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THINGS TO
DO WITH
A PUMPKIN**


P. 122

hooray!

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COZY MEALS
(slow-cook suppers, too!)

RACHAELRAYMAG.COM
OCTOBER 2012

RECYCLED PAPER 

PLUS:
JEANS YOU'LL
LOOK GREAT IN
buying guide, p. 39

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10 great chilis

**ALMOST-INSTANT
COSTUME PARTY**
p. 114

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Tomato Basil Soup
with Avocado



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Cover photograph by Melanie Dunea; prop styling by Philippa Brathwaite; fashion styling by Jane Harrison Fox; hair by Mary Curran for Arte Salon, mcurranstylist.com; makeup by Joe J. Simon for Giorgio Armani Beauty; jacket by Burberry; top by Isabel Marant; jeans by J Brand; boots by Isabel Marant; scarf by John Varvatos.

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EveryDay

with Rachael Ray

STAFFER SNAPS! Cute pets in crazy costumes—who wouldn't whip out a camera? Share your pet-in-disguise pics at [FACEBOOK.COM/RACHAELRAYMAG](https://www.facebook.com/RACHAELRAYMAG) or on Twitter using #RRPETS.



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This is my dear friend Susan Hosmer's bulldog, Ruby. Her only crime? Extreme cuteness! —Nina Elder



Something tells me my cat, Ptolemy, wasn't happy dressing up as Donald Trump. Or he was working on his "You're fired!" face! —Stephanie Thompson



I had to smile at my friend Laura's cat Sequel, tricked out as what I'm calling The Peeved Pumpkin. —Lauren Purcell



My sister-in-law's dog, Elliott, was a huge hit last Halloween when he dressed up as Harry Paw-ter! —Kirsten Larsen



Meet my dog Batman—er, Oliver. He's keeping Gotham safe, one walk at a time! —Melissa Grimes



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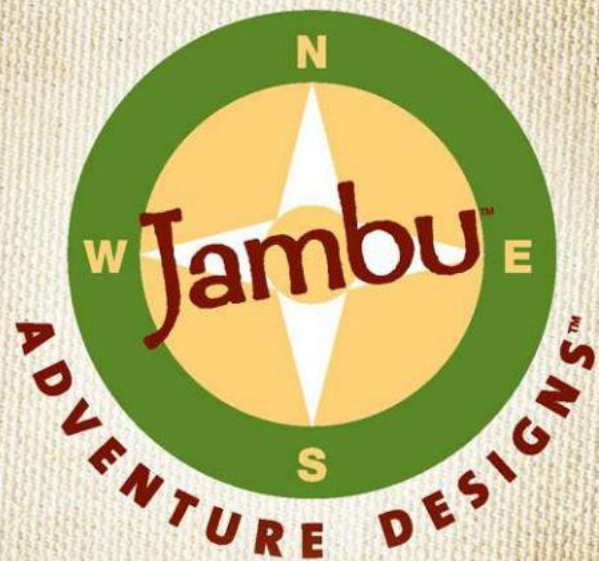


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RACH'S NOTEBOOK

Fall fever!

IF YOU'RE A READER OR VIEWER OF MINE, YOU PROBABLY KNOW THAT FALL IS MY FAVORITE SEASON. I

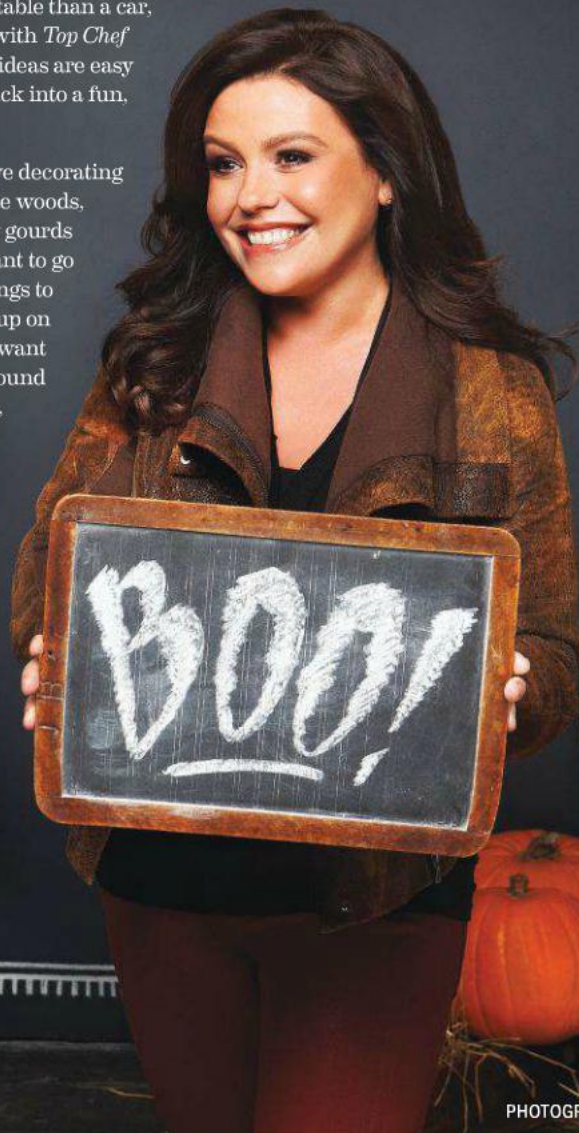
really enjoy writing recipes for the October issue because it's harvest time, and markets, farm stands and stores are full of great food. (I also love autumn in upstate New York because we start wearing clothes big enough to hide a few extra pounds!) I think you'll be pleased with this month's seasonal 30-Minute Meals (page 104). I usually get home so late from work that making a meal that takes 30 minutes or less is my only option. (Lazy cooks: You'll want to turn to the delicious roasted meals, which require barely any effort at all.) But when I do have a day off, I look forward to taking my time and making a slow-simmered braised dinner. You can get started tonight with "Amazing Braising!" (page 130). Cooking low and slow warms your heart, your home and, of course, your stomach.

Fall also means it's tailgating season, especially for John and me—we're big football fans. (Go, Jets!) But tailgating isn't just for sports nuts: Next time you go pumpkin-picking or antiquing, pack a movable feast in your trunk and throw a party wherever you are. Make sure to tear out our "Instant Expert!" tailgating booklet of recipes, portable grills and tips for packing the cooler. If you'd rather gather around a table than a car, you'll enjoy our harvest potluck story with *Top Chef Masters'* Missy Robbins (page 89). Her ideas are easy and affordable, and they turn the potluck into a fun, low-stress way to entertain.

Have I mentioned how much fun I have decorating this time of year? Up at our cabin in the woods, we stuff our own scarecrows and grow gourds and pumpkins in the garden. If you want to go over-gourd like me, don't miss "50 Things to Do with a Pumpkin" (page 122). Stock up on pumpkins at the patch, because you'll want to make every one of these cuties. To round out the Halloween frights and delights, take a tour of spooky real-life haunted houses (page 97), throw an awesome mustache-themed costume party (page 114) and cook with your leftover candy (page 80). How good do candy-corn nachos sound?!

Then, don't forget to bob for some apples and watch *It's the Great Pumpkin, Charlie Brown!* Happy fall!

Love,



PHOTOGRAPH BY MELANIE DUNEA

RACHAEL'S NOTEBOOK *Burger of the Month*

Cabin in the Woods Burgers with Bacon & Eggs

MAKES 4

This smoky burger is topped with supersharp cheddar, maple-syrup-basted bacon and a fried egg. Serve it BLD, for brunch, lunch or dinner! I get my cheese and bacon at Oscar's Adirondack Mountain Smoke House in woodsy Warrensburg, New York. (P.S. They ship!) BY RACHAEL RAY

- | | | | |
|----|---|---|---|
| ½ | lb. thick-cut bacon or black-pepper bacon | EVOO or vegetable oil, for drizzling | |
| ¼ | cup dark amber maple syrup | ½ | lb. sliced extra-sharp white cheddar, for topping |
| 1½ | lbs. coarsely ground beef chuck | Melted butter, for frying eggs and basting burger rolls | |
| 3 | tbsp. worcestershire sauce | 4 | organic eggs |
| 3 | tbsp. grated onion | 4 | seed-topped or onion burger rolls, split |
| 2 | tbsp. grainy dijon mustard | | |
| | Coarse salt and black pepper | | |

1. Preheat the oven to 400°. Bake the bacon on a broiler pan or rack-lined baking sheet until the fat is partially rendered, about 15 minutes. Baste the bacon with the maple syrup; bake until crisp, 5 to 6 minutes.
2. Heat a cast-iron skillet over medium-high heat. In a bowl, combine the beef, worcestershire and onion (grate the onion over the bowl so the juices fall into the meat). Stir in the mustard; season with salt

- and lots of pepper. Form into 4 patties (thinner at the center and thicker at the edges). Drizzle the patties with oil; cook, flipping once, until a nice crust forms, about 7 minutes. Top with the cheese and cook for about 2 minutes to melt.
3. Brush a nonstick skillet over medium heat with some melted butter. Add the eggs and fry to your liking; season.
4. Toast the buns, basting with melted butter. Top the bun bottoms with the burgers, bacon, eggs and bun tops.



CLICK!

Hey, burger fans! Get more than 60 palate-pleasing patty recipes on our burger board at pinterest.com/RachaelRayMag.

WE'RE *in* IT FOR THE DOUGH.

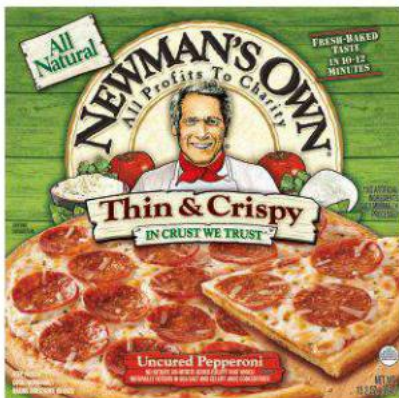
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Talk to me!

RACH'S NOTEBOOK

CLICK!

I love snapping silly pics with John, or backstage at my show. Check out more behind-the-scenes shots at RachaelRayMag.com/rach-pics.

Captain Underpants! We had to dress up as book characters for my son's school, so I wore that costume and got a ton of chuckles. —WENDY PROVIS BREEDLOVE



I love dressing up in crazy Halloween getups, like the Jessica Rabbit outfit I wore for the Rachael Ray show last year. (That's my husband, John, as Roger Rabbit.)

What's your favorite costume?



I used balloons, a dry-cleaner bag and ribbon, and went as a bag of jellybeans. The best part: It rained that year, but my costume was waterproof!

—GENEVIEVE VALENZUELA



Cleopatra. I truly felt like a queen. Classic!

—BECCA POLARD

For my daughter's first Halloween, I was a princess and she was a peapod. Together, we were the Princess and the Pea!

—REBECCA JOHNSON



'STACHE STAKEOUT!

Is it just me, or are mustaches suddenly everywhere? I love them—they always put people in a silly mood! Check out these bristly staff pics, then join the fun at our 'Stache Bash on page 114.



At a summer party, I expected my son to play dress-up—but my husband? —DANA BOWEN, EXECUTIVE EDITOR



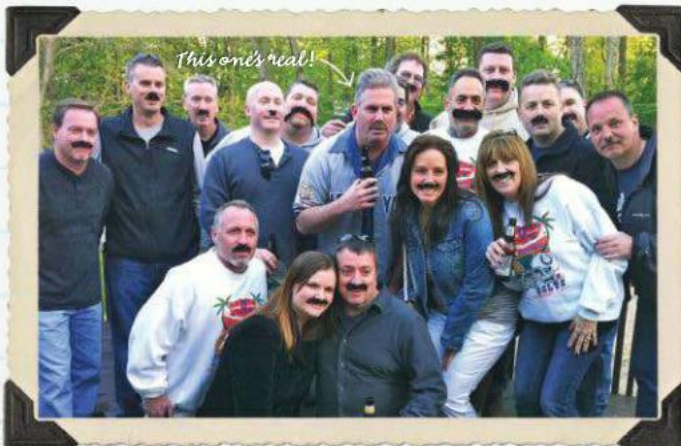
What a surprise when a bartender served me a 'stache glass! —ELLIOT STOKES, DESIGNER



Nothing goes better with chef Spike's steak-frites burger than a mustache! Here's John and me showing off our facial hair at the Burger Bash in South Beach. —RACHAEL



My friend and I put on mustaches and cowboy hats in a photo booth! —JUDITH PEÑA, ASSISTANT TO THE EDITOR-IN-CHIEF



At a family birthday party, the mustache motif was a fun poke at the birthday boy's real 'stache—which he's had for the 20-plus years I've known him! —CHRISTINE GUILFOYLE, PUBLISHER



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This Month's

STARTERS, SNACKS & CONDIMENTS



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Key:

■ Fast (30 min. or less)

■ Vegetarian

■ Freezer-Friendly

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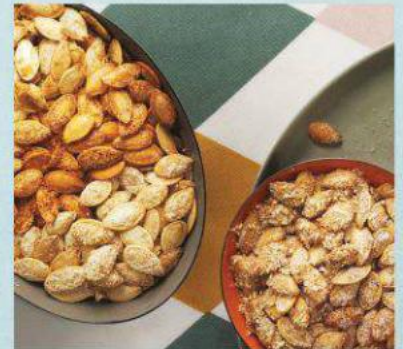
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Pumpkin Cocktail
p. 128



Pumpkin Chili
p. 128



Oven-Roasted Pumpkin Seeds 5 Ways
p. 129

Use as directed. *vs. brushing alone. **Among OTC mouthwashes. ©McNEIL-PPC, Inc. 2012



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Tricia A., Los Angeles, CA
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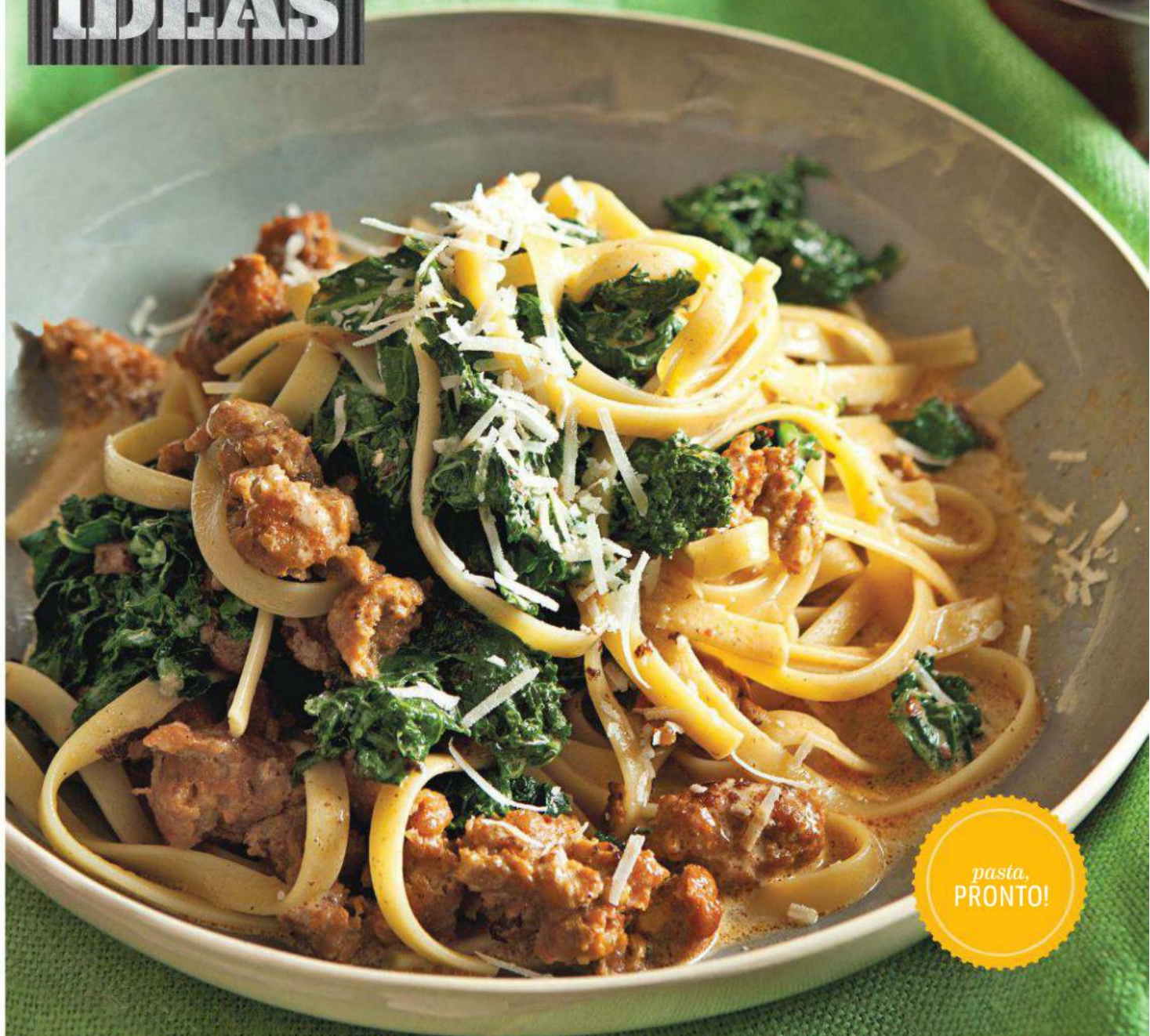
YUM!

16

FAST IDEAS

1 **Fettuccine with Sausage & Kale**

1 lb. fettuccine • 1 lb. spicy italian sausage, removed from casing • ½ cup heavy cream • 1 large bunch kale, trimmed and coarsely chopped • ½ cup grated parmesan ➔ In large pot of boiling, salted water, cook pasta until al dente; drain. In large skillet, cook sausage over medium-low until browned, about 7 minutes. Add ½ cup water and cream; simmer until reduced by half, about 7 minutes. Add kale; toss until wilted. Remove from heat; toss with pasta. Sprinkle with parmesan. Serves 4.



pasta.
PRONTO!

veggie
SNACK

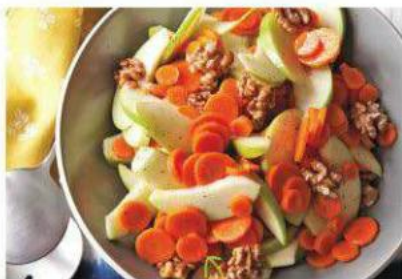
2 Pumpkin Quesadillas

1 cup canned pure pumpkin puree • 1 tsp. ground cumin • eight 8-inch flour tortillas • 4 oz. goat cheese, crumbled • ½ cup chopped walnuts, toasted • ¼ cup vegetable oil → In bowl, stir pumpkin and cumin; season. Spread over 4 tortillas. Sprinkle with cheese and nuts. Top with remaining tortillas. In large skillet, heat 1 tbsp. oil over medium-low. Cook quesadillas 1 at a time, turning once and adding more oil between batches, until browned, 3 minutes. Cut into wedges. Serves 4.



3 Carrot & Apple Salad

2 tbsp. honey • 2 tbsp. walnut oil or EVOO • 2 tbsp. fresh lemon juice • 1 green apple, cored and thinly sliced • 2 carrots, peeled and cut into coins • ½ cup walnut pieces, toasted → In large bowl, whisk honey, oil and lemon juice; season. Toss apple and carrots with dressing. Sprinkle with nuts. Serves 4.



Fresh & easy side

4 Broiled Miso Steak

¼ cup red miso • 2 tbsp. worcestershire sauce • 1 tsp. sesame oil • ½ tsp. sugar • two 1-inch-thick sirloin steaks (about 3 lbs. total) → In bowl, whisk miso, worcestershire, oil and sugar. Spread over steaks; let sit 30 minutes. Broil steaks, turning once, about 10 minutes for medium-rare. Let stand 5 minutes, then slice. Serves 4.



Steakhouse at home!

5 Applesauce Chutney

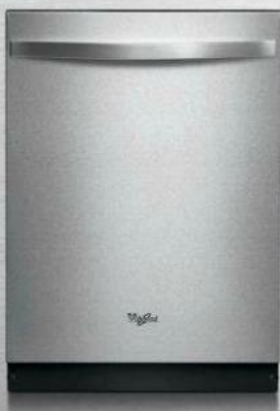
1 red onion, chopped • 2 tbsp. butter • 1 jar (24 oz.) chunky applesauce • ¼ cup golden raisins • 1 tbsp. minced crystallized ginger • ½ tsp. fresh thyme → In large pan over medium, cook onion in butter until softened, 3 minutes. Add remaining ingredients; cook 3 minutes, then season. Serve with pork. Makes 4 cups.



Awesome sauce

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*Compared to previous wash system. Not all features are available on all models.
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6 The Tippy Grape

9 large mint leaves • 3 oz. bourbon • 2 oz. concord grape juice • 1 oz. fresh lemon juice plus 1 strip zest • 4 tsp. pure maple syrup • ice → Muddle 8 mint leaves in cocktail shaker; add bourbon, grape juice, lemon juice and maple syrup. Fill shaker with ice; shake vigorously for 20 seconds. Strain into chilled glass; garnish with lemon zest and remaining mint leaf. Makes 1.

sassy
SIPPER



7 Mushroom & Egg Toasts

¼ cup EVOO • 1 pkg. (10 oz.) sliced mushrooms • 4 slices sourdough toast • 4 fried eggs • 4 tbsp. chopped parsley → In large skillet, heat EVOO over medium-high. Add mushrooms; cook until tender and browned, 8 minutes. Season; divide among toast slices. Top each with an egg and sprinkle with 1 tbsp. chopped parsley. Makes 4.



Breakfast sauté

8 Butternut Pudding

2 pks. (10 oz. each) thawed frozen butternut squash puree • 1 can (14 oz.) coconut milk • 4 eggs • ½ cup pure maple syrup • whipped cream → Preheat oven to 325°. Blend squash, coconut milk, eggs and syrup; pour into 8-inch baking dish. Put dish in roasting pan; pour boiling water halfway up dish to make water bath. Bake, 1 hour. Top with cream. Serves 6.



Squash gets sweet!

9 Smoked Salmon Hash

1½ lbs. potatoes, diced • ¼ cup EVOO • ¼ cup crème fraîche • 1 tbsp. chopped chives • 2 tsp. prepared horseradish • 4 oz. smoked salmon, coarsely chopped → In skillet, cook potatoes in EVOO over medium-high until tender; season. In bowl, mix crème fraîche, chives and horseradish; season. Mix potatoes and salmon; serve with crème fraîche mixture. Serves 4.



Skillet brunch

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The #1 ingredient
in soup is broth.

So why not use
the #1 broth?*

For Sensational Chicken Noodle Soup
and other recipes go to
CampbellsKitchen.com/SwansonBroth



*Based on national broth sales, IRI data, Jan 2007–July 2012.

The secret is 

10 Roasted Chicken & Cauliflower

4 whole chicken legs • 3 tbsp. EVOO • 4 cups cauliflower florets • 12 cloves garlic, peeled and smashed → Preheat oven to 400°. Pat chicken dry; season. In large skillet, heat EVOO over high. Add chicken, skin side down; cook until browned, 8 minutes. Turn over; cook until browned, 5 minutes. Transfer to plate. Add cauliflower and garlic to skillet. Cook until cauliflower begins to brown, 5 minutes. Top with chicken; bake until chicken is cooked through, 25 minutes. Serves 4.

one-pot
SUPPER



11 Thai Pork Wrap-Ups

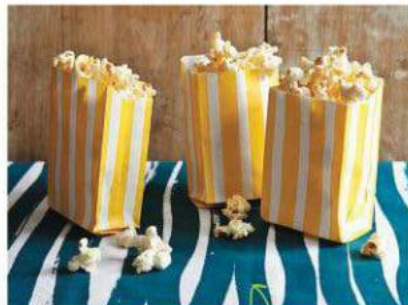
1 lb. ground pork • 1 clove garlic, grated • 1 tbsp. vegetable oil • ¼ cup chopped cilantro • 1 tbsp. lime juice • 1 tbsp. fish sauce • 1 tsp. sriracha • 1 tsp. brown sugar • 1 head butter lettuce → Cook pork and garlic in oil over high, 7 minutes. Off heat, stir in next 5 ingredients. Serve with lettuce. Serves 4.



Homemade takeout

12 Buffalo Popcorn

4 tbsp. butter • 1½ tsp. hot sauce • 1 tbsp. honey • salt • 12 cups popped popcorn → In small pan, melt butter; whisk in hot sauce, honey and ½ tsp. salt. Place popcorn in large bowl. Drizzle with butter mixture; toss and season. Serves 4.



Movie night, spiced up

13 Blue Cheese Crisps

½ baguette, cut crosswise into sixteen ½-inch-thick slices • 2½ oz. blue cheese, thinly sliced → Place bread slices on baking sheet, top with cheese and bake at 375° until bread browns lightly and cheese is bubbling, about 12 minutes. Serves 4.



Cocktail nibble

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16 FAST IDEAS



14 Choco-Coconut Cookie Sandwiches

1/4 cup shredded coconut • 1 tbsp. sweetened condensed milk • 1 pinch salt • 16 vanilla wafers • 3/4 cup mini chocolate chips → In small bowl, stir together coconut, condensed milk and salt. Spread mixture on flat side of 8 cookies; top with remaining cookies. Press chocolate chips around sandwich edges, using a little extra condensed milk if necessary to help them stick. Makes 8.



15 Creamy Fruit Dip

1 cup sour cream • 2 tbsp. chopped fresh mint • 1 tbsp. chopped cilantro • 1 tbsp. fresh orange juice plus 1/8 tsp. zest • salt & pepper → In bowl, mix sour cream, mint, cilantro, juice and zest, 1/4 tsp. salt and 1/8 tsp. pepper. Serve with sliced apples, pears and pineapple. Makes 1 cup.



Fresh treat

16 Spicy Creamed Corn

1 bag (16 oz.) frozen corn • 1 jalapeño, minced • 1 shallot, minced • 4 tbsp. butter • 3/4 cup heavy cream → Preheat oven to 400°. Roast corn in pan, stirring, 25 minutes. Cook jalapeño and shallot in butter over medium, 3 minutes. Add cream and corn; cook, 3 minutes. Season. Serves 4.



Creamy kernels

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news & how-to's

WORD OF MOUTH

1. Botan Rice Candy, Japan

These savory chews—made from rice water and housed in edible wrappers—have a slightly sweet bite. (\$24 for 12 boxes, candywarehouse.com)

2. Barrier Metallic Foil-Wrapped Hard Candy Rods, France

A fancy twist on fruity hard candy, these are great for the subdued sweet tooth. (\$50 for a 2.2-lb. bag, candywarehouse.com)

3. Lion Hard Candy Balls, Japan

If Pop Rocks and soda had a love child, this addictively fizzy candy would be it. (\$5 for a 4-oz. bag, candywarehouse.com)

4. Chipurnoi Glitterati, Italy

Wrapped in eye-catching foil, these tiny hard candies pack big hits of blackberry, pear, guava and other fruits. (\$56 for a 5-lb. bag, candywarehouse.com)

5. Baby Lucas, Mexico

Remember those sugary Fun Dip packs? Imagine them with a touch of salt or cayenne pepper thrown in for kicks. (\$3.50 for 10 pieces, candywarehouse.com)

6. Lorena Candy Crayons, Mexico

Like gooey push-up pops, these confections are fruit punch's closest relative in the candy world. (\$5 for 10 pieces, candywarehouse.com)

7. Daim, Sweden

Bars of buttery almond toffee surrounded by creamy milk chocolate are one of Sweden's sweetest gifts to the world. (\$2 for a 1-oz. bar, phillysweetspot.com)

8. Curly Wurly, United Kingdom

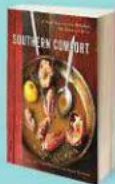
Try Mother England's answer to the Sugar Daddy: this extra-long, chocolaty caramel bar. (\$1 for a 1-oz. bar, phillysweetspot.com)

SWEETS INVASION

This Halloween, surprise trick-or-treaters and be the envy of the block with these beyond-cool candies from around the world. Make sure to save some for yourself! BY JUDITH PEÑA

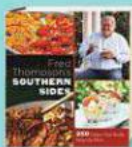
SOUTH POLL

Survey the bookstore and you'll notice that much of this season's new cookbook crop hails from below the Mason-Dixon line. But not every book is singing the same Dixie tune: See how these four handle that Southern staple, okra. BY ALLYSON DICKMAN



SOUTHERN COMFORT
by Allison Vines-Rushing and Slade Rushing (\$35)
The husband-and-wife team behind the New Orleans restaurant MiLa

gives down-home cooking a restaurant-kitchen spin. Exhibit A: **Roasted Okra with Chili Oil**, which gets a spicy Indian edge.



FRED THOMPSON'S SOUTHERN SIDES
by Fred Thompson (\$35)

"No Southerner in his or her right mind would be caught dead without a jar of pickled okra," says this North Carolina native. And his **Crunchy Pickled Okra** recipe offers a superlocal serving suggestion: Split 'em open and stuff them with pimento cheese for Southern tapas.



THE GLORY OF SOUTHERN COOKING
by James Villas (\$23)

You could call Villas, an expert on everything from biscuits to bacon, the granddaddy of Southern food. He has six okra recipes here, and says that even squeamish non-Southern eaters will love **Okra Fritters with Thousand Island Dressing**, loaded with onion, green peppers and chili sauce.



THE SOUTHERN FOODIE: 100 PLACES TO EAT IN THE SOUTH BEFORE YOU DIE

by Chris Chamberlain (\$25) This Nashville native's

Okra, Corn and Tomatoes recipe is inspired by the beloved Ramsey's Diner in Lexington, KY. Lest anyone question the recipe's true Southern-ness, the no-fuss dish gets its flavor from bacon grease.



a new twist on pretzels

The classic ballpark snack will always have a place in our hearts. Our taste buds, however, are doing a secret happy dance over these tasty chef-made variations. Just in time for Oktoberfest, **Andrea Slonecker**, author of the forthcoming *Artisan Pretzels at Home*, tracked down some of the best.

BRICK-OVEN PRETZELS

Brave Horse Tavern, Seattle

At chef Tom Douglas' gastropub, chewy pretzels are served with smoked peanut butter and bacon dip, or sour cream and crispy onion dip.

PRETZEL SPAETZLE

Le Pigeon, Portland, OR

Über-creative chef Gabriel Rucker turns spaetzle nubbins into chewy pretzel pieces and serves them with crumbled sausage and seared pork loin.

SWABIAN PRETZELS

Café Prost food truck, Durham, NC

This spindly-armed, fat-bellied style of pretzel ups the ante with toppings like pesto and melted romano cheese.

GRUYÈRE-AND-BACON PRETZEL CROISSANTS

Röckenwagner Bakeries, Los Angeles

Chef Hans Röckenwagner, known as the "The Pretzel Prince," stuffs pretzel croissants with bacon and gruyère.

PRETZEL-DUSTED CALAMARI

ABC Kitchen, New York City

In chef/co-owner Jean-Georges Vongerichten's kitchen, pulverized sourdough pretzels become a coating for fried calamari.

