

HEALTHY-ISH

bon appétit

**EAT PORK
CHOPS, LOSE
85 LBS!**

P. 72

**...BECAUSE
HEALTHY
SHOULD STILL
BE DELICIOUS**

**HOW POKE
BOWLED
OVER THE
MAINLAND**

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**THE GREAT
AMERICAN
DESK-LUNCH
MAKEOVER**

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**WHEN DID
VEGGIE
BURGERS GET
SO GOOD?**

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**THIS YEAR'S
AVOCADO
TOAST**

P. 80





ZOOM-ZOOM

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- Wayne S., Jacksonville, FL

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feb

THE HEALTHY-ISH ISSUE

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CLAIRE SAFFITZ

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Photograph by Peden + Munk.

Food styling by Angela Dimayuga.

Prop styling by Amy Wilson.

HAVE YOU HAD YOUR FERMENTED FRUIT TODAY?

P. 66



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feb

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PUT SOME SOBA NOODLES IN YOUR POKE BOWL.

P. 56

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HEALTHY-ISH
SNACK?

bon appétit

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"WHEAT THINS, BANANA, AND NUTELLA—BECAUSE NUTELLA IS JUST AN ALTERNATIVE NUT BUTTER, RIGHT?"



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Healthy-ish

A NEW SITE FROM BON APPÉTIT



LAUNCHING
1-24-17

good food. good health. good vibes.

BONAPPETIT.COM/HEALTHYISH

editor's letter



LET'S GET HEALTHY-ISH

► A little while back, a bunch of us piled into my office to talk about Healthy-ish, a new website we're launching as an offshoot of bonappetit.com.

As a guy who recently got a trainer (after talking about doing so for a good five years), who has been known to order a grain bowl for lunch now and then, and who recently scored points at the juice bar because I had learned to correctly pronounce *açaí* (ah-SAH-ee), I figured I was well suited to lead the meeting.

And...it took about one minute before I was firmly disabused of that notion.

Carla Lalli Music, our food director, kicked things off by discussing marine plasma ampoules, and how she had some tucked away in her office and was looking forward to trying them (drinking them? eating them?). Editor at large Christine Muhlke chimed in with some tea knowledge, explaining how oolong (page 26) is this year's pu-erh (puzzled-face emoji). And senior designer Alaina Sullivan calmly nodded while I looked perplexed to learn that you can buy hand wash and cider infused with the purifying powers of, wait for it, charcoal (page 19).

In short, I was getting schooled. Which only reinforced my belief that we needed a site to explain and celebrate these healthy-ish times in which we now live. Because what sounds new and foreign today will ring familiar and oh-yeah-no-big-deal by

tomorrow. After all, remember when none of us knew how to pronounce *quinoa*? Or when there wasn't a fast-casual poke concept opening around the corner, introducing the age-old Hawaiian fish-and-rice bowl to the lunch-al-desko set (page 56)?

Whether overtly or just by osmosis, I like to think that we're all getting healthy-ish. But hopefully not in a preachy, #blessed sort of way. And that's the point of the site and this issue—we want to take a practical and delicious approach to living well. We still want to be able to order that second pitcher of margaritas.

Because saying yes to some things doesn't have to mean saying no to everything else. At *Bon Appétit*, we believe that living a healthy-ish life is about balance. You do what you can. You're knowledgeable about what you put in your body. You take care of yourself. But you know that it's okay if you can't quite strike that crow yoga pose, or if you sneak a bowl of peanut butter crackle ice cream the night before you wake up to a bowl of sheep's-milk yogurt.

We all want to be healthy. But isn't it a lot more fun being healthy-ish? ■

ADAM RAPOPORT
Editor in Chief

OLAY

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DEAR BON APPÉTIT,
SINCE FIRST EXPERIENCING THE BRASSICAS BOWL AT **TWO HANDS** IN NYC, IT HAS HAUNTED MY DREAMS IN THE BEST POSSIBLE WAY. PLEASE HELP ME RE-CREATE IT SO THAT I CAN EAT IT FOR BREAKFAST EVERY MORNING

—ALISON CHRISTENSEN, NYC



BRASSICAS BOWL

4 SERVINGS Don't skimp on the seeds—lots of crunchy bits throughout this salad keep things texturally interesting.

- 4 large eggs
- 1 bunch broccolini, trimmed
- 5 Tbsp. olive oil, divided
- Kosher salt
- 1 small shallot, finely chopped
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. whole grain mustard
- ½ bunch curly kale, ribs and stems removed, leaves torn into 2" pieces (about 8 cups)
- 8 oz. brussels sprouts, trimmed, thinly sliced lengthwise
- Freshly ground black pepper

½ cup unsalted, roasted sunflower seeds, divided

½ cup hummus

- 1 avocado, quartered lengthwise
- 2 Tbsp. finely chopped chives
- 1 Tbsp. toasted sesame seeds
- Crushed red pepper flakes (for serving)

Cook eggs in a large saucepan of boiling water for 7 minutes (whites will be set and yolks still slightly soft). Drain; transfer to a bowl of ice water and let sit until cool. Drain; peel eggs and cut in half lengthwise. Set aside.

Preheat oven to 500°. Toss broccolini with 1 Tbsp. oil on a rimmed baking sheet and season with salt. Roast, turning

occasionally, until crisp-tender and charred in spots, 8–10 minutes. Let cool, then coarsely chop.

Whisk shallot, vinegar, mustard, and remaining 4 Tbsp. oil in a large bowl until emulsified; season with salt. Add kale and brussels sprouts and toss to coat; season with salt and pepper. Massage kale until slightly softened, about 5 minutes. Add roasted broccolini and 2 Tbsp. sunflower seeds; toss again.

Swipe some hummus along the inside of each bowl with a spoon. Divide salad among bowls and add an avocado wedge and 2 reserved egg halves to each. Top with chives, sesame seeds, and remaining sunflower seeds; sprinkle with red pepper flakes.



Vintage BA: Avocado Mania

Inspired by all the dishes topped with avocado on our Instagram, we flipped back to "The Artful Avocado" story in the February 1980 issue to see how we served the fruit. It turns out we had some questionable suggestions.

GUACAMOLE-YAM CASSEROLE

Peel and mash baked yams with butter, minced onion, and cinnamon. Spread in a baking dish and bake until hot. Top with guacamole and serve immediately.

AVOCADO QUICKIE

Combine cooked leftover shrimp, crab, or scallops with sour cream and shredded cheese. Place in avocado halves and bake in 375° oven until the filling is hot and bubbly.

SCALLOPS PROVENÇALE WITH PASTA AND AVOCADO

Sauté scallops in a skillet. Stir in garlic, herbs, wine, and tomatoes. Toss with hot pasta and divide onto plates. Top with avocado.



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THE REDEMPTION OF EGG WHITES

WEEKDAY LUNCH GETS GOOD

CHARCOAL GOES GLAM

ONE CHEF'S "IT" INGREDIENT

SAMANTHA BEE'S STINKY LUNCHES

10 Ways
to Eat, Shop,
and Live All
Healthy-ish
in 2017

1

Green Groupies Go Here

▷ If you're wondering where the spirulina set goes these days, let us direct you to daytime spot **Destroyer** in L.A. There, chef Jordan Kahn applies the artful precision of fine dining to foods like granola and breakfast salad. Oatmeal is capped with a frozen disk of cream; edible dusts grace many of the veg-forward dishes. The food is as delicious as it is experimental, making it [the current health food destination](#) in a city with no shortage of them (see page 80).

From top to bottom: Biodynamic lettuces with fermented grains; burnt onion; chicken confit with romaine at L.A.'s Destroyer.



\$280 for 6-quart jar; sarahkersten.com



2

LOVE NOTE

Rock This Crock

“ Fermenting vegetables is like making wine or beer: Cool and dark is best. Sarah Kersten’s ceramic crocks are thick and opaque, keeping heat and light out—as if the vegetables were in a sensory deprivation tank. I have three at the restaurant, and at least two of them are almost always processing something, like peppers or Meyer lemons. Otherwise they’re parked in the dining room on display. They’re functional but also beautiful.”
—Melissa Perello, executive chef-owner, Octavia, San Francisco

3

Olé, Mole

Ever since he was the chef at NYC’s El Rey, Gerardo Gonzalez has been our lodestar for making healthy food that tastes great. At his new Cali-Mexican hot spot, Lalo, he’s still imbuing big flavors into good-for-you foods, often in the form of mole. He uses the 25+ ingredient sauce all over his menu, tossing it with vinaigrette for a cucumber salad and stirring it into broth for the octopus dish here. “You get this intense flavor,” he says, “without feeling like you want to crawl into a cave and hibernate till April.”



4

So, This Seaweed Is Practically Famous

➡ There are the seaweed snacks your kid is obsessed with, and then there’s the seaweed chefs are obsessed with. The latter comes from Maine’s Gouldsboro Bay, where 71-year-old Larch Hanson, hand-harvests the wild plants. Their unmatched quality has made them a favorite at restaurants, including **Drifters Wife** in Portland, Maine, and **Aska** in Brooklyn. Then there are the regular joes who stay with Hanson for free to watch and learn. (The less ambitious among us can shop at theseaweedman.com.)

—LEAH MENNIES

Braised and charred octopus with hominy and mole.



TASTE INNOVATION LAS VEGAS



Fiery Salty Caramel
from Morimoto

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CHEF MORIMOTO

MORIMOTO

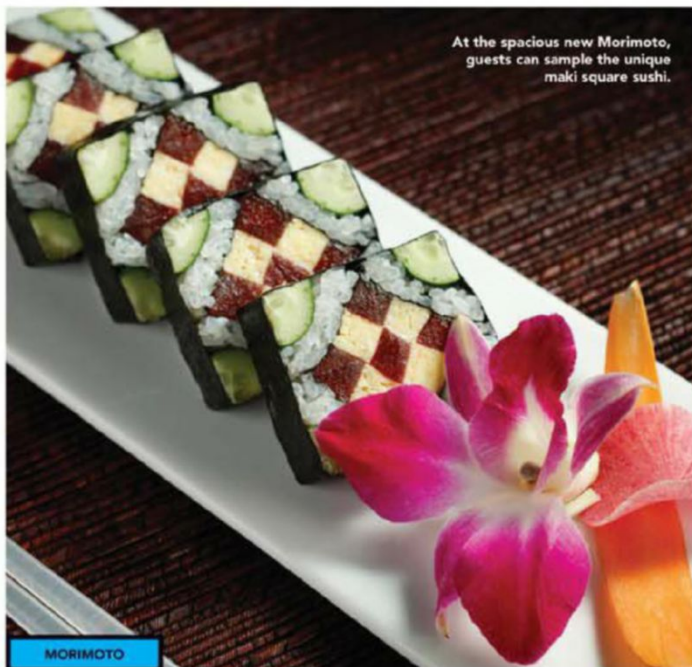
Born and raised in Japan, Chef Morimoto developed his curiosity for the culinary arts at an early age. He trained in Sushi and Kaiseki cuisines under several of his country's top chefs, and now he's mastered a unique blend of cooking styles and inventive techniques, making him one of the world's culinary masters.

He just opened his first Las Vegas venture, which showcases his extreme attention to detail and features some

of the freshest fish in the world. His menu highlights a blend of traditional and hypermodern techniques in a chic dining environment.

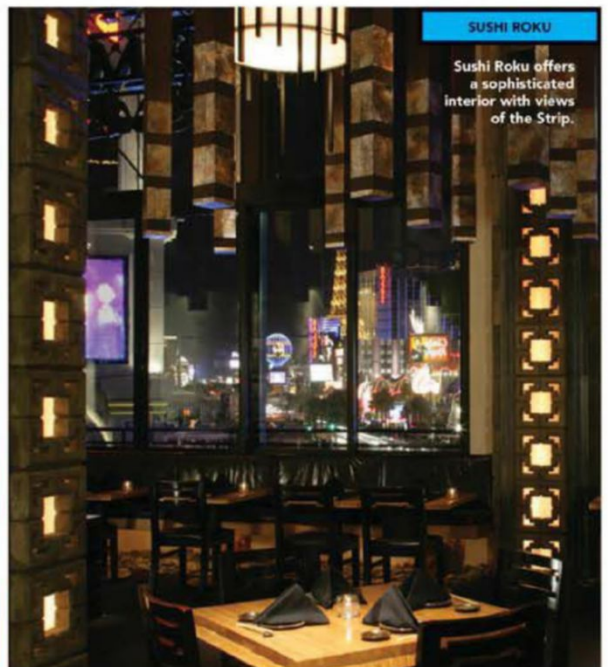
SUSHI ROKU

This is not your average sushi. At this high-end Japanese restaurant, you can spend a cool \$250 on two rolls—one made with indulgent ingredients like lobster tail, imported Spanish bluefin tuna, and premium caviar, while the other features Japanese Wagyu beef and truffles.



At the spacious new Morimoto, guests can sample the unique maki square sushi.

MORIMOTO



SUSHI ROKU

Sushi Roku offers a sophisticated interior with views of the Strip.

LIBERTINE SOCIAL

Mixologists stir up large-format cocktails like the Queen's Park Swizzle for guests to enjoy.



It's not just the cocktails that impress at Libertine Social—their Ahi tuna cones are a perfectly delicious bite.

LIBERTINE SOCIAL

Those who crave innovative shaken or stirred cocktails can visit this brand new Vegas hot spot. Get ready for an insane drink dreamed up by the Modern Mixologist himself, Tony Abou-Ganim, from their menu of fizzes, shots, and retro cocktails, like the refreshing Queen's Park Swizzle.

EATT

For something completely different in a city of indulgence, Chef Yuri Szarzewski (who spent two years working at the Michelin two-star L'Oustau de Baumanière at

Baumanière les Baux-de-Provence) is making his mark on vegetarian and vegan cuisine—complete with gluten- and nut-free dishes.

MOMOFUKU

David Chang is synonymous with inventing new takes on the traditional and pushing the boundaries of how a dish can look, smell, and taste. At the first West Coast outpost of his world-renowned restaurant, you can slurp up noodles, seafood, and large-format spins on traditional meat dishes. □

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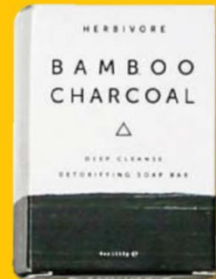
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Sephora Blotting Papers, \$8; sephora.com



Bamboo Charcoal Deep Cleanse bar soap, \$12; herbivorebotanicals.com



Black Dog 101 Cider House, \$9 for 22 oz.; 101cider.com



IT'S EVERYWHERE!

5

SECRET INGREDIENT

Stock Up on Charcoal (But Not for Your Weber)

► At BA, charcoal generally signals skirt steaks and charred radicchio. But owing to its purported detoxifying properties, charcoal has become a hot commodity beyond chimney starters. Here are eight ways to go to the dark side.



Binchotan Charcoal Body Scrub Towel, \$19; rikumo.com

Kishu Binchotan Single Charcoal water purifier, \$22; lekkerhome.com



Activated Charcoal Lemonade, \$7; pressedjuicery.com

Babe Charcoal Hand Wash, \$38; sephora.com



Chikuno Cube House Air Purifier, \$192; rikumo.com

6

BA Q&A

Eat Like a Bee

► **Full Frontal** host **Samantha Bee** on the secret to her muffins—and the problem with her lunches

● **Are you healthy...ish?**
“I think I am. I haven’t explored my internal organs lately. I have a pretty healthy relationship to food—one of the best in my life, actually. We go way back.”

● **What’s a typical day foodwise?**

“I wake up at a god-awful hour to be able to make a frittata in the morning. It’s the gift that I give myself. And I take my lunch to *Full Frontal* almost every day. My lunches are so smelly. The other day I made a coconut chickpea curry with roasted cauliflower, and people had a very visceral reaction. It started out as a joke, how smelly my food is, but now it’s just sort of quiet when I microwave my lunch.”

● **What are you making?**

“I like to sauté kale with lots of garlic, chiles, and brown rice. Then I put hot sauce all over it. It’s a big, ugly mess, but I get so excited to tuck into it.”

● **What about dinner?** “That’s the most troubling meal of the day because my kids are super picky. They’ll rave about salmon at somebody else’s house, then I serve it to them—baked with Dijon mustard and maple syrup, basically candy-coated salmon—

and they...just... weep. I know in my heart I’m not a bad cook. They’re wrong.”

● **Have you found something everyone agrees on?** “I make banana–chocolate chip muffins every week. I use different kinds of flour—a little white, some pecan, something hearty like rye—and lots of dark chocolate chips.”

● **On the -ish end of the spectrum, what’s your guiltiest pleasure?** “Potato chips. If I were on death row, that’s what I would request every single day until I died, slowly, from eating potato chips.”
—Interview by David Walters



7

THE FOODIST

Give Egg Whites a Chance (Again)

► I eat egg whites. Before you tell me no self-respecting food professional should confess such a sin, let me explain. It’s not because I’m worried about cholesterol (that myth was debunked years ago) or because I could stand to lose a few pounds (that’s whiskey’s fault). No, it’s because I actually like their lightness, that they let other ingredients shine, whether in a chorizo–egg white omelet I make before a long bike ride or the egg white chalupa at **June’s** in Austin (above). Look, I still dig yolks. But sometimes you’ve got to fry something different.
—ANDREW KNOWLTON



Bee’s most prized kitchen possession: this slightly melted spatula.

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WORD OF THE MONTH
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Dietary Supplement
111g :: 3.9 oz.

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KING HEALER

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Raw Mushroom Powder
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8

Pick Your Potion

▷ Anandamide. Moringa. Ashitaba. File these under Things Your Yoga Instructor Says That Aren't Yoga Poses Even Though They Sound Like Ones. They are in fact adaptogens, plant-based supplements thought to have medicinal qualities. They're staples of ancient traditions, including Ayurvedic and Chinese medicines, but you're hearing about them now thanks to **Sun Potion**, the Santa Barbara company with a cult following among both mindfulness gurus and buzzy boutiques (and, uh, BA staffers). Stir some into a smoothie (then make sure everyone on Instagram knows about it).



10

Move on from Matcha

➡ Oolong, the millennia-old Chinese tea made from slightly fermented, partially oxidized leaves, is the new tea to know. It's showing up big-time on beverage menus of all stripes—the nonalcoholic spring pairing menu at Copenhagen's **Noma** will include Rare Tea Company's iced oolongs, and **Olmsted** in Brooklyn offers three distinct varieties—because of its chameleon-like ability to pair well with food.

9

The New Face of Fast-Casual

▷ Anyone who's ever queued up at the hip salad chain **Sweetgreen** or its ilk knows: Workday lunch ain't what it used to be. The newest wave of fast-casual restaurants sport stylish interiors that make us want to linger over the chaga chai we ordered (without really knowing what a chaga chai is). And then there's the food, of course, creative fare like *bulgogi* beets and turmeric slaw, a definite first in the grab-and-go universe.

Take-out Meals You Can Eat at Your Desk in 2017

● Pickled cauliflower with crispy lentils and coconut curry dressing
Whole Heart Provisions, Allston, MA

● Olive oil–poached albacore with farm egg, roasted fingerlings, and butter lettuce
Garden Bar, Portland, OR

● Short rib with kale, apple, cucumber, goji berries, and orange-chili dressing
Original Grain, Syracuse, NY

● Tomato burger with sprouts and caper-herb mayo
Beefsteak, Washington, D.C.

● Quinoa pilaf with feta and Champagne vinaigrette
Modern Market, various locations

● Kelp noodles with fermented carrots, blackened eggplant, and chickpea ranch
Inday, NYC

Té Company's Winter Sprout oolong.



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RECIPES

TIPS

MENU IDEAS

CLAMS IN
WHITE
BEAN SAUCE
P. 32



Dinner Tonight

→ **WHEN I COOK FOR MY FAMILY**, it's my chance to inject some sanity into the craziness of my workplace diet. As the food director at *Bon Appétit*, I taste and approve every single recipe we publish in print and online, five days a week, whether I'm in the mood for it or not. (I know, I know—tough job.) And while I'm not *complaining*, the truth is that the only time I get to satisfy my cravings, preferences, and rare moments of true hunger is when I'm the one at the stove. The dinners I put together for my husband and two sons rely more on fish than meat; are heavy on veggies, grains, legumes, and leafy greens; and require no excess pans or ingredients. These are meals to balance out the cheesesteaks (page 36) and massive pork chops (page 95) that the test kitchen has been feeding me. So while I'd like to say that I subscribe to "all things in moderation," it's more like: "In these things, redemption."

● **COOK'S NOTES** ¹If you make the stock ahead of time, the fat will solidify when chilled so it's easy to lift off. ²My nonstick skillet doesn't have a matching lid, so I use an inverted skillet or a baking sheet as a cover. ³You should hear sizzling noises; if not, the pan is too dry and the rice will scorch.



One Chicken, Two Dinners

Poach the bird for tonight; save the stock for tomorrow's soup

NIGHT ONE

Chicken with Crispy Rice

4 SERVINGS

- 2 skin-on, bone-in chicken breasts
- 2 chicken legs (thigh and drumstick)
- 2 bunches scallions
- 1 2" piece fresh ginger
- 2 medium shallots
- 1 tsp. black peppercorns
- 1 bunch Thai basil or regular basil
- 2 cups sushi rice
- 1–2 Tbsp. vegetable oil (optional)
- Sliced avocado, lime wedges, hot sauce, soy sauce, toasted sesame oil, and/or black vinegar (for serving)

Place chicken and 12 cups water in a large pot. Cut green tops from scallions;

add to pot. Cut a small nub off ginger; set aside. Cut remaining ginger into quarters (do not peel) and halve shallots; toss ginger, shallots, and peppercorns into pot. Set aside a handful of basil and submerge the rest in pot; bring to a boil. As liquid heats, skim off any foam, but try not to remove too much fat (you'll use it later). As soon as liquid is boiling, reduce heat and gently simmer until chicken is cooked through, about 15 minutes for legs and 20 minutes for breasts (an instant-read thermometer inserted into the center of a piece should register 155°; temperature will continue to rise off heat). Transfer to a plate; let cool.

