CREATIVE HOME COOKING

CUISINE® AT HOME

COMFORT ME WITH

warm soups, creamy pastas, hearty chili, seasonal stew, cheesy pizzas, fried chicken, and more!

Issue No.148 Fall 2021 CuisineAtHome.com

CUISINE AT HOME NO. 148 FALL 2021



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One = Three

With just a little organization (and lots of hands-off time) turn one sheet pan dinner into three meals, taking the guesswork out of menu planning and making your weeknight cooking a breeze.

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Colorful Cooking

The *I Cook in Color* cookbook centers around global recipes with cross-cultural flavors, colorful vegetables, and spice-forward twists — allowing you to travel the world from the comfort of your kitchen.

ON THE COVER

Sweet Potato & Cauliflower Soup: page 59

Recipe: Robin Stephens

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"Looking for a legit air fried wings recipe — with super crispy skins, tender insides, and sauces that put the pow in wow? Look no further! No need to get out the oil or deal with the splatters, just belly up for some finger lickin' good eats." — *Maddy Bendgen*

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FROM THE EDITOR



It seems as each new season rolls around, I think, "This is my favorite food season." Well, they can't all be favorites ... can they?! I long for the first spring veggies at the start of that season, I'm all in for garden-fresh meals and grilling as summer gets into swing, and the holidays and winter pull in all the traditional favorites that invoke so many food memories, I'm on overload. But to me, fall is all about comfort. As the days and nights start to get cooler, I look forward to big pots of soup, ooey-gooey cheesy goodness in many forms, and pumpkin and apple desserts — as I share in our Let's Get Social page, *right*, I'm an equal opportunity gal when it comes to those autumnal flavors. At the same time, I'm trying to eat a little healthier but don't want to sacrifice on flavor (check out the two alternative pasta dishes we've created for you in Healthy Cuisine). You'll find a soup, stew, and chili in the cookbook feature, *I Cook in Color* by Asha Gomez, three "fried chicken" recipes, a trifecta of pizzas, plus fast fall meals that come together in 30 minutes or less! While we've all had a challenging couple of years, we hope this collection of Test Kitchen-approved recipes gives you the comfort you, too, might be longing for. We know, for sure, you'll be hard pressed to pick a favorite. Happy fall!

PAMELA KILLEEN
EDITOR

LET'S GET SOCIAL

THE BUZZ | ARE YOU TEAM APPLE OR TEAM PUMPKIN?

Fall is here, which means the annual debate has started on which seasonal ingredient is better — apple or pumpkin. It got us thinking, are you all in for everything apple or can't get enough of anything pumpkin? Share which team you're on with us on Facebook or Instagram by using #teamapple or #teampumpkin and don't forget to tag us **@cuisineathome.**

Our thoughts on **apple** & **pumpkin**

I always loved having an **apple** as a snack when I was a kid, and still do! The fresh bursts of flavor along with a satisfying crunch when you bite into one, it's an easy go-to treat of mine. And when you dip it in peanut butter, best snack ever ... it still may be a guilty pleasure of mine. If you would have offered me a slice of apple pie growing up, I would always turn it down. I never used to enjoy cooked apples, but now I'm all for them. Give me all the apple cobblers, pie, and crisps, please! ***Maddy***

Pumpkin. I am a believer in what Garrison Keillor said: "Pumpkin pie is a living symbol of mediocrity. The best pumpkin pie you ever ate wasn't all that much different from the worst pumpkin pie you ever ate." But I think it's all in the context; the pumpkin pie at my family Thanksgiving was always the best, especially with a dollop of whipped cream and a hot cup of coffee. ***John***

I'm an **apple** girl all the way! My favorite fall recipe, Apple Bread, was given to me 45 years ago. I do make an exception when it comes to pumpkin bars with cream cheese frosting. I love them, too. ***Robin***

Pumpkin flavor says fall to me. (Besides, I think apples are more of a year-round fruit.) There are a couple of special recipes I save for this time of year. When asked to bring dessert to a family gathering, I either make a pumpkin cake roll or a pumpkin pie that has a fluffy mousse-like pumpkin filling, topped with a layer of whipped cream cheese and whipped cream. My family aren't traditional pumpkin pie lovers, but every time this pie is served, I have nothing but the empty pie plate to take home. ***Teresa***

While it seems most people are in one camp or the other, when it comes to apple or pumpkin, I'm an equal opportunity fall food lover. And while pumpkin (spice) can be very polarizing, I'm not a die-hard fan of the spice (I'm okay with it in small doses), but what I really am a fan of is the squash — in both sweet and savory applications. I'm all for pumpkin ravioli and a NOT SWEET pumpkin soup. And I do love pumpkin pie! I like the texture, flavor, and fresh whipped cream on the side ... coupled with a flaky and buttery crust ... oh yeah. I also adore apple everything ... cider doughnuts, cakes, tarts, crisps, cobblers, and of course, pie! Whether à la mode or not, it's just not fall without the ubiquitous dessert! So when it comes to the dessert buffet — I'm going for a sliver (at least that's what I tell myself) of both **pumpkin** and **apple** pie! ***Pam***

No matter what side you choose, team apple or team pumpkin, we have loads of recipes for both of these two fall favorites. Head on over to our website, cuisineathome.com, where you, too, can start cooking or baking up some delicious recipes highlighting these seasonal favorites.

CUISINE AT HOME

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TIPS

FROM OUR READERS



HASH IT UP!

Cottage pie, the meaty casserole topped with mashed potatoes, has long been a family favorite. It's delicious, but it can be a bit involved to make. To save time and effort, I now swap out mashed potatoes with frozen hash browns. They're easy — just open the bag and pour on top of the casserole. For added flavor, I sometimes mix shredded Parmesan or mozzarella into the hash browns before spreading over the top of the dish. The hash browns have now become my go-to topping!

DONALD WARNER
NILES, IL

WINNING TIMESAVERS

SUGARCOAT IT

One of our favorite grilling recipes calls for lightly coating pork with brown sugar. Recently, in an effort to avoid spreading lumpy brown sugar on oiled meat, I grabbed a small strainer and the pestle from a mortar set. I ground the hardened sugar through the strainer over the pork to produce a fine, even coating in less than a minute. The pork was evenly coated with no messy hands.

ART THACHER
WESTMINSTER, MD

LOSE THE LUMPS

When thickening gravy with flour and water, I used to end up with lumpy gravy. One day I used a mix of flour and water but chilled it with ice. Before adding it to gravy I discarded the ice, and it worked like a charm. I no longer struggle to make smooth gravy.

MELISSA ALFONE
SOMERVILLE, MA

BAKED RICE

When blind baking my pie crusts, I use uncooked white rice. I place a sheet of foil in the pie plate over the unbaked crust, then fill with rice. It keeps the pie crust from puffing up. And bonus, save the rice; it's delicious and toasty when cooked.

BETZE BROWN
CINCINNATI, OH

GIVE IT A SQUEEZE

Getting water out of zucchini to make crispy pancakes was messy, involving multiple towels and lots of effort. Then I had a brainstorm: Use a ricer. I grate the zucchini, put portions into the ricer, then squeeze out the liquid. It works perfectly with little mess.

KATHLEEN BAILEY
HOUSTON, TX



SOUP IN A JAR

I use jarred roasted red peppers in several dishes that I make. It dawned on me to save the liquid left in the jar to turn into a soup. When I have an almost empty jar of roasted peppers, it's soup time. I combine the liquid from the peppers with about three-fourths of a small can of tomato paste, add cream or broth to taste, and season with black pepper. I top the soup with the reserved chopped peppers and parsley and serve with crusty bread.

LINNEA SOLEM
MAPLEWOOD, MN

SAY CHEESE

I love a perfectly grilled cheese sandwich — crispy on the outside, gooey and melty on the inside. But I hate it when one side of the sandwich gets soggy from being facedown on the plate. When serving a grilled cheese sandwich, I cut it down the middle, then stand the two halves against each other like a "T." This way both sides stay crisp, even when it takes the recipient a few minutes to get to the table.

HILARY KENNY
RINGOES, NJ

For crisp, consistently cooked grilled cheese sandwiches,

BUTTER THE BREAD, NOT THE SKILLET.



PESTO PRONTO

Since my basil plants did so well this summer, I've made lots of fresh pesto. I found that an easy way to save it for later is to put the pesto into ice cube trays and freeze. When they're frozen, I just pop them out and place the cubes into a freezer bag. This way I can take out as much as I need when I'm making a recipe and have "fresh" pesto available all winter.

GAIL THOMAS
WHITE HALL, MD

Gail's Pesto

Makes 1 1/2 cups
Total time: 10 minutes

- 3 cloves garlic, roasted & minced
- 1/4 tsp. salt
- 2/3 cup olive oil, divided
- 2 cups packed basil leaves, rinsed and dried
- 2 tsp. lemon juice
- 1/4 cup pine nuts, toasted
- 1/4 cup *each* grated Parmesan and pecorino
- Black pepper to taste

Pulse garlic, salt, and half the olive oil in a food processor for 30 seconds. Add basil and lemon juice and pulse 30 seconds more. Add pine nuts, Parmesan, pecorino, and pepper and pulse to desired consistency. With machine running, add remaining oil until desired consistency. **Spoon** pesto into ice cube trays, then freeze.

Do you have an interesting solution to a cooking dilemma?

WE'D LIKE TO HEAR FROM YOU!

RECEIVE UP TO $50 FOR YOUR BEST TIP

Send us your clever culinary tip by mail or email. Please include your name, home address, and phone number. We'll pay you up to $50 if we select your tip.

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IN THE NOW

WHAT'S HAPPENING IN FOOD

GOT VEGETAL LATTE?

We're excited to introduce you to the Italian plant-based milks that have landed here in the states! Koita is a creamy, shelf-stable milk line that's produced and packed in Italy. The Soy for Coffee was even designed by four Italian baristas and is great for frothing. And Organic Almond-Coconut is new to the lineup. It's the latest flavor being introduced to the U.S. and to the 10 other countries that already love the brand.



There are so many great flavors showcased with Koita plant-based milk, including Organic Almond, Oat, Organic Coconut, Organic Almond-Coconut, Soy, and Soy for Coffee. All of them are non-dairy, vegan, non-GMO, and carrageenan free. Go to **koita.com** for information.



SMART BANDAGES

Unlike babies and toddlers, DrySee bandages tell you when they need changing. They have patented liquid detection technology that indicate when the perimeter of the bandage gets wet or when the bandage itself is saturated. Thus, if your bandage gets wet while cooking or doing the dishes, you can be assured it'll let you know. DrySee bandages are for first aid and not intended to replace sutures or medical wound dressing. They feature a clear, flexible, non-latex adhesive, and non-stick absorbent pad. To order, go to **drysee.com**



BLK & BOLD COFFEE

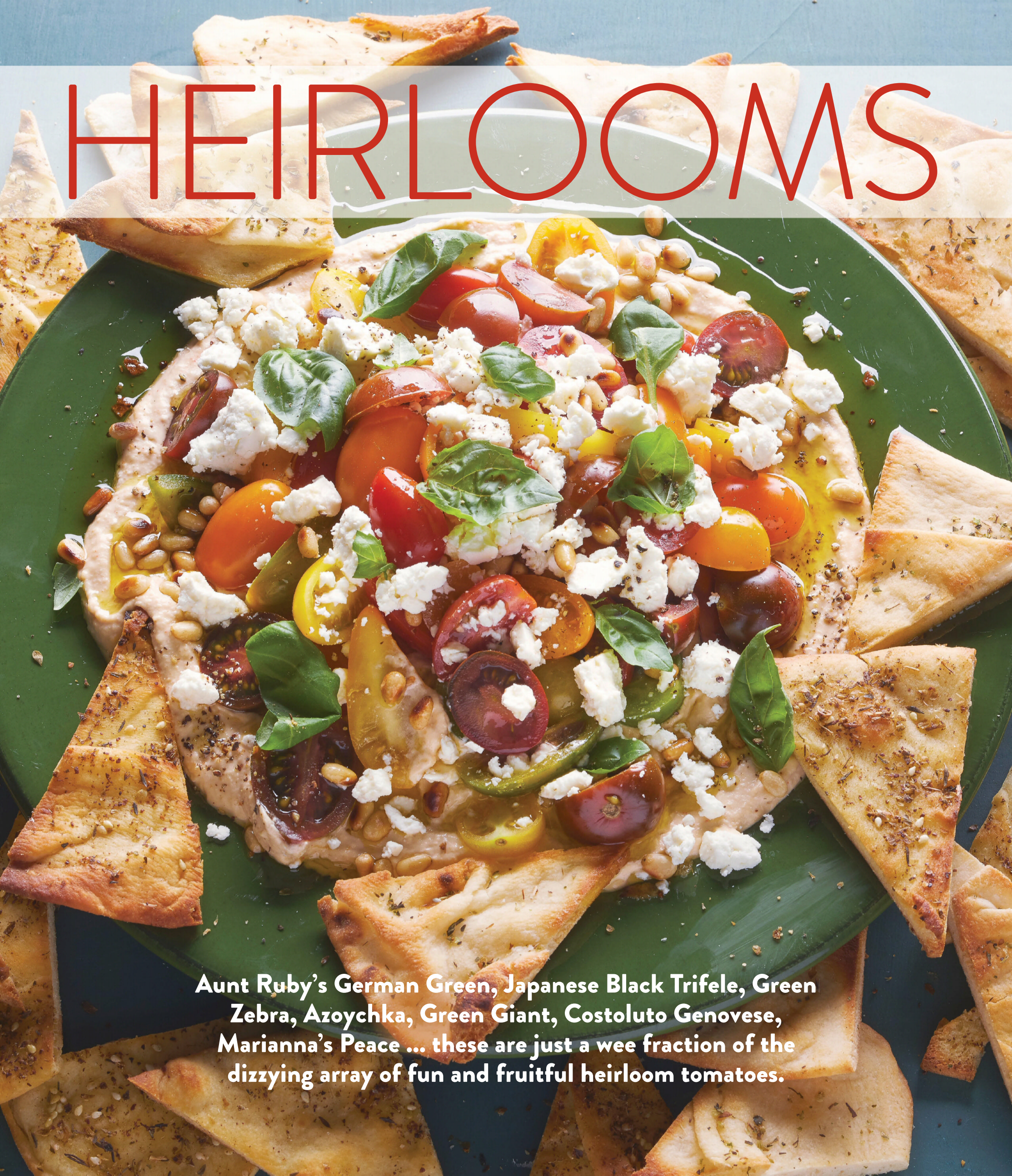
"If it's tea, give me coffee; if it's coffee, give me tea. I might become progressive so there's less inequity..." — *Tower of Power*

Pernell Cezar and Rod Johnson have created the BLK & Bold Coffee company that has both tea and coffee *and* gives back to the community. Five percent of the profits go to fight for social justice and at-risk youth. This black-owned, nationally distributed coffee company offers their smooth, rich coffees in standard roasts, blends, single origins, steeped, ground, whole bean, and K-cups; BLK & Bold also carries 14 varieties of tea. To order these great brews or find and buy them locally, go to **blkandbold.com**

HAVE FUN AND PARTAKE! Non-alcoholic beer finally gets interesting. After years of disappointing one-dimensional non-alcoholic beers, Ted Fleming, Partake Brewing founder and CEO, took his love and passion of beer and craft beer, and turned it into Partake non-alcoholic brews. The taste, variety, authenticity, and creativity all come through, just like their more potent rivals. Blonde, Red, Pale, IPA, and Stout are all represented and only 10–30 calories per can. Partake's philosophy is about the beer, not the buzz. **drinkpartake.com**



HEIRLOOMS



Aunt Ruby's German Green, Japanese Black Trifele, Green Zebra, Azoychka, Green Giant, Costoluto Genovese, Marianna's Peace ... these are just a wee fraction of the dizzying array of fun and fruitful heirloom tomatoes.

