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How to Slice and Dice, p. 20

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Korean Flank Steak Tacos, p. 34



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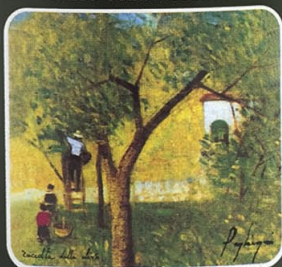


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MAILLE DIJON MUSTARD
~ WITH HONEY ~

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The photo above was taken on our last day of shooting *Moveable Feast* season 4 in Belgrade, Montana—a most spectacular spot. It’s a portrait of our talented crew (and me, center), who worked tirelessly to capture the chefs, artisans, locations, and cooking scenes in each episode. A huge thanks to all.

Keeping It Real

Montana is special. Not just its majestic mountains, crystalline rivers, and expansive views, but also the spirit and camaraderie you feel from the people who farm, fish, and cook there. They all seem to share a strong sense of place and a resolve to overcome any challenge that the environment may toss their way. The popular song refrain “If I can make it there, I’ll make it anywhere” could easily apply to living and working in this beautiful, rough-hewn landscape.

We filmed two episodes of *Moveable Feast with Fine Cooking* in Big Sky Country this season, and I’m delighted to share these extraordinary dining adventures with you (p. 72). From a chuck wagon dinner, complete with real cowboys, to a stunning outdoor feast for 50 in the foothills of the Rocky Mountains, the food served at these meals—

grilled whole trout, tender elk and beef, fresh huckleberry croustades—is straightforward, deeply satisfying, and as unpretentious as the chefs, ranchers, and farmers behind it.

That down-to-earth theme resonates throughout the rest of this issue as well. Chef Jenn Louis reminds us that it takes only a few basic ingredients to create incredible homemade gnocchi (p. 58), and additions such as earthy beets and fresh spinach ramp up the flavor and color. Making these humble dumplings is easier than you might think, too.

We also celebrate shrimp and grits (p. 68), a beloved Southern dish with modest beginnings. Choose between two exceptional versions, one on the classic side and the other with a Latin twist. Warning: You’ll have a hard time deciding between them; you may

just have to try both!

To add a sweet note, we offer a feature on one of the easiest desserts you may ever make: skillet cookies (p. 82). The dough is simple and quick to put together, and you can even eat the cookie right from the pan (just grab some spoons). Your guests will be smitten with the dessert’s homespun, rustic appeal, as well as the creative flavor combinations—chocolate and tahini, anyone?

As always, we hope you enjoy cooking from this issue as much as we did testing—and tasting—each dish. Please tell us which recipes you like best. (Even better, post a photo on Instagram using #fcfavs or @finecooking on Facebook.)

—Kathy Kingsley, editorial director

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contributors



Anthony Lamas (“Shrimp & Grits,” p. 68) is chef and owner of Sevice, a Latin restaurant in Louisville, Kentucky. He’s also the author of *Southern Heat: New Southern Cooking, Latin Style*.

- **The dish I want to learn to make is...** lamb vindaloo. I love Indian flavors!
- **My favorite food town is...** Chicago. The diversity and caliber of restaurants is incredible.
- **If I weren’t a chef, I’d be...** a drummer in a band (a guy can dream). More realistically, I would explore agricultural science.



Mike Lata (“Shrimp & Grits,” p. 68) is chef/partner of FIG Restaurant and The Ordinary, an oyster bar and seafood hall

in Charleston, South Carolina.

- **I love Charleston for its...** food and beverage community, lifestyle, natural resources, and weather.
- **My next kitchen purchase will be...** a pasta extruder. All the cool kids have them these days.
- **My guilty-pleasure snack is...** sausage, egg, and cheese on a toasted poppyseed bagel.



Jenn Louis (“Gnocchi, in Living Color,” p. 58) is executive chef and owner of Lincoln Restaurant in Portland, Oregon,

where she lives with her two cats. She’s also the author of *Pasta By Hand* and the recently published *The Book of Greens*. You can find her on Instagram and Twitter @jennlouis.

- **The kitchen utensil I can’t live without is...** my Kramer 10-inch chef’s knife.
- **My favorite spring produce is...** the first wild greens of the year. I have a wonderful forager who finds a great collection of wild greens, which I use in my favorite salad mix: lemon balm, miner’s lettuce, wild watercress, and more. I’m also a sucker for wild spring nettles.
- **My guilty-pleasure snack is...** homemade cookies, usually involving chocolate.



Samantha Seneviratne (“Small-Batch Cookies from the Skillet,” p. 82) lives in New York City. Her first cookbook, *The New Sugar*

and Spice, was nominated for a 2016 James Beard Award. She’s also the author of *Gluten-Free for Good* and a contributor to *The New York Times*. Sam is currently working on her third cookbook.

- **My ingredient splurge is...** blanched Sicilian pistachios. They are vibrantly green and gorgeous. I use them sparingly as a garnish.
- **In spring, I can’t wait to bake...** something with apricots and rhubarb. Apricot-rhubarb upside-down cake is heavenly.
- **My culinary inspiration is...** everywhere! Every day, I learn from the talented people I work with, my friends and family, and chefs and food writers I follow.



Bruce Aidells (“A Most Perfect Cut of Pork,” p. 46) is the go-to guy for meat and meat cookery topics. The founder of Aidells Sausage Company and author of 12 cookbooks, Bruce lives in the San Francisco Bay Area with his wife, chef Nancy Oakes.

- **The most underrated cut of meat is...** neck meat, including lamb, pork, and beef.
- **My go-to breakfast is...** homemade heirloom pork sausage patties made with fresh sage, fennel, and thyme.
- **The food destination I most want to travel to is...** Turkey. The Turkish food I’ve eaten and cooked is very appealing. I’d love to try more and learn more.



Mindy Fox (“A Fresh Look at Leeks,” p. 52) is the author of several books, including *Salads: Beyond the Bowl*, chosen as a *New York*

Times best cookbook of the year. Her most recent cookbook is *Short Stack: Ginger*.

- **The food trend that needs to end is...** orange wine. I’ve tried a few, but haven’t yet been able to understand the draw.
- **When cooking, I like to listen to...** the sounds of the kitchen: from mixers and blenders to chopping to ingredients as they gently bubble in a pot or cook in a skillet.
- **My latest kitchen purchase was...** a pair of mini spatulas.

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PLANK GRILLED SALMON WITH CHIPOTLE-MUSTARD RAISIN SAUCE

INGREDIENTS

- 1 cedar grilling plank (15" x 6 1/2" x 3/8")*
- 1 2-pound fresh salmon fillet with skin
- 1 cup Sun-Maid® Golden Raisins
- 1 cup water
- 2 tbsps. minced onion
- 5 tbsps. olive oil, divided
- 1 garlic clove, minced
- 1 tbsp. finely chopped chipotle peppers in adobo sauce
- 1 tbsp. Dijon mustard
- 1 tsp. apple cider vinegar
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 chive stem, chopped in thirds

DIRECTIONS

- Soak plank in water for 1–2 hrs. Rinse salmon; pat dry with paper towels. Add salt and pepper.
- In a small saucepan, bring raisins and water to a boil. Remove from heat and let stand 10 mins. Drain raisins, reserve 1/2 cup of the water.
- Transfer raisins and reserved water to a food processor or blender. Process or blend until smooth; set aside.
- In a large saucepan, cook onion in 1 tbsp. hot oil over medium-high heat about 3 mins. or until tender. Add garlic; cook and stir 1 min. more. Add pureed raisins, 4 tbsps. olive oil, chipotle pepper, mustard, vinegar, salt, and pepper. Whisk to combine. Remove 2/3 cup of the sauce mixture; set remaining sauce aside.
- Drain plank and place on the rack of a covered grill over medium heat 3–5 mins. or until plank begins to crackle and smoke. Brush the flesh-side of the salmon with 1/3 cup of the sauce removed from the saucepan. Place salmon, skin side down, on plank. Cover and grill 18–22 mins. or until fish flakes easily with a fork, brushing with the remaining 1/3 cup of the sauce removed from the saucepan halfway through grilling.
- Drizzle salmon with remaining sauce mixture. Garnish with chives and serve.

* Look for a grill plank in the grilling supplies section of hardware and home supply stores.

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You talk (or email, post, or pin), and we listen! Here's what some of you are saying and cooking. Use #finecooking in your social media posts if you'd like to see your words or pictures on this page in upcoming issues.



f Facebook

Chad Nagel: Thanks for the nacho math and the accompanying nacho tips ("Nacho Nirvana," February/March 2017). I've made them twice already. Beer is a great ingredient for the beef!

✉ In our inbox

Loved the article on fresh turmeric (Try This, December 2016/January 2017). Also great in smoothies. Turmeric will stain a ceramic knife, but you can remove the stain with a little Bar Keepers Friend or Vim cleanser.

—Mary Ann Debes, Naples, Florida

Here's an additional tip for your technique on cutting butternut squash (Test Kitchen, February/March 2017). I had to dice eight of those large things recently. Someone told me years ago that if you put the uncut squash in the microwave for 60 seconds, it is much easier to cut and peel, so I gave it a try. I was able to peel the squash with a potato peeler almost as easily as a potato.

—Kathy Reilly, Larkspur, California



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suebob212: Braised Pork Shoulder with Fennel, Garlic, and Herbs ("Backward' Braising," February/March 2017): Tremendous dish and method. The bonus of browning at the end is that you can roast your sides (potatoes and green beans, in my case) at the same time.

rbhartman: French Onion Roast Chicken (Make It Tonight, February/March 2017): This is one of the best and easiest roast chicken recipes I've ever made. The onions were superb, and the chicken was moist and flavorful with crispy skin.



Corrections

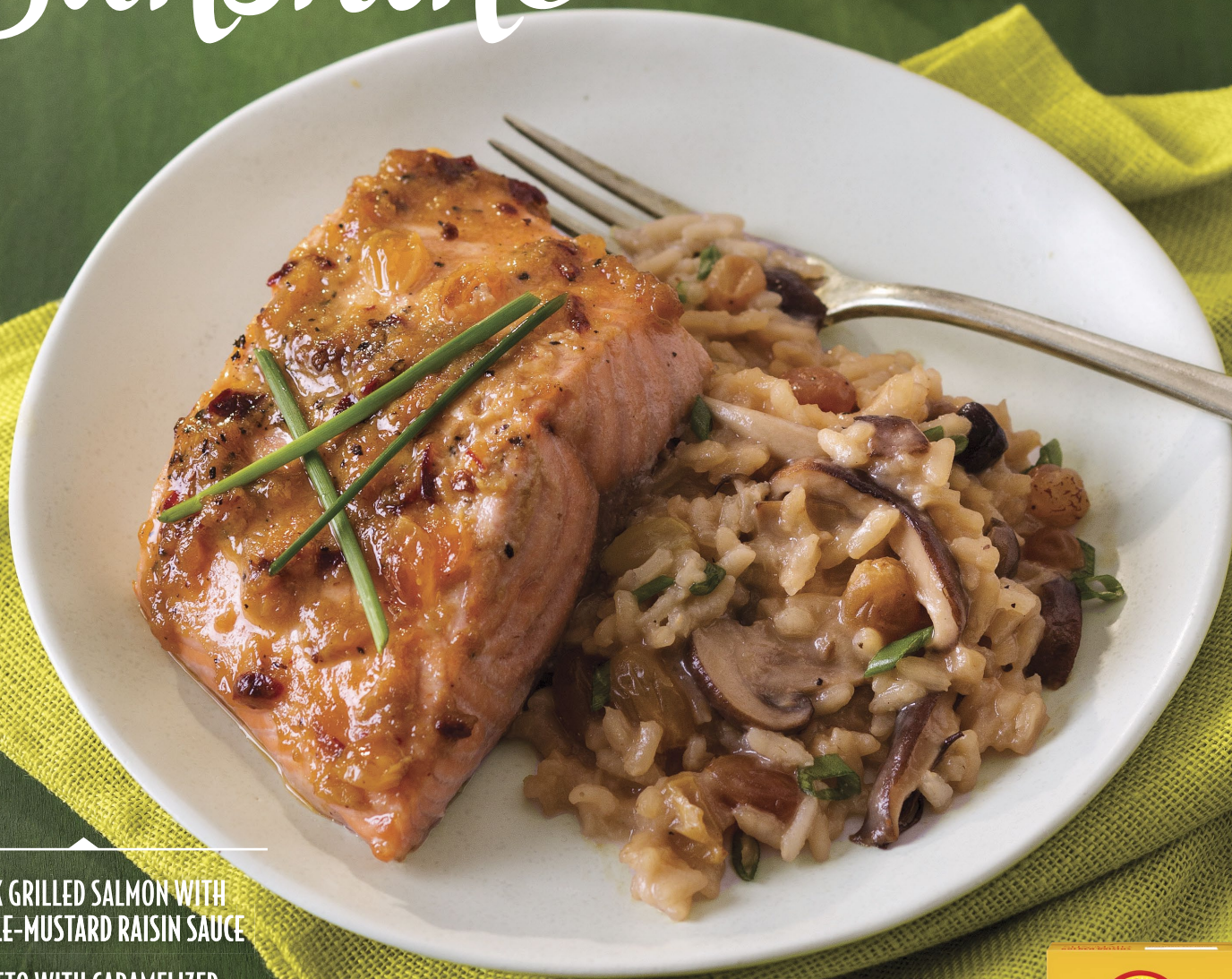
A big thank you to our readers who caught two errors in the February/March 2017 issue. Both recipes have been fixed on our website. We apologize for any confusion.

- In the Orange and Brown Sugar-Glazed Cake on p. 60, there should be 1/3 cup fresh orange juice in the cake and 1/4 cup in the glaze.
- In the Lingonberry Cream Cheese Pastries on p. 93, the puff pastry sheet should be cut into six (not three) equal 3 1/2 x 5-inch rectangles.



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MENUS



Latin Revival

Jicama, Avocado, Radish &
Orange Salad with Cilantro
FineCooking.com

Nuevo Latino Shrimp and Grits
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Spicy Peanut Butter and Lime
Skillet Cookie
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To drink: Rosé



Mangia Italiano

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Potato and Ricotta Gnocchi
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page 67

Raspberry-Balsamic Semifreddo
FineCooking.com

To drink: Barbera

Earth Day Celebration

Romaine Hearts with
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FineCooking.com

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*To drink: American pale ale
or Pinot Grigio*

Cinco de Mayo Patio Party

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Tomato Salsa
FineCooking.com

Grilled Beef Tenderloin
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Tequila-Lime Chicken Thighs
page 44

Kohlrabi-Radish Slaw
with Cumin and Cilantro
FineCooking.com

Black Rice and Pistachio Salad
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Pan de Muerto
FineCooking.com

Berry Compote
FineCooking.com

To drink: Hibiscus cooler
FineCooking.com



Dinner for Mom

Fruit and Nut Salad with Mixed
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Sear-Roasted Pork Tenderloin
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Confit of Vegetables
FineCooking.com

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page 80

*To drink: Viognier or white
Rhône-style blend*

Springtime Family Meal

Forty Shades of Green Salad
FineCooking.com

Macaroni and Cheese
with Asparagus and
Prosciutto
page 30

Garlic Bread
FineCooking.com

Strawberry-Rhubarb Fool
FineCooking.com

*To drink: Pinot Grigio
or crisp Chardonnay*



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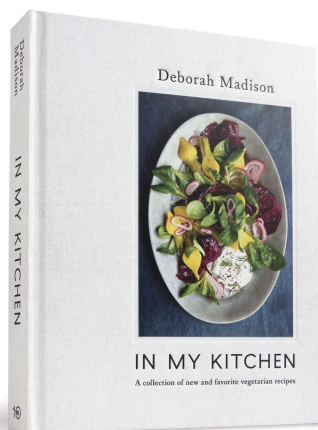


BOOKS THAT COOK

The Reading List

Vegetarian books that everyone will love

BY JOANNE SMART

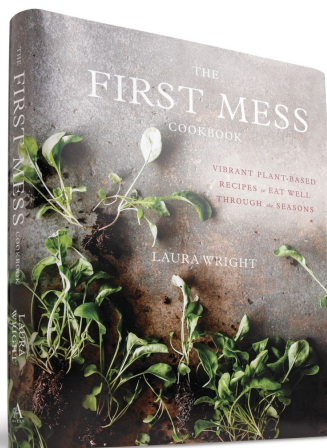


In My Kitchen

A Collection of New and Favorite Vegetarian Recipes
By Deborah Madison (Ten Speed Press; \$32.50)

Deborah Madison, a longtime and revered proponent of vegetarian cooking, has contributed many recipes to *Fine Cooking*. A favorite is one I fondly call “beans and greens on toast” (but online you’ll find it as Broccoli Raab & Cannellini Beans over Garlic Bread). The dish exemplifies the types of recipes—drop-dead simple but so delicious—featured in her newest cookbook. Madison acknowledges that more involved dishes still have their place (and there are a few of those here), but she believes that most (including her own) can be simplified with little to no loss of flavor. Whether it’s her take on scrambled eggs (smothered with crispy breadcrumbs) or a hearty Potato and Green Chile Stew, these are her favorites, the dishes she turns to again and again. Fans may recognize dishes from earlier incarnations, but chances are they’ve been lightened or tweaked to boost flavor. A chard and saffron tart, for example, is now lined with ground almonds in place of a butter crust. The book is organized (I use that word loosely) in an unusual way—without chapters and with recipes in alphabetical order by main(ish) ingredient. Some may find it frustrating that a broccoli side follows a recipe for bread, but I found it encourages browsing and discovery.

A keeper: Smoky-Spicy Butter In her earlier recipes, this might have been one component. Here, it’s the star, slathered on roasted veg.

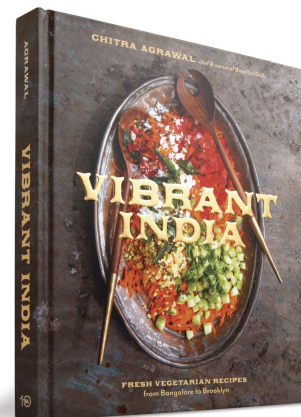


The First Mess Cookbook

Vibrant Plant-Based Recipes to Eat Well Through the Seasons
By Laura Wright (Avery; \$30)

If you can get past the odd title (more on the title later) and a grammatically tortured subtitle (the less said, the better), *The First Mess* is a gorgeous book filled with recipes that delight and surprise. I’m not vegan, but the book’s photos, shot by the author, an award-winning blogger, are so enticing that I’m really eager to try making her Seedy Sesame Granola Bars, among many others dishes. The recipes emphasize seasonal and local produce, and there is nothing strident about her approach to eating. Her veganism is presented matter of factly, and her tone is friendly and lively. An example: A recipe called Go-To Kale Salad with “Master Cleanse” Dressing pokes gentle fun at detox diets. Wright admits she has never tried the Master Cleanse, a fast that involves drinking a mixture of water, maple syrup, lemon juice, and cayenne, but she did enjoy a martini inspired by it, and loved the combination of sweet, spicy, and tart. And what of the book’s title? Also the name of Wright’s blog, it comes from a book by M.F.K. Fisher in which the preeminent food writer describes a first planting and the “mess” of peas it brings in the spring. For Wright, whose first job as a teenager was working at her dad’s farm-market store, the word resonated. And lucky for us it did.

Bookmarked: Peaches, Peas, and Beans Summer Salad The mix of sweet peaches, green beans, almonds, and basil intrigues.



Vibrant India

Fresh Vegetarian Recipes from Bangalore to Brooklyn
By Chitra Agrawal (Ten Speed Press; \$24.99)

In the introduction of her debut book, *Vibrant India*, which focuses on the vegetable-centric cuisine of South India, Chitra Agrawal quotes chef, world traveler, and lover of meat Anthony Bourdain about eating in India: “This is one of the few places in the world where I could eat vegetarian every day and still be happy.” I know I would feel the same. With so many exciting herbs and spices in the Indian pantry, plus an emphasis on protein-rich lentils, who needs meat? Raised in the suburbs of New Jersey, Agrawal took many long summer trips to visit her mother’s family in Bangalore and grew up eating the vegetarian dishes from her parents’ native country. After college in California, she moved to Brooklyn and started cooking and writing a food blog. That led to teaching food classes and, eventually, launching Brooklyn Delhi, the Indian condiments company she co-owns with her husband. Though many of the recipes in her book are not difficult to make (try Ben’s Curry Leaf Popcorn), she doesn’t shy away from more challenging dishes. I’ve only had *dosas*, those ethereal crepes made from a batter of fermented rice and lentils, at Indian restaurants, but I may try making them at home thanks to her detailed directions.

A sure hit: Apple, Ginger, and Coconut Hand Pies A take on a traditional Indian dumpling influenced by the author’s love of apple pie.

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Baking Spree

Make spring the sweetest season with our favorite new picks for the kitchen.

BY REBECCA FREEDMAN

1 Hip Chips

This year, Guittard became the first chocolate company of its size and reach to introduce chips that are certified Fair Trade. Now you can feel especially good about baking those cookies.

From \$4.49 for a 12-oz. bag; guittard.com.

2 Stand and Deliver

A silicone scraper's flexibility and rounded edges are ideal for removing dough or batter from a bowl's curves, and this version has an extra perk: a foot that lets it stand upright, preventing a mess on your counter. **\$6; josephjoseph.com; 917-338-0900.**

3 Baby Cakes

OXO's silicone baking cup liners boast some really smart features: tabs to easily remove them from the pan, plus a fill line to ensure that your cakes turn out an even height. Prefer paper? The soft pastel hues and floral patterns on Liberty of London's liners will gussy up any cupcake. **Set of 12 silicone liners (available in June), \$9.99; oxo.com. Set of 100 Liberty of London cupcake liners, \$8; williams-sonoma.com; 877-812-6235.**

4 Gilded Age

Williams-Sonoma's new gold-rimmed bakeware is pretty enough to serve in, so go ahead, bring that warm peach cobbler (or that mac and cheese or gratin) to the table. **Rectangular baker, \$29.95; williams-sonoma.com; 877-812-6235.**

5 In the Bag

If you're piping icings and batters, you'll need pastry bags at the ready, and how handy is it when they come in a roll? TSP's box of 30 bags is easy to store in a kitchen drawer, and they're BPA-free, too. **\$9.99; architecproducts.com.**

6 Get a Grip

It's not easy removing a freshly baked pie from the oven, but Staub's 9¼-inch ceramic pie plate features two helper handles that make gripping and lifting easy. **\$29.99; zwillingonline.com; 800-777-4308.**

7 Flower Power

We fell hard for these all-natural crystals made from cane sugar and edible flowers (rose, hibiscus, fennel) and herbs (basil, cilantro, mint). Sprinkle them on anything from ice cream and mousses to tarts and cakes for a delicate crunch, a pop of color, and a burst of flavor. **\$9 for a 4-oz. container; marxpantry.com; 866-588-6279.**



More kitchen products
on our radar



Simmer and Serve

Emile Henry's new ceramic soup/stockpot is the first of its kind. Though made from Burgundy clay, it can be used on any heat source. We especially love that it can serve as a tureen, making it truly stove to table. **\$130; emilehenryusa.com; 302-326-4800.**



What's Old Is New Again

Newly, a Nashville-based company, is serious about conserving the earth's resources, so products are made entirely from recycled materials. Their artisan Spanish wineglasses, acrylic trays, and tall, sleek Valencia pitcher are a few simple, elegant examples.

Pitcher, \$38; 6-glass set, \$58; square tray, \$45; rectangular tray, \$65; newly.com.



