food network magazine

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INA'S
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Easy Meatballs

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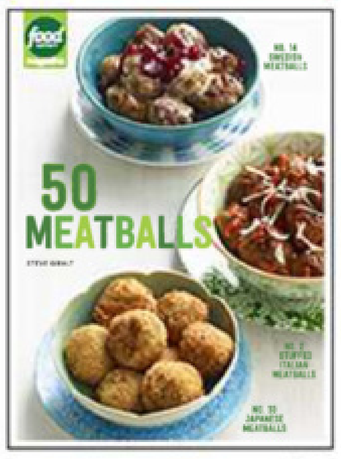
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PHOTO: BEN GOLDSTEIN/STUDIO D; FOOD STYLING: BRETT KURZWEIL

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

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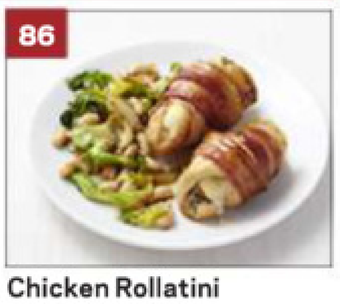

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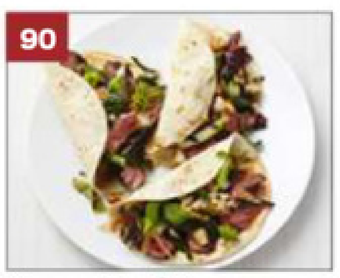

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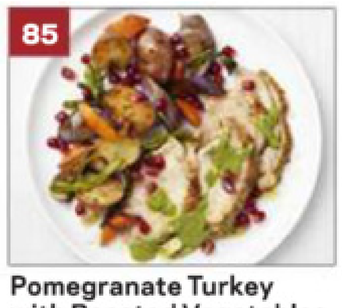

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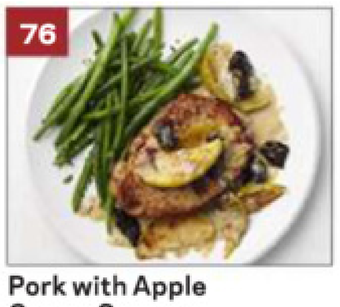

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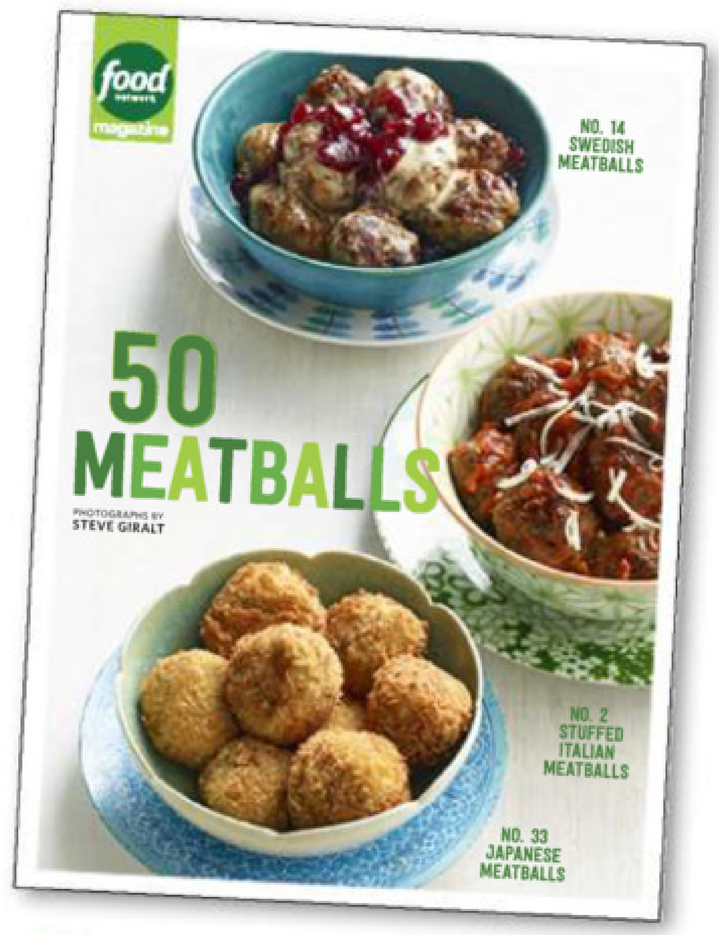

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Try Bobby Flay's corned beef and cabbage!

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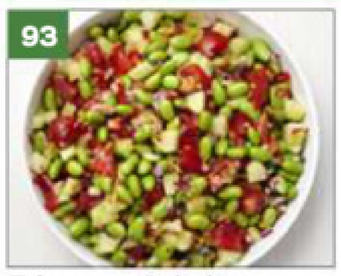

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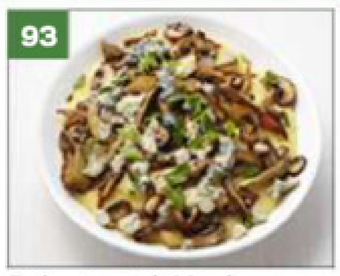

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To Your Health

Here's what's extra good for you in this month's issue:

DINNERS UNDER 500 CALORIES

Try a few low-calorie favorites from our Weeknight Cooking section.



FRIED RICE WITH BACON
PAGE 76
CALORIES: 447



SHAKSHUKA WITH CHICKPEAS
PAGE 86
CALORIES: 452



BEEF STIR-FRY WITH FRENCH FRIES
PAGE 80
CALORIES: 398



STEAMED MAHI MAHI
PAGE 88
CALORIES: 425

PICK A PEPPER!

Chile peppers are a great source of vitamins A and C. But think beyond the jalapeño! Here are a few to try in this issue:



Add a **Thai bird chile** to rice noodles (page 85).



Spice up chicken roti with a **Scotch bonnet** (page 88).



Make salsa for pork with **guajillo chiles** (page 130).



EAT MORE SEAFOOD

The USDA recommends eating two servings of seafood a week. Try a new dish every weekend this month:

Toss **mussels with pasta** (page 90). They're low in fat and high in protein.

Fill up on omega-3 fatty acids with **salmon meatballs** (No. 44 in the booklet on page 100).

Make **octopus tacos** (page 129). Octopus is a great source of vitamin B^{12}, which helps prevent anemia.

Serve iron-rich **clams with chorizo** for tapas night (page 123).

GLUTEN-FREEBIES!

You'll find tons of gluten-free recipes in this issue—here are just a few. (Make sure you read labels to avoid any trace amounts of gluten.)

Rice Noodle Salad with Shrimp
page 85





Polenta with Mushrooms and Gorgonzola
page 93

Spaghetti-Style Green Beans
page 108





Crab-Stuffed Piquillo Peppers
page 123

Rajas Con Queso Mini Tamales
page 128



PLUS: Gluten-Free Meatballs (page 100)

- Picadillo (No. 3)
- Mexican (No. 5)
- African (No. 7)
- Vietnamese (No. 8)
- Slovakian (No. 15)

THAI BIRD CHILE AND SCOTCH BONNET: ALAMY. GUAJILLO CHILE: FOTOLIA. MUSSELS: GETTY IMAGES.

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When making a shift to healthier eating, it helps when the prep work is not, well, work. That's where Food Network comes in. We've got gadgets galore to make pulling together fresh ingredients easy. And let's face it, we all crave simple anyway you slice (or dice) it.

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Star Search

Find your favorite Food Network celebs in this issue:

"What's your favorite international destination?"



Ted Allen
Chopped; All-Star Academy
pg. 45



Sunny Anderson
The Kitchen; Cooking for Real; Home Made in America with Sunny Anderson
pg. 62



Richard Blais
Hungry Games
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Maneet Chauhan
Chopped
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Gabriele Corcos and Debi Mazar
Extra Virgin (on Cooking Channel)
pgs. 45, 48



Melissa d'Arabian
Ten Dollar Dinners; Guy's Grocery Games
pg. 45

"MEXICO—FOR THE FOOD, WARM WEATHER AND GREAT PRICES. WE'RE GOING TO CUERNAVACA NEXT."



Bobby Flay
Beat Bobby Flay; Iron Chef America; All-Star Academy; Brunch @ Bobby's (on Cooking Channel)
pg. 118



Jose Garces
Iron Chef America
pgs. 18, 122



Ina Garten
Barefoot Contessa: Back to Basics
pg. 58



G. Garvin
Road Trip with G. Garvin (on Cooking Channel)
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Alex Guarnaschelli
Iron Chef America; Chopped; Alex's Day Off; All-Star Academy
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Ching-He Huang
Restaurant Redemption; Easy Chinese (both on Cooking Channel)
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Robert Irvine
Restaurant: Impossible; Dinner: Impossible (on Cooking Channel)
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Rachel Khoo
Little Paris Kitchen: Cooking with Rachel Khoo; Rachel Khoo's Kitchen Notebook: London (both on Cooking Channel)
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Katie Lee
The Kitchen
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Jeff Mauro
Sandwich King; The Kitchen
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Roger Mooking
Man Fire Food; Heat Seekers (both on Cooking Channel)
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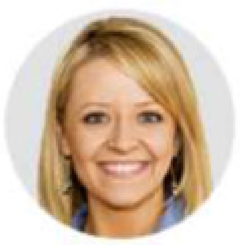


Masaharu Morimoto
Iron Chef America
pg. 45



Marc Murphy
Chopped
pg. 45

"ROME IS ONE OF MY ALL-TIME FAVORITE CITIES. I WENT TO SCHOOL THERE, SO THAT MAKES IT FEEL LIKE HOME. THERE'S ALSO NOWHERE ELSE I'D RATHER EAT—I'VE NEVER HAD A BAD MEAL IN ROME, EVER."



Kelsey Nixon
Kelsey's Essentials; The Perfect 3 (both on Cooking Channel)
pg. 45



Damaris Phillips
Southern at Heart
pg. 45



Aarón Sánchez
Chopped; Heat Seekers and *Taco Trip* (both on Cooking Channel)
pg. 18



Aarti Sequeira
Taste in Translation (on Cooking Channel)
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Curtis Stone
Kitchen Inferno; All-Star Academy
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Marcela Valladolid
Mexican Made Easy; The Kitchen
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Geoffrey Zakarian
Iron Chef America; Chopped; The Kitchen
pg. 45

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ALL ABROAD!

I can't for the life of me get my kids to eat American food. Mashed potatoes, mac and cheese, peanut butter and jelly—none of it passes. **My daughters will only eat Russian food,** and the list is short: borscht, kasha, kotleti (meat patties), blini stuffed with ground beef, buttered noodles and assorted Russian deli meats and crackers. Well, they will also eat pizza, but that is more of a survival mechanism for birthday parties. Otherwise, their palates are Eastern European because years ago our Ukrainian sitter, Valy, started cooking for the kids, and **once they tasted her meatballs,** I didn't have a chance. They won't eat a thing I make other than bread and desserts. Last Thanksgiving, my 5-year-old consumed half of a Parker House roll and three pieces of pie for dinner.

I admitted this personal failure to everyone at work when we were planning this **international issue**: We were talking about what people around the world love to eat, and we realized that many of us (including my kids) are consuming the same things. As Ina Garten explains on page 58, **a braise in France isn't all that different from a stew in Morocco** or a chili in Texas. When I look at my kids' favorite Russian foods, they're basically variations on my own childhood dinners, with cooler-sounding names.

In this issue, you'll see a lot of **familiar food** (roast chicken, tacos, meatballs) made with some **not-so-familiar ingredients.** We surveyed Food Network fans a while ago about home-cooking habits, and a whopping 71 percent said they were interested in cooking with new spices. We took that to heart and included 37 different spices in this issue. I wish I could say that I'm going to take some curry powder home and persuade my kids to try **Jamaican meatballs** for a change, but that won't happen. My best hope is to beg Valy to lace hers with a spice or two sometime, because as long as she cooks something, my kids will think it's Russian. And they'll love it.

Maile

@MaileCarpenter

Find plates from around the world, including this Russian one, on page 41.

PORTRAIT: TRAVIS HUGGETT. PLATE: ALISON GOOTEE/STUDIO D.

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March

SUN	MON	TUE	WED	THU	FRI	SAT
1 Go global at brunch today: Fry some pancetta, Irish bacon or Canadian bacon instead of your usual strips.	**2**	**3**	**4** Chicago became a city today in 1837. Make a deep-dish pizza: Press 1 pound dough into an oiled 10-inch cake pan; add toppings. Bake at 425°, 40 minutes.	**5**	**6**	**7**
8 Daylight savings time is here. Make up for lost sleep with an extra-large coffee and serve it like the French do: in a bowl with hot milk.	**9**	**10** Tostada Tuesday! Top store-bought tostadas with refried black beans, shredded rotisserie chicken, avocado and Cotija cheese.	**11**	**12** Serve a new sweet after dinner—a favorite North African treat: Stuff pitted dates with almonds and roll in confectioners' sugar; chill 1 hour.	**13**	**14** It's Pi Day (3/14)! Celebrate with pie for dinner: Go to foodnetwork .com/savorypie for potpie, shepherd's pie and other recipes.
15 Calle Ocho, the world's largest block party, is today in Miami's Little Havana. Get in the Cuban spirit with the plantains on page 93.	**16**	**17** Bake shortcut stout cupcakes for St. Patrick's Day: Use a chocolate cake mix, replacing the water with Guinness. Top with cream cheese frosting.	**19**	**20** Washington, D.C.'s cherry blossom festival starts today. Make a cherry float: Mix 1 cup cola and a few dashes of grenadine; add cherry ice cream.	**21**	
22	**23** Set up a ramen bar for dinner: Prepare ramen as directed; put out toppings like sesame seeds, scallions and roasted vegetables.	**24**	**25** Mix an ouzo cocktail for Greek Independence Day: Shake equal parts ouzo and lemon juice. Pour over ice; top with seltzer and add honey and mint.	**26**	**27** See how daring your friends are: Serve Marmite, the super-salty British spread made from yeast extract, with crackers before dinner.	**28**
29	**30** The U.S. signed the Alaska Purchase today in 1867. Make a lemony baked Alaska in the state's honor: foodnetwork .com/bakedalaska.	**31** The Eiffel Tower opened today in 1889. Try a Parisian-inspired snack: Layer dijon mustard, ham and brie on French bread; broil. Top with cornichons.				

DATES, TOSTADA AND BREAD: JEFF HARRIS/STUDIO D; FOOD STYLING: BARRETT WASHBURNE. CLOVER AND PANCETTA: GETTY IMAGES. PIZZA AND CHERRY FLOAT: ISTOCKPHOTO. POTPIE AND BAKED ALASKA: CON POULOS. COFFEE, COCKTAIL AND MARMITE: ALAMY. PLANTAINS: JUSTIN WALKER. CUPCAKE: SHUTTERSTOCK. RAMEN: CHARLES MASTERS.



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You Asked...

Food Network stars answer your burning questions.



Ching, my fried rice turns out sticky and tastes too much like soy sauce. How can I fix this?

Debbie Surbaugh via Facebook

Make sure you measure exactly the right amount of water to rice and that you cook out all the water when you precook the rice. If the rice is too wet, you will get soggy fried rice. Transfer cooked rice to a baking sheet to cool and let the moisture evaporate, or cover and refrigerate overnight to dry it out. Make sure the wok or pan is hot enough before you add the oil, and keep the heat on high while you're frying. When you season with soy sauce, try to splash it around to distribute evenly, and toss the wok well to incorporate all the flavors. Practice makes perfect!

—Ching-He Huang



Aarón, is it possible to create a Mexican-influenced pasta dish without using chiles?

Hannah Heritage Thorofare, NJ

Yes, you can do a *sopa seca*—a classic Mexican noodle dish—but without chiles. It won't have the same kick, but you can add flavor by using garlic, onions, cheese (such as Cotija or queso fresco), herbs and seasoning. Find my recipe at foodnetwork.com/sopaseca.

—Aarón Sánchez



Jose, I hope to successfully make paella one day. What advice do you have?

Camelia Simpson via Facebook

Don't be intimidated! First off, make sure you have short-grain rice, good olive oil and fresh seafood from the fishmonger. Invest in a paella pan or wide oven-safe sauté pan; it will make all the difference. Many paella recipes call for just stove-top cooking, but I like to bake mine in the oven to make sure the paella is cooked evenly. And remember to have fun! Paella is all about bringing people together.

—Jose Garces



Aarti, I love chicken tikka masala, but all the recipes I tried have the wrong amount of spice and sweetness. How can I achieve a delicious tomato flavor without the sauce being too heavy and overpowering?

Heidi Jeppson via Facebook

To get the most out of your spices, you should sauté them in warm oil (this is called blooming) rather than just adding them to the cooked sauce. Also, add a touch of honey to counteract the natural tang of the tomatoes—not so much that you can taste it but enough to balance out the acidity.

—Aarti Sequeira



Marcela, what is the best fish to use for fish tacos?

Mike Geraghty via Facebook

For my favorite Baja-style fish tacos, I like to use skinned halibut. I cut it into ½-inch-wide strips, then batter and fry.

—Marcela Valladolid



Jose swears by a good paella pan.

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine.

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

PAELLA: GETTY IMAGES.

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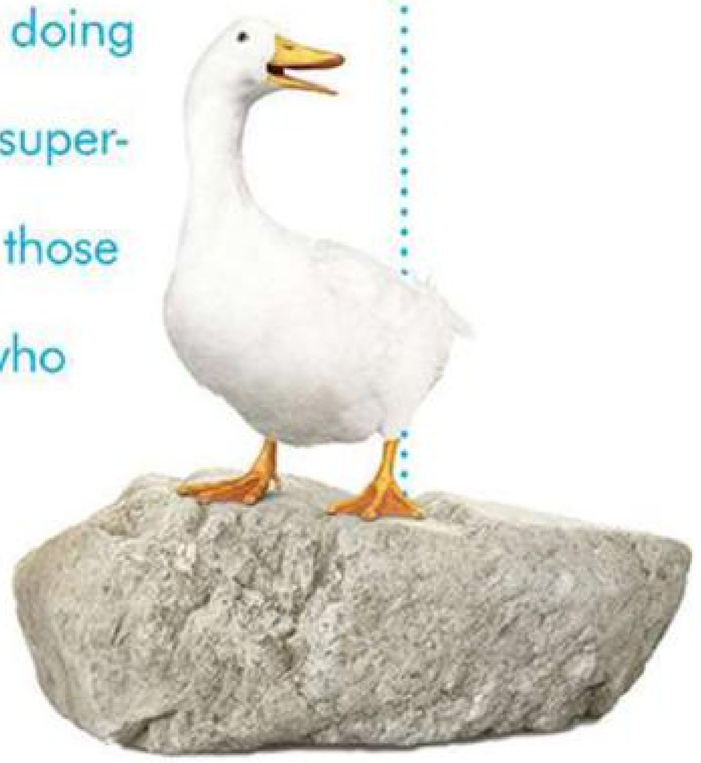
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CHICAGO BOTANIC GARDEN

GARDEN CHEF SERIES

FOOD NETWORK MAGAZINE was proud to partner once again with the Chicago Botanic Garden to sponsor its annual Garden Chef Series. Each weekend during the summer of 2014, noted Chicago area chefs held cooking demonstrations featuring farm-fresh ingredients. Thousands of guests attended the events, which were held in a beautiful open-air kitchen. Following the demonstrations, guests sampled the prepared dish and received a gift bag with sponsor items. Sponsors included Bud Light Lime® Lime-A-Rita, Colorado Tourism, Dietz & Watson®, Kerrygold®, Louisiana Seafood Promotion and Marketing Board, US Potato Board & Vicks® QlearQuil™.

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WHEN IT COMES TO INCLUDING RICE ON THE MENU, the possibilities are endless. Choose from these delicious recipes for creative, easy-to-prepare meals you can make in minutes!



POWER BREAKFAST



Minute® Multi-Grain Medley is a blend of four gluten-free 100% whole grains including long grain brown rice, Thai red rice, wild rice and quinoa. With its slightly chewy texture and nutty flavor, it's incredibly versatile and can be used as a base to create tasty meals like this delicious Power Breakfast.

INGREDIENTS

- 1 bag **Minute® Multi-Grain Medley**, uncooked
- 2 cups honey-flavored Greek yogurt
- ½ cup trail mix nuts, seeds and raisins
- ½ teaspoon ground cinnamon

DIRECTIONS

PREPARE rice according to package directions. Cool. For extra flavor, prepare rice with orange or apple juice instead of water.

COMBINE yogurt, trail mix and cinnamon in a medium bowl.

FOLD in rice.

Makes 3–4 Servings



EASY SWEET AND SOUR CHICKEN



Minute® Brown Rice is 100% whole grain and gluten-free... so eating more nutritionally just got a whole lot easier. It makes a great base for breakfast, lunch and dinner recipes.

INGREDIENTS

- 1 tablespoon oil
- 1 pound boneless skinless chicken breast, cut into bite-size pieces
- 2 cups frozen stir-fry vegetables
- 1 can (8 oz.) pineapple chunks in juice, undrained
- ½ cup sweet and sour sauce
- 1 cup water
- 2 cups **Minute® Brown Rice**, uncooked

DIRECTIONS

HEAT oil in large skillet on medium-high heat. Add chicken; cook and stir 4 minutes or until cooked through.

ADD vegetables, pineapple with juice, and sweet and sour sauce; mix well. Stir in water. Bring to a boil.

STIR in rice; cover. Reduce heat to medium-low; simmer 5 minutes. Remove from heat. Let stand 5 minutes or until almost all the liquid is absorbed and rice is tender.

Makes 4 Servings



CHICKEN CARBONARA RISOTTO



Minute® White Rice is an enriched, pre-cooked, long grain, gluten-free white rice that does not require cooking. Ready in just 5 minutes, you'll have fluffy, delicious rice that is easy to prepare and wholesome too.

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken breast, cut into strips
- 1 can (10¾ oz.) condensed cream of chicken soup
- 1 cup frozen peas
- 1½ cups milk
- 2 cups **Minute® White Rice**, uncooked
- ¼ cup real bacon bits
- ¼ cup grated parmesan cheese*

DIRECTIONS

HEAT oil in large skillet over medium-high heat. Add chicken; cook and stir 4 to 5 minutes or until cooked through.

ADD soup, peas and milk; bring to a boil. Stir in rice; cover. Reduce heat to medium-low; simmer 5 minutes.

STIR in bacon bits and parmesan cheese.

Makes 4 Servings

**Or substitute grated romano cheese.*

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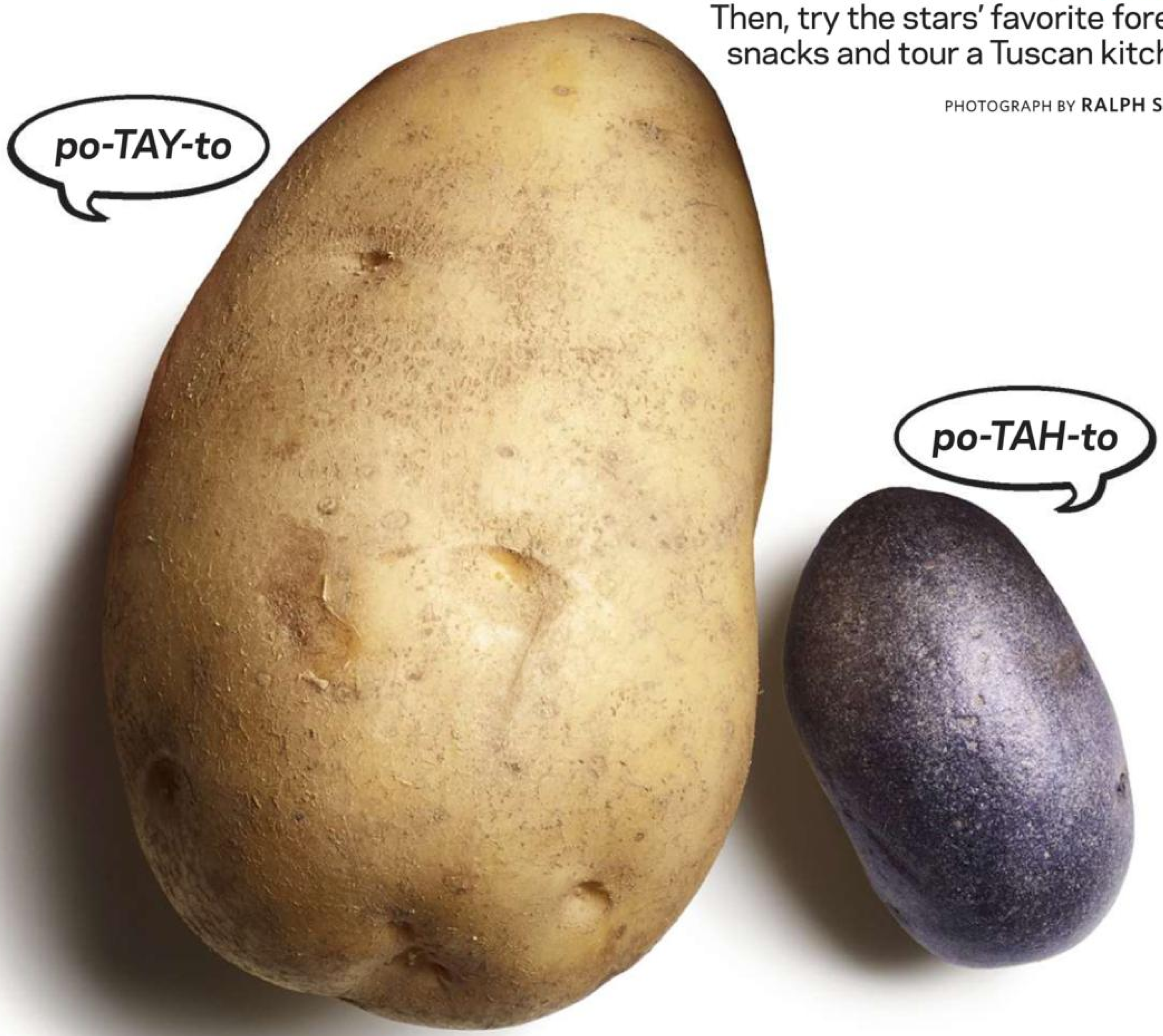
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In the Know

See how the world says **"potato."** Then, try the stars' favorite foreign snacks and tour a Tuscan kitchen.

