

COOK LIKE A STAR!



Alton's
MAC AND
CHEESE



Ree's
CARAMEL
APPLES



Robert's
SCOTCH
EGGS



FUN
HALLOWEEN
TRICKS!
PAGE 160

New
Soup
Ideas!

Like this pumpkin-apple
soup with crumbled bacon

105
Recipes!

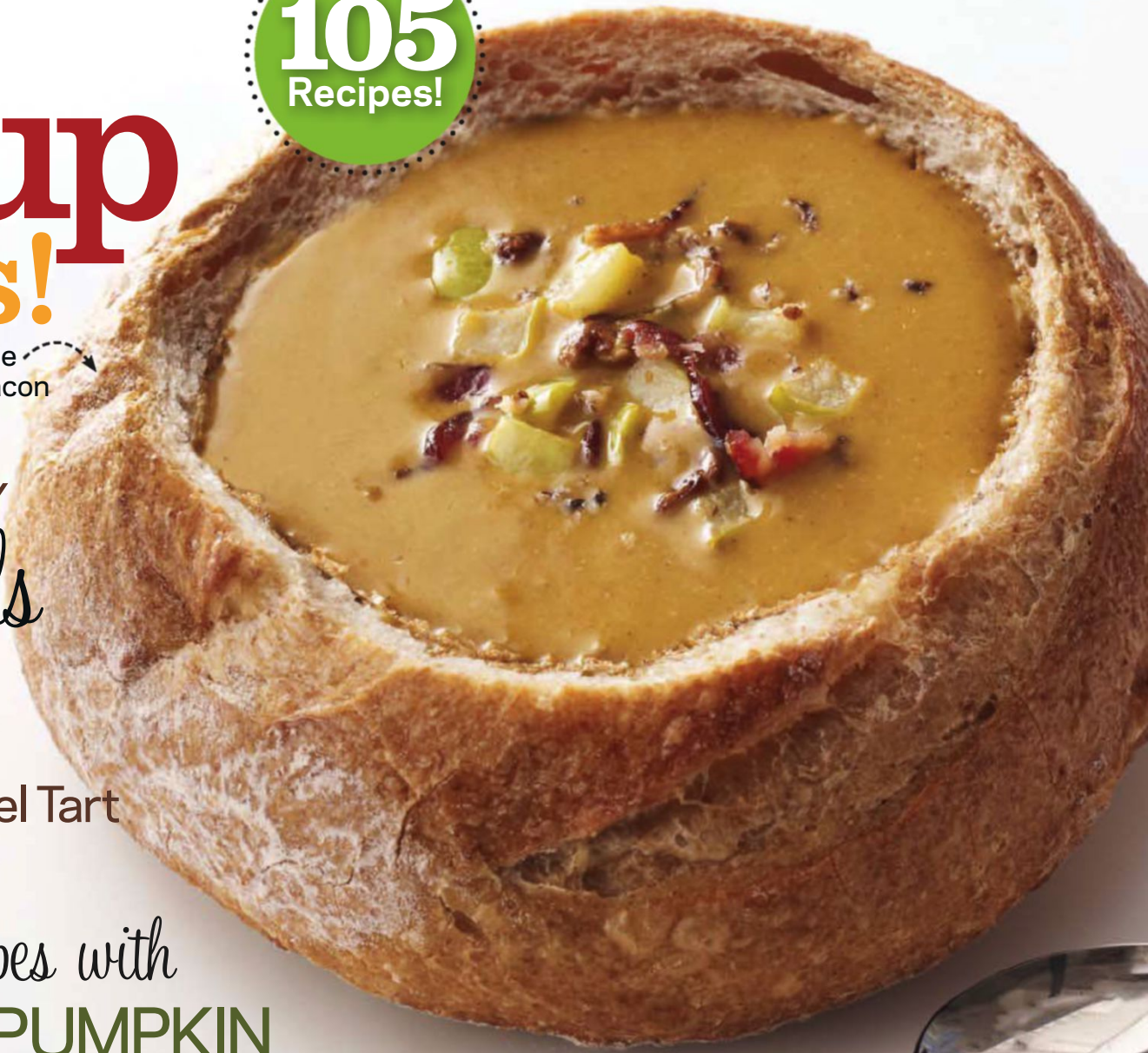
GREAT, EASY
Meatballs

YUM!

Salted Caramel Tart

50 Recipes with
CANNED PUMPKIN

Make your own soft pretzels (page 143)



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ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM: 1 IN 88



Photo by Jade Albert



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No big smiles or other joyful
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No babbling by
12 months

No words by
16 months

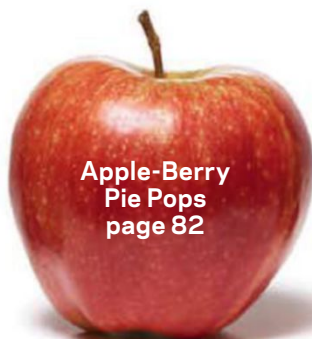


AUTISM SPEAKS
It's time to listen.

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OCTOBER 2013

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is packed
with apples!*



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THIS PAGE, PHOTO: KANG KIM; STYLING: CHRIS LANIER; COVER, PUMPKIN: LISA SHIN.



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MAKE CASSOULET

ON A TUESDAY



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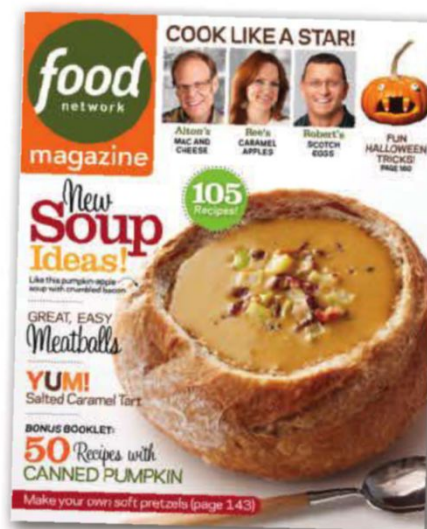
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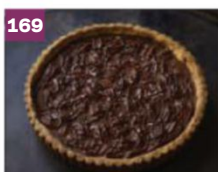
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salted-caramel desserts!
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Here's what's extra good for you in this month's issue:

DINNERS

UNDER 500 CALORIES

Food Network Kitchens developed lots of great light meals for this issue.

Here's a sample:



Kielbasa with Mashed Potatoes
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CALORIES: 491



Steamed Clams and Kale
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Lentils with Fried Eggs
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Chipotle Steak with Collard Greens
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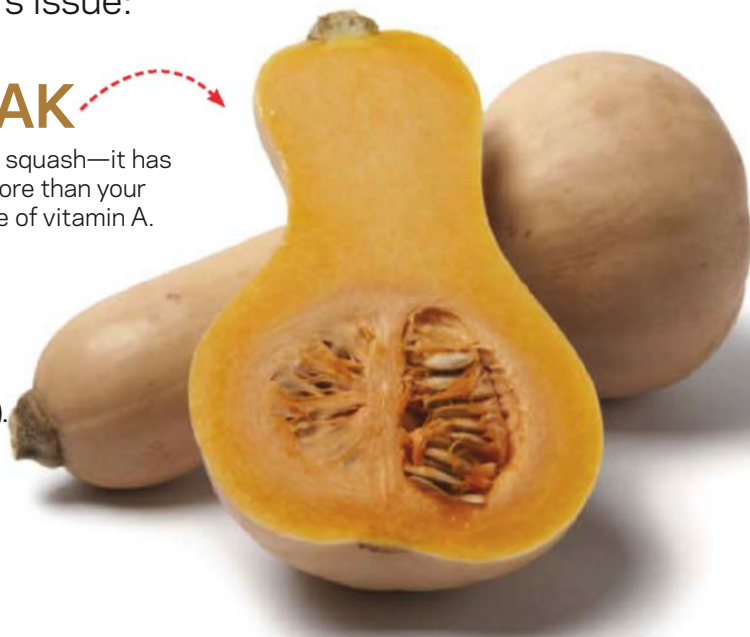
Pork Tenderloin with Apples
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CALORIES: 474

AT ITS PEAK

Get your fill of butternut squash—it has tons of fiber and even more than your recommended daily dose of vitamin A. Try it in these recipes:

- Mix it into a gratin (page 128).
- Make it as a side for pork chops (page 104).
- Add it to a bowl of ramen (page 65).
- Stir it into fish curry (page 96).



Seeding Frenzy

Chia seeds (yes, of Chia Pet fame) are trendy for a good reason: They're full of fiber, protein, antioxidants and omega-3 fatty acids, and they add a slight crunch to foods without changing the flavor. Try them in these:



Fold 1 teaspoon into the batter for **BLONDIES** (page 69).



Sprinkle a few pinches on creamy **POTATO SOUP** (page 100).



Blend 1 teaspoon into **PUMPKIN SMOOTHIES** (No. 34 in our booklet).



GOOD TO KNOW A diet high in magnesium may help lower your risk of heart disease by 22 percent, and spinach is a great source. Get your fix with a spinach-chicken dinner salad (page 98).

SOURCE: THE AMERICAN JOURNAL OF CLINICAL NUTRITION



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Find your favorite Food Network celebs in this issue:



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Jeff Mauro
Sandwich King
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Aarón Sánchez
Chopped; Heat Seekers
pg. 28



Amy Thielen
Heartland Table
pg. 176



Guy hits Vegas!

Guy Fieri is opening his next restaurant in Vegas, at The Quad Resort & Casino, and you could win dinner there plus three nights at the resort. If you've ever been to one of Guy's restaurants, you know that he's famous for cooking up wild names for dishes, like Volcano Chicken and Motley Que Ribs. Can you dream up a fun Vegas-themed menu item? Tell us your best idea at foodnetwork.com/guyvegas and you'll be entered for a chance to win.

Alton goes on tour!

Alton Brown kicks off a 45-city Edible Inevitable Tour this month, featuring all kinds of cool experiments and demonstrations. It's an interactive show (we hear there's a "poncho zone"), and Alton even has a few musical acts. Visit altonbrowntour.com for locations.



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*Decorate
jack-o'-lanterns
with Halloween
candy! See page 160.*

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2. Fresh food capacity compared to current
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FRESH THOUGHTS

Heather K. Jones, R.D., is a health journalist and the author of several nutrition books. She specializes in weight management and behavior change therapy, assisting people who struggle with diet and food issues.



It's starting to feel like fall, which means it's time to bring on the comfort food—and put up the Halloween decorations. Because this is a season for so many great, indulgent treats, it can be all too easy to slip into bad eating habits. Here, Heather offers a simple plan for avoiding the pitfalls of poor food choices while healthfully enjoying the flavors of fall.

Heather's plan starts with three simple steps: "Find nutritious ways to indulge, watch portion sizes and always, always add fresh produce into the mix, like Grapes from California." At the heart of this plan is a basic approach to food selection. "It's really important to focus on clean and natural foods. Cut out

processed and packaged foods and fill your body with what it needs most: real, nutrient-rich foods. Let your body be your guide."

As the temperature drops, cravings for hearty, warm dishes rise. And Heather believes that a healthy diet does not have to exclude the "good stuff." Comfort food she can't live without? "Pies, crisps and cobblers! They just scream *fall*, and making them with grapes really takes them from ordinary to extraordinary." Heather relies on Grapes from California as a mainstay in many of her meals. "I love roasting grapes at this time of year. It brings out their natural sweetness. You can include them in baked desserts and you can roast them with meats. For added flavor, texture and nutrition, I also like to toss grapes into salads and side dishes."

When it comes to entertaining, whether throwing a costume party or hosting a get-together before trick-or-treating, Heather finds ways to incorporate healthy ingredients into the snacks she offers. "I serve caramel-dipped grapes, which are delish. It's easy to take them up a notch: Roll them in crushed nuts. I'll also put together a snack tray with a mix of pumpkin seeds, grapes, nuts and cheese."

Heather sees Grapes from California as one ingredient that can change everything. "They're not only a yummy, versatile ingredient, they are also packed full of the good stuff, such as polyphenols, natural plant nutrients that act as antioxidants and may promote overall health."

3 WAYS GRAPES CAN ELEVATE ANY MEAL

ADD an elegant twist to crisps and cobblers

MAKE a perfect side for soups and stews

CREATE a beautiful centerpiece for any table

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—HEATHER K. JONES, R.D.



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I learned a lot about caramel

during the making of this issue, starting with the fact that I should go into business selling it. Have you bought caramel sauce lately? It's right up there with organic milk and pecans as America's **most overpriced grocery-store ingredient**. When we were planning our salted caramel dessert story, our creative director, Deirdre Koribanick, suggested that we open the feature with a full-page image of caramel sauce sprinkled with sea salt. We sent an intern out to buy a few jars so we could make sure the idea would work, and next thing you know, I was filing an expense report for **\$127.12 worth of caramel sauce**. Many of the jars were \$10 or more, and one was a whopping \$16. Call me cheap, but caramel sauce consists mainly of sugar, water and cream, and maybe a little vanilla. Doesn't this seem a bit steep?

I also learned, when we started spreading the sauces on a baking sheet, that **no two are alike**—or even close. In retrospect, I should have skipped the elaborate test and just listened to Ina Garten: She recommends caramel sauce from Fran's Chocolates as the one to drizzle onto her salted caramel brownies, and sure enough, Fran's turned out to be the sauce for the job. You can see it in all its glory on page 165.

The good news is, you don't need to buy caramel sauce to make the salted caramel desserts in our story. And if you want to make the other **big caramel treat** in this issue, the cake on page 77, all you need are two bags of soft caramel candies from the supermarket. Which brings me to my other caramel discovery: You can unwrap, warm and roll those little cubes into a big sheet of caramel that's super easy to manipulate. We used ours to cover the giant **caramel apple cake**, but I'm sure there are other ingenious ideas out there (caramel wrapping paper?). Send us a photo of your most creative caramel creation—the winner will score 500 bags of Kraft caramels, and what the heck, we'll throw in a jar of Fran's, too.

Win a ton of caramels!

Dream up a fun caramel creation like our cake on page 77 and you could win 500 bags of Kraft caramels. Go to foodnetwork.com/caramelcontest by October 15 for details.



Maile

Maile Carpenter
Editor in Chief

Finally, we found the perfect sauce!



Too thin!



Too chocolaty!



Too dark!



Way too dark!



Too shiny!



Too pasty!



Just right!

CLOCKWISE FROM TOP LEFT: TRAVIS HUGGETT; BEN GOLDSTEIN/STUDIO D (7); GETTY IMAGES. NO PURCHASE NECESSARY TO ENTER OR WIN. Caramel Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/caramelcontest and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address, one (1) image of your creative caramel creation and, in 150 words or less, a description of your caramel recipe. Contest begins 12:01 a.m. ET September 10, 2013, and ends 11:59 p.m. ET October 15, 2013. Must be 18 years or older and a legal resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/caramelcontest.

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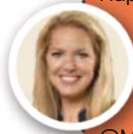
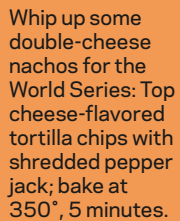
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for eyes
TONE REHAB
for face



easy breezy beautiful COVERGIRL

October

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Happy Birthday to Melissa d'Arabian! Tweet her a special wish at @MelissadArabian. 	2	3 Cook beer brats for your own Oktoberfest: Brown bratwursts in a skillet with oil, then cover with beer and simmer about 20 minutes. 	4	5 
6 It's movie night! Customize popcorn with fun toppings like smoked paprika, ancho chile powder or cinnamon sugar. 	7	8	9 Make a healthful midweek treat: Dip orange segments in melted dark chocolate and sprinkle with sea salt; let dry. 	10	11	12 Impress dinner guests with a table-side dessert: affogato. Hand out cups of ice cream, then top with a shot each of espresso and amaretto. 
13	14 Doctor up boxed mac and cheese for an easy Monday meal: Add shredded rotisserie chicken, hot sauce and scallions; top with blue cheese. 	15	16 	17	18 Tonight is Burger Bash at the New York City Wine & Food Festival. Set up a burger bar at home: Go to foodnetwork.com/burgerbar . 	19
20 Carve your pumpkin early, then candy the seeds: Rinse and dry; roast at 300°, 50 minutes. Toss with olive oil, pie spice and sugar halfway through. 	21	22	23 Whip up some double-cheese nachos for the World Series: Top cheese-flavored tortilla chips with shredded pepper jack; bake at 350°, 5 minutes. 	24 Celebrate United Nations Day with an international cheese board: Spanish manchego, Brazil nuts, Italian salami and French baguette. 	25	26 Look for Seckel pears at a farmers' market to serve with brunch: Halve, core and bake at 350°, 30 minutes; top with mascarpone. 
27	28	29 	30 The night before Halloween is Mischief Night! Make a dessert prank: fried ice cream that looks like crab cakes. Go to foodnetwork.com/crabcakes . 	31 Dress up wine glasses for Halloween: Put a plastic spider ring around each stem. Turn to page 147 for more Halloween ideas. 		

POPCORN, ORANGES, MAC AND CHEESE, TORTILLA CHIP, CHEESE BOARD AND WINE: DEVON JARVIS/STUDIO D. BURGER, PUMPKIN SEEDS AND FRIED ICE CREAM: LEVI BROWN. BRATWURSTS AND PEAR: GETTY IMAGES. AFFOGATO: AGE FOTOSTOCK.

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The Life Improvement Store™

We Hear You...

A few **thoughts from our readers** this month. Keep the letters coming!

After reading your recipe for Almost-Famous Barbecue Spareribs ["Copy That!" July/August 2013], I decided to make them for my husband because Famous Dave's ribs are his favorite food. We used our smoker box on the grill for the first time—the meat was so tender it fell off the bones! Thank you for inspiring me to make our own famous ribs.

Brenda Gatlin
Duluth, MN



My infant son is allergic to dairy and soy, so I eliminated both from my diet. I've been on the hunt to find treats to satisfy my wicked sweet tooth, and your Chocolate-Zucchini Cake [Weekend Cooking,

July/August 2013] fit the bill. I had to grease the pan with coconut oil instead of butter, but wow, it hit the spot!

Candace Peters
Morrisville, NC

I live in Washington state and was bothered by your "50 States, 50 Ice Cream Treats" [July/August 2013]. The story starts with Alabama and has great pictures of big, fancy ice creams, but by the time you get to the last page, it looks like a shopping index. Our state seems like an afterthought.

Jan Shaub
Silverdale, WA

In the July/August 2013 issue, you feature a restaurant in Santa Fe that serves a sopaipilla ["50 States, 50 Ice Cream Treats"]. Folks, this is not a "sweet fried dumpling." I think you know better, right?

Melissa Demas
Albuquerque, NM

Editor's Note: You're right—"dumpling" wasn't the best word. Sopaipillas are crisp, puffy, deep-fried pastries, and they're addictively delicious!

For as long as I can remember, we have made sweet biscuits with whipped cream and berries at our annual Fourth of July dinner. I was in charge of dessert this year and made your Star-Studded Berry Tarts ["Red, White &... Blueberry," July/August 2013] as an elegant twist on the tradition. It worked out beautifully, and everyone loved them.

Lucia Robinson
East Hampton, NY

I was looking for a new potato salad for my Fourth of July party when I came across Sunny Anderson's Creamy Potato and Prosciutto Salad ["Summer Potatoes," July/August 2013]. Everyone raved about it and wanted the recipe.

Victoria Yatzkanic
Blairsville, PA

I have a wonderful friend who works for a peach grower and shares her bounty. Thanks to your "Pretty as a Peach" story [July/August 2013], I'm looking forward to many new recipes.

Amanda Murray
Sun Valley, NV

I cannot believe you wrote "Fresh Corn 50 Ways" [July/August 2013] and left out corn pudding and fried corn.

Joyce H. Ockerman
Lexington, KY

If it wasn't for *Food Network Magazine*, I would have gone out of my mind in Afghanistan. I found an issue at an Afghan shop and was inspired to throw a barbecue for my fellow Marines. For a moment, we forgot the stress and how much we missed our loved ones. Now I'm back, and I graduated from the Institute of Culinary Education in June. I hope this magazine helps others as much as it helped me.

Corporal Haydee Collado
Brooklyn

We found Food Network's biggest fan!

Congratulations to Kathryn Curtis from Ottawa, winner of our Biggest Fan Contest. Her qualifications: She once handwrote 150 letters for a chance to meet a Food Network star (she didn't win), she has read every issue of this magazine, and last year she planned an elaborate Food Network-themed trip to New York City, including dinner at Morimoto and Bobby Flay's restaurant Mesa Grill, for her husband's 50th birthday. As the contest champion, Kathryn won a trip to the **Food Network New York City Wine & Food Festival** this month to hang out with Guy Fieri, Rachael Ray and other big stars. For more info and tickets, visit nycwff.org.



You Asked...

Food Network stars answer your burning questions.



Ree, your ranch is pretty remote. How often do you go to the store, and how do you plan your meals for the week?

Matt Pelis
Shelburne Falls, MA

We have a small grocery store in our town where I can get lots of essentials. I don't plan my meals by the week at all. Instead, I just make sure to have plenty of staples on hand: meats, pastas, beans, canned tomato products, onions, potatoes, carrots and rice. I can whip up most things I need with these basics. When my husband or I pass through town, we'll grab lettuce and other shorter-lived products. And when I'm in the big city, I get things I can't get locally, like jarred pesto, great sauces and relishes.

—Ree Drummond



Robert, other than for presentation, is there a reason for placing an apple in a suckling pig's mouth?

Brenda Belongie
Etna, CA

I have no knowledge that there's any culinary justification for this tradition. I think it's more aesthetic than anything else—because in America we don't really consume most of the pig. In other countries, people eat every part of it.

—Robert Irvine



Ina, after making whipped cream from scratch, how long can you store it?

Nicole Heisse
Levittown, PA

Whipped cream will last a few hours if you add a few tablespoons of mascarpone. You can also make it a little ahead of time and keep the bowl and beaters in the fridge for a few hours, then just give it a final whip right before serving. If you accidentally overbeat it and it looks a little curdled, add some fresh cream and beat it again.

—Ina Garten



Aarón, what is your favorite chile pepper for cooking?

Katie Good
Albuquerque, NM

I love chipotle. It has a nice smoky flavor and a mild heat and goes well with just about everything.

—Aarón Sánchez



Sunny, what's the trick to keeping sweet potato fries from getting soggy?

Laura Joshua
Los Angeles

Sweet potatoes have a bit more sugar and starch than their white counterpart, so soak your raw cut fries in water for a few hours before frying to release some of the starch. Also, a frying temperature of 350 degrees is key so the inside of each fry gets thoroughly cooked and the outside crisps. And put the fries in one layer on a paper towel-lined plate after frying.

—Sunny Anderson



Chipotle peppers are Aarón's favorite!



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

LIVE YOUR PASSION

For **JUSTIN WARNER**—self-taught cook and past winner of *FOOD NETWORK STAR*, Season 8—home base is his hot Brooklyn restaurant, Do or Dine, where he pushes culinary boundaries every day as owner/chef. But his passion for new adventures, experiences and flavors lures him out of the kitchen and on the road as often as possible. Find out more about what drives his inspiration in this exclusive **Q&A**.



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ENCORE



JUSTIN WARNER
Food Network Star
Winner, Season 8

FOLLOW YOUR INSTINCTS

- | | |
|--|---|
| <p>Q How do you live like a local when you're traveling?</p> <p>A I discovered a Chinese tea market that was hidden in an alley because there was a cardboard sign in Chinese. I can't read Chinese, but I'm really good at following hunches. Sometimes you just have to be curious and not afraid to end up somewhere new.</p> | <p>Q How do you find great ingredients when you're cooking on the road?</p> <p>A Roadside stands are always a good bet. I scored some of the best avocados I've ever had from a little shack selling them five for a dollar! Even in a run-of-the-mill megamart you can find some really wild stuff if you pay close attention.</p> |
|--|---|

Open this special fold-out guide and join Justin and BUICK ENCORE for an inside look at following your passion.

SPONTANEOUS LUXURY

Discover the passion behind the NEW BUICK ENCORE. It's the luxury crossover designed with a passionate focus on comfort, nimble drivability and free-spirited fun.



"Striking up a conversation at farmers' markets can lead to great finds. Sometimes they sell their really fun ingredients to restaurants exclusively... you gotta talk to them to get your hands on the good stuff."

BE READY FOR A TWIST

- Q** What are some of the wildest new foods you've come across?
- A** I found a "spicy-corn"-flavored lollipop the other day that blew my mind. I was horseback riding in California a few weeks ago and I discovered wild fennel. The flavor was so intense I thought I was going to reach mouth-nirvana.
- Q** What are some regional specialties that inspire you?
- A** I'm obsessed with barbecue: Carolina pig, Texas brisket, you name it. I made some brisket with a smoker I built in the backyard of my restaurant. The cooking process was very traditional, but I made a Jamaican jerk-inspired rub...lemme tell you, it was so good.

TAKE THE WHEEL

- Q** What are your key travel essentials when you leave home?
- A** I always pack a "boredom bag" full of fun stuff: portable video games, playing cards, a probe thermometer, comic books...I can't stand to be bored, so I've learned to bring fun with me.
- Q** Can you describe your ideal road trip?
- A** I would love to travel through Latin America with my girlfriend and my dog and the music turned up loud-upbeat, catchy stuff. If I can't bop my head to it or drum on the steering wheel, I'm probably not going to dig it.
- Q** What are your most important ingredients in a vehicle?
- A** I like a responsive ride that lets me feel like I'm in control. A primo sound system is important. Fuel efficiency is also a priority. I also really enjoy smartly designed cup holders.

MAKE THE MOST OF GREAT SEASONAL INGREDIENTS LIKE A SURGE OF FALL CUCUMBERS!

COOL AS A CUCUMBER SOUP

MAKES ABOUT 2 QUARTS OR SIX 8-OZ. SERVINGS

INGREDIENTS

- 7 cucumbers, peeled, seeded and diced
- 2 green bell peppers, seeded, ribbed and diced
- 1 loose cup of dill
- 3 scallions
- 1½ teaspoons kosher salt
- 2 teaspoons sugar
- 1½ teaspoons champagne vinegar
- ¼ cup chiffonade of mint
- Crème fraîche, optional garnish

DIRECTIONS

Blend all ingredients in batches in a blender. Allow to chill in refrigerator for 3 hours. Garnish with mint chiffonade and crème fraîche, if desired.

RECIPE COURTESY OF JUSTIN WARNER

2013 BUICK ENCORE

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"I love to find great local restaurants on the road with Twitter. The best part is that I also get to interact with my fans—they know what I like and will happily tell me where to find it."



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In the Know

Give **pale veggies** a chance. Then, study up on culinary school and see a star's home kitchen.

PHOTOGRAPH BY KANG KIM



Color Spiel

Health experts keep telling us to eat the rainbow, but according to one recent report, we should be eating more pale produce: Mushrooms, parsnips, onions, cauliflower and potatoes are surprisingly rich in fiber, magnesium and other nutrients. “A potato actually has more potassium than a banana,” says the paper’s author, Purdue University professor Connie Weaver. Another plus: Potatoes provide one of the best nutritional values per penny in the produce aisle—assuming, of course, that you don’t undo all of the good with a deep fryer.

This year, we're opening a million mouths to our unique flavor. Get your taste at Facebook* and be counted. 

mouth no. 783,964

This mouth has always been cautiously curious. But when the sweet & tangy blend of *Miracle Whip* came along on a Ham & Cheese, it threw caution to the Swiss, opened wide and said "awww yea." Has yours?

KEEP AN OPEN MOUTH



miraclewhip



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Food news



DON'T WAIT UNTIL NIGHTFALL TO START THE HALLOWEEN SPOOKING:

This Funny-Side-Up egg mold turns two eggs into a skull. Serve with two strips of bacon as crossbones. \$10, Fred & Friends; perpetualkid.com



TAX WITH THAT?

If a cashier asks what you plan to do with your pumpkin, you might want to answer, "Eat it!" In many states, pumpkins are taxed when they're purchased for decoration—and because these states have no way of knowing how people intend to use their pumpkins, all sorts of weird policies have been put in place. In Wisconsin and Massachusetts, pumpkins are taxed if they've already been carved or painted, and in Ohio, they're taxed if they're simply advertised as carving pumpkins.

MASS A-PEEL

Strange but true: The top-selling food costume for Halloween at Party City is a banana suit. The store sells a whopping 45 percent more of them than the number two food outfit: a hot dog.



HOW CORNY!

Candy corn appears in some fun new forms this Halloween.



S'mores Candy Corn tastes like the campfire favorite, except it's even sweeter! \$2 for 9 ounces, Brach's; at grocery stores



Starburst Candy Corn looks similar to the classic version, but the flavors are just like the chews. \$2.50 for 12 ounces; at grocery stores



You shouldn't have candy with breakfast, but this Arabica **Candy Corn Coffee** is another story. \$7 for 12 ounces, Archer Farms; target.com for stores

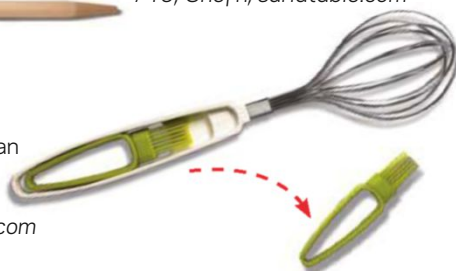
TWO-TIMING

These gadgets are great for baking season: They all do double duty.



The **Pin Pair** looks like a standard silicone rolling pin, but unscrew the white cap and a wooden French pin slides out. \$40, [Chef'n](http://Chef'n.com); surlatable.com

The **Whisk + Brush** is more than just a whisk: The handle contains a brush for glazes. \$12, [Vacu Vin](http://VacuVin.com); corkwineonline.com



Remove the wooden bottom from this **Ventu** bowl and the watertight serving dish becomes a colander. \$55; quirky.com

Pop open the **KlipScoop's** silicone measuring cup to ration out ½ cup chocolate chips or nuts, then use the clip to close the bag. \$7; store.dexas.com



The **Sto-N-Go Dessert Carrier** comes with adjustable shelves to accommodate baked goods of any height. Remove the shelves and handle and it's a canister. \$20, [Mrs. Fields](http://Mrs.Fields.com); amazon.com

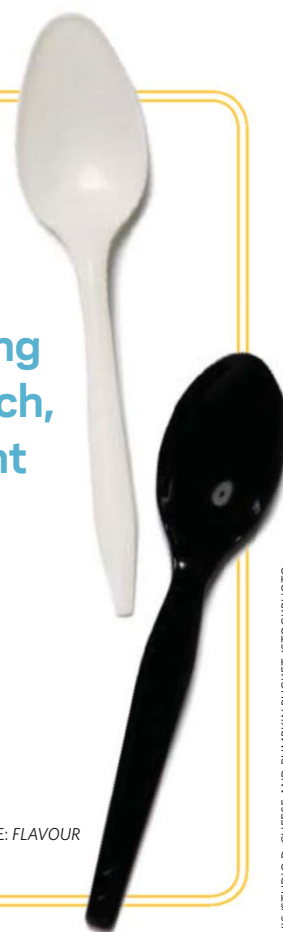
ONE GOOD REASON TO EAT MORE CHEESE:

During a recent study, people who ate cheddar cheese had higher pH levels in their mouths than people who drank milk or ate sugar-free yogurt—and higher pH levels are associated with cavity prevention.

SOURCE: GENERAL DENTISTRY

Apparently we really do eat with our eyes: According to new research, people thought yogurt tasted sweeter when they ate it with a white spoon versus a black one.

SOURCE: FLAVOUR



90% of parents admit to sneaking candy from their kids' Halloween stash. (We call baloney on the other 10%.)



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Know It All: Culinary School

It's easy to fantasize about going to culinary school—until you look up the tuition: A bachelor's degree from The Culinary Institute of America starts at a whopping \$100,000, and that doesn't even cover housing and books. Despite the cost, enrollment at culinary schools is booming. Here's a quick look:

All-Star Schools		
SCHOOL	TUITION	FAMOUS GRAD
 The Culinary Institute of America Hyde Park, NY; St. Helena, CA; San Antonio	\$51,800 (associate's) \$101,360 (bachelor's)	Michael Symon '90 
 Institute of Culinary Education New York City	\$33,042 (diploma; 6 months)	Marc Murphy '90 
 The International Culinary Center (formerly French Culinary Institute) New York City; Campbell, CA	\$48,750 in New York \$34,700 in California (diploma; 6 months)	Bobby Flay '84 
 Johnson & Wales Providence (main campus); North Miami; Denver; Charlotte, NC	\$48,192 (associate's) \$100,400 (bachelor's)	Tyler Florence '94 
 Kendall College Chicago	\$51,612 (associate's) \$90,647 (bachelor's)	Jose Garces '96 
 Le Cordon Bleu 16 U.S. locations	\$19,200 (certificate; 1 year) \$36,200 (associate's)	Giada De Laurentiis '97 
 New England Culinary Institute Montpelier, VT	\$6,200 (certificate; 6½ months) \$52,500 (associate's) \$82,350 (bachelor's)	Alton Brown '97 

Do you need a degree?

