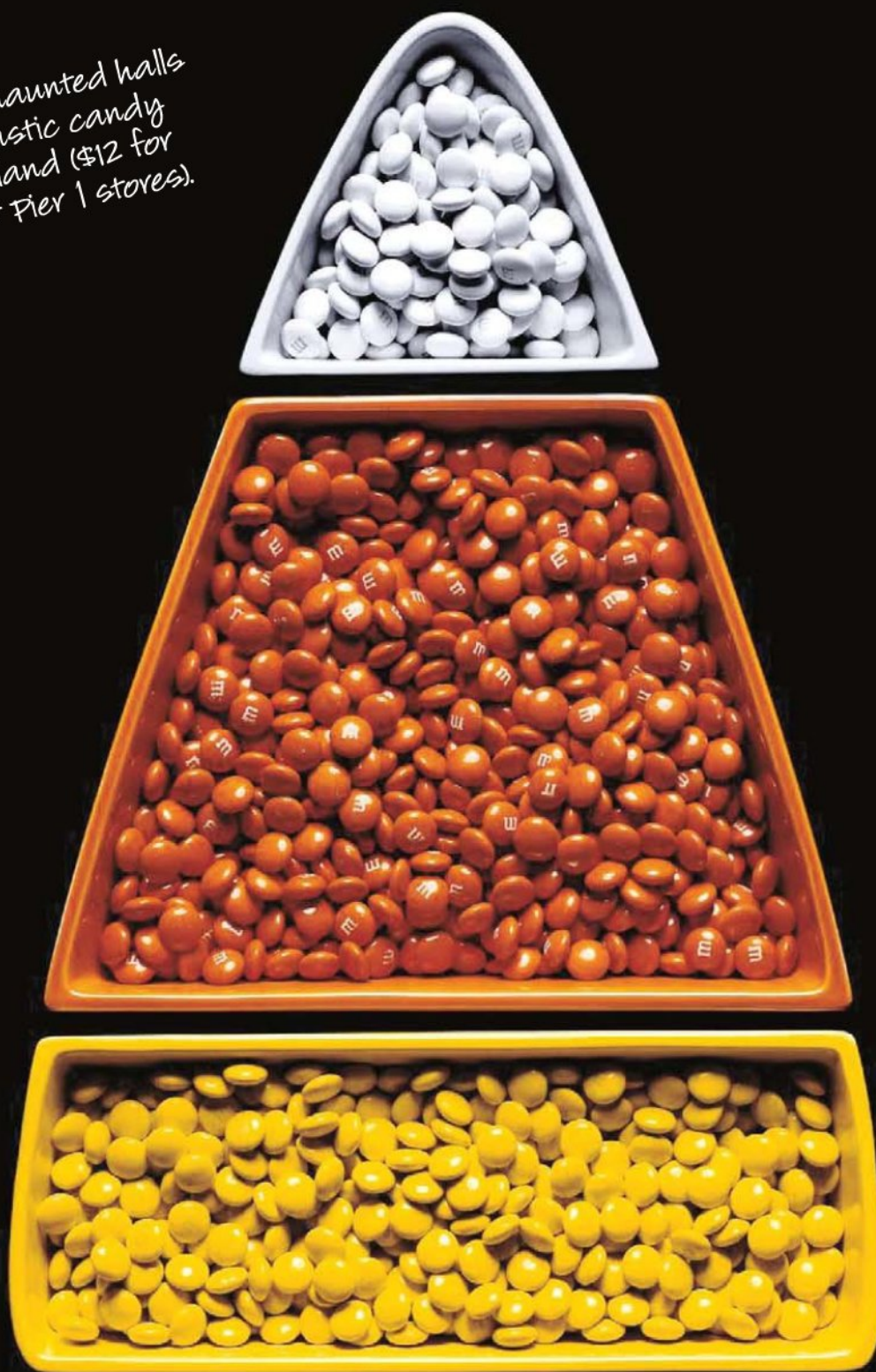
MAKES: 1 parfait

- 1 large orange
- 1 to 2 tablespoons orange liqueur
- 3 tablespoons lemon curd
- $\frac{3}{4}$ cup whipped cream
- 1 tablespoon crushed shortbread cookies (optional)

1. Peel and segment the orange with a paring knife, removing the membranes and white pith (see page 52). Chop the segments and toss with the orange liqueur in a bowl; set aside for about 10 minutes.
2. Spoon the lemon curd into a small liqueur glass or brandy snifter in an even layer. Top with a thin layer of whipped cream, then pile on the oranges and dollop with the remaining whipped cream. Sprinkle with crushed shortbread cookies, if desired.



Deck your haunted halls
with a plastic candy
corn garland (\$12 for
6 feet; at Pier 1 stores).



BRIGHT BITES

Fill this candy corn dish set (\$25; celebrateexpress.com) with matching sweets
or give it a spookier look with black M&M's (\$7 for 7 ounces; mymms.com for custom colors).

SLASHING PUMPKINS



We showed up at Baltimore's Charm City Cakes with a bunch of pumpkins and a mission for the **Ace of Cakes** gang: Carve us some cool jack-o'-lanterns!

Duff's Side Act

Cake whiz and bakery owner Duff Goldman has been carving pumpkins since childhood: He has a scar from an early accident when he ditched his safety carving kit for a real knife. For this design ("not my idea," he admitted), he cut a slice off one side so the pumpkin would sit flat with the stem facing forward as a nose. Then he scraped eyes and a mouth with an X-Acto knife and used toothpicks to "nail" in toasted pumpkin seeds.

Tools: knife, X-Acto knife, toothpicks, marker (to darken seeds)



Elena's Cute Cat

Cake decorator Elena Fox didn't let her pumpkin scraps go to waste: She repurposed the eye punch-outs as ears and attached them with toothpicks.

Tools: knife, carving tools, toothpicks



Mary Alice's Laughing Jack

Bakery manager Mary Alice Yeskey grabbed a box of toothpicks (always on hand in bakeries, for testing a cake's doneness) and snapped dozens of them in half to make scary, jagged teeth. "My brother tried this on our family pumpkin once when we were younger, and I thought it was really spooky-looking," she says.

Tools: knife, toothpicks



Erica's Wise Owl

Diehard Ace of Cakes fans know that cake decorator Erica Harrison has a thing for owls: She made her own owl-themed wedding cake on air. "I wanted my pumpkin to feel personal," she says. She sketched the owl with a pencil, then shaved off layers of pumpkin without cutting through to give the bird a translucent glow. The eyes are punched out, so they really shine.

Tools: pencil, knife, carving tools



Anna's Bat Girl

Anna Ellison, the bakery's artistic director, gave her pumpkin a clever bat-shaped mouth. She chose the weathered, flat back side of the pumpkin for the face and used an orange marker to hide the sketch lines. "It just looks cooler," she says.

Tools: knife, carving tools, orange marker



Geof's Evil Bunny

Geof Manthorne, Duff's executive sous chef, said this was the first time he'd ever carved a pumpkin. "I've never cared to do so," he says. But he seems to have had some fun with the challenge: He snapped off the pumpkin stem and cut it into thin strips, then broke out the bakery's belt sander to smooth down each piece. He stuck the pieces of stem into the pumpkin as whiskers and hand-carved tiny holes to complete the bunny's face.

Tools: knife, belt sander, carving tools

Good Eats, *Great* Costumes

The wardrobe whiz from *Good Eats With Alton Brown* dreams up Halloween costumes for little food lovers.

PHOTOGRAPHS BY HALLIE BURTON

Amanda Kibler
whips up sweet
costumes with goods
from around the house!



There's only one person to call when you want to dress up like your favorite snack: Amanda Kibler, the single-person wardrobe department for *Good Eats With Alton Brown*. On the show, Alton encounters zany characters who help explain kitchen mysteries, like why dough rises or milk turns sour. So over the years, Amanda has created all kinds of kooky costumes, like the Kool-Aid man and Alvin the Albacore.

We asked Amanda to design food-inspired Halloween costumes, and she pulled out all the tricks she uses on the job. She promised that anyone with a glue gun can re-create them: The costumes are made with everyday items from around the house and simple crafts-store goods. "Alton likes the costumes on the show to have a homemade feel," Amanda says. "Some of the best things are created on a shoestring."

The only real challenge to these projects might be talking a 7-year-old into dressing up as a cupcake instead of Hannah Montana....

Bacon Bit

Designer Amanda Kibler knows, from dressing up grown men as leafy greens on Alton's show, that a costume has to be functional, with room to move. "Whatever shape you choose, you have to be able to walk around," she says. To make this spray-painted foam bacon strip safe for trick-or-treating, she hot-glued the front and back pieces together only down to the knees.

Good Egg

Each costume on *Good Eats* is created to withstand the test of time—and Alton's high jinks. This felt egg is a riff on some rice-grain costumes Amanda once made for a show. The outfits held up fine, even as two actors banged into each other to mimic cooking risotto. The costumes still hang in the wardrobe closet, so this egg should last, too. "You could use any of these costumes next year," Amanda says.



Nice Slice

Felt and fleece are popular materials on the *Good Eats* set because they don't ravel, and they come in lots of bright colors. "Color is so important when you're working with food," Amanda says. She often starts with a piece of white foam (available at crafts stores), cuts it to shape, then covers it with felt or fleece. "You can do a lot with foam—you can be a carrot, banana, pickle, pea pod...."

Want to make these costumes?
Turn the page for directions!

Cupcake Cutie

Amanda loves using old, forgotten items from around the house in her designs. The red and brown "sprinkles" on this cupcake are actually hair curlers. "On *Good Eats*, we try to use interesting materials in unexpected ways," she says. She has used steel wool to make aliens, waffles to make a belt buckle and place mats to make armor. "If I laugh while I'm choosing materials for a costume," she says, "I feel like I'm right on track."