PHOTOGRAPH BY **RALPH SMITH**



FOOD STYLING: BRETT KURZWEIL

Say What?

The old "you say po-tay-to, I say po-tah-to" line might need to be retired: Almost no one in the world says "po-tah-to," at least according to the authors of a recent book about accents. To celebrate the release of *You Say Potato*, David and Ben Crystal created an interactive accent map and invited people across the globe to record themselves saying "potato." At last count, 1,355 people from 95 countries had chimed in, and only two of them—a man in Bangalore, India, and one in Kaunas, Lithuania—said "po-tah-to." If you want to have a say in the matter, search for *You Say Potato* on panmacmillan.com and put your recording on the map.

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FOOD NEWS



IN THE BAG

Potato chip flavors are going rogue the world over, and you can thank Lay's for the shake-up. The company's annual Do Us a Flavor contest has now expanded to 12 countries, and fans have put flavors like Shrimp, Walkie Talkie Chicken (chicken feet) and Pickled Cucumber on the shelf. America's new favorite, Wasabi Ginger, hit supermarkets earlier this year.



Walkie Talkie Chicken
South Africa



Pickled Cucumber
Serbia



Wasabi Ginger
United States

Shrimp
Egypt



HUMMUS: SHUTTERSTOCK. WHISKY: ALAMY.

SERIOUS SPREAD

Don't even think about mixing up any old bean dip and calling it hummus. Sabra, a major hummus producer, recently filed a petition with the FDA to establish a standard of identity for the dip after a few competing companies labeled other bean-based spreads as hummus. Real hummus, according to Sabra, should be made predominately of chickpeas and at least 5 percent tahini (sesame paste).



SHOT DOWN

The Scotch experts in Scotland just lost their title of world's best whisky, according to Jim Murray's highly regarded *Whisky Bible 2015*. What's worse, for the first time since the annual rankings started 12 years ago, the Scots didn't crack the top five. This year, Japan takes the highest honor: The 2013 single-malt sherry cask from Yamazaki, the country's oldest distillery, scored first place, beating out 4,700 others. Experts say it's rich and fruity—and incredibly hard to find. Last we checked, the price for a bottle on eBay was $875.

Storemags.com





France in a box

TASTE TEST

You no longer have to leave your house to experience foreign cuisines: Try The World, a bimonthly subscription service, will deliver a box of global goodies to your doorstep. For the first month, you can choose between this Paris-themed box (sold year-round) or the country of the month; for March it's Marrakesh. *From $33; trytheworld.com. Get 30 percent off your first box with the promo code FOODNETWORK30.*

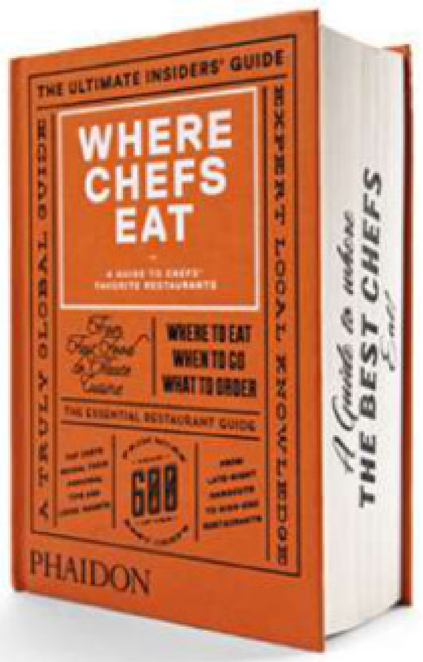
HOT OR NOT?



A whopping 99 percent of the "wasabi" served in the U.S. isn't actually wasabi: Most restaurants serve a mix of regular horseradish and green food dye. You'll likely encounter real wasabi, which comes from the stem of a Japanese plant, in higher-end restaurants: A small pat of it is worth about $5.

THE CHEF RECOMMENDS...

If you need advice on where to eat, you might as well consult some world-famous chefs. The new tome *Where Chefs Eat* includes 3,250 international dining destinations, chosen by 600 chefs and sorted by chef, by country (71 altogether) and by category (breakfast, local favorite, high end...). You should probably just scan a few pages before your trip, though: At 975 pages, the book isn't exactly a pocket guide ($25, Phaidon).



In the Open...

Open kitchens make your meal more enjoyable, according to a recent study. When chefs and customers could see one another, customer satisfaction rose 17 percent and service was 13 percent faster.

SOURCE: *HARVARD BUSINESS REVIEW*



If you packed a sandwich for lunch today, you're not alone: A recent survey revealed that almost half of American adults eat at least one sandwich on any given day.

SOURCE: ELSEVIER HEALTH SCIENCES

BOX AND BOOK: JEFF HARRIS/STUDIO D. WASABI: SHUTTERSTOCK. SANDWICH: ALAMY.

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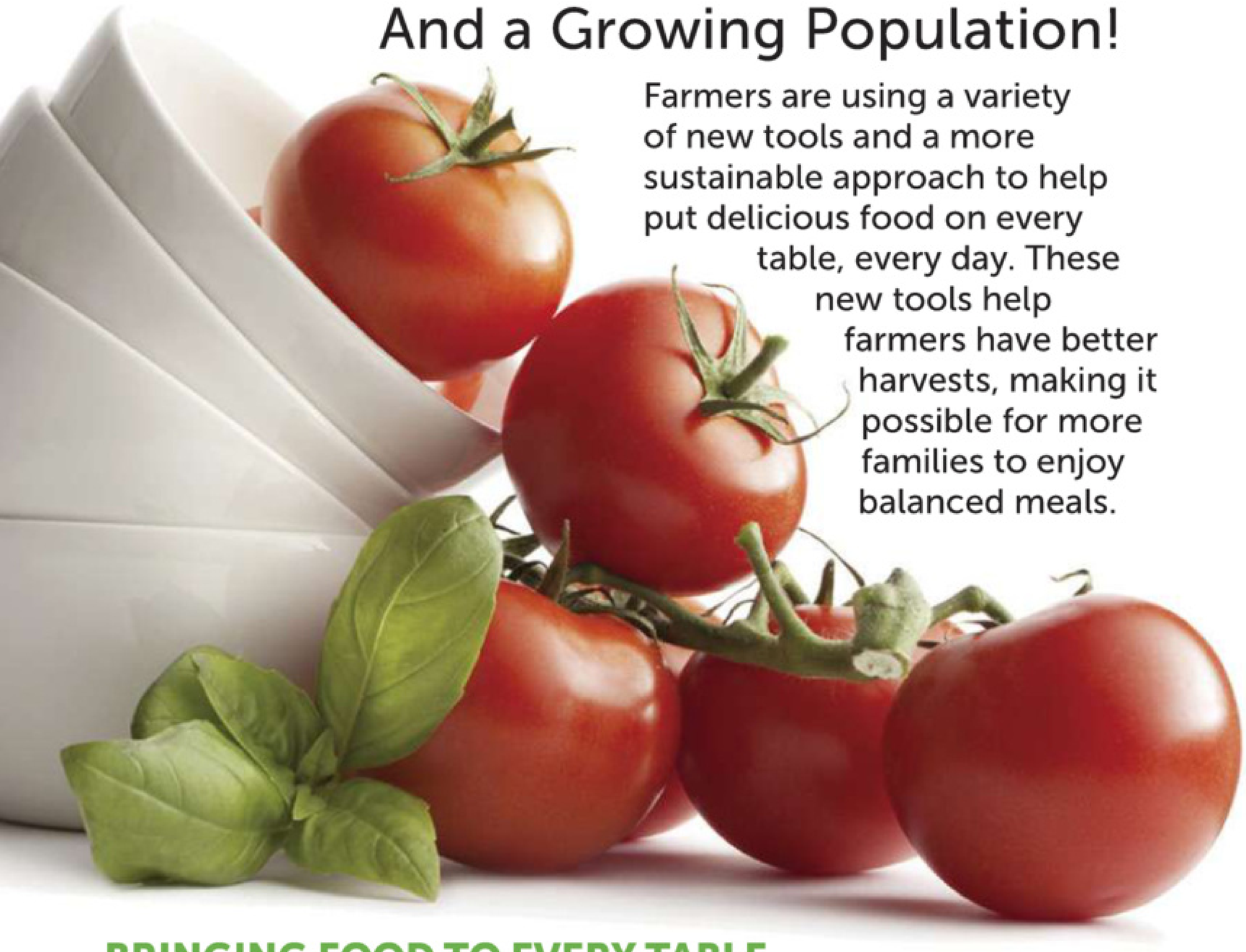
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Try Some Backyard Farming

Plant a vegetable garden with your kids and they'll be more likely to eat their veggies! They'll also have fun learning the keys to successful, sustainable agriculture:

To maximize your "harvest," space plants with enough room to grow

Make pathways between rows to make vegetable picking easier

Water in the morning to minimize evaporation

And take a tip from today's farmers:
Sustainable farming begins with healthy soil—to keep plants (and our families) well nourished.

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Ensuring a Balanced Plate

Sustainable farming can help ensure that everyone will have access to fruits, grains, vegetables, meat and dairy—helping make a balanced meal more accessible for everyone.



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* United Nations Environment Program

** Natural Resources Defense Council

Foreign Exchange

You won't find these dishes at your local drive-through!
Guess where in the world each item is sold.



DRY PORK AND SEAWEED DONUT

A Japan
B China
C Indonesia
D Thailand



POLENTA TRIANGLES

A France
B Greece
C Spain
D Italy



PERI PERI CHICKEN SANDWICH

A Brazil
B Peru
C South Africa
D Dominican Republic



CHICKEN TACO MEXICANA

A India
B Spain
C Mexico
D Costa Rica



CHEEZY EGG BUN

A Italy
B China
C Malaysia
D Norway



POUTINE

A United Kingdom
B Germany
C France
D Canada



CROWN CRUST PIZZA

A Russia
B South Africa
C Mongolia
D United Kingdom



CHOCODILLA

A Guatemala
B Mexico
C Brazil
D Peru



KURO DIAMOND BURGER

A Taiwan
B Japan
C India
D Philippines

ANSWERS: DRY PORK AND SEAWEED DONUT B. China; POLENTA TRIANGLES D. Italy; PERI PERI CHICKEN SANDWICH C. South Africa; CHICKEN TACO MEXICANA A. India; CHEEZY EGG BUN C. Malaysia; POUTINE D. Canada; CROWN CRUST PIZZA D. United Kingdom; CHOCODILLA A. Guatemala; KURO DIAMOND BURGER B. Japan

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What's Your SPICE IQ?

See if you're a seasoned expert!

1 The top-selling spice in the U.S. is:



A Chili powder



B Cinnamon



C Black pepper



D Garlic powder

2 Match the seasoning mix to the right ingredients:

A Italian seasoning

B Taco seasoning

C Pumpkin pie spice

D Chinese five-spice powder

E Poultry seasoning

1 Ginger, nutmeg, allspice, cloves, cinnamon

2 Thyme, sage, marjoram, nutmeg, rosemary, black pepper

3 Ground chiles, cumin, paprika, oregano

4 Basil, marjoram, thyme, rosemary, savory, oregano, sage

5 Cloves, Sichuan peppercorns, cinnamon, fennel seeds, star anise



3 Cinnamon is the secret ingredient in which kind of chili?

A Texas red chili

B New Mexico green chili

C Cincinnati chili

D All of the above

4 Mrs. Dash seasoning was originally developed as:

A a Cajun flavoring mix

B a salt-free seasoning blend

C a liquid flavoring mix

D a seafood seasoning mix



5 Which of these is not a spice?



A Dried lavender



C Juniper berries



B Sesame seeds



D Fenugreek seeds

6 Cinnamon sticks come from the _____ of the laurel tree.

A Root

B Bark

C Leaves



7



8 Which of these is not a type of paprika?

A Hungarian

B California Sweet

C Pimentón

D English



CHILI POWDER, BLACK PEPPER, GARLIC POWDER AND MRS. DASH: JON PATERSON/STUDIO D. CINNAMON: MARKO METZINGER/STUDIO D. SESAME SEEDS AND FENUGREEK SEEDS: ALAMY. JUNIPER BERRIES, LAVENDER, CINNAMON STICKS, MUSTARD AND PAPRIKA: GETTY IMAGES. CHILI: ANDREW PURCELL.

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9 Rank the heat level of these spices:

Mild — Hot

1 — 2 — 3 — 4

A Sweet smoked paprika ____
B Habanero chile powder ____
C Cayenne pepper ____
D Ancho chile powder ____

10 Which spice is not traditionally used in chai tea?

A Black pepper
B Cardamom
C Cinnamon
D Mace



11 The shelf life of ground spices, according to the USDA, is:

A 6 months
B 1 to 2 years
C 2 to 3 years
D Dried spices are good forever

12 Most of America's spices come from:



A China **B** India **C** Canada **D** Mexico

13 What is the primary spice in Old Bay Seasoning?

A Celery salt **C** Black pepper
B Paprika **D** Chili powder



14 Name each root:



A _____ **B** _____ **C** _____ **D** _____

15 Which of these is not a peppercorn?



A Black **C** White



B Pink **D** Green

16 Which spice is the most expensive?

A Vanilla
B Saffron
C Chili flakes
D Cardamom

CHAI TEA, ROOT D AND BLACK AND GREEN PEPPERCORNS: GETTY IMAGES. ROOTS A, B AND C AND PINK PEPPERCORN: ALAMY. OLD BAY SEASONING: JON PATERSON/STUDIO D. WHITE PEPPERCORN: SHUTTERSTOCK.

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17 Peppercorns contain an essential oil called _____ that makes you sneeze.

A Monoterpenes

B Capsaicinoids

C Capsaicin

D Piperine

18 Which part of a whole nutmeg seed should you grate?

A The outer brown skin

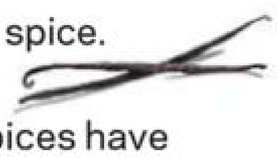
B Just beneath the outer brown skin

C The whole thing



TRUE OR FALSE?

19 Vanilla is a spice. T F



20 Ground spices have a longer shelf life than whole spices. T F

21 Nutmeg and mace come from the same tree. T F

22 Star anise is a fruit. T F



23 Spices most often come from a plant's leaves. T F

24 Allspice is a blend of cinnamon, cloves and black pepper. T F

25 Anise seeds are the same as fennel seeds. T F

SCORE SHEET

1. **C**

2. One point for each: **A** 4; **B** 3; **C** 1; **D** 5; **E** 2

3. **C** Cincinnati chili generally contains cinnamon, plus other baking ingredients: cloves, allspice and chocolate.

4. **B** Mrs. Dash was invented in the early 1980s as a seasoning alternative to salt; it was almost called Mrs. Pinch.

5. **A** Dried lavender is technically an herb because it comes from a plant's leaves. It is commonly found in the French herb blend herbes de Provence.

6. **B** Cinnamon sticks come from the inner bark of laurel trees. When harvested, the bark naturally rolls up, then it's dried.

7. **D** Turmeric has long been used to enhance the color of mustard and other foods, including stocks and rice.

8. **D**

9. One point for each: **A** 1; **B** 4; **C** 3; **D** 2

10. **D** Chai tea is typically made with cinnamon, cardamom, cloves, ginger, star anise, black peppercorns and black tea.

11. **C** The USDA recommends replacing ground spices after two to three years. Smell your spices to make sure they're still pungent, and replace them sooner if necessary.

12. **C** Canada was the top exporter of spices to the U.S. in 2014.

13. **A**

14. One point for each:
A Ginger
B Licorice
C Turmeric
D Horseradish

15. **B** Pink peppercorns are the dried berries of the Brazilian pepper tree. While they are not technically peppercorns, they are called that because of their similar size and peppery flavor.

16. **B** High-quality saffron can cost up to $200 per ounce.

17. **D**

18. **C** You can use the entire seed; it will stay potent for about 2 years.

TRUE OR FALSE?

19. **T** Vanilla beans are seed pods from climbing orchids native to Central America and South America.

20. **F** When a spice is ground, its essential oils are more exposed to air, which makes them lose their aroma and flavor.

21. **T** Both spices come from the nutmeg tree; mace is the bright red outer covering of the nutmeg seed.

22. **T** The star-shaped spice comes from an evergreen tree.

23. **F** Spices come from the non-leafy parts of a plant, such as the seeds, bark, roots, berries and fruits. Herbs come from a plant's leaves.

24. **F** Allspice is a berry from the Jamaican bayberry tree. It's called allspice for its complex taste, which resembles a mix of spices.

25. **F** Both have a similar licorice flavor, but the seeds come from two different plants.

HOW DID YOU DO?

0 TO 11 POINTS
TOTALLY BLAND
Explore the spice aisle and start having fun with new flavors: Try Ina Garten's amazing Moroccan lamb tagine on page 58.

12 TO 23 POINTS
WELL SEASONED
You know your way around a spice rack—now put some spices to good use: Try the Indian roast chicken on page 69.

24 TO 35 POINTS
HOT STUFF
You're a spice expert! Try something exotic from our 50 Meatballs booklet on page 100, like Jamaican chicken meatballs (No. 22).

NUTMEG AND VANILLA: GETTY IMAGES. STAR ANISE: ALAMY.

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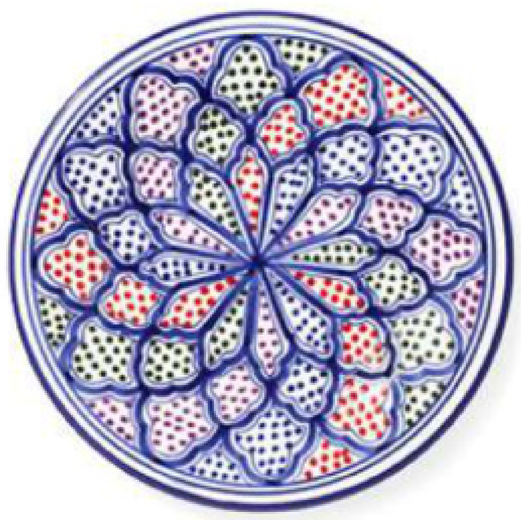
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AROUND THE WORLD IN 18 PLATES

Give your parties some international flair with these colorful pieces.



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Le Souk Ceramique Blanqa clay plate
$46 for two; amazon.com



HOLLAND
Country Estate ceramic plate
$47; juliska.com



GUATEMALA
Mayan-Ke Owl ceramic plate
$75 for two; novica.com



FINLAND
Iittala Taika porcelain plate
$49; finnstyle.com



IRELAND
Belleek Shamrock Parian china plate
$65; annmarie.com



SPAIN
Ibiza porcelain plate
$40 for four; zgallerie.com

ALISON GOOTEE/STUDIO D.



CHINA
Classic Blue Rice ceramic plate
$6.50; pearlriver.com



RUSSIA
Cobalt Net porcelain plate
$45; fromrussia.com



POLAND
Cer-Maz stoneware plate
$34; artisanimports.com



TURKEY
Iznik Tulip and Carnation ceramic plate
$35; yurdan.com



INDIA
Latika Seafoam porcelain plate
$32 for four; echodesign.com



JAPAN
Cherry Blossom stoneware plate
$48 for six; worldmarket.com



PORTUGAL
Porto earthenware plate
$32 for four; worldmarket.com



SOUTH AFRICA
Potter's Workshop Dot stoneware plate
$12; westelm.com



GREECE
Greek Key porcelain plate
$28; jonathanadler.com



COLOMBIA
Lima stoneware plate
$26; azulina.com



MEXICO
Tomás Huerta Talavera TH064 clay plate
$48; lafuente.com



THAILAND
Parade Celadon ceramic plate
$80; novica.com

BONUS IDEAS FROM HGTV magazine

...AND NAPKINS, TOO!

Dress up a plain white plate with one of these colorful napkins from abroad.



CAMBODIA

Red linen napkin

$58 for eight; shoplatitude.com



GUATEMALA

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$30 for four; mayamamweavers.etsy.com



ETHIOPIA

Blue Stripe cotton napkin

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GHANA

Stripe Batik cotton napkin

$20 for two; rusticloom.com



INDIA

Batik cotton napkin

$24 for four; connectedgoods.com



CANADA

Napanee cotton and linen napkin

$38 for four; luprints.com



JAPAN

Shibori cotton napkin

$25; huddlesonlinens.com



CHINA

Chickadee cotton and linen napkin

$20; luruhome.com



INDONESIA

Mudcloth Batik cotton napkin

$23 for four, Zen Zen; magpienewyork.com

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BEN GOLDSTEIN/STUDIO D; STYLING: SABRINA GRANDE

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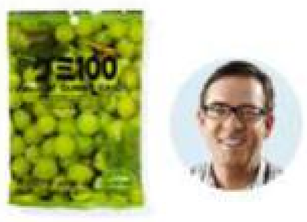
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Snack Packers

When Food Network stars travel abroad, here's what they bring back.



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JAPAN
"I love these gummies. They're soft and don't stick in your teeth, and they have a vivid fruit flavor."
Ted Allen
Chopped



BAHLSEN HIT COOKIES
GERMANY
"I was obsessed with these when I was a college student in Florence. I would take a pack on the train every weekend while we backpacked around Europe."
Katie Lee
The Kitchen



JACK'S CHI CHARRITOS
COSTA RICA
"We were eating these all the time on vacation. They're legit pork rinds—salty and spicy!"
Jeff Mauro
The Kitchen



KOOKABURRA BLACK LICORICE
AUSTRALIA
"I love fennel and, hence, black licorice. Unlike licorice you find here, this kind is dense, with strong anise notes."
Geoffrey Zakarian
Chopped



DORAYAKI
JAPAN
"It's a palm-size sweet treat, similar to a pancake, with red bean paste sandwiched in the middle."
Masaharu Morimoto
Iron Chef America



LU PÉPITO COOKIES
FRANCE
"These sort of waffle-y cookies dipped in chocolate were my husband's favorite growing up."
Melissa d'Arabian
Ten Dollar Dinners



BILTONG
SOUTH AFRICA
"South African beef jerky is spiced, salted and dried, versus smoked, and it's extra flavorful. If you're game, try the ostrich or springbok version."
Marc Murphy
Chopped



FERRERO HANUTA WAFERS
ITALY
"When I was 18, I toured Germany with my choir—but it turned into a chocolate tour. These wafers were heaven!"
Damaris Phillips
Southern at Heart



SHERBET LEMONS
UNITED KINGDOM
"I have fond memories of going to the tuck shop as a kid and buying sherbet lemons. I still love that sweet-and-sour combination."
Rachel Khoo
Little Paris Kitchen



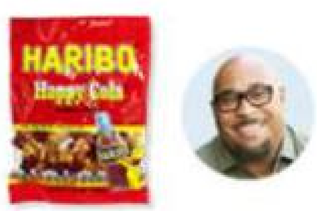
CADBURY CURLY WURLY
UNITED KINGDOM
"It's a thin milk chocolate bar with a toffee center—sweet, light, and it reminds me of home."
Robert Irvine
Restaurant: Impossible



DAIM
SWEDEN
"It's Swedish, but I ate this in France originally. It harkens to a Heath Bar—salty and not overly sweet. It's great mashed into ice cream."
Alex Guarnaschelli
Iron Chef America



SWAD FARALI CHIVDA MIX
INDIA
"It's the ultimate party snack: deep-fried chickpea-flour shapes, nuts, fried peas, raisins and a sweet spice mix. It's addictive!"
Aarti Sequeira
Aarti Party



HARIBO HAPPY COLA GUMMI CANDY
GERMANY
"A friend of mine purchased these, and they taste just like cola."
G. Garvin
Road Trip with G. Garvin



ARNOTT'S TIM TAM
AUSTRALIA
"These chocolate biscuits remind me of visiting my nana when I was a kid!"
Curtis Stone
All-Star Academy



DRIED OKRA
THE CARIBBEAN
"Okra is one of my favorite veggies, and these dehydrated versions are deeply addictive."
Roger Mooking
Man Fire Food



MORINAGA HI-CHEW
JAPAN
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Kelsey Nixon
Kelsey's Essentials



HALDIRAM'S ALOO BHUJIA
INDIA
"My mom would try to limit the junk food I ate as a kid, so I'd put *bhujia*, a spicy noodle-like snack, in a big bowl and hide under the bed to eat it."
Maneet Chauhan
Chopped



SPICY DRIED FRUIT
MEXICO
"I love dehydrated fruits like mango or pineapple with chile-lime powder. I used to get mine in Tijuana, but now I see them on this side of the border."
Marcela Valladolid
The Kitchen



COCA-COLA LIGHT
EUROPE
"If you need to give in to a Diet Coke addiction, Europe has a better version called Coke Light. It uses a different type of sweetener and isn't technically 'diet.'"
Richard Blais
Guy's Grocery Games



MULINO BIANCO COOKIES
ITALY
"I purchase a couple of boxes a year, usually Galletti or Abbracci, and I stash them on the highest shelf in the pantry so the kids cannot reach or even see them."
Gabriele Corcos
Extra Virgin

FOOD PHOTOS: BEN GOLDSTEIN/STUDIO D.