Meanwhile, strain stock into a large bowl (you'll have about 10 cups). Use a large spoon or ladle to skim off any fat from surface into a small bowl;¹ set aside. Measure out 2½ cups stock. Reserve remaining stock for making the Split Pea Soup (opposite), or another use.

Rinse rice in a sieve, stirring with your fingers until liquid runs mostly clear. Shake off excess water and transfer to a medium

nonstick skillet. Add reserved 2½ cups stock and bring to a boil over medium-high, about 4 minutes. Reduce heat, cover skillet,² and simmer until rice is tender and liquid is mostly absorbed, 8–10 minutes.

Drizzle reserved chicken fat around edge of pan (do not stir). Increase heat to medium-high and cook rice, uncovered, until underside is golden and crisp, 10–12 minutes. If pan seems dry, drizzle vegetable oil around edge of rice as needed.³ The goal is an evenly browned bottom with tender rice on top.

While rice is crisping, cut scallion whites into thin rounds and finely grate remaining piece of ginger.

Pull chicken meat off bones and shred; discard skin and bones. Divide rice and chicken among bowls; add some avocado, scallions, grated ginger, and reserved basil to each. Serve with lime wedges, hot sauce, soy sauce, sesame oil, and vinegar as desired.

DO AHEAD: Chicken can be poached 3 days ahead. Cover and chill chicken and strained stock separately.

● **COOK'S NOTES** ¹I love the sweet, aromatic flavor of coconut oil with the spices in this soup, but seriously—use whatever. ²When I have extra time, I double the amount of vegetables, then scoop out half of the *soffritto* and freeze it for a shortcut another night. ³Or even less—this happens fast!

NIGHT TWO

Curried Yellow Split Pea Soup with Spiced Coconut

4 SERVINGS

SOUP

- 2 Tbsp. coconut, olive, or vegetable oil¹
- 1 medium red onion, chopped
- 4 large carrots, scrubbed, chopped
- Kosher salt
- 1 tsp. fennel seeds
- 2 tsp. Madras curry powder
- 1 tsp. mustard seeds
- 12 oz. yellow split peas
- 6 cups chicken stock (left over from Chicken with Crispy Rice, opposite), low-sodium chicken broth, or water

COCONUT AND ASSEMBLY

- ½ tsp. coriander seeds
- ½ tsp. fennel seeds
- ½ tsp. mustard seeds
- 2 tsp. coconut, olive, or vegetable oil
- ¼ cup unsweetened coconut flakes
- Kosher salt
- Cilantro leaves (for serving)

SOUP Heat a large heavy pot over medium and pour in oil. Add onion and carrots, season with a five-finger pinch of salt, and cook, stirring often, until vegetables are very tender and just taking on a hint of color at the edges, about 5 minutes.² Lightly crush fennel seeds with a mortar and pestle, or roughly chop them. Add fennel seeds, curry, and mustard seeds to pot and cook, stirring, until fragrant (the mustard seeds may begin to pop), less than a minute. Add split peas, stir to coat, then add stock and 4 cups water. Increase heat and bring to a boil, then simmer, stirring occasionally and adding more water if soup looks too thick, until split peas are very tender and some are starting to disintegrate, 50–55 minutes.

Mash soup with a potato masher until split peas are in small pieces and soup is textured but creamy (if you prefer a smoother soup, use an immersion blender directly in the pot). Taste and adjust seasoning with more salt.

COCONUT AND ASSEMBLY While the soup is simmering, lightly crush coriander, fennel, and mustard seeds.

Heat oil in a small skillet over medium and cook coconut flakes and spices, stirring constantly, until spices are sizzling and coconut is golden brown, about 1 minute.³ Transfer to a plate, season with salt, and let cool (coconut will crisp as it cools).

Serve soup topped with spiced coconut and cilantro.



kDINNER
TONIGHT

● **COOK'S NOTES** ¹This is a great way to use up leftover beans. ²No need to prep everything ahead: Get your chopping in while the fennel cooks. Just keep an eye on the pot! ³Would also make an amazing sauce for spaghetti.

Clams Are the Jam

Especially when they're brightened up with fresh fennel

Clams in White Bean Sauce

4 SERVINGS

- 1 15-oz. can baby lima or cannellini beans or other medium white beans, rinsed¹
- ¼ cup olive oil, plus more for drizzling
- Kosher salt, freshly ground pepper
- 1 fennel bulb
- 3 garlic cloves
- 1 sprig rosemary
- 1 lemon
- Handful of parsley leaves
- 36 littleneck or Manila clams, scrubbed
- 4 thick slices country-style bread, toasted

Toss beans in a medium bowl with a drizzle of oil; season with salt and pepper. Set aside.

Halve fennel and remove fronds (don't toss the fronds!). Thinly slice one half of fennel and transfer to a medium bowl along with fronds. Place a damp paper towel directly on fennel to help prevent browning and set aside. Finely chop remaining half of fennel, then thinly slice garlic.

Heat ¼ cup oil in a large heavy pot over medium. Add chopped fennel, garlic, and rosemary sprig and cook, stirring often, until fennel is translucent and tender but still has some bite, about 5 minutes.

While that's happening, remove 2 wide strips of zest from lemon with a vegetable peeler. Halve lemon and pick out seeds. Coarsely chop parsley.²

Add clams and lemon zest to pot, squeeze in juice from a lemon half, cover pot, and cook until some clams start to open, 5–7 minutes. Toss and stir clams; use a slotted spoon to transfer any open ones to a medium bowl. Cover pot and cook until remaining clams open, checking sporadically and transferring them to bowl as they are done, 7–9 minutes; discard any clams that don't open. Add reserved seasoned beans to pot and stir to combine; loosen sauce with water if it looks too tight. Return clams to pot, add half of parsley, and toss well.

Add remaining parsley to bowl with reserved sliced fennel and squeeze remaining lemon half over. Season fennel-herb salad with salt and pepper and toss to coat. Drizzle with a very small amount of oil and toss again.

Serve clams topped with salad and toasted bread for dipping into sauce.³



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kDINNER
TONIGHT

● **COOK'S NOTES** ¹You will think this is an absurd amount of kale. But it will shrink a ton when cooked. ²I like a lot of black pepper. ³It might turn to mush, which is fine—just don't let the garlic brown.



Pasta Loves Kale

The easiest way to pack in lots of greens? Toss a couple bunches into spaghetti and watch them melt away

Spaghetti Aglio e Olio with Lots of Kale

4 SERVINGS

- Kosher salt
- 3 large or 4 smaller bunches kale, any type (about 1½ lb.)
- 5 garlic cloves
- ¼ cup olive oil, plus more for drizzling
- Freshly ground black pepper
- 12 oz. spaghetti, thick spaghetti, bucatini, or other long strand pasta
- Parmesan and crushed red pepper flakes (for serving)
- Flaky sea salt

Bring a large pot of salted water to a boil. Meanwhile, strip kale leaves from ribs and stems, then tear leaves crosswise into 2"–3" pieces.¹ Cook kale in boiling water until bright green and slightly softened, about 2 minutes. Using tongs, transfer kale to a colander and rinse under cold water, tossing; squeeze out excess liquid from leaves. Keep water at a boil (you'll use it for the pasta).

Whack garlic with the side of a chef's knife to crush; peel off skins. Heat ¼ cup oil in a large heavy pot over medium. Cook garlic, stirring occasionally, until sizzling, about 3 minutes. Season very generously with black pepper² and cook, smashing with a wooden spoon, until

cloves break into rough pieces, soften, and look golden. Add kale to pot and cook, stirring often, until darkened in color and very tender, about 8 minutes (garlic will break into even smaller pieces).³ Season with kosher salt and pepper.

Meanwhile, cook pasta, stirring occasionally, until very al dente (2–3 minutes less than package directions).

Using tongs, add pasta to kale; splash in about 1 cup pasta cooking liquid. Cook, tossing and adding more pasta cooking liquid as needed, until sauce lightly coats pasta, about 2 minutes.

Serve pasta topped with Parmesan, red pepper flakes, sea salt, and more black pepper.



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*how good can
you feel?*

k

THE PROJECT

Cheesesteaks for All

Your search for what to make for this year's Super Bowl party ends right here

recipe by **BRAD LEONE**
and **CHRIS MOROCCO**

THE FACTS

ACTIVE TIME 1 HR 15 MIN

TOTAL TIME 2 HR 15 MIN

DIFFICULTY MEDIUM

✦
Making cheesesteaks at home doesn't require any fancy moves—only the willingness to turn your kitchen into a South Philly hoagie shop. (It's worth it.)

➔ **A WELL-MADE** cheesesteak is a thing of beauty. All the ingredients kind of...fuse together. The thinly shaved beef, the glistening caramelized onions and peppers, the molten liquefied cheese—all densely packed into a pillowy-soft roll. You hoist it like a barbell, take a bite, and think to yourself, "My God, this cannot be good for me." But you know what?

You're going to eat it anyway, and you'll probably slice off another half of the half that's still sitting on the cutting board. Why? Because this homemade cheesesteak is the best thing you will eat all month. Hands down. Just look at it. You know it is. You've got 27 other days in February to try to be healthy. Super Bowl Sunday isn't one of them. —ADAM RAPOPORT





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★ The Crispy, Melty, Goopy, Party-Ready Cheesesteak

8 SERVINGS

PEPPERS AND ONIONS

- 2 Tbsp. olive oil
- 4 large onions, sliced
1/4" thick
- 3 large red and/or
green bell peppers,
seeds removed,
sliced 1/4" thick
- Kosher salt
- Freshly ground pepper
- 3 Tbsp. white or red
wine vinegar

STEAK AND ASSEMBLY

- 4 lb. boneless beef
short ribs
- 8 10"-long Italian sub rolls
- Vegetable oil
(for griddle)
- Kosher salt
- Freshly ground pepper
- 10 oz. white or yellow
American cheese
slices (about 16)
- 10 oz. mild or sharp
provolone slices
(about 16)
- Ketchup and/or
hot sauce (for
serving; optional)

**1—SAUTÉ BELL
PEPPERS AND ONIONS**

Heat **olive oil** in a large pot over medium-high. Add **onions** and **bell peppers** and season generously with **salt** and **black pepper**. **Cook, stirring often at first then only occasionally as vegetables soften, adjusting heat as needed and adding a splash or so of water if vegetables are browning too quickly, until golden brown and very tender, 25–30 minutes.**

Remove pot from heat, add **vinegar**, and give everything a good stir. Taste and season with more salt if needed.

DO AHEAD: Vegetables can be cooked 3 days ahead. Let cool, then cover and chill. Reheat before assembling sandwiches.

2—FREEZE THE MEAT

Place **short ribs** on a parchment-lined rimmed baking sheet and **freeze, uncovered, until firm around the edges** but still yielding in the center, 45–60 minutes.

3—SLICE THE MEAT

Cut short ribs in half crosswise, then lengthwise into very thin slices. (It's better to have thinner, less-regular slices than thick, even slices. Either way, don't stress; whatever you do will be more than fine.) Divide meat into 8 portions (about 8 oz. each), using sheets of parchment paper or plastic wrap as dividers.

DO AHEAD: Meat can be sliced 1 day ahead (it will start to oxidize after that). Cover tightly and chill, or freeze up to 1 week and thaw before cooking.

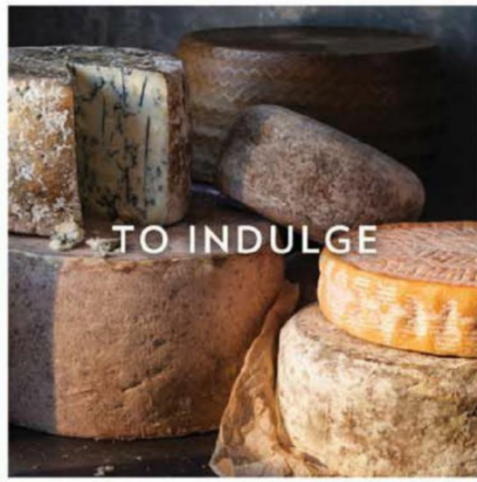


Prepping the beef, clockwise from top left: Chill, halve, thinly slice, and portion.

**→ Why We...
Freeze the Beef**

The meat for a cheesesteak is typically shaved superthin on a deli slicer before it's cooked. To mimic that, we firm up the beef in the freezer, making it easier to slice thinly by hand.

- Cheesesteaks call for well-marbled cuts of beef that will sizzle in their own fat and cook up juicy. Our meat of choice to fit that bill: boneless beef short ribs. They're relatively affordable, have an ideal fat quotient, and (bonus) come in a neat, compact shape that's easy to slice.



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kTHE PROJECT
> **cheesesteak****→ Key Move: The Chop-Pull**

To create a cheesesteak's signature shreddy layers, use one spatula or heavy-duty scraper to anchor small bundles of meat to the griddle, then use another spatula to pull it apart (see center photo below).

Don't worry about getting the beef thoroughly browned; this stage is about breaking up and tenderizing the meat as it starts to cook.



From left: Lightly oiling the griddle; the "chop pull" in action; and meat-and-cheese piles ready to become sandwiches.

4—GET GRIDDLING!

Slice **bread** in half lengthwise, keeping a long side intact. Heat a large griddle across 2 burners over medium—a flick of water should sizzle on contact. (Or use a large cast-iron skillet and cook 1 portion at a time.) Lightly coat griddle with **vegetable oil**. Place **2 portions of meat (about 1 lb.) on griddle**; season generously with **salt** and **pepper**. Cook, pressing down and pulling slices apart using 2 metal spatulas, until halfway cooked through (you should still see some raw spots). Scoot meat into 2 oblong portions no more than 1" high and top with some onion–bell pepper mixture. Top with 2 slices **American cheese** and 2 slices **provolone cheese** per pile. **Cook, undisturbed, until meat is browned and crisp underneath and cheese is melted**, about 4 minutes. Transfer each portion to a roll; slice in half crosswise. Repeat with remaining ingredients. Serve topped as desired.

DO AHEAD: Sandwiches can be made 20 minutes ahead; immediately wrap in parchment paper, then foil.



▲ *Why the double-wrapped sandwiches? Tinfoil locks in the heat, while parchment keeps things nice and tidy.*

● **Sure, you don't need a griddle to make a cheesesteak. But we guarantee it will be the hardest-working 16-pound slab of metal in your life. Our beloved Lodge griddle (\$80; lodgemfg.com) has a grease channel and a raised edge, ideal for scraping crusty bits off your spatula.**

Have It Your Way

You know what people have a lot of opinions about? What does and does not belong on a cheesesteak. It's your sandwich; you decide.

**Toppings**

Ketchup, hot sauce, or a swipe of mayo are all fair game—though Philly natives let the plain sandwich speak for itself.

**Cheese**

Sharp cheddar or provolone don't melt that well, which is why we mix them with American (the meltiest of all). But for those who swear by Cheez Whiz, see Prep School, page 101.

**Meat**

We stand by boneless short ribs, but if you want to splurge for boneless rib eye, by all means do it. For a more budget-friendly cut, either sirloin or brisket would be a good choice.

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Socca Star

One of the most inspiring home cooks we know, *BA* senior designer **Alaina Sullivan**, shares the process behind one of her on-the-fly healthy weeknight dinners

SO IT'S A WEDNESDAY.

I just got home from staring at a screen all day, and I want to do something nice for myself (like cook a nourishing meal). But it's 7:30 p.m., and *simple* is the only word my brain can process. This is the moment when I make what I call a cromlet (imagine the love child of a crepe and an omelet). It's a riff on the traditional chickpea-flour pancake known as socca, popular in Nice, France. Chickpea flour is a little nutty, packed with plant protein, and makes killer pancakes. I like to add eggs to the (naturally gluten-free) batter, along with a riot of spices or herbs. It's fast, flexible, and a blank canvas for whatever toppings I want. I never really measure, but here's a sketch.

Start by whisking together about $\frac{1}{4}$ cup chickpea flour and $\frac{1}{4}$ cup water (or nut milk—try cashew!) and let it sit for 15 minutes or more to hydrate. (Use this downtime to sauté whatever vegetables are hanging out in your fridge, like **greens** and **mushrooms**.) Then beat **2 eggs** into the batter, and season with **ground turmeric, coriander, and cumin** (or any spices/herbs you like), plus some **salt** and **pepper**. Warm up a 10" cast-iron skillet over medium-high heat and add a slick of **olive or coconut oil**. Pour in the batter (all of it) and let it spread to the sides and cook for several minutes until nearly set. Flip it (confidently—it's a big pancake and hesitation is no match for gravity), and let it brown on the other side for a few more minutes. When the pancake is evenly bronzed, plate it and dress it up. Typically I like to top off the vegetables with **yogurt** zhooshed up with **honey, olive oil**, and pepper, plus a crunchy garnish like **toasted nuts or seeds**. But no one will stop you if you want to eat it naked straight from the skillet instead.



Find the complete
recipe at
[bonappetit.com](http://bonappetit.com/cromlet)
/cromlet



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Café Life: Linett says New York's cafés are among the best for people watching.



VISION STATEMENTS

Creative director Andrea Linett shares her top five visual inspirations.

by Deidre Dyer

PRODUCED FOR **bon appétit** | WITH  **eyelove**

► According to stylist, creative director and author Andrea Linett, "Getting dressed is always a fantasy. You have a vision in your head of who you want to be that day, but it's a fantasy that you can actually live with. I always want to show people inspiration that's attainable." Linett got her start at *Sassy* and *Harper's Bazaar* before launching *Lucky*, where she crafted its look and feel as the publication's inaugural creative director. Since her departure from the magazine, Linett has served as the VP global creative director for Michael Kors and authored two books, *I Want To Be Her* and *The Cool Factor*. Most recently, she has been the creative consultant for fine jewelry label Iconery. Over time, Linett has developed a serious appetite for new inspirations and visual stimuli. "I do believe that if you're going to do something creative you have to have a full vision for it," she says. Here, Linett shares her top five sources of inspiration, and how she deals with distraction.

INTO THE BLUE

"I like to see visuals that make you want to reach out and grab them. I'm eternally inspired by jeans and the different shades of indigo — it's so powerful when you see all of the varying gradients of blue together, sort of like a mosaic."

VINTAGE MAGAZINES

"I have a crazy collection of old French fashion and all kinds of culture magazines from the '70s, '80s and '90s that I go back to. *Old Seventeen*, *old The Face*, *old I-D*, or French *Glamour*. They have inspirational fashion stories that stand the test of time and get your juices flowing when you do what I do. It brings fresh light to what you're working on when you look at old things."

TREASURE HUNT

"I love flea markets everywhere — LA, New York and especially Buenos Aires. You never know what you're going to find. You see a lot of local artists making cool macramé jewelry and antique clothes. For me, the excitement of a flea market is the hunt. If I go browsing somewhere and they've already curated the selection for me, it's just not as fun. My friends make fun of me because I've collected so many bags,

bracelets, and random market gems over the years that it might be time for me to open my own market."

GET YOUR MINERALS

"My consulting work for Iconery is 100% visual because I literally just look at jewelry all day. When I'm browsing for antique pieces, nothing refreshes my eye like vintage Native American turquoise jewelry. Every jewel holds a lifetime of history within it. It's as though you're seeing more than just what you're seeing."

THE REAL RUNWAYS OF NYC

"As a native New Yorker, I find the hustle and bustle of the city's streets visually stimulating. My husband and I will post up with our son at a sidewalk café, drink a cold beer and just watch people walk by. NoLiTa, Chinatown and the Lower East Side are prime locations for checking out the nonstop parade of street style."

DEALING WITH DISTRACTION

"When it comes to inspiration, I can't work in a vacuum — it's important that I let my eye wander a bit. Thankfully, I've learned to balance the right amount of distraction with productivity. Maybe it's the editor in me, but there's nothing like a deadline to help snap me to attention and remind me of what I'm there to do."

