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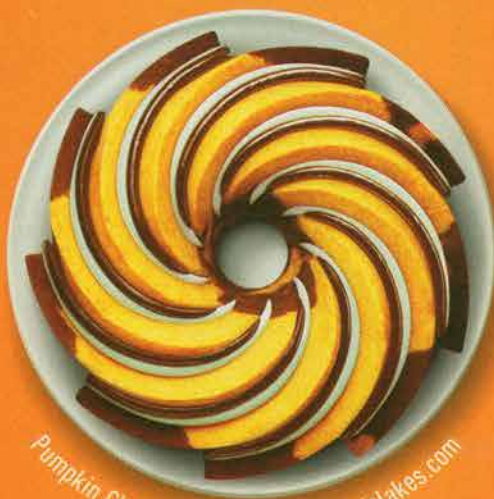
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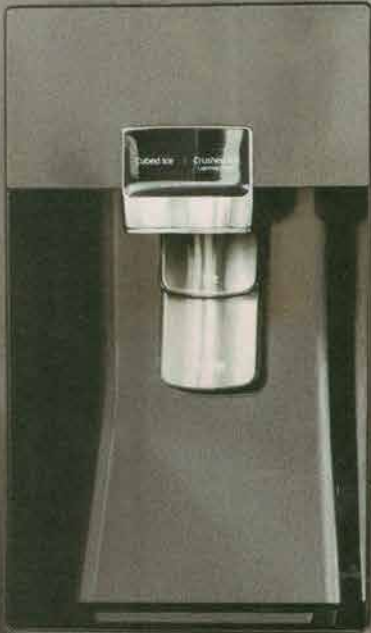
Ice cream

Bread

Tomatoes

Bananas

Carrots

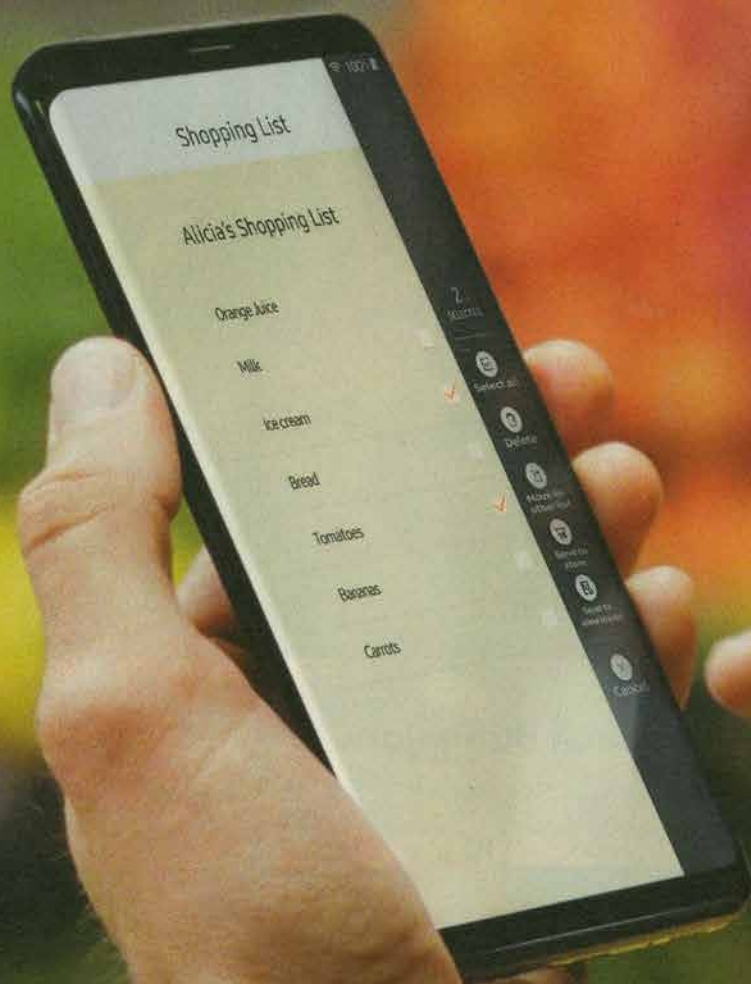


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KIDS MINI MAG AT THE
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HONDA

To Your Health

Here's what's extra good for you in this issue.

DINNERS UNDER 500 CALORIES

Try these light meals from our Weeknight Cooking section.



PASTA E FAGIOLI WITH CHICKPEAS
PAGE 88

CALORIES: 400



GRILLED SALMON AND POLENTA
PAGE 90

CALORIES: 390



PORK TACOS WITH PLUM SALSA
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CALORIES: 470



STEAK-AND-EGG FRIED RICE BOWL
PAGE 98

CALORIES: 440



PASS THE PEPPER!

New research from Kansas State University shows that black pepper may limit the formation of HCAs, carcinogens that can form on the surface of grilled meat and fish. The study found that seasoning proteins with black pepper, in combination with antioxidant-rich herbs such as rosemary and oregano, was nearly 100 percent effective in eliminating HCAs. Try some of the grilled main dishes from our Cookout Cookbook on page 135—they're all well seasoned with pepper!

PICTURE THIS!

Sharing food photos on Instagram could encourage you to maintain healthy eating habits, according to a recent study from the University of Washington. Researchers noted that creating a visual food diary can help people spot trouble and stay on track. Another plus: Followers can also lend emotional support to those who are trying to eat well. Make one of the light dinners in this issue (see left) and post it using **#foodnetworkmag**.



LOOKING GOOD

After a day in the sun, reach for a tomato! In addition to potentially reducing your risk of cancer, heart disease, osteoporosis and cognitive dysfunction, tomatoes have also been shown to decrease the risk of UV-induced skin damage. Kick off your next cookout with one of these tomato-packed appetizers.



Tomato Toasts
page 101



BLT Biscuit Sliders
page 138



Chilled Tomato Soup
page 139

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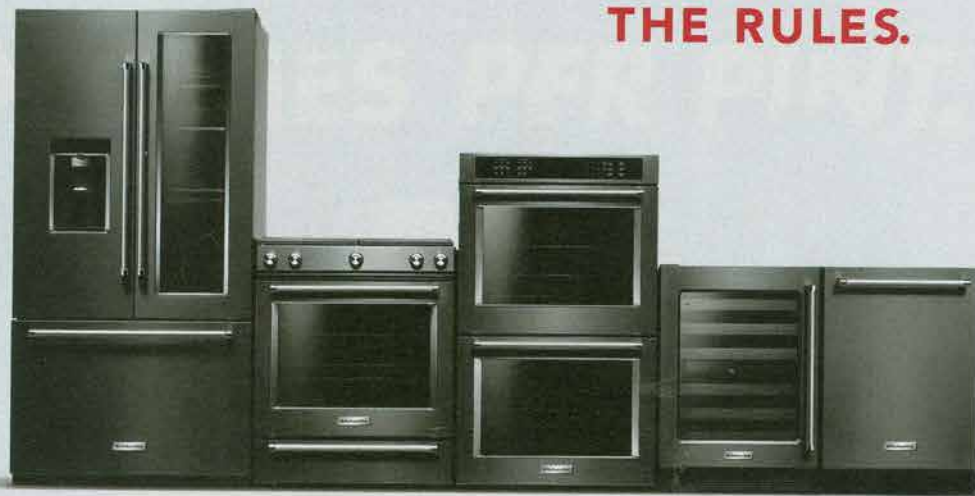


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What was in your childhood lunch box?

Star Search

Find your favorite Food Network celebs in this issue.



Ted Allen
Chopped;
Chopped After Hours;
Chopped Junior
pg. 81



Sunny Anderson
The Kitchen
pg. 18



Valerie Bertinelli
Valerie's Home Cooking;
Kids Baking
Championship
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Ayesha Curry
Ayesha's Home Kitchen
pg. 153,
Family Mini Mag

"BOLOGNA AND MAYO SANDWICHES ON REALLY TENDER WONDER BREAD. MY MOM WOULD WRAP THEM IN WAX PAPER."



Melissa d'Arabian
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Haylie Duff
The Real Girl's Kitchen
and Haylie's America
(both on Cooking Channel)
Family Mini Mag



Guy Fieri
Diners, Drive-Ins and Dives;
Guy's Grocery Games;
Guy's Big Bite;
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Duff Goldman
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Alex Guarnaschelli
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pg. 122



Katie Lee
The Kitchen;
Beach Bites with
Katie Lee (on
Cooking Channel)
pg. 32



Jeff Mauro
The Kitchen
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Family Mini Mag

"HAM AND CHEDDAR ON DIET BREAD. (HEY, IT WAS THE '90S!) WITH BARBECUE POTATO CHIPS."

"I'VE ALWAYS LOVED A PEANUT BUTTER SANDWICH WITH HONEY AND BANANAS, CUT ON THE DIAGONAL. I STILL EAT THIS FOR LUNCH ONCE A WEEK!"



Tia Mowry
Tia Mowry at Home
(on Cooking Channel)
pg. 81



Kelsey Nixon
Kelsey's Homemade;
Kelsey's Essentials (on
Cooking Channel)
Family Mini Mag



Trisha Yearwood
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pg. 81

NYC FOOD VACATION GIVEAWAY!

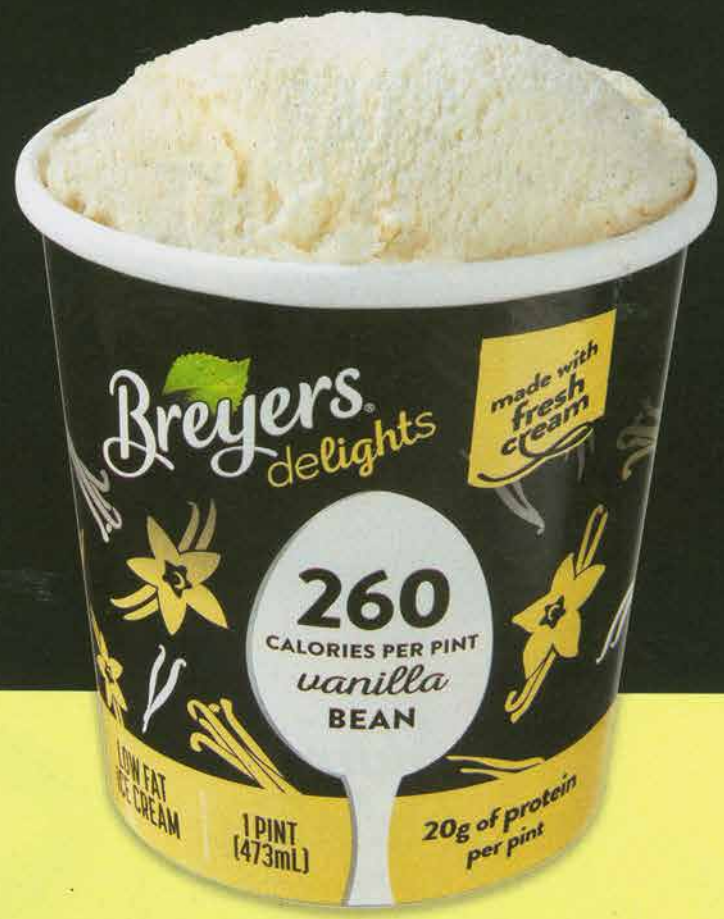
Enter for a chance to mingle with the stars at the 10th anniversary celebration of the Food Network & Cooking Channel New York City Wine & Food Festival, presented by Coca-Cola. One winner will receive the ultimate prize package: two tickets to four festival events, round-trip airfare, a two-night hotel stay, plus a behind-the-scenes Food Network experience and VIP dinner at a star's restaurant. Visit foodnetwork.com/nycwffsweeps.



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Bounce Back Curl Cream, \$13; kimkimble.com



Cool kicks

"I've been wearing Adidas sneakers for as long as I can remember. I have more than 300 pairs, but Jam Master Jays are my favorite. If you want a more classic option, the Superstar is everything."

Superstar Shoes, \$80; adidas.com

Dream face creams

"I love slathering on a thick night cream during the day. There have been times I've left the house and forgotten that my face is all greased up! I alternate between a pricier, Kiehl's cream and drugstore brands like Aveeno."

Smart Essentials Nighttime Moisture Infusion, \$10; aveeno.com



No-fuss nails

"I love gel manicures because I never have to worry about polish chipping off when I'm cooking. Gelish has awesome colors and lots of sparkly options. I buy them online and take them to the salon."

Gelish MINI Soak Off Gel Polish, \$13; sallybeauty.com



STAR SPOTLIGHT



Lavish lips

"I never thought my skin tone could handle bright lip color until I met makeup artist Lucky Smyler, who introduced me to NYX Cosmetics. Their metallic lip cream looks great with or without a full face of makeup. My two favorites are Dark Nebula and Fuchsia Fusion."

Cosmic Metals Lip Cream, \$7.50; nyxcosmetics.com



Essential spoon

"I fell in love with Karen Davis's left-handed wooden spoons while filming the first season of *The Kitchen*. Now I can't cook without them. It takes time to get your order because Karen makes every spoon by hand, but they're worth the wait!"

Left Hand Stir Wooden Spoon, \$32; spoonmakerkds.com

Sunny Anderson

The *Kitchen* cohost talks to us about her go-to beauty products—and her impressive sneaker collection.



Bold baubles

"If you see me wearing jewelry, it's likely by Alexis Bittar. He has one of those stores where you walk in and want to buy everything. All of his shops have a selection of vintage jewelry, most of which Alexis sources himself."

Golden Studded Hinge Bangle Bracelet, \$145; alexisbittar.com

TOPS ON TOP

Cindy Crawford on Silestone Countertop



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WHAT A SPREAD!



I'd never thought of the peanut butter sandwich as a difficult recipe, but a few summers ago one of my friends attempted to make one—and failed spectacularly. This wasn't just any friend. He's one of the most successful people I've ever met, a crazy-smart high-powered executive at a company you definitely know and I definitely won't name here. One of his kids asked for a PB&J, so this friend (I'll call him Dave) got out two pieces of bread and some peanut butter and jelly. So far, so good.

The trouble started when he tried to add the peanut butter. It must have come straight from the fridge, because as he spread it around, the bread tore in a few places. Never mind, Dave kept going. He put jelly on the other slice of bread, smashed the mutilated peanut butter half together with the jelly half, then started cutting the sandwich into pieces with a butter knife. I offered to help, but Dave said, "I got it," and he handed the finished sandwich to his kid (who didn't mind at all that it looked like it had been through a meat grinder).

There are two lessons here: A PB&J is delicious no matter what. And, simple as sandwiches are, there's an art to making a good one. We dedicated our Fun Cooking section to sandwiches this month, and we discovered that there are some basic rules, starting with the fact that your spread should be spreadable! The bread-to-filling ratio is also crucial: If you're using big, fat bread, you need a big, fat pile of meat and cheese to put on it. But of course, you shouldn't overdo the filling. As the late comedian Mitch Hedberg pointed out, the towering stack of meat on a classic New York City deli sandwich is ridiculous. "It's like a cow with a cracker on either side. 'What would you like, sir?' 'A pastrami sandwich.' 'Anything else?' 'Yeah, a loaf of bread and some other people.'"

Maile

Maile Carpenter
Editor in Chief
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We stuffed our special sandwich section with 60 different sandwiches! See page 67.

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September

SUN	MON	TUE	WED	THU	FRI	SAT
					1  <p>Get ready for the holiday weekend. Freeze chunks of seedless watermelon to use as ice cubes at your barbecue.</p>	
3 	4  <p>Make lemon meringue tartlets for your Labor Day cookout. Bake mini phyllo shells, fill with lemon curd and marshmallow cream. Toast with a torch.</p>	5 <p>Many kids head back to school today. Welcome them home with fun cookies: Stir corn flakes into chocolate chip cookie dough and bake.</p>	6 		8 <p>New York City got its name on this day in 1664. Eat a big apple in the city's honor!</p>	9  <p>California became a state today in 1850. Check out the stars' favorite Bay Area restaurants on page 152.</p>
10	11	12	13  <p>Today is Uncle Sam Day! Make hat cookies. Decorate marshmallows with red and blue candy melts and nonpareils; attach to cookies spread with candy melts.</p>	14	15 	16 <p>It's Mexican Independence Day! Celebrate with Mexican flag frozen margaritas. Go to foodnetwork.com/mexicomargarita.</p>
17 	18 <p>Summer is almost over! Enjoy tomato season while it lasts; Whisk grated tomatoes with olive oil, finely grated garlic and salt; toss with hot pasta and torn basil.</p>		20 <p>Rosh Hashanah begins tonight. Make Ina Garten's saffron challah on page 131 and serve it with honey to symbolize a sweet new year.</p>	21 	22 <p>Welcome fall with a pumpkin chai latte: Steep 1 chai tea bag in 1 cup hot milk. Whisk in ¼ cup pumpkin puree, a pinch of pumpkin spice and honey; strain.</p>	23 
24 <p>Oktoberfest is already in full swing in Germany. Try a pretzel dessert: Sandwich ice cream between a split soft pretzel.</p>	25 <p>Beat the Monday blues with a handful of candy corn—and catch the premiere of <i>Halloween Baking Championship</i> tonight at 9 p.m. ET.</p>	26 	27		29 <p>Grind some flaxseed and sprinkle over yogurt and granola to mark World Heart Day. The seeds are packed with heart-healthy omega-3s.</p>	30 

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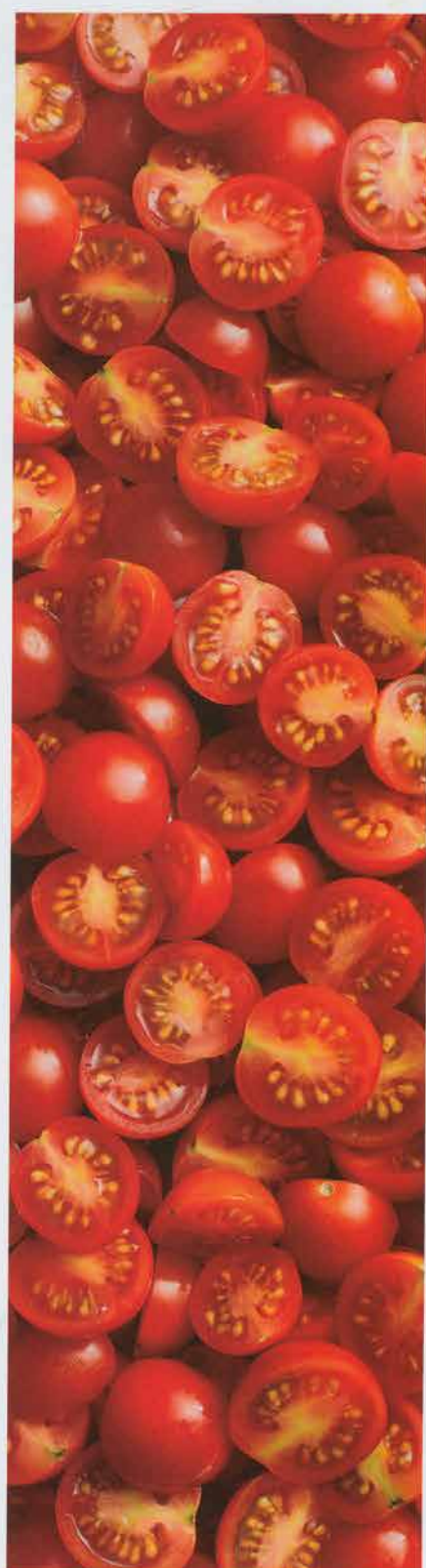
For a complete list of event dates and locations visit FoodNetMag.com/TBK and RSVP at tastebudskitchen.com/FNM.

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ON YOUR MARK

Tear out these garden-fresh "cookmarks" and flag your favorite recipes.



A CUT ABOVE SIMPLE INGREDIENTS, BOLD FLAVORS... THAT'S THE TUSCAN WAY OF COOKING.

It starts with crisp vegetables, cut into hearty chunks and lightly cooked to lock in their layers of flavors. Bring the taste of delicious Tuscan fare to your table, with these recipes starring **Bertolli® Rustic Cut Sauces**. Don't let the simple prep fool you. With deliciously uncomplicated **Bertolli® Rustic Cut Sauces**, you can make a meal that's a cut above.



ARTICHOKE SPAGHETTI WITH TOASTED GARLIC BREADCRUMBS

Prep: 15 minutes Cook time: 15 minutes Serves 6

Ingredients

- 12 ounces uncooked spaghetti
- 1 tablespoon olive oil
- ½ cup panko bread crumbs
- ¼ cup grated pecorino romano cheese
- 2 tablespoons finely chopped Italian parsley
- 1 12-ounce jar quartered marinated artichoke hearts, drained (about 1½ cups)
- 1 23-ounce jar **Bertolli® Rustic Cut Marinara with Traditional Vegetables Sauce**
- ⅓ cup whole milk ricotta cheese

Directions

1. Cook pasta 2 minutes less than directed on package; drain.
2. Heat oil in large non-stick skillet on medium heat.
3. Add breadcrumbs and garlic powder; cook 4–5 minutes or until panko is golden brown, stirring frequently.
4. Remove skillet from heat; stir in grated cheese and parsley.
5. Set aside in small bowl to cool.
6. Add artichokes to same skillet on medium heat. Cook 3–4 minutes or until artichokes start to brown. Stir in sauce and simmer 2–3 minutes, stirring occasionally. Add pasta; toss 1–2 minutes or until combined.
7. Top each serving with breadcrumb mixture and a spoonful of ricotta.

GRILLED MEDITERRANEAN STUFFED PEPPERS

Prep: 20 minutes Cook time: 20 minutes Serves 6

Ingredients

- 2 tablespoons olive oil, divided
- 1½ cups uncooked orzo pasta
- 1 14.5-ounce can vegetable broth
- 1 23-ounce jar **Bertolli® Rustic Cut Spicy Marinara with Traditional Vegetables Sauce**, divided
- 6 ounces crumbled feta cheese
- ½ cup coarsely chopped smoked almonds
- ½ cup chopped fresh mint, divided
- 6 large red, yellow or orange bell peppers, top ½-inch removed, seeded

Directions

1. Preheat grill to high heat.
2. Heat 1 tablespoon oil in medium skillet on medium-high heat. Add pasta; cook and stir 2–3 minutes or until light golden brown.
3. Stir in broth and 1 cup sauce; bring to boil. Reduce heat to low; cover. Cook 4 minutes or until pasta is very al dente, stirring occasionally.
4. Remove from heat; cool slightly. Stir in cheese, almonds and half the mint.
5. Brush outsides of peppers with remaining oil. Grill 4–6 minutes or until crisp-tender and lightly marked on all sides, turning frequently; cool slightly.
6. Place each pepper in center of 12x12-inch square of heavy foil. Bring sides of foil up and shape around each pepper to secure peppers and keep them upright while grilling, leaving the top open. Fill each pepper with 1 tablespoon sauce, and about ¾ cup orzo mixture.
7. Grill peppers 8–10 minutes or until filling is heated through. Carefully remove from foil. Sprinkle with reserved mint before serving with warmed remaining sauce.

THREE CHEESE FARMSTAND CUPS

Prep: 20 minutes Cook time: 15 minutes Serves 6

Ingredients

- 2 cups cooked mini penne pasta
- 1 cup small broccoli florets, cut into ½-inch pieces
- ¼ cup mascarpone cheese
- 3 eggs, beaten
- ½ cup grated parmesan cheese
- 1 23-ounce jar **Bertolli® Rustic Cut Sweet Peppers and Portobello Mushroom Sauce**, divided
- 1½ cup shredded mozzarella cheese, divided
- ¼ cup chopped fresh basil

Directions

1. Preheat oven to 375°.
2. Divide penne and broccoli evenly between 12 standard muffin cups generously sprayed with cooking spray.
3. Whisk mascarpone until smooth; gradually whisk in eggs. Stir in parmesan, 2 cups sauce and ½ cup mozzarella.
4. Spoon ¼ cup egg mixture over pasta and broccoli in each cup, pressing filling down gently with spoon.
5. Bake 18–20 minutes or just until set, sprinkling tops with remaining mozzarella halfway through bake time.
6. Let stand 3 minutes before carefully unmolding. Serve topped with warmed remaining sauce and basil.



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BRING TUSCANY TO YOUR TABLE

HOMEMADE TASTE



You Asked...

Food Network stars answer your burning questions.



Melissa, I consider myself an OK cook. Any advice on how to improve my skills?

Chris Cooper
Sunrise, FL

Start by mastering meat: Before cooking, blot the meat really well with a paper towel. Moisture will keep it from getting a nice sear; it will have a better crust and be much more flavorful if you blot it dry first. Second, invest in a meat thermometer. Lamb, chicken and beef each cook at a different rate, so using a thermometer is the best way to avoid overcooking.

—Melissa d'Arabian



Jeff, I love making beer-battered fish and onion rings, but everything I fry turns out oily. What am I doing wrong?

Melissa Sabol
Burgaw, NC

Greasy food usually means that the frying temperature is too low. Raise it by 25° and see if that does the trick. If your fried foods are still oily, raise the temperature by another 25°.

—Jeff Mauro



Duff, to make a cake light and fluffy, should I use egg whites or whole eggs?

Rachel Parks
Pipersville, PA

Using egg whites alone will give you a fluffy cake, but it may be dry because yolks provide some of the fat that keeps cakes moist. Instead of eliminating yolks altogether, just replace some of the yolks with whites. Make sure you keep the total weight of egg in the recipe the same: As a general rule, an egg white weighs twice as much as a yolk.

—Duff Goldman



Katie, I recently went vegan. What is one of your favorite meatless meals?

Amanda Patterson
Oklahoma City

I try to go meatless for a few meals every week. It's so important to eat more plants! One of my favorite hearty vegan meals is tempeh-and-lentil sloppy joes. I make a traditional sloppy joe sauce and substitute crumbled tempeh and lentils for the beef (find my recipe at foodnetwork.com/katiessloppyjoe). Serve with kale coleslaw and you've got yourself an excellent vegan dinner.

—Katie Lee



Guy, is there a food you tried and loved on *Diners, Drive-Ins and Dives* and now make at home?

Tanae Wolfman
via Facebook

Mofongo—an Afro-Puerto Rican dish made with fried plantains, pork rinds and garlic—is one of my favorite foods I've tried on the show. I even went so far as to go to Puerto Rico and get a pilón (a wooden mortar and pestle) so my homemade version would be as authentic as possible.

—Guy Fieri

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In the Know

Batter Up

Renovating your kitchen is good for more than just increasing your home value: It could also increase your dessert production! A third of homeowners who updated their kitchens last year reported baking more often once they had a new place to work.

SOURCE: HOUZZ.COM

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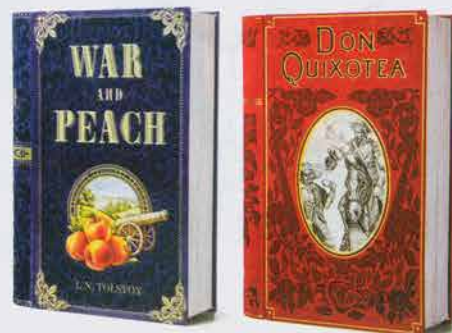
FOOD NEWS



Sugar Fix

A frozen treat can work wonders as a bribe: According to a recent survey, two-thirds of parents admit to promising their kids ice cream to get them to do something—and dads are the bigger culprit: They're 65 percent more likely than moms to cut the deal!

SOURCE: BASKIN-ROBBINS



Teatime

If you like to curl up with a good book and a cup of tea, now you can curl up with a cup of tea inspired by a good book: NovelTea's blends are named after famous fiction and come in tins that look like hardcovers.

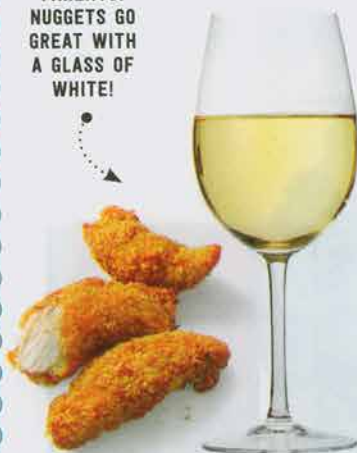
Included in the company's tea library: Don Quixotea, Pride and Peppermint, and War and Peach. New "titles" like Anise in Wonderland, Anne of Green Tea Gables and Pippi Oolongstocking arrive this month. \$29 for a tin, \$14 for blends; novelteatins.com

WORD UP

Until recently, *alfredo sauce*, *Shirley Temple* and *coconut water* weren't considered common English-language terms, at least by Merriam-Webster's dictionary. These and 27 other food terms were finally added to merriam-webster.com this year. Why did it take so long? Peter Sokolowski, the company's editor at large, explains that words remain on a waiting list until they've appeared enough times in many publications to justify inclusion.



PARENTS:
NUGGETS GO
GREAT WITH
A GLASS OF
WHITE!



CHICK MAGNET

You can taste hundreds of wines at the vineyards and wineries in Sonoma, and now you can also sample chicken nuggets. Hip Chick Farms Kitchen in Sebastopol, CA, recently opened a nugget tasting room. On the menu: flights of nuggets in flavors like ranch, maple and Sriracha to pair with local wines and beers. For the record, the owners think sauvignon blanc and pinot noir go best with chicken. hipchickfarms.com



GET THE PICTURE

New York City is home to about 24,000 restaurants, and an ambitious artist is on a mission to draw every one of them. John Donohue has launched "All the Restaurants," an ongoing project to sketch the facades of eateries in the city's five boroughs. Each drawing takes about 20 minutes, and he completes three per week. (At his current rate, incidentally, he'll finish in 153 years.) Visit alltherestaurants.com to buy a print or submit a request. From \$95.



A Whale of a Year

Carvel's beloved Fudgie the Whale cake turns 40 this year—and so does marine wildlife conservation organization Save the Whales.

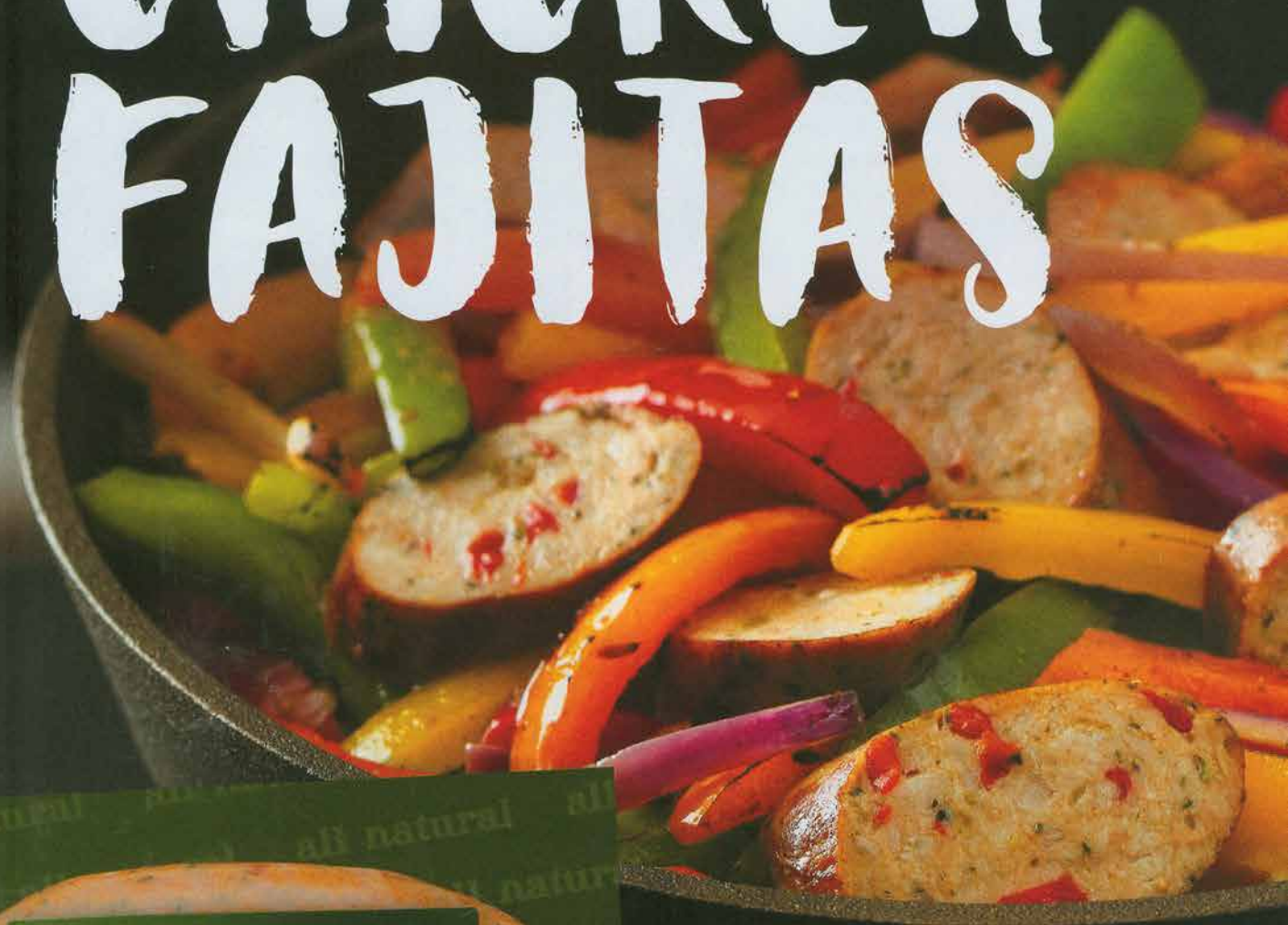
To celebrate, Carvel and Save the Whales have teamed up to raise money: Until September 30, every \$10 Save the Whales donation made at the URL below is an automatic entry to win free ice cream cakes for a year. carvel.com/fortyyearsoffudgie



Bakers Beware New Jersey is now the only state in the country that prohibits home bakers from selling treats from their kitchens for a profit. A similar restriction in Wisconsin was recently deemed unconstitutional by a Lafayette County judge. Now a local group in New Jersey is on a mission to change the rules there as well. Visit nhomebakersbill.org for more information on how to help legalize for-profit bake sales in all 50 states.