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WE'RE REAL CHEESE PEOPLE™

At Home in TUSCANY

Peek inside Debi Mazar and Gabriele Corcos' rustic Italian kitchen.

PHOTOGRAPHS BY **BEATRIZ DA COSTA**

Actress Debi Mazar and her husband, Gabriele Corcos, who cohost Cooking Channel's *Extra Virgin*, spend most of the year in Brooklyn with their daughters, Evelina, 12, and Giulia, 8. But for a few weeks every summer, the family escapes to Gabriele's great-grandfather's 14th-century farmhouse in Fiesole, Italy. Located about 20 minutes outside of Florence, *La Casa Rosa* ("the pink house," as they call it) sits on 185 acres of rolling hills dotted with olive, apricot and persimmon trees. Gabriele's extended family still lives on the property, and he loves coming back here to cook for everyone—despite the less-than-modern setup: He relies almost exclusively on the wood-burning stove. Most nights, you'll find him tending to beans or locally made sausage over the fire, or preparing salads with heirloom tomatoes and other vegetables from their garden. If Gabriele has his way, he'll honor his ancestors by turning the farm into a cooking school someday. "I want to recoup the past," he says.



Chickens all around

The birds, including the handmade rooster behind the ladder, have become a common motif for Debi. "He's named Renato, and he's the house mascot," she says.

storemags



Antique grinder

Debi and Gabriele use this 300-year-old mortar and pestle to make pesto, rubs, and salt mixes for curing pancetta.

Vintage glassware

A green glass jug from the 1940s, which the couple bought in the town of Empoli, has two compartments: one for wine and one for ice.

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Pizza anytime

Debi and Gabriele built this pizza oven for their show, *Extra Virgin*. Gabriele likes burning almond or walnut wood for pizzas. "I often go through the woods with a chainsaw!" he says.



Backyard coop

Debi and Gabriele tend to the family's flock of chickens and collect eggs every day. In addition to 12 hens, they also keep one rooster, Ettore. "He's a real stud," says Debi.



Sweeping view

Gabriele's family property overlooks the Tuscan countryside and includes thousands of olive trees.

Turn the page to get Debi and Gabriele's look.

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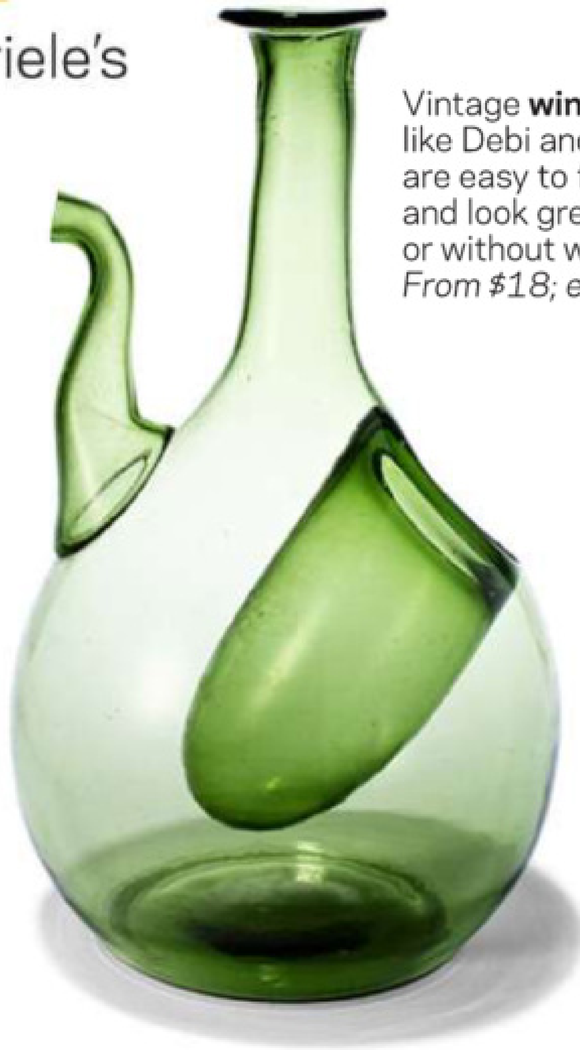
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Get the Look

Pick up some of Debi and Gabriele's finds for your own kitchen.



The walls around Gabriele and Debi's stove are decorated with antique kitchen tools similar to this **round wood sieve.** *$45; fantes.com*



Vintage **wine decanters** like Debi and Gabriele's are easy to find online and look great with or without wine. *From $18; etsy.com*

The 150-year-old farmer's ladder in the kitchen doesn't lead anywhere, but it looks great as a prop. This **8-foot wood ladder** is a close match. *$349; potterybarn.com*



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Gabriele keeps his best knives in a **leather knife roll** he hangs by the stove. *$289; jawleathergoods.com*



The couple keeps a **crumb board** like this one in reach for all their Tuscan breads. *$29, Island Bamboo; casa.com*



Debi bought her life-size decorative chickens, similar to this **ceramic hen statue,** before she and Gabriele got a flock of real chickens. "They make me laugh," she says. *$205, Creative Co-op; wayfair.com*



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Fun Cooking

Try a Japanese **spice mix.**
Then, make Korean rice bowls and
Indian-spiced roast chicken.

PHOTOGRAPH BY **RALPH SMITH**



Everything Japanese

If you're a fan of "everything" bagels, *shichimi togarashi* (shee-CHEE-mee toh-gah-RAH-shee) could be your new favorite spice mix. The Japanese seasoning blend has the everything combo of sesame seeds, poppy seeds and garlic, but it also contains dried orange peel, ground chiles and dried seaweed. Look for it at Asian grocery stores, or make your own: In a food processor, pulse a half sheet of nori (dried seaweed) into fine flakes; combine with 1 tablespoon each granulated orange peel (from the spice aisle) and ground black pepper, 2 teaspoons each dried minced garlic, sesame seeds, poppy seeds and flaky salt, and 1 teaspoon cayenne pepper.

FOOD STYLING: BRETT KURZWEIL

WHICH SIDE ARE



We asked Food Network fans to choose: cold or hot noodles? Cooking Channel star Ching-He Huang gives us a recipe for each.



PEANUT-CHICKEN NOODLE SALAD

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

FOR THE SALAD
Kosher salt
4 ounces thin Asian wheat noodles
1 tablespoon low-sodium soy sauce
1 teaspoon toasted sesame oil
2 skinless, boneless chicken breasts (about 8 ounces each)
1 large handful unsalted cashews
1 red jalapeño or Fresno chile pepper, seeded and finely chopped
½ English cucumber, halved lengthwise and thinly sliced
1 small handful bean sprouts
1 small handful chopped fresh cilantro
1 scallion, thinly sliced

FOR THE PEANUT SAUCE
1 tablespoon peanut oil
2 small shallots, finely chopped
3 tablespoons crunchy peanut butter
1 red jalapeño or Fresno chile pepper, seeded and finely chopped
6 tablespoons low-sodium vegetable broth
Kosher salt

1. Make the salad: Bring a medium pot of salted water to a boil; add the noodles and cook as the label directs. Drain, then toss with the soy sauce and sesame oil in a large bowl; cover and chill until needed.
2. Bring a large pot of salted water to a boil. Reduce the heat to medium low, add the chicken and simmer until cooked through, about 10 minutes. Drain and shred the chicken; set aside.
3. Heat a wok or medium skillet over medium-high heat. Cook the cashews, stirring, until browned, about 3 minutes. Let cool slightly, then place in a plastic bag and bash with a rolling pin.
4. Make the peanut sauce: Heat the wok over high heat and add the peanut oil. Add the shallots and fry until translucent, about 45 seconds; add the peanut butter and jalapeño and stir-fry less than 1 minute. Stir in the vegetable broth and 3 tablespoons water. When the sauce starts to bubble, remove from the heat and transfer to a bowl. Season with salt. (If you like your sauce thinner, stir in a few tablespoons of water.)
5. Assemble the salad: Divide the noodles, jalapeño, cucumber, bean sprouts, cilantro and scallion among bowls; top with the shredded chicken. Drizzle with the peanut sauce and sprinkle with the crushed cashews.

11%
COLD NOODLES

FOOD PHOTOS: RALPH SMITH; FOOD STYLING: BRETT KURZWEIL.

YOU ON?



HOT

89%
HOT NOODLES

DAN DAN NOODLES

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4 to 6

FOR THE NOODLES
Sea salt
1 pound flat Asian wheat noodles (such as udon)
2 teaspoons toasted sesame oil
2 tablespoons peanut oil
1 tablespoon finely grated peeled ginger
3 red Fresno chile peppers, seeded and finely chopped
2 cloves garlic, minced
8 ounces ground beef
1 tablespoon tahini (sesame paste)
½ cup finely diced cornichons or sweet gherkins
1 tablespoon light soy sauce
1 tablespoon Shaoxing rice wine or dry sherry
1 tablespoon Chinkiang black rice vinegar or balsamic vinegar
1 teaspoon ground Sichuan peppercorns
Freshly ground white pepper

FOR THE TOPPINGS
2 cups low-sodium chicken broth
¼ cup chili oil
¼ cup toasted sesame oil
¼ cup low-sodium soy sauce
1 tablespoon ground Sichuan peppercorns
3 red Fresno chile peppers, seeded and finely diced
2 large scallions, thinly sliced
1 small handful fresh cilantro, finely chopped

1. Make the noodles: Bring a large pot of salted water to a boil. Add the noodles, stir and cook until al dente, 2 to 4 minutes. Drain, then rinse under cold water and transfer to a bowl. Drizzle with 1 teaspoon sesame oil and toss to coat.
2. Heat a wok or large skillet over high heat until smoking and add the peanut oil. Add the ginger, chiles and garlic and stir-fry 30 seconds; add the ground beef and cook, breaking up the meat with a spatula, until browned, 2 to 3 minutes.
3. Combine the tahini and the remaining 1 teaspoon sesame oil in a small bowl. Add the cornichons to the wok. Stir in the tahini mixture, soy sauce, rice wine, vinegar and ground peppercorns; cook until the beef begins to crisp, 2 to 3 more minutes. Season with white pepper and remove from the heat.
4. Prepare the toppings: Bring the chicken broth to a boil in a medium saucepan over medium heat. Combine the chili oil, sesame oil, soy sauce, ground peppercorns and chiles in a small bowl.
5. Divide the noodles among bowls and sprinkle the beef mixture evenly over each. Pour the hot broth over the noodles; top with the chili oil mixture, scallions and cilantro.



Make It Ahead

Try a new spin on comfort food: Ina Garten's make-ahead Moroccan stew.

One of my favorite winter dinners is a warm, satisfying bowl of stew. And I'm not alone; if you think about it, each nationality has its own version of meat and vegetables simmered in one big pot, whether it's classic Irish beef stew or French beef bourguignonne or Texas chili. One night I came across a recipe for Moroccan lamb tagine in, of all places, an Australian cookbook called *Bills Sydney Food*. I was feeling adventurous and decided to play around with my own version of it using lamb shanks, Yukon Gold potatoes, sweet potatoes, butternut squash and lots of Eastern spices. I can't think of a more delicious, comforting dinner to serve to family or friends on a cold night. And the best part is that you can make the entire pot a day ahead of time, refrigerate it and just reheat it slowly on top of the stove. All you'll need to make that night is some couscous!

XXX Ina



Make-Ahead Plan
Assemble the dish and bake, then refrigerate overnight; reheat on the stove before serving.

MOROCCAN LAMB TAGINE

ACTIVE: 45 min | TOTAL: 3 hr 45 min | SERVES: 6

Good olive oil
- 6 small frenched lamb shanks (5 to 6 pounds total)
- 3 cups chopped yellow onions (2 large onions)
- 3 garlic cloves, thinly sliced
- 1 tablespoon grated fresh ginger
- 1½ teaspoons chili powder
- 1½ teaspoons ground turmeric
- 1½ teaspoons ground cumin
- ½ teaspoon ground cardamom
- 1 (4-inch) cinnamon stick
- 1 (28-ounce) can diced tomatoes, such as San Marzano
- 2 cups good chicken stock, preferably homemade
- 2 tablespoons light brown sugar, lightly packed
- 4 (½-inch-thick) slices of lime

Kosher salt and freshly ground black pepper
- 1 pound Yukon Gold potatoes, unpeeled and 1-inch-diced
- 1 pound butternut squash, peeled and 1-inch-diced
- ½ pound sweet potatoes, unpeeled and 1-inch-diced

Couscous, for serving

1. Preheat the oven to 300°. Heat 2 tablespoons of olive oil in a very large (12-to-13-inch) pot or Dutch oven, such as Le Creuset. Pat the lamb shanks dry with paper towels. In batches, add the lamb shanks to the pot and cook over medium heat for 3 minutes on each side, until they are nicely browned. Transfer to a plate and brown the remaining shanks, adding a little more oil, if necessary. Transfer all the shanks to the plate and set aside.

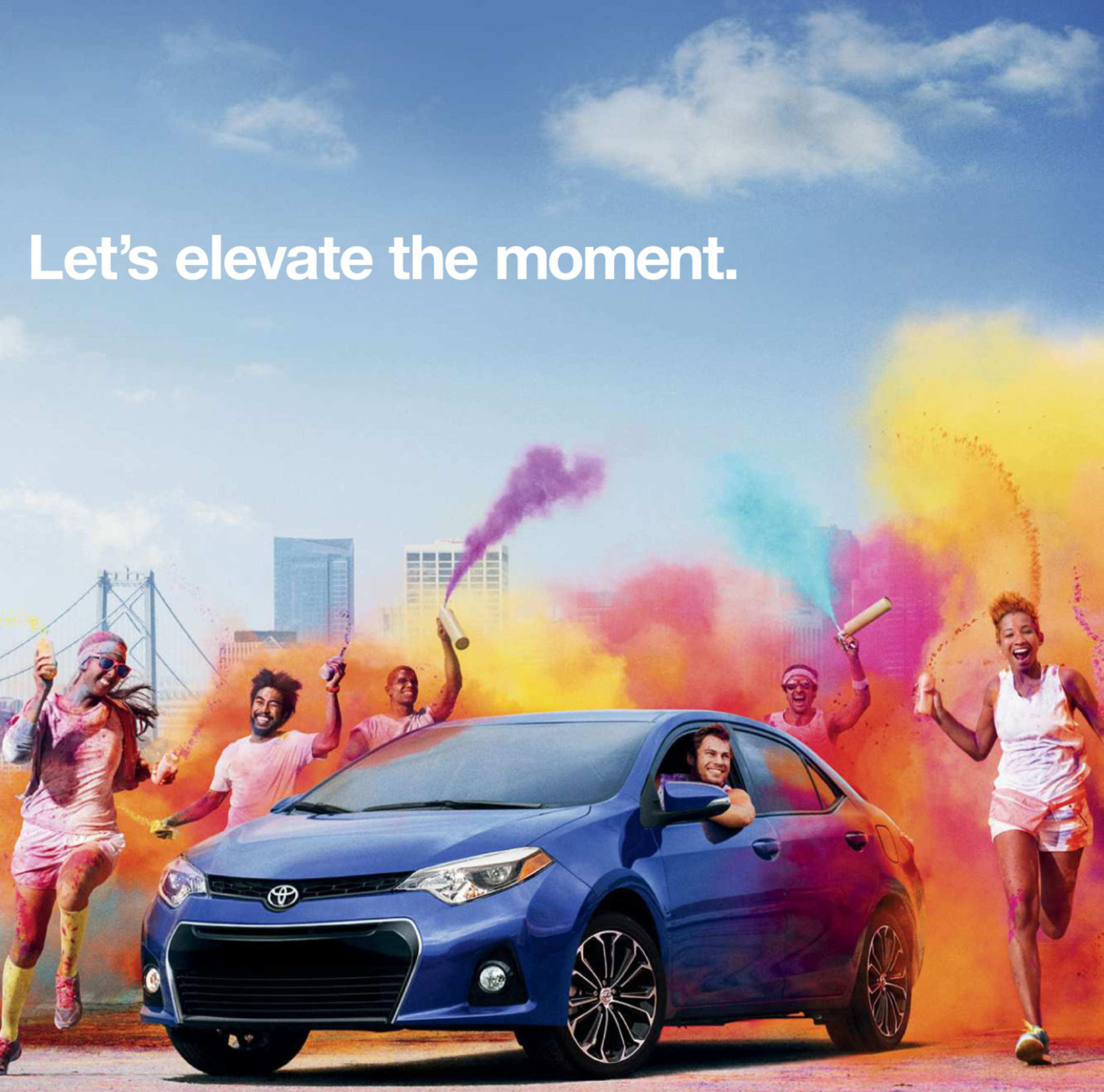
2. Add the onions and cook over medium-low heat for 5 minutes, stirring occasionally, adding more oil, if necessary. Add the garlic and ginger and cook for just 30 seconds. Add the chili powder, turmeric, cumin, cardamom and cinnamon and cook for one minute. Stir in the tomatoes and their liquid, the chicken stock, brown sugar, lime, 1 tablespoon salt and 1 teaspoon pepper. Add the potatoes, butternut squash and sweet potatoes and bring to a boil. Place the lamb shanks in the pot, spooning some of the sauce and vegetables over the shanks. (They will not be completely submerged.) Cover the pot and bake for 3 hours, until the lamb shanks are very tender. Serve hot with couscous.

Ask your butcher for small lamb shanks, which are from the front legs, rather than the large rear ones.

Storewags

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Fun Cooking

DIP IN

Think beyond your average party spread.
These Asian-inspired dips are much more fun!

PHOTOGRAPH BY **CHARLES MASTERS**

SPICY PEANUT-COCONUT DIP

Puree ½ cup **unsweetened coconut cream,** ½ cup **peanut butter,** 2 tablespoons **low-sodium soy sauce,** 1 tablespoon each **sambal oelek** (Asian chili sauce), **rice vinegar** and **honey,** 2 teaspoons grated **ginger** and ½ teaspoon **kosher salt** in a blender until smooth. Transfer to a bowl and top with chopped **peanuts** and **cilantro;** serve with **cucumber** and **carrot sticks.**

CARROT-MISO DIP

Toss 1 pound **carrots** (cut into 2-inch pieces) and 1 halved **shallot** with **vegetable oil** and **kosher salt** on a baking sheet. Roast at 425° until tender, 25 minutes; let cool slightly. Transfer to a food processor; add ½ cup water, ¼ cup **white miso paste,** 2 tablespoons chopped fresh **ginger,** 2 chopped **scallions,** 2 tablespoons **vegetable oil** and 1 tablespoon each **rice vinegar** and **soy sauce.** Puree until smooth, then transfer to a bowl and top with **sesame seeds** and more scallions. Serve with **rice crackers.**







FOOD STYLING: CYD RAFTUS MCDOWELL; PROP STYLING: PAIGE HICKS.

WASABI GUACAMOLE WITH PICKLED GINGER

Mix 1 teaspoon each **wasabi powder** and water; set aside 15 minutes. Halve and pit 3 **avocados;** scoop the flesh into a large bowl and mash with a fork. Add the juice of 2 **limes,** 2 tablespoons chopped **pickled ginger** plus 1 tablespoon brine from the jar, 1 finely chopped seeded **jalapeño,** 3 thinly sliced **scallions,** 3 tablespoons chopped **cilantro** and 1 teaspoon **kosher salt.** Add the wasabi mixture and stir to combine. Season with salt. Serve with **rice crackers.**

Sunny's SEOUL FOOD

The Kitchen's Sunny Anderson eats her way around South Korea's capital city.

PHOTOGRAPH BY **RYAN LIEBE**



Sunny Anderson's trip to South Korea last year was more than just a vacation—she was on a quest to reconnect with her past. In 1993, Sunny was stationed in Seoul for a year with the United States Air Force, serving as a radio disc jockey. She hadn't been back since. "Being an Army brat and Air Force veteran, you move every year," she says. "I've been trying to revisit the places where I grew up." Sunny wandered the city with a list of old stomping grounds and favorite street foods, like *yaki mandu* (fried dumplings), *bulgogi* (grilled marinated beef) and *tteokbokki* (rice cakes in a spicy chili sauce). "Korea is like New Orleans—it's hard to find a bad plate of food," she says. "You can walk into any corner place and you're guaranteed to get something new, flavorful, spicy." Also on her must-eat list: *bibimbap,* the classic Korean dish of rice topped with meat, vegetables, fermented chile paste and an egg yolk. "It's what people always get at a Korean place," Sunny says. "The colors are crazy." She sampled several versions of *bibimbap* around Seoul, including one that she swears could have fed six hungry people. Here's her own take on the dish, plus some favorite vacation photos.



FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER

SUNNY ANDERSON'S SIMPLE SEOUL BIBIMBAP

ACTIVE: 45 min | TOTAL: 2 hr 45 min | SERVES: 4



FOR THE BEEF

- 2 pounds boneless beef rib-eye steak
- 2 tablespoons plus 2 teaspoons packed light brown sugar
- Pinch of red pepper flakes
- 1 clove garlic, finely grated
- ½ teaspoon finely grated peeled ginger
- ¼ cup grated Vidalia or other sweet onion (use the largest holes on a box grater)
- ¼ cup applesauce
- 2 teaspoons vegetable oil
- ⅓ cup soy sauce
- Freshly ground pepper

FOR THE VEGETABLES AND RICE

- 3 tablespoons vegetable oil
- 4 cups shredded or julienned carrots
- 1 pound shiitake or mixed wild mushrooms, stemmed and sliced
- Kosher salt
- 1 bunch spinach, stemmed and chopped
- 1 teaspoon apple cider vinegar
- 4 to 6 tablespoons gochujang (fermented chile paste)
- 6 cups cooked white rice, hot
- 2 cups thinly sliced red cabbage (use a mandoline if you have one)
- 2 scallions, thinly sliced on the bias
- 4 cups bean sprouts
- ¼ cup kimchi, thinly sliced or chopped
- 4 large egg yolks

Bibimbap is traditionally made in *dolsots*, stone bowls that get super hot and give the rice a nice crust. Order them from amazon.com, or use a cast-iron skillet.

1. Prepare the beef: Freeze the beef 30 minutes, then slice paper-thin. Whisk the brown sugar, red pepper flakes, garlic, ginger, onion, applesauce, vegetable oil, soy sauce and a few grinds of pepper in a large bowl until the sugar dissolves. Add the beef and stir to coat; cover and refrigerate 2 hours.

2. Preheat the oven to 375°. Place 4 dolsot stone bowls or two 10-to-12-inch cast-iron skillets in the oven to preheat, 30 minutes.

3. Cook the beef: Heat a cast-iron grill pan over medium-high heat. Remove the beef from the marinade and shake off the excess. Add the beef to the pan (you may have to do this in batches—be careful not to overcrowd the pan or the beef will steam). Cook without moving the meat, about 2 to 3 minutes on the first side. Flip and cook 1 more minute. Remove to a plate and cover with foil.

4. Cook the veggies: Combine 1 tablespoon vegetable oil and the carrots in a large skillet over medium-high heat. Cook, tossing, until the carrots are slightly tender but still crisp, just under 1 minute. Transfer to a large plate in a pile, leaving space for the other ingredients. Add 1 more tablespoon vegetable oil to the same pan; add the mushrooms and cook until they wilt and begin to brown slightly, about 2 minutes. Season with salt and transfer to the plate. Add the remaining 1 tablespoon vegetable oil and the spinach to the pan. Cook, stirring, until wilted, 1 minute, then add the vinegar and cook until completely evaporated, about 30 seconds. Place the spinach on the plate with the rest of the vegetables.

