

Step Inside Our 2014 Idea House

Sunset

THANKSGIVING!
PIE SECRETS
FROM
TOP CHEFS
P. 82

OUR
FAVORITE

FALL DAY TRIPS

**COASTAL WALKS,
MOUNTAIN HIKES, AND
DESERT GETAWAYS**

BE HERE NOW
Heisler Park, Laguna Beach

+

**Gardens
Inspired by
Native
Landscapes**

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November



Portland chef Kir Jensen mixes pecans with hazelnuts and adds bourbon because... why not?

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By Elaine Johnson

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GF: Gluten-free; LC: Low calorie;
LS: Low sodium; V: Vegetarian;
VG: Vegan

Our full guide to nutrition, ingredients, and techniques: sunset.com/cookingguide.

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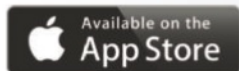


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THE CARING CROWD



Hint to my Thanksgiving guests this year: Bring one of these sides (recipes start on page 92).

THANKSGIVING WAS my favorite holiday long before my friends started doing “gratitude challenges” on Facebook. What’s not to love? Carbo-loading amid expressions of heartfelt affection, and more pie, please! As a formula for a holiday, this is perfection.

And when the feast is crowdsourced (see our game plan on page 91), it’s somehow even more perfect. I’m thinking of a Thanksgiving celebration in my own life that was deeply meaningful precisely because it was such a group effort. We hadn’t actually planned a potluck. In fact, we planned to really put on a show. I’d unearthed my great-grandmother’s wedding china. I polished the silver (feeling a bit chagrined about the mismatched spoons). My husband—the skilled and enthusiastic cook in our marriage—took charge of an ambitious menu. Then two days before the big event, we got one of those awful family-emergency phone calls that require you to upend your plans and jump on the next plane. I hugged the cook close and he left. I could hardly cancel the dinner—but I knew I couldn’t handle meal prep *and* a family crisis all at once.

You know how this story goes; I’m sure your friends are just like mine. Every one of our 13 guests took on a part of the meal. The food was divine (certainly better than what I could have come up with alone!). But what I remember most was being in the caring embrace of my crowd at a time when our family really needed it.

We’ve taken the lessons of that fateful holiday and incorporated them into our celebrations since. When people offer to bring a dish, we say yes; when out-of-towners get added to the party, we say bring ‘em. Matching spoons don’t matter. Togetherness—in times good and not-so—does. Here’s wishing you and yours a Thanksgiving full of love, however and wherever you spend it.

PEGGY NORTHROP, EDITOR-IN-CHIEF

[@Peggy_Sunset](https://twitter.com/Peggy_Sunset) | readerletters@sunset.com



FROM OUR FACEBOOK FANS
What’s your favorite Thanksgiving tradition?

I just got married and we are starting a nontraditional tradition—we’ll be going camping! Think pitching a tent, building a campfire, and grilling our Thanksgiving Day feast.
—Beth Townsend

Many of us in San Diego are from other states, without family here. We meet early and make soup and hundreds of sandwiches, then drive to areas where there are homeless shelters. This will be our fourth year; we get a bigger group of friends each year for our sandwich runs.
—Dm Shade

Our family always goes to Disneyland. Some of us live in California and some in New York and New Jersey. It’s something that everyone looks forward to—regardless of their ages.
—Ruth-Ellen Amen

We start with a group hike to the beach in the Marin Headlands. Last year, about 75 neighbors and friends made the trek. Our kids and dogs get to play for a bit before we hike back and get ready to cook.
—Jennifer Williams Moore

Every Thanksgiving when my kids get up, one by one each gives me a hug. The oldest is 16 and he still does this. I hesitate to call it a tradition because I don’t know if they realize they do it and I don’t want to jinx it!
—Jeannine Reese Gabel

TAKE A TOUR—ONLINE OR ON FOOT



One of the best parts of my job is meeting Silicon Valley entrepreneurs who see *Sunset* as a great venue for their big ideas. One of those ideas comes to life this month: an interactive video tour of our Manhattan Beach Idea House. Wander the house at your own pace, zoom in on details, search for specific features, and even shop. Check it out at sunset.com/ideahouse tour.

Fancy a different kind of tour? A lucky reader will get to follow in senior editor Nino Padova’s footsteps on Mexico’s Tequila Trail (page 74), courtesy of Spirit of Jalisco. Enter at liquor.com/mexico.



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BEST OF THE WEST

WHAT WE'RE TRACKING THIS MONTH



BEST
IDEA TO
STEAL

One for the yard

A couple of years back, in its holiday catalog, Neiman Marcus offered a teardrop trailer turned bar for a cool \$150K. (Which *did* include four cases of Bulleit bourbon and rye, plus a high-end sound system.) Or you could do what Ally Long of Venice, California, did: Convert a 1954 Boles Aero camper into your own mobile party. Figure on investing anywhere from a few hundred dollars to a few thousand on the trailer itself. Long's cost about \$1,500, but having professionals fix it up with antique fittings and a real leather banquette ran up the tab—"I probably spent more than I should have," she says ruefully. (She's recouping the cost by renting hers out for events; yourlittlelocal.com.) If you're handy, though, and enjoy rummaging in recycled-building-supply yards, you needn't break the bank.

PRO TIP: Check rvtrader.com for suitable candidates, and limit your search to (relatively rust-free!) desert states.

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At last, everything you need for the bearded lifestyle—scissors, beard oil, stubble softener—all brought to you by the fine tufted folk at Beardbrand. There’s a propaganda section too, selling decals, suspenders, even a T-shirt with inch marks (to measure your beard against, of course). The only surprise is that the website is based in Spokane and not, say, Portland. beardbrand.com.



BEST "ONLY IN THE WEST"

That woody note

First it was fir cropping up in your cocktails; now it’s cedar. Wolf in the Fog, a new restaurant in Tofino, B.C., makes a sour using cedar-infused rye. Timber City Ginger Beer, which sells its wares at Seattle farmers’ markets, produces a peach-cedar version. Cedar bitters have been spotted in Tacoma (Smoke + Cedar), and cedar-infused Campari in Portland (Woodsmen Tavern). What’s next—redwood-scented ice cubes?



BEST NEW LANDMARK

PEAK EXPERIENCE

As of May 2014, New Mexico has a new national monument: Organ Mountains–Desert Peaks. Looks pretty, but what is there to do? Here’s what we found out: The four units of the nearly 500,000-acre preserve ring Las Cruces, so that’s your base. DreamCatcher Inn de Las Cruces, northeast of town, is small but choice. Drop by downtown’s Southwest Environmental Center, buy a copy of their *Day Hikes and Nature Walks* guide, and hit the trailhead. (Insider’s pick: the Pine Tree Trail at Aguirre Springs.)

DreamCatcher: From \$115; dreamcatcherinn.com. Guide: \$13; wildmesquite.org.



BEST USE FOR A BORING BOOK

PAPER CHASE

Maybe it’s penance for what Lisa Occhipinti has proposed doing with books in the past—carving them into interesting shapes, making mobiles out of them, pretty much anything besides reading them—but the first three-quarters of her latest book, *Novel Living* (Abrams, 2014; \$25), is devoted to preserving, restoring, and displaying the printed page instead of relegating it to arts-and-crafts period. It’s only in the final chapter that the artist, based in Venice, California, gets out the scissors again. And we have to admit, she’s got some good ideas there, especially this one (left). Okay, Lisa, all is forgiven.

BEST TASTE OF THE NORTHWEST



“Fate lives on the highest shelves of storerooms, in the back corners of refrigerators, at the market, and on delivery trucks with the wrong paperwork. Fate shows her hand when we purchase too much produce, need to use something up quickly, or unearth a bin of brined vegetables from the previous year.”



BEST COOKBOOK READ

From *Bar Tartine: Techniques & Recipes*, by the co-chefs at the San Francisco restaurant, Nicolas Balla and Cortney Burns, and due out this month from Chronicle Books. \$40.

CLOCKWISE FROM LEFT: GEORGE H.H. HUEY/ALAMY; THAYER ALYSON GOWDY; JEFFERY CROSS; DORLING KINDERSLEY/GETTY IMAGES; JEFFERY CROSS

“We went across the U.S. three times in our first Prius. The new one’s got a lot of adventure ahead of it.”

The Russes, Prius owners



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BEST DAYS TO REMEMBER

1805

NOV 7

Lewis and Clark reach the Oregon Coast.

1841

NOV 4

The first wagon train of settlers arrive in California, having left Independence, Missouri, six months earlier.

1889

NOV 23

The world's first jukebox—which makes the player piano obsolete—is unveiled in the Palais Royale Saloon in that center of disruptive technology, San Francisco.

1928

NOV 18

The cartoon *Steamboat Willie* introduces Mickey Mouse to the world.

1970

NOV 17

In another rodent-related event, Douglas Engelbart is awarded a patent for the first computer mouse.



Out on a limb

BEST USE OF A NUT TREE

Given how deeply rooted the timber industry is in Washington State, it's surprising how long the Bellevue Arts Museum took to choose wood as a theme for its arts, crafts, and design biennial. (The first two focused on clay and fiber.) Now the oversight has been corrected—and how. Which of the three dozen pieces do we want to take home?

Coast Range Drinks Cabinet by Vancouver, B.C., artist Peter Pierobon. Just looking at this composition in walnut reminds us of those awe-inspiring peaks, and the forces that lie beneath. \$10; Oct 31–Mar 29; bellevuearts.org.



BEST REASON TO GO TO L.A.

AMERICAN BEAUTY

Unsettling but gorgeous images from Californian suburbia—that's what the late photographer Larry Sultan specialized in. The first retrospective of his work, *Larry Sultan: Here and Home*, opens at the Los Angeles County Museum of Art on November 9. Let your eyes be opened too, to the well-lit darkness all around. \$15; through Mar 22; lacma.org.

GET IN ON THE GROUND FLOOR

BEST FESTIVAL

If you're the type who needs to be the first to try hot new restaurants, or stay on top of the next obscure-yet-must-have cocktail ingredient (see page 14!), then the Garagiste Festival in Paso Robles, California, is for you. You can talk grapes with more than 70 up-and-coming winemakers from around the state, tasting the next wave of small-batch wines before they go the way of Saxum Vineyards. (Once upon a time, Saxum's Justin Smith was but a Paso *garagiste*—now mere mortals can't get even a glimpse of his bottles.) Tickets from \$25; Nov 6–9; californiagaragistes.com.

RISE AND SHINE

BEST CAUSE

Everyone knows breakfast is the most important meal of the day—at least for kids, who have to be alert and ready to learn. Even though the USDA launched the School Breakfast Program back in the 1960s, 16.1 million of the nation's children still arrive to class hungry. (Blame bureaucratic hurdles and state budget cuts.) L.A. restaurateur Bobby Azinian took on the challenge. "I just believe that when a kid gets up in the morning, he can't function without food. If I got up and didn't get something to eat, my whole day would be shot!" Starting this month, his nonprofit, Bobby's Breakfast, is filling funding gaps, helping schools in California—and, eventually, nationwide—feed students in need. Give directly, or tell your favorite restaurant about the rounding-up program, where diners can add a donation onto their check. thehdi.org.



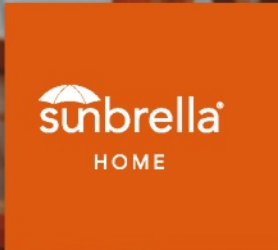


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Welcome to the palace

BEST IMPROVED INN

Not a string of chiles in sight. That's the first thing we noticed when we saw the new Palacio de Marquesa, in Taos. (One chile *ristra* is charming. One in every room, in every hotel, in every town in New Mexico? Now you're in cliché territory.) Back when it was the Casa de las Chimeneas, this single-story courtyard inn was, well, homey. The eight bedrooms are sleekly '70s-mod—definitely a break from tradition in these parts. Many rooms do still have kiva fireplaces, though. Some clichés are worth preserving. From \$189; marquesataos.com.



WINTER IS ... HERE

BEST PLEA FOR HELP

Right about now, the sun shines on Anchorage 8½ hours a day; by month's end, that'll be down to 6 hours. The average daytime high is 27°; the average nighttime low, 14°. Then the final straw: Daylight saving time ends. Just in the nick of time, the Anchorage Museum is opening a show devoted to *Cabin Fever* that examines how past generations of explorers, prospectors, and assorted Alaskan oddballs coped (or didn't) with the unofficial state syndrome. If this isn't enough to lure you north of the 49th parallel, at least visit the museum's website, which will show short films inspired by the topic. \$15; Nov 21–Feb 15; anchagemuseum.org.



BEST OPTICAL ILLUSION

JUST ADD WATER

No, this isn't a canyon in Malibu, or a lush Portland park. It's a fish tank. Really. See for yourself at *Aquascapes: The Art of Underwater Gardening*, opening November 13 at San Francisco's Conservatory of Flowers. The dozen or so aquariums resemble anything from an abstract composition to a red rock canyon... only with fish fly-bys. \$8; through Apr 12; conservatoryofflowers.org.

TOP: DAVID GLENN TAYLOR, BARROW, AK BY BRIAN ADAMS, COURTESY OF THE ARTIST; BOTTOM: AQUASCAPE BY LAO CHAN FEL, COURTESY OF THE 2013 AQUATIC GARDENERS ASSOCIATION INTERNATIONAL AQUASCAPING CONTEST

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1



2

1. Taking in the sunset from Meditation Mount. 2. Ojai Rancho Inn's recent revamp included the addition of a new poolside bar. 3. Alfresco reads at Bart's Books. 4. Topa Topa Mountains. 5. Corn-tortilla taquitos, filled with cashew cheese and served with beet slaw, brown rice, and pinto beans, at Farmer and the Cook.



3



4



5

A PERFECT DAY IN

OJAI, CA

Fresh mountain air and not a chain store in sight—this Ventura County village is a refreshing antidote to urbanity, just 80 miles from L.A. *By Jess Chamberlain*

Natural highs

Ojai's legendary "pink moment," when the setting sun casts a scarlet glow across the Topa Topa Mountains, is pretty enough to plan an afternoon around. For the best views in town, head to **Meditation**

Mount, a 32-acre garden perched above Ojai that's dedicated to the art of introspection. In the mornings, you can attend a free, 30-minute guided meditation session, or simply wander the grounds and take in panoramas of the valley,

vineyards, and orchards below. *\$2 donation suggested; 10340 Reeves Rd.; meditationmount.org.*

A literary legend

Back in 1964, resident Richard Bartinsdale decided to share his outside collection of books

with neighbors and passersby. So he built some shelves along the sidewalk, filled them with reads, and put a few empty coffee cans on top, in case people wanted to pay for their takeaways. Now, five decades later, **Bart's Books** has grown



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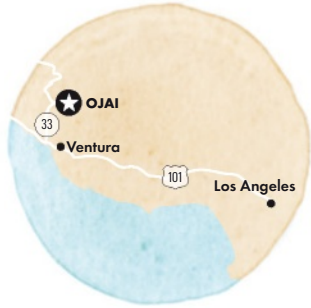
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GETTING HERE

Ojai is about 80 miles northwest of Los Angeles via U.S. 101 and State 33.

into the largest outdoor independent bookstore in the country, with nearly 150,000 titles. You'll find books new and used—hardbacks, paperbacks, out-of-print first editions, even a sizeable collection of vintage *Sunset* gardening guides and cookbooks. And in case you're wondering what happens when it rains—manager Matt Henriksen says everyone asks—the sun does more damage to the volumes than the occasional downpour. 302 W. *Matilija St.*; bartsbooksojai.com.

Standout souvenirs

Most chain stores are prohibited in Ojai by city law—which makes it the perfect place to find one-of-a-kind gifts. Start your search at **Modern Folk Living**, which stocks everything from Earth Tu Face natural skin-care products to ceramic dishware made by Ojai artist P. Lyn Middleton. Nearby, **Summer Camp** looks like Wes Anderson's 2012 film *Moonrise*

Kingdom come to life. The shelves are lined with a mix of vintage camp wares (binoculars, Boy Scouts books) and modern goods (indigo-dyed handbags, even dog tipis). At the new **Fig Curated Living**, you can find something unique for every room: tea towels for the kitchen, Ojai Botanika soaps for the bathroom, and bird feeders made from repurposed glass bottles for the garden. If you're in town on a Sunday, you can stock up on citrus and made-in-Ojai edibles like La Nogalera walnut oil at the **Ojai Certified Farmers' Market**. *Modern Folk*: 306 E. *Matilija*; modernfolkliving.com. *Summer Camp*: 1020 W. *Ojai Ave.*; shopsummerncamp.com. *Fig Curated Living*: 327 E. *Ojai Ave.*; figojai.com. *Farmers' market*: 9–1 Sun; 300 E. *Matilija*; ojaicertifiedfarmersmarket.com.

Spicy goodness

Owned by a husband-and-wife team (he's the farmer; she's the cook), **Farmer and the Cook** is equal parts produce market and Mexican restaurant, with a healthy twist. The veggie tacos are made with local produce, and even the desserts (birdseed cookies, vegan chocolate raspberry cake) include good-for-you ingredients. If so much behaving makes you crave an indulgence, you can finish the evening with live music and a margarita infused with local lavender at the **Deer Lodge**, a



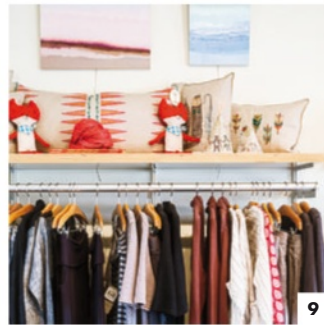
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6. Walk this way: garden paths at Meditation Mount. 7. Organic citrus for sale at Ojai Certified Farmers' Market. 8. Farmer and the Cook sells take-home treats like apple-yam hot sauce. 9. Modern Folk Living focuses on sustainably crafted goods.

roadside Ojai classic since 1932. *Farmer and the Cook*: \$; 339 W. *El Roblar Dr.*; farmerandcook.com. *Deer Lodge*: \$\$\$; 2261 *Maricopa Hwy.*; deerlodgeojai.com.

Make it a weekend

At the boutique **Ojai Rancho Inn**, the charm is in the details, from the knotty-pine walls to the potted succulents and outdoor firepit. The 1950s motel was bought in 2012 by

the same team behind Santa Barbara's popular Sama Sama Kitchen. Since then, they've added desert-inspired local artwork and Linus bikes to borrow and built a new bar. The homey vibe remains. If an overnight is not enough, you can take a piece of the Rancho's aesthetic home with you at the chic little lobby shop. *From \$129*; 615 W. *Ojai Ave.*; ojairanchoinn.com. ▲

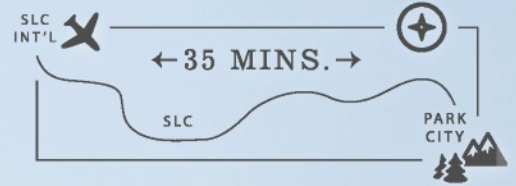
THE LOCAL LOWDOWN

"People rarely ask what you do—they ask, 'What brought you to Ojai?' I love that. You can relax, recharge, and eat locally grown food every day."

—RESIDENT LISA CASONI

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THE REAL PALM SPRINGS

SoCal's desert oasis has never been more chic. We tapped a design guru and a resident restaurateur to show us the very best of P.S. *As told to Erin Klenow*



ROBERT IMBER
Architectural tour guide with Palm Springs Modern Tours; palmspringmodern.com.

TARA LAZAR
Chef-owner of Cheeky's, Birba, Jiao, and Alcazar; f10creative.com.

Best spot for a poolside cocktail?

TARA LAZAR: Viceroy has great patio seating, fireplaces, and really cute bartenders. And they make one of the biggest, stiffest martinis in town. **ROBERT IMBER:** My favorite drink is the Citron Bleu: Hypnotiq and cognac, infused with fruits, in a sugar-rimmed martini glass. Ice cold, a little tart, a little sweet, and very refreshing. I have a high tolerance, but this is the strongest drink in town.



VICEROY
415 S. Belardo Rd.; viceroypalmsprings.com.

"The Citron Bleu is ice cold, a little tart, a little sweet, and very refreshing."

Where to go for a quick bite to eat?

TL: Tyler's Burgers is an institution known for sliders and milkshakes. But the real winners are the potato salad and coleslaw. It's not on the menu, but they also do a beautiful kale salad. \$; 149 S. Indian Canyon Dr.; tylersburgers.com.

TL: If you want spicy, El Mexicali Café is beyond amazing. They catered our wedding. It's a dive, but they make dishes you can't get anywhere else, like cactus, pork rib stews, octopus ceviche, and Chiles Gueritos, which they stuff with shrimp. \$\$; 82720 Indio Blvd.; (760) 347-1280.

LE VALLAURIS
\$\$\$; 385 W. Tabquitz Canyon Way; levallauris.com.

"A family-owned classic with tuxedoed waiters, chalkboard menu, Old World ambience."



ORBIT IN
From \$159; orbitin.com.

"YOU STEP IN OFF THE STREET, AND YOU'RE SURROUNDED BY COOL ARCHITECTURE."

A little fancier?

RI: One of the area's finest dining experiences is Le Vallauris. A family-owned classic with tuxedoed waiters, chalkboard menu, Old World ambience. **TL:** I had my bat mitzvah there, and it's still my favorite restaurant in town. The garden is majestic, canopied by 30- to 40-foot ficus trees. Magic. When it starts to cool off, I love their lobster ravioli in tomato cream bisque. I like to finish with the poached pear and blue cheese tart. I once saw Clive Davis at a table with Jane Fonda and Lynda Carter. Palm Springs royalty.