Stay Cool

Mauviel, known for its excellent copper cookware, has recently improved on a good thing, replacing its cast-iron handles with a new cast-steel version, which doesn't get as hot and cools much quicker. **Saucepan and lid, \$170; mauvielusa.com; 302-326-4803.**



Oil's Well

Unlike many versions on the market, Carrington Farms' coconut oil is made using a proprietary process to keep it in its liquid form. Try it unflavored, or go for one infused with garlic, rosemary, or Sriracha. **\$13.99 for a 16-oz. bottle; carringtonfarms.com; 800-505-9546.**

Sharp Focus

The Shun Hikari 8-inch chef's knife is impressively sharp and comfortable to hold; it's also a real stunner, featuring a birch handle with a red accent and a blade marked by a striking pattern, which helps prevent food from sticking. **\$375 (available in April); williams-sonoma.com; 877-812-6235.**



Super Seeds

Stöger Styrian Pumpkin Seeds' savory, earthy nuttiness is downright irresistible. Available raw or salted and roasted, try them scattered over soups, sprinkled on salads, or blended into pesto. **\$6.99 for 5 oz.; stogeroil.com.**



Outside the Box

This modern birch and powder-coated steel bread box is made in South Africa. Not only does it offer extra countertop storage, but it's a multitasker, too: Flip up the lid and it doubles as a cookbook or iPad stand. **\$129; nestedny.com; 929-399-6378.**



The Heat Is On

Jean Vier's charming cotton and linen baskets are about more than just looks; the baskets are equipped with a clever removable cherry-pit-filled cushion that can be heated to keep bread warm. Imported from France, they're available in both round and square shapes and in an array of colorful stripes. **\$48 to \$56; thefrenchfarm.com; 713-660-0577.**



Slice and Dice

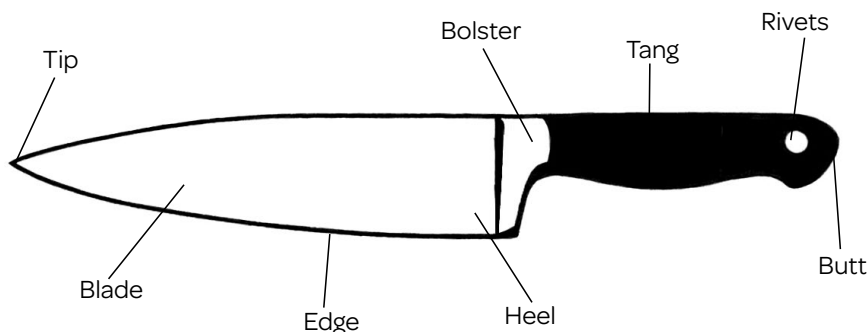
An illustrated guide to basic knife skills and common cuts. BY LISA LAHEY

The idea of precision knife cuts may be thought of as too persnickety for many home cooks. It's not just the beauty of a dish that benefits from good knife skills, though, but also the flavor and texture. Think of it this way: If you're making soup and you cut your vegetables big, you'll be able to get only one hunk of carrot on your spoon. If you cut the vegetables into small or medium dice, you'll have an array of flavors and textures in each bite. Plus, uniformity of cuts also allows for uniformity of cooking time and doneness. That said, no need to bust out the ruler to be exact on sizes; approximate is just fine.

A key tool in your kitchen is a good-quality chef's knife. It should feel balanced in your hand, with the weight of the blade equal to that of the handle. Almost more important, it should feel right in your hand: the handle, the size of the blade, and the weight of the knife. Once you have your knife, be sure to maintain it with regular sharpening and honing. A sharp knife is safer than a dull one, having less tendency to slip or slide rather than to cut as it should. It will also give you better and more beautiful results; a dull knife can tear and damage foods rather than chop or slice.

Once you become accustomed to cutting vegetables with the techniques shown here, you'll work with more speed and confidence in the kitchen.

Anatomy of a chef's knife



An 8- to 12-inch chef's knife is the most often used knife in the kitchen and the perfect tool for most chopping needs.

BLADE: The metal part of the knife from the bolster to the tip.

EDGE: The sharp cutting side of the blade.

TANG: The metal connected to the blade that extends into the handle.

BOLSTER: The heavy fat end of the blade just in front of the handle.

HEEL: The back end and heavier part of the blade.

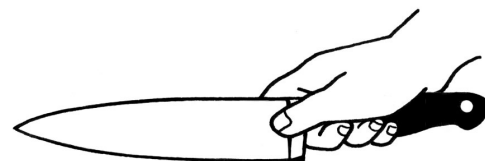
TIP: The forward part of the blade, including the sharp end.

RIVET: The piece that attaches the handle to the tang.

BUTT: The end of the handle.

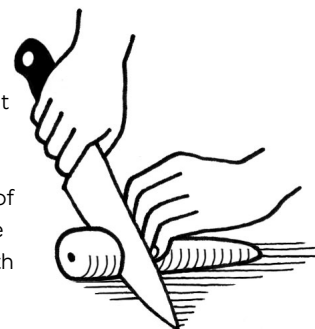
How to hold a knife

For best control, choke up your hold so that your hand is grasping both the handle and blade of the knife. (Holding a knife by just the handle can make the blade unwieldy.) Grasp the handle in the palm of your hand so that your index finger wraps over the bolster and rests on the side of the blade. Your thumb will rest on the opposite side so that pressure between your thumb and forefinger will steady the blade. The power or force of the cut comes from the palm of your hand, and your thumb and forefinger stabilize and guide the blade as you cut.



What to do with your other hand

When slicing or dicing, your other hand secures the ingredient as you cut and helps guide the knife to the thickness of each cut. Always curl the fingertips of this hand under so that they are tucked away from the sharp edge of the knife. The blade of a larger knife, such as a large chef's knife, will be guided by the flat surface of your fingers so that each slice can be made with steady precision.

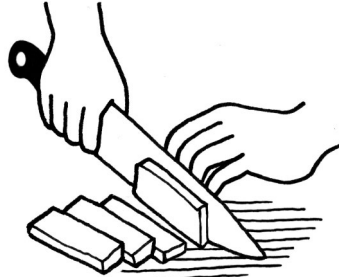


Basic Knife Cuts

Julienne and dice



1. Square off the vegetable by cutting off the ends and trimming the sides to create straight edges.



2. Cut lengthwise slices of even thickness.

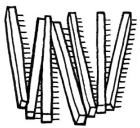


3. Stack a few slices, align the edges, and then cut again lengthwise the same thickness to create a baton, batonnet, or julienne (see below).

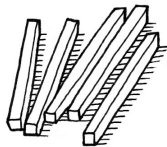


4. To dice, cut the baton, batonnet, or julienne pieces crosswise again of the same thickness to create cubes (see below).

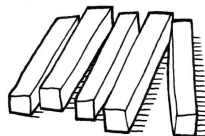
Julienne, batonnet, baton



**Julienne/allumette/
matchstick**
1/8 inch sq. x 2 inch



Batonnet
1/4 inch sq. x 2 to 2 1/2 inch



Baton
1/2 inch sq. x 2 to 2 1/2 inch

Fine, small, medium, and large dice



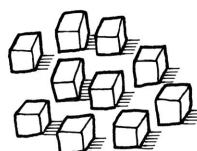
Fine dice / brunoise
1/16 inch sq.



Small dice
1/8 inch sq.



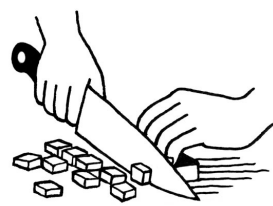
Medium dice
1/4 inch sq.



Large dice
1/2 inch sq.

Dress up your dinner

There are some cuts that—while not more difficult than a basic dice—will add a little flair to your food.



Paysanne/fermère
Cut a baton or batonnet crosswise into 1/8-inch thick slices.



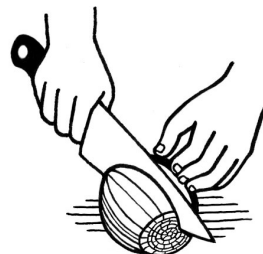
Rondelles
Cut cylindrical vegetables crosswise after peeling into thin, even slices.

Chop an onion

To chop an onion, each of the cuts should be made with the same interval: 1/8, 1/4, 1/2, or 1 inch.

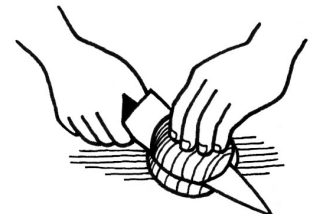


1. Trim the root end, leaving the layers of the onion connected. Trim off the top and remove the peel.



2. Cut the onion in half and lay it cut side down. Make evenly spaced lengthwise cuts into the onion, still leaving it connected at the root end.

3. While applying slight pressure to the onion to keep the vertical cuts together, make a series of horizontal cuts into the onion.



4. To finish chopping, slice down across the onion horizontally, once again applying slight pressure with your guiding hand to hold the onion in place.

continued on p. 22

Cut florets

Cutting a stalk of broccoli or head of cauliflower into florets is basically breaking it down into bite-size or edible portions.



1. Trim the bottom and leaves from the stalk.



2. Cut the head from the stem.



3. Rotate the head as you separate the individual florets by trimming them from the central stem. Divide or trim any large florets so that all are of a similar size.



4. Peel the tough outer skin from the stem to reveal the crisp, sweet interior. Cut it into batons, batonnet, or julienne. Or cut into any size dice or rounds and use raw or as you would florets.

Cut a chiffonade

This technique is used to cut larger leafed herbs, such as basil, and leafy vegetables, such as kale, leaf lettuce, or Swiss chard, into shreds or ribbons.



1. Stack a few leaves, layering them neatly.

2. Roll them into a bundle.



3. Cut the roll crosswise into thin strips.



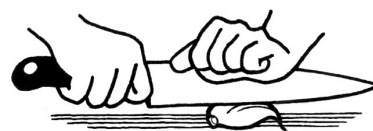
4. Cutting heading vegetables, such as iceberg lettuce or cabbage (greens already bundled by nature) into a chiffonade requires only that you halve or cut the vegetable so that there is a cut side that will rest firmly on a cutting board. Then cut crosswise to shred.



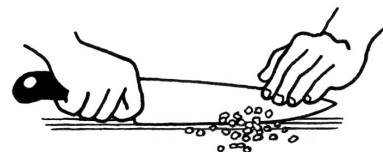
Slice & mince garlic; make garlic paste



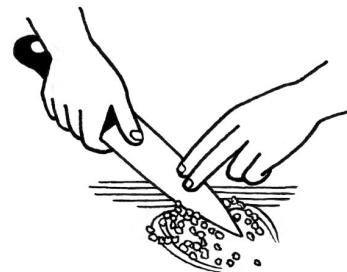
To slice garlic, remove the root end from each clove. Peel the skin to keep the cloves whole, and slice as thick or thin as you like.



1. To chop or mince garlic, start by crushing the clove into pieces. Place the flat side of your knife on the clove, then hit it with the heel of your hand. Discard the papery husk.



2. Lay the palm of your nonchopping hand over the top side of the blade near the tip, and apply gentle pressure to create a rocking motion. Use the blade of the knife to push the pile back together and continue to chop to the desired size.



3. To mash garlic into a paste, add a sprinkle of salt to the minced garlic; the salt will act as an abrasive. Then firmly press on the garlic with the flat side of the blade in a sweeping motion. Gather paste from the board with the sharp end of the blade. Repeat one or two times to reduce to a smooth paste.

Chop a pepper

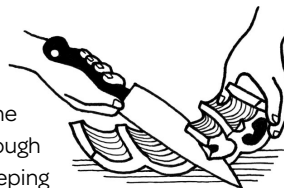
1. Cut both ends off the pepper.



2. Set the pepper on one of its ends and make one vertical cut through the center of the pepper.



3. Set the pepper on its skin side. Slip the knife blade through the cut, and keeping your knife flat against the flesh inside the pepper, cut to remove the ribs and seeds, unrolling the pepper as you work.



4. Lay the flesh of the pepper flat on the cutting board and cut as desired into julienne or dice.



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What we're cooking now

Fine Cooking editors and a reader share some delicious ideas for in-season ingredients.



Fava Bean Salad

In a medium bowl, combine finely chopped garlic, lemon juice, finely chopped fresh flat-leaf parsley, salt, and freshly ground pepper. Whisk in extra-virgin olive oil until emulsified. Add steamed or boiled peeled fava beans, and toss to coat.

—Ronne Day

Honey-Glazed Cipollini Onions

Melt butter with honey in a skillet over medium heat. Add peeled cipollini onions; cook, stirring often, until golden brown. Add dry white wine and a little balsamic vinegar, and cook until reduced to a glaze. Add a little chicken broth and chopped fresh thyme. Simmer until the liquid is nearly evaporated and the onions are tender.

—Kathy Kingsley

Pea Shoots with Tofu

Sauté cubed tofu in Asian (toasted) sesame oil until brown and crisp. Toss with soy sauce, then remove from the pan. Sauté sliced garlic in oil until fragrant; add pea shoots and cook until crisp-tender. Add the tofu and more soy sauce to taste. Garnish with toasted sesame seeds.

—Lisa Lahey

Cilantro Raita

Combine plain yogurt with grated cucumber, a pinch each of ground cumin, cayenne, and salt, a little chopped fresh mint, and a fistful of coarsely chopped fresh cilantro leaves. Serve with spicy food.

—Joanne Smart



Cardamom-Poached Apricots

Simmer a few crushed cardamom pods in simple syrup, and let steep until the flavor infuses, about 20 minutes. Remove the cardamom and add pitted fresh apricot halves. Simmer until tender. Serve the apricots with a drizzle of the syrup, a dollop of Greek yogurt, and a sprinkling of chopped pistachios.

—Sarah Breckenridge



Quick-Pickled Okra

Add a large pinch of sugar and half a seeded Thai bird chile to the brine from your favorite dill pickles, stir until the sugar dissolves, then add okra. Refrigerate for 1 week before serving. The okra will keep in the refrigerator for up to 2 weeks as long as it's submerged. (See other uses for pickling juice on p. 93.)

—Diana Andrews



ONE READER'S SEASONAL SPECIALTY



Grilled Chicken and Pineapple Sandwich

Grill a chicken breast cutlet, a slice of fresh pineapple, and a thick slice of red onion; layer on your favorite toasted sandwich roll with mayonnaise, lettuce, tomato, and a slice or two of avocado.

—Nancy Weitz, Scarborough, Maine



Spice Up your Spring

Chipotle Steak with Pineapple Avocado Salsa

- 1 can (20 oz.) DOLE® Pineapple Chunks
- 2 canned chipotle peppers in adobo sauce, seeded and minced
- 2 garlic cloves, minced
- 2 tbsp. honey
- 4 tsp. fresh lime juice, divided
- 1-1/2 pound beef skirt steak

- 1 ripe avocado, seeded, peeled and cubed
- 1/2 cup red bell pepper, cut into 1/2-inch pieces
- 1/4 cup green onions, thinly sliced
- 2 tbsp. finely chopped fresh parsley



Drain pineapple, reserve 1 tbsp. juice. In small bowl, combine reserved pineapple juice, chipotle peppers, garlic, honey and 2 tsp. lime juice. Reserve 2 tsp. mixture for salsa.

Heat ridged grill pan over medium-high heat until very hot. Place steak in pan; brush top with half chipotle mixture and cook 2 minutes. Turn steak over and brush with remaining mixture. Cook 2 to 3 minutes longer for medium-rare or until desired degree of doneness. Turn steak over again and cook 30 seconds longer. Transfer steak to a cutting board; keep warm.

For Pineapple-Avocado Salsa: In medium bowl mix pineapple chunks, avocado, red bell pepper, green onions, parsley, reserved 2 tsp. chipotle mixture and remaining 2 tbsp. lime juice.

Thinly slice steak; serve with Pineapple-Avocado Salsa.



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MAKE IT TONIGHT

Fresh and easy weeknight cooking



**Skillet Shepherd's
Pie, p. 28**



COMFORT FOOD

skillet shepherd's pie

This kind of dish is perfect for a still-cold spring night. It's hearty and filling, but the peas and mint hint at the warm weather to come. Serves 4

Kosher salt

- 2 large russet potatoes (about 1½ lb. total),
peeled and cut into 1-inch pieces
- ½ cup mascarpone
- 2 Tbs. unsalted butter
- Freshly ground black pepper
- 1 Tbs. olive oil
- ½ cup finely chopped sweet onion
- 1 Tbs. finely chopped garlic
- 1 lb. ground lamb
- 1 Tbs. finely chopped fresh rosemary
- 2 Tbs. all-purpose flour
- 1 cup lower-salt beef broth
- 1½ cups thawed frozen peas
- 1 Tbs. finely chopped fresh mint
- 3 oz. grated sharp Cheddar (about 1 cup)
- Hot sauce, such as Cholula, for serving (optional)

Position a rack in the center of the oven and heat to 400°F.

Bring a 4-quart saucepan of well-salted water to a boil. Add the potatoes and cook until tender, 12 to 15 minutes. Reserve a little of the cooking water, drain the potatoes, and return to the pot. Add the mascarpone, butter, ½ tsp. salt, and ½ tsp. pepper, and mash until smooth. If necessary, add a little of the reserved water to make the potatoes spreadable but not too loose.

Meanwhile, in a 10-inch ovenproof skillet, preferably cast iron, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until tender and browned, about 2 minutes. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the lamb, rosemary, ½ tsp. salt, and ½ tsp. pepper, and cook, stirring occasionally and breaking up the meat, until browned, 6 to 8 minutes. Spoon off most of the fat. Sprinkle the flour over the lamb, and stir until combined. Add the broth and cook, stirring and scraping up the bits on the bottom of the pan, until thickened, 2 to 3 minutes. Remove from the heat.

In a small bowl, combine the peas and mint. Layer the peas on top of the lamb. Dollop all over with the mashed potatoes, and use damp, flattened hands to spread them to the edge of the skillet.

Bake for 5 minutes, then top with the cheese. Turn the broiler on medium and broil until the cheese melts and is golden brown, 4 to 6 minutes. Allow to cool slightly before serving with some hot sauce, if you like.

—Ronne Day

 **Pair With:** MERLOT Always great with lamb, Merlot also has creaminess to mimic the melted cheese and herbal notes to complement the rosemary and mint.

harissa-yogurt baked chicken thighs

Harissa pastes vary in heat level. Taste some of the harissa-yogurt sauce before putting it on the chicken, and adjust the amount of harissa paste to your liking. Serves 4

- 1½ lb. boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper
- ½ cup plain Greek yogurt
- 1 Tbs. fresh lemon juice
- 1½ to 2 Tbs. harissa paste
- 1 Tbs. chopped fresh mint

Position a rack in the upper third of the oven and heat to 425°F. Line a large rimmed baking sheet with foil and set a rack over it. Season the chicken thighs with salt and pepper, and put them on the rack, smoother side up.

In a small bowl, combine the yogurt, lemon juice, ½ tsp. salt, and pepper to taste. Add the harissa to taste, and stir to combine. Spoon the yogurt mixture over the chicken. Bake until the chicken is cooked through (165°F), about 20 minutes. Heat the broiler on medium, and broil until the yogurt sauce is just starting to blacken in spots, 3 to 5 minutes. Sprinkle with the mint before serving.

—Erica Clark

 **Pair With:** WEIZENBOCK The malty, bready quality of this beer pairs beautifully with both the dark meat of the chicken and the creaminess of the yogurt. A touch of spice makes it a match for the harissa.



three speedy sides

neapolitan spaghetti squash Serves 4

Cut a medium **spaghetti squash** in half and remove the seeds. Place cut side down in a 9x13-inch baking dish, then add 1½ cups water. Poke the squash a couple of times with a fork. Roast in a 375°F oven until tender when pierced with a knife, 40 to 45 minutes. With a fork, rake the soft flesh of the squash (see p. 90) to remove it from the shell and separate the strands; transfer to a large bowl. Add ¼ cup toasted **pine nuts**, ¼ cup thinly sliced **fresh basil**, ½ cup finely grated **Grana Padano**, 3 Tbs. chopped dry-pack **sun-dried tomatoes**, 2 Tbs. rinsed **capers**, 2 Tbs. chopped **Kalamata olives**, 1 Tbs. **extra-virgin olive oil**, and ¼ tsp. freshly ground **black pepper**, and toss. Season to taste with **kosher salt** and pepper, and serve hot or at room temperature.

—Ronne Day



roasted chickpea, avocado, and feta salad Serves 4

Drain one 15-oz. can **chickpeas**, put them on a rimmed baking sheet, and pat dry. Toss with 1 Tbs. **olive oil**. Season with **kosher salt** and freshly ground **black pepper**, and roast in a hot 400°F oven until golden and slightly crunchy, 25 to 30 minutes. Mash 1 ripe Hass **avocado** with ½ tsp. **fresh lime juice**, and spread on a platter or divide among plates. Top with the chickpeas, 2 oz. finely crumbled **feta**, and 2 thinly sliced **scallions**. Season to taste with salt and more lime juice.

—Erica Clark

salt-baked fingerling potatoes Serves 4 to 6

Spread 2 cups **kosher salt** on a large rimmed baking sheet. Cut 1½ lb. **fingerling potatoes** in half lengthwise and place cut side down on the salt. Pierce the skin with a fork in a couple of spots. Bake at 425°F for 20 minutes. Flip and bake until golden brown, another 20 to 25 minutes. Transfer the potatoes, brushing off any excess salt, to a large bowl. Toss with 2 tsp. fresh **lemon juice**, 2 tsp. finely chopped fresh **flat-leaf parsley**, and ¼ tsp. freshly ground **black pepper**.

—Ronne Day



**TIP**

If your market sells 5-oz. cans of evaporated milk, you can use one even though it holds a little less than $\frac{3}{4}$ cup.

ONE-POT WONDER

macaroni and cheese with asparagus and prosciutto

Because there's no need to make a separate béchamel, this comforting dish comes together quickly and in the same pot you use to cook the pasta. The only caveat is that the sauce doesn't hold long, so serve it right away. Serves 4

Kosher salt

- $\frac{3}{4}$ lb. asparagus, trimmed and cut into $\frac{1}{2}$ -inch pieces
- 8 oz. elbow macaroni
- 2 oz. (4 Tbs.) unsalted butter, cut into pieces
- $\frac{3}{4}$ cup evaporated milk (not fat-free)
- 2 large eggs
- 5 oz. Fontina, coarsely grated (about $1\frac{1}{4}$ cups)
- 1 oz. thinly sliced prosciutto, cut crosswise into thin strips
- 2 Tbs. thinly sliced fresh chives
- Freshly ground black pepper

Bring a 4-quart pot of well-salted water to a boil. Add the asparagus and cook until just tender, 3 to 5 minutes. With a wire skimmer or slotted spoon, transfer the asparagus to a bowl, and keep warm.

Bring the water back to a boil, add the pasta, and cook according to package directions until al dente. Drain and return to the pot. Add the butter and cook over medium-low heat, stirring occasionally, until the butter melts, about 1 minute.

Meanwhile, whisk the evaporated milk, eggs, and $\frac{1}{2}$ tsp. salt in a glass measuring cup or bowl. Add to the pasta, and cook over

medium-low heat, stirring, until the sauce begins to cling to the pasta, 2 to 3 minutes. Add the cheese and cook, stirring, until the cheese melts, another 4 to 6 minutes. Remove from the heat, and stir in the asparagus, prosciutto, and chives. Season to taste with salt and pepper, and serve immediately.