..... TONIGHT YOU'RE MAKING
HAIRCUT APPOINTMENTS, WEEKEND PLANS AND

CHICKEN FAJITAS



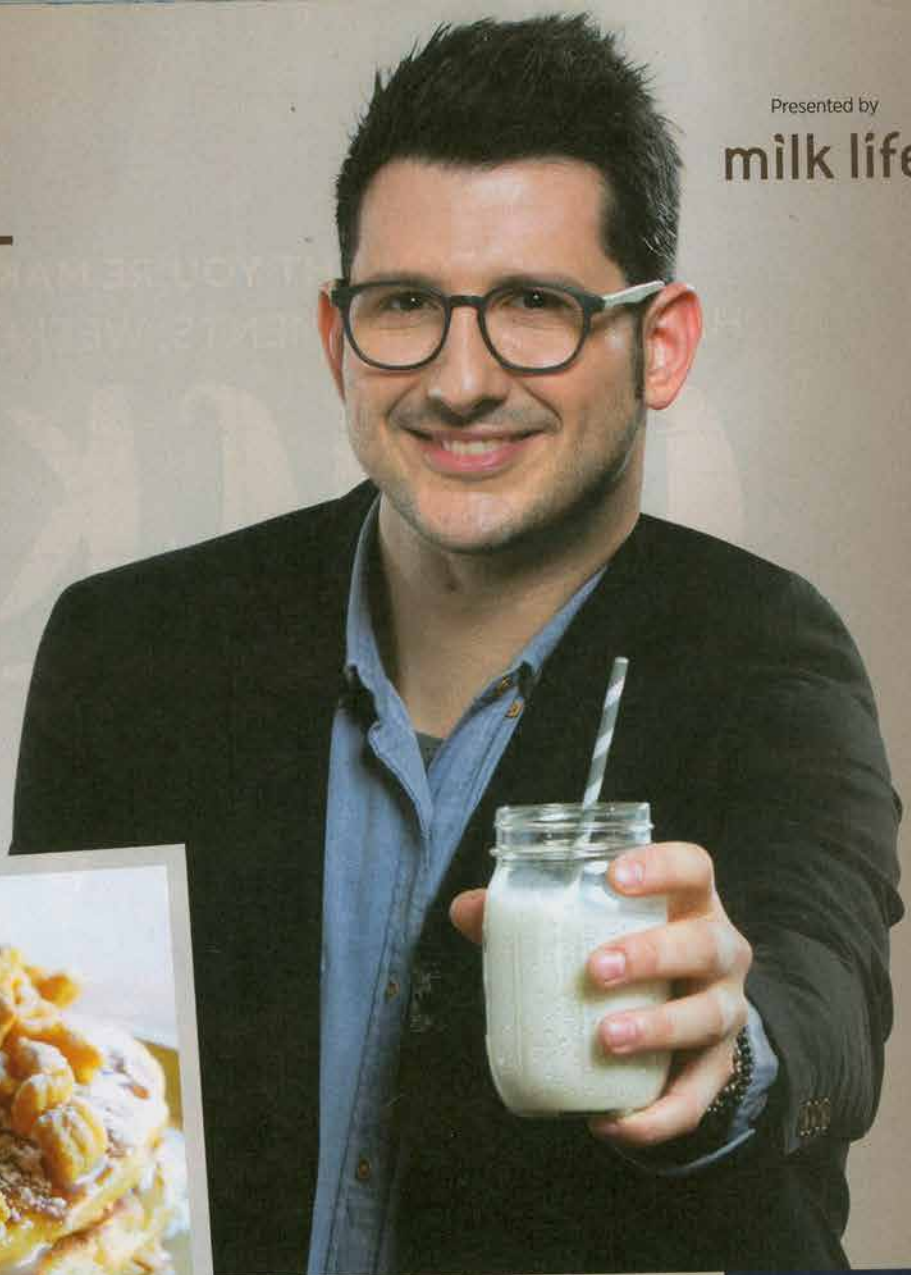
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DO BREAKFAST BETTER

Cereal & Milk Gets a Kid-Friendly Update

Inspire your kids to take breakfast up a notch with our recipe from **Milk Life's** brand ambassador **Chef Giorgio Rapicavoli**. Pair with a cold glass of fresh, wholesome dairy milk—for balanced nutrition and protein that makes breakfast even better.



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MINI CRUNCHY CEREAL PANCAKES

SERVES 4-6

Recipe by Giorgio Rapicavoli of Eating House

Pair each serving with an 8-ounce glass of milk. Chef Giorgio uses his favorite cereal from childhood in this recipe. You can use any kind you like.

INGREDIENTS

Condensed Milk Syrup:
1 cup condensed milk
¼ cup heavy cream
1 pinch of salt

Vanilla Butter:
1 stick unsalted butter
½ tsp vanilla bean or
1 tsp vanilla extract

Pancakes:
1 cup flour
1½ tbsp sugar
1 tsp salt
1 tbsp baking powder
1¼ cups milk
2 eggs, lightly whisked
6 tbsp unsalted butter, melted
1 cup cereal*
2 tbsp powdered sugar

DIRECTIONS

Make Condensed Milk Syrup: Combine ingredients and mix well. Shake or mix right before serving.

Make Vanilla Butter: Whip the vanilla and butter together until well mixed.

Make Pancakes: Place cereal in a food processor and pulse until it's ground to a fine meal. In a medium bowl, mix flour, sugar, salt and baking powder. In a separate container, stir the milk, eggs and melted butter. Mix the wet into the dry until just combined. Pour one tablespoon of batter onto a griddle over medium-high heat. Repeat with remaining batter. Once bubbles form, flip pancake and cook on the second side until golden brown. Top with the vanilla butter and condensed milk syrup before sprinkling with extra cereal pieces and powdered sugar. Serve with an 8-ounce glass of milk.

**Nutrition: 680 calories; 37g fat; 23g saturated fat; 170mg cholesterol; 19g protein; 70g carbohydrates; 1g fiber; 920mg sodium; 670mg calcium (70% of daily value). Nutrition figures based on using fat free milk, and include an 8-ounce glass of milk. *Nutrition figures may change depending on cereal used.

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A man and a woman are in a kitchen. The man is standing on the left, wearing a dark purple t-shirt and white pants. The woman is sitting on a stool at a counter on the right, wearing a white zip-up top and blue jeans. The kitchen has patterned wallpaper, hanging copper pans, and glass cloches filled with pasta. A sign on a shelf says 'CAKES'.

Vintage stoves

The kitchen has two classic stoves: a small Magic Chef (below) for quick cooking, and a traditional English AGA. The AGA takes half a day to heat up, but once it does, it burns at over 600°!



Food storage

The couple stashes dried pasta under large glass cloches that double as island centerpieces.

Open storage

Industrial shelves provide storage without blocking the tiles. Damian loves that he can quickly grab what he needs while he's cooking.

**Patterned tiles**

Cement tiles, from Rustico Tile & Stone, are the defining feature of the kitchen—as a bonus, they're super easy to clean!



Amazing READER KITCHENS

Take a peak at these spectacular spaces—and steal some ideas!

Damian and Rita Maggos Indianapolis

Updating the kitchen is usually the first task for a new homeowner. But when Rita and Damian Maggos bought this 1873 house last fall, they found the kitchen that you see here—and they didn't change a thing. "We looked at it and it was perfect," Damian says. They bought the 11,000-square-foot house (which was once a men's club equipped with a full-functioning bar) from local real estate agents, and they loved all the bold decisions the previous owners made: the copper sink, the metal open shelving, the showstopping tiles. "The kitchen sold us on the whole house," Damian says. "The AGA oven was intimidating at first, but once I used it, I was amazed!"

Wood cabinets

Rita and Damian keep their countertops clear by hiding appliances inside these custom-made pine cabinets.



Subtle color

The cabinets are painted a custom soft blue inspired by Linda's favorite candle.



Oversize stove

Linda installed two professional-grade Viking gas ranges side by side (30 and 36 inches) to give her a total of 66 inches of cooking space. It's her favorite part of the kitchen.



Double islands

The 380-square-foot kitchen had room for two mahogany-and-quartzite islands, so Linda designated one for food prep (with its own sink and garbage bin) and one for entertaining (with a mini fridge underneath where guests can grab drinks).



Linda and Fred Waks Toronto

You wouldn't know from the photo that this kitchen is typically messy, but Linda Waks promises that's the case. "It was a big job to clean up for this picture!" she says, laughing. "We have a beautiful kitchen, but it gets tons of use." When they renovated their 1920s Georgian-style house a decade ago, Linda, a homemaker, and her husband, Fred, a real estate developer, made some smart decisions that have stood the test of time, like double ranges, a Sub-Zero fridge and durable quartzite countertops. Linda, a mom of four (and grandmother of two), is in culinary school and often serves as sous chef to her youngest daughter, a private chef who operates a catering business out of the kitchen. But she reserves Fridays here for her own weekly baking project: making challah for her grandsons.

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TO
SHINE



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Floral fixtures

The couple traveled to China in search of the perfect accent pieces, like this chandelier. The glass cylinders around each bulb can be filled with flowers!

Leyla and Hossein Ghorbani

Potomac, MD

Where do you start when you decide to gut your home and suddenly have 700 square feet of kitchen to plan? Of course, you get a big stove (like a 60-inch BlueStar French top), but Leyla and Hossein Ghorbani didn't stop there. They also built a 6-by-6-foot walk-in cooler and a 6-by-7-foot quartz island, and then installed two dishwashers for good measure. It was a daunting task, but Leyla, who works in IT (as does her husband), gladly became the project manager. Now Leyla, Hossein and their 2-year-old, Iliya, can't get enough of the space. "We decompress in here," says Leyla. "If I have an extra hour, I'm spending it in the kitchen."

Side-by-side sinks

Leyla and Hossein put in two sinks so they can work together. One has a large single basin big enough for washing a full sheet pan; the other has a double basin for rinsing smaller items.

Square hood

Leyla couldn't find a hood with a look she absolutely loved, so she had her cabinetmaker design a rectangular white lacquer cover to match the other cabinets.

When making by hand
means making a mess, your
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More Bright Ideas

These readers got creative with color in their home kitchens.

~ PURPLE ~



While Carrie Callegari was looking for appliances for her kitchen in Huntington, NY, she realized BlueStar had a range in the same purple as one of her favorite nail polishes. She went for it, then let the range inspire the rest of the room.

~ GREEN ~



Sheila Potts of Poetry, TX, put a lot of DIY love into her happy green kitchen. She mixed the color for the cabinets herself using Annie Sloan's Antibes Green, Aubusson Blue and Duck Egg Blue, then distressed the surfaces to match the hutch at either end.

~ WHITE ~



Plenty of people go white for their kitchen, but personal chef Lori Cummings from Miami went white (countertops) on white (cabinets) on white (floor). The minimalist look is ideal for her midcentury home. The secret to keeping it neat? Lots of cabinets!

~ BLUE ~



Karen Dorsett fell in love with Big Chill's Beach Blue Retro Stove years ago and finally got to install one in her Colorado Springs home. She found matching paint for the interior of her cabinets—and also used it on her front door!

It's go time.



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READERS' BEST

Cooking (and Baking!) Tips

Learn some clever tricks from fellow Food Network fans.

In the Know



If your butter is frozen or too cold for spreading, use a vegetable peeler to pull off thin strips.

Jan Winters
Elkton, MD



Store your ginger in the freezer. When you need it, gently shave off thin slices from a cut end (don't bother peeling) and add straight to your cooking.



Henry Liu
Libertyville, IL



Carrie L. Kass
Longmont, CO

To cut the kernels off an ear of corn, place the pointed end of the ear into the hole of a tube cake pan. As you slice downward, the hole holds the ear of corn steady while the kernels all fall into the pan. No mess and no cut fingers!

READERS' BEST Cooking Tips



I freeze tomato paste in tablespoonfuls because most recipes call for that amount.

Samantha Tessler
North Attleboro, MA



Make scrambled eggs for a crowd: Pulse 2 dozen eggs in a blender with a splash of cream, then cook in a large skillet over low heat with a stick of butter, salt and pepper. Stir in some cream cheese and transfer to a slow cooker set to low. The eggs will stay moist and fluffy for hours!

Andrea Lawler
Buffalo



Dry orange peels in the oven at 325°, then grind them in a coffee grinder or food processor until sandy and pebbly. Sprinkle over yogurt, add to oatmeal, fold into whipped cream or add to a rub for meat.

Kelsi Matwick
Gainesville, FL



When I use my Dutch oven, I put foil on the inside of the lid so there's no mess. Just take the foil off when you're done and presto—a clean lid!

Linda Lombardi
Yorktown Heights, NY



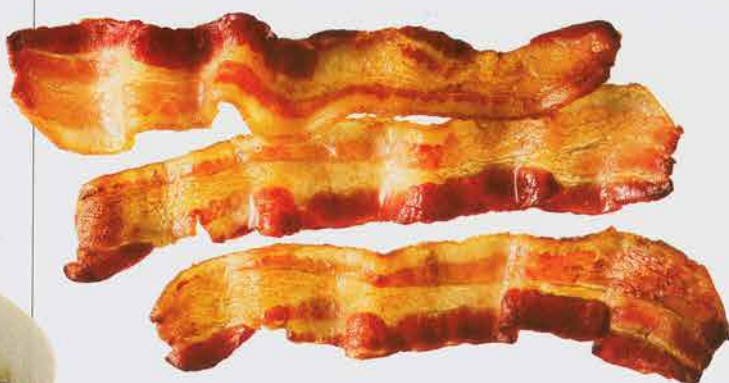
Don't throw out your bacon fat! Let the fat solidify, then rub it on potatoes before baking them. It gives great flavor to the skin!

Judy Olson
Beverly, MA



Use an egg slicer to quickly cut mushrooms into even slices.

Vicki Appel
Massapequa Park, NY



I roll up individual raw bacon slices, freeze in an ice cube tray, then store the frozen spirals in a zip-top bag in the freezer. I can thaw individual pieces for recipes or pop some in the microwave for a quick breakfast or snack.

Jessica Maxa
Tampa



Add a shot or two of espresso to a pot of chili for a richer flavor.

Graham Wallis
Newburgh, Ontario



A melon baller makes the perfect-size meatballs for Italian wedding soup or cocktail meatballs for appetizers.

Eleanor Gonnella-Sheridan
Bloomfield, NJ



You never know when you might need a squeeze of citrus in a recipe, so I buy fresh limes, lemons and oranges, quarter them and freeze them. If I need zest or juice, I just take a few quarters out of the freezer.

Michele Kerper
Reading, PA

When making deviled eggs for a crowd, I use a cheese board with a slicing wire to halve the eggs. It's a nice clean cut and makes things go faster!

Cathy Thorne
Las Vegas

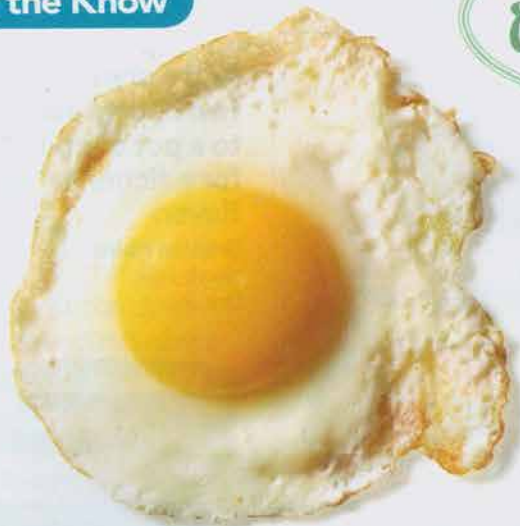


I like to add veggies to my homemade tomato sauce. I put carrots, scallions, mushrooms and zucchini in the food processor and chop them very small, then add them to the sauce—the veggies disappear and my boys don't notice them!

Claudia Sassano-Miguel
Seattle



MUSHROOMS, ESPRESSO, CARROTS AND LEMONS: GETTY IMAGES; BACON: LEVI BROWN; MELON BALLER: SHUTTERSTOCK.



To make the perfect sunny-side up egg, I always separate the egg. Crack just the white into an oiled skillet, reserving the yolk in a half shell. When almost set, add the yolk, let set and that's it!

Sarah Shelby
Pittsburgh



I add a teaspoon of instant coffee granules to hot pork or beef gravy—it adds color and rich flavor.

Susan Simpson
Harrington, DE



People always use lemon in fish dishes, but I switch out the lemon with orange juice. It makes the fish taste better—and different from everyone else's.

Laura Millen
Readington, NJ



When a recipe calls for thawed frozen spinach, I use my potato ricer to squeeze it dry. It does a wonderful job of removing every last bit of moisture in the spinach and only takes a minute or two!

Barb Thorme
Newark, DE



Use plastic bags from the grocery store as gloves when you're preparing messy foods, such as raw chicken. Slip one bag on each hand—you'll have mobility and lots of wiggle room. When you've completed the job, just turn the bags inside out and throw away.

Bette Banjack
Norristown, PA



After I form meatballs, I drizzle a teaspoon of grappa over each and let it soak in for 15 minutes before baking. It gives lots of flavor!

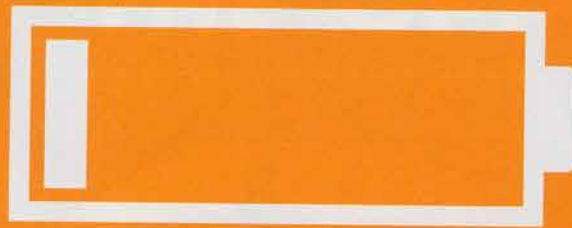
Michael Olivere
Pompano Beach, FL



My mom always said to add a little allspice to chicken noodle soup. It makes a world of difference in the broth.

Lynn Williams
Manistee, MI





Nothing runs on empty.

Especially 1 in 8 Americans who struggle with hunger. Join the Feeding America nationwide network of food banks to help end hunger. Act now at HungerActionMonth.org.



HUNGER ACTION MONTH





When I'm baking a galette using puff pastry, I put a toothpick in each fold of pastry before baking so it doesn't separate and the filling doesn't leak out. Works every time!



Maryann Preach
Newberg, OR



When making cheesecake, place a piece of parchment paper on the springform pan bottom before you secure the ring. The bottom will fit snugly (so no leaks!) and the cooled cheesecake will slide right off.



Nancy Phillippe
Powell, WY



Try using buttermilk in place of heavy cream in ganache: It adds tang and cuts the sweetness.



Alison Buczek
Cambridge, MD



Spritz paper muffin liners with cooking spray before adding batter. It makes cupcakes and muffins easier to remove and they come out beautifully whole.

Rachel Burch
Bedford, TX



To get chewy cookies, let them cool on the baking sheet for about 5 minutes, then transfer to an airtight container with parchment paper between the layers and close the container between batches. Chewiest cookies ever!



Clare Coupe Scott
New Tripoli, PA

TOOTHPICK: SHUTTERSTOCK/ANDRZEJ KUCIURA; COOKIES: GETTY IMAGES; CHEESECAKE: BEN GOLSTEN/STUDIO D.; CUPCAKE: IVAN DAUSCH

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In the Know

READERS' BEST Baking Tips

When I make pie crust, I line my dry measuring cup with plastic wrap and fill with shortening, then lift the plastic with the shortening, completely wrap it and put it in the freezer to harden. No need to wash the measuring cup!

Loni Loftus
Stayton, OR



When I'm baking a chocolate cake, I dust the pan with cocoa powder instead of flour.

A little extra chocolate is always a good idea, and there's no white residue left on the cake!

Elaine DiSanto
Edison, NJ



Roll out sugar cookie dough on confectioners' sugar instead of flour. The cookies will be sweeter and not floury.

Deb Rogers
Marietta, GA



When measuring sticky ingredients such as syrup or honey, spray your measuring cup or spoon with cooking spray first: The ingredients will come right out!

Heather Araujo
Monroe, NY



Whenever I make my husband's lemon birthday cake, I substitute lemon juice for the water the cake mix calls for—it creates an amazingly moist cake and an

intense lemon flavor he loves!

Lynn Kaufman
Oregon, IL



To keep brown sugar from hardening, throw a few marshmallows into the bag. They'll keep the sugar moist.

Danielle Fians
North Scituate, RI



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Bake Sale BEST!

We teamed up with Land O'Lakes to host our second annual bake-sale recipe contest. Here are the winners!

PHOTOGRAPHS BY ANDREW PURCELL



PATRICE HURD
BEMIDJI, MN

Inspiration I've always loved how lemon and coconut taste together. As for the cherries, I have five grandkids and whenever I make something for them, I put a cherry on top!

Secret to success Dropping the dough—not packing it tightly—into the mini-muffin tin helps create a thick, soft cookie.



CHERRY-TOPPED LEMON-COCONUT COOKIE CUPS

ACTIVE: 45 min | TOTAL: 1 hr 15 min | MAKES: about 32

Cooking spray

- 2 sticks unsalted butter, at room temperature
- 1¼ cups sugar
- 1 large egg, at room temperature
- 2 cups sweetened shredded coconut
- 1½ tablespoons grated lemon zest, plus ¼ cup lemon juice (from 2 lemons)
- 1 teaspoon pure vanilla extract
- 2½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon fine sea salt
- ¾ cup white chocolate chips
- ¾ cup cream of coconut
- 32 maraschino cherries, patted dry

1. Preheat the oven to 375°. Coat 32 mini-muffin cups with cooking spray; set aside.
2. Beat the butter and sugar in a large bowl with a mixer on medium speed until light and fluffy, about 1 minute. Beat in the egg, ½ cup shredded coconut, 1 tablespoon lemon zest, 3 tablespoons lemon juice and the vanilla. In a separate bowl, whisk the flour, baking powder and salt. Reduce the mixer speed to low; gradually beat in the flour mixture until just combined.
3. Drop 1½ tablespoons dough into each mini-muffin cup (do not press the dough in). Bake until the edges of the cookies are lightly browned, 12 to 13 minutes. Transfer the pans to racks and immediately make a ½-inch deep indentation in the center of each cookie using the back of a melon baller or measuring spoon. Let cool 3 minutes in the pans, then loosen the cookies with a paring knife and remove to the racks to cool completely.
4. Microwave the white chocolate chips with the cream of coconut in a small microwave-safe bowl in 20-second intervals, stirring, until melted and smooth. Stir in the remaining ½ tablespoon lemon zest and 1 tablespoon lemon juice.
5. Put the remaining 1½ cups shredded coconut in a shallow bowl. Dip the top of each cookie in the melted white chocolate, then dip in the coconut to coat. Return coated-side up to the rack. Dip the bottom of a cherry in the melted white chocolate, then place in the indentation of the cookie. (If the melted white chocolate starts to thicken, microwave again to soften.) Let sit until set, about 10 minutes.

ORANGE DREAMSICLE CUPCAKES

ACTIVE: 1 hr | TOTAL: 1½ hr | MAKES: about 18

FOR THE CUPCAKES

- 1½ cups all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 large eggs, separated
- 1 stick unsalted butter, at room temperature
- 1 cup granulated sugar
- 1 tablespoon finely grated orange zest
- 1 teaspoon orange oil (available at specialty stores)
- ½ cup fresh orange juice (from 2 oranges)

FOR THE FROSTING

- 2 sticks unsalted butter, at room temperature
- 1 teaspoon pure vanilla extract
- 4 cups confectioners' sugar, sifted
- 2 to 3 tablespoons whole milk or heavy cream
- Orange and/or white sanding sugar, for topping
- Orange gummy candies, for topping

1. Make the cupcakes: Preheat the oven to 350°. Line 18 muffin cups with paper liners. Sift the flour, baking powder and salt into a medium bowl; set aside. Beat the egg whites in a large bowl with a mixer on medium-high speed until stiff peaks form, about 4 minutes; set aside.
2. Beat the butter, granulated sugar, egg yolks, orange zest and orange oil in a separate large bowl with a mixer on medium speed until smooth and combined, about 4 minutes. Reduce the speed to low; beat in the flour mixture in three batches, alternating with the orange juice. Fold in the beaten egg whites. Spoon the batter into the muffin cups, filling each about halfway. Bake until a toothpick inserted into the centers comes out clean, about 15 minutes. Let cool 10 minutes in the pans, then remove to racks to cool completely.
3. Make the frosting: Beat the butter and vanilla in a large bowl with a mixer on medium-high speed until light and fluffy, about 6 minutes. Reduce the speed to low; gradually beat in the confectioners' sugar. Add the milk, increase the speed to medium and beat until light and fluffy. Frost the cupcakes. Top with sanding sugar and orange gummy candies.

RUNNER-UP

EMILY THOMPSON
FORT WORTH, TX



Inspiration Since I was a kid, my family has competed in food competitions at the Texas State Fair. I have a basic cupcake recipe from my grandmother and I change the flavor every year. Orange and vanilla is my showstopper—the combination reminds me of buying Creamsicles in the summer.

Secret to success Orange oil gives the cupcakes an intense orange flavor that you can't get from just extract or zest.



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RUNNER-UP

JULIE BECKWITH
CRETE, IL



Inspiration Chocolate-covered strawberries are delicious and look so pretty, but you probably wouldn't bring them to a bake sale. So I transferred the flavors to cookie bars. An article in *Food Network Magazine* about edible dust gave me the idea to grind up freeze-dried strawberries for the filling.

Secret to success Freeze-dried strawberries have a ton of flavor. You just have to make sure you don't pulverize them into too fine a powder; you want to be able to see the nice red flecks.



CHOCOLATE-COVERED STRAWBERRY BARS

ACTIVE: 1 hr | TOTAL: 1½ hr (plus cooling) | MAKES: about 16

FOR THE CRUST

- 1 stick unsalted butter
- ⅓ cup unsweetened cocoa powder
- ¾ cup sugar
- 1 teaspoon instant espresso powder
- 2 tablespoons heavy cream
- 1 large egg
- 1¾ cups finely ground graham cracker crumbs
- 1 cup sweetened shredded coconut
- ½ cup sliced almonds
- ½ teaspoon vanilla bean paste (or ½ teaspoon pure vanilla extract)

FOR THE FILLING

- 1 1-ounce package freeze-dried strawberries
- 2 cups white chocolate chips
- ¾ cup heavy cream

FOR THE TOPPING

- 1 cup semisweet chocolate chips
- 1 tablespoon vegetable shortening

1. Make the crust: Preheat the oven to 350°. Line an 8-inch square baking dish with parchment paper, leaving an overhang on all sides. Melt the butter with the cocoa powder, sugar and espresso powder in a medium saucepan over medium heat.
2. Whisk the heavy cream and egg in a small bowl. Whisk in a few tablespoons of the butter-cocoa mixture, then pour into the saucepan. Cook, whisking, until combined and thickened, about 1 minute. Remove from the heat and stir in the graham cracker crumbs, coconut, almonds and vanilla bean paste. Press the mixture into the prepared baking dish. Bake until set, about 8 minutes. Transfer to a rack and let cool completely in the pan.
3. Make the filling: Pulse half of the freeze-dried strawberries (about 1 cup) in a food processor until slightly powdery with a few pieces remaining. Set aside the remaining strawberries for topping.
4. Put the white chocolate chips in a medium bowl. Bring the heavy cream to a simmer in a small saucepan, then pour over the white chocolate chips. Let sit until softened, 3 to 5 minutes; stir until smooth. (If the chips are not fully melted, microwave in 20-second intervals until smooth.) Stir in the strawberry powder. Spread over the cooled crust. Cover and refrigerate until set, about 30 minutes.
5. Make the topping: Microwave the semisweet chocolate chips with the shortening in a small microwave-safe bowl in 20-second intervals, stirring, until melted and smooth. Let cool slightly, about 5 minutes. Spread evenly over the filling. Gently crush the reserved freeze-dried strawberries and sprinkle over the top. Cover and refrigerate until set. Lift out of the pan using the parchment overhang and cut into bars.

RUNNER-UP

EMILY NASER-HALL

LOUISVILLE, KY



Inspiration My dad, a high school teacher, still gets Little Debbie Oatmeal Creme Pies. I liked the idea of making something similar but from scratch.

Secret to success Malted milk powder differentiates this from the usual oatmeal cookie. Grinding the oats is essential to getting the right texture.

MALTED OATMEAL CREAM PIES

ACTIVE: 1 hr | TOTAL: 1 hr 15 min | MAKES: about 12

FOR THE COOKIES

- 1½ cups all-purpose flour
- 1 tablespoon malted milk powder (such as Carnation original)
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 3 cups quick or old-fashioned oats
- ½ cup sliced almonds
- 2 sticks unsalted butter, at room temperature
- ¾ cup packed dark brown sugar
- ½ cup granulated sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract

FOR THE FILLING

- 5 tablespoons unsalted butter, at room temperature
- 2 cups confectioners' sugar, plus more if needed
- 1 tablespoon malted milk powder (such as Carnation original)
- 2 tablespoons whole milk, plus more if needed
- ¼ teaspoon pure vanilla extract

1. Make the cookies: Whisk the flour, malted milk powder, baking soda, cinnamon and salt in a medium bowl; set aside. Pulse the oats and almonds in a food processor until coarsely ground; set aside.

2. Beat the butter with the brown sugar and granulated sugar in a large bowl with a mixer on medium speed until light and fluffy, about 3 minutes. Beat in the eggs, one at a time, then beat in the vanilla. Reduce the mixer speed to low; beat in the flour mixture until just combined. Add the oat mixture and beat until just combined.

3. Line 2 baking sheets with parchment paper. Scoop ¼-cup balls of dough (about 24), about 2 inches apart, onto the prepared baking sheets. Freeze until firm, at least 1 hour.

4. Preheat the oven to 350°. Bake the cookies until just golden and crisp around the edges, 15 to 17 minutes. Let cool 5 minutes on the baking sheets, then transfer to a rack to cool completely.

5. Make the filling: Beat the butter with the confectioners' sugar and malted milk powder in a large bowl with a mixer on medium-low speed until combined. Reduce the mixer speed to low; add the milk and vanilla and beat until just combined. Increase the mixer speed to high and beat until light and fluffy, at least 5 minutes. (Add more milk if the filling is too thick; add more confectioners' sugar if it's too thin.) Sandwich the filling between the cookies.



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Fun Cooking



Big Deal

We're dedicating this entire section to one of America's favorite foods: the sandwich. And we're kicking it off with a big one. To make this muffuletta-style deli sandwich, slice off the top third of a 12-inch round loaf of bread. Hollow out the inside of the loaf, leaving a $\frac{1}{2}$ -inch border. Fill the loaf with a mix of deli meats and cheeses (we used prosciutto, provolone, turkey, soppressata and mozzarella), fresh basil, roasted peppers and sliced tomatoes. Drizzle with vinaigrette, then replace the bread top. Wrap the sandwich tightly in plastic wrap and weight it down with a heavy skillet; refrigerate at least 4 hours or overnight, then cut into wedges.

KATHRYN POLYACK
Music Teacher & Cake Artist

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BY ALCON



What's Your SANDWICH IQ?

Find out if you're the fanatic you think you are.