Two Iron Chefs square off.

YES:

"When I started cooking, I thought the most important thing was 'fieldwork.' I still believe that. But I no longer think you can enter a kitchen as a beginner without a culinary education. Having a command of basic skills gives a cook much better footing."

—Alex Guarnaschelli



NO:

"Some of the best chefs I've ever worked with have not gone to school. To me, it depends on the person and the passion that they have for this business."

—Marc Forgione



Some classes sound like more fun than others...

 Sanitation & Food Safety New England Culinary Institute	 Meat Identification, Fabrication and Utilization The Culinary Institute of America	 Composition and Structure: The Humble Complexity of the Egg Institute of Culinary Education	 Advanced Decorative Breads Johnson & Wales	 International Desserts The International Culinary Center	 Ice Carving Kendall College
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So Campy

Enamelware looks just as good at home as it does around a campfire.



Serve any size meal on these Variopinte **Enamel Plates**.
\$17/small,
\$23/medium,
\$27/large;
thevitrine.com



This **Large Enamelware Colander** is stylish enough to take right to the table.
\$55; kaufmann-mercantile.com



With herbs or without, this **Plant Pot** looks great on a windowsill.
\$22; burke-decor.com



This bright **Slim Pot** holds 40 ounces.
\$88; momastore.org

These airtight **Enamel Storage Boxes** are great for countertop snack storage.
\$30/small, \$40/large;
merchant4.com



This **Enamel Four-Piece Place Setting** looks delicate, but the utensils are super durable—and dishwasher-safe.
\$74; gretelhome.com



It's easy to read the numbers on these **Enamel Measuring Spoons**.
\$14; westelm.com



This lightweight 1½-gallon **Pasta Pot** has a stainless-steel strainer.
\$190; poketo.com



Brits call this a **Pie Set** because it's ideal for potpies, but it's just as handy for casseroles and mac and cheese.
\$98 for a set of five; brookfarmgeneralstore.com

Our family just grew. A little.



New minis! Super-yummy, all-natural guacamole in Classic, Spicy, Avocado Ranch and Chunky Avocado. **How will you enjoy them?**

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Which Is Healthier?

Before you stop for your morning joe, find out how some **coffee shop favorites** compare.



Latte vs Cappuccino

They deliver the same caffeine jolt (75 milligrams per 12-ounce cup), but a latte has almost double the calories and fat of a cappuccino. The difference is in how they're made: Lattes are almost entirely milk, while cappuccinos have equal parts milk and steamed foam.

WINNER: Cappuccino



Cream Cheese vs Butter

Butter contains twice the calories and fat of cream cheese. The only hitch: Café workers tend to be heavy-handed when slathering a bagel with cream cheese. Ask for it on the side so you have better control over the portion—or scrape some off.

WINNER: Cream cheese



Cake Doughnut vs Yeast Doughnut

A cake doughnut seems fattier because it's denser, but it actually isn't. Both types are made from the same basic ingredients (flour, sugar, milk, eggs), so they're similar nutritionally; they just have different leavening agents. The damage really depends on the extras: Adding a glaze or a cream filling tacks on at least 50 calories.

WINNER: It's a draw



Dark Roast Coffee vs Light Roast Coffee

There's a common misconception that dark roast is "stronger" and therefore more caffeinated, but light roast actually gives you more of a buzz. Experts are still debating which brew has more antioxidants: Some studies have found that the roasting process for dark coffee boosts its antioxidant count, while others report that greener, lighter beans have more antioxidants.

WINNER: It's a draw



Regular Blueberry Muffin vs Low-Fat Blueberry Muffin

Low-fat isn't always better: Reduced-fat muffins do have fewer calories, but not enough to make a substantial difference, plus they typically contain more sodium or sugar. Your best bet: Split a full-fat muffin with a friend and pair it with a nonfat cappuccino.

WINNER: Regular blueberry muffin



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Star Kitchen

Cooking Channel star **Nadia G** shows off her Montreal kitchen.

PHOTOGRAPHS BY DOMINIQUE LAFOND

Nadia G, host of Cooking Channel's *Bitchin' Kitchen*, bought her dream home online. It was a completely uninhabitable Montreal warehouse listed on Craigslist.com, and she had to have it. "It was just bricks," she says. "The plumbing was a mess, the electrical was a mess." But she saw the potential and spent six years turning it around, transforming the bottom floor into a studio where she shoots her show and the top floor into a loft apartment. Her main priorities upstairs: a wide-open kitchen and, as fans would expect of the culinary tough girl, plenty of unconventional touches. "I wanted to have fun with surfaces," she says. That meant steel cabinets, soapstone countertops and a refrigerator covered with walnut strips. The openness of the space, though, is her favorite detail. "I grew up in a house where women went crazy making all the food in the back and weren't connected to the party," she says. "Here, we can all hang out."



Pet pig

When she was pitching her idea for *Bitchin' Kitchen*, friends told her she'd get a TV show when pigs fly. Nadia bought this porcelain winged pig when her show became a reality.

HAIR AND MAKEUP: LEA BEGIN



Kitschy cabinets

Inspired by the *Bitchin' Kitchen* set, Nadia designed peel-away decals to make her white cabinets look tufted.

Soapstone countertops

Nadia chose soapstone because she can put hot pots right on top. "And it's different," she says. "It's not the typical granite or stainless steel."

Dramatic doors

The refrigerator, freezer and pantry all have doors covered with custom walnut strips. "The refrigerator was designed to look like art," Nadia says.

Turn the page to
get Nadia's look.



Get the Look

Pick up some of Nadia's finds for your own kitchen.



Nadia found these chairs at the Montreal store Surface Jalousie.

Black goblets appeal to Nadia's dark side. \$16, Mario Luca Giusti; seed387.com



In addition to collecting these Glass Wisps, Nadia has several other vases by Canadian artists Eva Milinkovic and Kriston Gene. From \$400 each; tsunamiglassworks.com

This porcelain pig, much like Nadia's, is a fun addition to any kitchen counter. \$30; zgallerie.com



Nadia stores nuts in her reusable chalk canisters. \$11/small, \$33/large, ASA Selection; abode-newyork.com



Nadia's Brasserie Plates are modeled after those used in restaurants in France during the 1920s. \$33 for a 9½-inch plate, Pillivuyt USA; 125west.com



Cake stands aren't for just cakes: Nadia uses hers, similar to this Banded Cake Stand, for produce. \$150; reedandbarton.com

SOMEWHERE, A FORK SALESMAN WEEPS.

One of the great things about a Vitamix? It makes soup. Hot soup. Right there, in the Vitamix machine itself. Talk about a secret ingredient. So grab a spoon, because it's time to rethink what you thought was possible.

Find the recipe for Broccoli Cheese Soup at vitamix.com.





Celebrating
A DECADE *OF*
PUMPKIN
Devotion

#PSL





years
20
secrets

This year marks **Food Network's 20th birthday**, and while we could just applaud all of the achievements of the past two decades, we thought it would be more fun to dig up old pictures and funny stories instead....



20
years

1

The **first show** on Food Network wasn't a cooking show.



On November 23, 1993, Food Network (then called Television Food Network) launched with its first show, *Food News and Views*, anchored by Donna Hanover, then wife of New York City's soon-to-be mayor Rudy Giuliani, and food writer-restaurant critic David Rosengarten. During the first day, the network aired just three shows, over and over: *Food News and Views*, *Talking Food* (starring Robin Leach of *Lifestyles of the Rich and Famous*) and *Getting Healthy*, hosted by sportscaster Gayle Gardner.

2

Here's proof that cooking keeps you **young....**



BOBBY FLAY



SANDRA LEE



MASAHARU MORIMOTO



RACHAEL RAY

3

In the early days, Food Network made an entire episode of a show for what hairstyling and makeup costs now!



4



Back in the day, the **ovens were fake**.

On *Molto Mario*, which premiered in 1996, Mario Batali would reach below his cooktop, pretend to put food in an oven and kick his foot to mimic the sound of a door closing. When the food was "done," an assistant would hand Mario the finished dish.

5

And the **sets** came unglued—literally.

On *The Essence of Emeril*, the set would sometimes get so hot and steamy from shooting seven or eight episodes per day that the white tiles would fall off the wall.

PREVIOUS PAGE, CANDLES: MELISSA PUNCH/STUDIO D; SPRINKLES: BEN GOLDSTEIN/STUDIO D; THIS PAGE, LIPSTICK: CHRIS ECKERT/STUDIO D; TILE: ISTOCKPHOTO; BOBBY, FROM LEFT: CORBIS; STEVE GIRALT; GETTY IMAGES; SANDRA: GETTY IMAGES (3); MASAHARU, FROM LEFT: CORBIS; GETTY IMAGES (2); RACHAEL: GETTY IMAGES (3).

6



On live television, everything that can go wrong does go wrong.

Remember *Cooking Live*? It launched in 1997, and home cooks were encouraged to make recipes along with the host, Sara Moulton, and call in with problems. But Sara had her own troubles: an occasional prank call, and worse, her pans were always too hot. There wasn't enough time to heat up the cookware while the cameras rolled, so the burners were turned on beforehand and the pans just sat there getting hotter and hotter.

7

Some stars are born that way.

Bob Tuschman, now the network's general manager, was so sure that Giada De Laurentiis would be a star, he hired her without even meeting her first. As Allison Page, senior vice president of programming, explains, Bob saw an article about Giada in a magazine, and he just had a feeling. After a phone call and a demo tape, he gave her a show.



8

These people were Food Network stars once:



DAWN WELLS
Gilligan's Island star
Chef Du Jour
(1995)



MARTHA STEWART
From *Martha's Kitchen*
(1999)



DWEEZIL ZAPPA
Rock musician
Dweezil & Lisa
(2004)



BRIAN BOITANO
Figure skater
What Would Brian Boitano Make?
(2009)

9



The worst Food Network show pitches of all time:

a series called *En Fuego*, featuring a chef who cooked while on fire, and an *American Gladiators*-inspired show that involved cooking while maneuvering through an obstacle course. Occasionally, an odd idea actually ended up on the air: *3 Dog Bakery*, in 1997, featured expert pet-food bakers making specialty kibble.

10



The food used to do the traveling.

Long before hosts like Bobby Flay and Guy Fieri showcased great restaurant food on their travel shows, Food Network covered the country's top dishes right from its New York City studio. The show was called *Dining Around*, and chefs had to send their dishes to the studio by overnight mail. The crew microwaved them before airtime.



Happy 20th Birthday Food Network.

Like wine, you too get better with age.

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AND TRUE** —
COMBINATIONS

Crafted in partnership by two of the most trusted names in wine and food—Wente Vineyards and Food Network—*entwine* wines are as diverse as their pairing possibilities.



entwine PINOT GRIGIO

entwines WITH: salty cheeses, guacamole, Asian food, tropical fruit, white fish and ham.

ENJOY IT: with hors d'oeuvres on the porch.



entwine CHARDONNAY

entwines WITH: potato chips, goat cheese, cream sauces, roast chicken, shellfish and grilled cheese sandwiches.

ENJOY IT: while hanging out with friends.



entwine CABERNET SAUVIGNON

entwines WITH: cheese straws, steak and potatoes, sautéed mushrooms, roasted carrots, blue cheese, creamed vegetables and burgers.

ENJOY IT: during a backyard barbecue.



entwine MERLOT

entwines WITH: salami, mac and cheese, pizza, meatloaf, tomato sauce, grilled pork and wild salmon.

ENJOY IT: with weeknight dinners.



Here are some interesting little gems, from the makers of *entwine*.

- 1 It takes 2.5 pounds of grapes to make a single bottle of *entwine* wine.
- 2 Over 9 million glasses of *entwine* were enjoyed last year—that would be 22,500,000 pounds of grapes.
- 3 Food Network Kitchens has created more than 500 recipes to pair with *entwine* wines since its launch—that's almost 2 recipes every weekday all year long.
- 4 In the last two years, *entwine* has paired enough cheese straws with its Cabernet Sauvignon to stretch higher than the Empire State Building.
- 5 *entwine* has paired its wines with everything from trail mix to caviar. And, so far, everything works!

entwine



For more *entwine* recipes and pairing recommendations, visit entwine-wines.com.



11

This is where Food Network's **culinary team** prepares for *Iron Chef America*. Here's what was happening at 9:47 a.m. on July 12:

All of the meat for *Iron Chef*, like the pancetta here, gets cut down to usable size and rewrapped in brown butcher paper.



Prepping for *Iron Chef* means getting 200 or so ingredients camera-ready. Stickers have to come off all the produce before it's washed and added to the chefs' pantry.



DAVID A. LAND



The kitchen is equipped with TV lights for occasional specials, like *Thanksgiving Live!* (You might also recognize the space from *Throwdown!* with Bobby Flay.)



The ingredients for *Iron Chef* are just one part of Food Network's big grocery list. Over the past 20 years, the culinary team has purchased more than a quarter million eggs and almost 26,000 pounds of butter!



When they aren't prepping for *Iron Chef*, the team tests and prepares food for other shows taped at Food Network studios, like *Chopped*. They have 13 fridges, 48 burners and 6 grills to do the job.





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A FEAST FOR THE EYES



FAMILY STYLE



COWBOY COOKIN'



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OBSESSION

AND THE ONLY

CURE FOR IT

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WHOLE OTHER COUNTRY

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APPETITE
 — FOR TEXAS —

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This is the land of the chuck wagon, Tex-Mex, chili and barbecue. You'll find everything your heart (and stomach) could desire, from Gulf Coast seafood to a modern mix of traditional Texas foods and international cuisines.



Mixed Peppercorns

Coriander



Crushed Chile Pepper

- ✓ Many different cultures have influenced the food of Texas, including British, Mexican, Native American, German and Italian.
- ✓ Texas is where you'll find the nation's best barbecue. Traditional Texas barbecue features slow-cooked cuts of beef, like smoked brisket. Flavors and cooking methods show the influence of Czech and German immigrants, African-Americans and Native Americans.
- ✓ Tex-Mex began as a fusion of Spanish and Central American cuisines, influenced by Native Americans and Anglos. Delicious examples of this hybrid cuisine include fajitas and chimichangas.
- ✓ Making chili? Hold the beans! There aren't any in traditional Texas chili.
- ✓ Cajun and Creole cuisines make great use of shrimp and other superb Gulf Coast seafood.

TEXAS

— It's like a —
WHOLE OTHER COUNTRY

10
TRUE FACTS
 — About —
TEXAS

DID YOU KNOW...

- 1 The Republic of Texas was an independent nation from 1836 to 1845.
- 2 Texas is home to three of the ten largest cities in the United States.
- 3 Texas is the fifth largest wine producer in the United States, with more than 220 wineries.
- 4 Texas has more than 600 miles of sparkling coastline to explore.
- 5 Dr Pepper was invented in Waco in 1885 (and there is no period after the "Dr").
- 6 You can eat at a different barbecue joint every day of the year without visiting the same place twice.
- 7 Texas has more than 70 guest and working ranches, plus a year-round rodeo circuit.
- 8 Texas is home to renowned chefs and restaurant owners, like Tim Love and Dean Fearing.
- 9 Texas is home to four of the 2012 "Top 25 Big Cities for Art," according to *American Style Magazine*—Austin, Dallas, San Antonio and Houston.
- 10 The King Ranch in Kingsville is the largest ranch in Texas. It's bigger than the entire state of Rhode Island.

TEXAS

— It's like a —
WHOLE OTHER COUNTRY



12

Food Network's first studios weren't so glamorous.

Food Network is now based in New York City's Chelsea Market, a former Nabisco factory (and home to 33 food vendors—great for last-minute ingredients). But when the network launched, the offices and studios were in a high-rise banking building. Gas lines weren't allowed, so all of the cooking had to be done on electric ranges, and the ovens were left on from 6 a.m. to 10 p.m., so their glass fronts routinely shattered from the heat.

13



Tyler Florence once filmed an entire episode of *Chef Du Jour* in his pajamas because his producer thought it fit the theme of the show: breakfast.

14

The stars' early days were the hardest.



"My first show was *Grillin' and Chillin'* in 1996. We shot it on the back lot of the Home Shopping Network in Clearwater, FL. There was a picnic table and two cameras, and that was it. We shot 42 shows in seven days. We didn't know what we were doing. No teleprompter, nothing. It was basically live television." —Bobby Flay

"The first day, I was like, 'I've taught culinary school, I've been on *Iron Chef*, I can do this. I'll be home by 1:30 p.m.' But by 2 p.m., when we broke for lunch, I had made literally four minutes of television." —Anne Burrell



"As the cameras rolled for the first shot of the day, I was chopping parsley and cut off the pad of my thumb. They had to shut down production for six hours while they tended to my wound. If you look closely at that first episode, you can see the bandages." —Jeff Mauro



"The nice thing about film is, you can edit it. I remember carving into a duck once, and if you've ever carved a duck, you know it's all bones—it's just impossible—and I might have said something that rhymes with duck!" —Ina Garten



\$\$@*%!

20
years

15

One of the toughest tasks at the network is naming new shows.

And even great names aren't a given: The legal team has to make sure other shows, restaurants or companies don't have the same one. Many shows have a working title first: *Bake It to the Limit*, *Charm City* and *Doughboy* were all early names for *Ace of Cakes*.

Can you guess which one of these was not a Food Network show?

- ☐ Pressure Cooker
- ☐ Date Plate
- ☐ One Hot Dish
- ☐ 2 Dudes Catering
- ☐ Have Fork, Will Travel
- ☐ Café Ole
- ☐ How'd That Get on My Plate?

ANSWER: One Hot Dish

16



In the beginning, *Chopped* included an eccentric millionaire and his dog, Pico.

Chopped, the cooking competition hosted by Ted Allen, wasn't originally the show you know, on which four chefs cook from a basket of mystery ingredients. The structure was the same—contestants got chopped down to a single winner—but in the pilot, the competitors cooked for a mysterious millionaire, Mr. X, at his mansion. His butler announced who got chopped each round and then dumped that chef's food into the dog's bowl.

17

The hardest food to shoot on TV is a sandwich.

According to the experts in Food Network Kitchens, sandwiches are not made for TV: The good stuff is covered by bread, so you either leave the top piece of bread partially off, which doesn't look natural, or you have to shoot it from the side every time.



18

Sometimes celebs hit it big the second time around.

Before he was the star of *Diners, Drive-ins and Dives*, Food Network Star winner Guy Fieri hosted a series of specials called *Gotta Get It*, about kitchen gadgets.



19

Recipes weren't always a click away.

Viewers who wanted a recipe before foodnetwork.com launched in 1996 had to mail a self-addressed stamped envelope to the network. It wasn't the most efficient system: As Susan Stockton, longtime culinary director, remembers, an intern misplaced the keys to the P.O. box, and when someone finally found them, there were heaps of letters waiting for a response!



20
years

20 The **most popular** Food Network recipe of all time* is:



ALTON BROWN'S BAKED MACARONI AND CHEESE

ACTIVE: 20 min | TOTAL: 1 hr 5 min | SERVES: 6 to 8

FOR THE PASTA

Kosher salt

- ½ pound elbow macaroni
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 tablespoon powdered mustard
- 3 cups milk
- ½ cup onion, finely diced
- 1 bay leaf
- ½ teaspoon paprika
- 1 large egg
- 12 ounces sharp cheddar cheese, shredded

Freshly ground black pepper

FOR THE TOPPING

- 3 tablespoons unsalted butter
- 1 cup panko breadcrumbs

1. Preheat the oven to 350°. In a pot of boiling salted water, cook the pasta until al dente; drain.

2. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about 5 minutes. Make sure it's free of lumps.

3. Stir in the milk, onion, bay leaf and paprika. Simmer for 10 minutes; remove the bay leaf.

4. Temper in the egg: Beat the egg in a small bowl with a fork; beat in a tablespoon or two of the warm sauce, then slowly whisk the egg mixture back into the sauce. Stir in three-quarters of the cheese. Add 1 teaspoon salt, and pepper to taste. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with the remaining cheese.

5. Melt the butter in a sauté pan and toss in the breadcrumbs to coat. Top the macaroni with the breadcrumbs. Bake for 30 minutes. Remove from the oven and let rest for 5 minutes before serving.

*Based on page views on foodnetwork.com

Catch Food
Network's
20th birthday
special,
November 9
at 9 p.m. ET.

FOOD PHOTO: KANG KIM; FOOD STYLING: CHRIS LANIER

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Fun Cooking

Try a little **cheese on your pie**. Then, build a bowl of ramen and make a caramel apple cake.

PHOTOGRAPH BY KANG KIM

*Aged
gouda*

Brie

*Caraway
havarti*

Blue cheese

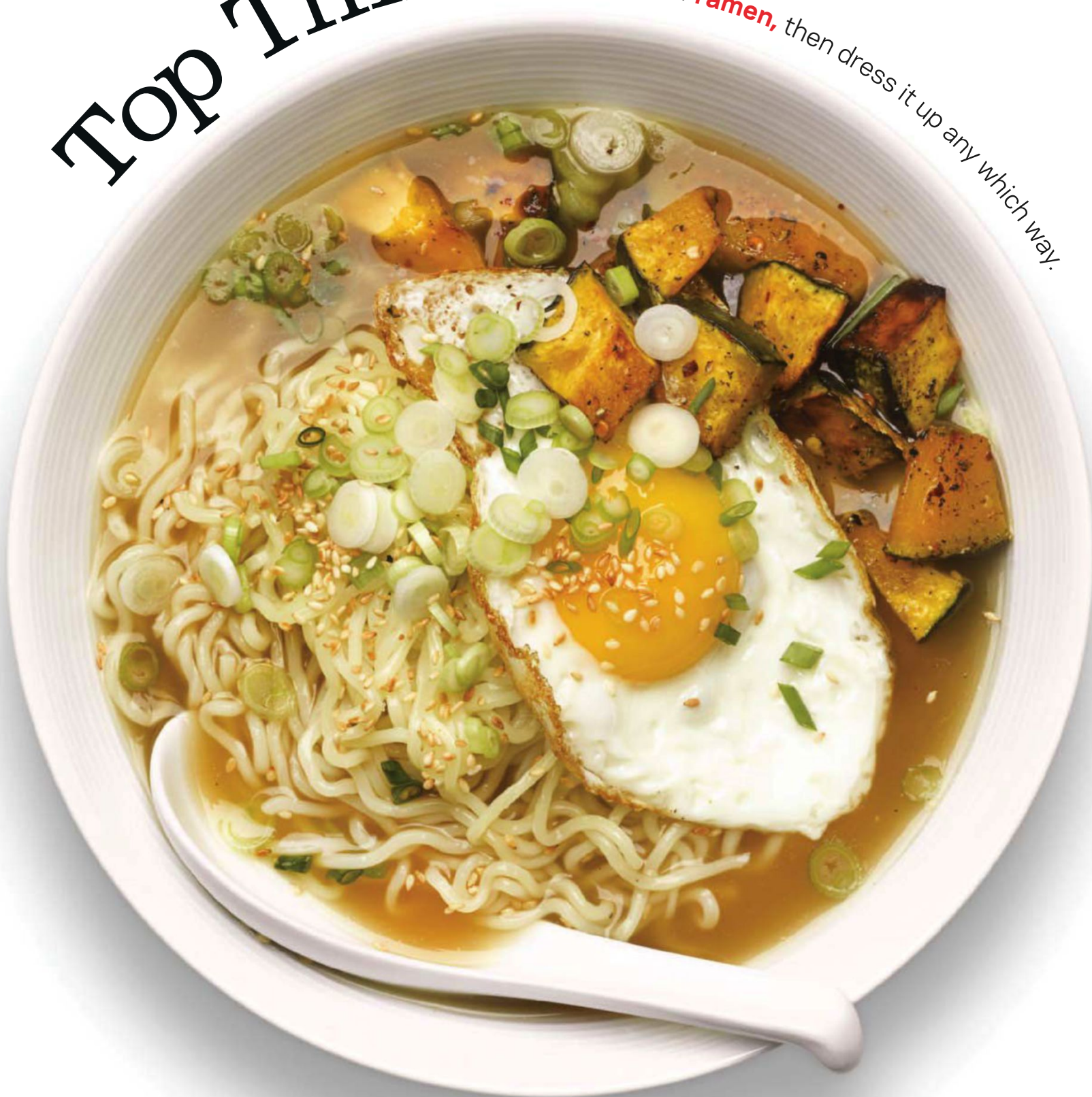
Good Cover

Apple pie and cheddar cheese have been paired up forever, but we're not entirely sure why cheddar has been the exclusive partner. Apple pie tastes great with almost any cheese melted on top—it's like a cheese course and dessert in one. Try one of the types shown here: Just put a thin slice on a piece of pie and melt in the microwave or under the broiler.

Gruyère

Top This...

Make a pot of **ramen**, then dress it up any which way.



RAMEN NOODLE SOUP

ACTIVE: 45 min | TOTAL: 2 hr | SERVES: 8

- ¼ cup vegetable oil
- 8 cloves garlic, smashed
- 1 large onion, chopped
- 8 thin slices ginger
- 1 pound sliced bacon
- 4 pounds chicken wings
- 12 dried shiitake mushrooms, rinsed
- 12 scallions, white and light green parts, chopped
- ¼ cup sake or dry sherry
- ¼ cup reduced-sodium soy sauce
- Kosher salt
- 1 teaspoon sugar
- 1 teaspoon white peppercorns
- 8 3-to-5-ounce packages dry or vacuum-packed ramen noodles (flavor packets discarded)
- Assorted toppings (see right)

1. Heat 3 tablespoons vegetable oil in a large skillet over medium heat. Add the garlic, onion and ginger and cook, stirring occasionally, until the onion is dark brown, about 30 minutes.

2. Meanwhile, make the broth: Put the bacon and chicken wings in a Dutch oven and add enough water to cover. Bring to a boil, then reduce the heat to medium and simmer 10 minutes. Drain and wipe the pot clean. Rinse the bacon and wings under cold water, then return to the pot; add 4 quarts water and the dried mushrooms. Bring to a boil, then reduce the heat to medium; add the garlic mixture and gently simmer 1 hour, 15 minutes.

3. Strain the broth through a colander into a large bowl, pressing on the solids to extract as much of the liquid as possible. Skim any excess fat from the surface. Measure the broth, adding water if necessary to yield 2 quarts. (The broth can be made up to 4 days ahead; cover and refrigerate.)

4. Just before serving, heat the remaining 1 tablespoon vegetable oil and the scallions in a medium skillet over medium heat until the mixture starts sizzling. Add the sake, soy sauce, 1½ teaspoons salt, the sugar, peppercorns and ½ cup water. Simmer, reducing to ½ cup, about 5 minutes.

5. Bring the broth and the scallion mixture to a simmer in a large saucepan over medium heat. Add the noodles and cook until softened, 1 to 3 minutes. Gently pull the noodles apart with tongs. Transfer the soup to bowls and top as desired.

TOPPINGS BAR

Take your pick: These taste great in just about any combination.



Shredded rotisserie chicken



Sautéed mushrooms



Nori strips (seaweed)



Shredded kale



Cubed firm tofu



Snow peas



Toasted sesame seeds



Sliced radishes



Sliced scallions



Bean sprouts



Kimchi



Watercress



Sliced jalapeño



Pickled ginger



Wasabi paste



Fried egg



Sesame oil



Roasted squash

Toss cubed butternut or kabocha squash (no need to peel) with olive oil and sprinkle with salt, sugar and red pepper flakes. Roast at 425°, 30 minutes.



Sautéed shrimp

Stir-fry peeled deveined shrimp in hot olive oil with minced ginger, chopped scallions and a pinch each of sugar, salt and pepper.



Roasted pork belly

Put 1 cup each sake and water, ½ cup each soy sauce and mirin, and ¼ cup sugar in a Dutch oven. Add 2 pounds skinless pork belly, 1 quartered onion, ½ head garlic and 4 thin slices ginger. Cover with foil. Roast at 325°, 3 hours; slice.



Sriracha

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Celebrity chef, mother of four and LACTAID® spokesperson, Melissa d'Arabian

knows that dairy is an important part of a well balanced and nutrient rich diet. Melissa's husband and one of her daughters are both sensitive to the lactose in dairy. So, Melissa enjoys cooking with lactose free **LACTAID® Milk** to create dishes her whole family can enjoy.

And you can too! If you're lactose intolerant, you can still fully enjoy the dairy you love and the recipes your family loves with lactose free options!

TIP: When your recipe calls for traditional milk, replace it with a lactose free option. Warm and creamy Spicy Pumpkin and Shrimp Soup, using **LACTAID® Reduced Fat Milk**, is a great example. It's a nutritious entrée that your entire family will love.

SPICY PUMPKIN AND SHRIMP SOUP

Serves: 4 (Serving Size: 1 1/2 cups) Total Time: 35 Minutes

2 medium onions, sliced
2 medium carrots, thinly sliced
1 tablespoon snipped fresh cilantro
2 teaspoons grated fresh ginger
2 cloves garlic, minced
1/2 teaspoon ground allspice
2 tablespoons olive oil
1 (14 ounce) can chicken broth
1 (15 ounce) can pumpkin
1 1/2 cups **LACTAID® Reduced Fat Milk**
1 (8 ounce) package frozen, peeled and deveined cooked shrimp, thawed
Fresh shrimp in shells, peeled, deveined, and cooked
Snipped fresh chives (optional)

1. In a large covered saucepan cook the onions, carrots, cilantro, ginger, garlic, and allspice in hot oil over medium heat for 12 - 15 minutes or until the vegetables are tender, stirring occasionally. Cool slightly.
2. Transfer the mixture to a blender or food processor bowl. Add 1/2 cup of the chicken broth. Cover and blend until nearly smooth.
3. In the same saucepan combine pumpkin, **LACTAID® Reduced Fat Milk**, and remaining broth. Stir in the blended vegetable mixture and the 8 ounces shrimp; heat through.
4. Ladle soup into soup bowls. If desired, thread reserved cooked shrimp on small skewers. Top each serving with chives and a shrimp skewer.

Nutrition information can be found at Lactaid.com



Visit recipes.lactaid.com or nationaldairycouncil.org for delicious recipe options and simple ingredient substitutions to continue to enjoy the dairy you love.

Melissa d'Arabian was compensated for her participation. ©McNeil Nutritionals, LLC 2013

Brought to you by



Which *side* are

85%

brownies



FUDGY CHOCOLATE CHUNK BROWNIES

ACTIVE: 25 min | TOTAL: 1 hr 5 min (plus cooling) | MAKES: 12 large brownies

1½ sticks (12 tablespoons) unsalted butter, plus more for the dish
1½ cups all-purpose flour
½ cup unsweetened cocoa powder
½ teaspoon salt
8 ounces bittersweet chocolate, chopped
2 cups sugar
6 large eggs, beaten
1½ cups semisweet chocolate chunks

1. Preheat the oven to 325°. Line a 9-by-13-inch baking dish with foil, leaving an overhang on 2 sides. Butter the foil.

2. Sift the flour, cocoa powder and salt into a medium bowl; set aside.

3. Melt the butter and chopped chocolate in a large saucepan over medium heat, stirring, until smooth, about 4 minutes. Remove from the heat; let cool slightly, then stir in the sugar. Mix in the beaten eggs until combined. Stir in

the flour mixture and 1 cup chocolate chunks until just combined.

4. Pour the batter into the prepared dish and spread in an even layer. Sprinkle with the remaining ½ cup chocolate chunks. Bake the brownies until a toothpick inserted into the center comes out slightly moist, about 40 minutes. Transfer to a rack and let cool completely. Lift out of the pan, peel off the foil and cut into pieces.

you on?

We polled Food Network fans on Facebook to settle the battle of the bars: **brownies** or **blondies**?