Small Fry

Boxes present all kinds of costume possibilities: "Cover one in rock salt and you'll have a dancing sugar cube," Amanda says. "Or you could make a juice box and use a pool noodle as a straw. It's all about finding the right box." For this outfit, she cut curves into the top of a box and filled it with foam fries. The 1950s-style lettering is a *Good Eats* twist. "Alton likes a retro, classic look mixed with modern things. We reference lots of old movies and pop culture."



Step by Step

Make a *Good Eats*-inspired costume for your own trick-or-treater.

BACON

- 1 50-inch-wide roll butcher paper
- 2 1-inch-thick pieces white foam, 12 inches wider and 10 inches longer than the child (available at crafts stores)

Masking tape

- 1 can red or maroon spray paint
- Hot-glue gun and sticks

1. Have the child lie on **butcher paper**. Trace a rectangle around the child that's 6 inches wider than the shoulders on each side and runs lengthwise from below the knees to 13 inches higher than the top of the head (fig. A). Trace around the child's head for the face opening.

2. Using scissors, cut out the pattern and trace the shape onto two pieces of **white foam**, then cut the foam shapes. Cut a face opening on one piece of foam.

3. Create red and white stripes on each piece of foam: Cut and tape down butcher paper to cover the areas you want to remain white, making curved stripes to resemble bacon. Apply **red spray paint** to the exposed foam (fig. B). Dry overnight, then remove the paper.

4. **Hot-glue** the two pieces of foam together, along the top and sides only; allow 10 inches for armholes and leave the portion from the knees down unglued (fig. C). Dry for 1 hour before wearing.



FRIED EGG

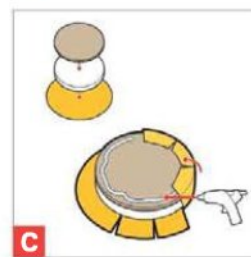
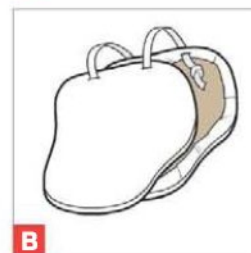
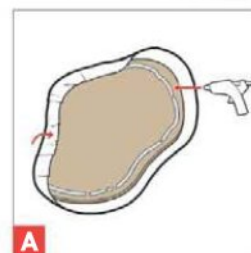
- 3 30-inch squares corrugated cardboard
 - 3 yards white felt
- Hot-glue gun and sticks
- 3 yards 1-inch-wide ribbon
 - 1 12-inch-square, 1-inch-thick piece white foam (available at crafts stores)
 - 1/2 yard yellow felt
 - 1 3-foot roll self-adhesive Velcro

1. Have the child lie on one square of the **corrugated cardboard**. Draw a fried egg shape around the child, from the neck to the knees, and cut. Then cut an identical shape from another piece of cardboard.

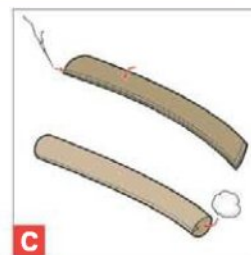
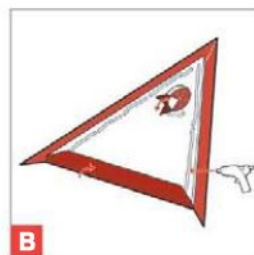
2. Place one cardboard egg down on two large pieces of **white felt** and cut out the felt in the same shape, leaving an extra 2 inches all around. Fold the felt over (snipping in parts if necessary) and **hot-glue** to the cardboard. Repeat with the second piece of cardboard (fig. A).

3. To make the shoulder straps, cut two 2-inch horizontal slits, 6 inches apart, at the top of each egg panel. Thread **ribbon** through the slits; secure with a knot (fig. B).

4. For the yolk, cut a 12-inch **cardboard** circle, a 12-inch **foam** circle and a 14-inch **yellow felt** circle. Stack the foam and then the cardboard on the felt. Make slits on the edges of the felt as shown (fig. C). Fold the felt up and hot-glue to the cardboard. Attach the yolk to the egg with **Velcro**.



1. Have the child lie on **butcher paper**. Measure 14 inches above the child's head and mark a dot. Draw a 42-inch line below the knees, then draw a triangle to the point above the head (fig. A). Trace around the child's head to outline the face opening and cut out the triangle.



PIZZA

- 1 50-inch-wide roll butcher paper
- 2 1-inch-thick pieces white foam, 45 inches wide and 10 inches longer than the child (available at crafts stores)

2 yards each red and beige felt
Hot-glue gun and sticks
Needle and thread

- 1 20-yard bag rolled batting
- Assorted colored felt, for toppings
- 1 bottle fabric glue

2. Use the pattern to cut two triangles from two pieces of **white foam**. Cut a face opening into one foam triangle.

3. Place the foam piece with the face hole on the **red felt** and trace around the outside, leaving an extra 3 inches on all sides. Repeat with **beige felt**; cut out the felt triangles.

4. **Hot-glue** the red and beige felt to the foam triangles, folding back the felt edges and gluing them to the back of the foam (fig. B). Make sure the red piece goes over the foam with the face hole.

5. Pierce the felt covering the face hole and cut slits (like pie pieces), then fold in and glue to the back of the foam. Hot-glue the front and back of the pizza together, gluing just the sides and leaving 10 inches for armholes.

6. To make the crust, cut a 12-by-42-inch piece of **beige felt**. Fold in half lengthwise and sew the long sides together; turn inside out and fill with **batting** (fig. C). Sew the ends, then sew the crust onto the bottom of the pizza. Cut topping shapes out of **colored felt** and attach to the pizza with **fabric glue**.

Sometimes the secret ingredient is what's missing.



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CUPCAKE

- 1 30-inch square chipboard (available at crafts stores)

Duct tape

- 1 can spray adhesive (available at crafts or hardware stores)

- 1½ yards corrugated paper

- 1 50-foot roll red scalloped-edge corrugated border paper (available at crafts stores)

- 3 yards 1-inch-wide ribbon

- 3 yards pink fleece

Needle and thread

- 1 20-yard bag rolled batting

- 2 cans spray paint; 1 brown, 1 red

- 3 20-count bags pink foam hair rollers

Hot-glue gun and sticks

1. To make the cupcake base, cut a piece of **chipboard** that is long enough to wrap very loosely around the child's waist (allowing an extra 4 inches all around) and as wide as the distance between the child's waist and knees. Wrap **duct tape** vertically around the seam to seal.

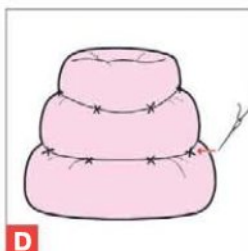
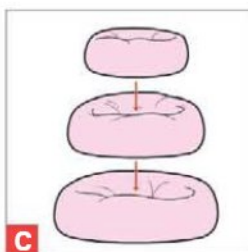
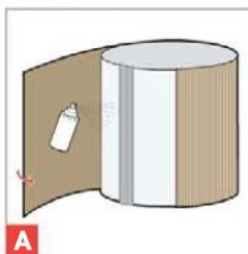
2. Using **spray adhesive**, cover the chipboard cupcake base with the same size piece of **corrugated paper**, making sure the ridges are on the outside (fig. A). Measure the circumference of the cupcake base and cut that length from the roll of **red border paper**. Attach the border paper to the top of the cupcake base with spray adhesive. To make shoulder straps, cut two 2-inch horizontal slits, 6 inches apart, in the front and back of the cupcake base. Thread **ribbon** through the slits and secure in the back with a knot.

3. For the bottom layer of frosting, cut a **fleece** strip 14 inches wide and 6 inches longer than the circumference of the cupcake base. Cut two more 14-inch-wide strips, one 10 inches shorter and the other 20 inches shorter than the first strip.

4. Fold each fleece strip in half lengthwise; sew the long side and one short end closed. Turn each strip inside out, lightly stuff with **batting** and sew the end closed (fig. B). Sew end to end to form each into a round tube.

5. Have the child step into the base and pull up the straps. Place the frosting tubes over the child's head, stacking them on top of the base, largest to smallest (fig. C). (Let the child's arms come out between the two top layers.) Sew stitches along the rings to hold them in place (fig. D).

6. To make sprinkles, **spray-paint** the **foam hair curlers** and attach with **hot glue**.



FRENCH FRIES

- 1 rectangular cardboard box (just large enough for the child to stand in)

- 4 pieces red poster board

- 1 can spray adhesive (available at crafts or hardware stores)

- 3 yards 1-inch-wide ribbon

White or yellow tape, or heavy paper

- 1 24-inch-square, 2-inch-thick piece white foam (available at crafts stores)

- 2 16-ounce bottles tempera paint; one brown, one yellow

Hot-glue gun and sticks

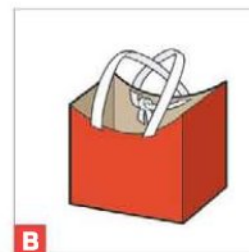
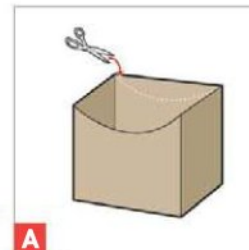
1. Cut the top and bottom panels off a rectangular **cardboard box**, then cut a curve in the style of a french-fry box into the top edge of each long side (fig. A). Cut pieces of **red poster board** to the size of the box sides and attach with **spray adhesive**.

2. To make shoulder straps, cut two 2-inch horizontal slits, 6 inches apart, near the top of the two curved sides of the box. Thread **ribbon** through the slits, crossing in the back for extra stability. Make a tight knot in the back (fig. B).