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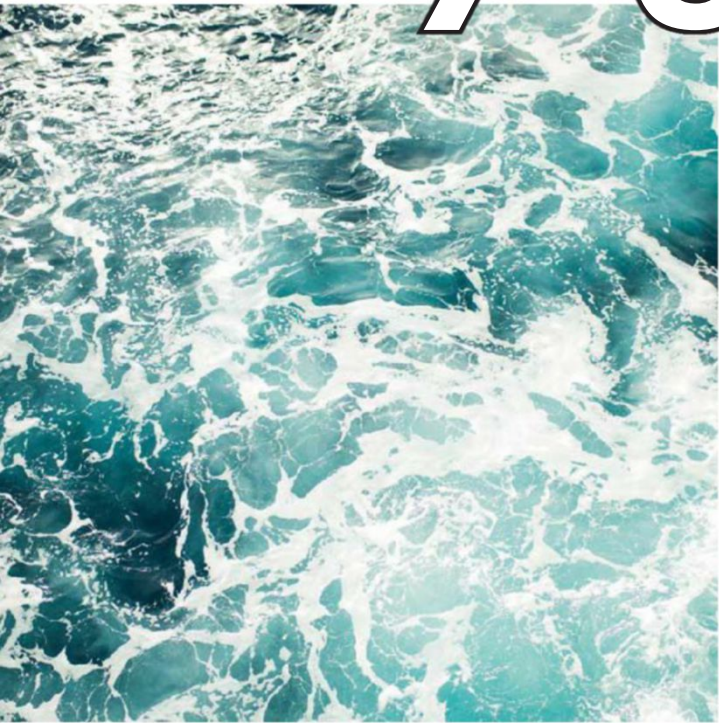
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city guides



Rising Tides

Cruise cuisine takes on a whole new dimension when Thomas Keller's dishes are on the menu. **John von Sothen** dons his tux and dines in high style en route to **Morocco**

^
*Clockwise from top left:
The Alboran Sea;
breakfast
and coffee on the suite's
private balcony; the Odysse
in Málaga;
all smiles at
the on-board revue.*



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"Not many people know this, but Humphrey

Bogart never said the line 'Play it again, Sam.' He said, 'You played it for her, you can play it for me,' and Sam acquiesced."

That's Harry talking, the piano player aboard the *Seabourn Odyssey*, a sleek iron-and-teak-railed ship heading to old-school Mediterranean ports like Barcelona and Tangier before moving into the Canary Islands, up to Lisbon, then across the Atlantic to dock in Fort Lauderdale.

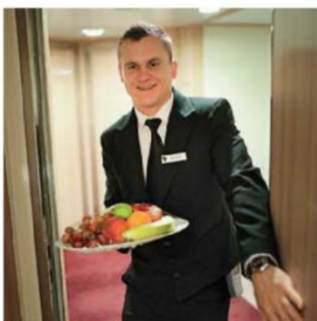
Like Bogart in *Casablanca*, I'd asked for "As Time Goes By," only because our ship was off to the real Casablanca in four days. I was wearing a tux and, like Bogart, sifting a single-malt Scotch as we shoved off in the rain, the vanishing Barcelona skyline flickering in the distance.

Although I'd never been on a cruise before, the idea of taking one always had allure, thanks to my late mother. She'd kept a diary of a trip in the early '50s when she crossed the Atlantic from New York to study in Paris, where I now live.

Her pages included swarthy counts from Montenegro and an up-and-coming writer who had the malediction of sharing the same last name as Ernest Hemingway. "In a way I pity Russell Hemingway," my mother wrote. "Something tells me a famous writing career is not in his cards." There were lavish dinners and dances, not to mention a tiger housed below and a party one night to, yes, name the tiger.

I realize now that the richness captured in my mother's pages, and the richness I found aboard the *Odyssey*, were not just a result of the sumptuous surroundings. The feeling had to do with that ability to somehow dilate time. My older fellow passengers—I'm in my 40s, and let's just say most of them had a few years on me—already knew this. I'd watch them in tasteful pairs laughing at the bar, or huddled around Kindles in the lounge, or fast-walking around the deck with trekking poles in those Patagonia fleece vests.

Bespoke cocktails and personal butlers for all; Shrimp cocktail at The Restaurant.



They all seemed well aware that the wondrous part of travel is going there, not getting there, and that this sort of trip is all the more enjoyable when the food is up to snuff. Hence the partnership that sprung up between the three-star Michelin chef Thomas Keller and Seabourn. It offers lucky passengers like me a culinary experience you don't usually associate with cruise lines.

Before my trip I wondered, How gourmet could a kitchen really be when it's serving hundreds of people on open water? Not very much, the Seabourn brass believes, which is why Keller's dishes served on the *Odyssey* are prepared for just 50 to 60 people each night, depending on ingredients and demand.

Each day passengers receive a culinary briefing detailing what will be available at the four establishments on board. One or more almost always serves Keller meals, whether it be at The Patio or the main restaurant (The Restaurant, as it's called) or The Colonnade—an elegant indoor/outdoor space. Seabourn's plan is eventually to equip each of its ships with a new spot called The Grill by Thomas Keller; the first recently opened on another Seabourn boat, the *Quest*.

Considering there were roughly 430 passengers with me, it's safe to say not everyone went "full Keller" each night.

In fact, some said they preferred head chef Tomasz Borucki's fare, focused on classics like Caesar salad and rosemary roasted chicken breasts. To crank it all out, Borucki, a native of Poland who's spent ten years doing this, oversees a galley that employs 50 cooks, some of whom specialize in making Keller dishes the Keller way. "We're very strict, and there's lots of oversight with the Keller dishes," Borucki told me. "Pictures are sent back to his team on land to guarantee everything's being served correctly."

His secret to cooking at such a high level on the water? Good sea legs, quality product and manpower, not to mention a habit of watching the time. "On a boat, you're always against the clock—you have to know what's ahead."

I didn't follow Chef Borucki's advice; once on board, I found myself in a sort of dreamlike limbo, drifting between conversations and moments and profound sleep as the *Odyssey* slowly advanced.

I honestly can't remember what night it was that I danced with an older couple to Aretha Franklin's "Chain of Fools" with my white bucks and blue blazer, wondering what those watching me were wondering. Is he a cashed-out social media billionaire? Is he their son? Is he a gigolo?

Nor do I recall where it was on the boat that a warm couple from California made me gasp with laughter when they confided that they were spending their retirement "skiing."

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by bon appétit

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MONDAY

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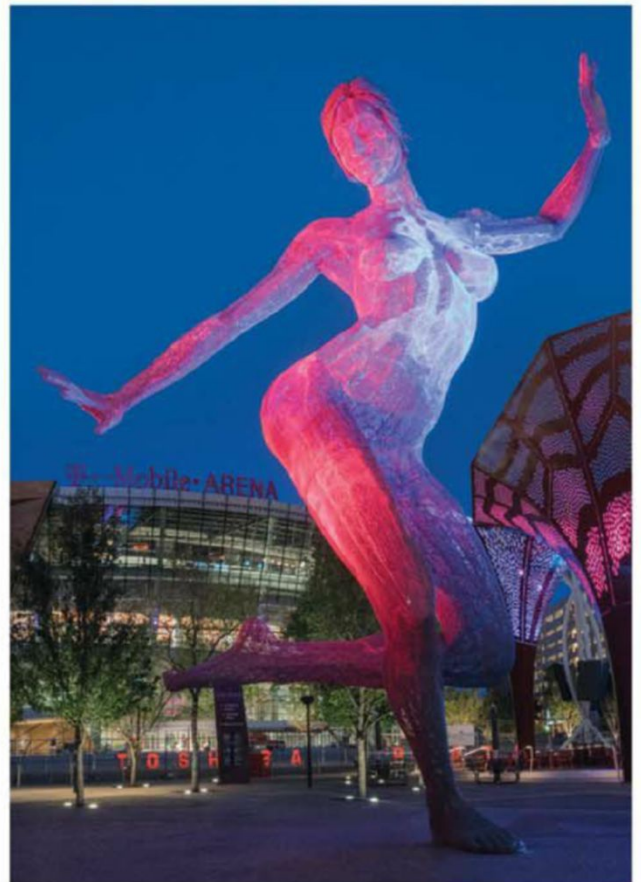
Some of the country's best coffee is found at **PublicUs**, along with their must-try *hummus toast*. Go there for breakfast before lunch at strip-mall Thai joint **Lotus of Siam**. Our insider tip? Skip Pad Thai and order the super-authentic northern curry *Khao Soi*. For dinner, you must visit **Rao's**, the Italian classic celebrating their 10-year anniversary at **Caesars Palace**.



HIKES THROUGH
NATURE & BAZ
LUHRMANN LIVE

Have a couple of hours free? You won't regret getting some fresh air at the rustic-hued **Red Rock Canyon** for a hike through a shady box canyon and its seasonal waterfalls. Make your way to **The Park**—located adjacent to the T-Mobile Arena—for live music, delicious bites and sips. Then sit back and enjoy the performance of **Baz—Star Crossed Love** at **The Venetian® Las Vegas**.

DON'T MISS The Park's larger-than-life Bliss sculpture, a breathtaking 40-foot-tall art piece of a dancing woman that creates a picture-perfect moment.



PHOTOGRAPHS: CAESARS PALACE (RAO'S); ALEX LAU (YUI EDOMAE SUSHI)

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WEDNESDAY

THE ULTIMATE
RELAXATION &
HIGH-END JAPANESE

For some TLC, check into the pristine Hakone Suite at the Nobu Hotel at Caesars Palace, which offers 1,000 square feet of exotic elegance, lavish Nobu amenities, and VIP hotel service. Once you're feeling zen, head off the Strip to the exclusive 10-seat Yui Edomae Sushi bar for an excellent omakase dinner featuring the freshest seafood.

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THURSDAY

A LITTLE RETAIL THERAPY & MASTER MIXOLOGY

If you're in need of a little retail therapy, make your way to **The Shops at Crystals**, adjacent to **ARIA**, where you'll find a curated selection of luxury stores under one roof. For happy hour, stop by **Giada** at **The Cromwell** for aperitifs, antipasti, and pasta. Then for a nightcap try **Velveteen Rabbit** for weird and wonderful cocktails like the *Love Potion No. 9*.



Master the *Love Potion No. 9*

We snagged *Velveteen Rabbit's* recipe for you to shake up at home. Cheers!

- 1.5 oz. lime peel-infused mezcal
- 1 oz. house fig & chile liqueur
- ¾ oz. grapefruit juice
- Dash of mole bitters

Fig & Chile Liqueur: Muddle 10 figs & 6 Fresno chiles in 3 cups of sugar, and bring to a boil with 3 cups of water. Simmer, strain, and cool.

Add 5 cups of vodka and shake until combined. **Mezcal Infusion:** Add the skins of two limes to a 750ml bottle of mezcal. Shake well and let stand for a day. **Assembly:** Add ice and ingredients to a shaker. Shake and strain into a teacup. Spray a rosemary sprig with absinthe, ignite and add to teacup.



IZAKAYA DINING & AN ICON IN CONCERT

Indulge in the modern Japanese cuisine and izakaya-style dining at the newly opened **zuma** at **The Cosmopolitan of Las Vegas** for shareable dishes from sushi to items from their robata grill. If you can, score a ticket to the limited-engagement run of **The Essential Diana Ross: Some Memories Never Fade** concert at **The Venetian®**.



THE ORIGINAL DIVA, *Diana Ross*, will be onstage in Vegas performing an exclusive concert and special set of hits from her iconic career spanning over five decades.



CRAFT BREWS, BURGERS & TUNES

Craft beer lovers unite, for the **Batali and Bastianich B&B Beer & Burger** at **The Palazzo® Las Vegas** has an extensive range of bottles and brews on tap. Pair your pints with their *Morning After* burger, which comes complete with a sunny side up egg. Hit up **Brooklyn Bowl Las Vegas** at **The LINQ Promenade** and test your luck on the lanes while listening to live performances from the country's best touring musicians.



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SUNDAY

ART, CULTURE
& A SWEET TREAT

Before you head home, take a stroll through the Waterfall Atrium at The Palazzo® to witness the larger than life installation of LOVE. Cap off the evening with a playful spin on familiar home-style desserts from Christina Tosi's Milk Bar at The Cosmopolitan of Las Vegas.

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 3708 S. Las Vegas Blvd. | 702.698.7000
cosmopolitanlasvegas.com
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 3545 S Las Vegas Blvd. | 702.322.0529 | thefinq.com
- BRIOCHE BY GUY SAVOY**
 The second U.S. restaurant for the renowned chef offers grab-and-go coffee, pastries, and sandwiches.
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- HARVEST BY ROY ELLAMAR**
 New American cocktails and fare with a focus on farm-to-table ingredients served in a stylish space.
 3600 S Las Vegas Blvd. | 702.693.8865 | bellagio.com
- HERRINGBONE LAS VEGAS**
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kCITY GUIDES
> cruise

Clear skies and open seas; cheers to the cruising life; Chef Keller's elegant Champagne and Granny Smith apple trifle.

"Waterskiing?" I asked.

"No, John, Skiing—as in Spending Our Kids' Inheritance," at which point we all raised our glasses of Champagne, cackling at their offspring's lousy future.

I do know that Thursday I'd gone late into the night with my new best friend, Cookie, a fellow native from Washington, D.C., high-fiving over Remy Martins as our Redskins battled the Cowboys on TV. Because of that, I spent Friday morning on the sundeck's chaise lounges, a Bloody Mary at the ready, wrapped in a flannel blanket like some 1920's TB patient.

The only way to tether these moments together was to recall the various meals I enjoyed. Their descriptions scribbled inside my notebook triggered with Proustian recall tastes that came flooding back.

There was the dinner on my first night, which I took as an homage to Thomas Keller's American childhood. The hickory smoked barbecue ribs and baked beans, the braised spinach and the corn pone were served on wooden platters, family-style, giving everything a relaxed spirit amid the swanky surroundings. (Actually, none of the Keller meals were ever that fancy-pants, which was a relief.) The dessert, a Champagne and Granny Smith apple trifle, was not to be trifled with. Once I dug through the layers of vanilla custard, I hit pay dirt with the Champagne bubbling up through the sponge.

Later in the week I tried Keller's haute dog, a pork sausage in a potato onion bun served with chowchow relish (blam!), sauerkraut, and french fries, which Keller named the Yountwurst—a wink to Yountville, California, home of his restaurant The French Laundry. I scarfed that during my chaise lounge recuperation; my neighbor George had assured me that it "would help me grow my claws back."

And then there was the breakfast I'd ordered up to my room one day when I decided to play hooky—a serviceable eggs Benedict with a heavy silver pot of coffee. The lazy morning in question was a way to take advantage of my sun-drenched balcony facing Africa. It was separated by a glass door to my suite, a one-bedroom couch setup that's not huge—about 300 square feet—but seems larger because it's all smartly thought-out. Oh, and the room featured my own personalized stationery and envelopes, and I'm always a sucker for that stuff.

If only they'd delivered handwritten invitations for my farewell dinner, which was held in the ship's grand ballroom. There I dined on foie gras with French country bread, followed by a lobster-and-apple-smoked *lardon* stew cooked in a *vin rouge jus* with carrots, King Richard leeks, and forest mushrooms. Keller's lobster *lardon* stew proved to be a solid right-left/*terre-mer* combination, so dur-

ing this dish, I did an odd thing: Instead of sticking with white Burgundy the entire way, I went with red Zinfandel when knocking back the bits of bacon. Was this ambidextrous double-fisting proper? Probably not, but I didn't care anymore. I had a tux. I knew the captain by now. I could do no wrong.

And like that it was over.

The next morning I found myself heading down the gangway in Tangier to catch a plane back for a dinner my Parisian-American friends were hosting. My only regret was that I didn't have more time to explore the Moroccan city. Once I explained this to my elderly driver, Mohamed, he quickly pulled a U-turn and sped to the famous *medina*, where I hastily bought orange blossom perfume for my wife. Then Mohamed treated me to a mint tea and a nonchalant "We have time, sir, don't worry."

Before I knew it we were at the airport, Mohamed making me promise to return again, saying he'd greet me at the port when my ship came in. I told him he could count on it, sticking to the role I'd adopted since the beginning of this slow-boat adventure. I bid my friend adieu, letting him know that this chance meeting of ours was not the end but simply "the start of a beautiful friendship."

And yes. Humphrey Bogart really did say that line. ■



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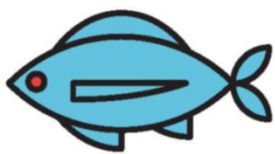
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YELLOWTAIL
POKE WITH
GLASS NOODLES
P. 58



▶ HOW ONE OF HAWAII'S BEST-KEPT SECRETS TOOK THE MAINLAND BY STORM

BY ANDY BARAGHANI — PHOTOGRAPHS BY ALEX LAU



A Few Words on Poke

Hawaiian chef Rodelio Aglibot, the man behind Chicago's FireFin Poke Shop, muses on his favorite dish

▶ Poke (pronounced "poh-kay") means "to cut" in Hawaiian. Traditionally it's made with the cheaper part of a firm fish, like the head or tail, diced into thick cubes. Back in the day it was usually ahi (tuna) or tombo (Hawaiian albacore).

As a kid, visiting relatives in rural areas on Oahu, locals would sell plastic tubs of it out of coolers along dirt roads. It's casual. If you had rice, you'd eat it with rice. At home my dad would have it with beer.

Most of the poke of my childhood was mixed with sweet onions, shoyu, and chile pepper water. Often there were ogo (seaweed) and inamona, a waxy ingredient from the shell of kukui nuts, which gave it an earthy taste.

There's no right or wrong when it comes to poke. I remember sometimes having it with scallions and ginger—and I see that in recipes today. Most of us think our own poke is the best. It's human nature.

In Hawaiian grocery stores, where most people get theirs on the island, now you'll find it with mayonnaise, Korean-inspired chili sauces, and miso. At FireFin you can get salmon, tofu, even chicken poke. Traditionalists might cringe, and I get that. But to me, taking a style of cooking and adding a spin to it is what chefs and creative people do. We're making a dish we love and offering it in a way that brings attention to our culture. To me, that's sharing. That's the spirit of aloha.

—As told to Joanne Chen

Shrimp Poke with Pickled Radishes

4 SERVINGS Not ready to commit to preparing raw fish at home? This method for poached shrimp is the perfect gateway.

- 6 red radishes, trimmed, thinly sliced
- $\frac{3}{4}$ cup white wine vinegar
- 3 Tbsp. sugar
- 1 tsp. crushed red pepper flakes
- 2 tsp. kosher salt, divided, plus more
- $1\frac{1}{2}$ cups short-grain sushi rice
- 1 Tbsp. dried hijiki (seaweed)
- $1\frac{1}{2}$ lb. large shrimp, peeled, deveined
- 1 medium shallot, finely chopped
- $\frac{1}{4}$ cup soy sauce
- 1 Tbsp. plus 2 tsp. gochujang (Korean hot pepper paste)
- 4 tsp. unseasoned rice vinegar
- 1 Tbsp. fish sauce
- 2 tsp. honey
- 1 tsp. toasted sesame oil
- 2 cups baby mizuna or arugula
- 2 tsp. toasted sesame seeds

INGREDIENT INFO: Gochujang can be found at Korean markets and online.

Place radishes in a small bowl. Bring white wine vinegar, sugar, red pepper flakes, $\frac{1}{2}$ tsp. salt, and $\frac{3}{4}$ cup water to a simmer in a small saucepan over medium-high heat and cook, stirring occasionally, until sugar is dissolved, about 5 minutes. Immediately pour brine over radishes and let cool. Cover and chill at least 2 hours.

Meanwhile, rinse rice until water runs clear (this removes surface starch and keeps rice from getting gummy). Combine rice and $1\frac{1}{2}$ cups water in a medium saucepan, season with $1\frac{1}{2}$ tsp. salt and let sit 30 minutes.

Bring rice to a boil. Reduce heat to low, cover, and cook until rice is tender, 18–22 minutes. Remove from heat and let sit (still covered) 10 minutes, then fluff with a fork; keep warm.

Soak hijiki in $\frac{1}{2}$ cup cold water in a small bowl until softened, 10–12 minutes. Drain; set aside.

Bring a medium pot of water to a boil; season generously with salt. Add shrimp, cover pot, and remove from heat. Let sit until shrimp are cooked through, about 3 minutes. Drain and transfer shrimp to a bowl of ice water; let cool. Drain and pat dry; cut into $\frac{1}{2}$ " pieces. Set aside.

Whisk shallot, soy sauce, gochujang, rice vinegar, fish sauce, honey, and oil in a large bowl. Add reserved hijiki and shrimp to **honey-gochujang dressing**; toss to coat. Cover; chill 1 hour. Taste and season with more salt if needed.

Divide rice among bowls and top with shrimp mixture, drained pickled radishes, and mizuna. Sprinkle with sesame seeds.

DO AHEAD: Radishes can be pickled 5 days ahead; keep chilled. Shrimp can be cooked 8 hours ahead; cover and chill.

Yellowtail Poke with Glass Noodles

4 SERVINGS The green pear adds crunch and sweet-tart notes. A Granny Smith apple, Asian pear, or pineapple would do the same.

- 4 oz. thin bean thread noodles
- $\frac{1}{4}$ cup dried arame (seaweed)
- 3 Tbsp. unseasoned rice vinegar
- 3 Tbsp. white soy sauce
- 2 Tbsp. mirin
- 2 tsp. fresh lemon juice
- $1\frac{1}{2}$ tsp. finely grated green chile (such as serrano)
- 1 tsp. toasted sesame oil
- 1 firm green pear, cut into matchsticks
- $\frac{1}{2}$ small sweet onion, cut lengthwise into quarters, thinly sliced crosswise
- 12 oz. yellowtail, cut into $\frac{1}{2}$ " pieces
- $\frac{1}{2}$ cup torn mint leaves
- 2 Tbsp. finely chopped chives
- 2 tsp. toasted white and/or black sesame seeds, plus more for serving
- Kosher salt
- Gochugaru (coarse Korean hot pepper powder) or crushed red pepper flakes (for serving)

Place noodles in a large bowl and pour boiling water over to cover. Let noodles soak until tender but not mushy, 10–15 minutes; drain. Rinse under cold water; snip into 2" lengths with kitchen shears and return to bowl.

Meanwhile, soak arame in $\frac{1}{2}$ cup cold water in a small bowl until softened, 8–10 minutes. Drain; set aside.