15%
blondies



BUTTERSCOTCH-PECAN BLONDIES

ACTIVE: 20 min | TOTAL: 55 min (plus cooling) | MAKES: 12 large blondies

- 1 stick unsalted butter, at room temperature, plus more for the dish
- 2½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon salt
- ¾ cup granulated sugar
- ¾ cup packed dark brown sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- ¾ cup butterscotch chips or toffee pieces
- ¾ cup chopped pecans

1. Preheat the oven to 350°. Line a 9-by-13-inch baking dish with foil, leaving an overhang on 2 sides. Butter the foil.

2. Whisk the flour, baking powder and salt in a medium bowl; set aside.

3. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until fluffy, about 3 minutes. Add the vanilla and beat until combined. Add the eggs one at a time, beating after each addition. Reduce the mixer speed to low; beat in the flour mixture until just combined.

Fold in ½ cup each butterscotch chips and pecans.

4. Transfer the batter to the prepared dish and press with your fingers into an even layer. Bake until the dough starts setting, about 15 minutes, then sprinkle with the remaining ¼ cup each butterscotch chips and pecans. Continue baking until puffed and golden and a toothpick inserted into the center comes out clean, 20 to 25 more minutes. Transfer to a rack and let cool completely. Lift out of the pan, peel off the foil and cut into pieces.

FANTASTIC FALL

What makes fall activities even more special, even more fun? Just add a handful of delicious chocolate—toss in some **M&M'S® Brand Chocolate Candies!**

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Fall means football is in full swing. Whether you're gathering the crowd at home or heading to the stadium for a tailgating party, scrumptious **Rice Krispies Treats® Candy Corn** will be everyone's favorite football snack. Get the easy recipe at bakingwithmms.com.



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Shape these Rice Krispies Treats® into brightly colored candy corn by patting the colored cereal mixtures into a round cake pan and then cutting into wedges. Find the entire recipe at bakingwithmms.com.

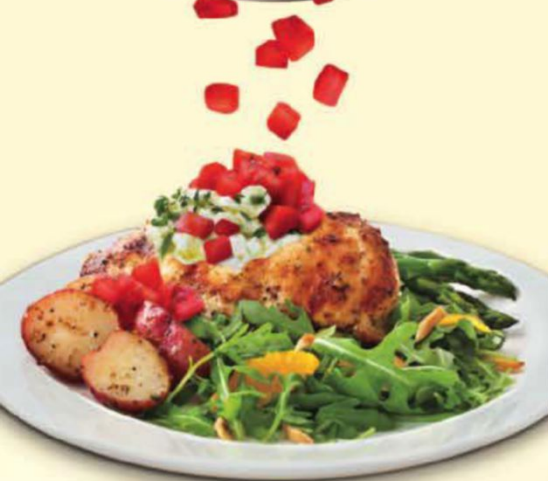
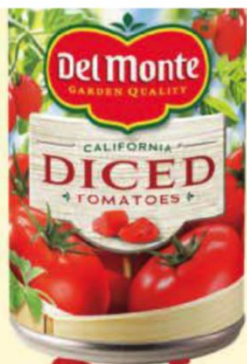


For more delicious recipes, go to bakingwithmms.com.

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Fun
Cooking

Make Your Own...

Try Food Network Kitchens' foolproof **apple butter**.



"This oven method is easier than most apple butter recipes: You don't have to lean over a hot stove and constantly stir."

—Leah Trent Hope,
Recipe Developer

HOMEMADE APPLE BUTTER

ACTIVE: 45 min | TOTAL: 3 hr 30 min | MAKES: about 2 cups

- 4 pounds assorted apples, peeled and chopped
- 2 cups apple cider
- 1 cup packed light brown sugar
- Kosher salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of ground cloves

1. Preheat the oven to 250°. Combine the apples, apple cider, brown sugar and ½ teaspoon salt in a large ovenproof pot or Dutch oven over medium heat. Bring to a simmer, partially cover and cook until the apples are soft, about 20 minutes.

2. Remove from the heat and stir in the lemon juice, cinnamon, vanilla and cloves. Puree the mixture in a blender in batches until smooth (or use an immersion blender).

3. Return the mixture to the pot and bake, uncovered, stirring every 30 minutes, until thickened and deep amber, 2½ to 3½ hours (the timing will depend on the kind of apples you use). Remove from the oven and let cool completely, then transfer to an airtight container and refrigerate up to 5 days.



TRY IT ON...

- Pancakes
- Waffles
- Yogurt
- Oatmeal
- Grilled cheese
- PB&J
- Biscuits
- Cornbread
- Pork chops



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Wake-Up Call

Robert Irvine shares a brunch favorite: eggs and sausage in one.



"Fresh herbs, sausage and an egg: Is that not a perfect start to a day?"

SCOTCH EGGS WITH MUSTARD SAUCE

ACTIVE: 40 min | TOTAL: 50 min | MAKES: 6

- 8 large eggs
- 2 tablespoons distilled white vinegar
- 1 pound bulk pork sausage
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh tarragon
- Grapeseed or vegetable oil, for frying (about 4 cups)
- 1 cup all-purpose flour
- Kosher salt and freshly ground pepper
- $\frac{1}{4}$ cup milk
- 1 cup panko breadcrumbs
- $\frac{1}{2}$ cup low-fat mayonnaise
- 3 tablespoons stone-ground mustard
- Juice of 1 lemon

1. Place 6 eggs in a medium saucepan and cover with cold water. Add the vinegar and bring to a boil, then remove from the heat, cover and set aside 4 minutes. Meanwhile, fill a bowl with ice water. Using a slotted spoon, remove the eggs and immediately plunge into the

ice water to stop the cooking; let sit 2 minutes. Gently peel the eggs and set aside.

2. Combine the sausage, herbs and one of the remaining eggs in a stand mixer fitted with the paddle attachment. Mix on medium speed until combined, about 3 minutes. With moistened hands, mold the sausage mixture around the cooked eggs to completely cover.

3. Preheat the oven to 350°. Heat about 3 inches of grapeseed oil in a small high-sided saucepan over medium-high heat until a deep-fry thermometer reads 325° (or until a pinch of panko sizzles in the oil). Season the flour with $\frac{1}{2}$ teaspoon each salt and pepper in a shallow dish. Beat the remaining egg with the milk in another shallow dish. Put the panko in a third shallow dish.

4. Roll the sausage-covered eggs in the seasoned flour, shaking off the excess. Transfer to the egg-milk mixture and turn to completely coat. Let the excess egg drip off, then roll in the panko.

5. Fry the eggs until golden brown, about 3 minutes. Remove to a baking sheet, transfer to the oven and bake until the sausage is cooked through, 10 to 12 minutes. Mix the mayonnaise, mustard and lemon juice in a small bowl. Serve with the Scotch eggs.

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Piece of Cake!

Disguise a layer cake as a **giant caramel apple**.

PHOTOGRAPHS BY ANDREW PURCELL

Don't try holding this caramel apple by the stick—it's a 10-pound cake! To make it, we trimmed a four-layer cake into an apple shape, then painted it with food coloring and wrapped it with a sheet of rolled-out caramel candies. The finishing touches: crushed nuts and a big wooden dowel. Turn the page for the how-to.

CARAMEL APPLE CAKE

ACTIVE: 50 min | TOTAL: 2 hr | SERVES: 14 to 16

Cooking spray

- 2 18.25-ounce boxes spice cake mix (plus required ingredients)
- 2 16-ounce tubs vanilla frosting
- 20 drops red food coloring
- 2 dashes vanilla extract
- 10 drops yellow food coloring
- 70 soft caramels (about 20 ounces)
- 1 cup cocktail peanuts, roughly chopped



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Fun
Cooking

HOW TO Make the Caramel Apple Cake



1

Coat four 9-inch-round cake pans with cooking spray and prepare the cake mixes as directed (or coat 2 pans and make the cakes in 2 batches). Divide the batter among the pans and bake as directed. Let cool 20 minutes, then remove from the pans and let cool completely.



2

Stack the cakes on an upside-down cake pan, spreading frosting between the layers. Freeze 30 minutes. Using a small serrated knife, trim the bottom 2 layers of the cake on an angle to resemble the bottom of an apple.



3

Trim the top layer just enough to round the edge, then carve out a 3-inch-wide cone-shaped piece of cake from the middle where the stem would be (about 1½ inches deep). Gather all of the cake trimmings in a bowl.



4

Crumble the cake trimmings and mix with just enough frosting to moisten. Clump the mixture together and mound in a ring around the hole to form the top of the apple.



5

Cover the cake with a thin layer of frosting (this is the crumb coat—it doesn't have to be perfect). Freeze 20 minutes. Remove from the freezer and completely cover the top 4 inches of the cake and inside the cavity with more frosting.



6

Mix the red food coloring with a dash of vanilla. Use a pastry brush to paint the top few inches of the cake a streaky red, blotting the brush on paper towels as needed. Repeat with the yellow food coloring to add a few yellow streaks.



7

Unwrap the caramels and microwave until soft but not melted, about 20 seconds. Gather together, then flatten into a rectangle with your hands. Roll out on parchment paper to make a 7-by-26-inch rectangle, stretching with your hands as needed.



8

Lightly brush the caramel rectangle with water where you want the peanuts to go. Sprinkle the nuts on top, then press them in with the rolling pin.



9

Transfer the cake to a flat platter or sheet of parchment using your hands (don't touch the red part). Wrap the caramel around the cake, leaving the red top exposed. Tuck the caramel around the bottom of the cake; trim the excess with a knife so it looks like a pool of caramel. Insert a dowel into the top.

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PHOTOGRAPHS BY CHARLES MASTERS





APPLE-BERRY PIE POPS

ACTIVE: 45 min | TOTAL: 1 hr 10 min (plus cooling) | MAKES: about 24 pops

- 3 apples (such as Golden Delicious and/or McIntosh), peeled and cut into ¼-inch pieces
- ½ cup raspberries
- 3 tablespoons granulated sugar
- 1 tablespoon fresh lemon juice
- 1 tablespoon unsalted butter
- 2 teaspoons all-purpose flour, plus more for dusting
- ¼ teaspoon ground cinnamon
- Pinch of freshly grated nutmeg
- 2 14-ounce packages refrigerated pie dough
- 1 large egg, beaten
- Turbinado sugar, for sprinkling

1. Toss the apples, raspberries, granulated sugar and lemon juice in a large bowl. Melt the butter in a medium skillet over medium heat. Add the fruit mixture and cook, stirring occasionally, until the apples are soft and the raspberries break down, 8 to 10 minutes. Sprinkle in the flour, cinnamon and nutmeg and stir until the juices begin to thicken, about 1 minute; set aside to cool completely.

2. Preheat the oven to 375° and line 2 baking sheets with parchment paper. Unroll the pie dough on a lightly floured surface. Cut out 2½-inch rounds with a cookie cutter or glass (you should get

about 48 rounds). Arrange half of the rounds on the prepared baking sheets; put a rounded teaspoonful of filling in the center of each. Brush the edges of the dough with water, then top with the remaining dough rounds, crimping the edges together with a fork to seal.

3. Brush the pies with the beaten egg and sprinkle with turbinado sugar. Cut a small X in the center of each to allow steam to escape. Transfer to the oven and bake until golden, 22 to 24 minutes. Let cool slightly on the baking sheets, then insert a lollipop stick into each. Let cool completely. Store in an airtight container up to 3 days.

STRAWBERRY CEREAL TREATS

ACTIVE: 20 min | TOTAL: 40 min | MAKES: 24 treats

Cooking spray

- 1¼ cups freeze-dried strawberries, crushed
- 6 tablespoons unsalted butter
- 1 tablespoon honey
- 1 10-ounce bag mini marshmallows
- 1 teaspoon vanilla extract
- Pinch of salt
- 8 cups crispy whole-grain rice cereal

1. Lightly coat two 12-cup muffin pans and a rubber spatula with cooking spray. Sprinkle a few crushed freeze-dried strawberries into the bottom of each muffin cup; set aside.

2. Melt the butter in a large saucepan over medium heat. Add the honey, marshmallows, vanilla and salt; stir with the rubber spatula until completely

melted. Add the cereal and the remaining crushed freeze-dried strawberries and stir until incorporated.

3. Divide the mixture between the prepared muffin pans, firmly packing it in; let set, about 20 minutes. Gently pry out of the pans. Store in an airtight container up to 3 days.



BANANA-CHOCOLATE CHIP MINI DOUGHNUTS

ACTIVE: 1 hr | TOTAL: 1 hr 30 min | MAKES: about 48 mini doughnuts

Cooking spray

- 1½ cups whole-wheat pastry flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup mashed ripe bananas (2 to 3 bananas)
- ½ cup low-fat plain yogurt
- ½ cup vegetable oil
- ½ cup packed light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup mini semisweet chocolate chips
- 1 stick unsalted butter, melted
- ⅓ cup granulated sugar

1. Preheat the oven to 425°. Generously coat a mini doughnut pan with cooking spray. Whisk the flour, baking powder, baking soda, ½ teaspoon cinnamon and the salt in a large bowl. Whisk the mashed bananas, yogurt, vegetable oil, brown sugar, eggs and vanilla in a separate bowl. Stir the banana mixture into the flour mixture until just combined; stir in the chocolate chips.

2. Transfer the batter to a large resealable plastic bag and snip off one corner. Pipe the batter into the prepared pan, filling each cup almost all the way. Bake until golden brown, 7 to 8 minutes. Let cool in the pan

2 to 3 minutes; remove the doughnuts to a rack to cool completely. Let the pan cool, then coat with more cooking spray and repeat with the remaining batter.

3. Put the melted butter in a shallow bowl. Mix the granulated sugar and the remaining ¼ teaspoon cinnamon in another shallow bowl. Dip one side of each doughnut in the butter, letting the excess drip off, then immediately dip it in the cinnamon sugar. Store in an airtight container up to 2 days.

You can also make these in a mini muffin pan; bake 8 to 10 minutes.



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Serving Suggestion

BUITONI Three Cheese Tortellini with Potato Cream and Pancetta

BUITONI THREE CHEESE TORTELLINI WITH POTATO CREAM AND PANCETTA

MAKES 2 TO 3 SERVINGS

INGREDIENTS

- 1 package (9 ounces) BUITONI Refrigerated Three Cheese Tortellini
- 3 ounces pancetta or bacon, chopped
- 2 tablespoons chopped onion
- 2 teaspoons chopped fresh rosemary
- ½ cup cubed or chopped potato
- 1 cup water
- Ground black pepper to taste

DIRECTIONS

COOK pancetta, onion and rosemary in a large skillet over medium-high heat, stirring frequently, for 2 to 3 minutes or until pancetta is cooked. Stir in potato and water. Reduce heat to medium; cook for 5 to 8 minutes or until potato is tender. Season with ground black pepper.

MASH the potatoes with a fork to obtain a creamy sauce. If too thick, add about ¼ cup more water and continue to mash. Cover until pasta is ready.

PREPARE pasta according to package directions. Drain. Add to skillet; toss gently to coat. Garnish with additional fresh rosemary, if desired.





Serving Suggestion

BUITONI® Wild Mushroom Agnolotti with Butternut Squash Cream

BUITONI WILD MUSHROOM AGNOLOTTI WITH BUTTERNUT SQUASH CREAM

MAKES 2 TO 3 SERVINGS

INGREDIENTS

- 1 package (9 ounces) BUITONI Riserva Refrigerated All Natural Wild Mushroom Agnolotti
- 4 tablespoons BUITONI Refrigerated Freshly Shredded Parmesan Cheese, divided
- 2 tablespoons extra virgin olive oil
- ¼ cup chopped onion
- 2 small butternut squash, peeled and cubed (2 cups total)
- Salt to taste
- 1 cup water
- 2 tablespoons butter
- Toasted sunflower seeds

DIRECTIONS

HEAT oil in large skillet over medium-high heat. Add onion; cook, stirring frequently, for 1 to 2 minutes. Add squash; season with salt. Add water; reduce heat to medium. Cook, stirring occasionally, for 5 minutes or until squash is soft.

PREPARE pasta according to package directions, reserving 2 tablespoons cooking water.

MELT butter in medium skillet over medium heat. Add pasta, 2 tablespoons cheese and reserved cooking water; cook for 2 minutes.

SPREAD butternut cream on serving plates. Top with pasta; sprinkle with sunflower seeds and remaining 2 tablespoons cheese.

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Weeknight Cooking

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PHOTOGRAPHS BY ANTONIS ACHILLEOS



FOOD STYLING: JAMIE KIMM; PROP STYLING: PAIGE HICKS

Make a healthful
take on potato soup.
See page 100.



KIELBASA WITH MASHED POTATOES

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

- 1½ pounds small Yukon gold potatoes, halved
- 1 pound kielbasa
- 1½ tablespoons unsalted butter
- 1 small head broccoli, florets roughly chopped
- 1 cup sauerkraut, drained
- ¾ cup whole milk
- 1 tablespoon whole-grain mustard
- Kosher salt and freshly ground pepper

- 1.** Put the potatoes in a large microwave-safe bowl and add 3 tablespoons water; cover with plastic wrap and microwave until tender, about 12 minutes.
- 2.** Meanwhile, cut the kielbasa into 4 equal pieces; halve lengthwise. Melt ½ tablespoon butter in a large skillet over medium heat. Add the kielbasa and cook, turning occasionally, until browned and heated through, about 10 minutes. Transfer to a plate and cover loosely with foil to keep warm.
- 3.** Increase the heat under the skillet to medium high; add the remaining 1 tablespoon butter. Add the broccoli and ¼ cup water and cook, stirring, until crisp-tender, about 5 minutes. Add the sauerkraut and toss to warm through.
- 4.** Drain the potatoes. Warm the milk in the microwave, about 1 minute; add to the potatoes along with the mustard, ½ teaspoon salt, and pepper to taste. Coarsely mash with a potato masher or fork. Serve the kielbasa with the potatoes and the broccoli.

Per serving: **Calories** 491; **Fat** 26 g (**Saturated** 11 g); **Cholesterol** 95 mg; **Sodium** 1,850 mg; **Carbohydrate** 42 g; **Fiber** 5 g; **Protein** 23 g



STEAMED CLAMS AND KALE

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4

- 3 tablespoons unsalted butter
- 1 white onion, halved and thinly sliced
- 2 cloves garlic, thinly sliced
- 1 tablespoon tomato paste
- ½ teaspoon hot Spanish paprika, plus more for sprinkling
- ¼ teaspoon dried oregano
- 1¼ cups dry white wine
- 1 8-ounce bottle clam juice or 1 cup vegetable broth
- ¾ pound small red-skinned potatoes, halved
- 40 littleneck clams (3 to 4 pounds), scrubbed
- 1 bunch kale (preferably Tuscan kale), leaves roughly chopped
- Crusty bread, for serving (optional)

- 1.** Melt 2 tablespoons butter in a large Dutch oven or pot over medium-high heat. Add the onion and garlic and cook, stirring, until slightly softened, about 4 minutes. Stir in the tomato paste, paprika and oregano and cook, stirring, until the mixture begins to brown, about 2 minutes. Add the wine, clam juice and 1 cup water. Bring to a boil and add the potatoes; cook until almost tender, about 8 minutes.
- 2.** Add the clams to the pot, cover and cook until they begin to open, about 5 minutes. Stir in the kale and the remaining 1 tablespoon butter. Cover and continue cooking until all of the clams open and the potatoes are tender, 4 to 5 more minutes. (Discard any clams that do not open.)
- 3.** Divide the clams, kale and potatoes among bowls using a slotted spoon. Top with the broth and sprinkle with paprika. Serve with bread.

Per serving: **Calories** 370; **Fat** 10 g (**Saturated** 6 g); **Cholesterol** 74 mg; **Sodium** 282 mg; **Carbohydrate** 33 g; **Fiber** 4 g; **Protein** 24 g

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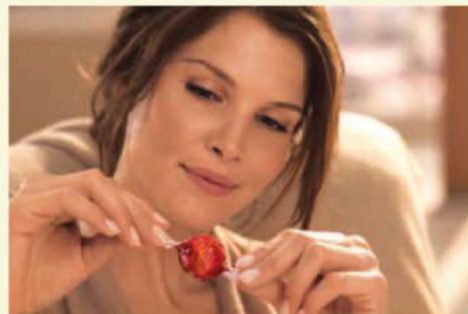
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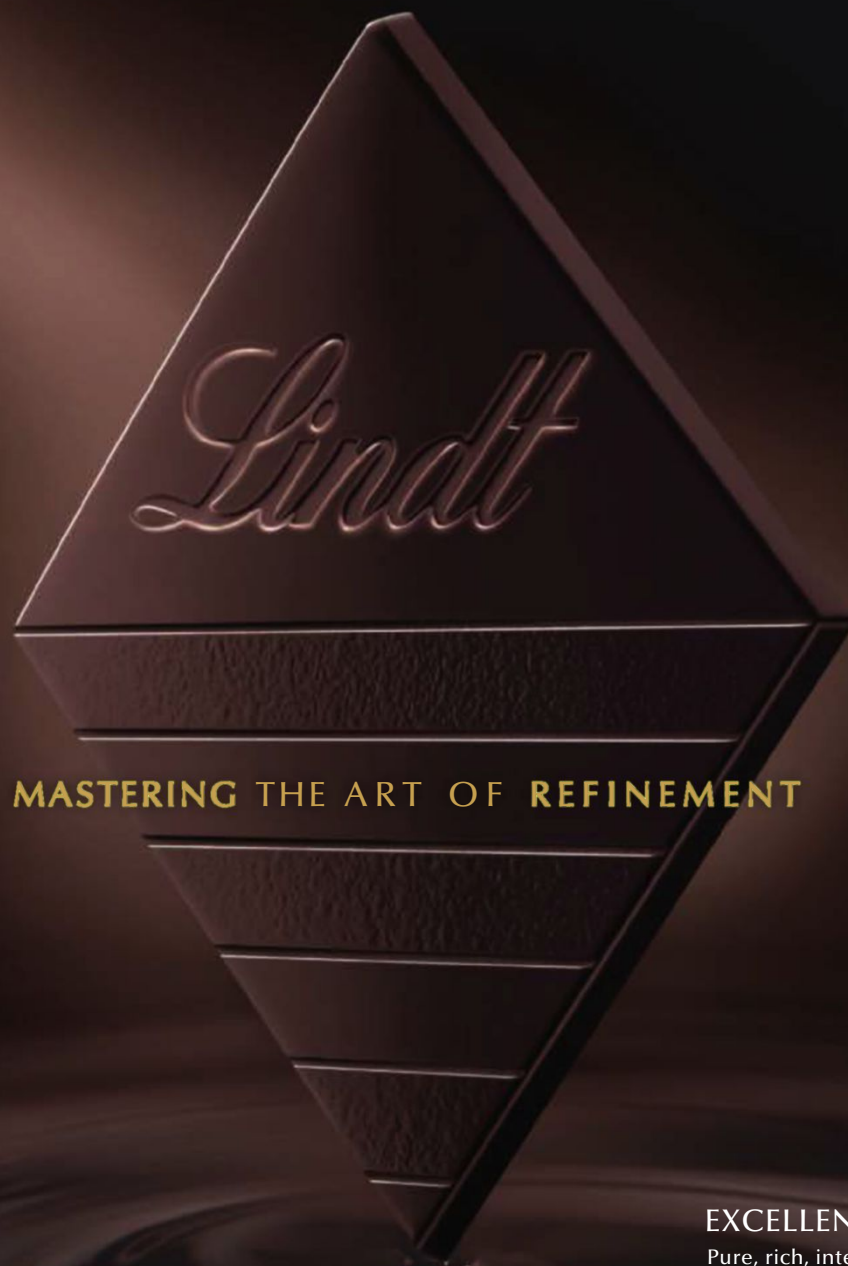


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CHOCOLATE
BEYOND COMPARE



BAKED GNOCCHI WITH CHICKEN

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

- 1 tablespoon extra-virgin olive oil
- 8 ounces white mushrooms, sliced (about 4 cups)
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1½ cups whole milk
- 1 cup low-sodium chicken broth
- ¼ teaspoon freshly grated nutmeg
- ½ rotisserie chicken, skin removed, meat shredded (about 2 cups)
- 1 17.5-ounce package potato gnocchi
- 1½ cups loosely packed baby spinach
- ¼ cup grated parmesan cheese (about 1 ounce)

1. Position a rack in the upper third of the oven and preheat to 425°. Heat the olive oil in a deep ovenproof skillet over medium-high heat. Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until lightly browned, about 4 minutes. Transfer to a plate and wipe out the skillet.

2. Melt the butter in the skillet over medium heat; add the flour and cook, whisking, 3 minutes. Whisk in the milk and chicken broth until smooth; simmer, whisking constantly, until slightly thickened, about 5 minutes. Whisk in ½ teaspoon salt and the nutmeg.

3. Add the chicken, mushrooms, gnocchi and spinach to the sauce and stir until coated and the spinach wilts. Sprinkle with the parmesan, transfer the skillet to the oven and bake until bubbling, about 20 minutes. Turn on the broiler; broil until lightly browned on top, about 3 more minutes.

Per serving: **Calories** 598; **Fat** 35 g (**Saturated** 16 g); **Cholesterol** 177 mg; **Sodium** 984 mg; **Carbohydrate** 32 g; **Fiber** 2 g; **Protein** 39 g

LOW-
CALORIE
DINNER



SLOPPY JOE BAKED POTATOES

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

- 4 russet potatoes
- 2 tablespoons unsalted butter
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 pound 93% lean ground turkey
- Kosher salt and freshly ground pepper
- ½ cup ketchup
- ⅓ cup sweet chili sauce
- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ½ cup shredded low-fat cheddar cheese (about 2 ounces)

1. Pierce the potatoes in a few places with a fork; place on a microwave-safe plate and microwave until tender, turning once, about 15 minutes. Set aside.

2. Meanwhile, melt 1 tablespoon butter in a large skillet over medium heat. Add the onion, carrot and celery and cook, stirring occasionally, until the vegetables are tender, about 7 minutes. Add the turkey and ¼ teaspoon each salt and pepper; cook, breaking up the meat with a wooden spoon, until no longer pink on the surface, about 5 minutes. Stir in the ketchup, chili sauce, ½ cup water, the chili powder and garlic powder; continue cooking until the meat is cooked through, 3 to 5 more minutes.

3. Split the baked potatoes open lengthwise, dot with the remaining 1 tablespoon butter and gently fluff the flesh with a fork. Top with the turkey mixture and sprinkle with the cheese while still hot.

Per serving: **Calories** 494; **Fat** 15 g (**Saturated** 7 g); **Cholesterol** 87 mg; **Sodium** 1,295 mg; **Carbohydrate** 61 g; **Fiber** 4 g; **Protein** 32 g

CHICKEN CACCIATORE

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

- 8 small skin-on, bone-in chicken thighs, trimmed of excess fat (2 to 2½ pounds)
- Kosher salt
- ¼ cup all-purpose flour
- 2 tablespoons extra-virgin olive oil
- 1 large onion, cut into wedges
- 2 sprigs rosemary
- ½ to ¾ teaspoon red pepper flakes
- ½ cup dry white wine
- 1 28-ounce can whole San Marzano tomatoes, crushed by hand
- 1 cup instant polenta
- Freshly ground pepper

- 1.** Rinse the chicken and pat dry; sprinkle with 1 teaspoon salt, then toss with the flour. Heat the olive oil in a Dutch oven or deep skillet over medium-high heat. Add the chicken, skin-side down; cover and cook until browned, 5 to 6 minutes per side. Transfer to a plate and set aside.
- 2.** Add the onion, rosemary and red pepper flakes to the pot and cook, stirring occasionally, until the onion starts to brown, about 4 minutes. Add the wine, scraping up any browned bits from the bottom of the pot. Stir in the tomatoes and ½ cup water.
- 3.** Return the chicken to the pot, skin-side up. Cover and bring to a rapid simmer. Uncover, spoon the sauce over the chicken and continue simmering until cooked through, about 8 more minutes.
- 4.** Meanwhile, cook the polenta as the label directs; season with salt and pepper. Serve with the chicken.

Per serving: **Calories** 695; **Fat** 36 g (**Saturated** 9 g); **Cholesterol** 158 mg; **Sodium** 658 mg; **Carbohydrate** 45 g; **Fiber** 6 g; **Protein** 38 g



THAI FISH CURRY

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

- 1½ pounds skinless mahi mahi fillets, cut into 1½-inch pieces
- 2 tablespoons Thai green curry paste
- Finely grated zest of 1 lime
- 1 tablespoon vegetable oil
- 1 large onion, thinly sliced
- 2 red bell peppers, thinly sliced
- 1 jalapeño pepper, thinly sliced (remove seeds for less heat)
- Kosher salt
- 1 20-ounce package cubed peeled butternut squash (about 4 cups)
- 1 cup light coconut milk (about half of a 14-ounce can)
- 1 cup chopped fresh cilantro
- 3 cups cooked rice

- 1.** Rub the fish with 1 tablespoon curry paste and the lime zest in a bowl. Cover and refrigerate while you cook the vegetables.
- 2.** Heat the vegetable oil in a large saucepan over medium-high heat. Add the onion, bell peppers, half of the jalapeño and a pinch of salt. Cook, stirring, until the vegetables are just crisp-tender, about 2 minutes. Add the remaining 1 tablespoon curry paste and cook, stirring, until lightly browned, about 1 minute.
- 3.** Add the squash, coconut milk and 2 cups water to the saucepan and stir to combine. Bring to a boil, then cover, reduce the heat to medium low and simmer until the squash is almost tender, 12 to 15 minutes. Add the fish, cover and simmer until just opaque, about 8 minutes. Stir in the cilantro and season with salt. Serve over rice; top with the remaining jalapeño.

Per serving: **Calories** 486; **Fat** 9 g (**Saturated** 4 g); **Cholesterol** 124 mg; **Sodium** 310 mg; **Carbohydrate** 65 g; **Fiber** 4 g; **Protein** 39 g





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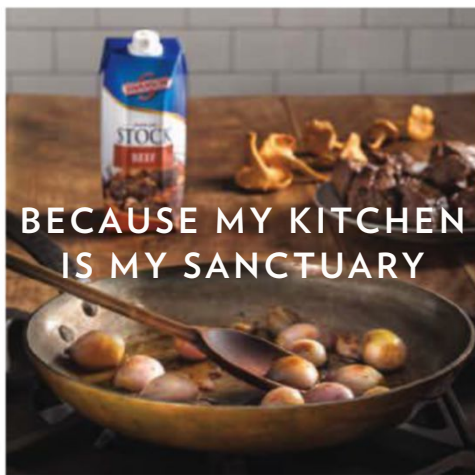
WHY I COOKSM
—



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LENTILS WITH FRIED EGGS

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

- 3 tablespoons unsalted butter
- 4 large shallots, finely chopped
- 3 stalks celery, finely chopped
- 3 sprigs thyme
- Kosher salt
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{2}$ teaspoons sugar
- 1 14-ounce can diced fire-roasted tomatoes
- 1 15-ounce can brown lentils
- 2 teaspoons dijon mustard
- Freshly ground pepper
- 2 tablespoons chopped fresh parsley
- 4 large eggs
- Pocketless pita, for serving (optional)

1. Heat 1 tablespoon butter in a Dutch oven or deep skillet over medium-high heat. Add the shallots, celery, thyme and $\frac{1}{2}$ teaspoon salt and cook, stirring occasionally, until starting to brown, 5 minutes. Add the vinegar, $\frac{1}{4}$ cup water and the sugar and cook until almost evaporated, about 5 minutes.

2. Add the tomatoes and increase the heat to high; cook, stirring, 3 minutes. Add the lentils and 1 cup water. Bring to a simmer, then reduce the heat to medium and cook until the lentils are soft, about 10 minutes. Stir in the mustard and cook 5 more minutes. Season with salt and pepper; discard the thyme and stir in half of the parsley. Cover to keep warm.

3. Melt the remaining 2 tablespoons butter in a large nonstick skillet over medium heat. One at a time, break each egg into a small bowl, then slide it into the skillet; cook until the whites are set, 3 to 5 minutes. Serve the lentils with a fried egg on top; sprinkle with the remaining parsley. Serve with pita.

Per serving: **Calories** 303; **Fat** 13 g (**Saturated** 7 g); **Cholesterol** 238 mg; **Sodium** 751 mg; **Carbohydrate** 32 g; **Fiber** 9 g; **Protein** 16 g

DONE IN
25
MINUTES



SMOKED CHICKEN SALAD

ACTIVE: 20 min | TOTAL: 25 min | SERVES: 4

- $\frac{1}{4}$ cup walnuts
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{4}$ cup crumbled blue cheese
- 1 small shallot, finely chopped
- Kosher salt and freshly ground pepper
- 1 6-ounce package baby spinach
- 1 pint grape tomatoes, halved
- 1 14-ounce can hearts of palm, drained and halved lengthwise
- 3 Persian cucumbers, roughly chopped
- 2 8-ounce vacuum-sealed packages cooked beets, quartered
- 1 8-ounce smoked chicken breast, thinly sliced
- 4 whole-grain dinner rolls

1. Preheat the oven to 350°. Spread the walnuts on a baking sheet and roast until golden, 10 to 12 minutes; let cool slightly, then chop.

