THE COMFORT FOOD ISSUE

CUISINE®
AT HOME



FLAVORS of FALL

Apple Orchard Treats
Doughnuts, Caramel Apples & Pie, OH MY!

Casseroles, Soups, Stews, Desserts & **DEEP-DISH PIZZA**

GHOULISHLY GOOD CARAMEL APPLES

Issue No.137 September/October 2019
CuisineAtHome.com

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"We grow tomatoes every summer and always have more than we can eat. The Garden Fresh Salsa on page 60 will be the perfect way to use up our bounty. Plus, I'm also excited to try the Spicy Corn Salsa using fresh Iowa sweet corn. —Chris Hennessey

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Meet Chef Andrew Zimmerman

If a trip to Chicago isn't in your plans, we have you covered. Acclaimed Chef Zimmerman shares four creative recipes from his restaurants, Proxi and Sepia.

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Chicken Casseroles

Chicken is one of the most universally consumed proteins because it works well with so many flavors. These casseroles show off its versatility in some very rich and delicious ways.

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Deep-Dish Pizza

We've demystified one of Chicago's culinary wonders. With a flaky, buttery crust, red sauce or pesto, cheese and fillings, making deep-dish pizza is approachable and so good.

ON THE COVER

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Recipe: John Kirkpatrick
Editor: Pamela Killeen
Photographer: Chris Hennessey
Food Stylist: John Kirkpatrick
Art Direction: Teresa Laurenzo

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CORRECTION: In our last issue on page 39 we stated "Studies have shown that eating organic can significantly reduce the possibility of developing many diseases, including cancer and obesity, and issues related to infertility, as well as possibly reversing autism and ADHD." The statement was anecdotal and not scientific.



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Try one, or all three, of these irresistible treats. No doubt — they'll satisfy your sweet-tooth cravings.



I'm not sure how it happened, but we let another perfectly wonderful summer slip away. Most of the farmers' markets will be closing soon and going with them will be the abundance of fresh fruits and vegetables. If you're wanting to squirrel away some of the season, check out our canning story starting on page 56. Maddy walks you through the art of water bath canning so that you can keep a bit of summer around through the winter.

And now with fall in the air, our senses are on overdrive. The tastes and smells this time of year are all about robust stews, hearty soups, satisfying casseroles, and the enticing aromas of baked goods. Maybe our senses are heightened a bit as the temperatures drop and the windows close, concentrating all those great smells. But my guess is that the scents trigger a lot of fond childhood food memories.

Like s'mores for example. If these campfire treats take you back to your youth, you'll love the S'mores Bars on page 77. More adult-like in nature, these bars are made with everything you remember, along with a dose of sophistication.

Yes, summer is over, but fall is an opportunity to revisit some favorite comfort food dishes to keep you cozy through this ever-changing season.

KIM SAMUELSON
EDITOR

THE BUZZ | WHAT'S ON YOUR FALL BUCKET LIST THIS YEAR?

Apple picking, pumpkin everything, bonfires, football games, falling leaves, crisp air — these are some of the obvious signs that fall is here. Our team shared some of their fall bucket list ideas they hope to check off this year. There's a lot more fall fun to be had, and we'd love to hear what you'll be doing this season. Jump over to Facebook or Instagram using the hashtag **#fallbucketlist**, and don't forget to tag us **@cuisineathome**.

Travel to Vermont to see the leaves change.

Take my girls on their first hayrack ride.

Tailgate at an Iowa Hawkeye football game!

My wife and I plan on a pumpkin carving party with our Little Brother.

CUISINE SPOTLIGHT

"I'm committed to supporting people in living happy, healthy, and eco-friendly lives."

YOLI OUIYA



Nationally recognized as the "Queen of Green" by Black Enterprise Magazine, Yoli Ouiya is a green/healthy living expert and a force in the global sustainability and wellness sectors. She founded **yolisgreenliving.com**, an eco-lifestyle website with informational articles and recipes to help you live a healthier, more plant-based life.

WHAT'S TRENDING ON CUISINEATHOME.COM



Head over to our website for some of our favorite apple recipes, including Spiced Apple Butter and our French Apple Custard Pie, one of our most popular recipes ever. Also, check out the new article on the different types of apples and how best to use them in your cooking and baking. Find more luscious apple recipes and handy tips at **cuisineathome.com**.

COOK WITH US — LIVE!



Learn new cooking skills, tips, and techniques when you watch a live online cooking class — and interact with the instructors — or download the class to watch when you have time. Classes are hosted by the experienced Cuisine at Home staff. See the complete schedule and learn more at **cuisineathome.com/seminars**

CUISINE AT HOME

EDITOR
Kim Samuelson

SENIOR EDITORS
Pamela Killeen
Haley J. Wilson

ASSISTANT EDITOR
Madalyn Bendgen

DIGITAL EDITOR
Amanda McFarlane

ASSISTANT ART DIRECTOR
Teresa Laurenzo

TEST KITCHEN MANAGER
John Kirkpatrick

SENIOR TEST KITCHEN ASSOCIATE
Robin Zimmerman

SENIOR PHOTOGRAPHERS
Chris Hennessey
Jack Coyler

CONTRIBUTING DESIGNER
Brianna Greene

SENIOR IMAGE SPECIALIST
Allan Ruhnke

PUBLISHER
Steven M. Nordmeyer

HOME GROUP
ACTIVE INTEREST MEDIA

GROUP PRESIDENT
Peter H. Miller

ADVERTISING DIRECTOR
JoAnn Martin

ACTIVE INTEREST MEDIA

PRESIDENT & CEO **Andrew W. Clurman**
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VISIT: CuisineAtHomeCustomerService.com
CALL: (800) 311-3995, weekdays
EMAIL: subscriptions@aimmedia.com
WRITE: Customer Service, P.O. Box 842
Des Moines, IA 50304-0842

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TIPS

FROM OUR READERS



HERE'S THE SCOOP

When making muffins or cupcakes I use an ice cream scoop to fill the cups, but the batter is sticky and doesn't always come out. I've found that wetting the scoop in water between dips makes a world of difference. No more trouble with sticky batter.

JUDITH DROBNICK
EVELETH, MN

HANDY TIMESAVERS

MAYO MADNESS

I love BLTs, and at the age of 79, I've finally mastered making them. I mix mayo with shredded lettuce, then spread it on both pieces of toast. Next, I pile thinly sliced tomatoes and bacon in the middle. The result — the perfect ratio of mayo, lettuce, tomatoes, and bacon.

STEVEN PETERS
BONITA SPRINGS, FL

LEFTOVER NO MORE

Leftover french fries usually aren't very tasty. Instead of throwing them away, I make hash browns with them. I fry onions in butter and oil, then add chopped french fries and sauté a few minutes until the fries are crispy.

DIANE GRETKOWSKI
OLYPHANT, PA

NOT JUST FOR DRINKS

Whenever I make red Jell-O, I replace part of the water with grenadine to really enhance the flavor. It takes Jell-O from ordinary to extraordinary. My personal favorite is cherry flavor mixed with the grenadine.

MURIEL KROENING
BERLIN, WI



▲ END-OF-SUMMER TOMATOES MAKE DELICIOUS BLTS!

CONTAINER SOLUTION

I had a surplus of plastic baby food containers with the snap lids and wondered what to do with them. I came up with some ideas I'd like to share. I use them for saving/freezing citrus zest and juice for pies. They also make great containers for on-the-go snacks. I fill them with peanut butter and add to school lunches along with celery for nutritious snacks for my kids.

JUDY SISLO
SCRANTON, PA

HOW OLD IS IT?

One of life's most pressing questions is, "How old is that dish in the fridge?" My solution is to make labels using a low adhesive masking tape, permanent marker, and a sharp knife. I score the tape every 2–3 inches with a craft knife or box cutter. When I need a label, I simply use the marker to write the date on the tape, peel it off, and stick it on the container with the goods. No more guessing about whether I should use it or dump it.

FR. MICHAEL YAMASHIRO
CHINO HILLS, CA

EASY AS PIE

When making a slab pie in my 16x11-inch baking sheet, I found the easiest way to work with the dough was using my Silpat. I roll the dough slightly larger than the baking sheet, using a little flour if needed. Next, I pick up the Silpat, flip the dough onto the baking sheet, and gently peel away the Silpat. It works great with the large piece of dough.

DONNA SMITH
GREY CLIFF, MT



SALAD TIP



CREATIVE CROUTONS

I save bacon drippings and put them to good use when I have leftover toast. First, I cut the toast into cubes, then I toss the cubes with the bacon drippings, garlic seasoning, grated Parmesan, salt, and pepper. A quick five-minute sauté and my family is enjoying delicious croutons.

MARGOT PARENT
BRENTWOOD, CA

Do you have an interesting solution to a cooking dilemma?

WE'D LIKE TO HEAR FROM YOU!

RECEIVE UP TO $50 FOR YOUR BEST TIP

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

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CuisineAtHome.com

COLOR-CODED

I keep an ongoing grocery list throughout the week. Before I head out shopping, I use highlighters to mark each item according to where they're located in the store — yellow for dairy, blue for produce, and pink for grocery. That way, I can quickly check my list to be sure I grabbed everything before leaving each department.

MARYANNE H. HOLLERAN
HORSEHEADS, NY



IN THE NOW

WHAT'S HAPPENING IN FOOD



ECO-FRIENDLY LUNCH

If you're looking for a way to cut back on the number of single-use plastics in your life, the lunch boxes and containers created by Sandra Ann Harris are top notch. Made from stainless steel (never plastic), these containers are dishwasher safe and beautiful. (They were modeled after traditional Indian lunch boxes, called tiffins.) Not only can you pack plenty of food into them, the smaller containers with silicone lids are watertight, making them perfect for salad dressings or dips. **Ecolunchboxes.com**

TASTY IN TEXAS

When Robin, our Senior Test Kitchen Associate, went down to Fredericksburg, TX, for a press trip, she surprised us by bringing back a sampling of sauces and preserves by Fischer & Wieser. Typically these types of products are a dime-a-dozen, but when we sat down to sample them we were all very impressed with their fresh, and inventive flavors. The Old-Fashioned Peach Preserves tasted like a freshly picked peach, and the Original Roasted Raspberry Chipotle Sauce was sweet, smoky, spicy, and just as delicious and memorable — it's no wonder it's their flagship product and an award winner. **Jelly.com**



CALLING ALL
WINE LOVERS

There are tons of wine preserving systems on the market, but none that compare to the ZOS Halo. Designed by engineers and winemakers who actually live and work in Northern California's wine country, they had a vested interest in figuring out the best, and easiest, way to preserve wine.

ZOS uses replaceable cartridges that absorb 100-percent of the oxygen (wine's enemy) within open bottles. Once opened and preserved, the wine lasts up to 60 days. And each oxygen-absorbing cartridge lasts between 5–15 bottles, depending on usage. Plus, the wine preserver even comes with a storage container that tells you when it's time to replace the cartridge. **Zos.wine**



HISTORICAL
CHOCOLATE

American Heritage Chocolate is an historically accurate, authentic recipe developed during the Colonial era. It's available thanks to years of research by over 115 historians, chefs, and food historians worldwide. This unique flavor experience is worth savoring.

Americanheritagechocolate.com



SEASONAL KITCHEN

Mussels

MUSSEL MADNESS



Red Curry Mussels, page 14

Sometimes called the poor man's oyster, mussels should not be overlooked. They're more than worthy of your time and attention, especially in these Thai- and Italian-inspired recipes.



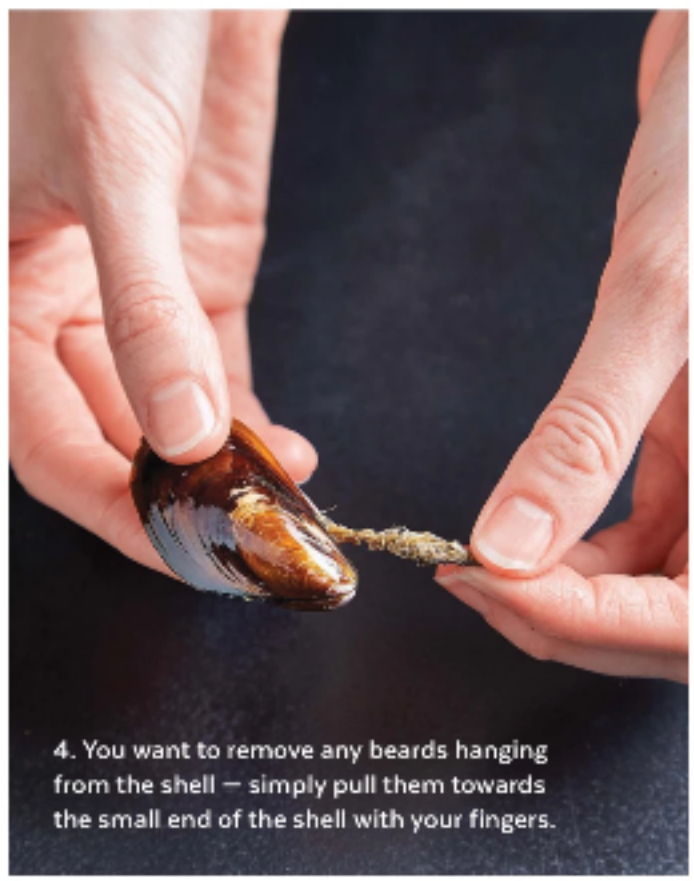
1. Store mussels on ice in a colander so melted ice can drain away. Cover with a damp towel and refrigerate for no more than three days.



2. Scrub shells with a stiff-bristled brush to remove any dirt. Then rinse cleaned mussels in water to flush out any sand in the shell.



3. Just before cooking, tap any open mussels. If they're alive, they'll close their shells and are good to use. If they don't close, discard them.



4. You want to remove any beards hanging from the shell — simply pull them towards the small end of the shell with your fingers.

more about mussels

Mussels are alive when you buy them, so how you store and prepare them for cooking (see steps, *above*) is important. But it's all simple stuff, and once you know what to do, you'll want to incorporate these bivalve mollusks into your repertoire, often. They (especially farmed mussels) are one of the most sustainable seafoods you can buy. Mussels, which are low in fat and high in protein, are also an excellent source of vitamin B12, which keeps nerve and blood cells healthy. They deliver a good amount of iron, too, which is a key component of hemoglobin, the protein in red blood cells that moves oxygen throughout one's body.

Red Curry Mussels
with coconut rice

Makes 6 servings
Total time: 45 minutes

FOR THE RICE, HEAT:
- 1 1/3 cups water
- 1 can coconut milk (5.46 oz.)
- 1/2 tsp. *each* kosher salt and sugar
- 1 cup basmati rice

FOR THE MUSSELS, SAUTÉ:
- 1/4 cup red curry paste
- 2 Tbsp. *each* minced fresh garlic and ginger
- 2 Tbsp. sliced shallots
- 2 Tbsp. vegetable oil

STIR IN:
- 1 can coconut milk (15 oz.)
- 1 cup clam juice *or* low-sodium chicken broth
- 1 tsp. sugar
- Salt and red pepper flakes to taste
- 3 lb. mussels, scrubbed, rinsed, and debearded
- 1/4 cup thinly sliced fresh Thai *or* sweet basil
- 1 Tbsp. fresh lime juice

For the rice, heat water, coconut milk, salt, and sugar in a saucepan to a boil over high. Stir in rice, cover, reduce heat to low, and cook 15 minutes; remove from heat and let stand 5 minutes.
For the mussels, sauté curry paste, garlic, ginger, and shallots in oil in a pot over medium-high heat until fragrant, 1–2 minutes.
Stir in coconut milk, clam juice, and sugar; season with salt and pepper flakes and bring to a boil. Reduce heat to medium and simmer sauce 2 minutes. Add mussels, cover, and steam until mussels open, about 5 minutes; discard any that have not opened. Stir in basil and lime juice and serve mussels with rice.

