

food
network

magazine



VALERIE'S
ITALIAN
SOUP



DUFF'S
HOMEMADE
PRETZELS



INA'S
APPLE PIE
BARS

Enter Our
\$500
Coloring
Contest

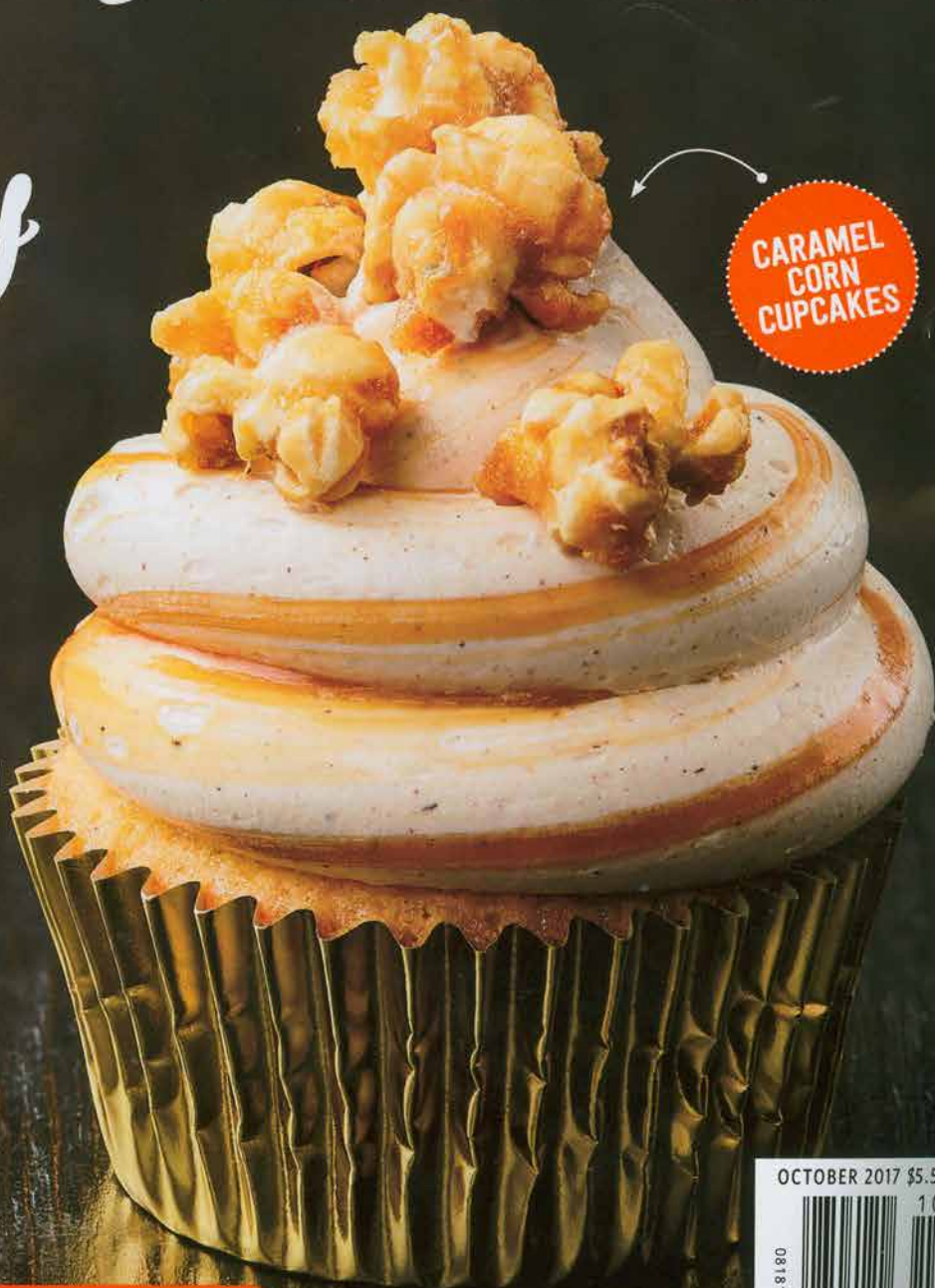
Fun Fall *Treats!*

115 *Easy*
DINNERS, SIDES
AND DESSERTS

OUR BIGGEST 
Halloween
SECTION EVER! PAGE 131

**GAME-DAY
FAVES**

- BEEF & BACON CHILI
- MINI TACO CUPS
- BUFFALO CHICKEN NACHOS



CARAMEL
CORN
CUPCAKES

AMAZING PUMPKIN SPICE CAKE! PAGE 158

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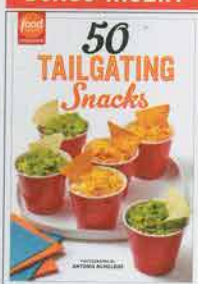
OCTOBER 2017

NO BONES
ABOUT IT, THESE
CHOCOLATE-
CINNAMON COOKIES
ARE GREAT!
SEE PAGE 148.



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Cover photograph by Ryan Dausch
Food styling: Christine Albano
Prop styling: Paige Hicks

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- 161 **Snack Attack** • People are bugging out over one museum's vending-machine goodies.
- 162 **Pumpkin Patch USA** • We rounded up the best fall events in every state.
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- 172 **Hometown Hero** • Try a few recipes from Jeff Mauro's Chicago-based sandwich chain.

Contest

- 180 **Color This Dish!** • Enter this month's coloring contest.

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Recipe Index

BREAKFAST



Candy Corn Waffles



Monster Smoothie Bowls



Bloodshot Eggs



Sausage Mummies



Bloody Pancakes

SNACKS AND APPETIZERS



Tailgating Dips



Fried Maple-Bourbon Wings



Turkey Taco Cups



Spicy Sloppy Joes



Buffalo Chicken Grilled Nachos



Pulled Pork Frito Pie



Mini Italian Meatballs



Chicken and Waffle Sliders



Chipotle Caramel Popcorn Mix



Beer-Marinated Steak Skewers



Sausage-and-Pepper Stromboli



Jalapeño Popper-Stuffed Mushrooms



Mini Chili Dog Bread Bowls



Pull-Apart Buffalo Chicken Sandwiches



Pull-Apart Pizza Sandwiches



Pull-Apart Chopped Cheeseburgers



Pull-Apart Bacon Grilled Cheese Sandwiches



Pretzels

SOUPS AND STEWS



Carrot-Ginger Soup with Roasted Vegetables



Spicy Killer Shrimp Soup



Vegetarian Minestrone



Beef and Bean Chili



Beef-Beer Chili with Bacon



Chicken and Tomatillo Chili



Pork and Black Bean Chili



Cauliflower and Bean Chili



Pork and Collards Stew



Quick Rotisserie Chicken Gumbo

PASTA



Rigatoni with Cauliflower Puttanesca



Mushroom Stroganoff Tortellini

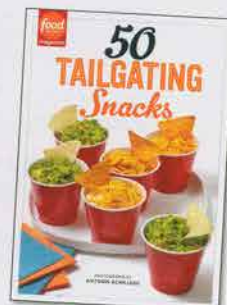
FISH AND SEAFOOD



Arctic Char with Warm Lentils



Shrimp and Bok Choy Stir-Fry



FIND MORE
TAILGATING
SNACKS IN THE
BONUS BOOKLET
ON PAGE 63.

MEAT, POULTRY AND EGGS



96 Flank Steak with Broccoli Mac and Cheese



100 Thai Basil Beef with Coconut Rice



102 Chesapeake Burgers



173 Pig Candy BLT



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124 Beer-Simmered Bratwurst



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107 Rosemary Roasted Potatoes



107 Cornbread-Stuffed Baked Apples



107 Herbed Fregola



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DRINKS AND DESSERTS



124 Radlermass



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143 Poison Apple Punch



144 Blood Orange Vampire Punch



146 Berry Eyeball Punch



49 Unicorn Bark



59 Team-Color Doughnuts



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77 Apple-Cranberry Potato Chip Crisps



78 Potato Chip-Chocolate Chunk Cookies



80 Cereal and Potato Chip Bars



83 Stadium Cake



127 Apple Pie Bars



140 Candied Treats



149 Chocolate-Cinnamon Skeleton Cookies



150 Skeleton Hand Pudding



151 Candy-Coated Pear Skulls



152 Meringue Bones



156 Cover Recipe Caramel Corn Cupcakes



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158 Chocolate-Pumpkin Crêpe Cake

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.



**SHRIMP AND
BOK CHOY
STIR-FRY**
PAGE 94

CALORIES: 490



**FLANK STEAK
WITH BROCCOLI
MAC AND CHEESE**
PAGE 96

CALORIES: 490



**MUSHROOM
STROGANOFF
TORTELLINI**
PAGE 100

CALORIES: 430



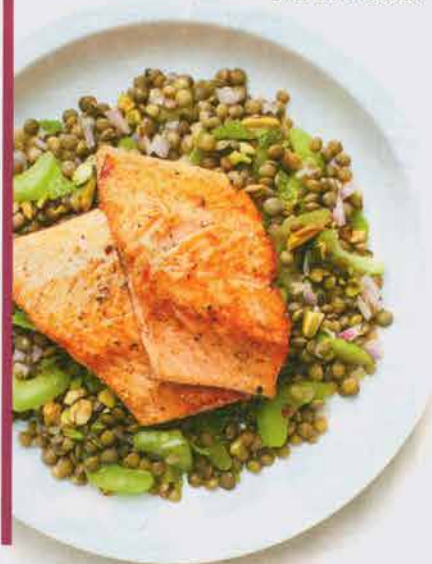
**PORK CHOPS
WITH SPICY APPLES
AND CABBAGE**
PAGE 104

CALORIES: 470

LOOKING GOOD

Chocolate probably won't give you acne—but too much milk and sugar might. A study from New York University found that frequent dairy consumption and a high glycemic intake could be linked to acne. For a lower-glycemic diet, fill up on legumes and non-starchy vegetables.

• THIS FISH DINNER ON PAGE 96 IS DAIRY-FREE AND LOW IN SUGARS.



TEA TIME

Have another cup of tea or coffee today: A recent study published in the *Journal of Hepatology* found that drinking herbal tea or coffee may protect against liver fibrosis, a disease marked by scarring of the liver. Researchers found that drinking three or more cups of coffee a day or any amount of herbal tea was associated with less liver stiffness, possibly because of the antioxidants in both drinks.

HOLD THE SALT

Common wisdom says that salt makes you thirsty, but new studies of astronauts on a simulated mission found that increased salt intake made participants less thirsty—and hungrier. To avoid unnecessary hunger pangs (and the urge to overeat), keep your sodium level in check. These dinners are good choices: They all contain less than 600 milligrams of sodium (about ¼ teaspoon salt) per serving.



**Rigatoni with
Cauliflower
Puttanesca**
page 92



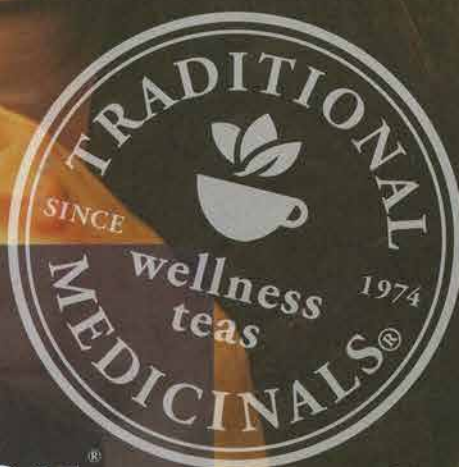
**Pork and
Collards Stew**
page 98



**Carrot-Ginger
Soup with Roasted
Vegetables**
page 104

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Star Search

Find your favorite Food Network celebs in this issue.

We asked the stars: What's your favorite candy?

"I LOVE CHOCOLATE WITH PRETZELS, ESPECIALLY CHUAD BARS. THE DARK CHOCOLATE SEEMS HEALTHIER!"



Valerie Bertinelli
Valerie's Home Cooking;
Kids Baking Championship
pg. 112



Anne Burrell
Worst Cooks in America
pg. 122



Bobby Flay
Beat Bobby Flay;
Brunch @ Bobby's;
Iron Chef Showdown;
The Bobby and Damaris Show
pg. 122



Ina Garten
Barefoot Contessa
pg. 126

"TROPICAL FRUIT MIKE AND IKES ARE MY WEAKNESS"



Duff Goldman
Kids Baking Championship;
Dessert Games;
Holiday Baking Championship
pg. 122



Eddie Jackson
Kids BBQ Championship
pg. 14



Jeff Mauro
The Kitchen
pgs. 26, 172



Lorraine Pascale
Holiday Baking Championship;
Simply Baking and
How to Be a Better Cook
(both on Cooking Channel)
pg. 26

"REESE'S PEANUT BUTTER CUPS, ESPECIALLY THE EGG-SHAPED ONES."



Damaris Phillips
Kids BBQ Championship;
Southern at Heart;
The Bobby and Damaris Show
pg. 26



Michael Symon
Iron Chef Gauntlet;
Iron Chef Showdown
pg. 26



Geoffrey Zakarian
Cooks vs. Cons;
Chopped;
The Kitchen
pgs. 26, 122



MEXICO Vacation Giveaway!

Enter for a chance to win a four-night culinary vacation for two at Mahekal Beach Resort in Playa del Carmen! Take gourmet cooking classes from local chefs and learn ancient rituals at the Mayan Culinary Casita, plus experience a Toes in the Sand dinner on the beach and get \$1,000 cash for travel. Enter by October 9 at foodnetwork.com/mexicosweeps.