1 Elvis Presley famously loved this sandwich:

- A. Peanut butter and honey
- B. Peanut butter and Marshmallow Fluff
- C. Peanut butter and banana
- D. Peanut butter and cheddar



2 Identify the following cold cuts.



- A. Ham
- B. Mortadella
- C. Roast beef
- D. Bologna
- E. Salami
- F. Prosciutto

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

3 Where did the banh mi sandwich originate?

- A. Japan
- B. Thailand
- C. Portugal
- D. Vietnam



4 Which sandwich does not contain ham?

- A. Croque monsieur
- B. Cuban
- C. Gerber
- D. Reuben

5 Match each place to its name for a sandwich.

- 1. New Jersey
- 2. Philadelphia
- 3. New York City
- 4. New England
- 5. Connecticut
- A. Hoagie
- B. Sub
- C. Grinder
- D. Hero
- E. Wedge

6 American cheese is naturally which color?

- A. Orange
- B. Yellow
- C. White
- D. All of the above

7 Rye bread typically contains which seasoning?



- A. Sesame seeds
- B. Cracked pepper
- C. Caraway seeds
- D. Dried rosemary

8 Match each state to its signature sandwich.

1. Louisiana _____ 4. Massachusetts _____
 2. Pennsylvania _____ 5. New York _____
 3. Maine _____ 6. Florida _____



A. Cuban



B. Lobster roll



C. Cheesesteak



D. Chopped cheese



E. Fluffernutter



F. Po'boy

9 What makes Texas toast different from other types of sliced bread?

- A. It is toasted before it's packaged. C. It is twice the thickness of typical sliced bread.
 B. It is exclusively sold in the Lone Star State. D. It is made with wheat grown in Texas.

10 A muffuletta is traditionally served on this kind of bread:



A. Ciabatta



C. Focaccia







B. Round Italian loaf



D. Kaiser roll

11 How many slices of bread are required to build a standard club sandwich?

- A. 
 B. 
 C. 
 D. 

12 Which of these chains was the first to offer a breakfast sandwich?



A. Starbucks



B. McDonald's



C. Jack in the Box



D. Carl's Jr.

13 What is the difference between corned beef and pastrami?

- A. Corned beef is boiled and pastrami is smoked. C. Corned beef is coated in a dry rub and pastrami is not.
 B. Corned beef is beef and pastrami is pork. D. They're the same.

14 What is traditionally served alongside a French dip?

- A. French fries
 B. Turkey gravy
 C. Dijon mustard
 D. Beef broth



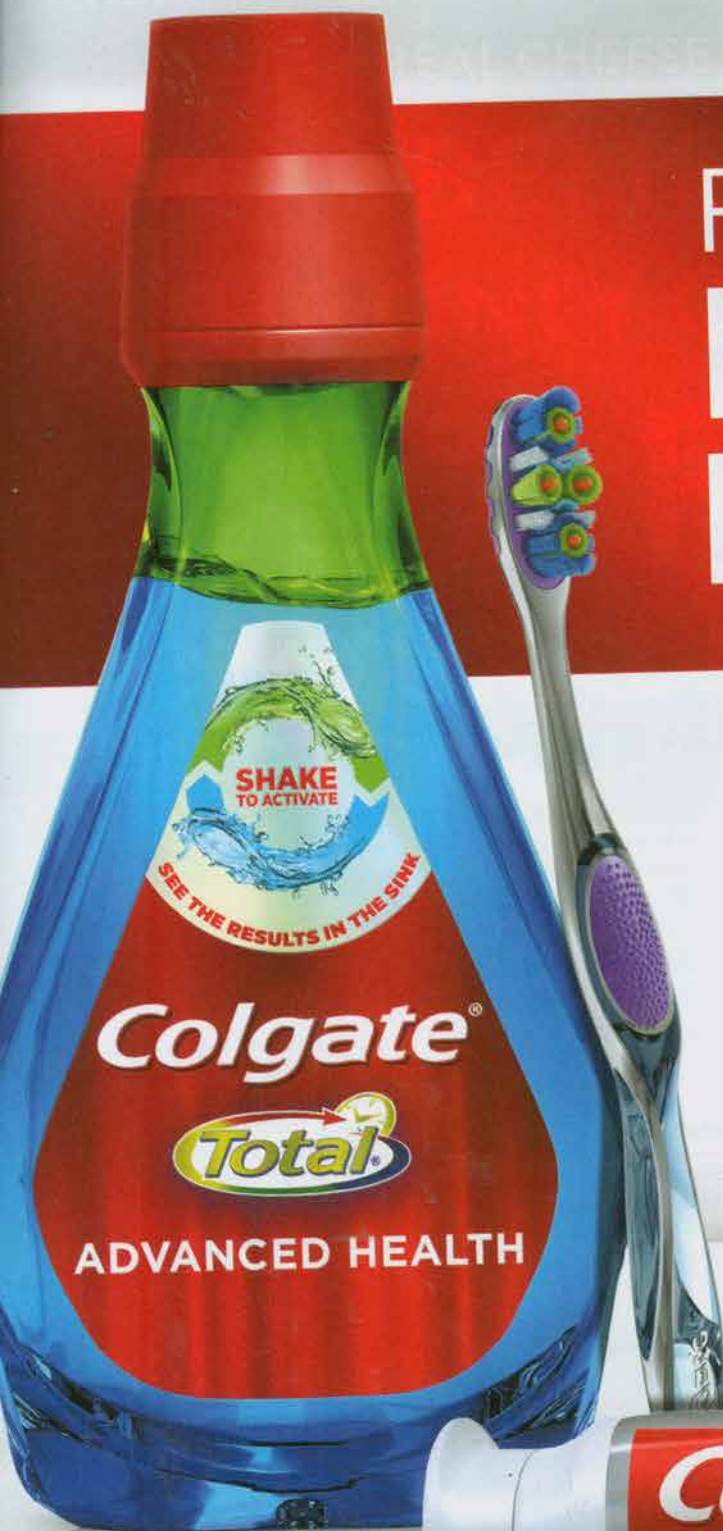
15 What does panini mean in Italian?

- A. Little bread
 B. Pressed bread
 C. Hot bread
 D. Cheese bread

TRUE OR FALSE?

16. Merriam-Webster's dictionary defines the hot dog as a sandwich. **T F**
 17. Aioli is another name for oil and vinegar. **T F**
 18. John Montagu, the fourth Earl of Sandwich, was playing a game of cards when he supposedly invented the sandwich. **T F**
 19. The submarine sandwich got its name because it was invented by a member of the US Navy. **T F**
 20. George Washington Carver invented peanut butter. **T F**

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SCORE SHEET

Give yourself one point for each correct answer.

- 1. C** The King of Rock and Roll loved fried peanut butter and banana sandwiches, often with bacon. Many restaurants call this sandwich The Elvis.
- 2.** (One point for each) **1. E;** **2. F;** **3. D;** **4. B;** **5. A;** **6. C**
- 3. D** A banh mi is a baguette (a reflection of French colonialism in Vietnam) stuffed with pork, chicken or tofu, pickled vegetables and herbs.
- 4. D** Reubens are made with corned beef. Croque monsieurs, Cubans and Gerbers are all made with ham. (A Gerber is a Missouri classic—a ham melt on garlic bread.)
- 5.** (One point for each) **1. B;** **2. A;** **3. D;** **4. C;** **5. E**
- 6. C** American cheese is naturally white—yellow and orange versions are colored with annatto extract, a food dye made from the seeds of the achiote tree.
- 7. C** Unless it's labeled "unseeded," rye bread typically contains caraway seeds.
- 8.** (One point for each) **1. F;** **2. C;** **3. B;** **4. E;** **5. D;** **6. A**
- 9. C** Most Texas toast is twice as thick as regular sliced bread.
- 10. B** Muffulettas are large Italian loaves stuffed with cured meats and cheeses and a mix of olives and chopped pickled vegetables. Italian immigrants popularized them in New Orleans in the early 1900s.
- 11. B** A club sandwich is made with three slices of bread.
- 12. B** McDonald's launched the Egg McMuffin in 1976, a decade earlier than most competitors introduced a breakfast sandwich.
- 13. A** Both types of beef are cured, but corned beef is boiled and pastrami is smoked.
- 14. D** A French dip (a kind of hot roast beef sandwich) is served with a beef broth for dipping.
- 15. A** *Pane* means "bread" and the suffix "-ini" indicates that it is small.
- 16. T** Whether or not a hot dog is a sandwich has been hotly contested, but Merriam-Webster declared its position last year by stating that a sandwich is "two or more slices of bread or a split roll having a filling in between."
- 17. F** Aioli is a garlic-flavored mayonnaise.
- 18. T** Legend has it the earl didn't want to pause his game and asked for a piece of beef between bread so he could eat with his hands.
- 19. F** Subs earned their name because of the bread's resemblance to a submarine. According to the Oxford English Dictionary, the term was first used by a Delaware restaurant in 1940.
- 20. F** George Washington Carver devised more than 300 ways to use peanuts, but peanut butter was not one of them. Dr. John Harvey Kellogg, the inventor of Kellogg's cereal, patented the process for making the spread.

HOW DID YOU DO?

**0 TO 11 POINTS
 YOU'RE TOAST!**

Start off easy and try a new peanut butter sandwich. See page 74.

**12 TO 23 POINTS
 PO'BOY!**

Become a sandwich expert with the booklet on page 77.

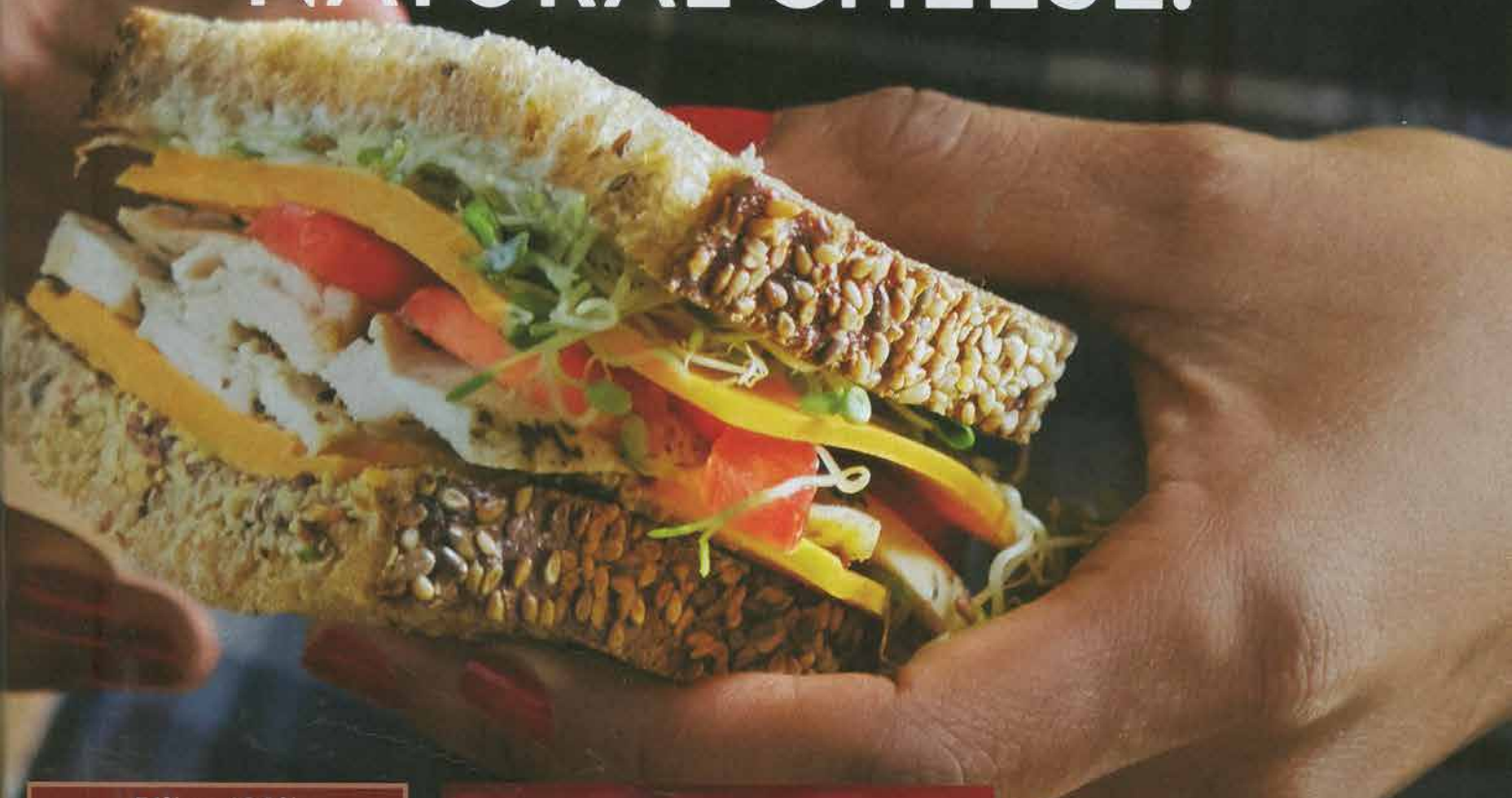
**24 TO 34 POINTS
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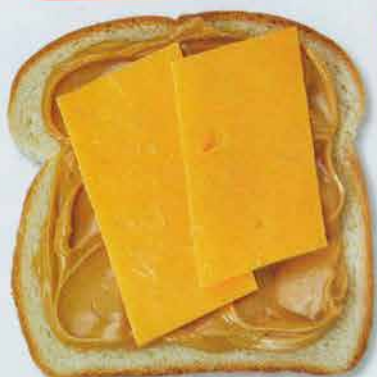
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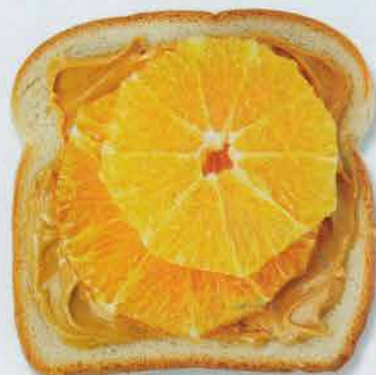
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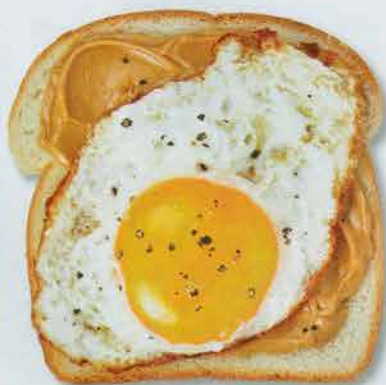
Cheddar Cheese



Ham



Orange



Fried Egg



We raided the fridge and pantry in search of a new partner for peanut butter. We had some fails (don't try PB & smoked salmon!), but these combos were surprisingly delicious.



Crystallized Ginger



Mango



Greek Yogurt and Honey



Sriracha



Toasted Sesame Seeds

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50



Sandwiches

Flip through and find a new favorite lunch.

PHOTOGRAPHS BY LEVI BROWN



WALDORF
CHICKEN
SALAD
No. 43



TURKEY WITH
EVERYTHING
HUMMUS
No. 37



CORNE BEEF WITH
HORSERADISH SLAW
No. 3



SPANISH EGG SALAD
No. 17



PROSCIUTTO WITH FIG BUTTER
No. 23



PASTRAMI WITH SLAW
No. 2



SPINACH-ARTICHOKE WITH HAVARTI
No. 18



TARRAGON CHICKEN SALAD
No. 44



HAM BANH MI
No. 31



APPLE AND WALNUT CREAM CHEESE
No. 47



RICOTTA, MARMALADE AND SALAMI
No. 20



BUFFALO CHICKEN
No. 40



ROASTED SQUASH WITH PEAR
No. 15



BROCCOLI RABE WITH LEMON RICOTTA
No. 8



LOX WITH BEET CREAM CHEESE
No. 27

Oscar Mayer

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JEFF MAURO'S GARLIC MAYO



Combine 1 cup mayonnaise, ½ teaspoon each chili powder and ground cumin, 1 minced garlic clove and salt and pepper to taste in a medium bowl; mix until smooth.



TIA MOWRY'S JALAPEÑO CHIMICHURRI MAYO



Combine 2 cups fresh parsley, 1 cup fresh cilantro, 1 large jalapeño (seeded and chopped), 3 garlic cloves and ½ to 1 tablespoon sherry vinegar in a food processor and pulse until well chopped. Add ½ cup mayonnaise and pulse several times to incorporate. Season with salt.



VALERIE BERTINELLI'S GIARDINIERA AIOLI



Pulse 1 pasteurized egg, 2 grated garlic cloves and 1 teaspoon dijon mustard in a food processor. With the motor running, add ½ cup each olive oil and vegetable oil in a slow steady stream. Add one 16-ounce jar giardiniera (drained) and pulse until chopped. Scrape down the sides of the food processor and pulse once more. Season with salt and pepper.



TRISHA YEARWOOD'S PIMIENTO CHEESE SPREAD



Puree ½ cup sliced pimientos (drained) in a blender or food processor until smooth. Transfer to a large bowl. Add 3 cups finely grated sharp cheddar and beat with a mixer until combined. Beat in ¼ cup mayonnaise.



TED ALLEN'S ROMESCO SAUCE



Heat ½ cup olive oil in a skillet over medium heat. Add ¼ cup each skinned hazelnuts and roasted almonds, 1 cup crusty bread cubes, 2 sliced garlic cloves and ½ teaspoon red pepper flakes; cook until golden, 3 minutes. Transfer to a food processor and add 1 canned peeled whole tomato, ¼ cup jarred piquillo peppers and ½ to 1 tablespoon red wine vinegar; pulse until mostly smooth, thinning with up to ½ cup water if needed. Season with salt and red pepper flakes.



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Weeknight Cooking

PHOTOGRAPHS BY RYAN DAUSCH



Use fresh summer tomatoes to make a no-cook pasta sauce. See page 94.



BACON-TOMATO LINGUINE

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

Kosher salt

- 12 ounces fresh linguine
 - 6 slices bacon, cut into ½-inch pieces
 - 3 cups cherry or grape tomatoes
 - 1 shallot, thinly sliced
 - 2 large eggs
 - ¾ cup grated parmesan or pecorino romano cheese, plus more for topping
 - 1 teaspoon finely grated lemon zest
- Freshly ground pepper
- 1 cup fresh basil, torn

Cover
Recipe

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1¼ cups cooking water, then drain the pasta; set aside.
2. Meanwhile, cook the bacon in a large nonstick skillet over medium-high heat until crisp, about 5 minutes. Add the tomatoes and shallot and cook until the tomatoes are starting to burst, about 5 minutes. Pour off all but 2 tablespoons of the drippings from the skillet.
3. Whisk the eggs, cheese, lemon zest and 1 teaspoon pepper in a medium bowl. Slowly whisk in 1 cup of the reserved cooking water; set aside.
4. Reduce the heat under the skillet to medium low. Add the pasta and toss well. Slowly pour in the egg mixture, tossing, to make a creamy sauce, about 1 minute. Season with salt and add the remaining ¾ cup cooking water as needed to loosen. Stir in the basil. Top each serving with more cheese and season with pepper.

Per serving: Calories 470; Fat 19 g (Saturated 7 g); Cholesterol 165 mg; Sodium 684 mg; Carbohydrate 54 g; Fiber 4 g; Sugars 5 g; Protein 22 g



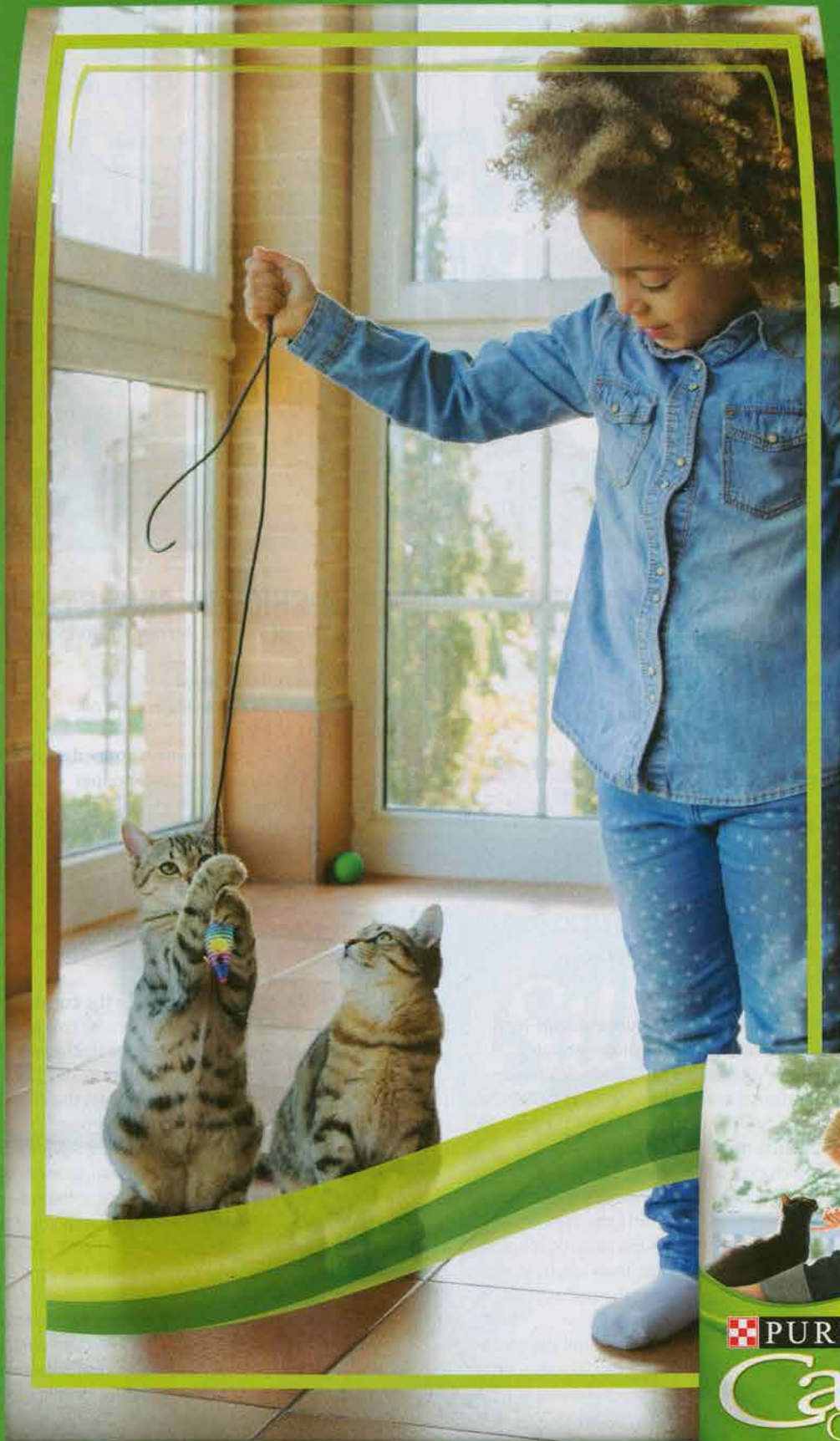
CHICKEN TANDOORI PIZZAS

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

- 1 cup plain whole-milk yogurt
 - 3 tablespoons jarred tandoori paste or marinade
 - 1 pound thin skinless, boneless chicken breasts
- Kosher salt and freshly ground pepper
- ½ English cucumber, grated on the large holes of a box grater
 - 1 tablespoon unsalted butter, at room temperature
 - 4 pieces naan bread
 - ¼ teaspoon garam masala
 - ½ cup packed fresh cilantro and/or mint, roughly chopped, plus more for topping
- Juice of ¼ lemon
- 4 ounces paneer, halloumi or feta cheese, cut into small pieces
 - ¼ red onion, thinly sliced

1. Preheat the broiler. Line 2 baking sheets with foil. Combine ¼ cup yogurt with the tandoori paste in a medium bowl. Add the chicken, season with salt and pepper and toss well. Set aside for 10 minutes. Toss the grated cucumber with ¼ teaspoon salt in a colander; set aside to drain.
2. Butter the naan on one side and sprinkle with the garam masala. Place on one of the baking sheets and broil until lightly toasted, about 2 minutes. Arrange the chicken on the other baking sheet and broil until cooked through and starting to brown, about 8 minutes. Transfer to a cutting board and let cool, then chop.
3. While the chicken cooks, squeeze the cucumber with your hands to remove the excess moisture. Mix the cucumber with the herbs, lemon juice, remaining ¾ cup yogurt and 1 tablespoon water; season with salt and pepper.
4. Scatter the chicken, cheese and red onion evenly over the naan. Broil until lightly browned and the cheese softens, 1 to 2 minutes. Spoon the cucumber yogurt over the pizzas. Top with more herbs.




Per serving: Calories 530; Fat 20 g (Saturated 10 g); Cholesterol 107 mg; Sodium 1,034 mg; Carbohydrate 46 g; Fiber 6 g; Sugars 6 g; Protein 40 g



 **PURINA**
Cat
Chow

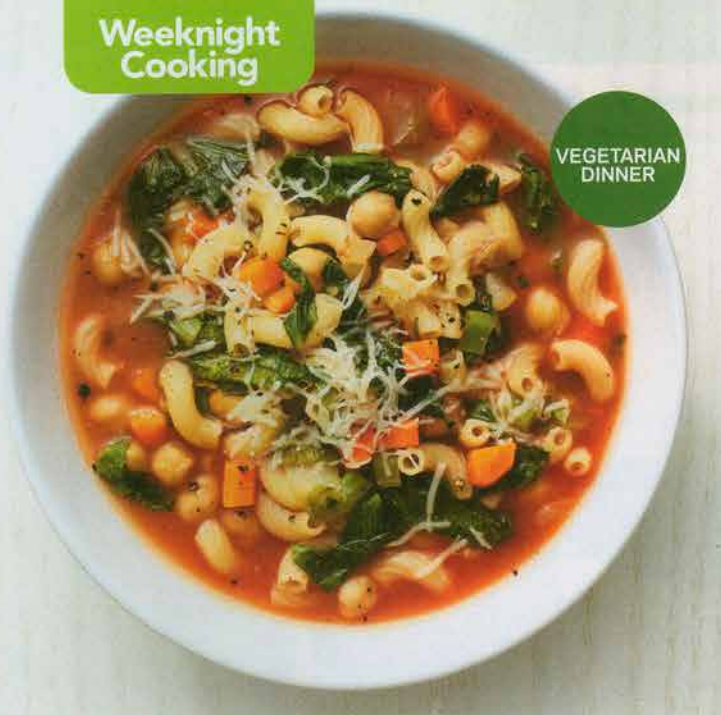
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VEGETARIAN
DINNER



PASTA E FAGIOLI WITH CHICKPEAS

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

- ¼ cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- ¼ cup tomato paste
- 1 tablespoon minced fresh rosemary
- 1 15-ounce can chickpeas, undrained
- ½ cup grated parmesan cheese, plus more for topping, plus 1 small piece rind
- Kosher salt and freshly ground pepper
- ¾ cup small pasta (such as elbows or ditalini)
- 1 head escarole, chopped

1. Heat 3 tablespoons olive oil in a large pot over medium-high heat. Add the garlic and cook, stirring, until golden, about 2 minutes. Add the onion, carrots and celery and cook, stirring occasionally, until the vegetables start softening, 12 to 15 minutes. Stir in the tomato paste and rosemary and cook until the tomato paste darkens in color, about 3 minutes.

2. Stir in 6 cups water, the chickpeas with their liquid, the parmesan rind, 1 teaspoon salt and a few grinds of pepper. Bring to a boil, then reduce the heat and simmer until the vegetables are soft, about 10 minutes. Remove 1 cup of the soup (chickpeas, vegetables and broth) and puree in a blender, then return to the pot. (Alternatively, partially puree the soup in the pot with an immersion blender.)

3. Stir the pasta and escarole into the soup. Cook until the pasta is tender and the escarole is wilted, about 6 minutes. Remove from the heat and stir in the grated parmesan. Top each serving with the remaining 1 tablespoon olive oil and more parmesan.

Per serving: Calories 400; Fat 20 g (Saturated 4 g); Cholesterol 9 mg; Sodium 1,043 mg; Carbohydrate 45 g; Fiber 12 g; Sugars 6 g; Protein 14 g



CORN-CHICKEN SKILLET DINNER

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

- 1¼ cups cornflake cereal
- 3 tablespoons extra-virgin olive oil
- Grated zest of 1 lemon
- 1 tablespoon fresh thyme, chopped, plus 3 sprigs
- Kosher salt and freshly ground pepper
- 2 ears of corn, shucked
- 1 zucchini, quartered lengthwise and thinly sliced
- 1 pint cherry or grape tomatoes
- 2 cloves garlic, thinly sliced
- 2 cups light cream
- 2 cups chopped rotisserie chicken (from about ½ chicken)
- 1 cup shredded dill havarti cheese (about 4 ounces)

1. Preheat the broiler. Finely crush the cornflakes in a resealable plastic bag using your hands. Transfer to a bowl and toss with 1 tablespoon olive oil, the lemon zest, chopped thyme, ½ teaspoon salt and a few grinds of pepper; set aside. Cut the corn kernels off the cob. Run the back of a knife down the cobs to remove any corn milk; reserve separately from the kernels.

2. Heat 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat. Add the zucchini, season with ¼ teaspoon salt and cook, stirring occasionally, until softened and beginning to brown, 2 to 3 minutes. Add the remaining 1 tablespoon olive oil, the corn kernels, tomatoes, garlic, thyme sprigs and ¼ teaspoon salt; cook, stirring occasionally, until the corn and garlic are tender, 1 to 2 minutes.

3. Stir in the cream and corn milk and bring to a simmer. Reduce the heat to maintain a gentle simmer and cook until slightly thickened, about 3 minutes. Season with salt and pepper. Remove from the heat and stir in the chicken, then stir in the cheese until melted and creamy. Sprinkle with the cornflake mixture. Broil until golden, 1 to 3 minutes. Let cool slightly before serving.

Per serving: Calories 630; Fat 53 g (Saturated 23 g); Cholesterol 136 mg; Sodium 1,178 mg; Carbohydrate 27 g; Fiber 3 g; Sugars 11 g; Protein 25 g

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*IT'S SUGAR

Silk Unsweetened Almondmilk has 0 grams of sugar per serving which means it has nothing but taste.



TASTES LIKE BETTER™

ORECCHIETTE WITH CLAMS AND BROCCOLI

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

Kosher salt

- 12 ounces orecchiette
- 2 cups grated broccoli florets (grated on the large holes of a box grater)
- $\frac{3}{4}$ cup breadcrumbs
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, thinly sliced
- $\frac{1}{2}$ teaspoon red pepper flakes
- 24 littleneck clams, scrubbed
- $\frac{1}{4}$ cup dry white wine
- 2 tablespoons unsalted butter

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the grated broccoli during the last 30 seconds of cooking. Reserve 1 cup cooking water, then drain.

2. Meanwhile, combine the breadcrumbs and 2 teaspoons olive oil in a small nonstick skillet over medium heat. Season with salt and cook, stirring occasionally, until golden brown, about 5 minutes; remove to a bowl.

3. Heat the remaining 3 tablespoons olive oil with the garlic in a separate pot over medium-high heat. Cook until the garlic is just golden, about 3 minutes. Add the red pepper flakes, clams and wine. Cover and cook until the clams open, 5 to 7 minutes; remove the clams to a bowl using a slotted spoon (discard any unopened clams). Add the butter, pasta, broccoli and $\frac{1}{2}$ cup of the reserved cooking water to the pot; cook, stirring, until the pasta is well coated, about 1 minute. Gradually add the remaining $\frac{1}{2}$ cup cooking water if the pasta seems dry.

4. Stir the clams and any juices into the pasta. Drizzle each serving with olive oil and sprinkle with the breadcrumbs.

Per serving: Calories 570; Fat 22 g (Saturated 6 g); Cholesterol 31 mg; Sodium 498 mg; Carbohydrate 72 g; Fiber 4 g; Sugars 4 g; Protein 21 g

SLOW-COOKER CUBAN PORK

ACTIVE: 25 min | TOTAL: 7 hr 25 min | SERVES: 4

- 1 onion, sliced
- 1 red bell pepper, sliced
- $\frac{1}{2}$ cup fresh cilantro (leaves and tender stems), roughly chopped, plus more for topping
- 6 cloves garlic, finely chopped
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 4 bone-in pork chops ($\frac{3}{4}$ inch thick; about 2 $\frac{3}{4}$ pounds)
- 2 teaspoons ground cumin
- Kosher salt and freshly ground pepper
- 2 oranges, halved
- 1 cup white rice
- $\frac{1}{2}$ cup frozen peas
- 1 tablespoon white wine vinegar

1. Toss the onion, bell pepper, cilantro and garlic with 1 tablespoon olive oil in a 6- to 8-quart slow cooker. Rub the pork chops with the cumin, $\frac{3}{4}$ teaspoon salt and several grinds of pepper; add to the slow cooker. Drizzle with the remaining 1 teaspoon olive oil, squeeze in the juice of 1 orange and add the squeezed orange halves. Cover and cook on low until the pork is very tender, 7 to 8 hours.

2. Cook the rice as the label directs, sprinkling the peas on top of the rice during the last 3 minutes of cooking. Remove the pork chops to a bowl; discard the bones and orange halves and shred the meat with 2 forks. Stir the vinegar and the juice of $\frac{1}{2}$ orange into the slow cooker. Season with salt and pepper; add the juice from the remaining $\frac{1}{2}$ orange to taste.