Per serving: 407 cal; 12g total fat (7g sat); 64mg chol; 1168mg sodium; 48g carb (8g fiber, 4g total sugars); 29g protein

Mussels Fra Diavolo
with linguine

Makes 8 servings
Total time: 45 minutes

COOK:
- 12 oz. linguine

SAUTÉ:
- 1/2 cup *each* grated carrot and onion
- 2 Tbsp. olive oil
- 3 Tbsp. tomato paste
- 1 Tbsp. grated fresh garlic
- 2 tsp. *each* red pepper flakes and dried Italian seasoning

STIR IN:
- 1 can tomato purée (28 oz.)
- 1 can tomato sauce (15 oz.)
- 1 cup dry vermouth *or* white wine
- 1 Tbsp. white wine vinegar
- 1 Tbsp. sugar

MEANWHILE, HEAT:
- 1 bottle clam juice (8 oz.)
- 3 lb. mussels, scrubbed, rinsed, and debearded
- Salt and black pepper to taste
- Chopped fresh parsley

Cook linguine in a pot of boiling salted water according to package directions; drain.
Sauté carrot and onion in oil in a sauté pan over medium-high heat until pan is nearly dry, about 3 minutes. Add tomato paste, garlic, pepper flakes, and Italian seasoning; cook until fragrant, about 1 minute.
Stir in tomato purée, tomato sauce, vermouth, vinegar, and sugar; cook sauce until bubbly, 3–4 minutes.
Meanwhile, heat clam juice in a pot to a boil; add mussels, cover, and steam until mussels open, about 5 minutes. Transfer mussels to a bowl using a slotted spoon; discard any that haven't opened, then stir juices left in pan into sauce. Season sauce with salt and black pepper.
Top linguine with sauce, mussels, and parsley.

Per serving: 409 cal; 5g total fat (1g sat); 48mg chol; 686mg sodium; 55g carb (3g fiber, 13g total sugars); 29g protein





Mussels Fra Diavolo, left

UNDER PRESSURE

Considered a busy cook's best friend, the Instant Pot is a revolutionary game changer when it comes to cooking. Tenderizing tough cuts of meat and softening dried beans is just a sampling of what this device is capable of doing – you may even find it changes the way you cook.

WHO KNOWS WHAT WE DID BEFORE THE INSTANT POT came on the scene. With this modern, time-saving appliance, dishes that would normally simmer for hours are now doable any night of the week. It propels pressure cooking to a whole new level.

Typically not considered weeknight fare, beef stew can now be made in under an hour in this magic pot. And if you're looking for something a bit exotic, this Vietnamese version will be right up your alley. With the Instant Pot, Bo kho [baw caw], a fragrant stew that ordinarily requires at least three hours of braising, tough beef chuck is transformed into fork-tender morsels in no time.

But don't stash away this electronic gadget just yet — give the other two recipes a try. Meaning "beef in its own juices," our version of carne en su jugo [KAR-nay ehn soo hoo-go] instead uses pork shoulder and tastes utterly delicious. And you won't be able to resist the chicken stew. Chock full of aromatic shallots, carrots, parsnips, celery, and fennel, along with tender chicken thighs, you'll keep going back for more of this comforting dish.

Instant Pot Vietnamese Beef Stew (Bo Kho)
with carrots & tomatoes

To roll (or oblique) cut a carrot, first cut at a 45-degree angle, give the carrot a quarter turn, cut again, and repeat.

Makes 6 servings (8 cups)
Total time: 45 minutes

WHISK:
- 1/4 cup fish sauce
- 2 tsp. brown sugar
- 1 1/2 tsp. five-spice powder
- 2 lb. boneless beef chuck, trimmed, cut into 1 1/2-inch cubes

PREHEAT:
- 2 Tbsp. vegetable oil
- 2 cups sliced red onions
- 1/4 cup tomato paste
- 1 Tbsp. *each* minced fresh garlic and ginger
- 2 Tbsp. all-purpose flour
- 1 stalk lemon grass, cut into 3-inch lengths
- 1 whole star anise

STIR IN:
- 4 cups low-sodium beef broth
- 1 Tbsp. low-sodium soy sauce

ADD:
- 1 1/2 cups roll-cut carrots
- 1 cup halved grape tomatoes
- Cooked rice noodles
- Chopped fresh cilantro and sliced jalapeños

VIDEO: ROLL-CUTTING CARROTS
CUISINEATHOME.COM/MAGAZINE

Whisk together fish sauce, sugar, and five-spice in a bowl; add beef.

Preheat Instant Pot on "Sauté" setting at "Normal" temperature and 10 minutes time. Add oil and sear beef in 2 batches, 3 minutes per batch; transfer to a plate. Add onions, tomato paste, garlic, ginger, flour, lemon grass, and star anise to Pot; sauté until fragrant, remaining 4 minutes.

Stir in broth, soy sauce, beef, and any accumulated juices. Lock Pot, select "Meat/Stew" setting, and 10 minutes time. Pressure cook beef until time is up; then "Natural Release," 5–10 minutes. If lid hasn't unlocked, release excess steam and remove lid.

Add carrots and tomatoes. Lock Pot, select "Manual" or "Pressure Cook" setting, and 5 minutes time. Pressure cook beef until time is up, then "Natural Release," or "Quick Release" and remove lid; discard lemon grass and star anise.

Serve stew with noodles; top with cilantro and jalapeños.

Per serving: 369 cal; 21g total fat (7g sat); 86mg chol; 1243mg sodium; 14g carb (3g fiber, 8g total sugars); 30g protein



LIME-SCALLION BAGUETTE

Makes 6 servings
Total time: 20 minutes

Preheat oven to 425°. Line a baking sheet with foil.

Melt 4 Tbsp. unsalted butter with 1 tsp. minced fresh garlic in microwave; season with salt and pepper flakes. Spread butter on cut sides of one 12–16-inch French baguette, halved lengthwise; transfer to prepared baking sheet, buttered sides up, and bake until toasted, 12–15 minutes.

Combine 1/3 cup minced scallions and 1 Tbsp. minced lime zest; sprinkle on top of baguette halves, then cut into 6 servings.

Per serving: 188 cal; 4g total fat (1g sat); 0mg chol; 17mg sodium; 36g carb (1g fiber, 0g total sugars); 3g protein





Mexican Instant Pot Pork & Bean Soup (Carne en su Jugo)

This classic soup from Guadalajara, Jalisco is traditionally made with beef, but we think this pork version is super scrumptious.

Makes 6 servings (9 cups)
Total time: 1½ hours

FREEZE:

- 1 lb. trimmed boneless pork shoulder (about 1½ lb. total)
- 2 Tbsp. minced fresh garlic
- 1 Tbsp. Worcestershire sauce
- 2 tsp. low-sodium soy sauce
- 1 tsp. kosher salt

MEANWHILE, COOK:

- 8 strips thick-sliced bacon, diced

ADD:

- 1½ lb. tomatillos, husked
- 4 cups low-sodium chicken broth, divided

STIR IN:

- 8 oz. dried pinto beans, rinsed
- ½ a white onion, root end trimmed, but still intact
- 2 dried bay leaves
- 1 tsp. kosher salt
- 1 tsp. dried epazote
- Cilantro sprigs, diced white onion, and lime wedges

Freeze pork until firm to the touch, then slice very thinly, trimming fat as needed. Layer slices and chop into bite-sized pieces. Toss pork with garlic, Worcestershire, soy sauce, and 1 tsp. salt; marinate while cooking the bacon.

Meanwhile, cook bacon in a skillet until crisp; transfer to a paper-towel-lined plate.
Add tomatillos and 1 cup broth to Instant Pot. Lock Pot, select "Manual" or "Pressure Cook" setting, and 2 minutes time. Pressure cook tomatillos until time is up, then "Quick Release" and remove lid. Transfer tomatillos and broth to a blender.
Preheat Instant Pot on "Sauté" setting and "Normal" temperature. Add marinated pork and any juices to Pot and cook, stirring, until no longer pink, 3 minutes.
Stir in beans, onion, bay leaves, 1 tsp. salt, epazote, and remaining 3 cups broth. Lock Pot, select "Manual" or "Pressure Cook" setting, and 25 minutes time. Pressure cook beans and pork until time is up, then "Natural Release," 20 minutes. If lid hasn't unlocked, release excess steam and remove lid. Discard bay leaves and onion.
Transfer ½ cup beans and pork to the blender with tomatillos; purée, then transfer mixture back to Pot and season with salt.
Serve soup with bacon, cilantro, diced onion, and lime wedges.

Per serving: 289 cal; 8g total fat (2g sat); 39mg chol; 969mg sodium; 33g carb (8g fiber, 7g total sugars); 23g protein

AVOCADO & JALAPEÑO QUESADILLAS

Makes 6 quesadillas
Total time: 15 minutes

Combine 2 bags shredded quesadilla cheese (7 oz. *each*) and ⅓ cup minced jalapeños.
Sprinkle half the cheese mixture on 6 street taco-sized flour tortillas. Thinly slice 1 avocado and divide among cheese-topped tortillas. Sprinkle remaining cheese mixture over avocado, season each with kosher salt, then top with 6 more tortillas.
Heat a griddle over medium and brush with oil.
Cook quesadillas on griddle until golden on both sides, 4–5 minutes total; let rest 1 minute before cutting into quarters.

Per quesadilla: 550 cal; 34g total fat (12g sat); 39mg chol; 860mg sodium; 45g carb (5g fiber, 3g total sugars); 16g protein

Instant Pot Braised Chicken & Veggies

Tender moist chicken, perfectly cooked vegetables, and a dreamy sauce made for dippin' rolls, this is a recipe you'll want to keep around.

Makes 4 servings
Total time: 1 hour

COMBINE:

- 1 Tbsp. minced lemon zest
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 1 tsp. all-purpose flour
- 1/2 tsp red pepper flakes
- 8 bone-in, skin-on chicken thighs (6–7 oz. *each*), trimmed
- 2 Tbsp. olive oil

DEGLAZE:

- 1/2 cup dry white wine
- 1 cup low-sodium chicken broth

SET:

- 2 carrots, cut into sticks (1 1/2 cups)
- 2 parsnips, cut into 1-inch pieces (1 1/2 cups)
- 2 ribs celery, chopped (1 cup)
- 1 fennel bulb, cored and sliced (1 1/2 cups)
- 4 shallots, halved
- 3 cloves garlic, thinly sliced
- 1 Tbsp. unsalted butter
- 2 Tbsp. fresh chopped thyme
- 1 Tbsp. fresh lemon juice

Combine zest, salt, black pepper, flour, and pepper flakes; rub onto thighs.

Preheat Instant Pot on "Sauté" setting at "Normal" temperature and 15 minutes time. Add 1 Tbsp. oil and sear thighs in two batches, on both sides, 5 minutes per batch; transfer to a plate.

Deglaze Pot with wine, scraping up any brown bits. Stir in broth and return thighs to Pot.

Lock Pot, select "Manual" or "Pressure Cook" setting, and 10 minutes time. Pressure cook thighs until time is up, then "Quick Release" and remove lid.

Set carrots, parsnips, celery, fennel, shallots, and garlic on top of thighs. Lock Pot, select "Manual" or "Pressure Cook" setting, and 5 minutes time. Pressure cook thighs and vegetables until time is up, then "Quick Release" and remove lid.

Transfer vegetables and thighs to a bowl using a slotted spoon. Stir butter into liquid until emulsified, then stir in thyme and lemon juice; season with salt and black pepper.

Serve thighs with vegetables and sauce.

Per serving: 825 cal; 51g total fat (15g sat); 291mg chol; 1288mg sodium; 33g carb (6g fiber; 9g total sugars); 53g protein





INSTANT POT INFO

MANUAL OR PRESSURE COOK? Depending on the model of Instant Pot you have, it will have either a Manual or Pressure Cook setting. These two options are the same function, just different wording per the model.

QUICK RELEASE OR NATURAL? Quick release is used for recipes to prevent overcooking. Simply turn steam release handle from "Sealing" to "Venting" position; float valve will drop into lid when cooker has depressurized. Natural release requires no action. Simply allow cooker to cool naturally, dissipating the heat and pressure over time until float valve drops.



PARMESAN CRESCENT ROLLS WITH GARLIC & THYME

Makes 8 rolls
Total time: 20 minutes

Preheat oven to 375°.
Combine ½ cup grated Parmesan, 1 Tbsp. minced fresh garlic, and 1 Tbsp. fresh thyme.
Unroll 1 pkg. crescent dough sheet (8 oz.; such as Pillsbury) and evenly sprinkle Parmesan mixture over top. Starting at the longest end, tightly roll up dough like a log; slice into 8 rolls.
Transfer rolls to a baking sheet and bake until golden brown, 10 minutes.

Per roll: 112 cal; 5g total fat (2g sat); 4mg chol; 307mg sodium; 14g carb (0g fiber, 0g total sugars); 4g protein

OFF TO THE ORCHARD

Grab a basket and head to your favorite orchard, because apples are abundant and it's time to start picking. Then turn America's favorite fall fruit into any or all of these three orchard specialties — pie, cider doughnuts, and caramel apples — the aromas alone, are autumn at its best.



Apples certainly are delicious, and not to mention good for you. They're packed with fiber, and free of sodium, cholesterol, and fat. There's a reason they keep the doctor away. And picking your own apples is a ton of fun.

But you don't have to go to a fruit stand every time you want a classic apple orchard treat. With these recipes in hand, you can now recreate any of these sweet sensations at home. Pie is a must-have when it comes to apples. And this sweet and streusely Dutch Apple Pie is the perfect fall dessert, especially if you love crumb toppings — the streusel serves as both the top and bottom crusts.

And Apple Cider Doughnuts are the quintessential orchard treat — who doesn't love biting into a warm, freshly glazed (or sugared) doughnut? Reducing apple cider intensifies the flavor, and whisking it into a glaze adds another layer of fruit flavor. Then last, but not least, the sweet, buttery caramel-coated apples might take you back to your childhood. They're truly one of fall's greatest pleasures for both kids and adults, alike.



Dutch Apple Pie

With an oatmeal cookie-like topping and sweet-tart apple filling, this is sure to become a family favorite.

Makes 8 servings
Total time: 30 minutes + baking & cooling

FOR THE STREUSEL, COMBINE:

- 2 cups all-purpose flour
- 1 cup packed brown sugar
- 1/2 cup old-fashioned rolled oats
- 1/2 cup chopped pecans
- 2 tsp. apple pie spice
- 1/2 tsp. table salt
- 1 1/2 sticks unsalted butter (12 Tbsp.), melted

FOR THE FILLING, HEAT:

- 1 1/2 cups apple cider *or* juice
- 1/3 cup granulated sugar
- 3 Tbsp. all-purpose flour
- 6 cups peeled and diced Granny Smith apples
- 1 Tbsp. fresh lemon juice
- 1 tsp. pure vanilla extract

Preheat oven to 350° with rack on bottom.
For the streusel, combine flour, brown sugar, oats, pecans, apple pie spice, and salt in a bowl. Stir in butter until thoroughly combined; reserve 1 1/2 cups streusel for the topping. Press remaining streusel into the bottom and up sides of a 10-inch deep-dish pie plate for the crust; bake 10 minutes.
For the filling, whisk together cider, sugar, and flour in a large saucepan until sugar and flour are dissolved; bring to a boil over medium-high heat and cook until thickened, 1 minute. Off heat, stir in apples, lemon juice, and vanilla, then pour into crust.
Crumble reserved streusel over filling and bake pie until crust and topping are golden brown and filling is bubbly, 75 minutes. Cool pie completely on a rack.

Per serving: 543 cal; 23g total fat (11g sat); 46mg chol; 162mg sodium; 83g carb (5g fiber, 48g total sugars); 5g protein











WE HAD A LOT OF FUN with this photo shoot at the Iowa Orchard in Granger, IA. Started in 1975 by the Etchen family, their two locations in the Des Moines area offer an array of apples on their seven acres of u-pick apples, as well as a bakery with over 25 types of pies and cobblers, all made by hand with real fruit and an actual rolling pin. www.iowaorchard.com

Apple Cider Doughnuts
with cider glaze or cinnamon sugar

The ideal frying temperature is between 360–365°, but since the temp will fall once the doughnuts are added, heat the shortening to 370–375°.