MAHEKAL BEACH RESORT: CHRIS WIMPEY. NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine's Mexican Foodie Getaway Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning August 29, 2017, at 12:01 a.m. ET, through October 9, 2017, at 11:59 p.m. ET, go to foodnetwork.com/mexicosweeps on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service provider. Sweepstakes ends on October 9, 2017, at 11:59 p.m. ET. The total number of eligible entries received. Open to the legal residents of the 48 contiguous states and the District of Columbia (excluding Alaska and Hawaii) who are 18 or older in his or her state or territory of residence at time of entry. Void in Puerto Rico, Alaska, Hawaii and where prohibited by law. Sweepstakes subject to complete official rules available at foodnetwork.com/mexicosweeps.



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Daily uniform

"My everyday outfit is jeans, a V-neck shirt and sneakers. My go-to jeans are 7 For All Mankind; their straight-leg styles fit me perfectly. And my current sneakers are Asics Tigers. I have a pair in just about every color."

Gel-Kayano Trainer EVO, \$90; asicstiger.com



Road rules

"I own a blue 2012 Dodge Ram that I drive 90 percent of the time. The other 10 percent I alternate between my Maserati and my Can-Am Spyder motorcycle. Texas is more of a Harley-Davidson state, so I love the Spyder because you don't see many of them on the road."

Spyder F3-S, from \$21,249; can-am.brp.com for dealers

Good scents

"I collect cologne and have more than 30 bottles in my stash. At the moment, I'm really into La Nuit de l'Homme by Yves Saint Laurent."

Eau de Toilette, \$92; yslbeautyus.com



Watching it

"I picked up the habit of collecting watches from my dad. Nixon is my favorite brand right now; I own about 10 of their watches. When I'm feeling really fancy, I bring out my custom blinged-out Breitling watch that I bought during my football days."

51-30 Tide, \$425; nixon.com

STAR SPOTLIGHT



Eddie Jackson

The Food Network star and former football player tells us about his daily uniform—and the tool he takes to every tailgate.

Grilling gadget

"My favorite kitchen tool by far is my ThermoWorks instant-read thermometer. It's essential during tailgate season because it gives quick, accurate readings—and it's a really convenient size and shape."

Classic Super-Fast ThermoPen, \$79; thermoworks.com



Weekend wear

"I like to be relaxed on my days off. I stick to True Religion denim shorts during the summer, but in the fall and winter you'll usually find me wearing a Nike tracksuit." Basketball pants, \$50, and jacket, \$60; nike.com



Skin secret

"I wash my face with Shea Moisture's African black soap and follow it up with Palmer's Coconut Oil Facial Moisturizer. Together, they leave my skin feeling silky smooth, and they're easy to find at the drugstore."

African Black Soap, \$6; sheamoisture.com



We were thinking about
new faucets when suddenly
the light bulb went off.

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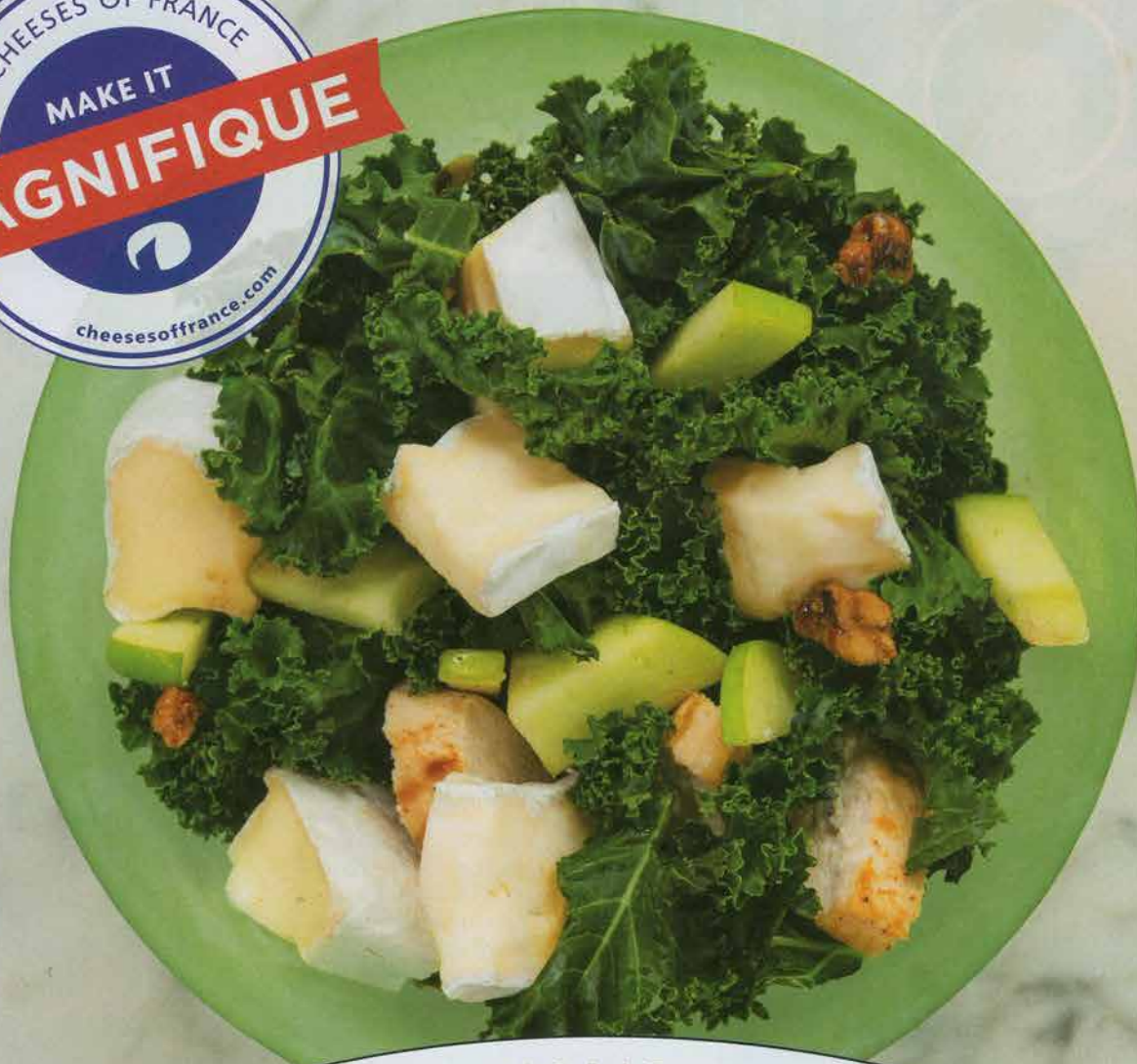
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GOOD GREAT MAGNIFIQUE

SALAD

BRIE AND KALE SALAD WITH GRILLED CHICKEN

Watch recipe videos from top chefs at cheesesoffrance.com



YOU'VE GOT *Game!*

Everyone keeps saying that our country is divided, and you know what? It's true. We are bitterly divided—on the issue of snack stadiums. Last tailgating season, we asked Food Network fans whether snack stadiums were “genius” or “ridiculous,” and the results came back 50-50.

We asked the question because we were wondering if we should produce a snack-stadium feature for this issue, with instructions for building a coliseum out of cold cuts and crudités.

Most of us on staff sided with the readers who voted “ridiculous,” so we nixed the idea of a snack-stadium how-to. But our food team suggested a compromise: We could build an edible stadium entirely out of cake instead! The finished product (part of this month's special tailgating section) is on page 83.

A funny thing happened after we finished our cake stadium, though: We had to build and photograph a traditional snack stadium for this page—you know, so I could illustrate my point. And in the process, we decided that snack stadiums aren't so ridiculous, after all. They're actually awesome. And easy to build when you buy a prefab kit like this one (\$9.99 at Party City!). Just a word of caution: It took eight pounds of meat and cheese to fill the section on the right, so I suggest you invite everyone you know to the party.

Maile

Maile Carpenter
Editor in Chief
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EXFOLIANTS?




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APRICOT EXTRACT, NOT PLASTIC MICROBEADS
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October



SUN

MON

TUE

WED

THU

FRI

SAT

1

Start the month with a day of baking! The Pillsbury Bake-Off Contest launches today. Enter your best recipe at bakeoff.com for a chance to win!

2



3

Eat a turkey sandwich for lunch: The Thanksgiving Proclamation was issued on this day in 1789, declaring the first national Thanksgiving.



5



6

TGIF! Mix up a fall sangria: Combine 1 bottle sparkling wine, ½ cup apple juice, ¼ cup brandy, chopped apples and cinnamon sticks in a pitcher.



8

Good luck, Chicago marathoners! Those of us who aren't running can eat a Chicago snack instead: cheddar popcorn and caramel corn.

9

Happy Columbus Day! Treat kids to a fun breakfast on their day off: emoji pancakes. Tint pancake batter yellow; use melted chocolate and fruit to make faces.

10



11

12

The New York City Wine & Food Festival kicks off tonight with a fun event hosted by the cast of *Chopped*. Follow the action: [#nycwff](https://twitter.com/nycwff).

13

14

15



16

17

18

The US took possession of Alaska 150 years ago today. Make mini baked Alaskas: Scoop ice cream onto brownie bites; top with marshmallow cream and torch.

19



20

Today marks the start of the World's Championship Chili Cookoff. Brush up on your chili know-how: See page 73.

21



22

Halloween is just nine days away. Tune in to *Halloween Wars* tonight at 9 p.m. ET.

23

HALLOWEEN WARS

24

The World Series begins tonight! Find some of our favorite ballpark recipes at foodnetwork.com/baseball.

25



26



27

The NYC subway opened 113 years ago today. Order pizza and eat it Big Apple-style: folded in half!

28

Spook your friends and serve marrow in the bone: Roast 4-inch pieces at 450° until browned, 15 to 20 minutes. Sprinkle with sea salt and pepper.

29

30

31

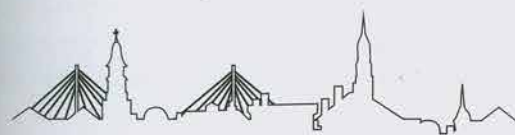
Happy Halloween! Offset all the candy with some healthful pumpkins: Top peeled clementines with a small piece of celery.



GETAWAY GIVEAWAY!

Enter for a chance to win a \$500 travel voucher and a two-night stay in Charleston, SC, to explore the city's restaurants, farmers' markets and historic homes. For details, visit foodnetworkmagazine.com/charlestonsweeps.





CHARLESTON

SOUTH CAROLINA

YOU'RE ALWAYS WELCOME AT OUR TABLE

It's no secret Charleston is home to a variety of culinary luminaries and boasts some of the best food in the country. The destination's pulse has been connected to its kitchens since the late 1600s, when subsistence farming and fishing gave rise to the prized hyper-local Lowcountry cuisine that helped four Charleston chefs bring home the James Beard Foundation Best Chef Award. Isn't it time you tasted Charleston's authentic flavors?



PLAN YOUR GETAWAY TO
CHARLESTON, SOUTH CAROLINA.

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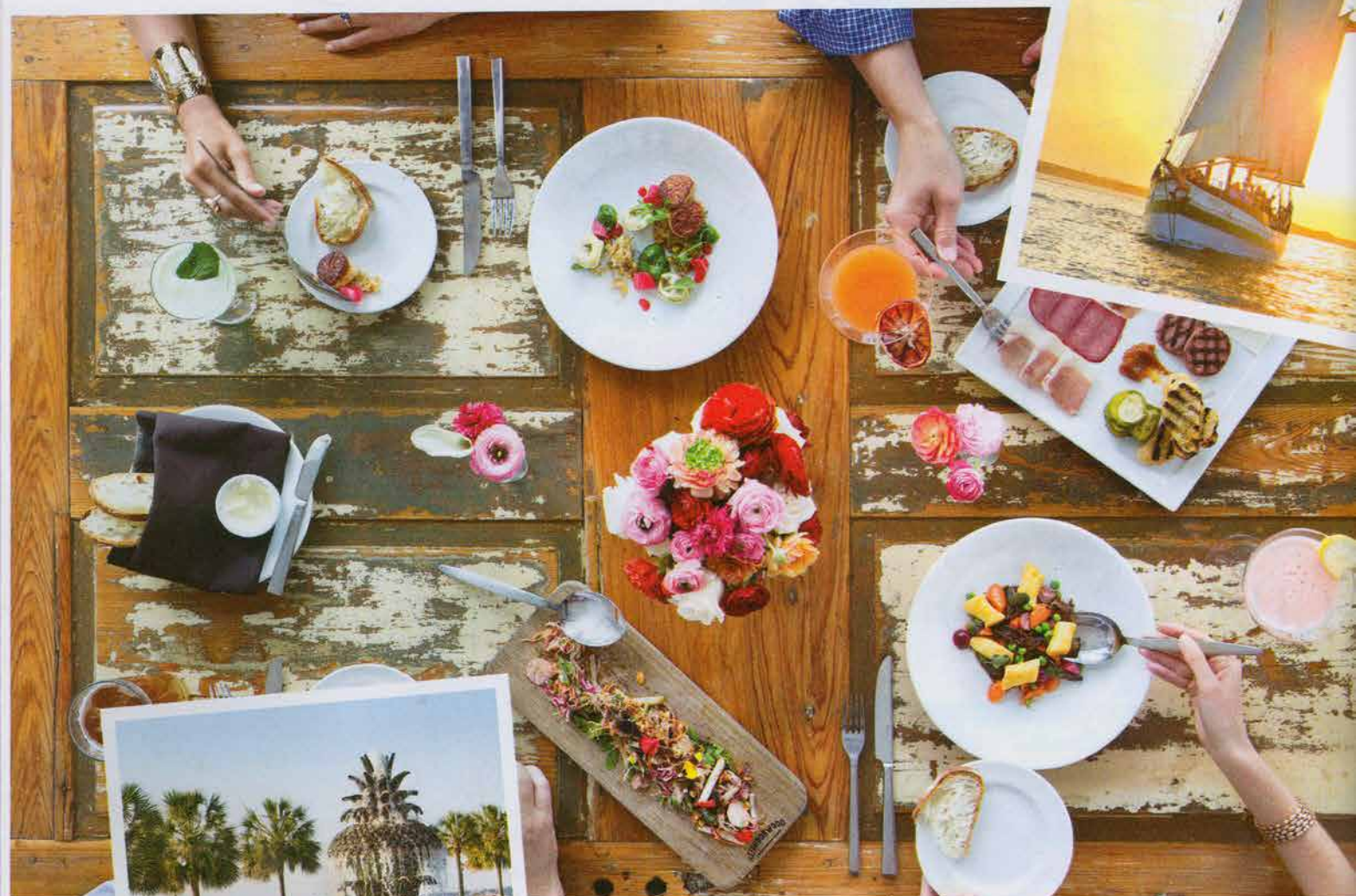
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You Asked...