Whisk vinegar, soy sauce, mirin, lemon juice, chile, and oil in a large bowl. Transfer $\frac{1}{3}$ cup **lemon-chile shoyu** to bowl with noodles and toss to coat. Add pear, sweet onion, yellowtail, mint, chives, reserved arame, and 2 tsp. sesame seeds to remaining shoyu in large bowl and gently toss; season with salt.

Divide noodles among bowls and top with yellowtail mixture; sprinkle with gochugaru and more sesame seeds.

DO AHEAD: Shoyu can be made 1 day ahead. Cover and chill.

SHRIMP POKE
WITH PICKLED
RADISHES



Dig this bowl (and the one on p. 61)? For similar styles, visit stefaniebessman.com

how to BUILD A POKE BOWL

► The Hawaiian roadside snack has morphed into an explosion of fast-casual spots selling mix-and-match poke bowls, from Wanderfish Poke in Seattle to PokeOno outside Philly. These light, fresh creations play fast and loose with the traditional guidelines—but that doesn't make the results less tasty. To re-create them at home, divide your base among bowls. In a separate bowl, toss the protein with the dressing and the fun stuff (save delicate ingredients for the end). Divide mixture among bowls.



**FLUKE
POKE WITH
COCONUT
RICE AND
PICKLED
ONIONS**
P. 63



the fun stuff

► Hit at least three of these categories (but the sky's the limit) to achieve textural contrast, depth, and balance.



FRESH FRUITS & VEG

Sliced avocado
Bean sprouts
Shelled edamame
Shaved radish



NUTS, SEEDS & SPICES

Macadamia nuts
Skin-on roasted peanuts
Toasted sesame seeds
Shichimi togarashi
Gochugaru



A DOSE OF HEAT

Crushed wasabi peas
Grated serrano chiles
Red Fresno chiles, thinly sliced
Jalapeños, thinly sliced



ALLIUMS

Scallions, thinly sliced
Sweet onion, finely chopped
Garlic chips
Fried shallots



SEAWEED

Dried wakame
Dried hijiki
Toasted nori



PICKLES

Pickled ginger
Pickled Shiitake Mushrooms
(recipe, p. 63)
Pickled Red Onions
(recipe, p. 63)
Pickled Cucumber
(recipe, p. 63)



FRESH HERBS

Shiso
Cilantro
Chive
Mint

Choose your

1

BASE

Brown rice
Coconut Jasmine Rice
(recipe, p. 63)
White sushi rice
Soba noodles
Leafy greens

2

PROTEIN

► The foundation of poke is best-quality fresh raw fish. Cut the fillet lengthwise, working against the grain, into ½" strips. Then cut the strips crosswise into ½" pieces. If you can't get stellar fish, tofu or cooked shrimp are good alts.

Ahi tuna
Fluke
Hamachi
Salmon
Tofu
Shrimp

3

DRESSING

► The fatter and firmer the fish, the more aggressive the dressing can be. Delicately flavored fish, like fluke, should be dressed simply. We've ranked these from mildest to boldest.

Ponzu (recipe, p. 63)
Honey-Gochujang Dressing
(recipe, p. 58)
Jalapeño-Ginger Dressing
(recipe, p. 63)
Lemon-Chile Shoyu
(recipe, p. 58)
Spicy Black Bean Shoyu
(recipe, p. 63)

SALMON
POKE ON
GREENS WITH
WASABI PEAS
P. 63





Robert Blue soup bowl (\$43, blueeaglepottery.com)

SPICY TOFU
POKE WITH
PICKLED
SHIITAKE
MUSHROOMS

Spicy Tofu Poke with Pickled Shiitake Mushrooms

4 SERVINGS How to prevent tofu from being bland? Toss it in a robust, spicy, salty, and deeply seasoned marinade.

- 6 oz. shiitake mushrooms, stems removed, caps thinly sliced
- ⅓ cup sugar
- ½ cup plus 5 tsp. soy sauce
- ½ cup plus 5 tsp. unseasoned rice vinegar
- 1½ cups short-grain brown or white sushi rice
- Kosher salt
- 2 Tbsp. dried wakame (seaweed)
- 5 tsp. spicy black bean paste
- 1 Tbsp. honey
- 1½ tsp. toasted sesame oil
- 1 14-oz. package firm tofu, drained, patted dry, cut into ¾" pieces
- 3 scallions, thinly sliced on a diagonal
- ¼ cup coarsely chopped unsalted, roasted, skin-on peanuts
- Tobiko (for serving; optional)

Bring mushrooms, sugar, ½ cup soy sauce, ½ cup vinegar, and 1 cup water to a simmer in a small saucepan over medium-high heat and cook, stirring occasionally, until sugar is dissolved, about 5 minutes. Transfer mushrooms to a medium bowl with a slotted spoon. Let brine cool, then pour over mushrooms. Cover and chill at least 1 hour.

Meanwhile, rinse rice until water runs clear (this removes surface starch and keeps rice from getting gummy). Combine rice and 2 cups water in a medium saucepan, season with salt, and let sit 30 minutes.

Bring rice to a boil. Reduce heat to low, cover, and cook until tender, 30–35 minutes (you can also use a rice cooker). Remove from heat and let sit, covered, 15 minutes; fluff with a fork. Keep warm.

Soak wakame in ½ cup cold water in a small bowl until softened, 6–8 minutes. Drain and mix in a clean small bowl with black bean paste, honey, oil, remaining 5 tsp. soy sauce, and remaining 5 tsp. vinegar. Add tofu to **spicy black bean shoyu**, season with salt, and gently toss. Let sit 10 minutes to let flavors meld. Taste and season with more salt if needed.

Divide rice among bowls and spoon tofu mixture on top of rice. Arrange drained **pickled shiitake mushrooms**, scallions, peanuts, and some tobiko, if using, around tofu mixture.

DO AHEAD: Mushrooms can be pickled 5 days ahead. Keep chilled.

Fluke Poke with Coconut Rice and Pickled Onions

4 SERVINGS The key to buying fish for poke is asking your fishmonger what she would eat raw. Red snapper or black bass are good subs for lean, mild fluke.

- 1 medium red onion, thinly sliced
- 1 cup unseasoned rice vinegar
- ⅓ cup plus ½ tsp. sugar
- 2 tsp. kosher salt, plus more
- 1½ cups jasmine rice
- ¾ cup unsweetened coconut cream (from a 14-oz. can)
- 1 large jalapeño, thinly sliced
- 3 Tbsp. white soy sauce
- 1½ tsp. finely grated lime zest
- 2 Tbsp. fresh lime juice
- 1½ tsp. toasted sesame oil
- ½ tsp. finely grated peeled ginger
- 1 garlic clove, finely grated
- 12 oz. fluke, cut into ¾x¼" pieces
- ½ cup coarsely chopped unsalted, roasted macadamia nuts or cashews
- ½ cup torn cilantro leaves with tender stems
- 1 toasted nori sheet, torn into bite-size pieces

Place onion slices in a medium bowl. Bring vinegar, ⅓ cup sugar, 2 tsp. salt, and ½ cup water to a simmer in a small saucepan over medium-high heat and cook, stirring occasionally, until sugar is dissolved, about 5 minutes. Immediately pour brine over onion and let cool. Cover and chill at least 1 hour.

Meanwhile, rinse rice until water runs clear (this removes surface starch and keeps rice from getting gummy). Combine rice, coconut cream, and 1½ cups water in a medium saucepan, season lightly with salt, and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 15–18 minutes. Remove from heat and let sit (keep covered) 10 minutes; fluff **coconut jasmine rice** with a fork. Keep warm.

Mix jalapeño, soy sauce, lime zest, lime juice, oil, ginger, garlic, and remaining ½ tsp. sugar in a medium bowl. Add fluke, macadamia nuts, and drained **pickled red onion to jalapeño-ginger dressing**; season with salt and toss gently to combine. Add cilantro and toss again.

Divide rice among bowls and top with fluke mixture and pieces of nori.

DO AHEAD: Red onion can be pickled 5 days ahead; keep chilled. Dressing can be made 1 day ahead; cover and chill.

Salmon Poke on Greens with Wasabi Peas

4 SERVINGS Greens keep things fresh and crunchy, and the ponzu sauce coats all of the leaves with citrusy flavor. If you can't find Little Gems, use romaine hearts or any other sturdy lettuce you like.

- 1 tsp. sugar
- ½ tsp. finely grated peeled ginger
- 2 Tbsp. unseasoned rice vinegar, divided
- 2 Persian cucumbers, thinly sliced
- Kosher salt
- 2 scallions
- 3 Tbsp. white or dark soy sauce
- 1 Tbsp. plus 1½ tsp. mirin
- 1 Tbsp. plus 1½ tsp. fresh grapefruit juice
- 1 tsp. fresh lemon juice
- 5 heads of Little Gem lettuce, cores removed, leaves separated
- 12 oz. fresh salmon, cut into ½" pieces
- 1 avocado, cut into ½" pieces
- ¼ cup prepared wasabi green peas, crushed
- Furikake (for serving)

Whisk sugar, ginger, and 1 Tbsp. vinegar in a small bowl. Toss cucumbers and a pinch of salt in a sieve, then gently massage cucumbers to expel excess liquid. Add cucumbers to sugar mixture; cover and chill until cold, at least 30 minutes. Taste **pickled cucumbers** and season with more salt if needed.

Meanwhile, remove dark green tops from scallions and thinly slice on a diagonal; transfer to a small bowl of ice water and let sit until scallions begin to curl, 10–15 minutes. Drain scallion tops, then squeeze out excess liquid with paper towels.

Thinly slice pale green and white parts of scallions, then whisk in a medium bowl with soy sauce, mirin, grapefruit juice, lemon juice, and remaining 1 Tbsp. vinegar to combine. Transfer 3 Tbsp. **ponzu** to a second medium bowl. Add lettuce to bowl used to make ponzu; toss to coat and season with salt. Add salmon to second bowl with 3 Tbsp. ponzu and gently toss to coat. Add avocado, drained pickled cucumbers, and scallion tops to bowl with salmon and toss again. Season with more salt if needed.

Divide dressed lettuce among bowls. Top with salmon mixture and wasabi green peas; sprinkle with furikake.

DO AHEAD: Cucumbers can be pickled 3 days ahead; keep chilled. Ponzu can be made 1 day ahead; cover and chill.

V E G

► ONCE THE SAD ALTERNATIVE TO AMERICA'S FAVORITE FOOD, THE VEGGIE BURGER IS TAKING OVER MENUS EVERYWHERE

BY EMMA WARTZMAN



YEAH! BURGER

Atlanta

PATTY: Sea Island red peas, carrots, zucchini, breadcrumbs, herbs, spices

THE SECRET: Duh, the pimento cheese that gets all melty as the patty cooks on the grill



BUTCHER & BEE

Charleston, South Carolina

PATTY: Chickpea flour, beets, mushrooms, freekeh, lentils, pecans, cumin, paprika

THE SECRET: Chickpea flour as the binder, which delivers a nutty, vegetal flavor



SUPERIORITY BURGER

New York

PATTY: Quinoa, legumes, seasonal vegetables, breadcrumbs

THE SECRET: Both overcooked (to help bind) and undercooked (to give some bite) seasonal vegetables



PLAN CHECK

Los Angeles

PATTY: Kale, mushrooms, yucca, cashews, breadcrumbs, potato starch

THE SECRET: The cheese on top is processed with katsuobushi, a dried, fermented, and smoked bonito, which adds funkiness



JARDINIÈRE

San Francisco

PATTY: Textured wheat protein, coconut oil, potato protein, other plant-based things

THE SECRET: The Impossible Foods patty looks and bleeds like ground beef but comes from plants



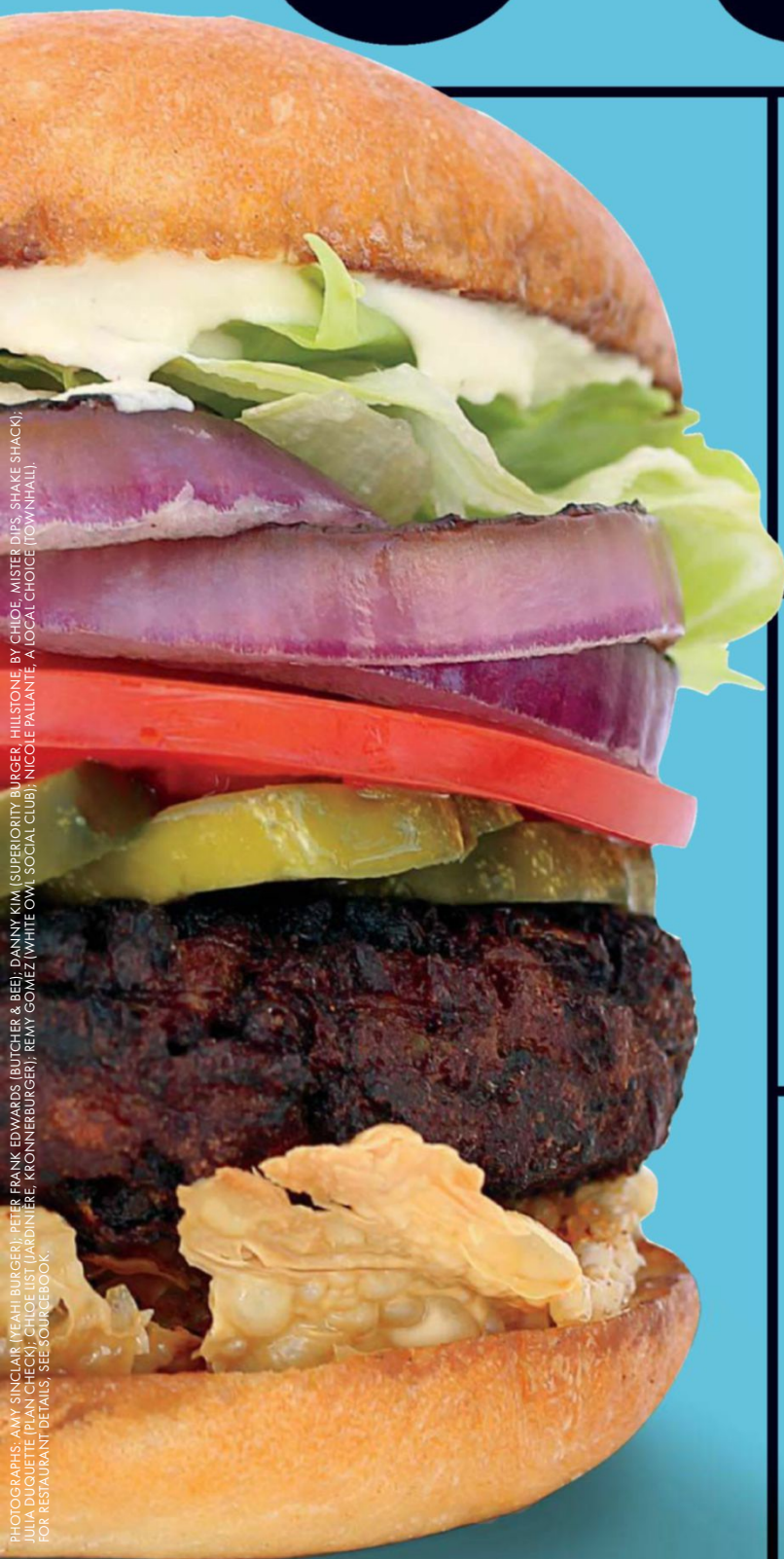
KRONNER BURGER

Oakland, California

PATTY: Mushrooms, potatoes, carrots, cabbage, tofu

THE SECRET: "Yuba bacon," which is yuba that is dehydrated and fried

OUT



PHOTOGRAPHS: AMY SINCLAIR (VEGAN BURGER), PETER FRANK EDWARDS (BUTCHER & BEE), DANNY KIM (SUPERIORITY BURGER), HILLSTONE, BY CHLOE, MISTER DIPS, SHAKE SHACK), JULIA DUQUETTE (PLAN CHECK), CHLOE LIST JARDINIÈRE, KRÖNNERBURGER), REMY GOMEZ (WHITE OWL, SOCIAL CLUB), NICOLE PALLANTIE, A LOCAL CHOICE (TOWNHALL). FOR RESTAURANT DETAILS, SEE SOURCEBOOK



HILLSTONE

Nationwide

PATTY: Brown rice, sweet potato, prunes, oat bran, black beans, onions, jalapeños, paprika, beets

THE SECRET: A glaze of molasses, soy sauce, and sugar for sweetness



BY CHLOE

New York

PATTY: Black beans, sweet potato, onions, blue cornmeal, breadcrumbs, quinoa, chia seeds, Sriracha

THE SECRET: Blue cornmeal to bind and reinforce the taste of the tortilla chips on top



WHITE OWL SOCIAL CLUB

Portland, Oregon

PATTY: Beets, seaweed, nuts, quinoa, potato starch, peanut butter, red miso

THE SECRET: Umami-boosting sauce made with Vegenaise, miso, ginger, and apple cider vinegar



MISTER DIPS

Brooklyn

PATTY: Roasted beets, jade rice, caramelized onions and mushrooms, black beans

THE SECRET: A crispy quinoa layer on top that mimics the crunchy sear you get on a beef patty



SHAKE SHACK

Nationwide

PATTY: Portobello mushroom, cheddar, Muenster, panko

THE SECRET: A slow-roasted portobello mushroom that's stuffed with cheese, rolled in breadcrumbs, and finally deep-fried

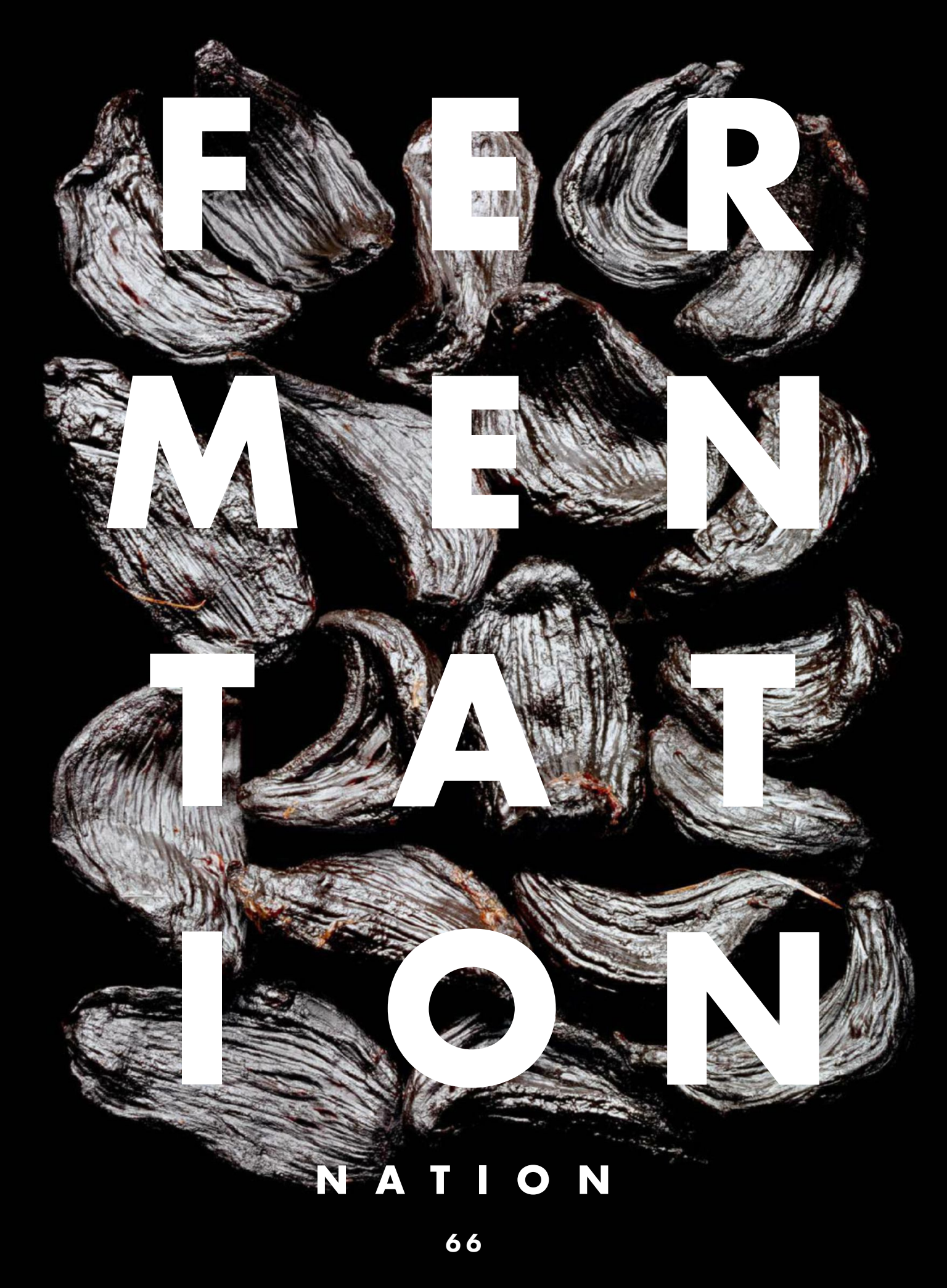


TOWNHALL


Cleveland

PATTY: Vegetables, brown rice, black beans, bulgur, panko, soy sauce, flaxseed, TVP (textured vegetable protein)

THE SECRET: TVP as the binder, which holds moisture better than wheat flour



**F E R
M E N
T A T
I O N
N A T I O N**



▶ WHAT DO LABNEH, KIMCHI, KOMBUCHA, SOY SAUCE, AND SALAMI HAVE IN COMMON? THEY'RE ALL INFINITELY MORE DELICIOUS—NOT TO MENTION NUTRITIOUS—THANKS TO OLD-SCHOOL CURING, PICKLING, AND AGING TECHNIQUES. WE CATALOGED 258 ECLECTIC FERMENTS FROM 22 RESTAURANTS AROUND THE COUNTRY. HERE'S A TASTE OF OUR FAVORITES.