2. Meanwhile, make the dressing: Whisk the yogurt, blue cheese, shallot and 1 tablespoon water in a large bowl; whisk in another tablespoon of water if the dressing is too thick. Season with salt and pepper.

3. Add the spinach, tomatoes, hearts of palm, cucumbers and beets to the bowl with the dressing and toss. Add the chicken and toss again. Divide among plates and top with the walnuts. Season with salt and pepper. Serve with the rolls.

Per serving: **Calories** 370; **Fat** 14 g (**Saturated** 4 g); **Cholesterol** 42 mg; **Sodium** 1,514 mg; **Carbohydrate** 46 g; **Fiber** 12 g; **Protein** 25 g

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POTATO-FENNEL SOUP

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

- 3 large leeks
- 1 large bulb fennel, diced (stems and fronds reserved)
- 3 large carrots, diced
- Kosher salt and freshly ground pepper
- Cooking spray
- 2 tablespoons unsalted butter
- 2 pounds Yukon gold potatoes, peeled and cut into 1-inch pieces
- 1½ cups skim milk
- ¼ cup chopped fresh parsley and/or dill
- ½ cup low-fat ricotta cheese
- 4 slices crusty Italian bread, toasted

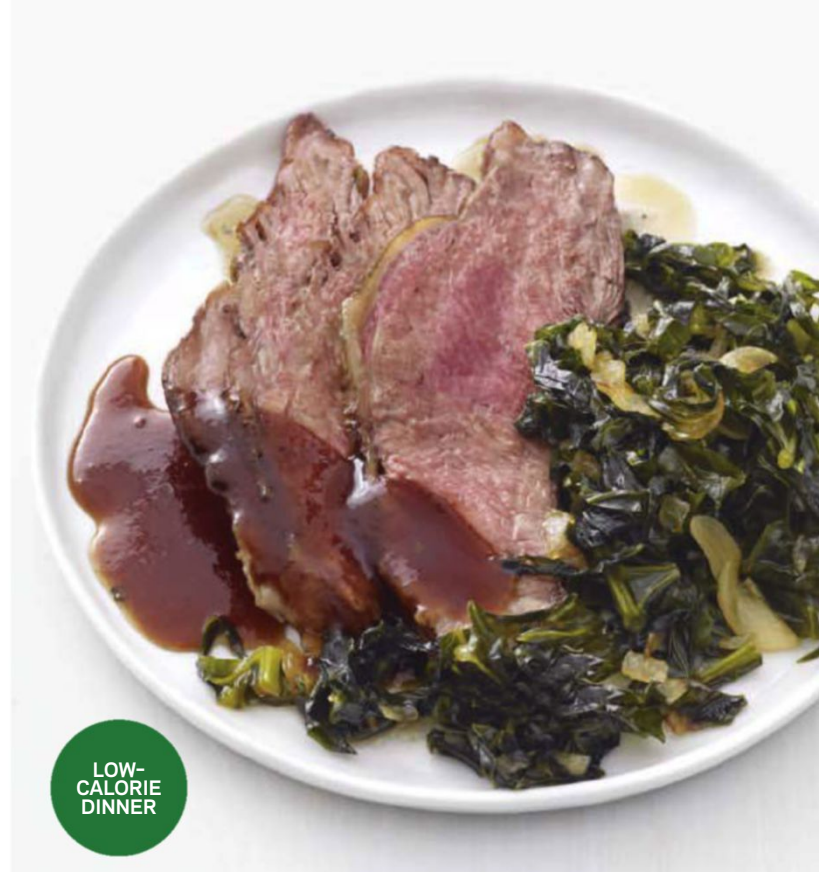
1. Preheat the oven to 450°. Make the broth: Cut off the dark green tops of the leeks and put in a large pot along with the fennel stems and fronds; add 8 cups water. Bring to a boil, then reduce the heat to medium, cover and simmer 20 minutes.

2. Meanwhile, halve the remaining leeks lengthwise, then thinly slice and rinse. Put the carrots and half each of the sliced leeks and diced fennel on a foil-lined baking sheet. Season with salt and pepper, coat with cooking spray and toss. Roast until golden, about 25 minutes.

3. Meanwhile, melt the butter in a Dutch oven or pot over medium-high heat. Add the remaining leeks and fennel and cook, stirring, until soft, about 4 minutes. Add the potatoes and 2 cups of the prepared broth. Cover and cook until tender, 15 minutes. Add 4 more cups broth and the milk; bring to a boil. Working in batches, transfer to a blender and puree; season with salt and pepper.

4. Ladle the soup into bowls; top with the roasted vegetables and chopped herbs. Spread the ricotta on the toasted bread and season with pepper; serve with the soup.

Per serving: **Calories** 476; **Fat** 9 g (**Saturated** 5 g); **Cholesterol** 26 mg; **Sodium** 306 mg; **Carbohydrate** 82 g; **Fiber** 9 g; **Protein** 17 g



LOW-
CALORIE
DINNER

CHIPOTLE STEAK WITH COLLARD GREENS

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

- 1 teaspoon chipotle chile powder
- Kosher salt and freshly ground pepper
- 3 tablespoons vegetable oil
- 1¼ to 1½ pounds beef tri-tip steak, fat trimmed
- 1 small onion, diced
- 2 cloves garlic, thinly sliced
- 1 pound frozen chopped collard greens, thawed and drained
- ¼ cup apple cider vinegar
- ¼ cup ketchup
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard

1. Preheat the oven to 400°. Mix the chile powder, ½ teaspoon salt and ¼ teaspoon pepper; rub on the steak. Heat a large cast-iron skillet over medium-high heat. Add 1 tablespoon vegetable oil, then add the steak; sear 3 minutes per side. Transfer the skillet to the oven and cook until a meat thermometer inserted sideways into the steak registers 135° for medium rare, 15 to 20 minutes. Transfer the steak to a cutting board.

2. Meanwhile, heat the remaining 2 tablespoons vegetable oil in a medium skillet over medium heat. Add the onion and garlic and cook, stirring, until soft, 5 minutes. Add the collard greens and ½ cup water and cook, stirring occasionally, until warmed through, 10 minutes. Add 1 tablespoon vinegar, and salt and pepper to taste.

3. Whisk the ketchup, the remaining 3 tablespoons vinegar, the honey, Worcestershire sauce, mustard and ½ cup water in a bowl. Return the cast-iron skillet to medium-high heat; add the ketchup mixture and cook until thickened, 3 to 5 minutes. Slice the steak against the grain. Serve with the sauce and collard greens.

Per serving: **Calories** 407; **Fat** 20 g (**Saturated** 4 g); **Cholesterol** 99 mg; **Sodium** 642 mg; **Carbohydrate** 27 g; **Fiber** 4 g; **Protein** 33 g

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milk & cookies.*



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tasty pairing of Quaker cookies and milk.*

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PORK TENDERLOIN WITH APPLES

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

- 1 large pork tenderloin (about 1½ pounds)
- ¼ teaspoon pumpkin pie spice
- Kosher salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 baking apples (such as McIntosh)
- 1½ tablespoons unsalted butter
- 1 medium shallot, finely chopped
- 1 cup quick-cooking barley
- 1 tablespoon finely chopped fresh parsley
- ¼ cup apple cider
- 1 tablespoon apple cider vinegar

1. Preheat the oven to 400°. Sprinkle the pork with the pumpkin pie spice, ½ teaspoon salt, and pepper to taste. Heat the olive oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, turning, until browned on all sides, about 6 minutes.

2. Halve the apples and scoop out the cores. Cut ½ tablespoon butter into 4 pieces; put a piece in each apple half. Sprinkle with half of the shallot and a pinch of salt. Add the apples to the skillet with the pork, cut-side up, and transfer to the oven. Roast until a meat thermometer registers 145°, about 25 minutes.

3. Meanwhile, combine 1¾ cups water, the remaining shallot and a pinch of salt in a saucepan; bring to a boil. Add the barley, cover and cook over low heat until the water is absorbed, 12 minutes. Add the parsley.

4. Transfer the pork and apples to a cutting board. Return the skillet to medium-high heat and add the cider, vinegar and ¼ cup water; simmer, stirring, 2 minutes. Stir in the remaining 1 tablespoon butter. Slice the pork and serve with the pan sauce, apples and barley.

Per serving: **Calories** 474; **Fat** 14 g (**Saturated** 5 g); **Cholesterol** 103 mg; **Sodium** 318 mg; **Carbohydrate** 53 g; **Fiber** 10 g; **Protein** 35 g



SPAGHETTI WITH PANCETTA AND CHICKPEAS

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

- Kosher salt
- 12 ounces spaghetti
- 3 ounces pancetta, diced
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 5 cloves garlic, thinly sliced
- 1 red jalapeño pepper, seeded and thinly sliced
- 1 15-ounce can chickpeas, drained and rinsed
- 1 bunch parsley, roughly chopped (about 1 cup loosely packed)
- Freshly ground pepper
- ½ cup grated parmesan or grana padano cheese (about 2 ounces), plus more for topping

If you
can't find
pancetta,
just use
bacon.

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1 cup cooking water, then drain the pasta.

2. Meanwhile, cook the pancetta in a large skillet over medium-high heat, stirring occasionally, until crisp, about 6 minutes. Remove with a slotted spoon and drain on paper towels.

3. Add the olive oil, garlic and jalapeño to the skillet with the pancetta drippings and cook until the garlic softens, about 1 minute. Add the chickpeas and cook, lightly smashing them with the back of a spoon, until slightly golden, about 4 minutes. Stir in the parsley and season with salt and pepper.

4. Add the pasta, pancetta and parmesan to the skillet along with the reserved cooking water; toss to combine. Season with salt and pepper. Divide among bowls, drizzle with more olive oil and top with more parmesan.

Per serving: **Calories** 743; **Fat** 33 g (**Saturated** 10 g); **Cholesterol** 42 mg; **Sodium** 370 mg; **Carbohydrate** 83 g; **Fiber** 8 g; **Protein** 27 g





events

FOOD NETWORK MAGAZINE HOSTED ITS CHICAGO LOUNGE EVENT on May 22 at RPM Italian. Over 350 guests joined owner Bill Rancic, Chef Doug Psaltis, and Food Network stars Alex Guarnaschelli and Jeff Mauro to sample recipes inspired by the magazine. Area readers enjoyed a special menu of hors d'oeuvres, *entwine*, specialty cocktails and desserts.



1. Food Network stars Alex Guarnaschelli and Jeff Mauro 2. Sponsor *entwine* hosted a wine bar 3. Oscar Mayer Bacon and Creamy Mushroom Pizzette 4. Entrance of RPM Italian 5. RPM Italian owner Bill Rancic 6. Philadelphia Snack Delights Dark Chocolate Mousse 7. 350+ guests attended the event 8. Five signature cocktails were served that featured Baileys® Hazelnut Flavor Liqueur, Smirnoff No. 21® Vodka, Captain Morgan® Black Spiced Rum, Smirnoff® Sorbet™ Light Raspberry Pomegranate and Crown Royal® Maple 9. Barista Prima Coffeehouse® hosted a Barista Bar

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CHEESY TOMATO TOAST

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

- 4 thick slices white bread
- $\frac{1}{4}$ cup extra-virgin olive oil
- 1 clove garlic, chopped
- 2 tablespoons thinly sliced fresh basil
- 3 medium tomatoes, sliced
- Kosher salt and freshly ground pepper
- 4 ounces gruyère cheese, thinly sliced
- $\frac{3}{4}$ cup shredded part-skim mozzarella cheese
- 2 tablespoons grated parmesan cheese
- 1 tablespoon white wine vinegar
- 1 10-ounce package mixed salad greens
- Potato chips, for serving (optional)

- 1.** Preheat the broiler. Place the bread on a baking sheet and broil until lightly golden on both sides.
- 2.** Whisk 2 tablespoons olive oil with the garlic and basil in a small bowl; brush evenly on the toasted bread. Season the tomatoes with salt and pepper; arrange a layer of tomatoes on each bread slice. Chop any remaining tomato slices and set aside for the salad. Top the bread evenly with the gruyère, mozzarella and parmesan. Return to the broiler and cook until the cheese melts, about 2 minutes.
- 3.** Whisk the vinegar and the remaining 2 tablespoons olive oil in a large bowl; season with salt and pepper. Add the greens and the reserved chopped tomatoes and toss. Serve the cheese toast with the salad and chips.

Per serving: Calories 471; Fat 31 g (Saturated 12 g); Cholesterol 47 mg; Sodium 529 mg; Carbohydrate 31 g; Fiber 3 g; Protein 19 g

PORK CHOPS WITH SQUASH AND SAGE

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

- Kosher salt
- 2 tablespoons packed light brown sugar
- 12 fresh sage leaves
- 4 bone-in pork loin (T-bone) chops ($\frac{3}{4}$ to 1 inch thick)
- 1 medium butternut squash, peeled, halved lengthwise and sliced crosswise
- 3 tablespoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- $\frac{3}{4}$ cup low-sodium chicken broth
- Juice of $\frac{1}{2}$ lemon

- 1.** Preheat the oven to 425°. Combine $\frac{1}{2}$ cup water, 2 tablespoons salt, 1 tablespoon brown sugar and 4 sage leaves in a small saucepan over medium-high heat, stirring, until the sugar and salt dissolve. Pour the mixture into a large bowl and add 5 cups cold water. Submerge the pork chops in the brine and refrigerate 10 minutes.
- 2.** Chop 3 sage leaves; set aside. Toss the remaining 5 sage leaves with the squash, 2 tablespoons olive oil, the nutmeg and $\frac{1}{2}$ teaspoon salt. Spread on a baking sheet and roast until tender, 25 to 30 minutes.
- 3.** Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Drain the pork and pat dry. Add to the skillet and cook until a meat thermometer inserted sideways into the center registers 140°, 5 to 7 minutes per side. Divide among 4 plates.
- 4.** Add the chicken broth and the remaining 1 tablespoon brown sugar to the skillet; simmer, stirring, until reduced by half, about 3 minutes. Remove from the heat and add the lemon juice, the reserved chopped sage, and salt to taste. Drizzle the pork with the sauce and serve with the squash.

Per serving: Calories 612; Fat 38 g (Saturated 11 g); Cholesterol 145 mg; Sodium 425 mg; Carbohydrate 24 g; Fiber 3 g; Protein 45 g

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Easy Sides



SPAGHETTI SQUASH WITH FETA

Put 2 halved, seeded **spaghetti squash** in a microwave-safe bowl; add $\frac{1}{4}$ cup water, cover and microwave 16 minutes. Let cool slightly, then scrape into strands with a fork. Heat 2 tablespoons **olive oil** in a skillet over medium heat. Add 2 tablespoons **tomato paste**, $\frac{1}{2}$ teaspoon **dried oregano** and a pinch each of **cinnamon** and **sugar**; cook, stirring, 2 minutes. Add $\frac{1}{2}$ cup water and bring to a simmer; season with **salt**. Add the squash and toss. Top with **feta**.



FRIED ZUCCHINI

Whisk $\frac{1}{2}$ cup each **flour** and **cornstarch**, $\frac{1}{2}$ teaspoon **kosher salt**, 1 cup water and 1 **egg** in a bowl. Combine 2 cups **breadcrumbs** and $\frac{1}{2}$ cup grated **pecorino** in another bowl. Slice 2 large **zucchini** $\frac{1}{4}$ inch thick; dip in the batter, then dredge in the breadcrumb mixture. Fry in $\frac{1}{2}$ inch of 350° **vegetable oil** until golden, 3 minutes per side. Drain on paper towels and season with salt and **pepper**. Serve with **mayonnaise** mixed with chopped **parsley** and **lemon juice**.

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STIR-FRIED BROCCOLI WITH CASHEWS

Cut off the florets of 1 bunch **broccoli**; peel and thinly slice the stems. Heat 2 tablespoons **vegetable oil** in a large skillet over medium-high heat; add 4 smashed **garlic cloves** and 4 thin slices **ginger** and stir-fry until just golden, 1 minute. Add the broccoli, $\frac{1}{4}$ teaspoon **kosher salt** and $\frac{1}{2}$ cup water. Stir-fry until crisp-tender, 4 minutes. Stir in 2 tablespoons **oyster sauce**, a splash of **white vinegar** and some **cashews**.



BARLEY-LEEK PILAF

Sauté 1 sliced **leek** (white and light green parts only) in a pot with **olive oil**. Add $1\frac{1}{4}$ cups **quick-cooking barley**, 3 tablespoons **golden raisins**, $\frac{3}{4}$ teaspoon **kosher salt** and 2 cups water; bring to a simmer, then cook over medium-low heat, covered, until tender, 12 minutes. Let stand 5 minutes, then toss with some chopped **basil** and **chives**, the zest and juice of 1 **lemon**, olive oil, and salt and **pepper** to taste.

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MAKE A GREAT SUPPER IN JUST 15 MINUTES.





Hot Tips

from Food Network Kitchens' **Katherine Alford**:

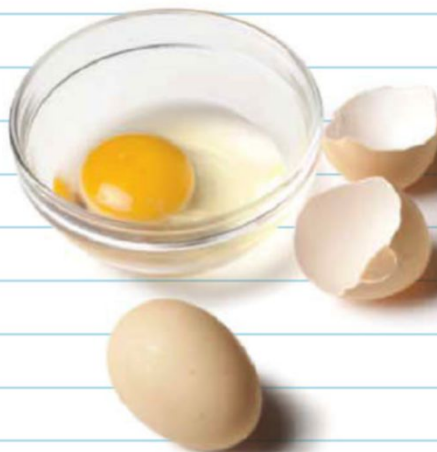


Mix your apples.

Next time you shop for apples, pick up a few varieties and combine them in recipes. Try tart (Granny Smith, Cortland) with sweet (Pink Lady, Macoun), and mix textures, too: **Empire and McIntosh soften when they're cooked; Golden Delicious and Honeycrisp retain their shape.** Just avoid Red Delicious—they get too mushy.

Pre-crack your eggs.

When frying eggs, **crack them one at a time into a cup or small bowl, not directly into the pan.** If the yolk breaks, you can save that egg for another dish. We pre-crack eggs for cookies and cakes, too, so we can pick out any bits of shell before they end up in the batter.



Switch your nutmeg.

Ground spices lose flavor after about six months, but you probably won't use a full jar of nutmeg that quickly. **Buy whole nutmeg instead (it stays potent for two years)** and grate just the amount you need each time. Use a fine grater and add the nutmeg sparingly: It will taste stronger than the pre-grated kind.



Time fish perfectly.

Many recipes tell you to test fish for doneness with a fork: If it flakes easily, it's ready. But sometimes that's too late. Instead, watch the fish carefully and **pull it from the heat just when it changes from translucent to opaque,** or even a moment before, as we did for our Thai Fish Curry (page 96). The fish will continue cooking after you take it off the heat.



Sausage ~~CHICKEN~~ ALFREDO

15 minutes

COOK TIME: ~~1 HOUR~~

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



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

Sauté sausage for 5 minutes.

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

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



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



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incredible!



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THE BREAKFAST NOOK: MICROWAVE MAGIC WITH EGGS



Skip the cereal breakfast routine. Grab a mug instead and try a delicious egg scramble in the microwave—ready in less than 3 minutes.

Maintain a healthy weight by starting the day with a protein-packed breakfast. Eating eggs every morning will help you:

- **STAY** fuller longer
- **EAT** less throughout the day
- **MAKE** better food choices
- **GET** a natural source of vitamin D

COFFEE CUP SCRAMBLE

PREP TIME: 1 MINUTE • COOK TIME: 1.5 MINUTES • SERVINGS: 1

- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded cheddar cheese
- Salt and pepper

STEP 1: **COAT** 12-oz. microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended.

STEP 2: **MICROWAVE** on HIGH 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer.

STEP 3: **TOP** with cheese; season with salt and pepper.

Microwave ovens vary. Cooking times may need to be adjusted.

○ THINK OUTSIDE THE CEREAL BOX:
WEEKDAY EGGS IN 5 MINUTES OR LESS

EGG-CELLENT & Easy Tips and Tricks

PAPER CUP:
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scramble to go by
microwaving in a paper cup

PREP AHEAD:
Chop healthy toppings
for variety and store in
the fridge all week

PIECE OUT:
Place your scramble
between pieces of toast
for a heartier breakfast



For more microwave egg breakfast recipes you can make in 5 minutes or less, visit www.incredibleegg.org.

SUP for supper

We modeled these soups after everyone's favorite dinners.

PHOTOGRAPHS BY JOHNNY MILLER





LASAGNA SOUP

ACTIVE: 20 min | TOTAL: 30 min | SERVES: 4

Kosher salt

- 8 ounces lasagna noodles,
broken into pieces (about 10 noodles)
- 1 tablespoon extra-virgin olive oil,
plus more for drizzling
- 1 onion, chopped
- $\frac{1}{2}$ pound hot or sweet Italian sausage,
casings removed
- 3 cloves garlic, chopped
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 4 cups low-sodium chicken broth
- 1 15-ounce can crushed tomatoes
- $\frac{1}{2}$ cup chopped fresh basil,
plus thinly sliced leaves for topping
- $\frac{1}{3}$ cup grated parmesan cheese
(plus more for sprinkling, optional)
- $\frac{1}{4}$ cup heavy cream or half-and-half
Ricotta cheese, for topping

1. Bring a large pot of salted water to a boil. Add the noodles and cook as the label directs. Drain; drizzle with olive oil and toss.

2. Meanwhile, heat 1 tablespoon olive oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Add the onion and cook, stirring, until softened, about 4 minutes. Add the sausage, garlic and oregano and cook, stirring and breaking up the sausage with a wooden spoon, until the sausage is browned, about 3 minutes. Add the tomato paste and cook, stirring, until darkened, about 2 minutes.

3. Add the chicken broth, tomatoes and 1 cup water; cover and bring to a simmer. Uncover and cook until slightly reduced, about 10 minutes. Stir in the noodles, basil, parmesan and heavy cream; simmer 2 more minutes.

4. Divide the soup among bowls. Top with ricotta and sliced basil.





CHEESESTEAK SOUP

ACTIVE: 35 min | TOTAL: 50 min | SERVES: 4

- 5 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 1 carrot, chopped
- $\frac{1}{4}$ teaspoon celery seeds
- 2 cloves garlic, chopped
- $\frac{1}{3}$ cup plus 2 tablespoons all-purpose flour
- 2 teaspoons Worcestershire sauce
- $\frac{1}{2}$ teaspoon hot sauce
- 6 cups low-sodium chicken broth
- 2 soft hoagie rolls, cut into $\frac{1}{2}$ -inch cubes
- Kosher salt and freshly ground pepper
- 8 ounces cheddar cheese, shredded
- 8 ounces provolone cheese, shredded
- 1 pound shaved beef steak or roast beef
- $\frac{1}{4}$ cup jarred sliced pepperoncini
- 2 tablespoons chopped fresh parsley, plus more for topping

1. Preheat the oven to 400°. Heat 2 tablespoons olive oil in a Dutch oven or heavy-bottomed pot over medium-high heat. Add the onion, carrot, celery seeds and garlic and cook, stirring occasionally, until the onion softens, about 3 minutes. Add $\frac{1}{3}$ cup flour, the Worcestershire sauce and hot sauce; cook, stirring occasionally, about 2 minutes. Add the chicken broth and 2 cups water and bring to a boil. Reduce the heat to medium low and cook until the vegetables are tender, about 20 minutes.

2. Meanwhile, toss the bread cubes with 1 tablespoon olive oil on a baking sheet; season with salt and pepper. Bake until golden and crisp, about 7 minutes; set aside.

3. Puree the soup in a blender until smooth. Return to the pot and bring to a boil, then reduce the heat to medium low and simmer 5 minutes. Toss the cheddar, provolone and the remaining 2 tablespoons flour in a bowl; slowly whisk the cheese mixture into the soup until melted. Return to the blender and puree until smooth. Pour back into the pot and bring to a low boil; remove from the heat.

4. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Add the beef and cook, stirring occasionally, until browned, about 3 minutes. Stir in the pepperoncini and parsley and season with salt and pepper. Ladle the soup into bowls; top with the beef, croutons and more parsley.

WE'RE *in* IT FOR THE DOUGH.

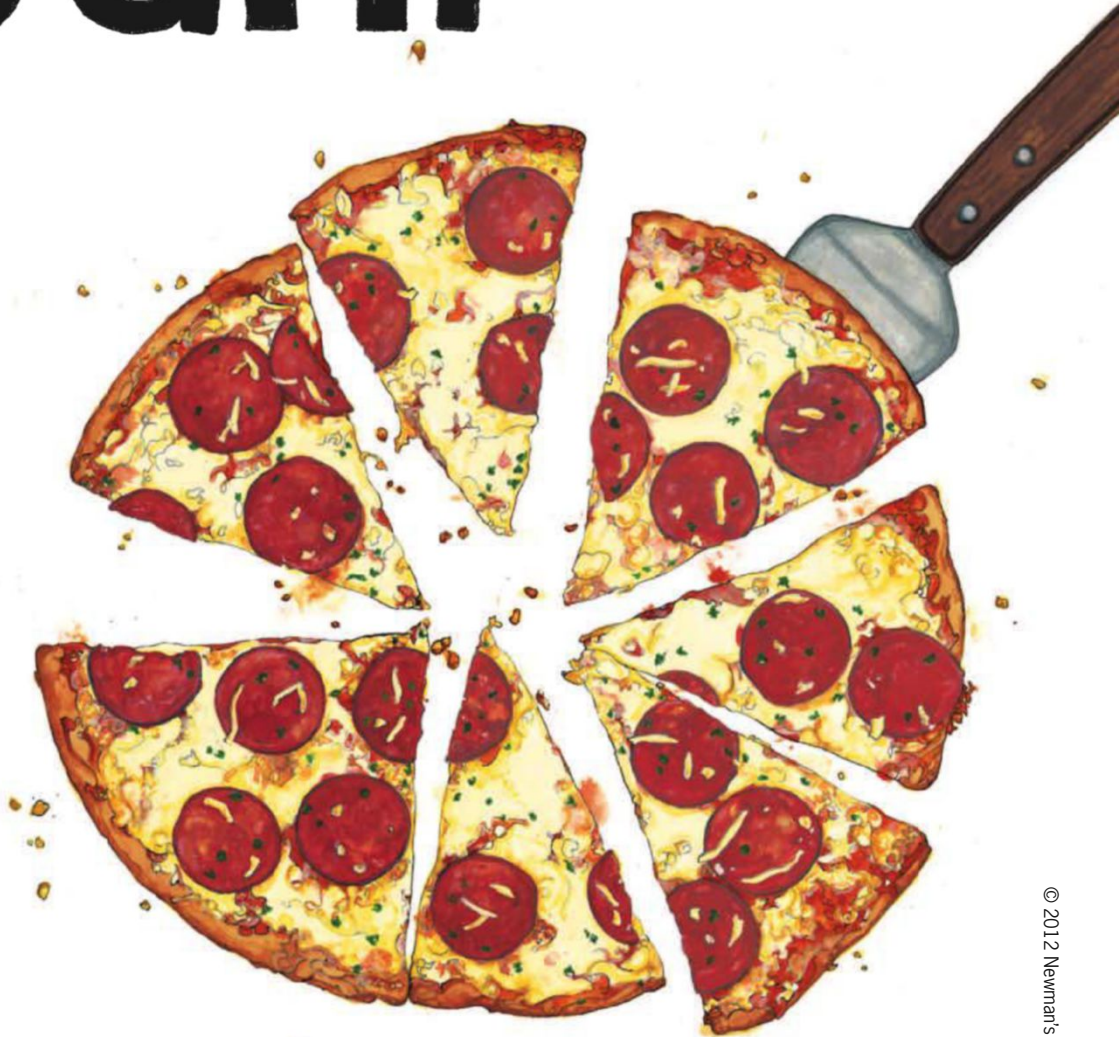
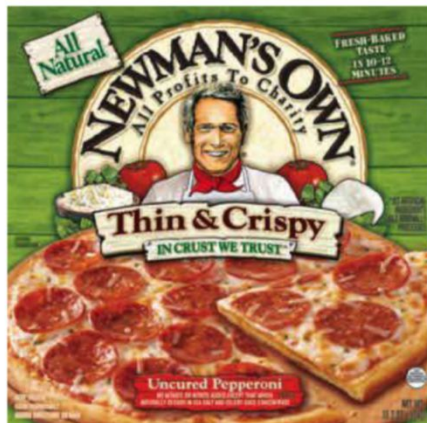
CRUST. NOT CASH.

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All natural toppings.

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PULLED PORK SOUP

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

FOR THE SOUP

- 4 slices bacon, chopped
- 1 onion, chopped
- 4 cloves garlic
- 3 tablespoons tomato paste
- 4 teaspoons smoked paprika
- 1 tablespoon Creole seasoning
- 1 tablespoon chili powder
- 1 tablespoon vegetable oil
- 3 pounds bone-in country-style pork ribs, trimmed of excess fat
- $\frac{3}{4}$ cup apple cider vinegar
- 2 tablespoons molasses
- 1 14-ounce can diced fire-roasted tomatoes
- 4 cups low-sodium chicken broth
- 1 15-ounce can great Northern beans, drained and rinsed

FOR THE BREAD

- 6 thick slices white bread
- 4 tablespoons unsalted butter, at room temperature
- 3 tablespoons sweet pickle relish
- 4 scallions, chopped
- 2 tablespoons chopped fresh parsley

1. Make the soup: Combine the bacon, onion, garlic, tomato paste, smoked paprika, Creole seasoning and chili powder in a food processor; pulse to make a coarse paste.

2. Heat the vegetable oil in a Dutch oven or heavy-bottomed pot over medium heat. Add the bacon-spice paste and cook, stirring occasionally, until dark brown, about 6 minutes. Add the ribs, turning to coat. Stir in the vinegar and molasses, scraping up any browned bits from the bottom of the pot.

3. Stir in the tomatoes, chicken broth and 2 cups water. Cover and bring to a simmer, then reduce the heat to low and gently simmer, stirring once or twice, until the ribs are tender, 2 hours to 2½ hours.

4. Transfer the ribs to a cutting board and shred the meat; discard the fat and bones. Position the pot halfway off the burner and increase the heat to medium. The fat will migrate to the cooler side; use a ladle to skim it off. Reposition the pot over the burner and add the shredded pork and the beans. Cook, stirring occasionally, until heated through, about 10 minutes.

5. Meanwhile, prepare the bread: Spread each slice evenly with the butter and relish. Top with the scallions and parsley. Ladle the soup into bowls and serve with the bread.



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Margherita Pasta

Serves: 4
Cook time: 20 min

1/4 cup LAND O LAKES® Butter
with Olive Oil & Sea Salt
6 ounces uncooked penne pasta
2 tsp minced fresh garlic

2 medium (2 cups) tomatoes, chopped
1/4 cup thinly sliced fresh basil
1/2 cup shredded Parmesan cheese

Cook pasta and drain; return to pan and keep warm. Melt butter in skillet over med-high heat until sizzling. Add garlic; cook for 30 seconds. Add tomatoes and basil; cook 1 to 2 minutes. Add pasta and cheese and stir until combined. Serve immediately.



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SHRIMP STIR-FRY SOUP

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

- 6 ounces snow peas (about 1½ cups),
trimmed and sliced on the diagonal
- 1 tablespoon cornstarch
- 3 tablespoons low-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 3 tablespoons peanut oil or vegetable oil
- 1 bunch scallions, sliced (white and
green parts separated)
- 4 teaspoons grated peeled ginger
- 3 carrots, diced
- ¾ teaspoon sugar
- Kosher salt
- ¾ pound shiitake mushrooms,
stems removed, caps thinly sliced
- 6 ounces deli ham (in 1 piece), diced
- 3 tablespoons rice wine or dry sherry
- 4 cups low-sodium chicken broth
- 1 pound medium shrimp, peeled
and deveined
- 1½ cups cooked white rice
- Freshly ground white pepper

1. Bring a medium saucepan of water to a boil. Add the snow peas and cook until crisp-tender, about 4 minutes. Fill a bowl with ice water. Drain the snow peas and transfer to the ice bath to cool; drain and set aside.