—Sarah Breckenridge



Pair With: PINOT GRIGIO Chardonnay complements ooey gooey mac and cheese, but because this one has springtime ingredients like asparagus and chives, reach for slightly lighter Pinot Grigio.



ginger-sesame chicken lettuce wraps

These wraps satisfy on every level, delivering the perfect balance of sweet, salt, heat, and crunch in each bite. Ground turkey, pork, and beef all make good substitutes for the chicken. Serves 4

- 1 Tbs. cornstarch
- 2 Tbs. peanut or vegetable oil
- 6 scallions, trimmed and thinly sliced, greens and whites separated
- 1½ Tbs. grated fresh ginger
- 1 Tbs. finely chopped garlic
- 1 lb. ground chicken
- ½ cup canned sliced water chestnuts, cut into ¼-inch matchsticks
- 2 Tbs. dark brown sugar
- 2 Tbs. soy sauce
- 1 tsp. Sriracha; more to taste
- Asian (toasted) sesame oil, as needed
- 8 to 16 whole tender lettuce leaves, such as Bibb, butter, or red leaf
- Torn cilantro leaves, for garnish

In a small bowl, mix the cornstarch with 3 Tbs. water.

Heat the oil in a wok or 12-inch skillet over medium-high heat. Add the scallion whites, ginger, and garlic, and stir-fry until softened, 1 to 2 minutes. Add the chicken and stir-fry, breaking it into small pieces, until no longer pink, 6 to 8 minutes.

Add the water chestnuts, sugar, soy sauce, and Sriracha. Give the cornstarch slurry a stir, and add it to the pan, stirring until the sauce thickens. Add the scallion greens, and season to taste with a little sesame oil.

To serve, place ¼ cup of filling in the middle of one (or two stacked) lettuce leaves, and top with a few cilantro leaves and a little more Sriracha, if you like.

—Ellen Jackson

 **Pair With:** **RIESLING** With Southeast Asian flavors, Riesling is a good bet. Opt for a dry style for the recipe as is, off-dry if you add much more Sriracha.

SALAD FOR SUPPER

cobb-style salad with roast beef and fresh herb dressing

There's nothing wrong with a cold supper when it's bursting with as much color and flavor as this composed salad. While the ingredient list may look long, the prep is simple, and you can even buy hard-cooked eggs to save a step. Serves 4

- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 Tbs. fresh lemon juice
- 1 Tbs. prepared horseradish
- ¼ cup coarsely chopped mixed fresh tender herbs, such as dill, parsley, and tarragon
- 1 Tbs. pure maple syrup
- Kosher salt and freshly ground black pepper
- 1 medium head escarole, trimmed and chopped into bite-size pieces (about 6 cups)
- 1 Tbs. extra-virgin olive oil

- 8 oz. roast beef, cut into ½-inch cubes (see Note)
- 1 cup cherry or grape tomatoes, halved or quartered
- ¾ cup blanched fresh peas or thawed frozen peas
- ½ small sweet onion, cut into ½-inch dice
- 4 oz. Emmentaler or Gruyère, cut into ½-inch cubes
- 3 oz. crumbled mild blue cheese, such as Gorgonzola or Danish blue
- 2 hard-cooked eggs, sliced
- 1 avocado, cut into ½-inch cubes

Combine the mayonnaise, sour cream, lemon juice, horseradish, herbs, maple syrup, ¼ tsp. salt, and ¼ tsp. pepper in a blender, and blend until smooth. Season to taste with salt and pepper.

In a large bowl, toss the escarole with the oil, ¼ tsp. salt, and ¼ tsp. pepper. Arrange the escarole on a platter or plates. Top with the beef, tomatoes, peas, onion, cheeses, eggs, and avocado. Drizzle with a little of the dressing, and serve with the remaining dressing on the side.

—Ronne Day

Note: Ask at the deli for the roast beef to be sliced ½ inch thick.

 **Pair With:** RED WINE SPRITZER This dish is hearty, but it's still a salad. Red wine mixed with a little seltzer has backbone, but is also light and refreshing. Garnish the drink with one of the herbs in the salad, if you like.

**TIP**

For a beautiful presentation, arrange the ingredients in rows over the escarole.





TIP

Slice the ciabatta at a sharp angle to get interior slices, which toast beautifully.

DINNER FOR TWO

grilled brie and tomato

This grilled cheese is a great way to showcase ripe, juicy tomatoes. A flavored mayonnaise gets brushed onto the bread to impart flavor and help it crisp. Store any leftover in the fridge to use on other sandwiches or grilled fish. Serves 2

- ¼ cup mayonnaise
- 1 clove garlic, mashed with a pinch of kosher salt into a paste
- 1 tsp. fresh lemon juice
- Pinch cayenne pepper
- 4 ¾-inch-thick slices ciabatta bread
- 3 oz. cold brie, thinly sliced

- 2 small tomatoes, thinly sliced
- 10 basil leaves, thinly sliced
- Freshly ground black pepper

In a small bowl, whisk the mayonnaise, garlic paste, lemon juice, and cayenne.

Heat a 12-inch nonstick skillet over medium heat. Lightly spread one side of each slice of bread with the mayonnaise (about 1 tsp. per slice).

Put all four bread slices, mayo side down, into the skillet and cook until they just start to turn golden, about 2 minutes. Divide the brie between two of the slices. Cook for 2 minutes more until

the bread is well browned and the brie is soft. Remove the bread from the pan.

Top the brie with the tomatoes and basil. Spread a little more mayonnaise on the untoasted side of the remaining two slices of bread, and season with pepper. Close, slice, and serve.

—Christine Burns Rudalevige

Pair With: WEISSBIER These German wheat beers are yeasty and creamy, yet have a tickle of brightness that'll complement the tomatoes.

MAKE IT TONIGHT



korean flank steak tacos

Kimchi, the beloved Korean side dish made from fermented vegetables, is a little tangy, a little spicy, and a fantastic foil for steak in these vibrantly flavored tacos. Marinated cucumbers add crunch and bright clean flavor, too. For additional color, add fresh radish and diced tomatoes, if you like. Serves 4

- 2 Tbs. rice vinegar
- $\frac{3}{4}$ tsp. Asian (toasted) sesame oil
- 1 tsp. plus $\frac{1}{2}$ tsp. granulated sugar
- Kosher salt
- $\frac{1}{2}$ medium English cucumber, quartered lengthwise and thinly sliced
- 1 Tbs. soy sauce
- 1 tsp. grated fresh ginger
- Freshly ground black pepper
- 1 $\frac{1}{4}$ lb. beef flank steak, cut with the grain into 3-inch-wide pieces
- Vegetable oil, for the grill
- 8 6-inch flour tortillas, warmed
- 1 cup prepared cabbage kimchi (see Note), coarsely chopped
- Chopped fresh cilantro, for serving (optional)

Whisk the vinegar, sesame oil, $\frac{1}{2}$ tsp. of the sugar, and $\frac{1}{4}$ tsp. salt in a medium bowl until the sugar and salt are mostly dissolved. Add the cucumber and toss to combine. Let sit at room temperature for 25 to 30 minutes.

Meanwhile, whisk the soy sauce, ginger, the remaining 1 tsp. sugar, and $\frac{1}{4}$ tsp. black pepper in a small bowl to combine. Brush the steak on both sides with the soy sauce mixture. Let sit at room temperature for 30 minutes.

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. Oil the grill grate with the vegetable oil and grill the steak, turning once, until medium rare (130°F), 4 to 5 minutes per side. Transfer to a cutting board, cover loosely with foil, and let rest for 5 minutes. Slice the steak thinly against the grain. Serve in the tortillas with the cucumbers and kimchi. Top with the cilantro, if you like.

—Christine Gallary

Note: Look for jarred kimchi in the produce section of well-stocked supermarkets or in Asian markets.



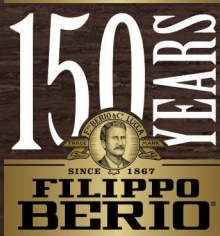
Pair With: WITBIER Light and crisp enough to take on the heat and tang of the kimchi, this beer also has some fruitiness that'll play well with the ginger and mildly sweet cucumber.



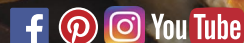
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on every bottle.
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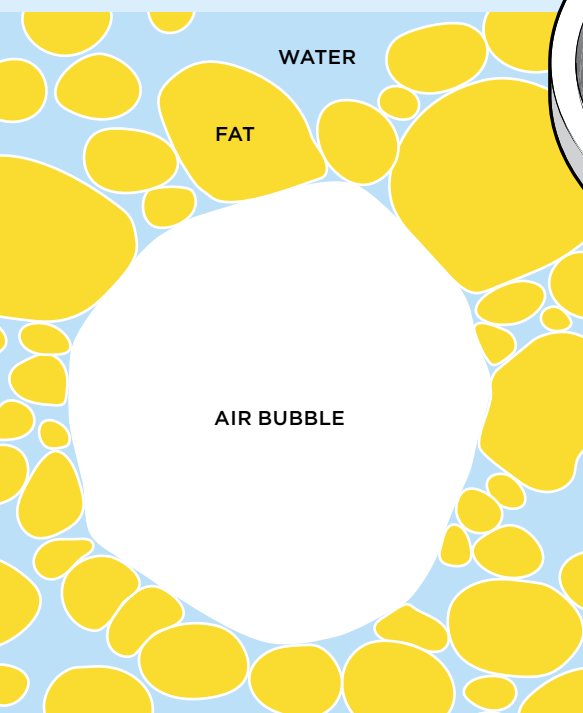
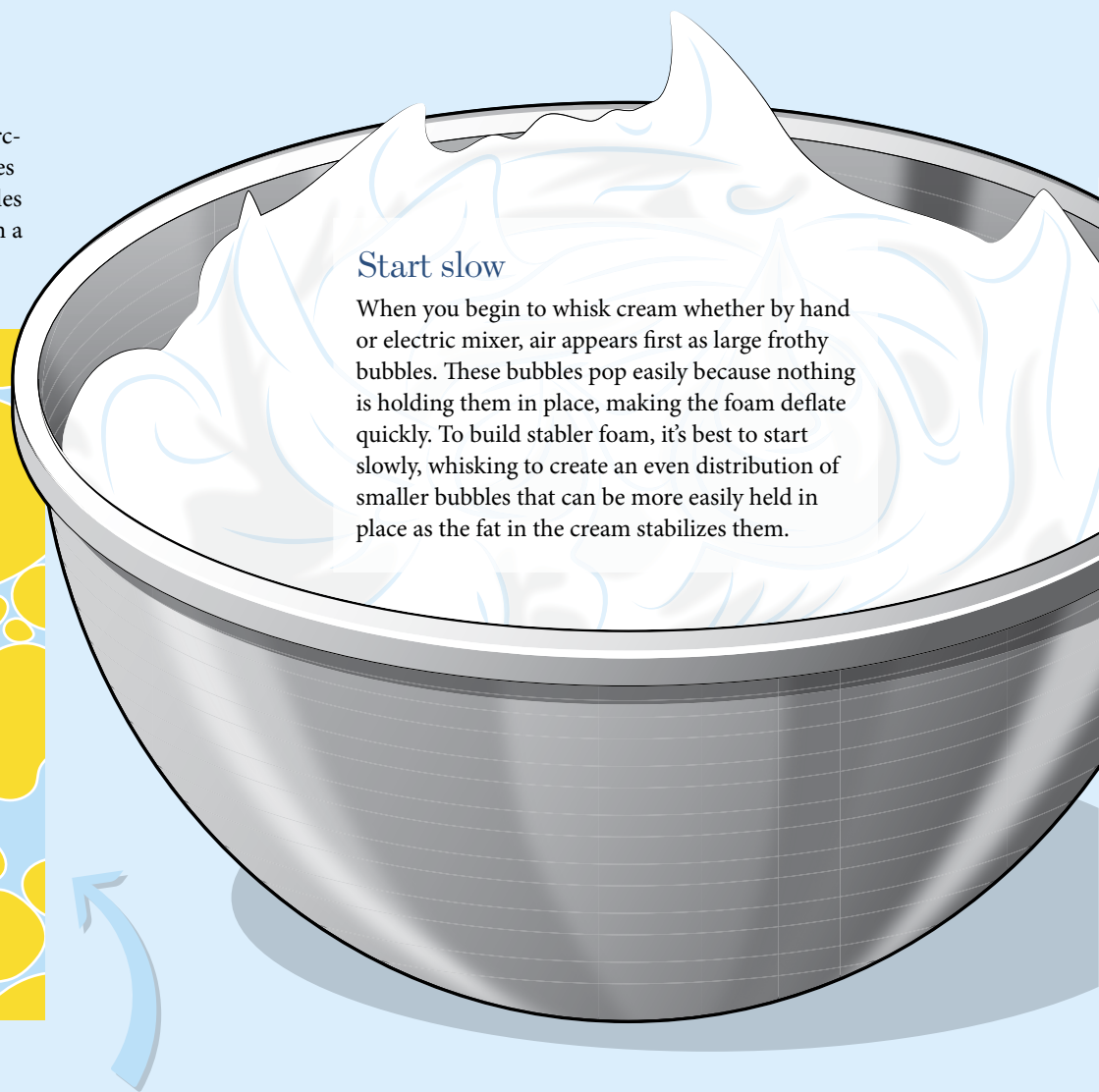
Whipped Cream

What's happening as you whisk those soft, lofty, delicious peaks?

BY DAVID JOACHIM AND ANDREW SCHLOSS

Liquid to foam

Whipped cream is a foam created by forcing air into liquid cream, which increases the cream's total volume as the air bubbles and liquid are trapped and suspended in a network of fat.



Start slow

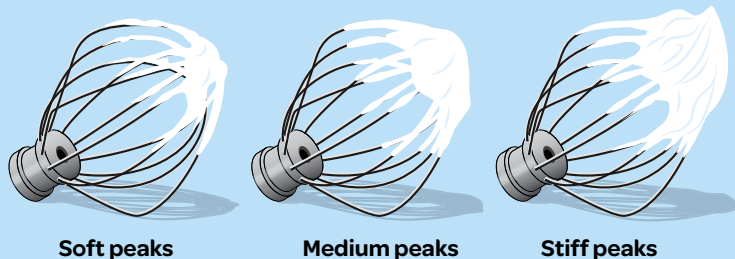
When you begin to whisk cream whether by hand or electric mixer, air appears first as large frothy bubbles. These bubbles pop easily because nothing is holding them in place, making the foam deflate quickly. To build stabler foam, it's best to start slowly, whisking to create an even distribution of smaller bubbles that can be more easily held in place as the fat in the cream stabilizes them.

Keep it up

As more air is beaten into the cream, the force of whisking gradually shears away part of the protective membrane coating the surface of the fat globules in the cream. These now-exposed fat globules align themselves around the air bubbles. Because fat and water will not combine, the fat globules in the cream naturally turn away from the water to face either the interior of an air bubble or each other, where they will connect and surround the air bubbles, making them more stable. Ultimately, they create a network of fat that holds both the water and air in suspension. At this point, the liquid cream has transformed into the semisolid foam we call whipped cream.

End just right

If you plan to pipe or spread whipped cream or fold it into another mixture, whip the cream to medium, not stiff, peaks (see above right). The actions of piping, spreading, and folding continue to apply mechanical force to whipped cream, which will drive fat globules closer together and create a grainy texture. The same thing happens when you overwhip cream, which is why some prefer to whip cream by hand—or at least by hand toward the end of whipping—to gain more control over the final texture.



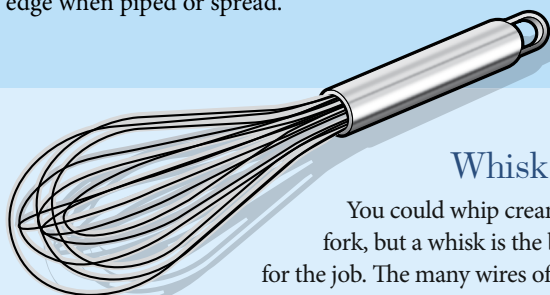
Soft peaks

Medium peaks

Stiff peaks

Peak stages

Lightly whipped, or soft peak, cream has a fluffy consistency that won't hold a peak and barely clings to the whisk when lifted. Cream whipped to medium peaks takes on more air and holds a soft peak at the top, but spreads gently at the bottom of a dollop. Whipped cream at stiff peak has roughly doubled in volume, holds firm, and has a sharp edge when piped or spread.

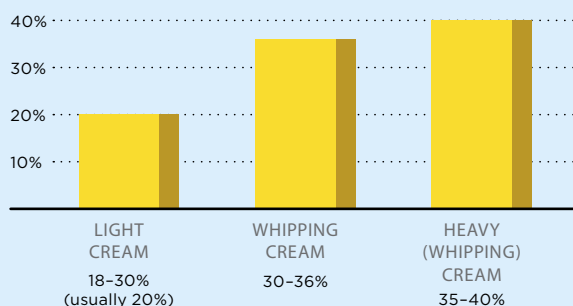


Whisk away

You could whip cream with a fork, but a whisk is the best tool for the job. The many wires of a whisk multiply the aerating effect of whipping, accomplishing the task more efficiently. A chilled metal whisk helps keep the cream cold so that it whips quickly (see right).

Fat Content in Cream

Percentage by weight

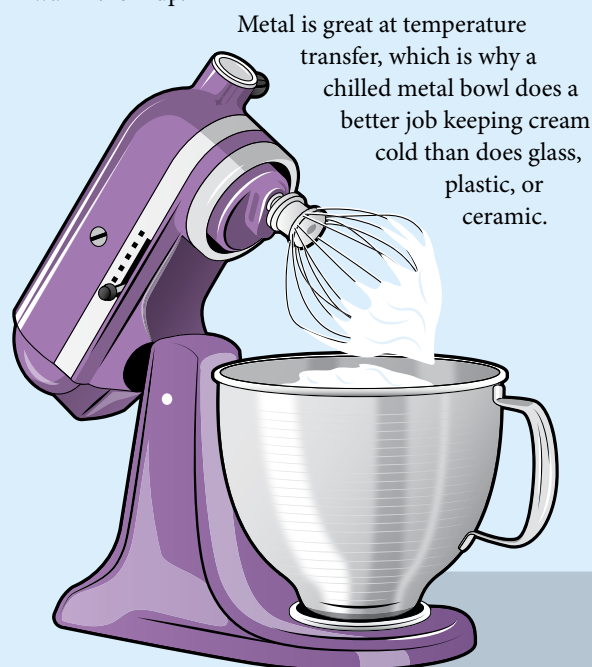


Keep it cool

All fat solidifies as it cools and melts when it's heated. The fat in cream (milk fat or butterfat) is solid at temperatures below 40°F, flexibly firm at temperatures between 40°F and 60°F, spreadable between 60°F and 85°F, and liquid at temperatures above that. For the fat in cream to be firm enough to stabilize the network of air bubbles in whipped cream, the cream ideally should be between 40°F and 50°F.

Refrigerating cream for at least 12 hours makes its milk fat uniformly chilled, resulting in whipped cream that is smoother and more stable. Cream that has been out at room temperature does not gain as much volume as chilled cream and more easily turns granular and watery as the whipped cream sits.

Beaters and bowls should be colder than 40°F, since air and the friction created by whipping will quickly warm them up.



Metal is great at temperature transfer, which is why a chilled metal bowl does a better job keeping cream cold than does glass, plastic, or ceramic.

Which cream?

Cream or milk with less than 30% fat can be whipped into a foam, but it won't last long, because cold fat strengthens the foam. For whipped cream that holds for several hours, choose cream with at least 30% fat (see chart above).

Unhomogenized cream whips faster than homogenized cream because the fat globules are larger and align themselves faster. However, this foam will be less stable because the larger fat globules form a looser network that is less able to hold water in suspension; it then weeps from the cream and deflates the foam.

Homogenized cream creates finer-textured, more stable foam because the fat globules are smaller and more widely and evenly distributed throughout the liquid.

Raw, unpasteurized cream

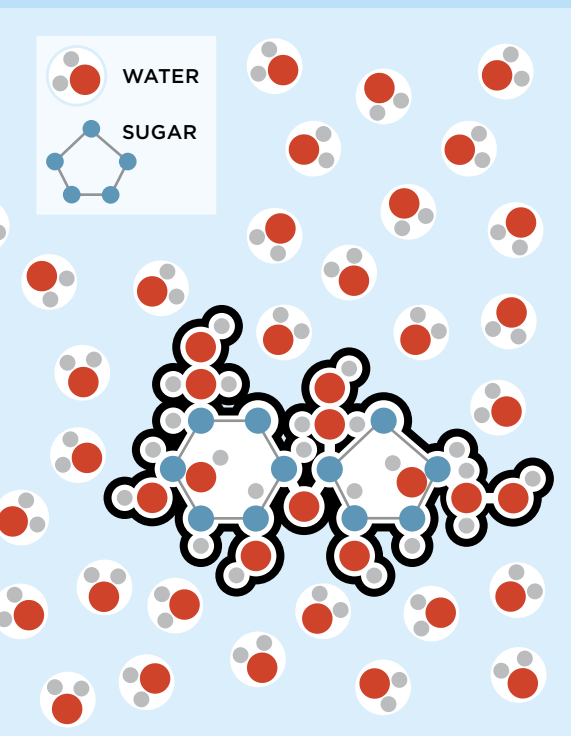


whips faster and holds stiffer peaks than pasteurized cream. The heat of pasteurization denatures (unravels) protein in the cream and destroys an enzyme that encourages fat globules to clump together, both of which weaken the stability of whipped cream. For the same reasons, pasteurized cream whips faster and holds better peaks than ultrapasteurized cream.



Sweeten the deal

Adding sugar is the most common way to sweeten whipped cream. Besides adding sweetness, sugar attracts and holds on to some of the water in the foam, making the whipped cream less likely to weep.



The finer the granulation of the sugar, the more easily it dissolves in the liquid cream. If you are using more than a few tablespoons of sugar to sweeten your whipped cream, as you might for a cake topping, use superfine, ultrafine, or confectioners' sugar to avoid any possibility of a gritty texture from undissolved sugar granules.

Liquid sweeteners, like honey or agave, thin the cream, decreasing its ratio of fat, thereby making the cream more difficult to whip. These sweeteners should be added near the end of beating, after the cream is thick enough to hold a shape.

RECIPE

basic whipped cream

Make this simple dessert topping by hand with a whisk or by machine with a whisk attachment. (For ideas on how to flavor whipped cream, see p. 90.)

Serves 8

- 1 cup heavy (whipping) cream, cold**
- 2 Tbs. superfine, ultrafine, or confectioners' sugar**
- ½ tsp. pure vanilla extract**

Chill a medium metal mixing bowl and metal whisk (or the bowl and whisk attachment of a stand mixer) in the freezer for 10 minutes.

Combine the cream, sugar, and vanilla in the bowl and whisk vigorously by hand or on medium-high speed in a stand mixer until the cream forms soft to medium peaks, 3 to 4 minutes by hand, 1 to 2 minutes by machine.

Use immediately or store in an airtight container in the refrigerator for up to 10 hours. When ready to use, rewhisk for about 15 seconds to incorporate any liquid that may have separated from the mixture.

Can broken whipped cream be saved?

IF YOU OVERBEAT CREAM and it's just beginning to look slightly grainy, you may be able to salvage it by gently whisking in a few tablespoons of liquid cream to help smooth it out. However, once the mixture resembles cottage cheese, the fat globules have been forced together so much that they form large, compact grains, and there's little you can do to separate them; it's best to keep beating and make butter instead.