Food Network stars answer your burning questions.



Damaris, what is your best tip for cooking for a crowd so you're still able to spend time with your guests?

Dawn Richards
via Instagram

My advice, if you're cooking for a crowd, is to make a casserole or a dish that feeds a large group, like lasagna or enchiladas. You can do all of the work ahead of time and just pop the dish into the oven while you mingle with your guests. One of my go-to party dishes is a creamy pumpkin lasagna. Get my recipe at foodnetwork.com/pumpkinlasagna.

—Damaris Phillips



Geoffrey, my husband isn't a fan of sweet cocktails, but he doesn't like whiskey straight up, either. What kind of drink do you recommend?

Abigail Kim
Pasadena, CA

Your husband should get into the world of sours—cocktails that are usually made with citrus juice, a sweetener and any liquor you like. They include whiskey sours and whiskey smashes, which taste terrific and won't be cloying.

—Geoffrey Zakarian



Michael, what are your favorite burger toppings and bun?

Joni Kauffman
Delta, PA

I love to top a burger with pastrami and coleslaw. The pastrami is peppery and spicy, with a saltiness from being corned and smoked, and the cool crunchiness of the coleslaw cuts through all the fat. As for the bun, I like an eggy challah-style roll. It's soft but holds up to the burger's juices.

—Michael Symon



Jeff, I've heard that caramelized onions should be salted only after they've completely cooked. Why?

Val Carlisle
Joplin, MO

I've found that salt impedes the caramelization process—it extracts water from the onions, causing them to steam instead of caramelize. Wait until your onions are soft and nicely browned, then season them with salt and pepper.

—Jeff Mauro



Lorraine, I love decorating cakes, but I don't like the flavor of fondant. Is there a type of fondant that tastes better than others?

Hillary Rosenthal
Overland Park, KS

Lots of people dislike the taste of fondant, and most will take it off before they eat the cake underneath. All fondant generally tastes the same, so I suggest looking into other methods for covering a cake. Swiss meringue buttercream is a nice alternative, because you can create a smooth fondant-like coating (spread it with an offset spatula) but the taste is very subtle and can be customized to your liking.

—Lorraine Pascale

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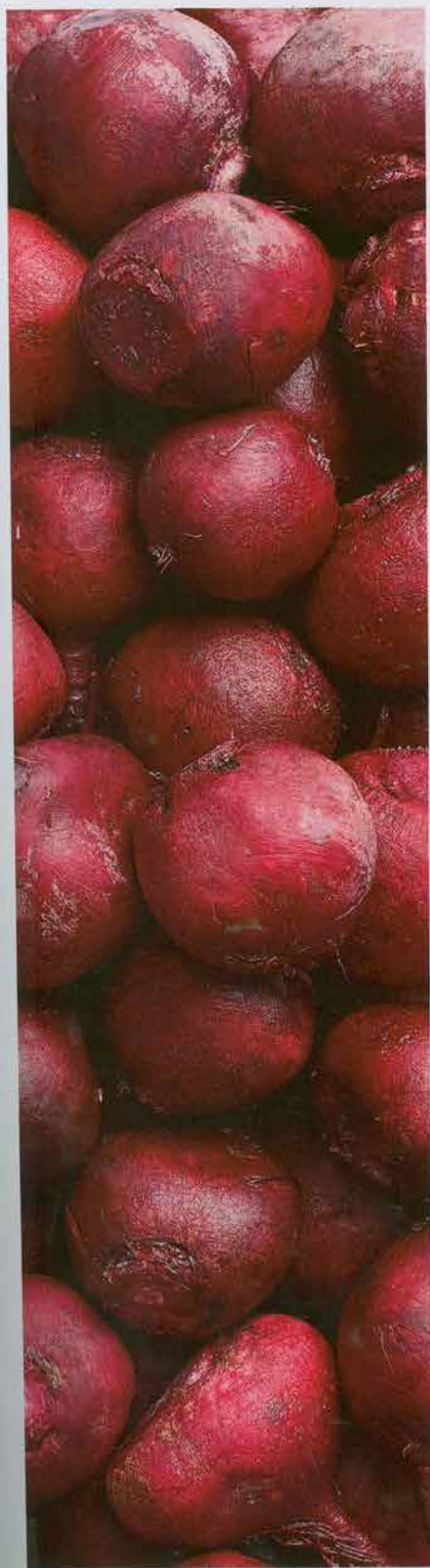


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Slow Cooker Creamy White Bean Stew With Turnips & Pancetta

ACTIVE: 30 MINUTES • TOTAL: 6 HOURS (PLUS OVERNIGHT)
SERVES 6-8

- 1 tablespoon kosher salt
- 1 pound dried white beans, or four 15-ounce cans beans
- 12 ounces pancetta, sliced 1/2-inch thick, diced
- 4 large shallots, thinly sliced
- 3 sprigs fresh rosemary, or 6 sprigs fresh thyme
- 1 bay leaf
- 1 quart unsalted chicken or vegetable broth
- 3 cups water
- 2 large turnips, peeled, cut into 1/2-inch pieces
- 6 ounces baby kale or spinach leaves
- 1/2 cup grated parmesan or pecorino cheese, optional

1 Dissolve salt in 10 cups cold water. Add beans. Soak 6 hours to overnight. Drain. If using canned beans, do not soak. Remove from cans, drain and rinse.

2 Place a **Reynolds KITCHENS Slow Cooker Liner** inside a 5-6 1/2-quart slow cooker bowl, then fold the liner over the top. In a large skillet over medium heat, cook pancetta 10 minutes, turning. Leaving fat in skillet, transfer half the pancetta to slow cooker, half to small bowl. Add shallots to skillet. Cook 5 minutes. Add to slow cooker. To cooker, add herbs, broth, water, and beans. For canned beans, use 3 cups broth and no water. Stir well. Scatter turnips over the top. Cover and cook on low until beans are tender, about 5 hours. If using canned beans, cook on high 3 hours. Stir in kale or spinach. Cook 5 minutes. Stir well.

3 To serve, remove herb stems and bay leaf. Divide among bowls. Top with reserved pancetta and cheese, if desired.

Slow Cooker Chicken With Heirloom Carrots and Leeks

ACTIVE: 45 MINUTES • TOTAL: 3 HOURS, 45 MINUTES
SERVES 6

- 6-8 large leeks, sliced thinly, about 8 cups
- 1 pound heirloom (rainbow) carrots, sliced diagonally 1/4-inch thick
- 2 pounds boneless, skinless chicken breasts, sliced crosswise 1/2-inch thick
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons unsalted butter, melted
- 1 teaspoon kosher salt, divided
- 1 teaspoon fresh thyme leaves, divided
- Freshly ground black pepper
- 1/4 cup white wine, dry vermouth, broth, or water

1 Place a **Reynolds KITCHENS Slow Cooker Liner** inside a 5-6 1/2-quart slow cooker bowl, then fold the liner over the top. Place leeks in colander and rinse well, using your fingers to separate the rings. Add to slow cooker. Place carrots and chicken in separate bowls. Mix together the oil and butter. Stir 4 tablespoons into the leeks with 1/2 teaspoon salt, and pepper to taste. Add preferred liquid. Divide remaining butter mixture between carrots and chicken. To each, add 1/4 teaspoon salt and 1/2 teaspoon thyme. Stir well.

2 Arrange the carrots and chicken over the leeks in a fanned pattern of 1 slice chicken alternated with 2 slices carrots of different colors. Repeat, fanning tightly, until leeks are covered. Cover and cook on high for 2 1/2 to 3 hours, until carrots are crisp-tender.

3 To serve, lift a section of fanned chicken and carrots from slow cooker with a wooden spoon and place onto a plate or shallow bowl. Add a portion of leeks. Spoon juices over and serve hot.

Slow Cooker Pork Dumplings With Spicy Beet & Ginger Chutney

ACTIVE: 25 MINUTES • TOTAL: 3 HOURS, 45 MINUTES
SERVES 6

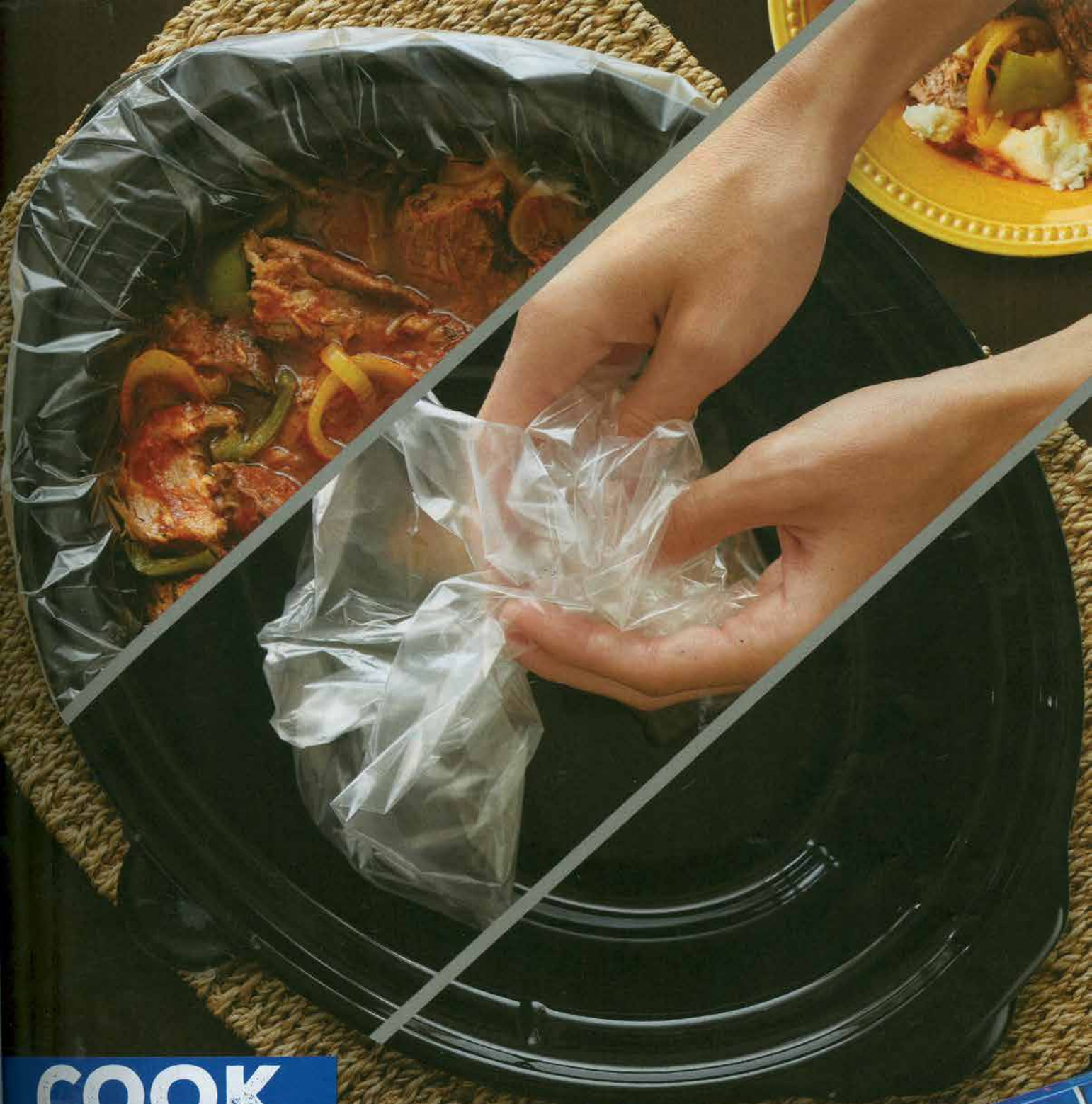
- 1/4 head napa or green cabbage, chopped to 1/4-inch pieces, about 2 cups
- 2 large red beets, peeled and cut into 1/4-inch pieces
- 1/4 cup finely chopped fresh ginger
- 1 serrano or jalapeño chile, finely chopped
- 1/2 cup golden raisins
- 1 large bunch scallions, white parts chopped, green parts left whole
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 18 frozen pork dumplings, pot stickers, or shumai, uncooked
- 1 cup fresh cilantro leaves, for serving

1 Place a **Reynolds KITCHENS Slow Cooker Liner** inside a 5-6 1/2-quart slow cooker bowl, then fold the liner over the top. Add the cabbage, beets, ginger, chile, raisins, and scallion whites. Combine vinegar, sugar and salt, stirring to dissolve. Add to cooker and stir well. Cover and set cooker for 3 1/2 hours on high.

2 After 45 minutes to 1 hour, remove lid. Arrange scallion greens side-by-side in a single layer on top of beets. Place frozen dumplings in a single layer on top of scallions. Return lid and continue cooking for another 2 1/2 hours, until beets are tender and dumplings are hot throughout.

3 To serve, place 3 dumplings on each plate. Discard scallion greens. Using a wooden spoon, scoop a portion of beet chutney onto each plate along with any juices. Top with fresh cilantro leaves. Serve warm.