Favorite hotels?

RI: I like the Orbit In and Hideaway. Both are midcentury, low and sleek and rectilinear. They were apartment hotels for seasonal residents back in the day but have been updated. You step in off the street, and you're surrounded by cool architecture. Then in the distance, you see the mountains. You don't even know the world is out there once you step onto the property. **Hideaway:** From \$159; orbitin.com/hideaway/html. **TL:** Off the beaten path, you





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Travel

can't beat **Korakia**. It's a pensione that's completely Moroccan and very rustic. There are no TVs, but they have two pools, a library, and bicycles for guests.

Where can I see great architecture?

TL: The first building you see as you get into town is the **Palm Springs Visitors Center**, designed by Albert Frey. It's at the base of the tramway, so there's all desert around it. It used to be a gas station when I was a kid. **RI:** But definitely not your granddad's Norman Rockwell-type gas station. It's iconic: a dramatic, soaring-roofed monument to the midcentury architecture that helped define Palm Springs. **TL:** And it's one of the only Frey buildings that you can easily access. **RI:** Albert Frey's work is revered in architectural circles worldwide.

And if I want to see some green?

RI: There are trails everywhere, and it's almost never too cold to hike. The **Lykken Trail** is a good start. **TL:** Head southwest, and there's a waterfall and a beautiful creek. Or you can follow the trail north and zigzag up for about 30 minutes to reach a picnic table area, which has views all the way to Coachella. The cool thing about our landscape is that the mountains are so steep, you get a view very quickly. You're above the palm tree canopies, the golf courses—it's amazing how green we've made the dry desert! *S. Palm Canyon Dr. near W. Mesquite Ave.*

RI: The **Moorten Botanical Garden** is a hidden treasure too. The "Cactarium" there—like a Quonset hut overflowing



KORAKIA
From \$179;
korakia.com.

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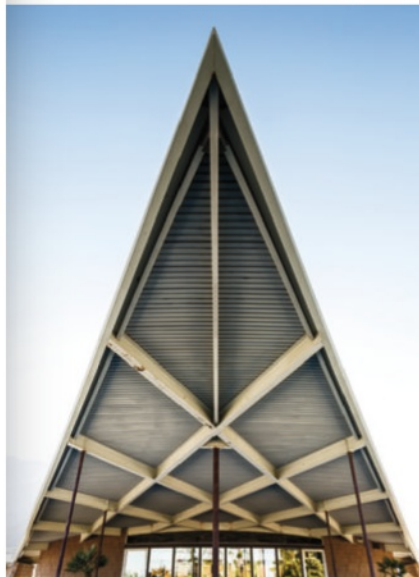


WIL STILES
875 N. Palm Canyon Dr.;
wilstiles.com.

"Best men's clothes in town."

JUST MODERN
901 N. Palm Canyon Dr.;
justmoderndecor.com.

"They carry all new stuff, but inspired by midcentury."



PALM SPRINGS VISITORS CENTER
2901 N. Palm Canyon Dr.; visit
palmssprings.com.

"A DRAMATIC, SOARING-ROOFED MONUMENT TO THE MIDCENTURY ARCHITECTURE THAT HELPED DEFINE PALM SPRINGS."

MOORTEN BOTANICAL GARDEN
\$4; 1701 S. Palm Canyon Dr.;
moortenbotanicalgarden.com.

"You'll find thousands of species of cactus from all over the world."



with exotic desert plants—is a must-see. **TL:** You'll find thousands of species growing together from all over the world, all kinds of succulents and cactus. The whole place is just really sweet. It's run by Clark Moorten, a 60-something cowboy. If Clark takes a liking to you, he may let you snip off a little piece of a succulent to grow on your own.

What shops do you like?

RI: Right next door to Trina Turk is **Wil Stiles**. Totally one-of-a-kind clothing that's distinct, just like the owners, Wil and Molly. **TL:** Best men's clothes in town. And they have the chicest sunglasses. It's hard to leave without buying any. My favorites are Dior Homme.

RI: To buy books or gifts for friends, I like **Just Modern**, over in the Uptown Design District. They carry everything: furniture, art, sculptures, leather wallets, even fireplaces. All new stuff, but inspired by midcentury. So they'll feature an artist who makes what look like old neon signs or clocks, but they're actually sculptures.

Nightlife?

RI: There's music six nights a week at **Purple Room**. It was a dive bar where the Rat Pack hung out, and then, about a year ago, a couple from Chicago partnered with local restaurateurs and turned it into an old-fashioned cocktail lounge with a stage. **TL:** Super fun, and some of the only live entertainment in town. **RI:** You go for a drink and some music. As the night goes on, they clear the tables out for dancing. *1900 E. Palm Canyon Dr.; purpleroompalmsprings.com.* 🌵



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DON'T LOOK BACK

A former flower child revisits her hippie roots on a British Columbia farmstead—and wonders what might have been. *By Barbara Graham*

THE CLOUD COVER IS THICK AND LOW as my son, Clay, and I head east from Vancouver in search of the dairy farm where we lived when he was a baby, more than four decades ago. I want to show him the old farmhouse and the hemlock-studded hills high above the Fraser River where I walked with him peeking out of a baby carrier every day that fall and winter.

I haven't been back since we left, when he was 6 months old, and I'm afraid we won't be able to find the place. Or, if we do, the house will be gone and the land will have been turned into a ticky-tacky subdivision, with no trace of the home I once loved. Looking back, it's hard to know whether my happiness then was due to the place itself or to the time in my life. Still, on my way there now with Clay, who took photographs for this story, I feel as if I might be dreaming.

It was a dream that took us to Canada in the first place, a dream of home-steading. This might have been a swell idea in 1871, but not in 1971 when, five months pregnant, I moved there with my then-husband, Brian. It was his idea

"It was a dream that took us to Canada in the first place."

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to escape the stain of the Vietnam War, not to mention the excruciatingly dull lives of our uptight parents, by going back to the land (from which I did not come) in peaceful, bucolic British Columbia. I'd met Brian in my hometown, New York City, not long after hearing Timothy Leary preach from the pulpit of the Fillmore East: "Turn on, tune in, and drop out." Which I promptly did. Brian was the ideal partner for my exploits.

Unlike any guy I'd ever known (or the doctor I was raised to marry), he was a soulful artist with cowboy

California. I was already living so far beyond the borders of my previously known world that British Columbia seemed as good a place as any to have a baby.

We were going to reinvent the world and help transform global consciousness from hate to love by ... raising chickens. And by becoming so self-sufficient that we could opt out of the crassly commercial military-industrial complex. Forget that I

had zero talent for sewing, gardening, or any of the other DIY skills needed to do so. I couldn't even drive. This had once been a point of pride, since before fleeing New York with Brian, I'd planned to spend my whole life in Manhattan as a famous stage actress. I'd never need to get behind the wheel.

Reader, I was young.

Brian and I were part of a tidal wave of "freaks" (we never called ourselves hippies), draft resisters, and free-floating artists and musicians who drifted north across the border starting in the late '60s. (The draft wasn't an issue for Brian, who was born in Canada.) And though by the time we showed up, the idea of staking a claim on land in the Fraser Valley was a joke, we were able to rent a farmhouse 45 minutes

east, near Mission City, from a Mrs. Hill. Our house was in the middle of the barnyard. Alas, we never got around to raising chickens or becoming farmers ourselves (unless you count a few anemic pot plants), but there were cows roaming right outside our front door, including one named Barbara. While Brian took odd jobs to support us, I spent my days reading *Mother Earth News*, baking bread, and walking the fields picking apples that I turned into

Once a haven for "freaks," Vancouver still offers bucolic rhapsody, artists, funky restaurants, easy escapes, and farm-fresh bounty.

“We were going to reinvent the world and help transform global consciousness from hate to love by ... raising chickens. Reader, I was young.”

cred. He'd grown up in California's San Joaquin Valley and spent summers wrangling cattle in the Sierra Foothills. By the time we learned I was pregnant, soon after my 23rd birthday, Brian and I had crisscrossed Europe in a VW bus and crashed in communal pads from San Juan, Puerto Rico, to Boulder, to Topanga Canyon back in



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applesauce for the baby. My theatrical ambitions were on hold. I was going to be a mother; that was enough.

Our excursions to Vancouver, about 35 miles west of the farm, centered on weekly prenatal classes. During these visits, I was seduced by the beauty of the city that seemed to encompass nearly as much water as land and was ringed by towering snowcapped mountains.

“It’s strange to imagine the beginning of my life in this place. At first I couldn’t see us here; now it’s absolutely crazy that we didn’t stay.”

Clay and I are spending a few days in Vancouver before we search for the farm. Our first stop is my friend Meg Ida’s ceramics studio. Meg and I—with our respective husbands, now both exes—met in Lamaze class soon after I arrived in Canada. We were all living hand to mouth, with no grand plan on how we would survive. We bonded immediately.

Meg is now a successful artist, as well as a nurse. We’re in her studio surrounded by her brightly glazed salt and pepper shakers, among them Simone de Beauvoir and Jean-Paul Sartre, and Karl and Groucho Marx. “Everything we did was kind of crazy,” she says. “But somehow our naïveté carried us through.” Meg, along with her draft-resister ex and their two daughters, never left B.C.

Neither did my childhood best friend, Nora Blanck, Clay’s godmother and an artist from New York who came to visit me on the farm and who has lived in Vancouver ever since. “I actually got paid to paint, which is one of the reasons I stayed,” says Nora, also a friend of Meg’s. “Being here then was like living in a golden age.”

In the early ’70s, British Columbia was especially hospitable to artists, musicians, and other creative types. You could score a grant through the Canadian government, then collect unemployment when the funding dried up. I even heard about an American expat who missed baseball and got a grant to start a team.

People who meet me now have trouble believing my stories. You lived on a farm?

they ask, incredulous. You moved with a baby from the farm to the woods where you had no plumbing or electricity and your nearest neighbors were bears? All true, I tell them, though when I look back on those years, I think maybe I had some sort of psychic lobotomy. (Luckily, it was reversible.) Still, I can’t help wondering who I would be if Brian hadn’t wanted to hightail it back to California after just one year—if I too might have wangled funding and stayed forever? Would I be more recognizable as the “freak” I once was, instead of the nicely dressed, thoughtfully accessorized grandmother I am now? And of course I wonder, who would Clay be if we’d stayed in B.C.?

Impossible to know, but in a certain sense, both Clay and Yarrow—Meg’s daughter and the reason Meg and I met in prenatal class—carry the baton for the alternative lifestyle we once yearned for. “Vancouver is nothing like it used to be. We call it Hong Kouver,” Yarrow says, referring to the thick cluster of skyscrapers that clog the city’s downtown, spreading out in all directions. In fact, Yarrow left Vancouver four years ago for Gabriola, a smallish island off Vancouver Island where life is more laid-back, and where she raises chickens and honeybees.

Even though Clay and Yarrow haven’t been in the same room since they were babies, they hit it off right away and have a lot in common. Food. Art. Yarrow is the produce merchandiser for Vancouver’s East End Food Co-op, and Clay is a photographer specializing in food. Both are devotees of farm-to-table eating; both are serious travelers. Before we leave the studio, Clay invites Yarrow to visit him in Italy.

Watching these two connect is sweet. So is this trip—bittersweet, really—because a month from now Clay, with his wife and two young daughters, will leave their home in the Bay Area, where I live, to spend the next year in Italy

THIS WAY IN

Vancouver’s hippest hood, Kitsilano has grown up a lot since the Summer of Love. You’ll still find traces of its 1960s roots, just with a more refined twist. Here are a few spots we dig.

CANADIAN BRUNCH

Rustic **Oakwood Canadian Bistro’s** menu is sustainable and completely Canadian, meaning it serves food sourced from area farmers. The confit tuna Benedict with dill hollandaise and the asparagus omelet with truffle crème fraîche are both good ways to start your day. \$ \$ U.S.; 2741 W. Fourth Ave.; theoakwood.ca.

JUICY GREENS

Part alternative grocery store, part farmers’ market, **Greens Organic + Natural Market** offers everything from fresh produce to

gourmet sandwiches. Swing by the recently added **Indigo Food Café** juice bar for a Summer Breeze—a blend of apple, cucumber, cilantro, lime, and pineapple. **Greens:** 1978 W. Broadway; greensmarket.ca. **Indigo:** indigofood.org.

SLEEP LIKE

A LOCAL With lush foliage and a pitched roof, **A Suite @ Kitsilano Cottage** looks straight out of a storybook. If the remodeled 1910 Craftsman-style bungalow with garden views and patio does not sway you, the central location will. From \$187 U.S.;

sleeps 7; asuiteatkitsilanocottage.com.

COOL BEACHES

Kitsilano Beach, or “Kits Beach,” as locals call it, is a 600-yard stretch of pristine sand and crashing waves. Kick back on the shore or pick up the seawall path for a nearly 14-mile walk along Vancouver’s dazzling waterfront. But if you want to re-live the days of free love, head to the western tip of the city to bare it all at **Wreck Beach**, Vancouver’s famous nude beach. Photography is allowed only with permission. **Kitsilano:** vancouver.ca.

ca. Wreck: wreckbeach.org.

PEACEFUL COCKTAILS

Once a meetinghouse for Greenpeace, **The Bimini Public House** remains a hub for forward-thinkers. You’ll find a menu of cleverly named cocktails like the It’s Complicated—a robust concoction of bourbon, pressed apple juice, and cinnamon syrup. Or simplify things and order a pint of one of the dozens of craft beers available on tap. \$ U.S.; 2010 W. Fourth; donnellygroup.ca/locations/pubs/the-bimini. —Alexandra Deabler

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Travel

working and restoring an old farmhouse. To have this time with my son, in this place, is precious. I sense that Clay feels the same way.

“Since I was born in Vancouver, I thought I would feel some deep connection,” he tells me. We’re strolling the beach in Kitsilano, a neighborhood once considered the Canadian equivalent of San Francisco’s Haight-Ashbury, but which has been gentrified beyond recognition. “I even thought I might want to live here someday,” he says, sounding both surprised and disappointed. “But I’m not feeling it.”

To get a taste of the good old, bad old days, I drag him to the Museum of Vancouver’s exhibit on the 1960s and ’70s called *You Say You Want a Revolution*. Though it’s unnerving to see my youthful cohort presented in a historical context, the display of psychedelic posters and album covers, patched bell bottoms and fringed jackets, anti-war buttons and news stories about the “hippie invasion” is evocative.

So is The Naam Restaurant, which opened in 1968 and has been offering homey, vegetarian food 24/7 ever since. In Kitsilano, The Naam is arguably the last remnant of “The Sixties,” which to my mind took place from about 1964 to 1974. Although the fare doesn’t quite meet Clay’s high foodie standards, the vibe is good and the joint is packed. From there, we head to Third Beach in Stanley Park—once a gathering place for our tribe, where Brian and I sometimes took in the sunset. Clay is struck by its beauty, but it doesn’t resonate in any big way. “The last time I was here, I wasn’t born yet, Mom,” he says. Point taken.

Michael Kluckner, author of *Vancouver Remembered*, has told me that there are still parts of town, notably in the East End, where the progressive, countercultural ethos lives on. We decide to head there our second day in town. On our way, we check out the vegetable beds at Sole Food, a nonprofit urban street farm where you can feel the spirit. You can also feel it at the bustling Trout Lake Farmers Market, where even on a hot, sunny day, it’s impossible to buy a bottle of water. (Plastic!) And you can really feel it in the Grandview neighborhood along the ironically named Commercial Drive. That’s where Yarrow’s food co-op is located, along with the People’s Co-op Bookstore and a United Nations of ethnic restaurants. I think Clay starts to grasp what I’ve been talking about all these years. “It’s like Berkeley with amazing mountains,” he says.

Early the next morning, we pick up Nora and head east. I’m feeling anxious and unsettled—and not just about whether we’ll find the farm. This is the last day of the trip, probably the last day Clay and I will have to spend together before he takes off for Italy. Miraculously, as we near Mission City, I begin to recognize a few landmarks: the bridge across the Fraser River, a right turn here, a left there, then the road that leads up a steep hill to the property. Best of all, the place is undeveloped, wild and overgrown. The three of us crawl under a metal gate that blocks the entrance and see that the farmhouse and barn are missing. Only a gnarled old black walnut tree marks the site of our former home. “I can’t believe we’re really here,” Clay says. “Wow.”

Wow, indeed. We set out along a dirt path through fields spattered with weeds and wildflowers, the same path I used to walk with Clay on my back. I’m grateful that the place is deserted, and we don’t talk much on our way up the hill. When we reach the crest, the sun slices through the clouds for the first time all day.

“So what do you think?” I ask Clay.

My son is pensive and takes his time answering. “It’s strange and interesting to imagine the beginning of my life in this unfamiliar place,” he says. “At first I couldn’t see us here, but now it seems absolutely crazy that we didn’t stay.”

“I would have stayed,” I tell him. And I would have.

But from this vantage point, it’s impossible to say for how long. ▲

Barbara Graham has written essays for National Geographic Traveler, More, O the Oprah Magazine, Time, and many others. Her latest book, Eye of My Heart: 27 Writers Reveal the Hidden Pleasures and Perils of Being a Grandmother, was a New York Times best seller.

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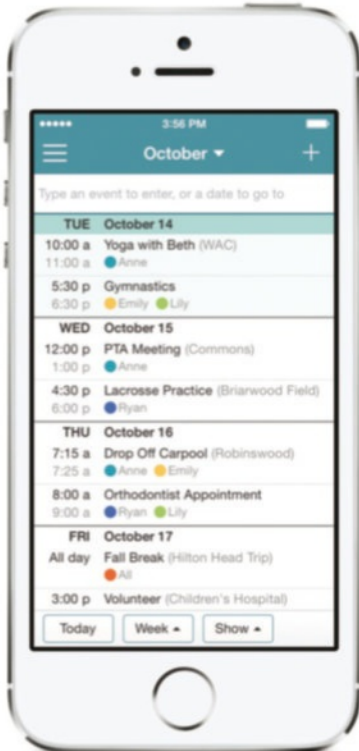
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Art school
IDEAS FOR YOUR OWN WALLS
p. 44

2014 SUNSET
IDEA HOUSE



CALIFORNIA MODERN

We enlisted Los Angeles' top talent to design a new kind of beach house.

Sleek metal railings, shining glass, and not a seastar or anchor in sight... this is a beach house? Oh, yes. For this year's Idea House in Manhattan Beach, we built a clean-lined, modern home and asked Los Angeles interior designers David John Dick and Krista Schrock of DISC Interiors to reinvent beach style within its walls. The result riffs on the tonal colors of the coast—and the energetic art scene in L.A.—to inspire updates in your home, no matter how far you are from the sand.

2014
IDEA HOUSE



FIRST FLOOR



MAKE A
VIRTUAL VISIT

Go to sunset.com/ideahousestour to take an interactive tour of our Idea House.



STAIRCASE

Clear the view

The double-height entry, above left, creates a lot of drama—and wall space. Schrock and Dick filled it with a ceramic wall hanging and designed the staircase with sheets of glass in place of balusters. “The glass fades out, so it’s all about the artwork,” Dick says.

ART Wall hanging by Heather Levine, heatherlevine.com. Tabletop ceramics by Heather Rosenman, heatherrosenmanceramics.com.

LOUNGE

Put rooms on shuffle

The designers flopped the dining room and living room positions. With its smaller size, the space, above, feels like an intimate lounge—a place for talking, not TV. This room—and most of the others in the house—is painted Behr’s Ultra Pure White. “A lot of people mistake white for boring, but it’s easier to layer on top of,” Schrock says.

ART Photographs by Jock McDonald, jockmcdonald.com.

DINING ROOM

When it’s high, go low

Inspired by the restaurants in downtown L.A., the designers chose a long communal table for the dining room, opposite page. “We balanced the room’s huge ceilings with a low table and stools,” Schrock says. They envision the casual room as a spot for everything from working late to entertaining.

ART Woven wall hanging by Mimi Jung, mimijung.com.



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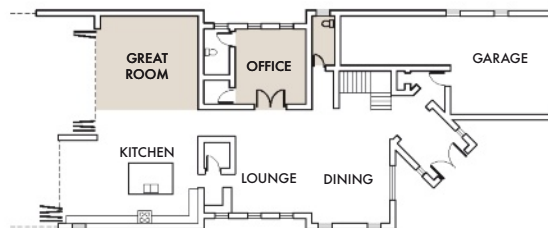


**“THERE ARE SO MANY SHADES OF WHITE;
IT REALLY IS A COLOR.”**

KRISTA SCHROCK, INTERIOR DESIGNER



FIRST FLOOR



POWDER ROOM

Pare down your palette

The simplicity of a black-and-white palette, above left, keeps the wallpaper and Nero Marquina stone from looking too busy. ART Print by Brett Cody Rogers, brettcodyrogers.com.

GREAT ROOM

Say yes to texture

“If you’re not into color, don’t force it,” says Schrock. Instead, layer texture—“shiny things with things that are matte,” for instance, says Dick. In the great room, above, they decorated with a

glass coffee table and linen drapes. ART Photograph by Marcia Prentice, marciaprentice.com. Sconces by Jason Koharik, collectedby.com.