HOW DO YOU LIKE THEM TOMATOES?

Red, orange, brown-black, purple-red, teeny-weeny, gigantic globes, creased, or smooth? Of all the heritage plant and animal products, heirloom tomatoes are easily the most common. The popularity of these tomatoes is a reaction to the perfect-looking, but bland, shippable tomatoes that fill grocery store bunkers. Heirloom tomatoes have more flavor and texture, but shorter shelf lives — these three recipes profile their attributes. But, the key to revealing the flavor of these gems is *minimal* cooking. To that end, we're dishing up a raw salad, barely roasted succotash-stuffed tomatoes, and hardly broiled cheesy tomatoes.



HEIRLOOM TYPES

Did you know: More than 3,000 varieties of heirloom tomatoes are in active cultivation! Most common cultivars fall within 45 types with general characteristics in common, but seemingly in every color of the spectrum and often in the same tomato.

HEIRLOOM CHERRY TOMATO SALAD WITH CLASSIC HUMMUS

Small tomatoes are snapshots of their bigger cousins, and are a good way to learn about them in a single bite, be they acidic, sweet, or savory.

Makes 10 servings
Total time: 10 minutes

PURÉE:

- 2 cans chickpeas (14 oz. *each*), rinsed and drained
- 8 ice cubes
- 4 cloves garlic, chopped
- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 cup olive oil
- Salt and black pepper to taste

COMBINE:

- 1 pint heirloom cherry tomatoes, halved *or* quartered depending on size
- 1/4 cup pine nuts, toasted
- Basil leaves, torn if large
- 1/4 cup crumbled feta
- Pita chips, mini naan, *or* crackers

Purée chickpeas, ice, garlic, tahini, lemon juice, and oil in a high-power blender, such as a Vitamix, or food processor; season with salt and pepper. Spread hummus on a platter.

Combine tomatoes, pine nuts, and basil. Top hummus with tomato mixture and feta; drizzle with oil. Serve hummus with chips, naan, or crackers.

Per serving: 272 cal;
17g total fat (3g sat);
3mg chol;
209mg sodium;
23g carb (6g fiber, 4g total sugars);
9g protein



ROASTED TOMATOES STUFFED WITH LATE-SUMMER SUCCOTASH

Take advantage of a farmers' market, a CSA, or your own garden for fresh tomatoes, corn, and beans to make this a one-stop recipe.

Makes 8 servings
Total time: 30 minutes

BRUSH:

- 8 heirloom tomatoes (8–10 oz. *each*), cored
- Olive oil
- Salt and black pepper

COOK:

- 1 strip thick-sliced bacon, diced
- 1 cup diced red bell peppers
- 1 cup corn kernels cut from the cob
- 1 cup shelled edamame *or* baby lima beans
- 1/2 cup diced red onion

Preheat oven to 425°.
Brush tomatoes with oil and season with salt and black pepper; transfer to a shallow roasting pan.
Roast tomatoes until soft to the touch, 5 minutes. Transfer tomatoes to a cutting board; when cool enough to handle, scoop out seeds and center flesh to fit succotash. Discard seeds and flesh.
Cook bacon in a cast-iron skillet until crisp. Add bell peppers and corn, sauté over medium-high heat until starting to soften. Add edamame and onion; cook until tender, 3–5 minutes. Season succotash with salt and black pepper.
Fill each tomato with about 1/2 cup succotash.

Per serving: 114 cal; 4g total fat (1g sat); 2mg chol; 52mg sodium; 16g carb (5g fiber, 9g total sugars); 6g protein

PARMESAN TOMATOES

High-quality cheese and fully ripe tomatoes make all the difference in this recipe.

Makes 8 servings
Total time: 10 minutes

- 8 tomatoes, cored and halved, crosswise
- Basil, garlic, *or* sun-dried tomato-flavored olive oil
- Salt and black pepper
- 1/2 cup shredded aged Asiago
- 8 tsp. grated Parmigiano-Reggiano
- Thyme leaves

Preheat broiler on high with rack 6 inches from element. Coat a baking sheet with nonstick spray.

Drizzle cut sides of tomatoes with oil; season with salt and pepper. Top each tomato half with 1 1/2 tsp. Asiago and 1/2 tsp. Parmigiano-Reggiano; transfer to prepared baking sheet.

Broil tomatoes until cheeses melt, 2 minutes; top with thyme before serving.

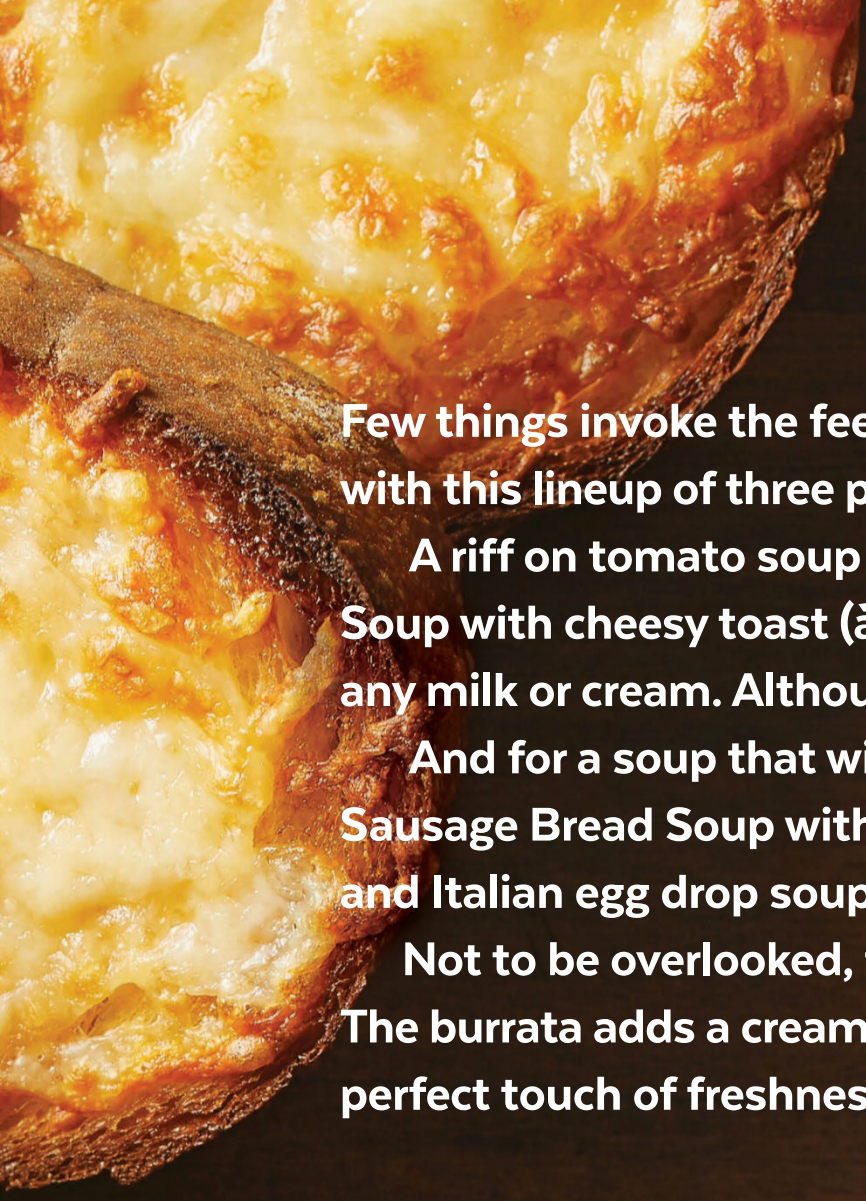
Per serving: 120 cal; 13g total fat (3g sat); 10mg chol; 148mg sodium; 8g carb (2g fiber, 5g total sugars); 5g protein

CUISINE TONIGHT

Weeknight Menus

COMFORT ME WITH SOUP





Few things invoke the feeling of comfort like a warm bowl of soup does. And with this lineup of three pots of goodness you'll think you've struck culinary gold.

A riff on tomato soup and grilled cheese, this puréed Roasted Red Pepper Soup with cheesy toast (à la French onion soup) is creamy and fulfilling without any milk or cream. Although, the cheesy toast might arguably be the best part.

And for a soup that will have you coming back for more, meet the Italian Sausage Bread Soup with Egg. It's like a cross between Italian sausage soup and Italian egg drop soup with toasty croutons. Need we say more?!

Not to be overlooked, the Lentil Soup with Burrata & Basil is oh-so-hearty. The burrata adds a creamy element as it melts into the soup, while basil adds the perfect touch of freshness. These soups really are all that and a whole lot more.

ROASTED RED PEPPER SOUP WITH CHEESE TOAST

You can also broil the bell peppers until charred, turning often, although they don't have the same smoky flavor as peppers charred over an open flame.

Makes 4 servings (4 cups)
Total time: 45 minutes

CHAR:

- 2 large red bell peppers (8 oz. *each*)

MEANWHILE, SAUTÉ:

- 1 cup diced onions
- 1/2 cup diced carrot
- 1 Tbsp. olive oil
- 3 cloves garlic, sliced

DEGLAZE:

- ½ cup dry white wine
- 2 1/2 cups low-sodium chicken *or* vegetable broth
- Salt and black pepper to taste

BRUSH:

- 4 slices (1-inch thick) Italian baguette or artisan loaf to cover surface of serving bowls
- 2 Tbsp. unsalted butter, softened

COMBINE:

- 3/4 cup shredded mozzarella (2 oz.)
- 1/4 cup grated Parmesan (1 oz.)

Char bell peppers over a gas flame or on a hot grill, on all sides, until skins blacken and blister, about 10 minutes. Transfer bell peppers to a bowl and cover with plastic wrap. When cool enough to handle, peel and seed bell peppers; discard skins and seeds, then roughly chop flesh.

Meanwhile, sauté onions and carrot in oil in a pot over medium-high heat until onions are translucent, about 5 minutes. Add garlic; sauté until fragrant, about 1 minute.

Deglaze pot with wine, scraping up any brown bits, cook 1 minute. Add broth, partially cover pot, and bring to a simmer, then add bell peppers and cook, partially covered, until heated through, 5 minutes.

Off heat, purée soup using a handheld or standard blender. Season soup with salt and black pepper; keep warm over low heat.

Preheat broiler to high with rack 6 inches from element. Line a baking sheet with foil.

Brush cut sides of baguette slices with butter; arrange on prepared baking sheet. Broil baguette slices until toasted, about 2 minutes per side.

Combine mozzarella and Parmesan.

Divide soup among four broiler-safe bowls; top each with a toasted baguette slice and one-fourth of cheese mixture. Arrange bowls on same baking sheet.

Broil soup until cheese is bubbly and begins to brown, 4–5 minutes.

Per serving: 426 cal; 18g total fat (8g sat); 39mg chol; 670mg sodium; 44g carb (4g fiber, 8g total sugars); 17g protein

ITALIAN SAUSAGE BREAD SOUP WITH EGG

If you won't be eating the entire batch of soup in one sitting, don't stir in all of the croutons. That way your leftover soup won't be loaded with mushy bread.

Makes 6 servings (12 cups)
Total time: 45 minutes

TOSS:

- 5 oz. Italian bread, cut into 1-inch cubes (about 4 cups)
- 3 Tbsp. olive oil, divided
- Salt, black pepper, and garlic powder *or* granulated garlic

HEAT:

- 1 lb. bulk mild Italian sausage
- 1 cup diced onions
- 2 Tbsp. minced garlic

ADD:

- 8 cups low-sodium chicken broth
- 1 pkg. baby spinach (5 oz.), chopped
- 3 eggs, beaten
- 1 tsp. red pepper flakes, *optional*

Preheat oven to 400°.
Toss bread cubes with 2 Tbsp. oil; season with salt, black pepper, and garlic powder. Arrange bread cubes on a baking sheet in a single layer; bake until toasted, 8–10 minutes.
Heat remaining 1 Tbsp. oil in a pot over medium. Add sausage; cook until no longer pink and cooked through. Transfer sausage to a paper-towel-lined plate.
Sauté onions in drippings until translucent, about 5 minutes. (Add 1 Tbsp. oil to pot if there aren't enough drippings.) Add garlic; cook until fragrant, about 1 minute.
Add broth, scraping up any brown bits, then stir in sausage; bring to a simmer.
Stir in spinach and cook just until wilted. Slowly add eggs in a steady stream, stirring constantly while pouring. Season soup with salt, black pepper, and pepper flakes.
Stir half the croutons into soup just before serving; divide remaining croutons among six bowls and top with soup.

Per serving: 364 cal; 21g total fat (6g sat); 141mg chol; 812mg sodium; 18g carb (2g fiber, 2g total sugars); 23g protein



LENTIL SOUP WITH BURRATA & BASIL

Like mozzarella, burrata is a white orb of fresh cow's milk cheese. But, while mozzarella is solid, burrata encases soft cheese curds and cream that perfectly melt into the soup.

Makes 4 servings (7 cups)
Total time: 1 hour

SAUTÉ:

- 1 1/2 cups diced carrots
- 1 cup diced onions
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 1/4 cups green lentils (8 oz.)

ADD:

- 6 cups low-sodium chicken *or* vegetable broth
- Salt, black pepper, and balsamic vinegar to taste
- 1 burrata ball (4 oz.), quartered when ready to serve *or* 4 oz. shredded fresh mozzarella
- 1/4 cup thinly sliced basil *or* purchased pesto

Sauté carrots and onions in oil in a pot over medium-high heat until onions are translucent, about 5 minutes. Add garlic, cumin, and paprika; sauté until fragrant, about 1 minute. Add lentils and toast, stirring constantly, 1 minute.

Add broth, partially cover pot, and bring to a simmer. Simmer soup, stirring occasionally, until lentils are soft but not mushy, 25–30 minutes.

Season soup with salt, pepper, and vinegar. Divide soup among four bowls and top each bowl with a quarter of burrata and 1 Tbsp. basil.