3. Return the pork to the slow cooker. Fluff the rice with a fork, stirring in the peas. Serve the pork with the rice; top with cilantro.

Per serving: Calories 630; Fat 23 g (Saturated 7 g); Cholesterol 132 mg; Sodium 593 mg; Carbohydrate 56 g; Fiber 4 g; Sugars 9 g; Protein 46 g



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GRILLED MUSTARD BARBECUE CHICKEN WINGS

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

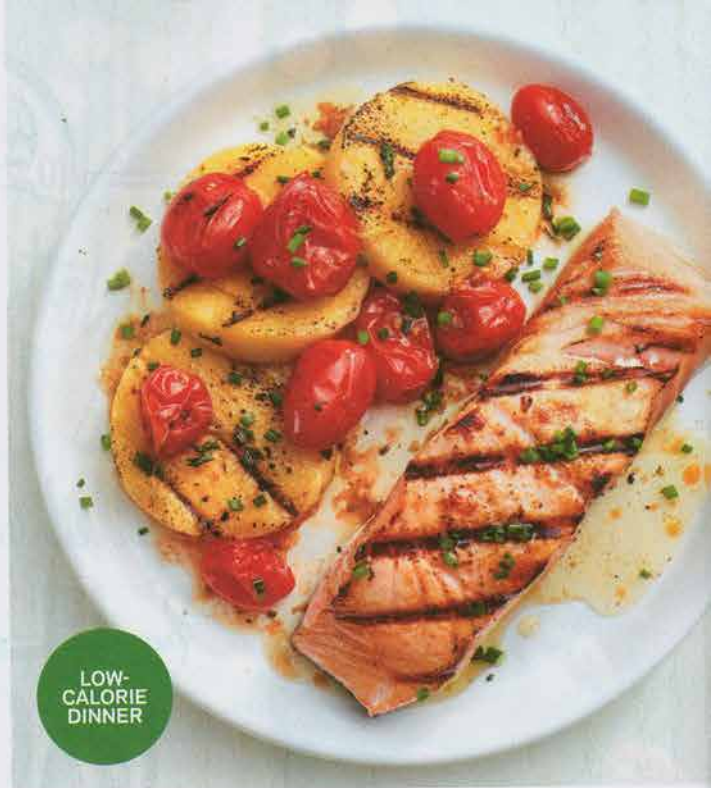
- 1 tablespoon packed light brown sugar
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2½ pounds chicken wings, split, tips removed
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil, plus more for the grill
- ½ cup mustard barbecue sauce

Coleslaw, cornbread and/or watermelon, for serving

1. Preheat a grill to medium. Combine the brown sugar, paprika, cumin and garlic powder in a small bowl. Season the wings with salt and pepper and toss with the vegetable oil in a large bowl. Add the spice mixture and toss until evenly coated.

2. Oil the grill grates; arrange the wings on the grill and cover. Cook, turning the wings occasionally, until well browned and cooked through, 20 to 25 minutes. Remove to a large bowl and toss with the barbecue sauce. Serve with coleslaw, cornbread and/or watermelon.

Per serving: Calories 460; Fat 29 g (Saturated 7 g); Cholesterol 168 mg; Sodium 591 mg; Carbohydrate 18 g; Fiber 1 g; Sugars 16 g; Protein 29 g



LOW-CALORIE DINNER

GRILLED SALMON AND POLENTA

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

- 3 cups grape tomatoes
- 2 tablespoons extra-virgin olive oil, plus more for the grill
- 3 cloves garlic, finely grated
- Kosher salt and freshly ground pepper
- ½ teaspoon chopped fresh thyme, plus 3 sprigs
- ¼ cup dry white wine
- 1 17- to 18-ounce tube polenta, cut into 12 rounds
- 4 6-ounce skin-on center-cut salmon fillets, preferably wild
- 1 tablespoon chopped fresh chives

1. Preheat a grill to medium high. Toss the tomatoes with 1 tablespoon olive oil, the garlic, ¾ teaspoon salt and a few grinds of pepper on a large piece of foil. Add the thyme sprigs and bring up the edges of the foil slightly. Pour in the wine and fold the edges together to form a packet; set aside.

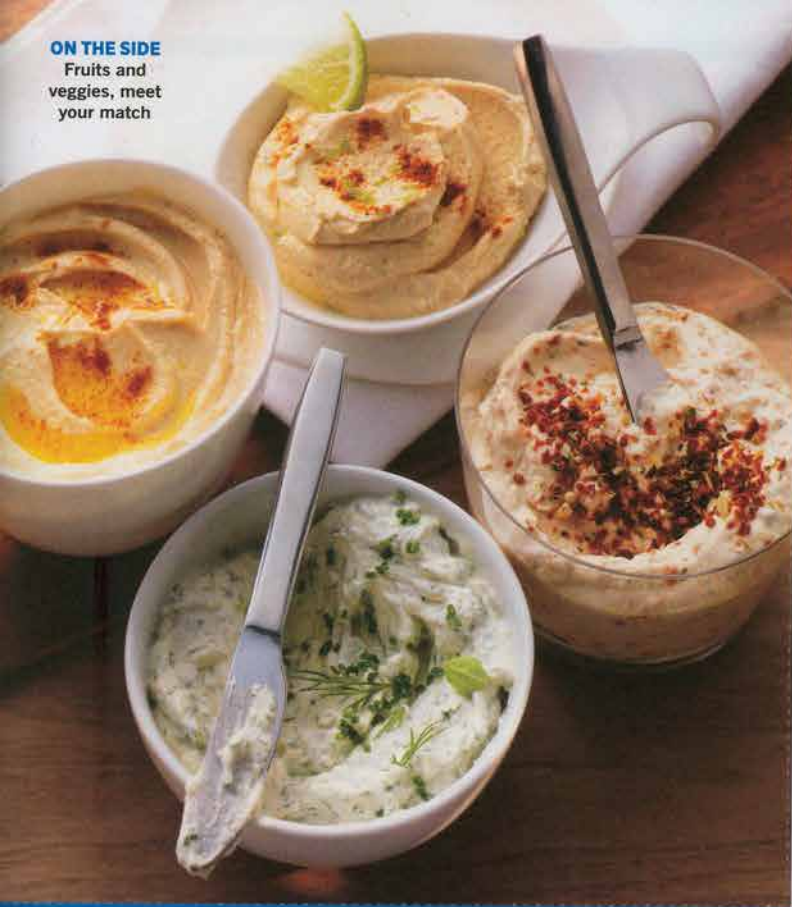
2. Brush both sides of the polenta rounds with the remaining 1 tablespoon olive oil; season with salt and pepper. Season the salmon with the chopped thyme, salt and pepper.

3. Oil the grill grates. Grill the foil packet until the tomatoes are soft, 10 to 12 minutes. Meanwhile, grill the polenta and the salmon skin-side down, 3 to 4 minutes; flip and grill until well marked and the salmon is just cooked through, 3 to 4 more minutes.

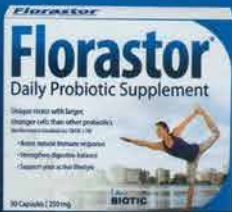
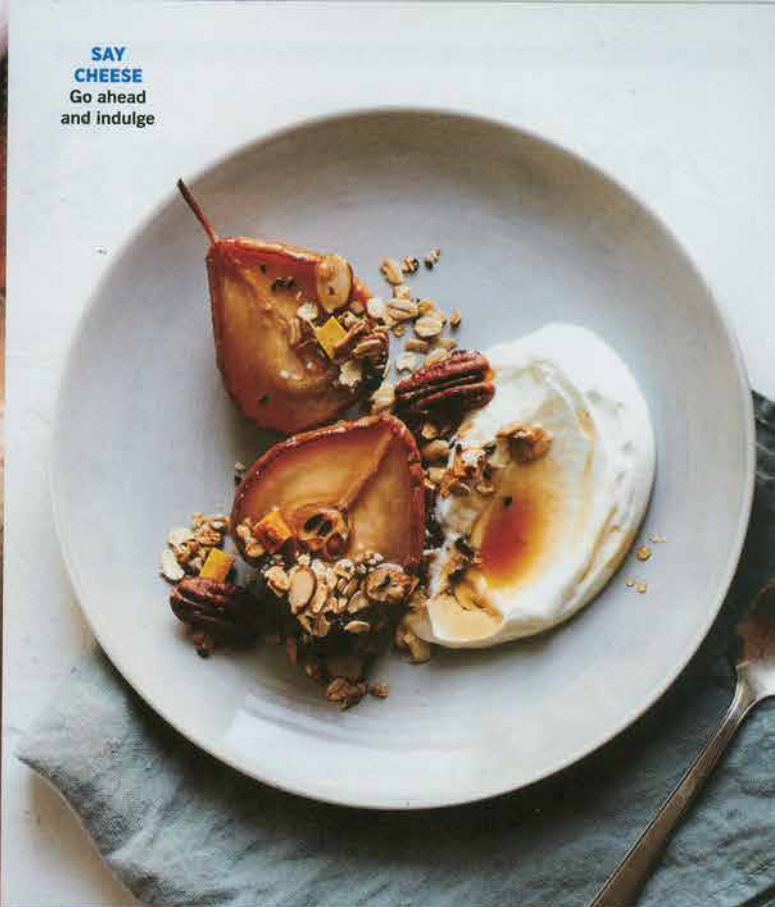
4. Divide the salmon and polenta among plates. Spoon the tomatoes and juices over the top. Sprinkle with the chives.

Per serving: Calories 390; Fat 15 g (Saturated 3 g); Cholesterol 80 mg; Sodium 958 mg; Carbohydrate 24 g; Fiber 3 g; Sugars 4 g; Protein 38 g

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veggies, meet
your match



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CHEESE**
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and indulge

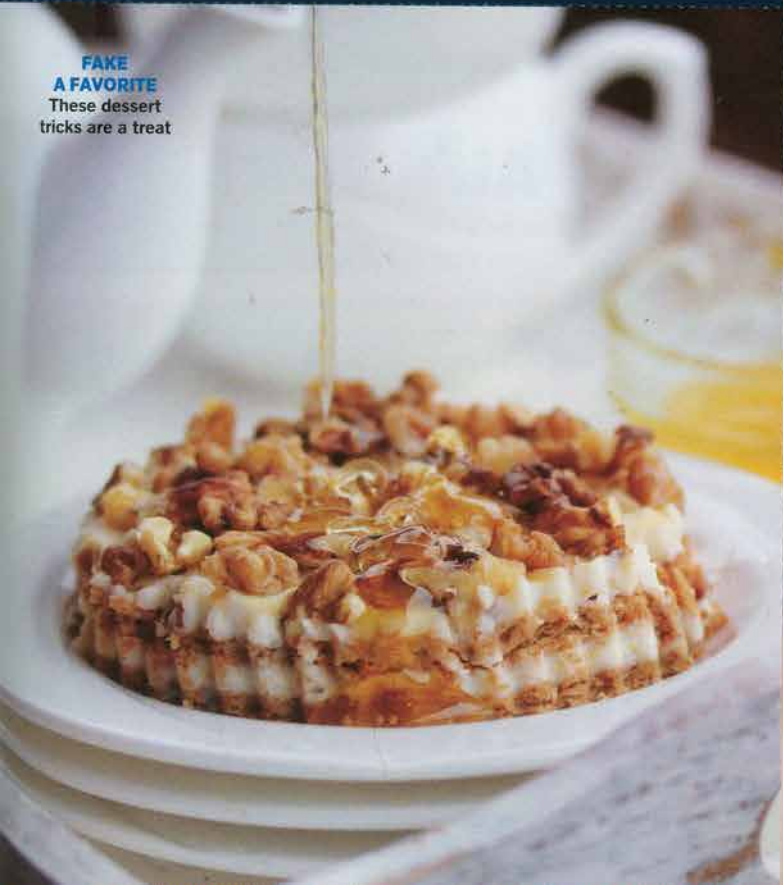


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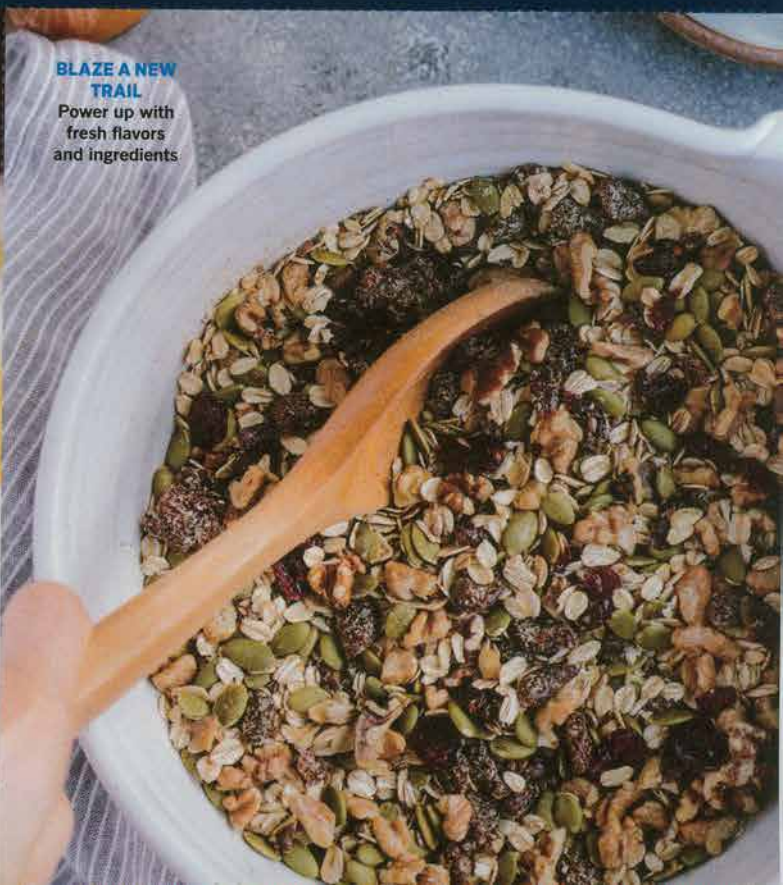
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These dessert
tricks are a treat



**BLAZE A NEW
TRAIL**
Power up with
fresh flavors
and ingredients



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CHEESE PLEASE

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» BAKED CHEESE CRISPS «

Drop tablespoons of shredded hard cheese onto a parchment-lined baking sheet 2 inches apart; gently pat down. Bake at 350°F until cheese is lacy and browned, about 10 minutes.

» BROILED PEARS, TOMATOES OR BELL PEPPERS «

For a sweet treat, broil a halved, cored pear until tender, about 10 minutes. Top with ricotta cheese and cinnamon. To satisfy a savory cheese craving, top a halved beefsteak tomato with a mixture of shredded cheese, herbs and olive oil; broil until cheese melts. Want it really easy-cheesy? Slice two cored, pitted mini bell peppers lengthwise; stuff each with half a cheese stick and broil until melted.

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TAKE A DIP

For crudité or cut fruit, give these homemade spreads and creative ideas a whirl.

» HUMMUS 2.0 «

Think outside the chickpea with a new star ingredient. Try hummus recipes centered around cauliflower, black beans, pumpkin, edamame and sun-dried tomato.

» HOW SWEET «

For best-dressed fruit, whip up a mixture of vanilla Greek yogurt, lemon juice, honey and vanilla extract. Add cinnamon or chia seeds for more flavor and texture.

» GOOD TO GO «

Need a portable option? Add cut vegetables or fruit to a mason jar. Fill a clean applesauce container with dip, and seal on top.

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Complement your healthy lifestyle by strengthening your digestive balance.¹ Learn how Florastor® can benefit your digestive and immune health at florastor.com.

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See website for cited references.

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MIX IT UP

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» POP STAR «

Add air-popped popcorn to your regular blend of nuts, dried fruits and seeds for a fluffier, more filling mix.

» SPICE AS NICE «

Complement sweet notes with coconut flakes or cinnamon; give it a kick with a dash of cayenne pepper or chili powder; surprise your taste buds with crushed herb crackers or wasabi peas.

» SIZE MATTERS «

Keep portions in check by prepacking reasonable servings in small glass jars, plastic containers or baggies.

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FAUX SURE

Even sinful desserts have a good twin with a more wholesome side.

» IF YOU LOVE: Red velvet cake

TRY: A red velvet smoothie. Beets are usually the main ingredient, but choose from recipes that include almond milk, nut butter, chocolate protein powder, spinach, dates and more.

» IF YOU LOVE: Strawberry shortcake

TRY: A cheesecake bowl. Drizzle agave syrup over a small bowl of part-skim ricotta cheese; top with chopped strawberries and a crumbled graham cracker.

» IF YOU LOVE: Ice cream sundaes

TRY: A frozen banana sundae. Puree frozen bananas and add to a bowl with a sprinkle of chopped nuts and a cherry on top.

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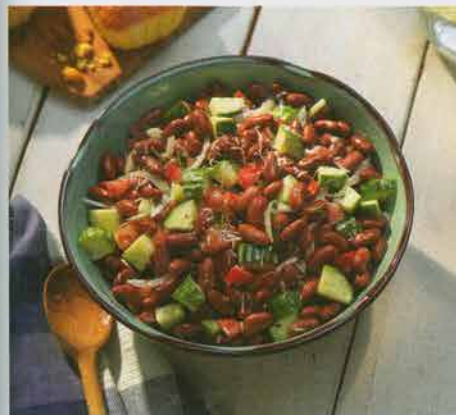
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PORK TACOS WITH PLUM SALSA

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

Grated zest and juice of 1 lime, plus wedges for serving

- 1 teaspoon ground cumin
- 1 pork tenderloin (1¼ to 1½ pounds)
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 tomato
- 2 ripe plums or pluots
- ½ cup fresh cilantro, plus more for topping
- 1 red or green jalapeño pepper
- 12 small corn tortillas
- 1 avocado, sliced
- Crumbled Cotija cheese, for topping

- 1.** Preheat the oven to 450°. Mix the lime zest and cumin in a small bowl. Rub the pork all over with 1 tablespoon olive oil, then coat with the cumin mixture. Season generously with salt and pepper. Heat the remaining 2 tablespoons olive oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, turning, until browned on all sides, about 5 minutes. Transfer the skillet to the oven and roast until a thermometer inserted into the center of the pork registers 145°, 15 to 20 minutes. Remove the pork to a cutting board and let rest.
- 2.** Meanwhile, chop the tomato, plums, cilantro and jalapeño (remove seeds for less heat). Transfer to a bowl and toss with the lime juice and ¾ teaspoon salt. Set aside, tossing occasionally, until ready to serve.
- 3.** Warm the tortillas as the label directs. Thinly slice the pork; divide among the tortillas and top with the avocado, plum salsa, cheese and more cilantro.

Per serving: **Calories** 470; **Fat** 21 g (**Saturated** 4 g); **Cholesterol** 95 mg; **Sodium** 572 mg; **Carbohydrate** 31 g; **Fiber** 8 g; **Sugars** 7 g; **Protein** 38 g

LINGUINE WITH SHRIMP AND TOMATOES

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

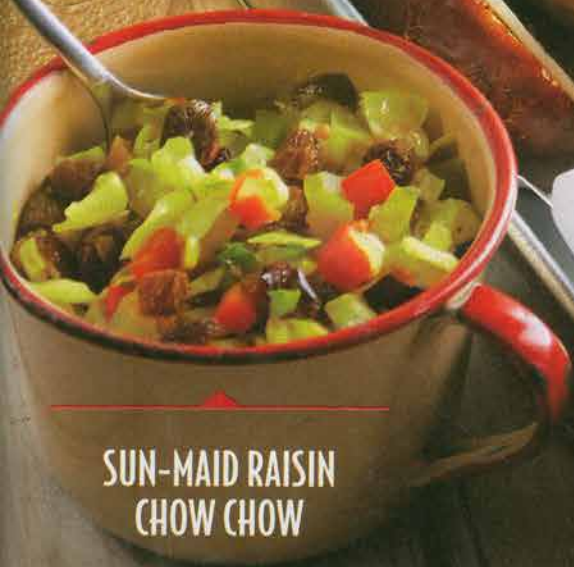
- Kosher salt
- 12 ounces linguine
- 1½ pounds ripe tomatoes
- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 to 3 cloves garlic, minced
- ¼ cup loosely packed fresh oregano, finely chopped
- Freshly ground pepper
- 1 pound peeled and deveined medium shrimp

- 1.** Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs for al dente; drain and return to the pot.
- 2.** Meanwhile, core, halve and seed the tomatoes. Blend the tomatoes, ¼ cup olive oil, the garlic, oregano, ¾ teaspoon salt and a few grinds of pepper in a food processor to make a chunky sauce. Add to the pasta and toss to combine.
- 3.** Heat a large skillet over medium-high heat. Season the shrimp with salt and pepper. Add the remaining 1 tablespoon olive oil to the skillet, then add the shrimp in a single layer; cook, turning once, until just cooked through, 2 to 3 minutes. Add the shrimp to the pasta, tossing to combine.
- 4.** Divide the pasta and shrimp among bowls. Drizzle with olive oil.

Per serving: **Calories** 610; **Fat** 24 g (**Saturated** 4 g); **Cholesterol** 143 mg; **Sodium** 1,134 mg; **Carbohydrate** 72 g; **Fiber** 5 g; **Sugars** 8 g; **Protein** 29 g



THE SECRET INGREDIENT IS *Sunshine*

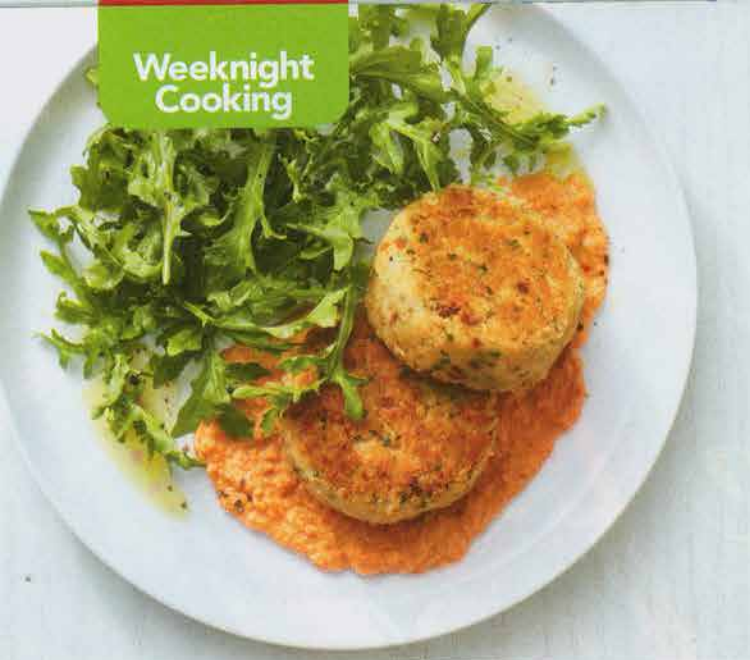


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CHORIZO-BEAN PATTIES

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

- 1 3-ounce piece dried chorizo, thinly sliced
- $\frac{3}{4}$ cup panko breadcrumbs
- $\frac{1}{3}$ cup sliced almonds
- 2 cloves garlic, thinly sliced
- 2 15-ounce cans cannellini beans, drained and rinsed
- 1 large egg
- $\frac{1}{4}$ cup fresh parsley
- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- Kosher salt and freshly ground pepper
- 1 red bell pepper
- 1 tablespoon red wine vinegar, plus more for drizzling
- 4 cups baby arugula

- 1.** Cook the chorizo in a large nonstick skillet over medium heat, stirring occasionally, until lightly browned, about 5 minutes. Transfer to a food processor with a slotted spoon. Add $\frac{1}{4}$ cup panko, the almonds and 1 clove garlic to the drippings in the skillet. Cook, stirring, until the panko and almonds are toasted, about 3 minutes; remove to a bowl. Reserve the skillet.
- 2.** Add the beans, egg, remaining $\frac{1}{2}$ cup panko, the parsley, 1 tablespoon olive oil, remaining 1 clove garlic, $\frac{1}{2}$ teaspoon salt and a few grinds of pepper to the food processor. Process until chunky. Shape into eight 1-inch-thick patties (about $\frac{1}{3}$ cup each) on a baking sheet. Freeze until firm, about 10 minutes.
- 3.** Meanwhile, make the romesco sauce: Char the bell pepper over a gas burner on medium heat, 6 to 8 minutes. (Alternatively, broil the pepper until charred.) Discard the stem, seeds and blackened skin. Rinse out the food processor and puree the bell pepper with the almond mixture, 2 tablespoons olive oil, the vinegar and $\frac{1}{4}$ teaspoon salt until mostly smooth, thinning with up to $\frac{1}{3}$ cup water. Season with salt and pepper.
- 4.** Heat the remaining 2 tablespoons olive oil in the reserved skillet over medium-high heat. Add the chorizo patties and cook, turning once, until browned, 4 to 5 minutes.
- 5.** Divide the romesco sauce among plates and top with the patties. Drizzle olive oil and vinegar on the arugula and season with salt. Serve with the patties.

Per serving: Calories 580; Fat 31 g (Saturated 6 g); Cholesterol 65 mg; Sodium 1,040 mg; Carbohydrate 52 g; Fiber 18 g; Sugars 4 g; Protein 24 g



GRILLED MEATBALL SUBS

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

- 1 pound ground beef
- 8 ounces sweet Italian sausage, casings removed
- 1 clove garlic, finely grated
- 1 large egg, lightly beaten
- $\frac{1}{4}$ cup breadcrumbs
- $\frac{1}{4}$ cup grated parmesan cheese
- Kosher salt and freshly ground pepper
- 2 bell peppers (red, yellow and/or orange), sliced into rings
- 1 bunch scallions, trimmed
- 1 tablespoon extra-virgin olive oil, plus more for the grill
- 4 hoagie rolls, split
- $\frac{1}{2}$ cup ricotta cheese

- 1.** Preheat a grill to medium. Combine the beef, sausage, garlic, egg, breadcrumbs, parmesan, $\frac{3}{4}$ teaspoon salt and a few grinds of pepper in a large bowl; mix with your hands. Form into twelve $1\frac{1}{2}$ -inch meatballs.
- 2.** Toss the bell peppers and scallions with the olive oil in another large bowl; season with $\frac{1}{4}$ teaspoon salt and a few grinds of pepper. Oil the grill grates and arrange the meatballs, peppers and scallions on the grill. Cover and grill the vegetables, turning once, until lightly charred and tender, 2 to 3 minutes for the scallions, 5 to 7 minutes for the peppers. Grill the meatballs, turning occasionally, until browned and cooked through, 10 to 12 minutes. Toast the rolls cut-side down on the grill.
- 3.** Cut the scallions into pieces. Spread 2 tablespoons ricotta on the bottom half of each roll. Top with the meatballs, scallions and peppers.

Per serving: Calories 700; Fat 37 g (Saturated 13 g); Cholesterol 155 mg; Sodium 1,278 mg; Carbohydrate 49 g; Fiber 4 g; Sugars 7 g; Protein 43 g



I have cancer from
an infection. HPV.

Laura, age 28

Actor Portrayal



Age 23

Who knew that human papillomavirus (HPV) causes virtually all cases of cervical cancer and, unlike some other cancers, cervical cancer isn't hereditary. Who knew HPV could cause certain precancers, cancers, and diseases later in life. Who knew HPV could affect both males and females. Who knew HPV was widespread. And while it clears up for most, that wasn't the case for me. Who knew my risk for HPV would increase as I got older.



Age 16

Who knew there was something to help protect me when I was 11 or 12 years old, way before I would even be exposed to it. Did you know, Mom? Dad?

The CDC recommends HPV vaccination for girls and boys ages 11–12.

Talk to your child's doctor and go to HPV.com



Age 11

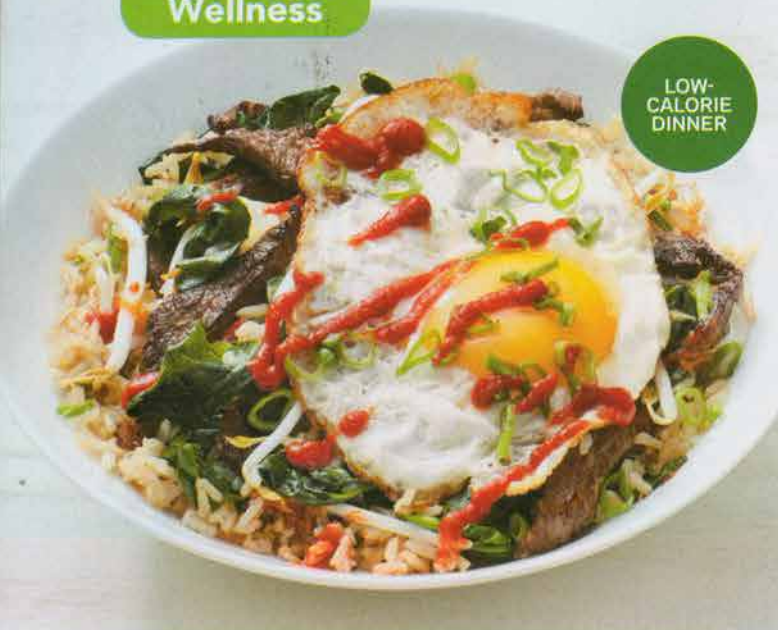
Did you know, Mom?
Dad?

WHAT WILL
YOU SAY?

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VACC-1208567-0007 05/17



LOW-CALORIE
DINNER

STEAK-AND-EGG FRIED RICE BOWL

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

- 2 tablespoons low-sodium soy sauce
- 2 teaspoons sugar
- 4 scallions, thinly sliced (white and green parts separated)
- 2 cloves garlic, finely grated
- 1 teaspoon toasted sesame oil
- 12 ounces skirt steak, thinly sliced
- Kosher salt and freshly ground pepper
- 4 teaspoons vegetable oil
- 3 cups frozen brown rice, thawed
- 4 cups baby spinach
- 1 cup bean sprouts
- 4 large eggs
- Sriracha, for topping

1. Combine the soy sauce, sugar, scallion whites, garlic and sesame oil in a large bowl; add the steak and let marinate 10 minutes. Preheat a large nonstick skillet over high heat. Add the steak and marinade and season lightly with salt and pepper. Cook, undisturbed, until the steak starts browning around the edges, about 3 minutes. Stir and continue cooking until the steak is just cooked through, about 2 more minutes. Remove to a bowl.
2. Heat 2 teaspoons vegetable oil in the skillet. Add the rice, season with $\frac{1}{2}$ teaspoon salt and cook, stirring occasionally, until slightly crisp, about 3 minutes. Stir in the spinach until just wilted. Add the steak and any juices from the bowl; heat through. Remove from the heat and stir in the bean sprouts; season with salt and pepper. Divide among bowls.
3. Wipe out the skillet, return to high heat and add the remaining 2 teaspoons vegetable oil. Crack in the eggs, season with salt and cook until the whites are set but the yolks are still runny, about 3 minutes. Top each rice bowl with an egg and the scallion greens. Drizzle with Sriracha.

Per serving: Calories 440; Fat 22 g (Saturated 6 g); Cholesterol 241 mg; Sodium 792 mg; Carbohydrate 32 g; Fiber 3 g; Sugars 4 g; Protein 29 g



LOW-CALORIE
DINNER

KALE AND TOFU SALAD

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

- $\frac{1}{2}$ cup millet
- 1 14-ounce package extra-firm tofu, drained and cut into 1-by-1 $\frac{1}{2}$ -inch pieces
- 5 tablespoons extra-virgin olive oil
- 1 bunch kale
- Juice of 1 lemon
- 3 tablespoons tahini
- 1 teaspoon honey
- Kosher salt and freshly ground pepper
- 2 cups shredded red cabbage
- $\frac{1}{2}$ small red onion, thinly sliced
- 2 tablespoons salted roasted sunflower seeds or pepitas
- 1 tablespoon toasted sesame seeds

1. Toast the millet in a dry medium saucepan over medium heat, stirring occasionally, 3 to 5 minutes. Add 1 cup water and bring to a boil. Cover, reduce the heat to medium low and cook until the water is absorbed, about 15 minutes. Set aside.
2. Meanwhile, pat the tofu dry between paper towels. Heat 3 tablespoons olive oil in a large nonstick skillet over medium heat. Add the tofu and cook, turning once, until well browned and slightly crisp, about 15 minutes.
3. While the tofu is cooking, remove the kale stems and chop the leaves into bite-size pieces; place in a large bowl. Add 1 tablespoon of the lemon juice and rub it into the kale with your fingers until the kale softens, 3 to 5 minutes.
4. Whisk the remaining lemon juice with the tahini and honey in a small bowl; add the remaining 2 tablespoons olive oil and whisk until smooth. Whisk in 2 tablespoons water and season with salt and pepper. Add 2 tablespoons dressing to the kale; add the cabbage, onion and a pinch of salt and toss well.
5. Fluff the millet with a fork and add to the kale mixture along with the sunflower seeds and sesame seeds; toss to combine. Divide the salad among bowls and top with the tofu. Drizzle with any oil from the skillet and the remaining dressing.