OFFICE

Rethink the walls

To bring the beach inside, left, Dick and Schrock uploaded a shoreline image to designyourwall.com, a site that prints photographic wallpaper. They increased the photo’s exposure until the sky was white enough to blend with the ceiling. ART Photograph used in wallpaper by Laure Joliet, laurejoliet.com.

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MIXOLOGY BAR

Shake up a small space

Dick and Schrock gave the butler's pantry a mission: prep station and storage for an amateur bartender. With that light-hearted purpose in mind, they took a playful approach to the walls.

ART Wallpaper by Sharon Lee, krane.wallpaper.com.

HUTCH

Bring back the classics

A streamlined take on the china hutch—a built-in, glass-fronted cabinet, right—holds everyday dishes. The 2-inch-thick soapstone countertop has extra heft. "It balances the room's height with some chunkiness," Schrock says.



KITCHEN

Serve up boldness

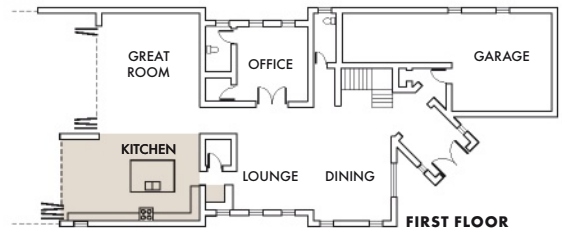
The designers chose ebony-stained kitchen cabinets as a counterpoint to the white walls and light-colored flooring. With minimal hardware, the cabinets mimic furniture. In contrast, the handcrafted tile is "a little irregular," Dick says. Placing perfect next to imperfect is a theme in the house—it's what keeps it laid-back.





**"WITH THE AUSTERE ARCHITECTURE,
WE WANTED TO BRING IN WARM TEXTURES."**

— DAVID JOHN DICK, INTERIOR DESIGNER —





MASTER BEDROOM

Embrace minimalism

The bedroom, left, was designed with serenity in mind, so the elements are few—and the colors even fewer. The bed is positioned across from a wall of windows to take advantage of the view. “The emphasis is on the view and nature, less on the furnishings,” Dick says.

MASTER BATHROOM

Put pattern on the floor

The tone-on-tone concrete tile on the floor, above, picks up on the sandy colors in the white oak vanity and adds subtle pattern. “Using graphic prints in a tonal way keeps it from feeling overwhelming,” Dick says.

TUB

Choose quiet

Simple shades frame the view from the deep soaking tub. “Window coverings are expensive, so we always go with a neutral or soft gray you won’t tire of,” Schrock says.

DEN

Go moody

The house next door blocked a lot of light to the room, so the designers embraced the darkness in the den, right, with a deep mossy green wall color. A light floor and white ceiling keep the room from feeling somber.



SECOND FLOOR



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KID'S ROOM

Let loose

Indigo ties together the splashy elements—including patterned shades and pillows, and a textured plaster mural—in the kid's room, left.

ART Mural by Lisa Donohoe, londubhstudio.com.

"KEEP IT SIMPLE, CLEAN, AND TONAL, AND IT WILL ALL MIX WELL."

KRISTA SCHROCK



SECOND FLOOR



KID'S BATHROOM

Size up

The bathroom, above left, is tiled floor to ceiling with relatively low-cost subway tiles. "We used a common material but chose a larger size for a modern look," Schrock says. Black grout emphasizes the scale.

GUEST ROOM

Put nature first

In the spare room, above center, earthy tones and materials reign. Dick and Schrock say that items made of natural materials, like sea grass rugs or clear glass lamps, are often inexpensive too.

LAUNDRY ROOM

Change focus

Crackly, handcrafted tile all the way up to the ceiling contrasts with glossy white countertops in the laundry room, above right. "We wanted to give you something pretty to look at when you're facing the wall," Schrock says.



When a kiss may turn into more than a kiss

Over time, **ESTRING® (estradiol vaginal ring) 2 mg** may provide relief for many women who experience painful sex after menopause.


one application
90 DAYS AT A TIME

Painful urination, vaginal dryness, itching, burning, and even painful sexual intercourse are not uncommon after menopause due to vaginal atrophy. But that doesn't mean you have to stop sexual activity before it starts. **ESTRING** offers many women relief from painful intercourse.

ESTRING is a soft, flexible vaginal ring that gives you a steady, low dose of estrogen for 90 days. For many women, it offers the relief they're looking for.

When a kiss turns into more than a kiss, don't give up. **ESTRING** may help make intercourse less painful.

ESTRING is used after menopause to treat moderate to severe vaginal itching, burning and dryness, painful intercourse, urinary urgency, and painful urination due to urogenital atrophy.

Important Safety Information

Estrogens increase the risk of cancer of the uterus. It is important that you report any unusual vaginal bleeding to your doctor right away.

Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia.

Using estrogens with or without progestins may increase your risk of heart attack, stroke, breast cancer, or blood clots. Using estrogens with or without progestins may increase your risk of dementia, based on a study of women aged 65 years or older.

Estrogens should only be used for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING.

ESTRING should be removed after 90 days of continued use.

Do not use ESTRING if you have unusual vaginal bleeding, have or have had cancer of the breast or uterus, had a stroke or heart attack,


have or have had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant.

The most frequently reported side effects are headaches, increased vaginal secretions, vaginal discomfort, abdominal pain, and genital itching.

Call your healthcare provider right away if you have any of the following warning signs: breast lumps, unusual vaginal bleeding, dizziness and faintness, changes in speech, severe headaches, chest pain, shortness of breath, pain in your legs, or changes in vision.

Carefully follow instructions for use. If you have difficulty removing ESTRING, contact your healthcare provider right away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Need help paying for your Pfizer medicines? **Pfizer RxPathways®** is here to help. One program—a range of prescription assistance services. [Learn more at: PfizerRxPath.com](http://PfizerRxPath.com) 

Please see Brief Summary of Safety Information on following page.



Talk to your doctor about ESTRING. Or visit us today at ESTRING.com.

ESTRING® (estradiol vaginal ring)

PATIENT INFORMATION

Read this PATIENT INFORMATION before you start using ESTRING and read the patient information each time you refill your ESTRING prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about ESTRING (an estrogen hormone)?

- Estrogens increase the chance of getting cancer of the uterus.

Report any unusual vaginal bleeding right away while you are using ESTRING. Vaginal bleeding after menopause may be a warning sign of cancer of the uterine (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

- Do not use estrogens with or without progestins to prevent heart disease, heart attacks, or strokes, or dementia.

Using estrogens with or without progestins may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens with or without progestins may increase your risk of dementia, based on a study of women age 65 years or older.

You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING.

What is ESTRING? ESTRING (estradiol vaginal ring) is an off-white, soft, flexible ring with a center that contains 2 mg of estradiol (an estrogen hormone). ESTRING releases estradiol into the vagina in a consistent, stable manner for 90 days. The soft, flexible ring is placed in the upper third of the vagina (by the physician or the patient). ESTRING should be removed after 90 days of continuous use. If continuation of therapy is indicated, the flexible ring should be replaced.

What is ESTRING used for?

ESTRING is used after menopause to:

- Treat moderate to severe itching, burning, and dryness in or around the vagina.

You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING to control these problems.

Who should not use ESTRING?

Do not start using ESTRING if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or had cancer, talk with your healthcare provider about whether you should use ESTRING.
- **Had a stroke or heart attack in the past year**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to any of the ingredients in ESTRING**
See the list of ingredients in ESTRING at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you are breastfeeding**
The hormone in ESTRING can pass into your breast milk.
- **About all of your medical problems**
Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take**
This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how ESTRING works. ESTRING may also affect how your other medicines work.
- **If you are going to have surgery or will be on bed rest**
You may need to stop taking estrogens.

How should I use ESTRING? ESTRING is a local estrogen therapy designed to relieve itching, burning and dryness in and around the vagina. ESTRING PROVIDES RELIEF OF LOCAL SYMPTOMS OF MENOPAUSE ONLY.

Estrogens should be used only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about whether you still need treatment with ESTRING.

ESTRING INSERTION ESTRING can be inserted and removed by you or your doctor or healthcare provider. To insert ESTRING yourself, choose the position that is most comfortable for you: standing with one leg up, squatting, or lying down.



1. After washing and drying your hands, remove ESTRING from its pouch using the tear-off notch on the side. (Since the ring becomes slippery when wet, be sure your hands are dry before handling it.)
2. Hold ESTRING between your thumb and index finger and press the opposite sides of the ring together as shown.



3. Gently push the compressed ring into your vagina as far as you can.



ESTRING PLACEMENT The exact position of ESTRING is not critical, as long as it is placed in the upper third of the vagina.

When ESTRING is in place, you should not feel anything. If you feel uncomfortable, ESTRING is probably not far enough inside. Use your finger to gently push ESTRING further into your vagina.

There is no danger of ESTRING being pushed too far up in the vagina or getting lost. ESTRING can only be inserted as far as the end of the vagina, where the cervix (the narrow, lower end of the uterus) will block ESTRING from going any further (see diagram of Female Anatomy).

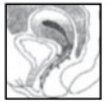
ESTRING USE Once inserted, ESTRING should remain in place in the vagina for 90 days.

Most women and their partners experience no discomfort with ESTRING in place during intercourse, so it is NOT necessary that the ring be removed. If ESTRING should cause you or your partner any discomfort, you may remove it prior to intercourse (see ESTRING Removal, below). Be sure to reinsert ESTRING as soon as possible afterwards.

ESTRING may slide down into the lower part of the vagina as a result of the abdominal pressure or straining that sometimes accompanies constipation. If this should happen, gently guide ESTRING back into place with your finger.

There have been rare reports of ESTRING falling out in some women following intense straining or coughing. If this should occur, simply wash ESTRING with lukewarm (NOT hot) water and reinsert it.

ESTRING DRUG DELIVERY Once in the vagina, ESTRING begins to release estradiol immediately. ESTRING will continue to release a low, continuous dose of estradiol for the full 90 days it remains in place.



It will take about 2 to 3 weeks to restore the tissue of the vagina and urinary tract to a healthier condition and to feel the full effect of ESTRING in relieving vaginal and urinary symptoms. If your symptoms persist for more than a few weeks after beginning ESTRING therapy, contact your doctor or healthcare provider.

One of the most frequently reported effects associated with the use of ESTRING is an increase in vaginal secretions. These secretions are like those that occur normally prior to menopause and indicate that ESTRING is working. However, if the secretions are associated with a bad odor or vaginal itching or discomfort, be sure to contact your doctor or healthcare provider.

ESTRING REMOVAL After 90 days there will no longer be enough estradiol in the ring to maintain its full effect in relieving your vaginal or urinary symptoms. ESTRING should be removed at that time and replaced with a new ESTRING, if your doctor determines that you need to continue your therapy.

To remove ESTRING:

1. Wash and dry your hands thoroughly.
2. Assume a comfortable position, either standing with one leg up, squatting, or lying down.
3. Loop your finger through the ring and gently pull it out.
4. Discard the used ring in a waste receptacle. (Do not flush ESTRING.)



If you have any additional questions about removing ESTRING, contact your doctor or healthcare provider.

What are the possible side effects of ESTRING? A few cases of toxic shock syndrome (TSS) have been reported in women using vaginal rings. Toxic shock syndrome is a rare but serious illness caused by a bacterial infection. If you have fever, nausea, vomiting, diarrhea, muscle pain, dizziness, faintness, or a sunburn-like rash on face and body, remove ESTRING and contact your healthcare provider. A few cases of the vaginal ring becoming attached to the vaginal wall, making ring removal difficult, have been reported.

The most frequently reported side effect with ESTRING use is increased vaginal secretions. Many of these vaginal secretions are like those that occur normally prior to menopause and indicate that ESTRING is working. Vaginal secretions that are associated with a bad odor, vaginal itching, or other signs of vaginal infection are NOT normal and may indicate a risk or a cause for concern. Other side effects may include vaginal discomfort, abdominal pain, or genital itching.

What are the possible side effects of estrogens? Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious but less common side effects include:

- Breast cancer
- Blood clots
- High blood pressure
- Cancer of the uterus
- Dementia
- Liver problems
- Stroke
- Gallbladder disease
- High blood sugar
- Heart attack
- Ovarian cancer
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
 - Changes in speech
 - Shortness of breath
 - Vomiting
 - Unusual vaginal bleeding
 - Severe headaches
 - Pains in your legs
 - Yellowing of the skin, eyes or nail beds
 - Dizziness and faintness
 - Chest pain
 - Changes in vision
- Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptom that concerns you.

Less serious but common side effects include:

- Headache
- Stomach/abdominal cramps, bloating
- Fluid retention
- Breast pain
- Nausea and vomiting
- Vaginal yeast infection
- Irregular vaginal bleeding or spotting
- Hair loss

These are not all the possible side effects of estrogens. For more information, ask your healthcare provider or pharmacist.

What can I do to lower my chances of getting a serious side effect with ESTRING?

- Follow carefully the instructions for use.
- Talk with your healthcare provider regularly about whether you should continue using ESTRING.
- See your healthcare provider right away if you get vaginal bleeding while using ESTRING.
- If you have fever, nausea, vomiting, diarrhea, muscle pain, dizziness, faintness, or a sunburn-like rash on face and body, remove ESTRING and contact your healthcare provider.
- Contact your healthcare provider if you have difficulty removing the vaginal ring.
- Have a breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast examinations more often.
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about safe and effective use of ESTRING Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ESTRING for conditions for which it was not prescribed. Do not give ESTRING to other people, even if they have the same symptoms you have. It may harm them.

Keep ESTRING out of the reach of children.

This leaflet provides a summary of the most important information about ESTRING. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about ESTRING that is written for health professionals. You can get more information by calling the toll free number 1-888-691-6813.

What are the ingredients in ESTRING? ESTRING (estradiol vaginal ring) is a slightly opaque ring with a whitish core containing a drug reservoir of 2 mg estradiol (an estrogen hormone). Estradiol, silicone polymers and barium sulfate are combined to form the ring.

Storage: Store at controlled room temperature 15° to 30° C (59° to 86° F).

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LAB-0087-4.0
Revised August 2008
ETP501808-01



FIREPIT

Keep a low profile

The long, low bench takes advantage of the sunken firepit in the backyard, left. Landscape design team Masterpeace Gardens used the wall of the above-ground pool as a focal point to showcase plantings of complementary deep red Japanese barberry (*Berberis thunbergii*) and chartreuse *Carex oshimensis* 'Everillo'.



“PEOPLE ARE WORRIED ABOUT BEING TRENDY, BUT IF YOU BUY THINGS WITH MEANING, IT DOESN'T MATTER.”

— DAVID JOHN DICK —

GARDEN

Conserve resources

A solar thermal system lessens the home's energy use, and the yard, above, is drought-conscious. The lush red fescue (*Festuca rubra*) lawn requires little water or maintenance—it needs to be mowed only once a year.

OUTDOOR ROOM

Connect the dots

Since the window wall between the great room and yard folds away, right, the designers used neutral fabrics and wovens outside too. “Carrying the same tones in and out makes spaces feel more put together,” Dick says. 🏡



IDEA HOUSE RESOURCES

TEAM

BUILDER:
Mike Davis Custom Homes,
 mikedaviscustomhomes.com.

ARCHITECT:
Tomaro Design Group,
 tomaro.com.

INTERIOR DESIGN:
DISC Interiors,
 discinteriors.com.

LANDSCAPE DESIGN:
Masterpeace Gardens,
 masterpeacegardens.com.

DEVELOPER:
G9 Development,
 g9development.com.

CONSTRUCTION LENDER:
First Choice Bank,
 firstchoicebankca.com.

CHARITY PARTNERS:
Rotary Club of Manhattan Beach,
 mbrotary.org.
National Alliance on Mental Illness,
 nami.org.

RESOURCES

ACCESSORIES
AllModern, allmodern.com.
Garde, gardeshop.com.
Hammer and Spear,
 hammerandspear.com.
OK, okthestore.com.
Pfeifer Studio,
 pfeiferstudio.com.

APPLIANCES
Friedmans, friedmans
 appliancecenter.com.

ART
 (Ceramics)
Heather Levine,
 heatherlevine.com.
Heather Rosenman
 Ceramics, heatherrosenman
 ceramics.com.
 (Fiber)
Mimi Jung of Brook&Lyn,
 mimijung.com.
 (Paintings & prints)
Brett Cody Rogers,
 brettcodyrogers.com.
 (Photographs)
George Byrne Photogra-
 phy, georgebyrne
 photography.com.
Jock McDonald Photogra-
 phy, jockmcdonald.com.
Laure Joliet Photography,
 laurejoliet.com.
Marcia Prentice,
 marciaprentice.com.
MidcenturyLA,
 midcenturyla.com.

BAR HARDWARE
Twenty Two Hours,
 twentytwohours.com.

BIFOLD DOORS
Kolbe Windows & Doors,
 kolbewindows.com.

CABINETS
L&R Cabinets,
 (310) 562-5412.

CONCRETE & MASONRY
Sunset Paving,
 sunsetmasonry.com.

COUNTERS
South Bay Stone,
 southbaystone.com.

DOOR HARDWARE
Emtek, emtek.com.

DRYWALL & FINISH CARPENTRY
CertainTeed,
 certainteed.com.
INSTALLER: Bill Davis
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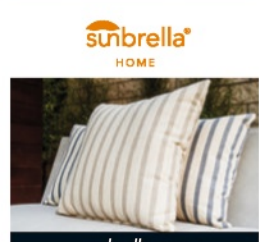
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“All the plants are visible at once on this slope. Viewing it from below is like looking at a painting.”

—COLIN MILLER, LANDSCAPE DESIGNER



PROBLEM SOLVER



SLOPE SOLUTIONS

A hillside backyard comes alive with water-wise plants.
By Kathleen N. Brenzel

HOMEOWNERS Elaine and Larry Barden weren't initially thrilled with their steep backyard in Danville, California. "We envied neighbors who had flat lots and pools," says Larry. "We weren't sure we could accomplish anything with this slope." But the couple had a nugget of inspiration—a modern yet natural hillside garden they'd seen a few years before at a *Sunset* Idea House. A vision for their yard came together, says Elaine: "Palm Springs meets W Hotel style."

They kicked off the project by having their friend Dale Sessions, a San Francisco-based designer, build a fireplace and bar on the plain concrete patio. Then landscape designer Colin Miller and his team took over. They painted

LOUNGE

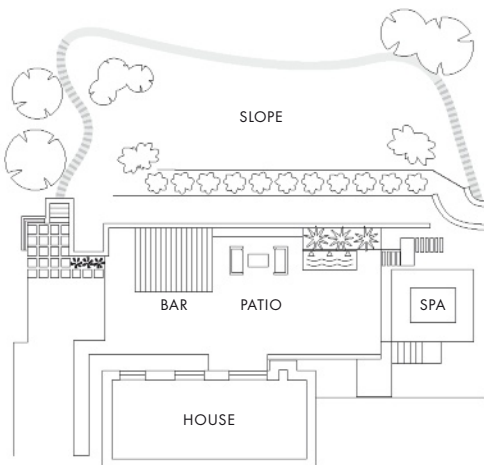
A gas fireplace, set into the retaining wall, left, is the focal point in this cozy corner. *Ventura* sectionals, crateandbarrel.com.

BAR

The aluminum arbor, above, was custom fabricated by Design Construction. Miller and his team built it on-site and painted it silver to match the wall sconces. Redwood slats cover the top. dcmetalfab.com.

the Douglas fir retaining walls black and replaced the hillside's weeds with drought-tolerant plants. To give the patio a contemporary hotel vibe, they converted a built-in planter into a fountain and created sleek seating and dining areas, where the Bardens often eat dinner with their 18-year-old twins.

Steps away, a path meanders to the top of the slope. Overlooking canyons and mountains, the spot is transporting, even enviable. Says Elaine: "It's got one of the best views in the neighborhood." envisionlandscapestudio.com.



IDEA
Agaves mimic the spray of a fountain.

SIDE PATIO

A built-in ipe wood bench hugs the corner near a pair of redwood trees, top left. Pavers are of cast concrete, in French gray and light gray, with crushed Lodi stone between. Behind, steps of 6-by-8 pressure-treated timbers lead upslope. stepstoneinc.com.

PATH

Edged with low walls of dry-stacked stone that help stabilize the slope, the path, top right, connects various parts of the garden,

which features drought-tolerant plants (California wild lilac, yellow kangaroo paws, pink penstemon) and grasses (blue oat grass, 'Morning Light' eulalia grass, and deer grass).

FOUNTAIN

A stainless steel basin, with black Mexican pebbles and a recirculating pump in the bottom, is set into the ipe wood trough, above. With the flip of a switch, the water begins to flow.

"The goal was to make the garden feel borderless."