TRUFFLED GRUYÈRE-ALE PRETZEL BITES

Twenty Five Lusk, San Francisco

The food-court staple gets an upgrade with Hawaiian pink salt and a fondue of gruyère, ale and truffle oil.

THE PRETZEL BOARD

Beaker and Flask, Portland, OR

Pretzel and beer pairings? Yes, please! Twice-baked pretzel sticks are served with aquavit-spiked mustard and a light craft beer, like pilsner.

PHILLY CHEESESTEAK PRETZEL POCKETS

Miller's Twist, Philadelphia

Full of sliced beef and gooey American cheese, these salt-speckled pretzel pockets are a highlight of Reading Terminal Market.

SHOOT THAT ZOMBIE!

Get dead serious about Halloween: The *Zombiomatic Camera* app (free, iTunes) turns you and your friends into green-skinned, bug-eyed zombies. Beware: Unauthorized tagging can turn especially ugly. —DIANA PEARL





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look gourd-eous!

Pumpkins are already the star of countless desserts and decorations. Now this harvest hotshot—full of skin-brightening enzymes and (thanks to those seeds) plenty of nourishing oils—can play an equally impressive role in your beauty routine. **BY JENNIFER TZESES**

1. Get even

Peter Thomas Roth Clinical Peel & Reveal gently combats splotching and dullness with the help of those powerful enzymes. (\$58, sephora.com)

2. Come clean

With its dream team of pumpkin pulp and honey, MyChelle Dermaceuticals Creamy Pumpkin Cleanser maintains moisture while banishing dirt and toxins. (\$17, mychelle.com)

3. Quench dry skin

Backed up by baobab oil and other natural nourishers, the pumpkin-seed oil in Burt's Bees Ultimate Care Body Lotion restores life to limbs—and any other parched parts. (\$10, at drugstores)

4. Boost your lashes

The pumpkin-seed oil in e.l.f. Cosmetics Studio Defining Mascara keeps lashes hydrated, while the cone-shaped brush leaves no lash unturned. (\$3, at drugstores)

5. Soothe yourself

Made specifically for sensitive skin (but good for anyone when temperatures and humidity drop), Tecniche BioTech Oil calls on extra-nourishing pumpkin-seed oil to ease dryness. (\$30, osmosis.com and lovrmeccenter.com)

6. Pucker up

Spiked with pumpkin-seed oil, creamy Sumbody Pumpkin Pie Lucky Lips will keep your pucker pretty and soft. (\$7, sumbody.com)

7. Get refined

Between pumpkin's natural enzyme content and added glycolic acid, Sia Botanics Pumpkin Enzyme Mask is like a magic potion for sloughing, smoothing and brightening dull skin. (\$46, siabotanics.com)



COMMUNITY-SUPPORTED AWESOMENESS

The perks of CSAs—buying local and supporting small-scale producers—are expanding to all sorts of delicious new offerings. Buy a share near you! **BY ALEXANDRA PECCI**

CHEESE



Every month, Nerstrand, MN-based Shepherd's Way Farms gives its CSA members 1½ pounds of different cheeses—from fresh ricotta to sheep's-milk blue. And there's a biweekly CSA at Prairie Fruits Farm and Creamery in Champaign, IL, that includes freshly made goat's-milk gelato. (Thank you, dry ice!)

FISH



Fisheries such as Cape Ann Fresh Catch in Gloucester, MA, and Port Clyde Fresh Catch in Port Clyde, ME, provide weekly shares of seafood so fresh, you'll swear you just reeled it in yourself. But because local fishermen are actually responsible for the haul, you'll get whatever they catch, from cod to whiting and squid to crab.

PIE



Best idea ever: Whisked! in Washington, D.C., offers pie CSAs that feature sweet and/or savory options. (Try corn, cheddar and jalapeño, or chess pie swirled with strawberry compote and lemon curd.) Meanwhile, Three Babes Bakeshop in San Francisco lavishes its CSA members with the likes of banana tres leches pie.

BREAD



Subscribers to Heron Pond Farm CSA in South Hampton, NH, get oh-so-fresh loaves (think quinoa-, millet- and oat-packed multigrains). And Lark Rise Farm Bakery & CSA in Loysville, PA, serves up a variety of great flavors, like French cheddar chive bread and artichoke asiago sourdough.

BEAUTY PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY LIZA JERNOW; PROP STYLING BY LISA LEE; CHEESE, GETTY IMAGES; FISH, SHUTTERSTOCK.COM; PIE, STOCKFOOD.COM; BREAD, BRYAN MCCAY.

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Susan, on Facebook

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Caitlin, on Facebook

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CLICK!

News travels fast! Follow our blog at RachaelRayMag.tumblr.com for all the latest food trends, recipes and more!

from wheels to walls

The hottest food craze in decades, food trucks are starting to put it in park and go brick-and-mortar. Follow three truck timelines to see the roads they traveled. BY ANDREW KAPLAN

BIG GAY ICE CREAM JUNE 2009

With an original investment of about \$1,000, Doug Quint and Bryan Petroff open a truck in NYC selling soft-serve cones with toppings like wasabi pea dust and olive oil. They gain a following for their inspired concoctions—an early fave is the Bea Arthur, a vanilla cone covered with crushed Nilla wafers.



SEPTEMBER 2009

A shower of media attention follows the introduction of the Salty Pimp, a chocolate-dipped vanilla cone infused with dulce de leche and sea salt.

SEPTEMBER 2011

After a friend spots an empty storefront near his restaurant, the guys open the Big Gay Ice Cream Shop with their signature treats and a milkshake menu. Customers wait for up to 45 minutes!



biggayicecream.com
Twitter: @biggayicecream
125 E. 7th St., New York City

EL NARANJO MARCH 2010

After moving to Texas from Oaxaca, Mexico, chef Iliana de la Vega opens El Naranjo Mobile in Austin. Customers line up for tacos al pastor, tacos carnitas and her killer weekly mole specials.



DECEMBER 2010

El Naranjo is the only truck to make *Texas Monthly's* roundup of the state's 50 best Mexican restaurants.



MAY 2012

Just after de la Vega turns a 100-year-old house into El Naranjo the restaurant, *The Austin Chronicle* publishes a glowing review.

elnaranjo-restaurant.com
85 Rainey St., Austin, TX

KOGI AUGUST 2008

Mark Manguera and Caroline Shin had joked about fusing two of L.A.'s favorite cuisines by opening a Korean BBQ truck—then Shin meets the owner of a few mobile operations, who offers her a truck for a month to test the idea.



NOVEMBER 2008

The two, now joined by chef Roy Choi and selling Mexican-Korean creations like kimchi quesadillas, start with the bar crowd, opening at 11 p.m. Crowds line up ever earlier, until the truck eventually starts opening at lunchtime.

MARCH 2010

The team christens its first sit-down space with the name Chego. Their boast: "It's everything you've ever wanted. In a bowl."

kogibbq.com
Twitter: @kogibbq
3300 Overland Ave., Los Angeles



trucks by the numbers

7,500: The estimated number of gourmet food trucks on the road in the U.S. right now.

\$770 million: The whopping total earned by American food trucks in 2011.

10: The estimated number of years future NYC food-truck owners will be on a waiting list before receiving a license.

2,000: The number of state and local agencies nationwide that oversee the operation of food trucks.

2.5 billion: The number of people who eat street food every day.

BIG-SCREEN BUTTER

Jennifer Garner leaves no margarine—er, margin—of error as a butter sculptor in *Butter*, out October 5. Take a peek behind the scenes. BY ALLYSON DICKMAN

SCULPTING SCHOOL

For their roles as a butter-carving power couple, Garner and Ty Burrell studied with Jim Victor and Marie Pelton, real-life food-sculpting spouses from Conshohocken, PA.

ELABORATE EDIBLES

Turns out the movie's intricate sculptures—including a rendering of "The Last Supper"—aren't entirely unprecedented: A buttery "Last Supper" appeared at the 1999 Iowa State Fair.

CHILLED OUT

Butter sculptures have to be made in custom-built walk-in coolers set to 40°. Victor suggests newbies dress warmly, wear rubber gloves and mind any fallen bits—butter is slippery.



You'd better believe it's not butter: The film used soy wax instead—way less melty!

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jean therapy



Avoid hours of dressing-room distress! Rach's fashion buddy Gretta Monahan breaks down denim one body type at a time—and finds the freshest crop of new styles to make you look great. BY ELIZABETH PASSARELLA



You're shaped like an APPLE...

if you're rounded at the waist and your upper body is larger than your lower half.



You're shaped like a CELERY STALK...

if you're straight up and down, with square hips and long legs.



You're shaped like a SUGAR SNAP PEA...

if you're 5'4" or shorter, with any size frame.



You're shaped like a PEAR...

if you're full through the hips, thighs and tush, and a little narrower above the waist.

Now turn the page to find your most flattering style! >>>

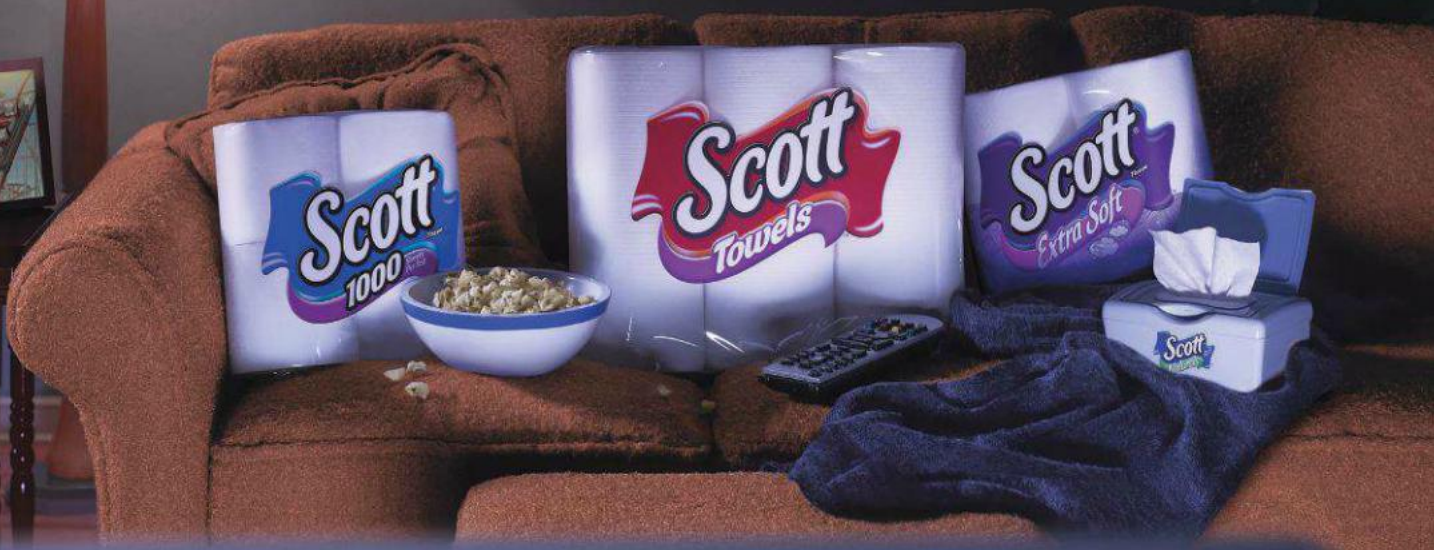
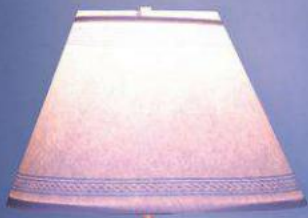
WARDROBE STYLING BY NICK NELSON. FASHION MARKET EDITING BY CHRISTINE BIBBO HERR.

CLICK!

Find more figure-flattering jeans at RachaelRayMag.com/jeans.

shape	look for	avoid	check out
 <p>apple</p>	<p>A style that hits your mid-waist, around your bellybutton or slightly below it. "Despite what many women think, a higher waistline would actually accentuate—not conceal—your belly," Gretta says. Go for a dark wash, which is visually slimming, and thick denim that holds you in to prevent a muffin top.</p>	<p>Pockets, pleats or other details around the waist. Same goes for funky rinses that create lines or splotching near your hips. "All those things draw attention to your middle. You want to look as smooth and sleek as possible."</p>	<p>1. Banana Republic Dark Basic Curvy Boot in Indigo, \$79, bananarepublic.com</p> <p>2. NYDJ Greta Trousers in Dark Enzyme, \$110, nydj.com</p> <p>(on previous page) Dittos Melanie Low Rise Flare Jeans, \$79, urbanoutfitters.com</p> 
 <p>celery stalk</p>	<p>A superlong inseam (at least 34 inches). And if you want the illusion of curves, try high-waisted jeans. "Call attention to your hips and rear end—and go for embellishments," Gretta says. Pleats, welded pockets or belt loops all create width and volume, so you look feminine, not boyish. You can even play around with harem styles: full legs that taper at the ankles.</p>	<p>Super-low-rise jeans. Though you can wear a moderate low-rise, going too far will make you look boxy. And stay away from plain, pocketless fronts; they can look masculine.</p>	<p>1. Level 99 Wide-Leg Laurie Trousers, \$110, level99usa.com</p> <p>2. True Religion Trisha Lonestar Traditional RI, \$180, bloomingdales.com</p> <p>(on previous page) Levi's Bold Curve Bootcut Skinny in Subtle Dark, \$78, levi.com</p> 
 <p>sugar snap pea</p>	<p>A cut that's long and lean. The key is to extend your legs with something slim. "If you're small all over, with slim legs, you can wear a skinny jean that hits at the ankle, even though you won't be adding length," Gretta says. Embellishments are fine as long as they're not oversize (and therefore out of proportion with your body). And a tip: When trying on jeans, buy the pair that's slightly snug. All denim gives a bit over time, and petites in particular want jeans that fit closely.</p>	<p>Anything even remotely baggy or wide-legged. "Those jeans will wear you, instead of the other way around," Gretta says. "You'll look shapeless."</p>	<p>1. 7 For All Mankind Second Skin Legging Jeans, \$189, bloomingdales.com</p> <p>2. Express Stella Jean Leggings, \$80, express.com</p> <p>(on previous page) Mango APS Skinny Jeans with Gold, \$60; mango.com</p> 
 <p>pear</p>	<p>Slightly stretchy material that will expand at your hips without gaping on top. "This is the toughest shape to shop for. You have to fit the largest part of your body—usually the hips—then possibly have a tailor take in the waist," Gretta says. "Don't be afraid to veer away from the classic straight-leg shape, but go with a dark wash to play down the width."</p>	<p>Noticeably tapered legs. A full leg creates visual balance: Think of drawing a line straight down from the widest point of your hip. You should also skip styles with small—or no—back pockets. "The more open space, the bigger your tush will look."</p>	<p>1. Coldwater Creek Zip Pocket Jeans, \$70, coldwatercreek.com</p> <p>2. James Jeans Couture Boot in Riviera, \$185, jamesjeans.us</p> <p>(on previous page) Lucky Brand Lola Boot Jeans, \$99, luckybrand.com</p> 

JEANS PHOTOS BY PETER ARDITO; STYLING BY NDRINE SMITH.



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Every morning your cat greets you with a gentle nudge and a friendly purr—it's her way of telling you how much she cares.

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Share a moment together...

- Welcome the new day with a gentle stretch. Emulate the way she arches her back, and get yourselves in sync—it's a great way to connect before the day begins.
- Her eyes light up as she takes in the first signs of nature from your window. Let her indulge in this magical time of day—and make it special for both of you. Grab a cup of tea and sit together, sharing a few calm, quiet moments before commitments call.
- While your cat's purr is music to your ears, some believe the feline set can enjoy relaxation benefits from classical music. As you prepare for the day, savor a few minutes of soothing sounds—you'll both reap the calming benefits and start the day relaxed and focused.
- Spend some time brushing or massaging your cat. She will miss you just as much as you will miss her today, and this small act of love will strengthen your bond.
- Your cat loves routine just as much as you do, so try to dish up breakfast at the same time every morning—and Fancy Feast® Mornings™ is a perfect way to start the day.



Love Every Morning

Keep your favorite tips close by, and get inspired with these simple ways to say "I love you" every morning.

This morning we will...

- Ring in the morning with a gentle stretch—together—to get relaxed and in sync
- Watch the early morning hustle and bustle from her favorite perch, while I savor a morning cup of coffee or tea
- Enjoy some soothing sounds while getting ready. Classical music is a great choice—and may help her get off to a calm, relaxing start, too
- Take time for a calming massage before I depart

No matter the morning, your cat loves routine. Show her you're thinking of her by dishing up Fancy Feast® Mornings™ at the same time every day.



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Gourmet Cat Food is a line of delicious, protein-rich entrées with garden veggies and egg. Mornings™ is available in the light, airy texture of a gourmet soufflé or the delectable taste of tender bites in a delicious sauce.



Soufflé With White Meat Chicken,
Garden Veggies and Egg



Medley With Trout, Garden Veggies
and Egg in sauce

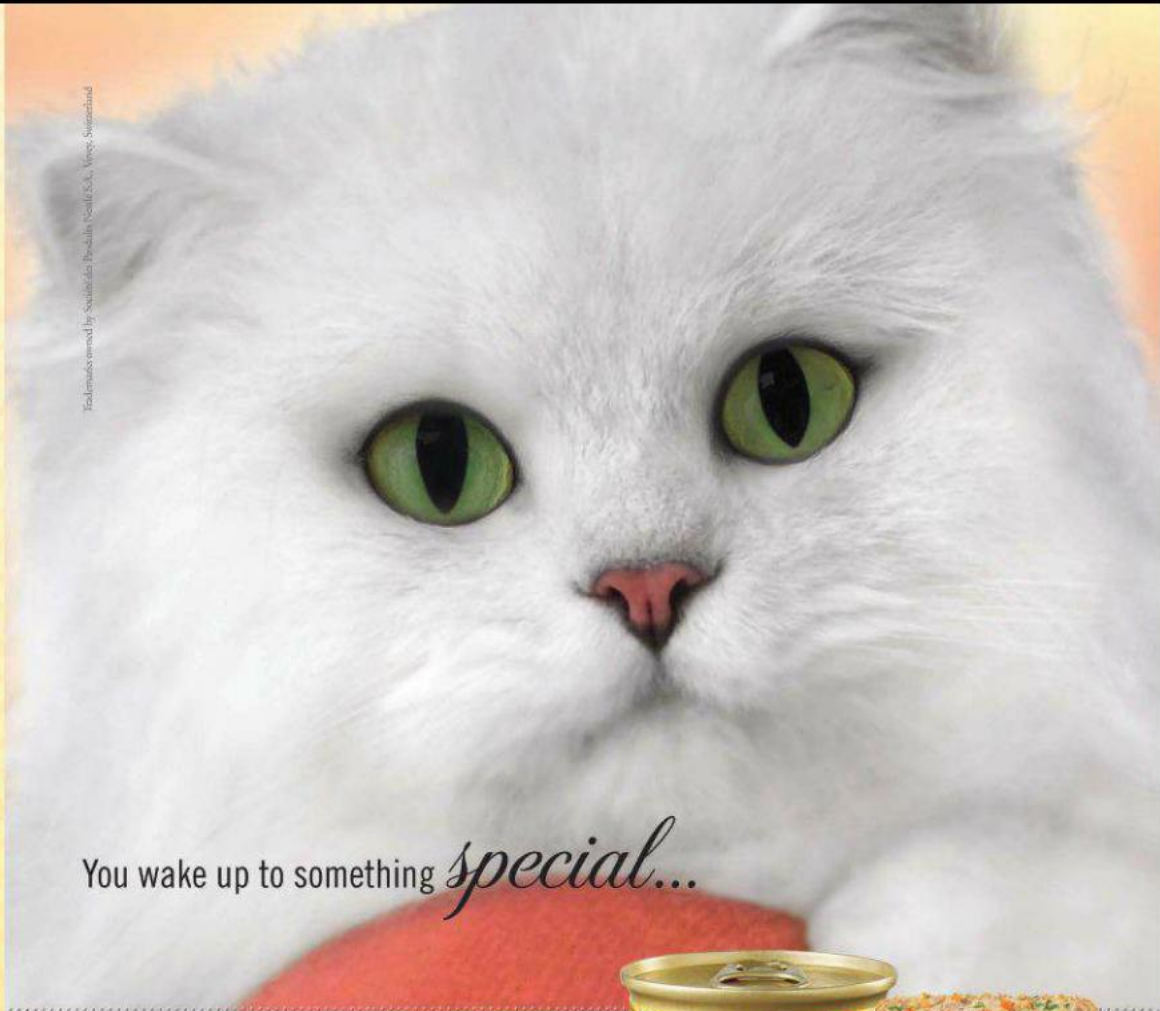


Soufflé With Turkey,
Garden Veggies and Egg

Learn more:
fancyfeast.com/mornings



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Learn more about our first line of breakfast for cats
at fancyfeast.com/mornings.



food fright

These treats will (nearly!) scare your hunger away.

1. GRIM REAPER

Each mini tequila bottle is painted to indicate hints of flavor: yellow for caramel, white for white pepper, and black for coffee. \$9 and up, kahtequila.com for stores

2. FRESH CUT

These gummy maki rolls are topped with body parts, but they taste like candy: sweet cherry, lime and grape. \$4 for 8, candywarehouse.com

3. MIND GAMES

Put the high-powered organ on display with a scarily realistic gelatin mold. \$25, perpetualkid.com

4. LOST DIGITS

They look like they fell off an ogre, but these fingers are really almond- and maple-flavored cookies, with nut "nails." \$8 for 5, scrumpalicious.etsy.com

5. TOXIC TAKEOUT

Send guests home with one tricky treat—a plastic bag filled with poison...er, sweets! \$2.50 for 15, wilton.com

10

10. BLACK WIDOW

A spiderweb-inspired black lace cloth sets the mood for a spread of treats. \$10 and up, spirit.halloween.com

9. LIFE BLOOD

This IV bag is filled with a replenishing fruit-punch energy drink—no needles required. \$4, zombietradingcompany.com

8

8. BONE CHINA

These eerie ceramic plates give a whole new meaning to eating meat off the bone. \$72 for 4, foldedpigs.etsy.com

7. DEAD HEADS

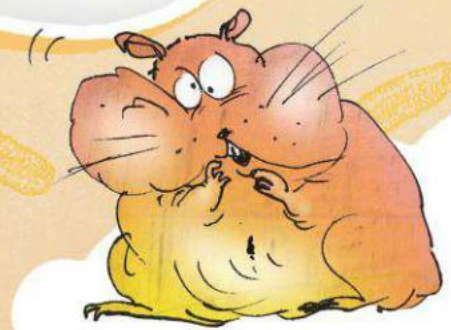
Beware! Vosges chocolate skull pops are loaded with ingredients like dried ground chiles. \$3.50, vosgeschocolate.com

6. BRAIN CANDY

Skull-shaped silicone molds turn out supermoist individual cakes, which are even creepier topped with brainy icing. \$13 for 4, uniquevintage.com



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shopping showdown!

★★★ **BATTLE OF THE MUSHROOMS** ★★★

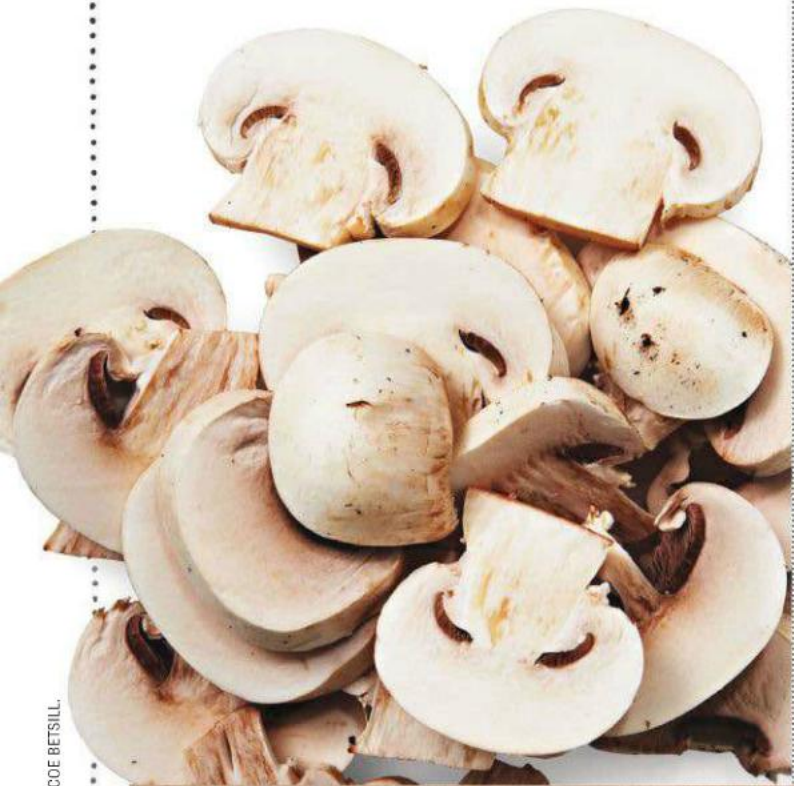
SLICED

Sure, they save you a few minutes—but are you paying for the convenience of not having to wield a knife? Turns out you're not! When we compared presliced 'shrooms to the whole ones we sliced ourselves in the test kitchen, presliced ended up being nearly 20 percent cheaper per ounce.



WHOLE

You discard as much as 4 ounces per pound when you trim the stem ends off of whole mushrooms. That's weight you're paying for but not eating! However, because sliced mushrooms can turn brown and slimy more quickly, go with whole if you won't be using them within a few days.



none	PREP TIME	5 minutes
28 cents per ounce	PRICE	33 cents per usable ounce

AND THE WINNER IS...
★ SLICED! ★

PHOTOGRAPHY BY BRYAN MCCAY, FOOD STYLING BY ROSCOE BETSILL.

App happy

WANTED: Personal (shopping) assistant

One food blogger. Ten food apps. Fourteen tech-enabled meals. Stacie Billis, author of the recipe blog *One Hungry Mama*, test-drove the latest meal-planning and grocery-shopping apps for the iPhone and iPad and landed on her four favorites. Welcome to food shopping 2.0!



BEST FOR RECIPE COLLECTORS:
PAPRIKA (\$5)

This easy-to-use app is the recipe box of my dreams: It let me grab recipes from more than a hundred blogs and magazine sites (including RachaelRayMag.com), view their nutritional information, import my own standbys and organize everything into a file system that I created. From there, I made a menu plan for the week and scaled recipes up or down, and the app automatically generated my shopping list. Super-handly!



BEST FOR MULTITASKING COOKS:
PEPPERPLATE (free)

After I downloaded recipes from the web, Pepperplate created a shopping list from my weekly meal plan. But the app's true wow factor is in its cook mode, which formats recipes in big, clear letters that I could read on my iPad from across the kitchen counter as I cooked. It also has a nifty feature that functions as multiple timers at once, so you can set one per recipe.



BEST FOR PRODUCE FANATICS:
FARMANAC (\$2)

I often waste time in the produce aisle debating whether to buy organic or conventional. Not anymore: Farmanac reveals ingredients' average pesticide levels, and also lets you know when they're in season and how to best select and store them. At the market, I typed in "strawberries" and found out that their pesticide levels are high, so I bought organic. With sweet potatoes, conventional turned out to be fine. Who knew?



BEST FOR HEALTH NUTS:
FOODUCATE (free)

This app features a database of more than 200,000 nationally available products that have been graded on sugar, artificial ingredients, trans fats and other nutritional content. When I used my phone to scan the UPC code of a popular yogurt my son wanted, it got a C-. Fooducate suggested healthier brands—which saved me from having to read lots of other labels. Ten precious minutes saved!

ABOUT THE BLOGGER



Stacie Billis lives in New York City. Her blog, onehungrymama.com, features grown-up-friendly recipes with adaptations for young or picky eaters—like her two sons!

Checkout! Brand-new buys to shake up your grocery list. BY GRACE ELKUS

1. Frankly Fresh Hummus Cocktails brings chickpea dip into bar territory with flavors like Bloody Mary and Dirty Martini. (\$4.99)

2. Progresso Recipe Starters offer creamy, flavorful bases—like three-cheese—for speedy sauces and soups. (\$2.49)

3. Bold Organics Pizzas are gluten- and dairy-free. The crunchy brown-rice-flour crust is sprinkled with vegan mozzarella. (\$7.99)

4. Blue Moon Caramel Apple Spiced Ale is crafted with toasty malts, cinnamon and apple juice. (\$15.99 for a 12-pack)

5. Nectresse is a zero-calorie sugar substitute made from the extract of monk fruit, a small Asian melon. (\$3.99 for 40 packets)



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Label watch

The lowdown on... **HUMANE CERTIFICATION**

When shopping for eggs, dairy products and meat, look for these labels from animal-welfare organizations for peace of mind! BY KATE PARHAM



Certified Humane Raised & Handled (HFAC)

WHAT IT MEANS:

HFAC oversees the treatment of farm animals to ensure that they are fed a nutritious diet without hormones or antibiotics, and are handled gently during processing to limit stress.



American Humane Certified (AHA)

WHAT IT MEANS:

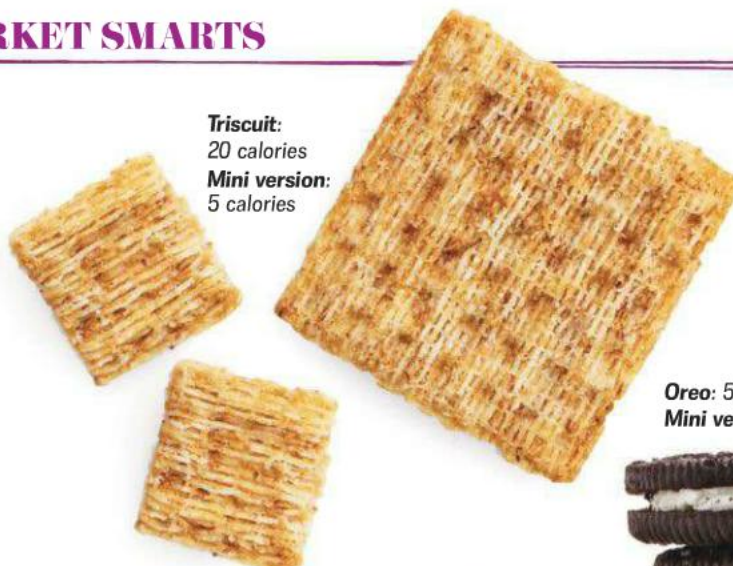
The first animal-welfare program in the country, the AHA requires that animals never go hungry or thirsty, and have enough room to move around freely.



Animal Welfare Approved (AWA)

WHAT IT MEANS:

This is the only certification that guarantees that animals were raised outdoors on family-owned farms. Inspectors visit the farms and processing facilities to monitor conditions.