5. Assemble the bibimbap: Mix the gochujang with 1 tablespoon water in a small bowl; set aside. Remove the preheated bowls or skillets from the oven to a heat-safe surface, like a wooden cutting board. Add equal amounts of hot rice to each pot. (The rice must be piping hot in order to cook the egg yolk when you stir it in.) Add equal amounts of the remaining ingredients to each bowl or skillet in piles, clockwise in order: beef, carrots, mushrooms, spinach, cabbage, scallions, bean sprouts and kimchi. Drop a dollop of the gochujang mixture in the center of each bowl or skillet, then drop the egg yolks right on top of it (1 yolk per individual bowl or 2 yolks per skillet). Serve immediately, while the rice is still sizzling, and stir to combine all of the ingredients before eating.

Turn the page to see Sunny's snapshots! »





Sunny woke before dawn to snap photos of the dramatic sunrise over the Han River.



"The coffee here is great! I wasn't in my coffee-drinking prime when I lived in Seoul, but during this visit I drank one cup after another."



"I waited in line for this crazy-delicious battered and deep-fried spiraled potato. This stand had a seasoning station with flavored powders like chili and cheese."

"I ate from the moment I got there until I left—I didn't want to miss a meal."





"The attention paid to packaging in Korea is tops." Proof: this display of gift-wrapped fruit in a grocery store.



The Myeongdong shopping area is too narrow and crowded for bikes, so food is often delivered by hand—and head.



"It was hot and I had been walking all day, so it was nice of this establishment to know I'd want a companion."

TRAVEL PHOTOS: COURTESY OF SUNNY ANDERSON.

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Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage
~~3 chicken breast halves, cubed~~
~~2 tbsps. butter, divided~~
~~2 cloves garlic, minced, divided~~
~~2 tbsps. chopped flat-leaf parsley~~
~~1 1/2 tsps. Italian seasoning~~
~~1/2 onion, diced~~
~~1 1/2 tsps. salt~~
~~1/2 tsp. ground white pepper~~
8 oz. pasta, cooked, drained
2 cups heavy cream
2 tsp. Cajun seasoning
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.

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Coconut Rice

- 4 cups jasmine rice, washed and drained
- 1 tablespoon salt
- 3 tablespoons sugar
- 1 pandan leaf, tied in knot*
- 2 cups water
- 2 cups coconut milk
- 2 tablespoons toasted coconut flakes

In a large bowl or large sieve with holes small enough to prevent the rice from falling through, wash rice thoroughly under cold running water until the water runs clear.

Cook the rice according to directions or in a rice cooker with salt, sugar, pandan leaf, coconut milk and water until done. Toss in the toasted coconut flakes, then fluff the rice. Keep warm until prepared to serve.

**Note: If you cannot find pandan leaf at your local Asia grocery, just cook without it.*

LOOK FOR OUR SPECIAL ON COOKING CHANNEL, COMING SOON! VISIT **CookingChannelTV.com/Malaysia** FOR MORE DETAILS.

Malaysian Chili Sesame Prawns

- ¼ cup Lingham's Chili Sauce
- ¼ cup tomato ketchup
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 5 tablespoons peanut or canola oil
- 4 fresh garlic cloves, minced
- 3–8 red chiles, finely chopped
- 1 pound tiger prawns, cleaned and shelled
- ½ cup low-sodium quality chicken broth
- 1 tablespoon cornstarch or rice starch mixed with 3 tablespoons water
- 1 egg, lightly beaten
- 1 teaspoon sesame seeds

Make the sauce by combining chili sauce, ketchup, soy sauce and sesame oil. Set aside.

Place wok over medium heat for 30 seconds, then pour and heat peanut oil around perimeter of the wok. Add garlic and chilies and stir-fry until the garlic is golden in color. Add in the chili sauce mixture into the wok and mix well. Allow the sauce to simmer for 1 to 2 minutes.

Put tiger prawns into the wok and stir-fry on high heat, pressing the prawns against the hot wok. Pour in the chicken broth, mix well and cook for 2 minutes over high heat. Add the cornstarch mixture and lightly beaten egg. Stir-fry for another 1 minute until the sauce thickens. Remove from heat. Garnish with sesame seeds and serve with Coconut Rice (recipe at left).

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More about Malaysian Food: Q&A with Christina Arokiasamy



Native chef, cookbook author and Malaysia's Food Ambassador to the U.S. introduces the country's culinary experience to America.

What is Malaysian cuisine?

Malaysian cuisine combines the best of Malay, Chinese and Indian cooking styles and spices. Malaysia has been an important trading center of the world's spice trade since the 15th century, and offers a taste of so many cultures in a complex and unique cuisine that is enjoyable to the palate.

Why introduce Malaysian cuisine now to the American audience?

This is an exciting time to eat Malaysian food. Americans are seeking new flavors that are healthy, all natural, tasty and easy to prepare—our unique cuisine offers all this. Also, the National Restaurant Association selected Malaysian food as a top trending flavor in the U.S. this year!

What classic dishes should I order at a Malaysian restaurant or try cooking at home?

In addition to two of my favorite recipes, shared here, definitely try Char Kway Teow (wok-fried noodles), **Chicken Rendang** (right) and Nasi Lemak (coconut rice with sambal). Sambal is a Malaysian salsa made with chilies, garlic and shallots that's easy to customize as a sauce with any ingredients you choose.



MATRADE

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Malaysia Kitchen for the World is a global initiative of the Malaysian government that aims to educate and inform consumers about Malaysian cuisine and Malaysian restaurants throughout the world.



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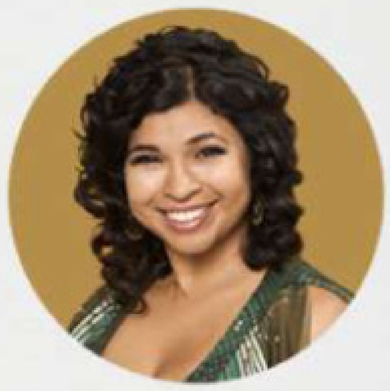
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SPICE UP YOUR CHICKEN

Cooking Channel's Aarti Sequeira gives Sunday supper an Indian spin.

PHOTOGRAPH BY **RYAN LIEBE**



"My secret to roast chicken: butterflying the bird so it's perfectly cooked every time. And high, high heat for crispy skin."



FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER. RECIPE FROM *AARTI PAARTI: AN AMERICAN KITCHEN WITH AN INDIAN SOUL*. COPYRIGHT © 2014 BY AARTI SEQUEIRA. EXCERPTED BY PERMISSION OF GRAND CENTRAL PUBLISHING.



Find more recipes from Aarti in her cookbook, *Aarti Paarti* ($28, Grand Central Publishing).

ORANGE-CARDAMOM ROAST CHICKEN

ACTIVE: 30 min | TOTAL: 1 hr 50 min | SERVES: 4 to 6

- ¼ cup (4 tablespoons) unsalted butter, softened
- 1 teaspoon ground cardamom
- 1 tablespoon grated orange zest
- 1 tablespoon peeled, grated fresh ginger
- 2 cloves garlic, finely minced (about 2 teaspoons)
- Kosher salt and freshly ground pepper
- 1 whole chicken (4 to 5 pounds), giblets removed, trimmed of excess fat, rinsed and patted dry
- 2 pounds Yukon gold potatoes (about 8), sliced into ¼-inch-thick rounds
- 1 tablespoon sunflower oil

1. In a small bowl, combine the butter, cardamom, orange zest, ginger, garlic, 1 teaspoon salt and ¼ teaspoon pepper; set aside.

2. Butterfly the chicken: Place on a cutting board, breast-side down with the neck toward you. Using a pair of sharp kitchen shears (and your biceps), cut through the bones on either side of the backbone; the spine should come away in a narrow strip, which you can discard or save for stock. Flip the bird over, breasts facing up and closest to you. Using the heel of your palm and your body weight, push down on the breastbone; you should hear it crack. The chicken should lie flat now. Rotate the drumsticks toward the center line of the body so she looks a little knock-kneed. There you go. You just butterflied a chicken!

3. Slide your fingers between the flesh and the skin over the breasts, thighs and drumsticks. Use a teaspoon to deposit a little of the flavored butter into each pocket and smooth it out over each part of the chicken, making sure the butter is evenly spread, then pat the skin dry.

4. Toss the potato slices with the sunflower oil, season with salt and pepper and let them sit in a bowl at room temperature alongside the chicken for 30 minutes. Give your oven a quick wipe down before preheating it to 500°. (The high temps will cause any leftover drips to smoke you out of your kitchen! If your oven still smokes, then turn it down to 450° after the first 10 minutes.)

5. Drain off the water that's been drawn from the potatoes and pour the potatoes into an even layer in a large cast-iron skillet. Place the chicken on top of the potatoes and tuck the wings under her shoulders. Pop the whole kit 'n' kaboodle into the oven. Cook for 20 minutes. Rotate the skillet and cook for 20 more minutes, until the skin is crispy, the juices run clear and the thickest part of the breast registers 160° on an instant-read thermometer.

6. Remove the chicken from the oven and set aside to rest for 10 minutes on a cutting board, loosely tented with foil. Using a fish spatula or slotted spoon, gently turn the potatoes. If you'd like them crispier, pop them under your broiler for 3 to 5 minutes. Scoop out the potatoes onto a platter, leaving behind the pan grease. Cut the chicken into pieces, place them on top of the potatoes and serve with boldness and courage!

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Weeknight Cooking

International Edition

Cook something new: Try these **easy dinners** from our test kitchen.

PHOTOGRAPHS BY **JUSTIN WALKER**



FOOD STYLING: JAMIE KIMM; PROP STYLING: KARIN OLSEN.

Make Vietnamese-style noodles in 30 minutes. See page 85.





PORK WITH APPLE CREAM SAUCE

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

Kosher salt
12 ounces haricots verts or green beans, trimmed
3 tablespoons unsalted butter
3 tablespoons chopped fresh parsley
Freshly ground pepper
4 boneless center-cut pork chops (1 inch thick, 6 to 7 ounces each)
2 teaspoons chopped fresh thyme
2 tablespoons vegetable oil
1 large shallot, finely chopped
2 Granny Smith apples, thinly sliced
1 cup hard cider (or ½ cup each apple cider and white wine)
½ cup pitted prunes, halved
1 cup heavy cream

1. Bring a large pot of salted water to a boil. Add the haricots verts; cook until crisp-tender, 4 minutes. Drain and toss with 1 tablespoon each butter and parsley; season with salt and pepper. Cover to keep warm.
2. Meanwhile, season the pork with salt and pepper and rub with the thyme. Heat the vegetable oil in a large skillet over medium-high heat. Add the pork and cook until browned and just cooked through, 4 to 5 minutes per side. Transfer to a plate; tent with foil and let rest.
3. Wipe out the skillet; add the remaining 2 tablespoons butter. Add the shallot and cook, stirring, until softened, about 1 minute. Add the apples and cook, stirring, until lightly browned, about 3 minutes. Add the cider and prunes; cook until reduced by half, about 3 minutes. Add the heavy cream and cook until thickened, 3 to 5 minutes. Season with salt and pepper and stir in the remaining 2 tablespoons parsley. Serve the pork with the apple cream sauce and haricots verts.

Per serving: **Calories** 799; **Fat** 55 g (**Saturated** 26 g); **Cholesterol** 209 mg; **Sodium** 138 mg; **Carbohydrate** 37 g; **Fiber** 5 g; **Protein** 36 g

FRIED RICE WITH BACON

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

1 teaspoon toasted sesame oil
3 slices thick-cut bacon, thinly sliced
½ teaspoon sugar
1 tablespoon low-sodium soy sauce
6 large eggs
Kosher salt
½ pint grape tomatoes, halved
1 tablespoon minced peeled ginger
6 ounces snow peas, trimmed and halved
1 orange, yellow or red bell pepper, thinly sliced
1 bunch scallions, thinly sliced
4 cups cooked brown or white rice (thawed if frozen)

1. Heat a large nonstick skillet over medium-high heat. Add the sesame oil and bacon; cook, stirring occasionally, until the bacon is almost crisp, 4 minutes. Add the sugar and 1 teaspoon soy sauce; stir-fry until the bacon is glazed, about 1 minute. Transfer to a bowl using a slotted spoon; reserve the drippings in a separate bowl. Wipe out the skillet.
2. Heat 2 teaspoons of the drippings in the skillet over medium heat. Whisk the eggs and ½ teaspoon salt in a medium bowl; add to the skillet and cook, undisturbed, until just set, 3 minutes. Transfer to a plate and break up the eggs into large pieces.
3. Heat the remaining drippings in the skillet over medium-high heat. Add the tomatoes and ginger; stir-fry until the tomatoes are softened, 2 to 3 minutes. Add the snow peas, bell pepper and scallions; stir-fry until crisp-tender, about 3 minutes. Add the rice and the remaining 2 teaspoons soy sauce; stir-fry until warmed through, about 2 minutes. Stir in the eggs and cook 1 minute. Top with the bacon.

Per serving: **Calories** 447; **Fat** 16 g (**Saturated** 5 g); **Cholesterol** 335 mg; **Sodium** 709 mg; **Carbohydrate** 56 g; **Fiber** 6 g; **Protein** 20 g













YOUNG CHEFS ACADEMY BACK TO SCHOOL OPEN HOUSE EVENTS

FOOD NETWORK MAGAZINE was proud to partner once again with Young Chefs Academy to host its annual Back to School Open House Events. Children and their parents attended and participated in unique culinary experiences at 10 Young Chefs Academy locations across the country. Children learned how to make their own tortillas, bake french fries, make homemade ranch dressing, create a fun cake in a cup and sample great products from our sponsors, Grapes from California® and Horizon Organic®! **Check out YoungChefsAcademy.com for more information about upcoming events!**

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GRAPES FROM CALIFORNIA

HORIZON



BEEF STIR-FRY WITH FRENCH FRIES

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

- 1 pound frozen french fries (about 5 cups)
- 1 1-pound boneless rib-eye steak, thinly sliced
- 2 tablespoons soy sauce
- 3 cloves garlic (1 grated, 2 sliced)
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1 large red onion, thinly sliced
- ½ jalapeño pepper, chopped (remove seeds for less heat)
- 8 Campari or other small vine-ripened tomatoes (about 10 ounces), quartered
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro

1. Bake the fries as the label directs. Meanwhile, toss the steak with 1 tablespoon soy sauce, the grated garlic and a pinch each of salt and pepper in a bowl; set aside 10 minutes.
2. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add the steak in a single layer and cook, stirring once or twice, until browned but not cooked through, about 2 minutes. Transfer to a plate using a slotted spoon.
3. Add the remaining 1 tablespoon vegetable oil to the skillet. Add the red onion and jalapeño and cook, stirring, until slightly softened, about 3 minutes. Add the tomatoes and the sliced garlic; cook until the tomatoes start breaking down, about 3 minutes. Return the steak and any collected juices to the skillet along with the remaining 1 tablespoon soy sauce and the vinegar. Remove from the heat; add the fries, parsley and cilantro and toss. Season with salt and pepper.

Per serving: Calories 398; Fat 17 g (Saturated 4 g); Cholesterol 60 mg; Sodium 439 mg; Carbohydrate 37 g; Fiber 4 g; Protein 23 g



ADOBO-STYLE CORNISH HENS

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

- 1 cup jasmine rice
- 2 Cornish game hens (1½ to 1¾ pounds each)
- Kosher salt and freshly ground pepper
- ¼ cup canola oil
- 1 large onion, sliced
- 5 cloves garlic, smashed
- ⅔ cup low-sodium soy sauce
- ¼ cup sugar
- ½ teaspoon black peppercorns
- 2 bay leaves
- 2 bunches scallions, trimmed
- ¼ cup white vinegar

1. Cook the rice as the label directs. Meanwhile, cut the hens in half with kitchen shears, cutting along one side of the breastbone; season with salt and pepper. Heat the canola oil in a large Dutch oven or pot over high heat. Add the hens, skin-side down, and cook until browned, about 5 minutes. Remove and set aside.
2. Pour off all but about 2 tablespoons oil from the pot. Add the onion and garlic; cook, stirring, until the onion is translucent, about 5 minutes. Return the hens to the pot, skin-side up; add 2 cups water, the soy sauce, sugar, peppercorns and bay leaves. Bring to a boil. Lay the scallions on top of the hens; cover and cook until the scallions are tender and the hens are cooked through, about 10 minutes.
3. Uncover the pot and add the vinegar (do not stir). Cook, uncovered, until the liquid is reduced by about two-thirds, 8 to 10 minutes. Remove the hens and scallions; discard the bay leaves from the pan sauce. Serve with the rice.

Per serving: Calories 652; Fat 38 g (Saturated 8 g); Cholesterol 168 mg; Sodium 1,694 mg; Carbohydrate 44 g; Fiber 3 g; Protein 35 g



SLOW-COOKER MOLE PORK

ACTIVE: 35 min | TOTAL: 35 min (plus 8-hr slow cooking) | SERVES: 4

- 3 white corn tortillas, plus more for serving
- 4 dried ancho chile peppers, stemmed, seeded and cut into 2-inch pieces
- ⅓ cup sesame seeds, plus more for topping
- ¼ cup raisins
- ½ onion, diced
- 2 cloves garlic, smashed
- 2 teaspoons Chinese five-spice powder
- 1 14.5-ounce can crushed fire-roasted tomatoes
- 1 cup roughly chopped fresh cilantro, plus more for topping
- 1 3-pound bone-in pork butt, trimmed of skin and excess fat
- Kosher salt and freshly ground pepper
- 4 sweet potatoes

1. Tear the tortillas into small pieces; toss with the chiles, sesame seeds, raisins, onion, garlic and five-spice powder in a bowl. Heat a large cast-iron skillet over medium-high heat. Add the tortilla mixture; cook, stirring, until the sesame seeds are toasted and the onion is slightly charred, about 5 minutes.

2. Add the tomatoes and cook, stirring and scraping up any browned bits, until the liquid evaporates and the tomatoes start browning, about 6 minutes. Add the cilantro and 1½ cups water; bring to a boil, scraping up the skillet. Working in batches, transfer to a blender and puree until smooth, about 4 minutes. Transfer to a 6-quart slow cooker.

3. Season the pork all over with salt and pepper; add to the slow cooker. Cover and cook on low, 8 hours.

4. Before serving, pierce the sweet potatoes several times with a fork; microwave until tender, about 8 minutes. Remove the pork from the slow cooker and slice. Top with the sauce and more sesame seeds and cilantro. Serve with the sweet potatoes and tortillas.

Per serving: Calories 535; Fat 16 g (Saturated 4 g); Cholesterol 104 mg; Sodium 468 mg; Carbohydrate 59 g; Fiber 12 g; Protein 41 g



CHORIZO-POTATO STEW

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

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 onion, chopped
- Kosher salt
- 3 fully cooked chorizo sausages (about 8 ounces), sliced ½ inch thick
- 3 cloves garlic, minced
- 3 russet potatoes, peeled and cut into 1-inch chunks
- Freshly ground pepper
- 4 cups low-sodium chicken broth
- 2 bay leaves
- 1 teaspoon smoked Spanish paprika
- 1 small bunch Swiss chard, stems removed, leaves chopped (about 6 cups)
- Chopped fresh parsley, for topping
- Toasted crusty bread, for serving

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the onion, season with ½ teaspoon salt and cook, stirring occasionally, until soft and slightly browned, about 5 minutes. Add the chorizo and cook, stirring occasionally, until lightly browned around the edges, about 3 minutes. Add the garlic and cook, stirring, 1 minute. Add the potatoes, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until well coated, about 3 more minutes.

2. Add the chicken broth, bay leaves and paprika. Bring to a simmer, then reduce the heat to medium and cook 12 minutes. Add the chard; cover and cook, stirring, until the potatoes are tender and the chard is wilted, 3 more minutes. Season with salt and pepper. Ladle into bowls; top with parsley, drizzle with olive oil and serve with bread.

Per serving: Calories 533; Fat 33 g (Saturated 10 g); Cholesterol 54 mg; Sodium 1,413 mg; Carbohydrate 38 g; Fiber 4 g; Protein 21 g

Share these recipes with Spanish-speaking friends! Turn here.

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MOLE DE PUERCO

PREPARACIÓN: 35 min | TIEMPO TOTAL: 35 min (más 8 horas de cocción lenta) | RINDE: 4 porciones

- 3 tortillas pequeñas de maíz blanco, más extra para acompañar
- 4 ancho chiles, sin tallo ni semillas, cortados en trozos de 2 pulgadas
- ⅓ taza de semillas de ajonjolí, más extra para adornar
- ¼ taza de pasas
- ½ cebolla, picada
- 2 dientes de ajo, aplastados
- 2 cucharaditas de polvo de cinco especias
- 1 lata de tomates triturados asados al fuego (14.5 onzas)
- 1 taza de cilantro fresco picado grueso, más extra para adornar
- 1 espaldilla de puerco con hueso de 3 libras, recortado la piel y el exceso de grasa
- Sal y pimienta recién molida
- 4 batatas

1. Corte con las manos las tortillas; mezcle con los chiles, las semillas de ajonjolí, las pasas, la cebolla, el ajo y el polvo de cinco especias en un recipiente. Caliente un sartén grande sobre fuego medio-alto. Agregue y cocine la mezcla de las tortillas, revolviendo, hasta que las semillas de ajonjolí estén tostadas y la cebolla extra dorada, aproximadamente 5 minutos.

2. Añada los tomates y cocine, revolviendo con una cuchara de madera para evitar que se pegue hasta que se consuma el líquido y el tomate comience a dorar, alrededor de 6 minutos. Agregue el cilantro y 1½ tazas de agua. Cuando comience a hervir mezcle y raspe el fondo del sartén. Transfiera a una licuadora, en porciones, y licue hasta que tenga una consistencia cremosa. Vierta el líquido en una olla de cocción lenta de 6 cuartos de galón.

3. Sazone el puerco con sal y pimienta. Transfiera el puerco a la olla de cocción lenta. Tape la olla y cocine a fuego lento por 8 horas.

4. Antes de servir perfore las batatas varias veces con un tenedor y cocínelas en el microondas hasta que estén suaves, aproximadamente 8 minutos. Remueva el puerco de la olla de cocción lenta y rebánelo. Cubra las rebanadas con la salsa, espolvoréelo con las semillas de ajonjolí y cilantro picado. Sirva con las batatas y las tortillas.

Cada porción contiene: 535 **Calorías**; 16 g **Grasa** (4 g **Grasa saturada**); 104 mg **Colesterol**; 468 mg **Sodio**; 59 g **Carbohidratos**; 12 g **Fibra**; 41 g **Proteína**



ESTOFADO DE CHORIZO Y PATATAS

PREPARACIÓN: 25 min | TIEMPO TOTAL: 40 min | RINDE: 4 porciones

- 3 cucharadas de aceite de oliva extra virgen, más extra para rociar al final
- 1 cebolla, picada
- Sal
- 3 chorizos ahumados (aproximadamente 8 onzas), en rodajas de ½ pulgada de grosor
- 3 dientes de ajo, picados
- 3 patatas russet, peladas y cortadas en trozos de 1 pulgada
- Pimienta recién molida
- 4 tazas de caldo de pollo bajo en sodio
- 2 hojas de laurel
- 1 cucharadita de paprika ahumada
- 1 manojo de acelgas, picadas sin los tallos (aproximadamente 6 tazas)
- Perejil fresco picado, para adornar
- Pan tostado, para acompañar

1. Caliente el aceite de oliva en una olla grande o cacerola sobre fuego medio-alto. Agregue las cebollas picadas y sazone con ½ cucharadita de sal, cocine revolviendo ocasionalmente hasta que las cebollas estén translúcidas y ligeramente doradas, alrededor de 5 minutos. Añada el chorizo y siga revolviendo hasta que los bordes del chorizo estén dorados, aproximadamente 3 minutos. Agregue el ajo y cocine, revolviendo por 1 minuto. Incorpore las patatas, ½ cucharadita de sal y un poco de pimienta recién molida. Cocine revolviendo ocasionalmente hasta que las patatas se comiencen a suavizar, aproximadamente 3 minutos.

2. Agregue el caldo de pollo, las hojas de laurel y la paprika. Cuando comience a hervir reduzca a fuego mediano y cocine por 12 minutos. Añada y mezcle las acelgas; tape la olla hasta que las papas estén suaves y las acelgas marchitas, 3 minutos. Sazone con sal y pimienta al gusto. Sirva en tazones, espolvoree con el perejil picado y rocíe un chorrito de aceite de oliva. Acompañe con pan tostado.