Per serving: 390 cal; 16g total fat (5g sat); 20mg chol; 234mg sodium; 46g carb (11g fiber, 5g total sugars); 22g protein



TEST KITCHEN FAVORITES

Pizza

ALL THINGS PIZZA



Upside down or square, haphazard or round, we all love pizza in some way, shape, or form. The three pizzas featured here represent why pizza is one of the *Cuisine* team's favorites. The Detroit-style keeps us on trend; the roasted potato and Gruyère appeals to our gourmet palate. And, the time- and family-friendly pizza casserole is simply ooey-gooey satisfaction. Plus, we're bringing them to you just in time for National Pizza Month — October.

Detroit-Style Pizza

with capicola ham and Alfredo sauce

Capicola, aka coppa, is an Italian spiced, smoked, and cured pork product (cold cut). It comes either spicy or sweet.

Makes 8 servings
Total time: about 1 hour

COAT:

- 1–2 Tbsp. olive oil
- 1 lb. fresh pizza dough, room temperature

MEANWHILE, MELT:

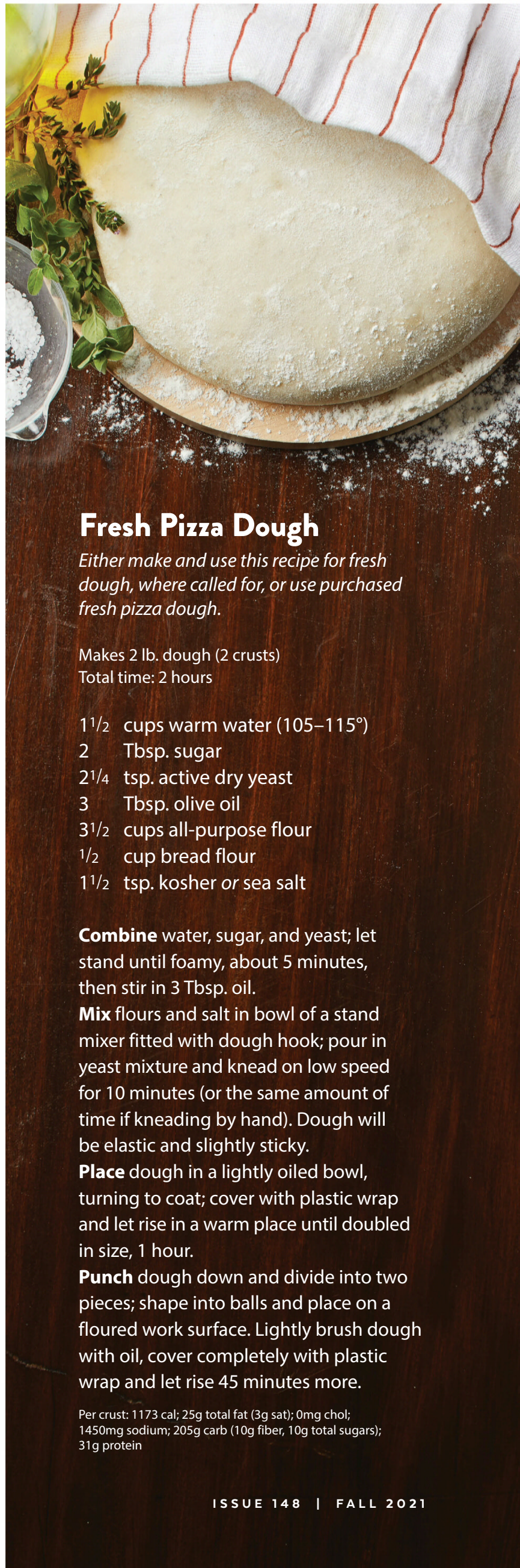
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 1 cup half-and-half *or* whole milk
- 1/3 cup grated Parmesan
- 2 cups chopped baby arugula
- 1 Tbsp. minced garlic
- Salt and black pepper to taste

SPREAD:

- 1 1/2 cups shredded part-skim mozzarella
- 1/4 cup thinly sliced red onion
- 16 slices capicola ham (2 oz.)

Preheat oven to 450° with a baking stone on bottom rack.
Coat a 12 ×12-inch Detroit-style pizza pan or 9 ×13-inch baking pan with 1 Tbsp. oil. Gently stretch dough to edges and corners of pan until it starts to shrink back.
Cover dough and let rest 10–15 minutes before stretching again and until dough fills bottom of pan.
Meanwhile, melt butter in a skillet over medium heat; whisk in flour until bubbly and fragrant, 2–3 minutes. Slowly whisk in half-and-half until thickened, but do not boil. Gradually stir in Parmesan; simmer sauce until Parmesan melts.
Stir in arugula and garlic until arugula wilts, 2–3 minutes; season sauce with salt and pepper. Add additional half-and-half to sauce to reach desired consistency.
Spread sauce evenly on dough; top with mozzarella and onion, then arrange capicola over pizza.
Transfer pizza to baking stone; bake until cheese is bubbly and edges browned, 12–15 minutes. Run a spatula around edges to loosen pizza from pan; let rest in pan until cool enough to handle. Transfer pizza to a cutting board; cut and serve.

Per serving: 326 cal; 15g total fat (8g sat); 35mg chol; 938mg sodium; 31g carb (0g fiber, 5g total sugars); 13g protein



Fresh Pizza Dough

Either make and use this recipe for fresh dough, where called for, or use purchased fresh pizza dough.

Makes 2 lb. dough (2 crusts)
Total time: 2 hours

- 1 1/2 cups warm water (105–115°)
- 2 Tbsp. sugar
- 2 1/4 tsp. active dry yeast
- 3 Tbsp. olive oil
- 3 1/2 cups all-purpose flour
- 1/2 cup bread flour
- 1 1/2 tsp. kosher *or* sea salt

Combine water, sugar, and yeast; let stand until foamy, about 5 minutes, then stir in 3 Tbsp. oil.
Mix flours and salt in bowl of a stand mixer fitted with dough hook; pour in yeast mixture and knead on low speed for 10 minutes (or the same amount of time if kneading by hand). Dough will be elastic and slightly sticky.
Place dough in a lightly oiled bowl, turning to coat; cover with plastic wrap and let rise in a warm place until doubled in size, 1 hour.
Punch dough down and divide into two pieces; shape into balls and place on a floured work surface. Lightly brush dough with oil, cover completely with plastic wrap and let rise 45 minutes more.

Per crust: 1173 cal; 25g total fat (3g sat); 0mg chol; 1450mg sodium; 205g carb (10g fiber, 10g total sugars); 31g protein

Rosemary-Potato Pizza with Gruyère

Ciliegine (meaning cherry size) are small fresh balls of mozzarella cheese (just a tad smaller than bocconcini).

Makes 6 servings
Total time: about 1 hour

- 1 lb. small gold potatoes, sliced into 1/4-inch-thick rounds
- 2 Tbsp. olive oil, divided
- 1 Tbsp. minced rosemary
- 1 Tbsp. minced garlic
- Salt and black pepper
- 8 oz. broccolini, trimmed
- 1 lb. fresh pizza dough, room temperature
- 1 cup shredded Gruyère (4 oz.)
- 1 cup sliced leeks
- 1 cup halved ciliegine cheese (4 oz.)

Preheat oven to 375° with a baking stone on bottom rack.
Toss potato slices with 1 Tbsp. oil, rosemary, and garlic; season with salt and pepper. Place potatoes in a single layer on a baking sheet and roast until beginning to brown and crisp, 15–20 minutes; let cool. Increase oven temperature to 425°.
Meanwhile, blanch broccolini in boiling water until bright green, 1–2 minutes; plunge into a bowl of ice water, then drain well.
Stretch dough into a 16- to 18-inch round shape; transfer to a sheet of parchment set on a baking sheet or pizza peel.
Brush dough with remaining 1 Tbsp. oil; top with Gruyère, potatoes, broccolini, leeks, and ciliegine.
Transfer pizza to baking stone; bake until outside crust browns and cheese melts, 15 minutes.

Per serving: 474 cal; 21g total fat (8g sat); 33mg chol; 999mg sodium; 53g carb (3g fiber, 7g total sugars); 16g protein





Upside-Down Pizza with Italian sausage & mushrooms

Use a thick pizza sauce or drain a looser pizza sauce for best results.

Makes 6 servings
Total time: 35 minutes

- 1 lb. bulk Italian sausage *or* ground chuck
- 1 cup sliced cremini *or* button mushrooms (4 oz.)
- 2 cups pizza sauce
- 1/3 cup pitted and chopped Kalamata olives
- 1/2 cup *each* shredded part-skim mozzarella and shredded sharp provolone
- 1 pkg. crescent dough sheet *or* crescent roll dough, left in one sheet (8 oz.)
- 1/4 cup shredded Parmesan

Preheat oven to 400°. Coat a 7×11-inch baking dish with nonstick spray.
Brown sausage in a skillet over medium-high heat, breaking up the meat with a spoon until no longer pink and cooked through. Transfer sausage to a colander to drain, discarding all but 1 Tbsp. drippings from skillet.
Sauté mushrooms in drippings until softened, 3–5 minutes. Stir in sausage, pizza sauce, and olives until heated through, 1–2 minutes; transfer to prepared baking dish.
Top sausage mixture with mozzarella and provolone; unroll crescent dough sheet (if using crescent roll dough, carefully unroll sheet without separating triangles); arrange over cheese. Top crust with Parmesan.
Bake casserole until Parmesan and crust are browned, 15–18 minutes; let cool 5–10 minutes before serving.

Per serving: 472 cal; 26g total fat (10g sat); 64mg chol; 1650mg sodium; 32g carb (1g fiber, 15g total sugars); 25g protein



AIR-FRIED "CHICKEN"

Frying chicken on the stove top is a labor of love that also splatters up a kitchen pretty quickly. We put the air fryer up to the test, and let it be known, it didn't disappoint!

WHO DOESN'T LOVE FRIED CHICKEN? But, the one thing that we don't like about it is the cleanup. So we decided to put the air fryer through its paces and see if it's really as good as people say. And, Maddy's husband was all in on being a taste tester for anything fried, especially chicken wings! Let's just say, they ended up buying an air fryer after this article was finished — these recipes are that good.

No matter what size air fryer you own, chicken wings for two is doable any night of the week. And these chicken wings are just as good as your go-to wing restaurant. Whether you like hot wings, or just a finger-lickin'-good sauce, we've got both covered. And if you're like us, you'll want to make both sauces; it was too hard to pick a favorite.

Classic fried chicken for two? Sign us up! One bite of this air-fried chicken, and you'll wonder why you haven't done this sooner. With a quick soak in buttermilk and Tabasco, followed by a dip in some breading, you get perfectly moist and every-bit-crispy chicken in under an hour. Fried chicken never tasted so good.

And rounding out the menu, Chicken Fried Steak with ranch gravy. OK, this one might not technically be chicken, but since the name is derived from the way it's prepared like fried chicken, it fits right? Crispy and flavorful, the only thing missing from the original recipe is the oil it's fried in — that's a good thing, if you ask us! And let's not forget about the gravy. The ranch gravy is the perfect "icing" to the "chicken."

Air-Fried Chicken Wings
with two sauces

The hot sauce has the perfect amount of heat that won't burn your mouth, and the garlic Parmesan sauce is too good to stop after one.

Makes 2 servings
Total time: 30 minutes

FOR THE HOT SAUCE, MELT:
- 2 Tbsp. unsalted butter
- 1/3 cup hot sauce (such as Franks)
- 2 tsp. *each* honey and lime juice
- 1/2 tsp. minced garlic

FOR THE PARMESAN SAUCE, MELT:
- 6 Tbsp. unsalted butter
- 1 Tbsp. minced garlic
- 3 Tbsp. grated Parmesan

FOR THE WINGS, COMBINE:
- 3/4 tsp. kosher salt
- 1/2 tsp. *each* garlic powder and black pepper
- 1 lb. chicken wings, tips removed, cut in half at the joint
- Ranch *or* blue cheese dressing

For the hot sauce, melt butter in a saucepan over medium heat. Stir in Franks, honey, lime juice, and garlic; keep warm over low heat.

For the Parmesan sauce, melt butter in a saucepan over medium heat. Stir in garlic; keep warm over low heat. Stir in Parmesan just before tossing in wings.

For the wings, combine salt, garlic powder, and pepper. Season wings with salt mixture.

Preheat air fryer to 400° according to manufacturer's instructions; set cook time to 16 minutes. (Add 3–5 minutes for preheating if your air fryer doesn't include preheat function.)

Coat preheated cooking tray with nonstick spray; arrange wings in a single layer on tray.

Cook wings 8 minutes; open air fryer, flip, and close air fryer. Continue cooking wings until golden brown, 8 minutes more.

Toss wings in preferred sauce; serve with ranch or blue cheese dressing.

Per serving with hot sauce: 301 cal; 22g total fat (8g sat); 151mg chol; 1577mg sodium; 4g carb (0g fiber, 3g total sugars); 22g protein

Per serving with Parmesan sauce: 421 cal; 35g total fat (16g sat); 187mg chol; 916mg sodium; 2g carb (0g fiber, 0g total sugars); 24g protein



AIR FRYER 101

The Air Fryer isn't new, but is worth considering for your kitchen. Instead of using the oven for dinner, simply plug in your air fryer, set the temp and time, and you'll have dinner before you know it.



The Air Fry Basket is the compartment that holds the food inside the cooking chamber where all the magical "frying" happens.



The Cooking Tray (or basket) is key to separating your food from the fat that cooks off, keeping your food perfectly crispy.

Air-Fried Chicken

We added a little panko to the breading to make it a bit more crispy, but feel free to leave it out and use 1 cup flour instead.

Makes 2 servings
Total time: 45 minutes + marinating

- 1/2 cup buttermilk
- 1–2 Tbsp. hot sauce (such as Tabasco)
- 4 bone-in, skin-on chicken pieces
- 1/2 cup all-purpose flour
- 1/2 cup panko
- 1 tsp. *each* salt, black pepper, and garlic powder

Combine buttermilk and hot sauce in a bowl; add chicken and marinate 20 minutes or overnight.
Transfer chicken to a baking sheet lined with a rack; season with salt and pepper.
Whisk together flour, panko, 1 tsp. salt, 1 tsp. pepper, and garlic powder in a bowl. Dredge chicken in flour mixture, shake off excess.
Preheat air fryer to 400° according to manufacturer's instructions; set cook time to 18 minutes. (Add 3–5 minutes for preheating if your air fryer doesn't include preheat function.)
Coat preheated cooking tray and chicken with nonstick spray; arrange chicken in a single layer on tray.
Cook chicken 9 minutes; open air fryer, coat chicken with nonstick spray, flip, and close air fryer. Continue cooking chicken until golden brown and a thermometer inserted into the thickest part but not touching bone registers 165°, about 9 minutes more. (If you have a smaller air fryer, you may need to do this in batches.)

Per serving: 877 cal; 59g total fat (16g sat); 344mg chol; 857mg sodium; 20g carb (1g fiber, 1g total sugars); 63g protein





Air Fryer Chicken Fried Steak with ranch gravy

Cube steak is an inexpensive and flavorful cut of beef that's been tenderized.