Triscuit:
20 calories
Mini version:
5 calories



Reese's Peanut Butter Cup: 105 calories
Mini version: 18 calories



Oreo: 53 calories
Mini version: 14 calories

Health hit

THE TRUTH ABOUT *tiny treats*

More and more miniature versions of your favorite snacks are showing up on supermarket shelves, but just because a single piece has fewer calories than its full-size counterpart doesn't mean you should feel free to eat them by the handful. "That kind of thinking can be a very slippery slope," says Brian Wansink, Ph.D., director of Cornell University's Food and Brand Lab, which studies the psychology behind the way people eat. "When snacks are really tiny, you can lose all concept of reasonable portion size and become more prone to overeating." In fact, when subjects in a study

at Wansink's lab were given mini candy bars, they ate 30 percent more candy total than when they noshed on regular-size bars. One probable reason: Once your snack tally gets into the double digits—a serving size of mini Triscuits is 28 crackers, compared to six regular Triscuits—it's easy to lose count altogether. Bottom line: If you're seduced by shrunken snacks (and who wouldn't be? They're so darned cute!), try portioning out a serving instead of eating straight out of the box or bag. It's the best way to keep from unthinkingly consuming too many minis! —NICOLE CHERIE JONES

6. Q Kola is all-natural cola taken up a notch with a spicy-sweet mix of cloves, coriander and citrus. (\$7.99 for a 4-pack)

7. CedarLean Soups and Wraps frozen entrées pair a soup, like lentil veggie, with a healthy, globally inspired wrap. (\$5.99)

8. Heinz Tomato Ketchup Blended with Balsamic Vinegar offers a fancy twist on the original—so good on steaks! (\$2.49)

9. Jif Mocha Cappuccino Hazelnut Spread is an inexpensive chocolate-hazelnut option. (\$3.99)

10. Boomchickapop Sea Salt Popcorn, made with sunflower oil and sea salt, is supertasty and only 35 calories per cup. (\$3.99)





TONIGHT'S DINNER,
WRAPPED UP IN MINUTES.

Easy Chicken & Cheese Enchiladas

Prep: 15 min. Bake: 40 min. Makes: 6 servings

- | | |
|--|---|
| 1 can (10 ³ / ₄ oz.) Campbell's®
Condensed Cream of Chicken Soup
(Regular or 98% Fat Free) | 2 cups chopped cooked chicken |
| ¹ / ₂ cup sour cream | ¹ / ₂ cup shredded Monterey Jack cheese |
| 1 cup Pace® Picante Sauce | 6 flour tortillas (6"), warmed |
| 2 tsp. chili powder | 1 small tomato, chopped |
| | 1 green onion, sliced |
1. Heat oven to 350°F. Stir soup, sour cream, picante sauce and chili powder in medium bowl.
 2. Stir **1 cup** soup mixture, chicken and cheese in large bowl.
 3. Divide chicken mixture among tortillas. Roll up tortillas and place seam-side down in 11 x 7 x 2" baking dish. Pour remaining soup mixture over filled tortillas. Cover baking dish.
 4. Bake 40 min. or until enchiladas are hot and bubbling. Top with tomato and onion.

Campbell's **KITCHEN.COM**

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PRIZE FRIES

Oven fries are tastier than ever! We tried 54 kinds to find our five fave spuds. Break out the ketchup! BY DINA CHENEY



1

Best Thin-Cut

Ore-Ida Extra Crispy Fast Food Fries

With a crisp coating and salty goodness, these taste like they could have come straight from the drive-thru—in a good way. “So rich and buttery,” raved one panelist. (\$3.59 for 26 oz.; \$.41 per 3-oz. serving)

2

Best Crinkle-Cut

Wylwood Crinkle Cut Fries

Lots of deep grooves equal a crispier texture in every bite. Golden and lightly salted, “these have the perfect balance of crunchy outside and tender inside,” said one taster. (\$1.99 for 32 oz.; \$.18 per 3-oz. serving)

4

Best Seasoned

Alexia Parmesan Lemon Waffle Fries

A sprinkling of nutty parmesan and bright lemon gives these guys so much flavor, you can skip the dipping. (\$3.49 for 20 oz.; \$.52 per 3-oz. serving)

3

Best Sweet Potato

Ian's All Natural Sweet Potato Fries

A healthier alternative to the white-potato kind and the highest-scoring across the board, these fries were gobbled up first during the tasting. The caramelized, tempura-like bites are so sweet, they'll be a surefire hit with the kids. (\$3.99 for 15 oz.; \$.79 per 3-oz. serving)

5

Best Steak-Cut

McCain All Natural Steak Cut Fries

“I love the earthy potato flavor—delicious!” said one taster. These thick-cut champs can also hold loads of sauce without drooping. (\$3.99 for 28 oz.; \$.42 per 3-oz. serving)

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food & fun

SEASONAL SUPERFOOD

SUNCHOKES

Also known as Jerusalem artichokes, these knobby, gnarly sunflower roots are the tastiest tubers at markets each fall. Juicy and crisp like jicama when raw, and creamy and sweet when roasted, sautéed or boiled, sunchokes are nutritional powerhouses that...

Raw sunchokes taste like a cross between potatoes and artichoke hearts. Heat caramelizes their sugars, giving them a sweet, nutty flavor and velvety texture when cooked.

- ★ **STAND IN FOR SPUDS** Loaded with inulin, a zero-calorie carbohydrate that is not absorbed by the stomach, sunchokes are a less starchy alternative to potatoes.
- ★ **BOOST ENERGY** One cup provides 28 percent of the daily recommended amount of iron, a mineral that keeps blood oxygenated and flowing, helping you feel energized.
- ★ **LOWER BLOOD PRESSURE** One cup of sunchokes packs more potassium (644mg) than a banana (422mg). Potassium helps counter the effects of sodium, reducing your blood pressure and heart rate.

peak season: October - February

No need to peel sunchokes, but dirt can collect around the nubs, so scrub with a brush under running water to remove any roots or brown spots before using.

Store sunchokes in the crisper, wrapped in paper towels, for up to a week. To prevent cut sunchokes from discoloring, keep them in a bowl of cold lemon water until ready to cook. If serving raw, toss with a splash of citrus or vinegar.

3 ways to snack on sunchokes



Skillet-Roasted Sunchokes

2 tbsp. EVOO

• 3 anchovy fillets in oil, chopped • 1 lb. small sunchokes, halved lengthwise • 2 large bell peppers (1 red, 1 orange), cut into 1-inch pieces • 10 small cloves garlic, peeled → Preheat oven to 425°. Heat EVOO in large, ovenproof skillet over medium-high; add anchovies and stir to melt into EVOO. Add sunchokes to pan cut side down; scatter bell peppers and garlic on top and cook, undisturbed, until sunchokes begin to brown, about 3 minutes. Transfer to oven and roast, stirring once or twice, until sunchokes are tender and golden, 20 to 25 minutes. Season to taste. Serves 4.



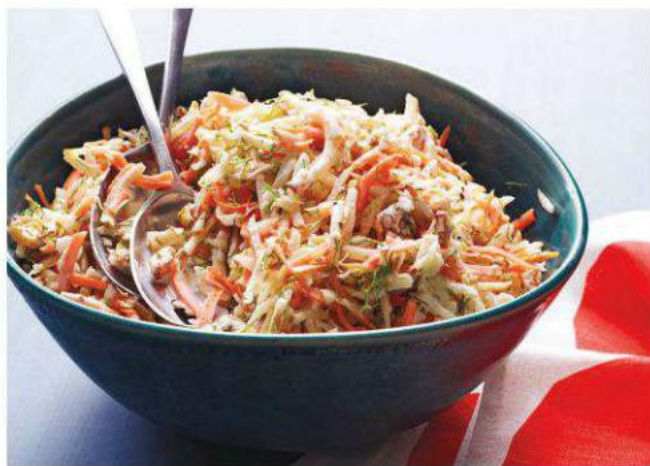
Rosemary Sunchoke Chips

½ lb. large sunchokes • 1½ tbsp. coarse salt • 1 tbsp. EVOO • 2 tsp. finely chopped fresh rosemary → Preheat oven to 350° with rack in center. Using handheld slicer, slice sunchokes lengthwise ¼ inch thick; toss with salt. Place slices on paper towels in single layer, cover with 2 paper towels and let sit 15 minutes, pressing to absorb liquid. In bowl, gently toss sunchokes with EVOO and rosemary. Place in single layer on parchment-lined baking sheet and bake, flipping halfway through, until golden and crisp, about 30 minutes. Let cool on baking sheet. Serves 4.



Sunchoke-Fennel Slaw

½ lb. sunchokes • 2 tsp. fresh lemon juice • 1 carrot • 1 bulb fennel, plus ¼ cup fronds, coarsely chopped • ½ cup mayonnaise • 2 tbsp. fresh orange juice • ½ cup golden raisins → Using food processor fitted with shredding disk, shred sunchokes with skin on. Transfer to large bowl and toss with lemon juice. Shred carrot and fennel bulb and add to sunchokes. In small bowl, stir together mayonnaise and orange juice; toss with sunchoke mixture, raisins and fennel fronds. Season to taste. Serves 4.





Is it spaghetti
disguised as pizza,
or pizza as spaghetti?

Chef only knows.

PEPPERONI SPAGHETTI BAKE

Hands On: 15 minutes

Total: 30 minutes

Makes: 6 servings

INGREDIENTS:

- PAM® Original No-Stick Cooking Spray
- 1 1/4 cups original baking mix
- 1/2 cup reduced-fat (2%) milk
- 2 cans (14.5 oz each) Chef Boyardee® Spaghetti and Meatballs
- 3/4 cup shredded part-skim mozzarella cheese, divided
- 1/3 cup sliced turkey pepperoni
- 1 cup shredded Italian blend cheese

DIRECTIONS:

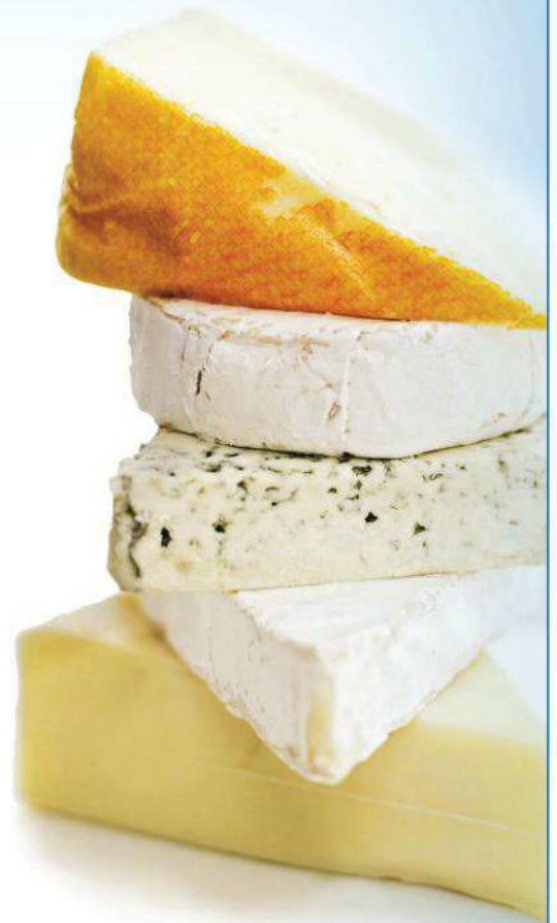
1. Preheat oven to 375° F. Spray 13x9-inch glass baking dish with cooking spray. Combine baking mix and milk in medium bowl; stir until soft dough forms.
2. Drop dough by spoonfuls on bottom of baking dish (will not completely cover bottom). Spoon 1 can spaghetti and meatballs over dough and sprinkle with 1/2 cup cheese. Top with remaining can spaghetti and meatballs, remaining cheese and pepperoni.
3. Bake 20 to 25 minutes or until dough is done in centers and browned.



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For more Chef inspired recipes and Chef Hector Boiardi's story, visit chefboyardee.com.

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3 GREAT MEALS

SHOPPING LIST

1



2 LIMES

2



1 EGGPLANT

3



1 PT. GRAPE TOMATOES

4



6 LARGE PORTOBELLO MUSHROOM CAPS

5



1½ LBS. RED SKINNED POTATOES

6



1 BAG (1 LB.) TRICOLOR COLESLAW MIX

7



1 TUB (8 OZ.) SOUR CREAM

8



8 BONE IN PORK CHOPS (ABOUT 3 LBS.)

9



1 PKG. (8 COUNT) SMALL FLOUR TORTILLAS

10



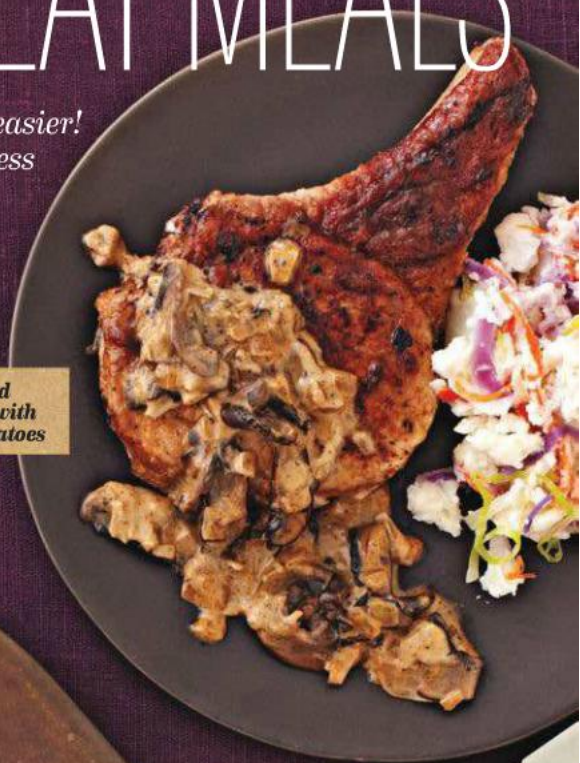
1 BOX (5.8 OZ.) GARLIC FLAVORED COUSCOUS

PANTRY ITEMS

ONIONS, GARLIC, EVOO, CHICKEN BROTH, SALT AND PEPPER, CHILI POWDER, FLOUR, SUGAR

Your supermarket run just got easier! Speed through the 10-items-or-less lane and still dine deliciously.

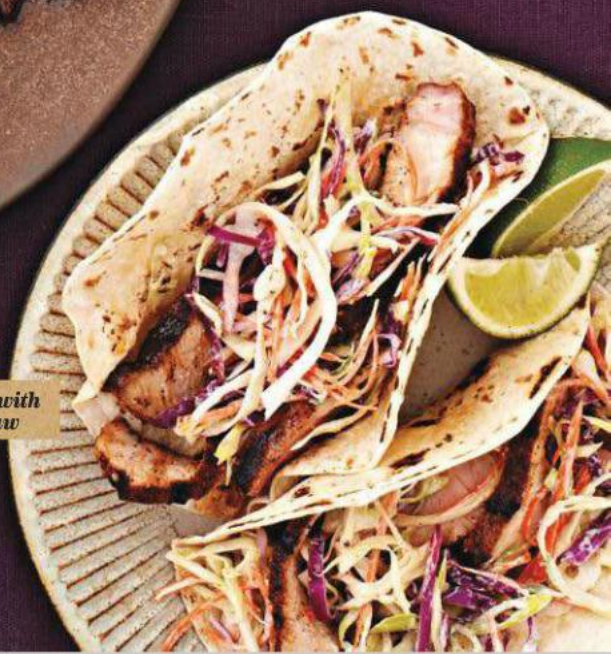
Smothered Pork Chops with Smashed Potatoes



Eggplant & Tomato Kebabs with Couscous



Chili Pork Tacos with Sweet Lime Slaw



FOOD STYLING BY SIMON ANDREWS; PROP STYLING BY CINDY DIPRIMA. SHOPPING LIST PHOTOS BY PETER ARDITO, BRYAN MCCAY AND AVERY POWELL.

RECIPES BY SONALI RUDER
PHOTOGRAPHY BY RAYMOND HOM



Smothered Pork Chops with Smashed Potatoes

SERVES 4 PREP 10 MIN COOK 25 MIN

- 1½ lbs. red potatoes, cut into cubes
- 2¼ cups tricolor coleslaw mix
- 1 cup sour cream
- 1 cup chicken broth
- Salt and pepper
- 4 bone-in pork chops (6 oz. each)
- ¼ cup flour
- 2 tbsp. EVOO
- 1 small onion, chopped
- 3 portobello mushroom caps, sliced

1. Place the potatoes in a large pot of salted water. Bring to a boil and cook until fork-tender, 12 minutes. In the last 5 minutes of cooking, stir in the coleslaw; drain and return to the pot. Stir in ½ cup sour cream and ¼ cup broth; season with salt and pepper. Smash with a potato masher.

2. Meanwhile, coat the pork with the flour and season with salt and pepper. In a skillet, heat 1 tbsp. EVOO over medium-high heat. Add the pork and cook, turning once, until browned, 5 minutes. Cover, lower the heat to medium-low and cook for 5 minutes. Transfer to a plate and keep warm.

3. In the same skillet, heat the remaining 1 tbsp. EVOO over medium-high heat. Add the onion and mushrooms and cook until lightly browned, 5 minutes. Add the remaining ¾ cup broth, increase the heat to high and cook, stirring, for 5 minutes. Stir in the remaining ½ cup sour cream; season with salt and pepper. Spoon on top of the pork chops and serve with the potatoes.



Eggplant & Tomato Kebabs with Couscous

SERVES 4 PREP 20 MIN COOK 10 MIN

- ¾ cup sour cream
- 6 cloves garlic, finely chopped
- 2½ tbsp. chili powder
- Salt and pepper
- ¾ cup plus 1 tbsp. EVOO
- 3 portobello mushroom caps, cut into 1-inch cubes
- 1 eggplant, cut into 1-inch cubes
- 1 pt. grape tomatoes
- 1 box (5.8 oz.) garlic-flavored couscous

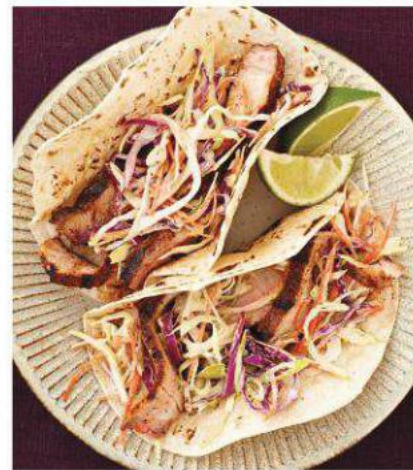
1. In a bowl, stir together the sour cream, 2 tsp. garlic and 1½ tsp. chili powder; season with salt and pepper.

2. In a large bowl, combine ¾ cup EVOO with the remaining garlic and chili powder, ½ tsp. salt and ¼ tsp. pepper. Add the mushrooms and eggplant; toss to coat. Thread onto skewers with the tomatoes.

3. Heat a grill or grill pan over medium heat and brush with the remaining 1 tbsp. EVOO. Grill the kebabs until tender, about 10 minutes.

4. Meanwhile, in a saucepan, cook the couscous according to package directions. Serve with the kebabs and sauce.

Healthy hint To make this dish even better for you, use whole wheat couscous, or substitute fiber-rich quinoa or barley instead.



Chili Pork Tacos with Sweet Lime Slaw

SERVES 4 PREP 15 MIN COOK 10 MIN

- 2¼ cups tricolor coleslaw mix
- ¼ cup sour cream
- 2 limes, 1 zested and juiced and 1 cut into wedges
- 1 tsp. sugar
- Salt and pepper
- 1 tbsp. chili powder
- 4 bone-in pork chops (6 oz. each)
- 1 pkg. (8-count) small flour tortillas, warmed

1. Preheat a grill or grill pan over medium heat. In a bowl, stir together the coleslaw, sour cream, lime zest, lime juice and sugar; season with salt and pepper.

2. In a small bowl, combine the chili powder and ½ tsp. salt; rub the mixture on the pork. Grill the pork, turning once, until browned but pink in the center, about 8 minutes; transfer to a cutting board and let stand for 3 minutes.

3. Debone the pork chops, then thickly slice the meat against the grain on the diagonal. Divide among the tortillas and top each with some of the slaw. Serve with the lime wedges.

Do ahead Make the slaw up to 24 hours in advance, cover and refrigerate. Then all you have to do is grill the pork, and dinner's served!

GROCERY LIST TO GO! Snap this code with your phone (download the free mobile app at gettag.mobi) to get all three of these recipes, plus an instant shopping list to take to the store. Or go to RachaelRayMag.com/list for a printable version. Easy!



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I love my family just the way it is.

I love the memories we are making.

I love *being done* having kids.



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Wake Up to the Benefits of Breakfast

Experts agree: Breakfast really is the most important meal of the day.

After 8 to 12 hours without eating, our brains and bodies are ready to refuel. A balanced breakfast can help kick-start your metabolism and set you and your family up for a great day...whether at work, school, or at play.

What are some of the benefits of eating breakfast?

From going to school, playing, or learning, children need breakfast to fuel their day. According to dietary guidelines for Americans, many children aren't getting enough calcium, vitamin D, potassium and dietary fiber—something a simple bowl of fiber-rich cereal with low-fat milk can provide.¹ Finally, people who eat breakfast are more likely to have a healthy weight than breakfast skippers.²

Why is cereal a nutritious option for breakfast?

Cereal is a nutritious option, and one kids love to eat. As a bonus, it fills that nutrient gap. Many cereals contain whole grains that provide dietary fiber, and when combined with milk, you've got calcium, vitamin D, and potassium. Also, most cold breakfast cereals are now fortified with a variety of nutrients, vitamins, and minerals that children need.

Do you have any suggestions for quick and nutritious breakfast ideas that won't break the bank?

A simple bowl of cereal with milk is one way to go, but cereal is so versatile that there are lots of other things you can do with it. Layering yogurt, fruit, and a kid-friendly cereal makes a great yogurt parfait. This gives you a lot of nutrient bang for the buck. Using frozen fruits, especially berries, can be very economical.

Mornings are hectic getting the kids off to school. Any tips to make the morning rush smoother?

It's all about preparation, so get started the night before: set the table with their favorite cup and bowl, place the box of cereal on the table, and store some cut-up fruit next to the milk in the fridge. That way, you can just get up in the morning and go!



About the Expert: Dayle Hayes, MS, RD is a member of Kellogg's Breakfast Council and an award-winning author and educator. As a parent and member of the School Nutrition Association, Dayle is dedicated to making school environments healthy for students and staff.

What's Your Breakfast Reality?

Families only spend 17 minutes preparing and eating breakfast each day

89%

of moms want their kids to eat breakfast every day

But, 40% report their child doesn't eat breakfast daily

Many report kids are too busy watching TV

35%

want their kids to talk with the family during breakfast time

All survey statistics come from the Kellogg's Breakfast in America Survey.

Make the most of your morning
Visit Kelloggs.com/loveyourcereal

1. Ma Y, Bertone ER, Stanek EJ 3rd, Reed GW, Hebert JR, Cohen NL, Merriam PA, Ockene IS. Association between eating patterns and obesity in a free-living US adult population. *Am J Epidemiol.* 2003;158:85-92.

2. Cho S, Dietrich M, Brown CJ, Clark CA, Block G. The effect of breakfast type on total daily energy intake and Body Mass Index: Results from the Third National Health and Nutrition Examination Survey (NHANES III). *J Am Coll Nutr.* 2003;22:296-302.



phenomena



A Kellogg's® cereal and milk breakfast* provides not only protein, but also four nutrients many kids don't get enough of – fiber, calcium, vitamin D and potassium. It's surprising what our cereal and milk can do. Learn more at kelloggs.com/loveyourcereal.

love your cereal™



*Cereals shown with 1/2 cup milk plus 8 oz. glass of skim milk

Let's make today great™

Kellogg's

CHILI 10 WAYS

If cold weather's got you craving a steamy, satisfying meal, these easy riffs reinvent the classic comfort food.

START WITH THE CLASSIC: Beef & Bean Chili

SERVES 10 PREP 30 MIN
COOK 1 HR 15 MIN

- 2 *tbsp. vegetable oil*
- 3 *lbs. lean ground beef chuck*
- 2 *large onions, chopped*
- 3 *tbsp. minced garlic*
- $\frac{1}{3}$ *cup ancho chile powder*
- 1 *tbsp. ground cumin*
- 1 *tbsp. dried oregano*
- Coarse salt and pepper*
- 1 *tsp. cayenne*
- 1 *can (28 oz.) crushed tomatoes*
- 1 *can (15 oz.) tomato sauce*
- 2 *cans (15 oz. each) red kidney beans, drained*
- Sour cream, grated cheddar, pickled jalapeño chiles and sliced scallions, for topping*

1. In a large dutch oven, heat the oil over high heat. Working in batches, brown the beef for 5 minutes. Transfer to a plate.
2. Pour off all but 2 *tbsp.* of fat from the pot. Add the onions and stir over medium-low heat until soft, 8 minutes. Stir in the garlic and 3 cups water, scraping the pan. Return the meat to the pot. Stir in the chile powder, cumin, oregano, 1 *tbsp.* coarse salt, $\frac{1}{2}$ *tsp.* pepper and the cayenne; cook over low heat for 5 minutes. Stir in the tomatoes and tomato sauce. Cook, stirring, for 40 minutes.
3. Skim the fat from the surface. Stir in the beans and cook for 5 minutes. Serve with the toppings.



Abby Bodiker

FOOD STYLIST AT THE RACHAEL RAY SHOW

2 CHICKEN & CORN

Omit the beef, tomatoes and tomato sauce. Add 1 qt. chicken broth and 2 chopped red potatoes to the onions. Simmer until tender, 10 minutes. Add 3 cups corn, 1 can chopped chiles and $\frac{1}{2}$ cups chopped raw chicken; simmer for 10 minutes. Stir in 1 cup heavy cream and 2 cups shredded jack cheese. Top with oyster crackers and chives.

3 CHICKEN CURRY

Omit the beef. Add grated ginger to onions. Swap $\frac{1}{2}$ *tsp.* each turmeric and garam masala for the oregano. After simmering the chili (40 minutes), stir in a chopped potato and $1\frac{1}{2}$ cups water; cover and cook, 10 minutes. Add 2 cups chopped raw chicken; replace kidney beans with chickpeas. Simmer for 20 minutes. Top with yogurt and chopped cilantro.

4 MUSHROOM & BLACK BEAN

Soak 2 ancho chiles in a bowl of boiling water for 30 minutes. Drain; reserve $\frac{1}{4}$ cup soaking liquid. Stem and seed the chiles. Using a blender, puree the chiles, reserved liquid and 2 cloves garlic. Replace the beef with 2 lbs. portobello mushrooms, chopped. Add ancho chile puree. Replace the kidney beans with black beans. Serve with corn chips and lime wedges.

"Less is more when it comes to adding liquid to chili. A good rule of thumb: Use just enough to cover the meat. If you overdo it, stir in some crushed corn tortilla chips to thicken."





Tracey Seaman

EVERY DAY TEST KITCHEN DIRECTOR

5 VEGGIE HARVEST

Omit the beef. Dice 3 zucchini (about 1½ lbs.) into bite-size pieces. Stem, seed and chop 3 multicolored bell peppers; reserve ¼ cup. Cook the vegetables as you would ground beef. Stir in ½ cup chopped cilantro at the end. Top with the reserved bell peppers.

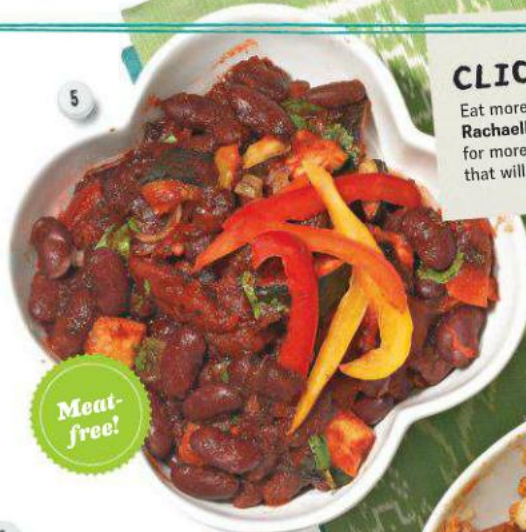
6 PORK POSOLE

Replace the beef with ground pork; use jarred salsa verde in place of the tomatoes and tomato sauce. When adding salsa, stir in 2 cups crushed unsalted tortilla chips; simmer as directed. Replace the kidney beans with canned hominy (reserve 2 tbsp). Top with the reserved hominy and whole tortilla chips.

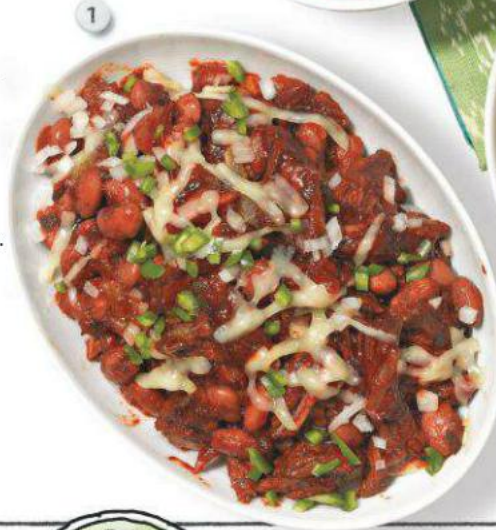
7 SHREDDED BEEF

Replace the beef with well-trimmed chuck cut into small cubes. Add 1 extra cup water. Cover and simmer until the beef shreds, about 1½ hours. Replace the kidney beans with pinto beans; add 1 tbsp. chopped chipotles in adobo. Top with shredded cheddar and fresh jalapeños.

"Make chili nachos! Top unsalted tortilla chips with shredded cheese; bake at 400° until melted. Top with warm chili."



Meat-free!



CLICK!

Eat more chili! Go to RachaelRayMag.com/chili for more than 40 recipes that will bowl you over!



Ryan Poli

EXECUTIVE CHEF AND CO-OWNER OF TAVERNITA IN CHICAGO

8 BEEFY CHORIZO

Before adding the beef to the pan, add 1 lb. sliced fresh chorizo and cook for 5 minutes. Transfer to a plate. Stir in 1 can (15 oz.) tomatillo sauce with the tomatoes. Add the chorizo back to the pan, using more water if needed to thin the chili. Top with chopped avocado and red onion.

9 PORK & BUTTER BEAN

Replace the beef with ground pork. When you add water, toss in a pinch of saffron. Replace the kidney beans with butter beans. Top with cilantro leaves and coarsely chopped toasted almonds.

10 MEXICAN CHOCOLATE

Replace the ancho chile powder with 1 tbsp. each ground cinnamon and cayenne and the seeds of 1 vanilla bean. After the chili is prepared, turn off the heat and stir in 1 cup chopped dark chocolate until fully melted. Top with crumbled cotija cheese and toasted pepita seeds.

"I'm a fan of adding extreme flavorings to chili—earthy saffron, for example, or rich chocolate—to balance the spice and pack a punch."