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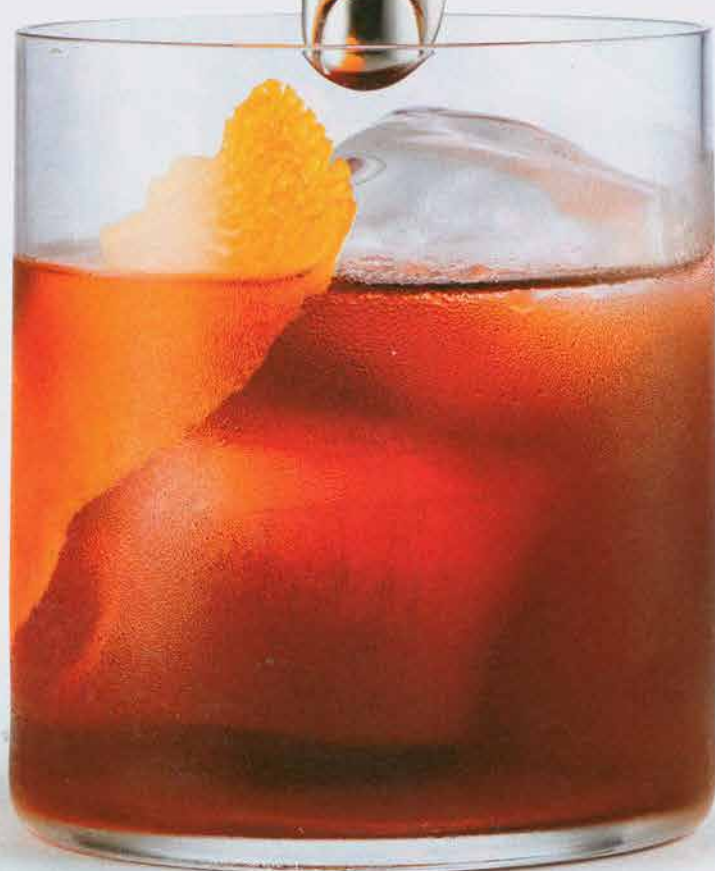
GrapesfromCalifornia.com

In the Know

Here's a Pointer

Freak out your friends by stirring their cocktails with a "finger": This handy tool is a stainless-steel life-size cast of renowned mixologist Gary "Gaz" Regan's right index finger. He once famously used his own finger to mix Negronis when he made them for a crowd. \$27; cocktailkingdom.com

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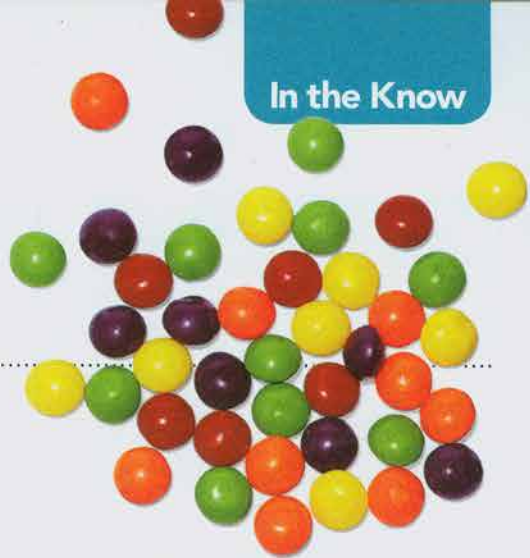


SOME PEOPLE
JUST CAN'T RESIST
SWEETS!

HOW SWEET IT IS

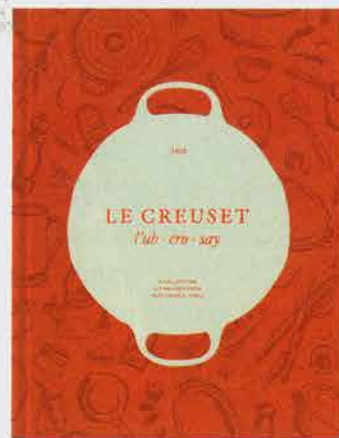
If you have a sweet tooth, you might actually have been born with it. Scientists have recently identified a hormone that controls cravings for sugary foods, especially candy. The researchers found that people with certain levels of the hormone were 20 percent more likely to consume large quantities of sweets than the other participants in the study. The good news: Anyone caught sneaking candy this Halloween can just blame it on biology. SOURCE: UNIVERSITY OF COPENHAGEN

In the Know



Chew On This!

Apparently some cows are eating as much candy as sugar-crazed teenagers. Not too long ago, a truck full of candy overturned on its way to a dairy farm in Wisconsin. The explanation: Some farmers add candy to livestock feed as a way to give extra carbs to cattle.



SAY WHAT?

If you've ever wondered how to pronounce Le Creuset, you'll be happy to know that the company is setting the record straight—right on the cover of its first cookbook: *l'uh-cru-say*. Inside you'll find simplified versions of notoriously intimidating French recipes, like boeuf bourguignon. (\$35, Rizzoli New York)



PLAYING SQUASH

What do you get when you cross an 8,000-pound elephant with a 1,000-pound pumpkin? The Oregon

Zoo's annual Squishing of the Squash. Every year the zoo's biggest mammals stomp and snack on some of the largest gourds in the state to kick off the park's

Howloween festivities. The 19th Squishing takes place on October 27, and this year's pumpkins are supposed to be the biggest ever.

oregonzoo.org

Heads Will Spin

An idea for those of you who wish fidget spinners would just disappear: Eat them! Dallas baker Jessica Grose makes a cookie version of the popular toy with working (edible) bearings—so you can give each one a whirl before you chow down. \$72 for a dozen; clearlycookies.com



BRINGING THE HEAT

Next year, consider growing a different type of pumpkin patch—filled with habaneros. Plant scientists at Rutgers University recently developed a new variety of habanero pepper that's shaped like a miniature pumpkin and has less than one-fifth the spiciness of its parent plant. The peppers are in season until the end of the month and are available from growers nationwide—so you can still get them while they're (kind of) hot. breeding.rutgers.edu

DRONING ON

The iconic Wienermobile, created in 1936, is getting a sidekick. Oscar Mayer recently expanded its collection of hot dog-shaped vehicles to include a WienerCycle and a WienerDrone, which can hold a single hot dog for remote air delivery. The new fleet will be making appearances across the country throughout the year.



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What's Your HALLOWEEN IQ?

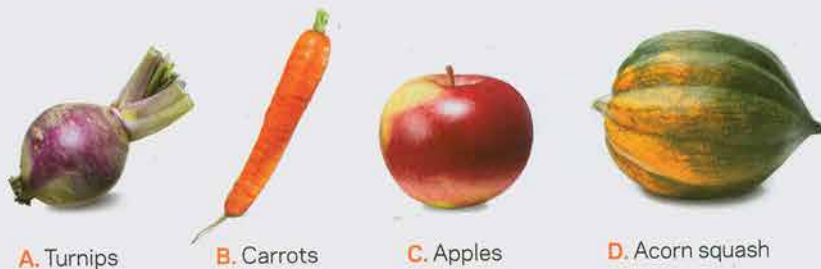
Test your smarts with this quiz.

1 Which of these ingredients was used to make the first candy apple?

- A. Cinnamon candies B. Cherry Jell-O powder C. Melted cherry lollipops D. Red caramel



2 Jack-o'-lanterns were originally carved from:



- A. Turnips B. Carrots C. Apples D. Acorn squash

3 Which is the correct order of colors for a piece of candy corn?



- A. B. C. D.

4 How much does the average American plan to spend on a Halloween costume?

- A. \$15 to \$20 B. \$25 to \$30 C. \$30 to \$35 D. \$40 to \$45

5 Which of these is not an alternative name for Halloween?

- A. Hallowmas B. Samhain C. Scareday D. All Hallows' Eve

6 Most of the candy purchased for Halloween is:



- A. Gummy candy



- B. Hard candy



- C. Chocolate



- D. Bubble gum

In the Know

7 Day of the Dead (Día de los Muertos) originated in this Spanish-speaking country:

- A. Bolivia
- B. Mexico
- C. Cuba
- D. Costa Rica



8 In the 1966 TV special, *It's the Great Pumpkin, Charlie Brown*, Charlie Brown gets these while trick-or-treating:

- A. Apples
- B. Clumps of dirt
- C. Rocks
- D. Shoes

9 How did the tradition of bobbing for apples get started?

- A. It was a matchmaking game for young singles.
- B. A health organization started it as an alternative to trick-or-treating.
- C. Superstitious people thought it would ward off ghosts.
- D. It marked the end of the apple harvest.



10 When Goelitz Confectionery Company began making candy corn in the late 1800s, the treat was commonly called:

- A. Sweet niblets
- B. Candy kernels
- C. Sweetie corn
- D. Chicken feed

11 Which of these was the first "fun size" candy?



A. Hershey's



C. Twix



B. Kit Kat



D. Snickers

TRUE OR FALSE?

12 Reese's is pronounced "REE-sees."

T F



14 The most popular Halloween costume for pets is a pumpkin.

T F

16 The monster in Mary Shelley's book *Frankenstein* is a vegetarian.

T F

18 Americans spend more money on candy for Halloween than for any other holiday.

T F

13 Trick-or-treating was popularized as a way to reduce town-wide pranking and vandalism.

T F

15 Trick-or-Treat for UNICEF has been around since the early 1800s.

T F

17 People living on the East Coast are likely to give out more Halloween candy than people in other regions.

T F

19 Pumpkins are technically berries.

T F



They look ferocious,
but inside they're just
chicken raised with
no antibiotics ever.



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20 Identify these candies:

- Jolly Ranchers
- Nerds
- SweetTarts
- Tootsie Rolls
- Atomic Fireballs
- Skittles
- Lemonheads
- Dubble Bubble
- Runts
- Dots
- Sixlets
- Twizzlers Nibs
- Smarties
- Necco Wafers
- Now & Laters



A. _____



B. _____



C. _____



D. _____



E. _____



F. _____



G. _____



H. _____



I. _____



J. _____



K. _____



L. _____



M. _____



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SCORE SHEET

Give yourself one point for each correct answer.

1. **A** When New Jersey confectioner William Kolb reportedly invented the fall treat in 1908, he dipped apples into liquefied cinnamon hard candies and put them on display in his shop's windows.
2. **A** Before bringing Halloween to the United States in the 1800s, Irish immigrants originally carved vegetable lanterns out of turnips and potatoes, as pumpkins are not native to Europe.
3. **D**
4. **C** Last year the average American planned to spend \$31 on a Halloween costume, according to the National Retail Federation.
5. **C** Hallowmas, Samhain and All Hallows' Eve are all early names for what's now called Halloween. Samhain was a Celtic festival during which people wore costumes and lit bonfires to ward off ghosts. Later, Shakespeare made reference to Hallowmas, when people asked neighbors for food or money. Both customs eventually became known as All Hallows' Eve.
6. **C** About 70 percent of Halloween-candy purchases are chocolate, according to a survey by the National Confectioners Association.
7. **B** Day of the Dead, which honors the life of family and friends who are deceased, is celebrated throughout Latin America (typically on November 1 and 2), but it originated in Mexico.
8. **C** When examining his Halloween haul with the rest of the Peanuts gang, Charlie Brown famously says, "I got a rock."
9. **A** Centuries ago in Europe, girls marked apples and then dumped them into barrels of water. Potential partners bobbed for the apples, which indicated who should couple up.
10. **D** The polarizing confection was referred to as chicken feed because of its kernel-like shape.
11. **D** In 1968, Mars became the first candy company to use the term "fun size" on the wrappers of smaller Snickers bars and the like.
12. **F** According to Reese's commercials, the name is properly pronounced "REES-ses" (rhymes with pieces!).
13. **T** Mid-20th-century town leaders encouraged trick-or-treating as an incentive to eliminate troublemaking.
14. **T** According to the National Retail Federation, 16 percent of consumers planned to dress up their pets last year—and pumpkins were the most popular choice, followed by hot dogs.
15. **F** Trick-or-Treat for UNICEF began in 1950.
16. **T** The creature in this classic novel ate acorns and berries instead of meat.
17. **F** According to the National Confectioners Association, Midwesterners are the most generous to trick-or-treaters.
18. **F** According to the National Retail Federation, Americans planned to spend \$2.6 billion on Easter candy in 2017 and spent "only" \$2.5 billion on Halloween candy in 2016.
19. **T** Pumpkins are a type of many-seeded berry called pepos, which have a hard outer covering.
20. (One point for each) **A** Runtz; **B** Atomic Fireballs; **C** Necco Wafers; **D** Skittles; **E** Dubble Bubble; **F** Nerds; **G** Jolly Ranchers; **H** Tootsie Rolls; **I** SweeTarts; **J** Twizzlers Nibs; **K** Lemonheads; **L** Dots; **M** Now & Laters; **N** Smarties; **O** Sixlets

HOW DID YOU DO?

0 TO 11 POINTS NOT SO SWEET!

Get a crash course in Halloween fun, starting on page 134.

12 TO 23 POINTS SCARY SMART!

Show off your skills by making the skeleton treats on page 148.

24 TO 34 POINTS HAUNTINGLY GOOD!

Celebrate your score with one of the spooky punches on page 142.



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gridiron grub

These regionally inspired recipes are great for catching the game at home and sure to make the crowd go wild. (Score!)