Makes 2 servings
Total time: 45 minutes

WHISK:

- 1 cup buttermilk
- 1 egg, beaten

COMBINE:

- 3/4 cup all-purpose flour
- 1 tsp. kosher salt
- 1/2 tsp. *each* garlic powder, onion powder, and black pepper
- 2 cube *or* beef round steaks (5 oz. *each*), seasoned with salt, black pepper, and garlic powder

WHISK:

- 1/2 cup whole milk
- 1/4 cup buttermilk
- 1 Tbsp. all-purpose flour
- 1/4 tsp. *each* dried dill and garlic powder

Whisk together 1 cup buttermilk and egg in a shallow dish.
Combine 3/4 cup flour, 1 tsp. salt, 1/2 tsp. garlic powder, onion powder, and 1/2 tsp. pepper in a separate shallow dish.
Dredge steaks in flour mixture, then dip in buttermilk mixture; dredge in flour mixture again. Transfer steaks to a baking sheet lined with a rack to let coating set, about 10 minutes.
Preheat air fryer to 400° according to manufacturer's instructions; set cook time to 10 minutes. (Add 3–5 minutes for preheating if your air fryer doesn't include preheat function.)
Coat preheated cooking tray and steaks with nonstick spray; arrange steaks in a single layer on tray.
Cook steaks 5 minutes; open air fryer, coat steaks with nonstick spray, flip, and close air fryer. Continue cooking steaks until golden, 5 minutes more. (If you have a smaller air fryer, you may need to do this in batches.)
Whisk together whole milk, 1/4 cup buttermilk, 1 Tbsp. flour, dill, and 1/4 tsp. garlic powder in a skillet; cook gravy over medium-high heat until thick and bubbly, stirring constantly, 5 minutes. Season gravy with salt and pepper.

Per serving: 435 cal; 20g total fat (9g sat); 138mg chol; 420mg sodium; 25g carb (1g fiber, 6g total sugars); 37g protein

18+

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

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BEAN PASTA PARTY

High-protein and filling, bean (or legume) pastas offer tasty alternatives to those who seek gluten-free or low-carb options.







HAIL TO creamy comfort

Cashew cheese sauce isn't anything new for those following a vegan diet. But for those of us who simply try to incorporate healthy swaps when we can, this is an eye-opening (and taste buds-pleasing!) way to enjoy mac 'n cheese sans dairy (and gluten). This recipe yields incredibly creamy, cheese-like pasta that's more nutrish-ish than the blue box version you're used to.

Vegan Mac 'n Cheese

Using a high-power blender, such as a Vitamix, ensures a smooth, creamy sauce and avoids the risk of stressing the motor of a lower-power blender.

Makes 4–6 servings
Total time: about 45 minutes

SOAK:

2/3 cup raw cashews
1 cup boiling water

COOK:

8 oz. chickpea elbow pasta (such as Banza)

MEANWHILE, HEAT:

2 Tbsp. olive oil
1/2 cup shredded onion (4 oz.)
1 cup peeled and shredded Yukon gold potatoes (4 oz.)
1/2 cup peeled and shredded carrot (1.5 oz.)
1 tsp. grated garlic (about 3 cloves)
3/4 tsp. kosher salt
1/2 tsp. ancho chile powder
1/2 tsp. turmeric, *optional*
1/8 tsp. cayenne pepper

ADD:

1/2 cup nutritional yeast
1 Tbsp. Dijon
1 Tbsp. cider vinegar
Hot water
Chopped parsley

Soak cashews in boiling water while prepping other ingredients.
Cook pasta in a pot of boiling salted water according to package directions; drain.
Meanwhile, heat oil in a sauté pan over medium; add onion and cook until translucent, about 3 minutes. Stir in potatoes, carrot, garlic, salt, chile powder, turmeric, and cayenne; cook until fragrant, about 1 minute.
Add cashews and water to pan; bring mixture to a simmer and cook until potatoes soften, 5–8 minutes. Carefully pour mixture into a high-power blender.
Add nutritional yeast, Dijon, and vinegar to blender; purée. If mixture seems too thick and won't blend easily, blend in hot water (in 1/4-cup increments) to desired consistency; season with salt and cayenne.
Combine pasta with sauce. Top servings with parsley.

Per 1/6th: 347 cal; 14g total fat (2g sat); 0mg chol; 300mg sodium; 40g carb (8g fiber, 4g total sugars); 16g protein



WHAT ARE BEAN AND LEGUME PASTAS?

Like their name implies, they're dried pastas made from flour ground from beans or legumes, such as chickpeas or lentils. Bean and legume pastas deliver almost twice the amount of plant protein and fiber as standard pasta. These alternative pastas are also gluten-free and lower in carbohydrates than traditional pasta. As they've become much more popular, you can find a variety of bean and legume pasta options at many grocery stores. These alternative pastas are a great base for a hearty, meat-free meal.



AN ODE to eggplant

While eggplant is the star of this Sicilian dish, anchovies and ricotta salata (a sharp sheep's milk cheese) are traditional. But to make this dish vegan-friendly, we turned to miso and dulse, along with Kalamata olives and capers to deliver umami and briny flavors. And vegan Parmesan makes a decent sub for the typical aged ricotta.



Vegan Penne alla Norma
with miso & dulse

Salting the eggplant helps draw out some of the excess moisture and helps jump-start the caramelization process while roasting, which builds flavor.

Makes 4–6 servings
Total time: about 1 hour + salting

TOSS:

- 1 1/2 lb. eggplant, trimmed and cut into 1-inch cubes
- 2 Tbsp. kosher salt
- 2 Tbsp. olive oil, divided

COOK:

- 8 oz. red lentil penne pasta (such as Tolerant)

MEANWHILE, HEAT:

- 1 Tbsp. minced garlic
- 1 tsp. dried oregano leaves
- 1 tsp. red pepper flakes

STIR IN:

- 1 can whole San Marzano tomatoes in juice (28 oz.), puréed in a food processor
- 1 can diced tomatoes in juice (14.5 oz.)
- 2 Tbsp. red miso
- 1 Tbsp. dulse *or* nori flakes
- 3/4 cup thinly sliced basil
- 1/3 cup pitted and chopped Kalamata olives
- 1 Tbsp. chopped capers
- Vegan Parmesan

Toss eggplant with salt in a colander; drain 1–2 hours. Rinse eggplant; drain and pat dry well.

Preheat oven to 400°.

Toss eggplant with 1 Tbsp. oil; arrange in a single layer on a baking sheet. Roast eggplant until tender and browned, flipping halfway through, 30 minutes.

Cook pasta in a pot of boiling salted water according to package directions; reserve 1 cup pasta water then drain pasta.

Meanwhile, heat remaining 1 Tbsp. oil in a sauté pan over medium; add garlic, oregano, and pepper flakes and cook until fragrant, 1 minute.

Stir in puréed and diced tomatoes, miso, and dulse until combined. Increase heat to medium-high and cook sauce until slightly thickened, 8–10 minutes. Stir in eggplant, basil, olives, and capers until heated through.

Add pasta; stir to combine, adding pasta water to reach desired consistency. Top servings with Parmesan.

Per 1/6th: 297 cal; 9g total fat 1g sat); 0mg chol; 902mg sodium; 42g carb (8g fiber, 9g total sugars); 11g protein

WHAT IS DULSE?

Dulse is a seaweed, one of many edible saltwater plants and algae that also includes nori and kelp. It resembles leafy red lettuce and grows wild, primarily along the northeast coast of North America. You'll normally find it dried as flakes as well as whole-leaf and powder.

WHY EAT DULSE?

Dulse is rich in health benefits. Nutritionally, it provides a wealth of protein and fiber, is loaded with minerals, such as iron and potassium, and is rich in polyunsaturated fats (Omega-3 and Omega-6), vitamins, including vitamin B12, and antioxidants.

HOW DOES DULSE TASTE?

Dulse has a tangy, sharp, and salty flavor. It can be used straight from the package, as a garnish, to season, or even as a bacon substitute.

magical kitchen math:

1=3

Let's examine this: It's one thing to have leftovers, and it's another to purposefully make leftovers. A sheet pan dinner is a great starting point for doing just that. And a juicy pork roast is a practical and versatile choice for leftovers — one Sunday dinner turns into two more easy weeknight meals, bringing new life to your plethora of pork.

THIS SHEET PAN DINNER STARTS BIG and gets smaller in scope without diminishing returns. It's based around a boneless pork shoulder roast, a cut that yields huge flavor and provides plenty of leftovers for at least two more meals. While these three recipes admittedly aren't ground breaking, they are comforting and satisfying. The accompanying gold potatoes are flavorful, roast up tender, and are easy to mash for a second meal preparation. The cauliflower is dressed lightly with hot sauce, enough to make it interesting without burning the roof of your mouth off. And all of the leftovers transition into shredded BBQ pork with chunky mashed potatoes and cauliflower. Then last, but certainly not least, is a slight twist on a classic Cubano sandwich where the roast pork works in concert with ham and salami.

In the name of food safety, it's important to be smart about how the foods are cooled — make sure everything comes down to room temperature before refrigerating for the next meal.

Portioning is also key to making this plan work; reserve enough pork, potatoes, and cauliflower for the second meal. Whatever pork is left after that meal will suffice for the panini.

Roast Pork Sheet Pan Dinner
with gold potatoes & cauliflower

Staggering the cooking times of the three components ensures that each element of the meal is cooked properly.

Makes 4 servings
Total time: 4 hours

COMBINE:

- 1 Tbsp. *each* granulated garlic, onion powder, and Italian seasoning
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 2 Tbsp. olive oil, divided
- 5–6 lb. boneless pork shoulder, trimmed

TOSS:

- 2 lb. small- to medium-sized Yukon gold potatoes
- 6 cups large cauliflower florets (1 lb.)
- 2 Tbsp. hot sauce (such as Franks)

Preheat oven to 325°. Coat a rack and baking sheet with nonstick spray; set rack inside baking sheet. **Combine** granulated garlic, onion powder, Italian seasoning, 2 tsp. salt, and 1 tsp. pepper. Brush pork with 1 Tbsp. oil; rub with seasoning mixture. Transfer pork to prepared rack.

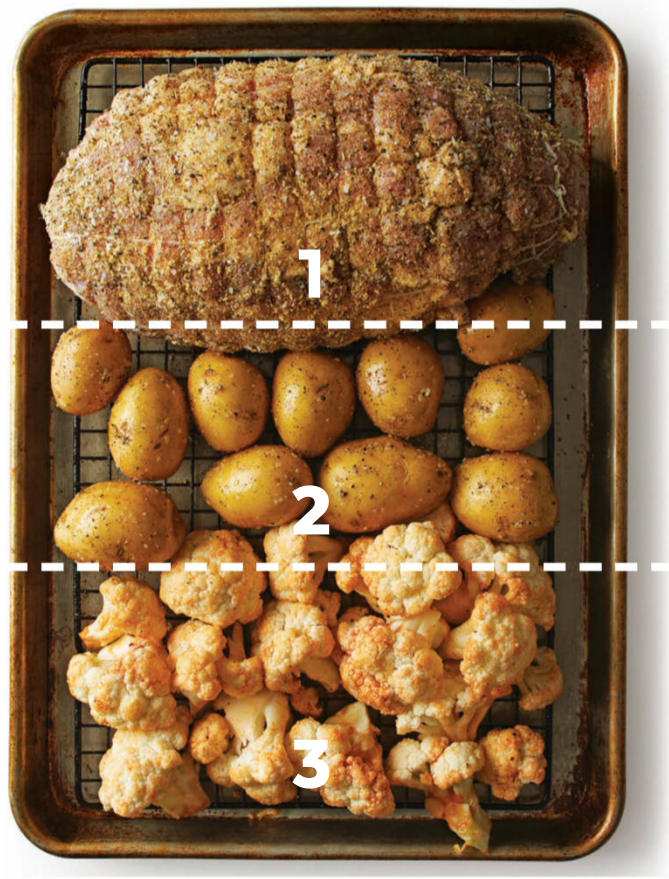
Toss potatoes with remaining 1 Tbsp. oil; season with salt and pepper. Toss cauliflower with hot sauce.

Roast pork for 1 hour. Arrange potatoes next to pork; return baking sheet to oven and roast until pork begins to brown, 1 hour more.

Arrange cauliflower next to potatoes; return baking sheet to oven and roast until pork is fork-tender and a thermometer inserted into the thickest part registers 185°, about 1 hour more.

Rest pork 10 minutes before slicing. Meanwhile, use fat separator to remove fat from drippings; serve with pork, potatoes, and cauliflower.

Per serving: 575 cal; 18g total fat (5g sat); 224mg chol; 1079mg sodium; 26g carb (4g fiber, 2g total sugars); 77g protein



AS EASY AS ...

1.
Place the seasoned pork roast on one side of the rack.

2.
After an hour of roasting, place the potatoes next to the pork, and roast another hour.

3.
Finally, add the cauliflower florets for the final hour of roasting.

BBQ Shredded Pork with mashed-up potatoes & cauliflower

To make this recipe work, we assume there is 1 1/2 lb. pork, 1 lb. potatoes, and 8 oz. cauliflower left over.

Makes 4 servings
Total time: 30 minutes

HEAT:

- 1 1/2 lb. leftover pork, shredded
- 1 1/2 cups vinegary barbecue sauce (such as Lillie's E.N.C. barbecue sauce)

HEAT:

- 1 cup low-sodium chicken broth
- 1 lb. leftover potatoes
- 8 oz. leftover cauliflower

OFF HEAT, STIR IN:

- 1/2 cup sour cream
- 1/4 cup chopped scallions
- 2 Tbsp. unsalted butter
- 1 Tbsp. prepared horseradish
- Salt and black pepper to taste

Heat pork and barbecue sauce in a saucepan over medium-high to a boil, then reduce heat to low and simmer until warmed through.
Heat broth in a separate saucepan over medium-high; add potatoes and cauliflower and cook until very tender, 5 minutes. Mash potato mixture with a potato masher, or beat with a hand mixer, until desired consistency.
Off heat, stir in sour cream, scallions, butter, and horseradish; season with salt and pepper.
Serve BBQ pork over mashed potato mixture.

Per serving: 600 cal; 20g total fat (10g sat); 139mg chol; 1771mg sodium; 62g carb (4g fiber, 34g total sugars); 42g protein





Tampa-Style Cubano Panini with lime mojo mayonnaise

Salami is what differentiates the Tampa-style Cubano from the original South Florida Cubano.

Makes 4 servings
Total time: 15 minutes

- 1/2 cup mayonnaise
- 2 Tbsp. lime juice
- 1 Tbsp. minced garlic
- Black pepper to taste
- 1 half-baguette (8 oz.), split
- Olive oil
- 8–12 oz. leftover pork
- 16 thin slices salami
- 4 slices smoked black-pepper ham
- 4 slices Swiss cheese
- 6 Bread and butter sandwich pickles
- Prepared yellow mustard

Preheat panini press to medium-low.
Brush outside of baguette with oil.
Whisk together mayonnaise, lime juice, and garlic; season with pepper.
Spread mayonnaise mixture on cut sides of baguette; top bottom half with pork, salami, ham, Swiss, and pickles. Spread yellow mustard on top half of baguette; arrange on bottom half.
Place sandwich in panini press; cook until cheese is melting, 7–10 minutes. Cut panini into quarters.