What's in the can?

As with all food, fresh is best, and store-bought canned whipped cream is not as fresh as cream whipped on the spot. Bubbles form a little differently in whipped cream dispensed from a can and the whipped cream dispensers many chefs favor. In these containers, nitrous oxide (N_2O) gas is dissolved in the cream and dispersed throughout the fat under pressure. When the cream is dispensed, the pressure is released, and the gas moves rapidly out of solution, quickly expanding and forming bubbles in the cream.

While cream whipped by hand aerates to roughly twice its original volume, aerosolized creams expand to about four times their original volume due to rapidly expanding N_2O gas. As a result, dispensed whipped cream is lighter in weight than an equal volume of hand-whipped cream.

MATH



½ pint (1 cup) heavy cream =



2 cups
whipped cream

David Joachim and Andrew Schloss are the authors of the award-winning reference book The Science of Good Food.

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—Zoë François, pastry chef and cookbook author



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3 WAYS WITH... Pistachios

Delicious eaten out of hand, these nuts are also great in pasta, salad, and dessert.

BY DIANA ANDREWS



Get to know pistachios

- The cultivation of pistachios began in the Middle East thousands of years ago.
- Today, California grows about 98 percent of the pistachios consumed in the U.S.—more than 550 million pounds.
- Pistachios are a good source of protein, fiber, magnesium, thiamine, phosphorus, B6, copper, and manganese.
- Imported pistachios used to be dyed red to cover imperfections that came from traditional harvesting methods.

pistachio pesto pasta primavera

In this pretty dish, the vegetables are shaved to mimic the pasta. Blanching the parsley makes the pesto more vivid, but you may omit that step. Serves 4

FOR THE PESTO

Kosher salt

- 1½ cups packed coarsely chopped fresh flat-leaf parsley
- ½ cup coarsely chopped roasted, salted pistachios
- 1 oz. Grana Padano, grated (about ½ cup)
- 3 large cloves garlic, chopped
- Freshly ground black pepper
- ¾ cup extra-virgin olive oil; more as needed

FOR THE PASTA

Kosher salt

- 1 bunch asparagus (about 1 lb.), trimmed
- 3 medium carrots, trimmed
- 1 tsp. finely grated lemon zest
- 1 tsp. fresh lemon juice; more to taste
- Freshly ground black pepper
- 12 oz. fettuccine
- ¼ cup coarsely chopped roasted, salted pistachios
- Grated Grana Padano, for serving

MAKE THE PESTO

Bring a medium pot of salted water to a boil. Add the parsley and boil until it turns bright green, about 1 minute. Drain and rinse under cold running water. Squeeze dry with paper towels and transfer to a blender. Add the pistachios, cheese, garlic, ½ tsp. salt, and ¼ tsp. pepper, and blend until well combined. Add the oil and blend, adding more as needed to loosen to a pestolike consistency. (The pesto will keep, refrigerated for 1 day; it freezes well, too.)

MAKE THE PASTA

Bring a large pot of well-salted water to a boil.

Cut off the asparagus tips and set aside. Using a vegetable peeler, shave the asparagus stalks and carrots lengthwise, aiming for strips about the same length and width as fettuccine.

Boil the shaved asparagus and carrots (in batches, if necessary, and in a strainer as directed on p. 95, if you like) until crisp-tender, about 1 minute. Remove from the pot (keep the water boiling), rinse under cold water, pat dry, and transfer to a large bowl. Blanch the asparagus tips the same way until crisp-tender, about 2 minutes, and transfer to the bowl. Add the lemon zest and juice to the bowl, season with ½ tsp. salt and black pepper to taste, and toss well.

Replenish the water, and return to a boil, if necessary. Cook the pasta according to package directions until al dente. Drain and add to the bowl. Add ¼ cup of the pesto, and toss to coat. Season to taste with lemon juice, salt, and pepper. Serve dolloped with additional pesto (reserve any leftover for future use) and sprinkled with the pistachios and cheese.

pistachio phyllo bites

Reminiscent of baklava, these treats are ready in minutes. A perfect sweet bite to cap off a meal, they look especially pretty garnished with a bright green raw pistachio. **Makes 15 bites; serves 6 to 8**

- ½ cup roasted, salted pistachios**
- ¼ tsp. ground cinnamon**
- Pinch ground cardamom**
- Pinch ground cloves**
- Kosher salt and freshly ground black pepper**
- ½ cup honey**
- ½ tsp. finely grated orange zest**
- 1 cinnamon stick (about 3 inches)**
- 1 box mini phyllo (also called fillo) shells (15 pieces)**
- 1½ Tbs. unsalted butter, melted**
- 15 raw pistachios, skinned (optional; see Note)**

Pulse the roasted pistachios, cinnamon, cardamom, cloves, ¼ tsp. salt, and a pinch of black pepper in a food processor until the mixture resembles coarse meal. Transfer to a medium bowl.

In a small saucepan, combine the honey, zest, and cinnamon stick with ¼ cup water. Bring to a boil over medium heat, reduce

the heat to very low, and simmer for 5 minutes, stirring occasionally. Remove the cinnamon stick and let cool slightly.

Add 2 Tbs. of the honey syrup to the nut mixture, and stir until combined.

Generously brush the inside of each phyllo cup with the melted butter. Divide the ground pistachio mixture evenly among the cups.

Put the filled cups on a rack set over a foil-lined rimmed baking sheet. Drizzle the remaining honey syrup over the pastries and top each with a whole raw pistachio, if you like. Let sit for at least 30 minutes (and up to 4 hours) at room temperature to let the flavors develop before serving.

Note: If raw pistachios have skin on them, soak them in boiling water for 5 minutes. Drain, wrap in a kitchen towel, and roll back and forth on a counter to loosen the skins. Remove any remaining skin by hand.



black rice and pistachio salad

Pistachios underscore the subtle sweetness of black rice. Known as “forbidden” rice because it was originally reserved for the emperors of ancient China, black rice has a tender, slightly chewy texture and is available in most supermarkets. **Serves 4 to 6**

- 1 cup black rice**
- 1 medium navel orange**
- 2 Tbs. extra-virgin olive oil**
- 1 Tbs. Champagne or white-wine vinegar**
- Kosher salt and freshly ground black pepper**
- ½ cup coarsely chopped roasted, salted pistachios**
- 1 large scallion, thinly sliced; more for garnish**
- ½ Fresno chile, seeded and minced (about 1 Tbs.)**
- 2 Tbs. coarsely chopped dried tart cherries (about 1 oz.)**

Cook the rice according to package directions.

Cut the blossom and stem ends off the orange. Stand the orange on one of the cut ends and cut away

the peel, following the contours of the fruit. Working over a small bowl to catch the juice, cut the segments free from the membranes. Squeeze the juice from the membranes into the bowl, and cut each segment crosswise into 3 or 4 pieces.

In a medium bowl, whisk 1½ Tbs. of the orange juice with the oil, vinegar, ¼ tsp. salt, and black pepper to taste. Add the rice, pistachios, scallion, chile, cherries, and orange segments, and toss to combine.

Let sit at room temperature, stirring occasionally, for 20 to 30 minutes to meld the flavors. Season to taste with salt, pepper, and more orange juice, and serve topped with extra scallion.

Own Your Party! Be Aussome with Aussie lamb and grassfed beef.

Whether it's a backyard barbie or special celebration, make your next gathering with friends and family exceptional with just one simple addition. Serve Aussie lamb or grassfed beef, where the commitment to quality is as big as the flavor—and take your party to new heights. Channel your inner Aussie with great-quality ingredients and the ideas below to throw a party that's fun, easy on the host and encourages guests to mingle.

Picnic Bites

You'll have party faces all around with these bite sized burgers made with Aussie lamb or grassfed beef. Call them sliders if you like, they go down easy either way!



Sizzling Skewers

What's better than a make-your-own kebab spread? Guests can assemble and throw them straight on the barbie. Take your Aussie beef and lamb kebabs to the next level with seasonal veggies and homemade condiments.

Super Heroes

Amp up your meatballs with Aussie grassfed beef and lamb, and chopped peppers, spinach, mushrooms, or pine nuts. Set them out warm with a basket of hero (grinder) rolls, shredded provolone, mozzarella and Fontina cheeses, and homemade marinara sauce; then sit back, relax, and watch it all disappear.



Cooking Tips For An Aussome Party

- Bring your meat up to room temperature before cooking – and prevent it from drying out.
- Grassfed meats require less cooking time – about 30% less is a good rule of thumb.
- Allow steaks, chops and roasts to rest 5-10 minutes before cutting – it keeps them nice and juicy.



Visit www.finecooking.com/OwnYourParty to download an inspiring collection of Australian beef and lamb recipes perfect for your next party, brought to you by True Aussie Beef & Lamb and Fine Cooking.

Servings: 4 | Portion size: 3 chops | Alternate cuts: Lamb rack, lamb leg, lamb shoulder "steaks"

Lamb T-Bones with Beer and Bean Ragout

Chef Thomas Horner designed this recipe to make a quick and simple dinner while drinking a beer. Leafy greens, sweet peppers and white beans turn into a hearty ragout to accompany the herbed chops.

INGREDIENTS

12 Australian lamb T-bone chops
1 bunch fresh oregano leaves, chopped
1 bunch fresh parsley leaves, chopped
1 bunch fresh basil leaves, chopped
3 garlic cloves, sliced
3 tablespoons olive oil
10 sweet peppers or bell peppers, chopped
3-4 cups kale or mustard greens
½ cup apple cider vinegar
½ bottle of your favorite beer (less hoppy is best)
Two 15-ounce cans of white beans, drained
3 tablespoons honey
TT salt and pepper

METHOD

In a shallow baking pan, rub the chops with the oregano, parsley, basil and garlic. Let them marinate for 30 minutes. In a large pot, warm the oil over LOW heat and sweat the garlic (let it cook without browning). Add the peppers and increase the heat to MEDIUM to caramelize them. Add the greens and wilt them, stirring to cook evenly. Add the cider vinegar and simmer until the pot is dry. Add the beans and ½ cup of the beer, and simmer until the pot is almost dry. Add the honey and season with salt and pepper. Preheat grill over HIGH heat. Cook chops for 3-4 minutes on each side, for MEDIUM-RARE, or until desired doneness is achieved. Serve the beer and bean ragout on the side.

CHEF'S TIP

You'll only need ½ cup of the beer for the ragout, so the rest is yours for the sipping! Lighter beers work best for this; if IPA is preferred, more honey may be needed.

Your not-so-secret ingredient behind an Aussome party



Lamb T-Bones with Beer and Bean Ragout
Chef Thomas Horner

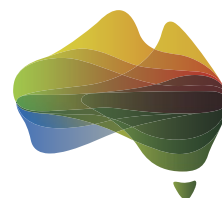


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When it comes to tequila, no frills are required.

BY NANETTE MAXIM

I once arrived at a dinner party in Mexico City's art-filled San Angel neighborhood just as the cocktail hour was beginning. A few of the guests—elegant women of a certain age—were being served tequila blanco in slender glasses balanced on individual wooden trays bearing quartered limes and a bit of salt. Ignoring the accompaniments, they sipped their tequila slowly, savoring it neat. I immediately wanted to have what they were having. And for this American, whose tequila past had been limited to rounds of citrusy margaritas, the flavor of a crisp, smooth, floral tequila sipped from a *caballito*, as this special glass is called, was a revelation.

Mexico takes its national drink very seriously; true tequila must be made only of 100 percent blue agave (a variety of the spiky succulent plant with the big pineapple-like heart, also called *piña*) and produced in a distillery located in a municipality recognized as being one of Mexico's denominations of origin for genuine tequila. Any tequila that does not say that it's 100 percent agave on the label is known as *mixto* (but still labeled tequila) and is made with up to

49 percent other sugars, such as cane. *Mixto* is not the beverage to drink neat.

Tequila dates back to the Aztecs, who first fermented agave juice to make ceremonial wine. Today, the blue agave, which takes 8 to 10 years to mature, is mostly harvested by hand and slowly steamed-cooked or roasted in special furnaces. The plants are then shredded and pressed to release their sweet juice into fermentation tanks. (It takes about 15 lb. of agave to make 1 liter of tequila.) Yeast is added, which acts on the sugars in the juice, turning it to alcohol. Tequila's flavor can vary greatly, depending on how it's distilled and how long it ages (see right).



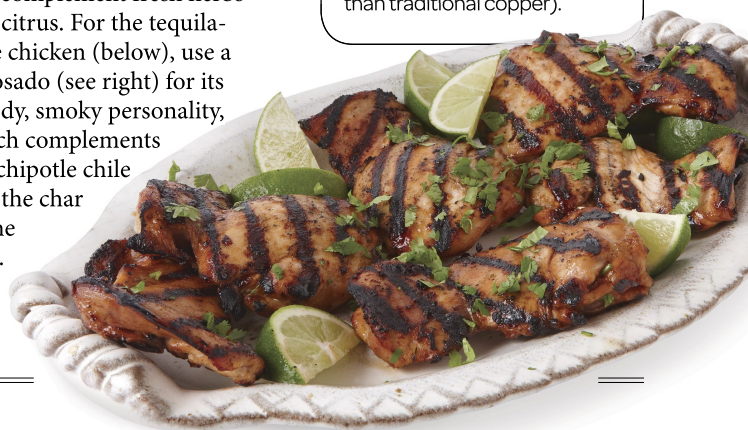
The spirit is also good to cook with. When using it, think of the flavors you want to highlight or enhance in the food, and then choose a tequila that will do just that. If you want to add tequila to a salsa or vinaigrette, reach for a blanco (see above); its pure, bright vegetal flavors will complement fresh herbs and citrus. For the tequila-lime chicken (below), use a reposado (see right) for its woody, smoky personality, which complements the chipotle chile and the char of the grill.

Age matters

Tequila is categorized according to its age, and the older the spirit, the more depth (and mellowness) of flavor. *Blanco* (also called white or silver) is the youngest (bottled unaged or aged up to 60 days), clearest, and cleanest tasting. *Reposado* ("rested") is golden in color, toasty in flavor, and aged in wood (typically oak) barrels for at least 60 days. *Añejo* ("aged") must spend at least one year in wood. Extra-*añejo* is aged for at least three years.

Tequila vs. mezcal

Agave is the base for both tequila and mezcal, but mezcal uses many other varieties of agave beyond the blue variety required in tequila. Traditionally produced in open-air distilleries called *paleques*, mezcal has a smokier flavor than tequila. These days, mezcal is growing in popularity, especially artisanal mezcals from Oaxaca villages and some made in clay pots (thought to lend a greater fruitiness to the spirit than traditional copper).



tequila-lime chicken thighs

For a full, robust tequila flavor, be sure to let the chicken marinate for at least 8 hours. **Serves 4**

- ⅓ cup tequila, preferably reposado
- ⅓ cup fresh lime juice (from 2 large limes)
- ¼ cup agave syrup
- 3 large cloves garlic, finely chopped
- 1 tsp. chipotle chile powder
- 1 tsp. ground cumin
- ½ tsp. dried oregano, preferable Mexican
- Kosher salt and freshly ground black pepper

- 8 boneless, skinless chicken thighs (about 2½ lb.), trimmed of excess fat
- Peanut or vegetable oil, as needed
- 1 lime
- ¼ cup coarsely chopped cilantro; more to taste

In a medium bowl, whisk the tequila, lime juice, agave, garlic, chile powder, cumin, oregano, 2½ tsp. salt, and black pepper to taste. Add the chicken, turning to coat. Cover and refrigerate for at least 8 hours or up to 2 days.

Prepare a medium (350°F to 375°F) gas or charcoal grill fire.

Remove the chicken from the marinade and shake off the excess liquid. Brush the chicken and the grill grate with the oil. Grill, flipping once, until charred in places and cooked through, about 8 minutes total.

Remove the chicken from the grill, cover with foil, and let rest for 5 minutes. Squeeze half a lime over the chicken, garnish with the cilantro, and serve with the remaining lime, cut into wedges.

—Diana Andrews



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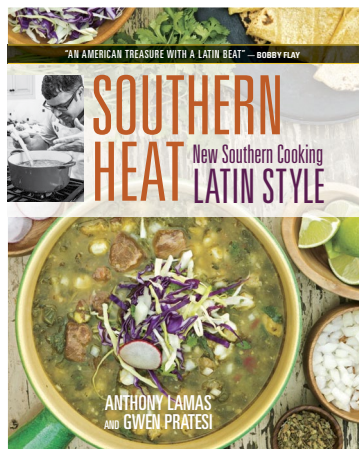
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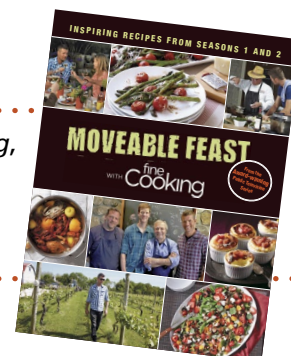
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A Most Perfect Cut of Pork

Tender, juicy, and quick to prepare, pork tenderloin answers the weeknight question: What's for dinner?

BY BRUCE AIDELLS

I CONSIDER PORK TENDERLOIN THE CHICKEN BREAST OF THE PORK WORLD: It doesn't get a lot of attention at fancy restaurants—chefs prefer more impressive-looking chops—but home cooks love it. And there is lots to love. Pork tenderloin takes almost no time to prep and cooks quickly, making it an especially good choice for weeknight dinners. While it may seem pricey compared to other cuts, there's little fat and no waste; you don't even need to trim away the silverskin (that thin membrane on top) as it's not detectable once cooked. Yes, pork tenderloin has a mild flavor, but as with chicken, that just gives license to jazz it up with all kinds of flavorings. Naturally tender, it takes well to dry-heat cooking methods, such as searing, grilling, sautéing, and roasting.

The recipes that follow show the versatility of this piece of porcine pleasure: roasted with a fennel-and-garlic rub; grilled with Tex-Mex flavors; flattened, stuffed, and rolled for a dinner-party-worthy entrée; and brined to keep it extra juicy while its exterior develops a lovely char. No matter which way you cook pork tenderloin, the key is to not overcook it. Gone are the days when, for safety reasons, cooked pork had to show no traces of pink (see right). Once cooked, give it a short rest before slicing. You'll be rewarded with slices that are pink and juicy—in other words, perfect.

Meat expert Bruce Aidells has written many award-winning cookbooks, including The Complete Meat Cookbook.



Think pink

Years ago, pork was cooked until there was no sign of pink, and the results, as may be expected, were dry. These days, thanks to improved pork production, there's no need to cook it to that extreme. The USDA still suggests it be cooked to 145°F (down from 160°F), but you'll get juicier results cooking it to between 130°F and 140°F.



sear-roasted pork tenderloin with garlic and fennel

Fennel is a classic flavoring for pork because it brings out the sweetness of the meat. Although this recipe is straightforward, you can make it even easier by skipping the browning step. Instead, roll the raw tenderloin in the garlic mixture and roast for about 30 minutes. Serves 4 to 6

- 4 cloves garlic, finely chopped
- 2 Tbs. chopped fresh sage
- 2 Tbs. chopped fresh thyme
- 4 tsp. fennel pollen or ground fennel seed
- Kosher salt and freshly ground black pepper
- 2 Tbs. olive oil; more as needed
- 2 pork tenderloins (2 to 2½ lb. total)
- Chopped fresh flat-leaf parsley (optional)

Position a rack in the center of the oven and heat to 350°F. Line a rimmed baking sheet with foil, then set a large wire rack on the sheet.

Combine the garlic, sage, thyme, fennel, 2 tsp. salt, and 2 tsp. pepper in a small bowl (or right on the cutting board).

Heat the oil in a large skillet over medium-high heat. Add the pork and cook, turning occasionally, until golden brown on all sides, 10 to 12 minutes. (You may need to sear the tenderloins separately, depending on pan size.) Transfer to the rack on the baking sheet and let stand until cool enough to handle.

Meanwhile, spread half of the garlic-fennel mixture on a cutting board. Roll one of the tenderloins in the mixture—it won't cover the pork completely—then return it to the rack on the baking sheet. Repeat with the rest of the garlic-fennel mixture and the other tenderloin. Scrape any remaining mixture from the board over the tenderloins, and press gently to adhere.

Roast until the pork registers 130°F to 135°F on an instant-read thermometer, about 15 minutes.

Transfer to the cutting board, cover loosely with foil, and let rest for 5 to 7 minutes. Slice and serve, sprinkled with the parsley, if you like. Season to taste with salt and pepper.



Pair With: VIOGNIER A Pinot Noir would work well. But if you're feeling adventurous, reach for Viognier. The white wine will taste great with the fennel.



hoisin-and-maple-glazed roasted pork tenderloin

This recipe is based on the Chinese barbecued pork called char su, with a glaze developed by my wife, Nancy, who is chef/owner of Boulevard in San Francisco. To help keep the meat juicy during roasting, the tenderloins get a light salt brine. For best results, brine the pork for at least 6 hours. Serves 4 to 6

FOR THE BRINE

- 3 Tbs. kosher salt
- 2 Tbs. dark brown sugar
- ¼ cup hoisin sauce
- ¼ cup soy sauce
- ¼ cup Scotch
- 1 Tbs. pure maple syrup
- 1 Tbs. minced garlic
- 1 Tbs. minced fresh ginger
- ¼ tsp. Chinese five-spice powder
- 2 pork tenderloins (2 to 2½ lb. total)

FOR THE GLAZE

- ¼ cup hoisin sauce
- 2 Tbs. pure maple syrup

- 1 Tbs. dark brown sugar
- 1 Tbs. Scotch
- 2 tsp. Asian (toasted) sesame oil
- 1 tsp. minced fresh ginger
- Thinly sliced scallions, for garnish

BRINE THE PORK

In a bowl just large enough to hold the tenderloins, combine the salt and sugar with 4 cups cold water and stir until dissolved. Add the hoisin and soy sauces, the Scotch, maple syrup, garlic, ginger, and five-spice powder. Submerge the pork in the brine, cover, and refrigerate for at least 6 hours and up to 12 hours. (Alternatively, you can brine the pork in a large zip-top bag.)

GLAZE AND ROAST THE PORK

Position a rack in the center of the oven and heat to 425°F.

In a small saucepan, combine the hoisin sauce, maple syrup, sugar, Scotch, sesame oil, and ginger, and cook over medium-low heat, stirring occasionally, until the mixture comes

to a boil. Remove from the heat.

Line a rimmed baking sheet with foil, then set a large wire rack on the sheet. Take the tenderloins out of the brine, shaking off any excess. Pat dry with paper towels, and place on the rack. Brush both with about half of the glaze. Roast for 7 minutes, brush with about half of the remaining glaze, and roast until the pork registers 130°F to 135°F on an instant-read thermometer, another 10 to 15 minutes. Remove the pork from the oven and heat the broiler on high. Brush the pork with the remaining glaze, and broil, checking often, until it bubbles and begins to darken, 1 to 2 minutes.

Transfer to a cutting board, cover loosely with foil, and let rest for 5 minutes. Slice and serve with the scallions.