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new england nachos



southern blueberry corncake

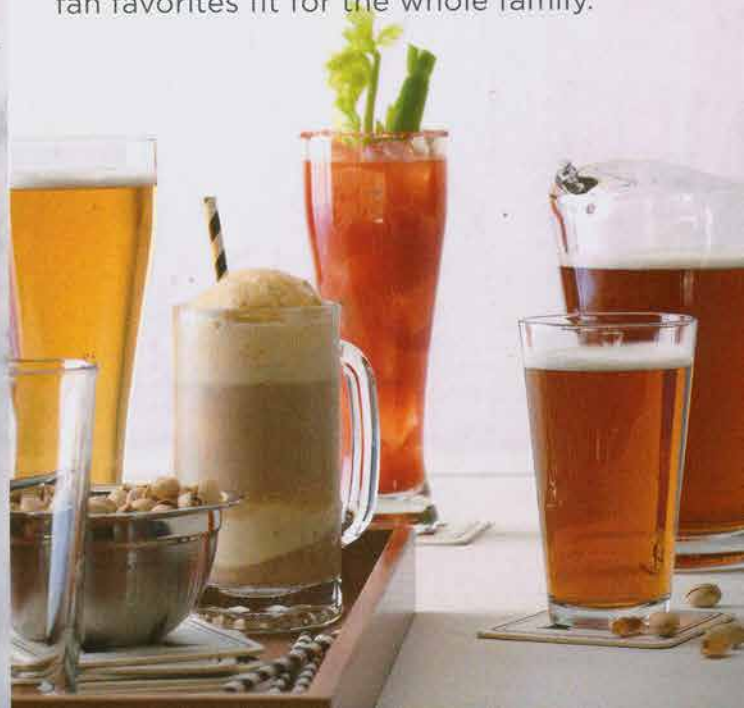


california turkey sliders



team cheers

These versatile glasses are for more than your favorite brew. Check out a few of our fan favorites fit for the whole family.



gridiron grub

These regionally inspired recipes are great for catching the game at home and sure to make the crowd go wild. (Score!)



southern blueberry corncake

3 tablespoons unsalted butter, melted, plus more for brushing the skillet
1 cup heavy cream
2/3 cup sugar
2 cups milk
4 1/2 teaspoons distilled white vinegar
2 large eggs

Kosher salt
1 cup fine yellow cornmeal
3/4 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
2 cups blueberries
Vanilla ice cream and blueberry jam, for serving

Preheat the oven to 350 degrees F. Butter six 5 1/4-by-1 1/4-inch **Food Network Mini Pre-Seasoned Cast-Iron Skillet**s. Put the skillet on a baking sheet; put in the oven to preheat.

Whisk together the heavy cream and 1 tablespoon sugar in a small bowl; set aside.

Whisk together the melted butter, milk, vinegar, eggs, remaining sugar and 1 teaspoon salt in a large bowl. Whisk together the cornmeal, flour, baking powder and baking soda in a medium bowl. Add the flour mixture to the egg mixture; stir until just combined. Fold in 1 1/2 cups blueberries.

Pour the batter into the preheated skillet, then slowly pour the seasoned cream into the center of the batter. Do not stir. Bake until a toothpick inserted near the edge of the corncakes comes out clean, about 30 minutes. Top with ice cream, a drizzle of blueberry jam and the remaining blueberries. Serve warm.

Yield: 6 servings
Active Time: 15 minutes
Total Time: 45 minutes



new england nachos

8 ounces maple-cured bacon, cut into 1/2-inch pieces
One 8-ounce bag kettle-cooked potato chips
One 16-ounce can Boston baked beans, drained
8 ounces white cheddar, shredded
8 ounces yellow cheddar, shredded
1/3 cup sour cream
2 scallions, chopped
Hot sauce and malt vinegar, for serving

Preheat the oven to 400 degrees F.

Cook the bacon in a **Food Network Pre-Seasoned Cast-Iron 12-in. Skillet** over medium heat until crisp, about 5 minutes. Remove with a slotted spoon and drain on a paper towel. Pour off the excess fat but do not wipe out the skillet.

Spread half the chips in an even layer in the skillet. Top with half the beans in small spoonfuls. Sprinkle with half the bacon and half the white and yellow cheddar. Repeat with the remaining chips, beans, bacon and cheddar.

Bake until the cheddar melts and the nachos are heated through, 5 to 8 minutes. Top with dollops of the sour cream and scallions. Serve with hot sauce and malt vinegar on the side.

Yield: 6 servings
Active Time: 20 minutes
Total Time: 20 minutes



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Spicy Brewed Mary

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+
lime juice
+
a splash of hot sauce

california turkey sliders

2 pounds ground turkey
2 teaspoons paprika
2 cloves garlic, grated
Kosher salt and freshly ground black pepper
8 ounces goat cheese, at room temperature
2 tablespoons mayonnaise
1 large red onion, sliced into 1/4-inch-thick rounds
2 tablespoons balsamic vinegar
12 whole-wheat slider buns, halved
1 avocado, sliced
1 pint alfalfa sprouts

Preheat a **Food Network Pre-Seasoned Cast-Iron Reversible Grill Giddle** over medium-high heat.

Combine the turkey, paprika, garlic, 2 1/2 teaspoons salt and a few grinds of pepper in a medium bowl. Form into 12 small 1/4-inch-thick patties. Stir together the goat cheese and mayonnaise in a small bowl until smooth.

Grill the onion rounds until golden and just cooked through, about 3 minutes per side. Transfer to a medium bowl and toss with the vinegar. Grill the burgers until golden and cooked through, about 3 minutes per side. Transfer to a plate. Toast the buns on the grill for 15 to 20 seconds.

Spread the tops of the buns with the goat cheese mixture, then place a burger patty on each bottom bun. Top with the onions, avocado, sprouts and top buns.

Yield: 12 sliders
Active Time: 25 minutes
Total Time: 25 minutes



Know It All:

UNICORN

If you've been on Instagram lately, you've likely encountered a unicorn or two: snacks and desserts dyed pink, blue and purple and finished with a generous coating of sprinkles and edible glitter. The food looks magical, but the story behind the trend isn't quite as mythical as you might imagine. In fact, it began with a simple piece of toast: In 2016, Miami blogger and food stylist Adeline Waugh was playing around with natural food dyes and cream cheese and posted a photo of bread topped with pastel rainbow swirls on Instagram. Her followers dubbed it unicorn toast, starting a nationwide flood of whimsical lattes, bagels, milkshakes and even grilled cheese.

What do unicorns taste like?

The unicorn trend is mostly about appearances, but some companies have dreamed up an actual

unicorn flavor. Last year Polar Seltzer released a limited-edition flavor called *Unicorn Kisses*, but the company won't tell us exactly what went into it (unicorns are so elusive!). Starbucks, on the other hand, didn't hold back details when its Unicorn Frappuccino hit stores earlier this year. The limited-release pink-and-blue drink was flavored with mango syrup and topped with whipped cream and edible sparkles, and it changed from sweet to tart as you sipped.



DIY UNICORN BARK

Put $\frac{1}{4}$ pound each of white, blue, purple and pink candy melts in separate bowls. Melt in the microwave, stirring, until smooth. Stir a little white into each of the other colors to lighten them. Working quickly, spoon dollops of the different colors onto a parchment-lined baking sheet in a mosaic pattern, then drag a rubber spatula through the colors to swirl. Spread to about $\frac{1}{4}$ inch thick and top with assorted sprinkles and/or edible glitter. Refrigerate until set, at least 30 minutes. Break into pieces.

Unicorns in the USA

Check out these colorful creations.



Unicorn taiyaki
(ice cream-filled fish-shaped waffle)
Taiyaki NYC
New York City



Unicorn poop
(meringues)
Cake Life Bake Shop
Philadelphia



Unicorn macarons
Vanille Patisserie
Chicago



Unicorn melts
Chomp Eatery
Santa Monica



Unicorn concha
(sweet bread)
El Bolillo Bakery
Houston



Unicorn hot chocolate
Crème & Sugar
Anaheim Hills, CA



Unicorn bagel
The Bagel Nook
Freehold, NJ

CRAFT SERVICES

A clever mom has turned food-themed costumes into a big business.

PHOTOGRAPHS BY BEN GOLDSTEIN



It's not unusual for families to spend all of October gearing up for Halloween, but in Sara Carter's home in Austin, Halloween prep happens year-round. Sara started selling homemade food-themed costumes through her Etsy shop, The Costume Cafe, in 2009, and for this Halloween she'll make and ship more than a thousand.

Sara never imagined that she'd become a one-woman costume factory. The whole thing started when she was visiting thrift stores in search of supplies to make handbags (which she sold at crafts fairs) and she spotted a vintage orange and blue onesie that reminded her of Ernie from *Sesame Street*. After she stitched a fleece Ernie hat to go with it and posted the costume on Etsy, it sold within 24 hours. Then she got multiple requests to make more.

During the year Sara spent preparing to launch The Costume Cafe (etsy.com/shop/thecostumecafe), she continued selling handbags, plus she gave sewing lessons and took any seamstress job she could get to pay the bills. Her first official costume, inspired by a craving she had while she was pregnant with her daughter, was a shrimp-sushi onesie with a ginger and wasabi headband.

Now Sara sells more than 30 designs, most of which are made of felt and come with a hat or headpiece—and she has started offering adult sizes, too. The volume of sales makes for long (up to 20-hour) days this time of year, but the whole family is behind her, especially 7-year-old Amelia. "She has really learned her way around the fabric store!" Sara says. Next goal: a pet collection. "Dogs dressed as food are almost as cute as kids dressed as food. Almost."

HAPPY VALENTINE'S DAY!



Carving by
artist Jon Neill

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SATISFIES





Orange and Black MAGIC

These kitchens have a Halloween-friendly color scheme that looks cool year-round.

Mod All Over

When the owners of this Richmond Hill, Ontario, home decided on black stainless Samsung appliances, designer Mike Gerasimov of Phi Design knew that black had to be a major part of the kitchen design. He outfitted the space with dark matte gray cabinets and white quartz countertops, then added a dramatic pop of color with orange barstools.

Desert Beauty

Orange is not a typical color for a kitchen, but in this Paradise Valley, AZ, space, it's a natural fit with the area's desert landscape. Designer David Miller of David Michael Miller Associates and architecture firm Swaback Partners installed flamed Indian granite countertops, black for the breakfast bar and orange for the perimeter. Then they brought color to the rest of the space with vibrant orange cabinet faces and glass backsplash tiles in burnt orange.



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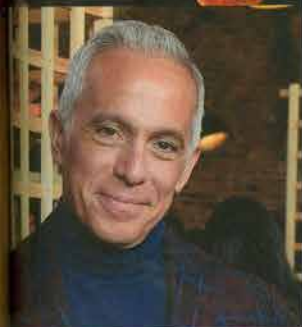
HUNGER ACTION MONTH





Orange Pop

In this Rockville, MD, kitchen, designer Davida Rodriguez of Davida's Kitchen & Tiles added splashes of orange in some unexpected places—like the ceiling. The bright hue contrasts with the white and dark brown cabinets, accentuating the ceiling height and drawing attention to the adjacent mod dining area.



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SPECIAL
TAILGATING
SECTION

Fun Cooking



Breakfast of Champions

In honor of football season, we packed this section with dozens of tailgating snacks, starting with these team-color doughnuts. Pick up some plain cake doughnuts and decorate a dozen in your team's colors: Whisk 2 cups confectioners' sugar with 2 to 3 tablespoons milk until smooth; tint with food coloring. Spread on the doughnuts and top with sprinkles or drizzle with candy melts and let set.

HOW AMERICA TAILGATES

SPECIAL
TAILGATING
SECTION

Food Network fans reveal their game plan for game day.



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SHOULD BE
DIPPED IN**



**BLUE
CHEESE**
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RANCH
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**IN IT FOR
THE FOOD**
54%



**IN IT FOR
THE GAME**
46%



Strange but True

74% say they'd share their spread with
opposing fans



36%
set up a TV
at their tailgate

**4% HAVE PAID
MORE THAN
\$250
FOR A
TAILGATING
SPOT!**



**PACK
SOME
Sweets!**



70%
**SAY DESSERT
IS A MUST**

76%
**YELL AT
THE GAME**
(OR THE TV!)



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50 TAILGATING Snacks

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CHEESY
ONION DIP
No. 7



PHOTOGRAPHS BY ANTONIS ACHILLEOS



FRIED MAPLE-BOURBON WINGS
No. 33



TURKEY TACO CUPS
No. 25



SPICY SLOPPY JOES
No. 8



BUFFALO CHICKEN GRILLED NACHOS
No. 3



PULLED PORK FRITO PIE
No. 31



MINI ITALIAN MEATBALLS
No. 10



CHICKEN AND WAFFLE SLIDERS
No. 38



CHIPOTLE CARAMEL POPCORN MIX
No. 49



BEER-MARINATED STEAK SKEWERS
No. 42



SAUSAGE-AND-PEPPER STROMBOLI
No. 14



JALAPEÑO POPPER-STUFFED MUSHROOMS
No. 29



MINI CHILI DOG BREAD BOWLS
No. 24

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ALL Together NOW

Make a dozen hot sandwiches at once—on a single pack of rolls!

PHOTOGRAPHS BY LEVI BROWN





PULL-APART BUFFALO CHICKEN SANDWICHES

ACTIVE: 25 min | TOTAL: 40 min | MAKES: 12

- 1 12-pack pull-apart dinner rolls
- 2 tablespoons unsalted butter
- 3 tablespoons hot sauce (such as Frank's RedHot)
- 1½ cups shredded rotisserie chicken
- ¾ cup brie cheese (rind removed), cut into small pieces
- ¾ cup crumbled blue cheese
- ¾ cup thinly sliced celery
- ½ teaspoon celery seeds

1. Preheat the broiler. Split the whole pack of attached dinner rolls in half horizontally. Place the top and bottom halves cut-side up on a baking sheet. Broil until toasted, 1 to 3 minutes. Remove from the oven and preheat to 400°.
2. Melt the butter with the hot sauce in a small saucepan over medium-high heat, whisking, until smooth. Toss the chicken with all but 1 tablespoon of the spicy butter in a medium bowl.
3. Spread the chicken mixture evenly on the bottom bread piece; dot evenly with the cheeses and sprinkle with the celery. Cover with the top bread piece, then brush the roll tops with the reserved 1 tablespoon spicy butter and sprinkle with the celery seeds. Bake until the bread is toasted and the cheese is melted, 12 to 15 minutes.