Per serving: Calories 500; Fat 33 g (Saturated 5 g); Cholesterol 0 mg; Sodium 114 mg; Carbohydrate 35 g; Fiber 8 g; Sugars 6 g; Protein 20 g

WELLNESS TIP

Go meatless at least once a week. This satisfying meal contains protein-rich tofu, antioxidant-packed kale and high-fiber millet.



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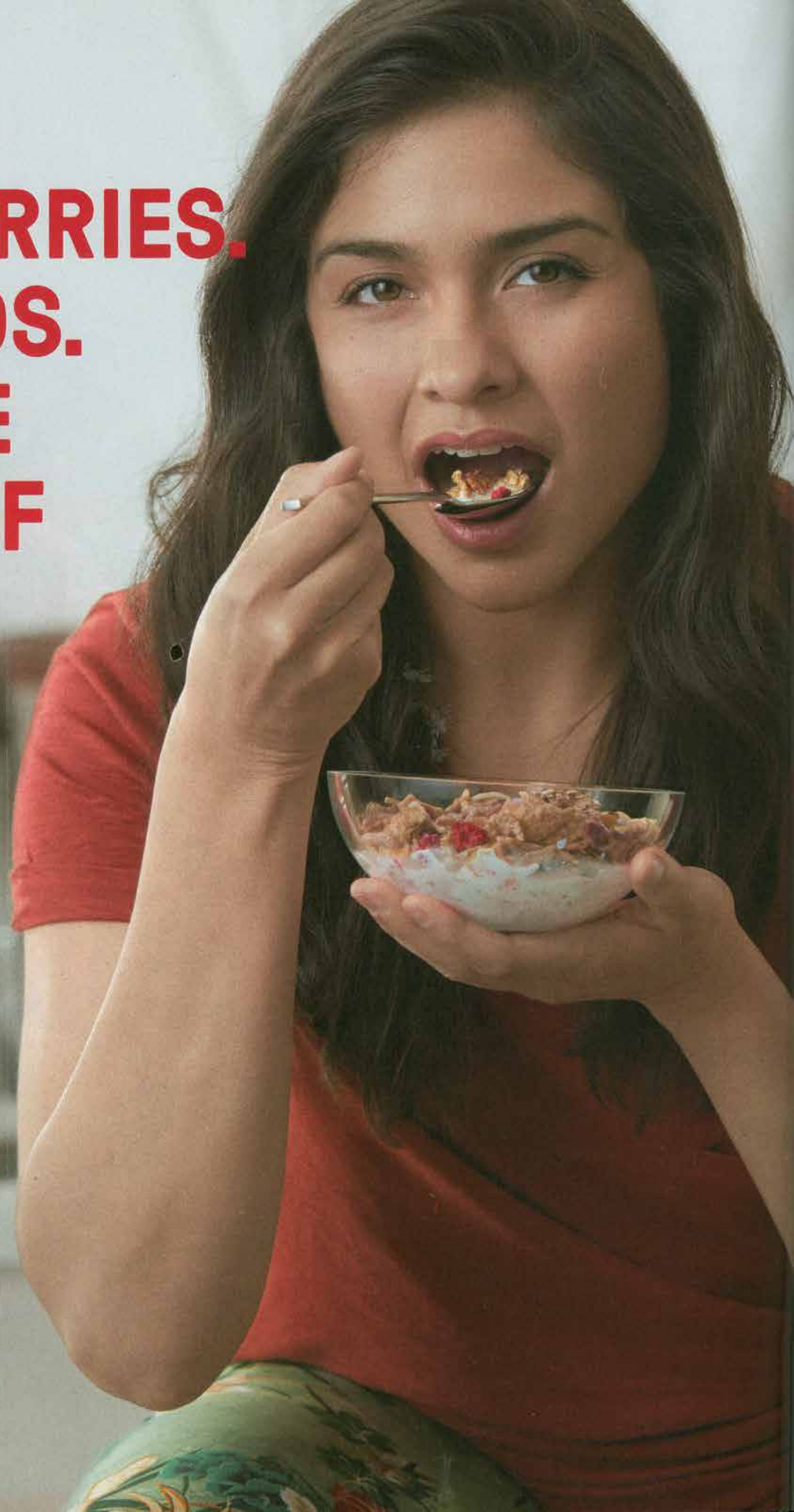
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GRAIN OF
DOUBT.**

OWN IT



Easy Sides



BOK CHOY WITH SWEET AND HOT PEPPERS

Heat 2 tablespoons **olive oil** in a large skillet over medium-high heat. Add 2 diced **bell peppers**, ½ to 1 sliced **red serrano chile** and 2 smashed **garlic cloves**. Season with **salt** and cook, stirring, until the peppers are lightly browned, 6 to 8 minutes. Add 6 chopped heads **baby bok choy**; cook until tender, 5 to 7 minutes. Stir in 1 tablespoon **rice vinegar**. Remove from the heat; stir in torn **basil** and season with salt.



CORN WITH SCALLION-LIME BUTTER

Pulse ½ stick softened **butter**, the grated zest of 1 **lime**, 2 sliced **scallions** and ¼ teaspoon **kosher salt** in a food processor. Boil 4 ears **corn** until tender, about 4 minutes. Drain and spread with the butter. Season with salt and **pepper**.



BIBB LETTUCE WITH CHERRIES

Puree ½ cup **sour cream**, ¼ cup fresh **basil**, 2 tablespoons water, 2 teaspoons each **champagne vinegar** and **olive oil**, and ½ teaspoon each **sugar** and **kosher salt** in a blender. Toss with 2 heads torn **Bibb lettuce**, 2 cups halved pitted **cherries** and ¼ cup each sliced **almonds** and **chives**; season with salt and **pepper**.

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TOMATO TOASTS

Puree 1 chopped **plum tomato**, 1 grated **garlic clove**, 2 tablespoons **olive oil**, and ½ teaspoon **kosher salt** in a food processor. Halve 2 **mini baguettes** lengthwise, then crosswise. Broil until toasted. Spread with the tomato mixture; season with salt and **pepper**. Top with shaved **manchego**.

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Katherine Alford,
Senior Vice President,
Culinary, Food Network Kitchen

INSIDE THE Test Kitchen

Go behind the scenes
of this issue.

GRATE IDEA

Cauliflower “rice” seems to be everywhere these days—you can even buy pre-grated cauliflower at the grocery store. Our test kitchen manager, Stephen Jackson, wondered if we could turn broccoli into rice, too, and it worked! Just hold a stalk of broccoli by the stem and grate the florets on the large holes of a box grater. Then briefly sauté it for a simple side dish or add it to pasta like we did on page 88.



EASY INDIAN

Keep an eye out for great Indian ingredients at your supermarket; we’ve seen so many new ones hit the shelf lately. You can find naan bread (naan chips, too!) in various flavors, all sorts of chutneys and bottled sauces, and even paneer, the firm cheese used to make saag paneer. We added some to the tandoori pizza on page 84, but if you can’t find paneer, just swap in halloumi or feta.

CORN OF PLENTY

Next time you cook with corn, don’t forget to “milk” the cobs: After cutting off the kernels, run the back of the knife down the cob to extract the liquid. It’s sweet and starchy and excellent for thickening sauces, soups and sautés (try it in the corn-chicken skillet dinner on page 86). Keep in mind this trick works only with fresh summer corn; once the season is over, the cobs will be too dry.



IMPORTANT SAFETY INFORMATION (CONTINUED)

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Do not take BOTOX® Cosmetic if you are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions, such as ALS or Lou Gehrig’s disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to (it is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

Tell your doctor if you have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® Cosmetic include: discomfort or pain at the injection site; headache; and eye problems: double vision, blurred vision, drooping eyelids, and swelling of your eyelids.

For more information refer to the Medication Guide or talk with your doctor.

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

Please refer to Summary of Information about BOTOX® Cosmetic on the following page.

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INDIAN INGREDIENTS: RYAN DAUSCH; CORN: LEVI BROWN



BOTOX[®]
—Cosmetic
onabotulinumtoxinA injection

RETHINK

Your frown lines

BOTOX[®] Cosmetic is the ONLY FDA-approved treatment to temporarily improve the appearance of both moderate to severe frown lines between the brows and crow's feet in adults. Ask your doctor about the real deal.

Find a specialist at
BotoxCosmetic.com

Actual patient after treatment. Results may vary.

IMPORTANT SAFETY INFORMATION

BOTOX[®] Cosmetic may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX[®] Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing

BOTOX[®] Cosmetic dosing Units are not the same as, or comparable to, any other botulinum toxin product.

There has not been a confirmed serious case of spread of toxin effect when BOTOX[®] Cosmetic has been used at the recommended dose to treat frown lines, crow's feet lines, or both at the same time.

BOTOX[®] Cosmetic may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX[®] Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

BY PRESCRIPTION ONLY

See adjacent page for additional safety information associated with BOTOX[®] Cosmetic.

Summary of Information About BOTOX® Cosmetic (onabotulinumtoxinA)

What is the Most Important Information I Should Know About BOTOX® Cosmetic?

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing,** due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines, crow's feet lines or both at the same time.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX® Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

BOTOX® Cosmetic dosing units are not the same as, or comparable to, any other botulinum toxin product.

What is BOTOX® Cosmetic?

BOTOX® Cosmetic is prescription medicine a medical professional injects into muscles to temporarily improve the look of both moderate to severe crow's feet lines and frown lines between the eyebrows in adults.

Who Should Not Use BOTOX® Cosmetic?

Do not use BOTOX® Cosmetic if you are: allergic to any of the ingredients in BOTOX® Cosmetic such as botulinum toxin type A and human serum albumin; had an allergic reaction to another botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); or have a skin infection at the planned injection site.

What Should I Tell My Doctor Before Treatment?

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects.

Tell your doctor if you have or have had bleeding issues; plan to or have had surgery; have forehead muscle weakness such as trouble raising your eyebrows; drooping eyelids; or any changes to your face.

Tell your doctor if you are pregnant, plan to become pregnant, are breastfeeding or plan to breast feed. It is not known if BOTOX® Cosmetic can harm your unborn baby or if BOTOX® Cosmetic passes into breast milk.

What Are Common Side Effects?

The most common side effects include temporary injection site pain; weakening of adjacent facial muscles; drooping eyelids; swelling eyelids; and headache. Other side effects, while less common, have been reported including blurred vision, double vision and allergic reactions (itching, rash, red itchy welts, wheezing, asthma symptoms, dizziness or feeling faint).

These are not all of the possible side effects. Call your doctor for medical advice if you experience any side effects after treatment with BOTOX® Cosmetic.

What Should I tell My Doctor About Medicines and Vitamins I Take?

Using BOTOX® Cosmetic with certain medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.** Tell your doctor if you have received an injection with another botulinum toxin product in the last 4 months, such as *Myobloc*®, *Dysport*®, or *Xeomin*®. Be sure your doctor knows which product you received.

Tell your doctor about all prescription and over-the-counter medicines and supplements you take including: vitamins and herbal products; recent antibiotic injections; anticholinergics; muscle relaxants; allergy or cold medicine; sleep medicine; aspirin-like products; and blood thinners. Ask your doctor if you are not sure whether your medicine is listed above.

To Learn More

If you would like more information, talk to your doctor and/or go to BotoxCosmetic.com for full Product Information.

You may report side effects to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

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The Sheet Pan Plan

Make a great dinner on a single pan!

PHOTOGRAPHS BY BOBBI LIN



Provençal Cod,
Potatoes and
String Beans

Deviled Chicken with Kale
and Sweet Potatoes





Roasted Vegetable Chili with
Cornbread Biscuits

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Curried Shrimp Biryani



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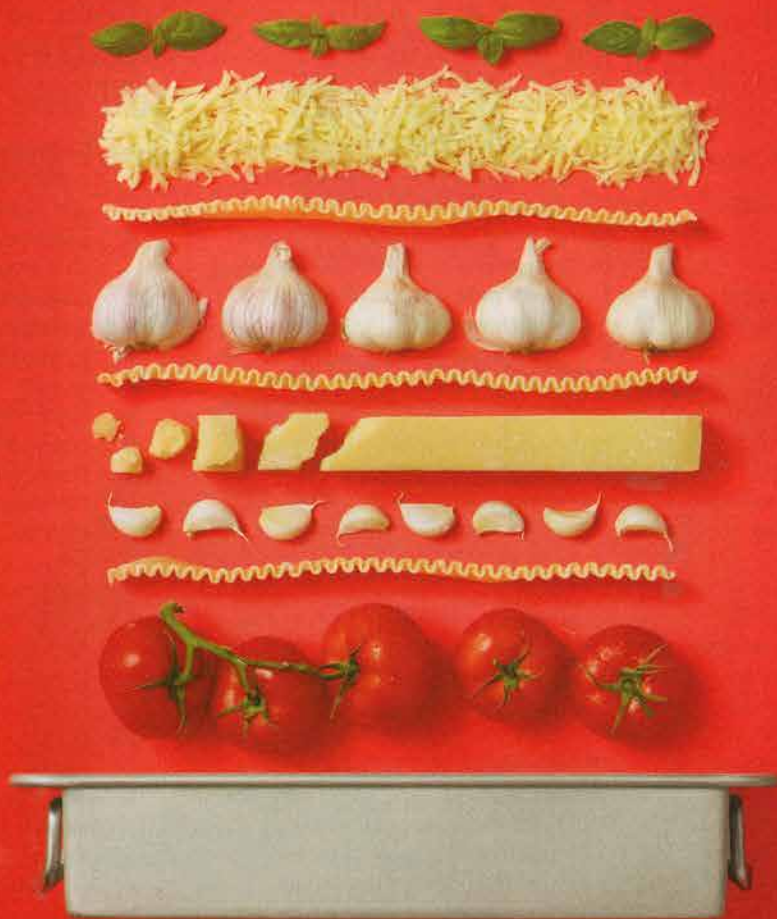
Rosemary-Garlic Pork Chops
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PROVENÇAL COD, POTATOES AND STRING BEANS

ACTIVE: 25 min | TOTAL: 45 min | SERVES: 4

- 1 pound Yukon Gold potatoes, thinly sliced
- $\frac{3}{4}$ cup plus 1 tablespoon extra-virgin olive oil
- 1 teaspoon herbes de Provence
- Kosher salt and freshly ground pepper
- 8 ounces yellow wax beans and/or green beans, trimmed
- 2 small tomatoes, diced
- $\frac{1}{3}$ cup pitted kalamata olives, roughly chopped
- 2 tablespoons fresh lemon juice
- 4 6-ounce cod fillets (1 to $\frac{1}{2}$ inch thick)
- Chopped fresh parsley, for topping

- 1.** Put a rimmed baking sheet in the upper third of the oven and preheat to 475°. Combine the potatoes, 2 tablespoons olive oil and $\frac{1}{2}$ teaspoon herbes de Provence in a large bowl; season generously with salt and pepper. In a separate bowl, combine the beans, 1 tablespoon olive oil and the remaining $\frac{1}{2}$ teaspoon herbes de Provence; season generously with salt and pepper.
- 2.** Remove the hot baking sheet from the oven; add the potatoes in a single layer on one side of the pan and the beans on the other side. Roast until the potatoes are browned and the beans are tender, about 20 minutes.
- 3.** Meanwhile, combine the tomatoes, olives, remaining 2 tablespoons olive oil, the lemon juice, $\frac{1}{2}$ teaspoon salt and a pinch of pepper in a small bowl; set aside. Season the cod all over with salt.
- 4.** Remove the baking sheet from the oven. Separately stir the potatoes and beans with a spatula and push to the sides of the pan, leaving a space in the middle. Place the cod in the middle of the pan and top with half of the tomato mixture. Roast until the cod is opaque, 10 to 12 minutes. Sprinkle the potatoes with parsley. Serve with the remaining tomato mixture.



DEVILED CHICKEN WITH KALE AND SWEET POTATOES

ACTIVE: 30 min | TOTAL: 1 hr | SERVES: 4

- 3 tablespoons extra-virgin olive oil
- 4 skin-on, bone-in chicken breasts (about 2 $\frac{3}{4}$ pounds)
- Kosher salt and freshly ground pepper
- 1 teaspoon chili powder
- 2 sweet potatoes, cut into $\frac{1}{2}$ -inch wedges
- 2 tablespoons dijon mustard
- 1 tablespoon plus 1 teaspoon hot sauce
- $\frac{1}{2}$ cup panko breadcrumbs
- 1 tablespoon unsalted butter, melted
- 1 bunch kale, stems removed, leaves torn (about 6 cups)

- 1.** Position a rack in the upper third of the oven; preheat to 475°. Brush a rimmed baking sheet with 1 tablespoon olive oil. Add the chicken skin-side up; season with salt, pepper and $\frac{1}{2}$ teaspoon chili powder. Arrange the sweet potatoes around the chicken; season with salt and pepper. Drizzle the chicken and sweet potatoes with 1 tablespoon olive oil. Roast until the chicken is lightly browned and the sweet potatoes are just tender, 25 to 30 minutes.
- 2.** Meanwhile, combine the mustard, 1 tablespoon hot sauce and the remaining $\frac{1}{2}$ teaspoon chili powder in a small bowl. Toss the panko, melted butter, remaining 1 teaspoon hot sauce and a pinch of salt in another small bowl.
- 3.** Remove the baking sheet from the oven and spread the mustard mixture on top of each chicken breast. Top with the panko, lightly pressing to adhere. Move the chicken and sweet potatoes to one side of the pan. Mound the kale on the other side; toss with the remaining 1 tablespoon olive oil and season with salt and pepper.
- 4.** Roast until a thermometer inserted into the thickest part of the chicken registers 165° and the kale is crisp on top, about 15 minutes.



ROASTED VEGETABLE CHILI WITH CORNBREAD BISCUITS

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

- 1 head cauliflower, cut into small florets
- 1 poblano chile pepper, seeded and diced
- 4 scallions, roughly chopped, plus more for topping
- 3 tablespoons vegetable oil
- 1 tablespoon chili powder
- $\frac{1}{2}$ teaspoon ground cumin
- Kosher salt
- $\frac{3}{4}$ cup cornmeal
- $\frac{1}{2}$ cup all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon packed light brown sugar
- 4 tablespoons cold unsalted butter, cubed
- $\frac{2}{3}$ cup cold buttermilk
- $\frac{2}{3}$ cup shredded sharp cheddar cheese
- 1 15-ounce can black beans, undrained
- 1 8-ounce can tomato sauce
- $\frac{1}{4}$ cups frozen fire-roasted corn, thawed
- $\frac{1}{2}$ cups low-sodium vegetable broth

- 1.** Preheat the broiler. Toss the cauliflower, poblano and scallions with the vegetable oil, chili powder, cumin and $\frac{1}{2}$ teaspoon salt on a rimmed baking sheet; spread in a single layer. Broil until the vegetables are browned around the edges, 7 to 10 minutes.
- 2.** Meanwhile, make the biscuits: Whisk the cornmeal, flour, baking powder, brown sugar and $\frac{3}{4}$ teaspoon salt in a medium bowl. Work the butter into the cornmeal mixture with your fingers until crumbly. Stir in the buttermilk and $\frac{1}{2}$ cup cheese with a fork until combined.
- 3.** Remove the baking sheet from the broiler and preheat the oven to 475°. Add the beans and their liquid, the tomato sauce, corn, vegetable broth and $\frac{1}{2}$ teaspoon salt to the roasted vegetables and gently stir. Spoon the biscuit dough on top in 12 mounds, about 1 $\frac{1}{2}$ inches apart. Sprinkle the biscuits with the remaining $\frac{1}{2}$ cup cheese.
- 4.** Bake until the chili starts bubbling and the biscuits are golden and cooked through, 25 to 30 minutes. Sprinkle with scallions.

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CURRIED SHRIMP BIRYANI

ACTIVE: 40 min | TOTAL: 1 hr | SERVES: 4

- 3 large shallots, halved and thinly sliced
- 6 tablespoons unsalted butter, melted
- Kosher salt
- 1 pound large shrimp
- 2 teaspoons finely grated peeled fresh ginger
- 2 cloves garlic, finely grated
- 2 teaspoons curry powder
- 1 teaspoon garam masala
- ½ teaspoon paprika
- 4 8.8-ounce packages microwavable basmati rice (or 7 cups cooked rice)
- 1 cup fresh cilantro and/or mint, roughly chopped
- Yogurt and chopped toasted cashews, for serving

1. Put a rimmed baking sheet in the upper third of the oven; preheat to 475°. Add the shallots, drizzle with 1 tablespoon melted butter and season with salt; spread in a single layer. Roast until softened and starting to brown, 5 to 7 minutes.
2. Meanwhile, butterfly the shrimp: Peel the shrimp; make a deep cut down the center of the shrimp's back from head to tail without cutting all the way through. Remove the vein with the tip of the knife. Open the shrimp along the cut so it lies flat. Transfer to a large bowl.
3. Combine the remaining 5 tablespoons melted butter, the ginger, garlic, curry powder and garam masala in a separate large bowl. Add 2 tablespoons of the spice butter to the shrimp; add the paprika, season with salt and toss. Add the rice, 1 teaspoon salt and ½ cup herbs to the remaining spice butter; toss.
4. Add the shrimp to the baking sheet with the shallots and spread in a single layer. Top with the rice mixture in an even layer and drizzle with ¼ cup water. Cover the pan tightly with foil and bake until the rice is hot and the shrimp are cooked through, 16 to 18 minutes.
5. Stir the shrimp and rice together with a fork. Season with salt and stir in the remaining ½ cup herbs. Top each serving with yogurt and cashews.



ROSEMARY-GARLIC PORK CHOPS WITH CHICKPEAS

ACTIVE: 20 min | TOTAL: 35 min | SERVES: 4

- 4 center-cut bone-in pork rib chops (¾ to 1 inch thick; 10 ounces each)
- ¼ cup extra-virgin olive oil
- 1 teaspoon finely chopped fresh rosemary, plus 2 sprigs
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground pepper
- 1 19-ounce can chickpeas, drained and rinsed
- 6 cloves garlic, smashed
- ½ cup sliced jarred roasted red peppers
- ⅓ cup low-sodium chicken broth
- Chopped fresh parsley, for topping

1. Preheat the broiler. Toss the pork chops with 1 tablespoon olive oil, the chopped rosemary and grated lemon zest on a rimmed baking sheet; season generously with salt and pepper.
2. Toss the chickpeas, garlic, roasted red peppers and rosemary sprigs with the remaining 3 tablespoons olive oil, ½ teaspoon salt and a few grinds of pepper. Scatter around the pork chops. Pour the chicken broth over the chickpea mixture.
3. Broil, stirring the chickpea mixture once and rotating the baking sheet halfway through, until a thermometer inserted into the pork registers 145°, 10 to 12 minutes. Sprinkle with parsley.

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SAUSAGE AND PEPPER SPAGHETTI

Serves 6 • Active Time: 10 minutes • Total Time: 30 minutes

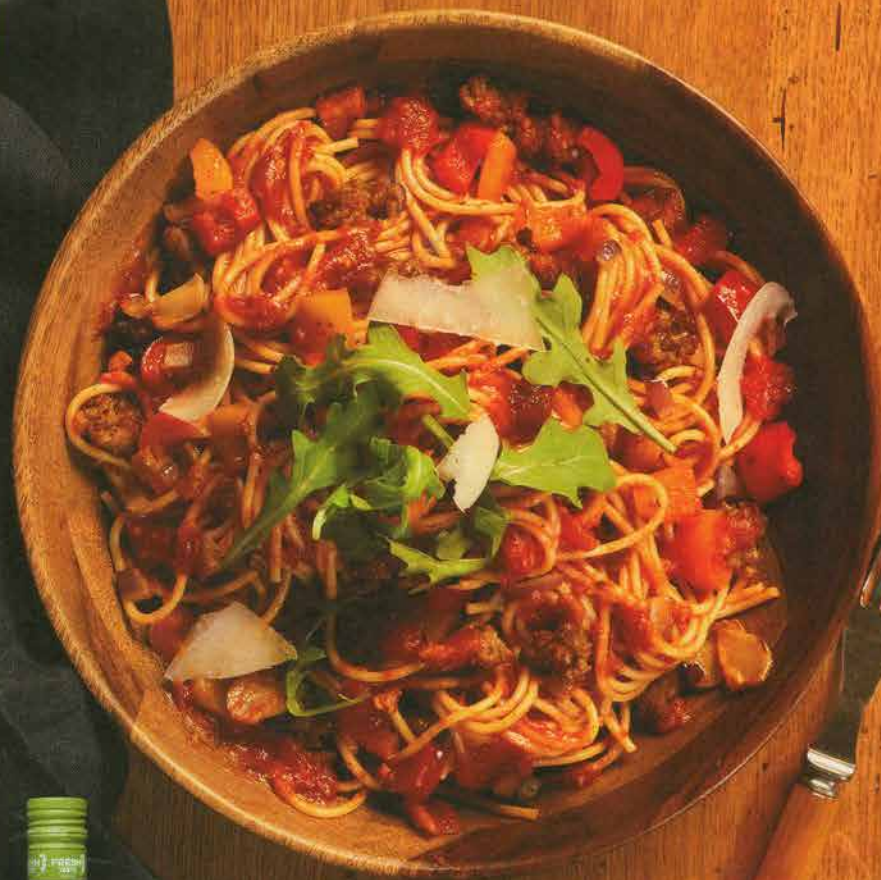
WHAT YOU NEED

- ¼ cup Classico® Extra Virgin Olive Oil
- 1 large red onion, finely chopped
- 3 garlic cloves, chopped
- Kosher salt and freshly ground black pepper
- 3 bell peppers, preferably a combination of red, orange and yellow, stemmed, seeded and diced
- 1 24-ounce jar Classico® Italian Sausage Sauce
- 1 pound spaghetti
- 1 5-ounce package baby arugula
- Parmesan cheese, for serving

MAKE IT

Combine the oil, onion and garlic in a large Dutch oven or other heavy pot. Season with salt and pepper and set over medium heat. Cook, stirring occasionally, until the onion is just tender, about 5 minutes. Add the peppers, season with salt, and cook, stirring occasionally, until crisp-tender, 8 to 10 minutes. Add the sauce and bring to a simmer. Reduce the heat to low and simmer for 5 minutes.

While the sauce cooks, cook the spaghetti as the label directs. Drain well, then divide among serving plates. Top with the sauce, then the arugula. Grate parmesan on top and serve.

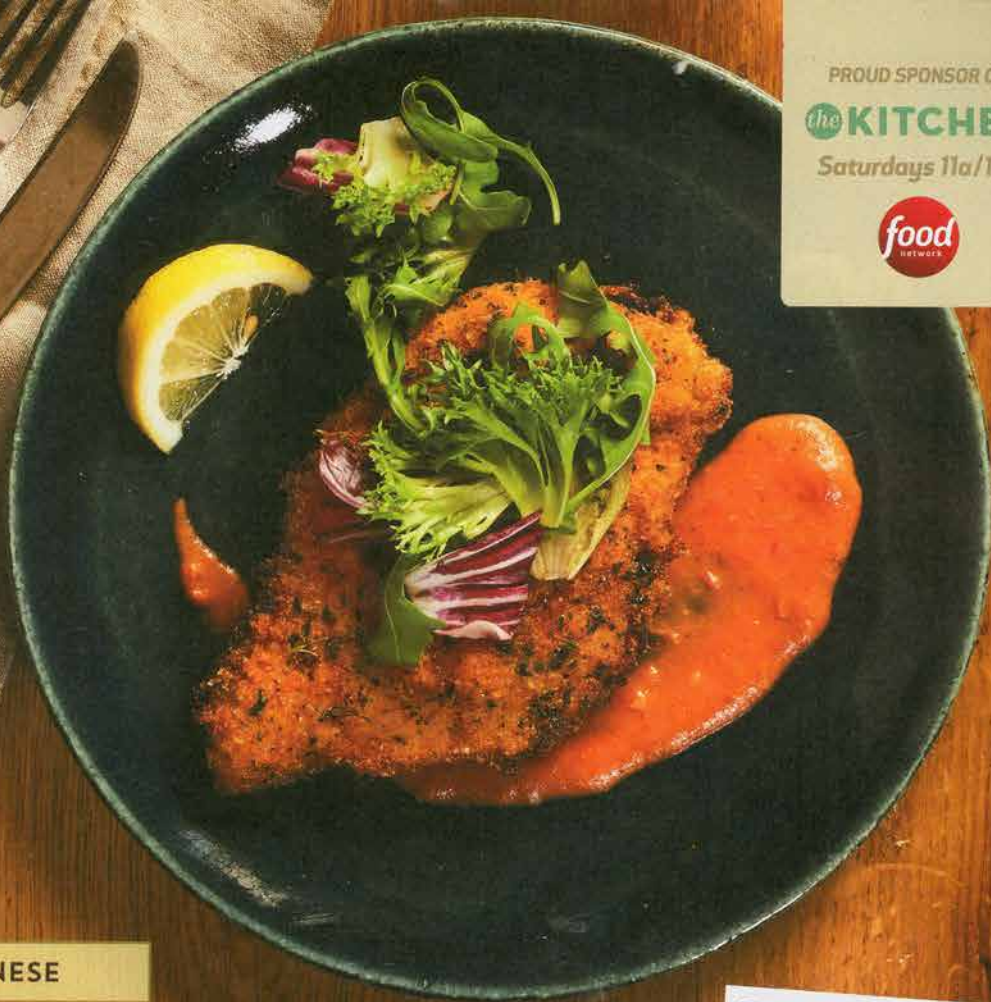


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VODKA CHICKEN MILANESE

Serves 4 • Active Time: 10 minutes • Total Time: 20 minutes

WHAT YOU NEED

- 4 chicken cutlets (1 pound), pounded to ½-inch thickness
- Kosher salt and freshly ground black pepper
- ¼ cups Classico® Vodka Sauce
- ¼ cup Italian breadcrumbs
- ¼ cup Classico® Extra Virgin Olive Oil, plus more if needed
- Salad, for serving

MAKE IT

Season the chicken with salt and pepper, then coat with ¼ cup of the sauce. Spread the breadcrumbs on a large rimmed baking sheet. Dredge the chicken in the crumbs to evenly coat. Put the chicken in the fridge 5–10 minutes before frying.

Heat oil in a large nonstick skillet over medium heat. When the oil is hot, shake excess crumbs off 1 chicken cutlet and add to the hot oil. Repeat with the remaining chicken. If you can't fit all 4 pieces in the pan without crowding, work in batches, adding more oil if needed between batches.

Cook, turning once, until golden brown on both sides and cooked through in the center, about 5 minutes. Transfer to paper towels to drain.

Wipe out the skillet and add the remaining 1 cup sauce. Heat over medium heat until bubbling. Divide among serving plates and top with the chicken. Serve with salad.

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SWEEPSTAKES



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Weekend Cooking



Get your grains with
this quinoa-corn
salad. See page 128.

THREE TAKES ON

Roast Chicken

Alex Guarnaschelli puts her spin
on the classic Sunday supper.



When Alex Guarnaschelli took over as chef at the New York City restaurant Butter in 2003, she didn't even consider putting chicken on the menu. "I thought it was too basic," says the *Chopped* judge. "Those were my arrogant artist-with-a-vision years!" These days, Alex not only serves chicken at Butter, she also dedicated an entire chapter to it in her new cookbook, *The Home Cook*. She has become a bit of a roast chicken addict, making it at home at least once a week. "I'll tear off a wing and start gnawing on it the second the chicken comes out of the oven," she says. She turns the leftovers—if there are any—into chicken salad, then makes stock from the bones. Here are three great roast chicken recipes from her latest cookbook.