Makes about 16 doughnuts + holes
Total time: 2 hours + chilling

FOR THE DOUGHNUTS, REDUCE:
- 4 cups apple cider
- 1 cinnamon stick (3-inch)
- 1/3 cup *each* apple butter and buttermilk, room temperature

WHISK:
- 3 1/2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. ground cinnamon
- 1/2 tsp. *each* baking soda, table salt, and freshly grated nutmeg

CREAM:
- 5 Tbsp. unsalted butter, softened
- 1/3 cup *each* granulated and packed light brown sugar
- 2 eggs
- Shortening

FOR THE GLAZE, WHISK:
- 6 cups powdered sugar, sifted
- 3/4 cup apple cider
- 1 tsp. ground cinnamon
- Pinch of table salt

FOR THE SUGAR COATING, WHISK:
- 1 cup granulated sugar
- 2 tsp. ground cinnamon
- 1 tsp. ground cardamom
- Pinch of table salt

For the doughnuts, reduce cider with cinnamon stick in a saucepan over medium-high heat to 1/3 cup, 1–1 1/4 hours, being careful not to overreduce. Discard cinnamon stick; transfer cider to a glass measuring cup with a pour spout.
Whisk apple butter and buttermilk into cider until combined.
Whisk together flour, baking powder, cinnamon, baking soda, salt, and nutmeg.
Cream butter and sugars with a mixer on medium-high speed until light and fluffy, about 4 minutes.
Add eggs, one at a time, beating after each until combined. Reduce mixer speed to low, sift flour mixture over batter, in three increments, alternating with cider mixture (beginning and ending with flour mixture), beating after each addition until combined. Transfer dough (it will be very soft and sticky) to a bowl; cover and chill at least one hour or overnight.
Sprinkle dough with flour and roll on a heavily floured surface to 3/8-inch thick. Cut doughnuts and holes using a well-floured 3-inch-round doughnut cutter; arrange doughnuts and holes on a parchment-lined baking sheet. Reroll and cut scraps until all dough has been used. Chill cut doughnuts and holes 30 minutes; brush off excess flour before frying.
Heat shortening in a cast-iron pot or high-sided skillet filled two-thirds to 370°.
For the glaze, whisk together powdered sugar, cider, cinnamon, and salt until smooth.
For the sugar coating, whisk together sugar, cinnamon, cardamom, and salt.
Carefully add 3 doughnuts (or 6 holes) to pot and fry 1–1 1/2 minutes per side; transfer to a paper-towel-lined baking sheet.
When cool enough to handle, but still hot, dip cracked side of doughnuts (or all sides of holes) in glaze; shake off excess and transfer to a wire rack set inside a second baking sheet. Once glaze is slightly set, dip doughnuts again on same side. Allow glaze to set completely, 15 minutes. If coating with sugar, omit glaze and dip all sides of cool enough to handle, but still hot doughnuts (and holes) in sugar coating.

Per doughnut double-dipped in glaze: 542 cal; 24g total fat (7g sat); 24mg chol; 113mg sodium; 80g carb (1g fiber; 60g total sugars); 3g protein





Caramel Apples

Have some fun with decorating your apples. Try crushed graham crackers or cookies, toasted coconut, melted chocolate, or even chopped crispy bacon.

Makes 8 servings
Total time: about 1 hour

SOAK:

- 8 Granny Smith *or* Pink Lady apples, stemmed
- 8 caramel apple sticks

BOIL:

- 1 cup heavy cream, divided
- 1 cup granulated sugar
- ¾ cup light corn syrup
- 1 stick unsalted butter (8 Tbsp.)
- ¼ tsp. kosher salt
- 1 tsp. pure vanilla extract
- 2 cups chopped roasted and salted peanuts

Line a baking sheet with parchment. (Do not use waxed paper.)

Soak apples in hot water with a splash of white vinegar (or in produce wash) to remove wax from the surface, 5–10 minutes. Dry apples thoroughly.

Insert sticks halfway into stem side of apples; chill while preparing any decorations and making the caramel.

Boil ¾ cup cream, sugar, corn syrup, butter, and salt in a large saucepan over medium-high heat until caramel turns a rich dark color and temperature reaches 250°, about 15 minutes.

Whisk in remaining ¼ cup cream and vanilla. Let caramel cool to 190–200° before dipping apples, 5–10 minutes.

Dip one apple at a time into caramel until just a bit of apple peel shows around the stick. Gently swirl each apple over the pan to allow excess caramel to drip back, then continue swirling until caramel loses its shine; quickly press nuts onto caramel layer before placing on prepared baking sheet. Repeat dipping, swirling, and pressing with each apple.

For chocolate drizzled apples, chill caramel apples until caramel sets, 10–15 minutes, then drizzle with melted chocolate and let rest until chocolate sets.

Per serving: 661 cal; 40g total fat (17g sat); 64mg chol; 237mg sodium; 77g carb (7g fiber; 65g total sugars); 10g protein

VIDEO: MAKING CARAMEL APPLES
CUISINEATHOME.COM/MAGAZINE

GO HOG WILD

After trying either one of these pork menus, you'll think you've died and gone to hog heaven — they're that good. And these meals are simple to prepare, full of flavor, perfectly portioned for two, and on the table in 30 minutes or less.

PORK LOIN CHOPS lend themselves to a variety of seasonings because they're so mild flavored. But because they're cut from the loin, they can dry out easily. Cooking them like chicken cutlets, piccata-style, is ingenious — the briny, buttery lemon sauce is not only tantalizing, it's also great in the event the chops get overcooked. Coating the chops in Montreal steak seasoning (the blend used for Montreal smoked meat) gives the chops a taste that's unreal. And the leek-enhanced potatoes are the ideal vehicle for soaking up all the saucy goodness.

Pork Chops Piccata
with Montreal steak seasoning

This recipe calls for making your own Montreal seasoning. If you don't have all the spices listed, substitute with 2 Tbsp. + 2 tsp. purchased seasoning.

Makes 2 servings
Total time: 30 minutes

FOR THE CHOPS, COMBINE:

- 2 tsp. paprika
- 2 tsp. *each* black pepper and kosher salt
- 1 tsp. granulated garlic
- 1/2 tsp. ground coriander
- 1/4 tsp. *each* dried dill and red pepper flakes
- 2 bone-in pork loin chops (6–8 oz. *each*)
- 1 Tbsp. vegetable oil

FOR THE SAUCE, MELT:

- 6 Tbsp. cold unsalted butter, divided
- 1/4 cup minced leek whites
- 1/4 cup dry white wine
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. capers
- 1 Tbsp. minced fresh parsley

For the chops, combine paprika, black pepper, salt, granulated garlic, coriander, dill, and pepper flakes; generously rub onto chops.
Sauté chops in oil in a skillet over medium-high heat until browned around the edges, 3–5 minutes. Flip chops and sauté until cooked through, 3 minutes more; transfer to a plate and tent with foil.
For the sauce, melt 2 Tbsp. butter in same skillet over medium-high heat. Add leek whites and sauté until softened, about 3 minutes. Deglaze pan with wine, scraping up any brown bits. Cook until wine is nearly evaporated; stir in lemon juice and capers.
Off heat, add remaining 4 Tbsp. butter, 1 Tbsp. at a time, whisking until sauce is emulsified before adding the next. Stir in parsley, then season sauce with salt.
Serve chops with sauce.

Per serving: 533 cal; 46g total fat (24g sat); 139mg chol; 1225mg sodium; 7g carb (2g fiber, 1g total sugars); 20g protein



The key to a deeply flavored sauce is deglazing. The wine loosens the fond on the bottom of the pan, enabling you to scrape it up. As the fond dissolves, it adds flavor and color to the sauce.



Mashed Golden Potatoes
with leeks

Makes 2 servings
Total time: 30 minutes

MELT:

- 4 Tbsp. unsalted butter, divided
- 1 cup chopped leeks, white and light greens

COOK:

- 12 oz. Yukon gold potatoes, peeled and cut into 1-inch chunks
- 1/4 cup heavy cream
- Salt, black pepper, and ground nutmeg to taste

Melt 1 Tbsp. butter in a skillet over medium-high heat. Add leeks and sauté until soft, 5 minutes.
Cook potatoes in a pot of boiling salted water until fork-tender, 10–12 minutes. Drain potatoes; return to pot. Cook potatoes over medium-low heat, stirring, to remove excess moisture, 1–2 minutes.
Off heat, stir in cream and remaining 3 Tbsp. butter. Crush potatoes with a potato masher until nearly smooth; stir in leeks. Season potatoes with salt, pepper, and nutmeg.

Per serving: 473 cal; 34g total fat (21g sat); 95mg chol; 30mg sodium; 37g carb (1g fiber, 3g total sugars); 6g protein

COUNTRY-STYLE PORK RIBS don't get the respect they deserve. Because they're cut from the blade end (closest to the shoulder) of the pork loin, they have more flavor than chops. But since they're not actually ribs, they don't require the low and slow cooking that "true" ribs do, so they can be grilled quickly.

Brining the ribs adds moisture and flavor, while the aromatic wet rub takes the flavor to the next level. And after a quick sear, these ribs become mouthwatering — they're perfect with grilled summer squash simply tossed with an easy lemon vinaigrette, feta, and mint. This is the epitome of a fresh and simple end-of-summer meal.



Garlic-Rubbed Country-Style Ribs
brined & grilled

Makes 2 servings
Total time: 15 minutes + brining & standing

FOR THE BRINE, WHISK:

- 2 cups cold water
- 1 Tbsp. *each* kosher salt and sugar
- 4 boneless country-style pork ribs (about 1 lb.)

FOR THE RUB, COMBINE:

- 1 Tbsp. *each* minced fresh garlic and rosemary
- 1 Tbsp. granulated garlic
- 1 tsp. dried Italian seasoning
- 1/2 tsp. black pepper

For the brine, whisk together water, salt, and sugar in a bowl until salt and sugar dissolve. Submerge ribs in brine; cover and chill at least 4 hours, or overnight.

For the rub, combine minced garlic, rosemary, granulated garlic, Italian seasoning, and pepper.
Remove ribs from brine, pat dry with paper towels, then coat with rub; let stand at room temperature 1 hour before grilling.
Preheat grill to medium-high. Brush grill grate with oil.
Arrange ribs, flat sides down, on grill. Grill ribs, covered, until edges are browned, 5–7 minutes. Flip ribs and cook until a thermometer inserted into the thickest part registers 145°, 3–5 minutes more.
Transfer ribs to a serving platter; tent loosely with foil and let rest 5 minutes before serving.

Per serving: 418 cal; 26g total fat (9g sat); 149mg chol; 364mg sodium; 8g carb (1g fiber; 1g total sugars); 39g protein



To allow the process of brining to occur, the ribs must be submerged in the brine, completely, for at least 4 hours, but overnight delivers the most flavor and moisture.



Mixing the dry seasonings with fresh garlic creates a wet rub. It adheres well to the ribs and stays put while grilling, making the meat super flavorful.



Grilled Summer Squash
with feta & mint

Makes 2 servings
Total time: 15 minutes

- 3 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- Salt and black pepper to taste
- 1 *each* zucchini and yellow squash, cut into 1 1/2-inch chunks
- 1/4 cup crumbled feta
- 2 Tbsp. chopped fresh mint

Preheat grill to high. Brush grill grate with oil.
Whisk together lemon juice and oil for the vinaigrette; season with salt and pepper, then toss half with the squash.
Transfer squash to grill, reserving vinaigrette in bowl. Grill squash, uncovered, until charred in spots, 7–8 minutes, turning as needed.
Transfer grilled squash to bowl with reserved vinaigrette, then toss in remaining vinaigrette, feta, and mint; season with salt and pepper.

Per serving: 214 cal; 19g total fat (3g sat); 17mg chol; 182mg sodium; 9g carb (2g fiber; 6g total sugars); 5g protein

TEMPTING TOFU

Tofu is one of the most versatile protein sources in the world. It's a blank slate, taking on the flavors of whatever it's cooked with, which is a good thing, since it has such a neutral flavor. These seven recipes prove that when prepared properly, tofu is very satisfying and really pretty darn good.



How good tofu is really comes down to how it's prepared. Cutting tofu into sticks, then seasoning it with salt and pepper, and sautéing it in olive oil bumps up the flavor like you can't believe. When served alongside a spinach pasta topped with briny olives and salty feta, this dish becomes a home run.

Salt & Pepper Tofu with Spinach Fettuccine
and tomato-oregano salsa

Makes 2 servings
Total time: 30 minutes

COOK:

- 4 oz. spinach fettuccine
- 1 cup chopped tomatoes
- 2 Tbsp. minced fresh oregano
- 3 Tbsp. olive oil, divided
- 2 tsp. fresh lemon juice
- ¼ tsp. red pepper flakes
- Salt to taste

SAUTÉ:

- 8 oz. firm tofu, patted dry, cut into 3-inch sticks, and seasoned with salt and black pepper
- ¼ cup halved Kalamata olives
- ¼ cup crumbled feta
- Fresh oregano sprigs
- Lemon wedges

Cook fettuccine in a pot of boiling salted water according to package directions; drain and keep warm.
Combine tomatoes, oregano, 2 Tbsp. oil, lemon juice, and pepper flakes for the salsa; season with salt.
Sauté tofu in remaining 1 Tbsp. oil in a nonstick skillet over medium-high heat until lightly browned, 2–3 minutes per side.
Top servings of fettuccine with salsa, tofu, olives, feta, oregano sprigs, and lemon wedges.

Per serving: 611 cal; 32g total fat; 18mg chol; 226mg sodium; 58g carb (4g fiber, 13g total sugars); 23g protein



Use fresh oregano in the salsa — dried oregano just doesn't pack the same punch.



Cut tofu into ¾-inch pieces, halve pieces to make 3-inch sticks, then season well.



Sauté tofu sticks until browned on both sides. Drain on a paper-towel-lined plate.

GOOD FOR YOU **TOFU**

TOFU IS A PROTEIN-RICH SOYBEAN CURD that's a staple in Asian cuisines. An excellent source of calcium and many heart-healthy nutrients, including omega-3 fatty acids, tofu is considered extremely healthy.

WHEN BUYING TOFU, you'll run across two types — silken and regular. Both varieties are available in soft, medium, firm, and extra-firm consistencies. Silken tofu is not pressed, so it's quite delicate and super smooth. Regular tofu's texture ranges from soft to super firm, depending on the water content. Which one to buy depends on what you're cooking.

Need to know where to find tofu? It's usually in the refrigerated section of the produce aisle, but check the expiration date on the package — tofu is very perishable, so use it soon after purchasing.

Marinated and grilled to perfection, tofu is the perfect protein to pair with a fresh Greek salad and cheesy seasoned flatbread. If you're on the fence about trying tofu, one bite of these steaks will convince you that tofu is anything but bland — it's fantastic.

Greek Tofu Steaks
with gyro salad

Makes 4 servings
Total time: 30 minutes + marinating

FOR THE TOFU, WHISK:

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. tamari *or* low-sodium soy sauce
- 1 Tbsp. *each* chopped fresh oregano, rosemary, and garlic
- Salt and black pepper to taste
- 1 pkg. extra-firm tofu (18 oz.)

FOR THE SALAD, COMBINE:

- 1 cup seeded and diced cucumbers
- 1 cup quartered grape tomatoes
- 1/4 cup diced red onion
- 2 Tbsp. minced pepperoncini
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. *each* fresh lemon juice and olive oil

For the tofu, whisk together oil, vinegar, lemon juice, tamari, oregano, rosemary, and garlic in a shallow dish; season with salt and pepper.
Slice tofu lengthwise into 4 planks; blot dry with paper towels. Place tofu in marinade, spoon marinade over the top, and cover. Marinate tofu 1 hour, or up to 24 hours in the refrigerator, turning periodically.
Preheat grill to medium-high. Brush grill grate with oil.
Remove tofu from marinade, coat with nonstick spray, and grill, covered, until crisp, about 3 minutes per side. Cut each tofu plank into a triangle.
For the salad, combine cucumbers, tomatoes, onion, pepperoncini, oregano, lemon juice, and oil; season with salt and pepper. Serve tofu steaks with salad.

Per serving: 234 cal; 17g total fat (2g sat); 0mg chol; 178mg sodium; 9g carb (2g fiber, 3g total sugars); 12g protein



For better flavor, slice the tofu "steaks" thin so they can be completely submerged in the marinade.

The steaks get most of their brown color from soaking in the marinade. Grill them just until crisp and dry.



Pita Wedges
with feta & oregano

Pitas are just one type of flatbread. Other varieties work as well in this recipe, but steer clear of pita pockets.

Makes 4 servings
Total time: 10 minutes

- 1/3 cup crumbled feta *or* goat cheese
- 1 Tbsp. olive oil
- 1 Tbsp. minced fresh oregano
- Black pepper to taste
- 2 pitas (6-inch)

Preheat grill to medium-high. Brush grill grate with oil.
Combine feta, oil, and oregano; season with pepper and sprinkle on one side of pitas.
Grill pitas, cheese sides up, until toasted and feta begins to melt. Cut pitas into wedges.