PULL-APART PIZZA SANDWICHES

ACTIVE: 30 min | TOTAL: 45 min | MAKES: 12

- 1 tablespoon extra-virgin olive oil
- 8 ounces sweet Italian sausage, casings removed
- 1 stick unsalted butter
- 1 clove garlic, finely grated
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes
- 1 12-pack pull-apart dinner rolls
- Kosher salt
- ½ cup sliced pepperoni, chopped (about 2 ounces)
- ¾ cup marinara sauce
- 6 ounces mozzarella cheese, sliced
- 2 tablespoons shredded parmesan cheese

1. Preheat the broiler. Heat the olive oil in a large nonstick skillet over medium-high heat. Add the sausage and cook, breaking it up with a wooden spoon, until browned and cooked through, about 7 minutes. Transfer to a paper towel-lined plate.
2. Melt the butter in a small skillet with the garlic, oregano and red pepper flakes. Split the whole pack of attached dinner rolls in half horizontally. Place the top and bottom halves cut-side up on a baking sheet. Brush the cut sides with all but 2 tablespoons of the garlic butter; season with salt. Broil until toasted, 1 to 3 minutes. Remove from the oven and preheat to 400°.
3. Scatter the cooked sausage and pepperoni on the bottom bread piece. Dollop with the marinara, then top evenly with the mozzarella. Cover with the top bread piece, then brush the roll tops with the reserved garlic butter and sprinkle with the parmesan. Bake until the bread is toasted and the cheese is melted, 12 to 15 minutes.



Make sure
you bake these
long enough
so that the
cheese melts
completely.



PULL-APART CHOPPED CHEESEBURGERS

ACTIVE: 25 min | TOTAL: 40 min | MAKES: 12

- ¼ cup mayonnaise
- 1 tablespoon chili sauce (such as Heinz)
- 1 teaspoon hot sauce
- 1 tablespoon vegetable oil
- ½ onion, finely chopped
- 1 pound ground beef chuck
- Kosher salt and freshly ground pepper
- ½ cup finely chopped dill pickles
- 1 12-pack pull-apart dinner rolls
- 6 slices American cheese

1. Combine the mayonnaise, chili sauce and hot sauce in a small bowl; refrigerate until ready to use.
2. Preheat the broiler. Heat the vegetable oil in a large nonstick skillet over medium-high heat. Add the onion and ground beef and season with 1½ teaspoons salt and a few grinds of pepper; cook, stirring occasionally, until browned, 5 to 7 minutes. Remove from the heat and stir in the pickles.
3. Split the whole pack of attached dinner rolls in half horizontally. Place the top and bottom halves cut-side up on a baking sheet. Broil until toasted, 1 to 3 minutes. Remove from the oven and preheat to 400°.
4. Spread the cut sides of both bread pieces with the spicy mayonnaise. Spread the beef mixture on the bottom bread piece in a thick even layer; top with the cheese. Cover with the top bread piece. Bake until the bread is toasted and the cheese is melted, 10 to 12 minutes.

PULL-APART BACON GRILLED CHEESE SANDWICHES

ACTIVE: 35 min | TOTAL: 50 min | MAKES: 12

- 1 tablespoon vegetable oil
- 10 slices bacon
- 1 12-pack pull-apart dinner rolls
- 6 tablespoons salted butter, melted
- ½ tomato, finely chopped
- 4 slices provolone cheese
- 3 slices muenster cheese

1. Preheat the broiler. Heat the vegetable oil in a large nonstick skillet over medium heat. Add the bacon and cook, turning occasionally, until browned, about 10 minutes. Transfer to a paper towel-lined plate to drain, then crumble into small pieces.
2. Split the whole pack of attached dinner rolls in half horizontally. Place the top and bottom halves cut-side up on a baking sheet. Brush with all but 1 tablespoon of the melted butter and broil until toasted, 1 to 3 minutes. Remove the top bread piece from the baking sheet. Flip the bottom piece and continue to broil until toasted on the other side, 1 to 2 more minutes. Remove from the oven and preheat to 400°.
3. Turn the bottom bread piece cut-side up and sprinkle with the bacon. Top with the chopped tomato, then shingle the provolone and muenster on top, alternating the two. Cover with the top bread piece, then brush the roll tops with the remaining 1 tablespoon melted butter. Bake until the bread is toasted and the cheese is melted, 12 to 15 minutes.

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BUSH'S® Black Bean Quesadilla

Ingredients:

2 15oz. cans BUSH'S® Seasoned Black Beans, drained
1 cup salsa
2 cups shredded Colby & Monterey Jack cheese
8 8-inch flour tortillas
1/3 cup sour cream

Directions:

Mash one can of beans.
Mix in remaining can of beans, salsa.
Spread mixture evenly on 4 tortillas; top with cheese.
Cover with remaining tortillas.
Heat skillet & cook quesadillas 2 minutes.
Cut into wedges & serve with salsa & sour cream on the side.



FOR MORE RECIPES
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Chili 101

Master the basics, then try a new twist.

THE ELEMENTS

MEAT

No matter what kind of meat you use, you should brown it first. Cook the meat in batches so you don't crowd the pot.

AROMATICS

Sautéed aromatics, such as onion and garlic, are the base of any good chili. You can also add diced bell peppers, carrots or other vegetables.

SPICES

Toasting the spices is key: It brings out their flavor and prevents any harsh taste.

LIQUID

Most chili recipes call for a combination of canned tomatoes, broth and water. When you add the liquid, be sure to scrape up the flavorful browned bits on the bottom of the pot.

BEANS

You don't have to drain your beans—the starchy liquid helps thicken the chili. For an even thicker chili, smash some of the beans against the side of the pot with a wooden spoon.



BEEF AND BEAN CHILI

ACTIVE: 40 min | TOTAL: 2½ hr | SERVES: 6

- 5 tablespoons vegetable oil
- 2 pounds beef chuck roast, cut into ¾-inch cubes
- Kosher salt and freshly ground pepper
- 1 large onion, chopped
- 4 cloves garlic, finely chopped
- 1 jalapeño pepper, finely chopped (remove seeds for less heat)
- 3 tablespoons chili powder, plus more to taste
- 2 teaspoons ground cumin
- 1 tablespoon tomato paste
- 1 14.5-ounce can diced tomatoes
- 3 cups low-sodium beef broth
- 2 15-ounce cans kidney beans, undrained
- Assorted toppings

- 1.** Heat 2 tablespoons vegetable oil in a large pot or Dutch oven over high heat. Season the beef with salt and pepper. Add half the beef to the pot in a single layer and cook, turning, until browned, about 4 minutes. Remove with a slotted spoon to a bowl. Add 1 more tablespoon vegetable oil to the pot and brown the remaining beef; remove to the bowl.
- 2.** Reduce the heat to medium and add the remaining 2 tablespoons vegetable oil. Add the onion and cook, stirring occasionally, until softened and browned, about 5 minutes. Add the garlic and jalapeño and cook, stirring occasionally, until softened, about 2 minutes.
- 3.** Add the chili powder, cumin, ½ teaspoon salt and the tomato paste; cook, stirring, until deep red, about 2 minutes.
- 4.** Add the beef and any juices from the bowl, the tomatoes, beef broth and 2 cups water. Bring to a boil, then reduce the heat so the liquid simmers. Cook, stirring and scraping the bottom of the pot occasionally, until the meat is fork-tender, about 1½ hours.
- 5.** Add the beans with their liquid and simmer until the chili is thickened, 20 to 30 minutes. Season with salt, pepper and more chili powder. Top as desired.

Turn the page for more chili recipes.



MIX IT UP

Try one of these easy variations.



BEEF-BEER CHILI WITH BACON

Cook 3 chopped slices thick-cut bacon in a large pot; remove and set aside for topping.

Make Beef and Bean Chili, cooking the beef in the bacon fat. Replace the water with 12 ounces lager or cream stout and the kidney beans with pinto beans.



CHICKEN AND TOMATILLO CHILI

Make Beef and Bean Chili, replacing the beef with 2 pounds cubed skinless, boneless chicken thighs. Replace the diced tomatoes with one 28-ounce can whole tomatillos (drained and crushed). Replace the beef broth with chicken broth and the kidney beans with white beans.



PORK AND BLACK BEAN CHILI

Make Beef and Bean Chili, replacing the beef with 2 pounds cubed pork shoulder. Add 1 cup brewed coffee along with the broth and water. Replace the kidney beans with black beans and add 3 cups frozen chopped collard greens with the beans.

MAKE IT MEATLESS

Our favorite vegetarian chili gets its meaty texture from beans and grated cauliflower.



CAULIFLOWER AND BEAN CHILI

ACTIVE: 40 min | TOTAL: 2 hr 10 min | SERVES: 6 to 8

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 large bell peppers (1 green, 1 red), chopped
- 3 carrots, diced
- Kosher salt
- 6 cloves garlic, finely chopped
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon tomato paste
- $\frac{1}{2}$ cup brewed coffee
- 1 28-ounce can whole peeled tomatoes (preferably fire-roasted), crushed by hand
- 2 tablespoons unsweetened cocoa powder
- 2 15-ounce cans pinto beans, undrained
- $\frac{1}{2}$ head cauliflower, trimmed and coarsely grated on a box grater (or 3 cups pre-grated)
- Freshly ground pepper
- Assorted toppings

1. Heat the olive oil in a large Dutch oven over medium-high heat. Add the onion, bell peppers, carrots and $\frac{1}{2}$ teaspoon salt. Cook, stirring, until the carrots start softening, about 8 minutes. Add the garlic and cook until fragrant, about 2 minutes. Add the chili powder, cumin and tomato paste and cook, stirring, until deep red, about 2 minutes.
2. Add the coffee and simmer until almost completely evaporated, about 30 seconds. Stir in the tomatoes, 2 cups water, the cocoa powder and beans with their liquid. Simmer over medium-low heat, stirring occasionally, until thickened, about 1 hour 15 minutes.
3. Stir in the grated cauliflower and cook until tender, about 10 minutes. (Add a splash of water if the chili is too thick.) Season with salt and pepper. Top as desired.

PRESENTED BY





FALL'S FEEL-GOOD FAVORITE

IT'S THE SEASON for warm and savory made-to-share meals. Chili is always a crowd-pleasing dish that is easy to make—and even easier to make your own. Start with **BUSH'S® Beans** for a flavorful and nutritional foundation, then add a personal touch using in-season ingredients everyone loves. Get inspired with this spicy recipe featuring butternut squash!

SPICY TWO BEAN TURKEY CHILI WITH BUTTERNUT SQUASH

Serves 6

- 2 tablespoons vegetable oil
- 1 yellow onion, chopped
- ½ teaspoon kosher salt
- 1½ pounds ground turkey
- 2 tablespoons ground cumin
- ¼ teaspoon ground black pepper or more
- 1 fresh poblano chili, finely chopped
- 2 stalks celery, cut into ¼-inch pieces
- 3 carrots, cut into ½-inch pieces
- 1 15-ounce can diced tomatoes, not drained
- 2 cups butternut squash in ½-inch pieces
- 1 16-ounce can **BUSH'S® Kidney Beans** in a **Spicy Chili Sauce**, not drained
- 1 16-ounce can **BUSH'S® Seasoned Recipe Black Beans**, not drained

STEP 1: Heat oil in large pot over medium-high. Add onions and salt. Cook 5 minutes. Add turkey, cumin and pepper. Cook, breaking up clumps, until barely pink, 6–8 minutes. Add poblano, carrots, celery and tomatoes. Simmer 5 minutes. **STEP 2:** Add squash and red and black beans. Return to simmer. Lower heat to medium-low. Cook 25 minutes, stirring occasionally. **TO SERVE:** Ladle hot soup into bowls. Top with sour cream and chopped scallions if desired.

Active Time: 35 minutes • Total Time: 1 hour

GARNISH

Sour cream
& chopped
scallions



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ALL THAT AND A BAG of CHIPS

SPECIAL
TAILGATING
SECTION

Put potato chips to good use in these
sweet-and-salty desserts.

PHOTOGRAPHS BY LEVI BROWN

PEANUT BUTTER AND POTATO CHIP TRUFFLES

ACTIVE: 35 min | TOTAL: 50 min
MAKES: about 36

- 1 cup creamy peanut butter
- 5 tablespoons unsalted butter,
at room temperature
- 2½ cups confectioners' sugar
- ½ teaspoon pure vanilla extract
- 2 cups finely crushed rippled potato
chips (about half of a 9-ounce bag),
plus large pieces for topping
- 12 ounces semisweet chocolate, chopped

1. Line a baking sheet with parchment paper. Combine the peanut butter and butter in a large bowl and beat with a mixer on medium speed until smooth, 1 to 2 minutes. Gradually add the confectioners' sugar, then the vanilla; beat until the mixture comes together in clumps, 1 to 2 minutes. Add the crushed potato chips and beat until combined.
2. Roll the mixture into tablespoon-size balls (about 36); arrange on the prepared baking sheet. Refrigerate while you melt the chocolate.
3. Put the chocolate in a medium heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water). Let melt, stirring occasionally, about 10 minutes. Remove the bowl from the saucepan. One at a time, dip the truffles in the melted chocolate with a spoon, letting the excess drip back into the bowl, then return to the baking sheet. Push a large potato chip piece into each truffle. Refrigerate until the chocolate sets, at least 15 minutes, or freeze until ready to serve.