Per serving: 902 cal; 65g total fat (18g sat); 169mg chol; 2605mg sodium; 34g carb (3g fiber, 3g total sugars); 49g protein

NO PANINI PRESS?

Place panini in a large skillet over medium-low heat; top with a piece of parchment and a cast-iron skillet or a regular skillet weighted with a 28 oz. can of vegetables inside. When first side is browned, carefully flip panini and re-weight. Cook panini until cheese melts and fillings heated through, 7–10 minutes.

COOK IN COLOR



After previously featuring this cookbook in our “In the Now” section, we just had to give you a taste of what it’s all about. Asha Gomez proves there’s a big, colorful world out there and what better way to showcase it than through food.

Looks can be deceiving.

By its appearance, Asha's Winter Chili resembles every other chili out there — meat, beans, and tomatoes — you get the gist. But after just one bite, you'll realize it's so much more. The secret ingredient here is garam masala. There are many variations of the Indian spice blend — it can include a blend of coriander, black pepper, cumin, cloves, nutmeg, cinnamon, mace, cardamom, dried chiles, fennel, and other spices. While not your typical chili seasonings, this unique chili will stand out from all the rest and keep you coming back for more.

Asha's Winter Chili

This uniquely spiced chili tastes great, even when reheated the next day. Another delicious way to enjoy this chili is served over tortilla chips.

Makes 8 servings
Total time: 45 minutes

- 3 Tbsp. vegetable oil
- 1 large yellow onion, diced
- 1 sweet red bell pepper, seeded and diced
- 6 cloves garlic, finely chopped
- 1 medium jalapeño, finely chopped
- 1 Tbsp. garam masala
- 1 Tbsp. sweet paprika
- 2 tsp. kosher salt
- 1 lb. lean ground sirloin (90 percent lean)
- 1 can crushed tomatoes (28 oz.)
- 1 Tbsp. dark brown sugar
- 1 can dark red kidney beans (15.5 oz.)
- 1 can black beans (15.5 oz.)
- 2 ears corn, shucked, and kernels cut off the cob *or* 1½ cups frozen corn kernels
- 1 cup sour cream
- 1 cup grated extra-sharp Cheddar
- 1 bunch scallions, thinly sliced

Heat a large Dutch oven over medium-high. Add oil; stir in onion, mix well, and cook until onion starts getting translucent, 2–3 minutes.

Add bell pepper, garlic, and jalapeño; cook until onion becomes golden brown, 3 minutes more. Add garam masala, paprika, and salt, stir so that all the spices coat the onion, pepper, and garlic; cook 1 minute then add ground sirloin.

Using your spoon, mix and break down ground sirloin thoroughly, continuously stirring, and cook 3 minutes more. Add crushed tomatoes and brown sugar; mix well.

Add kidney beans and black beans and mix well. Lower heat to medium-low, cover Dutch oven, and cook chili 25 minutes. Remove lid, add corn and stir well, cook 3 minutes more.

Serve chili with a dollop of sour cream, Cheddar, and scallions.

Per serving: 408 cal; 18g total fat (8g sat); 64mg chol; 1129mg sodium; 40g carb (8g fiber, 11g total sugars); 25g protein



I Cook In Color is a cookbook focused on dishes from across the globe, allowing readers to take part in this flavorful journey from home. When flipping through the cookbook you will see recipes with cross-cultural flavors, colorful vegetables, and spice-forward twists. This cookbook is broken down into a variety of chapters, including colorful drinks, bright salads, luscious soups, comforting stews, vegetable and rice dishes, and main dishes from around the world, along with gorgeous desserts and sweets. Asha explains that *I Cook in Color* is about "cognizant cooking," being aware of and welcoming the vivid, color-filled world into your kitchen.





The secret to short ribs ...

braising. This long, slow cooking process uses "moist-heat" created by a little liquid and a tight-fitting lid. This "moist-heat" cooking method provides plenty of time for tough cuts, like short ribs, to absorb flavor while breaking down the connective tissues in the muscles. And when you're braising in a mouth-watering sambal oelek sauce, you know the ribs are going to be good!

Braised Sambal Oelek Short Ribs

"The recipe calls for slow cooking. I could tell you to use an Instant Pot, but then your home wouldn't smell divine all day."

Makes 8 servings
Total time: 45 minutes + braising

- 3 lb. short ribs (about 3 to 4 short ribs a pound)
- ½ cup unbleached all-purpose flour
- ¼ cup vegetable oil
- 4 shallots, peeled and cut in half lengthwise
- 6 cloves garlic, smashed
- 1 stalk lemongrass, cut into 1-inch pieces
- 4 Makrut lime leaves
- ½ cup sambal oelek
- ½ cup liquid palm sugar *or* light brown sugar
- 2 Tbsp. tomato paste
- 2 tsp. kosher salt
- Juice of 3 key limes
- 2 cups low-sodium beef broth

Preheat oven to 350°.
Pat short ribs dry with paper towels.
Place flour on a plate and dredge short ribs slightly on every side.
Heat a large Dutch oven over high; add oil. Sear short ribs in Dutch oven on all sides. Remove short ribs and set aside.
Add shallots to Dutch oven and cook until golden brown, about 2 minutes. Add garlic and brown 30 seconds. Add lemongrass, lime leaves, sambal oelek, palm sugar, tomato paste, salt, key lime juice, and broth to Dutch oven, and mix well.
Cook broth mixture over medium heat for 5 minutes. Add short ribs back to Dutch oven and mix well. Cover Dutch oven and place in the oven for about 2½ hours until meat is fork tender; serve warm.

Per serving: 290 cal; 14g total fat (4g sat); 41mg chol; 901mg sodium; 26g carb (1g fiber, 15g total sugars); 16g protein

This soup is the epitome of fall.

When cooler weather hits, so does soup season. One look at the Rainbow Chard & Kabocha Pumpkin Bean Soup, and instantly you're envisioning fall (or at least we did!). Loaded with beans, chard, and pumpkin, this soup combines so many of our favorite seasonal ingredients into one delicious pot of yum. One thing to note: When making this soup, be sure not to overcook the beans — mushy beans are not ideal here.

Rainbow Chard & Kabocha Pumpkin Bean Soup

Adding the rainbow chard off heat allows the residual heat to wilt the greens, while the stems will retain a little crunch.

Makes 6–8 servings
Total time: 1 hour

- ¼ cup olive oil
- 1 large yellow onion, diced
- 2 stalks celery, thinly sliced
- 6 cloves garlic, finely chopped
- 1 Tbsp. thyme leaves
- 6 whole green cardamom pods, crushed
- 2 tsp. white pepper
- 1 Tbsp. kosher salt
- 1 can whole peeled tomatoes (14.5 oz.)
- 4 cups low-sodium vegetable broth
- 2 cans cannellini beans (15 oz. *each*), drained
- 1 cup Kabocha pumpkin, cut into ½-inch pieces
- 4 cups chopped rainbow Swiss chard (leaves and stems)

Heat oil in a large Dutch oven over medium.
Add onion and cook until translucent, stirring occasionally, 3 minutes. Add celery and garlic, and stir for another 2 minutes.
Add thyme, cardamom, white pepper, and salt; mix well. Add tomatoes; cook until they break down, 5 minutes. Add broth and bring to a boil.
Reduce heat, add beans and pumpkin, mix well, and cook until tender, 20 minutes.
Off heat, add rainbow chard and mix well; serve immediately.

Per 1/8th serving: 181 cal; 7g total fat (1g sat); 0mg chol; 1167mg sodium; 23g carb (9g fiber, 4g total sugars); 6g protein



ASHA GOMEZ is the author of the award-winning cookbook *My Two Souths: Blending the Flavors of India into a Southern Kitchen,* published in 2016. She is passionate about her advocacy and policy work in reducing global food insecurity, working as a chef ambassador for CARE (an organization that works with renowned chefs to end global hunger), and the James Beard Foundation. Asha has used food as a way to connect people across countries and cultures, and she has seen firsthand how food and nutrition can enhance the lives of those facing poverty. She also runs a culinary studio and event space, *The Third Space,* in Atlanta. But her favorite endeavor is raising her son, Ethan, to be a world changer.

Photo by Clay Williams



WARES

CUISINE REVIEWS



SHARP FOCUS

ARE YOU ABLE TO POINT OUT WHO *ISN'T* THE SHARPEST KNIFE IN THE DRAWER? *CUISINE* EXAMINES PARING KNIVES TO TELL YOU WHICH ONE *IS* A CUT ABOVE.

If a chef's knife is the workhorse doing the big jobs in the *Cuisine* Test Kitchens, then the paring knife is the burro, getting into tight spaces with subtle maneuvering, trimming, slicing, peeling, and coring. *Cuisine* narrows down what you need to know to make informed decisions about this basic yet essential kitchen tool.

There are literally dozens of brands, multiple design lines within brands, different fabrications and materials making for hundreds of choices. Keeping that in mind, we looked at paring knives made of forged steel, with 3- to 4-inch spear-point blades, under $25, that have 5-star ratings.

Why? Forged knives are made with molded molten steel and a hammering process, while stamped knives are literally cut from steel. Forged knives are considered superior because they have confidence-inducing weight, an ergonomic grip, and are typically well balanced. Paring knives are short; anything beyond 4-inches long is considered a utility knife. Spear-point knives have a pointed tip that offers the greatest versatility, plus they perform all paring knife tasks.

One thing that most consumers love to hear but cooking professionals hate is that a knife is "dishwasher safe," so that's a con for us. Harsh detergents, hot water, and "banging about" in a dishwasher can wreak havoc with blade sharpness and handle rivets, often causing corrosion.

And, in our opinion, paying more than $25 for a paring knife (some knives are north of $40 and up to $65) is just buying prestige, not necessarily a better knife.

By way of contrast, this review is not to say that inexpensive, laser-cut knives with plastic handles are poor quality or don't have their place. Think of them as entry-level tools. Whatever the brand, it's these type of knives that are used by the majority of culinary schools. If a student screws up sharpening or accidently dumps it in the trash with the orange peels, they're not out big bucks. They most likely have high-quality stainless-steel blades that are sharp, can hold a sharp edge, and are easily honed.

OUR STAFF TESTED PARING KNIVES



HENCKELS CLASSIC QUALITY AND UNDERSTATED ELEGANCE

HENCKELS PREMIO
FEATURES | · Stainless steel · Forged bolster offers seamless transition from blade to handle · Satin-finished blade · Full tang · Triple rivets · Dishwasher safe.
PROS | · Finely honed for long-lasting sharpness · Exceptional value · Precision cutting · Nice flexibility.
CONS | · Dishwasher safe · Heavier than most.



TRUSTED BRAND-NAME BUILT FOR COMFORT AND SPEED

KITCHENAID model KKFSS3PRST
FEATURES | · Brushed high-carbon stainless steel · Forged handle and blade are one piece · Ergonomic handle · Dishwasher safe · Lifetime warranty.
PROS | · Lightweight · Cuts effortlessly · Razor sharp.
CONS | · Blade is rigid · Dishwasher safe · Designed for smaller hands · Bolster is short.



STURDY, PRACTICAL DESIGN AND GORGEOUS, TOO

DNIFO
FEATURES | · Forged Japanese high-chromium steel · Damascus-style cladding with 67 layers · Full tang · Triple rivets · Large bolster · Sharpened by hand · Military-grade handle material.
PROS | · Craftsmanship forward design · 12- to 15-degree hand-ground edge · Ergonomic handle.
CONS | · Heaviest knife of the lot · Chrome makes it the stiffest blade of the group.



BEAUTY AND PRAGMATISM IN ONE SMALL KNIFE

PAUDIN
FEATURES | · Forged German high-carbon steel · Pakkawood-grained handle · Cladded Damascus-style blade · 15-degree edge for sharpness.
PROS | · Durable · Mid-weight · Money-back guarantee · Not dishwasher safe.
CONS | · Rigid blade · Rinse blade and handle after use.

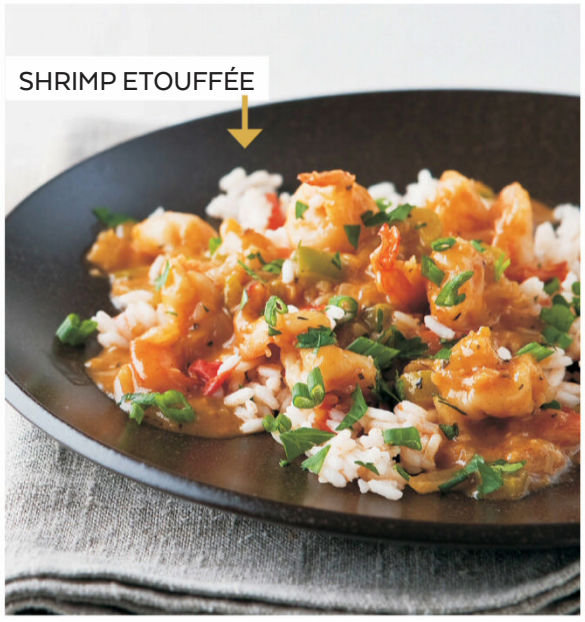
FLOUR POWER

THREE WAYS TO THICKEN SOUPS, STEWS & SAUCES WITH FLOUR

Soups, stews, and sauces are often thickened in order to add body, viscosity, texture, and mouth feel. Often this is done by using some kind of starch, typically flour, or other starches like cornstarch or arrowroot. Some other ways to thicken foods include adding puréed vegetables, butter, and cream. Here, we're detailing **three classic ways** to thicken soups, stews, and sauces with a pantry staple, flour.

roux

The most common type of thickener, a roux [ROO], is fundamental to cooking. It's a cooked mixture of (usually) equal parts fat (typically butter or oil) and flour. They're slowly cooked together, stirring constantly. There are three classic roux based on color (determined by cooking time). The less a roux is cooked, the lighter in color it will be (white or blond), and the more a roux is cooked, the darker it will be (brown). But keep in mind, the more it's cooked, the less thickening power the roux provides.



> **A white roux** is light in color and a blond roux is light golden. And a brown roux has a nutty color and flavor, but thickens the least. Once the roux is cooked, the liquid is added. Thus, a roux is typically made at the start of a recipe. Or you might cook some aromatics in some fat, then sprinkle in some flour and cook the raw taste of the flour out before adding liquid.

[CLASSIC ROUX COLORS]



beurre manie

Meaning "kneaded butter" in French, a beurre manie [burr mahn-YAY] is a thick paste of kneaded or mashed up softened butter and flour (usually in equal parts) until combined. It's typically added towards the end of cooking to finish sauces or stews.



> **Once the liquid** has been brought up to a slow boil, add small amounts of the beurre manie while vigorously whisking and constantly checking for desired consistency. Be sure to cook it for a few minutes (at least one full minute) to not only thicken but to eliminate the raw flour taste. The butter adds rich flavor and sheen to soups, stews, and sauces.