Per serving: 148 cal; 7g total fat (2g sat); 11mg chol; 274mg sodium; 17g carb (0g fiber, 1g total sugars); 5g protein



Tamari is thicker than soy sauce with a similar rich umami taste. It adds deeper flavor to the marinade.

Broccoli favorably impacts the body's detoxifying system. It contains sulfur compounds which neutralize toxic substances and has cancer-fighting properties.



Flavor-packed and easy to prepare, this tofu and vegetable stir-fry fits like a dream into your weeknight routine. Plus, it's high in protein, yet low in calories and sodium, just the nourishment you need to get you through the night.

Tofu & Broccoli Stir-Fry

Extra-firm tofu is a Chinese-style tofu that's pressed to remove as much liquid as possible. It's sold in ready-to eat cakes that hold their shape.

Makes 4 servings
Total time: 30 minutes

HEAT:

- 6 cups vegetable oil
- 1 pkg. extra-firm tofu (18 oz.)
- 1/2 cup *each* cornstarch and rice flour
- 1 tsp. *each* kosher salt and baking powder
- 1 cup club soda, chilled

WHISK:

- 1/4 cup low-sodium vegetable broth
- 1/4 cup rice vinegar
- 3 Tbsp. low-sodium soy sauce
- 1 Tbsp. cornstarch
- 2 tsp. fresh lemon juice
- 1 tsp. sugar
- 1/4 tsp. chili garlic sauce

STIR-FRY:

- 1 cup bias-sliced carrots
- 5 cups broccoli florets
- 1 cup sliced red bell peppers
- 1 bunch scallions, bias-sliced, whites and greens separated
- 1 Tbsp. *each* minced fresh garlic and ginger
- 2 Tbsp. chopped roasted and salted cashews

Heat oil in a wok or large skillet over high to 350–375°.
Blot tofu dry with paper towels and cut into 2×1/2-inch sticks.
Whisk together 1/2 cup cornstarch, rice flour, salt, and baking powder; add club soda, whisking until smooth. Coat tofu with cornstarch batter, allowing excess to drip off.
Fry tofu in oil, in two batches, until golden and crisp, 5–6 minutes per batch. Transfer tofu to a paper-towel-lined plate; drain off all but 1 Tbsp. oil from wok and reserve for another use.
Whisk together broth, vinegar, soy sauce, 1 Tbsp. cornstarch, lemon juice, sugar, and chili garlic sauce.
Stir-fry carrots in oil in a wok over high heat, 3 minutes. Add broccoli and bell peppers; stir-fry 4 minutes. Stir in scallion whites, garlic, and ginger; stir-fry 2 minutes. Stir in broth mixture, tofu, and scallion greens; cook until sauce thickens.
Top servings with cashews.

Per serving: 489 cal; 37g total fat (4g sat); 0mg chol; 724mg sodium; 27g carb (6g fiber, 6g total sugars); 18g protein



For best results, dip the tofu sticks in the batter, letting any excess drip off before carefully adding them to the hot oil.



Rice Noodles
with scallions & cashews

There are several varieties of rice noodles used in Asian cuisines. Cooking times and methods vary, so be sure to follow package directions.

Makes 4 servings
Total time: 30 minutes

COOK:

- 7 oz. rice-stick noodles

HEAT:

- 2 Tbsp. toasted sesame oil
- 3 scallions, sliced, whites and greens separated
- 2 tsp. minced fresh garlic
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. rice vinegar
- 1/2 tsp. chili garlic sauce
- 1/4 cup chopped roasted and salted cashews

Cook noodles according to package directions; drain and rinse well.
Heat sesame oil in a saucepan over medium. Add scallion whites and garlic; sauté until softened, 1–2 minutes. Off heat, stir in soy sauce, vinegar, and chili garlic sauce.
Toss noodles with soy sauce mixture, scallion greens, and cashews.

Per serving: 297 cal; 11g total fat (2g sat); 0mg chol; 389mg sodium; 45g carb (2g fiber, 1g total sugars); 5g protein

Tofu Piccata
with almonds

For the best texture, be sure to use extra-firm tofu. It holds up well during cooking and has the most meaty texture of all the types of tofu.

Makes 4 servings in
Total time: 35 minutes

DREDGE:

- 14 oz. extra-firm tofu, cut into 8 triangle planks, seasoned with salt and black pepper
- 2 Tbsp. all-purpose flour
- 2 Tbsp. vegetable oil

DEGLAZE:

- 1/4 cup dry white wine
- 1 Tbsp. *each* minced fresh garlic and shallots

STIR IN:

- 1/2 cup low-sodium vegetable broth
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. capers

WHISK IN:

- 3 Tbsp. unsalted butter
- 1/4 cup slivered almonds, toasted
- 1 lemon, thinly sliced
- Chopped fresh parsley

Dredge tofu in flour. Heat oil in a nonstick skillet over medium-high. **Sauté** tofu until golden brown, 5–7 minutes on one side, then flip and sauté 3–5 minutes more; transfer to a plate.

Deglaze skillet with wine, then stir in garlic and shallots and cook until liquid is nearly evaporated, 2 minutes.
Stir in broth, lemon juice, and capers. Bring sauce to a boil, and cook until reduced by half, 3–5 minutes.
Whisk in butter, 1 Tbsp. at a time, until emulsified; stir in almonds and lemon slices.
Serve tofu with sauce and sprinkle with parsley.

Per serving: 272 cal; 23g total fat (7g sat); 23mg chol; 90mg sodium; 8g carb (2g fiber, 1g total sugars); 9g protein





Garlicky Zucchini Noodles

A spiralizer makes quick and easy work of cutting the zucchini into "noodles". Or, use a mandoline with a julienne blade, slicing zucchini lengthwise.

Makes 4 servings (3 cups)
Total time: 10 minutes

SAUTÉ:

1 Tbsp. minced fresh garlic
1 Tbsp. olive oil

ADD:

2 zucchini, spiralized (about 5 cups)

OFF HEAT, TOSS:

1/4 cup grated Parmesan
Salt and black pepper to taste

Sauté garlic in oil in a sauté pan over medium-high heat until fragrant, 30 seconds.
Add zucchini; cook until heated through, tossing with tongs, 3–5 minutes.
Off heat, toss zucchini with Parmesan; season with salt and pepper.

Per serving: 89 cal; 6g total fat (2g sat); 8mg chol; 128mg sodium; 4g carb (1g fiber, 2g total sugars); 4g protein

Grilled Beet & Tofu Salad with quinoa

Makes 4 servings (9 cups)
Total time: 35 minutes

COOK:

2 large red beets (1 1/4 lb.), tops and bottoms cut off
1 Tbsp. olive oil
Salt and black pepper
1 pkg. extra-firm tofu (12.3 oz.)

PULSE:

1/4 cup olive oil
3 Tbsp. champagne *or* white wine vinegar
2 Tbsp. minced scallions
2 tsp. honey
1 tsp. Dijon mustard

TOSS:

8 cups mixed salad greens
2 cups cooked quinoa, cooled
1/2 cup slivered almonds, toasted

Preheat grill to medium-high. Brush grill grate with oil.
Cook beets in a pot of boiling water just until tender, 12–15 minutes.
Drain and rinse beets with cold water; cut into 1/4-inch-thick slices. Toss beets with 1 Tbsp. oil and season with salt and pepper.
Grill beet slices, covered, until charred on both sides, 6–8 minutes per side. Quarter beet slices.
Slice tofu lengthwise into 4 planks, blot dry with paper towels, then season with salt and pepper.
Brush grill grate again with oil and reduce heat to low. Grill tofu, covered, until browned, 10 minutes per side. Cut tofu into cubes.
Pulse 1/4 cup oil, vinegar, scallions, honey, and Dijon in a mini food processor until combined for the vinaigrette; season with salt and pepper. Toss tofu with 2 Tbsp. vinaigrette.
Toss greens, quinoa, almonds, beets, and tofu with remaining vinaigrette.

Per serving: 497 cal; 30g total fat (3g sat); 0mg chol; 594mg sodium; 42g carb (9g fiber, 11g total sugars); 17g protein



Packed with bold flavors, this south-of-the-border-inspired hash is sure to wake up your taste buds. It's simple to prepare, and you probably have most of the ingredients in your pantry. Full of tomatoes, spices, tofu, and tortilla chips, it's so tasty, you'll want to dig into this for breakfast, lunch, or dinner.

Pressing the tofu is essential for obtaining a firm, meaty texture, in addition to getting a crispy crust.



Mexican Tofu Hash

Makes 4 servings
Total time: 30 minutes

PURÉE:

- 1 can whole tomatoes (28 oz.)
- 1 cup chopped onions
- 1/2 cup low-sodium vegetable broth
- 2 cloves garlic
- 1 jalapeño, seeded
- 1 1/2 tsp. ground cumin, divided
- Salt and black pepper to taste

HEAT:

- 1 Tbsp. olive oil
- 1 lb. extra-firm tofu, pressed and crumbled
- 1 tsp. chili powder
- 1/2 tsp. *each* kosher salt and black pepper

STIR:

- 2 cups corn tortilla chips (3 oz.)
- 1/4 cup chopped fresh cilantro
- Crumbled queso fresco

Purée tomatoes, onions, broth, garlic, and jalapeño in a blender for the sauce; transfer to a sauté pan, and stir in 1/2 tsp. cumin. Simmer sauce over low heat, 5 minutes; season with salt and pepper.
Heat oil in a nonstick skillet over medium. Add tofu and cook 2 minutes. Stir in chili powder, 1/2 tsp. salt, 1/2 tsp. pepper, and remaining 1 tsp. cumin; cook 3 minutes.
Stir chips into sauce, and simmer until they soften, 5 minutes; stir in cilantro.
Spoon sauce into bowls and top with tofu; serve with extra chips and queso fresco.

Per serving: 338 cal; 18g total fat (3g sat); 0mg chol; 797mg sodium; 30g carb (5g fiber, 7g total sugars); 14g protein

Here's a classic sandwich makeover that everyone can get on board with. Crispy tofu and all the usual suspects are here, making this revised deli favorite unforgettable.

Tofu Reuben Sandwiches

To make your own dressing, whisk together ½ cup mayonnaise, ¼ cup ketchup, 2 Tbsp. sweet pickle relish, and 1 Tbsp. fresh lemon juice.

Makes 4 sandwiches
Total time: 35 minutes

- 1 pkg. extra-firm tofu (18 oz.), sliced into 8 pieces, patted dry, coated with nonstick spray, and seasoned with salt and black pepper
- 8 slices marble rye bread
- 3 Tbsp. unsalted butter, softened
- ½ cup purchased *or* homemade Thousand Island salad dressing
- 8 slices Swiss cheese (6 oz.)
- 1 cup sauerkraut, drained

Sauté tofu, in batches, in a nonstick skillet over high heat until golden on both sides.

Spread butter on 1 side of each bread slice.

Arrange bread slices, buttered sides down, on a cutting board; spread each with 1 Tbsp. dressing, then layer 1 slice cheese, 2 pieces tofu, ¼ cup sauerkraut, and 1 more slice of cheese on half the slices. Place remaining bread slices on top of sandwiches, buttered sides up.

Cook sandwiches in same skillet, in 2 batches, over medium heat until bread is browned on both sides and cheese is melted; let rest 2 minutes, then cut in half.

Per sandwich: 641 cal; 41g total fat (15g sat); 72mg chol; 787mg sodium; 38g carb (6g fiber, 6g total sugars); 28g protein





MEET THE CHEF

ANDREW ZIMMERMAN

You don't have to head to Chicago to sample a taste of the incredible flavors produced by Andrew Zimmerman, Executive Chef at two of the cities premier restaurants — Sepia and Proxi — the West Loop's most treasured neighborhood restaurants. Read on for four of his taste-rocking recipes.

Halibut in Coconut Moilee Sauce

In the southern Indian state of Kerala, fish, coconut, and whole spices are integral to the cuisine. Moilee (MOY-lee) is a classic fish stew that incorporates all of these things.

Makes 4 servings
Total time: 45 minutes

HEAT:

- 2 Tbsp. vegetable oil
- 1 large onion, very thinly sliced
- 3 cloves garlic, chopped
- 2 medium jalapeños, finely chopped (seeded, if desired)
- ½ tsp. kosher salt

ADD:

- 2 tsp. ground turmeric
- 1 tsp. *each* toasted ground coriander and cumin seeds
- 4 whole cloves
- 8 fresh curry leaves
- 2 cups full-fat canned coconut milk

ADD:

- 4 halibut *or* other white fish fillets (5 oz. *each*), seasoned with salt and black pepper
- 2–3 Tbsp. chopped fresh cilantro
- Cooked basmati rice

Heat oil in a skillet over medium-low. Add onion and sweat until softened, 5–7 minutes. Add garlic, jalapeños, and salt; cook until onion is translucent, about 5 minutes more.
Add turmeric, coriander, cumin, and cloves; gently fry in oil with onion, 1–2 minutes, then stir in curry leaves and coconut milk. Simmer sauce until slightly thickened and flavors blend, about 20 minutes.
Add halibut to sauce and simmer until nearly cooked through, 5–7 minutes, then stir in cilantro. Serve halibut and sauce with rice.

Per serving: 443 cal; 33g total fat (23g sat); 69mg chol; 408mg sodium; 10g carb (1g fiber, 2g total sugars); 30g protein

BETWEEN HIS TWO RESTAURANTS, Andrew Zimmerman's passion shines. His love of bold flavors, use of time-honored techniques, and his curious nature bring inventive American cuisine to Sepia. And the globally influenced fare served at Proxi demonstrates his obsession for traveling. And that's what you can expect to find in these four recipes.

From a lightly spiced, coconut-based fish stew, to the sweet-and-spicy squash soup, and Italian-inspired lamb sauce with potato gnocchi, it's clear Zimmerman is a pro at developing and balancing flavors. We hope you love these recipes as much as we did and that they inspire you to take a trip to the Windy City.

CURRY LEAVES

Part of the citrus family, are glossy, green, very aromatic, and have a distinct flavor that can be described as smoky and citrusy. This fragrant herb is best used fresh — dried leaves lack intensity and we don't recommend them. Look for curry leaves at your local Indian grocery store, or order them from Amazon. But don't confuse curry leaves with curry powder — the two are not interchangeable.



PHOTO: DAVID TURNER

When he's not working, Andrew Zimmerman loves finding culinary inspiration while globe-trotting with his wife and their two children.

WHEN WE FIRST MET Chef Zimmerman, he sipped a cup of hot tea while sharing his story. We were transfixed by the quiet (but not shy), unassuming quality he exuded — different than the demeanor of many chefs. Had we not known his credentials, we wouldn't have guessed he has earned his restaurant, Sepia, a Michelin star every year since 2011, as well as a AAA Four-Star rating. Or, that he's been a nominee for the James Beard Foundation's "Best Chef: Great Lakes" award, was chosen for StarChefs.com 2011 Rising Star Chef, and competed (and defeated) Iron Chef Marc Forgione in Food Network's "Iron Chef America".

Zimmerman came to cooking after deciding he enjoyed it more than the music career he was pursuing. After working for, and being mentored by some of the top people in the field, Zimmerman took the lead at Sepia, where his American cuisine celebrates tradition with a contemporary twist. After much success, Zimmerman and his business partner opened Proxi, where he experiments with new techniques and flavor profiles, and shares his love for the bold and vivacious flavors of ethnic street food.



SQUASH & COCONUT SOUP

Makes 8 servings (16 cups)
Total time: 1 hour

- ¼ cup vegetable oil
- 3 cups sliced onions
- 3 Tbsp. peeled and sliced ginger (1½ oz.)
- 4 tsp. red curry paste (1 oz.)
- 4 lb. red kuri *or* butternut squash, peeled, seeded, and diced (12 cups)
- 5 cans coconut milk (13.66 oz. *each*)
- 1 bunch cilantro stems, tied with kitchen string
- ½ cup packed brown sugar
- 2 Tbsp. fish sauce (1 oz.)
- Kosher salt and water

Heat oil in a large pot over medium. Add onions and ginger; sweat until onions soften, 5 minutes. Stir in curry paste and sauté until fragrant, 1–2 minutes.
Add squash, coconut milk, and cilantro stems; bring to a boil, then reduce heat and simmer until squash is fork-tender, 10 minutes. Remove and discard cilantro stems, then purée soup in batches.
Strain soup through a fine-mesh sieve, stir in brown sugar and fish sauce, then season with salt. Thin soup with water to desired consistency.