APPLE-CRANBERRY POTATO CHIP CRISPS

ACTIVE: 35 min | TOTAL: 1 hr 20 min | SERVES: 8

FOR THE TOPPING

- 3 cups potato chips
- 2 tablespoons granulated sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup packed light brown sugar
- $\frac{1}{4}$ cup chopped smoked almonds
- Pinch of kosher salt
- 6 tablespoons cold unsalted butter,
cut into small pieces

FOR THE FILLING

- 5 Golden Delicious apples
(about 2 $\frac{1}{4}$ pounds), peeled and
cut into $\frac{1}{2}$ -inch pieces
- 1 $\frac{1}{2}$ cups cranberries, thawed if frozen
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup packed light brown sugar
- 2 tablespoons fresh lemon juice
- 2 tablespoons all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- Pinch of kosher salt

1. Make the topping: Preheat the oven to 375°. Spread the potato chips on a baking sheet and bake until warm, about 5 minutes. Transfer to a large bowl and add the granulated sugar and cinnamon; toss to coat. Let cool, then crush the chips into small pieces with your hands.

2. Combine the oats, flour, brown sugar, almonds and salt in a large bowl. Work in the butter with your fingers until clumpy. Work in the crushed potato chips until just combined; set aside.

3. Make the filling: Toss the apples, cranberries, granulated sugar, brown sugar, lemon juice, flour, cinnamon and salt in a large bowl until well coated. Divide among eight 8-ounce ramekins and sprinkle with the topping.

4. Transfer the ramekins to a baking sheet and bake until the topping is golden brown and the filling is slightly thicker and bubbling, 50 to 60 minutes. Transfer to a rack and let cool slightly. Serve warm or at room temperature.





POTATO CHIP-CHOCOLATE CHUNK COOKIES

ACTIVE: 30 min | TOTAL: 50 min | MAKES: about 18

- 5 cups kettle-cooked potato chips (from one 8-ounce bag)
- 5 ounces semisweet chocolate, chopped (or 1 cup chocolate chunks)
- 5 ounces caramel milk chocolate (such as mini Ghirardelli bars), chopped
- 2½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1½ sticks (12 tablespoons) unsalted butter, at room temperature
- ¾ cup granulated sugar
- ¾ cup packed light brown sugar
- 2 large eggs
- 1¼ teaspoons pure vanilla extract
- Flaky sea salt, for topping

1. Position racks in the upper and lower thirds of the oven; preheat to 375°. Put 2 heaping cups potato chips in a large bowl and add the semisweet and caramel milk chocolates; set aside. Put the remaining 3 cups potato chips in a resealable plastic bag and finely crush with the bottom of a measuring cup; transfer to a small bowl and set aside.

2. Whisk the flour, baking powder, baking soda and kosher salt in a medium bowl. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on high speed until very fluffy, about 5 minutes. Add the eggs, one at a time, then add the vanilla, beating well after each addition until creamy. Reduce the mixer speed to low; gradually beat in the flour mixture until combined. Add the potato chip-chocolate mixture and beat until combined.

3. Roll the dough into large balls (about ¼ cup dough each), then roll in the crushed potato chips. Arrange 2 inches apart on 3 unlined baking sheets. Bake, switching the pans halfway through, until the cookies are browned around the edges but still soft, 20 to 22 minutes. Immediately sprinkle with flaky sea salt. Transfer the pans to racks and let cool 10 minutes, then slide a spatula under the cookies and transfer to the racks to cool completely.



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Taste buds happy. It gives grilled
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Cheese Slices. Always 100% real,
natural cheese.

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REAL CHEESE
PEOPLE®



Fun Cooking

CEREAL AND POTATO CHIP BARS

ACTIVE: 15 min | TOTAL: 1 hr 15 min | MAKES: 9 to 12

Cooking spray

- 6 tablespoons coconut oil,
plus more for your hands
- 1 10-ounce bag marshmallows
- 1 teaspoon pure vanilla extract
- 1 7-ounce bag rippled potato chips,
lightly crushed (about 5 cups)
- 3 cups sweetened cereal
- $\frac{3}{4}$ cup freeze-dried strawberries,
finely crushed

We used
Honey Nut Cheerios
and Kix cereal.
You can also try
fruity ones,
like Froot Loops
or Trix.

1. Line a 9-inch square baking dish with foil, leaving a 2-inch overhang on two sides; coat with cooking spray. Melt the coconut oil in a large wide pot over medium heat. Add the marshmallows and cook, stirring occasionally, until melted, about 4 minutes. Stir in the vanilla.

2. Add the potato chips, cereal and freeze-dried strawberries to the pot and stir to coat. Spread the mixture in the prepared pan and press firmly and evenly with oiled hands. Let cool completely, at least 1 hour.

3. Lift the bars out of the pan using the foil overhang; discard the foil. Cut into squares.



Tune in to *Good Morning America* this month to see the anchors turn salty snacks into sweet desserts in a live cooking challenge with Food Network star Anne Burrell! *GMA* airs weekdays from 7 to 9 a.m. ET on ABC.

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WELCOME TO
— CROCK COUNTRY —

PIECE OF CAKE!

A big game calls for a big dessert—like this over-the-top stadium cake.

PHOTOGRAPHS BY ANDREW PURCELL

SPECIAL
TAILGATING
SECTION

THESE "FANS"
ARE NONPAREILS!



We've seen snack stadiums made from just about everything: cold cuts, hot dogs, vegetables, beer cans. But this one is the sweetest yet: It's made of cake and sprinkles! The field is topped with green and orange coconut and the stands are covered with thousands of fans, in the form of nonpareils. You can even eat the goalposts—the tops are made from candy melts. Turn the page for the how-to.

STADIUM CAKE

ACTIVE: 1 hr | TOTAL: 2 hr 45 min | SERVES: 10 to 12

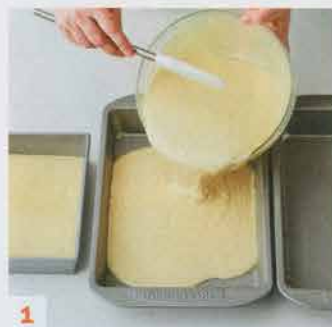
Cooking spray

- 2 14- to 16-ounce boxes white cake mix (plus required ingredients)
- 4 16-ounce tubs white frosting
- 1½ cups unsweetened shredded coconut
- Green, red and yellow food coloring
- ¼ cup white candy melts
- ½ cup rainbow nonpareils



HOW TO

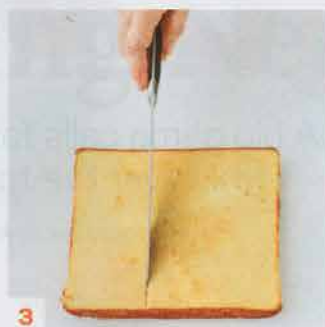
Make the Stadium Cake



1 Coat one 9-inch square pan and two 9-by-13-inch pans with cooking spray. Prepare the cake mixes as directed; pour $1\frac{1}{2}$ cups batter into the square pan and divide the rest between the other two pans. Bake at 350° , 15 minutes for the square cake and 20 to 25 minutes for the 9-by-13-inch cakes.



2 Let the cakes cool slightly; remove to racks to cool completely. Stack the 9-by-13-inch cakes on a cutting board with frosting in between them. Cover the sides of the cakes with a thin layer of frosting, filling in any gaps between the layers. Freeze until firm, about 1 hour.



3 Make the field: Trim off $3\frac{1}{2}$ inches from one side of the square cake; use the larger piece for the field. Reserve the trimmings.



4 Put $\frac{1}{2}$ cup coconut in a resealable plastic bag; add a few drops of green food coloring and massage until tinted. Repeat with $\frac{1}{4}$ cup coconut, using red and yellow food coloring to tint it orange (or use your own team colors).



5 Place the rectangular field on a large cake board (about 10 by 13 inches). Spread with frosting, then cover most of the field with the green coconut and the end zones with the orange coconut, pressing the coconut into the frosting.



6 Make the goalposts: Trim 2 lollipop sticks to 2 inches. Melt the candy melts in the microwave; cool slightly, then transfer to a resealable plastic bag and snip a corner. Pipe two goalpost tops onto parchment; add a stick to each and pipe over them to secure. Let dry.



7 Cut the 9-by-13-inch layer cake lengthwise into thirds. Cut each strip of cake on the diagonal to make the sloped sides of the stadium; reserve the trimmings. Cut the center strip of cake in half to form the short ends of the stadium.



8 Arrange the cake strips around the field, trimming as needed. Remove the field and set aside. Round out the corners of the stadium using a serrated knife to form an oval shape; reserve the trimmings.



9 Crumble all of the reserved cake trimmings and mix in just enough frosting to moisten. Clump the mixture together with your fingers.



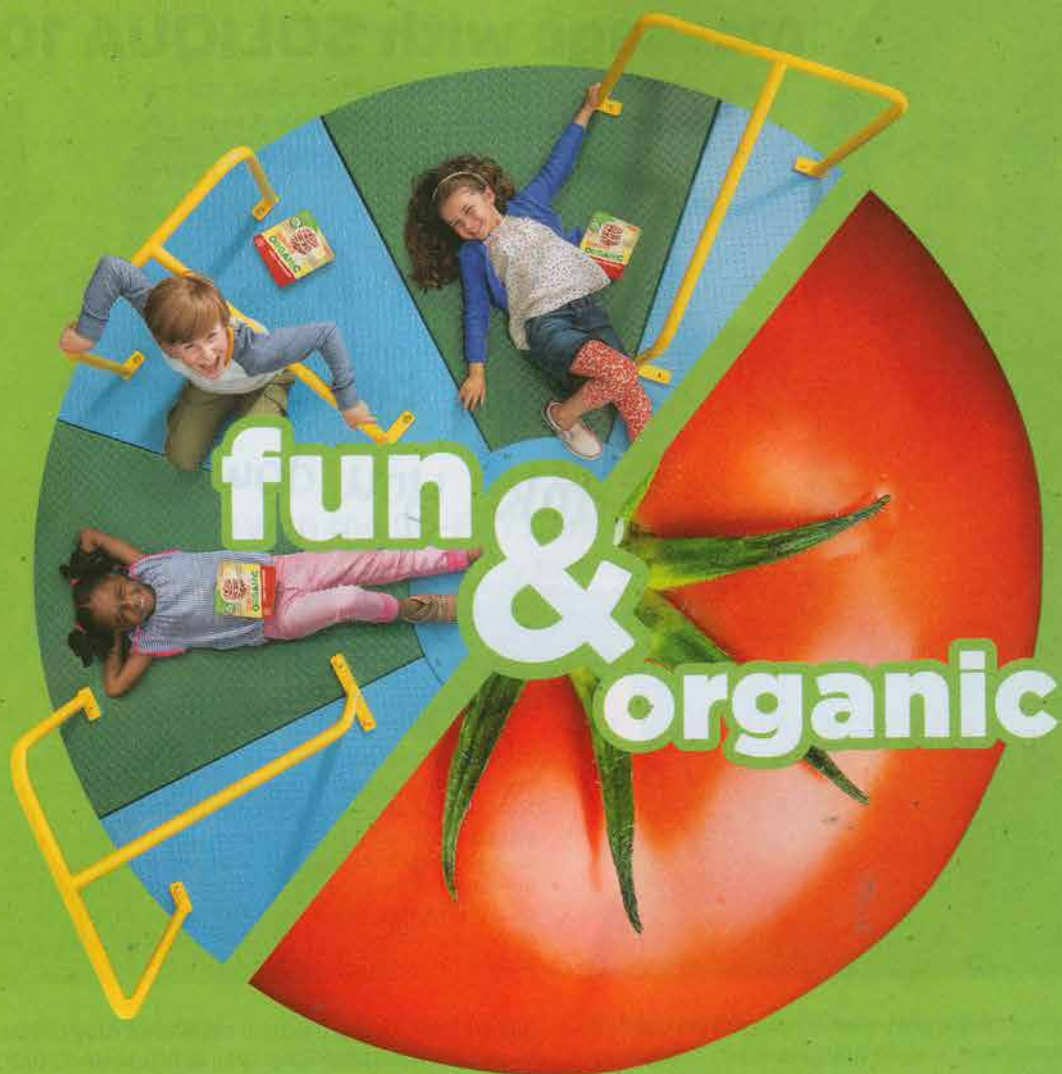
10 With damp hands, use the crumbled cake mixture to fill in the gaps and form a uniform oval stadium with sloped sides. Trim the cake board as needed so it doesn't show.



11 Frost the entire stadium. Coat the sloped parts with the nonpareils to look like fans. Press the remaining white coconut around the outside of the cake.



12 Return the field to the stadium and pipe yard lines across it with frosting. Add the goalposts. Pipe the remaining frosting around the top edges of the cake.



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Preservatives,
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**No
Added Hormones***

**USDA
Organic**

*Federal regulations prohibit the use of hormones in pork.

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Individual results may vary. Not actual patients.

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SOLIQUA 100/33 is an injectable prescription medicine that contains 2 diabetes medicines, insulin glargine and lixisenatide, that may improve blood sugar [glucose] control in adults with type 2 diabetes, when used with diet and exercise in people who are not controlled with long-acting [basal] insulin [less than 60 units daily] or lixisenatide.

- It has not been studied in people with a history of pancreatitis.
- It is not recommended for people who also take lixisenatide or other medicines called GLP-1 receptor agonists.
- It is not for use in people with type 1 diabetes, diabetic ketoacidosis, or who have a stomach problem that causes slow emptying [gastroparesis].
- It has not been studied together with short-acting insulin.
- **It is not known if SOLIQUA 100/33 is safe and effective in children under 18 years of age.**

Important Safety Information for SOLIQUA® 100/33 (insulin glargine and lixisenatide injection) 100 Units/mL and 33 mcg/mL

What is the most important information I should know about SOLIQUA 100/33?

Do not share your SOLIQUA 100/33 pen with other people, even if the needle has been changed.

SOLIQUA 100/33 can cause serious side effects, including inflammation of the pancreas, which may be life-threatening.