WHOLE SPICE-RUBBED CHICKEN WITH ROASTED GARLIC AND LEMONS

ACTIVE: 30 min | TOTAL: 1½ hr | SERVES: 4 to 6

- 1 whole chicken (3½ to 4 pounds)
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- 1 tablespoon hot paprika
- 1 tablespoon dry mustard
- 4 heads garlic, unpeeled, halved widthwise
- 1 cup sugar
- 4 large lemons
- 2 cinnamon sticks
- 1 tablespoon fennel seeds
- ½ cup red wine vinegar

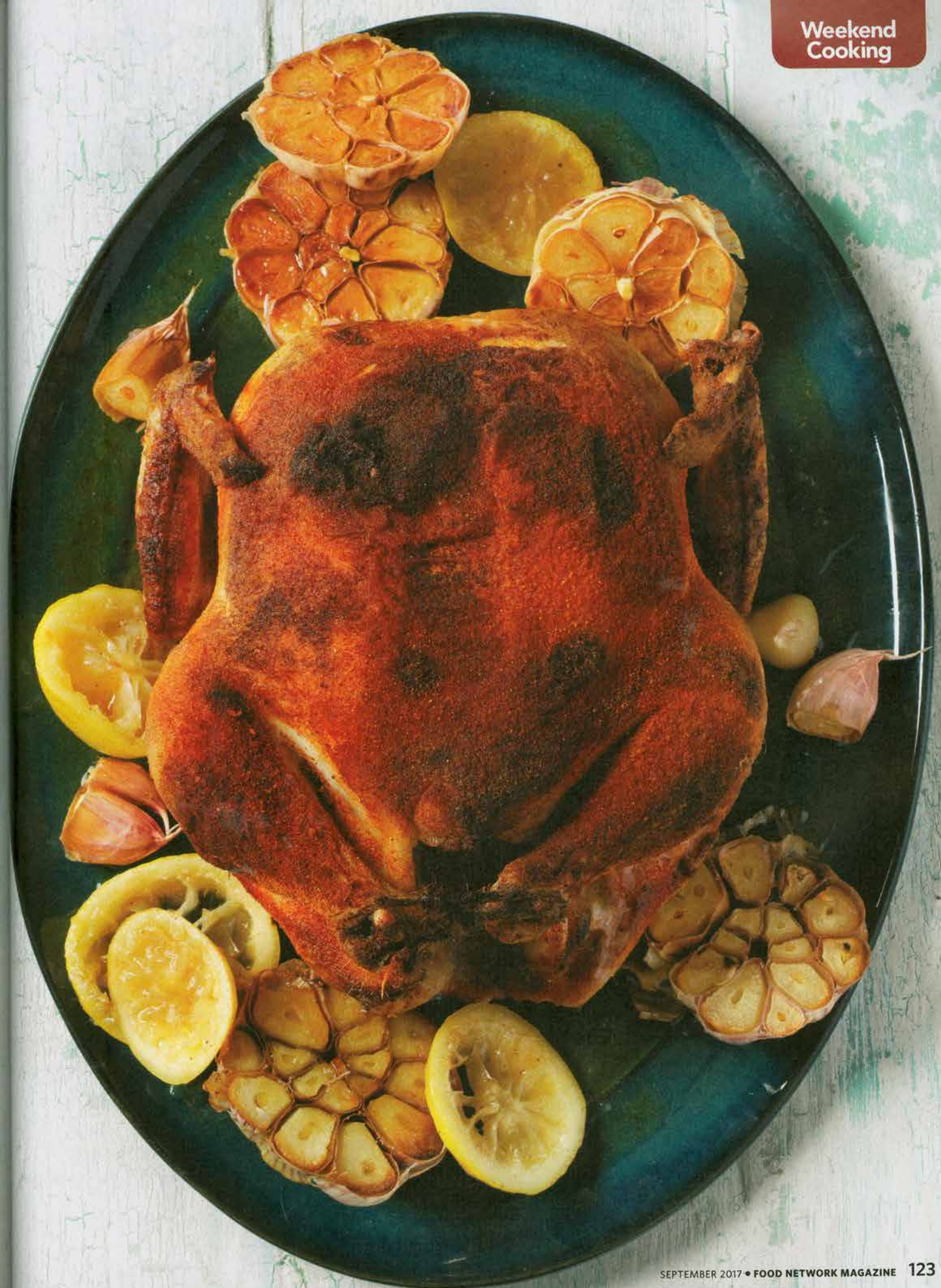
1. Preheat the oven to 500°. Cook the chicken and garlic: Rub the outside of the chicken with 1 tablespoon olive oil and season with salt. Use a fine-mesh strainer to sprinkle an even layer of the paprika and mustard over the whole chicken. Transfer to a shallow baking pan or rimmed baking sheet fitted with a roasting rack and roast for 15 minutes. Then lower the oven temperature to 375° and loosely cover the top of the chicken with a piece of foil. In a small bowl, toss the garlic with the remaining 2 tablespoons olive oil and season with salt. Arrange the garlic around the chicken. Roast until the chicken juices run clear or the internal temperature reaches 160° to 165°, 40 to 50 minutes. Remove the chicken from the oven and allow it to rest for 15 minutes before carving.

2. While the chicken is roasting, cook the lemons: In a medium saucepan, combine the sugar, 2 teaspoons salt and the lemons with 3 cups water. Bring to a simmer over medium heat. Add the cinnamon sticks and fennel seeds. Simmer until the liquid becomes slightly syrupy, 10 to 12 minutes. Add the red wine vinegar and cook over medium heat until the lemons become tender when pierced with the tip of a knife, 30 to 35 minutes. Allow the lemons to sit in the hot liquid for 15 minutes, then remove them with a slotted spoon. On a flat surface, cut each lemon into ½-inch-thick rounds. Remove the seeds. Set the slices aside in some of the cooking liquid to keep them moist until ready to serve.

3. Finish the dish: Arrange the chicken on a serving platter with the garlic around it. Put the baking pan on a burner and simmer any chicken cooking juices over medium heat. Remove from the heat and stir in the drained lemon slices. Return the heat to medium low, taste for seasoning and simmer for 2 to 3 minutes to allow the flavors to come together. Spoon the sauce and lemons around the chicken and roasted garlic.

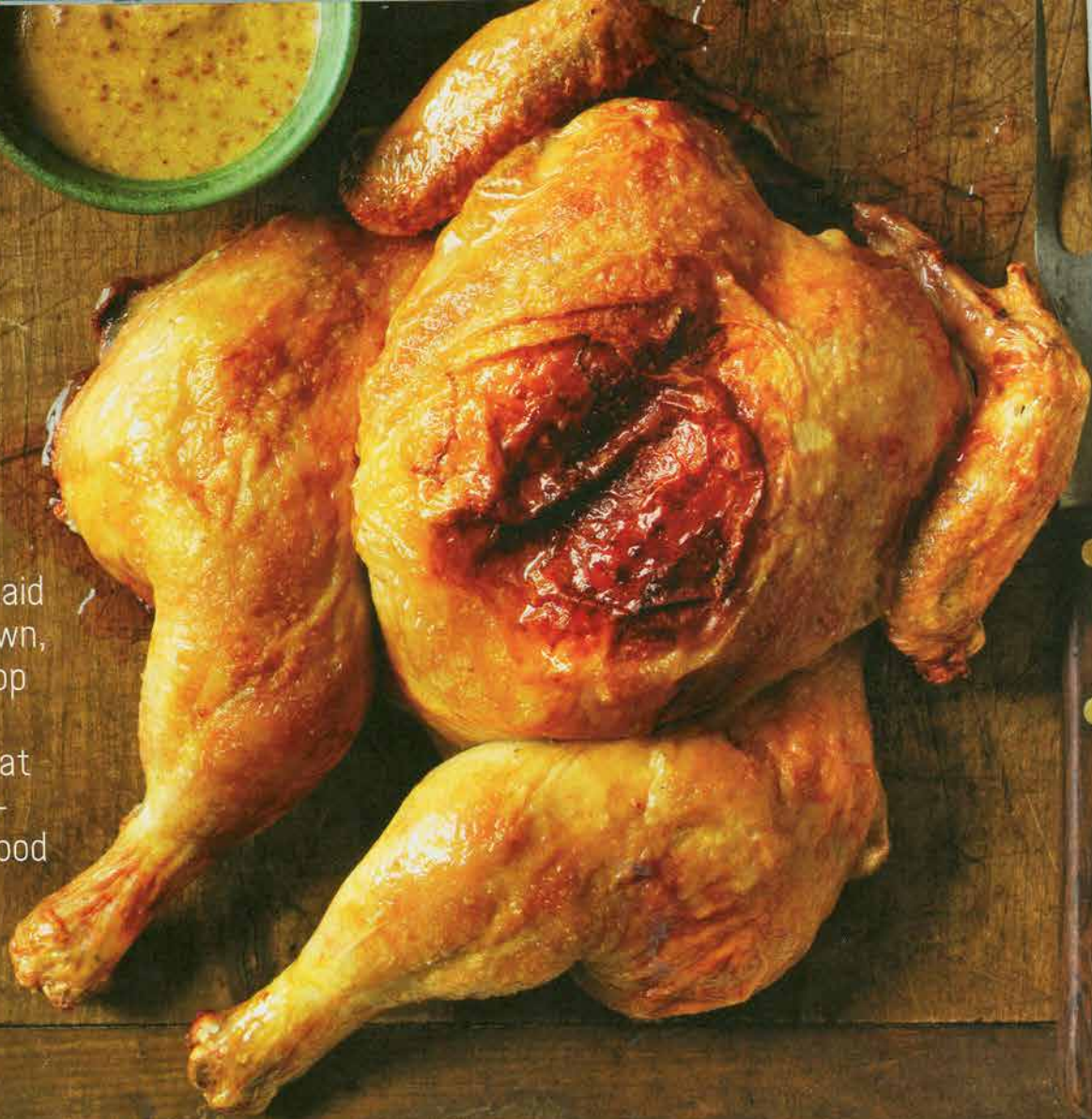
“

The cinnamon in this dish adds just a little sweetness.”



“

Once you've cut out the backbone and laid the chicken down, press on the top of the bird to flatten it that extra little bit—it makes for good even cooking.”



SPATCHCOCKED ROASTED CHICKEN WITH MUSTARD VINAIGRETTE

ACTIVE: 25 min | TOTAL: 1 hr 25 min | SERVES: 4 to 6

- 1 whole chicken (4 pounds)
- Kosher salt
- 2 tablespoons dijon mustard
- 1 tablespoon plus 2 teaspoons grainy mustard
- 2 tablespoons sherry vinegar
- Freshly ground pepper
- ½ cup canola oil

1. Preheat the oven to 500°. Butterfly the chicken: Remove any innards from the chicken. Put the whole chicken breast-side down on a flat surface. (I like to put a kitchen towel underneath the bird to prevent the chicken from sliding around as I work.) Find the backbone running down the center. Use a pair of sharp poultry shears or scissors to cut up along the backbone on one side and then cut along the other side. Remove the backbone and save it to add to chicken stock. Flip the bird over, breast-side up. Gently press down on the breast meat to open the chicken up and flatten it. The breastbone will break as you press. The chicken should now sit almost flat.

2. Cook the chicken: Season the chicken on all sides with salt. Put the chicken skin-side up on a rimmed baking sheet lined with a rack, put the pan in the center of the hot oven and cook undisturbed for 20 minutes. Then lower the oven temperature to 450° and cook for an additional 30 to 35 minutes. The chicken is ready when an instant-read thermometer inserted in the thickest part of the bird registers 155° to 160°. Remove the chicken from the oven and allow it to rest for at least 10 to 15 minutes.

3. Meanwhile, make the mustard vinaigrette: Whisk the dijon and grainy mustards with the vinegar, ½ teaspoon salt and ½ teaspoon pepper in a small bowl. Gradually whisk in the canola oil and 1 tablespoon cold water. Taste for seasoning.

4. Serve the chicken: Transfer it to a cutting board for carving. Serve with the mustard vinaigrette.

WHOLE ROASTED CHICKEN WITH BACON

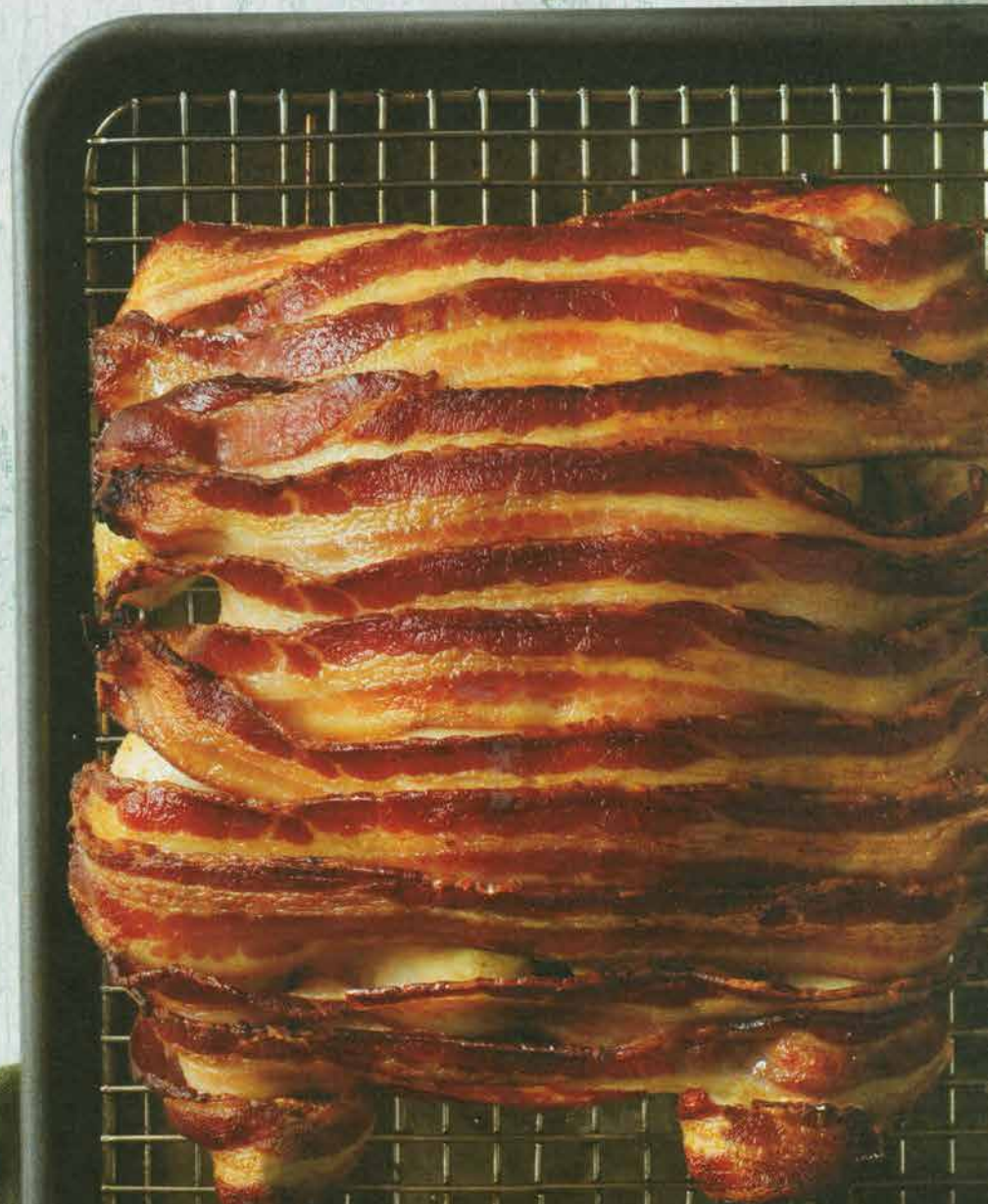
ACTIVE: 30 min | TOTAL: 1 hr 40 min
SERVES: 4 to 6

- 1 whole chicken (3 to 3½ pounds)
- Kosher salt and freshly ground pepper
- 6 sprigs fresh thyme
- 1 to 2 lemons, cut into wedges
- 12 slices bacon (about ¾ pound)
- 1 tablespoon dijon mustard

1. Preheat the oven to 500°. Prepare the chicken: Season the outside of the chicken with salt and pepper. Fill the cavity with the thyme sprigs and lemon wedges. Turn the chicken so the cavity is facing you. Put one end of a bacon slice squarely over the left thigh, run it over the breast meat and finish by covering the right thigh. Repeat with 9 more strips of bacon, slightly overlapping, so the thighs and all of the breast meat are covered. Then wrap one strip, slightly overlapping, around each drumstick.

2. Cook the chicken: Transfer the chicken to a shallow baking pan or rimmed baking sheet fitted with a roasting rack and put it in the center of the oven. Roast for 20 minutes and then lower the oven temperature to 350°. Cook until the juices run clear or the internal temperature reaches 160°, 40 to 50 minutes. Remove the chicken from the oven and allow it to rest for 15 minutes before carving. The bacon should form a hard shell over the breast meat. Take care to use a sharp knife when carving so the bacon stays on top of the white meat.

3. Finish the dish: Make a sauce by pouring the juices from inside the cavity (along with the thyme and lemon wedges) into the baking pan. Put the pan over medium heat and bring to a simmer. Whisk in the mustard, add 2 tablespoons water and simmer for 2 to 3 minutes to allow the sauce to come together. Strain, pressing down on the lemon wedges to extract all the juice, and season with salt and pepper. Discard the lemon wedges and thyme sprigs and taste for seasoning. Serve immediately.



“Chicken and bacon are great in a Cobb salad, and they work just as well in this recipe.”



Find more of Alex's recipes in *The Home Cook* (\$35, Clarkson Potter).



NATURAL CHEESE

.....*Sometimes*.....

**THE RIGHT CHEESE IS ACTUALLY
TWO CHEESES**
(WITH TACO SPICE ALREADY IN IT)

.....



*Cheesy Mexican
Lasagna*

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PHOTOGRAPHS BY CHRIS COURT



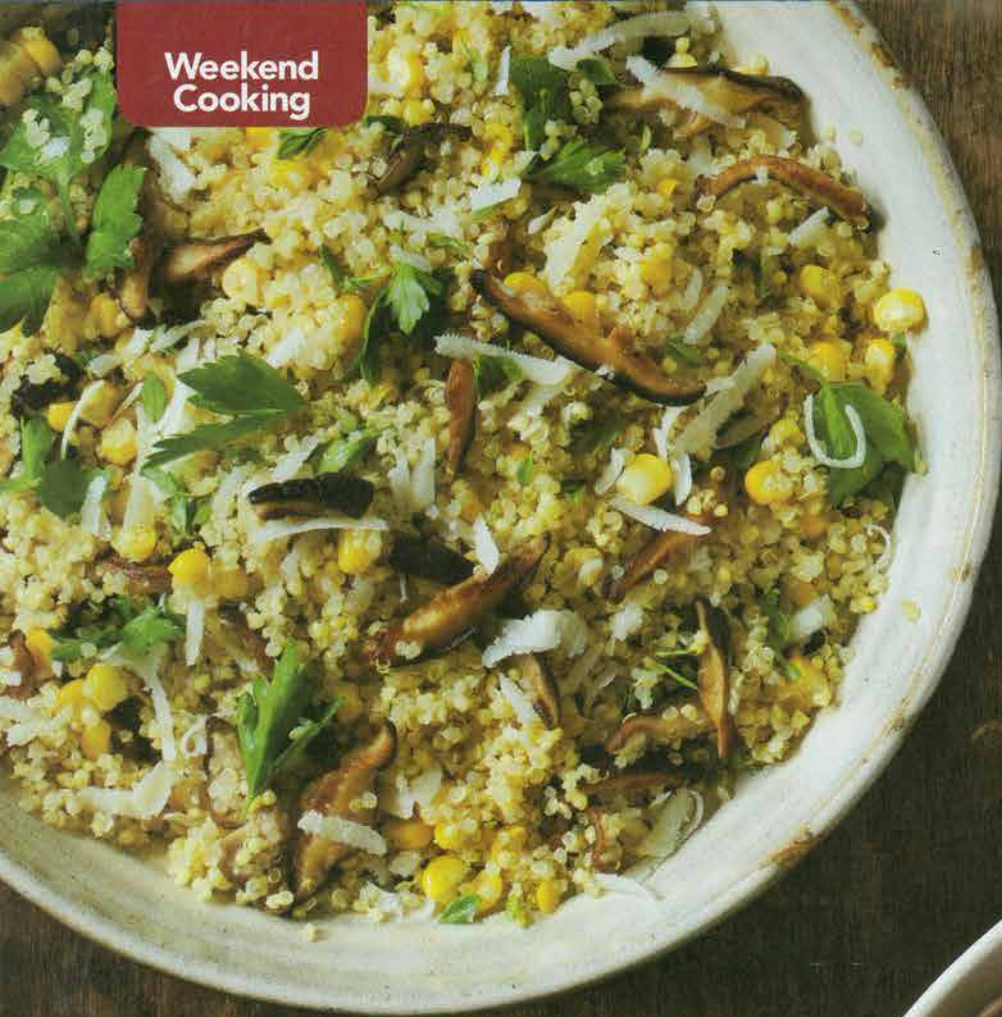
◀ SPINACH-ALMOND RICE

Bring 3 cups salted water to a simmer; add 1½ cups basmati rice, cover and cook over low heat until tender, about 20 minutes. Fluff with a fork, then let cool. Toss with 4 cups baby spinach, ½ cup each chopped marinated artichoke hearts and toasted slivered almonds, 1 cup chopped fresh dill, 1 tablespoon grated lemon zest, the juice of 2 lemons and ½ cup olive oil. Season with salt and pepper.



PASTRAMI AND RYE BERRY SALAD ▶

Cook 1 cup rye berries in simmering salted water until tender, about 1 hour. Drain, transfer to a bowl and let cool. Add 1 cup each thinly sliced red cabbage and celery and ½ cup chopped pastrami. Whisk 3 tablespoons each cider vinegar and whole-grain mustard and ½ cup olive oil; toss with the rye berry mixture. Season with salt and pepper.



◀ MIXED GRAINS WITH SHIITAKES AND CORN

Cook 1 cup quinoa and ½ cup millet in boiling salted water until tender, about 12 minutes. Drain and spread on a paper towel-lined baking sheet to cool. Cook 8 ounces sliced shiitake mushrooms in olive oil in a large skillet over medium-high heat until browned, 5 minutes. Add 1 cup corn, 1 teaspoon fresh thyme and salt and pepper to taste; cook, stirring, until the corn is tender, 30 seconds. Let cool, then toss with the grains, 1 cup fresh parsley, the juice of ½ lemon and 3 to 4 tablespoons olive oil. Stir in ½ cup shredded parmesan.



BULGUR WITH HONEYDEW AND FETA ▶

Bring 1 cup salted water to a simmer. Remove from the heat and add ½ cup bulgur; cover and let sit 20 minutes. Fluff with a fork, then let cool. Toss with 4 diced Persian cucumbers, 2 cups diced honeydew melon, ½ thinly sliced small red onion, 1 cup crumbled feta, ¼ cup each chopped fresh mint and dill, ½ cup olive oil and 3 tablespoons lemon juice. Season with salt and pepper.

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Rise to the Occasion

Impress your friends and family with a loaf of Ina Garten's homemade challah.

PHOTOGRAPH BY STEVE GIRALT



I rarely think it's worth the time and effort to bake homemade bread: There are artisanal bakers almost everywhere making delicious baguettes and whole-grain breads. Still, every once in a while, I find myself longing for the feel of soft pillowy dough in my hands and the smell of freshly baked bread in the house. My favorite bread to make at home is this Challah with Saffron. It's similar to French brioche, but it's formed into a long braid, and mine has a hint of saffron that I simply adore. It takes a little time to make, between the mixing, kneading, rising and baking, so it's a great weekend project when I'm puttering around the house. The fresh challah is divine, and the leftovers make the best French toast or savory bread pudding. Trust me, you'll be so glad you made it!

xxx Ina



To make ahead, bake the challah, cool completely, wrap tightly and refrigerate for up to 3 days or freeze for up to 4 months.



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Party Time



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COOKOUT



Cookbook

Pick and choose your favorite dishes to create the perfect end-of-summer menu.

PHOTOGRAPHS BY CON POULOS

COCKTAILS



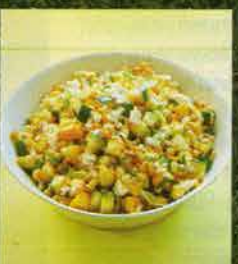
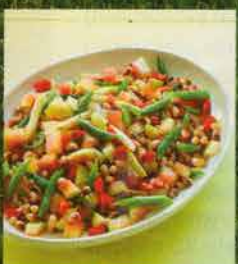
APPETIZERS



MAIN DISHES



SIDE DISHES



DESSERTS



COCKTAILS: CHRISTINE ALVAREZ; PHOTO STYLING: FRANCESCA; APPETIZERS: GRACIE; MAIN DISHES: ALISON GOOTEE/STUDIO D.; SIDE DISHES: GRACIE; DESSERTS: ALISON GOOTEE/STUDIO D.

GINGER-SWEET TEA JULEPS

ACTIVE: 20 min | TOTAL: 40 min (plus freezing)
SERVES: 6 to 8

- 1 1-liter bottle ginger ale
- $\frac{1}{2}$ cup sugar
- 1 bunch fresh mint,
plus sprigs for garnish
- 3 black tea bags
- $1\frac{1}{2}$ cups bourbon

1. Pour the ginger ale into a 9-by-13-inch baking dish. Freeze overnight.
2. Bring 4 cups water, the sugar and mint to a boil in a saucepan, stirring to dissolve the sugar. Let cool 2 minutes, then add the tea bags and let cool completely, 30 minutes to 1 hour; discard the tea bags.
3. Strain the sweet tea into a pitcher and add the bourbon. Refrigerate until ready to serve. Scrape the ginger ale ice with a fork and divide among glasses. Add the cocktail and garnish with mint sprigs.

GRAPEFRUIT SPRITZERS

ACTIVE: 10 min | TOTAL: 25 min
SERVES: 6 to 8

- $\frac{1}{2}$ cup sugar
- 1 750-ml bottle dry white wine
- 1 cup ruby red grapefruit juice
- $\frac{3}{4}$ cup Campari
- 3 cups seltzer
- Raspberries and sliced grapefruit, for garnish

1. Make the simple syrup: Bring the sugar and $\frac{1}{2}$ cup water to a simmer in a small saucepan, stirring to dissolve the sugar. Remove from the heat and let cool completely, about 20 minutes.
2. Combine the white wine, grapefruit juice, Campari and simple syrup in a pitcher and refrigerate until ready to serve. Pour into ice-filled glasses and top with the seltzer. Garnish with raspberries and grapefruit.



GRAPEFRUIT
SPRITZERS

GINGER-
SWEET TEA
JULEPS



→
PLUM-BASIL
GIN FIZZES



PLUM-BASIL GIN FIZZES

ACTIVE: 15 min | TOTAL: 1 hr 15 min
SERVES: 6 to 8

- $\frac{1}{3}$ cup sugar
- 1 cup fresh basil, plus more for garnish
- 4 plums, pitted and sliced
- 1 cup gin
- 3 cups seltzer, chilled

1. Make the basil syrup: Bring the sugar and $\frac{1}{3}$ cup water to a boil in a small saucepan, stirring to dissolve the sugar. Stir in the basil, then remove from the heat and let cool completely, about 1 hour, then strain.

2. Muddle 3 plums in a large liquid measuring cup with a wooden spoon. Stir in the basil syrup and gin. Refrigerate until ready to serve. Pour into ice-filled glasses and top with the seltzer. Garnish with basil and the remaining sliced plum.

.....●●●●●.....

SPICY TROPICAL COOLERS

ACTIVE: 10 min | TOTAL: 30 min
SERVES: 6 to 8

- $\frac{3}{4}$ cup sugar
 - 1 jalapeño pepper, sliced, plus more for garnish
 - 2 cups pineapple juice
 - 2 cups orange-flavored vodka
 - 1 cup mango nectar
 - $\frac{1}{2}$ cup fresh lime juice (from 4 to 5 limes)
- Pineapple and mango chunks, for garnish

1. Make the jalapeño syrup: Bring the sugar, $\frac{3}{4}$ cup water and half of the jalapeño slices to a simmer in a small saucepan, stirring to dissolve the sugar. Remove from the heat and let cool completely, about 20 minutes.

2. Meanwhile, muddle the remaining jalapeño slices in a large liquid measuring cup with a wooden spoon. Add the pineapple juice; let sit while the syrup cools.

3. Strain the jalapeño syrup and pineapple juice mixture into a pitcher. Stir in the vodka, mango nectar and lime juice and refrigerate until ready to serve. Pour into ice-filled glasses; garnish with skewers of pineapple, jalapeño and mango.



→
SPICY TROPICAL
COOLERS

BLT BISCUIT SLIDERS

ACTIVE: 55 min | TOTAL: 1 hr 10 min
SERVES: 6 to 8

- 2 cups all-purpose flour,
plus more for dusting
- 1 tablespoon baking powder
- 1 tablespoon sugar
- Kosher salt
- 6 tablespoons cold unsalted butter, cubed
- $\frac{3}{4}$ cup finely grated sharp cheddar cheese
- 3 scallions, finely chopped
- $\frac{3}{4}$ cup cold buttermilk,
plus more for brushing
- 16 slices bacon
- 1 avocado
- Juice of $\frac{1}{2}$ lime
- 2 tablespoons chopped pickled jalapeños,
plus 1 tablespoon brine
- 2 plum tomatoes, thinly sliced
- 2 heads baby lettuce, leaves torn

1. Preheat the oven to 425°. Line a baking sheet with parchment paper. Combine the flour, baking powder, sugar and 1 teaspoon salt in a food processor and pulse until combined. Add the butter; pulse until it is in pea-size pieces. Add the cheddar and scallions and pulse 2 or 3 times to incorporate. Add the buttermilk and pulse a couple of times until the dough just comes together.

2. Turn out the dough onto a lightly floured surface. Pat into a 6-by-7-inch rectangle ($\frac{1}{2}$ to $\frac{3}{4}$ inch thick). Cut out biscuits with a floured 2-inch biscuit cutter and transfer to the prepared baking sheet. Pat the scraps together and repeat to make 16 biscuits total. Brush the tops with buttermilk. Bake until lightly golden and puffed, 12 to 15 minutes. Transfer to a rack and let cool.

3. Meanwhile, working in batches, cook the bacon in a large skillet over medium heat, turning, until crisp, about 5 minutes. Drain on paper towels. Break each slice into thirds.

4. Mash the avocado in a small bowl with the lime juice and jalapeño brine; stir in the chopped jalapeños and season with salt. Season the tomatoes with salt.

5. Split the biscuits; spread the top halves with the mashed avocado. Fill with the bacon, lettuce and tomatoes.



CHILLED
TOMATO SOUP

PROSCIUTTO-
WRAPPED SHRIMP
AND MELON



RANCH
DEVILED EGGS



RANCH DEVILED EGGS

ACTIVE: 25 min | TOTAL: 55 min | SERVES: 6 to 8

- 6 large eggs
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 2 teaspoons drained horseradish
- 1 teaspoon dijon mustard
- Kosher salt and freshly ground pepper
- ¼ cup diced English cucumber, plus thin wedges for topping
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh dill

1. Put the eggs in a saucepan and cover with cold water by 1 inch. Bring to a boil; reduce the heat to low and simmer 10 minutes.
2. Drain the eggs and transfer to a bowl of ice water to cool; peel and halve lengthwise. Scoop out the yolks and transfer to a bowl.
3. Add the mayonnaise, sour cream, horseradish, mustard, ¼ teaspoon salt and a few grinds of pepper; mash until smooth. Stir in the diced cucumber and the parsley, chives and dill. Spoon the filling into the egg whites; top each with a cucumber wedge. Refrigerate 30 minutes to 1 hour.

CHILLED TOMATO SOUP

ACTIVE: 1 hr | TOTAL: 3 hr | SERVES: 6 to 8

- ½ cup plus 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- 2½ pounds tomatoes, cored and chopped
- Kosher salt
- 1 cup tomato juice
- 3 sprigs fresh basil, plus chopped leaves for topping
- 5 cups cubed day-old country bread (crusts removed)
- 1 tablespoon red wine vinegar

and ½ teaspoon salt, and cook, stirring occasionally, until juicy, 2 to 3 minutes. Add the tomato juice, basil sprigs and 3 cups water. Bring to a simmer and cook until the tomatoes are very soft, 15 to 20 minutes.

2. Add 3 cups bread cubes and return the soup to a simmer. Cook, mashing the bread with a wooden spoon, until broken down, 5 to 7 minutes. Discard the basil sprigs. Stir in the vinegar. Working in two batches, puree the soup in a blender until smooth, adding 2 tablespoons olive oil per batch. Refrigerate until cold, at least 2 hours or overnight.

3. Before serving, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the remaining 2 cups bread cubes; cook, tossing, until golden, 5 to 6 minutes. Season the soup with salt; top with the croutons and chopped basil.

1. Heat ¼ cup olive oil in a Dutch oven over medium-low heat. Add the onion and cook, stirring, until softened, 8 to 10 minutes. Add the garlic and red pepper flakes and cook until softened, about 1 minute. Increase the heat to medium, add the tomatoes

PROSCIUTTO-WRAPPED SHRIMP AND MELON

ACTIVE: 20 min | TOTAL: 35 min | SERVES: 6 to 8

- Kosher salt
- 16 large shrimp, peeled and deveined (about 1 pound)
- 16 small thin slices melon (honeydew, cantaloupe and/or watermelon)
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons white balsamic vinegar
- 1 teaspoon honey
- Freshly ground pepper
- 8 thin slices prosciutto, halved lengthwise
- ½ cup fresh basil
- ½ cup fresh parsley

1. Bring a large pot of salted water to a boil. Add the shrimp and simmer until cooked through, about 2 minutes. Drain and rinse under cold water; pat dry and transfer to a large bowl. Add the melon, 4 tablespoons olive oil, 2 tablespoons vinegar, the honey, ½ teaspoon salt and a few grinds of pepper; gently stir. Let marinate 15 minutes.