—COLIN MILLER

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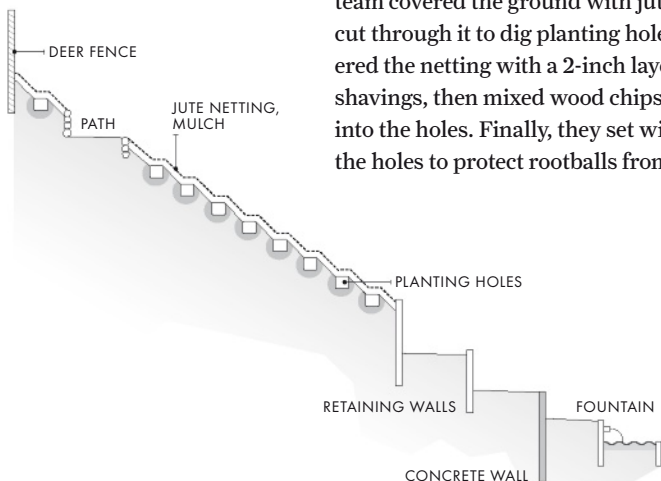
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HOW THE SLOPE WAS BUILT

If you have a steep yard, don't give up on landscaping—but don't try to do it entirely on your own. Even a team of professionals found the Bardens' yard challenging. "The guys were on their hands and knees, crawling up to the top," says Miller. "The soil is heavy clay, but you can't till a slope—it will loosen and slide."

To landscape a slope, you need safeguards to keep the hill and plantings in place. Here, the team covered the ground with jute netting, then cut through it to dig planting holes. They covered the netting with a 2-inch layer of wood shavings, then mixed wood chips and good soil into the holes. Finally, they set wire baskets into the holes to protect rootballs from gophers. 🐿



3 FAVORITE PLANTS FOR A HILL



KANGAROO PAW
(*Anigozanthos*)
Velvety yellow blooms top these perennials that grow 4 to 6 feet tall. They attract hummingbirds.



LAVENDER
(*Lavandula x intermedia* 'Provence')
Spikes of fragrant light violet flowers, which are great for drying, top the 2-foot-tall plants.



PENSTEMON
(*P. hybrids*)
These compact, bushy perennials—2 to 4 feet tall—have large, loose bloom spikes in spring and summer.

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ILLUSTRATION: MARGARET SLOAN

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TIPS
FROM OUR
TEAM

In the SUNSET GARDEN

KNOW-HOW Grow a gift

Coax amaryllis bulbs out of dormancy now so they'll be ready to give by the holidays. Here's how.



Fill a glass vase with a 3-inch layer of pebbles. Nestle an amaryllis bulb on top, adding a few more stones if needed for stability.



Add water just below the bulb; make sure the level remains consistent.



Place bulb on a sunny windowsill or other warm, bright spot to force the bulb out of dormancy.



"This system keeps the birds away but gives us easy access to our cool-season crops."

←
JOHANNA SILVER,
ASSOCIATE GARDEN EDITOR



TIP OF THE MONTH

Safety net

Each fall in the Test Garden, we cover our vegetables with bird netting—and trip over the tangle of stakes and mesh all season. This year, garden design assistant Lauren Hoang came up with a tidier alternative: Create arches using bendable masonry reinforcement ladders (sold in 10-foot-long sections at hardware stores). Sink sharp ends into soil; drape netting on top and secure all sides by pushing landscape staples through netting into soil.

PLANT NOW

FALL IN A POT

The semidwarf 'Chi-Chi' has the same autumnal good looks as a standard ginkgo but tops out at just 4 feet tall (as opposed to 100 feet!). We keep ours in a white pot to brighten up gray days. From \$55 for an 8-inch-tall tree; wildwoodmaples.com.



WE'RE LOVING ... BEE HAVEN

Wanting to do their part for the disappearing population of mason bees, landscape designers Caitlin and Owen Black crafted these houses out of Brazilian hardwood left over from their deck projects. Nesting tubes attract the native bees (who are super pollinators, visiting 17 blooms per minute). Attach to the southwest side of a fence post or house, ideally with a little overhead protection from the elements. \$66; worldreclaimed.com.

CLOCKWISE FROM BOTTOM: LEFT: JEFFERY CROSS; ERIN KUNKEL; E. SPENCER TOY; ILLUSTRATION: JOE MCKENDRY (3)



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Your CHECKLIST



"Palm grass is evergreen, drought-tolerant, and great for creating a tropical effect."

KATHLEEN BRENZEL, GARDEN EDITOR

**PLANT**

Replace lavenders that have grown old and woody with fresh plants.

Sow seeds of pollinator-friendly flowers, including baby blue eyes, California bluebell, clarkia, cornflowers, and Shirley poppies. Scatter seeds evenly over beds, lightly rake them into the soil, then water the bed gently until they germinate.

Plant cyclamen 6 to 10 inches apart in rich, well-draining soil. To make the largest visual impact in the ground, plant a drift of a single color.

Grow shrubby flowering quince to add structure to ornamental beds. Among the first shrubs to bloom each year, flowering quince can range in size, but all can be kept compact with annual pruning. 'Cameo' is a moderate grower (3 feet tall and 5 feet wide) and has soft, apricot-colored blooms.

**DECORATE**

Collect cornhusks, pinecones, rose hips, and seed pods from flowers such as poppies or

**GARDEN WE LOVE**

Concrete jungle

Landscape designer Beth Mullins gave this tiny San Francisco garden a lush look by planting tiers of greenery. Wispy *Pittosporum tenuifolium* 'Silver Sheen' creates a paint-splatter effect along the fence, allowing light to pass through. On either side, palm grass (*Setaria palmifolia*) sends out fountainlike leaves. Succulents (*Aeonium* 'Jolly Green' and *Agave attenuata*), mounding blue *Festuca glauca* 'Elijah Blue', and tufted green mondo grass fill in the understory. growsgreen.com.

scabiosa to create holiday centerpieces. Group specimens together in a shallow bowl or use one for each place setting at the Thanksgiving table.

**MAINTAIN**

Fertilize cool-season vegetables such as broccoli, kale, lettuces, and Swiss chard with an

organic fertilizer according to package instructions.

Clean up fallen leaves and fruit under apple and pear trees to prevent the spread of codling moth. Fruit from infected trees will have holes filled with reddish brown droppings from the moth larvae. Dispose

of all infected leaves and fruit in your waste bin.

Adjust irrigation systems to water less frequently. If rains are consistent, turn irrigation systems off entirely.

Protect tender succulents with frost blankets or row covers. ▲



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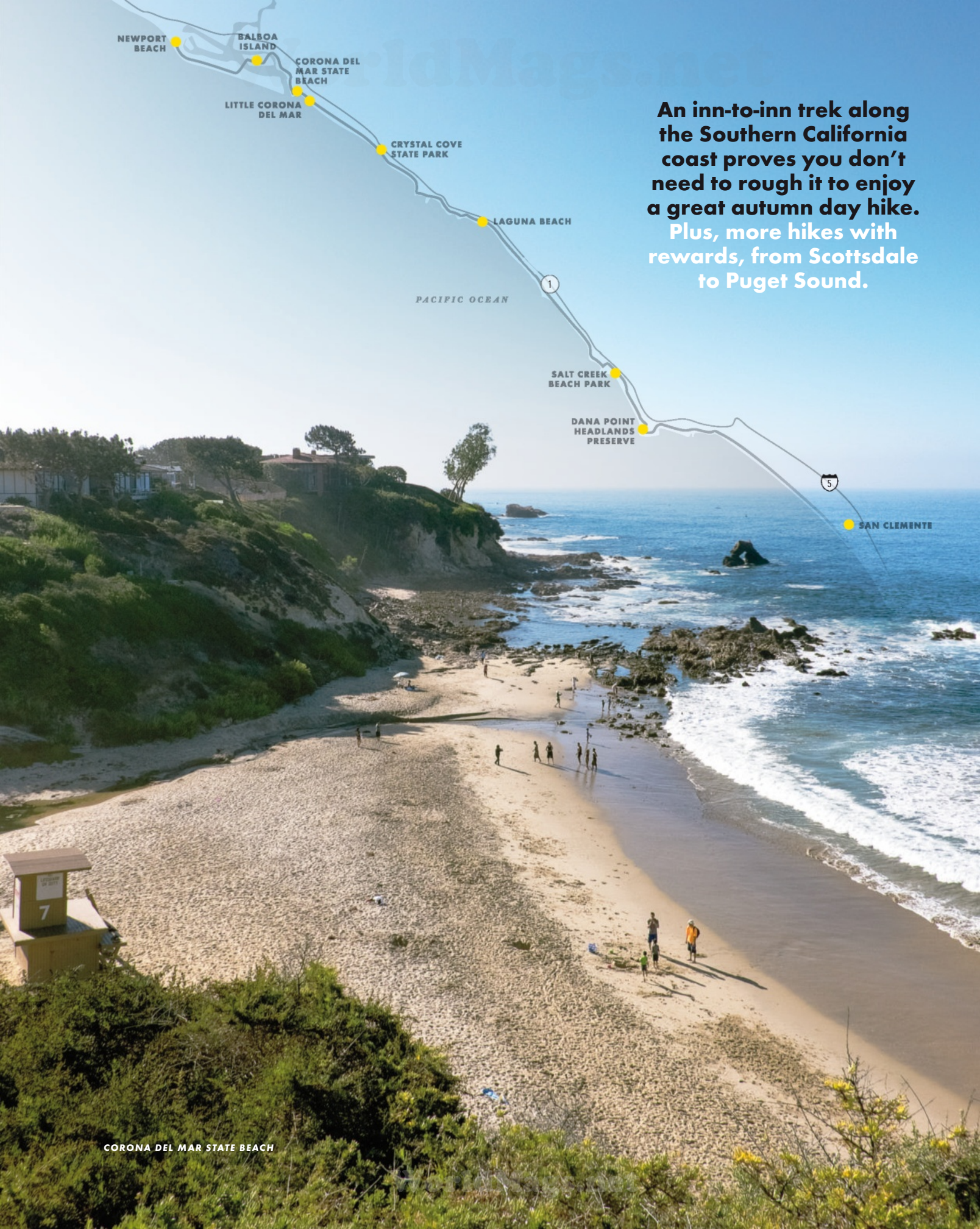
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WALK THIS WAY

BY
JUDITH STONE

Photographs by
Thomas J. Story



NEWPORT BEACH

BALBOA ISLAND

CORONA DEL MAR STATE BEACH

LITTLE CORONA DEL MAR

CRYSTAL COVE STATE PARK

LAGUNA BEACH

1

SALT CREEK BEACH PARK

DANA POINT HEADLANDS PRESERVE

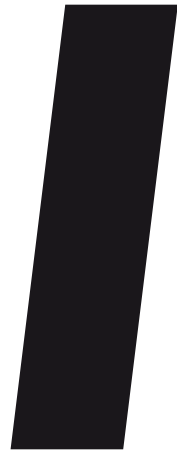
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SAN CLEMENTE

PACIFIC OCEAN

An inn-to-inn trek along the Southern California coast proves you don't need to rough it to enjoy a great autumn day hike. Plus, more hikes with rewards, from Scottsdale to Puget Sound.

CORONA DEL MAR STATE BEACH



I'm so glad I doubted Tom Courtney.

Otherwise, I wouldn't be standing with him on the bluffs of Dana Point Headlands Preserve under a perfect blue sky, looking north at a double curve of seashore all the way to Laguna Beach. This vista and the subtle perfume—the strong tang of sage, the iodine snap of the Pacific—transported me back several decades to the days when the Orange County oceanfront was my favorite place to be. Amazingly, the beaches below still look pretty much the way they did when I was a kid. Just as amazing to me

was the fact that I'd hiked 19 miles for this view. We were two-thirds through a three-day, 27-mile inn-to-inn coastal walk that I hadn't been sure was possible. And which proved much richer and more revelatory than I could have imagined.

Courtney is the author of the new book *Walkabout Malibu to Mexico: Hiking Inn to Inn on the Southern California Coast*. It promises to give readers 200 miles of self-guided hiking, much of it along unspoiled shoreline. I was skeptical. I was familiar with Courtney's terrific website, Walkabout California. And friends had raved about the carefully vetted itineraries in his first book, *Walkabout Northern California: Hiking Inn to Inn*.

But in densely populated, ardently auto-centric SoCal, much of the beachfront is highly developed and highway adjacent. It was already headed that way when I was growing up there. Could Courtney really have found seaside access by foot from northern L.A. County to the border, and wilderness west of the Pacific Coast Highway?

In my role as investigative traveler, I called Courtney and politely expressed incredulity. He understood. "When I got the idea, on a visit to Leo Carrillo State Beach in Malibu, I wasn't sure I'd be able to walk all the way to Mexico," he told me. "Then I started mapping the hikes and found that I could—and that much of the way is wild and unchanged. But let me convince you," he said. "Come with me on my favorite part of the southern route—the Newport Beach to San Clemente leg. You'll see what I'm talking about."

I was pleased to accept. Growing up in Whittier, I'd spent many a weekend with my family tidepooling at Corona del Mar, racing into the waves at Doheny, or camping at San Clemente. On various strands, my high school friends and I basted ourselves with baby oil and tanned competitively. In college, my boyfriend and I body-surfed Newport Beach. Then I moved north for grad school and east for work. I hadn't seen this stretch of Pacific since then, except to catch a few glimpses from the freeway.

So on a cloudless Monday morning, Courtney and I hoisted our daypacks—all we'd need for the entire trek—and headed south from Newport Pier at 7 a.m. in order to hit low tide (which Courtney checked online). For about a mile, we followed a paved promenade along the wide beach, empty except for surfers. Then we hopped a small ferry for a five-minute ride across Newport Bay to Balboa Island, created in the early 1900s when developers dredged the estuary. The last time I visited Balboa, I was 9. Passing the lovely (and

now pricey) bayside cottages separated by tiny but exuberant gardens, I suddenly remembered the highlight of that trip—seeing my first live seastar, clinging to a dock piling. I'd forgotten until now how utterly thrilled I was by the nearness and realness of that little creature; the world shimmered with new possibilities.

We crossed the bridge connecting Balboa to the mainland, walking up steep streets in a tony cliffside neighborhood with killer views and two yacht clubs, then down one of the many public stairways connecting bluffs and beaches. As we skirted the surf along Corona del Mar State Beach, I made a snarky crack about wilderness hiking within sight of one-percenter mansions. Courtney laughed. He's a twinkle-in-the-eye kind of guy, elfin at 66 (but picture a tall, strong elf). "Yes, we have to go through civilization sometimes to get back to nature," he said. "But whenever you need wilderness on this walk, just look to the right and there's the ocean—thousands of miles of wild."

NEWPORT BEACH TO CORONA DEL MAR

Our civilized coastal trek begins along Newport Bay and follows the ferry to Balboa Island. Then it's south to the tidepools of Corona del Mar State Beach.

“Yes, we have to go through civilization sometimes to get back to nature. But whenever you need wilderness on this walk, just look to the right and there’s the ocean—thousands of miles of wild.”



CORONA DEL MAR STATE BEACH

BALBOA ISLAND



NEWPORT BEACH





THE BEACHCOMBER CAFE'S FISH TACOS



CRYSTAL COVE



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Following the cliff base, we moved within minutes from prime real estate to primordial beauty, a ruggedly rocky sweep that felt remote. Just us and the gulls, sandpipers, pelicans, and cormorants. At Little Corona del Mar, a gem of a cove and a family favorite, I recalled how long ago I'd loved the color of the sea here; I once told my mom it looked like blue parakeets and a little pickle juice. That description still works.

The going was slow as we picked our way over damp rocky ridges and kelp-slick boulder fields. Before the trip, Courtney had put me at ease about the pace. "When you travel at 2 miles an hour," he'd said, "you slow down enough to see nature in a fresh and different way. You learn new things about the world, and about yourself."

He had me at "2 miles an hour"—but the rest was true too. Already that morning, I'd discovered that pristine pockets of unspoiled nature exist where you least expect them, that wilderness is sometimes only a head-turn away, and that it's a rush to remember how transformative early encounters with nature can be.

CRYSTAL COVE STATE PARK TO LAGUNA BEACH
Start with a fish taco at The Beachcomber Cafe, then admire the cottages of Crystal Cove and the palm-shaded paths of Heisler Park.



Our next stop was Crystal Cove State Park Historic District. The state of California and the private Crystal Cove Alliance are restoring this abandoned beach-and-canyon community, which attracted artists in the early 20th century. Sixteen cottages built in the 1930s are renovated and rentable year-round. We poked around happily, checking out the spiffy rehabbed cottages and several others, currently disintegrating picturesquely, that are slated for makeovers. Then it was time for lunch at The Beachcomber Cafe. The fish tacos were delish. Even more satisfying was this exchange:

“Validation for parking?” our waiter asked.

“No,” I said, “but we’d like validation for having walked here from Newport Beach.”

“You walked?” he exclaimed with such surprise, it was as if I’d claimed to have hitched a hundred hummingbirds to a lawn chair and flown. “That’s totally awesome!”

As we continued along the lightly peopled beach, Courtney talked about the path he traveled from a career in financial management to being a hiking guru. He’d grown up hiking in Minnesota, he said, and kept it up when he moved west after college. He fell in love with inn-to-inn walking in England. Now he wants to make it as popular in the United States as it was there.

He recalled how, one crystalline day in Northern California’s Marin Headlands, he stood gazing north to Point Reyes. “I wondered if I could hike all the way there,” he said. He studied topographical maps and a coastal guide, and he and his wife, Heidi, a horticulturist, took a test run, hiking 38 miles in four days, staying at inns along the way. “I was hooked,” Courtney said. He was inspired to create his website and write his trail guides. “I’m passionate about letting people know that inn-to-inn hiking is a great way to recharge and restore their relationship with nature. Part of my mission is to keep exploring and finding new, great walkabouts in the American West.”

A couple of miles past lunch, our way was blocked by cliffs. We climbed yet another stairway, walked the wide bike lane of PCH for a bit, returned to the shore via stairs at Crescent Bay, and kept walking. Then more stairs to Laguna Beach’s oceanfront Heisler Park, rich in bird of paradise. We caught sight of gray whales offshore—two spouts, then a glimpse of big, breaching heads. Every stroller coming toward us on the path stopped to make sure we’d seen them. The communal excitement was buoying.

The walk from Newport Beach to Laguna was the longest of the trip, 12 miles, and that night I ended it by nodding off after a nanosecond of reading. The lesson: Earned sleep is sweetest.

Beyond Laguna the next morning, we left the shore for the bluffs several times to accommodate cliffs and tide; each descent put us on another beautiful beach. Up, down, wild, tame, following a winding lane through the grounds of the Ritz-Carlton, Laguna Niguel, to peaceful Salt Creek Beach Park. Then up again to a posh housing development and, next door, one of the great gifts of the trip, the Dana Point Headlands Preserve, 28 acres

DOING THE HIKE

Tom Courtney’s *Walkabout Malibu to Mexico: Hiking Inn to Inn on the Southern California Coast* (Walkabout California Press, 2014; \$17; walkaboutcalifornia.com) will give you mile-by-mile guidance for this hike. You can also purchase a digital edition of the Orange County chapter for \$6.99.

WHERE TO STAY Bay Shores

Peninsula Hotel, Newport Beach. One block from the beach, with an ocean view on the roof deck. From \$149; thebestinn.com.

Pacific Edge Hotel, Laguna Beach. Stylishly beachy and right on the water. From \$210; pacificedgehotel.com.

Doubletree Suites, Dana Point. Chain hotel but attractive; close to but not on the beach. From \$169; doubletree3.hilton.com.

Sea Horse Resort, San Clemente. Spacious rooms, great location overlooking San Clemente Beach. From \$129; seahorse.sanclemente.com.



HEISLER PARK

of coastal sage, prickly pear cactus, cholla, coyote bush, rare succulents, sunflowers, and other native plants—untouched except for the 3 miles of pleasant paths winding through it. Its view was spectacular, its stillness reviving.

The final day's walk was a 6-mile jaunt on comfortable damp sand to the airy Sea Horse Resort, overlooking San Clemente's beach and pier. The most charming inn of the trip, it was built, the friendly owner told us, in the 1950s by actress Joan Blondell as a holiday retreat for her pals.

Sitting with Courtney on the hotel balcony, sipping a cool drink and watching the sunset tint the beachside palms, I thought of a painted sign on the door of a Newport Beach vacation house we'd passed. DON'T ANALYZE YOUR PLEASURES! it read. But I felt compelled to talk over what made this walk along the Orange County coast such a delight: finding wild places where I didn't expect them. Revisiting beloved old spots and discovering terrific new ones. Gaining fresh perspective and life-enlarging insights. Staying in the moment.

Courtney was pleased; that's just the effect he hopes inn-to-inn walking will have on converts. I proposed a toast to what we'd accomplished, wondering if pilgrimage was the right word. "You bet," he said. "If a pilgrimage is a walk to a sacred site, every hike through nature is a pilgrimage. And a pilgrimage can definitely include fish tacos." 🌮

SALT CREEK BEACH PARK TO SAN CLEMENTE

The final leg leads from Salt Creek park to unspoiled Dana Point Headlands Preserve. Final stop: San Clemente, home to good waves and a great pier.

S DIGITAL BONUS The best fall travel experiences—wine tasting, camping, leaf peeping, and more: sunset.com/fall-trips.



SAN CLEMENTE PIER

SEA HORSE RESORT

SALT CREEK BEACH PARK



MORE GREAT FALL HIKES

It's perfect walking weather all over the West. Try these treks that let you pamper yourself at day's end.

ARIZONA

SCOTTSDALE Marcus Landslide Trail, McDowell Sonoran Preserve

HIKE The easy 4-mile round-trip takes you across the remnants of a 500,000-year-old rockslide at the McDowell Mountains' base. Interpretive signs explain the geology, and sculptural granite boulders provide plenty of photo ops. mcdowellsonoran.org.