2. Whisk the cornstarch, soy sauce, sesame oil and ¼ cup water in a small bowl; set aside.

3. Heat the peanut oil in a Dutch oven or heavy-bottomed pot over high heat. Add the scallion whites, ginger, carrots, sugar and ¾ teaspoon salt; stir-fry 1 minute. Add the mushrooms and ham and stir-fry 1 more minute.

4. Add the rice wine, broth and 2 cups water to the pot and bring to a rapid simmer. Add the shrimp and cook, stirring, until pink, about 1 minute. Whisk the cornstarch mixture and stir it into the soup; simmer until slightly thickened, about 2 minutes. Stir in the snow peas and rice and season with white pepper. Divide among bowls; top with the scallion greens.



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*Nielsen: XAOC TTL Year 2012 Category Dollar Share

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CHICKEN CAESAR SOUP

ACTIVE: 35 min | TOTAL: 50 min | SERVES: 6

FOR THE SOUP

- 3 tablespoons extra-virgin olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, chopped
- Kosher salt
- 4 cups low-sodium chicken broth
- 1 russet potato, peeled and roughly chopped
- 1 large piece parmesan cheese rind
- 2 large skinless, boneless chicken breasts (about 1 pound)
- Freshly ground pepper
- 2 romaine lettuce hearts, chopped
- ½ cup heavy cream

FOR THE CROUTONS

- ¼ cup mayonnaise
- ¼ cup grated parmesan cheese, plus more for sprinkling
- Grated zest and juice of 1 lemon
- 3 anchovy fillets
- Dash of hot sauce
- 2 cloves garlic, chopped
- Freshly ground pepper
- 1 baguette
- 3 tablespoons finely chopped fresh parsley

1. Make the soup: Preheat the oven to 400°. Heat the olive oil in a Dutch oven or heavy-bottomed pot over medium-high heat. Add the onion, garlic and 1 teaspoon salt and cook, stirring occasionally, until the onion is soft, about 5 minutes. Add the chicken broth, 3 cups water, the potato and the parmesan rind. Season the chicken with salt and pepper and add to the pot. Bring to a boil, then reduce the heat to medium and simmer until the chicken is cooked through, about 15 minutes. Remove the chicken to a plate using tongs and let cool.

2. Meanwhile, make the croutons: Combine the mayonnaise, grated parmesan, lemon juice, anchovies, hot sauce, garlic, a few grinds of pepper and 1 tablespoon water in a blender or food processor; puree until smooth.

3. Cut the baguette in half lengthwise, then slice into ½-inch-thick pieces. Arrange on a baking sheet and brush with the mayonnaise mixture, reserving 2 tablespoons for topping. Sprinkle with the parsley, lemon zest and more parmesan; bake until golden, about 10 minutes.

4. Add the lettuce and heavy cream to the pot and cook until the lettuce is tender, 8 to 10 minutes. Discard the parmesan rind. Transfer the soup to a blender and puree until smooth. Return to the pot and season with salt and pepper. Shred the chicken and add it to the soup; heat through over medium heat. Divide among bowls, drizzle with the reserved mayonnaise mixture and top with the croutons and more pepper.

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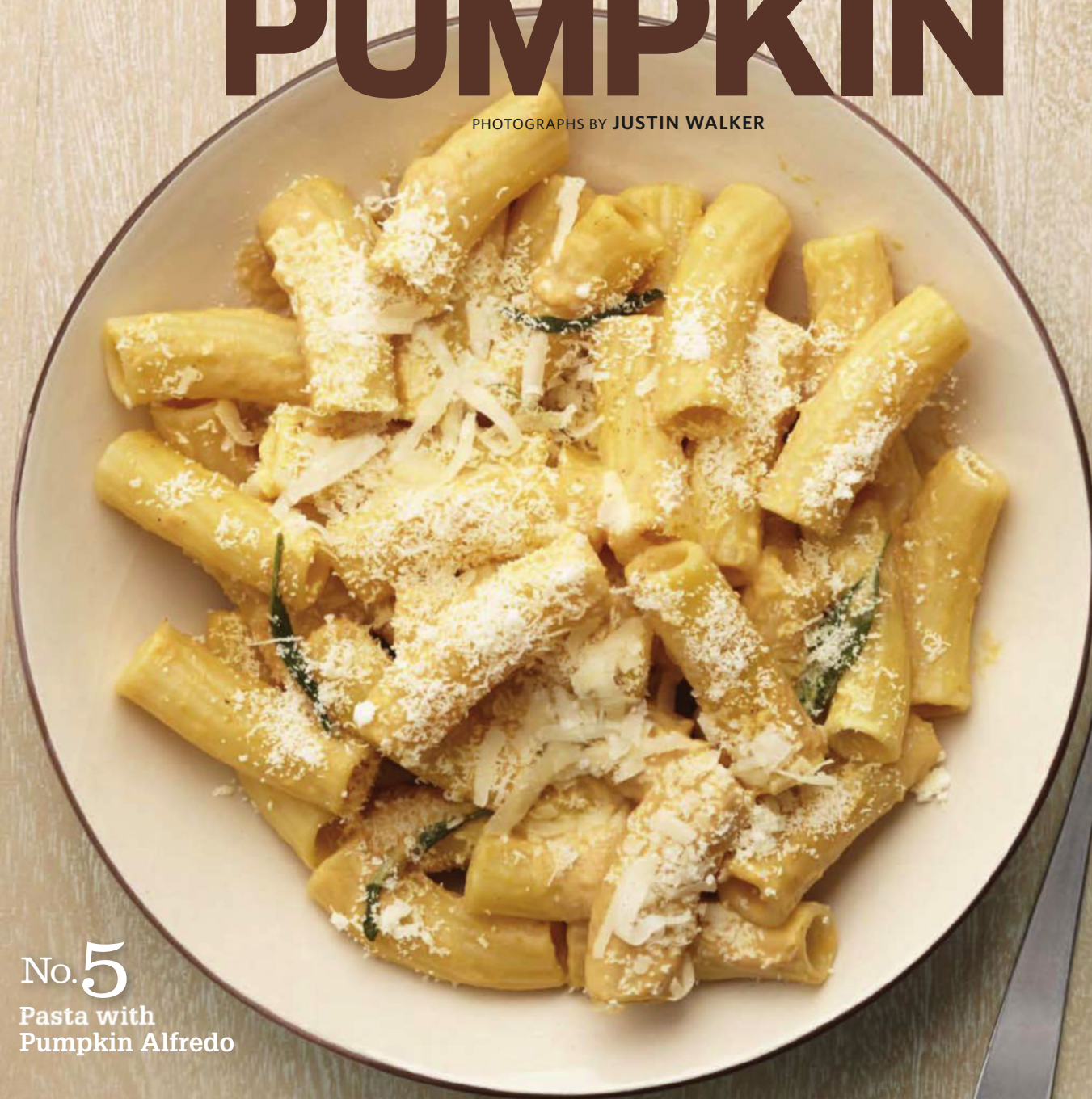
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50 things to make with Canned PUMPKIN

PHOTOGRAPHS BY JUSTIN WALKER



No. 5
Pasta with
Pumpkin Alfredo

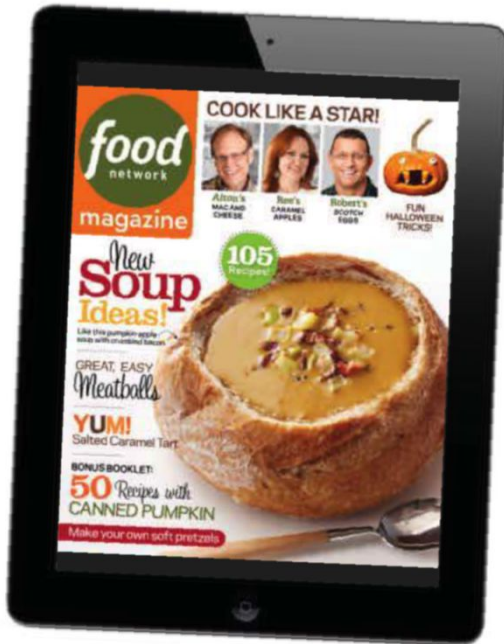
No. 40
Pumpkin Spice Cake

No. 44
Pumpkin
Scones

Use 100% pure pumpkin for these recipes, not pumpkin pie mix. One 15-ounce can contains about 1 $\frac{3}{4}$ cups.

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50
things to
make with
Canned
PUMPKIN

PHOTOGRAPHS BY JUSTIN WALKER

1. Creamy Soup Simmer one 15-ounce can pumpkin, 2 cups chicken broth, $\frac{1}{2}$ cup cream and $\frac{1}{2}$ teaspoon pumpkin pie spice, whisking, 5 minutes.

2. Apple-Bacon Soup Make Creamy Pumpkin Soup (No. 1); add 2 tablespoons maple syrup. Cook 1 cubed apple in butter until soft. Top the soup with the apple and crumbled cooked bacon.

3. Curried Soup Make Creamy Pumpkin Soup (No. 1), omitting the pumpkin pie spice. Toast 2 tablespoons curry powder in 1 tablespoon butter; add to the soup along with the juice of 2 limes. Top with plain yogurt and cilantro.

4. Chili Brown 1 chopped onion, 1 chopped bell pepper and $\frac{1}{2}$ pounds ground beef in oil in a pot. Stir in one 15-ounce can each pumpkin, diced fire-roasted tomatoes and black beans (drained), and 2 cups water. Add 2 tablespoons each chili powder and adobo sauce (from a can of chipotle chiles). Simmer 30 minutes.

5. Pasta Alfredo Sauté 10 sage leaves in 2 tablespoons butter. Whisk in 1 cup each pumpkin and cream, and a pinch of nutmeg; simmer 5 minutes. Toss with 12 ounces cooked pasta. Top with grated parmesan.

6. Risotto Sauté 1 chopped onion and 10 sage leaves in olive oil in a saucepan. Stir in 2 cups arborio rice. Stir in $\frac{1}{2}$ cup white wine until absorbed. Gradually add 6 cups chicken broth, stirring until absorbed; whisk in $\frac{3}{4}$ cup pumpkin. Stir in 2 tablespoons butter and 1 cup grated parmesan.

7. Risotto Cakes Mix 2 cups cold leftover Pumpkin Risotto (No. 6) with $\frac{1}{2}$ cup grated parmesan; shape into small patties. Dredge in flour, then beaten egg, then breadcrumbs; chill 20 minutes. Cook in olive oil in a hot skillet until crisp.

8. Quesadillas Mix $\frac{1}{2}$ cup pumpkin and 1 tablespoon adobo sauce (from a can of chipotle chiles). Spread on 2 flour tortillas; sprinkle with grated cheddar and top each with another tortilla. Cook in a hot buttered skillet until golden. Cut into wedges.

9. Polenta Combine 4 cups water, 1 cup pumpkin and 2 bay leaves in a pot; bring to a simmer. Whisk in 1 cup polenta and cook, whisking, until creamy, 20 minutes. Whisk in 2 tablespoons butter and $\frac{1}{2}$ cup grated parmesan. Top with crumbled gorgonzola.

10. Fried Polenta Make Pumpkin Polenta (No. 9); pour into a loaf pan and chill overnight. Cut into slices, dust with flour and cook in a hot oiled skillet until crisp.

11. Refried Beans Cook 1 small chopped onion in olive oil in a saucepan until soft. Add two 15-ounce cans pinto beans (drained) and 2 cups water; simmer until thickened. Add 1 cup pumpkin and mash.

12. Mashed Potatoes Cook 2 pounds quartered peeled potatoes in boiling water, 20 minutes; drain. Steep 1 sprig sage and $\frac{1}{4}$ teaspoon nutmeg in 1 cup hot cream, 10 minutes; remove the sage. Mash with the potatoes, 1 cup pumpkin, and salt.

13. Mashed Sweet Potatoes Cook 2 pounds quartered peeled sweet potatoes in boiling water, 15 minutes. Drain and mash with 1 cup pumpkin, $\frac{1}{2}$ stick butter, 2 tablespoons maple syrup, $\frac{1}{2}$ teaspoon ground ginger, and salt to taste. Top with crumbled cooked bacon.

14. Gnocchi Mix 2 cups cold leftover Pumpkin Mashed Potatoes (No. 12) with 1 egg and $1\frac{1}{4}$ cups flour. On a floured surface, roll into ropes and cut into $\frac{1}{2}$ -inch pieces. Cook in boiling water until they float. Toss with butter and grated parmesan.

No. 2





No. 15

15. Twice-Baked Potatoes Pierce 4 potatoes with a fork; bake at 400°, 45 minutes. Halve and scoop out the flesh; mash with $\frac{1}{2}$ cup each pumpkin, sour cream and shredded cheddar, $\frac{1}{2}$ stick butter, 2 chopped scallions, 1 teaspoon kosher salt and a pinch of nutmeg. Spoon into the potato skins; bake 20 minutes.

16. Deviled Eggs Halve 12 hard-cooked eggs. Mash the yolks with $\frac{1}{3}$ cup each pumpkin and mayonnaise, 1 teaspoon dijon mustard and $\frac{1}{2}$ teaspoon each ground coriander and salt. Spoon into the whites.

17. Cucumber Dip Peel and shred half of a cucumber; squeeze dry. Mix with 1 cup plain Greek yogurt, $\frac{1}{2}$ cup pumpkin, 2 tablespoons chopped cilantro, 1 chopped scallion, $\frac{3}{4}$ teaspoon kosher salt and $\frac{1}{4}$ teaspoon each ground cumin and coriander.

18. Hummus Puree one 15-ounce can chickpeas (drained), 1 garlic clove, the juice of 1 lemon, 5 tablespoons each pumpkin, tahini and olive oil, and 2 tablespoons water; season with salt. Top with pepitas.

19. Fondue Toss 2 cups shredded cheddar with 2 tablespoons cornstarch. Simmer one 12-ounce bottle pumpkin beer in a pot. Stir in 1 cup pumpkin and the cheese mixture until melted. Add a pinch of nutmeg. Serve with bread cubes.

20. Cheese Balls Pulse 8 ounces goat cheese, 2 cups grated manchego, $\frac{3}{4}$ cup pumpkin and $\frac{1}{2}$ teaspoon each smoked paprika and kosher salt. Form into 12 balls, then roll in chopped pecans and pepitas.

21. Crostini Mix 5 ounces goat cheese, $\frac{1}{3}$ cup pumpkin, 1 teaspoon maple syrup, and salt and pepper. Spread on toasted baguette. Top with crumbled cooked bacon.

22. Grits Simmer 2½ cups water, ½ cup pumpkin and ¾ cup quick grits, 5 minutes. Stir in 2 tablespoons butter and 1 cup shredded cheddar.

23. Mustard Mix 2 tablespoons each pumpkin, grainy mustard and honey.

24. Grilled Cheese Make Pumpkin Mustard (No. 23); spread on bread and sandwich with jack cheese and cooked bacon. Cook in a hot buttered skillet until golden.

25. Compound Butter Pulse 1 stick butter with ¼ cup pumpkin, 2 tablespoons chopped parsley and a pinch of pumpkin pie spice in a food processor.

26. Vinaigrette Whisk 2 tablespoons each cider vinegar and pumpkin, and 1 teaspoon dijon mustard; whisk in ¼ cup olive oil. Season with salt and pepper.

27. Cocktails Mix 1 cup ginger beer, ½ cup each pumpkin and bourbon, and 1 tablespoon lemon juice. Pour through a fine-mesh sieve into 2 ice-filled glasses.

28. Lattes Whisk 2¾ cups milk, ¼ cup sugar, 3 tablespoons pumpkin, 1 tablespoon vanilla, ½ teaspoon pumpkin pie spice and ¼ cup espresso in a saucepan; bring to a simmer. Pour into 2 mugs.

29. Cream Cheese Pulse 8 ounces cream cheese, ½ cup pumpkin, 1 tablespoon maple syrup and ½ teaspoon pumpkin pie spice in a food processor.

30. French Toast Cut a pocket in the side of 4 thick slices challah. Make Pumpkin Cream Cheese (No. 29); stuff 2 tablespoons into each pocket. Whisk 4 eggs, 1 cup half-and-half, ¼ cup maple syrup and ¼ teaspoon pumpkin pie spice; add the bread and soak 1 minute. Cook in a hot buttered skillet until golden.

31. Pancakes Whisk 1 cup milk, ½ cup pumpkin, 2 tablespoons melted butter and 2 eggs. Sift 1½ cups flour, 2 tablespoons sugar, 2 teaspoons baking powder, 1 teaspoon pumpkin pie spice and ¼ teaspoon kosher salt; whisk into the milk mixture. Cook by ¼ cupfuls in a hot buttered skillet until golden.

32. Oatmeal Simmer 1½ cups skim milk, 1 cup quick oats and ½ cup pumpkin, 1 minute. Stir in 2 tablespoons brown sugar, 1 tablespoon butter, ½ teaspoon pumpkin pie spice and a pinch of salt.

33. Yogurt Whisk 1 cup vanilla Greek yogurt, ¼ cup pumpkin and ¼ teaspoon pumpkin pie spice.

34. Smoothies Puree 1 cup each vanilla yogurt, pumpkin and ice, 1 banana, 2 tablespoons honey and ½ teaspoon pumpkin pie spice. Pour into 2 glasses.

35. Applesauce Simmer 4 chopped peeled apples, 1 cup water, ½ cup each sugar and pumpkin, the juice of 1 lemon and a cinnamon stick, stirring occasionally, 12 minutes. Mash with a fork.

36. Cornbread Mix 1 cup each cornmeal and flour, 2 tablespoons sugar, 2 teaspoons baking powder and 1 teaspoon kosher salt. Whisk 1 cup each pumpkin and milk, 2 eggs and 3 tablespoons melted butter; stir into the cornmeal-flour mixture. Fold in 1 cup shredded pepper jack. Spread in a hot oiled 10-inch cast-iron skillet. Bake at 400°, 30 minutes.

37. Focaccia Mix ¾ cup pumpkin, 1 tablespoon olive oil and 1 teaspoon chopped rosemary. Stretch 1 pound pizza dough until 10 by 12 inches; top with the pumpkin mixture, grated parmesan and more rosemary. Bake on a preheated pizza stone at 450° until golden, 8 to 10 minutes.

No. 41



38. Quick Bread Whisk 1 cup pumpkin, 2 eggs, 1 stick melted butter, $\frac{1}{2}$ cup sour cream and 1 teaspoon vanilla. Mix $1\frac{1}{2}$ cups flour, $\frac{3}{4}$ cup sugar, 2 teaspoons pumpkin pie spice, 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon each baking soda and salt; stir into the pumpkin mixture. Bake in an oiled 9-by-5-inch loaf pan at 350°, 1 hour.

39. Cran-Nut Muffins Make Pumpkin Quick Bread (No. 38), adding $\frac{3}{4}$ cup each dried cranberries and chopped pecans to the batter. Divide among 12 lined muffin cups; bake at 350°, 25 minutes.

40. Spice Cake Beat 1 stick softened butter and $\frac{3}{4}$ cup sugar with a mixer until fluffy, then beat in 2 eggs, $\frac{1}{2}$ cup pumpkin and $\frac{1}{2}$ teaspoon vanilla. Sift 1 cup flour, 1 teaspoon pumpkin pie spice, $\frac{1}{2}$ teaspoon each baking powder and baking soda, and $\frac{1}{4}$ teaspoon salt; stir into the pumpkin mixture. Bake in an oiled 8-inch-square baking dish at 350°, 25 minutes.

41. Cupcakes Double the recipe for Pumpkin Spice Cake (No. 40); bake in 18 lined muffin cups, 25 minutes. Cool. Beat 8 ounces cream cheese, $\frac{1}{2}$ stick softened butter, $1\frac{1}{2}$ cups confectioners' sugar and 1 teaspoon vanilla; spread on the cupcakes.

42. Cookies Beat 6 tablespoons softened butter and $1\frac{1}{2}$ cups sugar with a mixer until fluffy; beat in 1 cup pumpkin, 1 egg and 1 teaspoon vanilla. Whisk 2 cups flour, 1 teaspoon each baking soda and cinnamon, and $\frac{1}{2}$ teaspoon salt; stir into the pumpkin mixture. Drop by tablespoonfuls onto oiled baking sheets. Bake at 400°, 12 minutes; cool. Mix $\frac{1}{2}$ cup confectioners' sugar with 1 tablespoon milk; spread on the cookies.

43. Whoopie Pies Make Pumpkin Cookies (No. 42); do not glaze. Sandwich with chocolate-hazelnut spread.

44. Scones Whisk 2 cups flour, $\frac{1}{2}$ cup sugar, 1 tablespoon baking powder and 1 teaspoon pumpkin pie spice. Work in 1 stick cubed cold butter with a pastry blender. Whisk $\frac{3}{4}$ cup pumpkin and $\frac{3}{4}$ cup cream; stir into the flour mixture. Pat into an 8-inch square on a floured surface, then cut into 16 triangles. Transfer to a baking sheet and bake at 400°, 20 minutes.

45. Cheesecake Pie Puree 1 cup pumpkin, 8 ounces cream cheese, $\frac{1}{2}$ cup sugar, 3 eggs, $\frac{1}{4}$ cup each sour cream and maple syrup, $\frac{1}{2}$ teaspoon cinnamon and a pinch of salt in a food processor. Pour into a 9-inch graham cracker crust; bake at 350° until set, 45 minutes.

46. Pudding Combine 2 cups each coconut milk and pumpkin, $\frac{3}{4}$ cup sugar, 3 tablespoons cornstarch, 3 egg yolks and $\frac{1}{4}$ teaspoon each almond extract and salt in a saucepan; bring to a boil and cook, whisking, until thick, 10 minutes. Chill.

47. Bread Pudding Whisk one 15-ounce can pumpkin, 2 cups milk, 3 egg yolks and $\frac{1}{2}$ cup each sugar and chopped pecans in a large bowl. Fold in 1 pound cubed cinnamon-raisin bread and 2 chopped apples. Spread in a buttered baking dish and refrigerate 2 hours, then bake at 375° until set, 45 minutes.

48. Caramel Sauce Whisk $\frac{3}{4}$ cup caramel sauce, $\frac{1}{2}$ cup pumpkin and 2 tablespoons bourbon. Serve over ice cream.

49. Milkshakes Blend 1 pint vanilla ice cream, 1 cup pumpkin, $\frac{1}{2}$ cup milk, 2 tablespoons maple syrup and $\frac{1}{2}$ teaspoon pumpkin pie spice. Divide between 2 large glasses.

50. Frozen Yogurt Make Pumpkin Smoothies (No. 34) with $\frac{1}{4}$ cup honey total. Churn in an ice cream maker; freeze.

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FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAIGE HICKS.

Learn how to break
down squash for
a gratin. See page 128.

SUNDAY DINNER:

Roast chicken

•
Green Salad

•
Squash Gratin

•
Chocolate Cupcakes

PHOTOGRAPHS BY DAVID MALOSH

LEMON-PEPPER ROAST CHICKEN

ACTIVE: 25 min | TOTAL: 2 hr 20 min

SERVES: 6 to 8

- 1 stick unsalted butter, at room temperature
- Grated zest and juice of 1 lemon
- 2 cloves garlic
- 2 teaspoons chopped fresh thyme
- 2 teaspoons paprika
- Kosher salt and freshly ground pepper
- 2 4-to-5-pound chickens, rinsed and patted dry
- 1 cup dry white wine

1. Preheat the oven to 400°. Pulse the butter, lemon zest and juice, garlic, thyme, paprika, 2 teaspoons salt and 1 tablespoon pepper in a food processor until smooth.

2. Put the chickens on a rimmed baking sheet. Loosen the skin on the breasts and legs with your fingers. Rub about three-quarters of the lemon-pepper butter under the skin, then rub the rest all over the chickens. Refrigerate, uncovered, 2 hours or up to 8 hours before roasting.

3. Tie the chicken legs together with twine and tuck the wings under the body; place breast-side up on a rack in a large roasting pan. Pour the wine into the pan and transfer to the oven; roast until the chickens are golden and crisp and a thermometer inserted into the thickest part of the thigh registers 170°, about 1 hour, 50 minutes. (Tent with foil if the skin browns too quickly.)

4. Let the chickens rest 10 minutes before portioning (see right). Season with salt.

How to portion the chicken:



A

Grab one of the legs with tongs and pull it away from the body; cut through the skin with kitchen shears.



B

Pull the leg out and back to pop the joint; remove the leg with the shears. Repeat on the other side.



C

Separate the drumsticks from the thighs with the shears.



D

Cut off the wings as close to the body as possible.



E

Insert the shears into the tail end of the chicken and cut along the breastbone.



F

Pull back one of the breasts and cut it off the backbone. Repeat on the other side.



GREEN SALAD WITH WARM TOMATO DRESSING

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 6

- | | |
|--|-------------------------------|
| ¼ baguette, cut into ½-inch cubes | 1 cup grape tomatoes, halved |
| ⅓ cup plus 1 tablespoon extra-virgin olive oil | Juice of 1 lemon |
| Kosher salt and freshly ground pepper | 1 head red-leaf lettuce, torn |
| 1 shallot, thinly sliced | 1 head romaine lettuce, torn |
| | ½ cup crumbled blue cheese |

1. Preheat the oven to 425°. Make the croutons: Toss the bread cubes with 1 tablespoon olive oil on a rimmed baking sheet; season with salt and pepper. Bake until golden, about 8 minutes.

2. Meanwhile, make the dressing: Heat the remaining ⅓ cup olive oil in a medium skillet over medium heat. Add the shallot and tomatoes and cook until softened, about 5 minutes. Stir in the lemon juice and season with salt and pepper.

3. Toss the lettuce in a large bowl. Pour the warm dressing on top, add the croutons and gently toss. Top with the blue cheese.

How to break down butternut squash:



A

Cut about 1 inch off the bottom end with a chef's knife. Scoop out the seeds.



B

Hold the squash against your body and remove the skin with a vegetable peeler; chop.

How to break down kabocha squash:



A

Quarter the squash with a chef's knife, then scoop out the seeds.



B

Put each quarter flat-side down and cut off the skin with a paring knife; chop the squash.



SQUASH GRATIN

ACTIVE: 30 min | TOTAL: 1 hr 5 min | SERVES: 6 to 8

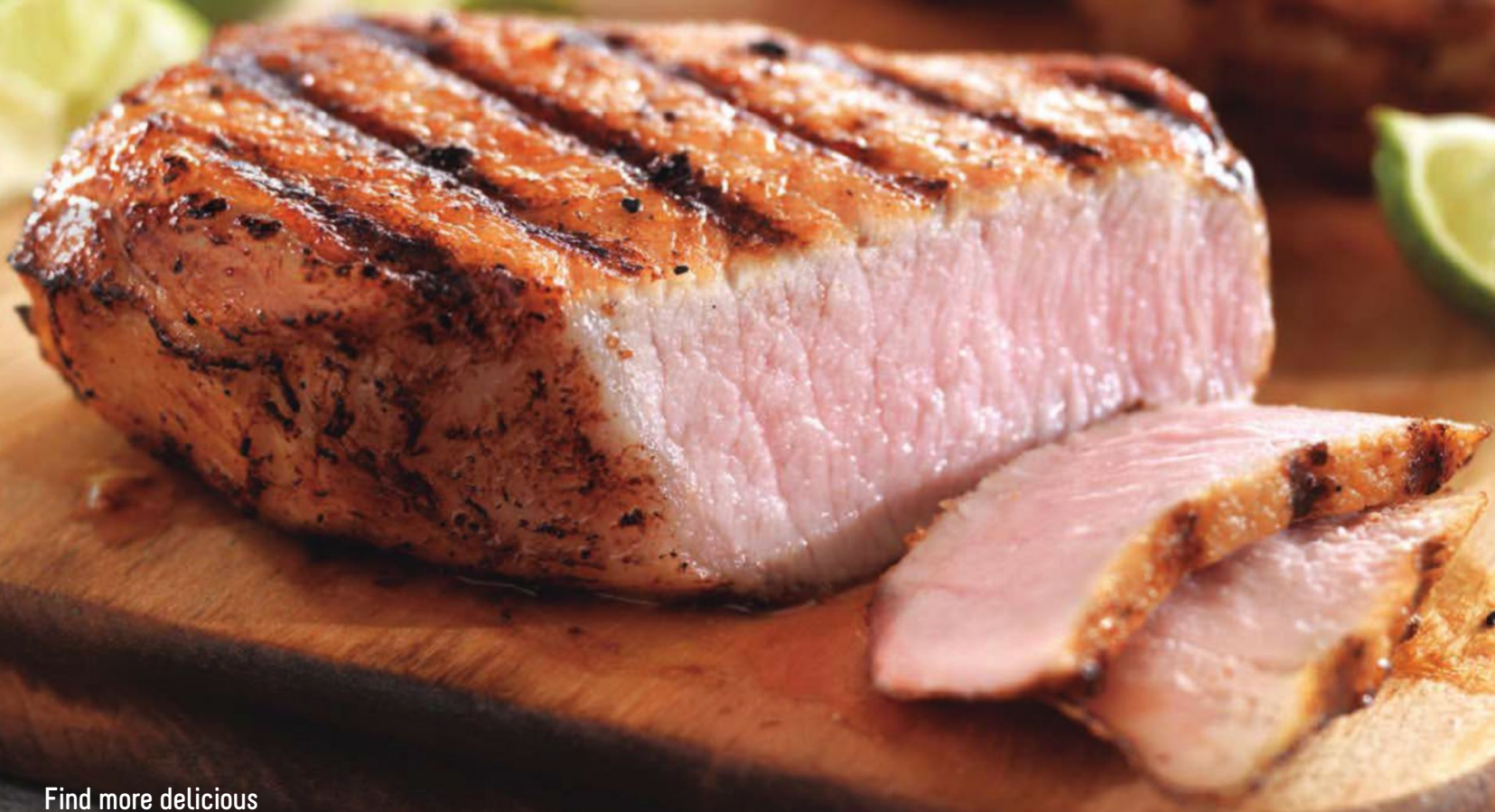
- 3 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 tablespoon chopped fresh thyme
- 1 small butternut squash, peeled and cut into ½-inch cubes
- 1 small kabocha squash, peeled and cut into ½-inch cubes
- 2 cloves garlic, minced
- ¼ teaspoon ground mace
- Kosher salt and freshly ground pepper
- 1 cup low-sodium chicken or vegetable broth
- ½ cup heavy cream
- ¼ cup breadcrumbs
- 2 tablespoons grated parmesan cheese
- 2 tablespoons chopped fresh parsley
- ½ cup grated gruyère cheese (about 2 ounces)

1. Preheat the oven to 400°. Melt 2 tablespoons butter in a large ovenproof skillet over medium-high heat. Add the onion and thyme and cook, stirring, until the onion softens, about 5 minutes.

2. Meanwhile, combine the butternut and kabocha squash in a large microwave-safe bowl with 1 cup water. Cover with plastic wrap and microwave until the squash is just tender, about 5 minutes. Drain and add the squash to the skillet along with the garlic, mace, 1 teaspoon salt and a few grinds of pepper. Cook, stirring, about 3 minutes. Add the broth and cook until it is mostly absorbed, about 5 more minutes. Stir in the heavy cream and cook until slightly thickened, 2 minutes.

3. Melt the remaining 1 tablespoon butter in the microwave and toss with the breadcrumbs, parmesan and parsley; season with salt and pepper. Sprinkle over the squash, then top with the gruyère. Transfer the skillet to the oven and bake until golden, about 30 minutes. Let rest 5 minutes before serving.

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Cuban Pork Adobo Chops SERVES 6

6 New York (top loin boneless)
pork chops, $\frac{3}{4}$ in. thick

1 c. lime juice*

4 cloves garlic, minced

$1\frac{1}{2}$ tsp. ground cumin

$\frac{3}{4}$ to 1 tsp. salt

$\frac{1}{4}$ tsp. ground black pepper

Olive oil for grill grate

In a small bowl, whisk lime juice, garlic, cumin, salt and pepper; transfer mixture to self-sealing plastic bag. Add chops; seal bag and refrigerate 2-4 hours.

Prepare medium-hot fire with charcoal or preheat gas grill to medium high. Lightly oil grill grate. Remove chops from marinade; do not pat dry. Discard remaining marinade. Grill chops over direct heat, turning once, until internal temperature of pork on a meat thermometer reads between 145°F (medium rare) and 160°F (medium) – about 8-11 minutes. Remove and let rest 3 minutes.

*Traditional Cuban cooking uses sour orange juice, which is less sweet and more acidic than common orange juice. If sour oranges like Seville or Bergamot are available, use instead of lime juice. You can also use $\frac{1}{2}$ c. lime juice and $\frac{1}{2}$ c. orange juice.