[HERE'S HOW]



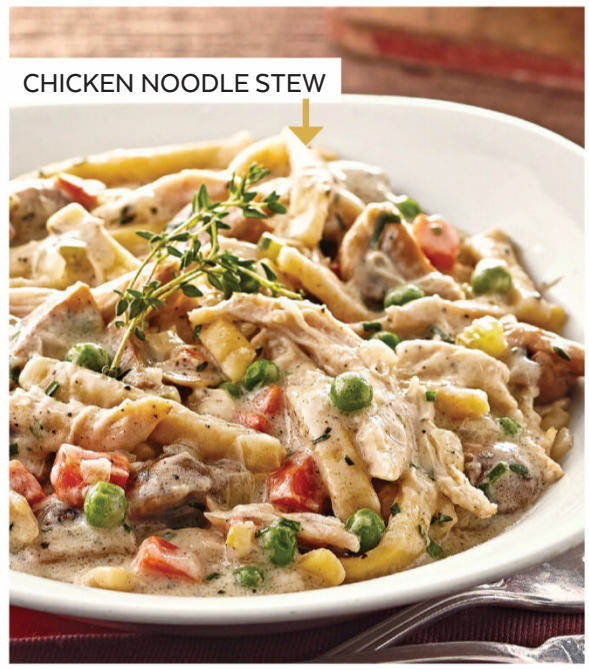
< **Simply mash** together softened butter and flour with a fork. It should feel like soft pastry dough.

> **Add small amounts** (walnut-sized chunks) of beurre manie while vigorously whisking and checking consistency.



slurry

When flour is blended with a liquid (such as water or broth), you get a thin paste, called a slurry. They can be equal parts but often are not. And slurries are frequently made with other starches, such as cornstarch, instead of flour. Like with a beurre manie, a slurry is added towards the end of cooking. After stirring in a slurry, you want to bring the liquid (stew, etc.) up to a boil. This ensures that the starchy flavor is cooked out and that the starch thickens to its optimum.



> **Slurries start to thicken** quickly (cornstarch thickens more quickly than flour), but don't stir too vigorously or cook them too long (it could thin out the sauce). As with all flour thickeners, you want to cook them at least one full minute to cook off the raw flour taste. Flour slurries will cause the sauce to become a little opaque or cloudy looking (a cornstarch slurry at first appears cloudy, then becomes clear).

[DID YOU KNOW?]



> **If you added** the starch to a sauce by itself, you run the risk of the starch lumping. By blending it with a liquid, you prevent that. Simply add the liquid to a jar (with a tight-fitting lid) first, then add the flour (this helps prevent the flour from clumping), seal the jar and shake until combined, then pour.

LOOK FOR THESE RECIPES & MORE @ **cuisineathome.com**



Fall Sippers



PUMPKIN OR APPLE ... how does one choose between two of autumn's greatest flavors? No need to pick a side this season, we're giving you four drinks to celebrate both of these seasonal favorites — two pumpkin and two apple. And since fall weather can be either chilly or warm, we've come up with two hot and two cool cocktails perfect for the season.

When that first chill sets in, ciders become the go-to drink. And our Caramel Apple Cider is a must try. This warm libation will lift your spirts and take the shivers right out of you. And given that it's pumpkin spice season, too, we'd like to introduce you to our pumpkin latte. But how can a pumpkin latte get even better? Add a little RumChata to the mix. The warm spices and cream in RumChata pair perfectly in the much-loved latte. Whether you're tailgating or enjoying the game from home, the Beermosa is an easy sipper to kick things off. And if you're a fan of white Russians, then you're going to enjoy the Highland Milk Punch. Vodka, Drambuie, Kahlúa, and cream make for a decadently delicious night cap.

CARAMEL APPLE CIDER

There are a variety of caramel-flavored boozes lining the shelves at the liquor store. If you're a whiskey fan, try this cider with a caramel whiskey instead.

Makes 5 drinks
Total time: 30 minutes

- 1/2 cup packed light brown sugar
- 1/2 cup water
- 1 cinnamon stick (3-inch)
- 4 cups pure apple juice *or* cider
- 3/4 cup caramel-flavored vodka, such as Smirnoff Kissed Caramel
- 1/2 tsp. pure vanilla extract
- Apple slices, *optional*
- Cinnamon sticks, *optional*

Heat brown sugar, water, and 1 cinnamon stick in a saucepan over medium until sugar dissolves. Off heat, cover, and let syrup steep 20 minutes.

Add apple juice and simmer cider over medium heat, 5 minutes, then discard cinnamon stick.

Off heat, stir in vodka and vanilla. Divide cider among five glasses and garnish with apple slices and cinnamon sticks.

Per drink: 256 cal; 0g total fat (0g sat); 0mg chol; 26mg sodium; 47g carb (0g fiber, 42g total sugars); 0g protein

RUMCHATA PUMPKIN LATTE

If you want to enjoy this drink sans alcohol, increase the amount of milk to 4 cups.

Makes 4 drinks
Total time: 15 minutes

- 1/2 cup canned pumpkin purée
- 1/4 cup packed light brown sugar
- 2 tsp. pumpkin pie spice
- 3 cups whole milk
- 1 cup RumChata
- 1/4 cup hot espresso *or* very strong coffee
- 1/4 cup pure vanilla extract
- Whipped cream
- Pumpkin pie spice

Heat pumpkin purée, brown sugar, and 2 tsp. pumpkin pie spice in a saucepan over medium until it thickens, about 5 minutes.
Whisk in milk and heat just until steaming.
Off heat, stir in RumChata, espresso, and vanilla, then divide lattes among four glasses.
Top lattes with whipped cream and sprinkle with pumpkin pie spice.

Per drink: 398 cal; 11g total fat (7g sat); 18mg chol; 119mg sodium; 48g carb (1g fiber, 38g total sugars); 7g protein



BEERMOSA

This cocktail comes together in a flash, and makes for a fun drink to enjoy at a tailgate.

Makes 4 drinks
Total time: 10 minutes

- 2 citrus wheat beers (12 oz. *each*), such as Blue Moon
- 1 split champagne (187 ml)
- 3/4 cup orange juice
- Orange slices, *optional*

Combine beer, champagne, and orange juice in a pitcher.
Divide cocktail among four glasses and garnish with orange slices.

Per drink: 140 cal; 0g total fat (0g sat); 0mg chol;11mg sodium; 13g carb (0g fiber, 10g total sugars); 1g protein

HIGHLAND MILK PUNCH

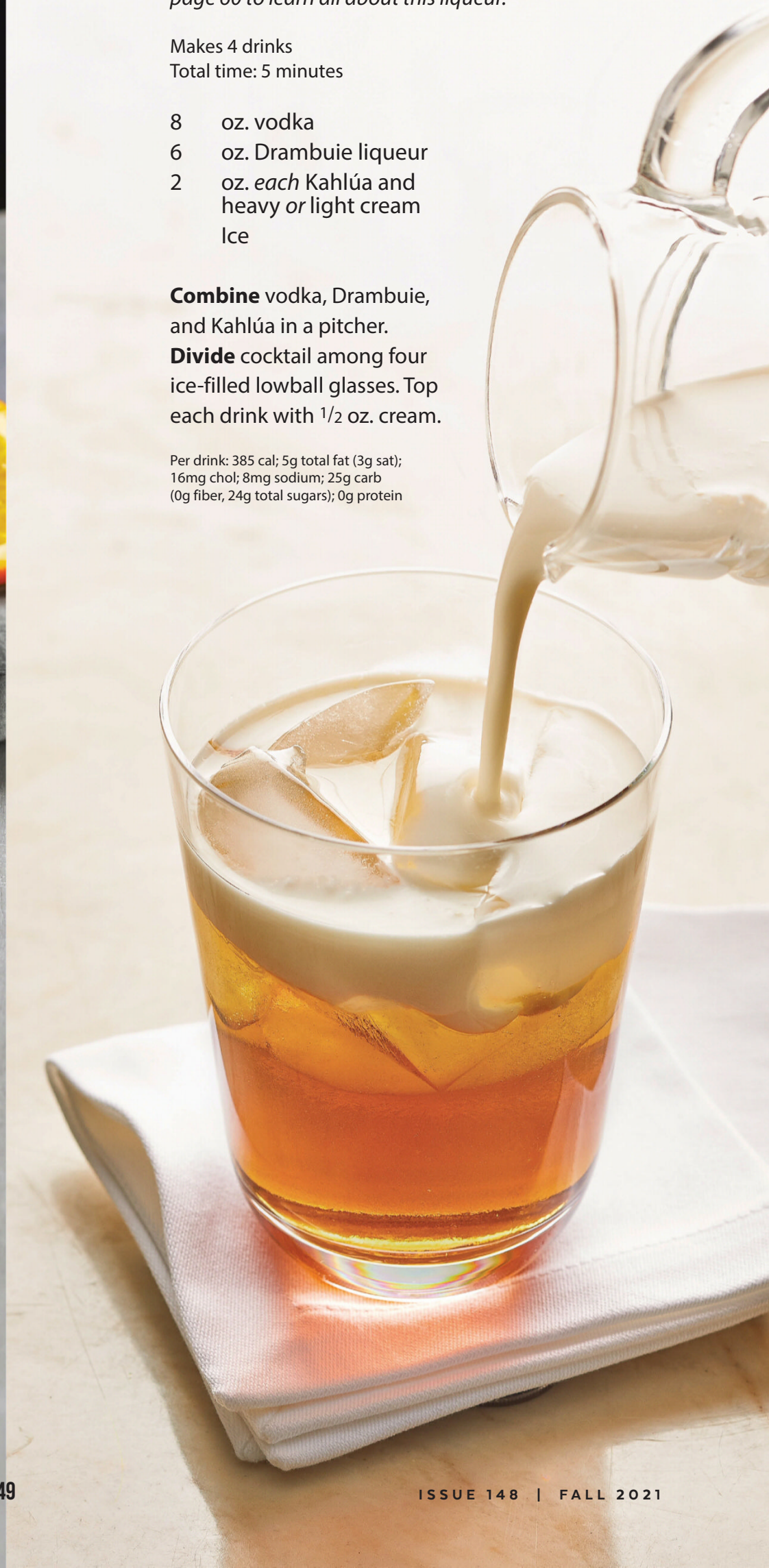
Wondering what Drambuie is? Check out page 60 to learn all about this liqueur.

Makes 4 drinks
Total time: 5 minutes

- 8 oz. vodka
- 6 oz. Drambuie liqueur
- 2 oz. *each* Kahlúa and heavy *or* light cream
- Ice

Combine vodka, Drambuie, and Kahlúa in a pitcher.
Divide cocktail among four ice-filled lowball glasses. Top each drink with 1/2 oz. cream.

Per drink: 385 cal; 5g total fat (3g sat); 16mg chol; 8mg sodium; 25g carb (0g fiber, 24g total sugars); 0g protein



ALL ABOUT WALNUTS

Fall means it's walnut harvest time. And we're highlighting the magnificent nut that's been around for thousands of years. (Fun fact — walnuts are the oldest food tree dating back to 7000 B.C.) Read on and learn all about what this nut has to offer — let's get crackin'!



Walnuts are a type of tree nut that have a hard, tough shell you have to crack to get to the delicious kernel. The most common variety of walnuts is the English walnut (aka Persian walnut). California accounts for more than 99% of walnuts produced in the United States. And internationally, California supplies roughly two-thirds of the world's walnut trade. Walnut production involves a lot of patience and time. Once a walnut sapling is planted, it takes five to seven years for it to be considered an adult tree suitable for harvesting, and it continues to produce an annual crop for 30 to 40 years.

NUTRITION

Walnuts are primarily made up of good dietary fat and protein. Did you know, they're the only nut that are an excellent source for the plant-based Omega-3 Alpha-Linolenic Acid (ALA)? In a one-ounce serving, walnuts deliver 4 grams of protein, 2.5 grams of Omega-3 ALA, and 2 grams of fiber. They're a good source of magnesium (45 grams) and antioxidants, as well as a variety of vitamins and minerals, too.

STORING

Proper storage is key for walnuts. For the freshest flavor, store walnuts in the refrigerator or freezer. If you're going to use them fairly quickly, store them in the refrigerator, but if you're not going to use them for a while, store them in the freezer. Avoid keeping walnuts in warm conditions, as this causes them to spoil. Not sure if your walnuts were stored properly? Give them the sniff test. If they smell like paint thinner, they are rancid and need to be thrown away.

TOASTING

A common question that people have is, "Does toasting/heating change the nutritional profile of walnuts?" According to walnuts.org, the nutrient profile of walnuts changes insignificantly when roasted, baked, or toasted for a short period of time — toasting enhances their flavor and is often recommended. To toast walnuts, spread them in a single layer on a baking sheet, then pop them into a 350-degree preheated oven until they smell toasty and are golden in color, about 10 minutes.



HEART-CHECK CERTIFIED When you see the Heart-Check mark on a food product, you know it's been put through a rigorous certification process and has met strict nutrition requirements. Walnuts are one of seven nuts certified by the American Heart Association's Heart-Check program and are a superb way to improve overall diet.

ONE HEART-HEALTHY SERVING EQUALS:



| 1/4 CUP |



| 1 OUNCE |



| 12-14 HALVES |

GO NUTS!

The fruit of walnut trees, walnuts, are slightly bitter in taste but they pair with so many flavors — the options are endless on ways to enjoy this heart-healthy nut. From snacks and sweets to meatballs and noodles, these recipes let the fall favorite, walnuts, shine.

Complex-flavored walnuts offer so much in the way of flavors. These recipes showcase their earthiness, fruitiness, and tartness.

WHILE AVAILABLE YEAR-ROUND, WALNUTS are in their prime right now. And given that these ancient tree nuts are not only good for you but are incredibly versatile, you might be wondering why you don't cook with them more often.

Having said that, we bet that Walnut Meatball Stroganoff is a new one for you. The earthy nuts lend bulk to and help bind the meatballs, while adding luxuriousness to the sauce. Who'd have thought this popular Russian comfort food could be so weeknight friendly?! And, if you make the meatballs ahead, you can get this dish on the table even faster than if you were to dial for dinner.

When it comes to snacking, look no further than the Korean Spiced Walnuts. A little sweet and a little spicy (thanks to Korean red chile pepper flakes known as gochugaru), you'll find yourself eating one handful after another. They're totally addictive — don't say we didn't warn you, and that goes double for the Baklava Tartlets. They're so cute and perfectly poppable, it's hard to resist the sweet, syrupy, nutty bites. The tartlets are so easy to make, too.

For a fall dessert with a little ta-da, the Walnut-Apple Torte is as pretty as it is tasty. Ground walnuts serve as part of the "flour" while chopped walnuts and apples adorn the top. Yes, please!

WALNUT MEATBALL STROGANOFF with egg noodles

For a make-ahead option, make the meatballs the day before, then bake them when you're ready to make the sauce.