Cada porción contiene: 533 **Calorías**; 33 g **Grasa** (10 g **Grasa saturada**); 54 mg **Colesterol**; 1,413 mg **Sodio**; 38 g **Carbohidratos**; 4 g **Fibra**; 21 g **Proteína**

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POMEGRANATE TURKEY WITH ROASTED VEGETABLES

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

1 bunch scallions, cut into 2-inch pieces
1 clove garlic
⅓ cup plus 2 tablespoons extra-virgin olive oil
½ cup fresh herbs (such as dill, cilantro and/or tarragon)
¼ cup chopped walnuts
2 tablespoons pomegranate vinegar or red wine vinegar
Kosher salt and freshly ground pepper
1 1¾-pound skin-on, boneless turkey breast
12 ounces baby red-skinned potatoes, halved
3 carrots, halved lengthwise and cut into 1-inch pieces
1 Japanese eggplant, halved lengthwise and cut into ½-inch pieces
Pomegranate seeds, for topping

1. Preheat the oven to 425°. Combine 2 scallion pieces, the garlic, ⅓ cup olive oil, ¼ cup water, the herbs, walnuts, 1 tablespoon vinegar, ½ teaspoon salt and a few grinds of pepper in a blender; puree until smooth. Rub 3 tablespoons of the mixture all over the turkey, loosening the skin and rubbing some underneath. Set the rest aside.
2. Heat the remaining 2 tablespoons olive oil in a large ovenproof nonstick skillet over medium-high heat. Add the turkey, skin-side down, and cook until the skin is golden and slightly crisp, about 3 minutes. Flip the turkey and arrange the potatoes, carrots, eggplant and the remaining scallions around it. Cook until the turkey and vegetables start browning, about 2 minutes. Add ½ cup water and the remaining 1 tablespoon vinegar.
3. Transfer the skillet to the oven. Roast until the vegetables are tender and a thermometer inserted into the center of the turkey registers 165°, 20 minutes. Slice the turkey; serve with the vegetables and the remaining scallion-herb sauce. Top with pomegranate seeds.

Per serving: Calories 654; Fat 40 g (Saturated 6 g); Cholesterol 139 mg; Sodium 375 mg; Carbohydrate 21 g; Fiber 5 g; Protein 52 g



RICE NOODLE SALAD WITH SHRIMP

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

3 tablespoons sugar
⅓ cup fresh lime juice (from 4 limes), plus wedges for serving
2 large cloves garlic, grated
1 red Thai bird or serrano chile pepper, thinly sliced (remove seeds for less heat)
1 tablespoon fish sauce
2 tablespoons vegetable oil
12 ounces large shrimp (about 16), peeled and deveined, tails intact
1 8.8-ounce package thin rice noodles
½ head red leaf lettuce, thinly sliced
2 large carrots, grated (about 2 cups)
½ English cucumber, halved lengthwise and thinly sliced
1 cup roughly chopped fresh cilantro and/or mint

1. Bring a large pot of water to a boil. Meanwhile, combine the sugar and 2 tablespoons hot water in a large bowl and stir until dissolved. Stir in the lime juice, garlic, chile and fish sauce; transfer 2 tablespoons of the dressing to a medium bowl and whisk in the vegetable oil. Add the shrimp and toss to coat; set aside.
2. Add the rice noodles to the boiling water and cook as the label directs; drain, rinse with cold water and shake off the excess liquid. Add the noodles to the bowl with the remaining dressing; add the lettuce, carrots, cucumber and herbs and toss to coat.
3. Heat a grill pan over medium-high heat. Grill the shrimp until charred and cooked through, 2 to 3 minutes per side. Arrange over the noodles; serve with lime wedges.

Per serving: Calories 448; Fat 9 g (Saturated 1 g); Cholesterol 129 mg; Sodium 644 mg; Carbohydrate 70 g; Fiber 4 g; Protein 22 g



CHICKEN ROLLATINI

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

- 1 slice country white bread
- 5 tablespoons extra-virgin olive oil
- 1 teaspoon chopped fresh sage
- Kosher salt and freshly ground pepper
- 2 ounces provolone cheese, cut into 8 sticks (½ inch by 1 inch)
- 8 chicken cutlets (about 1½ pounds)
- 8 slices pancetta (about 2 ounces)
- 1 cup low-sodium chicken broth
- 2 cloves garlic, chopped
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 head escarole or chicory, trimmed and roughly chopped
- 1 tablespoon unsalted butter

1. Preheat the oven to 400°. Cut the bread in half, then cut each half crosswise into 4 strips; toss with 1 tablespoon olive oil and the sage and season with salt and pepper. Put 1 strip of bread and 1 provolone stick across the center of each chicken cutlet. Tightly roll up the chicken around the bread and cheese, then wrap each roll with a piece of pancetta and secure with a toothpick.

2. Heat a large ovenproof nonstick skillet over medium-high heat; add 2 tablespoons olive oil. Add the chicken; cook, turning, until browned, 4 minutes. Add ¾ cup chicken broth. Transfer the skillet to the oven; cook until the chicken is golden and cooked through, 7 to 8 minutes.

3. Meanwhile, heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Add the garlic and cook until slightly golden, about 30 seconds. Add the beans and cook, stirring, until warmed through, about 2 minutes. Add the escarole, the remaining ¼ cup chicken broth, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the escarole is tender, 7 minutes.

4. Remove the chicken from the skillet using a slotted spoon. Cook the pan juices in the skillet over medium-high heat until reduced by half, about 5 minutes. Remove from the heat and swirl in the butter. Serve the chicken with the pan sauce and escarole mixture.

Per serving: **Calories** 573; **Fat** 30 g (**Saturated** 8 g); **Cholesterol** 122 mg; **Sodium** 711 mg; **Carbohydrate** 22 g; **Fiber** 8 g; **Protein** 53 g



SHAKSHUKA WITH CHICKPEAS

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 4

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, thinly sliced
- 1 15-ounce can no-salt-added chickpeas, drained and rinsed
- 2 teaspoons ground cumin
- Kosher salt and freshly ground pepper
- 2 14.5-ounce cans petite diced tomatoes with green chiles
- 8 large eggs
- 2 pieces pita bread
- ½ cup plain nonfat Greek yogurt
- ¼ cup hummus
- 2 tablespoons chopped fresh cilantro and/or mint

1. Preheat the oven to 375°. Heat the olive oil in a large ovenproof skillet over medium heat. Add the onion and garlic and cook, stirring, until softened, about 5 minutes. Add the chickpeas, cumin and a pinch each of salt and pepper; stir well to coat. Add the tomatoes and ⅓ cup water. Bring to a simmer and cook, stirring occasionally, until the sauce thickens, about 20 minutes.

2. Make 8 wells in the sauce and crack an egg into each; run the edge of a spatula through the whites to distribute them, being careful not to break the yolks. Transfer the skillet to the oven and bake until the egg whites are just set, 8 to 10 minutes. (The eggs will continue cooking after you remove them from the oven.) Meanwhile, wrap the pita bread in foil and warm in the oven, about 5 minutes; cut into wedges.

3. Combine the yogurt, hummus and a pinch of salt in a small bowl. Sprinkle the herbs over the eggs; season with salt and pepper. Serve with the pita bread and hummus sauce.

Per serving: **Calories** 452; **Fat** 19 g (**Saturated** 4 g); **Cholesterol** 430 mg; **Sodium** 811 mg; **Carbohydrate** 46 g; **Fiber** 8 g; **Protein** 24 g

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CARIBBEAN CHICKEN ROTI

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

- 1½ teaspoons curry powder
- ½ teaspoon ground allspice
- ½ teaspoon chopped fresh thyme, plus 3 sprigs
- Kosher salt and freshly ground pepper
- 6 skinless, boneless chicken thighs (about 1½ pounds), quartered
- 1 13.5-ounce can unsweetened coconut milk (do not shake)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro, plus more for topping
- ½ to 1 Scotch bonnet, habanero or serrano chile pepper, seeded and finely chopped
- 1 10-ounce package lavash flatbread (5 pieces)
- 1 cup frozen peas and carrots, thawed

1. Combine the curry powder, allspice, chopped thyme, 1 teaspoon salt and a few grinds of pepper in a medium bowl. Add the chicken and toss to coat; set aside.
2. Skim 2 tablespoons of the solid cream off the top of the coconut milk; transfer to a large Dutch oven or pot and melt over medium-high heat. Add the chicken and cook, turning, until browned, about 5 minutes; transfer to a plate.
3. Add the onion, garlic, cilantro, chile and thyme sprigs to the pot and cook, stirring, until the onion is softened, about 5 minutes. Return the chicken to the pot along with ¼ cup water; stir. Add the coconut milk (including any remaining coconut cream from the can). Tear 1 lavash into small pieces; add to the pot and bring to a simmer. Reduce the heat to medium low, cover and cook until thickened, about 15 minutes.
4. Just before serving, warm the remaining lavash in the microwave. Remove the thyme sprigs from the pot and stir in the peas and carrots. Cook until warmed through, about 2 minutes. Season with salt and pepper. Top with cilantro and serve with the remaining lavash.

Per serving: **Calories** 615; **Fat** 29 g (**Saturated** 20 g); **Cholesterol** 141 mg; **Sodium** 1,045 mg; **Carbohydrate** 49 g; **Fiber** 8 g; **Protein** 44 g

STEAMED MAHI MAHI

ACTIVE: 15 min | TOTAL: 30 min | SERVES: 4

- 1¼ cups white rice
- 3 scallions, thinly sliced (white and green parts separated)
- 2 tablespoons minced peeled ginger
- 1½ pounds skinless center-cut mahi mahi fillet (1½ inches thick)
- ¼ teaspoon ground white pepper, plus more to taste
- 4 heads baby bok choy, halved lengthwise
- 2 carrots, sliced ¼ inch thick
- 3 tablespoons vegetable oil
- 1 Fresno or red jalapeño chile pepper, sliced (remove seeds for less heat)
- 2 cloves garlic, minced
- Kosher salt
- 2 tablespoons low-sodium soy sauce

1. Cook the rice as the label directs. Meanwhile, fill a large skillet halfway with water; bring to a boil over medium-high heat. Set the bottom of a stackable bamboo steamer in the water. Sprinkle the scallion whites and 1 teaspoon ginger on a plate that will fit in the steamer basket; set the fish on top and sprinkle with ¼ teaspoon white pepper. Set in the steamer basket; cover and cook 8 minutes.
2. Line another steamer level with parchment; add the bok choy and carrots and set on top of the fish basket. Cover and cook until the fish is cooked through and the vegetables are tender, about 7 more minutes.
3. Meanwhile, heat the vegetable oil in a saucepan over medium heat; add the chile, garlic, the remaining ginger and ½ teaspoon salt. Cook, swirling the pan, until the garlic and ginger start browning, 2 minutes.
4. Remove the baskets. Drain any liquid from the fish; cut into 4 pieces. Drizzle the fish and vegetables with the chile oil and soy sauce; top with the scallion greens and season with white pepper. Serve with the rice.

Per serving: **Calories** 425; **Fat** 12 g (**Saturated** 2 g); **Cholesterol** 124 mg; **Sodium** 770 mg; **Carbohydrate** 41 g; **Fiber** 3 g; **Protein** 37 g

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SICILIAN MUSSELS MARINARA

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

Kosher salt
10 ounces spaghetti
3 tablespoons extra-virgin olive oil, plus more for drizzling
2 cloves garlic, chopped
¼ teaspoon red pepper flakes
1 28-ounce can whole plum tomatoes
2 bay leaves
½ cup bottled clam juice
1½ pounds mussels, scrubbed and debearded
1 tablespoon chopped fresh parsley

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; drain.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and red pepper flakes; cook, stirring, until the garlic is slightly softened, about 1 minute. Drain the tomatoes, reserving ½ cup juice; crush the tomatoes with your hands and set aside. Add the tomato juice and bay leaves to the skillet. Cook, stirring, until slightly thickened, about 2 minutes.
3. Add the clam juice and ¼ teaspoon salt and cook until the liquid evaporates slightly, about 2 minutes. Add the crushed tomatoes and bring to a boil over medium heat. Reduce the heat to medium low and simmer until the sauce thickens slightly, about 12 minutes.
4. Increase the heat to high. Remove the bay leaves and add the mussels to the sauce. Cover and cook until the mussels open, about 5 minutes. (Discard any unopened mussels.) Add the spaghetti and parsley; toss to coat. Season with salt and drizzle with more olive oil.

Per serving: **Calories** 499; **Fat** 14 g (**Saturated** 2 g); **Cholesterol** 29 mg; **Sodium** 966 mg; **Carbohydrate** 67 g; **Fiber** 5 g; **Protein** 22 g



KOREAN BEEF TACOS

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

3 tablespoons soy sauce
2 tablespoons plus 2 teaspoons toasted sesame oil
1 tablespoon packed light brown sugar
3 cloves garlic, finely chopped
1 1-pound skirt steak, cut crosswise into thirds
Vegetable oil, for the grill pan
1 bunch scallions
⅓ cup mayonnaise
2 teaspoons gochujang (Korean chile paste) or Sriracha, plus more to taste
1 cup kimchi, cut into strips
1 firm pear, finely chopped
12 6-inch corn tortillas
2 cups mixed Asian greens (2 ounces) or other lettuce

1. Whisk the soy sauce, 1 tablespoon sesame oil, the brown sugar and garlic in a shallow dish. Add the steak and turn to coat. Let marinate at room temperature, 20 minutes.
2. Brush a large grill pan with vegetable oil and heat over medium-high heat. Remove the steak from the marinade (do not pat dry) and grill 2 to 3 minutes per side for medium rare. Transfer to a cutting board; let rest 5 minutes.
3. Meanwhile, toss the scallions with 2 teaspoons sesame oil. Grill, turning, until charred, about 4 minutes; transfer to the cutting board and cut into 1-inch pieces. Slice the steak against the grain; toss with any collected juices.
4. Whisk the mayonnaise and gochujang in a small bowl. Toss the kimchi, pear and the remaining 1 tablespoon sesame oil in another bowl. Lightly char the tortillas over a gas burner, about 20 seconds per side (or microwave as the label directs). Serve the steak and scallions in the tortillas with the greens, spicy mayonnaise and kimchi-pear mixture.

Per serving: **Calories** 643; **Fat** 35 g (**Saturated** 7 g); **Cholesterol** 60 mg; **Sodium** 1,091 mg; **Carbohydrate** 51 g; **Fiber** 9 g; **Protein** 31 g

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Easy Sides



TOSTONES WITH GARLIC SAUCE

Puree 2 **garlic cloves** in a food processor with ¼ cup **olive oil.** Add 1 chopped **scallion,** 2 teaspoons **white vinegar** and ¼ teaspoon each **cumin seeds** and **red pepper flakes;** pulse until combined. In batches, cook one 16-ounce package thawed **frozen tostones** (fried plantains) in **vegetable oil** until golden and crisp, 2 to 4 minutes per side. Blot with paper towels and season with **salt.** Serve with the garlic sauce.



EDAMAME SALAD

Boil 1½ cups **frozen shelled edamame** as the label directs; drain and rinse under cold water. Toss with 1 cup each chopped **tomato** and **cucumber,** 1 minced **red jalapeño** and ¼ cup chopped **red onion.** Add 1 tablespoon **soy sauce,** 2 teaspoons each **brown sugar, lemon juice, lime juice** and **mirin or other rice wine,** 1 teaspoon each grated **ginger** and **rice vinegar,** and ½ teaspoon **sesame oil.** Toss; season with **salt** and **pepper.**



POLENTA WITH MUSHROOMS AND GORGONZOLA

Bring 4 cups water to a boil; whisk in ¾ cup **instant polenta.** Cook over medium heat, whisking, until creamy, 10 minutes. Meanwhile, cook 8 ounces sliced **mixed mushrooms** in **olive oil** with 1 minced **garlic clove** and 1 teaspoon minced **rosemary** until tender, 6 minutes; season with **salt** and **pepper.** Serve over the polenta with crumbled **gorgonzola** and torn **parsley.**



PARSNIPS WITH BACON

Cook 2 strips chopped **thick-cut bacon** in **vegetable oil** over medium-high heat until almost crisp. Add 1 thinly sliced **onion;** cook until softened. Add 1 pound **parsnips** (peeled and cut into 2-inch pieces), 2 sliced **celery stalks,** and **salt** and **pepper.** Cook until lightly browned, 5 minutes. Add 1½ cups **chicken broth;** simmer until mostly reduced, 10 minutes. Add a little water; stir in 1 tablespoon **butter,** some chopped **parsley** and **thyme,** and salt and pepper.





INSIDE THE Test Kitchen

Katherine Alford takes us behind the scenes of this issue.



SOUP'S OFF!

You'd never know it, but the Korean tacos on page 90 started out as a soup. Our original idea was to add kimchi to an Asian beef broth, but the result was a little too out-there, so we put the ingredients into tortillas instead. The tacos were an instant hit with tasters. Don't be afraid to dismantle a dish like we did—you'd be surprised how many things taste great in a tortilla!



MAJOR MASH-UP

We discovered our new favorite hybrid cuisine while working on this issue: Peruvian-Chinese! This style of cooking, called *chifa* [CHEE-fah], has been a part of Peruvian culture since a wave of Asian immigrants arrived in the 1800s. Get a taste on page 80 with our take on *lomo saltado,* a traditional beef stir-fry with french fries.



MARKET FINDS

Our test kitchen is well stocked with global ingredients (look at our hot sauce collection above!). Start expanding your own pantry with international ingredients right from the grocery store. Here are some favorites:

☑ FROZEN TOSTONES

These fried plantains come pressed and cooked—just heat them up.

☑ ASIAN GREENS

Find these blends in the bagged salad section. They usually include tatsoi, mizuna and baby greens.

☑ GOCHUJANG

This Korean chile paste is a thicker, earthier version of Sriracha.

☑ POMEGRANATE VINEGAR

Try using this sweet-tart vinegar in a vinaigrette.

☑ KIMCHI

Look for this spicy Korean version of sauerkraut in the refrigerated case of the produce aisle. Serve it over eggs.

KEEPING IT REAL

We wanted every weeknight dinner in this issue to come from a different country or region, so we called for backup: We doubled the number of developers on the test-kitchen team, and altogether we represented about a dozen countries.



CHINA

The ginger mahi mahi on page 88 is a riff on a family recipe from recipe tester Vivian Chan (pictured at 6 months old with her dad). Her Hong Kong-born father serves the fish whole—eyes and all!

PHILIPPINES

Recipe developer Richmond Flores grew up on his mom's Filipino cooking. He adapted her adobo chicken by making it with Cornish hens to save time (see page 80).

WEST INDIES

Test kitchen director Claudia Sidoti got the seal of approval on the Caribbean roti on page 88 from her mother-in-law, who was born and raised in Antigua.

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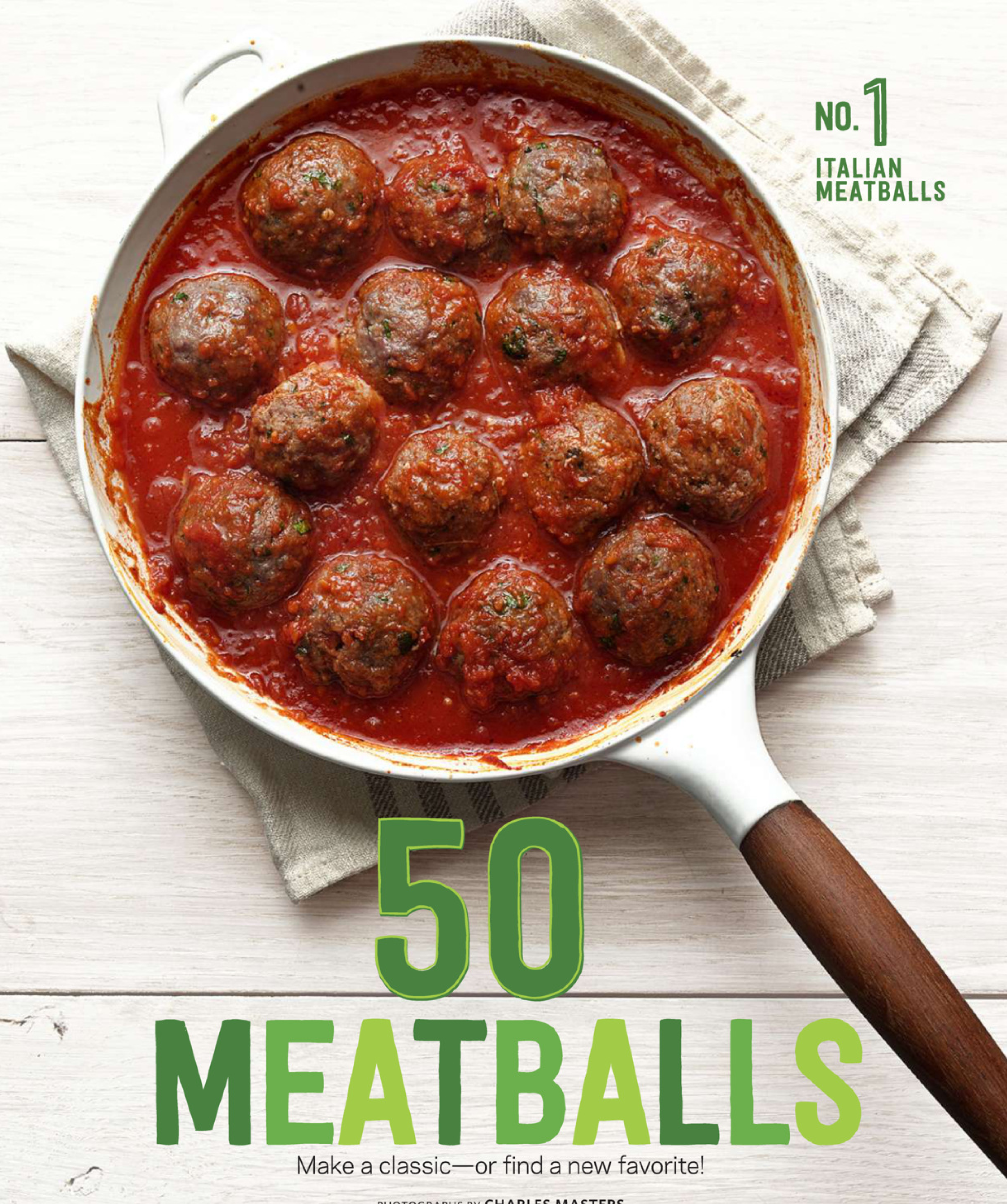
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50 MEATBALLS

Make a classic—or find a new favorite!

PHOTOGRAPHS BY **CHARLES MASTERS**

Weeknight Cooking



NO. 20
MOLE MEATBALLS



NO. 8
VIETNAMESE MEATBALLS



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NO. 14
SWEDISH
MEATBALLS

50 MEATBALLS

PHOTOGRAPHS BY
STEVE GIRALT

NO. 2
STUFFED
ITALIAN
MEATBALLS

NO. 33
JAPANESE
MEATBALLS

FOUR WAYS TO COOK MEATBALLS

BAKE Arrange on a parchment-lined baking sheet; bake at 425°, about 15 minutes for 2-inch meatballs.

BROIL Arrange on a broiler pan coated with cooking spray; broil 5 to 8 minutes for 2-inch meatballs.

DEEP-FRY Cook, in batches, in 2 inches of 350° vegetable oil, 3 to 6 minutes for 1-inch meatballs (small meatballs are best for deep-frying).

PAN-FRY Cook, in batches, in ½ cup vegetable oil over medium-high heat, turning, 8 to 10 minutes for 2-inch meatballs; pour off the excess fat before adding any sauce.



NO. 8

VIETNAMESE MEATBALLS

BEEF

1. ITALIAN Mix 1 pound ground beef, ½ cup grated parmesan, ¼ cup each breadcrumbs, chopped parsley and milk, 2 grated garlic cloves, 1 egg and 1 teaspoon kosher salt; season with pepper. Form into balls; bake. Simmer in 2 cups each marinara and water, 20 minutes.

2. STUFFED ITALIAN Stuff Italian Meatballs (No. 1) with a provolone cube before baking.

3. PICADILLO Mix 1 pound ground beef, 2 sliced scallions, 1 grated garlic clove, 1 egg and ¾ teaspoon each cumin and kosher salt. Form into balls; bake. Simmer in 1 cup each chicken broth and salsa with ¼ cup each raisins, Spanish olives and chopped cilantro, 15 minutes.

4. CHIMICHURRI Puree 2 cups each parsley and cilantro with 3 garlic cloves. Mix half of the herb paste with 1 pound ground beef, ¼ cup each breadcrumbs, chopped parsley and milk, and 1 egg; season with salt and pepper. Form into balls; broil. For the sauce, pulse the remaining paste with ⅓ cup olive oil and 3 tablespoons red wine vinegar, and salt and pepper.

5. MEXICAN Pulse 8 ounces each ground beef and fresh chorizo, ½ cup crushed tortilla chips, 2 chopped scallions and ¼ teaspoon cumin in a food processor. Form into balls; pan-fry. Simmer in 4 cups chicken broth with 1 cinnamon stick, ¼ cup cooked rice and 1 tablespoon tomato paste, 30 minutes. Remove the meatballs and cinnamon stick; puree the sauce.