2. Wrap 1 melon slice and 1 shrimp in a piece of prosciutto; secure with a toothpick. Repeat with the remaining ingredients.

3. Transfer the remaining marinade to a blender. Add the remaining 2 tablespoons olive oil, 1 tablespoon vinegar and the herbs; puree. Season with salt and pepper. Serve the prosciutto-shrimp bundles with the dressing.



BLT BISCUIT SLIDERS

COOKOUT
Main Dishes
COOKBOOK

GRILLED MAHI MAHI WITH SUMMER SQUASH SALSA

ACTIVE: 30 min | TOTAL: 1 hr 45 min
SERVES: 6 to 8

- 1 yellow zucchini or yellow squash
- Kosher salt
- 2 tomatoes, diced
- ½ red onion, finely chopped
- ½ jalapeño pepper, minced
(remove seeds for less heat)
- Juice of 2 limes
- ⅔ cup packed fresh cilantro (leaves and tender stems), chopped
- 1½ teaspoons ground cumin
- 1½ teaspoons ground coriander
- 8 skinless mahi mahi or striped bass fillets (about 6 ounces each)
- Extra-virgin olive oil, for brushing
- Freshly ground pepper

1. Quarter the zucchini lengthwise, then thinly slice with a knife or mandoline. Transfer to a colander set over a bowl and toss with ½ teaspoon salt. Let drain 15 minutes.

2. Combine the zucchini, tomatoes, red onion, jalapeño, lime juice and half of the cilantro in a bowl. Set aside 1 hour.

3. Preheat a grill to medium high. Mix the cumin and coriander in a small bowl. Brush the fish all over with olive oil, then rub with the spice mixture and season generously with salt and pepper. Grill the fish until it is well marked and releases easily from the grill, about 4 minutes. Flip the fish and continue cooking until firm, 2 to 4 more minutes, depending on the thickness. Transfer to a platter.

4. Stir the remaining cilantro into the zucchini mixture and season with salt. Spoon over the fish.

GRILLED STEAK WITH BERRY BARBECUE SAUCE

ACTIVE: 40 min | TOTAL: 1 hr 10 min
SERVES: 6 to 8

- 2 tablespoons extra-virgin olive oil, plus more for the grill
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ cup bourbon
- 1½ cups blueberries
- 1 cup blackberries
- ¼ cup ketchup
- 2 to 4 tablespoons packed dark brown sugar
- 1 tablespoon balsamic vinegar
- 1 tablespoon soy sauce
- 1 chipotle chile in adobo sauce, roughly chopped
- 2 sprigs fresh thyme
- Kosher salt and freshly ground pepper
- 1 tablespoon unsalted butter
- 6 strip steaks (8 to 10 ounces each)

1. Make the sauce: Heat the olive oil in a medium saucepan over medium heat. Add the shallot, garlic, cumin and coriander. Cook, stirring occasionally, until the shallot softens, about 3 minutes.

2. Add the bourbon and cook until reduced by about half, about 1 minute. Add ½ cup water, the blueberries, blackberries, ketchup, 2 tablespoons brown sugar, the vinegar, soy sauce, chipotle, thyme sprigs, ½ teaspoon salt and ¼ teaspoon pepper. Bring to a simmer, stirring occasionally; cook until thickened, 20 to 25 minutes. Remove from the heat and stir in the butter. Season with salt and pepper; add the remaining 2 tablespoons brown sugar if the sauce is too tart.

3. Meanwhile, preheat a grill to medium high. Oil the grill grates. Pat the steaks dry and season with salt and pepper. Grill until marked, 5 to 6 minutes per side for medium rare. Transfer to a plate and let rest 10 minutes.

4. Pour any juices from the plate of steak into the sauce; loosen with water if needed. Serve the steak with the sauce.





GRILLED MAHI MAHI
WITH SUMMER
SQUASH SALSA



GRILLED STEAK
WITH BERRY
BARBECUE SAUCE



GRILLED CHICKEN
KEBABS





←
**GRILLED
BABY BACK
RIBS**

GRILLED CHICKEN KEBABS

ACTIVE: 35 min
TOTAL: 55 min (plus 4-hr marinating)
SERVES: 6 to 8

- 4 scallions
- $\frac{3}{4}$ cup packed fresh dill
- $\frac{3}{4}$ cup packed fresh parsley
- $\frac{3}{4}$ cup extra-virgin olive oil, plus more for the grill
- Kosher salt
- Pinch of red pepper flakes
- 8 skinless, boneless chicken thighs (about 5 ounces each)
- 1 lemon, cut into 8 wedges
- Freshly ground pepper
- $\frac{1}{2}$ cup plain whole-milk yogurt

- 1.** Cut the white and light green parts of the scallions into $1\frac{1}{2}$ -inch pieces; set aside. Chop the dark green parts and transfer to a blender. Add the dill, parsley, olive oil, 3 tablespoons water and $\frac{1}{2}$ teaspoon salt and puree until smooth. Stir in the red pepper flakes. Remove 2 tablespoons of the puree to a small bowl for the sauce; refrigerate until ready to use. Transfer the remaining puree to a large bowl. Add the chicken and toss to coat. Let marinate in the refrigerator at least 4 hours or overnight.
- 2.** Soak 8 wooden skewers in water for 30 minutes to prevent scorching. Preheat a grill to medium. Thread 2 chicken thighs onto double skewers, placing lemon wedges and scallion pieces between the thighs; season the kebabs generously with salt and pepper. Oil the grill grates. Grill the kebabs until the chicken is lightly charred and cooked through, 8 to 10 minutes per side. Transfer to a cutting board and let rest 5 minutes.
- 3.** Mix the yogurt with the reserved scallion puree and season with salt. Cut the chicken in half to separate each pair of skewers. Squeeze the grilled lemon over the chicken; serve with the yogurt sauce.

GRILLED BABY BACK RIBS

ACTIVE: 40 min
TOTAL: 3 hr (plus 6-hr marinating)
SERVES: 6 to 8

- 4 2-pound racks baby back pork ribs
- $\frac{3}{4}$ cup packed light brown sugar
- 2 tablespoons paprika
- 2 tablespoons steak seasoning (such as Montreal blend)
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- Vegetable oil, for the grill
- $\frac{3}{4}$ cup honey
- 1 tablespoon apple cider vinegar
- Kosher salt and freshly ground pepper

- 1.** Turn the ribs bone-side up. Slip a paring knife between the thin membrane and the bone to loosen, then pull off the membrane. Mix the brown sugar, paprika, steak seasoning, cumin and oregano in a small bowl; rub all over the ribs. Place on a baking sheet, cover with plastic wrap and refrigerate at least 6 hours or overnight.
- 2.** Preheat a grill to medium high and prepare for indirect grilling: For a gas grill, turn off one or two of the center burners and reduce the remaining burners to medium low. On a charcoal grill, bank the coals to the sides, leaving the center open; set up a drip pan to avoid flare-ups.
- 3.** Oil the grill grates. Place the ribs bone-side down, overlapping slightly if needed, on the cooler part of the grill (indirect heat). Cover and cook, rotating the rib racks once, until the meat is tender and pulls away from the bones, about 2 hours to 2 hours 15 minutes.
- 4.** Mix the honey, vinegar and a pinch each of salt and pepper in a small bowl. Transfer the ribs to direct heat. Brush with the honey mixture and continue to grill, uncovered, brushing with the honey mixture once more, until glazed, 5 to 10 minutes. Transfer to a cutting board and cut into ribs.

WATERMELON CHOWCHOW SALAD

ACTIVE: 40 min

TOTAL: 1 hr 40 min (plus 4-hr pickling)

SERVES: 8

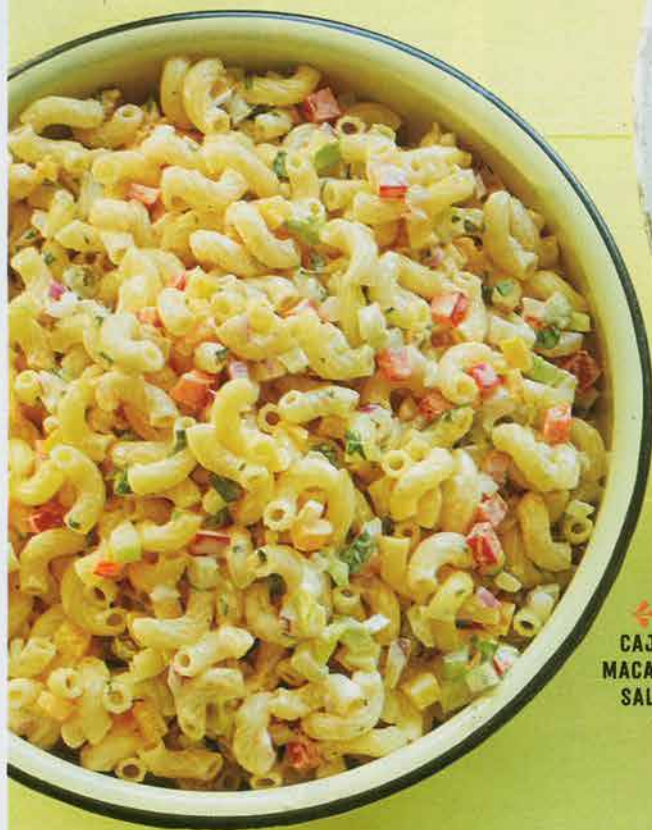
- 1 small watermelon, washed
- 1 green tomato, diced
- 1 red or orange bell pepper, diced
- 1 cup apple cider vinegar
- $\frac{3}{4}$ cup sugar
- 1 teaspoon allspice berries
- 1 pod star anise
- Kosher salt
- 8 ounces green beans and/or wax beans, trimmed
- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 jalapeño pepper, thinly sliced (remove seeds for less heat)
- $\frac{1}{3}$ cup extra-virgin olive oil
- Freshly ground pepper

1. Make the pickled watermelon: Quarter the watermelon, then use a paring knife to remove most of the fruit, leaving about $\frac{1}{4}$ inch of fruit on the rind. (Reserve the fruit for another use.) Trim the outside skin from the rind and discard. Cut the rind into $\frac{1}{2}$ -inch pieces; combine with the tomato and bell pepper in a bowl.

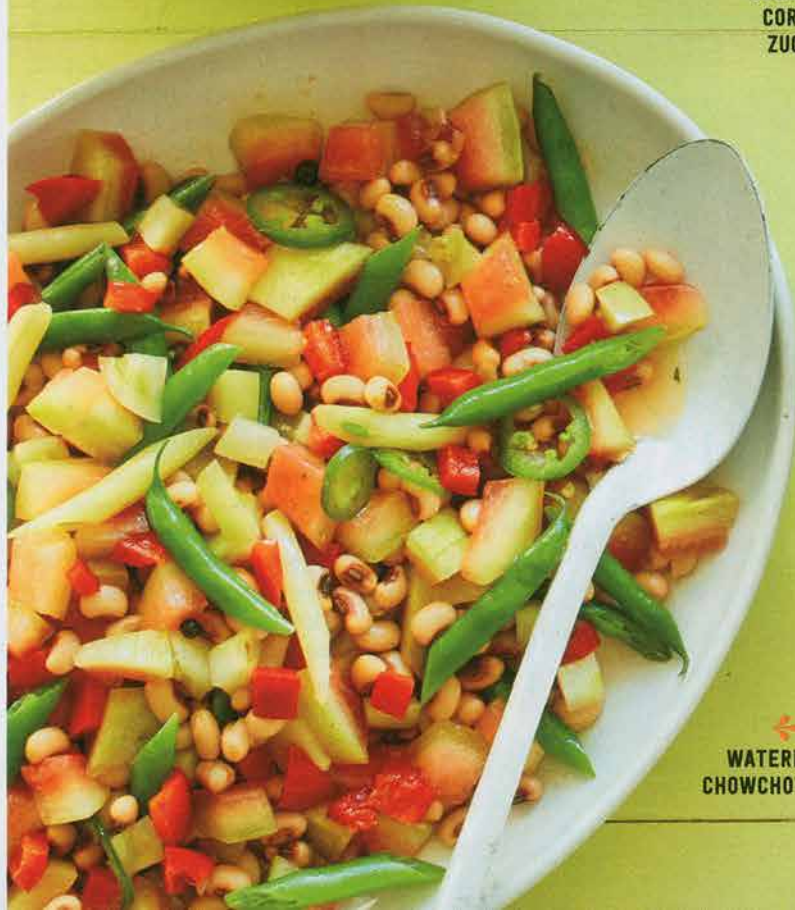
2. Combine 1 cup water, the vinegar, sugar, allspice, star anise and 4 teaspoons salt in a medium saucepan. Bring to a boil, stirring to dissolve the sugar, then pour over the watermelon rind mixture. Let cool to room temperature, then cover and refrigerate at least 4 hours and up to 1 week.

3. Make the salad: Bring a saucepan of salted water to a boil. Add the beans and cook until crisp-tender, about 5 minutes. Drain and transfer to a bowl of ice water to cool. Drain, pat dry and cut into 2-inch pieces.

4. Using a slotted spoon, transfer 4 cups of the pickled watermelon mixture to a large bowl. Add the beans, black-eyed peas, jalapeño and olive oil; season with salt and pepper and toss. Cover and refrigerate at least 1 hour before serving.



←
 CAJUN
 MACARONI
 SALAD



←
 WATERMELON
 CHOWCHOW SALAD

→
 GREEN SALAD
 WITH PICKLED
 SHALLOTS

→
 BARLEY
 SALAD WITH
 CORN AND
 ZUCCHINI



GREEN SALAD WITH PICKLED SHALLOTS

ACTIVE: 25 min | TOTAL: 45 min | SERVES: 6 to 8

- 1 cup chopped walnuts
- $\frac{3}{4}$ cup apple cider vinegar
- 1 tablespoon honey
- Kosher salt
- 1 large shallot, thinly sliced
- 2 heads Boston lettuce, torn
- 1 head red leaf lettuce, torn
- 1 small head radicchio, torn
- 2 tablespoons sour cream
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons dijon mustard
- Freshly ground pepper

1. Preheat the oven to 350°. Spread the walnuts on a baking sheet. Bake until toasted, 6 to 7 minutes. Let cool.
2. Make the pickled shallot: Combine the vinegar, honey and $\frac{3}{4}$ teaspoon salt in a small microwave-safe bowl. Microwave until hot, about 30 seconds. Add the shallot and let sit 15 to 20 minutes.
3. Combine the lettuces and radicchio in a large bowl. Remove the shallot from the pickling liquid and add to the salad along with the toasted walnuts. Whisk the sour cream, olive oil and mustard into the pickling liquid; season with pepper. Drizzle over the salad, season with salt and pepper and toss.



CAJUN MACARONI SALAD

ACTIVE: 40 min | TOTAL: 40 min (plus 2-hr chilling) | SERVES: 6 to 8

- 1 small red onion, finely chopped
- Kosher salt
- 8 ounces elbow macaroni
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup mayonnaise
- $\frac{3}{4}$ cup sour cream
- 2 tablespoons Creole mustard
- $\frac{1}{2}$ cup chopped pickled okra or pickled green beans, plus $\frac{1}{4}$ cup brine
- 1 teaspoon sugar
- 1 to 2 teaspoons hot sauce
- 2 bell peppers (1 red, 1 yellow), chopped
- 2 stalks celery, chopped, plus $\frac{1}{2}$ cup chopped leaves
- $\frac{3}{4}$ cup chopped fresh parsley

1. Soak the red onion in a bowl of ice water for 15 minutes; drain and pat dry. Meanwhile, bring a large pot of salted water to a boil. Add the macaroni and cook as the label directs. Drain, transfer to a bowl and toss with 3 tablespoons milk. Let cool.
2. Whisk the mayonnaise, sour cream, mustard, pickle brine, sugar, hot sauce, remaining 1 tablespoon milk and $\frac{1}{2}$ teaspoon salt in a large bowl. Add the macaroni, red onion, bell peppers, celery, celery leaves and parsley; toss to coat. Cover and refrigerate at least 2 hours. Stir again before serving; season with salt.

BARLEY SALAD WITH CORN AND ZUCCHINI

ACTIVE: 30 min | TOTAL: 1 hr 20 min | SERVES: 6 to 8

- Kosher salt
- $\frac{1}{2}$ cup pearl barley
- $\frac{1}{2}$ cup extra-virgin olive oil
- 3 small zucchini, cut into $\frac{1}{2}$ -inch chunks
- 6 ears of corn, kernels cut off
- Freshly ground pepper
- 3 tablespoons red wine vinegar
- 4 scallions, thinly sliced
- 1 cup finely chopped fresh basil
- $\frac{3}{4}$ cup crumbled goat cheese

1. Bring a pot of salted water to a boil. Add the barley; cook until tender, 45 to 50 minutes. Drain well and transfer to a large bowl.
2. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the zucchini and cook, stirring, until browned, 4 to 5 minutes. Add the corn and cook until just tender, 2 to 3 minutes. Season with $\frac{1}{2}$ teaspoon salt and a few grinds of pepper. Add the vegetables to the barley and let cool.
3. Whisk the vinegar, the remaining 6 tablespoons olive oil, $\frac{1}{4}$ teaspoon salt and a few grinds of pepper in a small bowl. Pour the dressing over the barley salad, add the scallions and basil and toss. Top with the goat cheese.

COCONUT-LIME BANANA PUDDING

ACTIVE: 1 hr | TOTAL: 1 hr 35 min (plus 6-hr chilling) | SERVES: 6 to 8

FOR THE PUDDING

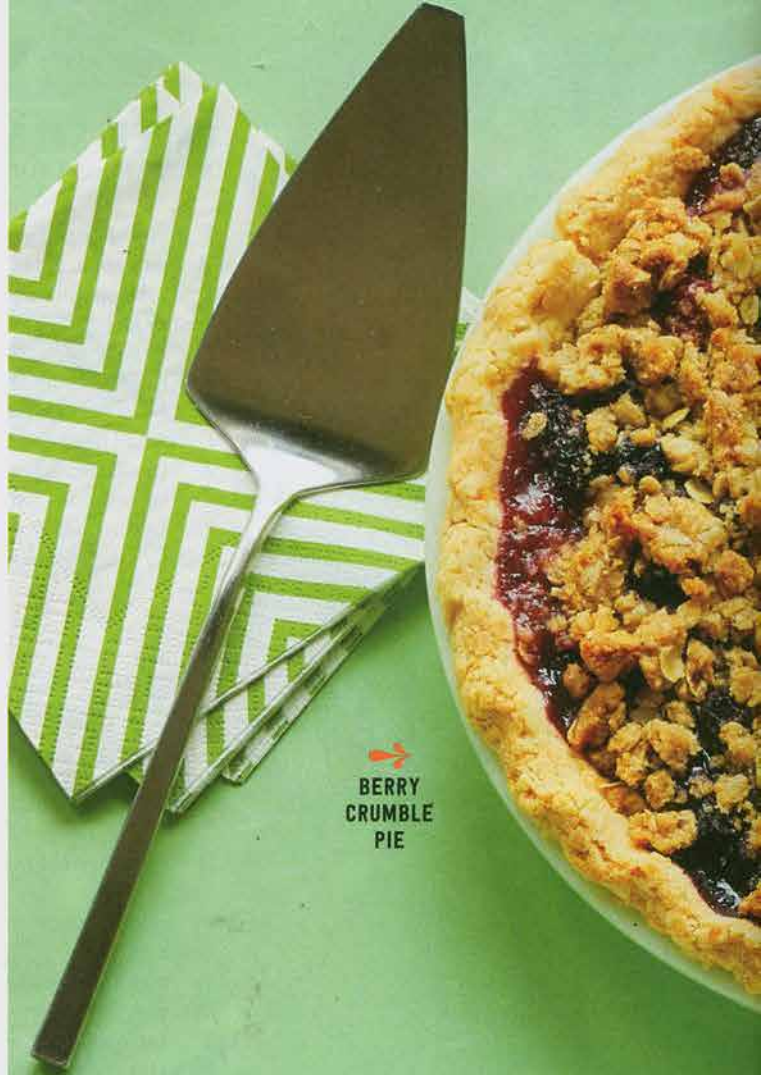
Grated zest and juice of 1 lime

- 5 large bananas, peeled and thinly sliced
- 1 cup sugar
- $\frac{1}{4}$ cup cornstarch
- 4 large egg yolks
- $3\frac{1}{2}$ cups whole milk
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons unsalted butter
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon pure coconut extract
- $\frac{1}{2}$ 11-ounce box vanilla wafer cookies (about 44 cookies)

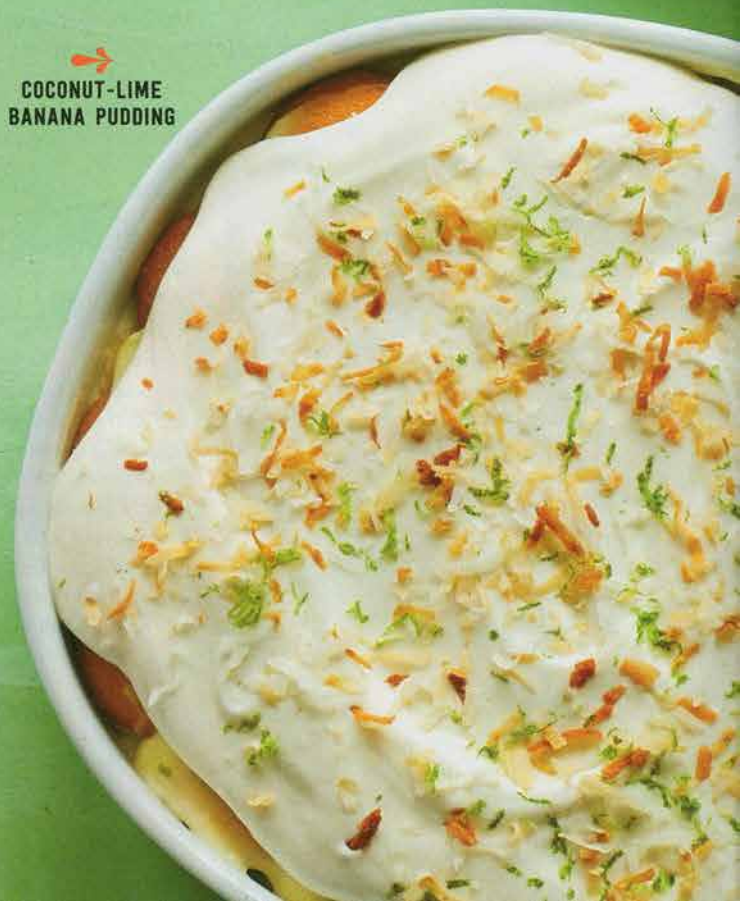
FOR THE TOPPING

- 2 tablespoons sweetened shredded coconut
- 1 5-ounce can coconut cream, chilled
- 1 cup cold heavy cream
- 2 tablespoons sugar

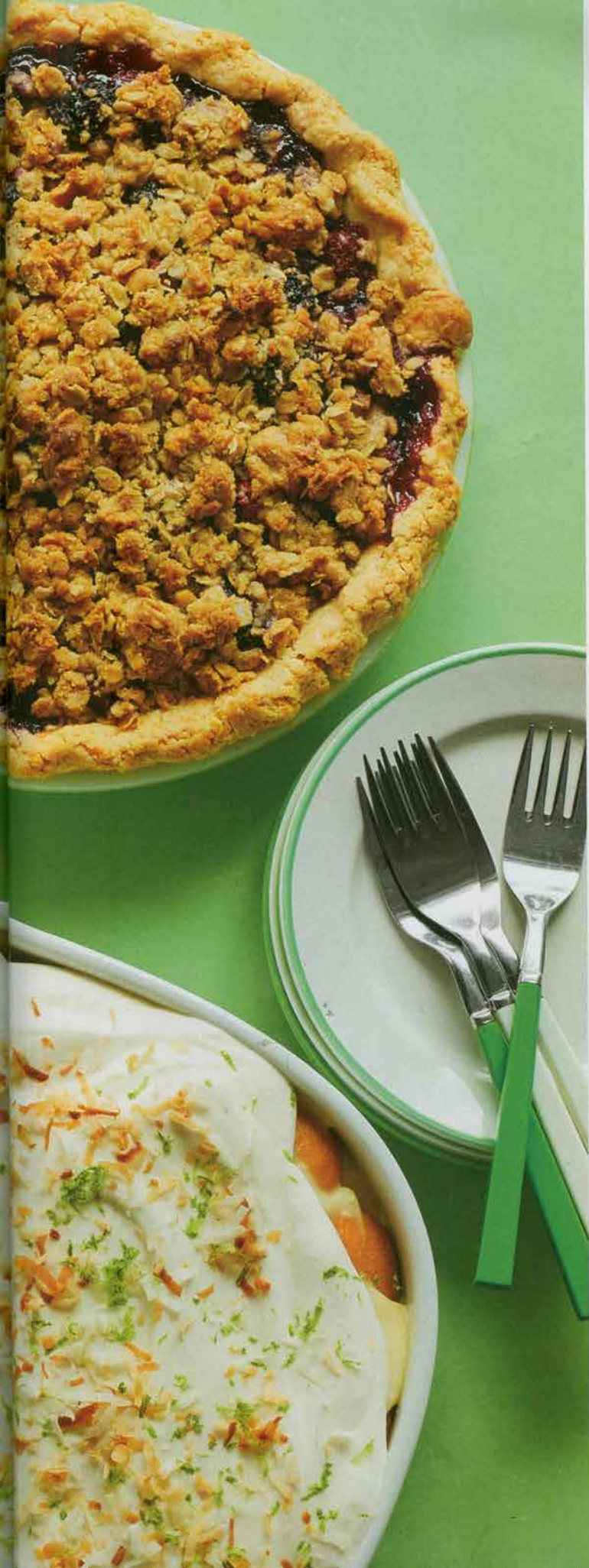
1. Make the pudding: Place the lime zest in a small bowl; cover and refrigerate. Toss the banana slices with the lime juice in a medium bowl; set aside. Whisk $\frac{1}{4}$ cup sugar, the cornstarch and egg yolks in a large bowl.
2. Combine the milk, heavy cream, remaining $\frac{3}{4}$ cup sugar and the salt in a medium saucepan and bring to a simmer over medium heat. Slowly whisk the milk mixture into the yolk mixture, then pour into the saucepan and bring to a boil over medium heat. Cook, stirring constantly, until thickened, about 3 minutes. Remove from the heat and stir in the butter and extracts. Let cool slightly, about 5 minutes.
3. Spread a heaping cup of the pudding in a 2-quart baking dish; cover with one-third of the banana slices, then half of the vanilla wafers and another heaping cup of the pudding. Top with another one-third of the banana slices, then another heaping cup of the pudding. Top with the remaining bananas, then vanilla wafers, then pudding. Cover with plastic wrap and refrigerate 6 hours or overnight.
4. Make the topping: Preheat the oven to 350°. Spread the coconut on a baking sheet and toast until golden, about 10 minutes. Scoop all of the solid coconut cream from the chilled can of coconut cream (do not scoop out any liquid). Beat the coconut cream, heavy cream and sugar in a large bowl with a mixer on medium-high speed until stiff peaks form, about 2 minutes.
5. Spread the coconut whipped cream over the pudding and sprinkle with the toasted coconut and reserved lime zest. Refrigerate about 30 minutes before serving.



BERRY
CRUMBLE
PIE



COCONUT-LIME
BANANA PUDDING



BERRY CRUMBLE PIE

ACTIVE: 1 hr | TOTAL: 3 hr (plus cooling) | SERVES: 8

FOR THE CRUST

- 1¼ cups all-purpose flour, plus more for dusting
- 1 tablespoon granulated sugar
- ½ teaspoon kosher salt
- 4 tablespoons cold vegetable shortening
- 6 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons apple cider vinegar
- 2 to 4 tablespoons ice water

FOR THE TOPPING

- ¾ cup rolled oats
- ½ cup all-purpose flour
- ½ cup packed light brown sugar
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 6 tablespoons cold unsalted butter, cut into small pieces

FOR THE FILLING

- 6 cups mixed berries (blackberries, raspberries and blueberries)
- ⅓ cup granulated sugar
- ⅓ cup packed light brown sugar
- 3 tablespoons fresh lemon juice
- 2 tablespoons instant tapioca
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon kosher salt

- 1.** Make the crust: Pulse the flour, granulated sugar and salt in a food processor to combine. Add the shortening and pulse a few times until coarse crumbs form. Pulse in the butter until just combined with some pea-size pieces remaining. Pulse in the vinegar and 2 tablespoons ice water until the dough starts to come together but is still crumbly, adding up to 2 more tablespoons ice water if needed. Turn out the dough onto a piece of plastic wrap and pat into a disk. Wrap and refrigerate until firm, at least 1 hour or overnight.
- 2.** Meanwhile, make the topping: Combine the oats, flour, brown sugar, salt, cinnamon and allspice in a medium bowl. Work in the butter with your fingers until clumps form. Refrigerate until ready to assemble the pie.
- 3.** Make the filling: Combine the berries, granulated sugar, brown sugar, lemon juice, tapioca, cinnamon, cardamom and salt in a large bowl; toss well.
- 4.** Place a baking sheet on the lowest oven rack and preheat to 425°. Roll out the dough into a 12-inch round on a lightly floured surface; ease into a 9-inch pie plate and crimp the edge. Refrigerate until firm, at least 20 minutes.
- 5.** Pour the berry filling into the crust and sprinkle evenly with the crumb topping. Transfer the pie to the hot baking sheet and bake 20 minutes. Reduce the oven temperature to 375° and continue baking, rotating the pie halfway through, until the crust and topping are browned and the filling is bubbling, 35 to 40 more minutes. (Tent loosely with foil if the pie is browning too quickly.) Transfer to a rack and let cool completely.

STRAWBERRY SHORTCAKE ICE CREAM CAKE

ACTIVE: 1 hr | TOTAL: 2 hr (plus 2½-hour freezing) | SERVES: 8

- 2 sticks unsalted butter, at room temperature, plus more for the pans
- 2¾ cups cake flour, plus more for the pans
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup packed light brown sugar
- ½ cup plus 2 tablespoons granulated sugar
- 4 large eggs
- 1 tablespoon plus 2 teaspoons pure vanilla extract
- ¾ cup whole milk
- 1 pint strawberry ice cream
- 1 pint vanilla chocolate chip ice cream
- 4 cups strawberries (about 2 pints), hulled and quartered
- 1 tablespoon fresh lemon juice
- 2 cups cold heavy cream
- ½ cup confectioners' sugar

1. Preheat the oven to 325°. Butter two 9-inch round cake pans, line the bottoms with parchment and butter the parchment. Lightly dust the pans with flour and tap out any excess.
2. Whisk the cake flour, baking powder and salt in a medium bowl. Beat the butter in a large bowl with a mixer on medium-high speed until creamy, about 1 minute. Add the brown sugar and ½ cup granulated sugar and beat until light and fluffy, about 5 minutes. Scrape down the sides and beat in the eggs one at a time. Beat in 1 tablespoon vanilla. Reduce the speed to low and beat in the flour mixture in 3 batches, alternating with the milk. Increase the speed to medium high and beat until the batter is just combined, about 20 seconds (do not overbeat).
3. Divide the batter between the prepared pans. Bake until the cake is just golden and springs back when gently pressed, 30 to 35 minutes. Transfer to a rack and let cool 20 minutes in the pans, then turn out onto the rack, remove the parchment and let cool completely.
4. Meanwhile, remove the ice cream from the freezer and let soften slightly. Combine both flavors in a large bowl and stir together with a rubber spatula. Line one of the cooled cake pans with plastic wrap and fill with the ice cream in an even layer. Cover with plastic wrap and freeze until firm but not rock solid, about 45 minutes.
5. Uncover the ice cream and invert onto one of the cake layers; discard the plastic wrap. Top with the second cake layer, gently pressing it into the ice cream. Smooth the sides with an offset spatula. Freeze until firm, at least 1 hour.
6. Meanwhile, pulse 2 cups strawberries in a food processor until liquefied. Strain through a fine-mesh sieve, pressing with a rubber spatula; set the puree aside. Combine the remaining 2 cups strawberries, remaining 2 tablespoons granulated sugar and the lemon juice in a small bowl; toss.
7. Combine the heavy cream, confectioners' sugar and remaining 2 teaspoons vanilla in a large bowl. Beat with a mixer on medium-high speed until stiff peaks form, about 3 minutes. Beat in the strawberry puree.
8. Remove the cake from the freezer and frost with the strawberry whipped cream. Return to the freezer until the whipped cream hardens, at least 45 minutes or overnight. Top with the macerated strawberries. Let the cake soften 10 to 15 minutes before slicing.