Makes 6 servings
Total time: 1 hour

- 3 Tbsp. olive oil, divided
- 1 1/4 cups diced onions, divided
- 1 tsp. minced garlic
- 6 oz. ground sirloin
- 8 oz. walnuts (about 2 cups), ground and divided
- 1/4 cup dry bread crumbs
- 1 Tbsp. minced parsley
- 1 tsp. paprika, divided
- 1/2 tsp. *each* kosher salt and black pepper
- 1 egg, beaten
- 1 cup sliced button mushrooms
- 1/4 tsp. cayenne pepper
- 1/4 cup dry sherry
- 1 Tbsp. all-purpose flour
- 2 cups low-sodium beef broth
- 1 Tbsp. coarse-grain mustard
- 2 tsp. lemon juice
- 9 oz. egg noodles
- 1/2 cup sour cream
- 1 Tbsp. chopped dill
- Chopped parsley, *optional*

Preheat oven to 400°. Coat a baking sheet with nonstick spray.
Heat 1 Tbsp. oil in a skillet over medium; add 1/4 cup onion and cook until softened, about 3 minutes. Add garlic and cook until fragrant, 1 minute.
Combine onion mixture, sirloin, 1/2 cup walnuts, bread crumbs, minced parsley, 1/2 tsp. paprika, 1/2 tsp. salt, 1/2 tsp. black pepper; stir in egg.
Form sirloin mixture into 1-inch meatballs using a #40 scoop (1 1/2 Tbsp.); place on prepared baking sheet. Bake meatballs until fully cooked, about 10 minutes.
Meanwhile, sauté mushrooms in 1 Tbsp. oil in a sauté pan over medium-high heat until brown, about 5 minutes; transfer to a plate.
Add remaining 1 Tbsp. oil, 1 1/2 cups walnuts, 1 cup onions, and 1/2 tsp. paprika, and cayenne; sauté until onions soften, about 5 minutes.
Deglaze pan with sherry, scraping up any brown bits; simmer until liquid is nearly evaporated. Stir in flour, then whisk in broth. Add mustard and lemon juice; simmer until thick, 8–10 minutes. Stir in mushrooms and meatballs; cook until meatballs are heated through, then season sauce with salt and black pepper.
Meanwhile, cook noodles in a pot of boiling salted water according to package directions; drain.
Combine sour cream and dill.
Serve stroganoff over noodles with a dollop of dill-sour cream and chopped parsley.

Per serving: 626 cal; 40g total fat (7g sat); 112mg chol; 343mg sodium; 44g carb (5g fiber, 6g total sugars); 22g protein

To grind the walnuts, pulse them in a food processor just until fine. But keep an eye on them so they don't turn into a paste.



KOREAN SPICED WALNUTS with dried apricots & cherries

Store cooled fruit and nut mixture in an airtight container for up to two weeks.

Makes 4 cups
Total time: 30 minutes + cooling

WHISK:

- 3 Tbsp. light brown sugar
- 2 Tbsp. gochugaru
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. toasted sesame oil
- 2 tsp. Worcestershire sauce
- 1 tsp. ground ginger
- 1/2 tsp. granulated garlic

STIR IN:

- 10 oz. walnut halves & pieces (2 1/2 cups)
- 4 oz. dried apricots, quartered lengthwise (about 3/4 cup)
- 3.5 oz. dried cherries (about 3/4 cup)

Preheat oven to 350°. Line a baking sheet with foil and coat with nonstick spray.
Whisk together brown sugar, gochugaru, soy sauce, oil, Worcestershire sauce, ginger, and garlic.
Stir in walnuts, apricots, and cherries until evenly coated. Spread fruit and nut mixture in an even layer on prepared baking sheet; bake until fragrant and nuts golden brown, 15–20 minutes, tossing occasionally. Let fruit and nut mixture cool completely on baking sheet.

Per 1/4 cup: 199 cal; 13g total fat (1g sat); 1mg chol; 128mg sodium; 20g carb (4g fiber, 12g total sugars); 6g protein





BAKLAVA TARTLETS

Save yourself a little time by lining your baking sheet with parchment; the parchment catches the syrup drips, leaving only the clean rack. And don't toss that extra syrup; it's great in cocktails or to sweeten tea.

Makes 15 tartlets
Total time: 1 hour + resting

SIMMER:

- 3/4 cup honey
- 1/3 cup water
- 1/4 cup sugar
- 2 Tbsp. orange juice
- 4 whole green cardamom pods, smashed, *optional*
- 1 cinnamon stick (2–3 inches)
- 1/8 tsp. salt
- 1 Tbsp. lemon juice
- 1/2 tsp. orange zest

DIP:

- 1 pkg. phyllo tart shells (1.9 oz.)
- 1/2 cup finely chopped toasted walnuts
- 1/4 cup finely chopped pistachios

Simmer honey, water, sugar, orange juice, cardamom, cinnamon stick, and salt in a saucepan over medium heat until syrup reaches 235°.
Off heat, stir in lemon juice and zest. Cool syrup completely, then strain and discard solids.
Dip phyllo shells into cooled syrup to coat, letting excess drip off; transfer shells to a rack set in a baking sheet.
Combine walnuts and pistachios; stir in 3 Tbsp. syrup until nuts are completely coated. Divide nut mixture among shells; let set 1 hour before serving.

Per tartlet: 113 cal; 4g total fat (0g sat); 0mg chol; 43mg sodium; 19g carb (0g fiber, 16g total sugars); 2g protein

WALNUT-APPLE TORTE

After quartering apples, slice and toss them in lemon juice, but keep each sliced quarter as a group to make it easy when arranging them on top of the torte.

Makes 8 servings
Total time: 45 minutes
+ baking & cooling

PROCESS:

- 3 oz. walnuts (3/4 cup), toasted
- 3/4 cup granulated sugar

ADD:

- 1/2 cup all-purpose flour
- 1 tsp. apple pie spice
- 1/2 tsp. baking powder
- 1/4 tsp. table salt
- 6 Tbsp. unsalted butter, cut into pieces
- 2 eggs, beaten
- 1 tsp. pure vanilla extract
- 1 tsp. minced lemon zest
- 2 Pink Lady apples (12 oz.) peeled, cored, and sliced
- 2 Tbsp. lemon juice
- 3 Tbsp. chopped walnuts

MEANWHILE, WHISK:

- 1/2 cup apple jelly
- 1/4 cup brandy
- 2 Tbsp. light brown sugar
- 1/2 tsp. apple pie spice
- 1/2 cup heavy cream
- 1 Tbsp. powdered sugar
- 1/4 tsp. pure vanilla extract
- Powdered sugar

Preheat oven to 350°. Coat a 9-inch springform pan with butter and flour.

Process 3 oz. toasted walnuts and granulated sugar in a food processor until nuts are finely ground but not pasty.

Add flour, 1 tsp. apple pie spice, baking powder, and salt; pulse to combine. Add butter and pulse until mixture resembles coarse sand, about 10 seconds. Add eggs, 1 tsp. vanilla, and zest; process until smooth, 10 seconds. Transfer batter to prepared pan; spread evenly and smooth surface.

Toss sliced apple quarters in lemon juice; arrange on dough in a flower pattern and place 3 Tbsp. chopped walnuts in center.

Bake torte until golden brown and a toothpick inserted into center comes out with few crumbs, 40–45 minutes.

Run a knife around edge of pan to loosen torte; let cool in pan on a rack until room temperature, 30–60 minutes.

Meanwhile, whisk jelly, brandy, brown sugar, and 1/2 tsp. apple pie spice in a saucepan over medium-high heat until sauce is thick and syrupy, about 10 minutes. Whip heavy cream, 1 Tbsp. powdered sugar, and 1/4 tsp. vanilla with an electric mixer until soft peaks form.

Remove torte from pan, dust with powdered sugar; serve with sauce and whipped cream.

Per serving: 438 cal; 24g total fat (10g sat); 86mg chol; 131mg sodium; 50g carb (2g fiber, 40g total sugars); 5g protein



Fast Fall Meals

These seasonal recipes not only answer the question, "What's for dinner?" They also deliver an abundance of flavor and come together quickly. Win-win-win!



CAJUN SHRIMP PASTA

The heat level builds slightly, but if you like your food a tad spicy, add 1 tsp. Cajun seasoning to the sauce.

Makes 4 servings (6 cups)
Total time: 30 minutes

8	oz. farfalle
1	lb. medium shrimp, peeled, deveined, and tails removed
3 1/2	tsp. Cajun seasoning, divided
	Salt and black pepper
2	Tbsp. olive oil
1	Tbsp. minced garlic
1/4	cup dry vermouth
1 3/4	cups heavy cream
1	cup grated Parmesan
1	cup seeded and diced tomatoes
1/4	cup chopped parsley
1	Tbsp. lemon juice

Cook farfalle in a pot of boiling salted water according to package directions. Reserve 1/2 cup pasta water, then drain farfalle.
Toss shrimp with 3 tsp. Cajun seasoning, salt, and pepper.
Heat oil in a sauté pan over medium-high. Add shrimp and cook until golden and opaque, 4–5 minutes; transfer to a plate. Add garlic; cook until fragrant, 30 seconds. Deglaze pan with vermouth, scraping up any brown bits; cook until nearly evaporated. Reduce heat to medium.
Stir in cream and remaining 1/2 tsp. Cajun seasoning; bring to a simmer. Reduce heat to low; stir in Parmesan and simmer sauce, stirring occasionally, until thickened, 3–5 minutes. Stir in farfalle, shrimp, tomatoes, parsley, and lemon juice until combined; season with salt and pepper. Add pasta water to sauce to reach desired consistency.

Per serving: 896 cal; 57g total fat (32g sat); 292mg chol; 1921mg sodium; 51g carb (4g fiber, 6g total sugars); 38g protein

CHICKEN SAUSAGE HASH WITH BRUSSELS SPROUTS & APPLE

This dish epitomizes fall in a skillet — sausage, potatoes, sprouts, and apples unite with vinegar, mustard, and thyme for a flavor explosion.

Makes 4 servings (about 8 cups)
Total time: 30 minutes

- 3 Tbsp. vegetable oil, divided
- 1 lb. red-skinned potatoes, diced
- Salt and black pepper
- 3/4 cup chopped onion
- 1 pkg. chicken-apple sausages (12–14 oz.), such as Aidells, cut into 1/4-inch-thick slices
- 3 cups thinly sliced Brussels sprouts
- 1 large red apple, diced
- 1 Tbsp. minced garlic
- 3 Tbsp. cider vinegar
- 2 Tbsp. chopped thyme
- 2 Tbsp. coarse-ground mustard

Heat 2 Tbsp. oil in a cast-iron skillet over medium-high. Add potatoes, season with salt and pepper, and cook, stirring occasionally, until nearly tender, about 10 minutes. Stir in onion and cook until softened, 3–5 minutes; transfer potatoes and onion to a plate. Reduce heat to medium.
Add remaining 1 Tbsp. oil to skillet; add sausages and cook until lightly browned, 4–6 minutes.
Stir potatoes, onion, sprouts, apple, and garlic into skillet; cook, stirring frequently, until vegetables soften, 3–4 minutes.
Whisk together vinegar, thyme, and mustard; stir into skillet. Season hash with salt and pepper.

Per serving: 425 cal; 23g total fat (5g sat); 75mg chol; 726mg sodium; 40g carb (8g fiber, 13g total sugars); 18g protein

CHICKEN & WHITE BEAN SOUTHWESTERN SOUP

Whether you think of this as a straight-up soup, a brothy chili, or dare we say a stoop, this is one soul-satisfying meal.

Makes 6 servings (12 cups)
Total time: 30 minutes

- 2 Tbsp. olive oil
- 2 poblano chiles, ribs and seeds removed, chopped
- 1 large white onion, diced
- 2 Tbsp. minced garlic
- 1 chipotle in adobo sauce, chopped
- 1 Tbsp. chili powder
- 4 cups low-sodium chicken broth
- 4 cups cooked chicken, shredded into large pieces
- 3 cans cannellini beans (15.5 oz. *each*), divided
- 1/2 cup chopped cilantro
- Juice of 1 lime
- Salt and black pepper

Heat oil in a pot over medium-high. Add poblanos, onion, garlic, chipotle, and chili powder; cook until poblanos and onion soften, about 2 minutes.
Stir in broth, chicken, and 2 cans beans. Coarsely mash remaining 1 can beans; stir into soup.
Bring soup to a boil, reduce heat to low, and simmer, stirring occasionally, 10 minutes.
Stir in cilantro and lime juice; season soup with salt and pepper.

Per serving: 389 cal; 8g total fat (2g sat); 79mg chol; 654mg sodium; 35g carb (15g fiber, 14g total sugars); 41g protein



SWEET POTATO & CAULIFLOWER SOUP

For a soup topper, toss a few cauliflower and sweet potato chunks with oil, season with salt and pepper, then roast in a 425° oven until crisp-tender and beginning to brown.

Makes 6 servings (8 cups)
Total time: 30 minutes

- 2 Tbsp. olive oil
- 1 cup diced onions
- 1 Tbsp. turmeric
- 1 Tbsp. minced garlic
- 1 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 3 cups small cauliflower florets
- 3 cups peeled and diced sweet potatoes
- 1 cup peeled and diced carrots
- 4 cups low-sodium vegetable broth, divided
- 1 can coconut milk (15 oz.)
- 1/3 cup orange juice
- Salt and black pepper to taste

Heat oil in a pot over medium-high. Add onions, turmeric, garlic, ginger, and cinnamon; cook until onions begin to soften, 1–2 minutes. Stir in cauliflower, sweet potatoes, carrots, and 1/2 cup broth; cook, stirring often, until beginning to soften, about 5 minutes.

Stir remaining 3 1/2 cups broth into pot, cover, and bring soup to a boil. Reduce heat to medium-low and simmer soup until cauliflower and sweet potatoes are fork-tender, about 10 minutes. Stir in coconut milk and orange juice.

Off heat, purée soup using a handheld or standard blender (in batches). Season soup with salt and pepper.

Per serving: 168 cal; 6g total fat (2g sat); 0mg chol; 177mg sodium; 26g carb (5g fiber, 8g total sugars); 3g protein

ASK

THE EDITORS



What is Drambuie, and what does the name mean?

Michael Richards, Freehold, NJ

Drambuie is a Scotch-based liqueur, and it's name derives from Gaelic, meaning "the drink that satisfies." As the story goes, Bonnie Prince Charlie shared his secret recipe for his personal liqueur as a thank you to the clan that helped him escape the British Isles after the defeat at the Battle of Culloden in 1746. Although the exact recipe is still a secret (today it's said only three people know the recipe), Drambuie is known to be made from Scotch, Scottish heather honey, and herbs and spices. It has a deep golden color, and it's said to have sweet-spicy, herbal-whiskey flavor with orange, cinnamon, and licorice overtones. And unlike the honey we're used to in the U.S., heather honey adds a warm, woodsy, hay-like, toasty caramel flavor.