BY ASHLEY MASON
PHOTOGRAPHS BY
MITCH FEINBERG

Fermented hibiscus from Bar Tartine in San Francisco. Opposite: Black garlic from Baroo in Los Angeles.



1

SEEDY CHARACTER

At the **Restaurant at Meadowood** in Napa, these plump, fermented **okra seeds** make diners do a double take.

Chef Christopher Kostow presents them in a delicate dish as a kind of faux caviar, alongside blinis, crème fraîche, and sliced fish. Not only is it a playful visual trick, but it's a way to make the most of okra's starchy texture at the end of the season. "For us, fermenting is a natural by-product of having a farm," Kostow says. He soaks the seeds in salty water (a simple process known as lacto-fermentation) until they're firm and slightly tangy, then folds in a thick okra stock to bind the little beads together so they look like real caviar.

2

MELON BALLER

This **cantaloupe** may look like standard breakfast fare, but you'll know the difference with one slippery, salty spoonful. At

Momofuku Ko in NYC, chef Sean Gray packs the melon halves (skin on to help the fruit retain its structure) in shiso-leaf salt for 36 hours, then bathes them in Japanese plum vinegar. As the melon sits, the flesh becomes soft and slightly effervescent, thanks to the fruit's natural yeast, which converts sugars to alcohol. "It has this really weird, almost molasses texture," Gray says, "but it's also very refreshing." Thin slices of melon are the final palate-cleansing bite on the restaurant's tasting menu.

To find out what's in every dish on these pages, go to bonappetit.com/fermentation



3

BEST BUDS

"I always want that caper pop," says chef Kevin Fink of **Emmer & Rye** in Austin. But rather than import capers from Italy, Fink makes his own version, using the buds of "meadow garlic," alliums that grow wild all over South Texas. Their texture, Fink explains, is similar to caper buds, but the flavor is richer and more garlicky. At his restaurant, these foraged buds soak in salty liquid for up to six months, then finish their fermentation in whey (the liquid left over from cheesemaking) to add more complexity. Fink works these punchy alliums into everything from beef tartare to potato salad.

4

FUN GUY

"We screw around with so much stuff," says chef Erick Harcey of **Upton 43** in Minneapolis. "Some things we're like, 'That was disgusting,'" he admits. But often the experiments, like these squeaky **wood ear mushrooms**, become fixtures on the menu. Lacto-fermented, the wood ears develop their flavor. After three days they're ready to add depth to a sauté of fresh mushrooms. A couple days longer, and those powerful 'shrooms might be transformed into a funky sauce for culotte steaks. "I use them more like a seasoning," Harcey says. "On their own, they'd be too intense."





5

GRAIN POWER

If you've had miso or soy sauce, you're (perhaps unknowingly) familiar with the power of koji, the *Aspergillus oryzae* mold that unleashes the umami in soybeans. Often the koji mold is inoculated into white rice, but at **Baroo** in L.A., chef Kwang Uh creates his signature *noorook* (the Korean word for koji) by introducing those mold spores into a mix of grains like **farro**, **kamut berries**, and **Job's tears**.

After about a week, clusters of fuzzy grains form.

When pulverized, the *noorook* becomes a magic powder that enhances the sweetness of kimchi fried rice and the earthiness of alt-grain risotto.



**DON'T
WORRY
EAT
HAPPY**

CHARRED
CHICKEN
WITH SWEET
POTATOES
AND
ORANGES
P. 74



► EIGHT YEARS AGO NATE APPLEMAN WAS AN OVERWEIGHT AND ANGRY CHEF. TODAY HE'S 85 POUNDS LIGHTER AND HAPPIER THAN EVER. AND IT ALL STARTED WITH A DIET OF MODERATION, NOT DEPRIVATION

BY CARLA LALLI MUSIC - PHOTOGRAPHS BY PEDEN + MUNK

N

▶ Nate Appleman got fat cooking for other people. As the executive chef at Pulino's in 2010, his rustic Italian food was getting hammered by New York critics, a rude fall from grace after winning the James Beard Rising Star Chef of the Year Award a year before. "I blew a gasket every day I was in that restaurant," he says. "I was miserable."

He knew it was time to change.

Appleman wanted to be an active dad to son Oliver (now nine), so he started running. A nourishing breakfast followed. And a proper lunch. Then, he stunned the food world by joining Chipotle.

Today Appleman is about 85 pounds lighter than he was, which he attributes simply to "a good diet and exercise and not eating bad food." As the director of culinary at Chipotle, he helps launch new concepts and oversees menu development, and gets home in time to cook dinner for Oliver. In fact, it was his almost-daily Instagram posts of their healthy, colorful meals that got us thinking about Appleman again—what he was making at home looked pretty incredible. (See for yourself by following @nappleman.)

Appleman's philosophy is basic: "Everything whole fat, whole food, nothing processed." He buys his meat skin on and well marbled. He prefers oily fish—think salmon, bluefish, and oil-packed tuna. His freezer is stocked with grains, dinner always includes "something green," and everything is anointed with omega-rich olive oil, nuts, or seeds.

The key to pulling it off, says Appleman, is "striking a balance between healthy and delicious." Each meal should be a mix of protein, produce, and grains, and the flavors should be balanced. Temper fatty cuts of meat with citrus or a vinegary dressing; add texture and zing to cooked grains by folding in chopped nuts and lots of herbs. Taste what you cooked. And eat with your family.

Charred Chicken with Sweet Potatoes and Oranges

4 SERVINGS Remember that thing about not putting acid on raw meat? Appleman doesn't abide by that rule, and now we don't, either.

- 4 skin-on, bone-in chicken thighs
- Kosher salt
- 4 garlic cloves, finely grated
- 3 Tbsp. fresh lemon juice, divided
- 5 Tbsp. olive oil, divided
- 1 large or 2 medium sweet potatoes, scrubbed
- 3 large sprigs rosemary
- 1 blood orange, thinly sliced, plus wedges for squeezing
- 1 15-oz. can chickpeas, rinsed
- ½ cup Castelvetrano olives, pitted
- 3 oz. feta, crumbled (about ½ cup)

Preheat oven to 450°. Place chicken in a large bowl and season with salt. Add garlic, 2 Tbsp. lemon juice, and 2 Tbsp. oil and toss to combine. Let sit at room temperature at least 30 minutes or cover and chill up to 12 hours. Remove chicken from marinade, draining off any excess; discard marinade. Set chicken aside.

Prick sweet potato all over with a fork and roast on a small foil-lined rimmed baking sheet until tender, about 1 hour. Let sit until cool enough to handle.

Once potato comes out of the oven, start cooking the chicken. Heat 1 Tbsp. oil in a large skillet, preferably cast iron, over medium-high. Cook chicken, skin side down, until skin is very brown (it should get very dark; as long as you don't smell it outright burning it will be all the better with some char), about 5 minutes. Transfer to oven and roast, keeping skin side down, until cooked through, 18–22 minutes. About 1 minute before removing chicken from oven, toss rosemary sprigs into skillet. Place chicken, skin side up, on a plate along with rosemary sprigs. Set skillet over medium-high. Cook orange slices just until golden and slightly softened, about 30 seconds per side. Transfer to plate with chicken.

Toss chickpeas, olives, and feta with remaining 2 Tbsp. oil and remaining 1 Tbsp. lemon juice in a large bowl; season chickpea salad with salt.

Tear open sweet potato and arrange big sections of flesh on a large platter. Place chicken, along with any accumulated juices, around sweet potato, then top with orange slices, chickpea salad, and rosemary leaves. Squeeze orange wedges over everything when at the table.

Pork Shoulder with Pineapple and Sesame Broccoli

4 SERVINGS While pork rib chops would be fine, thin shoulder steaks or blade chops have more fat, meaning they'll stay ultrajuicy even after a hard sear.

- 1 1½–2-lb. skinless, boneless pork shoulder (Boston butt) or 4 pork blade chops
- Kosher salt
- 1 1" piece ginger, peeled, finely grated
- 1 garlic clove, finely grated
- 1 Tbsp. plus 2 tsp. balsamic vinegar
- 1 Tbsp. plus 2 tsp. soy sauce
- 1½ lb. broccoli
- 3 small shallots, thickly sliced
- 2 Tbsp. olive oil
- 2 Tbsp. sesame seeds
- 1 Tbsp. vegetable oil
- ½ small pineapple, peeled, cut into ½" pieces
- 1 Tbsp. unsalted butter

Place a roasting pan in oven; preheat to 450°. Cut shoulder into four 1"-thick steaks; season with salt. Whisk ginger, garlic, 1 Tbsp. vinegar, and 1 Tbsp. soy sauce in a small bowl. Set both aside.

Remove stalk from broccoli. Peel, trim, and slice into ¼"-thick planks. Divide broccoli into large florets. Blanch stems and florets in a large saucepan of boiling salted water until bright green, about 10 seconds. Transfer to a rimmed baking sheet; let cool. Pat dry and toss in a medium bowl with shallots, olive oil, and sesame seeds; season with salt.

Heat vegetable oil in a large skillet, preferably cast iron, over medium-high. Cook reserved pork, undisturbed, until deep golden brown underneath, about 5 minutes. Turn and cook until an instant-read thermometer inserted into the thickest part registers 135°–140° for medium, about 3 minutes. Transfer to a cutting board and let rest 10 minutes.

Pour off fat from skillet and cook pineapple, tossing often and adding a splash or so of water if needed to keep mixture saucy, until slightly softened and browned in spots, about 3 minutes. Add 1 Tbsp. butter along with any pork juices on cutting board; toss until sauce is glossy and emulsified. Stir in remaining 2 tsp. vinegar and soy sauce. Season with salt.

Meanwhile, transfer broccoli mixture to hot roasting pan. Roast until lightly browned but still crisp-tender, 8–10 minutes. Add to reserved dressing and toss to coat; season with salt. Serve pork with pineapple and broccoli.

**COOK
WITH
COLOR**

"Seeing is part of eating," Appleman says, "and I definitely think about making things pretty, even when it's at my house." Layering several ingredients in the same shade helps tie the plate together, and contrasting colors add pop and texture.

PORK
SHOULDER
WITH
PINEAPPLE
AND SESAME
BROCCOLI



**THINK
LIKE
GRANDMA**

Lentils, carrots, onions, fresh eggs. Long, slow cooking brings out the complexity in even the humblest ingredients, and deep flavor, which this stew has in spades, is one key to feeling satisfied. A virtuous dish like this one deserves fry bread for dipping (it's fried in olive oil, the good fat). **If you can imagine your ancestors eating the same meal, it's likely good for you.**



LENTIL
AND EGG
STEW
P. 79

HONEYNUT
SQUASH
WITH
RADICCHIO
AND MISO
P. 79



**GO
SWEET,
SOUR,
BITTER**

When cooking something sweet and hearty like winter squash, you need acidic and bitter elements to keep things interesting.

Green-skin apples have more acidity than red ones, and radicchio brings pleasing bitter notes. The umami-rich miso-and-pine-nut dressing delivers salty-savory flavors; this is a vegetarian dish that hits every part of your palate.

**SERVE IT
FAMILY-
STYLE**

Appleman plates his meals on big round platters and puts them in the middle of the table for sharing (right after taking his Instagram pic, of course). This strategy ensures that all the elements he's put into a balanced dish make their way onto his son's plate. The message: **Everyone eats everything.**

ROASTED
SALMON
WITH CELERY
AND BULGUR
SALAD



Want Appleman's
secrets to Instagram
success? Go to
[bonappetit.com
/appleman](https://www.bonappetit.com/appleman)

Lentil and Egg Stew

4 SERVINGS *Poaching eggs right in the soup is so obviously genius, we are still trying to figure out why we didn't think of it sooner.*

- 1 large onion, chopped
- 1 fennel bulb, chopped
- 3 medium carrots, peeled, chopped
- 6 garlic cloves, 5 finely chopped, 1 whole
- ¼ cup olive oil, plus more for frying
- Kosher salt
- 1 Tbsp. tomato paste
- 2 cups French or black beluga lentils
- 1 3x2" piece Parmesan rind
- 1 large bunch spinach, tough stems trimmed
- 4 large eggs
- 4 large slices country-style bread
- Red wine vinegar and grated Pecorino (for serving)

Pulse onion, fennel, carrots, and chopped garlic in a food processor until soffritto is finely chopped. Heat ¼ cup oil in a large pot over medium. Add soffritto, season with salt, and cook, stirring occasionally, until soft, 10–12 minutes. Stir in tomato paste and cook, stirring occasionally and adding a splash of water if mixture is browning too quickly, until golden brown and very soft (it will look almost like a purée), 10–12 minutes. Add lentils and 6 cups water. Lay Parmesan rind on top (it may stick if it falls to the bottom). Bring mixture to a boil, reduce heat, and simmer until lentils are tender, 35–45 minutes, depending on type. Taste and season with more salt.

Meanwhile, place spinach in a glass bowl and add a splash of water and a pinch of salt. Microwave on high until bright green and slightly wilted, about 1 minute. Squeeze firmly to expel excess water, then cut in half. (If you don't have a microwave, add the spinach directly to the pot and let it wilt slightly before making divots for eggs.) Thin soup with water by ¼-cupfuls if needed to loosen. Scatter wilted spinach across the top.

Using the back of a spoon, create 4 divots in surface of soup and drop an egg into each. Cover pot and simmer soup very gently just until eggs are set, 8–12 minutes.

While the eggs are cooking, heat a small saucepan over medium-high; pour in oil to come ¼" up sides. Working one at a time, fry slices of bread, turning once and adding more oil as needed, until golden brown and crisp, about

1 minute per side for each slice. Season lightly with salt and rub with garlic clove.

Carefully divide soup and eggs among bowls, add a splash of vinegar to each, and top with Pecorino. Serve with fried bread.

DO AHEAD: Soup (without eggs and spinach) can be made 3 days ahead. Let cool; cover and chill.

Honeynut Squash with Radicchio and Miso

4 SERVINGS *What's a honeynut squash, you ask? It looks like a miniature butternut squash and has sweet, firm flesh that stands up to any cooking method.*

- ¾ cup whole grain or semipearled farro
- Kosher salt
- 3 honeynut squash, halved, seeds removed, or 1 acorn squash, seeds removed, cut into thick wedges
- 5 Tbsp. olive oil, divided
- ⅓ cup pine nuts
- 1 garlic clove, chopped
- 1 Tbsp. white miso
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. thinly sliced chives, plus more for serving
- 2 small heads of Treviso radicchio, outer leaves removed and halved, cores quartered
- 1 Granny Smith or other tart apple, very thinly sliced

Preheat oven to 425°. Cook farro in a large saucepan of boiling salted water until tender, 25–35 minutes. Drain; spread out on a rimmed baking sheet.

Meanwhile, toss squash with 1 Tbsp. oil on another rimmed baking sheet; season with salt. Turn squash cut side down and roast until browned and tender, 20–30 minutes.

Bring pine nuts and remaining 4 Tbsp. oil to a very gentle simmer in a small saucepan over medium, stirring occasionally. Reduce heat and cook at a very low simmer until nuts are light golden brown, about 5 minutes. Remove from heat and whisk in garlic and miso. Let cool (it will look a bit chunky and broken at this point). Add vinegar and 1 Tbsp. chives and whisk until dressing is smooth and emulsified; season with salt.

Toss farro and a generous tablespoonful of dressing in a large bowl; season with salt.

Toss radicchio and apple and 2 Tbsp. dressing in a medium bowl and toss to combine. Season salad with salt.

Arrange farro on a platter; top with squash and salad. Drizzle remaining dressing over and top with more chives.

Roasted Salmon with Celery and Bulgur Salad

4 SERVINGS *Finely chopping the walnuts, preserved lemon, and golden raisins gets them into every mouthful.*

- ½ cup walnuts
- 1 1½-lb. piece skin-on salmon fillet
- Kosher salt
- ½ cup coarse whole grain bulgur (not quick-cooking)
- 2 bunches small white turnips (about 1½ lb. total), trimmed
- 4 Tbsp. olive oil, divided; plus more for drizzling (optional)
- ¼ cup plain Greek yogurt
- 1 Tbsp. white wine vinegar
- 2 Tbsp. fresh lemon juice, plus more for drizzling
- 4 celery heart stalks, plus leaves for serving
- ¼ preserved lemon, flesh removed, rind finely chopped
- ¼ cup finely chopped golden raisins
- ¼ cup parsley leaves with tender stems

Preheat oven to 350°. Toast walnuts on a small rimmed baking sheet, tossing once, until golden brown, 5–8 minutes. Let cool slightly, then finely chop.

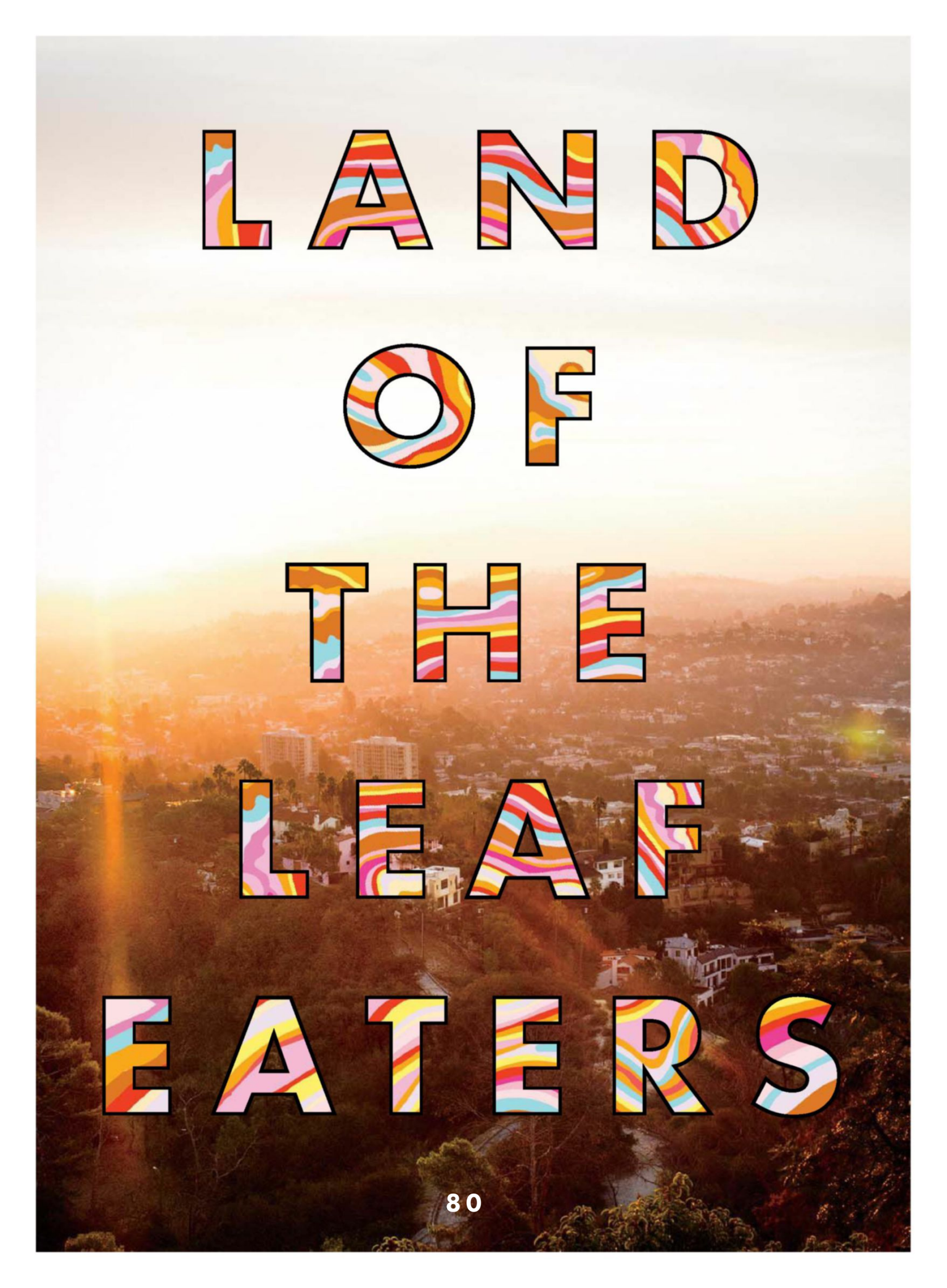
Increase oven temperature to 450°. Place a shallow baking dish in oven to heat. Season salmon generously with salt; set aside.

Cook bulgur according to package directions. Set aside.


Halve turnips, or cut into quarters or sixths if larger. Toss in a large bowl with 1 Tbsp. oil; season with salt. Arrange, cut side down; in preheated roasting dish. Cook until deep brown underneath, 15–20 minutes. Reduce oven temperature to 325°. Toss turnips and push them to one side of dish. Place salmon on the other side; roast until flesh is opaque and nearly cooked through, 12–15 minutes.