REWARD Book the 80-minute hiker's massage at Four Seasons Resort Scottsdale's spa. The luxe leg-centric splurge also gives you license to loll around the pools and indulge in the sauna and steam room. \$225; fourseasons.com/scottsdale.

TUCSON

Romero Canyon Trail, Catalina State Park

HIKE The moderate to challenging 6.6-mile (one way) trail winds up the Santa Catalina Mountains, but most hike just the first 2.8 miles to Romero Pools, an

oasis of swimming holes in canyon streams. Catch city views below and possible glimpses of bighorn sheep, reintroduced to the area last year. \$7/vehicle; azstateparks.com.

REWARD Opt for an any-day breakfast of mesquite pancakes or Sunday brunch with huevos rancheros and prickly pear mimosas at Tohono Chul Garden Bistro, in a botanical garden and cultural park. \$\$; tohonochulpark.org.

CALIFORNIA

CALISTOGA Redwood & Coyote Peak Loop, Bothe-Napa Valley State Park

HIKE For stunning Napa Valley views, follow this moderate trail along Ritchey Creek through coastal redwoods to the forested summit of Coyote Peak, then loop back via the South Fork Trail, a total of 4.5 miles. \$8/vehicle; napavalleystateparks.org.

REWARD Calistoga is the capital of mud baths; you and your

hiking companion can go for a "Mudslide" treatment at elegant Solage Calistoga. From \$180/couple; solagecalistoga.com.

STINSON BEACH Steep Ravine and Matt Davis Loop, Mt. Tamalpais State Park

HIKE A classic Mt. Tam hike, this 7.3-mile challenge delivers golden grasslands, dense redwoods, and coastal views. From Stinson Beach, hike 1.3 miles on the Dipsea Trail to connect to Steep Ravine Trail, which makes a redwood-shaded ascent along Webb Creek. At Pantoll Ranger Station, pick up Matt Davis Trail, which curves a long, graceful arc back to Stinson. parks.ca.gov.

REWARD Fish tacos or oysters on the patio at Parkside Cafe. \$\$; parksidecafe.com.

COLORADO

PALISADE Coal Canyon Trail, Little Book Cliffs Wild Horse Range

HIKE Just east of

Grand Junction, bands of wild horses roam the flanks of Mt. Garfield, and winter's onset urges them to the lower elevations surrounding the Coal Canyon Trail, where they're easily spotted. The easy 5-mile round-trip (open to four-wheel-drive vehicles until December 1) meanders between crumbling mesas peppered with juniper and sagebrush. From Grand Junction, take I-70 east to Cameo (exit 47) and drive 2 miles west to the trailhead; blm.gov.

REWARD Continue the equine theme at nearby Plum Creek Winery, where a junk metal sculpture of a galloping horse welcomes you to the tasting room (don't miss the Cabernet Franc). Free tastings; plumcreekwinery.com.

WINTER PARK Ranch Walk and Left Field Trails, Devil's Thumb Ranch

SKI By midwinter, this guest ranch near Winter Park offers more than

80 miles of cross-country ski and snowshoe trails, accessible with a \$20 day pass. Early-winter snowstorms usually get Ranch Walk (2.4 miles) and Left Field (2 miles) open by November 15. Kick and glide beneath the treeless summits of the Continental Divide, or try snowbiking or skijoring with your dog. devilstumb.com.

REWARD Head to Heck's tavern at the ranch for a warming bowl of curry carrot soup, or relax in the 18,000-square-foot spa: Its outdoor hot tub is the perfect prequel to a restorative massage. Heck's: \$\$, massage from \$125; call (970) 726-1054 to book.

IDAHO

SANDPOINT Mickinnick Trail, Idaho Panhandle National Forests

HIKE This moderate 7-mile round-trip climbs about 2,100 feet; even if an early-season snow turns you back before you reach the top, the views of

Sandpoint and Lake Pend Oreille along the way are worth it. cityofsandpoint.com.

REWARD At local favorite Eichardt's Pub, Grill & Coffee House, you can choose regional craft beers, burgers with garlic fries, or drip-brewed Evans Brothers joe—but go for all three. \$\$; (208) 263-4005.

WASHINGTON

BELLINGHAM Chuckanut Ridge Trail, Chuckanut Mountain Park

HIKE The moderate 10.4-mile round-trip starts off a bit above sea level and ends up at 1,900 feet, with views of Puget Sound, Mt. Baker, and British Columbia's Coast Mountains. co.whatcom.wa.us/parks.

REWARD Kick back with an oatmeal stout or a Scotch ale at Boundary Bay Brewery & Bistro, housed in a 1922 warehouse downtown. \$\$; bbaybrewery.com. —Kelly Bastone, Crai S. Bower, Ann Marie Brown, and Nora Burba Trulsson



*Let the
Spirit Move You*

BY NINO PADOVA | PHOTOGRAPHS BY THOMAS J. STORY



Tequila sales are booming. But what exactly is this south-of-the-border sensation? Frat-house slammer? Worm-bearing hallucinogenic? *Sunset* visits Jalisco to distill the truth.



DAY TWO ON THE

Tequila Trail

was off to a rocky start, and we had Day One to thank for that. Mexico's native spirit had welcomed us in a big way. First on the plane, then in the hotel lounge. Everywhere we went, tequila. It was served in crystal flutes and large earthen bowls. It was mixed with citrus and Sprite. We drank it from copper kettles as anxious men in lab coats looked on. It was sniffed and studied and paired and poured into hollowed-out limes and downed in a single puckering gulp.

We were learning a lot.

This was, after all, a crash course. Two full days of tequila immersion in the high-desert valley that bears its name, an hour northwest of Guadalajara in the Mexican state of Jalisco. A handful of us had come from various points north to learn more about this mysterious elixir that most people associate with that regrettable night in Cancún involving belly button shots and a mechanical bull.

Our tour, the first one of its kind, promised a more erudite experience. We would visit some of the best artisanal distilleries in the valley, and meet face-to-face with the most prominent makers, growers, and distributors in the business. They would answer thoughtfully our burning questions about terroir and the great agave shortage of 2000, then toast us with their finest estate-grown *añejo* before disappearing into the flat midday sun. All of which was highly unusual.

Foreigners rarely funnel into this dusty patch of Mexico, and the few who do are often shuttled in from beach resorts two hours away to soak up a day of “culture” between sunburns. That usually means a for-the-masses romp through one of the big industrial distilleries like Jose Cuervo, which offers guests the services of a weekend party train, complete with a margarita bar, seafood buffet, and dancing women.

We were on a different mission. Most of us were of that small but growing subset of drinkers who were hip to good tequila, searched it out at specialty cocktail bars and restaurants back home, and were now ready for the next step. We had used vacation days and frequent-flier miles to come here and take that step. So it was with a deep sense of scholarly satisfaction that I received my official Spirit of Jalisco handbook upon arrival. There, folded within its leather covers, was the trip syllabus, with an hour-by-hour breakdown of our very full itinerary. What I didn't notice at the time was the following line: “Day Two: Van departs 8:30 a.m. sharp.”

“ARE YOU AS HUNGOVER AS I AM?” This was from Tom #2. We called him Tom #2 because the other Tom on



the tour was a 6-foot-5 former college basketball player with shoulder-length hair and hands the size of Fiats, clearly earning him Proto-Tom status.

“I'm doing okay,” I shrugged. In fact, I was not doing okay, and the van ride wasn't helping. We were crawling through rush hour traffic on our way to the great agave fields west of town. The trip could take 45 minutes, or at this hour, three times that long. I slunk in my seat, wincing with every tap of the brakes. From my window, Guadalajara looked like a city of slabs, gray and featureless.

And then it was gone. The road opened up, and the horizon gave way to big, deep gulfs of blue. Row after row of agave—thousands upon thousands of plants—erupted from the earth in spiky, swordlike formations.

“We want to go down there.” A finger pointed to beyond the highway, where a narrow dirt road clutched a thick maze of agave. The finger belonged to Clayton Szczech, Spirit of Jalisco's director of tequila experiences. Clayton had been leading private tasting trips on his own since 2008, but recently he teamed up with an established tour operator out of Los Cabos to help handle the million and one logistical challenges of running vanloads of day-tasters through a foreign country. His Spanish was crisp and flawless, almost lyrical, and his tight connections in the tequila world would open many doors for us. Dirt roads too.

The van lurched and swayed. Our stomachs did the same as we descended to the valley floor. Finally, the shaking stopped, and we exited the van.

Waiting for us was Silverio Nuñez-Contreras, plantation manager for the Orendain family, one of the oldest independent tequila producers in Mexico. Silverio wore a rumpled baseball cap and a look of pliant indifference. Beside



him, upright and eager with dark, intense eyes, was a young *jimador*, one of the field-workers who harvest Weber blue agave, the desert succulent from which all tequila is made. Because even plants that grow side by side in the field ripen at different times, agave must be harvested by hand, the same way it has been since the Spanish introduced distillation to Mexico in the 16th century: with skilled laborers and a machete-like tool called a *coa*.

This was to be a demonstration. We gathered around the jimador as he lunged the blade into the plant over and over, shearing off the sharp jagged leaves that protect the agave's sweet, sap-filled heart, or *piña*. (The piña is the prize of the plant; it'll get cooked, crushed, fermented, and distilled to make 100 percent agave tequila. Anything labeled otherwise usually contains sugars from other sources and should be avoided in the same way one should avoid belly button shots and mechanical bulls.) Blue agave can take six to 10 years to mature, sprout up to 7 feet tall, and weigh 100-plus pounds. A good jimador will strip one down in two minutes flat.

Clockwise from top left: a jimador disarms an agave; fermenters at La Fortaleza; tour guide Aida Bustos says ¡salud!; Casa Herradura; the philosopher's bench in Tequila.

"Are you getting this?" Proto-Tom was watching the scene unfold through his iPad. "Amazing. Look at him go!" We chewed on raw agave bits (which tasted like jicama) and absorbed Clayton's mini lecture on soil composition ("We're standing over one of the largest obsidian deposits in the world"). And then there were questions. At first directed toward Clayton, but then at the jimador: *How many agaves can you chop in a day? Ever get injured? How much do you make? Would you take a picture with me?*

Nearby, Silverio leaned on his pickup truck. I wandered over to see what he thought about this whole thing—the van, the cameras, the questions. He paused. "It's a good time to be a peasant," he said. "A good time for tequila."

A good time, indeed. Over the past 15 years, tequila sales have doubled worldwide, in large part due to an unquenchable thirst from Mexico's northern neighbor. The United States accounts for 77 percent of all tequila exports. And though much of the growth has come at the hands of multinational conglomerates that have rebranded the spirit à la vodka in the 1990s—bringing it from the frat house to the nightclub, with the help of buy-in from celebrities like Justin Timberlake and George Clooney—perhaps the biggest trend has been the emergence of "premium" tequila. That is, ingredient-driven, 100 percent blue agave tequila, which is sipped, like wine, rather than the cheap intoxicant dumped into blenders.

Some people would argue that the current boom is bad for tequila, saturating the market with a product that's become increasingly homogenized ("smooth" is a word you hear a lot) and compelling farmers to overplant a crop already prone to disease and infestation. Silverio is not one of those people.

I asked him one last question: "What if everyone suddenly quit drinking tequila?" He took me in for what felt like a full minute, then cracked a wide smile. "Well, we'd go bust," he said. "But that will never happen. There will always be drinkers."

The van pushed on, and within it life settled into that soft familiar rhythm common to the group traveler. The whispery introductions. The gentle conversations that spill from row to row. I met Tim, a video producer from Los Angeles who'd traveled to Mexico by motorcycle back in his "wild days," and who claimed to have been fired multiple times from the set of *Apocalypse Now*. I then met another Tim—Tim #2!—a middle-aged Chicagoan, along with his partner, Patrick. Both tequila nuts. Both severely jet-lagged.

The back of the van belonged to Iván and Aida. They

volcano and the foothills of the western Sierra Madre. The town—a tangle of low-slung cement buildings that open up to an elegant Spanish plaza—sits at about 4,000 feet above sea level, a fact brought into sharper focus as we huffed our way up the cobbled entrance of La Fortaleza distillery.

Clayton kept the tempo brisk. Everything at Fortaleza seemed to operate in the kind of preindustrial dream bubble that hipsters back home fetishize. We ducked (literally, had to duck) into adobe bunkers that reeked of baked yams, where men crouched in pools of brown liquid milling agave by hand. Behind them leaned a *Flintstones*-like stone wheel (*tabona*) that's used to crush cooked piñas before they're fermented. In one room, we found a group of women working tiny chisels around the ceramic cork covers that get plunked onto each bottle of the 12,000 cases Fortaleza produces each year ... which is about what Jose Cuervo bottles in a single day.

We followed a path of candles into a cave. Inside was a small bar, backlit in red Christmas lights and decorated with Day of the Dead skulls. Clayton poured samples of Fortaleza's three classes of tequila—*blanco*, *reposado*, and *añejo*. With each sip, I could taste the baked agave, bracing at first, but then, as we let the spirit roll over our tongues (a trick we learned from Clayton), soft and creamy. With each sip, I could see the faces of the men kneeling, milling.

Next, we hit La Tequileña. Bigger and shinier than Fortaleza, the distillery is owned by the Fonseca family, who've been in the agave trade for five generations. We were greeted by Sergio Mendoza, a handsome 33-year-old with wavy, disheveled hair. "Claytone," he beamed, leaning in for a bro hug.

Sergio oversees global branding for La Tequileña's tequilas (just about every distillery produces multiple labels, and some, as many as a dozen). "The U.S. is the big fish," Sergio said. "But the real potential is China. Think about it—a billion and a half people who've never tasted

real tequila." His eyes widened.

We were shuffled through the distillery (highlight: an enormous barrel-aging room like something out of *Indiana Jones and the Raiders of the Lost Ark*), then escorted to a palm-shaded patio where a woman in a red apron cooked pork tacos. Bottles were opened, maybe a dozen, and we moved down the line, tasting. The diversity was astounding. Some were rough and vegetal, like unaged whiskey or Italian grappa. Others, toasty and sweet with hints of caramel and vanilla. It's this quality, I remind myself, that draws me to tequila—to so many things in life. The capacity to be wild, unpredictable, *alive!*

There was another group on the patio. Industry types. I could tell by the way they tasted. Slowly, deliberately, their noses floating over the glass before bringing the liquid to their lips. I introduced myself to David Driscoll, a spirit buyer for a boutique liquor store in the Bay Area. I asked him what he thought about tequila's big moment. "People are finally aware of good tequila," he told

Right: The town of Tequila is the birthplace of Mexico's national spirit. Below: A bottle of Fortaleza Blanco.



This is what draws me to tequila. The capacity to be wild, unpredictable, alive!

live near Mexico City and work for Spirit of Jalisco—though in what capacity, exactly, I was never quite certain. They also run a small production company on the side that specializes in stop-motion animation, and in their spare time travel the country as professional clowns, teaching children the art of pantomime. "It's incredibly rewarding," they told me, their faces blooming with pride. Everyone loved Iván and Aida.

THE TEQUILA TRAIL ISN'T ACTUALLY A TRAIL. Not in the traditional sense, anyway. There are no maps to follow, no dotted lines that string you from one point to the next. You don't repeatedly run into the same cheery couple as you might while tasting in, say, Napa Valley: "You two again?"

The Tequila Trail is, first and foremost, a choice. You can head two hours east of Guadalajara to the remote distillery towns in the Los Altos region (where the agave is larger, the tequila sweeter, the roads scarier to navigate). Or you can begin where our journey began, back on Day One, in the town of Tequila, a proud little pueblo of 25,000 people sandwiched between a dormant



...LAS Y CER...

...o y Menudeo

- Arroz • Canela • Piloncillo • Hoja para Tamal •
- Huez • Almedra • Cacahuates • Lentejas • Garbanzo
- Chile Yahualica • Chile Dorado • Semilla Girasol •



me. “But now they want more: Where does it come from, how is it made, *what*, precisely, makes it good? They don’t just want a bottle; they want a story.”

This made sense. The more time I spent here, the clearer it all became. What I sought wasn’t so much an education as it was a validation. We live in a world of likes and shares, a world in which we’re forced at every turn to consider our preferences, defend them, even. If I was going to call myself a tequila drinker, then I’d better learn the story.

“Enough tasting, let’s go drink,” shouted Clayton, and before I knew it, we were piled back in the van, zigzagging through the sunbaked streets. Next stop, La Capilla, the oldest cantina in Tequila. We drank the famous Batangas (tequila, Coca-Cola, and lime) and met the famous Don Javier, who owns the bar and invented the Batanga. Now in his 90s, he still had the sparkle of youth in his eye. Tables were pushed together. Stories came in waves. We were told the secret to a long life: “two short drinks a day, and never marry.” Bottles were opened and emptied. Time sputtered. I went outside for a gulp of air and saw what at that moment felt like the strangest, most beautiful thing. A garbage truck with huge rooftop speakers blasting Vivaldi’s *Four Seasons*.

There was more—more distilleries, more cantinas, more face time with distinguished *tequileros*. We met a former mayor of Tequila. He autographed our souvenir bottles—which was an honor, we were told, but also felt weird, like having Ed Koch sign your hot dog. Plus all the things that didn’t involve tequila: guided walks through Guadalajara’s historic plazas; ceramics shopping in the artsy but unpronounceable town of Tlaquepaque; Sunday morning goat meat stew.

DINNER OUR FINAL NIGHT and spirits were high. Margaritas appeared. A debate broke out over whether it was worth using good tequila in a margarita.

Patrick: “No way, waste of good booze.”

Clayton: “Now see, I disagree...”

Conversations splintered off, found new channels. I told Iván and Aida about a news story that reported a clown shortage in the United States. Their faces froze in a look of mock concern—then, as if we had rehearsed it, the three of us burst into laughter.

When the meal came, I sat across from Proto-Tom. We got to chatting but were quickly interrupted by a roving band of mariachis—Jalisco’s other great invention. One of the last things I remember is the two of us, arms locked, in the middle of the restaurant singing boleros at top volume. That we didn’t speak Spanish didn’t seem to matter, least of all to us.



Tequila 101

Rule number one to enjoying good tequila: Forget the first time you drank it. This isn’t spring break, and this isn’t that tequila. Mexico’s native spirit is better savored than slammed. Here’s what you need to know.

THE PLANT

Tequila is made from agave, a desert succulent. More than 200 types of agave exist in Mexico; tequila comes from the blue Weber species. Like cognac or Champagne, the spirit is protected by law and must be made in one of five Mexican states. But the vast majority of tequila comes from Jalisco.

THE PURITY

While the spirit can be made from just 51 percent agave sugars, good tequila should be 100 percent agave. It comes unaged (*blanco*), slightly aged or “rested” in oak (*reposado*), or aged at least a year in oak barrels (*añejo*). Extra añejo tequila is aged at least three years.



gs.net

Clockwise from top left: mariachi, a Jalisco original; Don Javier (right) at La Capilla; a Batanga: Coke, lime, tequila; La Tequilaña.

Later I learned that Proto-Tom was Tom Williams, a 62-year-old retired science teacher from Fayetteville, Arkansas. Hard to find good tequila in Arkansas, but he managed, and took an interest in learning more about it. One day he Googled “tequila vacations” and found Clayton. It took him

six months to save enough money for the trip. Then, just as it was about time to go, he realized he didn’t own a passport—he’d never been out of the country.

He’d been busy. Working, raising three boys and a girl, and more recently, caring for his wife of 20 years, who’d fallen sick and had to be hospitalized. Mexico was the first big thing he’d done without her. When he walked out onto the tarmac in Guadalajara, a month later than expected, tears welled up in his eyes. “I finally made it,” he told himself. “I’m here.”

THE MOON HUNG LOW in the sky that final night. I wandered back to our hotel after dinner and sat down in one of the empty courtyards. A fountain gurgled in the dark. Clayton approached with bottles under both arms. “Taste this.” He passed me a glass, a swallow’s worth of tequila at the bottom. Something rare, an añejo, from his private stash. “Banana, right?”

We tasted for a while longer, then he left and I sat in silence paging through my notebook. I came across a sketch Iván had drawn back at the restaurant. It was of the jimador from that morning. He was leaning over the agave, clearing away the unneeded parts to get at the center, to get at the sweet core. Below it was written: *He who hits the ground, knows the flavor.* 🌱



Want to experience the Tequila Trail yourself? Enter for a chance to win a trip from Spirit of Jalisco at liquor.com/mexico.

THE PRODUCTION

To make tequila, the agave stems (*piñas*) are cooked, mashed, fermented, and distilled. Some artisanal brands bake the piñas in brick ovens, crush them using a stone mill, and distill the wort in copper pot stills. Modern distilleries have adopted pressure cookers and industrial mills.

TEQUILA TERROIR

Climate, soil, topography, and sun exposure shape the final result of any tequila. In the cooler, drier highlands, piñas grow slower and larger, producing sweet, fruity tequilas. In the hot valley, piñas grow faster and smaller, for tequilas with a vegetal character and concentrated minerality.

MEZCAL VS. TEQUILA

Mezcal, the mother of tequila, is a spirit made from many types of agave from all over Mexico. The agave is slow-roasted in underground pits, mashed either by hand or by stone mill, and distilled in copper or clay pots. The result tends to be smokier and headier than tequila.