3. Decorate the outside of the box to resemble a french-fry box, using **colored tape** or letters cut from **heavy paper**.

4. To make fries, cut the **foam** into 12 strips. Mix a few drops of **brown tempera paint** into a base of **yellow tempera paint** to create a golden fry color. Paint the foam pieces and air-dry for 1 hour.

5. **Hot-glue** the bottom of a fry to the inside of the box, about 4 inches down from the top, leaving room on the sides for the child's arms. Press for one minute to seal. Cut some of the fries shorter and stagger the heights as you glue in the rest (fig. C).



Costume-Making Tips

Cutting Foam Scissors work fine, but for even cleaner lines, use a serrated or an electric knife.

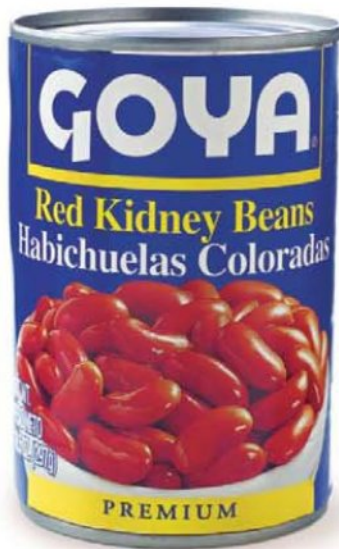
Staying Warm If your trick-or-treater is heading into the cold, consider fleece instead of felt for the egg and pizza costumes; it's a little pricier, but it's warmer—and water-resistant.

Bulking Up Some costumes call for batting as filler, but you can substitute plastic grocery bags. Just beware: You'll need a lot!

Nixing Spray Paint You can substitute acrylic paint for spray paint on foam. Add water to thin it a little before applying.

Hiding the Evidence For a cleaner look, make shoulder straps with clear ribbon, or match the ribbon to the color of the child's shirt.

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Tropical Twist
toasted shredded
coconut and chopped
macadamia nuts



Cookies and Cream
crushed Oreo cookies
and a drizzle of melted
white chocolate

Perfect Caramel Apples

Mix 2 cups sugar, $\frac{1}{4}$ cup light corn syrup and $\frac{1}{2}$ cup water in a small saucepan. Bring to a boil over medium-high heat, stirring just until the sugar dissolves. Cook, swirling the pan (do not stir), until the mixture is light amber and a candy thermometer registers 320° , 8 to 10 minutes. Remove from the heat; slowly whisk in $\frac{1}{2}$ cup heavy cream, then 2 tablespoons unsalted butter, 1 teaspoon vanilla extract and a pinch of salt. Return to low heat and whisk until smooth. Let cool until the caramel is thick enough to coat a spoon. Insert sticks into the stem ends of 6 apples and dip the apples into the caramel, letting the excess drip off. Roll in toppings, then let cool on a parchment-lined baking sheet coated with cooking spray.



Caramelize This Use the caramel sauce above for more than just apples.



Caramel Puffs

Dip marshmallows halfway into the warm caramel. Let the excess drip off, then dip in crushed pretzels and place on a lightly oiled parchment-lined baking sheet until set. Drizzle with melted chocolate.



Caramel Turtles

Stir 1½ cups chopped nuts into the warm caramel; cool until the mixture is thick enough to hold its shape. Drop spoonfuls onto an oiled parchment-lined baking sheet, let set. Top with melted chocolate and sprinkle with coarse sea salt.



Caramel Ganache

Whisk 4 ounces chopped bittersweet or semisweet chocolate into the warm caramel sauce until smooth. Drizzle over vanilla ice cream.

Golden Rules

Candy making can be tricky. Follow these guidelines:

KEEP ICE WATER HANDY Caramel is hot and sticky. If it splatters onto your hand, immediately plunge your hand into ice water to prevent burning.

DON'T STIR Once the sugar mixture starts boiling, keep your spoon out of the pot or you'll end up with grainy caramel. Just gently swirl the pan so the caramel colors evenly.

USE A THERMOMETER There's no fix for burnt caramel. Keep a candy thermometer in the pot and remove the caramel from the heat at no higher than 320°. This is called the caramel stage; the mixture should be thick enough to coat a spoon.

Watch It!

Here's what to look for when you turn sugar into caramel.

Make sure the sugar is completely dissolved in the water before the mixture boils; stray granules will turn your caramel gritty.



The mixture will thicken and change color as it cooks. Remove the caramel from the heat when it is just light amber; it will darken as it cools.



Heavy cream makes the caramel soft and sticky, rather than brittle. Be careful: The cream will bubble and splatter when you add it to the hot caramel.



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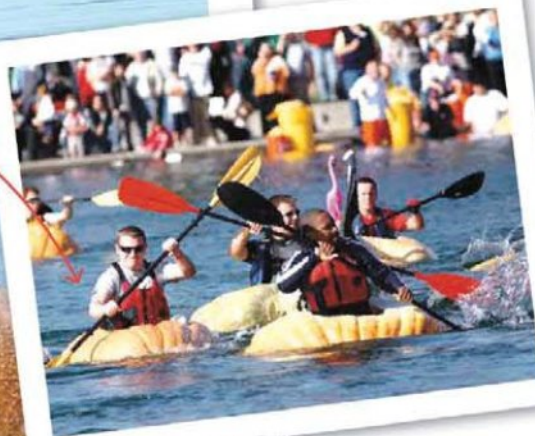
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Squashing the Competition

If you really want to see the Great Pumpkin, you should show up for this year's **West Coast Giant Pumpkin Regatta** in Tualatin, OR. Starting at 10 a.m. on Halloween, a couple dozen locals will come out to paddle enormous, hollowed-out pumpkins across the Lake at Tualatin Commons (503-691-3064 for info). The 700- to 1,200-pound pumpkins are donated by the Pacific Giant Vegetable Growers association and dumped into the water by forklift. Unfortunately, the vessels don't become giant pies after the race. They're turned into compost.

Pumpkins for the regatta go into the water whole; growers wait to see which side floats before carving them.



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Bob Evans SAUSAGE SHEPHERD'S PIE

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| 1 lb. Bob Evans ® Original Roll Sausage | 1 tsp. Worcestershire sauce |
| 1 bag (10 oz.) frozen mixed vegetables, thawed | 1 pkg. (24 oz.) Bob Evans ® |
| 1 can (14.5 oz.) beef stock or 2 cups broth | Refrigerated Mashed Potatoes |
| ¼ cup flour | |



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Preheat oven to 400°F. In skillet, crumble and cook sausage over medium heat until browned. Sprinkle flour over sausage and stir to combine. Cook 1 minute. Gradually add broth, stirring constantly. Bring to a boil and simmer 1 minute, stirring occasionally. Remove from heat. Add vegetables and Worcestershire sauce. Stir to combine. Pour into a greased 2-quart casserole dish. Spoon mashed potatoes into even layer on top. Bake for 30-40 minutes or until hot.

Prep Time: 15 min. **Cook Time:** 30-40 min. **Yields:** 4 to 6 servings



Take It From Here

Washington's over-the-top Bavarian-style village is the ultimate stop for a tasty **Oktoberfest classic**.



Cafe Mozart's balcony overlooks the opening-ceremony parade.



If you take the scenic Stevens Pass Highway from Seattle to Spokane, you'll wonder, about a hundred miles into the trip, if you've taken a wrong turn and ended up in Bavaria. The town of Leavenworth, WA, looks like it was built by the Brothers Grimm. The uncanny resemblance to Germany's Alpine villages is no accident. In the 1960s, local business owners decided to capitalize on their Cascade Mountain backdrop by remodeling the downtown area, and the gimmick worked: Today, thousands of tourists pour into town during Oktoberfest, which runs for three weekends (*starting October 2; leavenworthoktoberfest.com*) and includes polka dancing, a keg-tapping ceremony with the mayor, and tons of food. If you can't make it to the party, celebrate at home with this classic sauerbraten recipe we adapted from chef Richard Zuckriegel at the popular Cafe Mozart (829 Front St.; 509-548-0600). It goes well with another Oktoberfest tradition: a big stein of German beer.

SAUERBRATEN

ACTIVE: 1 hr | TOTAL: 3 hr 30 min (plus 2-day marinating)
SERVES: 6

- 3 cups low-sodium beef broth
- 1 cup dry red wine
- 1 cup red wine vinegar
- 2 large onions, cut into large chunks
- 5 cloves garlic; 3 crushed, 2 chopped
- 10 sprigs fresh thyme, plus 1 tablespoon chopped leaves
- 2 bay leaves
- 1 teaspoon juniper berries (available in the spice aisle)
- 1 teaspoon black peppercorns
- ½ teaspoon whole cloves
- 1 3-to-4-pound boneless beef top chuck roast
- Kosher salt
- 2 tablespoons extra-virgin olive oil
- 2 medium carrots, cut into 1-inch chunks
- 2 stalks celery, cut into 1-inch chunks
- 2 tablespoons all-purpose flour
- 2 tablespoons crushed gingersnap cookies
- Freshly ground pepper
- Spaetzle, for serving (see page 152)
- Sour cream, for serving (optional)
- Chopped fresh parsley, for garnish

- 1.** Combine 2 cups broth, the wine, vinegar, 1 chopped onion, the crushed garlic, thyme sprigs, bay leaves, juniper berries, peppercorns and cloves in a medium saucepan over medium heat. Bring to a boil, then simmer for 5 minutes. Cool to room temperature. Place the beef in a large resealable plastic bag and pour in the marinade. Seal the bag and refrigerate for 2 to 3 days, turning daily.
- 2.** Preheat the oven to 350°. Remove the meat from the marinade and pat dry; season with salt. Strain the marinade, discarding the solids. Heat a large ovenproof pot over medium heat and add the olive oil. Add the meat and brown on all sides, 10 to 12 minutes, then transfer to a plate. Add the carrots, celery and the remaining onion to the pot and cook until slightly softened, 5 minutes. Stir in the chopped garlic and chopped thyme and cook 1 minute. Sprinkle in the flour and cook 1 to 2 minutes. Stir in the strained marinade and the remaining 1 cup broth and bring to a simmer. Return the meat to the pot, cover and cook in the oven until tender, 2 hours 30 minutes.
- 3.** Remove the meat and transfer to a plate. Bring the sauce to a simmer over medium heat. Whisk in the gingersnaps and simmer until thickened; season with salt and pepper. Thinly slice the meat; serve with spaetzle, the vegetables and sauce and sour cream, if desired. Top with parsley.