CHOCOLATE EGG CREAM CUPCAKES

ACTIVE: 50 min | TOTAL: 1 hr 20 min | MAKES: 6 cupcakes

FOR THE CUPCAKES

- ¼ cup unsweetened cocoa powder
- ¼ cup chocolate syrup
- ¾ cup all-purpose flour
- ½ cup granulated sugar
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup vegetable oil
- 1 large egg
- 2 tablespoons whole milk
- ½ teaspoon vanilla extract

FOR THE FROSTING

- 1 ounce milk chocolate, chopped
- 6 tablespoons unsalted butter, cut into pieces, at room temperature
- ½ teaspoon vanilla extract
- 2 cups confectioners' sugar
- ¼ cup whole milk
- 2 tablespoons unsweetened cocoa powder
- 2 pinches of salt
- 2 tablespoons malted milk powder
- Small pretzel rods, for topping

- 1.** Make the cupcakes: Preheat the oven to 350°. Line a 6-cup muffin pan with paper liners. Whisk the cocoa powder with ⅓ cup hot water in a bowl. Whisk in the chocolate syrup until smooth; let cool slightly. In a large bowl, whisk the flour, granulated sugar, baking soda, baking powder and salt.
- 2.** Whisk the vegetable oil, egg, milk and vanilla into the cocoa mixture until smooth, then fold into the flour mixture until just combined. Divide among the muffin cups. Bake until a toothpick comes out clean, 18 to 20 minutes. Let cool 10 minutes in the pan, then remove to a rack to cool completely.
- 3.** Make the frosting: Put the chocolate in a microwave-safe bowl; microwave on 70% power in 30-second intervals, stirring, until melted. Let cool slightly. Beat the butter, vanilla and confectioners' sugar with a mixer on medium-high speed until fluffy. Add 3 tablespoons milk; beat until smooth, 3 minutes. Remove half of the frosting to a separate bowl; add the cocoa powder, melted chocolate and a pinch of salt and beat until fluffy, 2 minutes. Mix the remaining 1 tablespoon milk and the malted milk powder in a cup, then add to the plain frosting; add a pinch of salt and beat until fluffy, about 2 minutes. If the frosting is too soft, cover and chill until it is firm enough to pipe.
- 4.** Frost the cupcakes (see below) and top with pretzel rods.



----- How to swirl -----
the frosting:



A
Put the 2 frostings in separate pastry bags (or zip-top bags). Snip off the tips. Position side by side in another pastry bag fitted with a large star tip.



B
Pipe the frosting onto the cupcakes in a spiral motion to create a swirl.

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See Every Ingredient Count



Ricotta Basil Flatbread



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Weekend
Cooking

MASTERING Meatballs

Learn how to make the ultimate comfort food in four different styles.

PHOTOGRAPHS BY CHRISTINA HOLMES



JUMBO CHEESY ITALIAN MEATBALLS

ACTIVE: 35 min | TOTAL: 1 hr | SERVES: 4

FOR THE MEATBALLS

Extra-virgin olive oil, for brushing

3½ cups torn stale Italian bread
(about ¼ loaf)

1 cup whole milk

2 large eggs

2 pounds ground beef chuck

1 small bunch parsley, chopped
(about 1 cup)

½ cup grated parmesan cheese

1 clove garlic, grated

Kosher salt

½ teaspoon red pepper flakes

4 mini mozzarella balls (bocconcini)

FOR THE SAUCE

2 tablespoons extra-virgin olive oil

3 cloves garlic, thinly sliced

¼ to ½ teaspoon red pepper flakes

1 28-ounce can crushed tomatoes

3 to 4 sprigs basil, plus chopped
leaves for topping

Kosher salt

Ricotta cheese, for topping

1. Make the meatballs: Preheat the oven to 400° and brush a baking sheet with olive oil. Pulse the bread in a food processor to make coarse crumbs. Transfer to a small bowl, add the milk and set aside to soak. Lightly beat the eggs in a large bowl, then add the beef, parsley, parmesan, garlic, 1 teaspoon salt and the red pepper flakes; mix with your hands to combine. Add the bread-milk mixture and mix until just combined (do not overmix).

2. Dampen your hands and shape the meat mixture into 4 large balls. Make an indentation in the center of each with your thumb and stuff with a mini mozzarella ball, then mold the meat around the cheese. Arrange the meatballs on the prepared baking sheet and bake until browned and firm, 25 to 30 minutes.

3. Meanwhile, make the sauce: Heat the olive oil in a large deep skillet over medium-high heat. Add the garlic and red pepper flakes and cook, stirring, until the garlic softens, about 1 minute. Add the tomatoes, 1 cup water, the basil sprigs and ½ teaspoon salt. Bring to a boil, then reduce the heat to low and simmer until thickened, about 30 minutes.

4. Remove the meatballs from the oven and add to the sauce, spooning some of the sauce on top. Continue cooking, occasionally spooning the sauce over the meatballs, until tender and cooked through, about 6 minutes. Serve with ricotta and chopped basil.

You can form all of these meatballs a day ahead; cover and refrigerate until ready to cook.

ASIAN PORK MEATBALLS

ACTIVE: 50 min | TOTAL: 1 hr 15 min | SERVES: 6 to 8 (about 18 meatballs)

FOR THE MEATBALLS

- 2 tablespoons vegetable oil
- 3 cups thinly sliced green cabbage (about $\frac{1}{4}$ head)
- Kosher salt
- 8 ounces shiitake mushrooms, stems removed, caps thinly sliced
- Freshly ground white pepper
- 2 large eggs plus 1 egg white
- $1\frac{1}{2}$ pounds ground pork
- 4 scallions, minced
- 3 cloves garlic, minced
- 1 2-inch piece ginger, peeled and finely grated (about 1 tablespoon)
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons cornstarch

FOR THE SAUCE

- $\frac{1}{2}$ cup hoisin sauce
- 2 teaspoons Sriracha chile sauce
- 1 teaspoon rice vinegar
- 1 tablespoon sugar
- 3 tablespoons sesame seeds
- 1 head Boston lettuce, leaves separated

1. Make the meatballs: Preheat the oven to 400° and line a baking sheet with parchment paper. Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Add the cabbage and season with $\frac{1}{4}$ teaspoon salt; cook, stirring occasionally, until softened, about 4 minutes. Transfer the cabbage to a plate to cool. Wipe out the pan, then add the remaining 1 tablespoon vegetable oil and the mushrooms. Season with $\frac{1}{4}$ teaspoon salt and a few grinds of pepper and cook, stirring occasionally, until lightly browned, about 5 minutes. Transfer the mushrooms to the plate with the cabbage to cool.

2. Lightly beat the eggs and egg white in a large bowl. Add the pork, scallions, garlic, ginger, soy sauce, sesame oil, sugar and cornstarch. Add the cabbage, mushrooms and a few grinds of pepper and mix with your hands until just combined (do not overmix). Dampen your hands and shape the meat mixture into 18 balls (about 2 inches each); arrange on the prepared baking sheet.

3. Make the sauce: Mix the hoisin sauce, Sriracha, vinegar, sugar and 1 tablespoon water in a bowl; set aside $\frac{1}{2}$ cup for serving. Brush the meatballs with the remaining sauce and sprinkle with the sesame seeds. Bake until cooked through, 18 to 22 minutes. Serve in lettuce leaves with the reserved sauce.



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The Wisest Kid in the Whole World™



CHICKEN BROCCOLI ALFREDO

PREP: 10 MIN. COOK: 20 MIN. MAKES: 4 SERVINGS

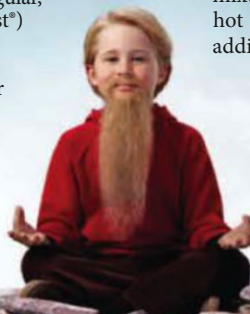
What You'll Need

- 1/2 of a one-pound package linguine
- 1 cup fresh or frozen broccoli florets
- 2 tablespoons butter
- 1 1/4 pounds skinless, boneless chicken breast halves, cut into 1 1/2 -inch pieces
- 1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request®)
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper

How to Make It

1. Prepare linguine according to package directions in 3-qt. saucepan. Add broccoli during last 4 minutes of cooking time. Drain the linguine mixture well in a colander.
2. Heat the butter in a large skillet over medium-high heat. Add chicken and cook until well browned and cooked through, stirring often.
3. Stir soup, milk, cheese, black pepper and linguine mixture in the skillet and cook until the mixture is hot and bubbling, stirring occasionally. Serve with additional Parmesan cheese.

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TURKEY-APPLE SWEDISH MEATBALLS

ACTIVE: 50 min | TOTAL: 2 hr | SERVES: 6 (about 36 small meatballs)

FOR THE MEATBALLS

- 3 cups packed torn pumpernickel bread
- 1 cup whole milk
- 1 teaspoon Worcestershire sauce
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil
- 6 small shallots, chopped (about ½ cup)
- 1 Granny Smith apple, peeled and grated
- 2 cloves garlic, minced
- Pinch of ground cinnamon
- Kosher salt and freshly ground pepper
- 1½ pounds lean ground turkey
- 1 large egg
- Cooking spray

FOR THE GRAVY

- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1½ cups low-sodium chicken broth
- 1½ teaspoons Worcestershire sauce
- Mashed potatoes, for serving (optional)
- Chopped fresh parsley and/or chives, for topping

1. Make the meatballs: Pulse the bread in a food processor to make fine crumbs. Add the milk and Worcestershire sauce and pulse to make a paste; set aside.
2. Heat the butter and vegetable oil in a large nonstick skillet over medium heat; add the shallots and cook, stirring, until golden brown, about 8 minutes. Add the apple, garlic, cinnamon, 1 teaspoon salt and a few grinds of pepper and cook until the apple is tender, about 3 minutes. Stir in the breadcrumb mixture and cook, stirring, until thickened, about 4 minutes. Transfer to a large bowl and let cool completely.
3. Add the turkey and egg to the bowl and beat with a mixer on low speed until well combined, about 4 minutes. Cover and refrigerate at least 30 minutes.
4. Preheat the oven to 425° and coat a baking sheet with cooking spray. Dampen your hands and form the meat mixture into 36 balls (about 1 inch each). Arrange on the prepared baking sheet and bake until lightly browned, 15 to 20 minutes.
5. Meanwhile, make the gravy: Melt the butter in a medium saucepan over medium heat. Add the flour and whisk to make a smooth paste, about 3 minutes. Gradually whisk in the chicken broth, then add the Worcestershire sauce. Cook, whisking, until slightly thickened, about 5 minutes. Add the meatballs and simmer until firm and cooked through, about 10 minutes. Serve over mashed potatoes and top with parsley and/or chives.



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GREEK MEATBALLS WITH LEMON AND ARUGULA

ACTIVE: 1 hr | TOTAL: 2 hr 10 min | SERVES: 6 (about 18 small meatballs)

- ⅓ cup converted rice
- 3 large eggs
- ½ pound lean ground lamb
- ½ pound lean ground beef
- ½ cup chopped deli-sliced provolone cheese (about 2 ounces)
- 1 small onion, finely chopped
- ⅓ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- 1 teaspoon finely chopped fresh marjoram (or ½ teaspoon dried)
- 2 cloves garlic, minced
- ¼ teaspoon ground allspice
- Kosher salt and freshly ground pepper
- 3 cups low-sodium chicken broth
- ⅓ cup fresh lemon juice (from about 3 lemons)
- 3 cups baby arugula
- Extra-virgin olive oil, for drizzling

1. Place the rice in a large microwave-safe bowl and add 1 cup water. Cover with plastic wrap, pierce with a knife a few times to vent, then microwave until the water is almost absorbed, 10 minutes. Uncover and fluff the rice with a fork; let cool completely.

2. Lightly beat 1 egg in a small bowl. Add to the bowl with the rice along with the lamb, beef, provolone, onion, half each of the mint and parsley, the marjoram, garlic, allspice, 1 teaspoon salt and ½ teaspoon pepper. Mix with your hands until just combined (do not overmix); cover and refrigerate 30 minutes.

3. Dampen your hands and form the meat into 18 balls (about 1½ inches each). Bring the chicken broth to a boil in a large pot or Dutch oven. Add the meatballs, cover and cook over medium heat until tender, about 30 minutes, turning halfway through.

4. Whisk the remaining 2 eggs and the lemon juice in a small bowl until frothy. Remove 1 cup broth from the pot and gradually whisk it into the egg mixture. Push the meatballs to one side of the pot; reduce the heat to low and pour the egg mixture into the other side. Cook, stirring gently, until the sauce thickens slightly, about 4 minutes. Remove from the heat and stir in the remaining mint and parsley; season with salt and pepper. Serve the meatballs and sauce in shallow bowls. Top with arugula, drizzle with olive oil and season with salt and pepper.

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whether feeding a family or
entertaining friends.



Whether the gang's coming over to watch the game or you're hosting your book group this month, this delectably creamy dip from Town House® is sure to please. Combine pesto, easy-to-find cheeses and a sprinkle of toasted pine nuts to pair with new Town House® Pita Crackers Sea Salt. The preparation is so easy, you'll have more time to enjoy the game (or the group)!



Creamy Pesto Dip

Prep Time: 10 minutes • **Total Time:** 10 minutes

- 1 tablespoon pine nuts
- 1 package (8 oz.) cream cheese, softened
- ½ cup prepared pesto
- 2 teaspoons lemon juice
- ½ teaspoon grated lemon peel
- ½ teaspoon pepper
- ½ cup grated pecorino romano cheese
- ⅓ cup milk
- ¼ teaspoon kosher salt (optional)

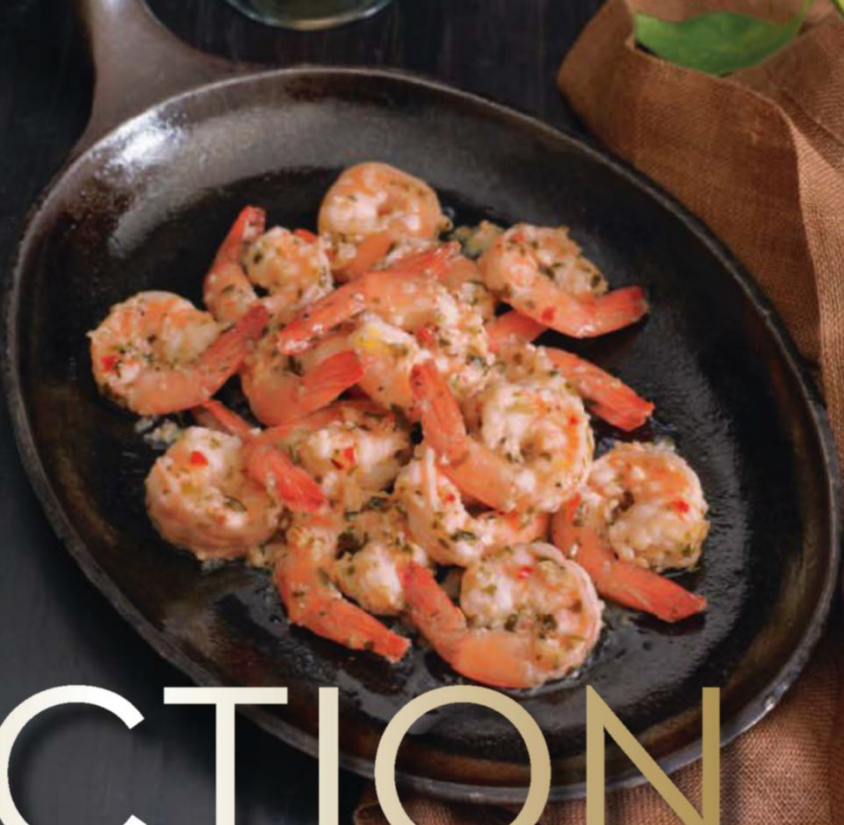
Keebler® Town House® Pita Crackers Sea Salt

1. In small skillet heat pine nuts over medium heat for 2–5 minutes or until golden brown, shaking pan frequently. Remove from heat. Set aside.

2. In medium bowl stir together cream cheese, pesto, lemon juice, lemon peel and pepper. Stir in cheese and milk. Stir in salt (if desired). Transfer to serving bowl. Sprinkle with pine nuts. Serve with KEEBLER TOWN HOUSE Pita Crackers Sea Salt.

Yield: 2 cups; 16 servings
(1 serving = 2 tablespoons dip)





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Do the twist

Make soft pretzels from scratch with this easy step-by-step guide.

PHOTOGRAPHS BY **ANDREW PURCELL**



SOFT PRETZELS ACTIVE: 1 hr | TOTAL: 3 hr | MAKES: 12 large pretzels

- | | | | |
|---|---|---------------|--|
| 3 | tablespoons unsalted butter,
cubed and at room temperature,
plus melted butter for brushing | 6 | cups all-purpose flour |
| 2 | tablespoons packed dark brown sugar | 2 | teaspoons kosher salt,
plus more for sprinkling |
| 1 | $\frac{1}{4}$ -ounce packet active dry yeast
(2 $\frac{1}{4}$ teaspoons) | | Cooking spray |
| | | $\frac{2}{3}$ | cup baking soda |
| | | | Mustard, for dipping (optional) |

1. Combine 2 cups warm water (110° to 115°), the butter and brown sugar in the bowl of a stand mixer. Sprinkle the yeast on top and let stand until foamy, about 10 minutes (*fig. A*). If the yeast does not foam, discard and try again with fresh yeast.

2. Add 3 cups flour and 2 teaspoons salt to the yeast mixture. Using the dough hook, mix on low speed, then increase the speed to medium as the flour starts to incorporate. (Scrape down the side of the bowl as needed.) Mix in the remaining 3 cups flour on low speed, then increase the speed to medium and mix until the dough gathers around the hook and pulls away from the bowl.

3. Turn the dough out onto a clean surface; knead until smooth, 5 minutes (*fig. B*). Brush a large bowl with melted butter, add the dough and turn to coat. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.

4. Punch down the dough, then divide it in half. Divide each half into 6 even pieces with a knife (*fig. C*); cover with plastic wrap. Line 3 baking sheets with parchment paper and coat with cooking spray.

5. Tape a 24-inch-long piece of string to the countertop to use as a guide. Roll out a piece of dough on the countertop with your hands, starting in the middle and working your way out to the ends until you have a 24-inch-long rope (*fig. D*). As you roll, occasionally lift the dough by the ends and slap the middle against the counter to stretch it.

6. Lift the ends of the rope to make a U shape, then cross one end over the other twice to make a double twist in the middle (*fig. E*). Fold down the ends and attach them to the bottom of the U, forming a pretzel shape (*fig. F*). Transfer to one of the prepared baking sheets; repeat with the remaining dough, arranging 4 pretzels on each baking sheet. Cover loosely with plastic wrap and let stand at room temperature until slightly puffed, about 30 minutes.

7. Position racks in the upper and lower thirds of the oven; preheat to 425°. Fill a wide pot with 10 cups water; add the baking soda and bring to a low simmer, whisking to dissolve. Use scissors to cut the parchment around each pretzel, leaving a 1-inch border (*fig. G*). Slide the pretzels (on the parchment) off the baking sheets, then coat the baking sheets with cooking spray. Working in batches, carefully invert each pretzel into the water and use tongs to peel off the parchment (*fig. H*). Simmer until the pretzels plump, about 45 seconds per side. Remove with a slotted spoon, letting the excess water drip off; arrange on the prepared baking sheets. Sprinkle with salt.

8. Bake the pretzels until golden brown, rotating the baking sheets halfway through, 12 to 15 minutes. Brush with melted butter and serve with mustard.



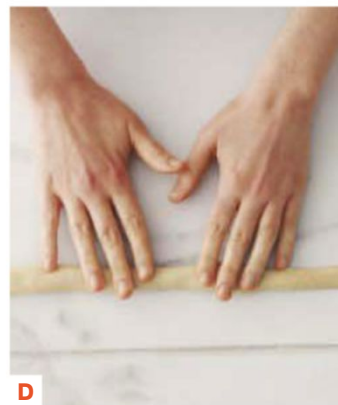
A



B



C



D



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2. STIR 2 MINUTES 3. POUR INTO ICE CUBE TRAYS AND REFRIGERATE FOR 3 HOURS 4. PLACE BLACKBERRY HEAD AND A GELATIN BODY ON WOODEN SKEWERS 5. PLACE 8 PIECES OF BLACK STRING LICORICE ON THE SIDES OF EACH BODY
6. PLACE 2 SMALL PIECES OF RED STRING LICORICE ON EACH HEAD

Party Time

Create a **fun cheese platter**. Then, set out some spooky Halloween treats and carve wacky pumpkins.

PHOTOGRAPH BY KANG KIM



Serve a candy corn-inspired cheese platter for Halloween!

Pick a Color

To create this candy corn cheese platter, we molded goat cheese into a triangle to look like the tip, then we formed the middle with cubes of orange cheddar and the bottom with sliced havarti. Serve with crackers, or just replace the bottom layer with slices of pumpernickel bread—it'll look like a piece of Indian candy corn.

A woman in a black witch costume with a tall pointed hat sits on a wooden bench. Two young boys in black long-sleeved shirts with white skeleton prints are also on the bench. The boy in the foreground is holding a small white treat. The boy behind him is holding a small red and white treat. In the foreground, a table covered with a black cloth holds various Halloween treats, including a bowl of red liquid, a plate of small white treats with green and red accents, and a plate of popcorn. A large orange pumpkin is on the ground to the left. The background shows a vast green field under a blue sky.

a Pioneer HALLOWEEN

Ree Drummond gets her whole family
in the spirit with a spooky spread.

PHOTOGRAPHS BY
CORAL VON ZUMWALT

When you live miles from your neighbors, trick-or-treating requires a commute. But before Ree Drummond, host of *The Pioneer Woman*, and her four children (Alex, 16, Paige, 14, Bryce, 11, and Todd, 9) leave their Oklahoma ranch and drive to the nearest town in search of candy, Ree puts on a pre-party: The kids get dressed up, and Ree lays out a fun Halloween spread of popcorn balls, edible eyeballs, blood-red punch and a platter of pitch-black sweets....



From left: Alex, Todd, Bryce and Paige (along with their basset hound Walter) dig into Ree's Halloween spread.

FOOD STYLING: JUDY ALLEN; PROP STYLING: ELIZABETH MACLENNAN
RECIPES FROM THE BOOK *THE PIONEER WOMAN COOKS: A YEAR OF HOLIDAYS: 140 STEP-BY-STEP RECIPES FOR SIMPLE, SCRUMPTIOUS CELEBRATIONS* BY REE DRUMMOND. COPYRIGHT © 2013 BY REE DRUMMOND. BY ARRANGEMENT WITH WILLIAM MORROW COOKBOOKS, AN IMPRINT OF HARPERCOLLINS PUBLISHERS.



CANDY CORN POPCORN BALLS

ACTIVE: 25 min | TOTAL: 25 min | MAKES: 12

- 6 tablespoons popcorn kernels
- $\frac{3}{4}$ cup peanut oil
- $\frac{1}{2}$ cup sugar
- Cooking spray
- 1 cup candy corn
- $\frac{1}{2}$ cup salted roasted peanuts
- 4 cups mini marshmallows
(about $\frac{2}{3}$ of a 10-ounce bag)
- 4 tablespoons unsalted butter

1. Heat a large pot over medium-high heat; add the popcorn kernels and peanut oil. When the oil starts to sizzle, sprinkle the sugar over the kernels. Cover with a tight-fitting lid and shake the pot until the popping slows down, about 8 minutes. Remove from the heat and set aside to cool. Spray a large bowl with cooking spray and add the popcorn, candy corn and peanuts.

2. Combine the marshmallows and butter in a large pot over medium-high heat. Cook, stirring, until melted and smooth, about 5 minutes.

3. Pour the melted marshmallow mixture over the popcorn mixture and gently toss to coat.

4. Coat your hands with cooking spray, then shape the popcorn into 3-inch balls. Let cool.

**"I LOVE HAVING TREATS BEFORE WE
GO TRICK-OR-TREATING," REE SAYS.
"IT STRETCHES OUT HALLOWEEN A
LITTLE BIT LONGER."**





PLATTER OF DARKNESS

Put together a tray of dark and spooky treats: Fill bowls with black licorice, jelly beans, M&M's, chocolate cookies, chocolate-covered nuts and dried fruit. Then round it all out with cookie-coated caramel apples (see page 154).



CAKE EYEBALLS

ACTIVE: 45 min | TOTAL: 2 hr 25 min (plus cooling) | MAKES: 24 to 30

- 1 18.25-ounce box red velvet or yellow cake mix (plus required ingredients)
- 1 12-ounce can frosting (any kind)
- 12 ounces white chocolate melting disks
- Assorted gel icing, for decorating

1. Prepare the cake mix according to the package directions for a 9-by-13-inch cake or two 9-inch cakes. Allow to cool slightly in the pan, then remove to a rack, cover with a dish towel and let cool completely.

2. Break off sections of the cake and crumble in a large bowl. When finished, you should have a bunch of very fine cake crumbs. Using a rubber spatula, work the frosting into the cake until it is no longer visible. (Even if you use white frosting with red velvet cake, the white will eventually blend in entirely.)

3. Next, roll the mixture into 1½-inch balls (a small ice cream scoop helps with this) and set on a parchment-lined baking sheet. This is important: Pop 'em in the freezer, uncovered, for at least an hour. The cake balls need to be very firm before coating them.

4. When the cake balls are nice and firm, place the white chocolate in a heatproof bowl set over a pan of simmering water. (Don't let the bowl touch the water.) Stir occasionally until the chocolate is melted and smooth. Remove the bowl from the pan. Add the cake balls one at a time to the melted white chocolate and gently roll to coat. Using a fork, lift out the cake balls, then tap the fork against the side of the bowl to remove the excess chocolate. With a toothpick, push the ball off of the fork and back onto the parchment-lined baking sheet. Let set at room temperature, 10 to 15 minutes. Decorate with gel icing to look like eyeballs.



CARAMEL APPLES

ACTIVE: 50 min | TOTAL: 1 hr | MAKES: 8

8 apples
Cooking spray
4 cups sugar
 $\frac{1}{4}$ cup corn syrup
10 tablespoons unsalted butter,
cut into pieces
2 cups heavy cream, at
room temperature
Crushed chocolate cookies,
for coating

1. Insert a wooden stick into the stem end of each apple. Coat a baking sheet with cooking spray.
2. Make the caramel: Melt the sugar and corn syrup in a large pot over medium-high heat, stirring with a wooden spoon until combined. Don't stress if it starts to clump: It will eventually even out. Cook, swirling the pan but not stirring, until dark amber in color and a candy thermometer registers 245° , 8 to 12 minutes.
3. Add the butter all at once, stirring until incorporated. Turn down the heat to medium and pour in the heavy cream (the mixture will foam up); whisk until smooth.
4. Increase the heat to medium high and bring the caramel up to 250° , 8 to 10 minutes. Turn off the heat and let cool for 5 to 10 minutes. Dip the apples in the caramel and roll in crushed cookies; place on the baking sheet to set, 5 to 10 minutes.

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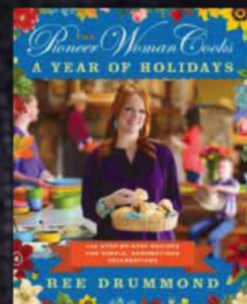
BLOODY PUNCH

ACTIVE: 15 min | TOTAL: 15 min (plus freezing) | MAKES: about 6 quarts

- 3 cups red fruit punch, chilled
- 1 1-liter bottle strawberry daiquiri mix, chilled
- 1 2-liter bottle Dr Pepper Cherry, chilled
- 1 46-ounce bottle concord grape-raspberry juice, chilled
- 1 1-liter bottle ginger ale, chilled

1. Fill a powder-free latex glove with punch; tie closed. Freeze at least 6 hours or overnight. (For the best shape, hang the glove from a rack in your freezer with the fingers pointing down.)

2. When ready to serve, combine the remaining fruit punch, daiquiri mix, Dr Pepper, grape-raspberry juice and ginger ale in a large punch bowl. Peel the glove off the frozen hand and add to the bowl.



Get more party ideas in Ree's new cookbook, *The Pioneer Woman Cooks: A Year of Holidays* (\$30, William Morrow).





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Liven up

YOUR HALLOWEEN CELEBRATION

Starburst® Candy Corn will liven up your Halloween festivities with a jolt of color and a dash of delicious fruity flavors. You can sprinkle them on cupcakes, bake them into brownies or, for something new and different, make one of these scrumptious (and simple) recipes.



Halloween Candy Corn Bark

- ½ pound unsalted butter (2 sticks)
- ½ cup sugar
- 1 12-ounce bag high-quality chocolate chips
- 45 saltine crackers
- 1-2 cups Starburst Candy Corn

PREHEAT the oven to 350°. Line a cookie sheet with foil and lay the saltines salt side up. Break up the crackers to fill in all the spaces. Bring the butter and sugar to a low boil in a heavy saucepan. **POUR** the hot mixture over the saltines, spreading evenly. Bake for 10–15 minutes, until golden. **ARRANGE** the chocolate chips over the top and return to oven for 3–4 minutes to melt. Spread chocolate over saltines evenly and garnish with Starburst Candy Corn. **REFRIGERATE** for 2–3 hours. Once completely cool, break apart and enjoy!

Colorful Candy Corn Parfaits

- 4 cups yogurt
- 1 9-ounce package chocolate wafers
- 2 cups Starburst Candy Corn
- 1 8-ounce can mandarin oranges, drained

CRUMBLE chocolate wafers into small pieces. **LAYER** parfait cups or glasses: Start with a layer of yogurt, then wafer crumbs, then Starburst Candy Corn and repeat. **GARNISH** each parfait with mandarin orange sections and Starburst Candy Corn. Serve immediately.



LIVEN UP HALLOWEEN



TRICKS WITH TREATS

Make this year's jack-o'-lanterns with the ultimate decorating kit: a bagful of candy.

PHOTOGRAPHS BY LISA SHIN



Sweet Teeth

For the mouth: Carve a crescent shape out of the pumpkin with a serrated knife. Insert a toothpick into a piece of candy (we used **gum**, **candy corn** and **gumdrops**) and push the other end into the pumpkin's mouth.

For the eyes: Cut a **gumdrop** or **marshmallow** in half and press the sticky side onto the pumpkin. To add pupils, poke a hole in each eye with a toothpick and fill the opening with a piece of **licorice string** or **Nibs**.

Find more fun
pumpkin ideas on
Halloween Wars,
Sunday,
October 6 at
9 p.m. ET.



STYLING: BLAKE RAMSEY

Make edible glue!

Use royal icing to glue the candy to the pumpkins: Sift 2 tablespoons meringue powder (found in the baking aisle or at craft stores) and 1 pound confectioners' sugar into a large bowl. Beat in 6 tablespoons water with a mixer until glossy with soft peaks. Transfer to a resealable plastic bag; snip the tip of one corner to pipe.



Mad Scientist

For the hair: Pull apart **cotton candy** and attach small tufts to the pumpkin with **royal icing** (see above).

For the eyes: Separate 2 **chocolate sandwich cookies** and, using royal icing, attach the 2 pieces that have filling on them to the pumpkin, filling-side out. Stick 1 **M&M** into each cookie filling.

For the ears, nose and mouth: Attach **Circus Peanuts** with royal icing for the ears and nose, then draw a mouth and eyeglass rims with the icing and cover the lines with red and black **licorice strings**.



Aliens

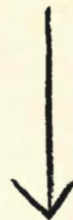
For the eyes: Use a spoon to carve out small holes, then push in **gumballs** so they fit snugly. Draw pupils with an **edible marker**. For the eyelids, attach pieces of **sour belt candy** with **royal icing** (see above left).

For the ears and mouth: Attach 2 **sour watermelons** with royal icing for the ears, then add a **sour apple ring** or a **peach ring** (either whole or cut in half) for the mouth.

For the antennae: Push 2 **lollipops** into the top.



The freshness you see,
is the freshness you taste.