 **Pair With:** GEWÜRZTRAMINER Always a go-to for Asian-inspired foods, here the wine is especially apropos because of the Chinese five-spice powder—*gewurz* is German for “spice.”

grilled chile-spiced pork tenderloin

Butterflied and pounded thin, pork tenderloins can be cooked quickly over a hot grill. Serve sliced with some rice and beans or lime-accented coleslaw, or cut the meat into strips and use as a taco filling. Serves 4 to 6

- 2 Tbs. ground chile powder, such as ancho, California, or New Mexico
- 2 tsp. finely grated lime zest
- 2 Tbs. fresh lime juice
- 1 Tbs. olive oil; more for the grill
- 1 Tbs. finely chopped jalapeño
- 2 cloves garlic, chopped
- ½ tsp. ground cumin
- ½ tsp. dried oregano
- Kosher salt
- 2 pork tenderloins (2 to 2½ lb. total)
- Chopped fresh cilantro, for serving
- Lime wedges, for serving

In a small bowl, combine the chile powder, lime zest and juice, oil, jalapeño, garlic, cumin, oregano, and 1 tsp. salt to form a paste.

Butterfly the tenderloins by making a lengthwise slit down each (see photo 1 on the following page), taking care not to cut all the way through to the opposite side. Open each tenderloin, cover with a sheet of plastic wrap, and gently pound the meat with a meat pounder to an even thickness of about ½ inch (see photo 2 on the following page).

Generously rub the chile paste all over, and let sit at room temperature for 1 hour (or refrigerate, wrapped in plastic, for up to 1 day).

Meanwhile, prepare a medium (350°F to 375°F) gas or charcoal grill fire. Lightly oil the grate and grill the tenderloins, flipping once, until just firm to the touch, 2 to 3 minutes per

side. Transfer to a warm platter, cover loosely with foil, and let rest for 5 minutes. Slice and serve with the cilantro and lime wedges.



Pair With: SPANISH ROSÉ A rosé made with Tempranillo grapes will have meaty notes, while one made with Garnacha will be fruitier. If you can find a rosé that also has a touch of sweetness, it'll work best with the spice.

For the side dish on this page, go to:
[FineCooking.com/mexicanrice](https://www.finecooking.com/mexicanrice)



Flatten, stuff, and roll



mushroom- and-coppa-stuffed pork tenderloin

Not only is this a flavorful way to enjoy pork tenderloin, but it also looks impressive. Your little secret is how simple this dish is to prepare. Serves 4

FOR THE PORK

- 10 oz. mushrooms, such as cremini, trimmed (about 3 cups)
- 2 Tbs. unsalted butter
- 1 Tbs. finely chopped garlic
- Kosher salt and freshly ground black pepper
- 2 Tbs. chopped fresh basil
- 1 pork tenderloin (1 to 1½ lb.)
- 3 oz. thinly sliced hot or sweet coppa
- 1 oz. Parmigiano-Reggiano, grated (about 1 cup)
- ¼ cup fresh breadcrumbs
- 2 Tbs. olive oil; more as needed

FOR THE SAUCE

- 1 tsp. minced shallot
- 1 tsp. minced garlic
- ½ cup dry white wine
- 1½ cups unsalted chicken stock
- 1½ Tbs. unsalted butter
- Kosher salt and freshly ground black pepper
- 1 Tbs. chopped fresh basil

STUFF AND COOK THE PORK

Pulse the mushrooms in a food processor until finely chopped (or chop by hand), and set aside.

Heat the butter in a medium skillet over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the mushrooms, and season lightly with salt and pepper. Increase the heat to medium high and cook, stirring, until the mushrooms are no longer giving off any liquid, 5 to 10 minutes. Stir in the basil, transfer to a plate, and refrigerate for at least 15 minutes.

Butterfly the tenderloin by making a lengthwise cut down the center of the tenderloin, taking care not to cut all the way through to the opposite side **1**. Open the tenderloin, cover with a sheet of plastic wrap, and pound with a meat mallet to an even thickness between ¼ inch and ½ inch **2**.

Flip the tenderloin over so it's cut side up (see Note). Cover the pork with the coppa, overlapping the slices slightly (you may not

need all of it). Spread the mushrooms over the coppa, leaving a ½-inch border. Sprinkle the cheese, then the breadcrumbs evenly over the mushrooms **3**. Starting on the long side, roll the meat up tightly around the stuffing **4**. Tie the roast with kitchen twine at 2-inch intervals **5**, and season lightly all over with salt and pepper.

In a heavy-duty ovenproof skillet large enough to hold the tenderloin, heat the oil over medium-high heat. Brown the tenderloin well on all sides, 7 to 10 minutes. Lower the heat to medium, and cook, seam side down to start and then turning the pork occasionally, until the pork registers 130°F to 135°F on an instant-read thermometer, another 15 to 17 minutes. Transfer to a cutting board, leaving any juices in the pan, cover loosely with foil, and let rest.

MAKE THE PAN SAUCE

Pour off any excess fat from the skillet. Return the skillet to the stove over medium heat. Add the shallot and cook, stirring, for 30 seconds. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the wine and cook, stirring and scraping the brown bits from the bottom of the pan, until the wine has almost completely evaporated, 6 to 7 minutes. Add the chicken stock, increase the heat to medium high, and cook, stirring frequently, until the sauce reduces slightly, 8 to 10 minutes. Lower the heat to low, stir in the butter, and season to taste with salt and pepper.

Remove the twine from the pork, slice, and serve with the sauce and the basil.

Note: For easy rolling, keep the tenderloin on the plastic wrap, and use the plastic to help roll the meat up.

Pair With: OREGON PINOT NOIR The earthy ingredients here—mushrooms, coppa, Parmesan—beg for a cool-climate Pinot.



A FRESH LOOK
AT
LEEKS

BY MINDY FOX

THE GENTLE GIANT OF THE ONION FAMILY OFFERS A MILD, SWEET
FLAVOR THAT WORKS WELL IN ALL KINDS OF CROWD-PLEASING DISHES.

YOU PROBABLY SEE THEM AT THE MARKET, NEAR THE SCALLIONS, WHICH THEY RESEMBLE—IF THE SCALLIONS WERE ON STEROIDS. But how often do you actually grab a bunch of leeks? If your answer is “rarely,” I encourage you to change your ways. Though milder than an onion, a leek imparts a similar flavor, but with its own vegetal personality. It’s often the unsung hero that makes a dish special. Case in point: My Uncle Thom and his wife, Bonnie, credit me with turning them on to leeks via a soup recipe from my chicken cookbook; now, like me, they’re fans of this unassuming allium.

Though often associated with spring, as that’s when small, young ones first start to show up at the market, leeks are farmed commercially almost year-round in areas of the United States like the temperate Pacific Northwest. When buying leeks, look for fairly firm whites and sturdy greens, free from blemishes and withering. Leeks stay freshest when a portion of their roots remains attached, so if you can, buy them that way.

Almost all leek recipes begin with trimming away the dark green leaves of the plant, which are too fibrous to cook up tenderly. (They can be added to a stock for flavor, however.) Any tough outer layers of the white and light-green parts should also be removed. For bigger leeks, this can mean that a few layers have to go. Leeks that have overwintered or have been exposed to a lot of cold in the field can have a whitish, fibrous seed stalk running through the center, which you’ll want to discard, too.

Cleaning leeks is fairly easy. Sliced or chopped leeks may be easily rinsed in a strainer under running water. For leeks to be cooked halved but intact, rinse the halves under running water, fanning out the layers as you go. To be sure all of the grit is gone, submerge them in a bowl of lukewarm water, and swish them vigorously. Leave the leeks floating in the water for a few minutes so that any dirt settles to the bottom, and then lift them out carefully.

The recipes on the following pages showcase leeks either grilled on their own for a stunning side dish or sliced and featured in abundance in a soup, pasta, and bread pudding. But you don’t need a recipe to cook with leeks; just use them as you might an onion in a filling for an omelet or quiche, to top pizza, or to boost the flavor of a stew or braise. I also like to slowly sauté sliced leeks until they’re sweet and silky (see sidebar at right), or give them an easy fry to make frizzled leeks (see sidebar at right), which are the perfect garnish, adding both flavor and crunch.

The next time you’re at the market, give leeks a chance. Like Thom and Bonnie, you might just fall in love.

Mindy Fox is a cookbook author and food writer.

TRY THEM FRIED OR SLOWLY SAUTÉED

Two cooking methods make leeks positively irresistible in opposite ways. For frizzled leeks, matchstick-cut leeks are fried in oil until browned and crisp. Melted leeks are sautéed very slowly until ridiculously tender and sweet.



frizzled leeks

A small handful of frizzled leeks tastes great sprinkled over salads, soups, or dips. Or use them to add crunch to burgers, omelets, or pastas. Always make more than you think you need because it’s impossible not to snack on them as you make them.

Slice the leek’s white and light-green parts into 2-inch-long matchstick strips (see p. 91). Rinse well and pat dry.

Heat about $\frac{1}{4}$ inch of a neutral oil in a small skillet until a leek strip immediately sizzles when added. Working in batches, add a small handful of leek strips to the oil (the oil will immediately bubble up); fry, turning occasionally and adjusting the heat as necessary, until mostly golden, $1\frac{1}{2}$ to 2 minutes. Use a slotted spoon to transfer the leek strips to paper towels to drain. Season generously with kosher salt while warm. (They’ll keep, airtight at room temperature, for up to 3 days.)



melted leeks

Leeks cooked low and slow develop a soft and luxurious texture. Spoon some over toasts and crostini, scrambled eggs, pizza, grilled steak, risotto, pasta, and more. Or use as a sandwich topping or in quesadillas.

Slice the leek’s white and light-green parts in half lengthwise and then crosswise into $\frac{1}{4}$ -inch-thick half-moon slices. Rinse well and pat dry.

Heat $\frac{1}{2}$ inch of extra-virgin olive oil in a heavy-based saucepan that will fit the leek without any areas of the pan uncovered. Add the leek, spreading evenly, and season with salt and pepper. Reduce the heat to low, cover, and cook, stirring occasionally and adjusting the heat to keep the slices from browning, for 10 minutes. Uncover and cook, stirring occasionally and adding more oil if the pan looks dry, until the slices are very tender, about 1 hour. (They’ll keep, airtight and refrigerated, for up to 3 days.)



orecchiette with leeks, spinach, sausage, and peas

Leeks pair well with spring ingredients like spinach and peas. The heat from the sausage balances the vegetables' sweetness. Serves 4 to 6

Kosher salt

- 3 lb. leeks (3 to 4 large)
- 2 tsp. extra-virgin olive oil; more as needed
- 1 lb. hot Italian sausage, casings removed
- 1 large clove garlic, finely chopped
- 5 oz. baby spinach (about 5 packed cups)
- 1½ cups fresh or frozen peas
- 12 oz. orecchiette, farfalle, or other short pasta
- 2 oz. Parmigiano-Reggiano or Grana Padano, finely grated (about 1½ cups); more for serving
- ½ cup finely chopped fresh mint
- Freshly ground black pepper
- Fresh lemon juice, to taste
- Pea shoots, for garnish (optional)

Lemon wedges, for serving

Bring a large pot of well-salted water to a boil.

Trim the leeks, leaving the white and light-green parts. Slice in half lengthwise, then crosswise into ½-inch-thick half-moon slices to yield about 8 cups. Rinse well, then pat dry.

Heat the oil in a large skillet over medium heat. Add the sausage and cook, stirring occasionally, breaking up the meat into small bits, and adding more oil if needed, until cooked through, 5 to 7 minutes.

Use a slotted spoon to transfer the sausage to a bowl, leaving about 2 Tbs. of fat in the pan. Add the leeks and ¼ tsp. salt, and cook, stirring occasionally and adding more oil if the pan seems dry, until tender, 7 to 10 minutes. Add the garlic and cook, stirring occasionally, until fragrant, about 1 minute.

Stir in the spinach and peas. Cook, stirring occasionally, until the spinach is wilted, 1 to 2 minutes more. Return the sausage to the skillet, and keep warm.

Cook the pasta according to package directions until al dente. Reserve 1 cup of the pasta cooking water, drain the pasta, and return the pasta to the pot. Add the sausage-leek mixture, the reserved cooking water, cheese, mint, and a generous pinch of pepper. Toss to combine. Season to taste with salt, pepper, and lemon juice. Serve topped with additional cheese and pea shoots, if you like, and lemon wedges on the side.



Pair With: AMERICAN PALE ALE The pasta has both bright flavors and rich and earthy elements. This medium-bodied beer can handle it all—it's clean, dry, and even a little herbal.

charred leeks with caper-herb sauce

Sweet grilled leeks topped with a tangy herb sauce are ideal as a first course or as a side to grilled steak. Because you cook the leeks intact, try to find ones that are about the same size. Serves 4

- 1 Tbs. plus 1 tsp. finely grated lemon zest (from 2 lemons)
- 1 Tbs. fresh lemon juice
- ½ tsp. Dijon mustard
- Kosher salt
- ¼ cup plus 2 Tbs. extra-virgin olive oil; more as needed
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh flat-leaf parsley
- 2 Tbs. capers, rinsed and coarsely chopped

- 2 anchovy fillets, finely chopped
- ⅓ tsp. crushed red pepper flakes
- 4 medium leeks
- Freshly ground black pepper

In a medium bowl, whisk the lemon zest and juice, mustard, and ¼ tsp. salt. In a slow, steady stream, whisk in the oil. Add the basil, parsley, capers, anchovies, and pepper flakes, and stir.

Trim the dark-green tops from the leeks, leaving the white and light-green parts (see p. 89). Trim any scraggly roots but keep the root end intact. Halve the leeks lengthwise, then remove and discard any tough outer layers. Rinse the leeks well under cool running water.

Fill a wide pot (8 quart works well) with 3 inches of well-salted water. Bring to a boil, add the leeks, and cook until just tender when pierced with a knife, 3 to 4 minutes. Drain and pat dry with paper towels.

Prepare a medium-high (400°F to 475°F) gas or charcoal grill, or heat a large grill pan over medium-high heat. Brush the leeks lightly with oil and season with salt and pepper. Grill, flipping once, until charred and tender, about 6 minutes total. Transfer to a platter and drizzle with some of the herb sauce. Serve warm or at room temperature with the remaining herb sauce and a sharp knife for cutting.





ham, leek, and cheese bread pudding

This savory stratalike dish would work well as part of an Easter brunch. Choose your favorite style of ham to tailor the dish to your taste. Serves 6 to 8

- 3 Tbs. unsalted butter; more for the baking dish
- 3 lb. leeks (3 to 4 large)
- 1 Tbs. thinly sliced fresh chives
- Kosher salt and freshly ground black pepper
- 2½ cups whole milk
- 8 large eggs
- 2 Tbs. Dijon mustard
- ½ tsp. finely grated lemon zest
- 8 cups 1-inch-cubed sourdough bread (from a ¾-lb. loaf)
- 8 oz. coarsely grated Gruyère, Emmentaler, or other Swiss cheese (about 2½ cups)
- 6 oz. thinly sliced ham, cut into bite-size pieces

Position a rack in the center of the oven and heat to 350°F. Butter a 9x13-inch or similar 3-quart baking dish.

Trim the leeks, leaving the white and light-green parts. Slice in half lengthwise, then crosswise into ½-inch-thick half-moon slices to yield about 8 cups. Rinse well, then pat dry.

In a large skillet, heat the butter over medium heat. Add the leeks, half of the chives, ¼ tsp. salt, and ¼ tsp. pepper. Cook, stirring occasionally, until the leeks are very tender but not browned, 8 to 10 minutes. Allow to cool slightly.

Meanwhile, in a large bowl, whisk the milk, eggs, mustard, zest, the remaining chives, ½ tsp. salt, and ¼ tsp. pepper. Add the bread, cheese, ham, and the leek mixture, and toss well. Transfer to the prepared dish and bake until golden brown around the edges and set in the center, 50 minutes to 1 hour. Let rest 10 minutes before serving.

 **Pair With:** CRISP CHARDONNAY or SPARKLING WINE Rich, creamy, cheesy, bready—the flavors in this dish point to Chardonnay. But for a special occasion, break out the bubbly.



leek, chicken, and rice soup

The mellow sweetness of leeks mingles with smoky paprika to make this chicken soup perfect for a rainy spring afternoon. Serves 4 to 6

- 1½ lb. leeks (about 2 large)
- 3 Tbs. extra-virgin olive oil
- 2 cups finely chopped fresh fennel (from 1 large bulb; fronds reserved for garnish, if you like)
- ½ cup finely chopped celery plus ½ cup coarsely chopped celery leaves
- ⅓ cup jasmine rice
- 1 clove garlic, finely chopped
- ½ tsp. smoked paprika
- Kosher salt and freshly ground black pepper
- 6 cups lower-salt chicken broth

- 1** lb. boneless, skinless chicken breast, each breast cut into thirds lengthwise, then thinly sliced crosswise

Fresh lemon juice, to taste

Trim the leeks, leaving the white and light-green parts. Slice in half lengthwise, then crosswise into ¼-inch-thick half-moon slices to yield about 3½ cups. Rinse well, then pat dry.

Heat the oil in a 5- to 7-quart Dutch oven or other wide heavy pot over medium heat. Add the leeks, fennel, and celery, and cook, stirring occasionally, until tender, 7 to 10 minutes.

Add the rice, garlic, paprika, ½ tsp. salt, and a generous pinch of pepper. Cook, stirring frequently, until the rice is lightly

toasted, about 2 minutes. Add the broth, bring to a boil, then reduce to a simmer. Cook until the rice is just tender, 8 to 10 minutes. Add the chicken and celery leaves, and cook until the chicken is just cooked through, 2 to 3 minutes. Season to taste with salt, pepper, and lemon juice. Garnish with the fennel fronds, if you like.

 **Pair With:** PINOT GRIS The soup brims with simple, clean flavors, so you need a wine that won't overpower it. This French version of Pinot Grigio will typically be a bit more delicate and dry than its Italian counterpart.

GNOCCHI

IN LIVING COLOR

*Potato and
Ricotta Gnocchi*



*Chestnut
Gnocchi*



*Spinach
and Basil
Gnocchi*



*Roasted Beet
Gnocchi*



Adding beets, spinach, cheese, and even chestnut flour to potato gnocchi results in fabulous flavors and some eye-catching hues.

BY JENN LOUIS

While traveling through Italy and researching handmade dumpling-style pasta for my book *Pasta By Hand*, I came to understand that the world of gnocchi (NYOH-kee) is much larger than I'd previously thought. I was familiar with potato gnocchi, the kind often described as "light as air," but soon came to learn that gnocchi are also made from ricotta (sometimes known as gnudi) and with semolina in a manner similar to polenta (gnocchi alla Romana). They can be fashioned from stale bread or even pâte à choux, which is how the French make their gnocchi Parisienne.

What really surprised (and delighted) me was how much the flavors—and even the colors—can vary. To demonstrate some of the myriad ways to flavor gnocchi, I'm focusing here on potato-based gnocchi to keep the basic process more or less the same. Hailing from northern Italy, potato gnocchi are made by mixing cooked potatoes with flour and sometimes egg to form a thick dough. The dough gets rolled into ropes, then cut into individual pieces. To serve, it's boiled like pasta. The variations come from what I add to the dough, whether a different kind of flour that changes the look and texture of the gnocchi, a vegetable purée that adds deep color and earthy flavor, or a soft cheese that makes it feel light.

For plain potato gnocchi, a super-light consistency is the biggest selling point, and when well made, each bite feels ethereal. My Potato and Ricotta Gnocchi

on p. 67 are that airy and supple, but one thing I also learned while sampling various gnocchi in Italy is that some, such as the Chestnut Gnocchi on p. 66, are actually supposed to be a bit more dense.

Though the process can look intimidating, these little dumplings are fun to make, once you get the hang of it. If you've ever enjoyed shaping Play-Doh, making gnocchi is right up your alley. And the payoff for making your own—that lovely mouth-feel and the ability to tailor the flavor and color as done here—is huge. If the idea of giving each dumpling ridges gives you pause, know it gets easier with practice. Besides, it's perfectly fine to leave your gnocchi ridge-free. Served with a chunkier sauce, the ridges can help catch flavorful bits, but they're not as necessary when served with a butter or cream sauce.

Speaking of sauce, don't simply top the gnocchi with it. Instead, toss gently with the warm sauce. That way, each dumpling gets a chance to absorb some of the sauce's flavor, and each gets well coated. Like pasta, gnocchi may be served with a wide variety of sauce styles, from a meat ragù to marinara to simple melted butter. Use your own favorite sauce or one of my sauces on p. 67. The only trouble you'll have is deciding which flavor of gnocchi to make.

Jenn Louis is executive chef and co-owner of Lincoln Restaurant in Portland, Oregon. The Book of Greens, her newest cookbook, is out now.

**Roasted Beet
Gnocchi**

Recipe, p. 66

*Shown with
Brown Butter and Sage
Sauce, p. 67*



**Chestnut
Gnocchi**
Recipe, p. 66

*Shown with
Gorgonzola Cream
Sauce, p. 67, plus
cooked peas and
sautéed chard*





Spinach and Basil Gnocchi

Recipe, p. 67

*Shown tossed with
melted butter and topped with
grated Parmigiano-Reggiano
and black pepper*

**Potato and Ricotta
Gnocchi**

Recipe, p. 67

*Shown tossed with
marinara sauce
and micro basil*

HOW TO SHAPE GNOCCHI



Line 2 rimmed baking sheets with parchment and dust well with flour. Lightly flour a work surface. Turn the dough out onto the flour and gently flatten it by hand or by lightly rolling with a rolling pin until about $\frac{3}{4}$ inch thick **1**. If the dough is sticky, lightly dust the top with flour, too.

With a floured bench scraper or a knife, cut the dough into strips from $\frac{1}{2}$ to $\frac{3}{4}$ inch wide **2**. With your hands, roll and lengthen the strips **3** until about $\frac{1}{2}$ inch in diameter. Using the bench scraper, cut the logs into $\frac{1}{2}$ - to 1-inch pieces (size is up to you) **4**.

If you want to give the gnocchi ridges, follow the directions at right; otherwise, arrange the gnocchi in a single layer on the prepared baking sheets, making sure they don't touch. If not cooking the gnocchi right away, cover with plastic wrap and refrigerate for up to 4 hours. Even better, freeze the gnocchi right on the baking sheet until hard. (If using that day, keep them on the baking sheet; for longer storage, transfer to freezer bags and freeze for up to 1 month.) Cook as directed in the individual recipes on pp. 66-67.



You can use your hands or a rolling pin to gently flatten the dough.

1



Starting with strips keeps the dough from becoming over-worked during rolling in the next step.

2



Gentle pressure is all you need to round and lengthen the dough.

3



Cut the gnocchi to size, either straight or at a slight angle. If you would like to give them ridges, see below.

4

TO MAKE RIDGES

Though gnocchi are delicious smooth, ridges can make the dumplings more visually and texturally interesting. Ridges can also help catch bits of sauces, which is especially good when serving gnocchi with a meat sauce.



If you have a gnocchi board (see Sources, p. 96), use the side of your thumb to gently roll each piece down its length while simultaneously pressing lightly on the dough to form a shallow indentation on the back.



If using a dinner fork to make ridges, roll each piece down the back of the tines. These grooves will be more pronounced than those from a gnocchi board.



TIPS FOR MAKING Great Gnocchi

Making gnocchi is one of those rewarding endeavors that gets easier the more times you do it. These tips can help, too.

Pick the right potato.

Starchy russets give gnocchi a light texture. Boiling potatoes whole and unpeeled helps to keep them from absorbing excess water. Remove the peel as soon as you can so that steam is released rather than absorbed into the flesh.

Use a ricer.

Passing boiled potatoes through a ricer, a tool that looks like an oversize garlic press, instead of mashing ensures a fine texture—no one wants lumpy gnocchi—and aerates them as well.