Turn the page for the spaetzle recipe. ➔

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HOMEMADE SPAETZLE

ACTIVE: 25 min | TOTAL: 25 min

SERVES: 4 to 6

- 3 cups all-purpose flour
- 2 large eggs
- Kosher salt
- 4 tablespoons unsalted butter;
2 tablespoons melted
- Freshly ground pepper
- Chopped fresh parsley, for garnish

1. Mix the flour, eggs and a pinch of salt in a bowl, then gradually stir in up to 1 cup water to make a smooth, batter-like dough. Beat with a wooden spoon until bubbles form, then stir in the melted butter.

2. Bring a large saucepan of salted water to a boil. Place about 1 cup of the dough in a colander with large holes; use a rubber spatula to push the dough through the holes and into the boiling water. (Or use a spaetzle press.) Cook for about 1 minute after the spaetzle float to the surface, then transfer with a slotted spoon to another colander. Repeat with the remaining dough. Rinse the spaetzle in cold water if not serving immediately and set aside.

3. Before serving, sauté the spaetzle in a skillet with the remaining 2 tablespoons butter until warmed through. Season with pepper and garnish with parsley.



Bavarian-style Leavenworth, WA, is home to a huge Oktoberfest—and lots of German food.

You can pan-fry leftover spaetzle (noodle-like dumplings) in butter until golden, or add them to soups.



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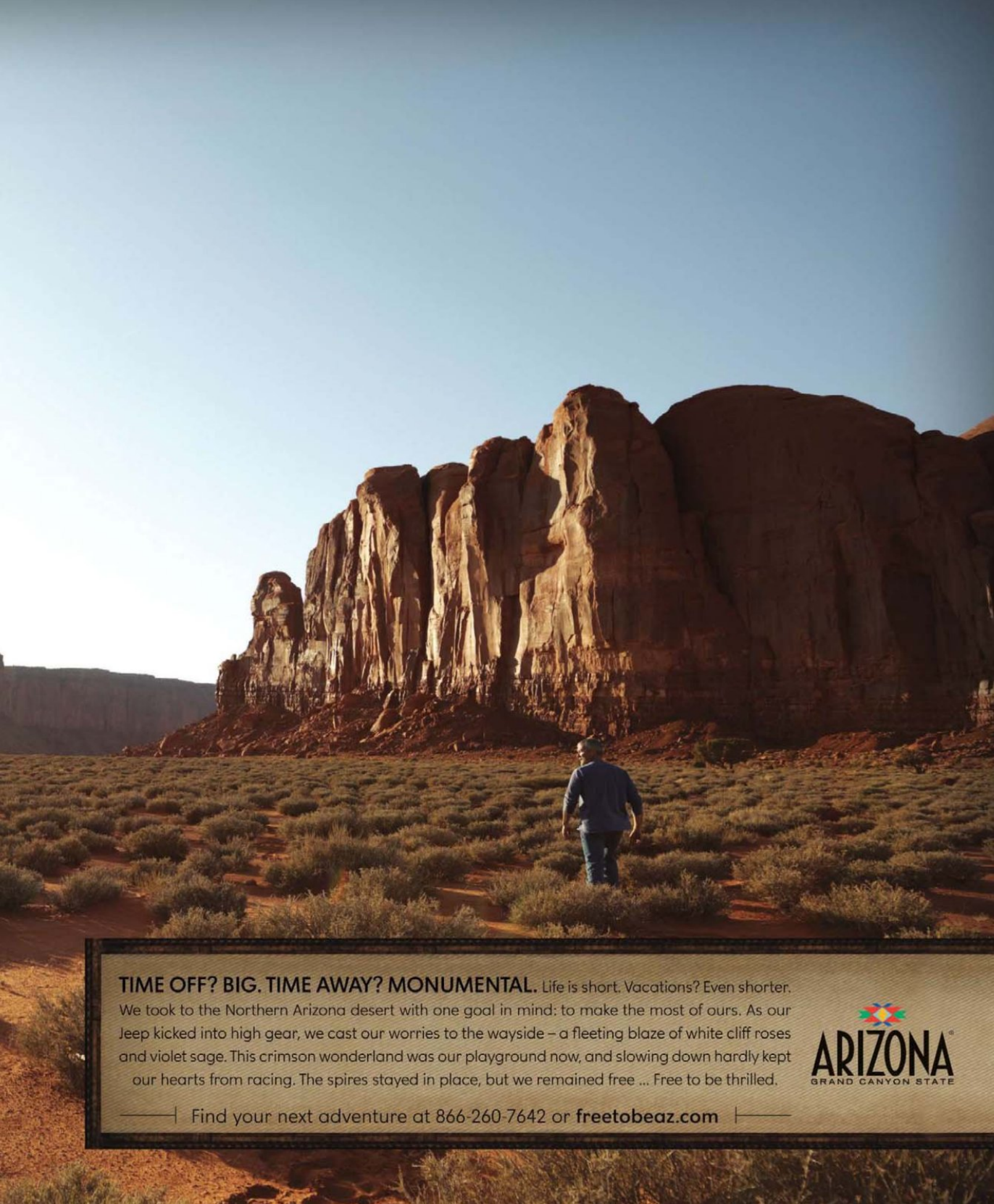
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¹Class-leading claims based on comparison of 2009 and available 2010 compact sedans. 2010 EPA fuel economy estimates for Forte EX with optional Fuel Economy Package are 27 city/36 hwy mpg. Actual mileage may vary. ²Optional accessory cable required for MP3 player. 3-month Sirius Satellite Radio subscription included. See sirius.com for details. The *Bluetooth*[®] word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Kia is under license. For limited powertrain warranty, go to kia.com. ³MSRP for Forte LX with M/T is \$13,695; for Forte SX with M/T shown is \$17,195, for Forte EX with Fuel Economy Pkg is \$17,395. MSRP excludes \$695 freight, tax, title, license, registration, other options and retailer charges. Actual prices set by retailer. kia.com





TIME OFF? BIG. TIME AWAY? MONUMENTAL. Life is short. Vacations? Even shorter. We took to the Northern Arizona desert with one goal in mind: to make the most of ours. As our Jeep kicked into high gear, we cast our worries to the wayside – a fleeting blaze of white cliff roses and violet sage. This crimson wonderland was our playground now, and slowing down hardly kept our hearts from racing. The spires stayed in place, but we remained free ... Free to be thrilled.

— | Find your next adventure at 866-260-7642 or freetobeaz.com | —





Dining With the Stars

We hit **Sin City** to see what the celebs are having for dinner. BY DAVID KATZ



Who: Simon Cowell, Randy Jackson and Ryan Seacrest

Where: Botero at the Encore

3131 Las Vegas Blvd. S.; 702-248-3463

Three contentious *American Idol* fixtures had a blast together at this steakhouse in Steve Wynn's new Encore hotel. But they had as many conflicting opinions about the food as they do about *Idol* contestants: Randy, a vegan, ordered the gnocchi with roasted tomatoes, while Simon got a New York bone-in strip steak. Always the mediator, Ryan split the difference with Dover sole. At least they could all agree on dessert: Milk Chocolate Bon Bon Lollipops plus a half-dozen other sweets.



Who: Angelina Jolie, Brad Pitt, Gwen Stefani and Gavin Rossdale
Where: Shibuya at MGM Grand Studio Walk

3799 Las Vegas Blvd. S.; 702-891-3001

Raw fish and Hollywood celebrities go together like, well, Brad and Angelina. Brangelina and Gwenavin (you heard that here first) started their double date at this high-end Japanese spot with sushi and yellowtail sashimi from the master chef, and rounded out their meal with Kobe beef tataki (seared slices of marinated Japanese beef).

Who: Britney Spears
Where: Simon at Palms Place

4381 W. Flamingo Rd.; 702-944-3292

When Britney and her dad threw a small party at Palms Place—her pal George Maloof's new luxury tower—she had star chef Kerry Simon cater it with his kitschy classics, including the signature Junk Food Platter of "hostess" cupcakes, mini sundae milkshakes, Rice Krispies and Froot Loop treats, and cotton candy. Simon commented that Britney was very sweet. No attitude. No special requests. Well, just one: No booze.



Who: Kevin James, Ray Romano and David Spade

Where: Stack at the Mirage

3400 Las Vegas Blvd. S.; 702-791-7111

Stack is located near the Mirage's comedy venue, so it's obvious why this place is popular with performers. Kevin and his buddy Ray stop in for Hot Rocks (thinly sliced sirloin prepared tableside) and Munchkins (jelly-filled doughnut holes), while David always orders the pigs in blankets when he's in town.