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SWEET
ON
Salted
Caramel

Salted Caramel-Orange Upside-Down Cake

■
Salted Caramel Pots de Crème

■
Salted Caramel-Pecan Tart

■
Salted Caramel-Apple Strudel

■
Salted Caramel-Banana Bread Pudding

PHOTOGRAPHS BY KANA OKADA





SALTED CARAMEL-ORANGE UPSIDE-DOWN CAKE

ACTIVE: 40 min | TOTAL: 1 hr 35 min (plus cooling) | SERVES: 8 to 10

FOR THE CARAMEL

- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ teaspoon kosher salt
- 1 tablespoon salted butter
- 4 to 5 oranges

FOR THE CAKE

- $\frac{1}{2}$ cup sliced almonds
- $1\frac{1}{4}$ cups all-purpose flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon kosher salt
- 1 stick salted butter, at room temperature
- $\frac{2}{3}$ cup sugar
- 2 large eggs
- 1 teaspoon grated orange zest
- $\frac{1}{2}$ cup sour cream
- Sea salt, for sprinkling

1. Make the caramel: Combine the sugar, $\frac{1}{3}$ cup water and the kosher salt in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the pan occasionally but not stirring, until amber, 8 to 10 minutes. Brush any sugar crystals off the

side of the pan with a wet pastry brush. Remove from the heat and carefully whisk in the butter (the mixture will bubble). Pour into a 9-inch-round cake pan, tilting the pan to coat the bottom; set aside.

2. Slice off the top and bottom of the oranges. Place the oranges cut-side down and cut off the peel and white pith with a chef's knife, following the curve of the fruit. Cut along both sides of each membrane to remove the segments. Set the segments aside, discarding any seeds.

3. Make the cake: Preheat the oven to 350°. Spread the almonds on a baking sheet and roast until golden brown, 8 to 10 minutes. Let cool, then transfer to a food processor and pulse until finely ground. Transfer to a medium bowl; add the flour, baking powder, baking soda and kosher salt and whisk to combine.

4. Beat the butter and sugar in a large bowl with a mixer on medium-high speed until fluffy, about 5 minutes. Beat in the eggs one at a time, scraping down the bowl as needed. Beat in the orange zest. Reduce the mixer speed to low; beat in the flour mixture in 3 batches, alternating with the sour cream, beginning and ending with flour, until just smooth.

5. Arrange the orange segments in the cake pan in concentric circles. Add the batter and smooth the top. Bake until golden brown and a toothpick inserted into the center comes out clean, 40 to 45 minutes. (Tent with foil if the top gets too dark.) Transfer to a rack and let cool slightly, then run a knife around the edge of the cake and invert onto a platter. Let cool completely. Sprinkle with sea salt.



SALTED CARAMEL POTS DE CRÈME

ACTIVE: 25 min | TOTAL: 1 hr 40 min (plus chilling)
SERVES: 6

- 2 cups heavy cream
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon sea salt,
plus more for sprinkling
- 1 cup sugar
- 1 ounce milk chocolate, finely chopped
- 6 large egg yolks

1. Preheat the oven to 325°. Heat the heavy cream, milk, vanilla and salt in a small saucepan over medium heat until just starting to bubble. Remove from the heat and cover to keep warm.

2. Make the caramel: Combine the sugar and $\frac{1}{4}$ cup water in another small saucepan over medium heat, stirring just until the sugar dissolves. Cook, swirling the pan occasionally but not stirring, until amber, about 10 minutes. Brush any sugar crystals off the side of the pan with a wet pastry brush. Remove from the heat and carefully whisk in the warm cream mixture (the mixture will bubble). Add the chocolate and stir until smooth.

3. Whisk the egg yolks in a medium bowl. Whisk about half of the caramel into the yolks, then add the remaining caramel and whisk until smooth. Strain through a fine-mesh sieve into a large liquid measuring cup.

4. Divide the mixture among six 6-ounce ramekins. Set the ramekins in a large baking dish, then add enough hot water to come about halfway up the sides of the ramekins. Cover the pan tightly with foil and bake until the pots de crème are set around the edges but still jiggle in the center, 45 to 50 minutes.

5. Remove the ramekins from the water and let cool to room temperature. Cover with plastic wrap and refrigerate until cold, at least 2 hours or overnight. Sprinkle with salt.



SALTED CARAMEL-PECAN TART

ACTIVE: 35 min | TOTAL: 2 hr 15 min (plus cooling) | SERVES: 8

FOR THE CRUST

Cooking spray

$1\frac{3}{4}$ cups pecans

1 cup all-purpose flour

$\frac{1}{4}$ cup sugar

$\frac{1}{2}$ teaspoon kosher salt

6 tablespoons cold salted butter, cut into small pieces

1 large egg yolk

1 teaspoon vanilla extract

FOR THE FILLING

$\frac{2}{3}$ cup sugar

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{2}$ cup heavy cream

4 tablespoons salted butter, thinly sliced and at room temperature

1 teaspoon vanilla extract

2 large eggs

2 tablespoons all-purpose flour

1 ounce semisweet chocolate, finely chopped

Sea salt, for sprinkling

1. Preheat the oven to 350°. Make the crust: Lightly coat a 9-inch fluted tart pan with a removable bottom with cooking spray. Spread the pecans on a baking sheet and roast until golden brown, 8 to 10 minutes; let cool. Transfer $\frac{1}{2}$ cup of the pecans to a food

processor; add the flour, sugar and kosher salt and pulse until the nuts are finely ground. Add the butter and pulse until it is in pea-size bits. Pulse in the egg yolk and vanilla until large clumps form.

2. Transfer the dough to the prepared pan and press it into the bottom and up the sides. Prick the bottom all over with a fork, then freeze until firm, about 20 minutes.

3. Line the crust with foil and fill with pie weights or dried beans. Bake until set, about 25 minutes, then remove the foil and weights and continue baking until golden, 10 to 15 more minutes. Transfer to a rack and let cool completely.

4. Make the caramel for the filling: Combine the sugar, $\frac{1}{4}$ cup water and the kosher salt in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, swirling the pan but not stirring, until amber, 8 to 10 minutes. Brush any sugar crystals off the side of the pan with a wet pastry brush. Remove from the heat and carefully whisk in the heavy cream, butter and vanilla (the mixture will bubble). Return to medium heat and simmer, whisking constantly, until thick enough to coat a spoon, 3 to 4 minutes. Let cool 5 minutes.

5. Gently whisk the eggs and flour in a large bowl, then whisk in the caramel. Place the crust on a baking sheet, arrange the remaining $1\frac{1}{4}$ cups pecans in the bottom and add the filling. Bake until set around the edge, 30 to 35 minutes. Transfer to a rack to cool.

6. Put the chocolate in a microwave-safe bowl and microwave in 30-second intervals, stirring, until smooth. Drizzle over the tart and sprinkle with sea salt. Let the chocolate set before slicing.



SALTED CARAMEL-APPLE STRUDEL

ACTIVE: 45 min | TOTAL: 1 hr 20 min (plus cooling) | SERVES: 6 to 8

- $\frac{1}{2}$ cup granulated sugar, plus more for sprinkling
- $\frac{1}{2}$ teaspoon kosher salt, plus more for sprinkling
- 1 stick salted butter
- 2 teaspoons apple cider vinegar
- 2 pounds Golden Delicious apples (about 4 large apples), peeled and cut into $\frac{3}{4}$ -inch pieces
- 3 tablespoons finely crushed gingersnaps (about 4 cookies)
- $\frac{1}{2}$ teaspoon ground cinnamon
- 6 sheets frozen phyllo dough, thawed
- $\frac{1}{2}$ cup cold heavy cream
- Confectioners' sugar, for dusting

1. Make the caramel: Combine the granulated sugar, $\frac{1}{2}$ cup water and the salt in a large skillet over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the skillet occasionally but not stirring, until amber, 8 to 10 minutes. Brush any sugar crystals off the side of the skillet with a wet pastry brush. Remove from the heat and whisk in 3 tablespoons butter and the vinegar (the mixture will bubble).

2. Add the apples and cook, stirring occasionally, until soft, about 12 minutes. Strain the apples and transfer to a bowl; set the caramel aside. Toss 1 tablespoon gingersnap crumbs and the cinnamon with the apples; let cool completely.

3. Melt the remaining 5 tablespoons butter in a small saucepan over medium-low heat. Let cool, then skim off the foam and discard. Spoon the melted butter into a bowl, leaving any solids in the pan.

4. Position a rack in the lower third of the oven and preheat to 375°. Line a baking sheet with parchment paper. Place a sheet of phyllo on a clean kitchen towel or piece of parchment with a long side in front of you. (Keep the remaining phyllo covered with a damp towel.) Lightly brush the phyllo with some of the melted butter and sprinkle with granulated sugar. Layer another sheet of phyllo on top; brush with more butter and sprinkle with more sugar. Repeat with the remaining 4 sheets of phyllo. Sprinkle the remaining 2 tablespoons gingersnap crumbs on top.

5. Spoon the apple filling onto the phyllo in a strip along the bottom edge, leaving a 1-inch border. Use the towel or parchment to help roll the phyllo into a log, starting at the bottom edge. Place seam-side down on the prepared baking sheet. Brush with more butter and sprinkle with more granulated sugar. Make a few slits on top with a knife to vent. Bake until golden brown, 30 to 35 minutes.

6. Beat the heavy cream in a bowl with a mixer on medium speed until soft peaks form, then gently fold in some of the reserved caramel (you may need to whisk the caramel first to loosen). Dust the strudel with confectioners' sugar and cut into pieces. Serve with the caramel whipped cream and more caramel; sprinkle with salt.

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SALTED CARAMEL–BANANA BREAD PUDDING

ACTIVE: 35 min | TOTAL: 3 hr 10 min (plus cooling) | SERVES: 12

FOR THE CARAMEL

- 1 cup sugar
- 2 tablespoons salted butter, cut into pieces and at room temperature
- $\frac{1}{2}$ cup heavy cream, warmed
- 1 tablespoon bourbon
- 1 teaspoon fresh lemon juice
- $\frac{3}{4}$ teaspoon kosher salt

FOR THE BREAD PUDDING

Salted butter, for the baking dish

- 1 1-pound loaf brioche, crusts removed, cut into $\frac{1}{2}$ -inch cubes (about 13 cups)
- 5 large eggs
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon kosher salt
- 4 cups whole milk
- 1 cup heavy cream
- 1 tablespoon vanilla extract
- 3 bananas, halved lengthwise and sliced $\frac{1}{2}$ inch thick

Sea salt, for sprinkling

1. Make the caramel: Combine the sugar and $\frac{1}{4}$ cup water in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the pan but not stirring, until amber, about 10 minutes. Brush any sugar crystals off the side of the pan with a wet pastry brush. Remove from the heat and carefully whisk in the butter, heavy cream, bourbon, lemon juice and kosher salt (the mixture will bubble). Pour into a bowl and set aside.

2. Make the bread pudding: Preheat the oven to 350° and butter a 9-by-13-inch baking dish. Spread the bread cubes on a rimmed baking sheet and bake until dry and golden, about 20 minutes. Let cool completely.

3. Whisk the eggs, sugar and kosher salt in a large bowl, then whisk in the milk, heavy cream and vanilla until smooth. Fold in the toasted bread and the banana slices. Transfer half of the mixture to the prepared baking dish and spread in an even layer. Drizzle with $\frac{1}{2}$ cup of the caramel, then top with the remaining bread mixture. Cover with plastic wrap and refrigerate at least 1 hour or overnight. Cover and refrigerate the remaining caramel until ready to serve.

4. Preheat the oven to 350°. Sprinkle the bread pudding with sea salt and bake until golden brown and set, about 1 hour, 15 minutes. Warm the remaining caramel and drizzle on top.



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On the Road



Lewiston, ME

Meet the **trick-or-treat king**. Then, make a Midwestern meat pie and take a cranberry tour of Massachusetts.

PHOTOGRAPH BY KANG KIM



Sweet Spot

Trick-or-treaters in Lewiston, ME, know exactly where to find the best loot: 16 Brentwood Avenue. Since 1996, the man at that address, Peter Geiger, has been giving out king-size candy bars—and three bars to those who know the secret password (revealed on local radio). Last year almost 800 people visited, and this year Geiger is hoping to hit 1,000. His neighbors can't keep up with him: "I used to try," says Diane O'Donnell, "but now I just join him to help." If you live near Lewiston, you can help Geiger reach his goal by trick-or-treating there between 6 and 9 p.m. We'll post the password on Halloween at foodnetwork.com/candyword.

Made in the MIDWEST

A new Food Network host cooks up some **heartland favorites**.

PHOTOGRAPHS BY CHRISTINA HOLMES

If Amy Thielen has her way, everyone in America will soon know what booya and runzas are, and we'll all be making them for dinner. The Minnesota native, who spent seven years working in some of New York City's best restaurants, is on a mission to teach the rest of us about heartland cooking: She's starring in a new Food Network show, *Heartland Table*, premiering September 14 at 10:30 a.m. ET, and she just finished her first cookbook, *The New Midwestern Table: 200 Heartland Recipes* (\$35, Clarkson Potter). Despite what you might think, Midwestern food is a lot more interesting than steaks and pot roasts. "The roots of our cooking remain behind closed doors and are couched in resourcefulness: gardening, preserving, fishing, hunting," she says. "Most Midwesterners share a no-nonsense approach to their food: It's rustic, gutsy, simple and generous." Amy shared three dishes that you won't find anywhere else.



Find these recipes and more in *The New Midwestern Table: 200 Heartland Recipes* (\$35, Clarkson Potter).



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Nebraska

RUNZAS

These savory buns, introduced to the Great Plains of Nebraska by German-Russian immigrants, are made with a yeast dough and filled with ground beef, onion and cabbage. “In Nebraska, they are so common that there is a fast-food chain called Runza,” Amy says. She swaps cabbage for spinach because it “adds softness to the filling and practically melts into the beef.”



NEBRASKAN RUNZAS

ACTIVE: 1 hr 10 min | TOTAL: 2 hr 20 min (plus rising) | MAKES: 8 large runzas

FOR THE DOUGH

- 1 ¼-ounce packet active dry yeast
- 3 tablespoons sugar, plus a pinch
- 4 large eggs
- 3¾ cups bread flour, plus more for the counter
- 12 tablespoons (1½ sticks) salted butter, softened, plus more for the bowl
- 2 teaspoons fine sea salt

FOR THE FILLING

- 1 pound 85 to 90% lean ground beef
- Fine sea salt and freshly ground black pepper
- 3 tablespoons salted butter
- 1 large Vidalia onion, diced
- 3 cloves garlic, minced
- 2 teaspoons minced fresh thyme (or 1½ teaspoons dried)
- 1 teaspoon minced fresh rosemary (or 1½ teaspoons dried)
- 1 tablespoon canola oil, plus more for the baking sheets
- 8 ounces baby spinach

1. Make the dough: Combine ¾ cup warm water (approximately 110°), the yeast and a pinch of sugar in a large mixing bowl and let sit until foamy, about 10 minutes.
2. Add 3 eggs and whisk to combine. Add half of the bread flour and beat with a wooden spoon until good and thready, about 3 minutes. Add the butter, the remaining 3 tablespoons sugar, the remaining flour and the salt and mix well. The dough will be a little sticky. Let rest 15 minutes.
3. Knead the dough to develop the gluten until it feels tight and smooth, about 5 minutes. Transfer the dough to a lightly buttered bowl, cover and let it rise for 1 hour at room temperature. Then chill in the refrigerator, 1 to 2 hours or overnight.
4. Remove the dough from the refrigerator and divide it into 8 even portions. Roll each one into a ball and leave on the counter, covered loosely, to warm up, about 30 minutes.
5. Meanwhile, make the filling: Heat a large skillet over medium-high heat. Add the beef, season with ¾ teaspoon salt and ½ teaspoon pepper and cook, breaking up the beef, until lightly browned, about 5 minutes. Use a slotted spoon to transfer it to a bowl.
6. Drain and discard all but a film of the fat from the skillet. Add the butter; when it has melted, add the onion. Cook over medium heat, stirring occasionally, until light golden brown, about 15 minutes. Add the garlic, thyme and rosemary and cook 3 minutes. Add the mixture to the bowl containing the beef.
7. Without cleaning the skillet, add 1 tablespoon canola oil. Sauté the spinach over high heat until wilted and the excess liquid has evaporated, about 1 minute. Chop the spinach, then add it to the beef mixture and set aside to cool.
8. Roll out the dough: Flatten a dough ball on a heavily floured surface and roll out into a 3-by-5-inch rectangle. Then make wrapping flaps from the four corners of the rectangle by rolling out each corner thinly so you have a thick rectangle with four thinner triangular wings at the corners.
9. Fill the runzas: Spoon ½ cup of the beef filling into the center of the dough rectangle and wrap the flaps over it, pinching to close. Flip the bundle over in your hands, gently forming the runza into a fat football shape. Set the runza seam-side down on an oiled baking sheet. Repeat with the remaining filling and dough balls, arranging them on 2 oiled baking sheets. Let the runzas rise about an inch, uncovered, about 45 minutes. Meanwhile, preheat the oven to 375°.
10. Whisk the remaining egg and 2 tablespoons water to make an egg wash and brush it thinly over the tops of the runzas. Bake until golden brown, 25 minutes. Serve hot.





HOTDISH

“If a region of people flew flags for their favorite dishes, a picture of Chicken and Wild Rice Hotdish would be flapping in the wind in rural Minnesota,” Amy says. Her version of the iconic casserole includes a Ritz cracker topping. “Don’t try to fancy up the crackers,” she warns. “There’s no substitute.”



CLASSIC CHICKEN AND WILD RICE HOTDISH

ACTIVE: 40 min | TOTAL: 1 hr 25 min | SERVES: 6 to 8

- ½ cup natural wild rice
- Fine sea salt
- 1 bay leaf
- 6 tablespoons salted butter, plus more for the baking dish
- 2 leeks, white and light green parts, diced
- 3 stalks celery, diced
- Freshly ground black pepper
- 3 tablespoons all-purpose flour
- 1½ cups whole milk
- ¾ cup heavy cream
- ¾ cup low-sodium chicken stock
- ¾ teaspoon dried thyme (or 1½ teaspoons fresh)
- ¼ teaspoon grated nutmeg
- 2 cups roughly chopped cooked chicken
- 4 ounces aged Gouda or aged cheddar cheese, grated (about 1½ cups)
- 2 cups coarsely ground buttery crackers (such as Ritz or Club; about 2 sleeves)
- 2 tablespoons extra-virgin olive oil

- 1.** Put the rice in a fine-mesh sieve and rinse it under cold running water, swishing the rice with your hand until the water runs clear. Transfer the rice to a medium bowl and add water to cover. Pour off any black bits or floating kernels, pour the rice back into the sieve to drain, then put it in a small saucepan. Add 1¼ cups water, a pinch of salt and the bay leaf; bring to a simmer. Cover the pan and reduce the heat to low. Cook 25 minutes, or until the rice is tender and the water has evaporated. (If liquid remains after the rice is done, drain it in a sieve.)
- 2.** Meanwhile, preheat the oven to 375°. Heat the butter in a large high-sided skillet over medium heat. Add the leeks and celery and season with ¼ teaspoon each salt and pepper. Cook until tender, about 10 minutes.
- 3.** Add the flour to the vegetables and stir until well combined. Pour in the milk and

- bring to a simmer, whisking to prevent any lumps. Add the cream, chicken stock, thyme, nutmeg and ½ teaspoon each salt and pepper. Simmer over low heat until the floury taste dissipates, about 5 minutes.
- 4.** Add the cooked chicken, wild rice (minus the bay leaf) and half of the cheese and heat until the cheese melts.
 - 5.** Put the crushed crackers in a heavy plastic bag and add ¼ teaspoon pepper and the olive oil. Shake to combine and set aside.
 - 6.** Rub a 9-by-13-inch baking dish with a thin layer of soft butter. Pour the chicken mixture into the dish and top with the remaining cheese. Bake 25 minutes.
 - 7.** Pull the dish from the oven, sprinkle the cracker mixture over the top and bake until the crackers turn golden brown and the mixture bubbles in the center, 15 to 20 more minutes. Serve immediately.

SABOTAGE

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BOOYA

The origin of this slow-cooked stew is “nearly untraceable,” says Amy, though many think it has Hungarian or French-Canadian roots (“booya” possibly evolved from the French word “bouillon”). Made in giant kettles at community gatherings, no two pots are alike, though there are common ingredients. “A good booya contains a brace of eclectic seasonings,” Amy says. She gives hers a South American twist with hominy and cilantro.

BOOYA-POSOLE COMMUNITY STEW

ACTIVE: 55 min | TOTAL: 3 hr 25 min | SERVES: 8 to 10

- 4 tablespoons salted butter
- ½ large sweet onion, diced
- 1 large carrot, diced
- 2 stalks celery, diced
- ½ large red bell pepper, diced
- 1 jalapeño pepper, minced
- Fine sea salt and freshly ground black pepper
- 4 cloves garlic, minced
- 1 cup crushed fresh or canned plum tomatoes
- 2 skinless chicken legs (1½ pounds)
- 1 pound pork butt, sliced 1 inch thick
- 1 tablespoon minced fresh thyme
- 1 tablespoon sweet paprika
- 1 3-inch cinnamon stick
- 4 cups low-sodium chicken stock
- 3 bay leaves
- 1 15.5-ounce can white hominy, drained and rinsed
- 2 ears fresh sweet corn, kernels cut off
- Chopped fresh cilantro, for topping

1. Heat the butter in a large stockpot over medium heat. When it melts, add the onion, carrot, celery, bell pepper, jalapeño and ½ teaspoon each salt and pepper. Cook, stirring, until the vegetables are soft and sweet, about 20 minutes. Add the garlic and tomatoes and cook until thick and jammy, about 10 minutes.

2. Meanwhile, preheat a grill or a stovetop grill pan over medium-high heat. Blot dry the chicken legs and pork and season with salt and pepper.

3. Grill the chicken and pork until well marked on both sides and partially cooked through, about 10 minutes. Cut the pork into 1-inch cubes.

4. Add the thyme, paprika, cinnamon stick, 1 teaspoon salt and 1 teaspoon pepper to the stockpot. Add both meats, the stock, 4 cups water and the bay leaves. Bring to a simmer and cook, partially covered, stirring once in

a while, until the pork is very tender when poked with a fork, about 1 hour, 30 minutes.

5. Remove the chicken legs, pick the meat from the bones, chop it into large pieces and return it to the stew.

6. Add the hominy and simmer the stew another 30 minutes to 1 hour, or until everything is really tender and the meat is falling apart. Mash the pork against the side of the pot to break it up. (Don't worry if the chicken looks like it's almost dissolving: That's typical of booya.) Add the corn and cook 5 more minutes.

7. Remove the bay leaves and cinnamon stick. Taste to check the seasoning and add more salt, if needed. Serve with the chopped cilantro.

Booya tastes even better the next day. It will keep in the refrigerator for up to a week.



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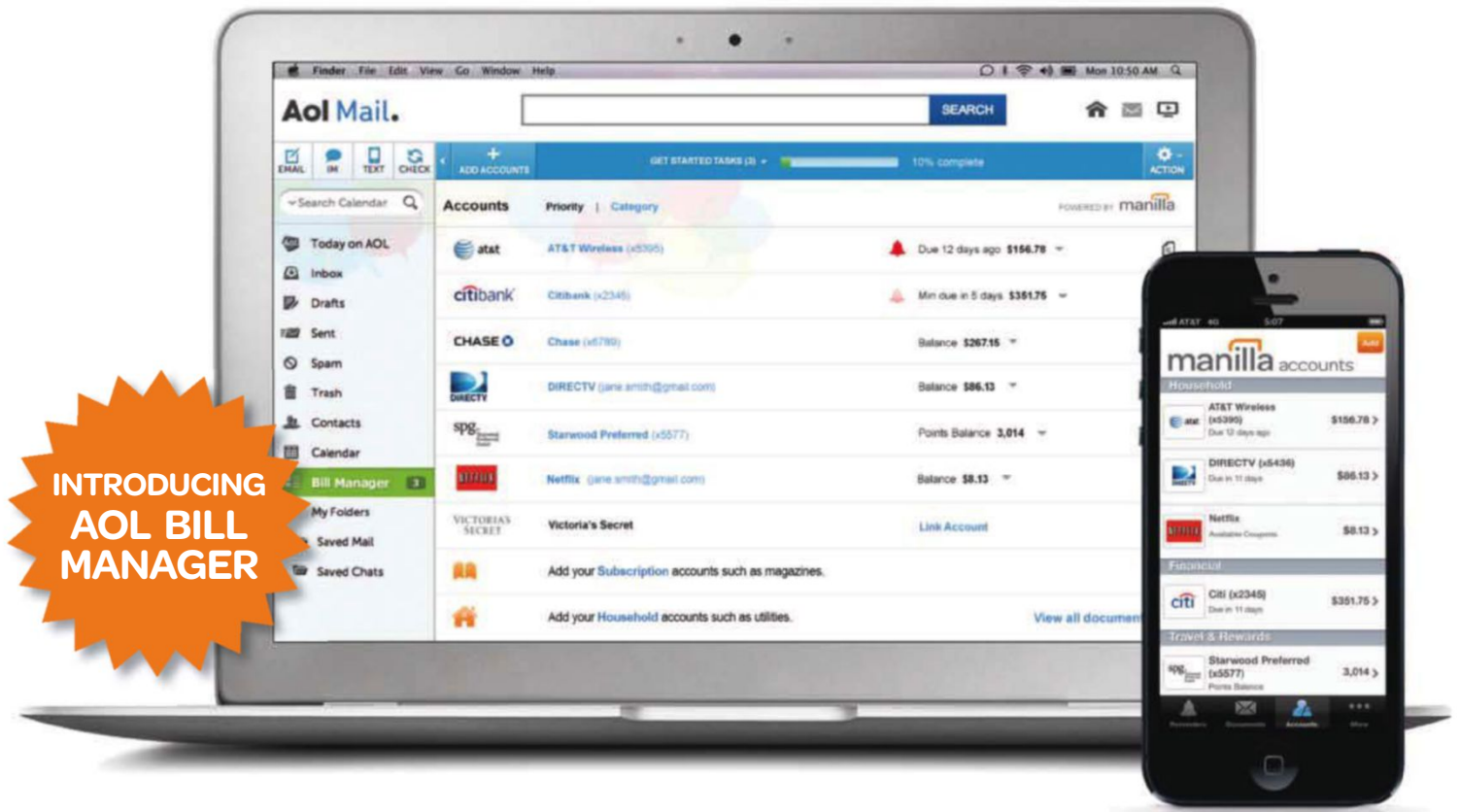
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On The Map

It's cranberry season in Massachusetts. Take a tour of the top spots.



1 Berry Festival

The world's largest cranberry grower, A.D. Makepeace, throws a major bash each October. Its **Cranberry Harvest Celebration** (October 12 and 13) includes bog tours, a recipe contest and tons of berry snacks. \$10; 158 Tihonet Rd., Wareham; cranberryharvest.org

2 Train Tour

The **National Cranberry Festival** (October 5 and 6) is like a trip back in berry history. You can hop on a train that has been running through bogs since 1947, then check out vintage farming tools at the Cranberry Museum. \$19; 5 Pine St., Carver; edaville.com

3 Bog Art

Cranberries are a muse for local artist **Gail Marie Nauen**. Her daily bog visits serve as inspiration for her paintings. View Nauen's work at the library and Boston's airport, or snag a print at her gallery. From \$23; 15 Old Main St., Carver; gailmarienauen.com

4 Berry B&B

On Cranberry Pond Bed & Breakfast sits next to a working bog, so guests have great views of the harvest. The innkeeper makes pancakes and bars using just-picked berries. Rooms from \$120; 43 Fuller St., Middleborough; oncranberrypond.com

5 Chopper Ride

Ryan Rotors' **Cranberry Harvest and Fall Foliage helicopter tour** flies you 1,000 feet above bogs as your pilot points out highlights of the harvest, like wet picking. \$258 for a two-person 30-minute ride; 246 South Meadow Rd., Plymouth; ryanrotors.com

6 DIY Berry Growing

Mayflower Cranberries' "Be The Grower" experience is one of the only tours that lets you get your feet wet (sort of—you wear waders). You'll set out knee-deep into the bog to rake berries into suction pumps. \$50; 72 Brook St., Plympton; mayflowercranberries.com

7 Spa Day

After you've stuffed your face with cranberries at other stops, you can slather it with some at **Equinox**. Antioxidant-rich cranberries are supposed to be good for your skin (and they smell nice, too). \$200; 131 Dartmouth St., Boston; equinox.com

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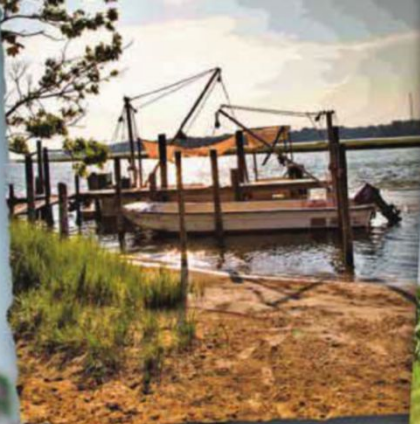
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LOVE





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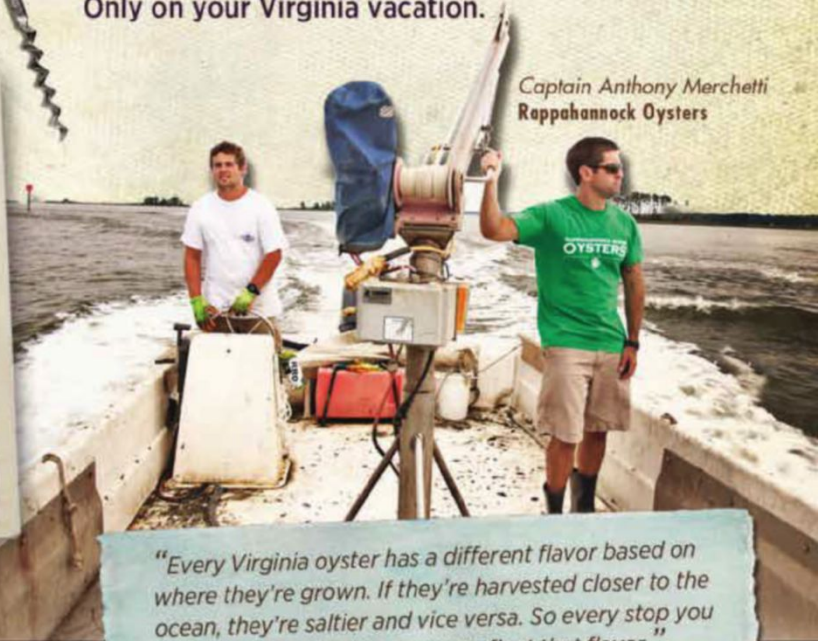
"It's the soil that writes the script for the wine's story. My job is to make sure that story gets told to perfection. Mother Nature does all the heavy lifting."

Sometimes we find love in some of the most unusual places. That's exactly what happened when oysters met wine. Both being from Virginia and surrounded by love, we knew they had a lot in common. But nothing could prepare us for how perfect of a pair they would become. Some call it a match made in heaven. We like to think of it as a match made with love in Virginia.

Whatever the label, theirs is a story best shared on a Virginia road trip. So grab a spot on the dock, an Adirondack chair by the vines, or a seat at the Chef's table, and let's dive into a one-of-a-kind foodie experience you won't find on any menu. Only on your Virginia vacation.



Captain Anthony Merchetti
Rappahannock Oysters



"Every Virginia oyster has a different flavor based on where they're grown. If they're harvested closer to the ocean, they're saltier and vice versa. So every stop you make on your trip, the oysters reflect that flavor."

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- A smooth strawberry flavor that melts away in seconds.
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www.beanogas.com

On the Road



My Top Five

Texas restaurateur **Tim Love**, who's cooking at this month's Austin City Limits Music Festival, reveals his favorite local fare.



1 Topsy Texan Sandwich Franklin Barbecue

Fans of Franklin's famous meats start lining up before 9 a.m. for barbecue, and the restaurant usually sells out by 2 p.m. The brisket gets all the hype, but Tim prefers the sandwich with chopped beef, sausage, espresso-laced barbecue sauce and coleslaw. "It has everything but the kitchen sink," he says. \$8; 900 East 11th St.; franklinbarbecue.com



2 Grilled Octopus & Papas Bravas Perla's Seafood & Oyster Bar

On sunny days, Tim likes kicking back with friends on Perla's oak-shaded patio and ordering his go-to meal: octopus salad, papas bravas and a side of fried okra. "That and a bottle of Sancerre and you're all set," he says. \$13; 1400 South Congress Ave.; perlasaustin.com



3 Tom Kha Gai Sway

This refreshing Thai soup of chicken, coconut broth and lemongrass stirs up trouble on date night. "I don't know why we don't just order two," Tim says. "My wife and I split it, then fight over it." Sharing is encouraged at Sway, which has communal tables that seat 12 to 15 people. "We always end up talking to the people at our table." \$6; 1417 South 1st St.; swayaustin.com



4 Atún Tostadas La Condesa

Everyone in the Love family is a fan of this modern Mexican joint. Tim's twin daughters usually insist on tuna tostadas, served family-style and made with chipotle aioli, habanero mustard and fried shallots. But the meal isn't complete without chips and dip. "The guacamole here is just beautiful," Tim says. \$12; 400A West 2nd St.; lacondesa.com/austin



5 Yokai Berry Uchi

This dish started as a special, but it proved so popular with fans like Tim that it's now a regular menu item. The key is the combination of textures: raw salmon, crispy kale and juicy blueberries. "Make sure you get every component in each bite," Tim says. \$17; 801 South Lamar Blvd.; uchiaustin.com

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Follow Up

Good Question...