Make the dough with still-warm potatoes.

This will encourage the egg to bind the dough.

Be stingy with the flour.

The exact amount will vary depending on the flour, potatoes, and humidity in your kitchen, but add additional flour sparingly. You want enough to hold the dough together, but not so much to cause the gnocchi to become heavy.

Handle gently.

Overworking develops gluten, which can make gnocchi tough. Mix and shape with a light touch.

Test for texture.

Before you shape all of your gnocchi, make and cook just a couple. If the gnocchi fall apart, add more flour to the dough.

Freeze 'em.

Frozen gnocchi are easier to handle than fresh and hold their shape better during cooking. (To loosen frozen gnocchi from a baking sheet, give the pan a shake.)

Don't overcook.

If your gnocchi cook for too long, they can absorb too much water and become dense and chewy.

Forgo the colander.

Delicate gnocchi can get squashed if drained. Remove them from the pot with a skimmer or slotted spoon and toss gently with sauce to coat.

RECIPES

For each gnocchi dough, the potato is prepared the same way as directed below. For gnocchi-shaping directions, look to pp. 64 and 65.

COOK AND RICE THE POTATO

Cover the potato with about 1 inch of water in a saucepan. Bring to a rolling boil over medium-high heat, reduce to a gentle boil, and cook until easily pierced with a skewer, 35 to 40 minutes. Drain and let cool briefly. Peel the potato as soon as you can handle it. Pass the potato through a ricer into a large bowl, spreading it out to help any steam escape. For best results, make the gnocchi dough while the potato is still warm.



A ricer is a crucial tool when it comes to making gnocchi; it eliminates all lumps, helping to ensure a light texture.

roasted beet gnocchi

These gnocchi have a subtle beet flavor that's a little earthy and a little sweet. Good with the Gorgonzola Cream Sauce at right, the Brown Butter Sage Sauce also is delicious and better displays the gnocchi's vibrant hue.

Serves 6

- 1 lb. red beets (about 3 medium), trimmed**
Kosher salt and freshly ground black pepper
- 2 Tbs. extra-virgin olive oil**
- 1 11-oz. russet potato, whole and unpeeled**
- 1 large egg, beaten**
- 1 large egg yolk**
- 9 oz. (2 cups) all-purpose flour; more as needed**
- ¼ tsp. freshly grated nutmeg**
Gorgonzola Cream Sauce or Brown Butter and Sage Sauce (recipes at right), for serving

Position a rack in the center of the oven and heat to 350°F.

Put the beets in a baking dish, season lightly with salt and pepper, drizzle with the oil, and add ¼ cup water to the dish. Cover with foil and roast until easily pierced with a skewer, 45 to 60 minutes. (Alternatively, roast the beets in a heavy-duty foil packet on a rimmed baking sheet.) When cool enough to handle, peel and cut the beets into chunks.

Meanwhile, cook and rice the potato as directed at left.

Combine the beets, egg, and yolk in a blender or food processor and process until smooth. Transfer to the bowl of potatoes. Add the flour, 1½ tsp. salt, and the nutmeg, and mix gently with your fingers until the dough comes together; it will be sticky. Add more flour, 1 Tbs. at a time, until soft but not sticky.

Shape the gnocchi as directed on p. 64.

To serve, have the sauce ready and warm on the stove. Bring a large pot of well-salted water to a boil. Reduce the heat to just below the boil. Add the gnocchi and cook, stirring once, until they float to the surface, 1 to 3 minutes. Use a slotted spoon or similar utensil to transfer them to a bowl as they cook. Gently toss with enough sauce to coat well, and serve immediately.

chestnut gnocchi

Chestnut flour gives these dumplings a denser but comforting texture. You can add cooked vegetables or greens to any gnocchi, but this version especially benefits from the color and lightness that cooked peas or sautéed chard provide. Because they're a little on the heavier side, smaller portions are ideal. **Serves 8**

- 1 16-oz. russet potato, whole and unpeeled**
- 11 oz. (3½ cups) chestnut flour (see p. 94)**
- 4½ oz. (1 cup) all-purpose flour; more as needed**
Kosher salt
- 1 large egg, beaten**
Your favorite tomato or meat sauce (1½ cups); or Gorgonzola Cream Sauce or Brown Butter and Sage Sauce (recipes at right), for serving

Cook and rice the potato as directed at left.

Sift the flours into a large bowl, and whisk in 1½ tsp. salt. Add the riced potato and egg, and mix to combine; the dough will be crumbly. Mix with your hands, adding warm water 2 to 3 Tbs. at a time, until the dough is cohesive; you may need as much as ¾ cup. The dough should be soft but not sticky.

Shape the gnocchi as directed on p. 64.

To serve, have the sauce ready and warm on the stove. Bring a large pot of well-salted water to a boil. Reduce the heat to just below the boil. Add the gnocchi and cook, stirring once, until they float to the surface, 1 to 3 minutes, and then continue to simmer until tender (taste one and see), another 3 to 4 minutes. (The chestnut flour requires more cooking time than all-purpose flour.) Use a slotted spoon or similar utensil to transfer them to a bowl as they cook. Gently toss with enough sauce to coat, and serve immediately.

spinach and basil gnocchi

A hint of basil permeates these verdant dumplings. Don't worry if the greens for the purée don't fully break down; the bits of leaves add a speckled touch. The gnocchi's subtle flavor won't clash with any sauce but is best appreciated when tossed simply with some melted butter. Finish with cheese and some cracked pepper, if you like. Serves 4

- 1 12-oz. russet potato, whole and unpeeled
- 2 Tbs. unsalted butter
- 3 oz. baby spinach (about 3 cups)
- 2 oz. fresh basil (about 2 cups)
- 2 large eggs, beaten
- 1 large egg yolk
- 5 oz. (1 cup plus 2 Tbs.) all-purpose flour; more as needed
- Kosher salt
- Your favorite tomato sauce (1½ cups), Gorgonzola Cream Sauce or Brown Butter and Sage Sauce (recipes at right), or 4 Tbs. unsalted butter, melted, for serving

Cook and rice the potato as directed at left.

Melt the butter in a large skillet over medium heat. Add the spinach and basil, and cook, stirring occasionally, until wilted and tender, 1½ to 2 minutes. Let cool completely in the pan. Wring out the spinach in a clean kitchen towel, and finely chop. Transfer to a blender, add the eggs and yolk, and blend until combined.

Add the spinach mixture to the potato and combine. Add the flour and 1 tsp. salt, and mix the dough gently with your fingers until it comes together. The dough should be soft but not sticky. Add more flour, 1 Tbs. at a time, if needed.

Shape the gnocchi as directed at on p. 64.

To serve, have the sauce (or melted butter) ready and warm on the stove. Bring a large pot of well-salted water to a boil. Reduce the heat to just below the boil. Add the gnocchi and cook, stirring once, until they float to the surface, 1 to 3 minutes. Use a slotted spoon or similar utensil to transfer them to a bowl as they cook. Gently toss with enough sauce or melted butter to coat well, and serve immediately.

potato and ricotta gnocchi

Tender and more rich than regular potato gnocchi, these simple dumplings hold together really well thanks to the egg but are super light. They go well with just about any sauce. For a truly deluxe meal, serve them tossed with melted butter and cooked lobster topped with fresh chives or tarragon. Serves 4

- 1 15-oz. russet potato, whole and unpeeled
- 3½ oz. (¾ cup) all-purpose flour; more as needed
- 1 large egg, beaten
- ¼ scant cup whole-milk ricotta
- Kosher salt
- Your favorite tomato or meat sauce (1½ cups) or Brown Butter and Sage Sauce (recipes at right), for serving

Cook and rice the potato as directed at left.

Add the flour, egg, ricotta, and 1 tsp. salt to the riced potato. Mix the dough gently with your fingers until the dough comes together. The dough should be soft but not sticky. Add more flour, 1 Tbs. at a time, if needed.

Shape the gnocchi as directed on p. 64.

To serve, have the sauce ready and warm on the stove. Bring a large pot of well-salted water to a boil. Reduce the heat to just below the boil. Add the gnocchi and cook, stirring once, until they float to the surface, 1 to 3 minutes. Use a slotted spoon or similar utensil to transfer them to a bowl as they cook. Gently toss the gnocchi with enough sauce to coat well, and serve immediately.

gorgonzola cream sauce

This super-easy sauce would be delicious on just about anything, but it's especially good with the beet gnocchi (though it obscures their bright color) and the chestnut gnocchi. Makes about 1 cup

- 1 cup heavy cream
- 2 oz. Gorgonzola dolce, cut into small pieces
- ¼ oz. finely grated Parmigiano-Reggiano or Grana Padano (2 to 3 Tbs.)
- Pinch freshly grated nutmeg
- Kosher salt

Combine the cream and cheeses in a medium saucepan, and bring to a simmer, stirring, over medium heat. Cook, whisking occasionally, until the sauce is smooth and thick enough to coat the whisk, 7 to 10 minutes. Add the nutmeg, season to taste with salt, and keep warm.

brown butter and sage sauce

This simple sauce lets the color and flavor of the gnocchi shine through. Makes about ½ cup

- 4 oz. (8 Tbs.) unsalted butter
- 10 large fresh sage leaves or 20 small leaves
- Kosher salt

Combine the butter and sage in a medium saucepan. Cook over medium-low heat, stirring occasionally, until the milk solids turn golden brown and smell toasty, about 10 minutes. Remove the sage leaves. (If you like, reserve them to serve over the finished gnocchi; leave small ones whole, but crumble large ones.) Season the sauce lightly with salt, and keep warm.

SHRIMP & GRITS

Two renowned chefs offer their takes
on this classic Southern dish.

TEXT BY JOANNE SMART

southern-style shrimp & grits

BY CHEF MIKE LATA, p. 70



SUCCULENT SHRIMP SERVED OVER CREAMY GRITS may be one of the most popular dishes on restaurant menus in the South and, increasingly, throughout the United States. But its beginnings were humble: In the Lowcountry of South Carolina, the dish was eaten mostly at home, primarily for breakfast and mainly during shrimp season. In the 1980s, chef Bill Neal began serving his version—made with mushrooms, bacon, and red-eye gravy, another Southern staple—for dinner at his Crook’s Corner restaurant in Chapel Hill, North Carolina. Neal’s dish gained wider attention after Craig Claiborne, then a *New York Times* food editor, wrote about it in 1985. Neal died just six years later, but his style of regional American cooking influenced a whole generation of chefs. On the following pages, two Southern transplants who have embraced the region’s foodways reflect on how they came to know this classic dish and share their unique takes on it.

nuevo latino shrimp & grits

BY CHEF ANTHONY LAMAS, p. 71





GATELY WILLIAMS

MIKE LATA

**Chef/partner, FIG Restaurant
and The Ordinary,
Charleston, South Carolina**

Chef Mike Lata, a Massachusetts native, did not grow up eating shrimp and grits. Nonetheless, it was grits that lured him to South Carolina, his home for the past 20 years. Glenn Roberts, founder of Columbia, South Carolina-based Anson Mills, recruited Lata to run his Anson restaurant. "At that time, Glenn had just started tinkering with the idea of milling grits fresh daily," explains Lata. "We worked together to replace the preground grits in the restaurant with 100% freshly ground grits."

These days, shrimp and grits pops up as a special at Lata's own restaurants, sometimes as a more out-there interpretation like the one made with Carolina gold rice "grits" and squid ink, but also versions that harken back to the original, like the recipe at right. "I think the best product Charleston has to offer is its shrimp," says Lata. "We buy directly from the dock, and it's tender, sweet, and prolific."

Even though his recipe (above right) includes tomatoes, kale, and banana peppers for a boost of color and flavor, it lets the taste of the shrimp shine. Indeed, Lata suggests that for home cooks, it's best not to overthink the dish. As long as you have great shrimp, he says, good shrimp and grits can be as easy as "a pat of butter, a dash of hot sauce, and a turn of black pepper."

southern-style shrimp and grits

This take on shrimp and grits keeps close to the dish's roots but elevates it with the addition of fresh tomatoes and kale. Serves 4 to 6

- 1 lb. peel-on extra-jumbo (16 to 20 per lb.), shrimp, preferably white
- 2 sprigs fresh thyme
- 1 medium clove garlic, lightly crushed
- 1 fresh bay leaf
- 1 cup corn grits, preferably white and stone ground
- 2 oz. (4 Tbs.) cold unsalted butter
- Sea salt and freshly ground black pepper
- 1 large shallot, minced (about ½ cup)
- 1 bunch (about 8 oz.) Lacinato or red Russian kale, stemmed, leaves cut into 1-inch pieces (about 8 cups)
- 1 medium sweet banana pepper, sliced into ¼-inch rings (about 1½ cups)
- 4 oz. cherry tomatoes (about 16), halved
- 2 scallions, thinly sliced
- 1 tsp. hot sauce, such as Tabasco; more to taste

Remove and reserve the shrimp shells; leave the tail piece on, if you like. Devein the shrimp.

Place the reserved shrimp shells in a small saucepan and add just enough water (about 2 cups) to cover. Add the thyme, garlic, and bay leaf. Bring to a boil, reduce to a simmer, and cook for 20 minutes. Let cool briefly.

Position a fine-mesh strainer in another small saucepan, and strain the liquid into it. Bring to a gentle boil and cook until reduced to about ¼ cup, about 10 minutes. Set aside.

In a 4-quart saucepan, bring 4½ cups of

water to a simmer over medium-high heat. Gradually add the grits, whisking constantly. Bring to a simmer, and then reduce the heat to the lowest setting. Cook, stirring often and adding more water a little at a time as needed, until the grits are tender, about 1 hour.

Meanwhile, melt 1 Tbs. of the butter in a large skillet over medium heat. Season the shrimp well with salt and pepper, and cook, flipping once, until barely pink on both sides, 1 to 2 minutes total (they get reheated later). Remove the shrimp from the pan. Add another 1 Tbs. butter and the shallot to the skillet, and cook, stirring, until softened but not brown, 1½ to 2 minutes. Add the kale and cook, stirring occasionally, until just wilted, 1 to 2 minutes. Add the banana pepper and reserved shrimp-shell broth. Cook, stirring occasionally, until the kale is tender, 3 to 5 minutes. Add the tomatoes, scallions, 1 Tbs. of the butter, 1 tsp. salt, and ½ tsp. pepper, and cook, adding 1 to 2 Tbs. water if the pan looks dry, until just heated through, about 2 minutes. Season to taste with salt and pepper. Return the shrimp to the pan, cover, and keep warm.

To serve, stir the remaining 1 Tbs. butter and the hot sauce into the grits. (If the grits have become too stiff for your liking, stir in some warm water.) Season to taste with salt and more hot sauce. Spoon the grits into 4 to 6 bowls. Top with the shrimp-vegetable mixture and serve.



Pair With: PALE LAGER Well balanced and thirst-quenching, with a touch of bitterness for the kale and a touch of sweetness for the Tabasco. Extra points for a lager brewed down South.



What are grits, anyway?

"The unimaginative definition of grits emanates from the USDA, where grits is just another iteration of cornmeal," says Glenn Roberts, founder of Anson Mills in Columbia, South Carolina. He adds that the more interesting definition hails back to just after the Great Depression: when sifted, stone-milled grits was "what stayed on top of a door screen and coarse cornmeal is what fell through." This means grits particles can measure ⅛ to ¼ inch while cornmeal begins at 1/32 inch. Grits is not, however, hominy, which is made from dried corn kernels cooked in a lime solution and used whole in the Mexican dish posole and ground to make masa. The products can look similar, which is why a prepared dish of grits used to be called (and may still be called) "hominy" by folks in the South. For sources for these chefs' favorite grits, see p. 96.



nuevo latino shrimp and grits

A garlicky chipotle-spiked marinade for the shrimp and a verdant tomatillo and cilantro salsa give this dish some Latin flair. You'll make more salsa than you need, but that's good news: It's great with steak, over asparagus, or in tacos. It also freezes beautifully. **Serves 4**

FOR THE SHRIMP

- 1 7-oz. can chipotles in adobo
- 3 Tbs. olive oil; more as needed for cooking
- 2 Tbs. fresh lemon juice
- 1 Tbs. chopped fresh oregano
- 2 cloves garlic, minced
- 1 tsp. ground annatto seeds (also called achiote molido; see Note)
- Kosher salt
- 1 lb. extra-jumbo (16 to 20 per lb.) shrimp, peeled and deveined (tails on, if you like)
- Chopped microgreens or chopped fresh cilantro, for serving

FOR THE SALSA VERDE

- ½ lb. tomatillos (about 5 small), husked, rinsed with warm water, and quartered
- 2 oz. fresh cilantro (about ½ bunch), tough stems trimmed
- ¼ cup chopped yellow onion
- 2 medium cloves garlic
- ½ jalapeño, trimmed and sliced, with seeds, if you like heat
- ¼ cup fresh lime juice (from 2 limes)
- Kosher salt
- ¼ cup extra-virgin olive oil

FOR THE GRITS

- Kosher salt
- ½ cup grits, preferably white and stone ground
- 3 oz. manchego, coarsely grated (about 1 heaping cup)
- ¼ cup heavy cream
- 2 oz. (4 Tbs.) unsalted butter, cut into chunks
- 2 small poblano peppers, roasted, peeled, seeded, and chopped

MARINATE THE SHRIMP

In a blender or small food processor, purée the chipotles with their sauce.

In a medium bowl, whisk the oil, lemon juice, oregano, garlic, 2 tsp. of the chipotle purée (save the rest for another use), the annatto seeds, and ½ tsp. salt. Add the shrimp, and toss to coat. Cover and refrigerate, tossing the shrimp occasionally, for 2 to 4 hours.

MAKE THE SALSA

Put the tomatillos, cilantro, onion, garlic, jalapeño, lime juice, 1 tsp. salt, and 2 Tbs. water in a blender, and pulse until combined. With the machine running, slowly add the oil and blend until combined. If the salsa is very thick, add up to another 2 Tbs. water. (The salsa can sit at room temperature for up to 4 hours and can be refrigerated for up to 1 day. It can also be frozen for up to 1 month. Let warm at room temperature before serving.)

COOK THE GRITS

Bring 2½ cups water with 1 tsp. salt to a boil in a 3-quart saucepan over medium-high heat. Add the grits in a thin stream, and cook until the grits start to thicken a bit, about 1 minute. Reduce the heat to low and cook, stirring frequently, adjusting the heat as necessary, and adding more water as needed ¼ cup at a time, until the grits are thick and tender, 40 to 50 minutes. Stir in the cheese, cream, butter, and poblanos. Season to taste with salt, and keep warm.

COOK THE SHRIMP AND SERVE

Remove the shrimp from the marinade.

Heat just enough olive oil to coat the bottom of a large skillet over medium heat. Add the shrimp and cook, flipping once until just pink throughout, 4 to 5 minutes total. Remove immediately and keep the shrimp warm.

If the grits have thickened, add a little warm water to loosen them. Divide the grits among shallow bowls, and top with 2 to 3 Tbs. of the salsa verde and the shrimp. Garnish with the microgreens or cilantro, and serve.

NOTE: Many supermarkets carry annatto seeds, whole and ground; if you can find only whole, you can grind them yourself in a spice grinder or a coffee grinder designated for spices.



Pair With: CRISP ROSÉ If a dish has heat and/or fruitiness, an off-dry or fruity rosé is ideal. But here, the heat is mild and the salsa is green and tangy, pointing to a wine with more crispness.



ASH NEWELL PHOTOGRAPHY

ANTHONY LAMAS

Chef/owner, Seviche,
Louisville, Kentucky

When he thought about putting his own stamp on shrimp and grits, chef Anthony Lamas looked to his Mexican and Puerto Rican heritage. As he explains it: "I wanted to add some bold flavors and a little Latin spice to the dish."

Lamas, who grew up in California enjoying his mother's traditional Mexican dishes, fondly recalls trips to Mexico, where he would feast on the fresh seafood from the *mariscos* stands along the beach. Now that he's in landlocked Kentucky, where he's been a chef since 1992, he favors local freshwater prawns for his shrimp and grits as well as shrimp from the Gulf Coast.

Lamas gets his grits from a local mill, Weisenberger, based in Midway, Kentucky. And while he considers the best-tasting grits and the freshest shrimp vital to the success of the dish, he says the real star in his version "is the different layers of flavors." The swirl of his salsa verde, a pestolike sauce made with tomatillos and cilantro, adds both color and a bright burst of tangy fresh flavor, while three different chiles—chipotle, jalapeño, and poblano—each add their unique kind of heat. Indeed, if shrimp and grits were still eaten for breakfast today, as they were many years ago, Lamas's spicy rendition would be quite the wake-up call.



BIG SKY COOKING

A chuck wagon dinner on the banks of a rushing river?

An open-fire feast for 50 in the foothills?

This is dining, Montana-style.

BY NANETTE MAXIM

PHOTOGRAPHS BY BLEACHER+EVERARD



MONTANA'S BIG SKY COUNTRY boasts some of America's most magnificent land, with rivers running through it, the Gallatin and Bridger mountain ranges of the Rockies jutting skyward, Yellowstone National Park not far to its south, plus a vast variety of wildlife, including elk, moose, bighorn sheep, black and grizzly bears, and wolves. To farm and cook here, it's helpful to love the outdoor life and be up for some challenges. "It hails through July, the first snow can be in early October, and there's only a 90-day growing season," explains Bozeman chef, hunter, and entrepreneur Eduardo Garcia. "I don't live here because the climate cooperates," he says with a laugh. "I live here because it's still a wild place."

Garcia is part of a tight-knit food community in Montana, a collection of kindred spirits who are here not because the living comes easy, but because they love this beautiful, rugged place.

Our *Moveable Feast* TV crew and host Pete Evans headed west to meet, cook, and forage with the people who wouldn't live anywhere ➡



ABOVE: Host Pete Evans and chefs Melissa Harrison and Eduardo Garcia are ready to serve guests at Willow Spring Ranch. **BELOW:** Pete fly-fishing with guide Garrett Blackburn on the Madison River. **LEFT:** Eduardo enjoys a trek foraging for cattails and nettles. **OPPOSITE PAGE, TOP:** Melissa and Pete prepping for the feast. **CENTER:** Mixologist Rick Visser on his way to set up the bar. **BOTTOM:** Guests enjoy a delicious local and sustainable meal with an incredible view.





fruit and nut salad with mixed greens and pickled raisins

Warming the herbs in the vinegar infuses the dressing with flavor. The addition of sweet pickled raisins is the perfect foil for the richness of the nuts.

Serves 6 to 8

- ½ cup white balsamic vinegar**
- 2 sprigs fresh thyme**
- 2 dried bay leaves**
- 1 Tbs. yellow mustard seeds**
- 2 tsp. honey**
- Kosher salt and freshly ground black pepper**
- ½ cup golden raisins**
- ½ cup extra-virgin olive oil**
- 8 oz. (12 cups) mixed greens, such as arugula, spinach, and mustard greens**
- 2 fresh apricots, or 4 dried, thinly sliced**
- ½ cup walnuts, toasted and coarsely chopped**

½ cup sliced almonds, toasted

½ cup sunflower seeds, toasted

In a 2-quart saucepan, combine the vinegar, thyme, bay leaves, mustard seeds, honey, 1 tsp. salt, and ¼ tsp. pepper with ¼ cup water. Bring to a boil, remove from the heat, and add the raisins. Let sit for 5 minutes. Slowly drizzle in the oil, while whisking until the mixture emulsifies. Season to taste with salt and pepper.