NO WORM

Despite what you may have seen in Tijuana, there should be no worm at the bottom of a bottle of tequila. Agave spirits have long been saddled with myths. Like the supposedly hallucinatory effects? Also false.

THREE BOTTLES TO TRY

Fortaleza Blanco (rich, creamy, earthy; \$45); 123 Organic Tequila Reposado (Dos) (sweet, citrusy; \$45); ArteNOM Selección de 1146 Añejo (fruity, nutty, peppery; \$58).

THE TOUR

Spirit of Jalisco leads monthly trips, either to the Valley of Tequila or to the more remote Los Altos region, east of Guadalajara. Tours include land transportation, lodging, meals, and tasting. Lots and lots of fasting. From \$1,155, excluding airfare; spiritofjalisco.com. —Chantal Martineau

DIGITAL BONUS Our top bottle recommendations: sunset.com/tequila.



*Lattice-Top
APPLE
QUINCE
Pie*

Mixing a variety of apples—and adding quince—gives this pie from Portland pastry chef Michelle Vernier its depth.

Pie Season

We asked top Western pastry chefs to share their twists on apple, pumpkin, and pecan pie. The results? Let's just say you should plan on seconds.

BY ELAINE JOHNSON

PHOTOGRAPHS BY IAIN BAGWELL



SWEET-
POTATO
*Pecan
Pie*

This best-of-both-worlds dessert flies out the door at Devil's Teeth Baking Company in San Francisco in the fall.

CARAMEL
APPLE PIE
*with Pastry
Cutouts*

Zoe Nathan of Huckleberry Bakery & Café believes there's a simple formula behind every good pie: butter, fruit, and sugar. With apples cooked in a dark caramel, this one illustrates the principle beautifully.



FOOD STYLING: KAREN SHINTO; PROP STYLING: KELLY ALLEN

KABOCHA
SQUASH
*Crème
Fraîche
Pie*

A standard pumpkin pie has no chance against this luscious alternative (with a layer of gingerbread to boot!). The recipe comes from Michelle McKenzie, program director for San Francisco cooking school 18 Reasons.





HAZELNUT,
PECAN
& *Bourbon*
Pie

Kir Jensen of The Sugar Cube bakery in Portland mixes pecans with hazelnuts for a more nuanced flavor, and adds bourbon because... why not?



LATTICE-TOP APPLE QUINCE PIE

**SERVES 8 / 3 HOURS WITHOUT THE CRUST,
PLUS 2½ HOURS TO COOL**

Genius tip: Michelle Vernier cooks the fruit ahead so the pie won't collapse in the oven.

Flaky All-Butter Pastry (page 102)

2¾ lbs. mixed apples (half Granny Smith and half sweeter ones, such as Fuji)

⅓ cup plus 2 tsp. sugar

1 tsp. lemon juice

1 tbsp. unsalted butter

1 cup drained Poached Quinces (at right)

1. Make first pastry disk as directed through step 5 (page 102) in a regular 9-in. pie pan. Roll second disk into a 14-in. round; cut into 1-in.-wide strips, using a fluted pastry cutter or a knife. Transfer strips to a baking sheet; chill along with pie shell until needed.
2. Peel, core, and cut apples, half into ¾-in.-thick slices and half into 1-in. chunks; you should have 7 to 8 cups. Toss with ⅓ cup sugar and the lemon juice.
3. Melt butter in a 12-in. frying pan over medium heat. Add apples. Cook, turning gently with a spatula, until apples soften at edges but are still crisp in the middle, 15 minutes. Remove from heat and add quinces. Transfer to a rimmed baking sheet, let cool, then chill until cold.
4. Preheat oven to 375°. Evenly fill pie shell with fruit and juices. Weave pastry strips over pie in a lattice (page 105). Trim ends of strips even with bottom crust and tuck edges under crust so it's flush with and sitting on top of rim; you can flute ridge if you like (page 102). Sprinkle remaining 2 tsp. sugar over pie and wrap pie rim with 4 strips of foil.
5. Bake 20 minutes. Reduce heat to 350° and bake 40 minutes more, then remove foil. Continue baking until crust is golden brown and juices are bubbling in center, 20 to 30 more minutes. Let cool on a rack at least 2½ hours.

MAKE AHEAD *Up to 1 day.*

PER SERVING 494 Cal., 45% (222 Cal.) from fat; 5 g protein; 25 g fat (16 g sat.); 65 g carbo (3.3 g fiber); 151 mg sodium; 65 mg chol. LS/V

Poached Quinces

MAKES 2½ CUPS / 1¼ HOURS

2 cups sugar

4 medium quinces (1¾ lbs. total), peeled, cored, and cut into ⅓-in.-thick wedges

1. Cut a piece of parchment paper to fit inside a 4- to 5-qt. pot. Find a small heat-proof plate that also fits inside pot, and set paper and plate aside.
2. In pot, combine 6 cups water, the sugar, and quinces. Cover pot and bring almost to a simmer. Carefully set parchment, then plate on top of fruit to weight it down. Cook at a gentle simmer without disturbing until quinces are tender and pale pink in color, 1¼ to 1½ hours (lift plate with a table knife to check). Discard parchment and let quinces cool in syrup.

MAKE AHEAD *Up to 3 weeks, chilled.*

SWEET-POTATO PECAN PIE

**SERVES 8 / 2¼ HOURS WITHOUT THE CRUST,
PLUS 2 HOURS TO COOL**

We adapted this recipe from Devil's Teeth Baking Company to create a border that shows off the bright filling. To completely cover the pie, just double the topping.

½ recipe Crisp and Tender Pastry (at right)

FILLING

2¼ lbs. orange-fleshed sweet potatoes, such as Garnet (sometimes called "yams")

3 large eggs

⅔ cup packed light brown sugar

⅓ cup granulated sugar

3 tbsp. each heavy whipping cream and melted unsalted butter

2½ tsp. vanilla extract

¾ tsp. cinnamon

½ tsp. kosher salt

¼ tsp. each ground allspice and nutmeg

PECAN TOPPING

2 tbsp. packed light brown sugar

1 tbsp. each dark corn syrup and melted unsalted butter

1 tsp. vanilla extract

¼ tsp. each kosher salt and cinnamon

½ cup coarsely chopped pecans

1. Make pastry as directed in a regular 9-in. pie pan. Let cool.
 2. Meanwhile, preheat oven to 375° and make filling: Bake sweet potatoes in a shallow pan until very tender when pierced, 1¼ to 1¾ hours. Let cool. Scoop flesh into a food processor and purée until smooth. Measure 2 cups; save extra for soup or another use.
 3. Reduce oven to 350°. With a mixer, beat eggs in a large bowl until frothy. Beat in remaining filling ingredients until blended. Pour into crust and spread level. Wrap pie rim with 4 strips of foil.
 4. Bake pie 30 minutes. Meanwhile, in a small bowl, stir together topping ingredients except pecans until smooth. Stir in pecans.
 5. Remove foil from pie. Evenly drop small spoonfuls of pecan mixture in a border around edge of pie. Continue to bake until center jiggles only slightly when shaken gently, 15 to 20 minutes. Let cool on a rack at least 2 hours.
- MAKE AHEAD** *Through step 2 or the whole pie, up to 1 day.*

PER SERVING 489 Cal., 46% (224 Cal.) from fat; 6.4 g protein; 25 g fat (11 g sat.); 61 g carbo (3.1 g fiber); 296 mg sodium; 121 mg chol. LS/V

Crisp and Tender Pastry

MAKES 1 DOUBLE OR 2 SINGLE 9-IN. PASTRIES

1 HOUR, PLUS 2½ HOURS TO CHILL

2½ cups flour

1½ tbsp. sugar

1 tsp. kosher salt

4 tbsp. cold vegetable shortening

10 tbsp. cold unsalted butter, cut into ½-in. cubes





CARAMEL APPLE PIE *with* PASTRY CUTOUTS

**SERVES 8 / 3¼ HOURS WITHOUT THE CRUST,
PLUS 2½ HOURS TO COOL**

Zoe Nathan of Santa Monica's Huckleberry Bakery tops her pies with a variety of cutout shapes; for this one, you'll need a 2½-in. apple-shaped cookie cutter*.

**Flaky All-Butter Pastry (cutout variation,
page 102)**

½ cup unsalted butter

1 cup plus 1 tbsp. sugar

About ½ tsp. kosher salt

4 lbs. mixed apples, such as Granny Smith and Cripps Pink, peeled and cut into eighths to make 3 qts.

1 large egg yolk

1 tbsp. heavy whipping cream

1. Make pastry and chill.
2. Meanwhile, melt butter with 1 cup sugar and ½ tsp. salt in a heavy 5- to 6-qt. pot over medium heat. Cook, stirring constantly, until a smoky haze comes from mixture and it turns deep golden brown, 6 to 9 minutes. Carefully stir apples into caramel (it will bubble and seize up). Cook, stirring often and reducing heat if needed to maintain a steady simmer, until apples look mostly translucent and are tender when pierced with a fork (a few will have fallen apart), about 20 minutes. Transfer apples and caramel to a rimmed baking sheet. Let cool a bit, then chill until cold.
3. In a small bowl, whisk egg yolk, cream, and a pinch of salt until well blended. Chill egg wash airtight up to 1 week.
4. Unwrap and lightly flour 1 pastry disk, work surface, and rolling pin. Working from center with short strokes, roll pastry into an even 13-in. round. As you work, lift pastry using a bench scraper or long metal spatula, and re-flour board and pin as needed to keep it from sticking.
5. Fold pastry in half and open up into a buttered regular 9-in. pie pan, easing it into place without stretching. Fill shell with cold apples and caramel; pat into an

even mound. Fold overhanging pastry over apples and trim with scissors to a 1-in. border. Chill scraps and pie shell.

6. Roll out second pastry disk the same way as the first to an 11-in. round. Cut shapes close together with a floured 2½-in. cookie cutter. Transfer to a baking sheet. Gather and reroll all scraps and cut the same way (you'll have about 25 cutouts total). Chill cutouts until firm, 15 minutes.
7. Brush pie border with egg wash. Lay 10 cutouts in a concentric circle around rim of pie, barely covering the border and barely overlapping one another; brush with egg wash, so they adhere to one another. Make a second circle the same way with 5 cutouts, overlapping the first by about ½ in. Set 1 cutout in the center.
8. Freeze pie and remaining cutouts uncovered until cutouts feel very firm, 20 to 30 minutes. Meanwhile, preheat oven to 350° with racks in center and lower third. Brush pie with egg wash again and



1. In a stand mixer, beat flour, sugar, and salt on low speed to blend. Add shortening in spoonfuls and beat on low speed until pieces are pea-size, about 1 minute. Add butter and beat until pieces are pea-size, stopping once to scrape bowl, about 2½ minutes. Gradually drizzle in 5½ tbsp. ice water, beating just until dough comes together, 15 to 30 seconds.
2. Divide mixture in half and gently gather and press each into a ¾-in.-thick disk. Wrap each in plastic wrap. Chill until firm, at least 2 hours and up to 2 days.
3. Unwrap 1 pastry disk and lightly flour pastry, work surface, and rolling pin (save remaining disk for another use). Working from center with short strokes, roll pastry into an even 12-in. circle. As you work, lift pastry using a bench scraper or long metal spatula, and re-flour board and pin as needed to keep it from sticking.
4. Fold pastry in half and open up into a regular 9-in. pie pan, easing it into place without stretching. Using scissors, trim overhang to 1 in.
5. Roll overhang under itself so it's flush with and sitting on top of rim. Pinch pastry along lip to form an even ridge. Flute ridge (page 102). Wrap with plastic wrap and freeze until firm, 30 to 40 minutes.
6. Bake blind: Preheat oven to 400° with a rack in lower third. Line pastry with foil, letting ends come straight up from pan but not over rim. Fill with pie weights or dried beans. Bake until crust is golden at edges, 20 to 25 minutes. Remove foil and weights. If needed, bake until center is dry, 2 to 5 more minutes.

MAKE AHEAD For dough, up to 2 days, chilled or 1 month, frozen. For blind-baked crust, up to 1 day, airtight.





sprinkle with remaining 1 tbsp. sugar.

9. Bake cutouts on baking sheet until well browned, 20 to 22 minutes. Bake pie until crust is deeply browned, juices are bubbling, and an instant-read thermometer inserted in center reaches 180°, 1½ hours; after 45 minutes, set a drip pan on rack under pie, and after about 1¼ hours, tent pie with foil. Cool pie on a rack at least 2½ hours. Serve with extra cutouts for nibbling.

*Find at globalsugarart.com; \$1.99.

MAKE AHEAD Up to 1 day at room temperature.

PER SERVING 769 Cal., 49% (378 Cal.) from fat; 6.3 g protein; 43 g fat (27 g sat.); 94 g carbo (3.8 g fiber); 356 mg sodium; 137 mg chol. V

PIES TO GO

The pastry shops behind the pies in this story (in case you're not up to baking)—plus a few more of our favorites:

Southern California

Huckleberry Bakery & Café, Santa Monica For Caramel Apple Pie (page 87). huckleberrycafe.com.

Northern California

Devil's Teeth Baking Company, San Francisco For Sweet-Potato Pecan Pie (page 86). devilsteethbakingcompany.com.

Three Babes Bakeshop, San Francisco Pies use seasonal ingredients from the Central Valley. Our pick: Salty Honey Walnut. threebabesbakeshop.com.

Sweet Bar Bakery, Oakland Chef-owner Mani Niall's deeply spiced Pumpkin Sweet-Potato Pie is a guaranteed crowd-pleaser. sweetbarbakery.com.

Portland

The Sugar Cube For Hazelnut, Pecan, and Bourbon Pie (opposite), aka Hazelnut Pie. thesugarcubepdx.com.

Imperial and Portland Penny Diner Lattice-Top Apple Quince Pie (page 86) can be found at both places. imperialpdx.com.

Boulder

Walnut Cafe Get your name in early; for Thanksgiving, this spot's pies sell out fast, especially the Spicy Pumpkin and the Apple-Cranberry Crumb. walnutcafe.com.

KABOCHA SQUASH CRÈME FRAÎCHE PIE

SERVES 8 / 2½ HOURS WITHOUT THE CRUST, PLUS 2 HOURS TO COOL

Feel free to swap in other squash in Michelle McKenzie's recipe: Sugar Pie comes out sweeter, and canned pumpkin is mellow-tasting, if less distinctive. Shauna Sever, an 18 Reasons instructor, suggested the spicy gingersnap layer. You'll need a 9-in. deep-dish pie pan.

½ recipe Flaky All-Butter Pastry (page 102)
1 medium kabocha squash (2¼ to 3 lbs.),
3½ lbs. Sugar Pie pumpkins, or 1 can
(15 oz.) pumpkin

12 hard, 2-in. gingersnaps, such as Nabisco
2 tbsp. melted unsalted butter
About ½ tsp. kosher salt
1⅓ cups organic whole cane sugar*, or
⅔ cup each granulated sugar and packed
dark brown sugar

1 tbsp. cornstarch
1½ cups crème fraîche
½ tsp. vanilla extract
¼ tsp. freshly grated nutmeg
3 large eggs, at room temperature
Sweetened whipped cream

1. Make pastry as directed in a 9-in. deep-dish pie pan, rolling dough to 13 in. and baking it blind; let cool.
2. Preheat oven to 375° (skip this step if using canned pumpkin). Cut squash in half lengthwise, using a large, heavy knife. Scrape out seeds with a large spoon. Set squash cut side down on a rimmed baking sheet. Roast until very soft when pierced, 45 minutes to 1 hour. Let cool.
3. Meanwhile, finely grind gingersnaps in a food processor. Add butter and a pinch

of salt and pulse until evenly moistened. Scrape into a bowl and set aside. Wipe crumbs from processor bowl and blade.

4. Trim browned edges from squash. Scoop flesh into food processor and purée until very smooth. If using any fresh pumpkin (besides kabocha) or canned pumpkin, simmer in a saucepan, stirring often, until very thick, 10 to 15 minutes. Measure 1½ cups squash or pumpkin; save the rest for soup or another use.
5. Firmly and evenly press gingersnap mixture over bottom of pastry. Chill.
6. Preheat oven to 375°. In a small bowl, rub sugar and cornstarch with your fingers until no lumps remain. Add to food processor with the 1½ cups squash, the crème fraîche, vanilla, ½ tsp. salt, the nutmeg, and eggs. Whirl until well combined, scraping inside of bowl. Pour mixture evenly into prepared crust. Wrap pie rim with 4 strips of foil. (Bake any leftover filling in a ramekin.)

7. Bake pie 15 minutes (35 minutes for a ceramic pie dish); remove foil. Continue baking until center jiggles only slightly when gently shaken, 30 to 35 minutes more (15 minutes for a ceramic dish). Let cool on a rack until room temperature, 2 to 3 hours. Serve with whipped cream.

*Whole cane sugar, such as Rapunzel brand, has a complex, caramelized flavor; find it at natural-foods markets or online. If you use regular sugar, the pie will be a bit sweeter.

MAKE AHEAD Through step 5, up to 1 day; chill squash. Or the whole pie, up to 1 day at room temperature.

PER SERVING 674 Cal., 52% (347 Cal.) from fat; 8.7 g protein; 39 g fat (23 g sat.); 74 g carbo (3 g fiber); 488 mg sodium; 165 mg chol. V





HAZELNUT, PECAN, and BOURBON PIE

SERVES 8 / 1 HOUR WITHOUT THE CRUST, PLUS 3 HOURS TO COOL

For depth of flavor, Kir Jensen roasts the pecans and hazelnuts before adding them to the filling. She likes to roll her cornmeal pastry extra thick, so it's more substantial.

Cornmeal Pastry (at right)

3 large eggs

½ cup each granulated sugar, packed dark brown sugar, and dark corn syrup

3 tbsp. each bourbon and melted unsalted butter

2 tsp. vanilla extract

1 tsp. fine sea salt

1½ cups roasted Oregon hazelnuts*, loose skins rubbed off

1 cup pecan halves, roasted*

¼ to ½ tsp. flaked sea salt, such as Jacobsen or Maldon

1. Make pastry as directed in a regular 9-in. pie pan. Let cool.
2. Preheat oven to 350°. Whisk eggs in a large bowl to blend. Add sugars, corn syrup, bourbon, butter, vanilla, and fine salt and whisk until smooth. Roughly chop half the hazelnuts, then stir all of them and the pecans into egg mixture. Pour into pie shell.
3. Bake until filling is well browned but still a little jiggly when shaken, 45 to 50 minutes. Let cool on a rack at least 3 hours. Sprinkle with flaked salt.

**Oregon hazelnuts are generally far superior to imports. If your market doesn't carry them, order from freddyguys.com. To roast raw hazelnuts and pecans, bake in separate shallow pans at 350° until golden beneath skins, 8 to 15 minutes.*

MAKE AHEAD Up to 1 day at room temperature.

PER SERVING 793 Cal., 60% (472 Cal.) from fat; 11 g protein; 53 g fat (18 g sat.); 75 g carbo (4.6 g fiber); 423 mg sodium; 144 mg chol. V

Cornmeal Pastry

MAKES 1 SINGLE 9-IN. PASTRY / 1 HOUR, PLUS 3 HOURS TO CHILL

14 tbsp. cold unsalted butter, cut into ½-in. cubes

1¾ cups flour

¼ cup fine cornmeal

½ tsp. each fine sea salt and sugar

1. Set a piece of waxed paper or plastic wrap on a plate and break up butter pieces into a single layer. Freeze until solid, 20 to 30 minutes.
2. In a food processor, pulse together flour, cornmeal, salt, and sugar. Add butter and pulse until chunks are pea-size, 6 to 10 times. While pulsing, drizzle in ⅓ cup ice water and pulse until pastry just starts to come together, about 50 times.
3. Turn pastry onto a lightly floured work surface, gather together, and knead once or twice until smooth. Form into a ¾-in.-thick disk, wrap in plastic wrap, and chill until firm, at least 2 hours.
4. Let pastry disk stand at room temperature until it's just soft enough to roll, about 10 minutes. Unwrap and lightly flour pastry, work surface, and rolling pin. Working from center with short strokes, roll pastry into a 13-in. circle that's an even ¼ in. thick. As you work, lift pastry using a bench scraper or long metal spatula, and re-flour board and pin as needed to keep it from sticking.
5. Fold pastry in half and open up into a well-buttered regular 9-in. pie pan, easing it into place without stretching. Using scissors, trim overhang to 1 in.
6. Roll overhang under itself so it's flush with and sitting on top of rim. Pinch pastry along lip to form an even ridge. Flute ridge (page 102). Wrap with plastic wrap and freeze until firm, 30 to 40 minutes.
7. Bake blind: Preheat oven to 400° with a rack in lower third. Line pastry with foil, letting ends come straight up from pan. Fill with pie weights or dried beans. Bake until crust is golden at edges, 25 minutes. Remove foil and weights. If needed, bake until center is dry, about 5 more minutes.

MAKE AHEAD Through step 3, up to 2 days. ▲

BRING ON THE WHIPPED CREAM

A big dollop of the stuff is every pie's best friend. Try these variations when you want to up the ante.

BASIC RECIPE

Using a mixer, beat 1 cup **heavy whipping cream** with 2 tbsp. **powdered** or granulated **sugar** (they work equally well) and 1½ tsp. **vanilla extract** until thick.

VARIATIONS

Add ½ tsp. **cinnamon**. Great with apple pie.