→
PEACH
PUFF PASTRY
DOUGHNUTS



PEACH PUFF PASTRY DOUGHNUTS

ACTIVE: 45 min | TOTAL: 1½ hr (plus 2-hr chilling) | SERVES: 8

FOR THE DOUGHNUTS

- 1 17-ounce box frozen puff pastry (2 sheets), thawed
- 1 large egg, lightly beaten
- 3 tablespoons peach preserves

FOR THE FILLING

- 2 small peaches, pitted and chopped
- ½ cup peach nectar
- Pinch of salt

FOR THE GLAZE

- 1 cup confectioners' sugar
- 1 to 2 tablespoons peach nectar
- 1 teaspoon fresh lemon juice
- ⅛ teaspoon pure vanilla extract
- Crushed freeze-dried strawberries, for topping (optional)

1. Make the doughnuts: Preheat the oven to 400°. Line a baking sheet with parchment paper. Unfold one puff pastry sheet on a work surface and brush off the excess flour. Brush all over with the beaten egg. Unfold the second puff pastry sheet on top of the first one and press to seal. Cut out eight rounds using a 3-inch cookie cutter. Cut out the middles with a 1-inch cookie cutter. Cut out more 1-inch rounds from the scraps, if desired. Arrange on the prepared baking sheet and bake until browned and crisp, 20 to 25 minutes.

2. Microwave the peach preserves until melted, about 30 seconds. Brush on the doughnuts and doughnut holes while still hot. Let cool completely on the baking sheet.

3. Meanwhile, make the filling: Combine the peaches, peach nectar and salt in a small saucepan. Cook over medium heat, stirring occasionally, until the peaches are soft and most of the liquid has evaporated, 8 to 10 minutes. Transfer to a blender and puree until smooth. Refrigerate until thick and cold, at least 2 hours.

4. Make the glaze: Whisk the confectioners' sugar, 1 tablespoon peach nectar, the lemon juice and vanilla in a small bowl until smooth; add up to 1 more tablespoon peach nectar if needed.

5. Using a sharp knife, cut each doughnut horizontally into 3 rings. Spread some of the peach filling on the bottom rings and top with a second ring, then spread with more peach filling and add the top ring. (You will not use all the filling.) Drizzle the glaze over the doughnuts. Sprinkle with the freeze-dried strawberries. Let the glaze set, 10 to 15 minutes. Serve at room temperature or chilled with the remaining peach filling for dipping.

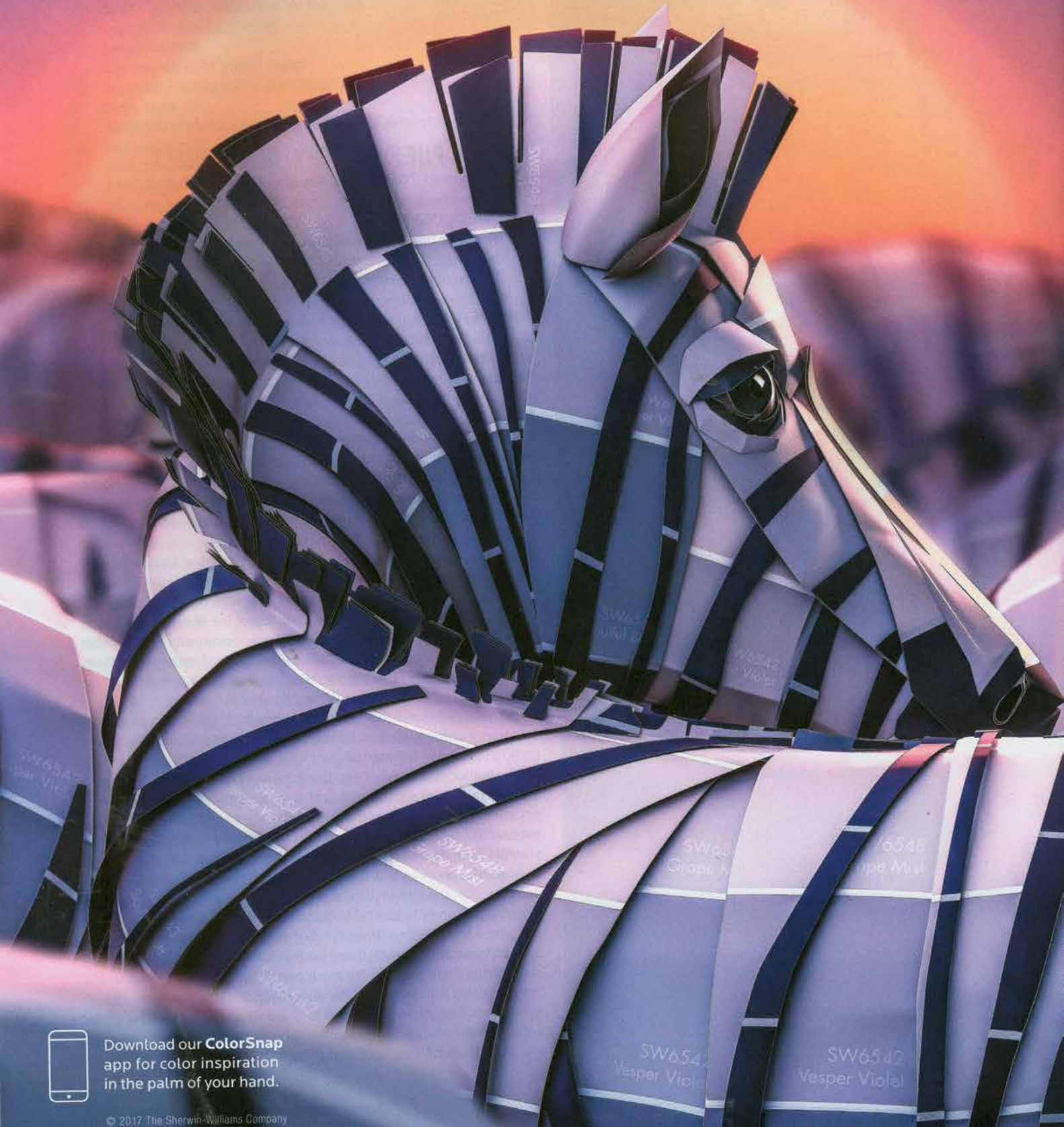
STRAWBERRY
SHORTCAKE
ICE CREAM CAKE

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On the Road

• THE FLUFFERNUTTER IS THE UNOFFICIAL LUNCH OF THE FLUFF FESTIVAL.



It's All Fluff



No one gets more excited about Marshmallow Fluff than the folks of Somerville, MA. The sweet, sticky spread has been a source of town pride since local confectioner Archibald Query invented it 100 years ago—and for more than a decade, Fluff fanatics have gathered in the town's Union Square in September to celebrate. A Fluff Centennial party is taking place this year on September 23 and will include marshmallow tossing, a Fluff hairstyling contest and jousting with Fluff-covered "lances" (foam pool noodles). We're pretty sure it will be the sweetest Fluff festival yet. flufffestival.com

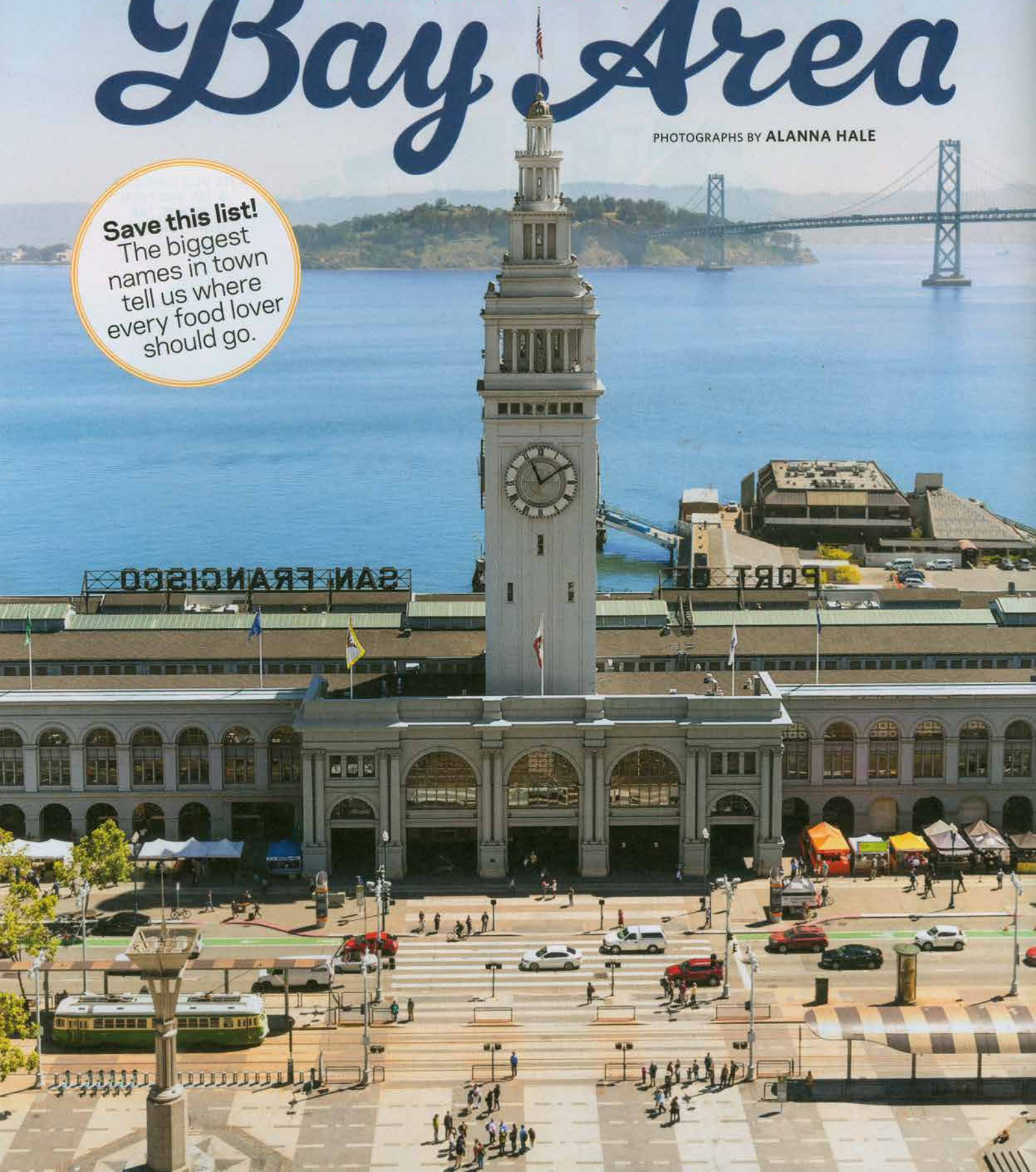
On the Road

Where will color take you? SHERWIN SIMS

AN INSIDER'S GUIDE TO THE *Bay Area*

PHOTOGRAPHS BY ALANNA HALE

Save this list!
The biggest names in town tell us where every food lover should go.





Ask someone from the Bay Area where to grab a bite and you'll usually end up with a list so long, it would take months to try every place. If you ask a local chef, the list gets even longer. For decades, this region has been one of America's best places to eat, and people who live here never seem able to pick a favorite. We thought it was high time to edit the choices, so we asked star chefs and other insiders for their absolute top spots. Follow these tips and you're guaranteed to eat as well as they do.

★ WHERE TO EAT ★



GUY FIERI

Tommy's Joynt

Guy became a fan of this 70-year-old San Francisco institution while filming an episode of *Diners, Drive-Ins and Dives* several years ago—and it's about as authentic a dive as you can find. "It's my late-night go-to when I'm in the city for a concert or a game," he says. Order an overstuffed corned beef sandwich from the carving station (a bargain at \$9), then belly up to the bar to drink a local beer with neighborhood characters. tommysjoynt.com



AYESHA CURRY

Tosca Cafe

Dining at Tosca in San Francisco's North Beach is like stepping back in time. This Italian restaurant opened as a bar 98 years ago and still looks like its original self—in the best way: dim lighting, gilt-framed paintings, checkerboard floors. Visit on a Saturday night and you might find the *Ayesha's Home Kitchen* host eating the bucatini with tomato and guanciale. Try the roast chicken for two, which is served on toasted bread spread with ricotta. It takes the kitchen about an hour to prepare, but it's worth the wait. toscacafesf.com

★ WHERE TO EAT ★

TRACI DES JARDINS JARDINIÈRE



The Progress

The owner of a San Francisco restaurant empire, Des Jardins knows the city's dining scene better than anyone—so when she recommends a place, listen! At *The Progress*, inside a converted theater, the cocktails are strong, the food is served family-style and the waiters couldn't be friendlier. The \$62 prix fixe menu includes four seasonal dishes; choose one with avocado, which the chefs source from a nearby farm. theprogress-sf.com



JACKSON YU OMAKASE



Koi Palace

Whenever sushi whiz Yu, who co-owns the Michelin-starred Omakase, visits this dim sum mecca, the chefs make a special menu for him. But the standard offerings here are great, especially the steamed pork buns and xiao long bao (soup dumplings). On weekend mornings expect to see families lined up for a table; if you have to wait, you can join the local kids and gaze at live fish in giant tanks. koipalace.com



JESSICA CARREIRA AND DAVID COSTA ADEGA



Smoking Pig BBQ

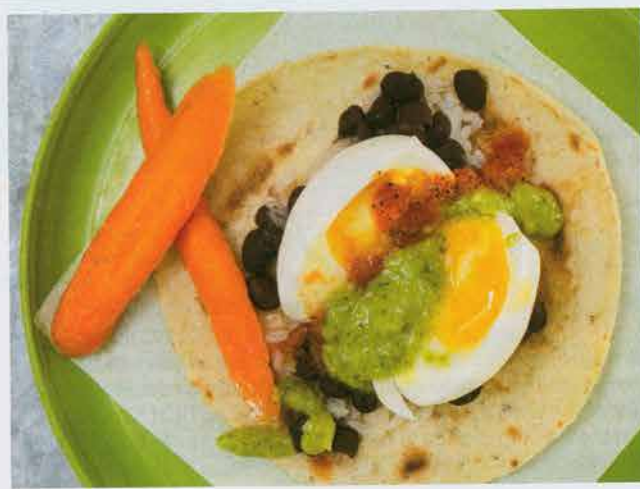
Carreira and Costa received a Michelin star for their authentic Portuguese food, but when their most visitors from out of town, they head out for good ol' American barbecue at San Jose's Smoking Pig BBQ. They start with bacon-wrapped, cheese-and-sausage-stuffed jalapeños called Wolf Turds. You should also tuck on some Louisiana-style hot links, slow-smoked brisket and a Southern dessert or two. smokingpigbbq.net

CRAIG STOLL LOCANDA



Tacos Cala

Stoll spends his days making some of San Francisco's most sought-after pastas and pizzas, but his dream lunch spot is a taqueria tucked in the back of a Mexican restaurant called Cala. The standing-room-only space doles out hearty carnitas, fish, chicken and vegetarian tacos on corn tortillas that are made fresh every 15 minutes. Pair them with horchata or one of the seasonal aguas frescas. calarestaurant.com



★ WHERE TO EAT ★

**MICHAEL MINA**

MICHAEL MINA, SAN FRANCISCO

Deli Board

At the Deli Board, it's not unusual to find crowds of tattooed motorcycle mechanics, young tech geeks—and award-winning chef and mega-restaurateur Mina. He deems the monster-size sandwiches at this lunch spot the best in San Francisco. The menu changes daily but always features twists on Jewish deli classics like pastrami on a garlic roll and turkey with cream cheese. deliboardsf.com

**GAYLE PIRIE AND JOHN CLARK**

FOREIGN CINEMA

Hog Island Oyster Co.

This husband-and-wife duo screens movies nightly at their Mission District restaurant, so they know the value of a good show. And they love Hog Island Oyster Co., where pros shuck and grill oysters in front of gawking crowds at San Francisco's Ferry Building. If you have the time, head to Marin County and grab lunch at the oyster farm. Just plan ahead: Tables there book up four months in advance! hogislandoysters.com

**TANYA HOLLAND BROWN SUGAR KITCHEN***The Cook and Her Farmer*

Soul-food expert Holland, whose own restaurant is in West Oakland, admits that this farm-to-table café is a bit off the beaten track—but that's all the more reason to visit. Owned by cookbook-writer Romney Steele (the cook) and her partner, oyster expert Steven Day (the farmer), the restaurant features seafood with a Southern spin: fisherman's stew, mussels, and oyster po'boys. thecookandherfarmer.com

**SUE CONLEY COWGIRL CREAMERY***The Ramen Bar*

When Conley, owner of the Bay Area's beloved Cowgirl Creamery, shops the farmers' market at San Francisco's Ferry Plaza, she often drops by this ramen joint for an early lunch. The hearty soups and refreshing poke bowls are a great way to kick off the day. If you go, make sure to try the milk chocolate namelaka, a mousse-like dessert topped with black sesame cake crumbs. theramenbar.com



★ WHERE TO EAT ★



CHRIS COSENTINO COCKSCOMB



Aster

Cosentino is a master of nose-to-tail cooking (which he shows off at his restaurant Cockscomb), and he has found a comrade in Brett Cooper, the chef and owner of San Francisco's Michelin-starred Aster. Follow Cosentino's lead and start your meal with sourdough bread with butter, then try the standout dry-aged beef tartare or the duck, which comes with a sprinkling of edible flowers. astersf.com



CHARLIE HALLOWELL PIZZAIOLO



Cosecha

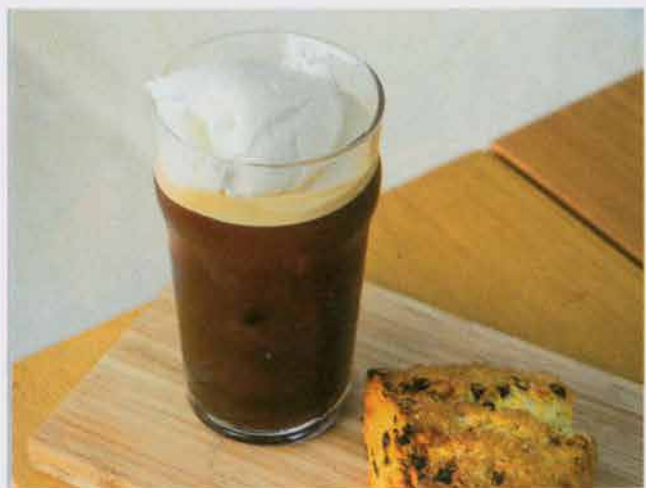
You might not expect a restaurant with communal tables in an old Oakland market to churn out high-end Mexican food, but Cosecha does just that. Hallowell, who owns three restaurants in the area, pops in for the crispy shrimp tacos. On cool-weather days, start with the posole, made with tender chicken and green chiles. cosechacafe.com



MATTHEW ACCARRINO SPQR

Andytown Coffee Roasters

Accarrino's post as executive chef at the modern Italian restaurant SPQR has him in the kitchen late most nights. When he needs a caffeine jolt, he stops at Andytown, a mini coffee chain with three locations in San Francisco's Sunset District. Try the Snowy Plover, espresso mixed with sparkling water and topped with whipped cream, and pair it with baked goods like scones, Irish soda bread and corn muffins. andytownsf.com



PAUL EINBUND THE MORRIS

Trou Normand

Cocktails are an art form for Einbund, a sommelier and restaurant owner, and he knows he'll always get a great one from the bartenders at Trou Normand. The place specializes in 1920s-inspired drinks, many of which are made with small-batch brandies. Although there's a menu, you're better off requesting a custom creation. Einbund gives bonus points for the charcuterie: He says it's some of the best in San Francisco. trounormandsf.com



★ WHAT TO DO ★

Here's how to spend your time between meals.



◀ **Hike Fort Funston**

At Fort Funston, on the southwestern coast of San Francisco, you can hang-glide off 200-foot cliffs—or, if you prefer more down-to-earth adventures, explore an old military bunker, then hike the steep path down to the beach, where you'll find sand dunes and locals with their dogs. (No leashes required!)



◀ **Stroll through Old Oakland and Rockridge**

As one of the Bay Area's most diverse and culturally rich cities, Oakland has become a magnet for chefs and shop owners. Check out their goods in areas like Old Oakland and Rockridge, home to stylish boutiques, up-and-coming restaurants and stunning historic architecture.

▶ **Shop the farmers' markets**

Because of its extended growing season, Northern California has the best farmers' markets. Many are held on Saturdays, with some of the biggest crowds at the Ferry Plaza in San Francisco. Find organic farmers, cheese makers, beekeepers and bakers; you might even see notable local chefs. ferrybuildingmarketplace.com



▶ **Sample Japanese specialties in San Jose**

San Jose's small but mighty Japantown is home to the San Jose Tofu Co. (408-292-7026), one of the few shops in the US where experts still make tofu by hand. Pick some up, then head down the street to Shuei-Do: Manju Shop (408-294-4148) for chewy, sweet manju and mochi.



◀ **Join the Presidio Picnic**

Every Sunday afternoon from March into October, families flock to the Presidio (a former army base that's now a national park) for communal picnics. Bring your own bites or buy some from more than two dozen food trucks. presidio.gov



◀ **Explore Golden Gate Bridge Park**

No doubt you've heard of Golden Gate Park, but you might not realize just how many attractions it contains: the California Academy of Sciences, polo fields, one of the world's tallest windmills and Park Chalet beer garden, to name a few. sfrecpark.org; parkchalet.com

★ WHERE TO STAY ★



Claremont Club & Spa

This iconic 1915 hotel on the Oakland-Berkeley border has updated rooms, 22 acres of gardens, an award-winning restaurant and a fascinating history: The property once held a private castle and was even gambled away in a checkers game! From \$239, fairmont.com



Cornell Hotel de France

Set atop a hill in San Francisco's Union Square, this quirky family-run hotel nods to everything French: Each of the six floors features artwork by a single French artist (Toulouse-Lautrec, Matisse) and the in-house restaurant is dedicated to Joan of Arc. From \$240; cornellhotel.com



Axiom Hotel

You can't beat the location of this boutique hotel: It's just steps from the city's fabled cable car line. If you have a few minutes to spare, browse through the San Francisco-themed books that line the shelves in the lobby. From \$189; axiomhotel.com



Hotel Valencia Santana Row

Located in a high-end shopping district in San Jose, this Mediterranean-style hotel has lots of quiet outdoor spaces, including a pool and a hot tub. At night be sure to catch the sunset from the hotel's rooftop bar, Cielo. From \$189; hotelvalencia-santanarow.com

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ROAD TRIP:

SEDONA

Spend a weekend in this enchanting desert town—it's an easy drive from three major Arizona cities.

For decades,

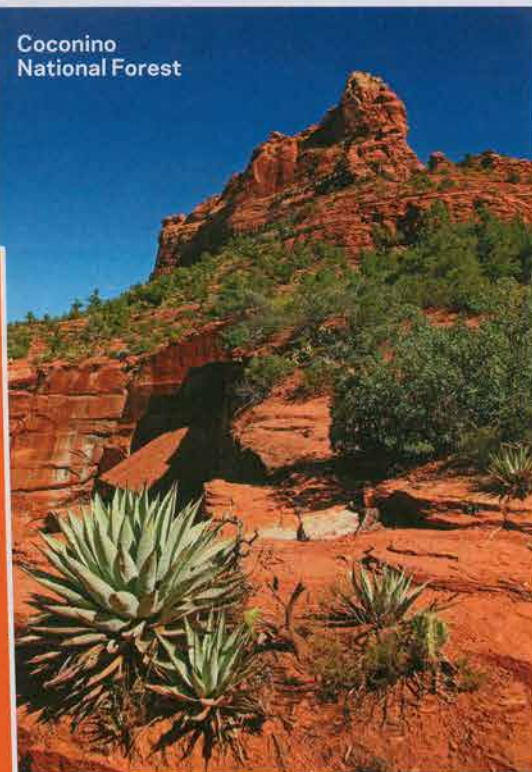
Sedona, AZ, surrounded by breathtaking red rock formations and nearly 2 million acres of national forests, has been known as a place where you can get your aura cleansed or experience a spiritual transformation.

And thanks to a new crop of vineyards in nearby Verde Valley, the destination has become just as popular for food and wine as it is for its meditation sites. September is a great time to visit:

The weather is gorgeous (warm days and cool nights), and five major events, including the Red Rocks Music Festival, take place throughout the month.



Coconino National Forest



Elote Cafe



L'Auberge de Sedona

EAT

Elote Cafe, inside a no-frills hotel, looks pretty basic—it's furnished with simple wood tables and chalkboard signs. But since opening in 2007, this Mexican restaurant has developed a cult following among locals, who are obsessed with its chiles rellenos, carne asada and namesake elote (fire-roasted corn mixed with Cotija cheese, lime and chiles). The place doesn't take reservations, so get there early. If you're lucky, you can catch the sunset from a table on the patio. elotecafe.com

ALSO TRY: **Che Ah Chi** at Enchantment Resort (enchantmentresort.com) for its killer canyon views and extensive wine list (it's the perfect spot for a fancy night out) or **The Hudson** (thehudsonsedona.com) for overstuffed burgers.

DO

The red rock peaks near Sedona are impossible to miss, and they're even more dynamic when you see them up close on the hiking trails of **Coconino National Forest**. The 1.6-mile loop past Devil's Bridge and the 2¼-mile path to Soldier Pass are two of the most popular and beautiful hikes. You'll pass natural pools, cliffs and the area's largest sinkhole. www.fs.usda.gov/coconino

ALSO TRY: Wine tasting at the eight tasting rooms along the **Verde Valley Wine Trail** (vwinetrail.com) and a custom massage at **Sedona Rouge Spa** (sedonarouge.com).

STAY

At **L'Auberge de Sedona**, you can book a room at the modern lodge or stay in one of 62 cottages with private decks and wood-burning fireplaces. At night, check out free stargazing sessions led by an in-house astronomer. From \$295; lauberge.com

ALSO TRY: The secluded **Adobe Grand Villas**, where every suite comes with a free snack bar and freshly baked bread (from \$445; adobegrandvillas.com), or **Poco Diablo Resort**, set on 22 acres, which has a nine-hole golf course, tennis courts and a spa (from \$169; pocodiablo.com).

Follow Up

GREAT SHOT!

We ♥ these Instagram photos of stars with their pups!



Trisha Yearwood and her rescue dog, Emmy, kick back on the couch. @trishayearwood



Sunny Anderson gets kisses from her rescued beagle mix, Gary Gumbo. @sunnyanderson



When Marcela Valladolid's family hits the beach, everyone is in on the fun—including her retriever-springer spaniel mix, Kongo. @chefmarcela



Katie Lee introduces her adopted Pomeranian-Chihuahua puppy, Gus. @katieleekitchen



Ayesha Curry and her husband, Stephen, love their new goldendoodle, Rookie. @ayeshacurry

OH, SNAP!

Send us a cute photo of your dog and you could win a Milk-Bone prize package, courtesy of Milk-Bone and Food Network Magazine. Visit foodnetwork.com/loveyourdog and enter by September 4.

MILK-BONE

NO PURCHASE NECESSARY TO ENTER OR WIN. Love Your Dog Contest. Sponsored by Hearst Communications, Inc. Beginning August 1, 2017, at 12:01 a.m. ET, through September 4, 2017, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/loveyourdog on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and an original photo of your pet dog. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/loveyourdog.

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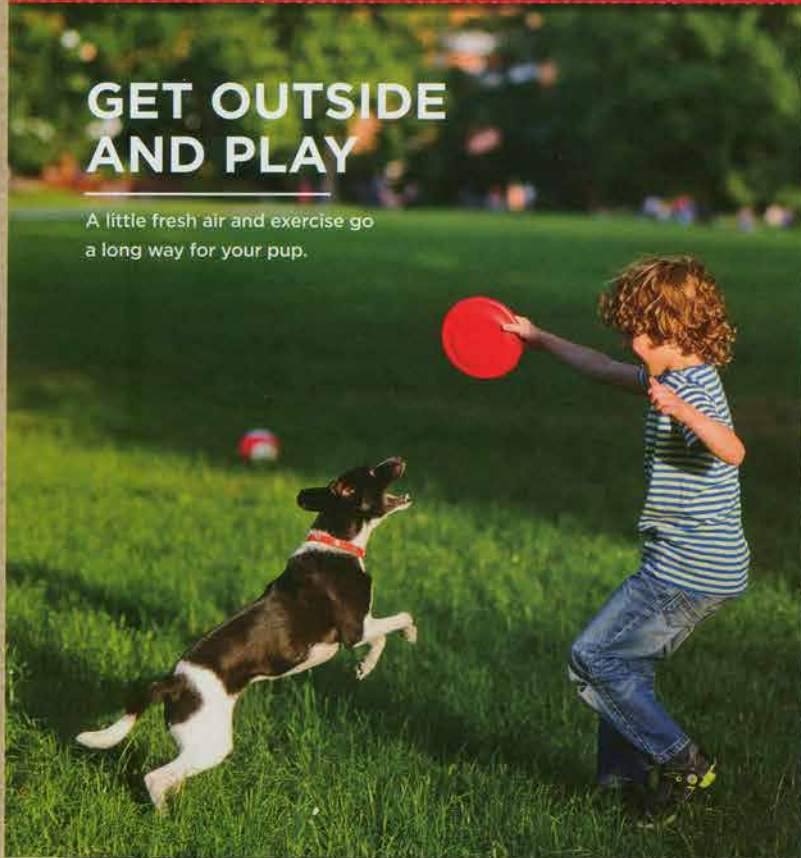
MILK-BONE

4 ways to do more FOR YOUR DOG

Whether they're caring for us, cheering us up or taking us on a new journey, our dogs do so much for us every day. Here's how to show your furry friend a little more puppy love in return.

GET OUTSIDE AND PLAY

A little fresh air and exercise go a long way for your pup.



GO EXPLORING

Let the weekend adventures begin with your dog by your side.



SNUGGLE UP

Always give your furry friend lots of TLC.



TREAT WITH LOVE

Give your pup treats with quality ingredients. Try Milk-Bone® Farmer's Medley™ dog treats made with real chicken or lamb and vegetables. Available in Grain Free and Whole Grain Recipes.



Flip the page to fetch fun tips!

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MILK-BONE

4 ways to do more FOR YOUR DOG

Take a look at our paws-itively perfect tips and tricks for how you can do more for your dog from Milk-Bone®, doing more for dogs since 1908.

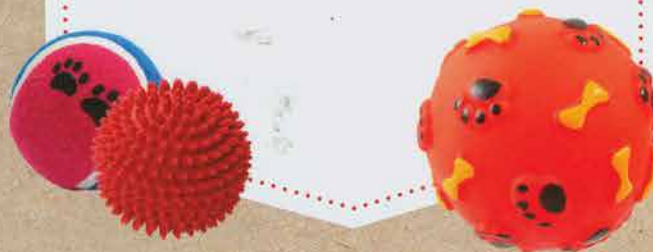
HIT THE ROAD

- Check out a local farmers' market, street festival or dog-friendly restaurant with your pup in tow.
- Dogs get dehydrated faster than humans, so bring plenty of water and a collapsible bowl on any adventure.
- Keep toys and treats on hand so your pup is always entertained.



GAME ON

- Host a play date with your pup's pals.
- Shake up a game of fetch by trying new balls or throwing multiple balls at once.
- Teach your old (or young!) dog new tricks, like how to high-five, shake hands, or balance a treat on his nose.



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Follow Up

Good Question...

Ask us anything about cooking! Visit foodnetwork.com/goodquestion.



Q: How can I incorporate liqueur in a dessert that doesn't call for alcohol?

Rachael Haley, Pigeon Forge, TN

A: Toppings are the best place to experiment with liqueur—you'll really taste the flavor. Try folding a splash of Grand Marnier or Baileys into whipped cream, or beat some into a frosting. You can also make a quick glaze for cakes or cookies by mixing 1 cup confectioners' sugar with 2 tablespoons liqueur.

Q: Do I need to rinse rice before making risotto?

Kim Cox, Philadelphia

A: No. Risotto rice, such as arborio or vialone nano, has a high starch content, which is what makes risotto thick and creamy. If you rinse the rice, you'll lose some of the starch.



CAKE: KANG KIM. RICE: GETTY IMAGES. DRESSINGS: RYAN LIEBE. MUSTARD: SHUTTERSTOCK

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Q: I never have dijon mustard on hand when I need it. Can I use yellow mustard instead?

Erma Hudgins, Phoenix

A: You can, but you won't get the same sharp tangy bite. To compensate, mix yellow mustard with a dash or two of white wine vinegar before adding it to a dish—the extra acidity will amp up the flavor. You can also stir a little horseradish into yellow mustard to give it some kick.

Q: What is the shelf life of homemade salad dressing?

Robin Vaughn Repinski
(@robinvaughnrepinski)
via Instagram

A: As a general rule, the more acidic the dressing, the longer it will last. Basic vinegar-based vinaigrettes will keep in the fridge for two to three weeks, whereas citrus-based vinaigrettes and dressings made with store-bought mayonnaise usually last about one week. Any kind of dressing that contains sour cream, buttermilk, yogurt, eggs, onion or garlic should be used within a few days.

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