Put the greens, apricots, walnuts, almonds, and sunflower seeds on a large platter. Toss with just enough of the dressing to coat lightly. Season to taste with salt and pepper and pass any remaining dressing at the table.

—Pete Evans; recipe adapted from Moveable Feast with Fine Cooking.





Willow Spring Ranch

Raising certified-organic lamb sustainably and humanely on about 1,700 acres of pasture in the foothills of the Bridger Mountains is what self-professed New York City expats Katy and Richard Harjes have been doing since 2008, after trading in their jobs as magazine photo editor and investments expert, respectively, for life on the ranch. They had always been connected to environmental issues and outdoor life through hiking, biking, skiing, and kayaking, and had been fixing up an old farmhouse in Belgrade (near Bozeman) for a few years. But they wanted the West to be a bigger part of their lives. Working the land seemed a natural extension, so they researched and studied farming options, reached out to experienced livestock farmers for advice, and learned the rules of organic certification. And they bought a flock of sheep.

Now, the flock has grown to more than 350 ewes and 20 rams, and there's a bunch of collies to herd and Maremmas (an Italian sheepdog breed) to guard the flock against predators. The two work sunup to sundown most days—even more at shearing and lambing time. Word of their organic operation quickly spread, and they can hardly keep up with the demand for their mild and tender meat, which is also sold by mail order. It's just the beginning, say Katy and Richard; their dream is to expand and help other young farmers make a go of their own operations. "It's an opportunity," says Katy, "to give something back and encourage a movement we believe in."

For more on Willow Spring, visit montanaorganiclamb.com.



Willow Spring Ranch owners Richard and Katy Harjes with Melissa, Pete, and Eduardo.



Melissa with fly-fishing guide and husband Garrett Blackburn.

else. The result was not one but two amazing Big Sky feasts. The first—for 50 guests—is at a ranch near Bozeman.

Teaming up with Garcia is chef Melissa Harrison. Her Ennis, Montana-based catering company, Seasonal Montana, brings farm-to-table pop-up dinners to fields and other assorted spots in the area, both wild and tame. "I'm an extreme outdoor person," says Harrison. "Adventure, cooking, and living outdoors are how I learned to live my life." She also hosts adventure trips with her husband, Garrett Blackburn, a master fly fisherman and guide. To keep the Madison River's trout population healthy, fishing is catch-and-release only, but rainbow trout farmed at local sustainable operations, like Trout Culture in Paradise, entice Harrison to grill whole fish with lemon and herbs for the crowd gathering at nearby Willow Spring Ranch, where Katy and Richard Harjes (see left) raise lambs on organic and native grasses, alfalfa, and clover.

"It's a thrill to gather wild edibles here," says Garcia, who foraged with Evans for stinging nettles, cattails, and berries to use in his dishes. Creator of the Montana Mex line of salsas and seasonings, Garcia displayed his mettle when he lost his left hand in 2011 after he was electrocuted in a freak accident while hiking. ➡



grilled herb-stuffed trout

This rustic classic is stuffed with an herb butter and lemon slices.

Serves 4

- 2 oz. (4 Tbs.) unsalted butter, softened
- 2 cloves garlic, finely chopped
- 3 Tbs. thinly sliced fresh chives
- 3 Tbs. finely chopped fresh garlic scapes
- 3 Tbs. finely chopped fresh flat-leaf parsley
- 1 Tbs. chopped fresh thyme leaves
- Kosher salt and freshly ground black pepper
- 4 whole trout (8 to 9 oz. each), heads and tails left on, gutted, and boned
- 2 lemons, 1 sliced and 1 cut into wedges
- Olive oil, for serving
- Pea shoots (optional), for serving
- Edible flowers (optional; see p. 91), for serving

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Combine the butter, garlic, chives, scapes, parsley, thyme, $\frac{3}{4}$ tsp. salt, and $\frac{1}{2}$ tsp. pepper in a small bowl.

Season the trout inside and out with salt and pepper. Divide the butter among the fish, spreading it in the cavity. Arrange the lemon slices over the butter. Arrange the fish in a grill basket and grill, flipping once, until the flesh is opaque throughout and the skin is charred, 6 to 7 minutes total. Transfer the fish to a large platter, tent with foil, and let rest 5 minutes.

Top each fish with a drizzle of olive oil, and pea shoots and edible flowers, if using. Serve with the lemon wedges.

Note: If you can't find garlic scapes, you can substitute 9 blanched and minced garlic cloves.

—Melissa Harrison; recipe adapted from *Moveable Feast with Fine Cooking*.

 **Pair With:** CRISP CHARDONNAY
Trout is relatively heavy for fish, so it can take a full-bodied white like Chardonnay. A crisp one will go best with the lemon and herbs.



But Garcia has long since mastered his high-tech prosthetic, earning him his nickname Bionic Chef, and a documentary, *Charged*, has just been released about his ordeal.

The setting for the second feast is Paws Up, a 37,000-acre ranch resort near Missoula. The resort's chef, Ben Jones, and chef Rory Schepisi, in for a visit from Texas, have fired up a chuck wagon spread on the banks of the roaring Blackfoot River. For the grilled beef tenderloin, Schepisi, whose latest restaurant, Republic, opens this year in Amarillo, Texas, went to the source: family-owned and run Sitz Ranch. "Ranchers come out at the break of dawn, make sure their cattle have ample grass, and move them from pasture to pasture," she says as she joins Jim and Tammi Sitz and their daughters on horseback to ride the range amid a herd of black Angus. "They're on duty 24/7, 365 days a year," says Schepisi. ➡

summer squash with jalapeño, herbs, and sesame seeds

This quick dish is bright and fresh. Experiment with different herbs and toasted seeds for topping. Serves 6 to 8

- ½ tsp. finely grated lemon zest
- 3 Tbs. fresh lemon juice
- 2 Tbs. granulated garlic
- 1 Tbs. minced pickled jalapeño slices
- ¼ cup chopped fresh cilantro
- 1 tsp. chopped fresh oregano
- 1 tsp. chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 7 Tbs. avocado or olive oil; more for the grill
- 1½ lb. yellow squash (about 2 large), cut lengthwise into ¼-inch slices
- 1½ lb. zucchini (about 2 large), cut lengthwise into ¼-inch slices
- 1½ Tbs. toasted sesame seeds

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

In a small bowl, combine the lemon zest and juice, garlic, jalapeño, cilantro, oregano, thyme, ¾ tsp. salt, and ¼ tsp. pepper. Set aside.

Oil the grill grate. Brush the squash with the oil and season lightly with salt and pepper. Grill the squash, flipping once, until tender

and grill marks appear, about 9 minutes total.

Transfer the squash to a platter. Top with the lemon mixture, and garnish with the toasted sesame seeds. Serve warm or at room temperature.

—Eduardo Garcia; recipe adapted from *Moveable Feast with Fine Cooking*.

grilled beef tenderloin

This recipe is super simple, but it's packed with flavor from the pickled jalapeños and steak seasoning. Serves 8

- 1 cup soy sauce
- 2½ oz. sliced pickled jalapeños (about ¼ cup), plus 2½ Tbs. pickling juice
- 1 Tbs. purchased or homemade steak seasoning, such as Montreal steak seasoning
- 8 1½-inch-thick beef tenderloin steaks, preferably Certified Angus Beef
- Kosher salt and freshly ground black pepper
- 12 to 15 small basil leaves, fresh or fried, for garnish (optional)

In a large shallow bowl, combine the soy sauce, jalapeños, pickling juice, and seasoning. Add the steaks, turn to coat, and marinate at room temperature for 30 minutes.

Meanwhile, prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Grill the steaks with the grill closed, flipping once, until medium rare (130°F to 135°F), about 8 minutes total. Remove from grill, season lightly with salt and pepper, tent

lightly with foil, and let rest about 5 minutes.

Garnish with the basil leaves, if using.

—Rory Schepisi; recipe adapted from *Moveable Feast with Fine Cooking*.

Pair With: CARMÉNÈRE Relatively lean beef tenderloin can work with a medium-bodied red, and Carménère can have green notes that will accent the jalapeño.



OPPOSITE PAGE, TOP: A covered wagon and open-pit fire set the scene for the feast at Paws Up Ranch. **CENTER:** Pete with chef Rory Schepisi, grilling dinner over the open flames.

THIS PAGE, TOP LEFT: Sliced grilled beef tenderloin and summer squash are on the menu. **TOP RIGHT:** Beekeeper Sam Wüstner, of Wüstner Brothers Honey in Missoula, at one of his hives.

CENTER, RIGHT: Sam shows chef Ben Jones and Pete how to extract honey from the hives. **RIGHT:** Rory talks with cattle ranchers Jim and Tammi Sitz at Sitz Ranch in Jackson.





ABOVE: Chef Ben Jones enjoys a moment before the grilling begins. **CENTER:** Guests taking their seats for the feast. **BELOW:** Paws Up bartender Sarah Boggs muddles herbs for some berry-infused cocktails.



huckleberry croustade

A combination of huckleberries and blackberries or raspberries makes a great filling for this dessert, but you can use any berries you have on hand—just be sure they're ripe and flavorful. Serves 6

FOR THE FILLING

- 1 lb. fresh or frozen huckleberries (about 3 cups)
- 8 oz. fresh or frozen blackberries or raspberries (about 1½ cups)
- 7 oz. (1 cup) confectioners' sugar
- 1 oz. (¼ cup) cornstarch, mixed with 3 Tbs. water
- 1½ tsp. finely grated lemon zest
- 1 Tbs. fresh lemon juice
- 1 Tbs. vanilla bean paste or pure vanilla extract

FOR THE DOUGH

- 6¾ oz. (1½ cups) unbleached all-purpose flour
- 2 tsp. granulated sugar
- ½ tsp. table salt
- 5½ oz. (11 Tbs.) unsalted butter, cold and cut into ½-inch cubes
- 1 large egg yolk
- 3 Tbs. whole milk
- 1 large egg, beaten with 1 Tbs. water
- 6 Tbs. sanding sugar, for finishing

MAKE THE FILLING

Combine the berries and confectioners' sugar in a medium heavy-duty pot over medium-low heat. Bring to a gentle boil, stirring frequently. Remove the pan from the heat and add the cornstarch mixture in a steady stream, stirring constantly. Return the pot to the heat and cook, stirring, until the berry mixture begins to thicken, then boil for 2 minutes to completely cook the cornstarch. Add the lemon zest and juice, and vanilla. Remove from the heat and let cool completely. Cover with plastic wrap and refrigerate for at least 6 hours (and up to 3 days). After chilling, the consistency of the mixture should resemble thick pie filling.

MAKE THE DOUGH

Combine the flour, granulated sugar, and salt in a stand mixer fitted with the paddle attachment. Add the butter and mix on low speed until the mixture looks sandy and there are no pieces of butter larger than a pea, about 2 minutes. Scrape down the side and bottom of the bowl

with a spatula. (If mixing by hand, use a pastry cutter or two forks to mix the butter into the flour.)

In a small bowl, combine the egg yolk and milk. With the mixer on low speed, add the yolk mixture to the flour mixture and mix just until the dough comes together, about 15 seconds; the dough will be somewhat soft and pliable. (If mixing by hand, add the yolk mixture to the flour and mix gently with a fork until the liquid is well distributed. The dough will still look crumbly and dry. Transfer the dough to a clean counter and work it with the heel of your hand, pushing and smearing it away from you, gathering it up with a bench scraper, and repeating until the dough comes together and is somewhat soft and pliable.)

Turn the dough onto a sheet of plastic wrap, shape it into a disk, wrap it in the plastic, and let rest in the refrigerator for at least 20 minutes before rolling it out.

TO MAKE THE PASTRIES

Position a rack in the center of the oven and heat to 350°F. Line two rimmed baking sheets with parchment.

Remove the dough from the refrigerator; if the dough is very firm, let it sit at room temperature just until pliable enough to work with. Divide the dough evenly into 6 pieces and shape into balls. On a floured surface, roll each ball into a ¼-inch-thick round, about 5 inches across. (It's fine if the edges are a little ragged.)

Place 3 Tbs. of the fruit filling in the center of each dough round, leaving a ¾-inch border (reserve extra filling for another use). Fold the edge of the dough over the edge of the fruit filling, pleating the dough as you go to maintain the circular shape. Transfer to the baking sheets and refrigerate for 15 minutes.

Brush the egg mixture over the edges of each pastry. Sprinkle 2 tsp. of the sanding sugar over the top of each croustade.

Bake until the dough is golden brown, 25 to 30 minutes. Transfer the baking sheets to a rack to cool. Serve warm or at room temperature.

—Ben Jones; recipe adapted from Moveable Feast with Fine Cooking.



Rory, Pete, and Ben before the feast begins at Paws Up Ranch.

For Jones, who moved to Montana in 1994 after stints at top Chicago restaurants such as Tru and Charlie Trotter, the direct impact of being a chef in a small marketplace is what he enjoys. “You get to know the local growers personally, many at the Missoula Farm to Fork Market, and it leads to bigger and better things. You develop a sense of community in your backyard.” Elk and bison from Montrail Bison, about 30 miles away, are regularly on Jones’s menu, as are tart huckleberries that he, his wife, and three daughters pick wild. For the feast, Jones turns the berries into a rustic dessert croustade.

“I love the crust, the crisp, and the char that cooking over an open fire gives food,” say Jones. “It’s the real deal and why I love working outdoors.”

We’ve included some of our favorite recipes from both feasts on these pages. They are a salute to the region’s iconic ingredients. Harrison’s whole trout and Schepisi’s beef tenderloin are grilled with simple treatments. The essence of early summer can be tasted in Garcia’s grilled vegetables and a fragrant herb salad from Evans. And for dessert, Jones’s flaky croustade is an homage to wild berries. These preparations are beautifully unfussy, and just what you need to inspire a western-style dinner in your own backyard.

For more on these Montana chefs and ranchers, and more of their recipes, visit FineCooking.tv.

Small-Batch Cookies

from the Skillet

Make one oversize cookie for an easy dessert for eight.

BY SAMANTHA SENEVIRATNE



ONE SATURDAY EVENING, I FOUND MYSELF TASKED WITH BRINGING A DESSERT TO A DINNER PARTY and had practically no time to prepare one. Since I'm a baker, I'm always happy to make the final bite for my friends, but this particular Saturday, I hadn't made a plan; I hadn't even gone to the supermarket. Instead of stopping on the way to the party for a store-bought solution, I tried to imagine something simple but still spectacular that I could whip up quickly.

As I rummaged through my cupboards, it came to me: a skillet cookie! It has all the benefits of a freshly baked cookie without the hassle of portioning dough, baking in batches, rotating pans, or cooling on racks. Enhanced with ingredients like nuts, coconut, cinnamon, cayenne, lime, or even a swirl of tahini, the cookie could become sublime, even more so when topped with ice cream.

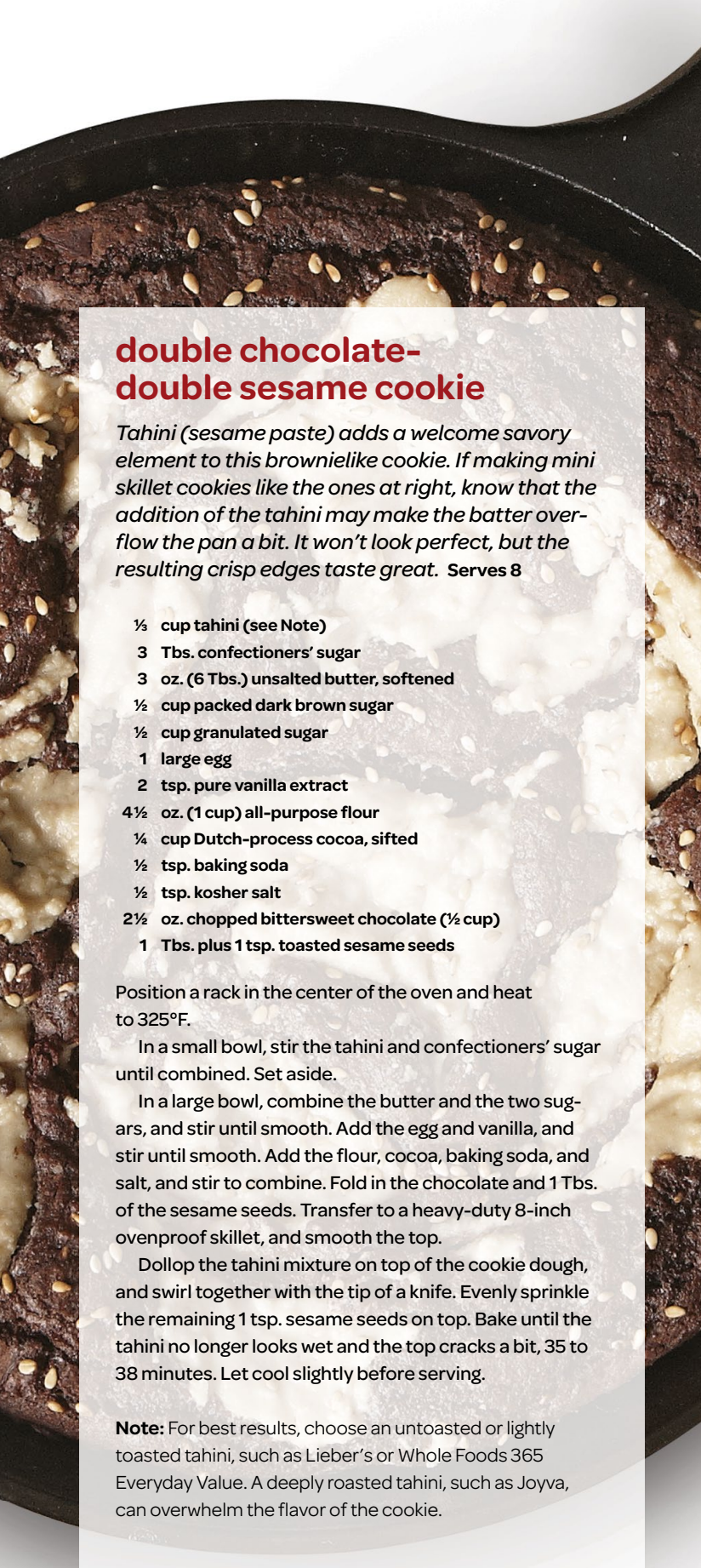
To bake this treat, all you need is an 8-inch oven-proof skillet. Both stainless and cast-iron pans work well, though baking times may vary as cookies made in cast-iron pans bake more quickly (see p. 91 for why). The cookies can be sliced for serving or scooped, which is the way to go if you're serving them very warm.

For that dinner party, I assembled a cookie dough in 10 minutes, spread it in my skillet, wrapped it up, and brought it with me, unbaked. After dinner, I popped the skillet in the oven, and as my friends and I sipped some more wine, the smell of caramelized sugar and melting chocolate filled the air. I brought out the hot cookie with its crisp, browned edges and delightfully gooey core. Then I heaped on some ice cream and fresh whipped cream. It looked so good we didn't even bother with plates—just four friends with four spoons around one skillet, enjoying the coziest dessert we could have imagined. Mission accomplished.

Former Fine Cooking editor Samantha Seneviratne is a freelance recipe developer and food stylist and the author of The New Sugar and Spice: A Recipe for Bolder Baking.



**Double Chocolate-
Double Sesame
Cookie, *recipe p. 84***



double chocolate- double sesame cookie

Tahini (sesame paste) adds a welcome savory element to this brownielike cookie. If making mini skillet cookies like the ones at right, know that the addition of the tahini may make the batter overflow the pan a bit. It won't look perfect, but the resulting crisp edges taste great. Serves 8

- ⅓ cup tahini (see Note)
- 3 Tbs. confectioners' sugar
- 3 oz. (6 Tbs.) unsalted butter, softened
- ½ cup packed dark brown sugar
- ½ cup granulated sugar
- 1 large egg
- 2 tsp. pure vanilla extract
- 4½ oz. (1 cup) all-purpose flour
- ¼ cup Dutch-process cocoa, sifted
- ½ tsp. baking soda
- ½ tsp. kosher salt
- 2½ oz. chopped bittersweet chocolate (½ cup)
- 1 Tbs. plus 1 tsp. toasted sesame seeds

Position a rack in the center of the oven and heat to 325°F.

In a small bowl, stir the tahini and confectioners' sugar until combined. Set aside.

In a large bowl, combine the butter and the two sugars, and stir until smooth. Add the egg and vanilla, and stir until smooth. Add the flour, cocoa, baking soda, and salt, and stir to combine. Fold in the chocolate and 1 Tbs. of the sesame seeds. Transfer to a heavy-duty 8-inch ovenproof skillet, and smooth the top.

Dollop the tahini mixture on top of the cookie dough, and swirl together with the tip of a knife. Evenly sprinkle the remaining 1 tsp. sesame seeds on top. Bake until the tahini no longer looks wet and the top cracks a bit, 35 to 38 minutes. Let cool slightly before serving.

Note: For best results, choose an untoasted or lightly toasted tahini, such as Lieber's or Whole Foods 365 Everyday Value. A deeply roasted tahini, such as Joyva, can overwhelm the flavor of the cookie.





HOW TO MAKE mini skillet cookies

Use mini (3½ inch) cast-iron skillets for making individual servings. Divide the batter among 8 pans, and bake on a rimmed baking sheet for easy handling. They'll be done about 10 minutes sooner than an 8-inch cookie. See p. 96 for where to buy mini skillets.

chocolate chunk cookie with toasted coconut and pecans

This cookie is excellent made into a sundae; the slight dip in the middle of a mini skillet cookie makes a perfect hollow for the ice cream. **Serves 8**



- 3 oz. (6 Tbs.) unsalted butter, softened
- ½ cup packed dark brown sugar
- ½ cup granulated sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- 4½ oz. (1 cup) all-purpose flour
- ½ tsp. baking soda
- ½ tsp. kosher salt
- 1 cup sweetened flaked coconut, toasted
- 1½ oz. chopped bittersweet chocolate (⅓ cup)
- ½ cup pecans, toasted and coarsely chopped
- Hot fudge sauce, whipped cream, and cherries, for serving (optional)

Position a rack in the center of the oven and heat to 325°F.

In a large bowl, combine the butter and the two sugars, and stir until smooth. Add the egg and vanilla, and stir until combined.

Add the flour, baking soda, and salt, and stir to combine. Fold in the coconut, chocolate, and pecans. Transfer to a heavy-duty 8-inch ovenproof skillet (or make minis; see above), smooth the top, and bake until the cookie begins to pull away from the side of the pan and the center looks set, 32 to 38 minutes. Let cool slightly before serving.



brown-butter oatmeal cookie with spiced apples

Reminiscent of the topping on an apple crisp, this chewy oatmeal cookie gets a nutty undertone from the brown butter.

Serves 8

FOR THE COOKIE

- 4 oz. (8 Tbs.) unsalted butter, cut into pieces
- $\frac{1}{2}$ cup packed light brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- 4½ oz. (1 cup) all-purpose flour
- 1 tsp. ground cinnamon
- 1 tsp. kosher salt
- $\frac{1}{2}$ tsp. baking soda
- 1 cup walnut halves, toasted and chopped
- $\frac{3}{4}$ cup old-fashioned rolled oats

FOR THE SPICED APPLES AND SERVING

- 1 lb. (about 2) Pink Lady (or similar) apples, cored and cut into $\frac{1}{4}$ -inch wedges

- 2 Tbs. unsalted butter
- $\frac{1}{4}$ cup packed dark brown sugar
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{4}$ tsp. ground cinnamon
- Pinch kosher salt
- 1 to 2 tsp. fresh lemon juice
- Heavy cream or softly whipped cream (p. 38), for serving

MAKE THE COOKIE

Position a rack in the center of the oven and heat to 325°F.