THE ULTIMATE GAME-DAY GAME PLAN FROM THE TAILGATE RESEARCH INSTITUTE



Whether you're parked at a tailgate, or simply in front of the TV, you can enjoy something different on game day—Bush's Baked Beans. Duke, Head Researcher at the Tailgate Research Institute, has been doing some at-the-game surveying and he's found that Bush's Baked Beans are a game-day favorite for burgers, hot dogs and more. So read on for budget-friendly decor ideas, tips on how to create the ultimate football food and drink buffet, and great game-day recipes with Tailgate Research Institute-approved Bush's Baked Beans.

Tailgate Research Institute Tips

TIPS AND TOOLS:

- Pack plenty of garbage bags and moist washcloths for easy cleanup.
- Eco-friendly recyclable plates, cups and utensils are a must. Get everyone involved. Designate different cars to bring different parts of the meal.
- Have fun and show your team spirit by decorating your car with fun window crayons.
- Use a **Portable Push-button Grill**. Push-button ignition, tool holders, a removable drip tray and convenient carrying handles are great features. Remember to always use gas grills outdoors in a well-ventilated area.
- Buy a **Sports Fan Tailgate Table**. It hooks right up to your trailer hitch and is ultra-lightweight, yet will support up to 50 pounds of food and drink. Two height adjustments give you the option of using the table as a bar or dining table.



GAME-DAY BARBECUED SHORT RIBS

Developed by PBS' *Barbecue America* host Rick Browne.

Serves: 6

Cooking time: 2 hours, Prep: 45 minutes

INGREDIENTS

- 6 pounds short ribs
- 2 tablespoons extra-virgin olive oil
- ½ cup celery, diced
- 2 medium white onions, diced
- ¾ cup ketchup
- ¼ cup dark molasses
- ¼ cup balsamic vinegar
- ¼ cup apple cider vinegar
- 2 tablespoons light brown sugar
- 1 cup water
- 3 tablespoons Worcestershire sauce
- 3 tablespoons steak sauce
- 2 tablespoons yellow mustard
- 1 teaspoon kosher or sea salt
- 1 (28 ounce) can **Bush's Homestyle Baked Beans**

DIRECTIONS

Heat barbecue grill to hot (400-450 degrees F). Brush ribs with 1 tablespoon of olive oil and place directly on grill until both

sides are nicely browned, with grill marks. Pour remaining tablespoon of olive oil in a heavy cast-iron or metal pot and sauté celery and onions on the hot barbecue grill until both are softened and just beginning to brown.

Combine ketchup, molasses, both vinegars, brown sugar, water, Worcestershire and steak sauces, mustard and salt in a small bowl and stir well.

Put the ribs in a large pot and cover with barbecue sauce mixture. Set the pot on the grill and close the lid.

Open vents to reduce heat to 350 degrees F and cook at least 2 hours.

Heat **Bush's Homestyle Baked Beans** in a covered pot on a stovetop. Serve short ribs with a generous helping of Baked Beans on the side.

BUSH'S BEST BLACK BEAN SALAD

"This colorful bean salad is dressed with a light lime vinaigrette and only takes a few minutes to prepare. Serve with tortilla chips or as a side dish."

INGREDIENTS

- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- ½ cup diced red onion
- 1 15.25-ounce can corn, drained
- 1 clove garlic, minced
- 1 teaspoon cilantro
- ¼ cup olive oil
- 4 tablespoons red wine vinegar
- 1 teaspoon lime juice

- 1 (15-ounce) can **Bush's Best Black Beans**, rinsed and drained
- Salt and pepper, to taste
- Tortilla chips

DIRECTIONS

In a small bowl, combine peppers, onion, corn, garlic and cilantro. Add olive oil, vinegar, lime juice, and salt and pepper, to taste. Add **Bush's Best Black Beans** and toss well. Serve with tortilla chips.



A PERFECT MENU for any TAILGATE CROWD.

Tailgating is about friends and fans. And while everyone may show up for the game, they stay for the food! That's why the best tailgates are full of quick-cooking, easy-to-pack foods, and hearty flavors. So enjoy our tips and recipes hearty enough to feed any crowd.

HOMETOWN ADVANTAGE.

You don't have to be a seasoned tailgater to mix up your game- or race-day menu. Add local flavor with salads made from regional produce and side dishes inspired by hometown cuisine.

GET ORGANIZED.

Organize the cooler with drinks on one side and food on the other. Place appetizers on top so you don't have to dig for the first course.

FLAVOR BOOST.

Add gourmet taste to grilled favorites like burgers and chicken with marinades. For ultimate flavor, let meat soak in a zippered plastic bag in a refrigerator for a few hours before the festivities.

TEAM SPIRIT.

Tailgates are not only a time to celebrate with friends and family, but also a great way to meet new people. Bring extra food and share with others. Be courteous to those around you by cleaning up after your party.

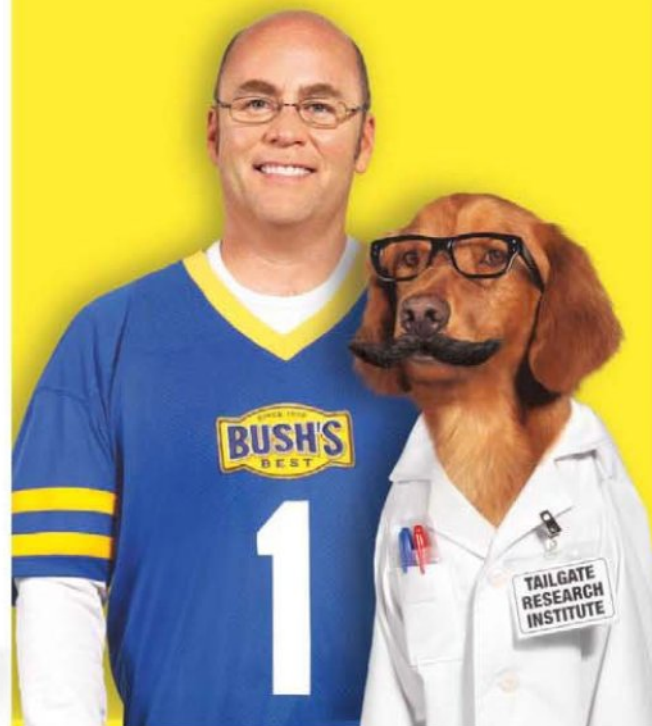
MENU STRATEGY.

Keep the menu simple with flavorful prepared foods like Bush's Baked Beans. Available in nine varieties, they're the perfect side for all your grill favorites.



A TIP FROM JAY BUSH AND DUKE:

Empty the beans into a metal saucepan or aluminum tray, then heat on your grill's side burners or place on a raised rack for indirect heat.



Jay Bush

Duke
-Head Researcher



**THE RESEARCH IS IN:
BUSH'S® BAKED BEANS ARE A GAMEDAY HIT.**

Next gameday, serve the crowd pleaser, Bush's Baked Beans. They're slow cooked with brown sugar and a blend of spices for a taste that goes perfectly with all your gameday favorites. Home or away, nothing goes with the big game like Bush's Baked Beans.



Food4thought



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SOYJOY.COM



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Take the Barilla "That's Whole Grain?" Taste Challenge. Made with 51% whole wheat, Barilla Whole Grain pasta is both delicious and nutritious. See for yourself how delicious whole grain can be. If you don't love it, you'll get a free box of your favorite regular Barilla pasta. Visit TryBarillaWholeGrain.com



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Want fun ideas to snack on? Visit snackpicks.com, a new resource from Kellogg's®, topped full of snacking ideas, helpful tips and family-fun crafts by a diverse team of expert moms. Learn firsthand as they share their passions, interests and ideas for seasonal and everyday snacking occasions.



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Ounce for ounce, today's pork tenderloin is as lean as skinless chicken breast. So do something delicious. Go to TheOtherWhiteMeat.com/PorkRecipes for quick and nutritious recipes—like Parmesan Pork Tenderloin, America's Favorite Pork Chops and Quick Pork Fajitas.



Side dish to full meal
in 3 easy steps.



Looking for a quick, new meal idea? It's easy to make any number of family favorites like Grilled Chicken & Veggies Over Rice when you start with Knorr® Sides.

Every meal is an opportunity.™



RECIPE:

Grilled Chicken & Veggies Over Rice

Makes 4 Servings

Preparation Time:
15 minutes

Cook Time:
30 minutes

WHAT YOU NEED:

- 2 tbsp margarine, melted
- 4 tsp Italian seasoning
- 2 ½ lbs chicken parts
- 2 zucchini and/or yellow squash, sliced
- 1 medium red bell pepper, seeded and quartered
- 1 medium onion, cut into ½ inch thick slices
- 1 pkg Knorr® Rice Sides – Cheddar Broccoli

HOW TO MAKE IT:

STEP 1

Blend margarine with Italian seasoning; brush on chicken and vegetables.

STEP 2

Grill or broil chicken and vegetables until chicken is thoroughly cooked.

STEP 3

Serve chicken and vegetables with hot Cheddar Broccoli Rice.

For additional recipe ideas visit us at
letsmakeknorr.com

Marathon Meals

We hit restaurants in big race cities across the country and came back with recipes that will go the distance.

BY AMY LEVIN-EPSTEIN



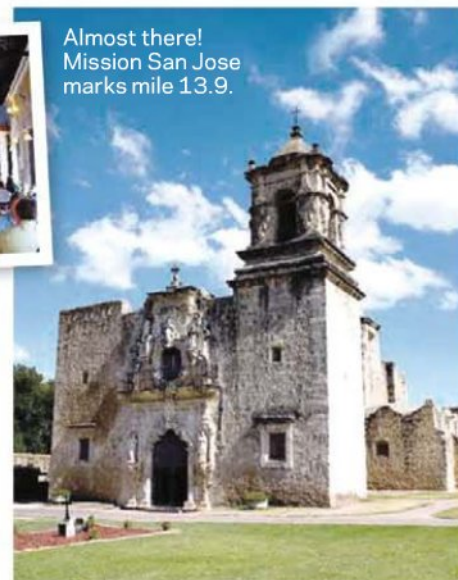
San Antonio

Rock 'n' Roll San Antonio Marathon;
November 15



Papouli's

Almost there!
Mission San Jose
marks mile 13.9.