Per serving: 642 cal; 52g total fat (41g sat); 0mg chol; 273mg sodium; 49g carb (5g fiber, 21g total sugars); 7g protein

Lamb Sugo

Cured pork jowl, or guanciale [gwahn-CHAY-lay], is an essential ingredient in Roman cooking, with spaghetti alla carbonara being one of the most well known dishes it's used in.

Makes 6–8 servings
Total time: 3½ hours

HEAT:
- 2 Tbsp. extra-virgin olive oil
- 4 oz. diced guanciale *or* pancetta

SEAR:
- 4 lb. boneless lamb shoulder, cut into 2-inch-thick slabs

ADD:
- 2 medium onions, diced
- ½ cup diced carrot
- ½ cup diced celery
- 2 cups dry red wine
- 2 large cloves garlic, halved
- 2 dried bay leaves
- 4 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 cups canned whole tomatoes (preferably San Marzano), crushed by hand, drained
- 1–1½ cups chicken stock
- Salt and black pepper

COOK:
- 1 recipe Basic Potato Gnocchi, *right, or* 1½ lb. fresh pasta
- 1–2 Tbsp. cold unsalted butter
- Parmigiano-Reggiano

Preheat oven to 300°.
Heat oil in a pot or Dutch oven over medium. Add guanciale and cook until the meat starts to brown and fat has rendered; transfer to a paper-towel-lined plate.
Sear lamb in drippings, in batches, until golden-brown. (Moving the lamb too much will hinder the browning process.) Transfer lamb to a plate. Keep an eye on the bottom of the pan. You want to develop a nice rich brown layer of caramelized meat juices on the bottom, but don't let it get too dark or the sugo will be bitter.
Add onions, carrot, and celery to pot; season with salt, and begin to soften them, stirring to scrape up any brown bits. When vegetables begin to get color, deglaze pot with wine and reduce by a little over half. Add garlic, bay leaves, thyme, rosemary, tomatoes, and stock to pot.
Return guanciale and lamb to pot; transfer to oven and cook until lamb is very tender, about 2 hours. Remove and discard bay leaves and thyme and rosemary sprigs. Transfer lamb to a cutting board, gently pull into small pieces, then roughly chop across the grain into chunks; set aside. (If the sauce seems fatty, degrease before proceeding.)
Press sauce and vegetables through a fine-mesh sieve, or a food mill. Add lamb back to sauce; keep warm.
Cook gnocchi or pasta; toss with sauce and butter. Grate Parmigiano-Reggiano over servings.

Per serving: 651 cal; 32g total fat (9g sat); 191 mg chol; 714mg sodium; 11g carb (2g fiber, 5g total sugars); 67g protein



A food mill makes quick and easy work of pressing the sauce and vegetables, which gives the sugo superior body and deeper flavor.



BASIC POTATO GNOCCHI

Makes 6 servings
Total time: 1½ hours

- 3 lb. russet potatoes
- 2 cups all-purpose flour
- 1 extra-large egg, lightly beaten
- ¼ tsp. salt
- ¼ cup canola oil

Preheat oven to 350°.
Prick potatoes with a fork and wrap in foil. Bake potatoes until very tender, about 1 hour, then halve horizontally to allow steam to escape, and remove skins.
While still warm, press potatoes through a food mill or potato ricer, making a mound of potato on a clean cutting board or counter.
Sift 1½ cups flour and salt over the potatoes, make a well in the center, and add egg to the well.

Using a pastry scraper, chop potatoes, flour, and egg together until they start to incorporate. Begin folding the dough together with the scraper, then gently knead until dough is dry to the touch. Add remaining ½ cup flour while kneading, if needed.
Divide dough into eighths; roll each into a log about the circumference of a dime. Cut logs into 1-inch pieces; roll pieces over a gnocchi paddle or the tines of a fork. Place gnocchi on a lightly floured baking sheet as you go.

Bring a large pot of water to a boil.
Cook gnocchi, in batches, until they float to the surface, then cook 2 minutes more. Transfer gnocchi from boiling water to an ice water bath with a strainer, then drain.
Toss gnocchi with oil; set aside until ready to serve.

Per serving: 425 cal; 11g total fat (1g sat); 31mg chol; 121mg sodium; 73g carb (4g fiber, 2g total sugars); 10g protein

CLUCKIN' GOOD CASSEROLES

September is National Chicken Month, so what better way to pay homage to one of America's favorite proteins than with three comforting chicken casseroles.



ARROZ CON POLLO

This rice and chicken dish is standard fare across Spain and Latin America. Recipes vary from home to home, but this version is decidedly Spanish.

Makes 8 servings
Total time: about 1½ hours

HEAT:

- ¼ cup olive oil
- 3 oz. Serrano ham, diced

ADD:

- 2 cups diced yellow onions
- 2 Tbsp. minced fresh garlic
- 2 dried bay leaves
- 1 tsp. smoked paprika
- ¼ tsp. crumbled saffron threads

DEGLAZE:

- ½ cup dry sherry
- 2½ cups low-sodium chicken broth
- 1 can diced tomatoes in juice (15 oz.), well drained

STIR IN:

- 1 lb. chopped cooked chicken
- 1 cup medium-grain rice, rinsed and drained
- ⅔ cup chopped pimento-stuffed green olives
- 1 jar sliced pimentos (4 oz.), drained
- 1 cup frozen green peas
- Salt and black pepper to taste

COMBINE:

- ¼ cup chopped fresh parsley
- 2 Tbsp. chopped slivered almonds, toasted
- 1 Tbsp. chopped orange zest

Preheat oven to 350°.
Heat oil in a pot over medium until shimmering; add ham and cook until crisp, then transfer to a paper-towel-lined plate.
Add onions, garlic, bay leaves, paprika, and saffron to oil; sweat, covered, over medium heat, until onions soften, 10 minutes, stirring occasionally. Increase heat to high.
Deglaze pot with sherry, scraping up any brown bits, then reduce until nearly evaporated, 5 minutes. Stir in broth and tomatoes; bring to a boil.
Stir in chicken, rice, olives, and pimentos; season with salt and pepper, then return to a boil. Immediately transfer mixture to a 9x13-inch baking dish, cover with foil, and transfer to the oven.
Bake casserole, covered, 25 minutes. Remove foil, stir in peas and ham, and bake 10 minutes more.
Combine parsley, almonds, and zest; sprinkle over Arroz con Pollo.

Per serving: 361 cal; 15g total fat (3g sat); 68mg chol; 609mg sodium; 29g carb (3g fiber, 5g total sugars); 23g protein

GREEN CHICKEN CHILAQUILES

Instead of using purchased salsa verde in this recipe, try making the homemade version on page 61.

Makes 8 servings
Total time: about 1 hour

COMBINE:

- 2 cups *each* shredded quesadilla and Oaxaca cheese
- 1 cup crumbled Cotija cheese
- Vegetable oil
- 12 corn tortillas (6-inch), cut into 1-inch-thick strips, and staled

COMBINE:

- 3½ cups salsa verde (two 16 oz. jars)
- ½ cup heavy cream
- 1 tsp. ground coriander
- ½ tsp. *each* ground cumin, kosher salt, and black pepper
- 1 lb. chopped cooked chicken
- 1 small white onion, very thinly sliced
- Chopped fresh cilantro

Preheat oven to 350°. Coat a 9x13-inch baking dish with unsalted butter.

Combine quesadilla, Oaxaca, and Cotija cheeses in a bowl.

Heat ½-inch oil in a sauté pan over medium until shimmering.

Fry tortilla strips in batches until golden, about 2 minutes per batch, then transfer to a paper-towel-lined plate, and season with salt.

Combine salsa verde, cream, coriander, cumin, salt, and pepper in a large bowl.

Spread a thin layer of cheeses on bottom of prepared dish.

Stir one-third of tortilla strips in salsa mixture. Remove strips with a slotted spoon and scatter into baking dish.

Stir one-third chicken into salsa mixture. Remove chicken with a slotted spoon and scatter into baking dish; top with one-third onion and one-third cheeses. Repeat layering, starting with tortilla strips and ending with cheeses. (Before adding last layer of cheeses, pour remaining salsa mixture over the top.)

Bake chilaquiles until cheeses melt and edges of casserole bubble, about 25 minutes. Let chilaquiles rest 5 minutes; sprinkle cilantro over the top before serving.

Per serving: 516 cal; 33g total fat (16g sat); 133mg chol; 1176mg sodium; 23g carb (2g fiber, 3g total sugars); 32g protein



CREAMY RANCH CHICKEN NOODLE CASSEROLE

Looking for a new twist to the old stand-by chicken noodle casserole? We've added a ranch dressing packet to the mix, and it's simply irresistible!

Makes 10 servings
Total time: about 1 hour

FOR THE CASSEROLE, BLANCH:

- 12 oz. wide egg noodles

MELT:

- 4 Tbsp. unsalted butter
- 1 cup diced onions
- 1 cup *each* sliced carrots and celery

ADD:

- 1/4 cup all-purpose flour
- 1 pkg. powdered ranch dressing seasoning (1 oz.)
- 4 cups low-sodium chicken broth
- 1 cup half-and-half
- 4 oz. cream cheese, cubed and softened

STIR IN:

- 2 cups chopped cooked chicken
- 2 cups shredded sharp white Cheddar
- 1/4 cup chopped fresh parsley

FOR THE TOPPING, COMBINE:

- 2 cups oyster crackers, crushed
- 1 cup shredded Parmesan
- 3 Tbsp. unsalted butter, melted
- 2 Tbsp. minced fresh parsley

Preheat oven to 350°. Coat a 9×13-inch baking dish with nonstick spray.

For the casserole, blanch noodles in a pot of boiling salted water, 1 minute; drain, rinse with cold water, and drain again.

Melt butter in same pot over medium. Add onions, carrots, and celery; sweat, covered, until vegetables soften, 5 minutes.

Add flour and ranch seasoning; cook 2 minutes. Stir in broth, half-and-half, and cream cheese; bring to a boil, reduce heat, and simmer until thick, 2–3 minutes.

Stir in noodles, chicken, Cheddar, and parsley; season with salt and pepper. Transfer noodle mixture to prepared dish.

For the topping, combine crackers, Parmesan, butter, and parsley; season with salt and pepper. Sprinkle topping over casserole and bake until bubbly, 25–30 minutes. Let casserole rest 5–10 minutes before serving.

Per serving: 563 cal; 26g total fat (15g sat); 138mg chol; 908mg sodium; 40g carb (2g fiber, 4g total sugars); 35g protein




DEEP DISH
SOPRESSATA & FENNEL DEEP-DISH PIZZA
PAGE 54



Even if you're a die-hard thin-crust pizza snob, this ode to the Windy City's trademark deep-dish pie might just give you pause to reconsider your allegiance. The crispy, flaky, buttery crust, hearty red sauce or fresh pesto, and layers of cheese and fillings puts these pizzas in a league of their own.

IF YOU WANT TO GET A DEBATE GOING, ask people their preferred style of pizza. But ask anyone from Chicago and you know the answer — deep dish. Some say it's more of a casserole encased in a buttery, flaky crust with layers of fillings. Regardless, it's definitely big, bold, and hearty. And after trying these renditions of the city's culinary icon you'll likely profess the same.

These versions start with a crust that's sturdy enough to hold the fillings, yet light, flaky, and flavorful at the same time. One of the best parts about the dough, besides the amazing flavor it lends, is how easy it is to make and work with. Because of lots of fat and rest time built in, it's pliable and rolls out beautifully (especially if you make it a day ahead). That goes for the red sauce, too. Make things simple for yourself and prepare the dough and sauce the day ahead, then it's basically assembly and baking the day you want to indulge. You can also freeze the dough and red sauce. How nice is that?!

Then it comes down to deciding whether you want a meaty, spicy, saucy pie, or a cheesy, tomato and pesto pizza. Or go for both, especially since the dough makes enough for two pies. Whatever you decide, you'll have a skillet full of flavor, for sure.

DEEP-DISH PIZZA DOUGH

This all-purpose and semolina flour crust is so good, you'll find yourself eating every last morsel — there will be no bits of crust left on any plate!

Makes 2 dough balls (12 oz. *each*)
Total time: about 20 minutes + resting

STIR:

- 3 cups all-purpose flour
- 1/3 cup unsalted butter, melted and cooled slightly
- 1/3 cup olive oil
- 1/4 cup semolina flour

WHISK:

- 2/3 cup water, room temperature
- 1 Tbsp. honey
- 2 1/4 tsp. instant yeast

ADD:

- 1 1/2 tsp. table salt

Stir together all-purpose flour, butter, oil, and semolina in the bowl of a stand mixer.

Whisk together water, honey, and yeast in a measuring cup with a pour spout; stir into flour mixture just until a shaggy dough forms. Cover bowl with plastic wrap; let dough rest at room temperature 30 minutes.

Add salt to dough. Fit mixer with dough hook; knead on low speed (#2), 4 minutes. Let dough rest 4 minutes, then continue kneading on low speed, 4 minutes more.

Transfer dough to a lightly oiled bowl, turning to coat; arrange seam side down. Cover bowl with plastic wrap and let dough rise in a warm place until doubled in size, about 1 1/2 hours.

Punch down dough, divide in half, and shape into balls. Return dough balls to oiled bowl, seam sides down; cover with plastic wrap and let rise again in a warm place until doubled in size, about 1 hour more. Dough can be refrigerated (or frozen) at this point; bring to room temperature (or thaw) before using.

To fill and bake pizzas, see pages 54 and 55.

Per dough ball: 1326 cal; 68g total fat (24g sat); 81mg chol; 1754mg sodium; 158g carb (5g fiber, 15g total sugars); 23g protein

VIDEO: MAKING PIZZA DOUGH
CUISINEATHOME.COM/MAGAZINE

Making pizza dough in six simple, easy-to-follow steps.



For a tender, flaky crust, mixing the fats into the flours, before the water, coats the proteins in the flours, preventing too much gluten formation.



Once a shaggy dough forms, let the dough rest for 30 minutes. This allows the dough to hydrate before it's kneaded.



Salt can retard yeast, slowing its fermentation, so add it to the dough at a different time than the yeast, after the dough has rested.



Kneading the dough on a low speed and resting it helps develop structure, but ensures the crust will still be tender and flaky.



To prevent the dough from drying out while proofing, coat the dough ball on all sides with oil before covering the bowl with plastic wrap.



When halving the dough, use a scale to ensure it's evenly split. Then shape each half into a ball and pinch the bottom for a taut surface.

With sauce this good, you'll be glad there's a little extra.

DEEP-DISH PIZZA SAUCE

For deep-dish pizza you want to avoid too much moisture. That's why it's essential to cook this sauce down — to eliminate excess liquid.

Makes 2 cups
Total time: about 1¼ hours

PULSE:

- 1 can whole San Marzano tomatoes (28 oz.)

MELT:

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- ¼ cup grated onion and juices

STIR IN:

- 1 Tbsp. tomato paste
- 1½ tsp. grated fresh garlic
- 1 tsp. dried oregano
- ½ tsp. sugar
- 2 Tbsp. thinly sliced fresh basil
- Salt and red pepper flakes to taste

Pulse tomatoes in a food processor until nearly smooth but still a little chunky, 10–12 pulses.

Melt butter with oil in a saucepan over medium heat. Add onion and juices; cook until liquid evaporates and onion begins to brown, 7–8 minutes.

Stir in tomato paste, garlic, and oregano; cook until fragrant, about 1 minute. Add processed tomatoes and sugar; heat to a simmer and cook until reduced to 2 cups, about 1 hour. Off heat, stir in basil; season sauce with salt and pepper flakes. Let sauce cool before using.

Per cup: 245 cal; 14g total fat (5g sat); 15mg chol; 669mg sodium; 26g carb (4g fiber, 13g total sugars); 4g protein





SOPRESSATA & FENNEL DEEP-DISH PIZZA WITH CHERRY PEPPERS

Makes 8 servings
Total time: about 1 hour

PRESS:

- 1/2 recipe Deep-Dish Pizza Dough, *page 52*
- Unsalted butter, softened

COMBINE:

- 1 1/4 cups *each* shredded part-skim mozzarella and aged provolone
- 4 oz. thinly sliced sopressata
- 1 cup thinly sliced fennel bulb
- 1/4 cup minced jarred cherry peppers, drained and blotted dry
- 1 cup Deep-Dish Pizza Sauce, *page 53*
- 1/4 cup grated Parmesan
- Chopped fennel fronds
- Deep-Dish Pizza Sauce

Preheat oven to 450° with a pizza stone on bottom rack. Coat a 10-inch cast-iron skillet with butter.