In a heavy-duty 8-inch ovenproof skillet, melt the butter over medium-high heat. Cook, swirling the pan often, until golden brown, 3 to 4 minutes. Transfer the butter and all the brown bits to a large bowl and let cool briefly. Set the skillet aside for later (no need to clean it).

Add the two sugars to the brown butter, and whisk to combine. Whisk in the egg and vanilla. Add the flour, cinnamon, salt, and

baking soda, and stir to combine. Fold in the walnuts and oats. Transfer to the skillet, smooth the top, and bake until puffed and the center looks set, 30 to 32 minutes. Let cool slightly before serving.

COOK THE SPICED APPLES

In a medium saucepan over medium heat, combine the apples, butter, and $\frac{1}{2}$ cup water. Cover and cook, stirring occasionally, until the apples are just tender, 4 to 6 minutes. Remove the lid and reduce the heat to low. Add the sugar, raisins, cinnamon, and salt. Cook, stirring occasionally, until the sugar dissolves and the juices have thickened slightly, about 2 minutes. Stir in the lemon juice to taste.

Serve with the apples, topped with a drizzle of cream or a dollop of whipped cream.

The image shows two identical plates of a rectangular cookie topped with a scoop of white ice cream and chopped peanuts. The cookies are on a light-colored, textured surface. Each plate is accompanied by a silver fork with a dark wooden handle. The plates are set on a light-colored, textured surface.

spicy peanut butter and lime cookie

A combination of cayenne and lime zest is not your average cookie flavoring, but combined with the sweet and salty ingredients, they make each bite of this gluten-free cookie exciting. Serve with a big scoop of ice cream to keep things cool. **Serves 8**

- ¾ cup smooth peanut butter**
- ½ cup packed dark brown sugar**
- ¼ cup granulated sugar**
- 2 large eggs**
- 1 large egg yolk**
- 1½ tsp. finely grated lime zest**
- 1 tsp. pure vanilla extract**
- 1¾ oz. (⅓ cup) cornstarch**
- ¾ tsp. kosher salt**
- ½ tsp. cayenne pepper**
- ¼ tsp. baking soda**
- ¾ cup roasted, salted peanuts, finely chopped; more for serving**
- Ice cream, for serving**

Position a rack in the center of the oven and heat to 350°F.

In a large bowl, stir the peanut butter and the two sugars until smooth. Add the eggs and yolk, zest, and vanilla, and beat until smooth. Add the cornstarch, salt, cayenne, and baking soda, and stir until smooth. Fold in ½ cup of the peanuts.

Transfer to a heavy-duty 8-inch ovenproof skillet, smooth the top, and sprinkle with the remaining peanuts. Bake until the center looks set and the cookie is beginning to pull away from the side of the pan, 30 to 33 minutes. Let cool slightly before serving.



Bag

This Easy One ~~Pot~~ Meal is All Natural and Extra Juicy



with NEW If You Care Non Stick Parchment Roasting Bags.

RECIPE

Juicy Roasted Chicken Thighs in a Bag

Serves 4-6

Ingredients

- 1 tbsp Maille Dijon Originale Mustard
- 3 tbsp dry white wine
- 1 lemon, zested and juiced
- 3 cloves garlic, thinly sliced
- 1 tsp fresh thyme
- 1lb fingerling potatoes, halved
- 1 leek, trimmed and sliced in ½ inch pieces
- 2 shallots, thinly sliced
- 1 lemon, thinly sliced
- 8 chicken thighs, skin on
- 1 tsp garlic powder
- ¼ tsp sea salt
- ¼ tsp freshly cracked black pepper
- 3 tbsp butter

Preparation

1. Preheat oven to 400 degrees F.
2. In a small bowl, mix together Maille Dijon Originale Mustard, white wine, lemon juice and zest, garlic, and thyme, then set aside.
3. Place potatoes, leeks, and shallots in an If You Care Medium Non Stick Parchment Roasting Bag, seam side up on a rimmed baking sheet or roasting pan. Then season the chicken with the garlic powder, salt and pepper and place inside the bag on top of the vegetables. Place the lemon slices in the bag and pour mustard mixture on top of the chicken and vegetables and fold the open end of the bag tightly towards the top as many times as possible to seal.
4. Roast in the oven for 35 minutes, then remove and open the bag by either ripping or cutting with scissors to expose the top of the chicken. Baste chicken with butter, then place back in oven to roast for another 15 to 20 minutes, or until desired brownness, then serve and enjoy!

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TEST KITCHEN

Tips/Techniques/Equipment/Ingredients/Glossary



TECHNIQUE

No-waste leek prep

To trim leeks to get the greatest yield of the tender light-green and white parts (as for the charred leeks on p. 55), don't trim off all of the dark-green leaves in one slice. Instead, use a paring knife to cut away each leaf individually; as you remove only the dark-green part, more light green is exposed from underneath on the next leaf. Trimming the leaves in layers will give you a much greater usable amount of leek. Save the dark-green parts to flavor broth, soup, stock, or stew.

—Ronne Day

TIP

Make flavorful broth from shrimp shells

If you have leftover shrimp shells from preparing a dish like the shrimp and grits on p. 68, don't throw them away. Make a quick broth instead by simmering them for 30 minutes or so in about 4 cups of water with 1 bay leaf, 1 chopped onion, 1 chopped carrot, and 1 chopped celery rib. Strain and use right away, or cool and freeze in small portions. Use the broth as a cooking liquid to flavor risottos, scampis, stir-fries, soups, and stews.

—Lisa Lahey

TECHNIQUE

How to rake spaghetti squash

If you've never cooked spaghetti squash, its texture may come as a surprise. After it's cooked, the flesh of the squash wants to separate into spaghetti-like strands. To remove the strands (as for the Neapolitan Spaghetti Squash on p. 29), after roasting or otherwise cooking the squash in its shell, hold half of the squash in one hand and gently rake the tines of a fork lengthwise through the flesh so that you're pulling the strands in the same direction they naturally run. The flesh will easily pull apart. If any falls from the shell in larger clumps, use the fork to separate them into individual strands on your work surface or in a bowl.

—R.D.



TECHNIQUE



Easy ways to flavor whipped cream

Delicious on its own, whipped cream is easy to flavor. Here are some variations to tailor for every dessert. Adjust the sugar to taste based on the sweetness of the other ingredients.

Start with 1 cup heavy cream:

Strawberry or blueberry

Whip the cream to soft peaks. Fold or whip in $\frac{1}{3}$ to $\frac{2}{3}$ cup berry purée and 1 to 3 Tbs. confectioners' sugar.

Citrus

Before you begin whipping, add 1 Tbs. finely grated zest and 1 to 3 Tbs. confectioners' sugar. Or whip the cream to soft peaks

and fold or whip in $\frac{1}{3}$ to $\frac{2}{3}$ cup prepared citrus curd.

Cinnamon

Before you begin whipping, add 1 tsp. ground cinnamon and 1 to 3 Tbs. confectioners' sugar.

Chocolate

Whip the cream to soft peaks. Stir about $\frac{1}{3}$ cup of the cream into 4 oz.

melted room temperature dark or bittersweet chocolate (about $\frac{3}{4}$ cup chopped). Fold or whip the chocolate into the remaining cream.

Honey or maple

Whip the cream to soft peaks. Drizzle in 2 to 4 Tbs. honey or pure maple syrup while continuing to whip.

—L.L.



EQUIPMENT

Stainless vs. cast iron for baking

We tested the skillet cookies on p. 82 in both stainless-steel and cast-iron pans. Why? Because the two can produce different results. We found that the cookies baked in cast iron had a shorter baking time and baked more evenly, with not as big a difference in the cookies' texture. This makes sense: Cast iron retains heat better than stainless steel, and in the oven, it will hold the radiating heat evenly, providing for a quicker, more evenly baked cookie. —L.L.

TECHNIQUE

Cutting leeks into matchsticks

Here's an good way to cut leeks into evenly sized matchsticks for the Frizzled Leeks on p. 53. Once the leeks are rinsed and trimmed, cut them into 2-inch-long segments. Cut in half lengthwise, remove a few of the layers, flatten them on the cutting board, and stack them evenly. Then thinly slice them lengthwise into matchsticks of the desired width.

—Diana Andrews



INGREDIENT



Edible flowers

Montana chef Melissa Harrison garnishes her Grilled Herb-Stuffed Trout (p. 77) with local edible flowers. Flowers add more than just color. They are can be spicy or zesty (think nasturtiums and phlox), bitter (snapdragons), and sweet and floral (pansies, dianthus, and roses). Select the variety you want to use with both flavor and color in mind.

Because not all flowers are edible and sometimes even "edible" flowers are not grown in suitable conditions for consumption, be sure to buy them from a trusted purveyor. You can find them at a well-stocked specialty market, or order from melissas.com. —D.A.



TRY THIS

Maitake mushrooms

When you think of mushrooms, the word “pretty” doesn’t usually come to mind, but maitake might be the exception. You may know them as “hen of the woods,” a descriptive name owing to the mushrooms’ ruffled appearance: Their white stalks gracefully fan out into feathery, curled caps. Depending on how much light they receive prior to harvest, those caps can range in color from white to dove gray or warm brown. Widely known for culinary as well as medicinal uses, maitake are called by many other names, too, including ram’s head or sheep’s head mushrooms, king of mushrooms, cloud mushrooms, and signorina (or unmarried woman).

Maitake are native to the United States, Europe, and Japan, and in the wild, they favor the base of oak and maple trees, as well as coniferous trees and stumps, where they can be found in late summer through early fall. Today, however, thanks to the Japanese who pioneered the effort, the mushroom is widely cultivated and can be found both fresh and dried in Asian markets and increasingly in supermarkets, where they are sold packaged most often with their Japanese name, maitake.

With their beery aroma and meaty texture, maitake are delicious eaten raw, seared, roasted, deep-fried, grilled, or sautéed. The recipe at right incorporates roasted maitake into a hearty vegetarian noodle bowl.

—R.D.

maitake noodle bowls

This satisfying bowl is brimming with umami flavors, warm udon noodles, and vibrant, crisp vegetables. Serves 4

- 1 lb. maitake mushrooms, cut lengthwise (from top to bottom) into ½-inch slices
- 2 Tbs. olive oil
- Kosher salt and freshly ground black pepper
- 1 oz. dried maitake or a mix of dried wild mushrooms
- 6 large cloves garlic, smashed and peeled
- 1 3-inch piece fresh ginger, peeled and cut into ¼-inch-thick slices
- 1 Tbs. coriander seeds, toasted
- 1 Tbs. whole black peppercorns
- 3 whole star anise
- 2 Tbs. mirin
- 2 Tbs. ponzu sauce
- 9 oz. fresh udon noodles
- 2 to 3 radishes, cut into matchsticks (about ¼ cup)
- ½ cup thinly sliced scallions
- ¼ cup shredded carrots
- ¼ cup cilantro leaves
- Asian (toasted) sesame oil, for serving

Position a rack in the center of the oven and heat to 450°F.

Put the fresh maitake on a large rimmed baking sheet, toss with the olive oil, and season with ½ tsp. salt and ½ tsp. pepper. Roast until golden and crisp on the edges, 12 to 15 minutes. Reserve a handful of the larger pieces and transfer the rest to a 4-quart pot.

Add the dried mushrooms, garlic, ginger, coriander, peppercorns, star anise, and 8 cups of water to the pot. Bring to a boil. Lower the heat, and simmer until reduced by half, about 1 hour.

Strain the broth through a fine-mesh strainer lined with a double thickness of cheesecloth into a large bowl. Rinse the pot. Return the broth to the pot. Add the mirin, ponzu, and ¼ tsp. salt. Bring to a low simmer over medium heat.

Meanwhile, bring a large pot of well-salted water to a boil. Cook the noodles according to package directions, then drain and rinse under cold running water. Divide the noodles among four shallow soup bowls. Season the broth to taste, and ladle over the noodles.

Cut the reserved mushroom slices into bite-size pieces and add to the bowls along with the radishes, scallions, carrots, and cilantro. Drizzle each with a little sesame oil, and serve. —Ronne Day



INGREDIENT

Use pickle “juice” to boost flavor

Chef Rory Schepisi uses pickled jalapeños in her grilled beef tenderloin on p. 78. To punch up the flavor of the marinade for the beef, she also adds some juice from the pickled jalapeños. Pickling brine, packed with complex flavors developed through the pickling process, adds depth of flavor. Try using the juice from your favorite pickles, from regular dill to bread and butter, in marinades, salad dressings, slaws, potato salads, and macaroni salads—anything that would benefit from the briny, zesty, or sweet flavor. Use it instead of fresh lemon juice to add a twist to fish cakes. Give cocktails a kick of flavor with pickle juice, but also add some saltiness that will make your drinks taste sweeter. Add a dash of pickle juice to finish a vegetable side just before serving, or drizzle some on broiled fish. —D.A.



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INGREDIENT



Tellicherry



Malabar

Not all black peppercorns taste the same

I recently found myself grinding more and more black pepper onto my scrambled eggs. For some reason, I just wasn't getting the pepper flavor I expected. No, I didn't have a cold. The culprit, I found, was that I had inadvertently bought "regular" (Malabar) black peppercorns instead of my usual Tellicherry. Though both grow on the same vines of the same plant (*Piper nigrum*) in the same region of India, once the berrylike fruit gets dried and sorted, the larger (at least 4.25 millimeters) are deemed Tellicherry and the even larger still (at least 4.75 millimeters) are deemed Tellicherry Special Extra Bold. Tellicherry peppercorns have a fruitier flavor and are much more aromatic, but because they make up much less of any given harvest, they cost a little more. After using regular black pepper on my eggs and not getting that same complex flavor, the slightly higher price is something I will gladly pay. See p. 96 for sources.

—Joanne Smart

INGREDIENT



Get to know chestnut flour

Used to make the chestnut gnocchi on p. 66, chestnut flour has a dense, silky texture and earthy flavor with decidedly sweet, nutty notes. Depending on how the nuts are dried before grinding, the flour may also have a hint of smokiness, too. Great for making pastries, cookies, and cakes, chestnut flour also can be used in savory applications such as pastas and breads, where this gluten-free flour adds flavor, density, and heartiness. The United States imports most of its chestnut flour from Italy, as this once-prolific tree has been all but wiped out domestically by blight. Store chestnut flour in an airtight container in the freezer for up to six months. For sources, see p. 96.

—D.A.



TIP

How to keep track of unusual ingredients

We buy a lot of ingredients in the test kitchen, and some may be a bit unusual, such as the fennel pollen used in the pork tenderloin on p. 47. In the past, I would sometimes forget where these items were purchased and would be at a loss when I needed to restock. Now, I write the retailer right on the product so I know where to buy more. If you're an adventurous cook, consider doing the same for your more unusual ingredients.

—D.A.



TIP

Small-batch blanching

For my Pistachio Pesto Pasta Primavera on p. 40, I parcook a few different vegetables by boiling them briefly (blanching). To streamline the process, I use the same pot of water. I also blanch the vegetables in a mesh strainer with a handle. That way, I can submerge them in the boiling water, then lift them out all at once without having to chase after every vegetable in the pot. Then I use the same strainer to immediately run the vegetables under cold water to stop the cooking. To maintain vibrancy of each different vegetable, blanch them separately from lightest, like asparagus and cauliflower, to darkest, like spinach and beets. —D.A.

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SOURCES



Gnocchi, p.58

- **Chestnut flour**, Molino Agostini organic chestnut flour, \$9.99 for 500 g, frecciarossamarket.com; Dowd & Rogers chestnut flour, \$19.19 for 14 oz./396 g, funfreshfoods.com, 800-243-8705.
- **Gnocchi board**, \$5.95, kingarthurfleur.com, 800-827-6836.



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Pork Tenderloin, p.46

- **Fennel pollen**, \$21.99 for 1 oz., sidwainer.com, 508-999-6408.



Test Kitchen, p.89

- **Fruit purée**, \$15.24 for 2.2 lb. strawberry purée, \$25.84 for 2.2 lb. blueberry purée, markys.com, 305-758-9288.
- **Tellicherry black whole peppercorns**, \$6.50 for a 2-oz. tube, reluctanttrading.com.



Try This, p.92

- **Dried maitake mushrooms**, \$3.99 for a 1-oz. pack; kalustyans.com, 212-685-3451.

Skillet Cookies, p.82

- **Cast-iron skillets**, \$6.75 for a 3½-inch cast-iron mini skillet, \$19.25 for an 8-inch cast-iron skillet; shop.lodgemfg.com, 423-837-7181.



Mini

8 inch



Big Sky Cooking, p.72

- **Frozen huckleberries**, \$49.99 for 3 lb., nwwildfoods.com, 866-945-3232.

Shrimp and Grits, p.68



- **Grits**, \$5.95 for 12 oz., ansonmills.com, 800-243-8705.



- **Grits**, \$3.50 for 2 lb., weisenberger.com, 859-254-5282.



- **Enamel dinner plates**, Crow Canyon Home, 10-inch diameter, \$7.99 each, New Preston Kitchen Goods, 860-868-1264.

Make It Tonight, p.27

- **Blue porcelain square plates**, \$15 each, Bantam Tileworks, bantamtileworks.com, 860-361-9306.





NUTRITION

Recipe	Calories (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Poly Fat (g)	Mono Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
MAKE IT TONIGHT, P. 27												
Skillet Shepherd's Pie	830	520	58	29	3	20	185	1060	44	6	3	36
Harissa-Yogurt Baked Chicken Thighs	250	110	12	5	2	4.5	160	320	2	0	1	31
Neapolitan Spaghetti Squash	210	130	15	3.5	4	6	10	440	17	3	1	6
Roasted Chickpea, Avocado, and Feta Salad	320	150	17	4	2.5	9	15	490	35	12	6	13
Salt-Baked Fingerling Potatoes	90	0	0	0	0	0	0	150	20	2	1	2
Macaroni and Cheese with Asparagus and Prosciutto	580	270	31	17	2	9	185	830	50	3	7	27
Ginger-Sesame Chicken Lettuce Wraps	300	150	16	4	4	7	100	670	17	2	9	39
Cobb-Style Salad with Roast Beef and Fresh Herb Dressing	620	400	45	16	9	17	190	650	21	10	8	36
Grilled Brie and Tomato	610	290	33	11	13	8	55	1050	57	3	4	20
Korean Flank Steak Tacos	400	140	15	4.5	3	5	85	670	32	3	3	32
FOOD SCIENCE, P. 36												
Basic Whipped Cream	110	100	11	7	0	2.5	35	10	3	0	3	1
PISTACHIOS, P. 40												
Pistachio Pesto Pasta Primavera	890	490	56	9	8	36	5	750	79	9	6	22
Pistachio Phyllo Bites	170	70	8	2	1.5	3	5	75	24	1	18	2
Black Rice and Pistachio Salad	220	90	10	1	2	6	0	90	30	4	4	5
GOOD SPIRITS, P. 44												
Tequila-Lime Chicken Thighs	440	200	23	6	5	10	260	370	6	0	4	49
PORK TENDERLOIN, P. 46												
Sear-Roasted Pork Tenderloin with Garlic and Fennel	210	80	9	2	1	5	80	440	2	1	0	30
Hoisin-and-Maple-Glazed Roasted Pork Tenderloin	240	50	6	1.5	1.5	2	80	450	13	0	10	30
Grilled Chile-Spiced Pork Tenderloin	210	70	8	2	1	4.5	80	330	2	1	0	30
Mushroom-and-Coppa-Stuffed Pork Tenderloin	410	230	26	11	2	10	105	920	8	1	2	32
LEEEKS, P. 52												
Orecchiette with Leeks, Spinach, Sausage, and Peas	510	150	17	5	2	8	30	750	68	7	8	22
Charred Leeks with Caper-Herb Sauce	240	180	21	3	2.5	15	0	280	14	2	4	2
Ham, Leek, and Cheese Bread Pudding	460	210	23	12	2	7	250	950	36	2	10	26
Leek, Chicken, and Rice Soup	260	90	10	2	1.5	6	40	240	21	2	4	22
GNOCCHI, P. 58												
Roasted Beet Gnocchi	410	190	22	11	1.5	8	100	530	46	3	4	8
Chestnut Gnocchi	250	20	2	0.5	0	0	25	300	52	5	1	6
Spinach and Basil Gnocchi	370	160	18	10	1.5	6	175	480	42	3	1	10
Potato and Ricotta Gnocchi	210	30	3.5	1.5	0	1	55	460	36	2	1	8
Gorgonzola Cream Sauce (per 2 Tbs.)	130	120	13	8	0.5	3.5	40	230	1	0	1	3
Brown Butter and Sage Sauce (per 1 Tbs.)	160	160	18	11	0.5	5	50	115	0	0	0	0
SHRIMP & GRITS, P. 68												
Southern-Style Shrimp and Grits	510	150	16	3	3.5	8	100	290	40	13	10	53
Nuevo Latino Shrimp and Grits	270	90	10	5	1	2.5	135	540	26	3	2	19
BIG SKY COOKING, P. 72												
Fruit and Nut Salad with Mixed Greens and Pickled Raisins	280	200	22	2.5	6	12	0	170	18	4	11	5
Grilled Herb-Stuffed Trout	150	90	10	4.5	1	3	80	150	2	0	0	14
Summer Squash with Jalapeño, Herbs, and Sesame Seeds	400	370	41	5	6	29	0	125	8	2	4	3
Grilled Beef Tenderloin	450	250	28	11	1	12	160	1080	1	0	1	44
Huckleberry Croustade	480	210	23	14	1.5	7	120	220	64	2	32	6
SKILLET COOKIES, P. 82												
Double Chocolate-Double Sesame Cookie	380	170	18	8	3	5	45	170	53	2	29	6
Chocolate Chunk Cookie with Toasted Coconut and Pecans	360	170	19	10	2	6	45	200	45	2	26	4
Brown-Butter Oatmeal Cookie with Spiced Apples	450	210	24	10	7	6	60	250	56	4	34	6
Spicy Peanut Butter and Lime Cookie	360	190	22	4.5	6	11	70	320	33	3	23	11
TEST KITCHEN, P. 89												
Maitake Noodle Bowls	340	100	11	1.5	1.5	6	0	1150	49	5	10	10

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingredients

with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ⅛ tsp. pepper per serving for entrées, and ⅛ tsp. salt and ⅛ tsp. pepper per serving for side dishes.



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VEGETARIAN: May contain
eggs and dairy ingredients



MAKE AHEAD: Can be
completely prepared
ahead (may need hands-
off cooking, baking, or
reheating to serve)



QUICK: Under 30 minutes



What to drink with what's in this issue

Select recipes in this issue
include pairings by our drinks editor,
Jill Silverman Hough.



A FRESH NEW Cheesecake FOR Easter

Fresh Raspberry-Lemon Cheesecake Bars

Prep Time: 15 min.

Total Time: 6 hours 5 min. (incl. refrigerating)

Makes: 18 servings

What You Need

- 2 cups graham cracker crumbs
- 1 cup plus 2 Tbsp. sugar, divided
- 6 Tbsp. butter, melted
- 3 cups (12 oz.) raspberries, divided
- 1 Tbsp. each zest and juice from 1 lemon
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 4 eggs

Make It

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until center is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest. Use foil handles to remove cheesecake from pan before cutting into bars.



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