Runners in San Antonio's marathon are sure to remember the Alamo—it's just two miles from the starting line—and hopefully they'll remember a few good meals from their stay in town, too. At **Papouli's Greek Grill** (11224 Huebner Rd., No. 201; 210-641-1313), owner Nick Anthony, a triathlete himself, offers marathon-weekend customers a Mediterranean feast of chicken; couscous; pasta salad with black olives, sun-dried tomatoes and feta; and warm pita bread. If you still have room, the meal also comes with an Aegean honey puff dessert and Marathon beer, imported from Greece.



MEDITERRANEAN PASTA SALAD

ACTIVE: 25 min | TOTAL: 25 min
SERVES: 4 to 6

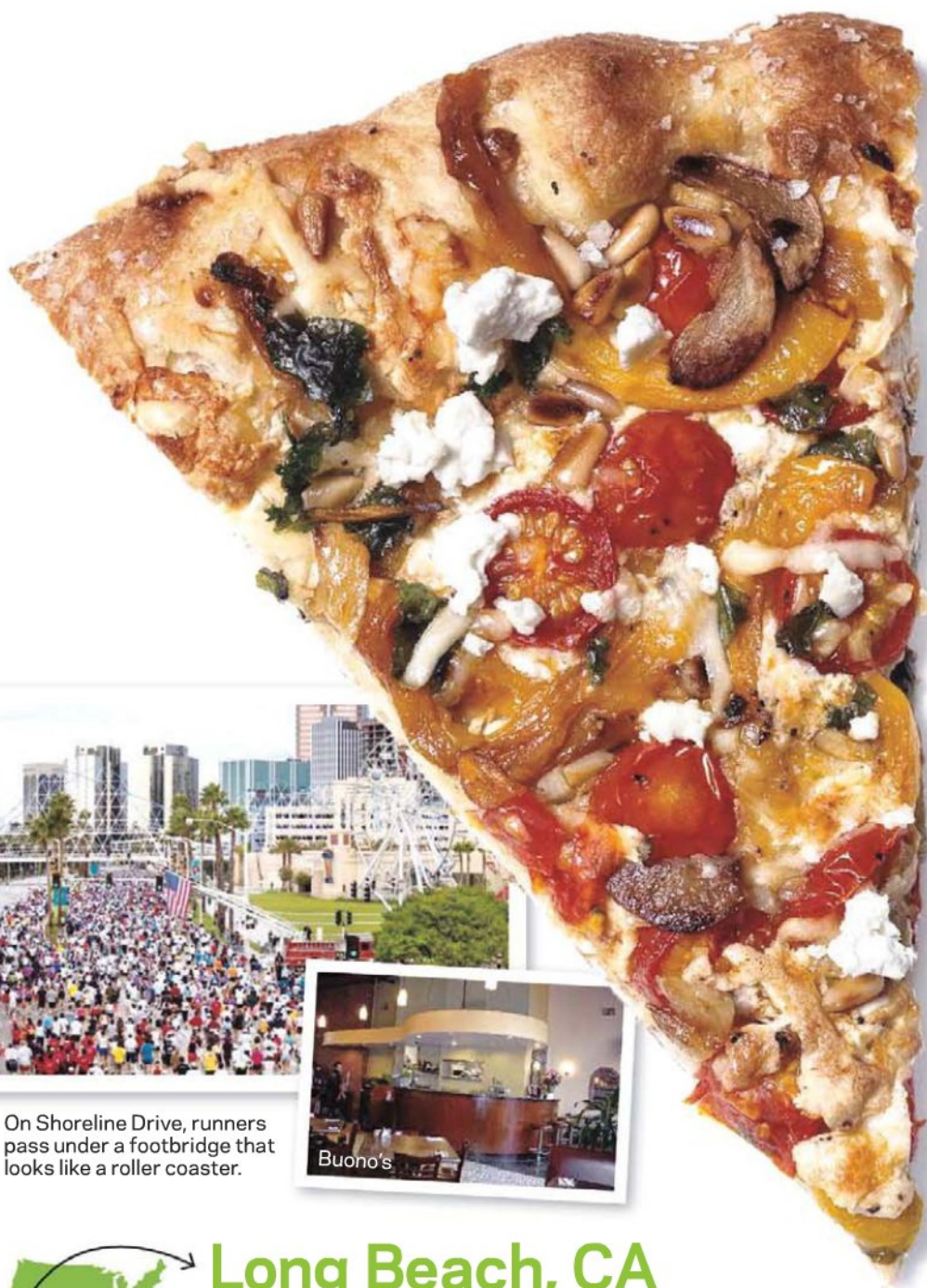
Kosher salt

- 1 pound tricolor pasta, such as bow tie or fusilli
- $\frac{1}{4}$ cup balsamic vinegar
- 2 to 3 teaspoons dijon mustard
- Freshly ground pepper
- $\frac{2}{3}$ to $\frac{3}{4}$ cup extra-virgin olive oil
- $\frac{1}{3}$ cup diced sun-dried tomatoes
- $\frac{1}{4}$ cup fresh basil, julienned
- $\frac{1}{4}$ cup diced onion
- 2 large pickled pepperoncini peppers, diced
- 3 tablespoons halved black olives
- 2 teaspoons chopped fresh oregano
- $1\frac{1}{2}$ ounces feta cheese, crumbled
- $1\frac{1}{2}$ tablespoons grated romano cheese

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente; drain, then rinse with cold water to cool.

2. Meanwhile, make the vinaigrette: Whisk the vinegar, mustard, 1 teaspoon salt, and pepper to taste in a small bowl. Gradually whisk in enough of the oil to make a smooth dressing; season with salt and pepper.

3. Combine the sun-dried tomatoes, basil, onion, pepperoncini, olives and oregano in a bowl. Add the cooked pasta, $\frac{1}{2}$ teaspoon salt and 1 teaspoon pepper. Add the vinaigrette and both cheeses and toss. Chill until ready to serve.



On Shoreline Drive, runners pass under a footbridge that looks like a roller coaster.



Long Beach, CA

Long Beach International City Bank Marathon;
October 11

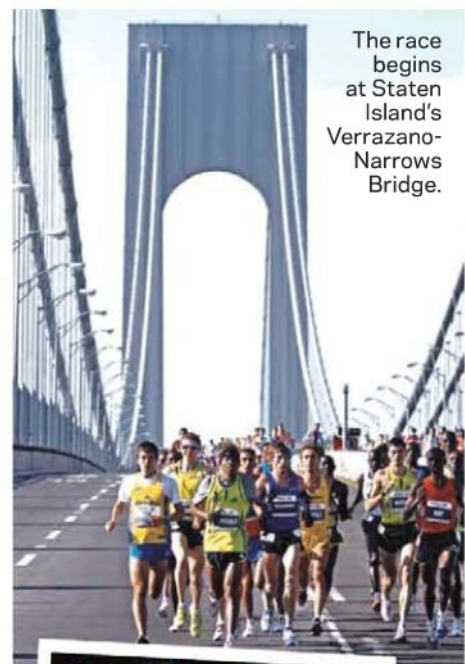
Every year, the pizzeria **Buono's** (250 W. Ocean Blvd.; 562-432-2211), just a half mile from the Long Beach starting line, serves the Mamma Mia Carbo Load Feast to hundreds of marathon runners and their friends and families. On the menu: farfalle Alfredo with chicken and broccoli; penne arrabbiata with mushrooms; and the signature Buona Lisa pie, a white pizza with mozzarella, provolone, goat cheese, garlic and pine nuts. If you join the runners for the meal, stay to watch the race: Part of it takes place along the beach, so you can catch some rays while you cheer from the sidelines.

BUONA LISA PIZZA

ACTIVE: 20 min | TOTAL: 30 min
SERVES: 2 to 4

- $\frac{1}{2}$ cup thin strips roasted yellow or red peppers
- 10 cherry tomatoes, halved
- $\frac{1}{4}$ cup sliced fresh basil
- 3 cloves garlic; 1 minced, 2 sliced
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 pound pizza dough, thawed if frozen
- All-purpose flour, for dusting
- Cornmeal, for dusting
- 6 ounces mozzarella cheese, shredded (about $1\frac{1}{2}$ cups)
- 3 ounces provolone cheese, shredded (about $\frac{3}{4}$ cup)
- 2 tablespoons pine nuts, toasted
- 4 ounces goat cheese, crumbled

1. Place a pizza stone or an inverted rimmed baking sheet on the bottom rack of the oven and preheat to 500°.
2. Toss the roasted peppers, tomatoes, basil and minced garlic with 1 tablespoon olive oil in a bowl; season with salt and pepper. Cook the sliced garlic in the remaining 1 tablespoon olive oil in a small skillet over medium-high heat until golden, about 1 minute. Cool slightly.
3. Stretch or roll out the pizza dough into a 12-to-14-inch round on a lightly floured surface. Generously dust a pizza peel or another inverted baking sheet with cornmeal and place the dough on top. Drizzle with a little of the garlic oil and season with salt. Top with the mozzarella, provolone and tomato-pepper mixture, then sprinkle with the pine nuts and sliced garlic.
4. Slip the pizza onto the preheated pizza stone or baking sheet and cook until the crust is golden and crisp and the cheese is melted, 10 to 15 minutes. Top with goat cheese before slicing.



The race begins at Staten Island's Verrazano-Narrows Bridge.