Press dough into a circular shape on a dry work surface, then roll it into a 12-inch circle, about 1/4-inch thick.

Transfer dough to prepared skillet; press and tuck into the corners and up the sides. Dock the bottom and sides of dough with a fork.

Line dough with foil, being sure to expose edges of dough; fill with dried beans or pie weights.

Bake crust on pizza stone 5 minutes; lift out foil and beans. Continue baking crust on pizza stone 5 minutes more.

Combine cheeses, then sprinkle to cover crust; top with sopressata, sliced fennel, cherry peppers, 1 cup sauce, and Parmesan.

Bake pizza on stone until sauce is bubbly and cheese browns, covering crust with foil if over-browning, 30 minutes. Let pizza rest 10 minutes; blot any excess oil from top. Top pizza with fennel fronds; serve with additional sauce.

Per serving: 382 cal; 24g total fat (11g sat); 53mg chol; 888mg sodium; 26g carb (2g fiber, 4g total sugars); 16g protein



After parbaking, gently tamp down the crust with the bottom of a measuring cup to deflate any dough bubbles.

MARGHERITA DEEP-DISH PIZZA WITH PESTO

Makes 8 servings (¾ cup pesto)
Total time: about 50 minutes

PRESS:

½ recipe Deep-Dish Pizza Dough, *page 52*

PURÉE:

2 cups fresh basil (.5 oz.)
⅓ cup grated Parmesan
¼ cup pine nuts
2 cloves garlic
2 Tbsp. olive oil
Salt and red pepper flakes to taste

COMBINE:

1½ cups *each* shredded part-skim and fresh mozzarella
2 Roma tomatoes, halved, seeded, and thinly sliced (16 slices)
Fresh basil leaves

Preheat oven to 450° with a pizza stone on bottom rack. Coat a 10-inch cast-iron skillet with nonstick spray.

Press dough into a circular shape on a dry work surface, then roll into a 12-inch circle, ¼-inch thick.

Transfer dough to prepared skillet; press and tuck into the corners and up the sides. Dock the bottom and sides of dough with a fork.

Line dough with foil, being sure to expose edges of dough; fill with dried beans or pie weights.

Bake crust on pizza stone 5 minutes; lift out foil and beans. Continue baking crust on pizza stone 5 minutes more, then transfer to a rack and let cool.

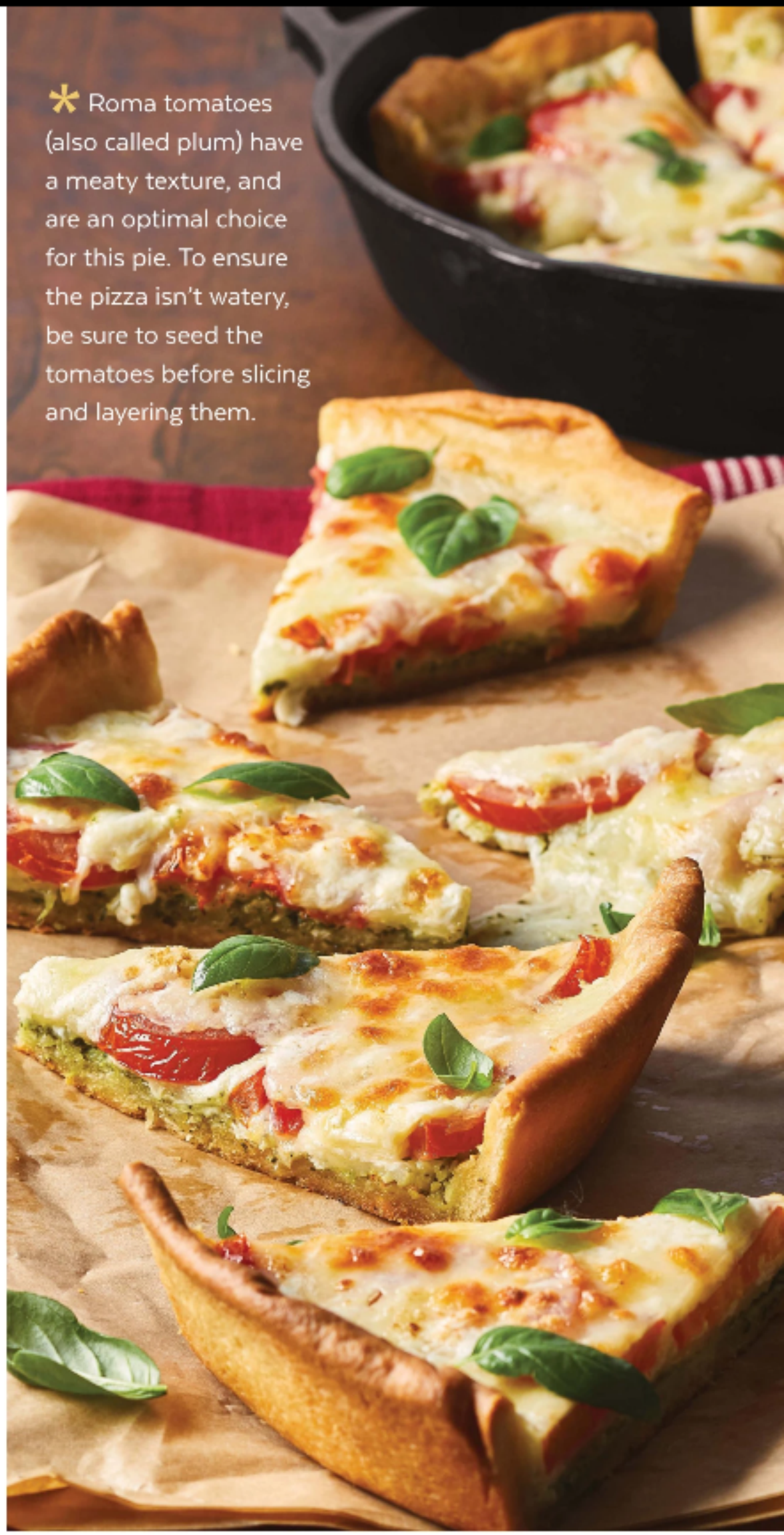
Purée 2 cups basil, Parmesan, pine nuts, garlic, and oil in a food processor; season with salt and pepper flakes. Spread pesto on bottom of crust.

Combine cheeses, then sprinkle half on top of pesto; top with tomatoes and remaining cheese.

Bake pizza on stone until cheese is bubbly and light brown, 20–25 minutes. Let pizza rest 10 minutes, then top with basil leaves.

Per serving: 370 cal; 25g total fat (10g sat); 42mg chol; 434mg sodium; 23g carb (2g fiber, 3g total sugars); 13g protein

* Roma tomatoes (also called plum) have a meaty texture, and are an optimal choice for this pie. To ensure the pizza isn't watery, be sure to seed the tomatoes before slicing and layering them.



CUISINE CLASS

Canning

CAN WITH CONFIDENCE

Canning seems to get a bad rap. And to some people it's intimidating. But not anymore! We're going to walk you through the simple process of water bath canning, and debunk the seemingly daunting steps that come with this craft.



TOMATO SEASON IS ENDING, so take advantage of your vine-ripened beauties through the process of canning. Ok, we're not going to tell you that canning is a walk in the park. Canning does take a lot of prep work and time, but in the end you'll reap the benefits of your garden all year long.

We're specifically focusing on the water-bath canning method here. This procedure processes the jars in a large covered cooking pot, outfitted with a rack, while the jars are totally submerged in water.

Two important things to keep in mind – do not alter canning recipes. Altering ingredients changes the acidity level, which impacts the processing times. Secondly, always use ripe, yet firm, unblemished fruits and vegetables. Now let's have some fun and get to canning!

ESSENTIAL SUPPLIES



If you don't have a water bath canner, don't sweat it. A large, deep stockpot with a lid will work too. If using a stockpot, you'll need to find a round wire rack to place inside the stockpot to keep the jars off the bottom.

STEPS FOR CANNING

Before starting, check the jars, lids, and bands for proper functioning. Jars with nicks, cracks, and uneven rims can prevent sealing or cause jar breakage.



1

Fill the water bath canner at least half-full with water. Cover and maintain a simmer until jars are filled and ready to can.



2

Wash jars, lids, and bands in hot soapy water and dry well. Then, preheat your jars by adding them to the canner.



3

Use a jar lifter to remove preheated jars, being careful to empty the water out of the jars back into the water bath canner.



4

Fill jars with prepared salsa, or tomatoes, using a wide-mouth funnel, making sure to leave a ½-inch headspace in the jars.



5

Remove air bubbles by using a bubble freer, wooden skewer, or spatula between the jar and food to release trapped air.



6

Wipe rim and threads of the jars using a clean, damp cloth. Center lid on jar, and apply band until fingertip tight.



7

Place prepared jars into canner, and ensure water covers jars by 1-2 inches. Place lid on canner, and bring to a boil.



8

Process jars according to recipes on pages 60-61. Check seal after 24 hours; lids should not flex when pressed.


Salsa
Verde
PAGE 61


Garden
Fresh
Salsa
PAGE 60
Spicy
Corn
Salsa
PAGE 60









✱ Store canned jars in a cool, dry, dark place for up to 18 months. Refrigerate any open jars (or jars that didn't seal).

Spicy Corn Salsa

When removing corn kernels from the cob, place a cutting board on a baking sheet. This keeps the kernels from scattering everywhere.

Makes 8 cups (4 pint jars)
Total time: 1 hour

- 3 cups corn kernels (about 4 ears)
- 3 cups peeled, seeded, cored, and diced tomatoes (about 2 lb. whole tomatoes)
- 1 cup diced white onions
- 1 cup diced poblanos (about 1 poblano)
- 1 cup distilled white vinegar
- 2 jalapeños, finely diced
- 1/4 cup chopped fresh cilantro
- 1/4 cup sugar
- 2 Tbsp. minced fresh garlic
- 4 tsp. kosher salt
- 2 tsp. ground cumin
- 1/2 tsp. chipotle chile powder, *optional*

Prepare water bath canner according to steps on page 57. Heat jars in simmering water until ready to use; do not boil.
Combine corn, tomatoes, onions, poblanos, vinegar, jalapeños, cilantro, sugar, garlic, salt, cumin, and chile powder in a pot; bring to a boil, reduce heat, and simmer salsa 15 minutes.
Ladle hot salsa into hot jars, leaving 1/2-inch headspace. Remove air bubbles, wipe rims of jars clean, center lids on jars, and apply bands until fingertip tight.
Place filled jars into water bath canner, ensuring jars are covered by 1–2 inches of water. Bring water to a boil and process jars, covered, 15 minutes, adjusting for altitude.
Remove jars and let cool on counter, undisturbed, for 24 hours. Check lids for seal. Lids should not flex up or down when center is pressed.

Per 1/4 cup: 25 cal; 0g total fat (0g sat); 0mg chol; 244mg sodium; 6g carb (0g fiber, 3g total sugars); 1g protein

Garden Fresh Salsa

If you're not a fan of chunky salsa, use an immersion blender to purée salsa to desired consistency before canning. Note, this may change your yield.

Makes 9 cups (5 pint jars)
Total time: 1 hour

- 7 cups peeled, seeded, cored, and diced tomatoes (about 5 lb. whole tomatoes)
- 3 cups diced white onions
- 3 cups diced green bell peppers (about 2 peppers)
- 2 cups seeded and diced jalapeños
- 1 cup distilled white vinegar
- 1/2 cup chopped fresh cilantro
- 2 Tbsp. minced fresh garlic
- 2 Tbsp. fresh lime juice
- 4 tsp. kosher salt
- 1 tsp. ground cumin

Prepare water bath canner according to steps on page 57. Heat jars in simmering water until ready to use; do not boil.
Combine tomatoes, onions, bell peppers, jalapeños, vinegar, cilantro, garlic, lime juice, salt, and cumin in a pot; bring to a boil, reduce heat, and simmer salsa 15 minutes.
Ladle hot salsa into hot jars, leaving 1/2-inch headspace. Remove air bubbles, wipe rims of jars clean, center lids on jars, and apply bands until fingertip tight.
Place filled jars into water bath canner, ensuring jars are covered by 1–2 inches of water. Bring water to a boil and process jars, covered, 15 minutes, adjusting for altitude.
Remove jars and let cool on counter, undisturbed, for 24 hours. Check lids for seal. Lids should not flex up or down when center is pressed.

Per 1/4 cup: 22 cal; 0g total fat (0g sat); 0mg chol; 218mg sodium; 5g carb (1g fiber, 3g total sugars); 1g protein



Salsa Verde

If you like your salsa verde spicy, swap the poblanos for more jalapeños.

Makes 5 cups (5 half-pint jars)
Total time: 1 hour

- 6 cups husked, cored, and chopped tomatillos (about 2 lb. tomatillos)
- 1 cup diced white onions
- 1/2 cup seeded and diced jalapeños
- 1/2 cup diced poblano
- 1/2 cup distilled white vinegar
- 1/4 cup fresh lime juice
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. kosher salt
- 2 tsp. ground cumin
- 1 tsp. black pepper
- 1 tsp. dried oregano

Prepare water bath canner according to steps on page 57. Heat jars in simmering water until ready to use; do not boil.
Combine tomatillos, onions, jalapeños, poblano, vinegar, lime juice, cilantro, garlic, salt, cumin, pepper, and oregano in a pot; bring to a boil, reduce heat, and simmer salsa 15 minutes.
Ladle hot salsa into hot jars, leaving 1/2-inch headspace. Remove air bubbles, wipe rims of jars clean, center lids on jars, and apply bands until fingertip tight.
Place filled jars into boiling water canner, ensuring jars are covered by 1–2 inches of water. Bring water to a boil and process jars, covered, 15 minutes, adjusting for altitude.
Remove jars and let cool on counter, undisturbed, for 24 hours. Check lids for seal. Lids should not flex up or down when center is pressed.

Per 1/4 cup: 20 cal; 0g total fat (0g sat); 0mg chol; 289mg sodium; 4g carb (1g fiber, 2g total sugars); 1g protein

CANNING TOMATOES

in a water bath canner is a different process than for salsas. Fresh tomatoes are either hot- or raw-packed. Raw-packed means placing unheated, prepared tomatoes into hot jars, then topping them off with boiling water. Hot-packed tomatoes are simmered first, then topped with hot residual cooking liquid. Whether you choose the raw- or hot-packed process, you need to add bottled lemon juice to each jar for the correct pH balance.

Canning Tomatoes

For best results, pack and can tomatoes one jar at a time. If you want to use pint jars, add 1 Tbsp. lemon juice to each jar, and process for 40 minutes.

Makes 4 servings (1 quart jar)
Total time: 1 1/2 hours

- 3 lb. tomatoes, peeled and quartered
- 2 Tbsp. bottled lemon juice
- 1 tsp. kosher salt, *optional*

Prepare water bath canner according to steps on page 57. Heat jar in simmering water until ready to use; do not boil.
Raw-Pack Method: Bring 4 cups water to a boil and keep hot (you will use this to fill jar). Do not heat tomatoes.



Hot-Pack Method: Place tomatoes in a saucepan, add water to cover, and bring to a boil over medium-high heat, stirring. Reduce heat and gently boil tomatoes 5 minutes.
Add lemon juice to jar followed by salt. Pack raw or hot tomatoes into jar, leaving a generous 1/2-inch headspace.
Ladle boiling water (or hot tomato liquid) into jar to cover, leaving 1/2-inch headspace. Remove air bubbles, wipe rim of jar clean, center lid on jar, and apply band until fingertip tight.
Place filled jar into boiling water canner, ensuring jar is covered by 1–2 inches of water. Bring water to a boil and process jar, covered, 45 minutes, adjusting for altitude.
Remove jar and let cool on counter, undisturbed, for 24 hours. Check lid for seal. Lid should not flex up or down when center is pressed.

Per serving: 63 cal; 1g total fat (0g sat); 0mg chol; 600mg sodium; 14g carb (4g fiber, 9g total sugars); 3g protein

VIDEO: REMOVING TOMATO SKINS
CUISINEATHOME.COM/MAGAZINE

CUCINA ITALIANA

READER RECIPE



This is Italian comfort food done right — lemony meatballs atop pasta and a wine butter sauce, it doesn't get much better.

Fettuccine & White Wine Butter Sauce
with lemony beef polpette

Classic Italian polpette (meatballs) are typically made with beef or veal along with special ingredients, like garlic, parsley, eggs, and cheese.