INSTANT
EXPERT!

READY,
SET,

TAILGATE!

TAKE YOUR PREGAME PARTY TO THE NEXT LEVEL WITH GOTTA-HAVE-IT GEAR, DO-IT-YOURSELF DRINKS—AND THE BEST FOOD YOU'VE EVER EATEN IN A PARKING LOT. JUST ADD FOOTBALL!

RECIPES BY TRACEY SEAMAN • TEXT BY NINA ELDER • PHOTOGRAPHY BY CEDRIC ANGELES

Recipes

- TRIPLE-ONION DIP
- SHRIMP COCKTAIL SALSA
- CORNFLAKE-CRUNCH CHICKEN
- STEAK & POTATO KEBABS
- SUPER-STUFFED DELI SANDWICH
- GREEN & GOLD QUINOA SALAD
- KALE & APPLE TOSS-UP
- OATMEAL WHOOPIE PIES
- CHOCOLATE-PECAN CAKE



FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY HEATHER CHONTOS; WARDROBE STYLING BY SARAH PARLOW; HAIR AND MAKEUP BY STACY BENEKE; GRILL PHOTOS BY PETER ARDITO.

IT'S GAME DAY!

Whether you're grilling in the lot or cooking at home and taking your feast to go, these easy-to-make eats will score big with your crew.

Triple-Onion Dip

2 tbsp. EVOO • 2 shallots, thinly sliced

• 3 scallions, white and green parts chopped separately • 1 tsp. coarsely chopped fresh thyme

• 1 pkg. (8 oz.) neufchâtel or cream cheese, at room temperature • 1 cup 2% plain greek yogurt

• ½ small red onion, minced ➔ Heat cast-iron skillet over high for 2 minutes. Add EVOO, shallots, scallion whites and thyme. Lower heat to medium; cook, stirring occasionally, until shallots are golden and crispy on edges, 5 minutes. Transfer mixture to paper towels. In bowl, mix together cheese and yogurt. Stir in cooked shallot mixture, red onion and scallion greens; season. Cover and refrigerate until ready to serve. (Can be made up to 2 days ahead.) Makes 2 cups.



Shrimp Cocktail Salsa

8 oz. cooked shrimp, peeled and finely chopped • 2 tomatoes, finely chopped • ½ cup minced white onion

• 1 jalapeño chile, minced (remove seeds for less heat) • ⅓ cup chopped cilantro • 2 tbsp. fresh lime juice • ¾ tsp. salt

➔ In medium bowl, toss shrimp, tomatoes, onion, jalapeño, cilantro, lime juice and salt. Cover and refrigerate until ready to serve. (Can be made up to 12 hours ahead.)

Makes 3 cups.





Michelada

Mex it up!

3 parts lager +
1½ parts bloody mary mix
+ squeeze of lime +
hot sauce + ice +
salted rim

Think outside the koozie

You can't tailgate without ice-cold brews, but why stop there? Add a few fun mix-ins and shake up the party with these easy-drinking beer cocktails.

Shandy

British pub fave!
1 part lager (we used Corona) + 1 part carbonated lemonade or ginger ale

Broadway

Big in Japan!
2 parts lager + 1 part black-cherry soda

How to keep your cooler

Help your food and drinks chill out with these tips from Coleman engineer and cooler expert Mike Brockel.

COOL DOWN: Chilled food starts with a cool cooler. Drag it out of the hot garage or attic and into the house at least 12 hours before packing it up.

FRIDGE-FRESH: Pack the cooler with cold food and drinks straight from the refrigerator.

BOTTOMS UP: Put all your drinks and food containers in the bottom, then pour ice cubes on top. Remember: Cold air sinks!

DON'T DRAIN: Keep that icy water. It will help new ice stay frozen longer.

COVER UP: A shady spot is your cooler's best friend. If that's not an option, drape your chilly buddy with a towel or blanket.



Cornflake-Crunch Chicken

3 cups buttermilk
• 2 large cloves garlic, smashed and peeled
• 2 tbsp. chipotle hot sauce • 2 chickens (3½ lbs. each), each cut into 8 pieces • 4½ cups cornflakes • 1½ cups plain breadcrumbs • salt & pepper • 1 stick butter (4 oz.), melted → In bowl, whisk buttermilk, garlic and hot sauce. Add chicken; turn to coat. Refrigerate for 2 hours. Let chicken stand at room temperature for 1 hour before cooking. Preheat oven to 425°. Using food processor, pulse cornflakes to coarse crumbs. Transfer to bowl; toss with breadcrumbs, 1½ tsp. salt and 1 tsp. pepper. Coat chicken in crumbs. Put on 2 parchment-lined baking sheets; spoon melted butter on top. Bake until golden, 40 to 45 minutes. Serves 8.





Steak & Potato Kebabs

2½ lbs. trimmed filet mignon, cut into twenty-four 1-inch pieces • ¼ cup plus 1 tbsp. EVOO • 2 tbsp. sherry vinegar • 3 cloves garlic, smashed and peeled • 1 tbsp. fresh rosemary leaves, coarsely chopped • salt & pepper • 16 small (1 inch) white potatoes • 8 large cherry tomatoes ➔ In large bowl, toss meat with ¼ cup EVOO, vinegar, garlic, rosemary, 1½ tsp. salt and ¾ tsp. pepper. Cover; refrigerate for at least 4 hours or up to 1 day. Place potatoes in large saucepan; fill with water to cover by 1 inch. Bring to boil, lower heat and simmer until fork-tender, 20 to 25 minutes. Drain, let cool and toss with remaining 1 tbsp EVOO. Preheat grill to medium-high. Thread 3 cubes of meat, 2 potatoes and 1 tomato on each of eight 8-inch skewers. Grill, turning once, to desired doneness, about 5 minutes for medium-rare. Makes 8.



Super-Stuffed Deli Sandwich

1½-lb. loaf rye bread, about 12 inches long • 3 cups thinly sliced green cabbage • ½ cup russian dressing • 4 oz. deli-sliced swiss • 4 oz. deli-sliced rare roast beef • 4 oz. deli-sliced roasted turkey breast • 4 oz. deli-sliced lean pastrami • 2 large dill pickles, sliced ➔ Using serrated bread knife, cut about 1-inch-thick slice off top of loaf, making lid. Cut around loaf, about ½ inch in from sides, being careful not to cut through bottom. Carefully pull out most of bread, leaving ½-inch bread shell all around. In medium bowl, toss together cabbage and ¼ cup russian dressing. Spread remaining dressing inside loaf and on bottom of bread lid. Layer cheese along bottom and up sides of loaf. Continue layering bottom of loaf with meats and pickles. Top with bread lid. Wrap tightly in foil and refrigerate overnight. Cut sandwich crosswise into 8 slices. Serves 8.

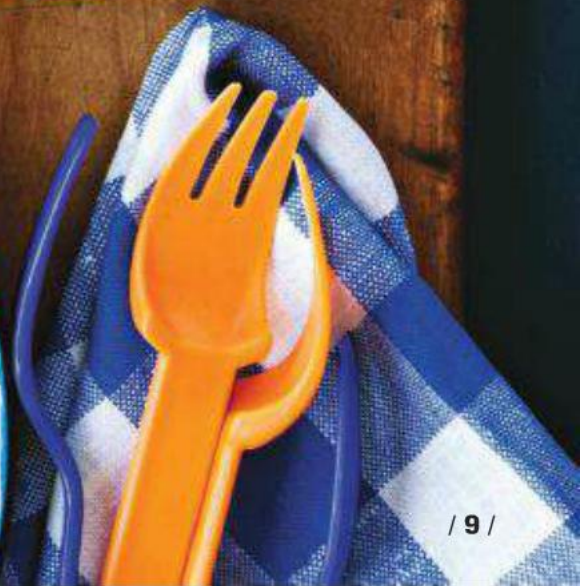
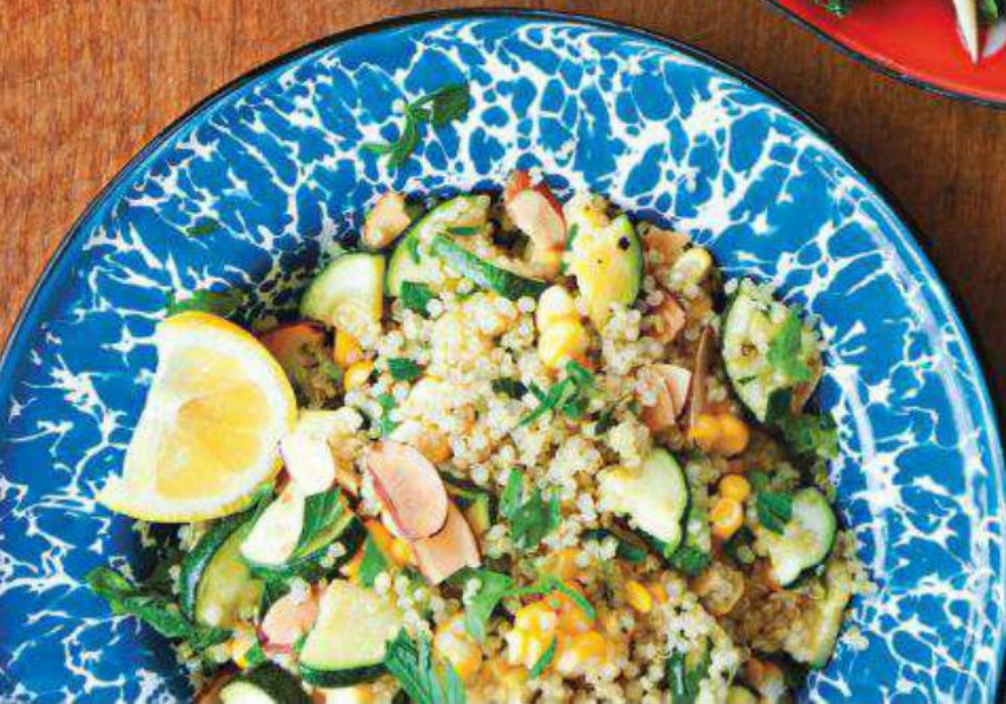
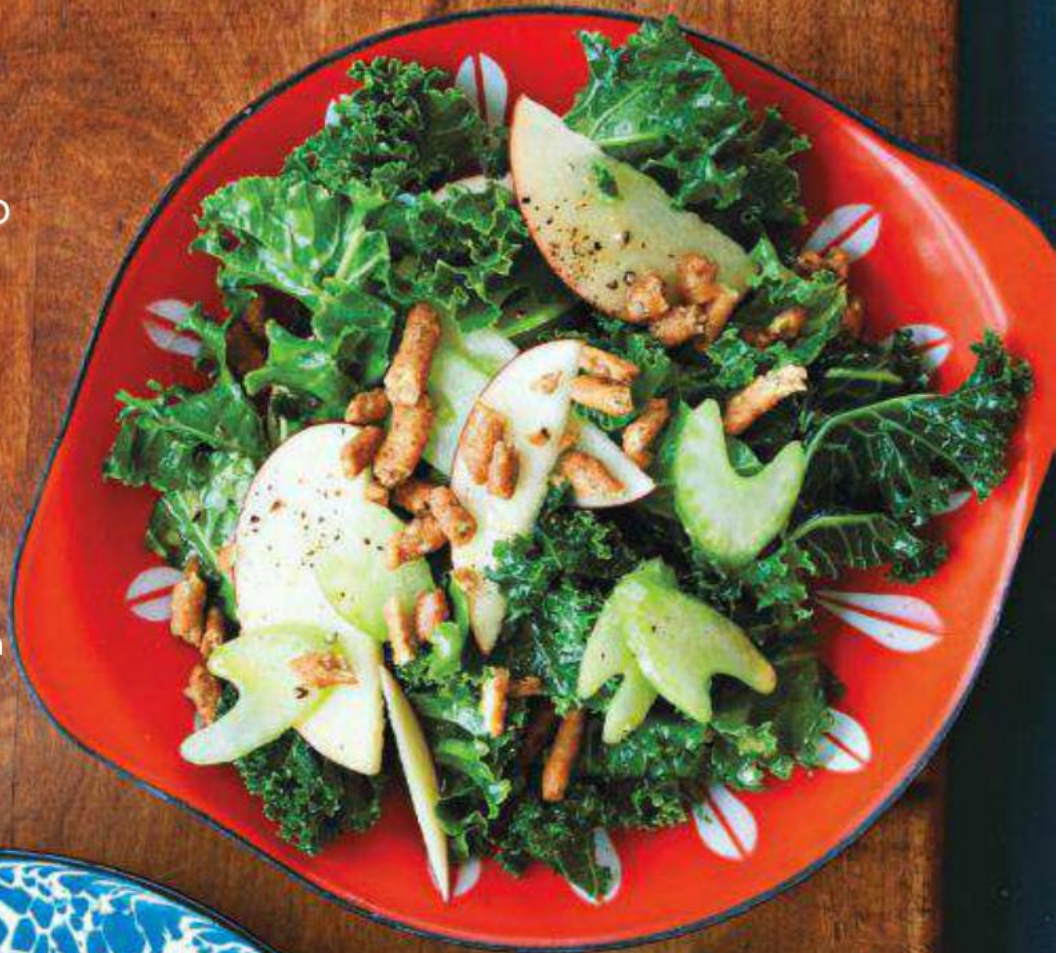


Green & Gold Quinoa Salad

1 cup quinoa • 2 tbsp. EVOO • 2 zucchini, quartered lengthwise and sliced crosswise • 1 bunch scallions, trimmed, sliced crosswise • 5 ears corn, kernels cut from cob • $\frac{1}{3}$ cup chopped flat-leaf parsley • 1 cup sliced almonds, toasted • lemon wedges → Cook quinoa according to package directions; let cool. In skillet, heat EVOO over medium-high. Add zucchini and scallions. Cook, stirring, until zucchini is crisp-tender, 5 minutes; let cool. In large bowl, toss quinoa, zucchini mixture, corn and parsley; season. Cover and refrigerate until ready to serve. (Can be made 2 days ahead.) Before serving, toss in almonds. Serve with lemon wedges. Serves 8.

Kale & Apple Toss-Up

2 tbsp. cider vinegar • 1 tsp. dijon mustard • salt & pepper • 3 tbsp. EVOO • 2 apples, cored and sliced • 2 large ribs celery, thinly sliced • 1 bunch kale, ribs trimmed and discarded, leaves cut crosswise $\frac{1}{3}$ inch wide • $\frac{1}{3}$ cup sesame sticks → In extra-large bowl, whisk together vinegar, mustard, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Whisk in EVOO. Add apples and celery; toss to coat. Pile kale on top. Cover and refrigerate until ready to serve. (Can be made 6 hours ahead.) Before serving, toss salad and sprinkle with sesame sticks. Serves 8.



Grills to go

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CHARCOAL



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ESBIT BBQ BOX

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BODUM FYRKAT

This 15-inch grill heats up fast—and looks cute, too! (\$120, bodum.com)

GAS



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Get serious with a cast-iron grill and a push-button ignition. (\$270, weber.com)

DISPOSABLE



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If you can light a match, you can use this grill. Just fire up the charcoal-filled pan and you're ready to go. (\$5, ezgrill.com)



FLAMEDISK

Swap out charcoal for this little ethanol-fueled disk. Give it a light and get cooking in just 4 minutes! (\$5, grillwithbic.com)

Oatmeal Whoopie Pies

1½ cups rolled oats • 1½ cups flour • ¾ tsp. baking powder • ¾ tsp. salt • ¾ cup (packed) brown sugar • ½ cup granulated sugar • 1½ sticks butter, 4 tbsp. melted and cooled, 1 stick softened • ½ cup unsweetened applesauce • 1 egg • 1 tsp. pure vanilla extract • ½ cup confectioners' sugar • ¾ cup marshmallow cream, such as Fluff • 1 tsp. fresh lemon juice → Preheat oven to 350°.

Line 2 baking sheets with parchment. Using food processor, pulse oats, flour, baking powder and ½ tsp. salt until oats are coarsely ground; transfer to medium bowl. Add brown sugar, granulated sugar and melted butter to processor; mix. Add applesauce, egg and vanilla; process until smooth, about 5 seconds. Stir into dry ingredients until soft dough forms. Using 1-inch ice cream scoop, drop 12 dough mounds onto each baking sheet. Bake, rotating and switching pans halfway through baking, until light golden, about 15 minutes. Transfer cookies to rack to cool. Using electric mixer, beat softened butter, confectioners' sugar and remaining ¼ tsp. salt on high until fluffy, about 5 minutes. Add marshmallow cream and lemon juice; mix on medium until smooth. Spread about 1 tbsp. filling on flat side of half the cookies; sandwich with remaining cookies. Makes 12.





Chocolate-Pecan Cake

2 sticks unsalted butter • 2 oz. unsweetened chocolate, chopped • 2 cups granulated sugar • $\frac{1}{3}$ cup plus $\frac{1}{4}$ cup unsweetened cocoa powder • $\frac{1}{2}$ cup buttermilk • 2 eggs • 2 tsp. pure vanilla extract • $\frac{3}{4}$ tsp. salt • 2 cups flour • 1 tsp. baking powder • $\frac{1}{2}$ tsp. baking soda • 6 to 8 tbsp. milk • 3 cups confectioners' sugar • $1\frac{1}{2}$ cups pecans, toasted and chopped → Preheat oven to 350°. In large saucepan, melt $1\frac{1}{2}$ sticks butter, chocolate, granulated sugar, $\frac{1}{3}$ cup cocoa and 1 cup water over medium, whisking until smooth and warm. Let cool, 10 minutes. Grease bottom and sides of 9-by-13-inch metal baking pan. Whisk buttermilk, eggs, 1 tsp. vanilla and $\frac{1}{2}$ tsp. salt into chocolate mixture. Add flour, baking powder and baking soda; whisk just until blended. Transfer batter to prepared pan; bake until springy in center, about 45 minutes. Make frosting: In medium saucepan, melt remaining 4 tbsp. butter over medium heat. Whisk in 6 tbsp. milk and remaining $\frac{1}{4}$ cup cocoa, 1 tsp. vanilla and $\frac{1}{4}$ tsp. salt; remove from heat. Whisk in confectioners' sugar until smooth (mix in 1 to 2 tbsp. more milk if too thick). Let cake cool in pan on rack for 15 minutes, then frost warm cake. Sprinkle with pecans. Let cake cool completely before cutting and serving. Serves 8.

Tailgating checklist

You've got the cooler and the grill, but did you remember to grab this stuff? Cooking, serving, eating, drinking—and don't forget cleanup!—is way easier with these essentials.

- Sharp knife
- Spatula
- Cutting board
- Bottle opener (with corkscrew)
- Serving spoons
- Large garbage bags
- Salt and pepper
- Napkins and paper towels
- Moist towelettes
- Plates, cups, utensils, platters and bowls
- Matches
- The tickets!



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Help Mom sleep with a cold with Vicks NyQuil. The nighttime, sniffing, sneezing, coughing, aching, fever...medicine.

*vs. no treatment.

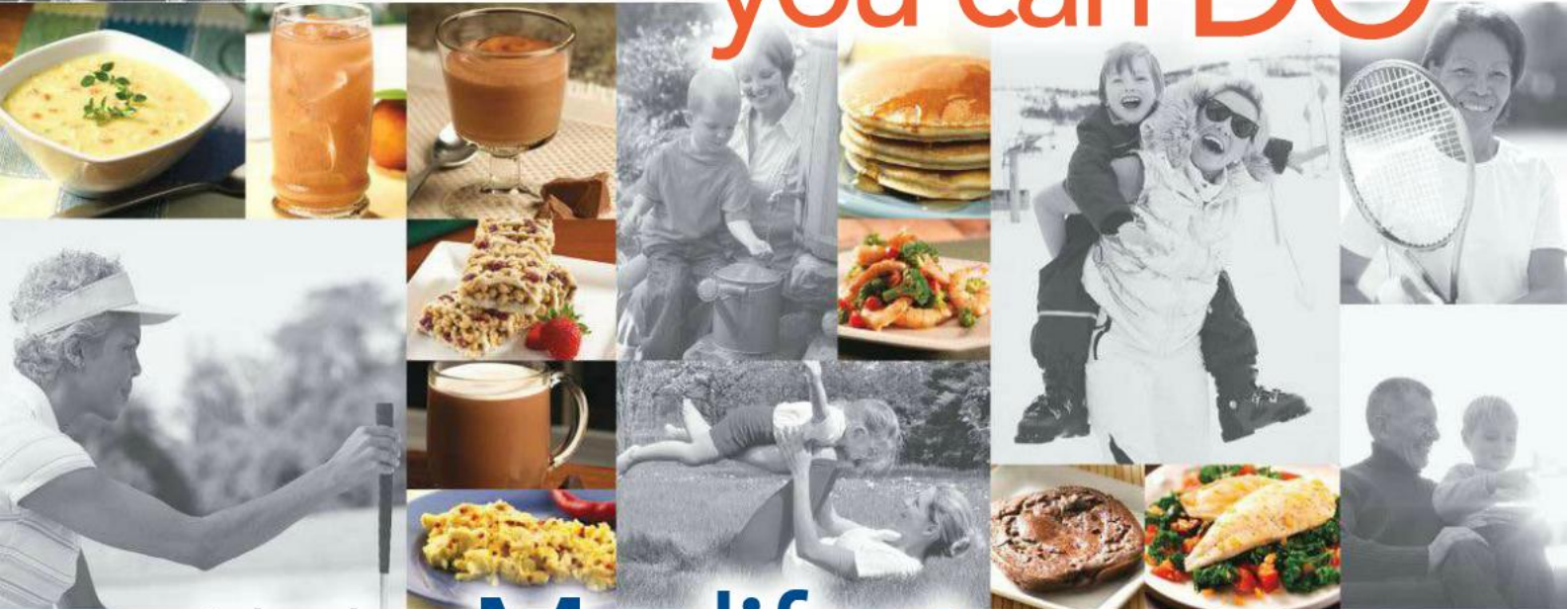
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You won't miss the meat!

Occasional meatless meals are good for you and your wallet. These recipes prove to your taste buds that less can be more—for under \$3 a pop! BY DIANE MORGAN



Vegetable oil	.24
Tofu	1.99
Ginger	.44
Garlic	.15
Curry powder	.35
Onion	.25
Carrots	.56
Canned tomatoes	1.00
Coconut milk	1.18
Vegetable broth	.89
Basmati rice	2.04
Cilantro	.06
Total: \$9.15	
Salt and pepper are freebies.	
\$2.29	
PER PERSON	

Tofu Coconut Curry

SERVES 4 PREP 15 MIN COOK 40 MIN

- ¼ cup vegetable oil
- 1 pkg. (14 oz.) extra-firm tofu—rinsed, blotted dry and sliced into small rectangles
- 2 tbsp. finely chopped fresh ginger
- 3 tbsp. sliced garlic (about 6 large cloves)
- 1 tbsp. curry powder
- Salt and pepper
- 1 onion, halved and thinly sliced
- 8 small carrots (¾ lb.), cut on an angle ¼ inch thick
- 1 can (14.5 oz.) diced tomatoes
- 1 cup well-stirred canned coconut milk
- ¾ cup low-sodium vegetable broth
- 1½ cups cooked basmati rice, hot
- 2 tbsp. finely chopped cilantro (optional)

1. In a large skillet fitted with a lid, heat 2 tbsp. oil over medium-low heat. Add the tofu and cook, turning once, until lightly browned, about 5 minutes. Transfer to a plate.
2. In the same skillet, add the remaining 2 tbsp. oil and increase the heat to medium. Stir in the ginger, garlic and curry powder; season with salt and pepper. Cook, stirring constantly, until the ginger is softened, about 2 minutes. Add the onion and cook, stirring, until softened and browned, about 8 minutes.
3. Stir in the carrots, tomatoes and their juices, coconut milk and broth. Bring to a simmer. Return the tofu slices to the pan, then spoon the sauce over the top. Cover and simmer until the carrots are fork-tender, 15 to 18 minutes. Uncover and cook to reduce the liquid if necessary, 3 minutes more.
4. To serve, fluff the rice with a fork and divide among plates. Spoon the curry over the rice and top with the cilantro, if using.

AN EXTRA BUCK WILL BUY YOU...



...peas. For color and a burst of sweetness, add ¾ cup frozen peas 5 minutes before serving.

FOOD STYLING BY TONI BROGAN; PROP. STYLING BY MICHELLE WONG, PEAS, ISTOCKPHOTO.COM.

Rice & Bean Enchiladas with Creamy Tomatillo Sauce

SERVES 4 PREP 30 MIN BAKE 20 MIN

- ½ cup long-grain white rice
- Salt
- 1 can (15 oz.) pinto beans, drained
- 1½ cups shredded monterey jack
- 2 scallions, sliced
- 1 pkg. (3 oz.) cream cheese, cut into 1-inch pieces
- 1½ cups jarred salsa verde
- ¾ cup heavy cream
- ½ cup chopped cilantro, plus more for garnishing
- ¼ cup vegetable oil
- 8 corn tortillas (6½ inches)

1. In a small saucepan, bring 1 cup water, the rice and ½ tsp. salt to a boil over high heat. Lower the heat to low, cover and cook until the water is absorbed, about 15 minutes. Fluff with a fork and transfer to a medium bowl to cool slightly. Add the beans, 1 cup monterey jack, the scallions and cream cheese; stir gently.
2. Meanwhile, using a blender or food processor, blend the salsa verde, cream and ½ cup cilantro until smooth.
3. Preheat the oven to 350°. In a medium skillet, heat the oil over medium-high heat. Using tongs, carefully place 1 tortilla at a time into the hot oil and fry, turning once, until softened, 5 to 10 seconds per side. Transfer to paper-towel-lined plates to drain.
4. Mound ½ cup of the filling down the center of each tortilla. Roll up tightly, then place seam side down in a 7-by-11-inch glass baking dish. Pour the sauce over the top and sprinkle with the remaining ½ cup monterey jack. Bake until bubbly, about 20 minutes. Top with more cilantro.

White rice	.37
Canned pinto beans	1.00
Monterey jack	1.56
Scallions	.17
Cream cheese	1.15
Salsa verde	3.38
Heavy cream	.90
Cilantro	.16
Vegetable oil	.23
Corn tortillas	1.60
Total: \$10.52	
Salt is a freebie.	
\$2.63 PER PERSON	



AN EXTRA BUCK WILL BUY YOU...



...extra spice. Spread 2 tsp. liquid from a can of chipotles in adobo sauce inside each tortilla.

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=



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Vegetable Potpies

SERVES 4 PREP 15 MIN COOK 40 MIN

- 3 *tbsp. butter*
- 2 *tbsp. vegetable oil*
- 1 *onion, cut into ½-inch pieces*
- ½ *lb. white mushrooms, halved and sliced*
- Salt and pepper*
- 2 *boxes (10 oz. each) thawed frozen peas and carrots*
- 2 *cups flour*
- 1 *can (14 oz.) low-sodium vegetable broth*
- ¼ *cup finely chopped flat-leaf parsley*
- 2 *tsp. baking powder*
- 1 *cup heavy cream, whipped just to stiff peaks*

1. Preheat the oven to 425°. In a large, ovenproof skillet, heat the butter and oil over medium heat. Add the onion and cook until soft, 3 minutes. Add the mushrooms and 1½ tsp. salt and cook, stirring, until almost dry, 5 minutes.
2. Add the peas and carrots. Gradually stir in ¼ cup flour, then stir in the broth. Simmer, stirring, until smooth and thickened, about 2 minutes. Add the parsley; season with pepper. Bake for 20 minutes.
3. Meanwhile, in a medium bowl, whisk the remaining 1¾ cups flour, the baking powder and ½ tsp. salt. Make a well in the center and stir in the whipped cream to combine. Using lightly floured hands, knead just until a dough forms. Turn the dough out onto a lightly floured surface and pat out until about ¾ inch thick. With a floured 3-inch biscuit cutter, cut out 4 biscuits. Transfer them to a baking sheet and bake until golden, about 15 minutes.
4. Divide the vegetable mixture among 4 deep bowls. Top each with a biscuit; serve immediately.



CLICK!

Vegetarian made easy: View tons of recipes on our "Meatless Mondays" board at pinterest.com/RachaelRayMag.

Butter	.28
Vegetable oil	.12
Onion	.21
Mushrooms	1.50
Frozen peas & carrots	1.68
Flour	.66
Vegetable broth	.89
Flat-leaf parsley	.12
Baking powder	.08
Heavy cream	1.35

Total: \$6.89
Salt and pepper are freebies.

\$1.72
PER PERSON

AN EXTRA
BUCK WILL
BUY YOU...



...chopped fennel. Add a kiss of anise by cooking ½ cup chopped fennel with the onions.



Chocolate Chip Cookies

Betty Crocker
Chocolate Chip Cookie Mix

- ~~1 teaspoon salt~~
- ~~2 1/4 cups all purpose flour~~
- ~~1 teaspoon baking soda~~
- ~~3/4 cup granulated sugar~~

1 stick butter
1 egg

Instructions:

Bake for 8 - 10 minutes or until golden brown.
Cool on a baking sheet for 1 minute.



POUR.
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10 WHIP-SMART WAYS YOU CAN USE A *whisk*

The low-tech tool could be your new kitchen hero. Duff Goldman, owner of L.A.'s new Duff's Cakemix—and clearly a huge fan of the whisk (check out that tat!)—offers his high-wire tricks!

1 When brown sugar or salt clumps up due to humidity, use a whisk to **break up the blocks** and get those crystals to behave.

2 Most people use a fork to scramble their eggs, but a whisk is the **secret to rock-star omelets and eggs**. More air means more fluff!

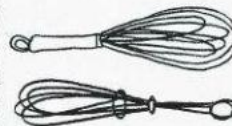


3 If you don't have an ice cream machine, use a bowl, the freezer and a whisk. Put your ice cream base in the icebox and whisk every 20 minutes until set. **I've made tons of sorbets like this** when my machine went out.

4 A whisk makes the best homemade mayo. Mixing by hand lets you easily **control the consistency**.

5 If I'm eating a cupcake and bite into a bunch of salt, I'm going to be mad. So when a recipe calls for combining your dry ingredients, whisk them to **distribute everything evenly**.

6 Snip off the bottom round tines with a wire cutter, and your whisk becomes a tool for **drizzling chocolate on cakes** or making spun sugar.

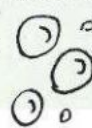


7 I like **making whipped cream** by hand with a whisk because it can turn out too stiff with a mixer. It seriously only takes a couple of minutes.

8 With all those wires, whisks are ideal for scraping up the browned bits from the bottom of a pan when **making a sauce or gravy**. That's flavor!

9 Use a whisk to **mix sticky ingredients**—like honey or molasses—into salad dressings and marinades. The goop will just ball up if you use a spoon.

10 Big wire whisks can really **bring a bubble bath back to life!**



CLICK!

Large whisks make cool light fixtures! See the ones he made for Duff's Cakemix at RachaelRayMag.com.

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POWER UP, PEOPLE.