New York City

ING New York City Marathon; November 1

At New York City's 72-year-old **Carnegie Deli** (854 Seventh Ave.; 800-334-5606), not far from the Central Park finish line, owner Sandy Levine makes a cartoonishly tall sandwich for runners and spectators, stacking homemade roast beef, turkey, pastrami and corned beef, plus lettuce and tomato, between two pieces of rye bread. You have to get there early to beat the crowds: Late-afternoon race finishers start showing up around 3 p.m. and form a line out the door for the 8-inch-high, almost-3-pound marathon sandwich. The meal is about the right size for serious runners, but diners who haven't just logged 26.2 miles should probably consider a go on the treadmill afterward.

MARATHON SANDWICH

ACTIVE: 10 min | TOTAL: 10 min
MAKES: 1 sandwich

$\frac{1}{2}$ to $\frac{3}{4}$ pound deli-sliced roast beef
 $\frac{1}{2}$ to $\frac{3}{4}$ pound deli-sliced roast turkey
 $\frac{1}{2}$ to $\frac{3}{4}$ pound deli-sliced pastrami
 $\frac{1}{2}$ to $\frac{3}{4}$ pound deli-sliced corned beef
2 slices crusty rye bread
1 or 2 romaine lettuce leaves
2 or 3 slices tomato
Russian dressing, for serving (optional)

1. Stack the roast beef, turkey, pastrami and corned beef on 1 slice of bread. Top with lettuce, tomato and the other slice of bread. (Use a skewer to hold the sandwich together.)
2. Slice the sandwich in half and serve with Russian dressing on the side, if desired.



Chicago's Cloud Gate sculpture is a half mile from the starting line.



Chicago

Bank of America Chicago Marathon; October 11

To see 29 Chicago neighborhoods in less than six hours, you can sign up for the Chicago Marathon—or just ride the “L” in every direction and save your energy for cheering on 45,000 runners. Because of the Windy City’s flat terrain, top international competitors come here every year to break records. You might get lucky and spot a few of them the day before the run at the **Grillroom** (33 W. Monroe St.; 312-960-0000), a few blocks west of the finish line. The chophouse usually caters to a theater crowd, but on the night before the race, runners and their families show up for heaping portions of pasta specials like lobster lasagna and this roasted vegetable fusilli.



ROASTED VEGETABLE PASTA

ACTIVE: 40 min | TOTAL: 40 min
SERVES: 4

- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 12 ounces frozen artichoke hearts, thawed and halved
- 4 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 2 cloves garlic, chopped
- 1 small stalk celery, diced
- ½ small onion, diced
- 1 small carrot, diced
- 8 ripe Roma tomatoes, quartered
- ¼ cup chopped fresh basil, plus more for garnish
- 2 ounces vodka
- ½ cup heavy cream
- 1 pound fusilli
- Grated parmesan cheese, for garnish

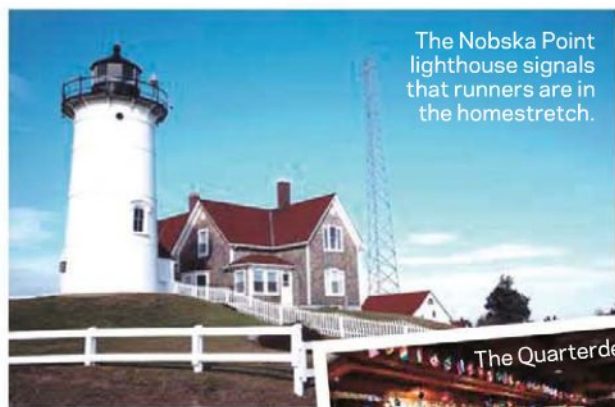
- 1.** Preheat the oven to 425°. Toss the zucchini, squash and artichoke hearts with the olive oil on a baking sheet; season with salt and pepper. Roast until tender, about 15 minutes.
- 2.** Meanwhile, heat the butter in a large deep skillet or Dutch oven over medium-high heat. Add the garlic, celery, onion and carrot and cook until the vegetables are slightly tender, about 5 minutes. Add the tomatoes and basil, season with salt and pepper and cook until the vegetables are tender, about 8 minutes. Add the vodka and bring to a boil, then reduce to a simmer and cook until slightly thickened, about 1 minute. Puree the sauce with a blender, then add the heavy cream and bring to a boil, stirring occasionally. Season with salt and pepper.
- 3.** Meanwhile, bring a large pot of salted water to a boil. Add the fusilli and cook as the label directs. Drain and transfer to the skillet with the sauce. Add the roasted vegetables and toss. Garnish with more basil and parmesan.



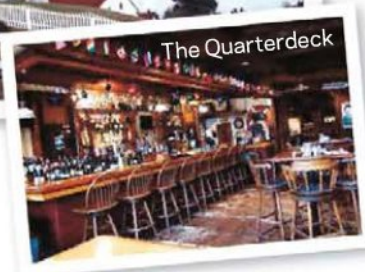
Cape Cod, MA

Dunkin' Donuts Cape Cod Marathon; October 25

Runners might gorge on doughnut holes and eclairs *after* the Dunkin' Donuts Cape Cod Marathon, but beforehand, you'll likely spot them chowing down on pasta piled with jumbo shrimp and scallops at **The Quarterdeck** (164 Main St.; 508-548-9900), a popular marathon hangout in Falmouth. The spot is home to bartender and running guru Tommy Leonard, who pours pints of Martha's Vineyard Offshore Ale while telling stories about organizing the first Falmouth Road Race in 1973. Tommy makes sure athletes are full of food—and running tips—before they set out on a scenic course that stretches past the Upper Cape's kettle ponds and cranberry bogs.



The Nobska Point lighthouse signals that runners are in the homestretch.



SHRIMP AND SCALLOP SCAMPI WITH LINGUINE

ACTIVE: 30 min | TOTAL: 30 min
SERVES: 4

Kosher salt

- 1 pound linguine
- 12 jumbo shrimp, peeled and deveined
- 12 large sea scallops, tough foot muscles removed

Freshly ground pepper

- 3½ tablespoons unsalted butter
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice, plus lemon wedges for garnish
- ½ cup dry white wine
- ¼ cup torn fresh basil
- 2 tablespoons chopped fresh parsley

- 1.** Bring a large pot of salted water to a boil. Add the linguine and cook as the label directs.
- 2.** Meanwhile, heat a large skillet over medium-high heat. Pat the shrimp and scallops dry, then season with salt and pepper. Add 1½ tablespoons butter to the pan and cook the shrimp until golden on one side, about 3 minutes. Turn the shrimp and add half of the garlic; cook until the garlic is fragrant but the shrimp are still translucent, 1 to 2 more minutes. Transfer the shrimp to a plate.
- 3.** Add the scallops to the skillet and cook until golden on one side, about 3 minutes. Turn the scallops, add the remaining garlic and cook 1 to 2 more minutes. Add the lemon juice and wine and bring to a boil, scraping up any browned bits with a wooden spoon. Cook until the sauce is reduced by half, about 3 minutes. Return the shrimp to the pan, then add the basil and the remaining 2 tablespoons butter; season with salt and pepper.
- 4.** Drain the pasta and transfer to a large serving bowl. Toss with the shrimp, scallops and sauce; garnish with parsley and lemon.



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The Winner Is...

A New Jersey reader's **Southwestern wontons** came out on top in our corn-themed recipe contest.



Elizabeth Spano of Lyndhurst, NJ, turned corn into these winning wontons.

FRESH-MEX CORN WONTONS

ACTIVE: 45 min | TOTAL: 45 min
MAKES: 36 wontons

- 3 ears corn, husked
- 1 small lime
- 1½ cups sour cream
- ¼ cup fresh cilantro, finely chopped
- 2 teaspoons hot sauce
- Kosher salt
- 36 square wonton wrappers
- 2 plum tomatoes, diced (about ¾ cup)
- 1 medium avocado, diced (about ¾ cup)
- ½ cup finely diced red onion
- Vegetable oil, for frying

1. Place the corn in a steamer basket set over a saucepan of simmering water. Cover and steam 8 minutes.
2. Meanwhile, grate the lime zest into a small bowl and squeeze in 1 tablespoon lime juice. Add the sour cream, cilantro, hot sauce and ¼ teaspoon salt and mix well; set the dip aside.
3. Remove the corn from the steamer basket and let cool slightly, then cut the kernels off the cobs. Combine with ½ teaspoon salt in a bowl.
4. Line a large baking sheet with paper towels, then arrange the wonton wrappers on top in a single layer. Place 1 teaspoon corn, ½ teaspoon tomato, ½ teaspoon avocado and ¼ teaspoon red onion in the center of each wrapper.
5. Heat about 1½ inches of vegetable oil in a large pot until a deep-fry thermometer registers 375° (or place a wooden skewer in the oil to test the temperature; bubbles should form around it).
6. Moisten the edges of each wonton wrapper with water, then fold in half diagonally to enclose the filling and form a triangle; press gently to seal. Working in batches, lower the wontons into the hot oil with tongs and fry about 1 minute. Flip and fry another 30 seconds, or until light golden. Transfer to paper towels to drain. Serve with the cilantro-lime dip.

Hundreds of readers cooked with every kind of corn they could get their hands on for our June/July 2009 recipe contest: corn on the cob, creamed corn, cornmeal, corn oil, even dried corn husks. Elizabeth Spano from Lyndhurst, NJ, really gave the secret ingredient its due with her fresh corn wontons, Southwestern deep-fried pockets inspired by meals she ate during the eight years she lived in Arizona. She serves them with a zesty lime dip, made with cilantro from her own garden. "I like appetizers that I can eat in one or two bites," says Elizabeth, who often makes her prize dish for friends. Her best tip: Treat the wonton wrappers like pastry dough and keep them in the fridge until you're ready to use them—they'll be much easier to handle.