Makes 4 servings (12 polpette)
Total time: 45 minutes

FOR THE POLPETTE, SOAK:
- 3/4 cup fresh bread crumbs
- 1/3 cup whole milk

GENTLY COMBINE:
- 1 lb. ground beef
- 1/2 cup grated Romano
- 3 Tbsp. olive oil, divided
- 2 Tbsp. chopped fresh parsley
- 2 cloves garlic, minced
- 1 egg, slightly beaten
- Juice of 1/2 a lemon
- 1 tsp. kosher salt
- 1/2 tsp. anchovy paste
- 1/2 tsp. black pepper

FOR THE PASTA, COOK:
- 9 oz. fresh fettuccine

HEAT:
- 2 Tbsp. olive oil
- 1 shallot, diced
- 1/2 cup dry white wine
- 3 Tbsp. unsalted butter, divided
- 1 cup halved grape tomatoes
- 1/2 cup grated Romano
- 1 Tbsp. chopped fresh parsley
- Salt and black pepper to taste
- Grated Romano

Preheat oven to 400°.
For the polpette, soak bread crumbs in milk; squeeze out and discard excess milk.
Gently combine beef, Romano, 1 Tbsp. oil, parsley, garlic, egg, lemon juice, salt, anchovy paste, pepper, and bread crumbs in a bowl; shape into twelve (2 1/2-inch) polpette.
Sear polpette in a sauté pan in remaining 2 Tbsp. oil over medium heat until brown. Transfer pan to oven and cook polpette until fully cooked, about 10 minutes.
For the pasta, cook fettuccine in a pot of boiling salted water according to package directions; reserve 1/2 cup pasta water, then drain.
Heat oil in a sauté pan over medium. Add shallot and cook until softened, 3 minutes.
Add wine and 2 Tbsp. butter; cook until sauce has reduced by one-third.
Stir in tomatoes, 1/2 cup Romano, parsley, remaining 1 Tbsp. butter, and reserved pasta water; cook until butter and cheese melt, 5 minutes. Add fettuccine and toss to combine; season with salt and pepper.
Serve fettuccine with polpette and top with Romano.

Per serving: 937 cal; 56g total fat (21g sat); 173mg chol; 1201mg sodium; 61g carb (2g fiber, 5g total sugars); 40g protein



RECIPE FROM
LIZ MASTERSON
AURORA, CO

THANK YOU TO EVERYONE for taking the time to submit a recipe. We're loving the responses we've received, so please keep the recipes coming! And this reader recipe is one for the record books. Given that this issue is all about comfort food, after sorting through the reader-submitted recipes, we felt Liz's was a perfect fit. What part of pasta and meatballs doesn't sound comforting?! The polpette are packed with tons of flavor and are ever-so moist, which pair perfectly with the white wine butter sauce. Thankfully this recipe comes together quickly because the smells alone make your stomach growl.

Liz was born in the Midwest and grew up helping at her family's Italian restaurant. So it's no surprise that Italian cooking is her passion since it's been passed down in her family for generations. Now that the restaurant has closed, Liz enjoys sharing her love of Italian cooking with her friends and family.

SEND US YOUR RECIPE

If you're a passionate cook, we'd love to publish a favorite recipe of yours. To see your recipe and name in print in our magazine, head over to our website to fill out the form.

CuisineAtHome.com/readerrecipes
or mail us at:
Cuisine At Home
2143 Grand Ave.
Des Moines, IA 50312

UNEARTHING MUSHROOMS



While some mushrooms might seem exotic, there really is no big mystery to them. And this primer unearths the basics of these fairly common wild and cultivated fungi varieties.

IF YOUR EXPERIENCE WITH MUSHROOMS is limited to white buttons, then you're missing out on a lot. The varieties are as endless as their cooking possibilities.

Mushrooms are either cultivated (farmed) or wild (harvested in their natural setting). Cultivated mushrooms are available all year, but wild are seasonal. If unavailable, dried mushrooms are another option.

Properly storing mushrooms requires care, see *below*. To clean them, avoid soaking in water (they'll act like a sponge), but a quick rinse works fine if you're short on time. Nooks and crannies in wild varieties are best cleaned with a dry, soft brush or a paper towel.

As far as cooking goes, any variety of mushroom tastes terrific simply sautéed in butter with a little garlic and finished with salt. A good rule of thumb, though, is to always cook wild mushrooms, while cultivated mushrooms can be eaten raw. Check out the identification guide, *below*, for general information on some of the most common varieties of mushrooms, and be sure to check out the recipes on pages 66–69.



BUTTON *Cultivated*
The most popular variety, buttons come from the same family as cremini and portobello. Although rather bland tasting compared to other mushrooms, they're extremely versatile — they can be added to a variety of dishes, raw or cooked. The stems are edible — just trim off the ends before using.

PORCINI *Wild*
Sometimes called cèpe, porcini are one of the most prized mushrooms, and are common in Italian dishes, served with garlic, parsley, and lemon. Plus, the stems are delicious. Fresh porcini are available in the spring and fall, but you'll most often find them dried.

MORELS *Wild*
These highly coveted mushrooms are usually hunted wild, but sometimes appear in grocery stores or farmer's markets in spring. Morels have pointed, honeycombed caps and hollow stems. Once you try them, you'll never forget their distinct nutty flavor. Clean them quickly in salted water to flush out any bugs or grit, and drain well.

PORTOBELLO & CREMINI *Cultivated*
Cremini, sometimes called baby bellas, are just a smaller version of portobellos. They have a deeper flavor than buttons. Use them wherever buttons are called for. Portobellos work well as a meat substitute. Scrape away their gills to avoid adding a dark hue to recipes. Try grilling them whole, or as a vehicle for stuffing.

SHIITAKE *Cultivated*
Compatible with a variety of dishes, shiitake have a slightly smoky flavor and firm texture. They're often sautéed or stir-fried and won't lose their flavor in highly seasoned dishes. Unlike other mushrooms, they don't exude much liquid when cooked. Shiitake require minimal cleaning, but the stems are too tough to eat, so discard them (or save for making broth).

MUSHROOMS 101



STORING Prevent spoilage by refrigerating mushrooms in a closed paper bag — plastic wrap will cause them to mold faster.



CLEANING To avoid soaking up water, wipe mushrooms with a damp paper towel. Use a soft, dry brush for mushrooms with gills, like chanterelles.



TRIMMING Many mushrooms, excluding shiitake, have edible stems, but the ends are usually tough and dry — trim them off before using.

WILD ABOUT SHROOMS

Mushrooms, you either love 'em or hate 'em. But for those of us in the former camp, the dilemma is hard to fathom as these meaty, earthy fungi add so much character to a dish — they have no culinary rival.



Mushroom Turnovers
with ham & Swiss cheese

Makes 4 servings (4 turnovers)
Total time: 40 minutes

HEAT:

- 1 Tbsp. *each* olive oil and unsalted butter
- 8 oz. cremini mushrooms, stems removed and discarded, caps minced in a food processor (2½ cups)
- 1 Tbsp. minced fresh garlic
- 2 tsp. minced fresh rosemary
- 2 Tbsp. dry sherry
- Salt and black pepper to taste

ROLL:

- 1 sheet frozen puff pastry (8.65 oz.), slightly thawed
- 2 Tbsp. *each* Dijon mustard and mayonnaise, combined, divided

COMBINE:

- 4 oz. deli-sliced smoked ham (such as Black Forest), chopped
- 1 cup shredded Swiss cheese
- 2 Tbsp. minced scallions
- 1 egg blended with 1 tsp. water
- Kosher salt

Preheat oven to 400°. Line a baking sheet with parchment and coat with nonstick spray.

Heat oil and butter in a skillet over medium-high. Add mushrooms, garlic, and rosemary. Cook until mushrooms release their moisture and it evaporates, 5 minutes. Deglaze skillet with sherry and cook until absorbed; season mushrooms with salt and pepper.

Roll pastry on a floured surface into a 12-inch square, then cut into 4 squares; spread each square with 1 tsp. Dijon mixture.

Combine ham, cheese, scallions, and mushrooms, then arrange ½ cup in center of each square.

Brush edges of pastry with egg wash, fold into a triangle, and seal shut using the tines of a fork. Transfer turnovers to prepared baking sheet, brush with more egg wash, and sprinkle with kosher salt.

Bake turnovers until golden and crisp, 15–20 minutes; serve with remaining Dijon mixture.

Per serving: 522 cal; 36g total fat (16g sat); 85mg chol; 1512mg sodium; 35g carb; 2g fiber; 4g total sugars; 20g protein



Hungarian Cream of Mushroom Soup
with bacon & fresh dill

Classic flavors dominate this recipe — earthy mushrooms, smoky bacon, rich cream, and pungent dill make this soup flavorful and satisfying.

Makes 4 servings (about 6 cups)
Total time: 45 minutes

FOR THE BROTH, SIMMER:

- 4 cups low-sodium chicken broth
- 1 pkg. dried porcini mushrooms (.5 oz.), crumbled
- Chopped stems from 1 lb. cremini mushrooms, *below*

FOR THE SOUP, COOK:

- 8 oz. bacon, diced
- 2 Tbsp. unsalted butter
- 1 cup minced onions
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. Hungarian paprika
- 1 lb. cremini mushrooms, stems removed and reserved for broth, *above*, caps quartered
- 1/4 cup dry sherry

WHISK:

- 3 Tbsp. cornstarch
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. fresh lemon juice
- 1 cup heavy cream
- 2 Tbsp. chopped fresh dill
- Salt and black pepper to taste
- Sour cream

For the broth, simmer broth, porcini, and cremini stems in a saucepan over medium heat until reduced to 3 cups, 8–10 minutes; strain and discard solids.

For the soup, cook bacon in a pot until crisp; transfer to a paper-towel-lined plate and discard all but 2 Tbsp. drippings.

Add butter to pot with drippings; heat over medium. Add onions, garlic, and paprika; sweat until onions soften, 5 minutes. Add quartered cremini; cook until moisture releases and it evaporates, 5 minutes.

Stir in sherry; simmer until nearly absorbed. Add broth, bring to a boil, reduce heat to medium, and simmer soup 3 minutes.

Whisk together cornstarch, soy sauce, and lemon juice; stir into simmering soup and cook until thickened, 2 minutes. Stir in heavy cream and dill, then season soup with salt and pepper. Serve soup with sour cream.

Per serving: 632 cal; 47g total fat (24g sat); 148mg chol; 1433mg sodium; 19g carb (2g fiber, 5g total sugars); 30g protein



YOU'LL TASTE THE MAGIC OF MUSHROOMS in these four fantastic recipes. From crispy, cheesy turnovers, to a creamy soup, a great-tasting pasta dish, and a delightful, woodsy toast, the savory, meaty flavors of mushrooms abound. And these recipes come together fairly quickly and easily — you've gotta love that.

But there's more to love about mushrooms — they're good for you, too. Not only are they naturally low in sodium, fat, cholesterol, and calories, they're high in B vitamins, are one of the few nonanimal sources of vitamin D, and are an excellent source of selenium (a powerful antioxidant). Mushrooms also have anti-inflammatory capabilities, are immunity boosters, and have cancer-fighting properties among other things. All in all, mushrooms are a tasty, good thing.

Creamy Mushroom Pasta
with baby kale

Casarecce [cah-sah-rech-ee] means homemade in Italian and have the look of rolled up scrolls. If you can't find them, penne makes an OK substitute.

Makes 6 servings (8 cups)
Total time: 1 hour

COOK:

8 oz. casarecce pasta

MELT:

1 stick unsalted butter (8 Tbsp.), divided
12 oz. *each* button and cremini mushrooms, quartered or cut into eighths
Salt and black pepper to taste
¼ cup minced shallots
1 Tbsp. *each* minced fresh garlic and thyme

DEGLAZE:

½ cup dry white wine (such as Sauvignon Blanc)

STIR IN:

¾ cup heavy cream
¼ cup crème fraîche
Minced zest of 1 lemon
1 pkg. baby kale or arugula (5 oz.), stemmed (8 cups)
¼ cup grated Parmesan
Grated Parmesan

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

Melt 3 Tbsp. butter in a sauté pan over medium heat. Add half the mushrooms and cook until brown and liquid nearly evaporates, about 10 minutes; season with salt and pepper, then transfer to a bowl. Repeat cooking and seasoning with 3 Tbsp. butter and remaining mushrooms; transfer to same bowl.

Melt remaining 2 Tbsp. butter in same pan over medium heat; add shallots, garlic, and thyme and sweat until shallots soften, about 2 minutes.

Deglaze pan with wine, scraping up any brown bits. Cook until wine nearly evaporates.

Stir in cream, crème fraîche, and zest; bring to a boil. Reduce heat and simmer sauce 2 minutes. Add kale, cover pan, and cook until wilted, about 2 minutes; season with salt and pepper.

Return mushrooms to pan; stir in pasta water until sauce reaches desired consistency. Off heat, stir in ¼ cup Parmesan.

Toss pasta with sauce; top with additional Parmesan.

Per serving: 493 cal; 32g total fat (20g sat); 93mg chol; 118mg sodium; 37g carb (2g fiber, 6g total sugars); 12g protein



Mushroom Toasts
with truffled quark cheese

German for "curd," quark is a mild, soft and creamy, unripened European-style fresh cow's milk cheese. It can range in texture from sour cream to ricotta.

Makes 4 servings
Total time: 45 minutes

MELT:

- 4 Tbsp. unsalted butter
- 1¼ lb. assorted mushrooms (such as shiitake, oyster, and maitake), tough stems removed and caps torn or sliced
- Salt and black pepper to taste
- 2 Tbsp. minced shallots
- 2 tsp. minced fresh garlic
- ¼ cup dry sherry *or* brandy

COMBINE:

- 1 cup quark cheese, softened
- ¼ cup minced chives, divided
- 1 tsp. white truffle oil

BRUSH:

- 4 slices artisan bread (such as sourdough *or* country-style Italian)
- 4 Tbsp. unsalted butter, softened

Preheat broiler to high with rack 6 inches from element.
Melt 2 Tbsp. butter in a sauté pan over medium heat. Add half the mushrooms and cook until brown and liquid nearly evaporates, about 10 minutes; season with salt and pepper, then transfer to a bowl. Repeat cooking and seasoning with remaining 2 Tbsp. butter and mushrooms; transfer to same bowl.

Add shallots and garlic to pan; cook until shallots soften, 2 minutes.
Deglaze pan with sherry, scraping up any brown bits. Cook until sherry evaporates. Return mushrooms to pan; toss with shallot mixture until heated through.
Combine cheese, 2 Tbsp. chives, and truffle oil until smooth.
Brush both sides of bread slices with softened butter; arrange on a baking sheet. Broil bread slices until golden on both sides, 1–2 minutes per side.
Spread cheese mixture on bread slices; top with mushroom mixture and remaining 2 Tbsp. chives.

Per serving: 485 cal; 28g total fat (16g sat); 79mg chol; 405mg sodium; 39g carb (1g fiber, 3g total sugars); 11g protein

Superb Soups

Fall is the perfect time to fill your bowls with comforting soups of all kinds. And with this variety of recipes, your bellies are sure to be warm and full all season long.

MEXICAN STREET CORN SOUP

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

- 8 ears corn, shucked, kernels removed (about 4 cups kernels), divided
- 4 cups low-sodium chicken *or* vegetable broth, divided
- 1 Tbsp. olive oil
- 4 scallions, whites and light greens minced, greens sliced
- 1 Tbsp. minced fresh garlic
- 1½ tsp. chipotle chile powder *or* chili powder
- 1 cup crema *or* sour cream
- ½ cup Cotija cheese
- ¼ cup chopped fresh cilantro
- 1 Tbsp. fresh lime juice
- Salt and black pepper to taste
- Lime zest

Purée 2 cups corn kernels with 1 cup broth in a food processor.
Heat oil in a pot over medium. Add remaining 2 cups corn kernels, minced scallion whites and light greens, garlic, and chile powder; cook 5 minutes.
Stir in remaining 3 cups broth and puréed corn; simmer 10 minutes. Stir in crema and Cotija until heated through and cheese melts, 3 minutes.
Add cilantro and lime juice; season soup with salt and pepper. Top servings with sliced scallion greens and zest.

Per serving: 250 cal; 14g total fat (8g sat); 43mg chol; 255mg sodium; 28g carb (3g fiber, 6g total sugars); 8g protein

STEAK & ALE SOUP WITH POTATOES

We used an amber ale for this soup for more flavor, but feel free to grab your favorite beer of choice.