Whisk yogurt, vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. oil in a medium bowl to combine. Add walnuts, celery, preserved lemon, and raisins and toss to coat; season with salt. Fold in bulgur.

Arrange turnips on serving platter and drizzle with lemon juice. Scatter bulgur salad over platter. Break salmon into large pieces and arrange over bulgur salad. Top with celery leaves and parsley leaves; drizzle with more oil, if desired.

An aerial photograph of a city at sunset, with a warm orange and yellow glow. The text 'LAND OF THE LEAF EATERS' is overlaid in large, colorful, stylized letters. The letters are filled with a vibrant, multi-colored pattern of wavy lines in shades of red, orange, yellow, green, and blue, all outlined in black. The background shows a dense urban area with buildings and trees, partially obscured by the text.

LAND
OF
THE
LEAF
EATERS



*Artichoke purée,
crispy oyster
mushrooms,
yellow tomato
béarnaise,
and kelp caviar
at Crossroads*

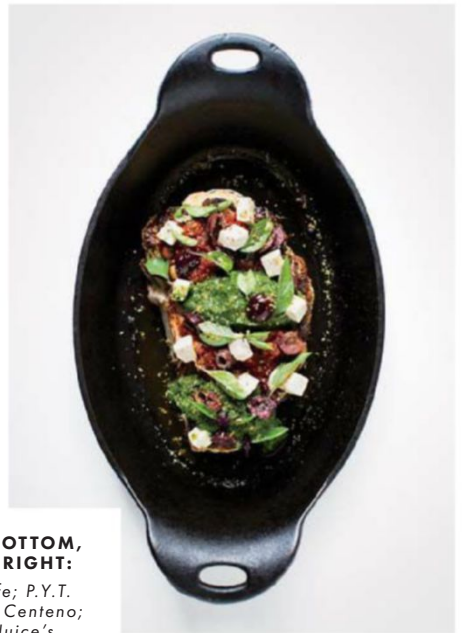
▶ LOS ANGELES IS THE EPICENTER FOR TASTY GRAIN BOWLS, CREATIVE SALADS, VIBRANT JUICES, AND VIRTUOUS SNACKS. AND THE LOCALS HAVE EATEN LIKE THIS FOR YEARS. COME ALONG ON A TRULY FEEL-GOOD TRIP OUT WEST

BY LAUREN BANS — PHOTOGRAPHS BY BRANDON HARMAN

H

► Health food just goes with Los Angeles the way Oscars just go to Meryl Streep. L.A. folk have been aboard the healthy-ish train since, well, trains were how most people got out here. As far back as the 1880s, the sick flocked here to heal themselves with sunshine, raw food, and lots of kale. Replace “the sick” with “aspiring actor/model” and the same pretty much holds true today. We can’t promise you’ll instantly morph into Jessica Alba after one macrobiotic grain bowl (but, say, your skin does look positively dewy!), though we’d bet our avocados you’ll enjoy the meal. Because whatever other insults you want to lob at Los Angeles (sprawling, fake, star f* # % y, etc.), the truth is that this town has healthy yet insanely delicious food in the bag. So pull on your Vans and step to our picks for the best healthy-ish spots in America’s best healthy-ish city. (Ubering is also allowed.) Just try not to breathe in too much of the smog, okay?

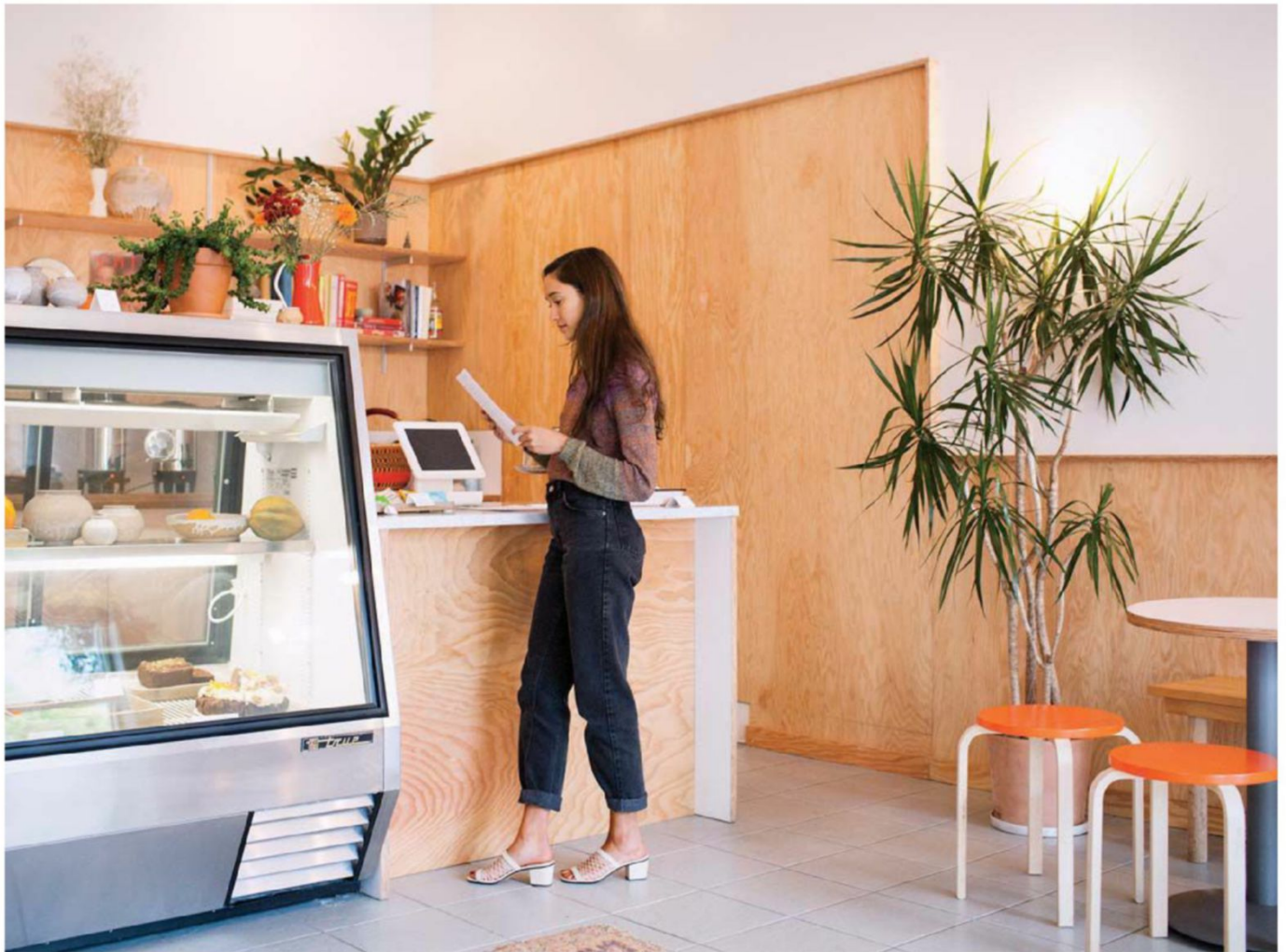




**TOP TO BOTTOM,
LEFT TO RIGHT:**

Rose Cafe; P.Y.T. chef Josef Centeno; Moon Juice's Turmeric's Cup; Madame Gandhi at The Springs; Rose Cafe's cauliflower T-bone; Valentina Cytrynowicz at Moon Juice; Destroyer's avocado confit; yoga time; Café Gratitude's almond buttercup shake; P.Y.T.'s Cameron Wansley; Madcapra's beet-sumac soda; The Springs' Carolina Garay; Erven's s'mores; Rose Cafe; Destroyer's English peas.





The low-key counter situation at Honey Hi

1

BLOCK-SIZE BAZAAR

Chef Jason Neroni's **Rose Cafe** may be newly revamped and newly gigantic—it now takes up a whole Venice block—but on a Sunday afternoon there's still a swell of beachgoers waiting to put their name on the list. The bar area, replete with glowing orbs of light and hanging terraria, is especially charming. But we're partial to the chef's table, which offers a clear view of the pastry station, where bakers roll out dough and interlace pie crusts in plain sight. (Try the berries-and-cream croissant. Fruit is healthy!) The menu offers plenty of meat options for die-hard carnivores, but you'll convert them with a cauliflower T-bone seared to perfection.

The New Avocado Toast Is... Avocado Confit



At **Destroyer**, a new daytime spot with a Scandinavian-modern look in Culver City, chef Jordan Kahn and his team serve *sous vide* avocado in a puddle of sorrel juice and kale oil, topped with puffed teff (a quinoa-type grain). Feel free to leave the bread on the side.

2

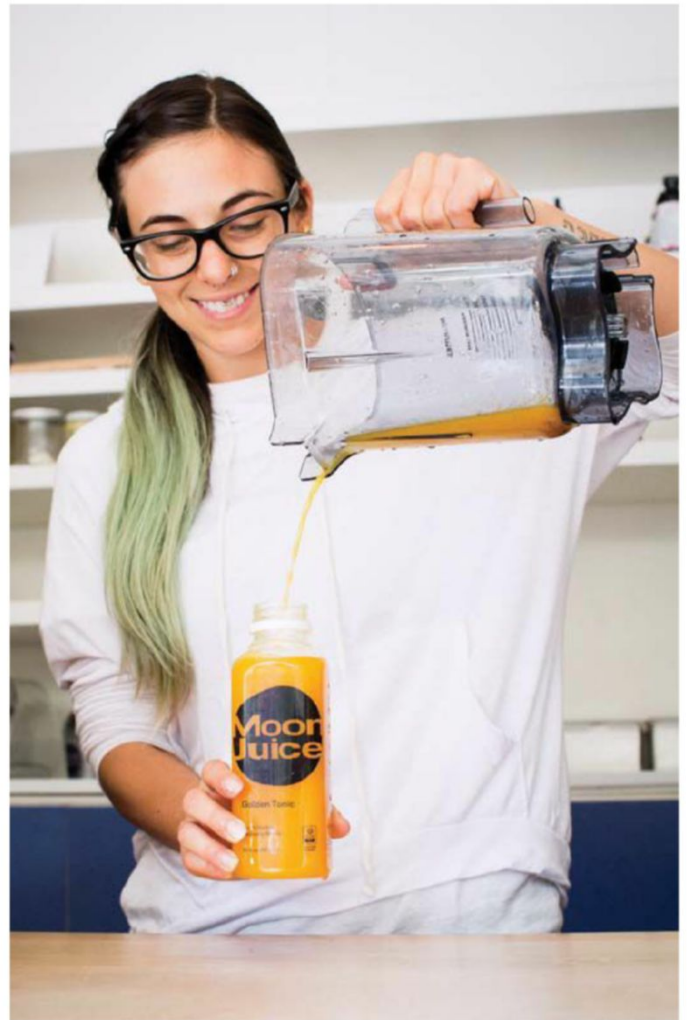
FANCY VEGAN NIGHT OUT

You can waste away your entire dinner conversation debating "Is this really vegan?" at **Crossroads**, Tal Ronnen's white-tablecloth all-veg mecca in Melrose's fancy-schmancy shopping district. Start with the oysters—fried oyster mushrooms topped with kelp caviar to be slurped off an artichoke-leaf "shell." Then tuck into some carbonara, composed of yellow-tomato purée in algae film that somehow—through sorcery and/or science—breaks runny. But for the truest "I Can't Believe It's Not Butter!" moment, get the vegan chicken Parm, which tastes like real breaded, cheesy chicken Parm. Vegans, you have found your Westworld.

3

SUPER BOWLS

Until now Echo Park's most acclaimed food might have been the Dodger dog, which is why **Honey Hi**—a new sunlit breakfast/lunch café created by a pair of college besties, one of whom trained as a nutritionist—is a welcome addition to the neighborhood. Like most hip healthy restaurants in L.A., Honey Hi's locally sourced veggies and pasture-raised meats often come in bowls, which would seem unoriginal at this point if they didn't turn out to be so damn good. The breakfast bowl—greens with olive oil and lemon mixed with sweet potato hash and topped with a turmeric poached egg—is a tongue-pleasing start to any day. You can consider us bowled over. (Sorry.)



Honey Hi's breakfast sandwich; Alyssa Rydell pouring one of Moon Juice's famous Golden Tonics

4

FROM TONICS TO SEX DUST

Muzzle your inner cynic before stepping into **Moon Juice**.

Because to buy Amanda Chantal Bacon's drinkable potions (yes, her last name is amazingly ironic) is to buy into the idea that you can support your brain, your sex life, your skin, and sure, even your soul through a \$9 bottle of turmeric Golden Tonic. And maybe you can? I mean, Moon Juice employees are all, in the words of Derek Zoolander, really, really ridiculously good-looking. My Matcha Pearl moon milk with added "sex dust" didn't make me want to jump any passing men, but a stranger did compliment me on my hair later that day, and hey, that's not nothing.

5

FEEL-GOOD SANDWICH & SODA

It might be the perfect gumbop-size falafel balls that lure you in, but it's **Madcapra's** veggies that keep you coming back. In lieu of tomatoes and cukes (yawn), chefs Sarah Hymanson and Sara Kramer pack sandwiches with pickled fennel, cauliflower, radishes, and fresh herbs. Wash it down with a beet-sumac soda, which has such a gorgeous purple hue it seems criminal not to Instagram it. The café is inside downtown L.A.'s giant food hall, Grand Central Market, so the line can get lengthy on weekends. But don't let the taco stand next door tempt you away with samples; just eat them as you wait.

The New Green Juice Is... Frozen Juice



*The geniuses at **Pressed Juicery** invested in soft-serve machines to make dessert from fruits and veggies. Their **Freezes**—at select **Pressed** stores—are frozen versions of their signature juices, blended with coconut meat to lend an irresistibly creamy consistency.*

6

JOSEF CENTENO'S GARDEN CENTER

Apparently **P.Y.T.**, chef Josef Centeno's latest vegetable-focused restaurant downtown, isn't named after the Michael Jackson song, but pretty young things do pop up on almost all of the plates. Like the breathtakingly colorful baby carrots beautifully piled atop a creamed-corn purée. The restaurant shares its bright, airy space with Ledlow, Centeno's popular bistro, as it does vintage tile floors. At both, meat isn't off the table entirely (though it didn't make it onto ours), but the chef just knows what to shine a spotlight on: local produce.

7

SO GRATEFUL

Lunch at **Café Gratitude** comes with a healthy dose of self-affirmation. All the dishes at the plant-based chain have names that sound like Stuart Smalley mantras—“I Am Vivacious” or “I Am Immortal.” (Shhh, no one’s told them yet.) If you can’t stomach the new-age-church feel—the waiter will ask you what you’re grateful for (try: “A discount”)—head to its vegan Mexican outpost in West Hollywood, **Gracias Madre**. Grab a seat at the gorgeous bar and get some *totopos con chile* (corn chips with salsa and cashew crema) and a pesticide-free organic margarita. In this case, organic means that you should have two.

Gracias Madre’s Victor Feliz shaking up margaritas



To get addresses and contact info for all these spots, see Sourcebook, p. 106.



A modern kale salad (coconut bacon! creamy cilantro dressing!) and First Aid smoothie at The Springs

8

BEST WAY TO START ANY L.A. DAY

The splendor that is **Sqirl** is no secret—as evidenced by the permanent line of attractive Eastsiders that stretches down the block from morning to afternoon. (For what it's worth, once you've snagged a seat, the food comes out at lightning speed.) The daily specials are usually the most enticing, like the roasted sweet potato, which tastes like coziness on a plate in the best possible way. But it's an unspoken rule that you can't visit Sqirl and not order one of their ginormous "burned" brioche slices topped with ricotta and jam. Split it four ways and call it dessert. Health is about balance, right?

The New Cucumber Is... Sandita



*These little fruits look exactly like adorable bite-size watermelons but taste like tart cucumbers. They frame a dish of Catalan sprouts at Marcel Vigneron's fast-casual vegetarian-centric spot, **Beefsteak**, which is named after the giant tomatoes not the cow meat, obviously.*

9

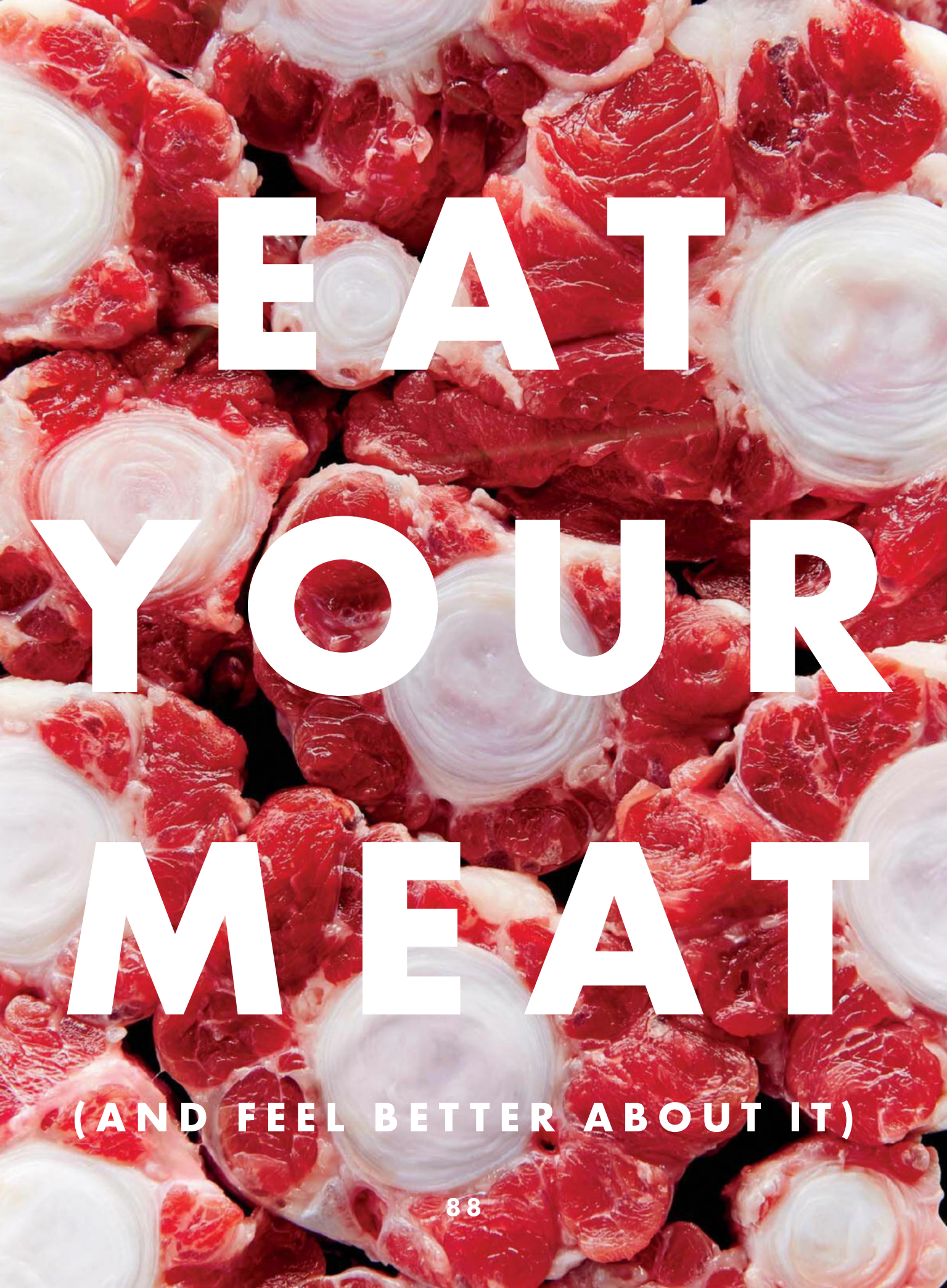
GLOBAL GREENS

The main piece of art at **Erven**, a vegan fine-dining joint in Santa Monica, is a gigantic painting of Mick Jagger smooching Gandhi. But that's not the only unusual pairing. There are "Doritos" made out of dried seaweed, and marshmallow creme made out of aquafaba (chickpea juice). Chef Nick Erven veganizes flavors from all over the globe, from kale cavatelli pasta in a toothsome *tom yum* gravy to a tamale of potato and hearts of palm resting in a punchy beet mole. Wash it all down with a bottle of red from the restaurant's lengthy biodynamic and organic wine list, then toast to what a good citizen of the world you are.

10

ONE-STOP (YOGA, KALE) SHOP

Does your dream brunch involve succulents and hot people in floppy hats and maxidresses discussing gentrification over \$11 smoothies? Look no further than the **The Springs**, the Art District's all-in-one wellness room/yoga studio/restaurant. The vibe at this "urban oasis" is inescapably hippie-dippy—we spied a table covered with crystals for sale near a toddler whining, "No, I wanted the chia-seed one!"—but the menu makes up for it. Sate your thirst with the First Aid smoothie, which includes kale, banana, and chlorophyll, which we can only assume helps you photosynthesize that L.A. sun.



EAT YOUR MEAT

(AND FEEL BETTER ABOUT IT)

OXTAIL RAGÙ
WITH SEMOLINA
GNOCCHI
P. 96



▶ YOU KNOW THE DRILL: EAT BETTER MEAT AND LESS OF IT. BUT WHAT DOES THAT ACTUALLY MEAN, AND HOW ARE WE, PEOPLE WHO, YOU KNOW, LOVE EATING STEAKS AND BURGERS AND BOLOGNESE, SUPPOSED TO DO THE RIGHT THING? RELAX, WE'VE GOT YOU. THIS IS YOUR GUIDE TO SHOPPING SMARTER, COOKING STRATEGICALLY, AND FEELING BETTER ABOUT EATING MEAT—AND ENJOYING IT MORE THAN EVER.