TRY THIS >> Miso Butterscotch Sauce
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TELL ME MORE: Miso

A staple in Japanese cuisine, miso is a fermented soybean paste that originated in China as a way to preserve quick-to-spoil soybeans. It's made from a mash of cooked soybeans, salt, a natural mold culture called koji, and sometimes grains, usually rice or barley. The mixture is left to ferment from six months to three years. Miso's color, flavor, and texture are influenced by the length it's aged (fermented), the type of grain (if any), and the proportion of ingredients. There are two broad categories of miso: light and dark. The mellowest, most delicate-tasting, slightly sweet misos have been aged less and are also the lightest in color (white or yellow). Dark (red and brown) misos are made with more salt and are fermented longer, yielding a stronger-flavored, umami-rich paste. Miso is packed with protein and B vitamins. It's typically found in refrigerated sections of grocery stores.

DO YOU HAVE A QUESTION FOR CUISINE AT HOME MAGAZINE?

If you're mystified by a cooking term, procedure, or technique, we're here to help. To submit your cooking question for possible publication, contact us through our email address, **CuisineAtHome@CuisineAtHome.com,** or via postal mail at:
Cuisine at Home
Ask The Editors
2143 Grand Avenue
Des Moines, IA 50312

Please include your name, address, email, and a daytime phone number.

Why do recipes always call for crushing cardamom pods?

Hannah Grace Schuman, Muscatine, IA

Known as the queen of spices, cardamom is related to ginger. It comes in white, green, and black varieties, the former being a bleached version of green cardamom. Known as true cardamom, green cardamom's warm, spicy-sweet herbal flavor is the one most associated with the spice. Black cardamom is menthol and smoky. While you can find ground cardamom, it loses its potency quickly, so buying whole pods is recommended. The dried pods, which contain tiny seeds, have little flavor on their own, thus by crushing them, you expose the aromatic seeds contained within the pods. The crushed pods can be added to dishes, then removed, or you can grind your own by crushing the pods then pulverizing the seeds in a mortal and pestle or a spice grinder.



DID YOU KNOW…

the mortar and pestle dates back 50,000–100,000 years ago? Comprised of a sturdy bowl (mortar) and a heavy club (pestle), unlike food processors and blenders, a mortal and pestle actually crushes, so it's perfect for grinding or crushing spices, among other things.



What is cauliflower rice? Can I buy it in a package or is it something I must make?

Muriel N. Kroening, Berlin, WI

Cauliflower "rice" are small couscous-like "grains" made from cauliflower. With the wave of carb-free and low-carb diets, vegetable-based carb substitutes are more popular than ever, and you can now buy it in the produce or freezer sections of many grocery stores. Or you can simply cut a head of cauliflower into florets, then buzz it up in a food processor or grate it on a box grater into "rice." Remember, it's not starchy like rice so it doesn't cook up the same. We like to sauté it and have even transformed it into a grain-free "risotto."


CHOCOLATE GANACHE EDGE
CHOCOLATE CURLS
PUMPKIN MOUSSE
CHOCOLATE GÉNOISE CAKE

Pumpkin + chocolate ... KEEP TALKING

If you're a fan of pumpkin and chocolate, this cake is for you! The light and airy chocolate génoise is smothered under a decadently rich, yet light, pumpkin mousse, making for a swoon-worthy dessert.

With this dessert, you can have some cake and mousse, too! The ethereal combination is probably unlike any you've ever had. Rich in flavor, but light as air, this dessert will keep you coming back for more.

Even though the name is French, génoise is actually an Italian creation from Genoa. And the secret is in the eggs along with a few key steps that contribute volume. First, beat the eggs till they have tripled in volume and are the consistency of light whipped cream — no leaveners here! Then whisk in the flour just to incorporate, making sure to scoop the batter from the bottom of the bowl (pockets of flour hide down there) and fold it onto the top, rotating the bowl as you go. And lastly, stir one cup of batter into your melted butter. If you add the melted butter to the bowl of batter, it would take a lot of stirring to fully incorporate, causing the batter to deflate.

And let's not forget about the mousse. Rich pumpkin flavor, with just the right amount of spice — the mousse is what seals the deal (literally!). Now the fun part: assembling — a springform pan is your friend here thanks to the removable sides. Simply layer in the cake halves and top with some creamy pumpkin mousse, then after a few hours in the refrigerator or overnight (if you can wait that long) you're on your way to chocolate pumpkin bliss.

Chocolate-Pumpkin Mousse Cake
with chocolate ganache

This recipe uses an entire 15-ounce can of pure pumpkin purée. Don't be confused with pumpkin pie filling, which has spices added.

Makes 10 servings
Total time: 45 minutes + chilling

- 2 1/2 tsp. unsweetened gelatin (1 pkt.)
- 2 Tbsp. cold water
- 1 can pumpkin purée (15 oz.), divided
- 3/4 cup granulated sugar
- 1/4 tsp. table salt
- 2 Tbsp. dark rum
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. freshly grated nutmeg
- 1/4 tsp. ground cloves
- 2 cups heavy cream, divided
- 1 recipe Chocolate Génoise, *page 65*
- 2 oz. semisweet chocolate, finely chopped
- Chocolate curls

Sprinkle gelatin over water in a bowl; stir and let soften, about 3 minutes.

Combine 1/2 cup pumpkin, sugar, and salt in a saucepan over medium heat, stirring until sugar dissolves. Off heat, stir in gelatin and let cool to room temperature.

Whisk together remaining pumpkin, rum, cinnamon, ginger, nutmeg, and cloves; whisk in gelatin mixture.

Whip 1 2/3 cups cream to soft peaks. Fold one-third of whipped cream into pumpkin mixture, then fold in remaining whipped cream for the mousse.

Place one halved cake layer, cut side up, in bottom of a 9-inch springform pan; spread half the mousse over top. Trim 1/2-inch from outside edge of remaining halved cake layer. Arrange remaining cake half cut side down, on top of mousse; spread remaining mousse evenly over top, filling in edge around cake, and smooth top. Refrigerate cake until set, at least 4 hours or overnight.

Carefully run a knife around edge of cake, remove sides of pan, and smooth sides of mousse with an offset spatula.

Combine chocolate and remaining 1/3 cup cream in a glass measuring cup with a pour spout; microwave until chocolate is melted, stirring every 10 seconds, then cool ganache slightly. Pour ganache around edge of cake, allowing some to drip down sides. Sprinkle top of cake with cocoa powder and curls.

Per serving: 371 cal; 24g total fat (14g sat); 135mg chol; 132mg sodium; 36g carb (3g fiber, 25g total sugars); 7g protein

The magic's in the eggs.

Since there are no leaveners in this cake, génoise relies solely on eggs for height. And to keep air in the batter, use a whisk to properly fold in the flour — it incorporates the flour more thoroughly than a spatula.

Test Kitchen Tips



1. The pumpkin mixture should be hot to dissolve the gelatin, but do this off heat so the mixture won't curdle.

2. The eggs should fall into the bowl in a ribbon that rests on the surface for about 10 seconds. If not, beat a bit longer.



Chocolate Génoise

Génoise [zhayn-WAHZ] is a spongy and eggy cake.

Makes one 9-inch cake
Total time: 45 minutes + cooling

- 3/4 cup cake flour
- 1/4 cup unsweetened cocoa powder
- 1/2 cup granulated sugar, divided
- 1/8 tsp. table salt
- 4 eggs, room temperature
- 1 tsp. pure vanilla extract
- 2 Tbsp. unsalted butter, melted

Preheat oven to 350°. Line bottom of a 9-inch round cake pan with parchment.
Sift together flour, cocoa, 1 Tbsp. sugar, and salt.
Beat eggs and remaining 7 Tbsp. sugar in the bowl of a stand mixer, by hand with the whisk attachment until blended. Secure bowl and whisk attachment in place; whip egg mixture on medium speed until pale, triples in volume, and forms ribbons, 8–10 minutes. Add vanilla during last few minutes of whipping. Detach bowl from mixer.
Fold flour mixture into batter in two additions with a whisk, stopping as soon as it's incorporated. Fold about 1 cup of batter into bowl of melted butter, then gently fold butter mixture into batter.
Pour batter into prepared pan and bake until center springs back when gently pressed, 18–22 minutes. Transfer cake to a rack and let cool completely. Run a knife around edge of pan, then turn onto work surface. Halve cake horizontally.

Per serving: 116 cal; 5g total fat (2g sat); 81mg chol; 58mg sodium; 17g carb (1g fiber, 7g total sugars); 4g protein



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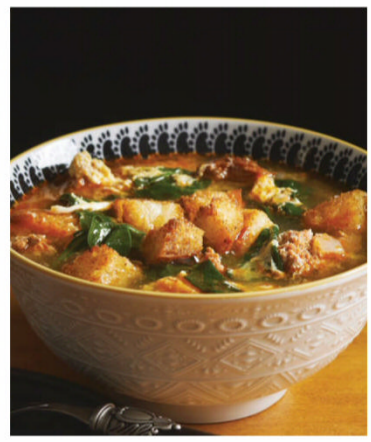
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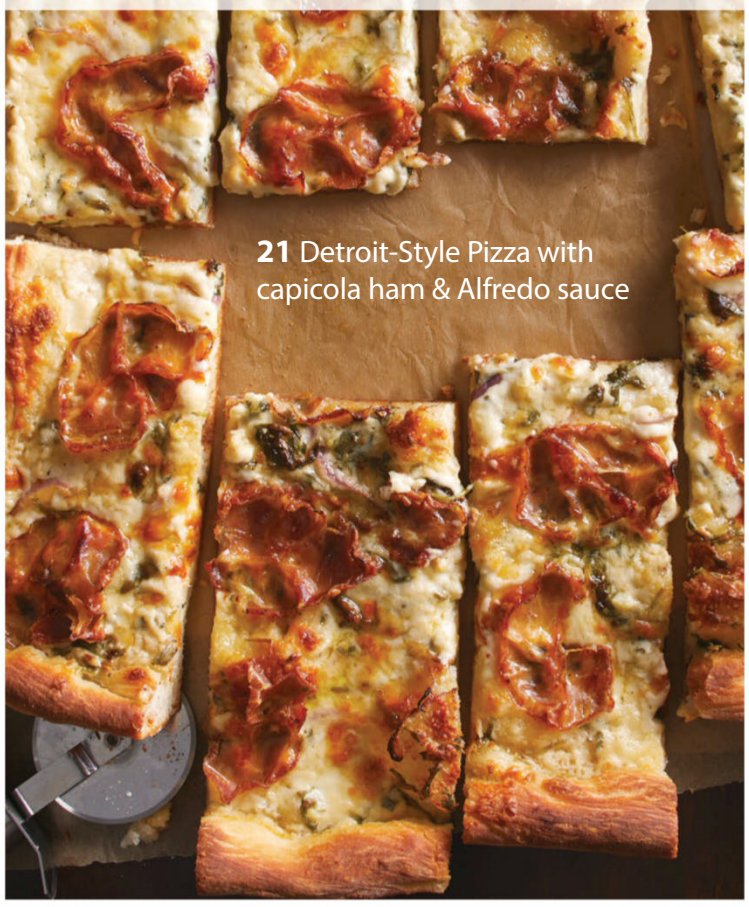


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STAFF FAVORITE After just one bite of this pizza we all "got" what Detroit-style pizza is all about ... and let's just say, there were no leftovers post photo shoot!



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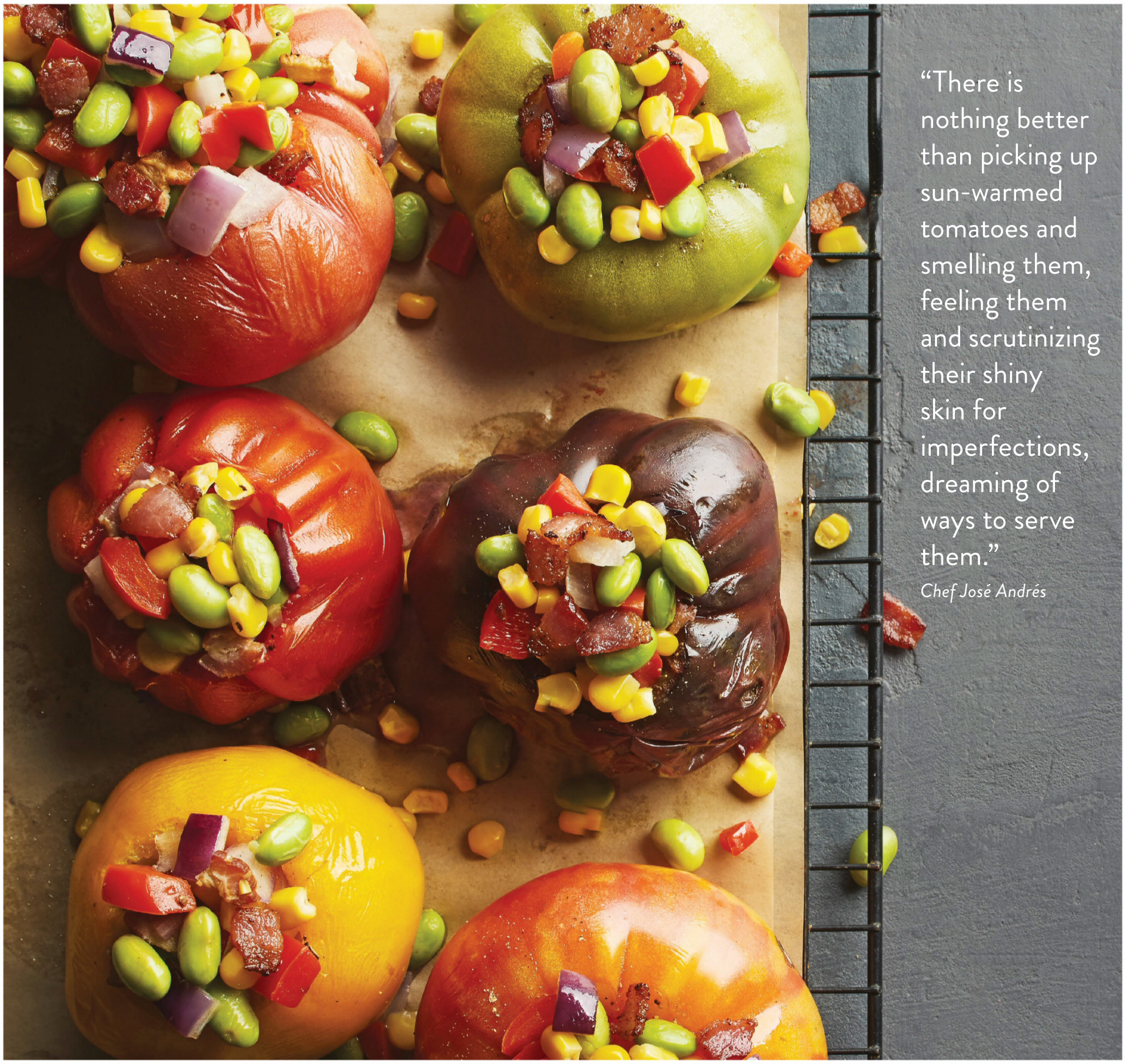


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"There is nothing better than picking up sun-warmed tomatoes and smelling them, feeling them and scrutinizing their shiny skin for imperfections, dreaming of ways to serve them."

Chef José Andrés

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