*Contains 8g total fat per serving

Skinny scampi

The Problem: “I have a weakness for shrimp scampi, but these days I’m trying to cut back on pasta and eat more veggies. I need an easy-to-make meal for after my power walks on the beach—something satisfying that doesn’t undo my efforts.” —DIANE SALVAGNO, VERO BEACH, FLORIDA

The Solution:

Skinny Shrimp Scampi with Spaghetti Squash

SERVES 4 PREP 20 MIN COOK 10 MIN

- 1 spaghetti squash (about 3 lbs.), halved lengthwise
 - 1 tbsp. plus 2 tsp. EVOO
 - 1 small red bell pepper, finely chopped
 - 1 clove garlic, finely chopped
 - 1½ lbs. large shrimp, peeled and deveined
 - ¼ cup low-sodium vegetable broth
 - 1 tbsp. fresh lemon juice plus ¼ tsp. lemon zest
 - 2 tsp. chopped flat-leaf parsley
- Salt and pepper

1. Place the squash cut sides down in a large, microwavable dish. Add ¾ cup water and microwave on high until tender, about 10 minutes. Let cool, then remove the seeds.
2. Meanwhile, in a large skillet, heat 1 tbsp. EVOO over medium heat. Add the bell pepper and garlic and cook, stirring frequently, until they begin to soften, about 3 minutes. Add the shrimp, vegetable broth and lemon juice and cook, tossing occasionally, until the shrimp are

- firm and pink, about 5 minutes. Stir in the lemon zest and parsley; remove from the heat.
3. Using a fork, rake the spaghetti squash lengthwise to remove the flesh (it will pull away in long strands). Toss the squash with the remaining 2 tsp. EVOO. Season with salt and pepper.
 4. Divide the squash among 4 plates. Top with the shrimp; drizzle with sauce.

CLICK!

Got a decadent dish you want lightened up? Email your guilty pleasures to editor @RachaelRayMag.com.



Makeover Moves



CUT THE CARBS

We swapped classic angel hair pasta for its veggie doppelganger, spaghetti squash. The savory strands soak up sauce like noodles do, but they save you more than 400 calories and 80 grams of carbohydrates while adding vitamin B and potassium.

CHOOSE A HEART-HEALTHY FAT

Instead of butter in the sauce, we opted for EVOO. Though they contain roughly the same amount of fat per tablespoon, EVOO’s fat has been shown to increase “good” HDL cholesterol, lower “bad” LDL cholesterol and reduce inflammation (one trigger of heart disease).

PUMP UP THE ANTIOXIDANTS

We added red bell pepper for a healthy dose of beta-carotene and vitamin C.



The Skinny

	BEFORE	AFTER
CALORIES	1,536	241
FAT	109g	8.5g
SAT. FAT	65g	1g
SODIUM	892mg	335.5mg
CARBS	91g	5g
FIBER	5.6g	1g
PROTEIN	36.8g	33.5g



RECIPE AND TEXT BY CYNTHIA SASS, RD, AUTHOR OF S.A.S.S! YOURSELF SLIM PHOTOGRAPH BY LUCY SCHAEFFER

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tricks for treats!

Raid the kids' candy bags, hold out on the trick-or-treaters—do whatever it takes to stash away some leftover Halloween sweets so you can cook up these clever concoctions.

BY MATT ARMENDARIZ

Red-Hot Popcorn

Spread **5 cups plain popped popcorn** on parchment-lined baking sheet; sprinkle with **salt**. In large nonstick skillet, stir **¼ cup water** and **½ cup mini cinnamon candies**, such as Red Hots, over medium-low heat until candy is almost melted. Remove from heat and stir until smooth sauce forms. Using large spoon, immediately drizzle over popcorn. (Return mixture to heat for a few seconds if it stiffens.) Let cool.

**DIY
POPCORN!**
SEE P. 145

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Halloween candy polls at
[facebook.com/RachaelRayMag](https://www.facebook.com/RachaelRayMag).

**Candy Corn
"Queso"
with Chips**

Cut **five 8-inch flour tortillas** into 8 wedges each. In small bowl, combine **1½ tbsp. sugar** with **½ tsp. ground cinnamon**. Fill deep saucepan with **2 inches vegetable oil** and heat to 350° on deep-fat thermometer. Fry tortillas in batches until golden, 3 minutes. Transfer to paper towels; sprinkle with cinnamon-sugar mixture. In saucepan, melt **¼ cup butter** over medium heat. Add **1 cup candy corn** and cook, stirring, until melted. Spoon over chips.



**Caramel
Baked Brie**

Place **8 oz. wheel of brie or camembert** on baking sheet; bake for 5 minutes at 350°. Meanwhile, in small bowl, toss **¼ cup chopped pecans or walnuts** in **1 tbsp. melted butter**. Remove cheese from oven and top with **¼ cup mini coated caramel candies**, such as Sugar Babies, then nuts. Bake to soften candies, 5 to 8 minutes. Serve with sliced apples, breadsticks or crackers.



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home & away

HARVEST POTLUCK PARTY ♦ REAL-LIFE HAUNTED HOUSES ♦ POLKA-DOT PICKS

LIFE OF THE PARTY

Branch out!

Bring fall color to your table even if the leaves haven't changed yet with this sweet centerpiece designed by Sarah Goldschadt, author of the new book *Craft-a-Day: 365 Simple Handmade Projects* (and an *Every Day* art director!). What you need: empty acorn caps and thin twigs from your backyard, along with $\frac{1}{2}$ -inch felt balls in shades of red, orange and yellow from the craft store. Hot-glue each ball to a shell, then glue the assembled acorns to the twigs. Once dry, place the branches in a tall, bottom-heavy vase—then watch out for squirrels!

Turn extra acorns into wine charms by wrapping twine around their bases and tying them around glass stems.

CLICK!

For 25 more designer centerpieces you can make yourself, go to RachaelRayMag.com/centerpieces.

STYLING BY JASON GLEDHILL FOR HALLEY RESOURCES.

PHOTOGRAPH BY CHARLES MASTERS

OCTOBER 2012 page 87
RACHAELRAYMAG.COM

Seasoning!



Challenged by chicken? Baffled by beef? Exhausted with eggs? Add a bold seasoning statement with all-natural Mrs. Dash! A tasty blend of 14 herbs and spices, Mrs. Dash brings surprisingly delicious, salt-free flavor to any dish. For quick and easy recipes, [visit mrsdash.com](http://mrsdash.com).



Apple Pork Chops

Ingredients

- 3 tbsp Mrs. Dash® Original Seasoning Blend
- 4 4-oz pork loin chops
- 2 Granny Smith apples, peeled, seeded and cut into 8 wedges each
- 2 tbsp olive oil

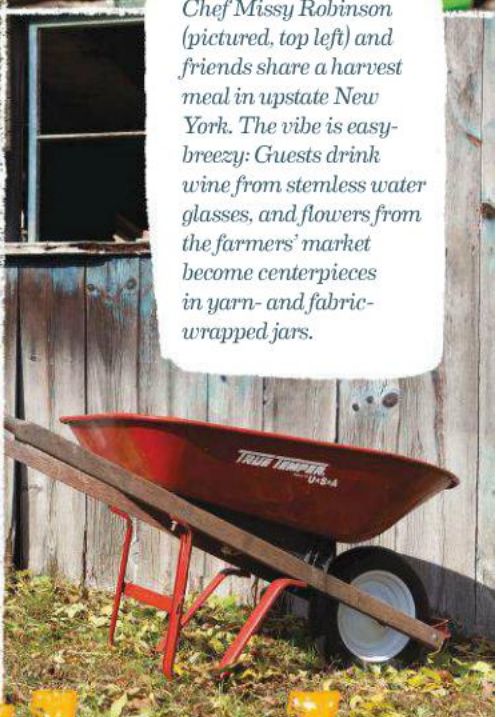
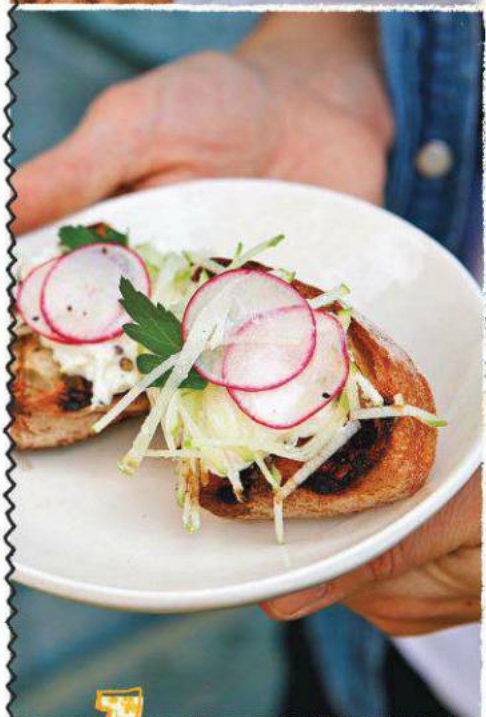
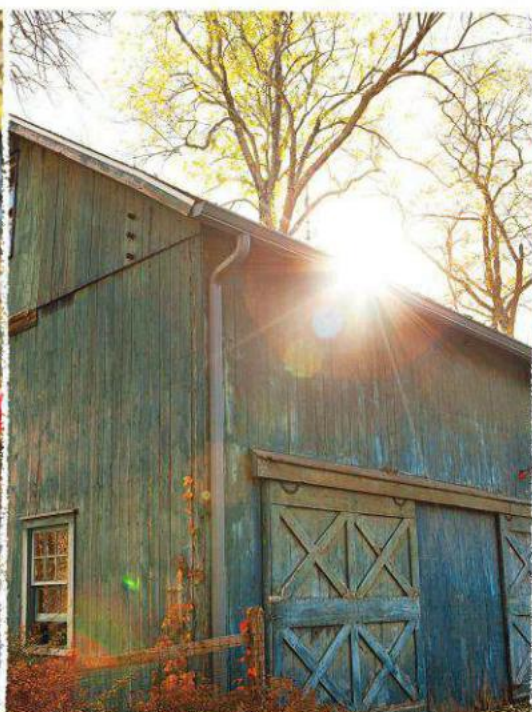
Directions

1. Sprinkle apples and pork chops evenly with Mrs. Dash® Original Seasoning Blend.
2. Heat sauté pan to medium heat. Add 1 tbsp olive oil and cook the apples 3 minutes.
3. Move apples to a plate. Add remaining olive oil to pan and brown pork chops on both sides until cooked through.
4. Return apples to pan on top of chops and cook 3 minutes, turning chops once.

Scan for recipe!



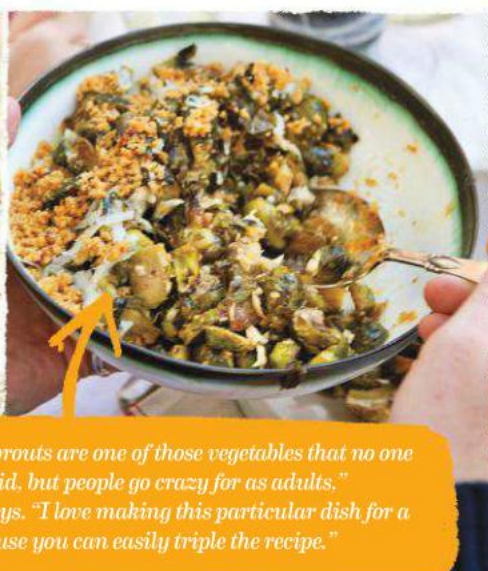
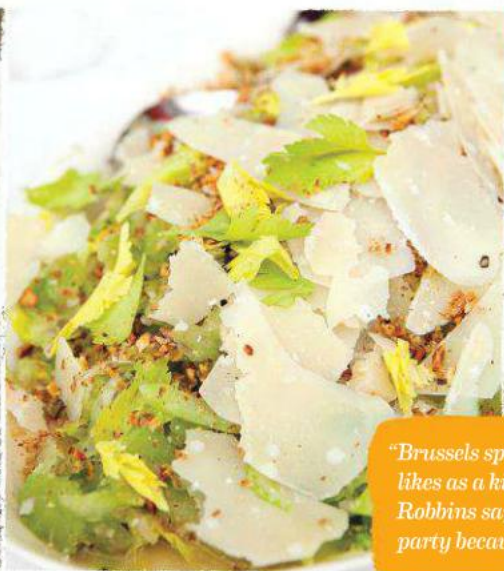
The salt-free flavor statement.™



Chef Missy Robinson (pictured, top left) and friends share a harvest meal in upstate New York. The vibe is easy-breezy: Guests drink wine from stemless water glasses, and flowers from the farmers' market become centerpieces in yarn- and fabric-wrapped jars.

harvest potluck

It's no secret why potluck parties are so popular: Sharing the work spares you the stress. "My friends love to cook, but no one wants to throw a party all by themselves," says Missy Robbins, *Top Chef Masters* alum and executive chef at New York's A Voce restaurants—and the host of the party on these pages. "I'm pretty lazy on my days off, so anything anyone does to help is fantastic." The feel-good twist to Robbins' farmers'-market feast: Guests contribute not only a dish, but also extras of its star ingredient to swap with their fellow diners. After a great meal, everyone goes home with the farm-fresh produce and recipes to re-create the dishes at home. Talk about a party favor! **BY COURTNEY BALESTIER**



"Brussels sprouts are one of those vegetables that no one likes as a kid, but people go crazy for as adults," Robbins says. "I love making this particular dish for a party because you can easily triple the recipe."

Grilled Bread with Ricotta, Apples & Radishes

SERVES 8 PREP 15 MIN GRILL 10 MIN

- 1 loaf (about 12 oz.) ciabatta, sliced ½ inch thick
- ½ cup EVOO
- 2 granny smith apples, cored and cut into thin matchsticks
- 8 radishes, thinly sliced
- 1 lemon, juiced, plus half the peel, sliced into thin strips
- Salt and pepper
- 3 cups fresh ricotta
- ¼ cup flat-leaf parsley leaves

1. Preheat a grill or grill pan to medium-high heat. Brush the ciabatta slices on both sides with ¼ cup EVOO. Grill, turning once, until golden-brown and grill marks appear, 6 to 8 minutes.
2. Meanwhile, in a large bowl, toss together the apples, radishes, lemon juice, lemon peel and 2 tbsp. EVOO. Season with salt and pepper.
3. In a small bowl, combine the ricotta with the remaining 2 tbsp. EVOO; season with salt and pepper. Spread the ricotta mixture on the grilled bread, top with the apple-radish mixture and garnish with the parsley.

Celery Salad with Walnut Vinaigrette

SERVES 8 PREP 20 MIN

- 2 shallots, finely chopped
- ¼ cup EVOO
- 2 tbsp. walnut oil
- 2 tbsp. red wine vinegar
- 1 lemon, juiced
- 1 tbsp. honey
- Salt and pepper
- 1 head celery, ribs thinly sliced and leaves reserved for garnishing
- 2 cups walnuts, toasted and finely chopped
- 3 oz. shaved parmesan, for garnishing

1. In a small bowl, combine the shallots, EVOO, walnut oil, vinegar, lemon juice and honey. Season with salt and pepper.
2. In a serving bowl, combine the sliced celery and walnuts; add the vinaigrette and toss. Garnish with the reserved celery leaves and the parmesan.

EAT YOUR VEGGIE TOPS!
SEE P. 146

Brussels Sprouts with Breadcrumbs & Pecorino-Romano

SERVES 8 PREP 15 MIN COOK 25 MIN

- ½ cup EVOO
- ¼ cup breadcrumbs
- ⅛ tsp. crushed red pepper
- 2 lbs. brussels sprouts, halved lengthwise
- 2 tbsp. butter
- 1 lemon, juiced, plus half the peel, sliced into thin strips
- 4 oz. pecorino-romano, grated (1¼ cups)

1. In a large skillet, heat 2 tbsp. EVOO over medium heat. Add the breadcrumbs and crushed red pepper and cook, stirring, until toasted, about 5 minutes; transfer to a small bowl. Wipe out the skillet.
2. Heat the skillet over high heat and add the remaining 6 tbsp. EVOO. Add the brussels sprouts and lower the heat to medium. Cook, stirring, until golden and tender, about 20 minutes. Stir in the butter until melted, then remove from the heat.
3. Add the lemon juice, lemon peel, about half of the cheese and half of the toasted breadcrumbs to the brussels sprouts; toss. To serve, top with the remaining cheese and breadcrumbs.

Cook up a party!

The whole point of a potluck is to keep things low-key. Follow these steps to minimize stress and maximize fun.

The week before: Give out tasks, but make sure they're easy! Have your guests choose one of Robbins' recipes, or invite creativity: Ask them to cook a dish that features an in-season vegetable or fruit.

The day before: Spend even more time with good friends. Suggest that everyone hit the farmers' market together. Shopping will be much more fun, and seeing the fresh produce will whet appetites for dinner!

The day of: Remind your guests to bring copies of their recipes and tote their swap ingredients in a box or bag large enough to carry home the bounty later. Then relax—this party practically throws itself!

THE NOON GURU

Clear advice with nothing to hide

My husband is always on his cell phone. I can't get him off the couch. I constantly call him in for lunch, but he never responds. Any ideas? You just need something that's really going to get his attention. Try picking up some **Oscar Mayer Deli Fresh Turkey** from the grocery store. Instead of calling for him, use your phone to snap a picture of the turkey and send it to him. He'll be in the kitchen faster than you can say

I've been bringing my lunch every day for five years. It has been stealing my sandwich function properly without me!! I think I'm gonna let never been good with exclamation marks!! When Take a deep breath and call I went to a yoga class once recently switched over to Oscar Mayer Deli Fresh Turkey? When you've clear, it's tough to hide deli vultures can sense a taste cubicles away. You could also Bring in enough for everyone and you'll become instant management material. We're talking window office and everything.

My wife and I never seem to agree on anything these days. I want to watch baseball, but her new favorite show is always on. I wanted to name our kid Jack, but she insisted on Leopold. I like ham sandwiches, but she wants turkey. I can't take it any more. Help! I think you're going to be okay here. I read somewhere that opposites attract! Anyway, here's something I know you'll both enjoy. **Oscar Mayer Deli Fresh Classic Combos** in a clear pack. Now you've got turkey, you've got ham, you've got sanity. Buy enough for little Leopold!

What's your stance on toast? I seem to have lost that spark. I used to anticipate that clock striking

gift, and I'm deciding whether or not I should re-gift it... like the bread maker. Thoughts? Don't even think about it! You've been given a kingly gift my friend. Cherish it. This will quickly become your new best friend. Heat can do some magical things to sandwiches. Prepare for a whole new world of possibility! Just make sure you stock up on a

heart and soul into naturally, I hold all standard. The secret meat. It's clearly my on the most important you can't go wrong with anything in the Oscar Mayer Deli Fresh clear pack. Finally, I look for the game changer. It's the one personal touch that makes your sandwich truly unique. I'll let you figure that one out for yourself. Remember, all is fair in love and sandwiches.

Wheat or white? Pretzel roll. You're welcome.

What would you say to someone who claims a lunch date or "day date" doesn't really count? I'd say it's all relative. Ask yourself what you're hoping to get out of it. If you're asking me, I'd say a delicious smoked turkey sandwich. A free lunch is always a win

noon, but now it's just another hour. Got any tips for spicing up my lunch routine? Please, I'll do anything! Sounds like a classic case of "Sandwich Block." My guess is that you've been eating a ham and cheese sandwich for lunch every day since middle school. Don't worry, no one is questioning your love for the h&c, but sometimes a little change is maybe you're seeking variety, but are creating something satisfying for you, it doesn't take a Noon delicious sandwich. I'd recommend Oscar Mayer Deli Fresh Classic Combos. You love and the turkey

love and sandwiches."

you need to shake things up a bit. Fear not, your secret's safe with me.

Everyone talks about breakfast in bed, but I want to do something unique for my husband of six years. What's your opinion on lunch in bed? I think that's the best idea I've heard all day! What's romantic about waking up at the crack of dawn anyway? I think you should sneak down to the kitchen around noon, and make him the greatest sandwich of his life. Make sure you have plenty of meat and cheese, and all his other favorite fixings. No one knows what he likes better than you. Feel free to throw some sides on the tray too, but make sure the emphasis is on the sandwich. When he wakes up to the sight of that perfect, dream sammy, he'll be thrilled that he got the most delicious sandwich of his life. You. I think

The choice is clear.



**Oscar Mayer
Deli Fresh Turkey**
comes in a clear pack, so the
freshness you see is what you taste.

Skirt Steak with Figs, Radicchio & Cipollini Onions

SERVES 8

PREP 10 MIN (PLUS 24 HR MARINATING)

COOK 1 HR 10 MIN

- 2 heads garlic plus 6 cloves smashed garlic
- 1¼ cups EVOO
- Salt and pepper
- 4 lbs. skirt steak, sliced against the grain into 6-inch slabs
- 1¼ cups plus 1½ tsp. balsamic vinegar
- 6 sprigs rosemary
- 2 lbs. cipollini onions, peeled
- 9 fresh figs, halved
- 1 large head radicchio—cored, quartered and slivered
- 1½ tsp. red wine vinegar

1. Preheat the oven to 400°. Cut ¼ inch off the top of each garlic head and place cut side down on a sheet of foil. Sprinkle with 2 tbsp. EVOO and some salt. Wrap with foil and roast until tender, about 45 minutes. Let cool slightly, then separate the cloves and squeeze the garlic flesh into a bowl. Mash into a paste.

2. Rub the steak with the garlic paste and place in a large baking dish. Add 1¼ cups balsamic vinegar, ¾ cup EVOO, the smashed garlic and the rosemary sprigs. Refrigerate, turning occasionally, for 24 hours.

3. Preheat the oven to 350°. In a large, ovenproof skillet, heat ¼ cup EVOO over medium heat. Add the onions and cook until they start to brown on one side, about 3 minutes. Turn the onions, season with salt and pepper and place the skillet in the oven; roast until tender, about 10 minutes.

4. Meanwhile, heat a grill or grill pan to high heat. Remove the meat from the marinade and season well with salt and pepper. Grill, turning once, for 6 to 8 minutes for medium-rare; let sit for 5 minutes. Slice the steak on an angle ¼ inch thick and arrange on a platter. Top with the figs and 2 tbsp. EVOO; season with salt and pepper. Arrange the onions around the steak.

5. In a large bowl, combine the radicchio, remaining EVOO and 1½ tsp. balsamic vinegar, and the red wine vinegar. Scatter the salad over the steak.

Grilled Pears with Whipped Mascarpone

SERVES 8

PREP 30 MIN (PLUS SITTING)

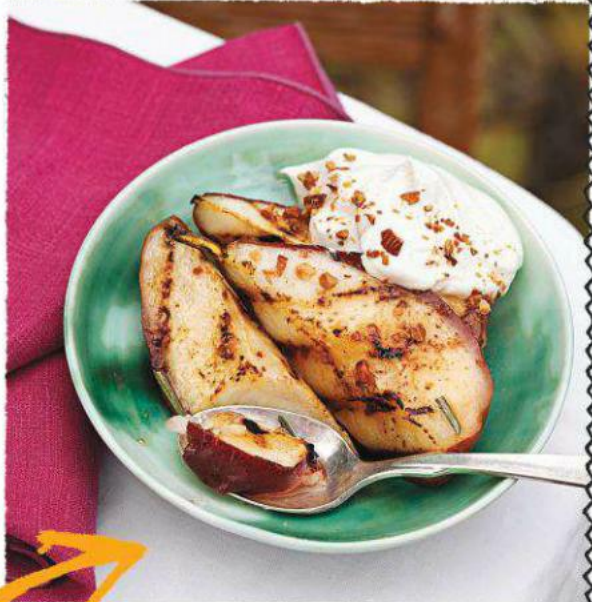
GRILL 10 MIN

- 2 cups sugar
- ½ cup fresh rosemary leaves
- 6 red anjou pears, cored and quartered lengthwise
- 1 cup heavy cream
- 1 cup mascarpone, at room temperature
- Pepper
- ½ cup almonds, toasted and coarsely chopped

1. In a saucepan, muddle the sugar and rosemary leaves. Stir in 3 cups water and cook over medium heat just until the sugar dissolves. Transfer the mixture to a large bowl and let cool to room temperature. Add the pears and let sit for 30 minutes.

2. Meanwhile, grease a grill or grill pan and preheat to medium. In a large bowl, whip the cream until soft peaks form. Fold the mascarpone into the whipped cream; refrigerate.

3. Drain the pears and pat with paper towels. Add the pears cut side down to the hot grill or grill pan and cook until tender and grill marks appear, about 10 minutes. Season with pepper. To serve, top with the mascarpone cream and almonds.



"I love this dish because it's a quick dessert for the non-baker and it combines sweet and savory elements," Robbins says. "If you can't find good pears, use apples or peaches, or any fruit you love."



One is really easy.
The other is so simple.
Guess which is which.



Puff Pastry
Spinach Cheese Swirls
Smokey Sausage Cups



Good is in the details.®



Find these recipes at:
puffpastry.com/pufffection



just spotted

Retro polka dots are the hot new print for your home!

10. HOLES IN ONE

Madeline reversible placemats can be used indoors or out and come in bright shades like Fiesta (blue-orange) and Flame (orange-red). \$11, lioramanne.com

9. BOTTLE SERVICE

Fill a ceramic milk jug with fresh-squeezed juice or use it as a vase for flowers. \$15, fishseddy.com

8. SQUARED AWAY

Keep this ceramic tray by the door for catching keys and loose change. \$48, apartment48.com

7. RAISING THE BAR

These creamy, fragrant, candylike Claus Porto soap disks from Portugal make one sweet hostess gift. \$19 for 15, graciousstyle.com

6. RETRO GAB

Miss the days of talking on a landline? Plug a cushy handset into your cellphone for a real blast from the past! \$35, nativeunion.com/us

5. SPIRAL DOWN

With ceramic pieces in 16 colors to mix and match, you'll never have to set a table the same way twice! \$15 and up, etsy.com/shop/owlcreekceramics

3. WRITE AWAY

A rainbow of pens livens up your desk; black ink keeps them work-appropriate. \$7, cupcakesandcartwheels.com for stores

4. STUCK ON YOU

Wrap a package with cheery duct tape, and your recipient will feel extra cared for. \$9, spoonsisters.com

1. ON THE DOT

Use Loob by the Yard fabric (pictured in the background) as cushion covers, curtains or gift wrap. The tear-resistant textile will have you seeing spots in every room. \$13 per yard, mioculture.com

2. HIP HUGGER

It might be hard to sneak a sip from this flashy stainless steel flask, but it's worth the risk! \$14, truefabrications.com



NEW

WASHES AWAY
ODOR-CAUSING
RESIDUE FROM
SPONGES

CLEANS DISHES
FRESHENS SPONGES

ULTRA
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Cleans dishes and
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“IT'S JUST A PHASE
HE'S GOING THROUGH.
SERIOUSLY, I DID
DRUGS IN HIGH SCHOOL
AND I'M FINE.”

If you agree, you might be hooked on Avoidance. We can help.

THE PARTNERSHIP
AT DRUGFREE.ORG



SERIOUSLY SPOOKY HOUSES

Experience some authentic thrills and chills this Halloween: These creepy casas all come with real-life scary pasts—and a few not-so-friendly ghosts. We double-dare you to pay them a visit! BY BESHA RODELL



WINCHESTER MYSTERY HOUSE San Jose, CA

Sarah Winchester (of the Winchester rifle clan) was a woman desperately trying to escape the demons of her family. When her baby daughter died in 1866, she fell into a deep depression. When her husband died of tuberculosis in 1881, Sarah moved from New Haven, CT, to San Jose, convinced that she was being chased by death, including the spirits of those killed by Winchester rifles. Strangely, she believed that to save herself, her new house had to remain under constant construction. So she hired a crew to build. Day and night. For 38 years. When she died, the eccentric abode—full of labyrinthine rooms and lavish details, plus a stairway to nowhere—was a seven-story architectural portrait of madness.

Fun fact: The hulking house (now only four floors, due to damage from the Great San Francisco Earthquake of 1906) hides spirits in its dark recesses—perhaps those of Sarah, her family or the unknowns she was hoping to escape. In the séance room, visitors have reported stabbing pains, glimpses of women's silhouettes and (shudder) cold breath on their necks. The room also has a closet with no floor (looking straight down into the kitchen below) and an exit via a secret passageway—if you can find your way out. (Tours: \$30 and up; winchestermysteryhouse.com).





LIZZIE BORDEN BED & BREAKFAST AND MUSEUM

Fall River, MA



On an unremarkable morning in 1892, a maid awoke to Lizzie Borden yelling that someone had murdered her father—his head had been bashed in with a hatchet. Upstairs, Lizzie's stepmother was found bludgeoned to death. Even though 32-year-old Lizzie was acquitted for the crimes in court, the townspeople always believed she was guilty.

Fear factor: In the downstairs sitting room, check out the crime-scene photo of Andrew Borden slumped and bloodied on a couch. Then try not to get chills when you sit on a similar plush velvet couch in that exact spot. (Tours: \$12.50 for adults, \$7.50 for children; rooms: from \$175; lizzie-borden.com)



VILLISCA AX MURDER HOUSE

Villisca, IA



This nondescript house in a remote Iowa town is ordinary in every way—except for the “Ax Murder House” sign out front. One June night in 1912, a family and its houseguests—two adults and six children in all—were brutally murdered as they slept. To this day, not a soul knows who did it, or why.

Fear factor: Tours have been cut short by moving objects and echoes of children's laughter—and then there are the sleepovers. Owner Martha Linn simply leaves you at the house (without electricity or running water) to slumber among its mysterious movements. “Everyone comes out of there with some story,” Linn says. (Tours: \$10 for adults, \$5 for children and seniors; overnight stays: \$400 for up to six people; villiscaiaowa.com)



LEMP MANSION

St. Louis



The Lemp family was wealthy and weird: wealthy enough to build a ballroom and pool in the 33-room home; weird enough to put them underground, accessible via a subterranean passageway. Over the years, things got weirder: The mansion was home to three suicides, and the family was rumored to hide an illegitimate child in the attic. Now a restaurant and inn, the mansion is reportedly haunted by its former residents.

Fear factor: Overnight guests have reported intense feelings of being watched and have complained of disappearing belongings. One woman's phone went missing—and called her husband at the same time every hour for days. (Tours: \$30; rooms: from \$125, lempmansion.com)



MYRTLES PLANTATION

St. Francisville, LA



As legend has it, a slave named Chloe—rumored to have been the master's mistress—had her ear cut off after she eavesdropped on business dealings. In an act of twisted logic, Chloe baked a cake with poisonous oleander leaves, hoping to make the family sick so that she could nurse them back to health and regain their favor. Instead, the master's wife and two of their children died, and Chloe was hanged.