Add 1 to 2 tsp. **instant espresso**. Try with nut or chocolate cream pies.

Replace sugar with 3 tbsp. **honey**. Good with any pie, year-round.

Omit the vanilla and add ¼ cup minced **crystallized ginger**. Excellent with pumpkin or apple pies.

Replace vanilla with 1 tsp. **lemon** or orange **zest**. Brightens up any holiday pie.

Replace half the cream with **crème fraîche**, and use **brown sugar** instead of powdered. A snazzy topper for any pie.



DIGITAL BONUS More seasonal pies and treats to sweeten your holiday meal: sunset.com/thanksgivingdesserts.



Don't let the turkey steal the show



Roasted Green Beans with Caramelized Shallots and Toasted Walnuts

MAKES: 8 SERVINGS
PREP AND COOK TIME: 1 HOUR

**¾ cup Diamond of California®
Chopped Walnuts**

1½ lbs. green beans

3 large shallots

3 tbsp. butter

½ tsp. salt

Preheat oven to 375°F.

Spread walnuts on a rimmed baking pan. Bake until toasted, about 10 minutes (note: play close attention, nuts can go from toasted to burnt quickly). Set walnuts aside to cool.

Meanwhile, trim green beans and set aside. Peel and thinly slice shallots. Melt butter in a large frying pan over medium-high heat. Add shallots, sprinkle with salt, reduce heat to medium-low and cook, stirring, until shallots are very soft and creamy looking, about 10 minutes.

Spread green beans on baking sheet on which walnuts were roasted. Put shallots on green beans and toss to coat beans in the shallots and butter.

Bake until green beans are tender, 30 to 35 minutes.

Transfer green beans and shallots to a serving dish, sprinkle with walnuts and serve hot or warm.

Visit DiamondNuts.com for more recipes.

[Facebook.com/DiamondNuts](https://www.facebook.com/DiamondNuts)

Food & Drink

*Holiday
wines*
OUR TOP PICKS
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GATHER

THE CROWDSOURCED THANKSGIVING

*Playing host this year? Enlist
your guests to bring
these spectacular
sides.*

HOLIDAY-SIZE SERVINGS

Each recipe in this story makes enough for 10 to 12, with ample leftovers.

GATHER

KALE and APPLE SALAD with WALNUT DRESSING

MAKES 16 CUPS / 45 MINUTES

Greek yogurt is the secret to this light but creamy dressing. And because raw kale is so sturdy, it can sit for quite a while without getting soggy.

- | | |
|--|-----------------------------|
| 2 cups walnut halves | 3 tbsp. nonfat Greek yogurt |
| ¼ cup extra-virgin olive oil, divided | ½ tsp. kosher salt |
| ⅓ cup Champagne vinegar or lemon juice | 1 bunch curly green kale |
| ½ cup roasted walnut oil* | 1 bunch curly red kale |
| 1 tbsp. Dijon mustard | 1 Fuji apple |

AT HOME (UP TO 1 DAY AHEAD)

1. Preheat oven to 350°. Toss walnuts with 1 tbsp. olive oil and spread out evenly on a baking sheet. Bake until a rich golden brown and very fragrant, about 12 minutes. Let cool slightly, then roughly chop enough walnuts to measure ¼ cup. Reserve remaining halves.
2. Whirl together remaining 3 tbsp. olive oil, the vinegar, walnut oil, mustard, yogurt, and salt in a blender just until smooth. Add chopped walnuts and whirl quickly just to blend (you want the walnuts to stay chunky). Pour into a jar with a tight-fitting lid.
3. Tear kale into bite-size pieces (discard stems or save for another use) and put in a resealable plastic bag; chill kale and dressing until you leave.

AT THE PARTY

4. Toss kale well with dressing in a large bowl. Let sit at least 10 minutes and up to 30, tossing occasionally (this helps soften the kale slightly).
5. Slice apple and add half the slices, along with half the reserved walnut pieces, tossing to coat. Transfer salad to a large platter. Sprinkle with remaining apple slices and walnuts.

* We like La Tourangelle brand, available at well-stocked grocery stores.

PER ¾-CUP SERVING 165 Cal., 78% (128 Cal.) from fat; 3.3 g protein; 14 g fat (1.5 g sat.); 8.4 g carbo (1.9 g fiber); 76 mg sodium; 0 mg chol. GF/LC/LS/V



PERFECT TURKEY

Find our recipe for Grilled Butterflied Turkey with Rosemary Garlic Gravy, plus more favorite turkey recipes, at sunset.com/thanksgiving.



FRUIT and SPICE CRANBERRY CHUTNEY

MAKES 3 CUPS / 45 MINUTES

This warmly spiced chutney is reminiscent of freshly baked mince pie. Although it's a natural with sliced turkey, it's good served over vanilla ice cream too.

- 8 oz. fresh or frozen cranberries
- ½ cup each raisins, golden raisins, and dried tart cherries
- ¼ cup chopped dried apricots
- 1 cinnamon stick (about 3 in. long)
- 1 wide piece each lemon and orange peel (about 3 in. long)
- ½ cup each granulated sugar and packed light brown sugar
- ½ tsp. each kosher salt and ground cloves

AT HOME (UP TO 2 DAYS AHEAD)

Put all ingredients and 1½ cups water in a medium saucepan. Simmer over low heat, stirring often, until cranberries have popped, flavors are developed, and dried fruit has softened, about 30 minutes. Let cool, then spoon into a serving bowl and chill until ready to take to the party (remove citrus peels and cinnamon stick before serving).

PER ¼-CUP SERVING: 137 Cal., 0.7% (1 Cal.) from fat; 0.7 g protein; 0.1 g fat (0 g sat.); 35 g carbo (3 g fiber); 68 mg sodium; 0 mg chol. GF/LC/LS/VG

Tips for potluck success

FOR HOSTS

Have a tiny oven? Consider grilling the bird outside to save space for guests' dishes.

Fill a cooler with ice and use it for foods you won't need (ketchup, juice), to free up the refrigerator.

FOR GUESTS

If you're assembling food at the party, bring ingredients already chopped or otherwise prepped, along with your own serving dish and any special equipment (like a hand-held mixer).

Mark your dish with your name on a piece of tape on the bottom. Bring a bag to carry home your dirty dish, in case there's no time to wash it there.

Tell your host ahead of time if you'll need to warm anything in the oven or on the stove.



TWICE-BAKED SWEET POTATOES with BACON and GOAT CHEESE

MAKES AT LEAST 16 SERVINGS / 1 1/2 HOURS

This is a decadent yet savory way to serve sweet potatoes. If you're expecting vegetarians, make a couple of potatoes without the bacon. One potato can be enough for at least four people, depending on its size.

4 large (about 3 lbs. total)
orange-fleshed sweet
potatoes, scrubbed and
halved lengthwise
2 tbsp. olive oil
8 oz. bacon, cut into 1-in. pieces
5.5 oz. fresh goat cheese,
divided
2 tbsp. milk or heavy cream
1/2 tsp. each kosher salt and
pepper
3 tbsp. maple syrup, divided
1 tbsp. chopped chives

AT HOME (UP TO 1 DAY AHEAD)

1. Preheat oven to 350°. Prick cut side of potatoes with a fork in a few places. Rub potatoes all over with oil and put on a baking sheet, cut side down. Roast potatoes until tender when pierced with a fork, about 45 minutes. Let cool until you can handle them easily, about 15 minutes (keep oven on).
2. Meanwhile, cook bacon in a large frying pan over medium-high heat, stirring often, until very crisp, 5 to 8 minutes, depending on thickness of bacon. Drain on a paper towel. Roughly chop half the bacon.
3. Scoop sweet-potato flesh out of skins and into a bowl (reserve skins). Smash flesh with a fork until smooth. Add chopped bacon, half the goat cheese, milk, salt, pepper, and 1 tbsp. maple syrup, and stir just until blended. Spoon into reserved sweet-potato skins, dividing evenly and using all of it. Chill.

AT THE PARTY

4. Bake until potatoes are warm in the center, 15 to 20 minutes. Sprinkle tops of potatoes with unchopped bacon, crumbles of remaining goat cheese, drizzles of remaining maple syrup, and chives.

PER 1/4 POTATO 124 Cal., 42% (52 Cal.) from fat; 4.7 g protein; 5.9 g fat (2.4 g sat.); 14 g carbo (1.7 g fiber); 211 mg sodium; 9.8 mg chol. GF/LC/LS





BRUSSELS SPROUT SALAD with PECORINO and TANGERINES

MAKES 10 CUPS / 30 MINUTES

If you've never had raw brussels sprouts before, this salad will be a revelation. To save time, use a handheld slicer for the sprouts and onion.

- 2 lbs. brussels sprouts, trimmed
- ½ cup thinly sliced red onion
- 4 tangerines, peeled and segmented
- ½ cup extra-virgin olive oil
- ⅓ cup lemon juice
- ¼ cup plus 2 tbsp. grated pecorino cheese
- 1 tsp. kosher salt
- ½ tsp. pepper

AT HOME (UP TO 1 DAY AHEAD)

1. Slice brussels sprouts very thinly. Pack sprouts, red onion, and tangerine segments in separate resealable plastic bags. Chill.
2. Put oil, lemon juice, ¼ cup cheese, the salt, and pepper in a jar with a tight-fitting lid. Chill.

AT THE PARTY

3. Put sprouts, onion, and tangerines in a large salad bowl. Shake dressing well and pour over salad; toss very well. Sprinkle with remaining 2 tbsp. cheese.

PER ½-CUP SERVING 83 Cal., 65% (54 Cal.) from fat; 1.9 g protein; 6.2 g fat (1.1 g sat.); 6.5 g carbo (1.9 g fiber); 114 mg sodium; 1.5 mg chol. GF/LC/LS/V

WHAT BOTTLE TO BRING?

Wine editor Sara Schneider shares her holiday favorites.

It's no shocker that for my family's Thanksgiving dinners, I'm expected to bring the wine. But my siblings don't make it easy! One year, the turkey might be roasted with rosemary; the next, rubbed with ground chiles and smoked. The dressing might involve sourdough and chanterelles or cornbread and chorizo. All of this adds up to a serious wine challenge. When the only thing I know about the dishes I'll be matching is that they'll be spicy, sweet, and savory, I opt for wines with three main characteristics: generous fruit, good acidity, and minerality or earthiness.

My go-to white is Riesling. Its racy acidity handles vinaigrettes; its stone-fruit flavors snuggle up to fruit and root veggies. And if it's a tiny bit sweet, even better. The flavor cacophony that is Thanksgiving makes that a good thing.

On the red front, I pick Pinot Noir. It's also high in acidity, with red berry/cranberry fruit that works well with cranberry sauce. Pinot often also has layers of warm baking spice, resinous herbs, forest floor, and mushroom notes that link to the rotating ingredients of the day.

RIESLING

Chateau Ste. Michelle 2013 Dry

(Columbia Valley; \$10). The nose is all peaches and cream, edgy with pleasant petrol; lemon flavors and tart green apple follow with a peach redux on the finish.

Elk Cove 2012 Estate

(Willamette Valley; \$19). Fresh green apple and haunting honeysuckle; the touch of sweetness is countered by zippy white peach and lime, so the wine seems quite dry.

Long Shadows 2013 Poet's Leap

(Columbia Valley; \$20). Floral aromatics and pretty stone fruit combine for elegance, with a core of acidity creating perfect balance in this slightly off-dry wine.

Milbrandt 2013 "Traditions"

(Evergreen Vineyard; \$13). Barely off-dry, with crisp apple and peach flavors balanced by citrus and wet-river-rock minerality.

Trefethen Family 2013 Dry

(Oak Knoll District of Napa Valley; \$25). Vibrant green apple and citrus rounded by floral aromas, fuzzy peach skin, and tropical notes.

PINOT NOIR

Domaine Drouhin Oregon 2012

(Dundee Hills; \$45). A whiff of cloves and woody herbs leads to well-balanced tart red fruit through a long, silky finish.

Dutton-Goldfield 2012 Dutton Ranch

(Russian River Valley; \$40). Elegant, briary cherry/berry fruit (close to loamy source), sprinkled with pepper.

Hilliard Bruce 2011 "Sky"

(Sta. Rita Hills; \$55). Silky and full of cherries dipped in fall baking spices, with subtle notes of earth and leather.

MacRostie 2012

(Sonoma Coast; \$34). Bright red cherry cola leads, seasoned with cinnamon, fresh herbs, and a balancing earthy character.

Merry Edwards 2012

(Sonoma Coast; \$39). Pretty raspberry melds with loam and lovely florals, with hints of clove and cinnamon.

Talley 2012 Estate

(Arroyo Grande Valley; \$36). Deep cherry fruit over layers of red earth, florals, dried herbs, pepper, and a kick of orange peel.



WHIPPED POTATOES with THREE-ONION BUTTER

MAKES 11 CUPS / 45 MINUTES

The tricks to achieving very creamy mashed potatoes are to not overcook them and to whip them just until smooth (if you overwhip, they'll get gluey). Serve some of the butter on the side, so guests can determine their level of richness.

- 6 large russet potatoes (about 5 lbs.), peeled and cut into chunks
- 1 pt. half-and-half
- 4 tsp. kosher salt
- ½ tsp. pepper
- 1 leek, white and light green parts only, sliced
- 1 large shallot, sliced
- 2 green onions, sliced
- 6 tbsp. butter

AT HOME (UP TO 1 DAY AHEAD)

1. Cook potatoes in a large pot of boiling water until larger chunks are tender when pierced with a fork. Drain; return to pot and keep there for transport. Pour half-and-half, salt, and pepper into a jar with tight-fitting lid. Put leek, shallot, and green onions in separate resealable plastic bags. Chill all.

AT THE PARTY

2. Heat potatoes over low heat, stirring often, just until warm. Meanwhile, heat half-and-half mixture in a microwave until very hot. Add to potatoes and heat, stirring occasionally, over medium heat until hot. Using a hand mixer (or put potatoes in a stand mixer and work in batches if necessary), whip potatoes just until smooth and free of lumps (do not overwhip). Transfer potatoes to a serving bowl.
3. Melt butter in a large frying pan over medium heat. Add leek and cook just until starting to soften, about 3 minutes. Add shallot; cook until softened and butter starts to brown, about 3 minutes. Remove from heat, add green onions, and swirl pan to coat. Pour over potatoes.

PER ½-CUP SERVING 89 Cal., 39% (34 Cal.) from fat; 1.9 g protein; 3.8 g fat (2.4 g sat.); 12 g carbo (0.9 g fiber); 209 mg sodium; 11 mg chol. GF/LC/LS/V



GREEN BEANS with CHANTERELLES and CIPOLLINI

MAKES 10 CUPS / 1½ HOURS

Chanterelle mushrooms and cipollini onions are worth the splurge, but you can substitute halved cremini mushrooms and frozen pearl onions and the results will still be very tasty.

- | | |
|---|---|
| 4 tbsp. olive oil, divided | ⅓ cup minced shallots |
| 1 lb. cipollini onions, peeled
(halved if large) | 2 tbsp. chopped fresh thyme
leaves |
| 2 lbs. green beans, stem
ends trimmed | 1 tsp. kosher salt |
| 6 tbsp. unsalted butter,
divided | ¼ tsp. pepper |
| 8 oz. chanterelle mushrooms,*
rinsed, wiped clean, and
larger pieces torn into
quarters lengthwise | ⅓ cup reduced-sodium
vegetable broth |

AT HOME (MAKE SAME DAY)

1. Heat 2 tbsp. oil in a large frying pan over medium heat. Add onions and cook, without moving, until golden brown (reduce heat if they get too dark too fast). Carefully turn onions over and let cook until dark golden on both sides and softened inside, about 30 minutes total. Let onions cool, then transfer to a container.
2. Meanwhile, bring a pot of generously salted water to a boil. Cook beans until bright green and tender, 6 to 10 minutes. Drain and return to pot. Add 2 tbsp. butter, stirring just until melted. Put in a container for transport.

AT THE PARTY

3. Heat remaining 2 tbsp. oil in a medium frying pan over high heat. Add mushrooms; reduce heat to medium and cook, stirring occasionally, until mushrooms release all their liquid and start to brown and crisp, about 10 minutes. Add remaining 4 tbsp. butter to pan. When butter has melted and begins to sizzle, add shallots, thyme, salt, pepper, and reserved caramelized onions. Cook, stirring gently, until shallots have softened. Add broth and bring to a simmer.
4. Meanwhile, rewarm beans and transfer to a large platter. Pour mushroom mixture over center of beans.

* For tips on cleaning mushrooms, watch our video at sunset.com/cleanmushrooms.

PER ½-CUP SERVING 93 Cal., 60% (56 Cal.) from fat; 1.6 g protein; 6.3 g fat (2.6 g sat.); 8.7 g carbo (2.1 g fiber); 89 mg sodium; 9.2 mg chol. GF/LC/LS/V



RYE and BUTTERNUT SQUASH DRESSING

MAKES 16 CUPS / 1¼ HOURS

Cube the bread a day or two ahead and leave it out on the counter to dry, so it will fully absorb the flavors of the dressing. (If you forget, you can dry it in a 375° oven for a few minutes.) For a moister dressing, use the larger amount of broth. This makes a good main dish for vegans (use kosher rye, which excludes dairy). But it's good with sausage too; add about 1 pound, casings removed, browned and crumbled.

- 1½ lbs. cubed butternut squash
- 3 tbsp. olive oil, divided
- 1 medium onion, chopped
- 2 large garlic cloves, chopped
- 8 oz. cremini mushrooms, sliced
- 2 celery stalks, chopped
- ¾ tsp. kosher salt
- 2 loaves (1 lb. each) stale artisan-style rye bread*, cubed
- 3 to 4 cups reduced-sodium mushroom or vegetable broth, warmed
- ½ cup chopped flat-leaf parsley

AT HOME (UP TO 1 DAY AHEAD)

1. Preheat oven to 375°. Toss squash with 1 tbsp. oil. Spread out on a baking sheet and roast until tender when pierced with a fork, about 15 minutes.
2. Meanwhile, heat remaining 2 tbsp. oil in a large frying pan. Cook onion, garlic, mushrooms, and celery, stirring often, until softened and starting to brown. Sprinkle with salt, then transfer to a large mixing bowl.
3. Add bread cubes, roasted squash, broth, and parsley; toss gently to combine. Transfer to a greased 9- by 13-in. baking dish.

AT THE PARTY

4. Bake at 350° until warm in the center and top is just toasted and crusty, about 1 hour.

**If you like a heartier flavor, use dark rye. Otherwise, use light rye, a mix of rye and sourdough, or all sourdough. ▾*

PER SERVING 99 Cal., 19% (19 Cal.) from fat; 3.3 g protein; 2.2 g fat (0.2 g sat.); 18 g carbo (1.9 g fiber); 320 mg sodium; 0 mg chol. LC/LS/V

Entertain the WESTERN WAY

from
THE SUNSET
TEST KITCHEN



THANKSGIVING TWISTS TO TRY

Mixing it up and experimenting with recipes is part of being a Westerner, and the holidays are the time of year when we really like to show how creative we truly are. Try these recipes for twists on the traditional.



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RUSTIC PAPRIKA POTATOES

MAKES 6 TO 8 SERVINGS
PREP & COOK TIME: 30 MINUTES

- 1½ lb. baby yellow potatoes
- 1 tsp. salt
- 1 large clove garlic
- 2 tbsp. butter
- 2 tbsp. extra virgin olive oil

Put potatoes in a 4-qt. pot. Cover with water and add salt. Bring to a boil. Reduce heat to maintain a simmer and cook until potatoes are very tender when pierced with a fork, 15 to 20 minutes. Drain potatoes and set aside to cool; set pot aside as well.

When potatoes are cool enough to handle, put them on a large cutting board in a single layer. Smash each one with the back of a spatula, bottom of a mug or small pan, or meat pounder.

Peel and mince the garlic. Return the pan to the stove over medium heat. Melt butter and oil together. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add smoked and hot paprikas. Stir to combine and let sizzle about 15 seconds. Add ½ cup of broth and scrape potatoes off the cutting board and into the pot. Stir to combine. If the broth gets absorbed immediately, add another ½ cup. Cover, reduce heat to low, and cook for 5 minutes for liquid to absorb and flavors to meld. Stir again and serve, garnished with chives, if you like.



- 1½ tsp. McCormick® Gourmet Smoked Paprika
- ½-1 tsp McCormick® Gourmet Hot Hungarian Paprika
- ½-1 cup Kitchen Basics® Chicken Stock
- 1 tbsp. chopped chives, optional

SPICY PECAN BRITTLE

MAKES ABOUT 1 LB.
PREP AND COOK TIME: 35 MINUTES, PLUS COOLING TIME

- 1 cup Diamond of California® Chopped Pecans
- ½ tsp. chili powder
- ¼-½ tsp. cayenne
- 1½ cups sugar
- ¼ cup light corn syrup
- ½ tsp. each cream of tartar and salt

Generously oil a rimmed 9-in. by 13-in. baking pan.

Cook pecans in a large nonstick frying pan over medium heat, stirring frequently, until toasted, 7 to 10 minutes. Transfer pecans to a plate or bowl. Combine chili powder and cayenne; set aside.

Return frying pan to heat and pour in ⅓ cup water. Add sugar, corn syrup, cream of tartar, and salt. Stir just until all the sugar is moistened. Cook, without stirring, until sugar melts and mixture turns light brown around the edge, about 15 minutes. Carefully swirl pan and cook until medium brown, about 2 minutes more. Remove from heat, add toasted pecans and reserved spices, and swirl pan to combine.