BY AMIEL STANEK

RECIPES BY
CLAIRE SAFFITZ

PHOTOGRAPHS BY
GENTL & HYERS

START FROM THE GROUND UP

► Freshly ground meat, whether it's beef, lamb, pork, or chicken, is a delicious, versatile, and affordable alternative to the pricier cuts in the butcher's case. It's our go-to when we're trying to get a satisfying weeknight dinner on the table. The possibilities are endless—think juicy meatballs, saucy shepherd's pie, and spiced kefta kebabs. And when it comes from a quality operation (not the pasty supermarket stuff we grew up with), you know it's made up of all the tasty trimmings that accumulate as butchers break down an animal into popular cuts—no mystery, just meat.



Always get the meat in the case that's ground in-house—it's the freshest—and ask a few questions about what goes into it."

—JOHNNY HERNANDEZ, CHEF-OWNER, EL MACHITO, SAN ANTONIO



Get the Good Stuff

As much as we'd like to say that there's a label that will give you the green light—"Organic," "Grass-Fed," "Farm-Fresh,"—the reality is, we trust people, not packaging. So the better someone can answer questions about how the animals were raised, fed, and butchered, the more confident we feel. Here's where to start.



GOOD



Some supermarket chains do a better job at sourcing responsible product. **Whole Foods** isn't perfect, but the company rates its meat on a five-step animal-welfare scale (5+ being best). Its stores also feature meat from local(ish) farms, and the butchers are usually more knowledgeable than those at other chains.



BETTER



If you buy your meat from **local producers at a farmers' market**, you know exactly where it's coming from. And cutting out the middleman helps small farmers who show up to sell their meat in a big way. The only drawback is that since producers can't butcher the meat themselves and most of it comes frozen, you have less flexibility around cuts.



BEST




A **whole-animal butcher shop** is probably your best bet—and there are an increasing number all over the country. You want a place that buys whole pasture-raised animals from local farms, breaks them down in-house, and is staffed by butchers who can tell you where a cut comes from, plus give advice on how to cook it.

Roll It Up

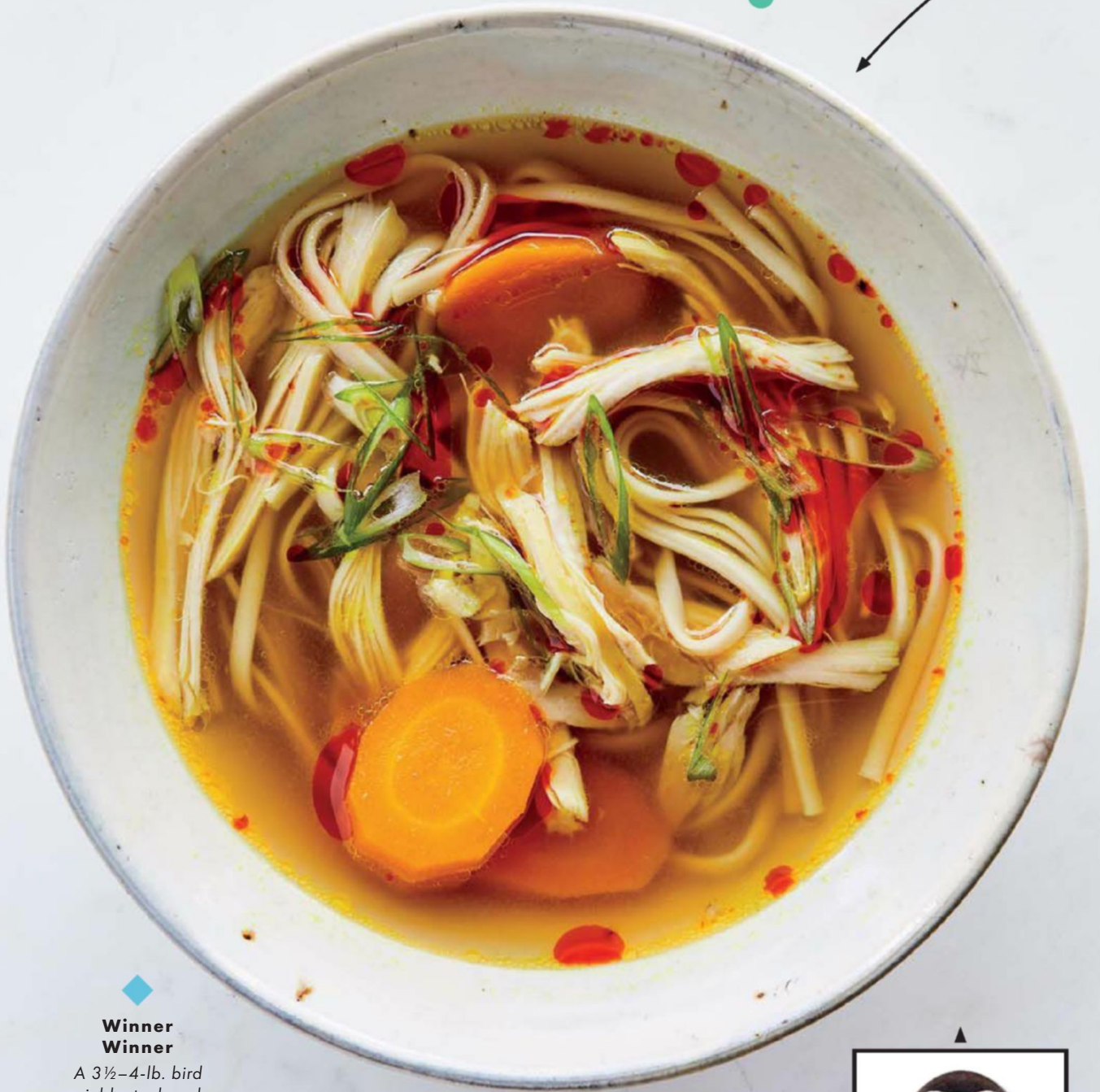
Lettuce wraps, rice, peanuts, and other accompaniments make larb the ideal dish for turning a little meat—lamb, beef, etc.—into a big meal.



 LAMB LARB
P. 97



TURMERIC-
GINGER
CHICKEN SOUP
P. 96



◆
**Winner
Winner**

A 3½–4-lb. bird yields stock and meat for soup, plus extra for tomorrow’s chicken salad. Of course the best chickens (for your soul) are ones that lead happy lives.



2

Go Whole at Home

► We buy whole chickens. Why? Because they're cheaper by the pound than any shrink-wrapped package of breasts or wings. Because we always want to remember that meat comes from actual animals, and because working with a whole bird is an easier way to do that than breaking down, say, a side of beef at home. (Not gonna happen.) And most important, because if we cook smart we're left with plenty of perfectly cooked meat and a rich, silky stock made from the leftover bones.



3

BONE-IN IS A BONUS

◆ Ever notice how a boneless cut costs more per pound than the same bone-in cut? You're paying for those bones either way, so you may as well make the most of them. And meat with the bone attached to it is just more flavorful, period. We love the way that all of the collagen and gelatin trapped around those bits enrich long-cooking braises—like the oxtail number on page 89—creating a lip-smacking liquid that's every bit as meaty as, well, the meat itself. Serve all that savory sauciness with good pasta, rice, or bread to soak it up and you'll feel like a genius.

BUYER'S
GUIDE

Diversify Your Assets

Not all meats are created equal from a sustainability standpoint. Some animals have a greater impact on the environment, and we as consumers need to reorganize our diets accordingly. Your meaty-food pyramid should look something like this.



Beef —

Cattle require the most land, food, and time to get from pasture to your plate. We're not saying *not* to eat that burger or hanger steak, but you should think of it more as celebratory, special-occasion food and not a daily protein.



Lamb —

Sheep come up to weight a lot faster and are less resource-intensive than cattle, but ewes usually have just one offspring a year, making them less efficient to raise than pigs or chickens, which reproduce much more frequently.



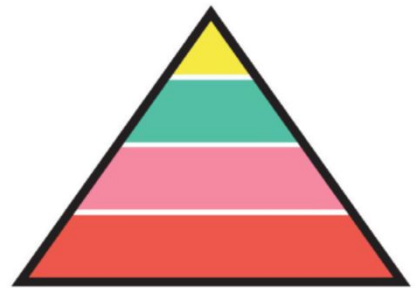
Pork —

Pigs grow fast, need about half as much feed per pound of edible meat as cattle, and sows have between 20 and 30 piglets a year. Plus, they're total omnivores—farmers literally give them compost, turning vegetable scraps into bacon.



Chicken —

Chickens reproduce more rapidly and gain weight more quickly than their four-footed counterparts. Factory farming of chickens is bad for the environment, but well-raised birds are among the most guilt-free meat options out there.



You've got to be flexible about the cuts you cook. We have to acknowledge that there's more than just filet, rib eye, and flank steak on a cow."

—BRYAN MAYER, DIRECTOR OF BUTCHERY EDUCATION, FLEISHERS CRAFT BUTCHERY, NYC

4

CURED MEAT IS A CURE-ALL

► Cooking with cured meat changed everything for us. Even a tiny amount of spicy, ruddy chorizo or smoky andouille suffuses any dish with salty, funky richness, which makes the “meat as seasoning” thing that chefs talk about feel a lot more doable. Also, it keeps forever, so it’s easy to keep a stash on hand for those nights when making a trip to the butcher shop just isn’t in the cards.



●
CHORIZO, TOMATO,
AND CHICKPEAS
WITH YOGURT
P. 96



//

We were taught fat was bad, but it’s not. Folks now want to keep the fat cap on their pork chops—the flavor is better.”

—KRISTIN TOMBERS, OWNER, CLANCEY’S MEATS & FISH, MINNEAPOLIS

BUYER'S GUIDE

Beyond the Barnyard

Beef. Pork. Lamb. Chicken. It gets a little old, doesn’t it? Which is one reason so many of our favorite chefs are mixing it up by putting less-common choices on their menus. They’re tasty, and also usually better to raise and eat than the usual suspects. Below, four to consider.



Rabbit —
Luxe-seeming, easy to raise (even in cities), and very efficient meat producers. Plus, they breed like, well, you get the picture.



Goat —
Sweeter and more delicately flavored than lamb, goat is low in fat, and raising them is gentle on the environment.



Venison —
Whether you hunt it, get it from friends who do, or buy it from a mail-order place like Broken Arrow Ranch (which follows USDA standards), there are plenty of sources for deer meat out there.



Guinea Hens —
Farmers love these low-maintenance fowl for their guard dog-like instincts and hunger for pesky insects like ticks; chefs love their dark, gamy meat, which is good in braises and ragùs.

5

Pork Chops Are the New Rib Eyes

◆ Eat more pork. (Sounds doable, right?) It’s cheaper and more sustainable than beef, but more crucially, well-raised heritage-breed pigs yield meat that has tons of incredibly nuanced flavor and plenty of luscious fat just waiting to be crisped up in a cast-iron pan—a far cry from the bland, lean factory-raised stuff. Which is why we turn to pork when we’re craving the marbling usually associated with grain-fed beef. These days a juicy bone-in double-cut chop is our default steak, and nobody is complaining.



PORK CHOP
WITH APPLE
AND CELERY
ROOT SALAD
P. 97



◀
Salad Days
It's 2017: Your vegetables can't feel like an afterthought. A big crunchy salad full of toasty nuts and salty cheese and topped off with a tangy, creamy dressing is the key to rounding out this spread.

▼
Family-Style
Slicing a huge cut in the kitchen and putting it in the center of the table for sharing feels stylish not stingy. It's how cool restaurants are serving up large-format feasts these days. (Bonus: way more 'grammable!)



Oxtail Ragù with Semolina Gnocchi

8 SERVINGS *This makes a lot of ragù, but it freezes well and is worth having around. If making the gnocchi feels like a project, serve over polenta instead.*

RAGÙ

- 5 lb. oxtails, cut crosswise into pieces
- ¼ cup all-purpose flour
- 2 tsp. freshly ground black pepper
- 2 Tbsp. Diamond Crystal or 1 Tbsp. Morton kosher salt, plus more
- 2 Tbsp. olive oil
- 1 large onion, chopped
- 2 large carrots, peeled, chopped
- 2 celery stalks, chopped
- 1 head of garlic, cloves separated, smashed
- 4 sprigs rosemary
- 1 750-ml bottle red wine
- 1 15-oz. can crushed tomatoes
- ¼ cup red wine vinegar or Sherry vinegar
- 1 Tbsp. honey

GNOCCHI AND ASSEMBLY

- 3 cups whole milk
- 2 Tbsp. unsalted butter
- Kosher salt
- 1 cup fine-grind semolina flour
- 1 cup finely grated Parmesan, plus more for serving
- 1 large egg yolk
- 2 Tbsp. olive oil
- ¼ cup finely chopped parsley

RAGÙ Toss oxtails, flour, pepper, 2 Tbsp. or 1 Tbsp. salt in a large bowl until oxtails are evenly coated. Heat oil in a large heavy pot over medium-high. Working in batches, cook oxtails in a single layer, turning occasionally, until browned all over, 15–20 minutes. Transfer oxtails to a plate as they're done.

Cook onion, carrots, celery, garlic, and rosemary in same pot, stirring often, until vegetables are browned around edges, 10–15 minutes. Add wine, tomatoes, vinegar, and honey, stirring and scraping up browned bits; bring to a boil. Season with several generous pinches of salt and return oxtails to pot. Pour in water just to cover oxtails; bring to a gentle simmer. Partially cover and cook, reducing heat as needed to keep at a bare simmer, until meat is falling off the bone, 3–3½ hours. Let cool; cover and chill at least 12 hours.

DO AHEAD: Ragù can be made 2 days ahead. Cover and chill, or freeze up to 4 weeks.

GNOCCHI AND ASSEMBLY Line a 13x9" baking dish with parchment paper, leaving overhang on 2 sides. Bring milk, butter, and several pinches of salt to a simmer in a large saucepan over medium. Gradually whisk in semolina and cook, whisking, until very thick and bubbling, about 3 minutes. Remove from heat; add 1 cup Parmesan and whisk until smooth. Whisk in egg yolk and scrape gnocchi mixture into prepared pan; smooth top. Cover and chill until set, at least 2 hours and up to 12 hours.

Meanwhile, remove ragù from fridge and skim fat from surface. Warm ragù over low until heated through, then transfer oxtails to a plate. Increase heat to medium and bring braising liquid to a simmer. Cook until reduced to the consistency of gravy, 5–10 minutes. Taste and season with more salt if needed. Pick meat from bones and shred into small pieces. Return meat to ragù; discard bones. Transfer 2 cups ragù to an airtight container and save for later. Cover pot; keep remaining ragù warm over low heat.

Turn out gnocchi mixture onto a clean surface and remove parchment paper; slice into about 1" squares.

Heat oil in a large nonstick skillet over medium. Add half of gnocchi to skillet, arrange in a single layer, and cook, undisturbed, until browned and crisp underneath, about 3 minutes. Toss to turn and cook until other side is browned and crisp, about 2 minutes. Spoon into pot with ragù. Repeat with remaining gnocchi. Gently toss gnocchi in ragù; season with more salt if needed. Divide among bowls; top with parsley and more Parmesan.

Chorizo, Tomato, and Chickpeas with Yogurt

4 SERVINGS *Hearty and substantial on its own, but if you want to put an egg on it, go right ahead.*

- 3 Tbsp. olive oil, plus more for drizzling
- 1 medium onion, chopped
- 4 oz. cured Spanish chorizo, casing removed, chopped
- Kosher salt
- 1 14-oz. can chickpeas, drained
- 1–3 Tbsp. harissa paste
- 1 28-oz. can whole peeled tomatoes
- ½ cup plain whole-milk yogurt
- 2 Tbsp. oregano leaves
- Coarsely ground black pepper
- Toasted pita or flatbread (for serving)

Heat 3 Tbsp. oil in a medium skillet over medium. Cook onion and chorizo, stirring often, until onion is translucent and fat has started to render from sausage, 5–8 minutes; season with salt. Add chickpeas and cook, tossing often, until browned in spots, about 5 minutes. Stir in desired amount of harissa, depending on your heat preference, and cook, stirring constantly, until paste starts to stick to the bottom of skillet, about 2 minutes. Add tomatoes, breaking up with your hands as you go, then tomato liquid left in can, stirring and scraping up browned bits. Bring to a simmer and cook, stirring often, until mixture is thick, 10–15 minutes. Taste and season with more salt if needed.

Top with yogurt, oregano, and pepper and drizzle with oil. Serve with pita alongside.

DO AHEAD: Chickpeas (without toppings) can be made 1 day ahead. Let cool; cover and chill. Reheat gently before serving.

Turmeric-Ginger Chicken Soup

4 SERVINGS *Chicken noodle soup never gets old. If you don't have udon, use rice noodles or regular old spaghetti. A small knob of fresh turmeric can replace the dried type.*

- 1 3½–4-lb. chicken
- 2 medium onions, unpeeled, quartered
- 2 heads of garlic, halved crosswise
- 1 4" piece ginger, unpeeled, thinly sliced
- 3 dried bay leaves
- 1 Tbsp. ground turmeric
- 2 tsp. black peppercorns
- 2 tsp. coriander seeds
- Kosher salt
- 12 oz. carrots (about 4 medium), peeled, cut into ½" pieces on a diagonal
- 8 oz. dried udon noodles
- 4 scallions, very thinly sliced
- Chili oil (for serving)

Place chicken, onions, garlic, ginger, bay leaves, turmeric, peppercorns, coriander seeds, and several pinches of salt in a large pot. Pour in cold water to cover and bring to a boil over medium heat. Reduce heat and gently simmer until an instant-read thermometer inserted into the thickest part of breast registers 155°, 30–35 minutes. Transfer chicken to a

plate and let cool slightly; keep stock simmering. Remove skin from chicken; discard. Pull meat from bones and shred into bite-size pieces; set aside. Return bones and carcass to stock. Increase heat and bring stock to a boil; cook until reduced by about one-third, 15–20 minutes. Season with more salt if needed.

Strain stock into a large saucepan; discard solids. Add carrots, bring to a simmer, and cook until carrots are tender, about 5 minutes.

Meanwhile, cook noodles in a large pot of boiling salted water, stirring occasionally, until al dente; drain and rinse under cold water to stop cooking.

Divide noodles among bowls. Add shredded chicken meat to stock and cook just until heated through; season stock with more salt if needed. Ladle over noodles. Top soup with scallions and drizzle with chili oil.

Lamb Larb

4 SERVINGS *Larb is hailed as the national dish of Laos. Traditionally the salad starts with extremely finely chopped lean meat or fish and is seasoned with lime juice, chiles, fish sauce, and toasted ground rice. This version calls for ground lamb, a fattier protein than what's usually used, and subs ground peanuts as a nod to the texture of the rice.*

- 1 lemongrass stalk
 - 4 garlic cloves
 - ½ bunch cilantro, stems and leaves separated, stems coarsely chopped plus sprigs for serving
 - 1 large shallot, coarsely chopped
 - 4 red Thai chiles, divided
 - ½ cup salted, roasted peanuts
 - 3 Tbsp. fresh lime juice
 - 1 Tbsp. (or more) fish sauce
 - 1 ½ tsp. demerara sugar or dark brown sugar
 - 2 Tbsp. vegetable oil
 - 1 lb. ground lamb (at least 10% fat)
- Cooked white rice, Bibb lettuce leaves, sliced cucumber, lime wedges, and mint sprigs (for serving)

Remove tough outer layers from lemongrass, cut 4" piece from bulb end, thinly slice, save remaining lemongrass for another use. Pulse lemongrass and garlic in a food processor until finely chopped. Add cilantro stems (reserve leaves for another use), shallot, and 1–2 Thai chiles, depending on how hot you

like it, and pulse until finely chopped. Transfer to a large bowl; set aside. Pulse peanuts in food processor until coarsely ground and transfer to a small bowl; set aside. Thinly slice remaining chiles; set aside for serving.

Whisk lime juice, fish sauce, and demerara sugar in a small bowl; set lime dressing aside.

Heat oil in a large skillet, preferably cast iron, over high. Add lamb to skillet and press into a single flat layer with a flexible spatula. Cook, undisturbed, until underside is browned and crisp around the edges, 5–7 minutes. Use spatula to break patty into smaller pieces and turn. Cook pieces on the other side until edges are crisp and meat is cooked through, about 5 minutes. Transfer lamb to a medium bowl with a slotted spoon, then use spoon to break up meat into small pieces.

Pour off all but 3 Tbsp. fat from skillet and set skillet over medium heat. Cook lemongrass mixture, stirring often, until fragrant and starting to stick to skillet, about 3 minutes. Add reserved lime dressing and peanuts and return reserved lamb to skillet. Toss until meat is coated. Remove from heat and season with more fish sauce, if desired.

Serve larb with rice, lettuce, cucumber, limes, mint sprigs, cilantro sprigs, and reserved chiles for making lettuce cups.