6. BARBECUE Mix 1 pound ground beef brisket, ¾ cup crumbled cornbread, ½ grated onion, 1 egg, 4 teaspoons chili powder, ½ teaspoon chipotle chile powder and 1 teaspoon kosher salt. Form into balls; bake. Simmer in 1 cup each barbecue sauce and beer, 10 minutes.

7. AFRICAN Mix 1 pound ground beef, 1 egg, 1 teaspoon each grated ginger, curry powder and kosher salt, and a pinch of cayenne. Form into balls; broil. Simmer in 2 cups spicy marinara whisked with ¼ cup each water and creamy peanut butter, 15 minutes.

8. VIETNAMESE Combine ½ cup lime juice, 2 tablespoons each shredded carrot, sugar and fish sauce, and 1 teaspoon Sriracha. Mix 1 pound ground beef, 2 tablespoons each chopped lemongrass, cashews and Sriracha, and 1 each minced shallot and garlic clove. Form into balls; pan-fry. Serve in lettuce cups with the carrot mixture, mint, cilantro and more nuts.

9. HOISIN Mix 1 pound ground beef, ½ cup panko, 2 grated garlic cloves, 2 sliced scallions, 1 egg and 1 teaspoon each sugar, sesame oil, soy sauce and grated ginger. Form into balls; pan-fry. Simmer in ½ cup each water and hoisin sauce whisked with 1 tablespoon each Sriracha, ketchup, rice vinegar and honey, 3 minutes.

10. KOREAN Mix 1 pound ground beef, ½ cup panko, 2 teaspoons grated ginger, 1 egg and ½ teaspoon each sesame oil and kosher salt. Form into balls; bake. Simmer in ½ cup each water, brown sugar and chopped kimchi, ¼ cup soy sauce, 2 tablespoons rice vinegar, 1 tablespoon gochujang (Korean chile paste) and ½ teaspoon cornstarch, 3 minutes.

11. IRISH Pulse 8 ounces each sliced corned beef and ground beef, 2 slices seeded rye bread, ½ cup grated cheddar and ¼ cup chopped chives in a food processor. Form into balls; pan-fry. Simmer in 1 cup each chicken broth and hard cider, and ½ cup mashed potatoes, 20 minutes.

12. HUNGARIAN Pulse 2 slices rye bread, ¼ onion, 1 egg, 1 tablespoon paprika and 1 teaspoon kosher salt in a food processor; mix with 1 pound ground beef. Form into balls; bake. Simmer 1 cup chicken broth whisked with 1 tablespoon flour, 8 minutes. Off the heat, whisk in ½ cup sour cream and 1 tablespoon ketchup. Add the meatballs; top with paprika.

13. UKRAINIAN Soak 2 slices white bread in water; squeeze dry and tear. Mix with 1 pound ground beef, ½ minced onion, 1 grated garlic clove, 2 tablespoons each chopped parsley and dill, 1 egg and 1 teaspoon kosher salt; season with pepper. Form into balls; roll in breadcrumbs and drizzle with olive oil. Bake 30 minutes. Serve with sour cream.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

14. SWEDISH Soak 2 slices white bread in milk; squeeze dry and tear. Mix with 8 ounces each ground beef and pork, 1 egg, ¼ grated onion and ¾ teaspoon allspice; season with salt. Form into balls. Pan-fry in 3 tablespoons butter in a nonstick skillet; remove. Whisk in 2 tablespoons flour, then 1½ cups beef broth and ½ cup heavy cream. Add the meatballs; simmer 10 minutes. Top with lingonberry jam.

15. SLOVAKIAN Mix 1 pound ground beef, 2 tablespoons chopped chives and 1 teaspoon each dried minced onion and kosher salt. Form into balls; simmer in 2 cups ketchup whisked with 1 cup spicy ketchup, ½ cup currant jelly and a splash of dry sherry, 15 minutes.

16. LEBANESE Soak ½ cup bulgur in water, 30 minutes; drain. Sauté 2 chopped garlic cloves and 1 chopped onion in olive oil; cool. Pulse in a food processor with the bulgur, 1 pound ground beef, 1 egg, 1 teaspoon kosher salt and ¼ teaspoon each allspice, cumin and coriander. Form into 1½-inch balls and stuff each with a few pine nuts; pan-fry. Serve with yogurt.

17. MEATLOAF Mix 1 pound meatloaf mix, ½ cup each grated onion and breadcrumbs, 1 egg, 1 tablespoon each Worcestershire sauce and dijon mustard, 2 teaspoons chopped thyme and 1 teaspoon kosher salt; season with pepper. Form into balls and brush with a mix of ½ cup ketchup and ¼ cup brown sugar; bake.

POULTRY

18. THANKSGIVING Mix 1 pound ground turkey, 1 cup each crushed stuffing mix and grated sweet potato, ½ grated onion, 1 egg, 1 teaspoon poultry seasoning and ½ teaspoon kosher salt. Form into balls; pan-fry. Simmer in 1 cup gravy whisked with ½ cup each chicken broth and dried cranberries, 5 minutes.

19. BUFFALO Mix 1 pound ground chicken, ¾ cup panko, ½ cup each shredded carrots and chopped celery, 3 chopped scallions, 1 egg and 1 tablespoon Buffalo hot sauce. Form into balls; deep-fry. Toss with ½ cup Buffalo hot sauce. Serve with blue cheese dressing.

20. MOLE Mix 1 pound ground turkey, ½ cup panko, ½ grated onion, 2 tablespoons chopped cilantro, 1 egg, 1 teaspoon each chili powder and kosher salt, ½ teaspoon cumin and a pinch each of chipotle chile powder and pepper. Form into balls; broil. Simmer in 1½ cups water whisked with 2 tablespoons mole paste, 10 minutes. Top with sesame seeds and cilantro.

21. SOUTHERN Puree 6 bacon strips. Mix with 1 pound ground turkey, ½ cup panko, ½ grated onion, 2 tablespoons chopped parsley, 1 egg, 1 teaspoon each chili powder and kosher salt, and ¼ teaspoon cayenne; season with pepper. Form into balls; broil. Simmer in ½ cup each water and barbecue sauce with 2 tablespoons bourbon, 10 minutes.

22. JAMAICAN Sauté ¼ cup chopped scallions, 1 minced seeded Scotch bonnet chile and ½ teaspoon each allspice, curry powder and chopped thyme in 1 tablespoon vegetable oil, 4 minutes; cool. Mix with 1 pound ground chicken, 2 slices chopped white bread and 1 egg. Form into balls; bake. Toss with mango chutney. Top with cilantro.

23. MOROCCAN Soak 2 slices white bread in water; squeeze dry. Mix with 1 pound ground chicken, 1 grated garlic clove, 2 tablespoons each chopped cilantro, mint and preserved lemon, and ½ teaspoon each cinnamon, cumin and kosher salt. Form into balls; deep-fry. Serve with Greek yogurt mixed with harissa.

24. MATZO BALL SOUP Mix 1 pound ground chicken, ½ cup matzo meal, ½ grated onion, 2 tablespoons each chopped dill, parsley and schmaltz (rendered chicken fat), 1 egg and 2 teaspoons kosher salt; season with pepper. Form into 1-inch balls; simmer in 4 cups chicken broth with 1 each chopped carrot and celery stalk, 5 minutes. Top with dill and celery leaves.

25. CHEESY SPINACH Mix 1 pound ground turkey, 1 cup thawed frozen chopped spinach (squeezed dry), ½ cup each panko, ricotta and shredded mozzarella, 1 egg and ¾ teaspoon each lemon zest, red pepper flakes and kosher salt. Form into balls; broil.

26. TUSCAN Mix 1 pound ground chicken, ½ cup panko, ¼ cup each chopped basil, scallions and crumbled goat cheese, 2 tablespoons chopped oil-packed sun-dried tomatoes, 1 egg and 1 teaspoon kosher salt. Form into balls; broil. Simmer in 1 cup chicken broth with 2 tablespoons butter, 10 minutes.

27. CREAMY PESTO Make Tuscan Meatballs (No. 26); replace the goat cheese with grated parmesan and the sun-dried tomatoes with pine nuts. Form into balls; broil. Simmer in 1¼ cups heavy cream, 2 tablespoons pesto and a splash of water, 10 minutes.

LAMB

28. MIDDLE EASTERN Mix 1 pound ground lamb, ½ cup each breadcrumbs and chopped parsley, ½ grated onion, 2 grated garlic cloves, 1 egg, 1 teaspoon each coriander and kosher salt, and ½ teaspoon each cinnamon, allspice and cayenne. Form into balls; broil. Mix 1 cup plain yogurt with ¼ cup tahini; add lemon juice, olive oil and salt. Serve with the meatballs.

29. TANDOORI Mix 1 pound ground lamb, 1 cup fresh naan breadcrumbs, ½ grated onion, 1 egg and 1 teaspoon kosher salt. Form into balls and coat with 1 cup plain yogurt mixed with 2 tablespoons tandoori paste; broil. Serve with naan bread and mango chutney.

30. SPANISH Mix 8 ounces each ground lamb and fresh chorizo (casings removed), ½ cup breadcrumbs, ¼ cup each chopped parsley and cilantro, 2 grated garlic cloves, 1 egg and 1 teaspoon each lemon zest, cumin, Aleppo pepper and kosher salt. Form into balls; pan-fry. Puree 1 cup mayonnaise with 4 piquillo peppers and some smoked paprika; serve with the meatballs.

31. SICHUAN Mix 1 pound ground lamb, ½ cup panko, 3 chopped scallions, 2 grated garlic cloves, 1 egg, 1 tablespoon each mirin, soy sauce, crushed cumin seeds and crushed Sichuan peppercorns, and ½ teaspoon each red pepper flakes and kosher salt. Form into balls; pan-fry. Serve with Sriracha mayonnaise.

PORK

32. DUMPLING Mix 1 pound ground pork, 1 cup each chopped scallions and napa cabbage, ¼ cup panko, 1 egg, 2 teaspoons each grated ginger, garlic, soy sauce and rice vinegar, and ½ teaspoon each sesame oil, sugar, kosher salt and white pepper. Form into balls; pan-fry. Serve with ponzu sauce.

33. JAPANESE Make Dumpling Meatballs (No. 32), using ½ cup scallions; add ½ cup chopped cilantro and 1 tablespoon miso paste to the meat mixture. Form into balls. Dredge in flour, dip in beaten egg, then roll in panko; deep-fry. Serve with teriyaki sauce.

34. RAMEN Soak one 3-ounce package crumbled ramen noodles (any flavor, packet reserved) in warm water, 5 minutes; drain. Mix with 1 pound ground pork, 2 chopped scallions, 1 chopped hard-boiled egg, the reserved flavor packet and 1 teaspoon each grated ginger and Sriracha. Form into balls; deep-fry. Serve with soy sauce mixed with sambal oelek.

35. SWEET-AND-SOUR Mix 1 pound ground pork, 1 minced garlic clove, 2 tablespoons each cilantro and fish sauce, and ½ teaspoon each kosher salt and white pepper. Form into balls; pan-fry. Serve with sweet-and-sour sauce.

36. PEANUT-COCONUT Mix 1 pound ground pork, ½ cup each chopped scallions and peanuts, and 1 egg white; season with salt and white pepper. Form into balls. Bring one 13-ounce can coconut milk, ½ cup rice vinegar, ¼ cup soy sauce, 6 garlic cloves and ½ jalapeño to a boil. Add the meatballs; simmer 45 minutes.

37. PORTUGUESE Pulse 8 ounces each fresh chorizo and peeled shrimp with 1 egg in a food processor. Mix with ½ cup each panko and thawed frozen chopped kale (squeezed dry), 2 grated garlic cloves and ¾ teaspoon each chopped thyme, paprika and kosher salt. Form into balls; pan-fry. Simmer 2 cups chicken broth with 1 cup mashed white beans, 2 bay leaves and 1 teaspoon lemon juice, 10 minutes; add the meatballs.

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NO. 45
THAI SHRIMP MEATBALLS



38. HAWAIIAN Puree one 12-ounce can Spam. Mix with 8 ounces ground pork, ½ cup panko, 1 egg and 1 teaspoon grated ginger; season with pepper. Form into balls; roll in panko and deep-fry. Serve with duck sauce.

39. JAMBALAYA Pulse 8 ounces each ground pork and andouille sausage, ½ cup each chopped onion, celery and bell pepper, 1 egg and 2 teaspoons Cajun seasoning in a food processor. Stir in ½ cup uncooked rice. Form into balls; simmer in 2 cups tomato puree, 1 cup water and 1 tablespoon each brown sugar and Worcestershire sauce, covered, 25 minutes.

40. ITALIAN SAUSAGE Mix 8 ounces each ground pork and hot Italian sausage (casings removed), 1 egg, ½ cup each grated provolone, parmesan, breadcrumbs and chopped parsley, 2 grated garlic cloves and 1 teaspoon kosher salt. Form into balls; pan-fry. Serve with jarred vodka sauce.

41. GERMAN SAUSAGE Simmer 1 cup beer, ½ cup heavy cream and 1 tablespoon grainy mustard, 10 minutes; add chopped parsley. Mix 1 pound raw bratwurst (casings removed), 1 egg, 1 cup chopped drained sauerkraut, ¾ cup fresh rye breadcrumbs and 1 tablespoon grainy mustard. Form into balls; pan-fry. Add to the sauce.

42. BREAKFAST SAUSAGE Mix 1 pound pork breakfast sausage (casings removed), 2 chopped thawed frozen waffles, 1 egg and ¼ teaspoon each cinnamon, nutmeg and pepper. Form into balls; bake. Serve with syrup.

SEAFOOD

43. CRAB Mix 1 cup panko, ½ cup mayonnaise, 2 teaspoons each chopped parsley, dijon mustard, lemon juice and Old Bay, and 1 egg. Mix in 1 pound lump crabmeat. Form into balls; roll in flour and pan-fry. Serve with tartar sauce.

44. SALMON Mash two 6-ounce cans salmon; mix with ½ cup panko, ¼ cup each diced boiled potatoes and shallots, 1 egg, 2 tablespoons each chopped dill and creamy horseradish, and 1 tablespoon chopped capers. Form into balls; pan-fry. Serve with more creamy horseradish.

45. THAI SHRIMP Pulse 8 ounces each peeled shrimp and ground pork, 2 garlic cloves, 1 egg, 1 tablespoon each sugar, sambal oelek, fish sauce and lime juice, and ½ teaspoon kosher salt in a food processor. Mix with ½ cup each panko, chopped bean sprouts and cilantro. Form into balls; pan-fry. Toss with sweet chili sauce and more cilantro.

46. SWORDFISH Boil 2 cups orange juice and ¼ cup each sugar and white vinegar, 15 minutes. Pulse 8 ounces swordfish, ½ cup each chopped pancetta, fennel, red onion and panko, 1 egg and ½ teaspoon each red pepper flakes and kosher salt in a food processor. Form into balls; deep-fry. Drizzle with the sauce.

VEGETARIAN

47. MUSHROOM Sauté 8 ounces chopped mushrooms in olive oil; cool. Pulse in a food processor with 1 cup each breadcrumbs and walnuts, ¼ cup each parsley and dill, 4 chopped scallions, 2 eggs, 2 teaspoons paprika and 1 teaspoon kosher salt. Form into balls; deep-fry.

48. HERB Mix 5 cups fresh breadcrumbs, 1 cup grated parmesan, ¼ cup each chopped parsley and basil, 1 grated garlic clove, 5 eggs and 1 teaspoon each kosher salt and pepper. Form into balls; deep-fry 2 to 3 minutes. Simmer in 4 cups marinara, 10 minutes.

49. EGGPLANT Rub 1 eggplant with olive oil; bake at 400° until soft, 45 minutes. Cool. Halve, scoop out the flesh and mash. Mix with 3 cups breadcrumbs, 1 cup grated parmesan, ¼ cup each chopped mint and parsley, 1 grated garlic clove, 2 eggs and 1 teaspoon kosher salt; season with pepper. Form into balls; deep-fry 2 to 3 minutes. Simmer in 4 cups marinara with ¼ teaspoon pumpkin pie spice, 10 minutes.

50. FALAFEL Pulse one 15-ounce can chickpeas (drained and rinsed), ¼ cup each chopped parsley, cilantro and flour, 2 chopped scallions, 2 grated garlic cloves, 1 egg, 2 teaspoons cumin and 1 teaspoon each baking powder and kosher salt in a food processor. Form into balls; deep-fry. Serve with hummus.

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Weekend Cooking

Make **thin-crust pizza** like an Italian. Then, serve corned beef and cabbage and learn to work with phyllo.

PHOTO: RYAN LIEBE; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAIGE HICKS

Get the secret to a super-crisp crust. See page 113.

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A Taste of ITALY

The Kitchen's Katie Lee revisits one of her favorite places—and comes home with some great recipes.



In Positano, Katie and a friend chartered a boat for a day on the Mediterranean Sea.

ITALY PHOTOS: COURTESY OF KATIE LEE.

Katie Lee is not at all Italian, but you'd never know it looking at the photos from her recent vacation. *The Kitchen* cohost grew up in a small West Virginia town, and her family didn't travel much. But when she studied abroad in Florence during college, she fell in love with Italy and has since made a half-dozen trips back. She now knows how to look like a local: She gets around on a bike, rarely carries a guidebook and only drinks cappuccinos before noon. "Espresso and pizza—that's how I deal with jet lag," Katie says. On this trip, she set off for Puglia in the southeast, a less touristy region she had never seen. It's perfect for someone like Katie who wants to eat and live like a native. On a whim, she ended her vacation by road-tripping from Puglia to the Amalfi Coast in the southwest—in part so she could spend some time on the water, but mainly so she could eat at one of her favorite old restaurants, Lo Scoglio in Positano. She came home with the best possible souvenir: a recipe for Lo Scoglio's famous zucchini pasta. "The owner said it wouldn't be the same because we don't have their zucchini in the States," says Katie, "but I think it's about 98 percent there!"

Turn the page for four recipes inspired by Katie's travels.

SALAMI SALAD

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 2 to 4

- 4 cups baby arugula
- 1 fennel bulb, quartered, cored and thinly sliced
- 1 cup grape tomatoes, halved
- Kosher salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- 2 ounces salami, thinly sliced
- Shredded parmesan cheese, for topping

1. Combine the arugula, fennel and tomatoes in a large bowl; season with salt and pepper. Drizzle with the olive oil and lemon juice and toss to coat.
2. Top the salad with the salami and parmesan.



Katie borrowed a bike from Borgo Egnazia, her hotel in Puglia, and spent an afternoon exploring nearby olive groves. "I had to work off all the pasta and cheese!" she says.

FOOD PHOTOS: RYAN LIEBE; FOOD STYLING: ANNE DISRUDE. PROP STYLING: PAIGE HICKS.



favorite restaurants, Lo Scoglio, sits on a dock that stretches out into the water. "You feel like you're in some kind of alternate universe," says Katie.

SPAGHETTI WITH ZUCCHINI

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 2

Kosher salt
8 ounces spaghetti
3 tablespoons extra-virgin olive oil
1 clove garlic, smashed
2 medium zucchini, thinly sliced
6 fresh basil leaves, torn
⅓ cup grated parmigiano-reggiano cheese, plus more for topping
⅓ cup grated pecorino cheese

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook until al dente, 9 to 11 minutes. Reserve 1 cup pasta water, then drain the pasta.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic; when it begins to sizzle, add the zucchini and sauté for a couple of minutes. Add ¼ cup of the pasta water and cook until the zucchini is tender, about 5 minutes. Add ¼ teaspoon salt and half of the basil. Remove the garlic.
3. Add the pasta to the skillet along with about ½ cup of the reserved cooking water; shake the pan vigorously, adding a little more cooking water if the pasta looks dry. Cook, tossing, until the liquid is absorbed, 3 to 4 minutes. Remove from the heat and add the parmigiano, pecorino and the remaining basil; toss. Top with more parmesan.

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SPAGHETTI-STYLE GREEN BEANS

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4 to 6

Kosher salt
1 pound Chinese long beans (or green beans), trimmed
3 tablespoons extra-virgin olive oil
2 cloves garlic, minced
1 14.5-ounce can cherry tomatoes
3 fresh basil leaves, torn
Freshly ground pepper
½ cup shaved ricotta salata cheese (about 2 ounces)

1. Bring a large pot of salted water to a boil. Add the beans and cook until tender, about 2 minutes. Drain and dry well with paper towels.

2. Heat 2 tablespoons olive oil and the garlic in a medium saucepan over medium heat, stirring, until the garlic just starts browning, about 2 minutes. Stir in the tomatoes, basil, 1 teaspoon salt and ¼ teaspoon pepper. Reduce the heat to low and bring to a low simmer. Cook, stirring, until the tomatoes start breaking down, 15 to 20 minutes.

3. Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add the beans and stir-fry until slightly browned and hot, 1 to 1½ minutes; season with salt and pepper. Transfer to a platter and top with the tomatoes and ricotta salata. Season with more pepper.



Katie says the dinner she had here at Masseria Il Frantoio was one of the top five of her life. This green bean dish is a riff on one of the courses.

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PIZZA MARGHERITA

ACTIVE: 1 hr | TOTAL: 1 hr 40 min | SERVES: 4 to 6 (two 10-inch pizzas)

FOR THE DOUGH
- 1 ¼-ounce packet active dry yeast (about 2¼ teaspoons)
- 2½ cups plus 1 tablespoon all-purpose flour, plus more for dusting
- 1 teaspoon sugar
- Kosher salt
- 1 tablespoon extra-virgin olive oil, plus more for brushing

FOR THE SAUCE AND TOPPINGS
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 tablespoon minced fresh oregano
- 1 tablespoon minced fresh basil, plus sliced leaves for topping
- 4 ripe Roma tomatoes, diced
- Kosher salt and freshly ground pepper
- Cornmeal, for dusting
- 8 ounces fresh mozzarella cheese, thinly sliced

1. Make the dough: Fill a small bowl with hot tap water. Let the bowl sit 2 minutes, then dump the water. In the warmed bowl, combine the yeast, 1 tablespoon flour, the sugar and ¼ cup warm water (105° to 115°). Let stand about 5 minutes. (The mixture will be creamy and slightly bubbly; if it isn't, start over with fresh new yeast.)

2. In a large bowl, mix 2½ cups flour and 2 teaspoons salt. Make a well in the center and stir in the yeast mixture, olive oil and ¾ cup warm water (105° to 115°) with a wooden spoon. Mix until the dough starts to come away from the side of the bowl (it will be sticky). Turn out onto a lightly floured surface; knead with floured hands until soft and elastic, about 8 minutes. Form into a ball.

3. Brush another large bowl with olive oil. Add the dough and roll to coat with the oil. Tightly cover with plastic wrap and let rise in a warm place until doubled in size, 1 to 1½ hours. Meanwhile, put a pizza stone on the lowest oven rack and preheat to 500°. Let the stone preheat, about 1 hour.

4. Make the sauce: Combine the olive oil, oregano, minced basil, tomatoes and ¼ teaspoon salt in a small saucepan over medium heat; bring to a simmer, stirring frequently. Reduce the heat to low and cook until slightly thickened, about 10 minutes. Transfer to a food processor and puree until smooth. Return the sauce to the pan and cook over medium heat until reduced to 1 cup, about 10 minutes. Season with pepper to taste.

5. Transfer the dough to a floured surface and cut in half. Form each half into a disk and roll out into a 10-inch circle with a lightly floured rolling pin. (I like my pizza paper-thin!) Pinch around the edge to form a crust.

6. Sprinkle a pizza peel with cornmeal and carefully slide one round of dough onto the peel. Jerk the peel in a back-and-forth motion once or twice to make sure the dough does not stick. (If the dough is sticking, add extra cornmeal.) Drizzle the dough with olive oil, sprinkle with salt and top with half of the sauce, leaving a small border.

7. Transfer the dough to the hot stone in the oven, using a jerking motion to slide the dough off the peel. Bake 5 minutes. Using the peel, rotate the pizza for even browning and top with half of the mozzarella. Bake until the cheese melts and the crust is golden brown and crisp, 3 to 5 more minutes. Remove from the oven using the peel, transfer to a cutting board and scatter half of the basil on top. Repeat to make the second pizza.



Whenever Katie visits Rome, she gets a pizza at Da Baffetto—and then tries to replicate it when she gets home.



Mastering PHYLLO

Learn how to make those famously flaky Greek pastries at home.