Have a question about cooking? Visit foodnetwork.com/goodquestion.



Q: Can I leave a pot of hot soup out to cool overnight?

Jo-Ann O'Brien,
Scotch Plains, NJ

A: It's not a good idea. Food that is between 140° (steaming hot) and 40° (refrigerator cold) is in a bacterial danger zone, so for safety, you should cool down your soup as quickly as possible. Pour it into several smaller, shallow containers and place them in the fridge without a lid (uncovered food will cool more quickly). When the soup is cool, cover and return to the refrigerator.



Q: My husband and I always debate which side of aluminum foil—shiny or dull—should face food when cooking. Please set the record straight!

Noelle Hille, Milwaukee

A: Actually, you both win: Either side is fine. The sheen is a result of the manufacturing process, and although the shiny side technically reflects heat a little better than the dull side, the difference is negligible. The side matters only when you're using nonstick foil: The dull side is nonstick.

SOUP: MARKO METZINGER/STUDIO D; FOIL: FOTOLIA; VINEGARS, CLOCKWISE FROM TOP LEFT: ALAMY, PHILIP FRIEDMAN/STUDIO D; J. NUCKLE/STUDIO D; LARA ROBBY/STUDIO D; DEVON JARVIS/STUDIO D.

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Q: My daughter is allergic to apples. What can I use instead of apple cider vinegar?

Patricia A. Allen, Blackstone, VA

A: No other type of vinegar will taste exactly the same, but you can easily substitute one. Choose a variety with a similar acidity level, usually listed as a percentage on the bottle. A two-percent variation makes a big difference. Here's a general guide:



Sherry vinegar

Flavor: Slightly nutty, sharp
Acidity: 6% to 7%
Sub with: Balsamic vinegar



Wine vinegar (red, white or champagne)

Flavor: Sharp, tart (champagne vinegar tends to be the mildest)
Acidity: 5% to 7%
Sub with: Sherry vinegar or apple cider vinegar



Balsamic vinegar

Flavor: Sweet-sour, rich
Acidity: 6%
Sub with: Red wine vinegar plus a pinch of sugar



Apple cider vinegar

Flavor: Fruity, tangy
Acidity: 5%
Sub with: Red or white wine vinegar or rice wine vinegar



Distilled white vinegar

Flavor: Strong, crisp
Acidity: 5%
Sub with: White wine vinegar or apple cider vinegar



Rice vinegar

Flavor: Mild, slightly sweet
Acidity: 4% to 5%
Sub with: Apple cider vinegar

Homemade cookies shopping list

- eggs
- butter
- Betty Crocker cookie mix

Let Betty do the measuring and get a headstart on homemade cookies.

POOR M/X. LOVE.

Betty Crocker
Chocolate Chip
COOKIE MIX
HOMEMADE COOKIES IN 15 MINUTES

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

What do you think?

FOR THE MEAT

- ### FOR THE SAUCE

- ½ cup mayonnaise
- ¼ cup ketchup
- 1 tablespoon horseradish
- 1 tablespoon white wine vinegar
- 1 teaspoon Worcestershire sauce
- 1 small shallot, minced

FOR ASSEMBLING

- 1¾ cups sauerkraut
- 2 teaspoons caraway seeds
- 4 slices Swiss cheese
- 4 kaiser or brioche rolls, split and toasted
- ½ cup canned fried onions

1. Prepare the meat: Combine the mustard seeds, juniper berries, peppercorns, allspice berries and bay leaves in a small skillet over medium heat; cook, swirling the skillet, until toasted, about 3 minutes. Transfer to a bowl to cool, then grind in a spice grinder with the cinnamon, ginger and 1 teaspoon salt. Coat the steak with the spice mixture and refrigerate at least 3 hours or overnight.

2. Make the sauce: Combine the mayonnaise, ketchup, horseradish, vinegar, Worcestershire sauce and the shallot in a small bowl.

3. Cook the meat: Heat a large cast-iron skillet over medium-high heat and add the vegetable oil. Add the steak and cook 3 to 5 minutes per side for medium rare. Transfer to a cutting board and let rest 5 minutes.

4. Meanwhile, reduce the heat under the skillet to low. Add the sauerkraut and sprinkle with the caraway seeds; cook, tossing, until warmed through. Spread the sauerkraut into a thin layer and top with the cheese; let melt.

5. Spread the rolls generously with the sauce. Thinly slice the steak against the grain and layer on the roll bottoms. Top each with some of the cheese-covered sauerkraut, sprinkle with the fried onions and cover with the roll tops.



How to enter:

1 Read the recipe and come up with a creative name for this sandwich. We're looking for fun, surprising, inventive names!

2 Go to **foodnetwork.com/namethisdish** and enter your best name from September 10 to October 15, 2013. The winner will receive a \$500 gift card to **foodnetworkstore.com**, and three runners-up will each receive a \$50 gift card.

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Contestants must submit the entry form
pursuant to the on-screen instructions. All entries must
include your name, address, telephone number, e-mail
address and original recipe name based on this month's
dish. Contest begins 12:01 a.m. ET September 10,
2013, and ends 11:59 p.m. ET October 15, 2013.
Must be 18 years or older and a legal resident of the
50 United States, District of Columbia or Canada. Void
in Puerto Rico, Quebec Province and where prohibited
by law. Contest is subject to complete official rules
available at foodnetwork.com/nomethisdish.

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Coconut fried chicken



Karen Mobley
Kennewick, WA

RUNNERS-UP

Currybian Chicken
Jeanette Vilches
La Puente, CA

Polynesian Drums
Chris Davis
Jackson, TN

Bird of Paradise
Vicki Hiraes
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Amazing
Kitchens

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\$500

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Kitchen News

Electric APPEAL

Confirmation that we are obsessed with coffee: Coffee and espresso makers are the top-selling small appliances in the U.S., according to a new report. Oddly, one of the bestsellers from 2011, electric grills, didn't make the top five this time.

SOURCE: NPD GROUP



- 1 Coffeemakers
- 2 Blenders
- 3 Slow cookers
- 4 Toasters
- 5 Food processors



TRASH TALK

In a recent survey, only 8 percent of home buyers considered a recycling center a kitchen must-have. The big essentials: a double sink, walk-in pantry and room for a table.

SOURCE: NATIONAL ASSOCIATION OF HOME BUILDERS

OFF THE WALL

We asked five leading paint companies which colors are trending in kitchens across the country. Here's what they said:

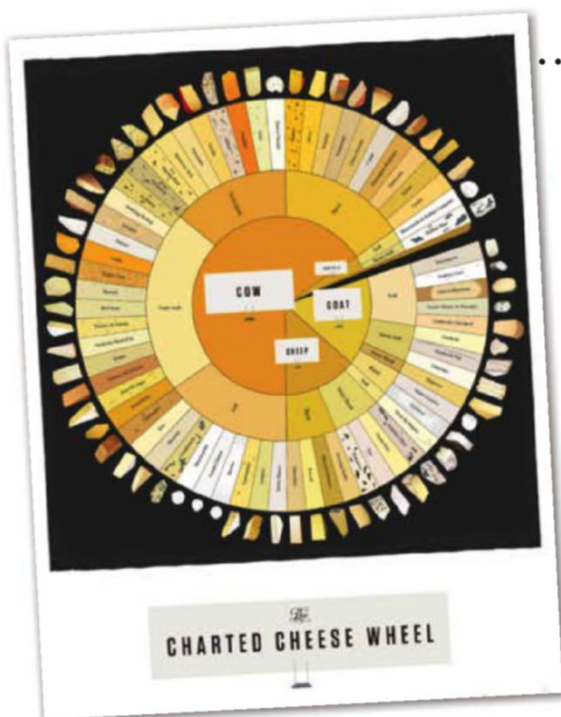
Bee's Wax SW 7682 • Sherwin-Williams

Fresh Sprout PPU9-7 • Behr

Lemon Sorbet 2019-60 • Benjamin Moore

Red Delicious • Glidden

Brown Buzz 6005-3B • Valspar



FULL CIRCLE

Yes, it's cheesy art, but we think it would look great in a kitchen: The Charted Cheese Wheel print shows 65 varieties, broken down by animal milk and texture.

\$27; popchartlab.com



Before

After

Remodel BEHAVIOR

Food Network stars tell us what they've learned from their renovations.



Keep things light.

"Cherry cabinets made my kitchen so dark. I painted the cabinets

white and the walls a light olive color. It really brightened the space." — **Jose Garces**



Don't go overboard.

"I installed a cooktop with four burners and what's known as a

French top [a flat heated surface common on restaurant ranges]. It sounded really groovy, but I never, ever use it." — **Ree Drummond**



Make room for books.

"I realized in the end that I had no place for all my cookbooks and

nowhere for people to sit other than the table, so I built a library onto the kitchen." — **Ina Garten**

PUSH AND PULL

Upgrade your cabinets instantly with some nature-inspired knobs and handles.



These **Jute Rope Knobs** are handcrafted. \$7.50; dwyerhomecollection.com



You can buy **Nickelplate Twig Pulls** in a knob version, too. \$9.50; michaelaram.com



Made from **recycled glass**, these come in six fun colors. \$12; auroraglass.org



Potato Knobs come in 10 metallic colors. \$32; rockymountainhardware.com for information



Rocks for **Sea Stone Knobs** were found in New England. \$14; uncommongoods.com



These **Madera Pulls** have a subtle wood-grain texture. \$34; spectradecor.com



Equestrian Pulls were designed to look like vintage stable fittings. \$24 for four; potterybarn.com



These bamboo **T-Handles** are stylish and eco-friendly. \$7; decoratewithbamboo.com



Amethyst Crystal Knobs will give drawers a dramatic touch. \$42; beachyrustica.com



Pliant Rope Handles can fit most preexisting holes. \$12; anthropologie.com



Leather Strap Handles come in three colors and lengths. From \$21; mockett.com



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*Compared to conventional electric radiant cooktops.
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That's the IDEA!



BRIGHT COLORS

We looked at hundreds of recent renovations, and the top five trends in kitchen design are...



CONCRETE



CHALK



BARN DOORS



OPEN SHELVING

BRIGHT COLORS

Think beyond accessories and bring color into your kitchen in a big way.



Cool combo ▲

Lime and aqua are two strong colors, but green and blue are next to each other on the color wheel, so they work well together, explains designer Jennifer Ott about her own kitchen. She kept the painted surfaces to a minimum so she could easily switch to a new color scheme when she's ready for a change.

DESIGNED BY: LOOP DESIGN

Quartz counters

Quartz comes in a wide range of colors, so it's a fun way to make a statement. It's also super durable and requires little maintenance, but it's not cheap: The counters shown here, by Caesarstone, cost up to \$85 per square foot.

DESIGNED BY: LA DWELLING



Standout tiles

The owners of this beachfront house picked their kitchen colors based on a silk pillow they bought in India. The blue backsplash looks like patterned wallpaper, but it's actually a tile mosaic.

DESIGNED BY: DHD ARCHITECTURE AND DESIGN

Bold backsplash

A tempered sheet of glass in front of a vibrant green wall gives the illusion of a lacquered finish on the backsplash of this Boston kitchen.

DESIGNED BY: BUNKER WORKSHOP



Get the Look



The **Sprout Café Table** will really pop in a white-on-white kitchen. \$849; bludot.com



This **Limeade Metal Counter Stool** is an affordable alternative to pricey Navy chairs. \$180 for two; overstock.com



You can customize the color of the **Retro Microwave**. \$595; bigchill.com



This **Whitehaven Sink** comes in 22 colors (four from Jonathan Adler). \$1,799; kohler.com for information



The orange '50s-style **Smeg Refrigerator** is just plain cool. \$1,999; westelm.com



Not-so-mellow yellow

The designer of this Brooklyn kitchen usually suggests picking wall colors last, but here, she started with bold yellow walls and chose tile and neutral counters to complement the paint.

DESIGNED BY: MERCER INTERIOR

Sunny Anderson's garden-level kitchen doesn't get much light, so she painted it bright yellow.



CONCRETE

Concrete looks warmer than you might think, and it fits into most budgets.



Shades of gray ▲

The color of concrete isn't set in stone—dyes can be added to create unlimited options. Here, the designer slightly tinted the concrete counter to match the wood beams.

DESIGNED BY: SILVA STUDIOS ARCHITECTURE

Get the Look

This handmade **Concrete Bowl** looks even better as it ages. \$50; anniehousewife.com



These **Concrete Coasters** absorb condensation almost instantly. \$12 each; mollaspaces.com



Surround a counter with a few adjustable **Coleman Bar Stools**; they have concrete seats. \$469; gretadeparry.com



This **Mini Concrete Pod Pendant** looks great over an island. \$169; shadesoflight.com

Stack **cinder blocks** to create a makeshift wine rack. From \$1.50 each; homedepot.com





Long shot

Most countertop materials have to be pieced together to cover an extra-long space, but this 13½-foot-long island is one giant slab that was poured in place.

DESIGNED BY: RD ARCHITECTURE, LLC



...and the kitchen sink

The beauty of concrete is that you can create almost any shape, like this long, deep sink. The downside: Concrete is porous, so it needs to be sealed and maintained. It's best for families who like a lived-in look.

DESIGNED BY: ERIN MARTIN DESIGN

Ree Drummond has a long concrete counter in her Oklahoma kitchen; it reminds the Los Angeles transplant of a sidewalk.



Heavy-duty island

Concrete makes a big impression, but installation can be tricky. For this South Carolina kitchen, crews used a crane to hoist the pieces, and they had to install steel beams to reinforce the floor.

DESIGNED BY: CORTNEY BISHOP DESIGN

CHALK

A chalkboard is fun in just about any form:
It adds instant personality to a space.

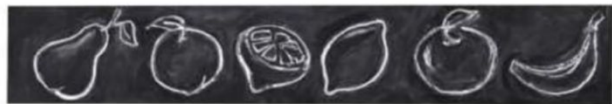


Visiting artists

A chalkboard wall can double as a guest book: Visitors drew on this one when they came to this house for the weekend, and the owners left everything up until New Year's Day.

DESIGNED BY: SCHAPPACHERWHITE
ARCHITECTURE D.P.C.

Get the Look



Line your backsplash with these **Chalkborder strips**; they stick to most surfaces and peel off cleanly.
\$17 for two 38-inch sheets; wallies.com

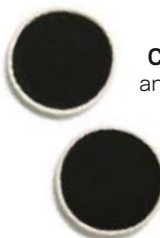


Relabeling these **Covered Jars** is easy: Just erase! \$10/small, \$28/medium, \$35/large; canvashomestore.com

Keep track of your homegrown herbs with a **Chalkboard Planter**; it comes in three sizes.
From \$6; westelm.com



Give everyone a personalized **Chalkboard Coaster** and you'll know whose drink is whose.
\$24 for four; givesimple.com



Made from reclaimed wood, this **Pizza Menu Chalkboard** can also be a serving tray.
\$182, Europe2You.com; gracioushome.com

Seating chart

You don't have to limit chalkboard paint to the obvious places. The owners of this Mill Valley, CA, home used it on a panel of their kitchen island as a way to mark everyone's seat.

DESIGNED BY: SB ARCHITECTS



Double-duty doors

Many refrigerators are camouflaged with doors that match the kitchen cabinets; these custom chalkboard doors make a statement instead. They're also magnetic, so they function as a full-service message center.

DESIGNED BY: BESTOR ARCHITECTURE



Kelsey Nixon keeps her family's apple pie recipe on a chalkboard in her Brooklyn apartment.



Neat trick

This sliding chalkboard door hides bulky appliances when they aren't being used.

DESIGNED BY: THEA HOME, INC.



Cover all

Like many older homes in Minneapolis, this one has a working furnace in the basement. A chalkboard wall disguises the chimney.

DESIGNED BY: SHELTER ARCHITECTURE

BARN DOORS

A barn door looks great in any kitchen—rustic, modern and everything in between.



Dual action ▲

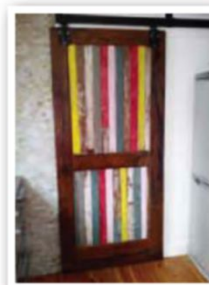
These wide double doors perform two jobs: When they're closed, they hide the pantry; when open, they separate the kitchen from the rest of the house—great during parties.

DESIGNED BY: HUTKER ARCHITECTS, INC.

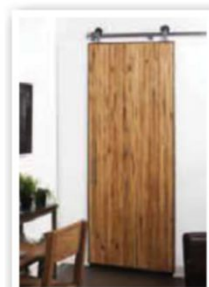
Get the Look



Cover an extra-wide doorway with this **double door set**, made near Denver. \$2,250; dancinggrains.com



The reclaimed wood for this **Rainbow Beadboard** door dates back to the 1800s. \$1,499; historicflooring.com



This **Vertical Rip Top Barn Door** is made with alder wood strips left over from other doors. From \$495; rusticahardware.com



A **Classic Six-Panel Door** can be customized to fit any size doorway. From \$350; nwartisanhardware.com

◀ Space maker

A sliding barn door is a smart way to conserve space. Here, the owners gained extra room in their pantry.

DESIGNED BY: LAWRENCE AND GÓMEZ ARCHITECTS



It's all white ▶

A barn door is right at home in this sleek, modern kitchen. A glossy white paint job and simple fixtures brought the look up-to-date.

DESIGNED BY: BUTTER LUTZ INTERIORS



Italian chef **Marc Vetri** hides pots and appliances behind his Z-style barn door.



On the hinge ▶

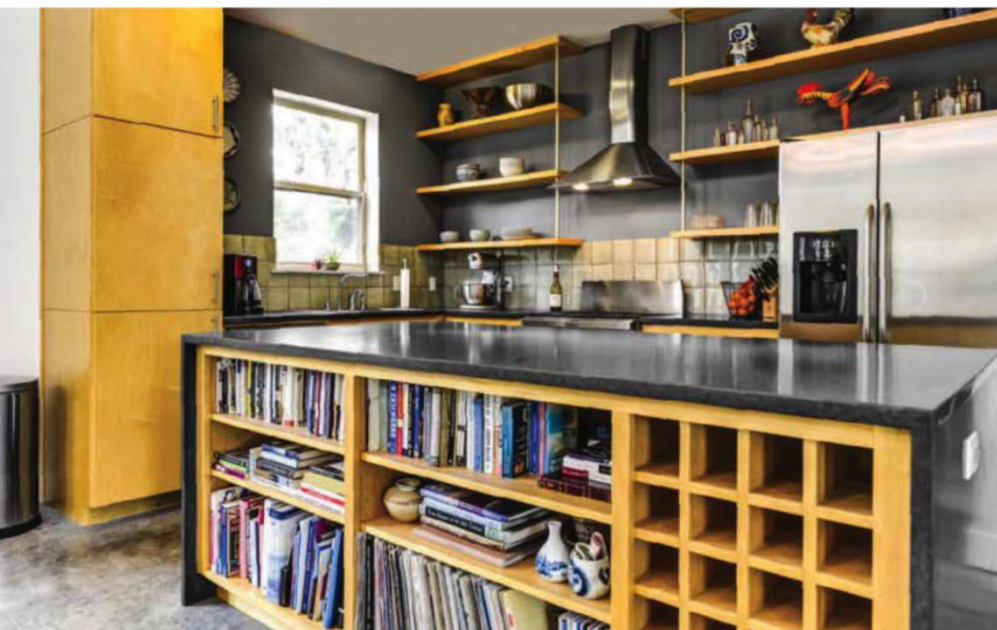
These arched doors pull open (unlike typical barn doors that slide) to reveal a large walk-in pantry.

DESIGNED BY: THEA HOME, INC.



OPEN SHELVING

Choosing shelves over cabinets is one way to lighten up a room.



High function

These dramatic wood and metal shelves are suspended from the ceiling, so they appear clean and simple. The open shelves in the island serve two key purposes: book storage on the left, wine storage on the right.

DESIGNED BY: BARRON CUSTOM DESIGN

Ina Garten keeps her collection of cake stands on open shelves.



Holes in one

This custom shelving unit is made of metal. The mix of cubby sizes ensures every dish has a perfect spot.

DESIGNED BY: ERIN MARTIN DESIGN



Fancy woodwork

These open shelves actually cost more than cabinets because of the custom corbels. The owners wanted a place where they could show off pottery that has been in their family for generations.

DESIGNED BY: SEATTLE CUSTOM CABINETS



Get the Look



This **Shenadoah Wall Shelf** can be custom-sized; you can add up to four more tiers. From \$250; blakeavenue.com

Steal an idea from the pros: This **Wall-Mounted Drainage Shelf** is a fixture in restaurant kitchens. \$352, Advance Tabco; katom.com



Store glasses on this 42-inch **Belt Shelf**. \$100; cb2.com

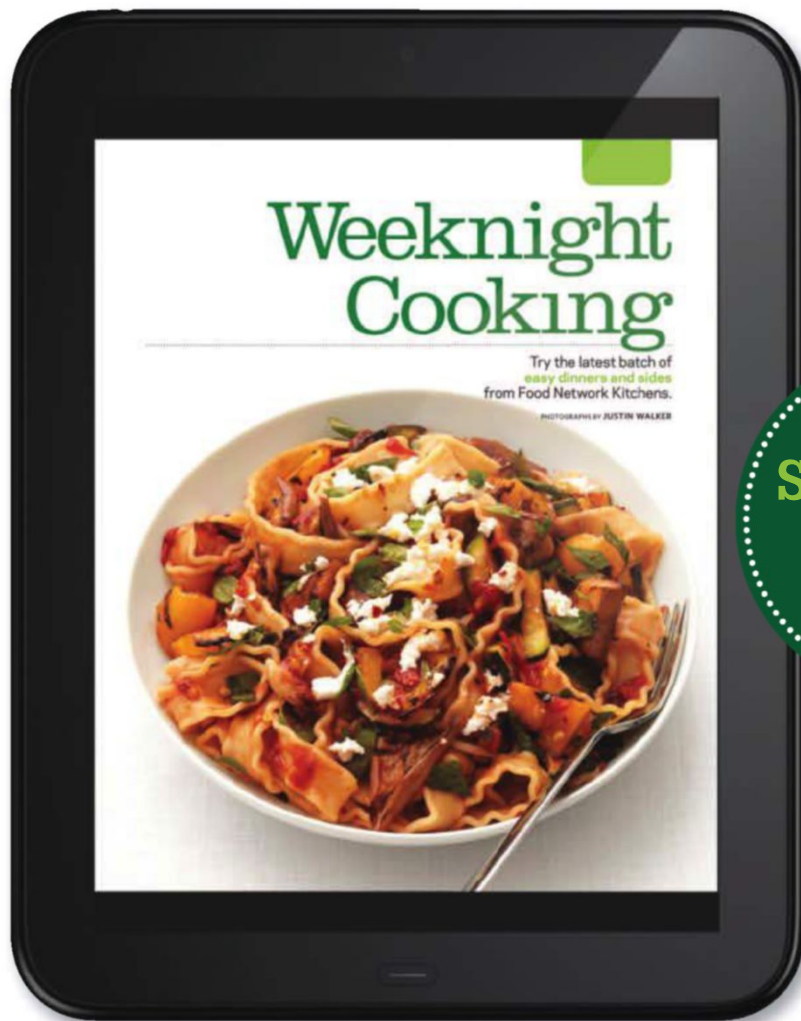
Load up this **Galvanized Shelf** with plates and dishes: It can hold 88 pounds! \$35; bellacor.com



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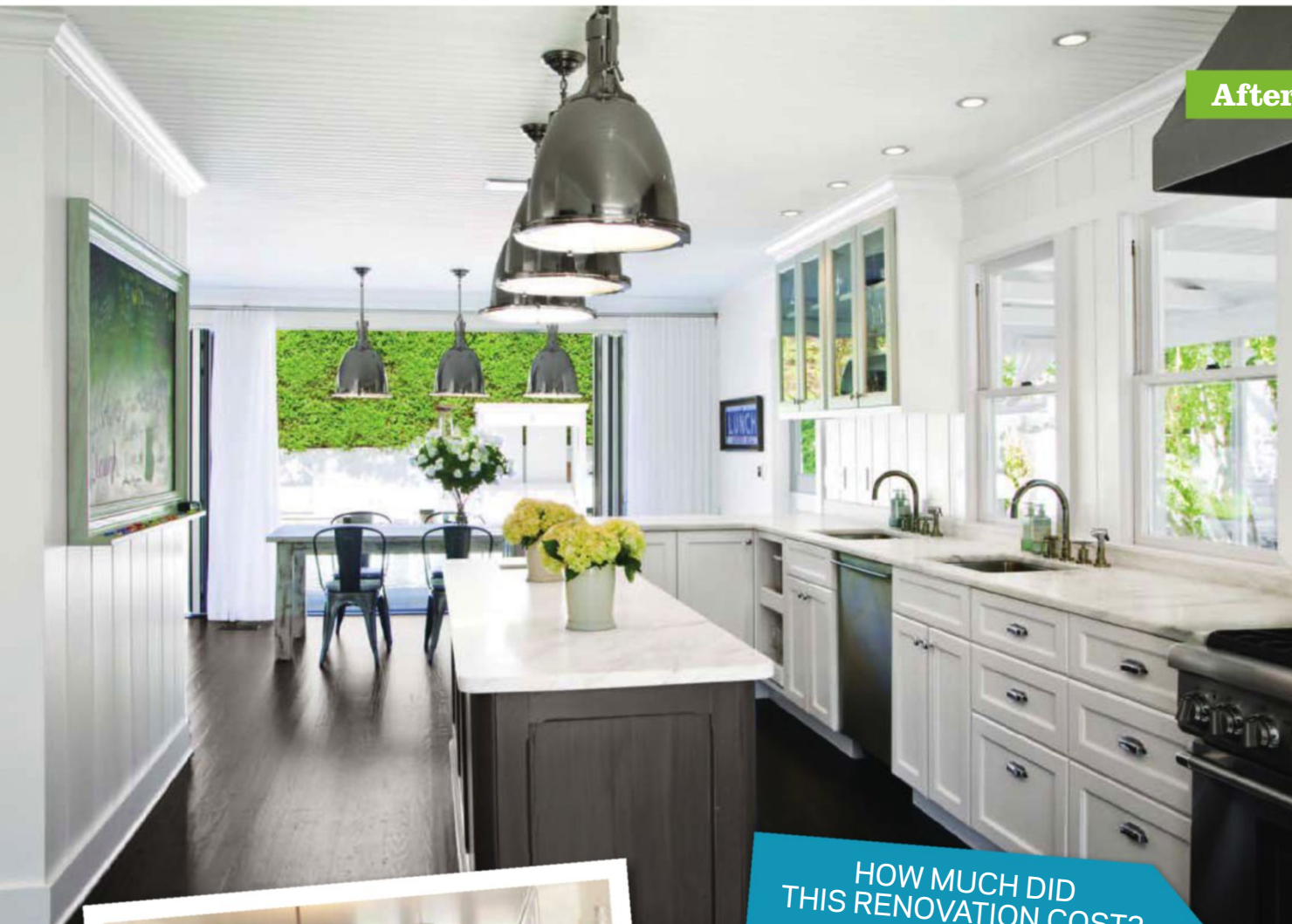
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Price Check

Guess the cost of this kitchen makeover and you could **win big!**



After



Before

HOW MUCH DID
THIS RENOVATION COST?

\$ _____

Can you guess the price of this East Hampton, NY, kitchen redo? We'll give you two clues:

- This overhaul included a new 30-foot-wide glass wall in back that added \$50,000 to the final tab.
- The space was gut-renovated, but the owners kept their stainless-steel appliances and white Shaker cabinets.

Go to foodnetwork.com/pricecheck starting September 3 for a chance to win a \$500 gift card to Lowe's.

DESIGNED BY: CHANGO & CO

NO PURCHASE NECESSARY TO ENTER OR WIN. The Price Check Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/pricecheck and complete and submit entry form, including your estimated cost of the kitchen renovation. Contest begins 12:01 a.m. ET September 3, 2013, and ends 11:59 p.m. ET October 15, 2013. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/pricecheck.



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COOKING WITH YOUR KIDS: A FOOD GUIDE TO ALL THINGS FUN IN THE KITCHEN



Backyard campfires, Halloween parties and fundraiser bake sales. Autumn offers exciting opportunities to get the whole family involved in prepping delicious dishes, but most parents would agree there's more to cooking with your children than an extra pair of hands. According to a survey conducted for LG Electronics, over 93% of parents confirm that their kids have a better understanding and appreciation for healthy foods and eating well after cooking together.*

LG's Super-Capacity Door-in-Door™ Refrigerator features a magnetically sealed, built-in door within a door for fast, easy access to your kids' favorite ingredients and commonly reached-for items.



MIXED FRUIT FLATBREAD



Dough

1 packet instant dry yeast
1 teaspoon sugar
1 teaspoon salt
1 cup warm water
2 cups all-purpose flour
1 teaspoon olive oil

1. Combine water, yeast, salt and sugar in the bowl of your stand mixer and let sit for 5 minutes.
2. Add flour to mixture and place dough hook attachment on mixer. Combine ingredients on low speed for 30 seconds, then turn onto medium speed for 3-4 minutes more, or until dough is smooth and no longer clings to the sides of the bowl.

3. Rub top of dough with olive oil, cover with plastic wrap and a tea towel, store somewhere warm for 1 hour.

Topping

¼ teaspoon cornmeal
2 tablespoons raspberry jam
½ cup frozen peaches, thawed
½ cup frozen strawberries, thawed
½ cup apples, sliced thin
¼ teaspoon cinnamon
1 teaspoon honey

1. Preheat oven to 500°F with a cookie sheet or pizza stone positioned on center rack.
2. Divide dough into 3 pieces, set 2 aside (you can freeze these and use later or make multiple pizzas).
3. Using a rolling pin, evenly roll dough to 1/3" thick. Place dough on a smooth surface, sprinkled with cornmeal.
4. Spread jam evenly over entire surface, then top with peaches, apples and strawberries, lightly press these down for better adhesion.
5. Sprinkle cinnamon and drizzle honey over the fruit.

6. Slide pizza carefully onto preheated pan or pizza stone and let bake for 6-8 minutes.
7. Remove from oven, let stand 3 minutes, cut into 6 pieces and serve.

Try these tips and a kid-friendly recipe from Peter Thornhill, LG's Executive Chef, and you'll have an eager team of sous chefs in no time.

TIP #1

Take the kids grocery shopping with you to jumpstart creative cooking juices. Picking out ingredients is the first step in cooking a meal, after all.

TIP #2

Keep your kids' favorite ingredient items in easy access areas around the kitchen for flavor inspiration.

Ninety-seven percent of parents agree that keeping greens and healthy snacks in easily accessible areas of the refrigerator is also an important part of teaching your child healthy eating habits.*

TIP #3

Don't let preparing a meal seem like a chore. The more excited you are to cook with your kids, the more excited they will be, too.

TIP #4

During the cooking process, taste the food and talk with your kids about any alterations. This will encourage them to engage their pallet and analyze the flavors they taste.

TIP #5

As your child gains more experience in the kitchen, allow him or her more control over recipes, cooking methods and clean up. Start with simple cleaning tasks like clearing the table and loading the dishwasher to emphasize the importance of cleanliness and kitchen upkeep. Look for new ways to save time and tackle even the toughest tasks from greasy pans to dirty ovens.

LG's EasyClean™ enamel technology means a quick and easy clean-up – just spray water into the oven, press the "EasyClean" button and wipe away any residual grime 20 minutes later.**



*The LG Coaching Kids in the Kitchen Online Survey was conducted by Echo Research, an Ebiquity Company, between June 7-13, 2013 among a total sample of 2,515 U.S. adults with children age 4-17 – including 1,006 random among the general population. Overall the results have a margin of error of ± 2.0 percentage points at the 95% level of confidence. **Heavy build-up may require additional manual effort or use of the full self-clean feature.

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Model shown: #LFX31945ST. Visit lgusa.com/doorindoor for more information.

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