Pork Chop with Apple and Celery Root Salad

4 SERVINGS *The target temperature for this chop might be lower than what you're used to. That's because we believe that when you invest in delicious, humanely raised pork, you deserve to enjoy it at a juicy, tender medium-rare.*

PORK CHOP

- 1 double-cut pork chop (1 ½–2 lb.)
- 1 Tbsp. Diamond Crystal or 1 ½ tsp. Morton kosher salt
- 1 tsp. freshly ground black pepper
- ½ tsp. sugar
- 2 Tbsp. olive oil

SALAD AND ASSEMBLY

- 1 large egg yolk
- 1 garlic clove, finely grated
- ¼ cup red wine vinegar
- 1 Tbsp. Dijon or horseradish mustard
- 1 tsp. honey
- ½ cup olive oil, plus more for drizzling
- Kosher salt, freshly ground pepper

- 8 cups torn red leaf lettuce (from about 1 head)
- 4 cups torn frisée (from about 1 head)

½ small celery root (celeriac), peeled, cut into matchsticks (about 2 cups)

1 apple, cut into matchsticks

2 oz. Pecorino, shaved

½ cup chopped smoked almonds
Flaky sea salt

PORK CHOP Pat pork chop dry with paper towels. Mix salt, pepper, and sugar in a small bowl; sprinkle all over pork. Place pork on a wire rack set inside a rimmed baking sheet so it's resting on its side with bone sticking upright and chill, uncovered, at least 8 hours and up to 1 day.

Let pork chop sit at room temperature at least 1 hour for even roasting.

Preheat oven to 300°. Heat a large skillet, preferably cast iron, over medium-high. Rub chop all over with oil and carefully place in skillet; reserve rack and baking sheet. Cook chop, turning every minute or so, until deeply browned on both sides, 5–8 minutes. Turn on its side and sear edges and fat cap until browned, about 3 minutes total. Transfer back to rack, place in oven, and roast until a thermometer inserted into the center of chop about 1" from bone registers 130°, 25–35 minutes (use a probe thermometer if you've got one, or use an instant-read thermometer and check every few minutes after pork has been roasting 20 minutes). Transfer pork to a cutting board; let rest 15–20 minutes.

SALAD AND ASSEMBLY While the pork is resting, whisk egg yolk, garlic, vinegar, mustard, and honey in a medium bowl. Gradually add ½ cup oil, whisking until dressing is emulsified (it should be the consistency of heavy cream). Season with kosher salt and pepper.

Toss lettuce, frisée, celery root, apple, Pecorino, and almonds in a large bowl; season with kosher salt and pepper. Add about three-quarters of dressing and toss to coat; add more dressing to taste and season with more kosher salt and pepper.

Use a thin-bladed knife to cut pork chop away from rib bone, then cut between bones to separate into 2 ribs (or don't, and greedily eat both bones in kitchen before serving others, because you're the cook and you deserve it). Slice chop ½" thick, drizzle with oil, and sprinkle with sea salt. Serve with salad.

HOT POTATO

Everyone loves a well-dressed, baked Russet potato—but why not step up your spud game? **Joey Campanaro**, executive chef of the Little Owl in NYC, shares some inspiration on reinventing this classic dish. Take a cue from these layers of flavor and **reimagine your next baked potato**.

creamy

Gorgonzola
Sour Cream
Mozzarella

crunchy

Pine Nuts
Spicy Pepitas
Fried Shallots

hearty

Prosciutto
Grilled Chicken
Smoked Salmon

leafy

Arugula
Cilantro
Baby Spinach

earthy

Roasted Peppers
Roasted Mushrooms
Caramelized Onions



Not-So-Basic Base

For a versatile go-to, use a baked **yellow potato** as your foundation.

For the Adventurer

Use bright and earthy **purple potatoes**, then top with your favorite flavor combos.



For the Entertainer

Use **fingerling potatoes** with pared-down toppings for bite-size versions of the main event.



For more tater tips & inspiration, visit potatogoodness.com.

LOOK WHO WENT FROM
HUMBLE
underground
BEGINNINGS
TO
prima
donna.



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The showstopper vegetable that's redefining what is and isn't an entrée is none other than potatoes. Find Russian Vegetable Salad and hundreds of other recipes at PotatoGoodness.com/primadonna.



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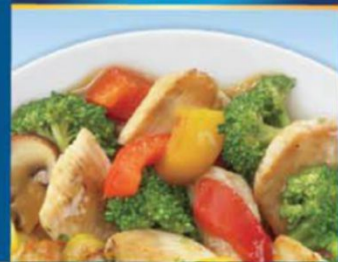
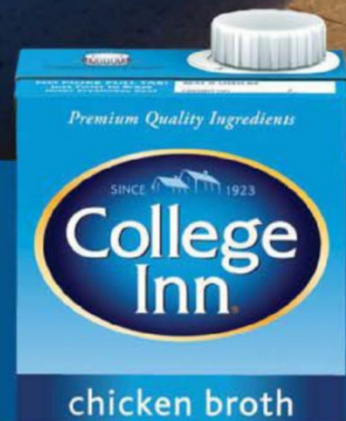
**Lemon Ginger
Chicken Noodle Soup**

Serving Suggestion

Add your love and our savory broth.

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Collegenn.com



STIR UP A BOWL OF COMFORT

This **fast and flavorful** Santa Fe Corn Soup is simple to make, blends together in one easy batch—and the bonus? It's also **good for you**. This recipe is made without added butter or cream and is the **perfect dish for a chilly night in**.

Looking to get creative with garnishes? Drizzle some crema, cracked black pepper, fresh corn, and cilantro on top for a burst of flavor.

SANTA FE CORN SOUP

INGREDIENTS:

- 1/2 cup chopped onion
- 2 cans (15.25 oz. each) 50% Less sodium whole kernel corn, drained (or 3 1/2 cups of fresh corn)
- 1 4-oz. can fire-roasted diced green chiles, drained
- 1 1/2 cups College Inn® Fat Free & Lower Sodium Chicken Broth, divided
- 1 tsp. cumin
- 3 Tbsp. chopped fresh cilantro

DIRECTIONS:

Combine onion, corn, chiles, 1 cup broth and cumin in a medium saucepan. Bring to a boil; reduce heat to low and simmer about 10 minutes, stirring occasionally, until onions are tender. Spoon corn mixture into a blender; puree until smooth, about 2 minutes. Return to same saucepan. Stir in 1/2 cup broth, the cilantro and cumin. Simmer 3 minutes or until heated through. Add an additional 1/2 cup broth if a thinner texture is desired. This recipe serves 4.



Pour Love In.™

For recipes and more delicious inspiration visit Collegelnn.com.

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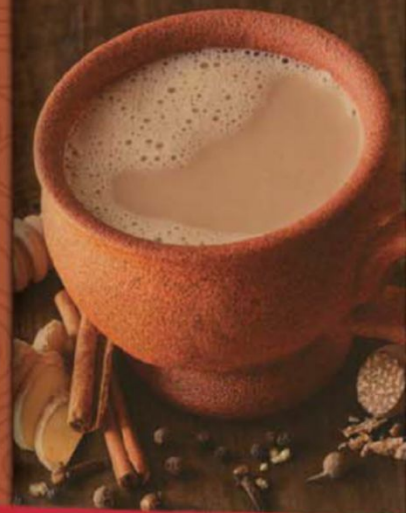
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CINNAMON

GINGER

CLOVES

ALLSPICE

NUTMEG

BLACK PEPPER

FLAVORED CHAI LATTE

1/2 cup Torani Chai
1/2 cup milk
1 tsp. Torani Syrup

Combine ingredients in a mug and microwave on high for :30 seconds.

BLENDED CHAI LATTE

3/4 cup Torani Chai
1/4 cup milk
1 3/4 cup ice

Blend ingredients in blender until smooth.

DIRTY CHAI LATTE

1/2 cup Torani Chai
1/2 cup milk
1 shot espresso*

Combine ingredients in a mug and microwave on high for :30 seconds.

* Substitute 1/4 cup strong, brewed coffee for espresso.

Torani



prep school

AND MORE FROM THE BON APPÉTIT TEST KITCHEN

FROM P. 97

GO BROWN

PSA: When you brown ground meat in a pan, it should be, well, brown and crispy—not gray and mealy like mom’s taco meat.

Here’s how to make the *larb* of your dreams. —CLAIRE SAFFITZ



1.

Dry the meat on paper towels and let it come up to room temperature. (This prevents it from steaming in the pan.)



2.

*Add the meat to a hot, lightly oiled cast-iron pan and **smash it into an even layer**—then don’t touch it!*



3.

Once you see crisp edges, use a spatula to divide the patty and flip it in pieces. Brown the other side, then break into bits and season.

PHOTOGRAPHS BY ALEX LAU



FROM P. 40

WHIZ KID

When it comes to cheese, we do not discriminate. Peek into any BA staffer’s shopping cart and you’ll probably see hunks of lovingly crafted artisanal cheeses sitting shotgun with an iridescent block of Velveeta bound for tangy queso. So while our cheesesteak recipe leans on a combo of sharp provolone and melty white American to lend the sandwich its characteristic goeeyness, **there are some of us (me) who would never gild ours with anything but good old-fashioned Cheez Whiz.** Distinctively intense yet reassuringly familiar, it has a texture that seems to defy gravity, taking all that crispy meat to the next level. Don’t knock it till you’ve tried it.

—AMIEL STANEK



STAFF PICK

Evo Oil Sprayer

Finally, a nonpump oil sprayer that we can get behind. Evo’s version never clogs, sprays vertically and horizontally, and delivers an even coating of any oil when only a thin mist will do. We use it to spray salad leaves, baking sheets, and about a million other things. \$15; bedbathandbeyond.com

—CLAIRE SAFFITZ

FEBRUARY 2017 - 101

prep school



FROM P. 60

TOTALLY WEEDED

Like fish, seaweed can't just be lumped into groups like salty or sweet. Each has a different taste and texture, and since seaweed is packed with glutamates—the building blocks of umami—it accentuates the flavor of anything it accompanies. Here are four of our favorite varieties.

—ANDY BARAGHANI

A. DULSE

Ruddy-colored dulse is usually ground up and sold in flake form, which means it hydrates on contact when stirred into a vinaigrette or showered directly on top of a steaming bowl of seafood stew to add a punch of salt and minerality.

B. HIJIKI

When dried, hijiki looks like tiny black twigs that resemble tea leaves. But once it hydrates, it grows to three times that size, ready to add an oceanic burst to everything from a stir-fry to a salad.

C. ARAME

Arame is a dark brown Japanese kelp that is characterized by its long fine strands. It has a sweet, mild flavor, making it one of the more versatile seaweeds. After it's been soaked, try sautéing it with hearty greens in a bit of oil or butter.

D. WAKAME

Pleasantly slippery and lightly vegetal, this is the seaweed you're most likely to find floating in your miso soup. It's delicate and wants to be added to hot dishes at the last minute, or drained and tossed with crunchy cukes and a soy-rice vinegar dressing.



TEST KITCHEN TALK

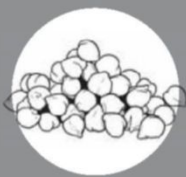
Carla Lalli Music,
food director

"I've been using four restaurant-quality half-sheet pans almost daily forever. Sure, I bake and roast things on them, but that's just the beginning. I use them as lids for my biggest skillet. I rest meat on a rack set inside one. And when I'm grilling, I stack tools and ingredients on one and use it as a mobile mise-en-place tray. A heavy-gauge 18x13" model with a rolled rim will cost you \$18 at webstaurantstore.com. So get a couple."

FROM P. 42

Hey, Chickpea

Chickpea flour is a great all-purpose, gluten-free stand-in for the wheat-based stuff. It's packed with protein and becomes tacky when hydrated, which gives fritters and other baked goods enough structure while allowing for an airy texture. Below, a few ways to use up the rest of that bag. —RICK MARTINEZ



1

Whisk with salt, chili powder, and club soda for a tempura-like batter that fries up golden.

2

Toast in a dry skillet over medium-high heat and use to make a roux for gravies or to thicken stews.

3

Add to veggie burger mix to boost the protein and help the patties hold their shape.

4

Stir with your favorite nut milk and baking powder for savory crepes and pancakes.



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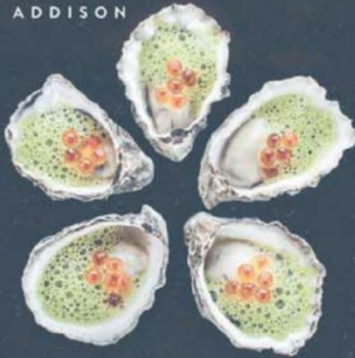
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From the most sophisticated dining experience, to a mouthwatering meatball sandwich, restaurants in San Diego cater to the whim of all types of foodies. Local award-winning humorist, restaurant critic and TV host **Troy Johnson** dishes out his favorites. Bring your appetite, and let your taste buds lead the way.

ADDISON



JAMES BEARD FOODIE

Addison is San Diego's premier fine-dining experience. In fact, Addison is the only Forbes Five-Star AAA Five-Diamond restaurant in Southern California.

Chef William Bradley, a 2016 James Beard semifinalist, infuses fresh, local ingredients with a refined, contemporary French influence for a decadent experience unrivaled in the region.

“

WILLIAM BRADLEY IS SAN DIEGO'S THOMAS KELLER. THIS CUISINE IS AN ABSOLUTE APEX. NOT IN SAN DIEGO—EVERYWHERE.

COMFORT FOODIE

Chef Jason McLeod earned two Michelin stars before turning his talents to beloved gastropub fare at **Soda & Swine**. From the hipster décor to the complex craft cocktails, the attention to detail is impeccable. Soda & Swine is located in **Liberty Station**, the former Naval base that has been transformed into a buzzing hub of restaurants, arts and shopping.

“

THIS IS AN ODE TO THE GREAT AMERICAN MEATBALL. AND GREAT AMERICAN LIBATIONS.

GALAXY TACO



ADVENTUROUS FOODIE

Convoy Street is San Diego's hidden gem of authentic Asian cuisine, and **Yakitori Yakyudori** is the local favorite. They use traditional Japanese cooking techniques, like burning binchotan charcoal at 1,000 degrees Celsius to remove any impurities. The fare ranges from the delicious simplicity of their ramen, to the rewarded bravery you will find in the skewered beef tongue or chicken hearts.

“

EVERY CHEF IN SAN DIEGO WILL TELL YOU: YAKITORI YAKYUDORI IS THEIR OFF-HOUR CATNIP.

LOCAL TASTE FOODIE

Cali-Baja Cuisine is the calling card of the San Diego food culture—a cross-border collaboration of California freshness and Mexico's Baja-Mediterranean scene. It's often locally sourced and features creative and unexpected combinations of flavors. **Galaxy Taco** is the casual, vibrant addition by nationally renowned chef **Trey Foshee**. Have a taco and a margarita on their patio, just off beautiful La Jolla Shores.

“

CHEF FOSHEE'S AVOCADO TACO IS A RUNAWAY—AND VEGETARIAN—HIT, AND THE BIRRIA-STEAMED CLAMS IS PURE CALI-BAJA.

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FOR NUTRITIONAL
INFO FOR THE
RECIPES IN THIS
ISSUE, GO TO
BONAPPETIT.COM
/RECIPES

sourcebook

TRAVEL PLANNER

R.S.V.P.

p. 10
TWO HANDS For restaurant locations,
go to twohandsnyc.com

HEALTHY-ISH pp. 13–26
ASKA 47 S. Fifth St., Brooklyn;
929-337-6792; askanyc.com

BEEFSTEAK For restaurant locations
go to beefsteakveggies.com

DESTROYER 3578 Hayden Ave.,
Culver City, CA; destroyer.la

DRIFTERS WIFE 63 Washington Ave.,
Portland, ME; 207-805-1336;
drifterswife.com

GARDEN BAR For restaurant locations,
go to gardenbarpdx.com

INDAY 1133 Broadway, NYC;
917-521-5012; indaynyc.com

JUNE'S 1722 S. Congress Ave., Austin;
512-416-1722; junesallday.com

LALO 104 Bayard St., NYC; lalo.nyc

MODERN MARKET For restaurant locations,
go to modernmarket.com

NOMA Strandgade 93, Copenhagen;
+45-3296-3297; noma.dk

OCTAVIA 1701 Octavia St., San Francisco;
415-408-7507; octavia-sf.com

OLMSTED 659 Vanderbilt Ave., Brooklyn;
718-552-2610; olmstednyc.com

ORIGINAL GRAIN 302 S. Salina St.,
Syracuse, NY; 315-299-5011;
originalgrainsters.com

WHOLE HEART PROVISIONS 487 Cambridge
St., Allston, MA; 617-202-5041;
wholeheartprovisions.com

POKE 1-2-3

pp. 56–63
FIREFIN POKE SHOP 10 S. LaSalle St.,
Chicago; 312-754-0609; firefinpoke.com

VEG OUT

pp. 64–65
BUTCHER & BEE For restaurant locations,
go to butcherandbee.com

BY CHLOE For restaurant locations,
go to eatbychloe.com

HILLSTONE For restaurant locations,
go to hillstonerestaurant.com

JARDINIÈRE 300 Grove St., San Francisco;
415-861-5555; jardinier.com

KRONNERBURGER 4063 Piedmont
Ave., Oakland, CA; 510-410-7145;
kronnerburger.com

MISTER DIPS 111 N. 12th St., Brooklyn;
misterdips.com

PLAN CHECK KITCHEN + BAR For restaurant
locations, go to plancheck.com

SHAKE SHACK For restaurant locations,
go to shakeshack.com

SUPERIORITY BURGER 430 E. Ninth St.,
NYC; 212-256-1192; superiorityburger.com

TOWNHALL 1909 W. 25th St., Cleveland;
216-344-9400; townhallohiocity.com

WHITE OWL SOCIAL CLUB 1305 SE Eighth
Ave., Portland, OR; 503-236-9672;
whiteowlsocialclub.com

YEAH! BURGER For restaurant locations,
go to yeahburger.com

FERMENTATION NATION

pp. 66–71
BAROO 5706 Santa Monica Blvd.,
Los Angeles; 323-819-4344;
baroola.strikingly.com

EMMER & RYE, 51 Rainey St.,
No. 110, Austin; 512-366-5530;
emmerandrye.com

MOMOFUKU KO 8 Extra Pl., NYC;
ko.momofuku.com

THE RESTAURANT AT MEADOWOOD
900 Meadowood Ln., St. Helena, CA;
707-967-1205;

therestaurantatmeadowood.com

UPTON 43 4312 S. Upton Ave., Minneapolis;
612-920-3406; upton43.com

LAND OF THE LEAF EATERS

pp. 80–87
BEEFSTEAK 7661 Melrose Ave., Los Angeles;
323-424-7443; beefsteakveg.com

CAFÉ GRATITUDE For restaurant locations,
go to cafegratitude.com

CROSSROADS 8284 Melrose Ave.,
Los Angeles; 323-782-9245;
crossroadskitchen.com

DESTROYER 3578 Hayden Ave.,
Los Angeles; destroyer.la

ERVEN 514-516 Santa Monica Blvd.,
Santa Monica, CA; 310-260-2255;
ervenrestaurant.com

GRACIAS MADRE 8905 Melrose
Ave., Los Angeles; 323-978-2170;
graciasmadrewho.com

HONEY HI 1620 Sunset Blvd., Los Angeles;
213-221-7810; honeyhi.co

MADCAPRA 317 S. Broadway, Los Angeles;
213-357-2412; madcapra.com

MOON JUICE For locations, go to
moonjuiceshop.com

P.Y.T. 400 S. Main St., Los Angeles;
213-687-7015; pytlosangeles.com

PRESSED JUICERY For store locations,
go to pressedjuicery.com

ROSE CAFE 220 Rose Ave., Venice, CA;
310-399-0711; rosecafevenice.com

THE SPRINGS 608 Mateo St., Los Angeles;
213-223-6226; thespringsla.com

SQIRL 720 N. Virgil Ave. No. 4, Los
Angeles; 213-394-6526; sqirlla.com

EAT YOUR MEAT (AND FEEL BETTER ABOUT IT)

pp. 88–97
CLANCEY'S MEATS & FISH 4307 S. Upton
Ave., Minneapolis; 612-926-0222;
clanceysmeats.com

EL MACHITO 7300 Jones Maltsberger Rd.,
San Antonio; 210-314-3971

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Sur la table



Healthy

- Brussels Sprouts w/ Pea.
- Salad w/ Avocado + Serrano dressing
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- ALMONDS
- CHICKEN
- BRAVOIA

-ish

- Lasagna
- 3 ingredient pan cakes
- Smoked salmon scramble.
- Fruit smoothies.
- POPCORN
- CAESAR SALAD
- PROTEIN SHAKES

XO - ayesha + Stephen

The Currys documented their top healthy-ish foods on November 28, 2016, in the San Francisco Bay area.



AYESHA AND STEPH CURRY

► He may be the best basketball player on the planet (unless you're talking to a LeBron fan), but in the kitchen, Golden State Warrior Steph Curry needs a little coaching. "He's not focused enough when it comes to his knife skills," says his wife, Ayesha, who follows that with a conciliatory, "Sorry, baby." She should know: She wrote a cookbook, *The Seasoned Life*, and has a new show on the Food Network, *Ayesha's Homemade*. So Steph rides the bench in the kitchen while Ayesha cooks for the family, including their two daughters, Riley and Ryan. Before big games, Ayesha makes the carb-loading pasta you'd expect for an athlete. But after really big wins, things get a little more imaginative: bananas Foster. "She does the old flaming pan trick," Steph says. "It's a great way to come home from the arena." A little more exciting than that glass of whiskey we pour after a long day, but then again, we've never won our office's MVP. —PETER MARTIN

RSVP



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