PHOTOGRAPHS BY **RYAN LIEBE**



GREEK STRUDEL WITH CHICKEN AND RICE

ACTIVE: 1 hr | TOTAL: 1 hr 50 min | SERVES: 6

- 2 tablespoons extra-virgin olive oil
- 6 skinless, boneless chicken thighs (about 1½ pounds), cut into 1-inch pieces
- Kosher salt and freshly ground pepper
- 1 teaspoon paprika
- 1 small bulb fennel, cored and chopped, plus 2 tablespoons chopped fronds
- 1 red bell pepper, chopped
- 2 cloves garlic, finely chopped
- ½ cup basmati rice
- 1½ cups low-sodium chicken broth
- ¼ cup sun-dried tomatoes, chopped (not oil-packed)
- ¼ cup pitted kalamata olives, chopped
- Finely grated zest of 1 lemon
- 3 scallions, thinly sliced
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh oregano
- 4 ounces manouri cheese or goat's-milk feta, crumbled (about 1 cup)
- 8 sheets frozen phyllo dough, thawed
- 1 stick unsalted butter, melted

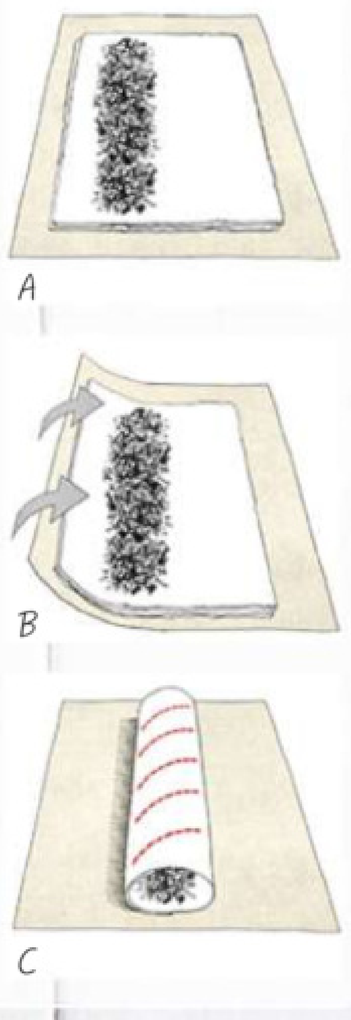
1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Season the chicken all over with salt, pepper and the paprika. Add to the pot and cook, turning once, until lightly browned, about 5 minutes. Transfer to a plate.

2. Add the fennel bulb and bell pepper to the pot and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook, stirring, 1 minute. Add the rice and cook, stirring, until lightly toasted, 2 minutes. Add the chicken broth and return the chicken to the pot; bring to a simmer. Cover, reduce the heat to low and cook until the rice is tender and the chicken is cooked through, 16 to 18 minutes. Transfer to a bowl and let cool slightly, about 10 minutes. Add the sun-dried tomatoes, olives, lemon zest, scallions, parsley, oregano, fennel fronds and cheese; stir to combine.

3. Preheat the oven to 375° and line a baking sheet with parchment paper. Lay out 1 sheet of phyllo on the parchment and brush generously with melted butter. Layer another sheet of phyllo on top; brush with butter. Repeat with the remaining 6 sheets of phyllo; do not butter the last sheet. (Reserve about 2 tablespoons butter to brush the outside of the strudel.)

4. Mound the chicken mixture down one long side of the phyllo, about 2 inches from the edge *(fig. A)*. Use the parchment to lift the phyllo and roll it around the filling to make a long cylinder with open ends *(fig. B)*; arrange seam-side down on the parchment. Cut several small slits in the top of the roll *(fig. C)* and brush with the reserved melted butter.

5. Transfer to the oven and bake until golden brown and crisp, about 30 minutes. Let cool slightly, then cut into thick slices.


A

B

C

FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAIGE HICKS.

PHYLLO TIPS

THAW

Place the frozen phyllo in its packaging in the refrigerator overnight (do not thaw in the microwave).

TRIM

After opening the package, use kitchen shears to trim any edges that are dry or clumped together.

TRANSFER

As you move individual sheets of phyllo, place one hand underneath them to help prevent tearing.

COVER

Keep the phyllo covered with a slightly damp kitchen towel while you're working; the sheets can dry out quickly.

STORE

Stack leftover phyllo on a baking sheet and cover with a damp towel, then wrap tightly with plastic wrap. Store in the refrigerator for up to 3 days; do not refreeze.

SPANAKOPITA HAND PIES

ACTIVE: 1 hr | TOTAL: 1 hr 45 min | MAKES: 8

- 2 small Yukon gold potatoes (about 8 ounces)
- Kosher salt
- 1 bunch spinach (about 12 ounces), tough stems removed
- 1 bunch Swiss chard (about 1 pound), stems and leaves separated, stems chopped
- ⅓ cup extra-virgin olive oil, plus more for brushing
- 1 small onion, chopped
- Pinch of red pepper flakes
- Freshly ground pepper
- 4 cloves garlic, minced
- 1 cup grated kefalotyri cheese (about 4 ounces)
- 1 cup crumbled feta cheese (about 4 ounces)
- 1 cup fresh mint, finely chopped
- ½ cup fresh dill, finely chopped
- 1 large egg
- 1 teaspoon finely grated lemon zest
- 8 sheets frozen phyllo dough, thawed
- ¼ cup breadcrumbs

1. Pierce the potatoes a few times with a fork. Microwave until softened but not completely cooked through, 3 to 5 minutes. Let cool slightly, then peel and finely chop; transfer to a medium bowl and set aside.

2. Bring a large pot of salted water to a boil. Add the spinach and Swiss chard leaves and cook until wilted, about 3 minutes. Drain, then let cool in the colander, tossing occasionally and lightly pressing with a rubber spatula to remove the excess liquid. When cool enough to handle, transfer the greens to a clean kitchen towel and squeeze out as much liquid as possible. Coarsely chop and add to the bowl with the potatoes.

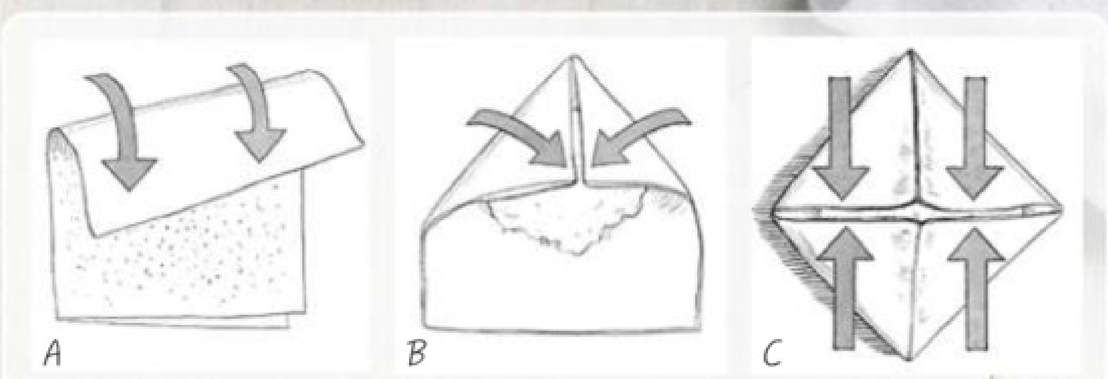
3. Heat the olive oil in a large skillet over medium-high heat. Add the Swiss chard stems, onion, red pepper flakes, ½ teaspoon salt and a few grinds of pepper. Cook, stirring, until the vegetables are tender, about 8 minutes. Add the garlic and the spinach-chard mixture; cook, stirring, until well incorporated, 5 minutes. Transfer to a large bowl and let cool to room temperature. Add the cheeses, mint, dill, egg and lemon zest; stir to combine. (You can make the filling 1 day ahead; cover and refrigerate until ready to assemble.)

4. Preheat the oven to 400°; line a baking sheet with parchment paper. Lay out 1 sheet of phyllo on a work surface with a long side facing you (keep the remaining sheets covered with a damp towel). Lightly brush with olive oil and lightly sprinkle with breadcrumbs. Fold in half like a book and brush with more olive oil and sprinkle with more breadcrumbs, then fold the top half down *(fig. A)*. Place ½ cup filling in the center and brush the edges with a little water. Bring the top two corners together over the filling and pinch the edges together to seal *(fig. B)*. Repeat with the bottom two corners; pinch closed. Pinch the two remaining edges closed *(fig. C)*. Transfer to the prepared baking sheet and brush with olive oil. Repeat to make 8 hand pies.

5. Transfer the hand pies to the oven and bake until golden brown and crisp, 25 to 30 minutes. Serve warm or at room temperature.



We used 12-by-17-inch phyllo sheets for these hand pies. If yours are smaller, just use less filling. The baking time will be the same.



BAKLAVA WITH ROSE WATER

ACTIVE: 1½ hr | TOTAL: 4 hr | MAKES: 32 pieces

FOR THE SYRUP

1¾ cups sugar
½ cup honey
1 tablespoon fresh lemon juice
½ teaspoon rose water (optional)

FOR THE BAKLAVA

1 pound chopped walnuts, pistachios, hazelnuts and/or almonds (about 3 cups)
¼ cup confectioners' sugar
¾ teaspoon ground cinnamon
¾ teaspoon pure vanilla extract
Pinch of kosher salt
2 sticks unsalted butter, melted
18 sheets frozen phyllo dough, thawed

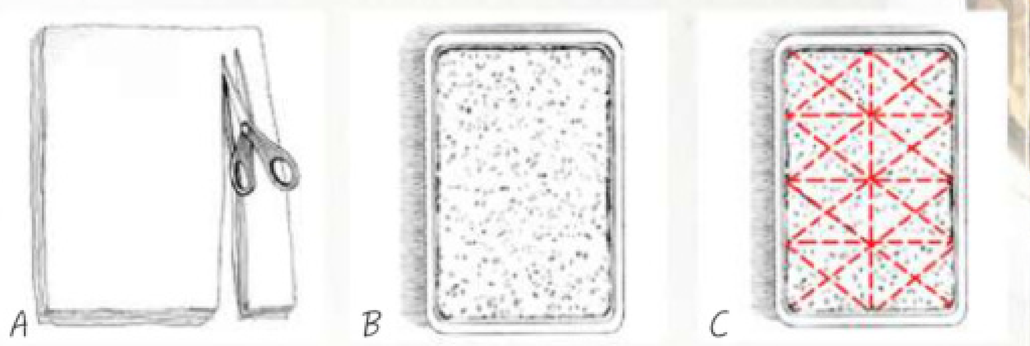
1. Make the syrup: Bring 2 cups water, the sugar and honey to a simmer in a medium saucepan over medium heat, stirring occasionally. Reduce the heat to medium low; simmer until the sugar is dissolved and the syrup is thick enough to coat the back of a spoon, about 20 minutes. Stir in the lemon juice and rose water. Pour into a large liquid measuring cup or heatproof bowl and refrigerate until ready to use (or up to 1 day).

2. Make the baklava: Position a rack in the lower third of the oven; preheat to 375°. Pulse the nuts, confectioners' sugar and cinnamon in a food processor until coarsely ground. Transfer to a bowl and stir in the vanilla and salt.

3. Brush the bottom and sides of a 9-by-13-inch baking dish with melted butter. Trim the phyllo to 9 by 13 inches with kitchen shears *(fig. A);* cover with a damp towel. Lay 1 sheet of phyllo in the prepared baking dish and brush with butter. Repeat with 5 more sheets of phyllo, buttering each sheet. Scatter about ¾ cup of the nut mixture evenly over the phyllo stack. Top with 2 more sheets of phyllo, buttering each sheet, then top with another ¾ cup of the nut mixture. Repeat to make 2 more layers (use 2 sheets of buttered phyllo and ¾ cup nut mixture for each layer), then top with the remaining 6 sheets of phyllo, buttering each sheet *(fig. B).* Scatter the remaining nut mixture on top.

4. Cut the baklava into 32 triangles *(fig. C).* Transfer to the oven and bake until golden brown and crisp, about 40 minutes (tent with foil if the nuts are browning too quickly).

5. Remove from the oven and pour the prepared syrup evenly over the top. Let the syrup soak in, at least 2 hours.



IRISH TONIGHT



Bobby Flay gives corned beef and cabbage a modern twist for St. Patrick's Day.

PHOTOGRAPH BY **RYAN LIEBE**

SPICE-RUBBED CORNED BEEF WITH MUSTARD-HONEY-HORSERADISH SAUCE

ACTIVE: 50 min | TOTAL: 3 hr 50 min | SERVES: 6 to 8

FOR THE CORNED BEEF

- 1 3-pound corned beef brisket (spice packet discarded)
- 3 tablespoons ancho chile powder
- 2 tablespoons Spanish paprika
- 1 tablespoon ground dried oregano
- 1 tablespoon ground coriander
- 1 tablespoon mustard powder
- 1 teaspoon ground cumin
- 1 teaspoon ground chile de arbol
- Kosher salt and freshly ground pepper
- Canola oil

FOR THE SAUCE

- ½ cup dijon mustard
- ½ cup whole-grain mustard
- ½ cup clover honey
- ¼ cup prepared horseradish, drained
- Kosher salt and freshly ground pepper



1. Put the corned beef in a large pot and cover with cold water by 1 inch. Bring to a boil over high heat, then cover, reduce the heat to medium low and simmer until tender, 2½ to 3 hours, adding more water if needed to keep the beef submerged. Remove from the water and let cool 30 minutes, then cut into 1-inch-thick slices.

2. Meanwhile, make the spice rub: Whisk the chile powder, paprika, oregano, coriander, mustard powder, cumin, chile de arbol and 1 teaspoon each salt and pepper. Set aside.

3. Make the sauce: Whisk the dijon and whole-grain mustards, the honey and horseradish in a bowl; season with salt and pepper. Let the sauce sit at room temperature at least 30 minutes to allow the flavors to meld.

4. Spread the spice rub on a plate. Dredge one side of each slice of beef in the rub and tap off the excess. Heat a few tablespoons canola oil in a large nonstick sauté pan until it begins to shimmer. A few slices at a time, add the beef, rub-side down, and cook until a golden-brown crust has formed, about 2 minutes. Flip the slices and continue cooking another minute or two, adding more oil as needed. Serve with the cabbage (see right) and the sauce.

FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER.

SAUTÉED CABBAGE AND BRUSSELS SPROUTS WITH BACON AND CARAMELIZED SHALLOTS

ACTIVE: 55 min | TOTAL: 1 hr 10 min | SERVES: 6 to 8

- 6 whole shallots, peeled
- 3 tablespoons canola oil
- 1 tablespoon sugar
- Kosher salt and freshly ground pepper
- ¾ pound slab bacon, thinly sliced
- ½ head green cabbage, finely shredded
- ½ pound Brussels sprouts, outer layer removed, thinly sliced
- Pinch of red pepper flakes
- Splash of red wine vinegar

1. Preheat the oven to 400°. Put the shallots in a small baking dish, toss with 1 tablespoon canola oil and the sugar and season with salt and pepper. Roast, turning a few times, until golden brown and caramelized, 40 to 45 minutes. Let cool slightly, then thinly slice.

2. Put the bacon in a large sauté pan over medium heat and cook, stirring occasionally, until the fat has rendered and the bacon is golden brown and crisp, about 10 minutes. Remove with a slotted spoon to a plate lined with paper towels.

3. Pour off all but 1 tablespoon of the bacon fat, then add the remaining 2 tablespoons canola oil to the pan. Return to the stove over medium heat and heat until the oil begins to shimmer. Add the cabbage and Brussels sprouts, season with salt, pepper and the red pepper flakes, and cook until the vegetables are soft and light golden brown, about 15 minutes. Stir in the vinegar. Transfer to a platter and top with the crisp bacon.

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Party Time

Make fun **Latin cocktails.** Then, serve Spanish tapas and try some dulce de leche desserts.

PHOTOGRAPH BY **RALPH SMITH**



FOOD STYLING: BRETT KURZWEIL

Pop to It

Take a cue from some Latin countries and make a fizzy cocktail using soda: Cuba's Havana Cooler is just a shot of light rum over ice with ginger ale and mint. Spain's *kalimotxo* (cah-lee-MOH-cho) is equal parts cola and red wine (pick a dry wine to balance out the sweet soda). And the Paloma, a popular drink in Mexico, is a mix of tequila and grapefruit soda with a squeeze of lime juice.

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TAPAS NIGHT!







Invite friends over for Spanish-style bites from Iron Chef Jose Garces.

PHOTOGRAPH BY **RYAN LIEBE**

SERRANO HAM–WRAPPED FIGS

ACTIVE: 20 min | TOTAL: 1 hr 20 min | SERVES: 6 to 8

FOR THE FIGS

- 1 cup dry red wine
- ¼ teaspoon whole cloves
- ½ teaspoon allspice berries
- ½ teaspoon black peppercorns
- 16 dried Mission figs
- 2 ounces Serrano ham or prosciutto, sliced paper-thin
- 1 tablespoon sherry vinegar

FOR THE CREMA

- ½ cup crumbled blue cheese (preferably La Peral; about 2 ounces)
- 4 ounces cream cheese
- ¼ cup mayonnaise
- 2 tablespoons buttermilk
- 1 tablespoon roasted garlic

Kosher salt and freshly ground pepper

1. Prepare the figs: Combine the wine, 1 cup water, the cloves, allspice and peppercorns in a medium saucepan and bring to a boil. Pour over the figs in a large bowl and let soak at room temperature, 1 hour. (The figs can be prepared up to 1 week ahead; refrigerate in an airtight container.)

2. Meanwhile, make the crema: Combine the blue cheese, cream cheese, mayonnaise, buttermilk and roasted garlic in a blender; puree until smooth. Season with salt and pepper. (The crema can be made up to 1 day ahead; refrigerate in an airtight container.)

3. Drain the figs and remove the stems. Carefully wrap each fig with a piece of ham, trimming as necessary. Place small dollops of the crema on a serving platter. Arrange the wrapped figs on the crema and drizzle with the vinegar.





"These figs are easy to pick up and eat if you happen to be using your other hand for a glass of sangria!"



CLAMS WITH CHORIZO

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 6 to 8

- 1 tablespoon extra-virgin olive oil
- 8 ounces Spanish-style dried chorizo, sliced into thin rounds
- 1 small Spanish onion, diced
- Pinch of red pepper flakes
- 1 clove garlic, minced
- 24 cockles or other small clams, cleaned
- ¼ cup bottled clam juice
- ½ cup dry white wine
- 1 tablespoon unsalted butter
- 1 tablespoon finely chopped fresh parsley
- Kosher salt and freshly ground pepper
- Crusty bread, for serving

1. Heat the olive oil in a large sauté pan (preferably one that can also be used for serving) over high heat. When it begins to smoke, add the chorizo and cook until just beginning to color, 2 minutes. Add the onion and red pepper flakes and cook, stirring, until the onion is translucent, 2 minutes.
2. Add the garlic, cockles, clam juice and wine. Reduce the heat to medium and cook until the cockles are open and warmed through, 5 to 7 minutes. (Discard any cockles that do not open.) Remove from the heat and stir in the butter and parsley. Season with salt and pepper. Serve with bread.

FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER.



CRAB-STUFFED PIQUILLO PEPPERS

ACTIVE: 40 min | TOTAL: 2 hr | SERVES: 6 to 8

FOR THE PAPRIKA AÏOLI
- 1 tablespoon smoked paprika
- ½ cup vegetable oil
- 1 large egg yolk
- 1 tablespoon sherry vinegar
- Juice of 1 lemon
- Kosher salt

FOR THE PEPPERS
- 3 tablespoons mayonnaise
- 3 tablespoons crème fraîche
- 2 teaspoons dijon mustard
- 1 teaspoon fresh lemon juice
- ¼ cup grated manchego cheese
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh chives
- 1 large egg, lightly beaten
- 8 ounces jumbo lump crabmeat, picked through
- Kosher salt and freshly ground pepper
- 1 16-ounce jar piquillo peppers

1. Make the aïoli: Heat the paprika and vegetable oil in a small saucepan over low heat. When hot, remove the pan from the heat and allow the oil to steep at room temperature, 20 minutes. Transfer to a small bowl and refrigerate at least 1 hour.
2. Combine the egg yolk, vinegar and lemon juice in a food processor or blender; process until smooth and frothy. With the machine running, slowly pour in the paprika-infused oil and process until the desired consistency is reached. Season with salt. (The aïoli can be made up to 3 days ahead; refrigerate in an airtight container.)
3. Make the filling for the peppers: Combine the mayonnaise, crème fraîche, mustard, lemon juice, manchego, parsley, chives and egg in a large bowl; mix thoroughly with a rubber spatula to combine. Gently mix in the crabmeat (do not break it up too much). Season with salt and pepper.
4. Drain the piquillo peppers thoroughly. Remove the seeds, making sure to keep the peppers whole and intact. Carefully spoon about 1 tablespoon crab filling into each pepper. Transfer to an ovenproof baking dish, such as a *cazuela*. (The peppers can be filled 1 day ahead; cover and refrigerate.)
5. Preheat the oven to 375°. Transfer the peppers to the oven and bake, uncovered, until heated through, about 15 minutes. Top the peppers with the aïoli and return to the oven until the aïoli is hot, about 2 more minutes.

TACOS IN TIJUANA

Marcela Valladolid goes home to Mexico to host the ultimate girls' night.

PHOTOGRAPHS BY **DAVE LAURIDSEN**

Marcela entertains on the patio of her aunt's house, the site of many family gatherings.







In some parts of Mexico, making chiles rellenos with jalapeños instead of the traditional poblano chiles would be downright scandalous. But in Tijuana, where Marcela Valladolid grew up, cooking traditions are meant to be broken. The city, just on the other side of the U.S. border, is a sort of culinary melting pot because it attracts people from all over Mexico. "We're a newer city, as opposed to Oaxaca or Puebla, which have very deeply rooted traditions and recipes," she says. "In Tijuana, we're allowed to play with our food."

These days, *The Kitchen* cohost and *Mexican Made Easy* star lives in Chula Vista, CA, but she regularly makes the short drive back across the border to see family and friends—and to cook with them. Usually the get-togethers are potlucks ("Everyone has a signature dish," Marcela says); on a recent visit, though, she took over as host at her aunt's house in Tijuana and treated her sister and a few friends to a night of tacos and tequila. The menu was anything but traditional: Baja-Mediterranean-style octopus tacos, mini tamales and those shocking little chiles rellenos made with jalapeños. "In Puebla," she says, "the grandmothers would roll around in their graves."



Marcela's sister, Carina (in green), and friends start the party with tequila cocktails.

JALAPEÑO-PINEAPPLE TEQUILA COCKTAILS

ACTIVE: 10 min | TOTAL: 25 min (plus chilling)
SERVES: 4 to 6

- ½ cup granulated sugar
- ½ jalapeño pepper, stemmed and seeded
- 5 cups chopped fresh pineapple
- ½ cup tequila blanco
- Lime wedges, for the glasses
- Demerara sugar, for the glasses

1. Combine ½ cup each granulated sugar and water in a medium saucepan and cook over medium heat until the sugar dissolves, about 4 minutes. Remove from the heat. Add the jalapeño and set aside 15 minutes to infuse the syrup. Remove the jalapeño and discard; set the syrup aside to cool completely.

2. Pour the syrup into a blender and add the pineapple and tequila. Blend until very smooth, about 2 minutes. Transfer to a pitcher; refrigerate until ready to serve, at least 1 hour. Moisten the rims of 4 to 6 glasses with lime wedges, then dip in demerara sugar; fill with ice and the cocktail.



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FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: ROBIN TURK. VALLADOLID, HAIR AND MAKEUP: LIZETTE PRADO.

CHILES RELLENOS JALAPEÑOS

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 40 min | SERVES: 6 to 8

FOR THE PICKLED ONION
- ½ red onion, halved and thinly sliced
- ⅓ cup fresh lime juice (from about 5 limes)
- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons dried oregano, crumbled
- Salt

FOR THE SAUCE
- 2 tomatoes, cored
- ¼ white onion
- 3 cloves garlic
- Salt
- 1 tablespoon vegetable oil

FOR THE JALAPEÑOS
- 1 tablespoon vegetable oil, plus more for frying
- 16 jalapeño peppers
- 1 small red potato, diced
- 1 small carrot, diced
- 2 tablespoons finely diced white onion
- 1 clove garlic, minced
- 8 ounces ground beef
- ¼ cup raisins
- Salt and freshly ground pepper

1. Make the pickled onion: Combine the red onion, lime juice, olive oil, oregano and ½ teaspoon salt in a small bowl. Let stand 30 minutes or up to 1 day; drain.

2. Meanwhile, make the sauce: Fill a medium pot with water and add the tomatoes, onion and garlic. Bring to a boil and turn off the heat; let cool. Drain the ingredients, then transfer to a blender and puree until smooth; season with salt. Heat the vegetable oil in a medium saucepan; add the tomato mixture and cook until slightly reduced, about 10 minutes. Set aside.