Fear factor: The plantation is now an inn, where assistant manager Hester Eby says guests have seen ethereal kids on the lawn. Photos of a mirror in the foyer reveal handprints and faces; guests often report that one of their earrings disappears, perhaps because one is all Chloe needs. (Tours: \$8 for adults, \$4 for children; mystery tours on Friday and Saturday evenings: \$10; rooms: from \$115; myrtlesplantation.com)

HAUNTED RENTALS

Keep the frights local, and dim the lights for film's most satisfying homespun shocks.

BY DIANA PEARL



The Shining

This masterpiece about a family's plunge into insanity in a massive, dead-empty hotel is full of heart-stopping moments—especially in the blood-filled elevator.



Ghostbusters

Yes, it's a legendary comedy, but this movie turns flat-out freaky when ancient spirits set up shop in Sigourney Weaver's apartment.



Poltergeist

We all know the perils of exposing kids to too much TV, but these screen-dwelling spirits take it to a whole new level.



Beetlejuice

This Tim Burton romp about a dead couple trying to scare the new residents from their house offers a big dose of comic relief.

MYRTLES PLANTATION, KATIE YOUNG; THE SHINING, THE KOBAL COLLECTION/WARNER BROS.; GHOSTBUSTERS, THE KOBAL COLLECTION/COLUMBIA; BEETLEJUICE, GEFEN/WARNER BROS./THE KOBAL COLLECTION; POLTERGEIST, MGM/SLA ENTERTAINMENT/THE KOBAL COLLECTION.

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Sure, we know you'll likely never cross the Sahara desert in your SUV, but no doubt your daily routine presents its own set of challenges. To help you ease the stress of rush-hour pandemonium, every Suzuki Grand Vitara features standard voice-activated navigation and traffic-avoidance routing capabilities.¹ Plus, with Grand Vitara's spacious passenger and cargo areas, weekend getaways or trips to the kids' games become a cinch. Select the option of the easy-to-use 4WD system, and Grand Vitara will confidently whisk you to places lesser SUVs fear to tread. Backed by the peace of mind of America's #1 Warranty,² the Suzuki Grand Vitara is Adventure-Ready Equipment for your everyday life. Nicely equipped with 4WD for only \$22,999.²



Suzuki.com

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A Farewell to **CAN'T**

This goodbye does not make me sad. I will not miss you. I have discovered what it feels like to do the unthinkable. The hard. The long. The challenging. You have no business here anymore. From now on, difficult will seem doable. I will see the impossible as simply not-yet-conquered. Farewell, Can't. You will haunt me never again. Hello, Can. Welcome to my world.



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SPECIALS OF THE MONTH OCTOBER

COCKTAILS, ANYONE? PG. 102
MULLED WARM UP FROM THE
APPLE INSIDE
CIDER OUT

THROW A

Moustache Bash! PG. 114

EASY,
HEARTY

30 *min*

HOORAY!

IT'S
COMFORT - FOOD

PG. 130

Slow
Cook

WEEKNIGHT
SUPPERS

MEALS

Season

PG. 104



PG. 122

50 THINGS TO DO
with a PUMPKIN

- CARVE IT
- DECORATE IT
- PAINT IT
- EAT IT!

(HOPE YOU LEFT ROOM!)

PG. 138

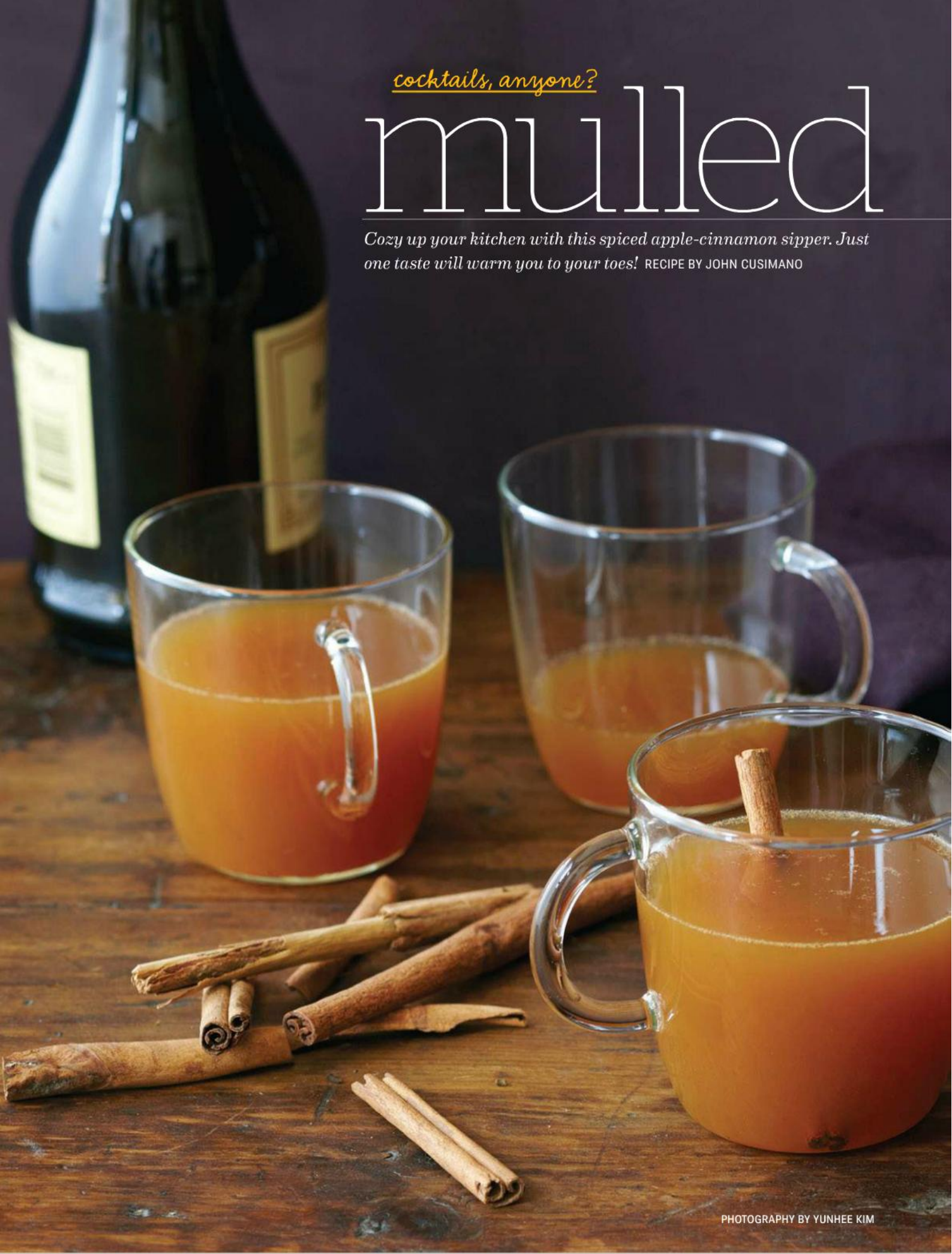
Sticky
TOFFEE CAKE

and for Dessert...

cocktails, anyone?

mulled

Cozy up your kitchen with this spiced apple-cinnamon sipper. Just one taste will warm you to your toes! RECIPE BY JOHN CUSIMANO



apple cider

Rach's husband John says: "Rachael and I love to put on a pot of spiked cider after winter activities. I snowboard any chance I get, and we both love to ice skate (we hold each other up!). It's easy to make for get-togethers and it keeps warm in a pot on the stove. It's great with everything from cider doughnuts to cheese plates—or just by itself!"

MAKES ABOUT 10 CUPS PREP 5 MIN COOK 15 MIN

- ½ gallon (8 cups) fresh apple cider
- 12 cinnamon sticks
- 6 whole cloves
- ¼ tsp. freshly grated nutmeg
- 1 piece (3 inches) lemon peel
- 10 oz. (1¼ cups) calvados (optional)

1. In a large saucepan, bring the cider, 2 cinnamon sticks, the cloves, nutmeg and lemon peel to a simmer over medium-high heat. Lower the heat to medium-low and cook, without boiling, for 15 minutes.

2. Remove from the heat and stir in the calvados, if using. To serve, pour into mugs and garnish each with 1 of the remaining cinnamon sticks.

**NUTMEG
KNOW-
HOW!**
SEE P. 146



0:05
minutes



0:10
minutes



0:30
minutes

30 minute MEALS

What's for supper this month? Choices! I've got easy, roasted one-dish meals made with chicken or fish; pasta and risotto for saffron lovers (like me); creamy tomato soup; and crunchy turkey burgers coated with cornflakes. Enjoy!

Roasted Supper: Mexican Chicken or Fish

SERVES 4

Spice blend

- 1 tsp. granulated garlic or garlic powder
- 1 tsp. granulated onion or onion powder
- 1 tsp. mexican oregano
- 1 tsp. ancho (mild) or chipotle (hot) chile powder
- Salt and pepper

Chicken or fish

- 4 pieces (6 to 8 oz. each) skinless, boneless chicken breast or thick whitefish fillet (such as cod or pollack)
- EVOO, for liberal drizzling
- 2 tomatoes, thinly sliced
- 1 small red onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 2 jalapeño chile peppers, thinly sliced
- Queso fresco crumbles and a handful of cilantro leaves, for garnishing

Avocado salad

- 2 avocados, diced
- 1 lime, juiced
- 2 cups baby arugula

STEP 1 Position a rack in the center of the oven and preheat to 450°. Combine the ingredients for the spice blend (use salt and pepper to taste).

STEP 2 On a rimmed baking sheet or baking dish, drizzle the chicken or fish with EVOO, then rub all over with the spice blend [A]. Top each piece with a shingled layer of the tomatoes and onion. Scatter the garlic and jalapeños on top; drizzle with more EVOO [B]. Roast until cooked through, about 20 minutes for chicken or 15 minutes for fish.

STEP 3 Top the chicken or fish with queso fresco and cilantro [C]. Dress the avocados with the lime juice, salt and pepper. Toss with the arugula and drizzle with EVOO. Serve with the chicken or fish.

"Feel free to embellish this dish with a drizzle of Mexican crema, crème fraîche or sour cream."





Roasted Supper: Crispy Chicken or Fish with Dijon & Tarragon

SERVES 4

- 1 large egg yolk
- 1 tbsp. dijon mustard
- ½ lemon, juiced
- Salt and pepper
- 1 cup grapeseed oil
- 3 tbsp. chopped fresh tarragon
- 1–1¼ cups panko breadcrumbs
- ½ cup grated parmigiano-reggiano (a couple of handfuls)
- 1 lb. green beans, halved
- ½ lb. cremini or white mushrooms, quartered
- 2 shallots, thinly sliced lengthwise
- EVOO, for liberal drizzling
- 4 pieces (6 to 8 oz. each) chicken (breasts, thighs, etc.) or thick whitefish fillet (such as cod or pollack), seasoned with salt, pepper and seafood or poultry seasoning

STEP 1 Position a rack in the center of the oven and preheat to 450°. In a bowl, whisk the egg yolk, mustard and lemon juice; season with salt. Whisk in the grapeseed oil in a steady stream until it thickens into mayo. Stir in the tarragon. In another bowl, mix the panko and cheese.

STEP 2 On a rimmed baking sheet or baking dish, scatter the green beans, mushrooms and shallots. Drizzle with EVOO; season with salt and pepper.

STEP 3 Slather the mayo on the seasoned chicken or fish and coat with the panko-parm mixture. Arrange the chicken or fish on the vegetables. Roast until cooked through, about 20 minutes for chicken or 15 minutes for fish.





Roasted Supper: Provençal Fish or Chicken with Green Beans

SERVES 4

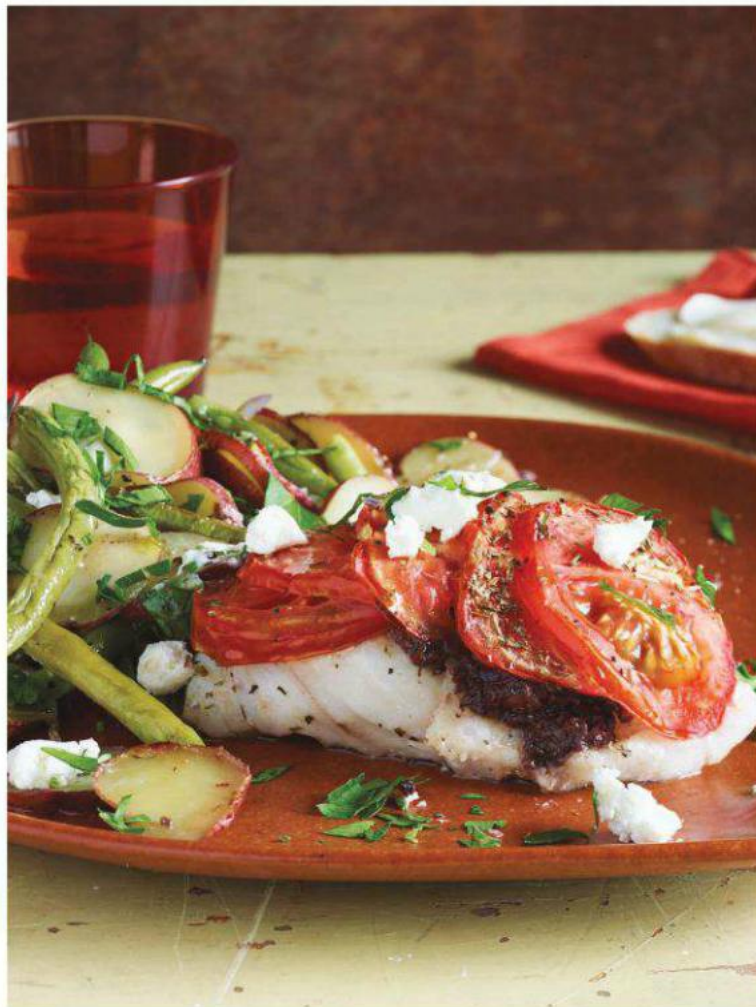
- | | | | |
|---|--|---|---|
| 4 | small baby yukon gold or new potatoes, thinly sliced | 4 | pieces (6 to 8 oz. each) thick whitefish fillet (such as cod or pollack) or skinless, boneless chicken breast |
| 1 | lb. green beans | 2 | tomatoes, thinly sliced |
| 4 | anchovy fillets, chopped | 2 | tsp. herbes de provence |
| 1 | shallot, thinly sliced lengthwise | | Goat cheese crumbles and chopped parsley, for garnishing |
| 4 | cloves garlic, sliced | | Warm baguette and butter, to pass around the table |
| | EVOO, for liberal drizzling | | |
| | Salt and pepper | | |
| 1 | cup pitted niçoise or kalamata olives | | |

STEP 1 Position a rack in the center of the oven and preheat to 450°. Thinly slice the potatoes. Place on a rimmed baking sheet with the green beans, anchovies, shallot and garlic. Drizzle with EVOO; season with salt and pepper.

STEP 2 Using a food processor, pulse the olives into a thick paste [A].

STEP 3 Season the fish or chicken, then slather with the olive paste. Set on top of the vegetables. Top each piece with a shingled layer of the tomatoes [B]. Sprinkle the herbes de provence on top [C]. Roast until cooked through, about 15 minutes for fish or 20 minutes for chicken.

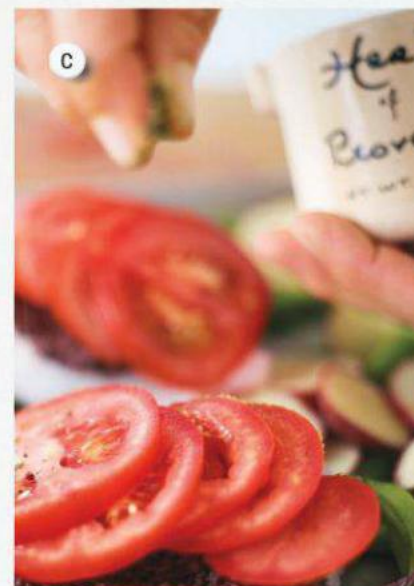
STEP 4 Top the roasted fish or chicken and veggies with the cheese and parsley. Pass the warm baguette and butter at the table.



0:05 minutes



0:10 minutes



0:10 minutes



For Saffron Lovers: Pumpkin Risotto

SERVES 4 TO 6

1 qt. chicken stock	2 large cloves garlic, grated
A generous pinch saffron (20 to 24 threads)	Salt and pepper
3 tbsp. EVOO	Freshly grated nutmeg
¼ lb. pancetta, finely diced	1½ cups arborio rice
1 lb. pumpkin or butternut squash, shredded on a box grater	½ cup white wine
1 small rib celery, finely diced	3 tbsp. butter
1 small carrot, finely diced	½ cup grated parmigiano-reggiano (a couple of handfuls)
1 small onion, finely diced	Sliced sage, for garnishing

GET STARTED In a pot, bring the stock, 2 cups water and the saffron to a low boil. Lower the heat and keep warm.

STEP 1 Meanwhile, in a large saucepan, heat the EVOO over medium-high heat. Stir in the pancetta for a minute or two. Add the pumpkin (or squash), celery, carrot, onion and garlic; season with salt, pepper and nutmeg. Partially cover and cook until the pumpkin is just softened, 6 to 7 minutes. Stir in the rice for 1 minute. Add the wine and cook to evaporate. Add the warm stock, stirring in a few ladlefuls at a time and allowing the liquid to evaporate before adding more; cook for 18 minutes from the first addition of stock.

STEP 2 Stir in the butter and cheese in the last minute of cooking. Serve the risotto in shallow bowls. Top with the sage.

For Saffron Lovers: Cauliflower with Penne

SERVES 4

Salt	1 head white, yellow or orange cauliflower, cored
1 lb. penne rigate	2 tbsp. butter, cut into pieces
2 tbsp. EVOO	½ cup grated parmigiano-reggiano (a couple of handfuls)
1 onion, chopped	Toasted sliced almonds, thinly sliced basil leaves and chopped flat-leaf parsley, for garnishing
4 cloves garlic, chopped	
A small handful golden raisins	
1 lemon, zested	
1½ cups chicken stock	
A generous pinch saffron (20 to 24 threads)	

GET STARTED Bring a large pot of water to a boil, salt it, add the pasta and cook to al dente. Drain, reserving ½ cup of the pasta cooking water.

STEP 1 While the pasta is working, in a large, deep skillet or a dutch oven fitted with a lid, heat the EVOO, 2 turns of the pan, over medium-high heat. Stir in the onion and garlic for 2 or 3 minutes. Add the raisins and lemon zest and cook for a few minutes more. Stir in the stock and saffron and bring to a simmer.

STEP 2 In a large pot of boiling, salted water, cook the cauliflower until tender, 12 to 15 minutes. Drain and coarsely mash with a wooden spoon or potato masher. Stir in the butter to melt, then add the pasta and reserved pasta water; toss to combine. Add in the cheese as you toss.

STEP 3 Serve the penne in shallow bowls. Top with the almonds, basil and parsley.



For Saffron Lovers: Rigatoni with Sausage, Pumpkin & Tomato Sauce

SERVES 4

- Salt and pepper
- 1 lb. rigatoni
 - 1 cup chicken stock
 - A generous pinch saffron (20 to 24 threads)
 - 2 tbsp. EVOO
 - 1 lb. sweet or hot sausage
 - 1 lb. pumpkin or butternut squash, cut into small dice
 - 1 onion, chopped
 - 3-4 cloves garlic, thinly sliced
 - 1 fresno chile pepper, thinly sliced, or 1 tsp. crushed red pepper
 - 1 can (28 to 32 oz.) san marzano tomatoes
- Grated pecorino-romano, for serving

GET STARTED Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving $\frac{1}{2}$ cup of the pasta cooking water.

STEP 1 While the pasta is working, in a small saucepan, heat the stock and saffron. Keep warm.

STEP 2 In a large skillet, heat the EVOO, 2 turns of the pan, over medium-high heat. Crumble in the sausage and cook until

browned. Add the pumpkin (or squash), onion, garlic and chile; season with salt and pepper. Partially cover and cook for 7 minutes. Stir in the saffron stock and tomatoes. Cook, stirring occasionally, until reduced, 15 minutes.

STEP 3 Add the pasta and reserved cooking water to the sauce and toss. Serve in bowls and top with the cheese.

Bacon, Tomato & White Bean Soup

SERVES 4

- 1 *tblsp. EVOO, plus more for drizzling*
- ½ *lb. smoky bacon, chopped*
- 2 *red or white onions, finely chopped*
- 3-4 *cloves garlic, thinly sliced*
- 1 *fresno chile pepper, thinly sliced*
- 2 *large bay leaves*
- 2 *tblsp. chopped fresh thyme*
- Salt and pepper*
- 1 *can (28 to 32 oz.) san marzano tomatoes*
- 2 *cups tomato puree or passata*
- 2 *cups chicken stock*
- 1 *can (15 oz.) cannellini (white kidney) beans, drained*
- Grated pecorino-romano, for sprinkling*
- Charred bread, such as ciabatta (rubbed with garlic, drizzled with oil and sprinkled with salt and pepper), for mopping*

STEP 1 In a medium dutch oven, heat 1 *tblsp.* EVOO, 1 turn of the pan, over medium-high heat. Add the bacon and cook until browned, about 5 minutes. Remove with a slotted spoon. Drain off all but 3 *tblsp.* of the fat.

STEP 2 Add the onions, garlic, chile, bay leaves, thyme, a little salt and lots of pepper. Partially cover and cook, stirring occasionally, for 12 minutes. Stir in the tomatoes, tomato puree and chicken stock, breaking up the tomatoes with a wooden spoon. Stir in the beans and simmer for about 15 minutes.

STEP 3 Serve the soup in shallow bowls. Top with the cooked bacon, drizzle with EVOO and sprinkle with the cheese. Serve with the bread for mopping.



Crispy Oven-Fried Turkey Patties with Bourbon BBQ Sauce

SERVES 4

BBQ sauce

- 1 cup ketchup, preferably organic
- ¼ cup chicken stock
- 2 shots (about ¼ cup) bourbon
- 3 tbsp. worcestershire sauce
- 3 tbsp. brown sugar
- 3 tbsp. cider vinegar
- 2 cloves garlic, minced
- Coarse black pepper

- 2 tbsp. chopped fresh thyme
- Salt and pepper
- Flour, for dredging
- 2 eggs, beaten with a few dashes of hot sauce, salt and pepper
- About 1½ cups cornflakes, crushed
- Cooking spray
- 4 brioche or other soft sandwich rolls, split

Patties

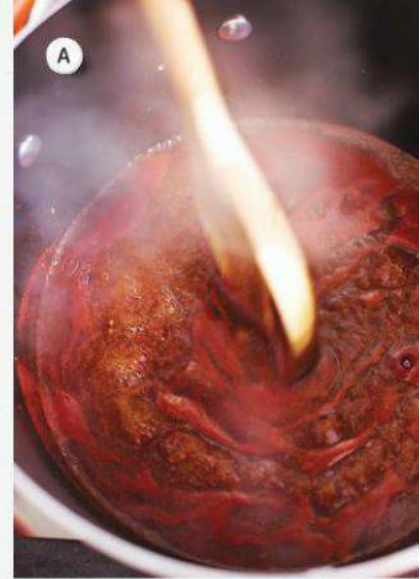
- 1¼ lbs. ground turkey
- 2–3 scallions, finely chopped
- 3 tbsp. finely chopped parsley

Toppings: shredded cabbage or lettuce, diced or sliced seeded tomatoes, chopped raw onion, chopped pickles

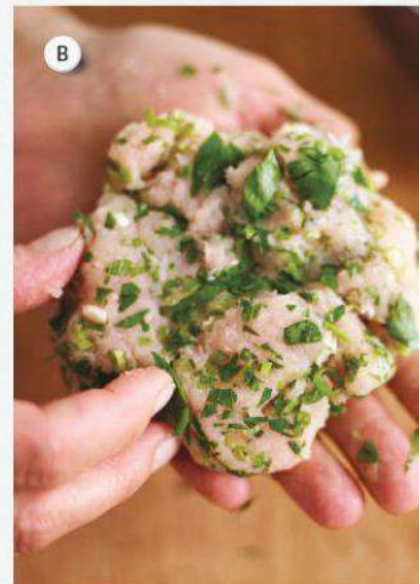
STEP 1 Preheat the oven to 375°. In a small saucepan, bring the BBQ sauce ingredients to a boil [A]. Lower the heat and simmer until thickened, 20 minutes.

STEP 2 Meanwhile, in a bowl, combine the turkey, scallions, parsley, thyme, salt and pepper; form into 4 patties [B]. Coat the patties in the flour, then the eggs, then the cornflakes [C]. Spray a baking sheet with the cooking spray. Place the turkey patties on the sheet and spray the patties. Bake until crisp, 18 to 20 minutes.

STEP 3 Place the turkey patties on the rolls, doused with the sauce. Serve with the toppings of your choice.



0:05 minutes



0:05 minutes



0:10 minutes



0:05
minutes



0:10
minutes



0:25
minutes

Zucchini Fritter Cakes

SERVES 4

- 2 zucchini, halved lengthwise
Salt and pepper
- 2 cans (15 oz. each) stewed tomatoes or diced tomatoes with green chiles, lightly drained
- 1 cup flour
- 1 tsp. baking powder
- 1 cup whole milk
- 1 egg
- 1 small onion
- 2 cloves garlic
- ½ cup grated parmigiano-reggiano (a generous handful)
- 2 *tbsp.* each finely chopped parsley and mint
A small handful basil or tarragon leaves, shredded
EVOO or vegetable oil, for shallow frying
- 2 scallions, sliced on an angle

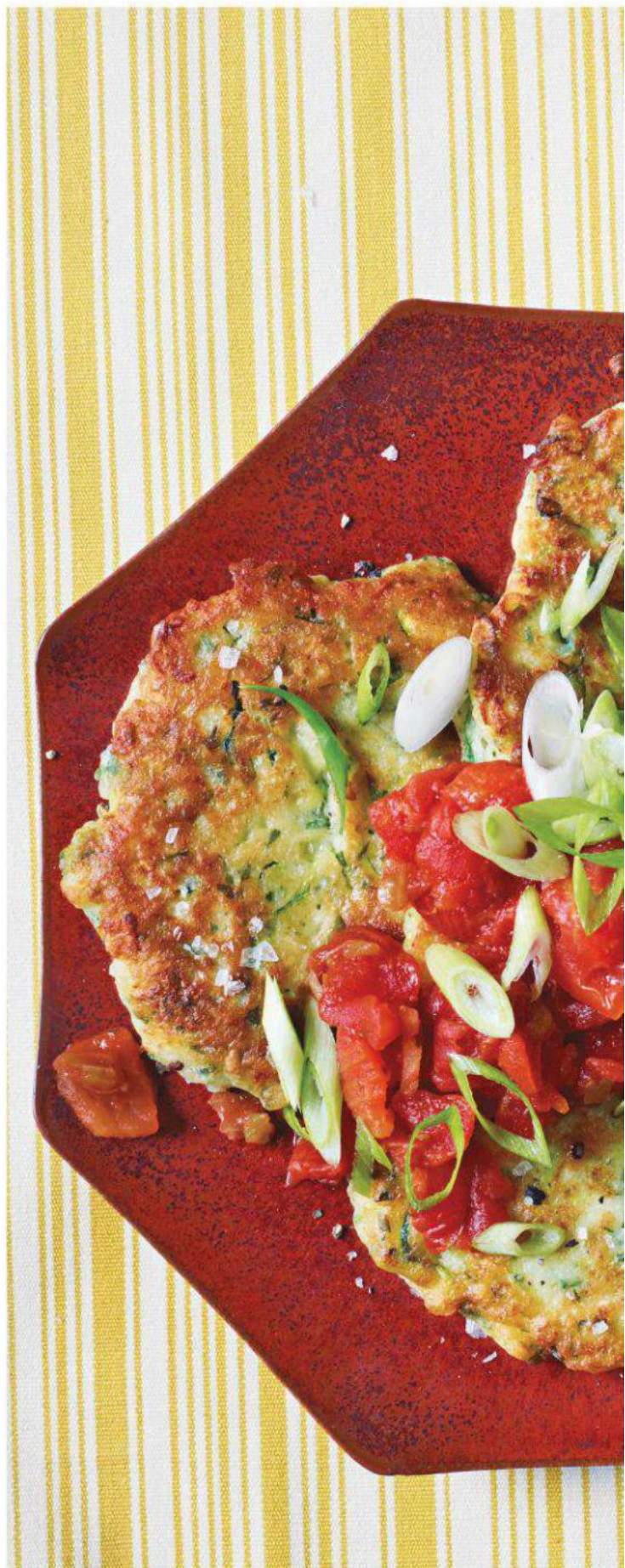
STEP 1 Preheat the oven to 275°. Place a wire rack on a baking sheet and place in the oven. Scrape out the seeds from the zucchini with a spoon [A]. Shred the zucchini on a box grater. In a strainer or colander, salt the zucchini and let drain for a few minutes. Press out any excess liquid.

STEP 2 In a large saucepan, heat the tomatoes over medium heat for about 5 minutes. Season with salt and pepper. Keep warm.

STEP 3 In a large bowl, add the flour and baking powder. Make a well in the center and add the milk and egg [B]. Whisk together the milk and egg, then incorporate the flour. Stir in the zucchini. Grate the onion into the mixture. Grate in the garlic. Season with salt and pepper. Stir in the cheese and herbs.

STEP 4 In a large skillet, heat a thin layer of oil over medium-high heat. Drop 3-inch cakes of batter into the pan in batches [C]. Cook, flipping once, until golden, 4 to 6 minutes. Keep warm in the oven.

STEP 5 To serve, top the fritters with the tomatoes and scallions.



Creamy Prosciutto & Porcini Penne

SERVES 4

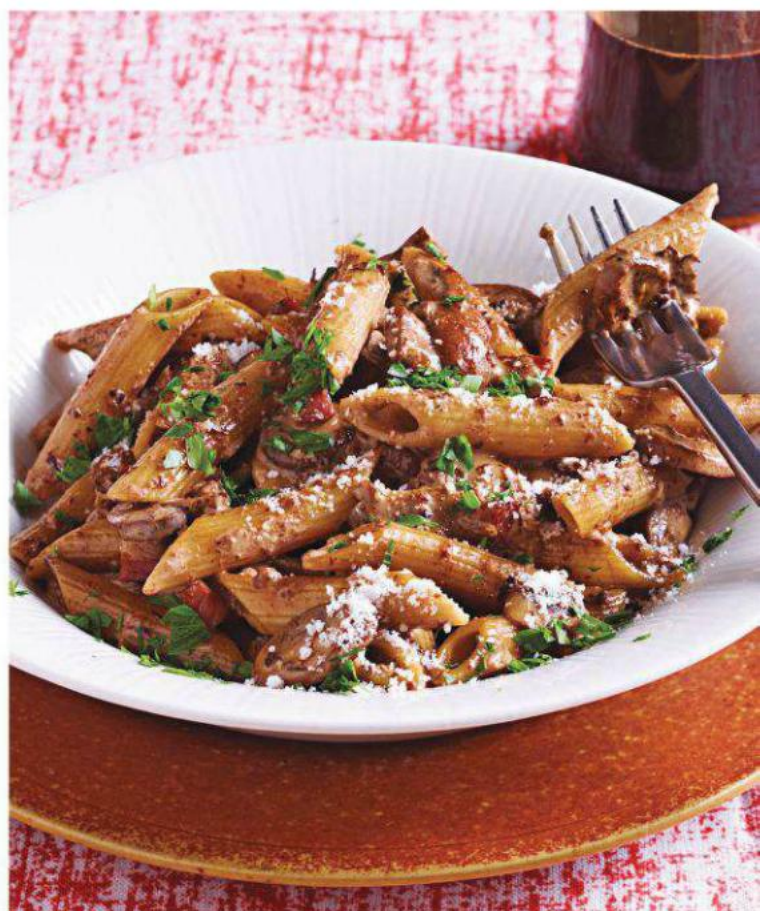
	Salt and pepper	½	lb. cremini mushrooms, sliced
1	lb. white or whole wheat penne rigate	1	large shallot, chopped
1½	cups chicken stock	4	cloves garlic, finely chopped or grated
1	oz. dried porcini mushrooms	1	cup heavy cream
3	tbsp. EVOO		About ⅓ cup marsala or dry white wine
¾–⅓	lb. prosciutto di parma (ask at the deli counter for prosciutto ends, which are sold at a discount), cut into ¼-inch dice		Grated parmigiano-reggiano, for tossing
			Finely chopped flat-leaf parsley, for garnishing

GET STARTED Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving ½ cup of the pasta cooking water.