WONTONS: NGOC MINH NGO; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAM MORRIS; CORN: KATE SEARS; SPANO: PETER SPANO

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with **VIVA®** and Sunny Anderson

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I send the world's best chefs into battle as the Chairman on *Iron Chef America*, and now I want you to compete like an Iron Chef: **Enter an original recipe** using this secret ingredient, and you could **win \$500** toward foodnetworkstore.com. Plus, your winning dish will appear in an upcoming issue.

NO PURCHASE NECESSARY. Chairman's Challenge is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/magazine and submit a recipe of your own creation along with your name, address, telephone number and e-mail address. Contest begins 9 a.m. ET September 1, 2009, and ends 5 p.m. ET October 16, 2009. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/magazine.

Need inspiration?
Try Alton's
coffee-marinated
pork chops.



ALTON BROWN'S MOLASSES- AND-COFFEE PORK CHOPS

ACTIVE: 30 min | TOTAL: 2 hr 35 min | SERVES: 4

- 1 cup strong brewed coffee, cooled
- 6 ounces molasses, by weight (about ½ cup)
- 2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 2 cloves garlic, minced
- Kosher salt and freshly ground pepper
- ½ teaspoon ground ginger
- 6 to 8 sprigs fresh thyme
- 4 6-to-8-ounce bone-in pork chops (1 inch thick)

1. Combine the coffee, molasses, vinegar, mustard, garlic, 1 teaspoon salt, ½ teaspoon pepper, the ginger, thyme and pork chops in a 1-gallon zip-top bag; seal and shake to combine. Marinate in the refrigerator for at least 2 hours or overnight.
2. Preheat a grill to medium-high. Remove the pork from the bag. Pour the marinade into a saucepan; boil gently over medium-high heat, stirring, until reduced to ½ cup, 12 to 15 minutes. Remove the thyme stems.
3. Grill the pork chops for 3 to 4 minutes per side, or until they reach an internal temperature of 145°. Let rest for 5 minutes; serve with the glaze.

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A winner of the "Outstanding Achievement Award" from the Italian Wine and Food Institute, Barocci celebrates fresh regional Italian flavors, as evidenced by her Garden Fresh Lasagna, which is found on American Airlines U.S. outbound international flights.

FAVORITE CULINARY DESTINATION. I developed a fascination with Italian food during a three-year stint in England, when I went to Italy six or seven times a year.

WHY ITALY? They're known for what they grow and cook in their own region. That's now the big buzz here in America, but it wasn't in the early '80s.

SIGNATURE FLAVOR. Olive oil.

(continued on next page)

A Taste for Travel

5 CHEFS ON GLOBAL FOOD & SIGNATURE FLAVORS

Travel nourishes the soul. American Airlines thinks the rest of you should be equally well fed. So they've enlisted some of today's most prominent culinary trendsetters to help define their in-flight menu. Here, they share their love of global food and a signature flavor that means "the world" to them.

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UNUSUAL OLIVE OIL RECIPE. We make a polenta olive oil cake for dessert. We sauté it like you would French toast and serve it with a raspberry sauce.

THE NUANCE OF OLIVE OIL. When I make tomato sauce, this wonderful buttery, flavorful Ligurian olive oil makes a huge difference. And I drizzle peppery Tuscan extra-virgin olive oil over a Tuscan white bean and pancetta soup.

MOST MEMORABLE GLOBAL MEAL. I had a dish in Milan called Passato di Pomodoro. You don't cook the tomatoes; you put them through a sieve and add extra-virgin olive oil and fresh basil. It was served with bruschetta. It's a very pure and simple way to begin a meal.



"I want people to experience a journey of different flavors, of different textures—never something boring."

MANEET CHAUHAN

At Vermilion, New York, NY

A graduate of India's top hotel management school, as well as the Culinary Institute of America, Chauhan has created a boldly original cuisine of Indian-Latin fusion. And those traveling in American Airlines Premium Class cabins from Chicago to Delhi can experience it firsthand.

INFLUENCE OF TRAVEL. India is a country where each state has a completely different cuisine—and food is the one factor that brings everybody together.

MEMORABLE MEAL. A hole in the wall in Singapore, where you eat messy chili crabs with your hands.

SIGNATURE DISH. Lobster Portuguese—a very fusion dish. When the Portuguese came to India, they found the food very spicy so they decided to use ingredients which were more indigenous to the area, like coconut milk.

SIGNATURE FLAVOR. Cumin. It's got this wonderful smoky, grassy aroma.

HOW TO USE IT. My favorite omelette uses a little bit of oil with some cumin, onions, tomatoes, cilantro and jalapeños. You have to wait for the cumin to start crackling to release its oils and aromas.

DREAM TRIP. Egypt and Morocco. Moroccan cuisine is very similar to Indian cuisine, while still very different.



"The world's like a book, but if you stay home you only read one page."

SAM CHOY

Sam Choy's Breakfast, Lunch & Crab, Honolulu, HI

With restaurants in Honolulu, Guam and Japan, James Beard Award-winning restaurateur Choy is a champion at bringing Hawaii's unique, fresh flavors to the world—and to the menu in Premium Class cabins of American Airlines Hawaii flights.

FAVORITE CULINARY DESTINATION. Asia, because it is light years ahead in cooking methods. (And then, of course, the Mediterranean—you get humbled really quick.)

SIGNATURE FLAVOR. Soy sauce.

SAVORING THE UNEXPECTED. With soy sauce you can do a basic teriyaki sauce, and fold in truffle oil. Or pour in a little butter for more of an Asian fusion flavor.

MOST MEMORABLE MEAL. I went over to the small Tahitian island of Moorea, where we jumped in the water for Tahitian clams and parrot fish, which we then filleted on the grill with some grated coconut. And we ate the clams with a little squeeze of lime and a little sea salt that we got off the rocks!

IN-FLIGHT FLAVOR. We created a beef filet with a grilled pineapple and teriyaki glaze that the governor of Hawaii said "was a real nice touch of Hawaii" on that flight.





"The chili has a little bit of smokiness, which is very pleasant and integrates well into so many kinds of dishes."

STEPHAN PYLES

Stephan Pyles, Dallas, TX

After a 5-year sojourn in Morocco, Greece and South America, Pyles brought a subtle connection between Texas tastes and far-flung flavors to his New Millennium Southwestern cuisine. And its inspired flavors can be enjoyed by those flying many of American Airlines Latin American and European routes.

FAVORITE CULINARY DESTINATION. South America—Peru, in particular, and Spain.

SIGNATURE FLAVOR. Chili from Peru called Ají Mirasol. It has a beautiful golden flavor—spicy, but not "take-the-top-of-your-head-off" kind of habañero spicy.

HOW TO USE IT. Put it in the oven for 1 minute at 500 degrees F, dry completely, soak it in warm water for about an hour, then puree it in a blender with a little soaking liquid. You have this really rich, thick puree for sauces, soups and salad dressings.

GLOBAL INFLUENCE. India, Thailand or Morocco—because they opened my eyes to a new world of spice and flavor.

FAVORITE GLOBAL MENU. Lobster ceviche with vanilla-roasted fennel, almond gazpacho and frozen Champagne grapes. It's a fusion of three cultures: the Southwest, Peru and Spain.

DREAM TRIP. Iran and Iraq—those places with an incredible history of food going back centuries.



DEAN FEARING

Fearing's Restaurant, Dallas, TX

When *Esquire* called Fearing's the Best New Restaurant of the Year, they cemented this James Beard Award-winning chef's place as the "Father of Southwestern Cuisine." And it's this unique palette that he brings to his entrées featured on American Airlines international flights.

INSPIRATION. I don't care what corner of the world you're in. You can find it in any restaurant—you just have to be looking for it.

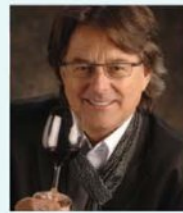
FAVORITE FLAVOR. Chile peppers—I cannot live without heat now!

THE SPICE OF LIFE. I take ancho chiles, chipotles, onions, cilantro, garlic, nuts, some orange juice and a little beer and make it into a paste. You can keep the paste in ziplock bags, then add some chicken stock, and you have an instant sauce for eggs and tortillas in the morning.

MOST MEMORABLE MEAL. A thinly pounded steak in Stockholm, topped with grated horseradish and egg yolk. The egg took the sting out of the horseradish and made a sauce that was phenomenal.

DREAM TRIP. A thousand-year-old traditional cooking school in China.

"Once people adapt themselves to a certain spice level, there's no turning back."



KEN CHASE

American Airlines Wine Consultant

Viticulturist Ken Chase considers food pairings as well as the ethnic, seasonal and stylistic differences of each destination when making unique onboard wine selections for American Airlines.

AHAI WINE MOMENT. The Bordeaux harvest of '71. When I saw the first juice coming out, I was amazed because it was just like syrup and it reminded me of the maple syrup farms of my Canadian childhood.

WINE AND TRAVEL. You get to see how certain wines permeate the culture. One example is the little town of Tavel. They live around their Grenache, Siva and Rosé and the cuisine is designed to go with the wine—so everything revolves around their wine culture.

WINE/FOOD PAIRING. Thai cuisine, Indian, Sri Lankan—all those dramatic dishes with spices have an aromatic combination. And you need very aromatic wines to match that kind of structure.

FAVORITE NEW WINE REGION. Limari, in northern Chile, which reminds me very much of Mendocino in California. The fog comes in the morning, which is dynamite for Sauvignon Blanc and Pinot Noir.

IN-FLIGHT WINE PHILOSOPHY.

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