3. Prepare the jalapeños: Heat ½ inch vegetable oil in a large sauté pan over medium-high heat until very hot. Fry the jalapeños until blistered, 3 to 4 minutes per side. Transfer to a paper towel–lined plate to drain, then place in a bowl and tightly cover with plastic wrap. Let steam about 15 minutes, then peel off the blistered skins using a paring knife or rub with a kitchen towel. Using a sharp small knife, cut a *T* in each jalapeño, starting at the top of the pepper and running almost to the bottom. Using a very small spoon or the tip of the knife, carefully remove the seeds and veins. Set the peppers aside.

4. Make the filling: Heat 1 tablespoon vegetable oil in a medium skillet. Add the potato and cook, stirring, until golden and crisp, about 10 minutes. Transfer to a plate using a slotted spoon. Add the carrot, onion and garlic to the skillet; cook, stirring, until fragrant, 5 minutes. Add the beef and cook, breaking up the meat, until it starts browning, about 5 minutes. Add the raisins and potato. Cook, stirring, until the meat is cooked through, about 10 more minutes. Season with salt and pepper.

5. Reheat the sauce, adding up to ½ cup water if it is too thick. Divide the beef mixture among the jalapeños. Top with the tomato sauce and pickled red onion.





"Instead of having a huge chile relleno that's going to fill you up, I wanted to have a bite-size option."



RAJAS CON QUESO MINI TAMALES

ACTIVE: 55 min | TOTAL: 2 hr 20 min | MAKES: 12

FOR THE TAMALES

- 1 cup plus 1 tablespoon lard
- 2¼ cups masa harina (instant corn flour)
- 2 teaspoons baking powder
- Salt
- 1¼ cups homemade chicken broth, hot
- 16 big unbroken dried corn husks

FOR THE FILLING

- 2 small poblano chile peppers
- 2 tablespoons unsalted butter
- 1 cup coarsely chopped white onion
- 1 clove garlic, minced
- 1 ear of corn, kernels removed
- ¼ cup Mexican crema
- ¼ cup shredded Oaxaca or monterey jack cheese
- Salt

1. Make the tamale dough: Place the lard in the bowl of a stand mixer and beat on medium speed until light and fluffy, about 5 minutes. Add the masa harina and beat 2 minutes. Add the baking powder and 1½ teaspoons salt; continue beating until incorporated, about 5 minutes. Add the hot broth and continue beating until the dough is soft and fluffy (it should pull away from the side of the bowl easily). Cover with a damp kitchen towel and let sit about 10 minutes.

2. Place the corn husks in a large pot and cover with water. Bring to a boil, then reduce the heat to medium and simmer until softened, about 8 minutes. Drain.

3. Make the filling: Roast the poblanos over the flame of a gas burner, turning, until charred, about 4 minutes. Transfer to a bowl, cover with plastic wrap and let cool. Peel the poblanos with your fingers and discard the stems and seeds, then coarsely chop. Melt the butter in a medium sauté pan over medium heat. Add the onion and cook, stirring, until translucent, about 5 minutes. Add the garlic, corn and poblanos and cook 2 more minutes. Add the crema; when it starts bubbling, reduce the heat to low and stir in the cheese until melted. Season with salt and set aside to cool.

4. Tear 4 corn husks into ½-inch-thick strips to use as ties; set aside. Assemble the tamales: Hold an open corn husk in one hand; spread about 2 tablespoons dough on the husk, leaving a 1½-inch border on all sides. Spoon 1 tablespoon of the filling down the center, then fold in the long sides of the husk to cover the filling and fold up the narrow short end (leave the wide end open). Tie a strip of corn husk around the tamale to hold the folded flaps in place. Repeat to make 12 tamales.

5. Place the tamales, open-side up, in a steamer basket set in a large pot. Add enough water to cover the bottom of the pot by several inches, but not enough to touch the tamales. Bring to a boil, then reduce the heat to medium low; cover the pot with a kitchen towel and a lid and steam until firm, 1 hour to 1 hour 15 minutes, adding more water to the pot if needed. The tamales should pull away from the husks without sticking; if they're still sticky, continue cooking. Let stand at least 10 minutes before serving.





"You can't have a party without tacos!"

PULPO ENCEBOLLADO TACOS

ACTIVE: 25 min | TOTAL: 2 hr 25 min | SERVES: 6 to 8

- 2 1½-pound octopuses, cleaned
- 1 white onion, halved
- 1 bay leaf
- 3 tablespoons unsalted butter
- 1 red onion, thickly sliced
- 2 cloves garlic, minced
- 2 dried chiles de arbol, cut into rounds
- Salt and freshly ground pepper
- Corn tortillas, warmed, for serving
- Fresh cilantro and diced white onion, for topping
- Lime wedges, for serving

1. Fill a large pot with water; add the octopuses, white onion halves and bay leaf. Bring to a boil, then reduce the heat to medium. Simmer until the octopuses are very tender, about 2 hours. Drain, discarding the onion and bay leaf. Let the octopuses cool; cut into small pieces.

2. Melt the butter in a large nonstick skillet over medium-high heat. Add the red onion and cook, stirring, until fragrant, about 6 minutes. Add the garlic and chiles and cook, stirring, until tender, 3 more minutes. Add the octopuses and sauté until lightly browned, about 5 minutes. Season with salt and pepper. Serve in tortillas; top with cilantro and diced white onion. Serve with lime wedges.



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PUERCO ENCHILADO TACOS

ACTIVE: 40 min | TOTAL: 2 hr | SERVES: 4 to 6

FOR THE SALSA

- 2 tablespoons vegetable oil
- 4 cloves garlic
- 1 small white onion, roughly chopped
- Salt
- 8 dried guajillo chile peppers, seeded
- 1 small Roma tomato, quartered
- 1 bay leaf

FOR THE TACOS

- 3 tablespoons vegetable oil
- 1 russet potato, peeled and cut into 1-inch cubes
- 1½ pounds boneless pork butt, cut into 1-inch cubes
- Freshly ground pepper
- 1½ cups beef broth
- Corn tortillas, warmed, for serving
- Fresh cilantro and diced white onion and radishes, for topping

1. Make the salsa: Heat the vegetable oil in a heavy saucepan over medium-high heat. Add the garlic, onion and ½ teaspoon salt and cook, stirring, until the onion is translucent, about 4 minutes. Add the chiles, tomato, 2 cups water and the bay leaf. Bring to a boil, then reduce the heat to medium; simmer until the chiles are soft and tender, about 20 minutes. Remove from the heat and let cool slightly.

2. Remove the bay leaf, then transfer the vegetables and about 1 cup cooking liquid to a blender and puree until smooth, adding more cooking liquid if necessary. Strain through a fine-mesh sieve back into the pan; cook until slightly reduced, about 10 minutes. Set aside.

3. Make the tacos: Heat the vegetable oil in a large heavy sauté pan (do not use a nonstick pan) over medium-high heat. Add the potato and sauté until golden, 8 to 10 minutes; transfer to a bowl. Add the pork to the pan, season with pepper and sear until browned, about 3 minutes per side. Add the broth and bring to a simmer. Add 1 cup of the prepared salsa and return the potato to the pan; cover and simmer until the pork is fork-tender, 50 minutes to 1 hour. Serve in tortillas; top with more salsa, cilantro, onion and radishes.

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Dreamy DULCE DE LECHE

It's even better than caramel! Try one of these Latin-inspired desserts and see for yourself.

FOOD STYLING: SUSAN SPUNGEN; PROP STYLING: PAIGE HICKS.

PHOTOGRAPHS BY **CON POULOS**

DULCE DE LECHE COOKIE BARS

ACTIVE: 20 min | TOTAL: 1 hr 40 min
MAKES: about 25 bars

Cooking spray
2 cups plus 1 tablespoon all-purpose flour
1½ sticks (12 tablespoons) cold unsalted butter, diced
⅓ cup confectioners' sugar
1 tablespoon pure vanilla extract
½ teaspoon kosher salt
1 cup dulce de leche
¼ cup heavy cream
2 large egg yolks
¾ cup semisweet chocolate chips
¾ cup pecans, chopped

1. Preheat the oven to 350°. Line a 9-inch-square baking dish with foil, leaving a 2-inch overhang on two sides; coat the foil with cooking spray. Pulse 2 cups flour, the butter, confectioners' sugar, 1 teaspoon vanilla and the salt in a food processor until the mixture starts clumping together, about 1 minute. Press firmly and evenly in the bottom and ¼ inch up the sides of the prepared pan. Bake until firm and lightly browned, 25 to 30 minutes. Transfer to a rack and let cool 5 minutes.
2. Meanwhile, combine the dulce de leche, heavy cream, egg yolks and the remaining 1 tablespoon flour and 2 teaspoons vanilla in a medium bowl and whisk until smooth. Pour the mixture over the crust and sprinkle with the chocolate chips and pecans. Return to the oven and bake until set around the edge but slightly jiggly in the center, 20 to 25 minutes.
3. Transfer to the rack and let cool completely. Lift out of the pan using the overhanging foil. Remove the foil and cut into pieces.

You can use jarred or canned dulce de leche (usually found near the dessert sauces) for these recipes, or make your own.

HOMEMADE DULCE DE LECHE

Pour two 14-ounce cans sweetened condensed milk into a 9-by-13-inch baking dish. Cover with foil and set in a roasting pan; add enough hot water to come halfway up the sides of the dish. Bake at 425° until thick and dark amber, about 1 hour 15 minutes. Transfer to a food processor and puree until smooth. Refrigerate until thickened, 1 hour. (Makes about 2 cups.)



MINI CHURROS WITH DULCE DE LECHE HOT CHOCOLATE

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

FOR THE CHURROS
- 2 tablespoons unsalted butter
- 2 tablespoons vegetable shortening
- ¼ cup plus 1 tablespoon granulated sugar
- ½ teaspoon kosher salt
- 1 cup cake flour (not self-rising)
- Vegetable oil, for frying
- 1 tablespoon packed light brown sugar
- ½ teaspoon ground cinnamon

FOR THE HOT CHOCOLATE
- 2½ cups milk
- 2 ounces semisweet chocolate, chopped
- 1 cup dulce de leche, plus more for topping
- 1 cinnamon stick, broken in half
- Whipped cream, for topping

1. Make the churros: Line a baking sheet with parchment paper and fit a pastry bag with a ½-inch star tip; set aside. Combine 1 cup water, the butter, shortening, 1 tablespoon granulated sugar and the salt in a medium saucepan and bring to a boil. Stir in the flour with a wooden spoon, then reduce the heat to low and stir vigorously until the mixture forms a ball, about 1 minute. Let cool slightly, then transfer the dough to the pastry bag. Pipe 1-inch logs onto the prepared baking sheet, using kitchen shears to snip off each piece (you should have 26 to 28 churros). Let rest at room temperature, about 20 minutes.

2. Meanwhile, make the hot chocolate: Bring the milk to a simmer in a saucepan over medium heat. Add the chocolate, dulce de leche and cinnamon stick. Cook, stirring, until the chocolate melts and the mixture is combined, about 2 minutes. Cover and keep warm over low heat.

3. Fry the churros: Heat about 2 inches of vegetable oil in a Dutch oven or large pot until a deep-fry thermometer registers 360°. Combine the remaining ¼ cup granulated sugar, the brown sugar and ground cinnamon in a large bowl. Working in three batches, fry the churros until golden and crisp, 4 to 5 minutes. Remove with a slotted spoon and transfer to a rack set over a baking sheet. Let cool about 5 minutes, then add to the cinnamon sugar and toss to coat.

4. Remove the cinnamon stick from the hot chocolate and divide among mugs. Top with whipped cream and drizzle with dulce de leche. Serve with the churros.

DULCE DE LECHE–PINEAPPLE ICE CREAM SUNDAES

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

- 3 tablespoons unsalted butter
- ½ pineapple, peeled, cored, quartered and sliced
- Kosher salt
- ½ cup dulce de leche, plus more for topping
- 2 brioche rolls, split
- ¾ cup cold heavy cream
- ½ teaspoon pure vanilla extract
- 1 pint coconut or vanilla ice cream
- Toasted coconut flakes, for topping

1. Preheat the oven to 350°. Melt the butter in a large skillet over medium-high heat. Add the pineapple and a pinch of salt; cook, turning the pineapple occasionally, until softened and browned in spots, 5 to 7 minutes. Reduce the heat to medium and stir in ¼ cup dulce de leche. Cook until the pineapple is glazed, 2 to 3 more minutes. Remove from the heat; let cool slightly.

2. Place the rolls, cut-side up, on a baking sheet; bake until lightly toasted, about 3 minutes.

3. Beat the heavy cream, vanilla and a pinch of salt in a medium bowl with a mixer on medium speed until stiff peaks form, 1 to 2 minutes; fold in 2 tablespoons dulce de leche until just combined. Spread each roll half with about ½ tablespoon dulce de leche and top with the pineapple mixture. Top with ice cream, the whipped cream, dulce de leche and coconut.



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On the Road

Splurge on a **first-class dinner.** Then, visit some great international neighborhoods right in the U.S.

PHOTOGRAPH BY **RALPH SMITH**









Flight of Fancy

Getting people to pay $300 to board a plane that never takes off seems like a hard sell, but Air Hollywood—the studio that created the airplane sets for *Bridesmaids* and *Lost*—is doing just that. Twice a month, the studio hosts The Pan Am Experience, a '70s-era dinner event onboard a replica of Pan Am's Boeing 747. The staff uses original Pan Am serving trolleys, china and silverware, and the menu reads like it did 40 years ago: fruit tarts, shrimp cocktail, Châteaubriand carved seat-side. The experience feels totally real, except that you don't have to reach altitude before you get your food.
From $283, March 14 and 28; airhollywood.com

FOOD STYLING: BRETT KURZWEIL

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SMALL WORLD

You can eat like a globe-trotter without leaving the States: Check out Little Denmark, Little Ethiopia and more.



LISA CORSON. ADDITIONAL REPORTING: JAMES BADHAM.

LITTLE DENMARK

Solvang, CA



This tiny city, founded in 1911 by a small group of Danish-American settlers, looks just like the real deal—and it has more windmills per square mile than Denmark itself. **Solvang Restaurant** *(1672 Copenhagen Dr.)* is a good place to start the day, if only for an *aebleskiver* (below, left), a pancake-doughnut hybrid topped with raspberry jam and powdered sugar. You'll find just about every other Danish baked good—strudel, butter rings, kringle (below, right)—nearby at **Mortensen's Danish Bakery** *(1588 Mission Dr.)* and plenty of Danish souvenirs at **Rasmussen's Solvang** *(1697 Copenhagen Dr.)*. If you stick around for dinner, try a Danish-style open-face herring sandwich at **The Greenhouse Café** *(487 Atterdag Rd.)* or a plate of *frikadeller* (pork-and-veal meatballs) at **Bit o' Denmark** *(473 Alisal Rd.)*.





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LITTLE CZECH REPUBLIC

West, TX

Czech immigrants settled in Texas in 1880, and more than a century later, many of the restaurants and residents of West, TX, are still Czech. The city sits between Dallas and Austin, and road-trippers love stopping at **Czech Stop** *(104 South George Kacir Dr.)* for a *kolache* (below), a traditional stuffed yeast roll. The 24-7 spot is known for its classic flavors, like fruit or poppy seed, while **Gerik's Ole Czech Bakery** *(511 West Oak St.)* is famous for its *klobasnek*, a savory take on the same pastry. You can find recipes for kolache and other Czech favorites in the rows and rows of cookbooks at **Olde Czech Corner Antiques** *(130 North Main St.)*. At the end of the day, you should head to **Picha's Czech-American Restaurant** *(220 North Main St.)*, an Eastern Europe–meets-West diner where you can get pierogi—or chicken-fried steak.

LITTLE ODESSA

Brooklyn, NY

Locals call the south Brooklyn neighborhood of Brighton Beach "Little Odessa," a reference to the former Soviet port city where the most recent wave of immigrants originated. The 10-block stretch is home to thousands of Ukrainian and Russian families, and you'll hear their native languages more often than English. **Brighton Bazaar** market *(1007 Brighton Beach Ave.)* is full of imported favorites, like traditional candies, pickled veggies and smoked fish. The neighborhood's most popular restaurants are on the boardwalk, including **Cafe Restaurant Volna** *(3145 Brighton 4th St.)*, famous for its chicken Kiev and beef stroganoff, and **Tatiana Restaurant & Nightclub** *(3152 Brighton 6th St.)*, which serves family-style dinners until 4 a.m. on weekends. There's plenty of vodka, too: Choose from more than 100 Russian varieties at **Ocean Wine & Liquor** *(514 Brighton Beach Ave.)*.



PICHA'S CZECH-AMERICAN RESTAURANT: LAYLA BLACKSHEAR. BRIGHTON BAZAAR: BUSINESS INSIDER. ADDITIONAL REPORTING: WHITNEY FILLOON.

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LITTLE ETHIOPIA

Washington, D.C.

Washington, D.C., is home to the largest Ethiopian population in the U.S., and in this neighborhood, native customs are very much alive. Every Sunday at 2 p.m., **Sidamo Coffee and Tea** *(417 H St. NE)* hosts a traditional coffee ceremony. The beans are roasted, hand-ground and brewed on the spot. You can listen to live Ethiopian music at **Dukem Restaurant** *(1114 U St. NW; call ahead for dates),* or try a sampler of Ethiopian classics at **Ethiopic Restaurant** *(401 H St. NE),* a short walk from the main drag. If you don't get enough of the famous spongy bread *injera* over dinner, you can stop by **Habesha Market** *(1919 9th St. NW)* and buy a whole stack to go.





SCOTT SUCHMAN. ADDITIONAL REPORTING: ANNA SPIEGEL.

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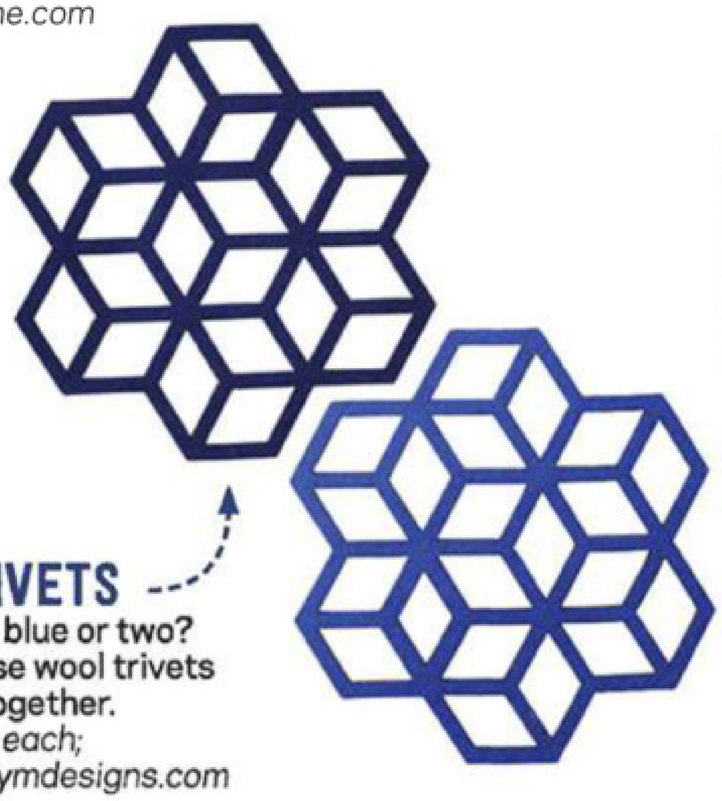
PORCELAIN CUP

A Japanese artist created this hand-painted design. *$18, Shinya Shibata; jaysonhome.com*



CHEESE KNIFE SET

Give your cheese board a pop of color. *$35; maison-midi.com*



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One blue or two? These wool trivets fit together. *$30 each; mollymdesigns.com*

SERVING BOARD

A blue-dipped handle makes this cutting board nice enough to use for serving. *$62; windandwillowhome.com*



CUP, KNIFE SET, TRIVETS AND BOARD: JON PATERSON/STUDIO D. COHEN; BEN GOLDSTEIN/STUDIO D.

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CHEF'S food network magazine TABLE

Pull Up a Chair at Our Table

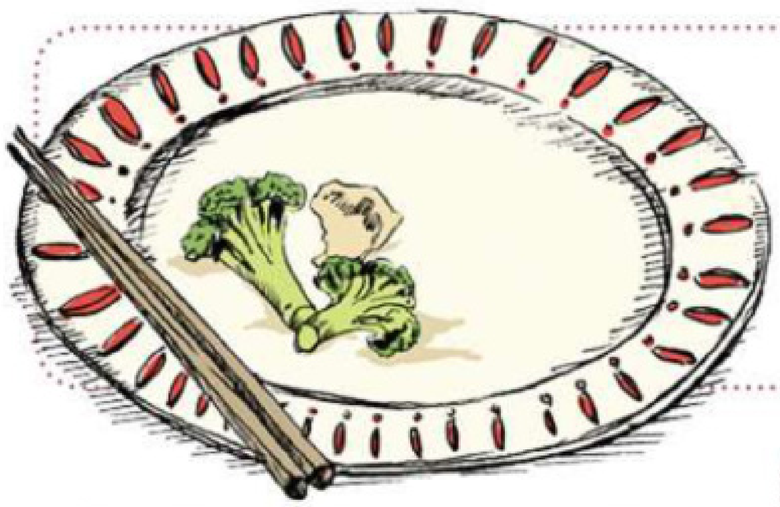
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Rules for the Road

If you're traveling to these countries, you'll need to relearn your table manners.

ILLUSTRATIONS BY **MAY VAN MILLENGEN**

RUSSIA: No hands in your lap—they should always stay visible, above the table.



CHINA: Leave a few bites of food on your plate. This signals to the hosts that they gave you plenty to eat.

HUNGARY: Never clink your beer glasses. Legend has it the Austrians did this after defeating the Hungarians in the 1849 War of Independence, so Hungarians put an informal ban on the action.



PORTUGAL: Don't ask for salt and pepper if it is not offered. The chef might take it as an insult to his cooking skills.

KOREA: Wait to start eating (or leaving the table) until the oldest male has done so. It's one of the many ways Koreans show respect.

INDIA: Eat with your right hand only. Sorry, lefties: The rule dates back centuries, and it designates the right hand for eating and the left for "unclean" actions, like taking off your shoes.

ETHIOPIA: Don't serve dinner on individual plates—instead, eat family-style. All of those extra dishes are seen as wasteful.

VENEZUELA: When you're invited to someone's house for dinner, arrive 15 minutes late. If you show up on time, you might seem eager or greedy.

THAILAND: Never eat off your fork. Locals insist that forks don't hold Thai food like curries and rice very well, so they use them only to push food onto their utensil of choice: the spoon.

FRANCE: Don't bite directly into bread; it's considered uncouth. Tear off a piece instead—but feel free to use it to soak up whatever's on your plate.



JAPAN: Never tip the waitstaff. Good service is considered standard—paying extra would suggest otherwise and could insult the servers.





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Contest

Name This Dish!

Dream up a clever name for this ice cream dessert and you could win big.

??????????????

What do you think?

ACTIVE: 30 min | TOTAL: 2 hr | SERVES: 6



FOR THE BISCOTTI
- 1¾ cups all-purpose flour
- 2 teaspoons caraway seeds
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- ½ cup golden raisins
- ¾ cup buttermilk
- 4 tablespoons unsalted butter, melted
- 2 tablespoons sugar

FOR ASSEMBLING
- 3 cups freshly brewed coffee
- Irish whisky, to taste
- 1½ quarts mint chocolate chip ice cream

1. Make the biscotti: Preheat the oven to 400°. Line a baking sheet with parchment paper. Whisk the flour, caraway seeds, baking soda and salt in a medium bowl; stir in the raisins. Add the buttermilk and stir with a wooden spoon until combined. Gather the dough into a ball, then transfer to the prepared baking sheet. Form into a small log, about 8 inches long and 5 inches wide. Bake until golden, about 45 minutes.

2. Remove from the oven and reduce the temperature to 350°. Let the log cool 30 minutes, then transfer to a cutting board and slice crosswise into ¼-inch-thick pieces. Arrange cut-side down on an unlined baking sheet, brush with the melted butter and sprinkle with the sugar. Bake until lightly golden, about 20 minutes. Transfer to a rack; let cool.

3. Assemble the desserts: Fill 6 mugs halfway with coffee and add a splash of whisky to each. Add 2 scoops of ice cream to each mug and serve with the biscotti.

How to enter:

1. Read the recipe and come up with a creative name for this ice cream dessert.
2. Go to **foodnetwork.com/namethisdish** and enter your best name from February 10 to March 3, 2015. The winner will receive a $500 gift card to foodnetworkstore.com, and three runners-up will each receive a $50 gift card.

NO PURCHASE NECESSARY TO ENTER OR WIN. Name This Dish! contest is sponsored by Hearst Communications, Inc. Beginning February 10, 2015, at 12:01 a.m. ET through March 3, 2015, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/namethisdish on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and original recipe name based on this month's dish. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/namethisdish.

Recent Winner: SNOW GLOBES



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Polar Espresso
Teresa Martin
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