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

- 3 Tbsp. olive oil, divided
- 1 lb. rib-eye steak, thinly sliced, cut into bite-sized pieces, and seasoned with salt and black pepper
- 1½ cups peeled and diced russet potatoes
- 1 cup diced onions
- 1 cup sliced carrots
- ¼ cup all-purpose flour
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. tomato paste
- 1 bottle amber ale (12 oz.)
- 4 cups low-sodium beef broth
- 1 Tbsp. Worcestershire sauce
- 2 sprigs fresh thyme
- Salt and black pepper to taste
- Fresh thyme leaves

Heat 1 Tbsp. oil in a pot over medium-high. Add steak and cook until browned, 3 minutes; transfer to a plate.

Add remaining 2 Tbsp. oil to same pot and heat over medium. Stir in potatoes, onions, carrots, flour, garlic, and tomato paste; cook until onions begin to soften, 3 minutes.

Deglaze pot with ale, scraping up any brown bits. Add broth, Worcestershire, thyme sprigs, and steak to pot. Bring soup to a boil, reduce heat, and simmer until potatoes are fork-tender, 10 minutes.

Remove and discard thyme sprigs; season soup with salt and pepper. Top servings with thyme leaves.

Per serving: 467 cal; 28g total fat (9g sat); 85mg chol; 137mg sodium; 20g carb (1g fiber; 3g total sugars); 28g protein



IN LESS THAN THIRTY MINUTES, convert a favorite entrée into an easy-to-make pot of soup!

CHICKEN PARMESAN SOUP

If you have leftovers, you may need to add more broth to the soup as the pasta will absorb a lot of it.

Makes 6 servings (10 cups)
Total time: 25 minutes

- 4 Tbsp. olive oil, divided
- 1 cup diced onions
- 2 Tbsp. minced fresh garlic
- 2 Tbsp. tomato paste
- 8 cups low-sodium chicken broth
- 1 can diced tomatoes with basil, garlic & oregano (14.5 oz.), such as Hunt's
- 8 oz. penne
- 12 oz. cooked chicken, shredded
- ½ cup grated Parmigiano-Reggiano
- ½ cup sliced fresh basil
- Salt, black pepper, and red pepper flakes to taste
- 2 cups fresh baguette crumbs

Heat 2 Tbsp. oil in a pot over medium. Add onions, partially cover, and sweat until softened, stirring occasionally, 10 minutes. Stir in garlic and tomato paste; cook until fragrant, 2 minutes. **Stir in** broth and tomatoes, increase heat to medium-high, and bring to a boil. Add penne, reduce heat to a simmer, and cook according to package directions. Off heat, stir in chicken, Parmigiano-Reggiano, and basil; season soup with salt, black pepper, and pepper flakes. **Heat** remaining 2 Tbsp. oil in a nonstick skillet over medium-high. Add bread crumbs and cook until toasted, 2–3 minutes. Top servings with bread crumbs.

Per serving: 502 cal; 20g total fat (3g sat); 77mg chol; 762mg sodium; 45g carb (2g fiber; 7g total sugars); 28g protein



CREAMY CAJUN POTATO SOUP WITH ANDOUILLE

Andouille (on-DOO-ee) sausage is a spicy Cajun pork sausage that's usually smoked. If you can't find it, kielbasa works fine.

Makes 6 servings (8–9 cups)
Total time: 30 minutes

- 12 oz. Cajun-style andouille (such as Aidells), sliced
- 2 Tbsp. olive oil
- 1 bunch scallions, whites and greens separated and sliced
- 1 cup *each* diced celery and red bell peppers
- 2 Tbsp. Cajun seasoning
- 1 Tbsp. minced fresh garlic
- 4 cups low-sodium chicken broth
- 1½ lb. russet potatoes, cubed
- ½ cup heavy cream
- Salt, black pepper, and Tabasco sauce to taste

Brown andouille in oil in a pot over medium-high heat, 2 minutes per side; transfer to a plate and drain all but 1 Tbsp. drippings. **Add** scallion whites, celery, bell peppers, Cajun seasoning, and garlic; reduce heat to medium, partially cover, and sweat until vegetables soften, 5 minutes. **Stir in** broth and potatoes, partially cover, and bring soup to a boil. Reduce heat and simmer soup until potatoes are fork-tender, 15 minutes. Coarsely crush potatoes with a potato masher, then stir in cream, scallion greens, and andouille; season soup with salt, black pepper, and Tabasco.

Per serving: 418 cal; 27g total fat (13g sat); 70mg chol; 1161mg sodium; 28g carb (3g fiber, 4g total sugars); 16g protein

ASK

THE EDITORS



What are oxtails? Are they actually the tail of an ox?

Muriel Kroening, Berlin, WI

In olden days oxtails came from the tail of an ox, but nowadays they come from the tail of a cow or calf (male or female). They come cleaned, as bone-in cross sections of meat with marrow in the center. And since the tail is thick at one end and thin at the other, some pieces are meatier than others. They actually have very little meat overall though, since oxtails consist of mainly bone, cartilage, and connective tissue. But the meat is gelatin-rich due to the high amount of collagen, so when cooked low and slow, the meat is tender and flavorful. Oxtail soup (or stew) is likely the most well-known dish featuring oxtails, and versions are found worldwide. Wine-braised oxtails is commonplace, too. And given the collagen level, oxtail bone broth is quite popular.



TELL ME MORE: Hot Chile Peppers

Navigating how hot chile peppers are can be confusing. Here's a quick overview of a few common ones. Remember, most of the heat comes from the seeds and ribs, and it's a good idea to wear gloves when working with chiles, especially the "hot" ones. **Jalapeño** [hah-lah-PEH-nyoh] chiles are on the lower end of the heat (Scoville) scale and one of the most popular. Their color changes from dark green to scarlet as they ripen. **Serrano** [seh-RRAH-noh] chiles are smaller and hotter than jalapeños. Their color changes from bright green to scarlet to yellow. **THAI** [TI] chiles are small and somewhat exotic but pack a lot of heat, which doesn't dissipate with cooking. When ripe, their color changes from green to red. **Habanero** [ah-bah-NEH-roh] chiles are among some of the hottest. Shaped like small lanterns, they range in color from pale green to bright orange when ripe.

DO YOU HAVE A QUESTION FOR CUISINE AT HOME MAGAZINE?

If you're mystified by a cooking term, procedure, or technique, we're here to help. To submit your cooking question for possible publication, contact us through our email address, **CuisineAtHome@CuisineAtHome.com,** or via postal mail at:

Cuisine at Home
Ask The Editors
2143 Grand Avenue
Des Moines, IA 50312

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

What do the terms cage-free, free-range, organic, and pasture-raised on egg cartons mean?

Melinda Tiainor, Port St. Lucie, FL

The terms cage-free, free-range, and organic are all USDA regulated. Cage-free simply means the laying hens aren't caged, and free-range means the hens have access to the outside. And according to the USDA, organic is a labeling term that indicates that the food or other agricultural product has been produced through approved methods. It further regulates that organic eggs must come from free-range hens fed with 100% organic feed (without the use of hormones, antibiotics, or pesticides). Conversely, there aren't any USDA regulations for the term pasture-raised. But those farmers who use this claim appear to raise their hens in the bucolic lifestyle you'd expect — the laying hens live outdoors, in open pastures, eating things like bugs, seeds, and grass.



DID YOU KNOW...

the heat of chile peppers is measured in Scoville Heat Units (named after Wilbur Scoville, a pharmacologist who invented the scale in 1912). For perspective, jalapeños' score ranges from 2,500–8,000 and habaneros from 100,000–350,000



Are white Sancerre and Sauvignon Blanc wines the same thing?

Ramsey Keller, Oakland, CA

Yes and no. All white Sancerres [sahn-SEHR] are Sauvignon Blancs, but not all Sauvignon Blancs are Sancerres. Sauvignon Blanc is a white wine grape, and Sancerre is the name of a region in the Loire Valley in France. The white wines produced there are all made from Sauvignon Blanc grapes. Although Sauvignon Blanc grapes are grown throughout the world, only those wines made in Sancerre can be called that. White Sancerres are highly touted for their crisp, dry, acidic, fruity, herbal, and mineral qualities, and are considered some of the best Sauvignon Blanc wines in the world.

Raising the Bar

Easy to make and even easier to devour, these three bar recipes are the perfect addition to any autumn gathering. And who can resist sweet treats that fill the kitchen with warm spices and have a jaw-dropping appearance? From ooey-gooey to light and airy — there's a bar here to tempt everyone!



SIMPLY IRRESISTIBLE is how we describe these heavenly bars in the Test Kitchen. If there were ever any left after taste panel... keyword "if", we offered them to other staff members and the treats were always gone in minutes.

The S'mores Bars are an ode to the classic campfire treat. Slightly less messy, and way more luscious, this recipe makes enough for everyone sitting around the flames. And with the ooey-gooey factor, plus the crunch of pecans and salt, the bourbon-flavored pecan bars are so good, pecan pie lovers are going to go nuts! Last, with autumn in the air comes pumpkin season. Combined with cranberries, this dessert is certain to become a perennial favorite. And the icing on the cake is a creamy, lightly sweetened frosting.

From familiar favorites to classics reimagined, these bars prove that square is not another word for boring. Now do us, and your sweet tooth a favor, and try one. Trust us, you won't regret it.

S'mores Bars

These bars are best served the day you make them, but if you do have any left, you can store them in a covered container in the fridge for up to 1 week.

Makes 24 bars
Total time: 45 minutes + cooling

FOR THE CRUST, COMBINE:

- 3 cups graham cracker crumbs (about 20 graham crackers)
- 2 sticks unsalted butter (16 Tbsp.), melted
- ½ tsp. kosher salt

FOR THE CAKE, MELT:

- 1½ sticks unsalted butter (12 Tbsp.)
- ¼ cup unsweetened cocoa powder
- 1 Tbsp. instant espresso powder
- 2 cups sugar
- ¾ cup buttermilk
- 2 eggs
- 2 Tbsp. pure vanilla extract

WHISK:

- 2¼ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. kosher salt
- 1 bag milk chocolate chips (11.5 oz.), such as Ghirardelli

FOR THE MERINGUE, BEAT:

- 3 egg whites
- ¼ tsp. cream of tartar
- 1 jar marshmallow creme (7 oz.)

Preheat oven to 350°. Line a 9×13-inch baking dish with parchment or foil, leaving a 2-inch overhang.

For the crust, combine cracker crumbs, butter, and salt; pat crumbs evenly into the bottom of prepared dish.

For the cake, melt butter in a saucepan over medium-low heat. Add cocoa and espresso powder, whisking until smooth. Off heat, whisk in sugar, buttermilk, eggs, and vanilla until smooth.

Whisk together flour, baking soda, and salt; whisk into cocoa mixture. Stir chocolate chips into batter to combine; pour over crust and bake until a toothpick inserted into the center comes out clean, 20–25 minutes. Cool bars on a rack 10 minutes; remove from pan and let cool 20 minutes more.

For the meringue, beat egg whites and cream of tartar in a clean, dry bowl with a hand mixer on medium speed until soft peaks form, 1–2 minutes.

Gradually add marshmallow creme, beating on high speed until stiff peaks form and meringue is glossy, 4–5 minutes. Spread meringue evenly over bars, using the back of a spoon, spiking the top.

Brown meringue with a kitchen torch moving the flame slowly and evenly until golden brown on top. Alternatively, broil bars until golden, 2–3 minutes. Cut into bars.

Per bar: 332 cal; 19g total fat (11g sat); 57mg chol; 184mg sodium; 41g carb (2g fiber, 27g total sugars); 4g protein

BROWNING THE MERINGUE

*

Using a kitchen torch or broiler to brown the meringue makes for a beautiful appearance, while also adding toasted marshmallow flavor to the S'mores Bars.





Bourbon Pecan Pie Bars
with sea salt

If you're a fan of pecan pie, you'll want to get your hands on these. They're the perfect amount of ooey-gooey and crunchy.

Makes 24 bars
Total time: 1½ hours

FOR THE CRUST, MELT:

- 2 sticks unsalted butter (16 Tbsp.)
- ⅔ cup packed dark brown sugar
- 2 Tbsp. bourbon
- ½ tsp. table salt
- 2½ cups all-purpose flour

FOR THE FILLING, HEAT:

- ¾ cup packed dark brown sugar
- ¾ cup pure maple syrup
- 4 Tbsp. unsalted butter, cubed
- 2 Tbsp. bourbon
- 1 Tbsp. pure vanilla extract
- ½ tsp. table salt
- 2 eggs, beaten
- 3 cups coarsely chopped pecans, lightly toasted
- Sea salt

Preheat oven to 350°. Line a 9×13-inch baking dish with parchment or foil, leaving a 2-inch overhang.

For the crust, melt butter in a skillet over medium heat, stirring occasionally, until brown bits form on bottom of skillet, 20–25 minutes; remove from heat and let cool 5 minutes.

Combine brown butter, brown sugar, bourbon, and salt in a bowl; stir in flour until combined. Press crust evenly into prepared dish; bake until lightly golden, 15 minutes.

For the filling, heat brown sugar and maple syrup in a saucepan over medium. Cook filling, stirring frequently, until sugar dissolves, about 3 minutes; let cool 5 minutes.

Whisk in butter, bourbon, vanilla, and salt. Slowly whisk in eggs until incorporated. Stir in pecans and pour over crust.

Bake bars until a toothpick inserted into center comes out mostly clean, 30–35 minutes. Transfer bars to a rack, let cool completely, then cut into bars.

Cover and store leftover bars at room temperature, or refrigerate up to 1 week.

Per bar: 308 cal; 20g total fat (7g sat); 41mg chol; 106mg sodium; 30g carb (2g fiber, 18g total sugars); 3g protein



Cranberry Swirl Pumpkin Bars
with whipped cream cheese frosting

The flavor and quality of canned pumpkin purée varies widely from brand to brand. In a taste test, we found that Libby's and One-Pie brands were best.

Makes 36 bars
Total time: 45 minutes + cooling

FOR THE BARS, WHISK:

- 2 cups granulated sugar
- 1 can pumpkin purée (15 oz.)
- 1 cup canola oil
- 4 eggs, room temperature
- 1 Tbsp. pure vanilla extract

COMBINE:

- 2 cups all-purpose flour
- 2 tsp. *each* baking powder and ground cinnamon
- 1½ tsp. baking soda
- 1 tsp. table salt
- ½ tsp. *each* ground ginger, cloves, and nutmeg
- 1 can whole berry cranberry sauce (14 oz.), stirred

FOR THE FROSTING, WHIP:

- 1¼ cups heavy cream
- 1 cup granulated sugar
- 1 Tbsp. pure vanilla extract
- ¼ tsp. table salt

ADD:

- 2 pkg. cold cream cheese (8 oz. *each*), cubed
- Toasted sweetened shredded coconut
- Toasted chopped walnuts

Preheat oven to 350°. Coat an 11½×16½–inch baking sheet with nonstick spray.

For the bars, whisk together sugar, pumpkin, oil, eggs, and vanilla in a bowl.

Combine flour, baking powder, cinnamon, baking soda, salt, ginger, cloves, and nutmeg; gradually whisk into pumpkin mixture until combined. Spread batter onto prepared baking sheet.

Dollop cranberry sauce over batter; swirl batter with knife.

Bake bars until a toothpick inserted into the center comes out clean, about 20 minutes; transfer bars to a rack to cool completely.

For the frosting, whip heavy cream, sugar, vanilla, and salt in a stand mixer fitted with a whisk attachment on medium-low speed until sugar dissolves, 1–2 minutes.

Add cream cheese, about 2 oz. at a time, with mixer running, until incorporated, about 1 minute. Scrape down sides of bowl and whisk attachment (frosting will look curdled).

Whip frosting on high speed, scraping down sides of bowl, and whisk every 30 seconds, until frosting is smooth and light with only a few tiny bits of cream cheese throughout, about 2 minutes.

Spread frosting over bars; top with coconut and walnuts, then cut into bars.

Per bar: 232 cal; 15g total fat (5g sat); 43mg chol; 191mg sodium; 24g carb (1g fiber, 16g total sugars); 3g protein

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STAFF FAVORITE With the criso, buttery crust, and super savory toppings, this deep-dish pizza will go down in history as one of our best recipes. It's no wonder there were never any leftovers!



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