STEP 1 While the pasta is working, in a small saucepan, bring the chicken stock and porcini to a boil. Simmer until softened, 8 to 10 minutes. Puree in a food processor.

STEP 2 Meanwhile, in a large skillet, heat the EVOO, 3 turns of the pan, over medium-high heat. Add the prosciutto and stir until the fat renders, a couple of minutes. Add the creminis and cook until browned, about 10 minutes. Add the shallot and garlic; season with salt and pepper. Stir in the cream and marsala. Stir in the mushroom puree and cook at a fairly rapid bubble, stirring, until reduced, 10 minutes.

STEP 3 Add the pasta and reserved cooking water to the sauce. Add the cheese as you toss. Serve in shallow bowls; top with parsley.

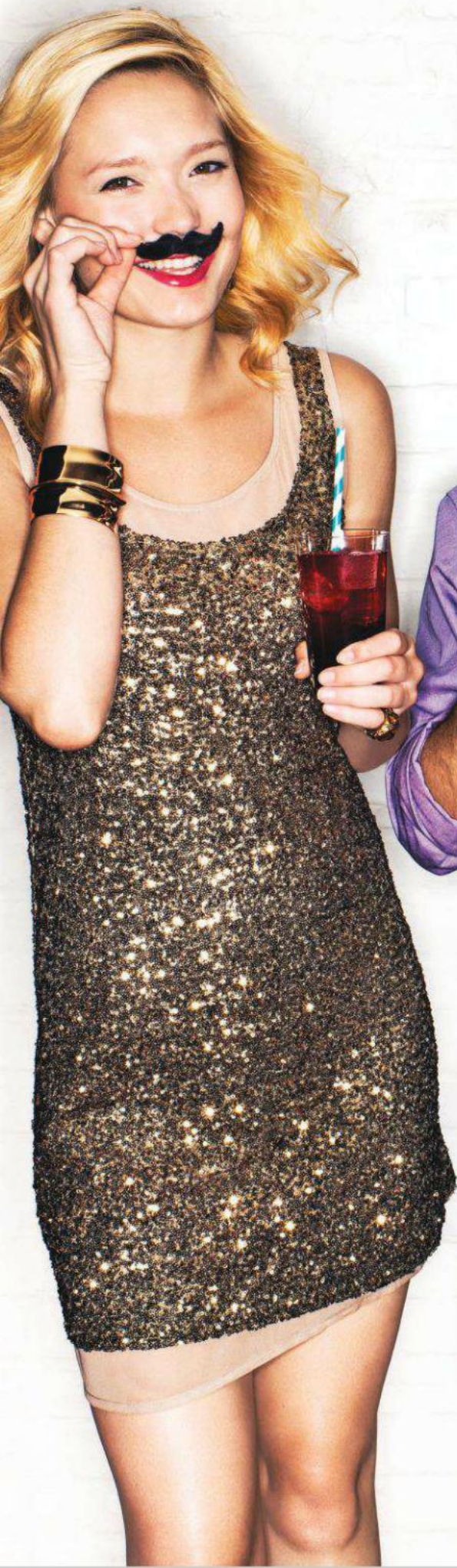


'stache bash!



With all due respect to comic-book heroes, pirates and Hogwarts alumni, why not grant them a sabbatical this Halloween? Instead, throw a costume party with a cool new spin: Mustache Madness! Whatever you call it—soup strainer, lip foliage, mouth brow, flavor saver—the trendy little accessory is, inch for inch, the world’s most efficient costume. And it’s instant: When the adhesive meets the skin, all kinds of crazy mood morphing follows! Best of all, this hair affair couldn’t be easier to, um, pull off! Get into hostess mode on these pages, then take advantage of our complete entertaining kit—invitations, decorations, diversions and more—at RachaelRayMag.com/stache. It’s a total party in a PDF!

BY ERIKA LENKERT / PHOTOGRAPHY BY GABRIELLE REVERE





PRINTABLE PARTY!

Go to
RachaelRayMag.com/stache for:

- 1  INVITATIONS (back)
- 2  INVITATIONS (front)
- 3  SILHOUETTES

Snip and sip

Hair's to you: Mustachioed straws let everyone try out a new look with each refill! Download our mustache silhouettes and cut the shapes from black cardstock. Then punch a hole in the center of each and slide in a bendable straw.

The Pom Selleck

MAKES 8 DRINKS PREP 5 MIN (PLUS CHILLING)

- 3 cups pomegranate juice
- 1/4 cups vodka
- 1 cup triple sec
- 1 lime, juiced
- 2 cups seltzer
- Ice

Combine the pomegranate juice, vodka, triple sec and lime juice in a pitcher; refrigerate until cold. Just before serving, add the seltzer. Pour the mixture into tall, ice-filled glasses and serve each with a mustache straw.





CURLY CUES

In case anyone leaves home without their little costume (or wants to swap mid-party!), place a bunch of extra stick-on styles and 'staches on sticks on a serving tray.



PRINTABLE PARTY!

Go to
RachaelRayMag.com/stache for:

1

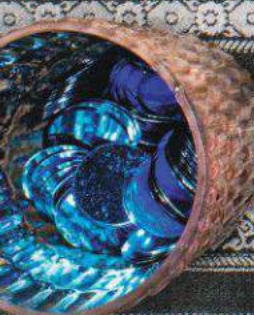
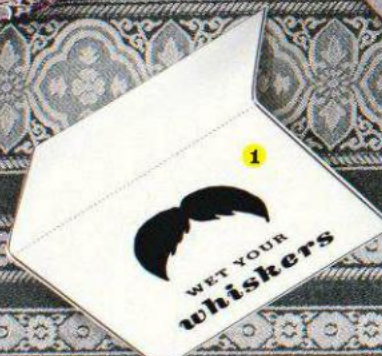
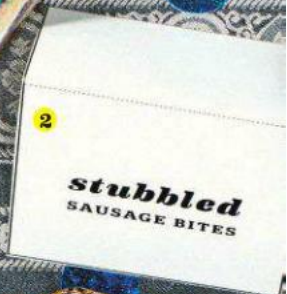
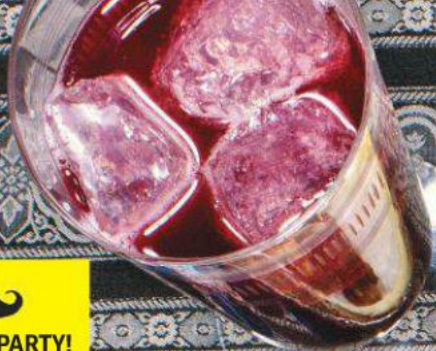


TABLE CARDS

2



FOOD CARDS





THE MENU

Endive “Beards” with Shaved Pecorino

MAKES 24 PREP 10 MIN COOK 10 MIN

- 2 *tbsp. EVOO*
- 1½ *tsp. sherry vinegar*
- 1 *tbsp. finely chopped fresh parsley*
Coarse salt and pepper
- 7 *large dates, chopped*
- 1 *cup walnut pieces, toasted*
- 24 *belgian endive leaves (from 3 endives)*
- ¼ *cup shaved pecorino-romano*

In a bowl, stir together the EVOO, vinegar, parsley, ¼ tsp. salt and a pinch pepper. Mix in the dates and walnuts. Spoon the mixture into the endive leaves and top with the cheese.

Stubbled Sausage Bites

MAKES 48 PREP 15 MIN BAKE 15 MIN

- 2 *egg whites*
- 2 *tbsp. milk*
- 1 *pkg. (8 oz.) refrigerated crescent-roll dough*
- 2 *pkgs. (12 oz. each) fully cooked chicken-apple sausages*
- 2 *tbsp. poppyseeds*
Spicy mustard, for dipping

1. Preheat the oven to 400°. In a small bowl, stir together the egg whites and milk.
2. Separate the dough into 8 triangles and, using a rolling pin, roll them out on a floured surface. Starting at a pointed corner, roll up 1 sausage in each triangle. Smooth the seams together with a bit of the egg white mixture.
3. Brush the dough with the egg white mixture; roll in the poppyseeds. Trim off a sliver from each dough-covered end and discard. Slice each sausage crosswise into 6 rounds; arrange on 2 parchment-lined baking sheets. Bake until golden, 12 minutes. Insert a skewer into one end and serve with the mustard.

Goat-Tea Sandwiches

MAKES 24 PREP 10 MIN

- 24 *slices whole wheat sandwich bread, crusts removed*
- ½ *cup soft goat cheese*
Coarse salt and pepper
- 1 *bag (10 oz.) baby arugula*
- ⅓ *cup black olive tapenade*

1. Spread 12 bread slices with the goat cheese; season with salt and pepper. Top with the arugula.
2. Spread the remaining 12 bread slices with the tapenade; place tapenade side down on the arugula-topped bread. To serve, halve each sandwich diagonally.



Mustache Cookie Pops

MAKES 4½ DOZEN

PREP 15 MIN (PLUS CHILLING) **BAKE** 15 MIN

- 2 sticks (8 oz.) butter
- 1 cup sugar
- 1 egg
- 1 tsp. pure vanilla extract
- 1½ tsp. baking powder
- ½ tsp. salt
- 3 cups flour
- Cookie icing (optional)

1. Using an electric mixer, beat together the butter and sugar on high speed until light and fluffy, about 5 minutes. Add the egg, vanilla, baking powder and salt at low speed. Add the flour 1 cup at a time, mixing at low speed until a dough forms. Divide the dough in half and shape into 2 disks; wrap in plastic wrap and refrigerate for 1 hour.

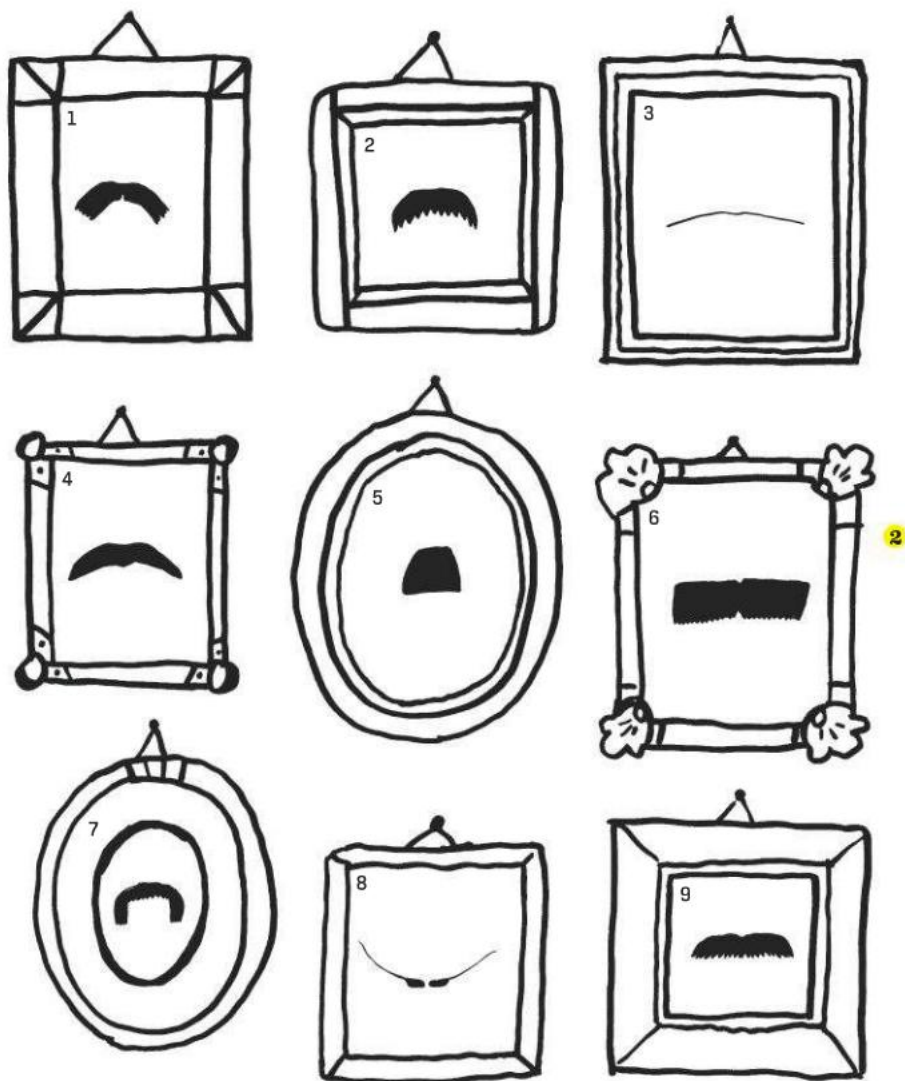
2. When ready to bake the cookies, preheat the oven to 350°. On a lightly floured surface, roll out 1 disk of dough ¼ inch thick. Using a mustache-shaped cookie cutter (\$15 for 3, loopsandpluto.com), cut out the dough; gather and reserve the scraps. Using a spatula, transfer the cookies to a parchment-lined cookie sheet; refrigerate for 15 minutes. Repeat with the second disk of dough. Combine the scraps, roll them out and form more cookies.

3. Bake the cookies until the edges are golden-brown, 12 to 15 minutes. Immediately and carefully insert one end of a small skewer into the bottom side of each cookie. Let cool, then decorate with cookie icing, if desired.





Frame game Have guests put their money where their mustaches are with a “Name That ‘Stache” challenge. Hang a bunch of famous upper lips on the wall alongside a list of names, then ask everyone to identify which celebrity wears which whiskers. (Here’s where all those Magnum, P.I. reruns come in handy!) So, how many would you get right? Test yourself below!



ANSWER KEY: 1. GENE SHALIT 2. ALBERT EINSTEIN 3. JOHN WATERS 4. BURT REYNOLDS 5. CHARLIE CHAPLIN 6. GROUCHO MARK 7. HULK HOGAN 8. SALVADOR DALI 9. TOM SELLECK

MORE 'STACHES!

FACE TIME

Draw mustaches at face height on your bathroom mirrors. (Dry-erase markers or white bar soap work best.) When guests wash up, they'll get a surprise disguise!

LIP SERVICE

Download the free Mustache Me app to add hilarious handlebars to any digital picture. Your photo library will never look the same!

FUN FAVORS

Leave a basket of cute gifts for guests to grab as they exit the party. (Download a “Shave It for Later” table tent, too!) For one-stop shopping, check out our favorite ‘stache-themed gifts for under \$10 at RachaelRayMag.com/stache.



PRINTABLE PARTY!


Go to
RachaelRayMag.com/stache for:

1




GAME SIGN

2



MUSTACHE CLUES

3



ANSWER KEY

1. **Bedazzled** Paint a pumpkin silver; let dry. Glue rhinestones in any design you like: letters, numbers or shapes.



THINGS TO DO WITH A PUMPKIN

You've hit the jack (o'-lantern) pot! Behold: a parade of pumpkins that will delight trick-or-treaters and make your stoop the pride of the neighborhood.

BY SARAH CAVE • PHOTOGRAPHY BY NGOC MINH NGO

Easily bring these ideas to life with the simple instructions on the next few pages, or head to RachaelRayMag.com/pumpkins for more detailed step-by-step instructions and downloadable templates. No pumpkin will be safe from you!

FOOD STYLING BY BRETT KURZWEIL; PROP STYLING BY SARAH CAVE; WALLPAPER FROM MINI MODERNS, AVAILABLE AT MINIMODERNS.COM; ADDITIONAL CRAFT IDEAS BY VANESSA BOER.



2. Clown around Paint a white face and pink circles for cheeks. Glue a red pom-pom in the center and draw eyes with a black marker.

3. Circus tricks Paint a pumpkin and three toilet-paper rolls gray; let dry. Cut a sheet of gray paper in half and glue to the sides for ears. Glue one roll in the center of the face, then add construction-paper eyes. Cut the remaining rolls in half and glue to the bottom for legs. Paint red and white stripes on a mini pumpkin and, when dry, balance the elephant on top.

4. Wildcat Paint elongated black triangles as stripes, and a tan circle for a mouth. Draw eyes and a triangle nose with a black marker. Glue on pipe cleaners for whiskers and folded felt circles for ears.

5. Orange freeze Cut off the top third of a hollowed-out pumpkin. Paint a design on the front. Place a bowl filled with ice inside the pumpkin, then add bottles.

6. Disco fever Spray-paint a pumpkin and its stem gold. Cut gold-foil cardstock into squares, then glue on to cover the surface.

7. Tune in Hollow out a pumpkin; line the interior with plastic wrap. Poke holes in concentric circles into the flesh, then glue on buttons for dials and a skewer for the antenna. Place an MP3 player inside; the pumpkin really amplifies music!

8. Lined up Cut artist's tape into 3-inch strips. Alternate colors by row, placing the tape in zigzag patterns around a pumpkin.

9. LOL Hollow out a pumpkin, then carve your favorite emoticon into it—sideways!

10. Checkmate Using a marker, draw a grid onto a pumpkin. Paint the squares alternately black and white. Use hot glue to attach plastic chess pieces.

11. In stitches Tape a cross-stitch pattern to a hollow pumpkin, then use an awl to etch the design into the surface. Thread yarn through the holes to create the pattern.

12. Go mod Paint a pumpkin a solid color; let dry. Use electrical tape or vinyl stickers to create patterns, then paint the entire surface in a different color. Let dry and remove the tape.





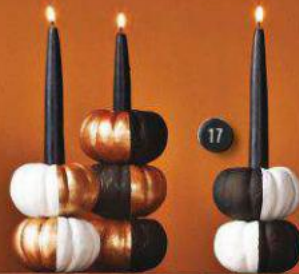
13. Eye spy Paint pumpkins in black matte paint. Use one coat of white paint followed by a coat of glow-in-the-dark paint to create eyes. Group them together outside and watch them glow at night.

14. Forbidden bite Carve a standard jack-o'-lantern, then cut two fang-shaped holes near the base of the pumpkin and drizzle costume blood from the bite.



15. Good-night light Use stickers to create a bedtime scene on a hollowed-out white pumpkin. Follow the sticker borders to carve out shapes, then illuminate with a low-watt electronic candle.

16. Stargazing Trace a constellation pattern onto a hollowed-out pumpkin painted black. Use different-size drill bits to make holes in the flesh, then thread glow-in-the-dark string through the holes. Illuminate.



17. Lighten up Drill medium-size holes (large enough for a tapered candle) entirely through mini pumpkins. Paint in two tones; let dry. Stack the pumpkins and use as candleholders.

18. Black widows Paint pumpkins black; let dry. Apply large black pipe cleaners to each side, bending them to form legs. Glue googly eyes to the front.



19. Bright idea Hollow out a large pumpkin and carve a lightbulb shape on the surface. Illuminate.

20. Stocking stuffs Wrap a pumpkin with a patterned stocking. Pull the hosiery tight and tie at the base, cutting off any excess fabric.



21. Roundabout Hollow out a pumpkin and drill holes through the flesh. Push a colored marble snugly into each hole, then illuminate with an electronic candle.

22. Light bright Cut off the stem of a flat mini pumpkin. Use a spoon to make a hole about 1 inch deep, then tuck a tea-light candle inside.


23. Candy corn Divide a tall pumpkin in thirds; paint it white on the bottom and yellow on the top.

24. Sweet skulls Carve out a Day of the Dead skull on a large white pumpkin. Decorate with licorice, candy corn and M&M's, and use square white gum as teeth.



25. City lights Hollow out three large pumpkins and place them side by side. Paint a solid black skyline across all three; let dry. Drill holes in each building for "windows" and illuminate. Decorate small pumpkins with helicopters, clouds or birds, then hang them by their stems.

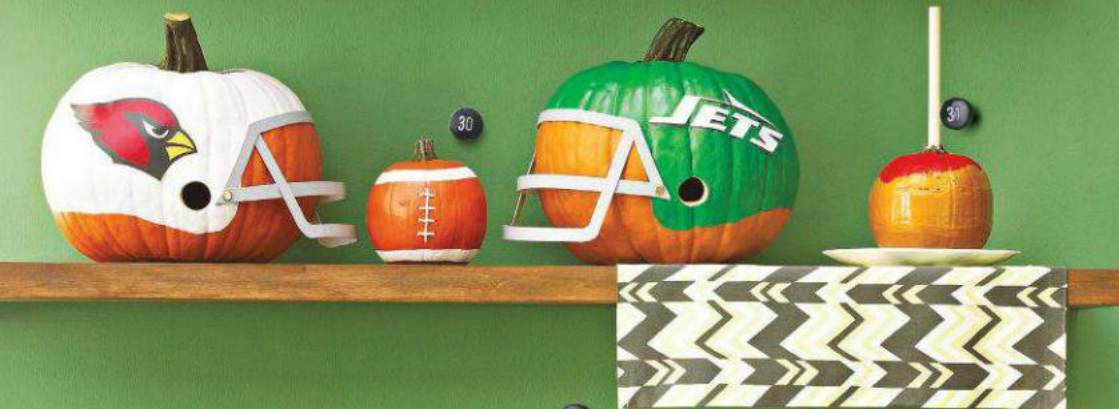




26. Hanging out Cut a medium pumpkin in half vertically, then scoop out the flesh and seeds. Drill holes to insert tree-branch antlers, acorn eyes and a piece of pumpkin stem or wood for the nose. Add autumn leaves—real or construction paper—for ears. Firmly adhere the back to a mount with hot glue and wire (string around the stem and antlers). Let dry before hanging.

CLICK!

Don't forget: You can find detailed step-by-step instructions and helpful templates for all of our pumpkins at RachaelRayMag.com/pumpkins.



27. To the letter Stencil address numbers onto pumpkins, then prick fabric studs along the outline. Stack the pumpkins on top of each other or display side by side.

28. Punk-ins Add temporary tattoos, chains, spiked necklaces and felt mohawks to a pumpkin.

29. Topiary toppers Paint two small-to-medium pumpkins green. Use craft glue to cover with green sequins or confetti; let dry. Place floral Styrofoam in a clay pot and stick a thick wooden dowel in the center. Cut holes in the bottom and top of each pumpkin and slide over the dowel. Secure with hot glue and wire as needed.

30. Team players Paint a helmet in your team's colors on a large pumpkin; use gray cardstock paper to create a face mask. Repeat on a second pumpkin in the opposing team's colors. Apply a team decal to the side of each helmet.

31. Sticky-sweet Paint the top third of a small pumpkin glossy red; let dry. Cover three-fourths of the pumpkin in "caramel" brown paint, adding multiple layers and drips of paint; let dry. Poke a small wooden dowel into the top.

32. Bedtime buddy Paint two small-to-medium pumpkins a shade of "monster" green. Hot-glue mini beanbags (or make your own felt pouches) for toes, then place the gourds just under a bed or sofa so the feet peek out.

33. Weight and see Tie twine around the stems of mini pumpkins, then tie them to the ends of your tablecloth to hold it in place.

34. Hairball Cut wig hair or fuzzy boas into several sections. Use craft glue to create beards, mustaches and brows. Glue on googly eyes.

35. Pumpkin toss Hollow out three pumpkins—small, medium and large—and paint point values on the face of each. Place them at different distances and use a beanbag to play.

36. Sunday puzzler Use black tape and white paint to create a Halloween crossword puzzle. Fill in the grid with spooky messages.

9 PUMPED-UP EATS

Go beyond the pie:

A few scoops of canned pumpkin will give your favorite foods a dash of healthy fall flavor!

BY TRACEY SEAMAN



37



38



39



40



41



42



43



44



45

37. Toss up Stir a few spoonfuls of pumpkin into butter or cream sauce, then toss with pasta.

38. Sweet sipper Blend a scoop of pumpkin into a vanilla milkshake.

39. Whipper snapper Whisk together equal parts cream cheese, confectioners' sugar and pumpkin; season with pumpkin-pie spice to taste. Spoon into a store-bought puff pastry cup (or spread on toast).

40. Wake-up call Jazz up your usual oatmeal with a few tablespoons of pumpkin. Top with walnuts, raisins and cinnamon-sugar.

41. Wrap and roll Combine pumpkin with refried beans to taste, then spread onto a flour tortilla. Roll up with cheese, chopped scallions and cilantro.

42. Stuff it Dot a few teaspoons of pumpkin into an omelet; add mushrooms and goat cheese, then fold to enclose.

43. Dress to impress Give your favorite vinaigrette or creamy italian dressing an earthy kick: Shake or whisk in a spoonful of pumpkin.

44. Spiked treat Fill a shaker with ice, then add $\frac{1}{2}$ cup half-and-half, $\frac{1}{4}$ cup pumpkin, 2 oz. coffee-flavored liqueur, such as Kahlúa, and 1 oz. vodka. Shake and pour, unstrained, into an old-fashioned glass. Dust with cinnamon-sugar.

45. Chill out Mix a few scoops of pumpkin into your favorite chili.



5 SEEDY IDEAS

The best part about carving all those pumpkins? Fresh seeds! Take your roasted seeds to another level with these kicked-up seasoning blends.



Oven-Roasted Pumpkin Seeds

BY VIVIAN JAO

MAKES 1 CUP PREP 15 MIN COOK 25 MIN

- 1 cup cleaned raw whole pumpkin seeds
- 1 tbsp. plus 1 tsp. fine sea salt
- 1 tbsp. EVOO

1. Preheat the oven to 375°. In a small saucepan, bring 4 cups water, the seeds and 1 tbsp. salt to a boil. Simmer for 10 minutes, then drain. Pat the seeds dry between layers of paper towels.
2. Toss the seeds with the EVOO and remaining 1 tsp. salt. Spread in a single layer on a greased foil-lined baking sheet. Roast until golden, 10 to 12 minutes. Toss with one of the seasoning blends at right and roast for 5 minutes more.

46. Zesty 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. sugar, a pinch cayenne and 1 tsp. worcestershire sauce

47. BBQ 2 tbsp. brown sugar, 1 tsp. chile powder, 1 tsp. garlic powder, 1 tsp. onion powder, ¼ tsp. smoked paprika and a pinch cayenne

48. Cheesy 2 tsp. grated cheese (try parmesan or pecorino-romano), 1 tsp. onion powder and a pinch cayenne

49. Cinnamon sugar 2½ tbsp. sugar, 2 tsp. ground cinnamon and ½ tsp. ground nutmeg

50. Sesame 2 tbsp. sesame oil swapped for the EVOO in the basic recipe, 2½ tbsp. sugar, 1 tbsp. toasted sesame seeds, 2 tsp. ground ginger and a pinch cayenne

AMAZING



BY PAMELA PARSEGHIAN • PHOTOGRAPHY BY JOSÉ PICAYO

BRAISING!



→ With one pot, a splash of liquid and a little love, you can slow-cook the simplest ingredients into rich, satisfying, supremely easy dishes. The secret is **braising**: a hands-off technique that lets foods **simmer themselves tender** and creates a **succulent sauce** almost effortlessly. And if that's not enough temptation, we've got five more reasons you'll be praising braising!



**Cherry-Braised
Short Ribs with
Bok Choy &
Soba Noodles**
p. 136

I HUMBLE CUTS OF MEAT TURN INTO RESTAURANT-QUALITY DISHES

Without any extra prep work—pounding, marinating and brining, begone!—you can magically tenderize tough bargain cuts like ribs, shanks and stew meat by simmering them in a little liquid. Cooking low and slow in a covered pot melts down fat and tissue, basting meat from inside to keep it moist, and making the sauce thick and silky.



*
Beer-Braised
Chicken & Peas
p. 136

2
**CHICKEN
STAYS JUICY
EVERY TIME**


You've had chicken a thousand ways, but never this moist! When you braise a bird, the flavorful cooking liquid—be it stock, wine or, in this case, beer—infuses the meat, making it tender to the bone. In exchange, the meat and skin give the sauce a rich taste and glossy texture.

**ADD GREENS
LAST-MINUTE**

Stir in delicate green ingredients such as peas or leafy herbs at the end of a braise, to help preserve their color, flavor and texture.