Pour mixture onto prepared baking pan. Tilt pan to evenly spread brittle about ⅛ inch thick. Let cool completely. Once brittle is cool and hardened, break into pieces.

Store in a tin or other airtight container.



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*Limit one offer per brand, per household.
See page 111 for details.

FAST & FRESH

WEEKNIGHT COOKING

Recipes in 30 minutes or less

PORK and KIMCHI STEW

SERVES 4 / 30 MINUTES

This dish is best with kimchi that's well fermented and quite tangy. Serve with rice or rice noodles if you like.



- 1 tbsp. vegetable oil
- 1 lb. boned country pork ribs, cut into ½-in. pieces
- ½ onion, thinly sliced
- 1 tbsp. each chopped garlic and ginger
- 6 cups reduced-sodium chicken broth
- 1½ cups kimchi (Korean-style fermented cabbage)* with some juice, coarsely chopped
- ½ to 1 jalapeño chile, thinly sliced
- 2 tsp. toasted sesame oil
- 2 tsp. reduced-sodium soy sauce
- 1 tsp. toasted sesame seeds
- Salt and pepper
- 8 oz. silken tofu, cut into 1-in. cubes
- 3 green onions, sliced

1. Heat vegetable oil in a medium pot over medium-high heat. Add pork and cook until starting to brown, about 3 minutes. Add onion, garlic, and ginger and cook until onion begins to soften, about 2 minutes. Add broth, cover, and boil until pork is tender, 7 to 10 minutes.
2. Add kimchi, jalapeño, sesame oil, soy sauce, and sesame seeds; cover and return to a boil. Season to taste with salt and pepper. Add tofu and half the green onions and cook until heated through. Ladle into bowls and sprinkle with remaining green onions.

* Find in the Asian aisle of most grocery stores or refrigerated in the produce section.

PER SERVING 308 Cal., 41% (126 Cal.) from fat; 34 g protein; 14 g fat (3.3 g sat.); 9.6 g carbo (2.3 g fiber); 1,398 mg sodium; 84 mg chol. LC

PARMESAN POLENTA with QUICK RAGÙ

SERVES 4 / 30 MINUTES

Polenta is a great option when you crave Italian comfort food but have pasta fatigue.

- 1 tbsp. extra-virgin olive oil
- 1 lb. ground lean beef
- 1 small onion, chopped
- 3 garlic cloves, minced
- ¼ cup sliced fresh basil leaves, plus more for serving
- 2 tsp. each chopped fresh oregano and rosemary
- ¼ tsp. red chile flakes
- 1 tsp. kosher salt, divided
- ½ tsp. pepper
- 2 tbsp. tomato paste
- 1 can (28 oz.) diced tomatoes
- 1½ cups instant polenta
- 3 tbsp. butter
- About ⅓ cup freshly shredded parmigiano-reggiano cheese

1. Heat oil over medium heat in a 4-qt. pot. Cook beef until browned, 3 to 4 minutes. Add onion, garlic, ¼ cup basil, the oregano, rosemary, chile flakes, ½ tsp. salt, and the pepper and cook until onion is softened, 5 to 6 minutes. Add tomato paste and diced tomatoes and simmer until thickened, about 15 minutes.
2. Meanwhile, bring 1 qt. water to a boil in a medium pot. Add polenta and remaining ½ tsp. salt and cook, stirring, until polenta thickens, 3 to 4 minutes. Stir in butter and ⅓ cup cheese. Serve polenta topped with ragù, basil, and more cheese.

PER SERVING 551 Cal., 45% (248 Cal.) from fat; 32 g protein; 27 g fat (12 g sat.); 46 g carbo (7.3 g fiber); 1,079 mg sodium; 104 mg chol. GF



CHIMICHURRI CHICKEN and RICE

SERVES 4 / 30 MINUTES

Chimichurri, a thick herb sauce popular in Argentina, adds a fresh kick to a chicken dinner. If you make extra, you can serve it with grilled meats later in the week.

¼ cup plus 2 tbsp. canola oil
 8 boned, skinned chicken thighs (about 1 ½ lbs. total)
 1 tsp. kosher salt, divided
 ½ tsp. pepper, divided
 1 cup long-grain rice
 2½ cups reduced-sodium chicken broth
 3 tbsp. lime juice
 6 tbsp. flat-leaf parsley leaves
 2 tbsp. each chopped fresh basil and cilantro
 2 green onions, chopped
 1 large garlic clove, smashed
 ¼ tsp. red chile flakes



1. Heat 2 tbsp. oil in a large frying pan over medium-high heat. Season chicken with ½ tsp. salt and ¼ tsp. pepper and arrange in pan. Brown, turning once, 3 to 4 minutes per side. Transfer chicken to a plate. Drain fat and return pan to stovetop.
2. Add rice to pan and cook, stirring, until glossy, 2 minutes. Add broth, stirring to combine. Cover and bring to a boil, then reduce heat to a simmer.
3. Set chicken on top of rice, cover, and cook until rice is tender and has absorbed most of the liquid, about 15 minutes.
4. Meanwhile, whirl together remaining ¼ cup oil, the lime juice, parsley, basil, cilantro, green onions, garlic, chile flakes, 2 tbsp. water, and remaining ½ tsp. salt and ¼ tsp. pepper in a blender until the consistency of salsa, about 1 minute.
5. Transfer chicken to a plate. Stir half the chimichurri into rice. Serve rice with chicken and more chimichurri. ▲

PER SERVING 577 Cal., 44% (254 Cal.) from fat; 39 g protein; 28 g fat (3.3 g sat.); 40 g carbo (1.2 g fiber); 870 mg sodium; 141 mg chol. GF

In the SUNSET KITCHEN

CRUST UNIVERSITY

TIPS FROM OUR TEAM

Are you piecrust challenged? Here's everything you need to master it, including a game-changing recipe and the best tools for the job.

FLAKY ALL-BUTTER PASTRY

MAKES 1 DOUBLE OR 2 SINGLE 9-IN. PASTRIES / 1 HOUR, PLUS 2 HOURS TO CHILL

WHAT YOU'LL NEED

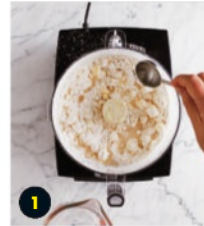
2½ cups flour

2 tsp. sugar

½ tsp. salt

1 cup cold unsalted butter, cut into ½-in. cubes

5 tbsp. ice water



1

COMBINE. In a food processor, whirl flour, sugar, and salt. Add butter and pulse until pieces are almond- and pea-size. Sprinkle ice water over mixture and pulse 3 or 4 times just to distribute.



2

VIDEO LESSON: WATCH THE FLAKY PASTRY COME TOGETHER AT SUNSET.COM/CRUST101.

SMEAR! Dump mixture into a mound on a work surface. Working quickly so butter stays cold, firmly press dough with heel of hand, pushing dough outward from center. Scrape dough from work surface using a bench scraper, and toss to redistribute wet and dry patches. Repeat, pressing on dry patches and tossing to create a soft dough with no dry spots. Don't overwork; you should see pieces and streaks of butter.



3

CHILL. Divide into 2 portions and gently press each into a ¾-in.-thick disk. Wrap each in plastic wrap and chill until firm, at least 2 hours and up to 2 days.



4

WORK FROM CENTER USING SHORT STROKES.

ROLL. Lightly flour 1 disk, work surface, and rolling pin. If dough is too firm, let stand about 5 minutes. Roll dough into a 12- to 13-in. round that's an even ⅛ in. thick. As you work, lift round, using a bench scraper, and re-flour board and pin as needed to keep it from sticking.



5

TRIM. Fold round in half and open up into a 9-in. pie pan, easing it into place without stretching. Trim overhang to 1 in.

Double crust? If you're making it, proceed as directed in pie recipe. For a single-crust pie, continue with steps here.



6

FLUTE. Roll overhang under itself so it's flush with and sitting on top of rim. Pinch dough along lip to form an even ridge. Press ridge between the V of your thumb and first finger on one hand (from outside of pan) and the first finger on your other hand (from inside of pan).



7

IF YOU DON'T HAVE PIE WEIGHTS, USE DRIED BEANS.

BAKE BLIND. This optional step—see your pie recipe—sets the crust's shape and prevents a soggy bottom. Wrap dough with plastic and freeze until firm, 30 minutes. Preheat oven to 400° with rack in lower third. Line dough with foil, letting ends come straight up but not over rim. Fill with pie weights and bake until crust is golden at edges, 20 to 25 minutes. Remove foil and weights. If needed, bake until center is dry, 5 more minutes. Let cool.

MAKE AHEAD: FOR DOUGH OR BLIND-BAKED CRUST, UP TO 1 MONTH, FROZEN AIRTIGHT.



VARIATION: CUTOUT PASTRY

MAKES 1 DOUBLE 9-IN. PASTRY / 1 HOUR, PLUS 2 HOURS TO CHILL

To make the pastry for Caramel Apple Pie (page 87), follow directions for Flaky All-Butter Pastry (above) through step 5, except use 3 cups flour, ¼ cup sugar, ¼ tsp. baking powder, 1¼ tsp. kosher salt, 1¼ cups unsalted butter, and ¼ cup plus 2 tbsp. ice water. See page 87 for how to cut it out. →

West Essentials

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Peppered Herb Beef Tenderloin with Gravy

Prep: 10 min. | Makes 16 servings
Cook: 1 hr.

- 2 tbsp. **McCormick Gourmet™ Peppercorn Mélange, coarsely cracked**
- 1 tbsp. **McCormick Gourmet Italian Seasoning**
- 1 1/2 tsp. **McCormick Gourmet Sicilian Sea Salt**
- 1 tsp. **McCormick Gourmet Garlic Powder**
- 1 tsp. **McCormick Gourmet Ground Mustard**
- 1 whole trimmed beef tenderloin, (5 to 6 lb.)
- 2 tbsp. butter
- 3 tbsp. flour
- 2 cups **Kitchen Basics® Beef Stock**

MIX first 5 ingredients. Reserve 2 tsp. for gravy. Rub remaining seasonings on tenderloin. Place tenderloin on rack in foil-lined roasting pan, folding thin end under.

ROAST in preheated 450°F oven 40 to 50 minutes or until desired doneness. Remove from oven. Let stand 15 minutes.

MEANWHILE, for the gravy, melt butter in medium saucepan on medium heat. Add flour and reserved seasonings. Cook and stir 2 minutes. Gradually whisk in stock. Bring to boil. Reduce heat and simmer 5 to 10 minutes or until thickened. Slice tenderloin and serve with gravy.



For cooks who appreciate the difference.

In the **SUNSET KITCHEN** CRUST UNIVERSITY

PIECRUST TOOL KIT

From rolling to blind baking, here's what you need to make perfect piecrusts.



BENCH (AKA PASTRY) SCRAPER
or long metal spatula (regular or offset). Handy for lifting pastry as you roll and smear it. \$8.95; surlatable.com.



PIECRUST BAG
A circular zippered bag is handy for beginners: Dust dough with flour, seal inside, then roll out for a perfect, even shape. \$14/set of 2 (11 and 14 in.); amazon.com.



ROLLING PIN
We prefer wood because its surface grabs the dough just a bit. The cylinder style mounted on ball bearings gives beginners the most control.



FLUTED PASTRY WHEEL
Gives lattice strips a pretty edge. Similar to shown \$4.75; bakedeco.com.



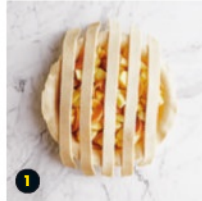
PIE PAN
Get one with a lip to hold a fluted crust so it won't slump as it bakes. Regular pan, 1¼ to 1½ in. deep; deep-dish, about 2 in. Glass, metal, and ceramic all work well.



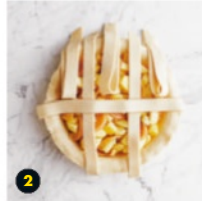
PIE WEIGHTS
To hold pastry down for blind baking, use ceramic weights or dried beans. \$9.95; surlatable.com.

Master the lattice

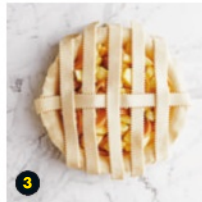
It's as easy as ...



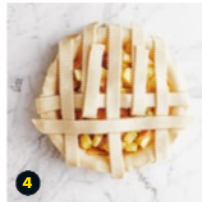
1 Evenly space half the pastry strips over pie in one direction. (An odd number is best.)



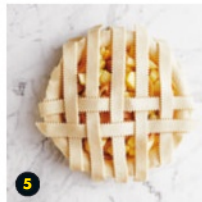
2 Starting at center, fold back every other pastry strip and lay a strip across the rest.



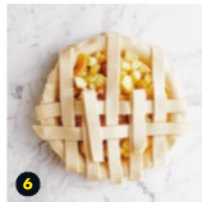
3 Unfold first set of strips so they're flat.



4 Fold back second set of alternating pastry strips and lay another strip across pie.



5 Unfold strips flat.



6 Repeat on other side. When finished, trim ends even with bottom crust and tuck edges under.



7 Ta-da! You can leave the rim plain or flute it as shown on page 102. ▲



100% amazing flavor.
48% less sodium*
*Vs. the average broth brand.

Potatoes Au Gratin

- 2 tbsp. butter
- 2 tbsp. flour
- 1 medium shallot, finely chopped
- 2 cloves garlic, finely chopped
- 2 tsp. **McCormick Gourmet™ Crushed Rosemary**
- 1 tsp. **McCormick Gourmet Sicilian Sea Salt**
- 1/2 tsp. **McCormick Gourmet Coarse Grind Black Pepper**
- 3/4 cup **Kitchen Basics® Beef Stock**
- 1/2 cup heavy cream
- 1 1/2 cups shredded Cheddar cheese, divided
- 1 cup shredded Gruyere cheese
- 2 1/2 lbs. russet potatoes, peeled and thinly sliced

MELT butter in medium saucepan on medium heat. Sprinkle with flour; cook and stir with wire whisk 1 minute. Stir in shallot, garlic, rosemary, sea salt and pepper. Gradually whisk in stock and cream; cook and stir 5 minutes or until bubbling. Remove from heat. Add 1 cup Cheddar cheese and Gruyere cheese; whisk until melted.

LAYER 1/2 of the potatoes in greased 2-quart baking dish. Pour 1/2 of the cheese sauce over top. Repeat layers.

BAKE, uncovered, in preheated 350°F oven 1 to 1¼ hours or until potatoes are tender. Sprinkle with remaining 1/2 cup Cheddar cheese. Bake 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Makes 10 servings.



*Based on the weighted average sodium level per serving for national broth brands per IRI unit sales and manufacturers' reported sodium levels for original beef flavors.

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ASK SUNSET

HAVE A QUESTION ABOUT LIFE IN THE WEST? WE HAVE THE ANSWERS.



Q: How do you remove pomegranate seeds without making the kitchen look like a crime scene? —JEN STEBNER, SAN FRANCISCO

DEAR JEN A water buffer is the key to preventing a juice fiasco. (One mom we know, whose daughter is crazy for pomegranates, solves this problem on a macro scale by putting the girl with her poms right in the bathtub.) Here's the technique: Slice the ends off the pomegranate just so you can see the sections inside, then cut four top-to-bottom score lines barely through the skin (don't cut into the seeds). Fill a large bowl with water and pull the pom apart along the score lines underwater. Tease out the seeds underwater; they'll drift intact to the bottom, the pithy stuff will float to the top, and the water will contain all those gory splashes.



Q: I'm in charge of next summer's family reunion location. We are 15 adults, plus two young kids and one teenager. We want to be near water but no more than two hours from a major airport. We need a large gathering place and private spaces too. We like to cook, but having a restaurant nearby sounds very appealing. Suggestions? —BETTY ATEN, BERKELEY

DEAR BETTY Your desire to be near water leads our thoughts northward. On Washington's Hood Canal, 90 minutes from SeaTac airport, elegant Alderbrook Resort (pictured above; alderbrookresort.com) has 16 cottages along with rooms in its main lodge and a first-rate restaurant. Outdoor fun here includes kayaking, hiking, and golf, with activity packages you can customize to your family. On Idaho's Priest Lake, Elkins Resort (elkinsresort.com) is sweetly retro, with 29 cabins in various sizes and a communal lodge set on the shore of the 19-mile-long lake. There's a good restaurant, kayaking and paddleboarding, and hiking and mountain biking trails nearby. Spokane International Airport, two hours away, has direct flights from Los Angeles, the Bay Area, Seattle, Portland, and Denver.

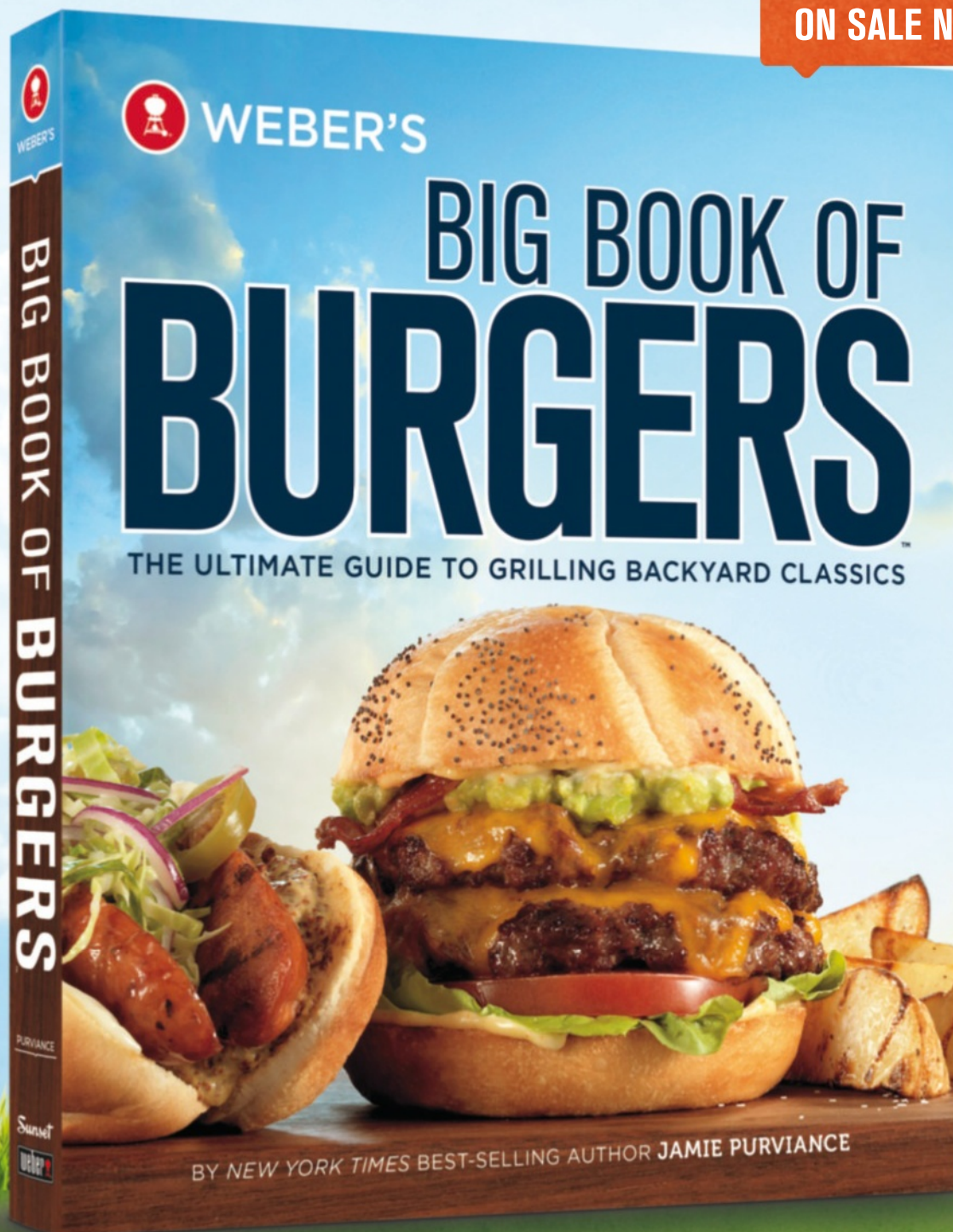
Q: A dozen years ago, I outfitted my living room with a Craftsman-style credenza and large bookcase. Now I've grown tired of the heavy look and want to update to something lighter and more modern—without breaking the bank. —SUSAN JOHNSON, PORTLAND

DEAR SUSAN Assuming your furniture is recent reproduction, not genuine Arts and Crafts, our advice: Paint it. No finish is sacred if it doesn't make you happy. Go with a white or a soft gray. (Lightly sand with 220-grit sandpaper and wipe with a damp cloth. Apply one coat of spray-paint primer, then two coats of satin or semigloss latex paint.) The pieces will be transformed, and two more things will happen: The mix of finishes in your living room will make the whole space less matched and more modern, and the brighter furniture will reflect more light around the room. And if you happen to have heavy drapes, try swapping them for gauzy linen ones—it's like giving your walls a facelift. ▲

Email your questions about Western gardening, travel, food, wine, or home design to asksunset@sunset.com.

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