3 IT'S IMPOSSIBLE TO OVERCOOK FISH

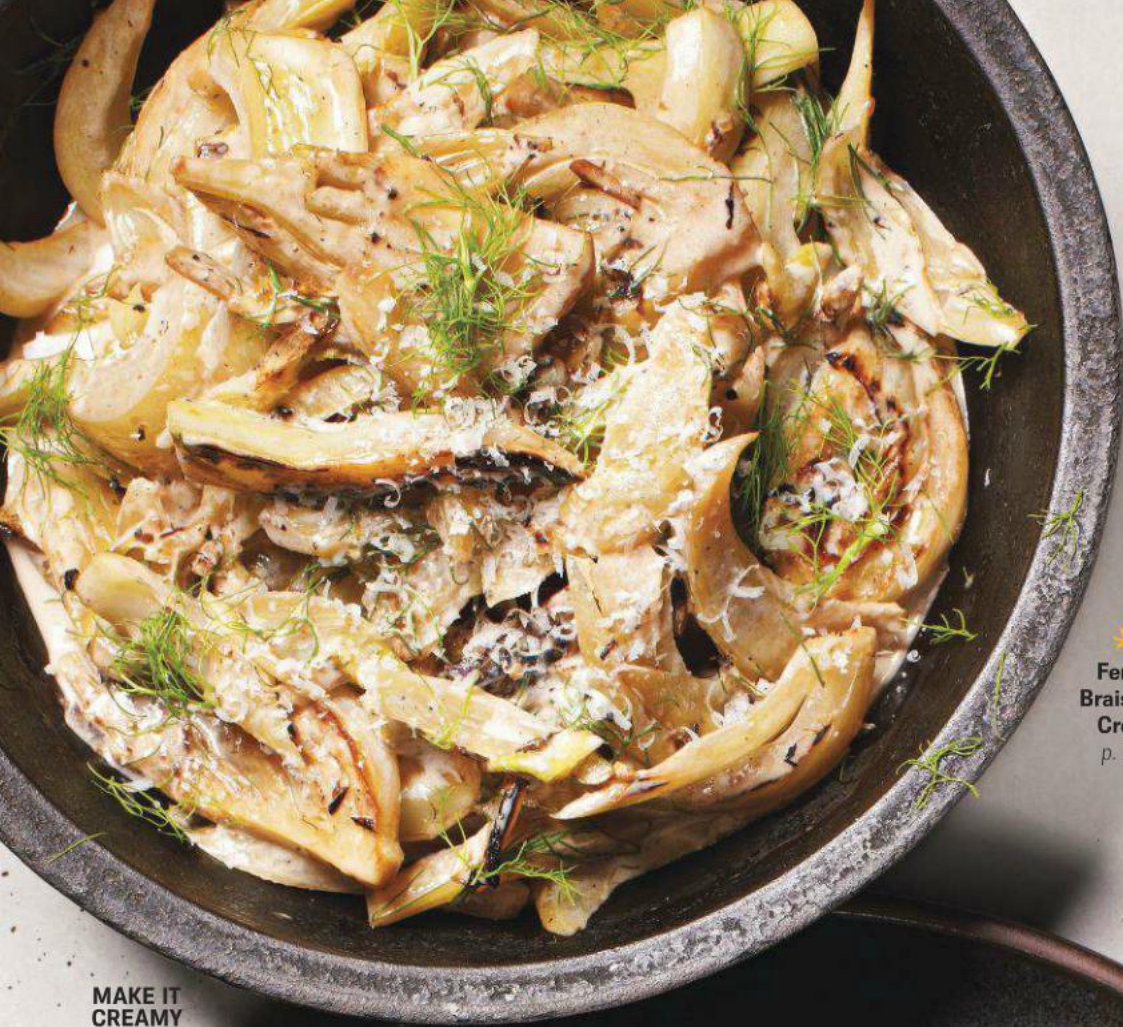
Delicate fillets can quickly become dry or rubbery if you're not careful with your pan or grill. Braising is far more forgiving. Searing fish first, then cooking it at a gentle simmer, means the outside won't scorch before the inside is fully cooked, and the liquid "bath" ensures moistness. What's more, oven braising guarantees that fillets won't fall apart: the gentle, indirect heat cooks fish evenly without you having to turn or flip the pieces.


**Braised Halibut
& Clams**
p. 136



BOOST THE JUICE

Fresh shellfish is a great addition to fish braises; as the shells open, the seafood releases its juices and briny flavor into the sauce.



 **Fennel Braised in Cream**
p. 137


4
**VEGETABLES
TURN SILKY
AND SWEET**

In around half the time it would take to roast them, braising intensifies vegetables' sweetness and succulence. First, the veggies caramelize in the pan and form a golden crust. Then, the liquid you add creates steam that helps cook them through evenly. The end result is juicy and soft, never dry and shriveled.

MAKE IT CREAMY

Adding a small dose of butter or cream to a braising liquid thickens and enriches the sauce.



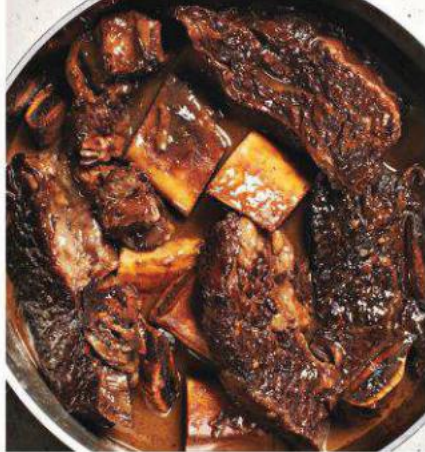
 **Sweet & Sour Braised Cabbage**
p. 137

5 FRUIT BECOMES SAUCY AND SPOONABLE

You know how fruit tastes sweetest when it's soft and ripe? Braising brings that same flavor forward, ripe or not, and delivers a tart, tantalizing sauce to boot. Fruits release their juices in the pan, naturally sweetening and enriching whatever cooking liquid you use (in the plum dish below, it's coconut milk). Use luscious braised fruits (try the technique with peaches, pears, apples and pineapple) as condiments for meat and fish; tossed into rice dishes, yogurt or granola; or, as shown here, dolloped over ice cream for dessert.



✱
**Braised Plums with
Candied Ginger**
p. 137



Cherry-Braised Short Ribs with Bok Choy & Soba Noodles

SERVES 4 PREP 15 MIN COOK 2½ HR

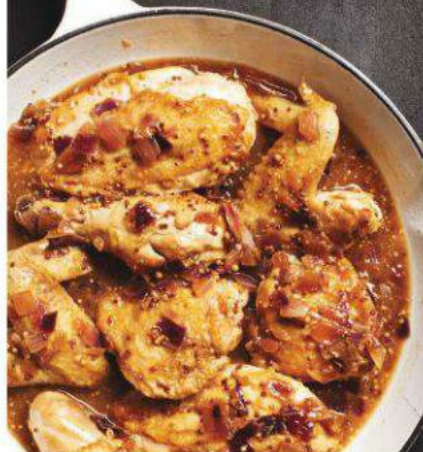
- 3 lbs. beef flanken short ribs (about 1 inch thick), sliced across the bones and halved crosswise
- Salt and pepper
- 1–2 tbsp. vegetable oil
- 2 tbsp. sesame seeds
- 2 tsp. grated garlic
- ½ cup red wine
- ¼ cup red wine vinegar
- 2 cups beef broth
- 1 cup hoisin sauce
- ½ cup bottled pure cherry juice
- ¼ cup low-sodium soy sauce
- 1½ lbs. bok choy, well rinsed
- 1 pkg. (8.8 oz.) soba noodles, cooked and rinsed
- ½ cup dried cherries
- 3 tbsp. sliced scallion greens

HIT THE HEAT Season the ribs with ½ tsp. salt. In a large dutch oven, heat 1 tbsp. oil over high heat. In 2 batches, brown the ribs, adding more oil if needed, about 5 minutes per batch. Transfer to a plate. Lower the heat to medium, add the sesame seeds and toast for 2 minutes. Add the garlic and cook, stirring, for 1 minute.

ADD LIQUID Pour in the wine and vinegar, stirring to scrape up the browned bits. Add the beef broth, hoisin, cherry juice and soy sauce and bring to a simmer. Return the ribs to the pot, making sure to keep the meat submerged.

COVER AND SIMMER Partially cover the pot and simmer until the meat is tender and falling away from the bone, about 2 hours (as shown above).

FINISH THE DISH Using a slotted spoon, transfer the short ribs to 4 plates. Increase the heat to high, add the bok choy to the pot and cook until tender, about 5 minutes. Using the slotted spoon, transfer the bok choy to the plates with the meat. Add the cooked soba to the braising sauce in the pot and bring to a boil; cook until heated through, 4 to 5 minutes. Transfer to the plates using tongs. Add the cherries to the sauce and boil until the mixture is thickened and the cherries are soft, about 10 minutes; season with salt and pepper. Pour the sauce over the meat, greens and noodles. Top with the scallions.



Beer-Braised Chicken & Peas

SERVES 4 PREP 10 MIN COOK 50 MIN

- 3¾ lbs. chicken parts (2 breasts, 2 thighs, 2 drumsticks and 2 wings)
- Salt and pepper
- 2 tbsp. vegetable oil
- 1 small red onion, finely chopped
- ½ cup pale ale, such as Sam Adams
- 2 tbsp. mild grainy mustard
- 2 cups frozen peas, thawed and drained

HIT THE HEAT Preheat the oven to 350°. Season the chicken with ½ tsp. salt. In a large, ovenproof skillet fitted with a lid, heat the oil over medium heat. Add the chicken and cook, turning occasionally, until browned, about 15 minutes; transfer to a plate. Add the onion to the pan and cook until the edges are golden, about 5 minutes.

ADD LIQUID Using a wooden spoon, stir in the beer and mustard, scraping up any browned bits from the bottom of the pan.

COVER AND SIMMER Return the chicken to the skillet, cover and transfer to the oven. Cook, turning once, until a meat thermometer inserted into the thickest parts registers 160° and the sauce begins to thicken, about 25 minutes (as shown above).

FINISH THE DISH Using a slotted spoon, transfer the chicken to a deep serving dish. Place the skillet over high heat and add the peas. Cook until the peas are tender but still green and the sauce is thickened, about 5 minutes; season with salt and pepper. Spoon the sauce and peas over the chicken. Serve immediately.



Braised Halibut & Clams

SERVES 4 PREP 15 MIN COOK 35 MIN

- 2 tbsp. butter
- 1 piece (2 lbs.) skin-on halibut or cod (1¾ inch thick), halved lengthwise
- Salt and pepper
- 2 tbsp. EVOO
- 1 large leek, well rinsed and thinly sliced
- 1 large clove garlic, finely chopped
- 16 medium-size clams, such as littleneck
- 1 cup dry white wine
- 4 carrots, sliced crosswise ¼ inch thick
- 8 yukon gold potatoes (1 inch), thinly sliced
- 2 tbsp. finely chopped fresh tarragon

HIT THE HEAT Preheat the oven to 350°. In a large, ovenproof skillet fitted with a lid, melt the butter over medium heat. Pat the halibut dry; season with salt and pepper. Place flesh side down in the pan and sear for 2 minutes. Using a spatula, carefully flip to sear the other side, 2 minutes more. Transfer to a plate. In the skillet, heat the EVOO over medium-high heat. Add the leek and garlic; cook, stirring, for 2 minutes. Add the clams and cook, shaking the pan, 1 minute.

ADD LIQUID Add the wine, ¾ cup water, the carrots and potatoes; cover. Cook, transferring the clams to a plate as they open, for 5 minutes.

COVER AND SIMMER Return the halibut to the skillet; cover and transfer to the oven. Braise until the fish is cooked through and the veggies are tender, 16 to 18 minutes (as shown above).

FINISH THE DISH Transfer the halibut to a cutting board; halve each piece crosswise and divide, along with the veggies, among 4 shallow bowls. Add the clams and tarragon to the skillet. Cover and bake for 1 minute. Add to the bowls.

4 SIMPLE STEPS TO BRAISING

You'll hardly need a recipe once you learn these easy steps—they're the same every time!

1 Hit the heat. Start by browning your main ingredients in a little butter or oil over high heat. This caramelizes the outer layer—whether you're cooking meat, fish or produce—and creates deep flavor that will later make its way into the pan sauce. Use a heavy-bottomed, ovenproof pot with a lid, such as a large dutch oven.



Fennel Braised in Cream

SERVES 4 PREP 10 MIN COOK 20 MIN

- 1 *tblsp. butter*
- 2 *fennel bulbs (about 2 lbs.)—bulbs quartered, cored and sliced lengthwise ½ inch thick, fronds chopped and reserved*
- Salt and pepper*
- ½ *cup heavy cream*
- ½ *cup finely shredded parmesan, plus more for garnishing*

HIT THE HEAT In a large skillet fitted with a lid, melt the butter over medium-high heat. Add the sliced fennel and ¼ tsp salt and cook, stirring occasionally, until the fennel begins to brown, about 5 minutes.

ADD LIQUID Lower the heat to low and pour in the cream. Stir to scrape up any browned bits from the bottom of the pan.

COVER AND SIMMER Cover the pot and simmer, stirring occasionally, until the fennel is tender when pierced with a fork, about 10 minutes.

FINISH THE DISH Stir in the cheese and half of the reserved fronds; season with salt and pepper. To serve, garnish with the remaining reserved fronds and a sprinkling of cheese.



Sweet & Sour Braised Cabbage

SERVES 4 PREP 10 MIN COOK 30 MIN

- 1 *tblsp. vegetable oil*
- 1 *small red onion, finely chopped*
- 1 *head red cabbage (about 2½ lbs.), cored and chopped into 1-inch pieces*
- 2 *small pears, cored and chopped*
- 1 *cup pure fruit juice, such as cranberry*
- ¼ *cup seedless raspberry preserves*
- 2 *tblsp. instant tapioca*
- ¼ *cup cider vinegar*
- 2 *tblsp. chopped fresh parsley or dill*
- Salt and pepper*

HIT THE HEAT In a large nonreactive pot fitted with a lid, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until softened and browned, about 8 minutes. Stir in the cabbage and cook, stirring frequently, until softened and browned on the edges, about 5 minutes.

ADD LIQUID Stir in the pears, fruit juice, raspberry preserves and tapioca.

COVER AND SIMMER Lower the heat to medium and cover the pan. Simmer, stirring occasionally, until the cabbage is tender, about 15 minutes.

FINISH THE DISH Stir in the vinegar and half of the parsley; season with salt and pepper. Top with the remaining parsley.

WHY USE A DUTCH OVEN?
SEE P. 145



Braised Plums with Candied Ginger

SERVES 4 PREP 5 MIN COOK 5 MIN

- 1½ *tblsp. coconut oil*
- 1¼ *lbs. red plums, chopped (6 plums)*
- 3 *tblsp. sugar*
- 2 *tblsp. coconut milk*
- 1½ *tblsp. julienned candied ginger*
- Vanilla or pistachio ice cream, for serving*

HIT THE HEAT In a large nonreactive saucepan fitted with a lid, heat the coconut oil over high heat. Add the plums and sugar and cook, stirring occasionally, for 2 minutes.

ADD LIQUID Using a wooden spoon, stir in the coconut milk to combine.

COVER AND SIMMER Cover the pot and simmer for 3 minutes or until the skin of the plums starts to break down. Transfer to a large serving bowl and let cool completely.

FINISH THE DISH Top with the candied ginger. Serve over the ice cream.

2 Add liquid. Pour in stock, water, juice or other liquids to cover the food about halfway. This accomplishes two things: It dislodges flavorful browned bits from the pan (scrape them up using a wooden spoon) and helps tenderize the ingredients. Using acidic liquids such as lemon juice or vinegar can help speed up the process.

3 Cover and simmer. Most braises should be fine on the stovetop, but for leaner and more delicate foods like fish and chicken, the oven's indirect heat can be gentler. In either case, a covered pot traps steam, which tenderizes from above while the braising liquid simmers beneath. Never let the liquids boil—if food cooks too quickly, it can toughen up.

4 Finish the dish. The liquids you've already added will become your sauce. Tweak it all you want: Skim the fat from the top; cook longer (or stir in cream or butter) if it's too thin; or strain if you prefer smooth to chunky. Add fresh herbs, lemon or vinegar to cut richness, or honey, maple syrup or ketchup for sweetness.



what's for dessert?

sticky toffee cake

Things are different across the pond: They drive on the other side of the road, wear trainers instead of sneakers, and call caramel sauce “toffee.” In this classic British recipe, the delicious stuff is spooned over tender date cake, infusing it with sweet, buttery goodness. It’s time for a treat, so put the kettle on!

SERVES 8 TO 10 PREP 30 MIN (PLUS 12 HR RESTING) BAKE 50 MIN

2 cups (10 oz.) whole pitted dates, chopped
 1½ cups flour
 1½ tsp. baking powder
 1 tsp. baking soda
 ¾ tsp. salt
 ¾ cup (packed) dark brown sugar
 1 stick (4 oz.) unsalted butter, at room temperature
 2 eggs
 ¼ cup milk
 1 tsp. pure vanilla extract
 1 cup plus 1 tbsp. granulated sugar
 1½ cups heavy cream

1. Preheat oven to 350°. Grease an 8-inch springform pan. In a saucepan, bring ¾ cup water and the dates to a simmer, covered. Remove from the heat; let cool.
2. In a medium bowl, whisk the flour, baking powder, baking soda and ½ tsp. salt. Using an electric mixer, beat the brown sugar and 6 tbsp. butter on high until fluffy, scraping down the bowl. Beat in the eggs 1 at a time. On low speed, mix in half of the flour mixture. Mix in the date mixture, milk, vanilla and remaining flour mixture. Scrape into the pan, smoothing

the top. Bake until the top is springy, about 50 minutes.

3. In a small, heavy saucepan, bring 1 cup granulated sugar and 3 tbsp. cold water to a boil without disturbing. Boil until the mixture begins to turn amber, about 5 minutes. Swirl the pot and when the color is deep amber, remove from the heat. Stir in the remaining 2 tbsp. butter, then ¾ cup cream; stir over low heat until smooth. Stir in the remaining ¼ tsp. salt.

4. Let the cake cool on a rack for 5 minutes. Using a skewer,

poke deep holes into the cake at 1-inch intervals. Spoon about half of the caramel onto the warm cake, swirling with the back of the spoon. Let the cake cool completely in the pan, then cover and let stand at room temperature for 12 to 48 hours.
5. When ready to serve, preheat the oven to 325°. Reheat the cake for 15 minutes. In a bowl, whip the remaining 1 cup cream and 1 tbsp. granulated sugar. Rewarm the caramel sauce. Serve the cake warm with the whipped cream and sauce.

**Do-ahead
delish**

To make sure the caramel sauce sneaks into every nook and cranny, the cake should sit for at least 12 hours before serving. It can even be made two full days ahead—handy if you're planning a party.

**DATE-
CHOPPING
TRICK!**
SEE P. 146



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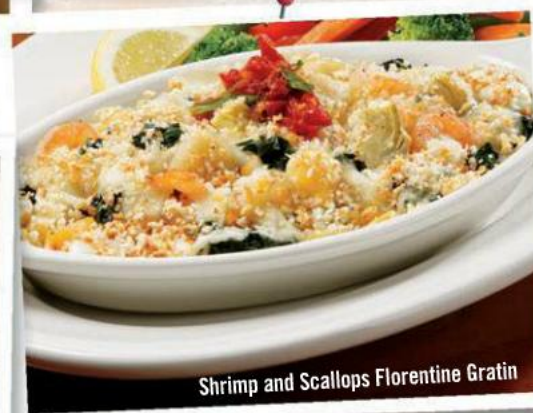
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KITCHEN COACH

WHAT'S A WATER BATH?

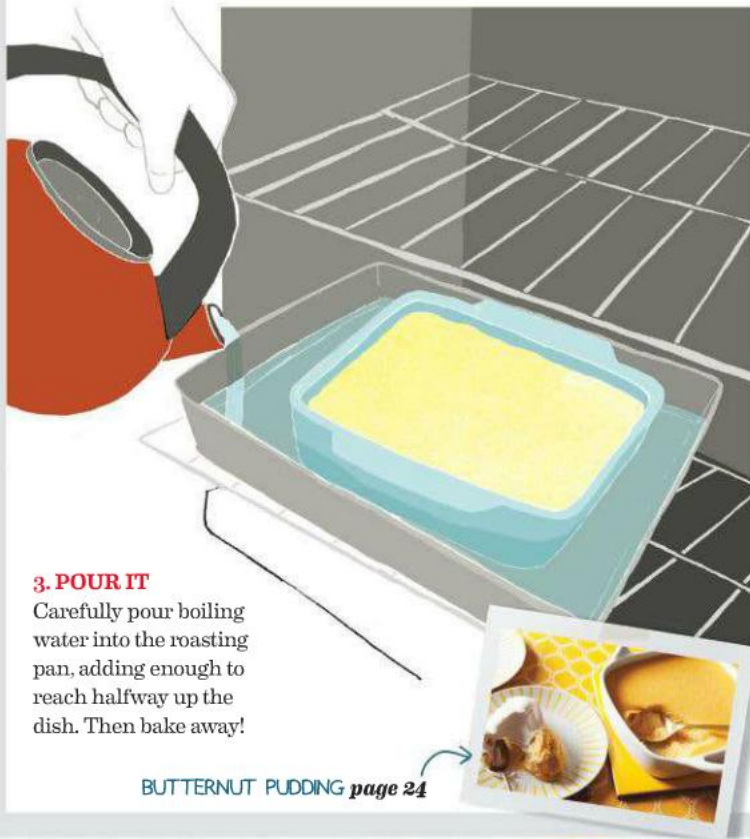
Custard recipes often call for baking in a water bath, which basically means cooking the dish in a large pan of hot water. This technique creates a moist, gentle heat, preventing the custard from becoming rubbery, curdled or dried out. It's easy to do—just follow these steps.

1. PREP IT

Put a kettle on to boil. Place the custard dish in a roasting pan.

2. PLACE IT

Transfer the roasting pan to a preheated oven.



3. POUR IT

Carefully pour boiling water into the roasting pan, adding enough to reach halfway up the dish. Then bake away!

BUTTERNUT PUDDING page 24

INGREDIENT INTEL

NUTMEG KNOW-HOW

"A touch of nutmeg adds a warm, nutty flavor to creamy dishes, from rice pudding to mac and cheese. Nutmeg loses its flavor very quickly, so skip the pre-ground stuff and buy whole instead. Just rub the seed along a fine grater, then measure out the powder. Store the grated seed in the jar it came in. Place in a cool, dark place (not near the oven or in the fridge) and it will keep for up to a year."

—KATIE BARREIRA, SENIOR TEST KITCHEN ASSOCIATE



MULLED APPLE CIDER page 103

DON'T THROW THAT AWAY

THEY'RE THE TOPS!

Why should veggie bottoms—roots, bulbs, stalks—get all the love? Look at all the delicious things you can do with greens, fronds and leaves!

BEET GREENS

These leafy tops taste like an earthy swiss chard.

- Steam or sauté (like spinach) and toss with pasta.
- Sauté, mix with goat cheese and fold into an omelet.
- Cut into large pieces, toss with EVOO and salt, and bake in a 375° oven until crisp. Eat like chips.



FENNEL FRONDS

The feathery fronds have a mild anise flavor.

- Puree with EVOO to make a fennel-scented pesto. Drizzle over slices of fresh mozzarella and tomato.
- Chop, then mix into tuna salad.
- Add to the cavity of a chicken before roasting.



CELERY LEAVES

The light green leaves taste like a concentrated version of the stalks, but with a pleasantly bitter edge.

- Chop and mix into mashed potatoes.
- Bake in a 200° oven until crisp. Crumble and mix with coarse salt. Sprinkle on everything from deviled eggs to hot dogs.
- Use as a taco garnish, in place of cilantro.



CELERY SALAD WITH WALNUT VINAIGRETTE page 90

StainGuide



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Creature comfort

Don't let your cat be haunted by hairballs. The fiber-rich pumpkin in these treats works magic for digestion; the catnip makes them as tasty as candy! BY SARAH ZORN

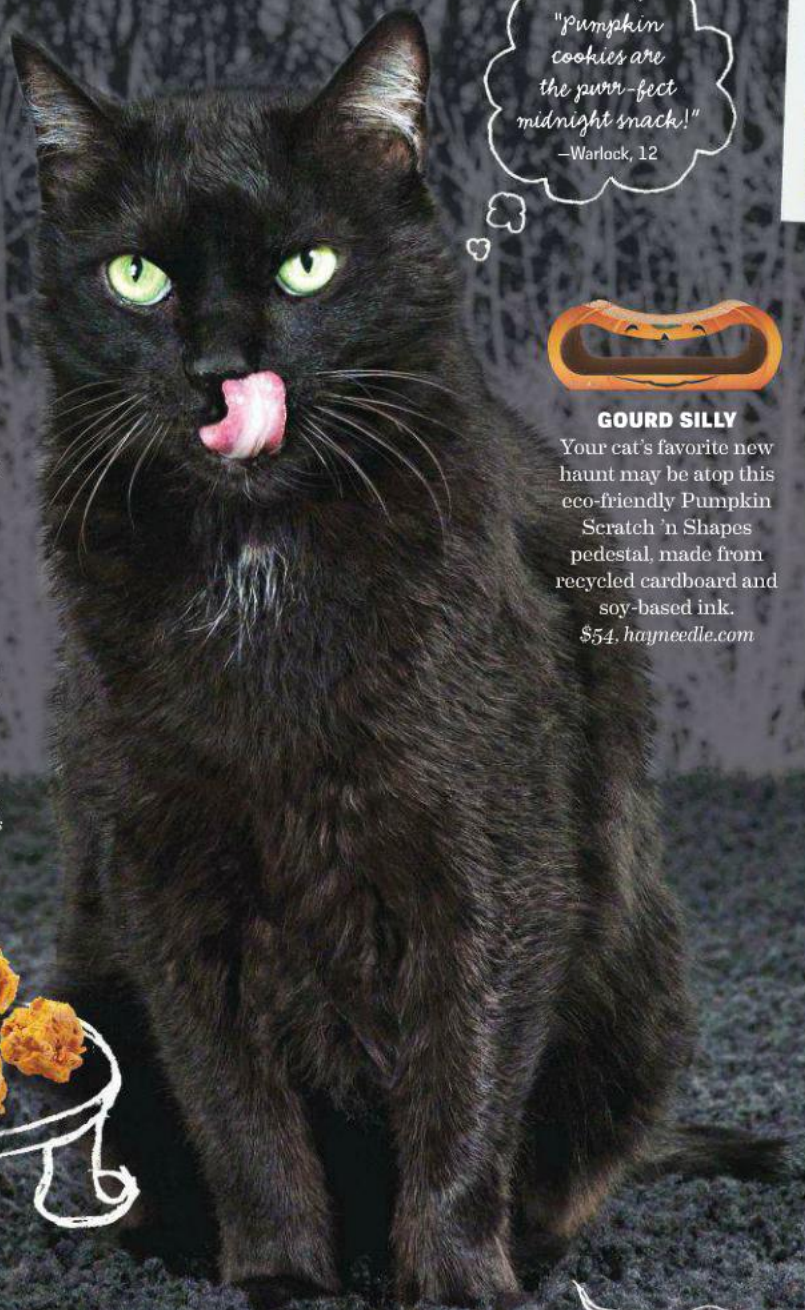
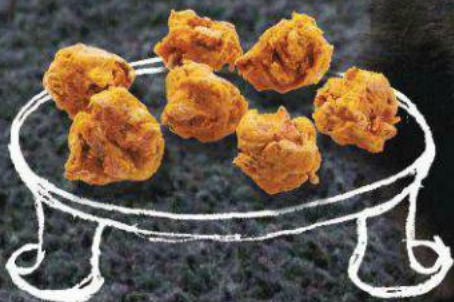
Howl-oween Hairball Helpers

MAKES 7 TO 8 DOZEN
PREP 10 MIN BAKE 20 MIN

- ¾ cup flour
- 1 can (5 oz.) tuna in water
- 2 tbsp. canned pure pumpkin puree
- 1 tsp. dried catnip

1. Preheat the oven to 350°. In a bowl, combine all the ingredients, mixing until a dough forms. Using floured hands, pinch off bite-size pieces of dough (about ¼ tsp. each) and place on lightly greased cookie sheets.
2. Bake until lightly browned and crisp, about 20 minutes. Refrigerate in an airtight container until ready to use.

Every pet is different, so please check with your vet to see if this recipe is suitable for your cat.



"Pumpkin cookies are the purr-fect midnight snack!"
—Warlock, 12



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Madelyn Buzza hugs Whiskers and Midnight.

ANOTHER PET SAVED:

WHISKERS AND MIDNIGHT

Jennifer Buzza never thought she'd be the proud owner of a black cat, let alone two. Then she and her 9-year-old daughter, Madelyn, fell in love with Whiskers and Midnight, an ebony pair they found through Halfway Home (countypetrescue.org), a feline rescue and rehabilitation center in Caribou, Maine. Mischievous Whiskers came first, followed by cuddly Midnight three months later. "Whiskers settled in nicely, but he needed someone to play with," Jennifer says. Although the year-old kitties look nearly identical—black with one white spot—they came from different litters. "Since we adopted Whiskers and Midnight, the house has been more fun and exciting!" Madelyn says. The Buzzas couldn't be happier about the additions to their family.



CLICK!

Pamper your pet with recipes from our "Pets" board at [pinterest.com/RachaelRayMag](https://www.pinterest.com/RachaelRayMag).

MAIN PHOTOGRAPH BY CATHERINE LEDNER

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A day in the food life of Jeff Probst

The host of a little program called *Survivor* (perhaps you've heard of it?) and the new *Jeff Probst Show* fills his days with family, friends and—pew!—a few guilty pleasures.



6:30 a.m.

The first order of business after my wife, Lisa, and I wake up—at least on a school day—is to drag the kids' butts out of bed and get them breakfast. It's usually something really basic, like a bagel and cream cheese for our 8-year-old, Michael, and dry cereal for 6-year-old Ava.



7 a.m.

As for my own breakfast, I almost always make "turk eggs": egg whites scrambled with tomato and turkey, with edamame and pomegranate seeds—not quite Rachael Ray-worthy in presentation, but it gets the job done.



7:25 a.m.

On the way to school, I grab carrots and celery and challenge the kids to a crunch-off to see who's loudest. Yes, it's a trick to get them to eat veggies—and it works! But now that Michael's 8, he's catching on and caring less about winning.



11:30 a.m.

We only have 90 minutes between tapings to decompress. For me, music is the best de-stresser. I can put a Dave Matthews Band or Jack Johnson playlist on and it'll pull me out of any funk.



9:30 a.m.

I show up on set looking like a bum in whatever shorts and T-shirt were handy this morning. I rush to shower, then the producers go over the plans for the day.



8 a.m.

My trainer meets me at the gym for a 20-minute CrossFit session. I'm not nearly as motivated without someone there to push me. Afterward, I make a great chocolate-why protein shake with banana, using frozen strawberries as "ice cubes."



Noon

Fresh sushi, especially Katsuya's crispy rice with spicy tuna, is my top lunch choice. It goes down easy and fills me up for a couple of hours, but not too much—because you don't want to do the second show after you've just eaten a large pepperoni pizza and feel like a big, fat toad.



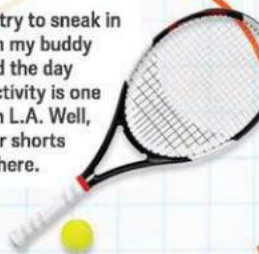
3 p.m.

I'm hungry and fading fast. It's not a pretty sight. I go from cranky to tired to delirious. When I'm on *Survivor*, a friend of mine always keeps an "extra" Clif Bar on hand. He pretends he brought it for himself, but I know it's for when my blood sugar plummets.



4 p.m.

On my way home, I'll try to sneak in an hour of tennis with my buddy Lee. Being able to end the day with some outdoor activity is one of the reasons I live in L.A. Well, that and you can wear shorts and flip-flops everywhere.



8 p.m.

Our house, which we call Great Adventure, is filled with friends on any given night. We just built an outdoor pizza oven, and we use it all the time. My specialty is a folded dessert pizza with Nutella and bananas. Sprinkle it with a little powdered sugar and it's impossible to resist.



6 p.m.

After 13 years of *Survivor*, it's nice to be able to get home at 6 o'clock, have dinner with the kids, then plop down on the couch to watch a little *Selling LA*, TV's greatest undiscovered show—and total real-estate porn.



11:45 p.m.

Friends who stay so late that they don't want to go home at all can take the guest room or sleep on the couch, but Lisa and I are calling it a day.

Good night, Jeff!



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