Before using SOLIQUA 100/33, tell your doctor if you have had pancreatitis, stones in your gallbladder, or a history of

alcoholism. These medical problems may make you more likely to get pancreatitis. Stop taking SOLIQUA 100/33 and call your healthcare provider right away if you have pain in your stomach area [abdomen] that is severe, and will not go away. The pain may be felt in the back area. The pain may happen with or without vomiting.

Who should not use SOLIQUA 100/33?

Do not use SOLIQUA 100/33 if you are having an episode of low blood sugar or if you are allergic to insulin glargine, lixisenatide, or any of the ingredients in SOLIQUA 100/33.

Tell your healthcare provider about all your medical conditions, including if you:

- have or have had problems with your pancreas, your kidneys, or your liver, stones in your gallbladder, or a history of alcoholism.
- have heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs [thiazolidinediones].
- have severe problems with your stomach, such as slowed emptying of your stomach or problems digesting food.
- are pregnant or breastfeeding or plan to become pregnant or to breastfeed. It is not known if SOLIQUA 100/33 will harm your unborn baby or pass into your breast milk.

Tell your healthcare provider about all the medicines you take including all prescription and over-the-counter medicines, vitamins, and herbal supplements. SOLIQUA 100/33 may affect the way some medicines work. **Before using SOLIQUA 100/33, talk to your healthcare provider about low blood sugar and how to manage it.**

Like many adults with type 2 diabetes, you diet, exercise, and are already using a long-acting insulin (less than 60 units daily). You're trying to do all you can, but if your A1c still won't budge, it may be time to ask your doctor about SOLIQUA 100/33.



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SOLIQUA 100/33 is proven to deliver powerful A1c reduction.

It delivers blood sugar-lowering activity throughout the day and night.

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Learn more at soliqua100-33.com.



SOLIQUA[®] 100/33
insulin glargine & lixisenatide injection
100 Units/mL & 33 mcg/mL

How should I use SOLIQUA 100/33?

- Do not change your dose without first talking to your healthcare provider.
- Check the pen label each time you inject to make sure you are using the correct medicine.
- **Do not take more than 60 units of SOLIQUA 100/33 each day.** Do not take SOLIQUA 100/33 with other GLP-1 receptor agonists.
- Only use SOLIQUA 100/33 that is clear, colorless to almost colorless. If you see small particles, return it to your pharmacy for replacement.
- **Do not** remove SOLIQUA 100/33 from the pen with a syringe.
- **Do not re-use or share needles with other people. You may give other people a serious infection, or get a serious infection from them.**
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugar should be and when you should check.

SOLIQUA 100/33 may cause serious side effects, including:

- **Serious allergic reactions.** Stop taking SOLIQUA 100/33 and get help right away if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat, problems breathing or swallowing, severe rash or itching, fainting or feeling dizzy, and very rapid heartbeat.
- **Low blood sugar (hypoglycemia).** Your risk for getting low blood sugar is higher if you take another medicine that can cause low blood sugar. Signs and symptoms of low blood sugar may include headache, dizziness, drowsiness, confusion, weakness, irritability, hunger, sweating, fast heart beat, and feeling jittery.

- **Kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids [dehydration], which may worsen kidney problems.
- **Low potassium in your blood (hypokalemia).**
- **Heart failure.** Taking certain diabetes pills called TZDs [thiazolidinediones] with SOLIQUA 100/33 may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure, it may get worse while you take TZDs with SOLIQUA 100/33. Tell your healthcare provider if you have any new or worse symptoms of heart failure, including shortness of breath, swelling of your ankles or feet, sudden weight gain.

The most common side effects of SOLIQUA 100/33 may include low blood sugar (hypoglycemia), stuffy or runny nose and sore throat, upper respiratory tract infection, headache, allergic reactions, nausea, and diarrhea. Nausea and diarrhea usually happen more often when you start using SOLIQUA 100/33.

Please see Brief Summary of Prescribing Information on the next page.

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.

Brief Summary of Information for SOLIQUA® 100/33 (insulin glargine & lixisenatide injection) 100 Units/mL and 33 mcg/mL

This is a brief summary of important information about SOLIQUA 100/33. This information does not take the place of talking with your healthcare professional about your medical condition or treatment. Only your healthcare professional can determine if SOLIQUA 100/33 is right for you.

What is SOLIQUA 100/33?

SOLIQUA 100/33 is an injectable prescription medicine that contains 2 diabetes medicines, insulin glargine and lixisenatide, that may improve blood sugar (glucose) control in adults with type 2 diabetes, when used with diet and exercise in people who are not controlled with long-acting (basal) insulin (less than 60 units daily) or lixisenatide.

- It has not been studied in people with a history of pancreatitis.
- It is not recommended for people who also take lixisenatide or other medicines called GLP-1 receptor agonists.
- It is not for use in people with type 1 diabetes, diabetic ketoacidosis, or who have a stomach problem that causes slow emptying (gastroparesis).
- It has not been studied together with short-acting insulin.
- **It is not known if SOLIQUA 100/33 is safe and effective in children under 18 years of age.**

What is the most important information I should know about SOLIQUA 100/33?

- **Do not share your SOLIQUA 100/33 pen with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.**

SOLIQUA 100/33 can cause serious side effects, including inflammation of the pancreas, which may be life-threatening.

Before using SOLIQUA 100/33, tell your doctor if you have had pancreatitis, stones in your gallbladder, or a history of alcoholism. These medical problems may make you more likely to get pancreatitis. Stop taking SOLIQUA 100/33 and call your healthcare provider right away if you have pain in your stomach area (abdomen) that is severe, and will not go away. The pain may be felt in the back area. The pain may happen with or without vomiting.

Who should not use SOLIQUA 100/33?

Do not use SOLIQUA 100/33 if you are having an episode of low blood sugar or if you are allergic to insulin glargine, lixisenatide, or any of the ingredients in SOLIQUA 100/33.

Tell your healthcare provider about all your medical conditions, including if you:

- have or have had problems with your pancreas, kidneys, or liver, stones in your gallbladder, or a history of alcoholism.
- have heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs (thiazolidinediones).
- have severe problems with your stomach, such as slowed emptying of your stomach or problems digesting food.
- are pregnant or breastfeeding or plan to become pregnant or breastfeed. It is not known if SOLIQUA 100/33 will harm your unborn baby or passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including all prescription and over-the-counter medicines, vitamins, and herbal supplements. SOLIQUA 100/33 may affect the way some medicines work.

How should I use SOLIQUA 100/33?

- Read the detailed **Instructions for Use** that come with your SOLIQUA 100/33 for instructions on using the SOLIQUA 100/33 pen and injecting SOLIQUA 100/33.
- Use SOLIQUA 100/33 exactly as your healthcare provider tells you to.
- Do not change your dose unless your healthcare provider has told you to change your dose.
- Your healthcare provider should teach you how to inject SOLIQUA 100/33 before you use it for the first time. If you have questions or do not understand the instructions, talk to your healthcare provider.
- Take SOLIQUA 100/33 only 1 time each day within 1 hour before the first meal of the day.
- If you miss a dose of SOLIQUA 100/33, take your next scheduled dose at your regular time. **Do not** take an extra dose or increase your dose to make up for the missed dose.
- Check the label on the SOLIQUA 100/33 pen each time you give your injection to make sure you are using the correct medicine.

- **Do not take more than 60 units of SOLIQUA 100/33 each day.** SOLIQUA 100/33 contains two medicines: insulin glargine and lixisenatide. If you take too much SOLIQUA 100/33, it can cause severe nausea and vomiting. Do not take SOLIQUA 100/33 with other GLP-1 receptor agonists. If you take too much SOLIQUA 100/33, call your healthcare provider or go to the nearest hospital emergency room right away.
- Only use SOLIQUA 100/33 that is clear, colorless to almost colorless. If you see small particles, return it to your pharmacy for replacement.
- Change (rotate) your injection sites within the area you chose with each dose. Do not use the same spot for each injection, to avoid skin thickening or pits at the injection site (lipodystrophy).
- Inject your dose of SOLIQUA 100/33 under the skin (subcutaneously) of your abdomen, thigh or upper arm. Do not use SOLIQUA 100/33 in an insulin pump or inject SOLIQUA 100/33 into your vein (intravenously) or muscle (intramuscularly).
- **Do not mix SOLIQUA 100/33 in any other type of insulin or liquid medicine prior to injection.**
- **Do not** remove SOLIQUA 100/33 from the throwaway (disposable) prefilled pen with a syringe.
- **Do not re-use or share your needles with other people.** Check your blood sugar levels. Ask your healthcare provider what your blood sugar should be and when you should check your blood sugar levels.

Your dose of SOLIQUA 100/33 may need to change because of a change in level of physical activity or exercise, weight gain or loss, increased stress, illness, change in diet, or because of other medicines you take.

What are the possible side effects of SOLIQUA 100/33?

SOLIQUA 100/33 may cause serious side effects, including:

- **Serious allergic reactions.** Stop taking SOLIQUA 100/33 and get help right away if you have any symptoms of a serious allergic reaction including swelling of your face, lips, tongue, or throat, problems breathing or swallowing, severe rash or itching, fainting or feeling dizzy, and very rapid heartbeat.
- **Low blood sugar (hypoglycemia).** Your risk for getting low blood sugar is higher if you take another medicine that can cause low blood sugar. Signs and symptoms of low blood sugar may include: headache, dizziness, drowsiness, confusion, weakness, irritability, hunger, sweating, fast heartbeat and feeling jittery. **Talk to your healthcare provider about how to treat low blood sugar.**
- **Kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may worsen kidney problems.
- **Low potassium in your blood (hypokalemia).**
- **Heart failure.** Taking certain diabetes pills called TZDs (thiazolidinediones) with SOLIQUA 100/33 may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure, it may get worse while you take TZDs with SOLIQUA 100/33. Tell your healthcare provider if you have any new or worse symptoms of heart failure, including shortness of breath, swelling of your ankles or feet, sudden weight gain. Your healthcare provider may need to change or stop your treatments if you have worsening heart failure.

The most common side effects of SOLIQUA 100/33 may include low blood sugar (hypoglycemia), stuffy or runny nose, sore throat, upper respiratory tract infection, headache, allergic reactions, nausea, and diarrhea. Nausea and diarrhea usually happen more often when you start using SOLIQUA 100/33.

What are the ingredients in SOLIQUA 100/33?

Active ingredients: insulin glargine and lixisenatide.
Inactive ingredients: 3 mg of methionine, 2.7 mg of metacresol, 20 mg of glycerol, 30 mcg of zinc, hydrochloric acid, sodium hydroxide and water for injection.

Other Important Information

The risk information presented here does not include everything that is in the FDA approved product label.

To get more information:

- talk about SOLIQUA 100/33 with your healthcare provider or pharmacist.
- for FDA approved product labeling go to www.soliqua100-33.com or call sanofi-aventis at 1-800-663-1610.
- call 1-800-FDA-1088 to report side effects to FDA.

PROMOTION

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Weeknight Cooking

PHOTOGRAPHS BY RYAN DAUSCH

Make carrot soup
with roasted
vegetables
for dinner!
See page 104.



BRAISED CHICKEN WITH OKRA AND TOMATOES

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

- 2 slices bacon, chopped
- 4 skin-on, bone-in chicken breasts (about 2¾ pounds), trimmed of excess fat
- Kosher salt and freshly ground pepper
- 1 tablespoon all-purpose flour
- 1 pound okra
- 1 onion
- 5 cloves garlic, smashed
- 2 tablespoons chopped fresh oregano
- Pinch of red pepper flakes
- 1 28-ounce can whole peeled tomatoes
- Cornbread, for serving

- 1.** Cook the bacon in a large wide pot or Dutch oven over high heat, stirring, until crisp, about 4 minutes. Remove with a slotted spoon to paper towels to drain; leave the drippings in the pot.
- 2.** Season the chicken generously with salt and pepper and dust with the flour. Add skin-side down to the pot with the bacon drippings; cook until golden brown, 5 to 8 minutes.
- 3.** Meanwhile, trim the okra and thinly slice the onion. Remove the chicken to a plate; add the okra, onion, garlic, oregano and red pepper flakes to the pot. Cook over medium-high heat, stirring occasionally and scraping up any browned bits, until the onion starts softening, about 4 minutes. Crush the tomatoes into the pot with your hands and stir well; bring to a boil. Nestle the chicken skin-side up in the sauce. Cover, reduce the heat to medium low and simmer until the chicken is cooked through and the okra is tender, 15 to 20 minutes.
- 4.** Stir the reserved bacon into the okra mixture and season with salt and pepper. Serve the chicken and okra mixture with cornbread.

Per serving: **Calories** 590; **Fat** 29 g (**Saturated** 9 g); **Cholesterol** 169 mg; **Sodium** 922 mg; **Carbohydrate** 21 g; **Fiber** 5 g; **Sugars** 8 g; **Protein** 58 g



RIGATONI WITH CAULIFLOWER PUTTANESCA

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

- Kosher salt
- 12 ounces mezzì rigatoni
- ⅓ cup extra-virgin olive oil, plus more for drizzling
- 1 head cauliflower, cut into small florets, core finely chopped
- 4 cloves garlic, thinly sliced
- ½ teaspoon red pepper flakes
- 4 anchovy fillets (optional)
- 1 14-ounce can Italian cherry tomatoes, undrained
- 1 tablespoon capers, drained
- ¼ cup pitted kalamata or niçoise olives, chopped
- 1 cup chopped fresh parsley
- Grated parmesan cheese, for topping

- 1.** Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1 cup cooking water, then drain.
- 2.** Meanwhile, heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the cauliflower, season with salt and cook, without stirring, until it starts browning around the edges, 5 to 8 minutes. Stir once or twice and cook until well browned and softened, 5 to 7 more minutes. Push some of the cauliflower to one side of the pot, add the garlic, red pepper flakes and anchovies and cook until the garlic is lightly browned, about 30 seconds. Stir in the tomatoes with their juices and season with ¼ teaspoon salt. Bring to a simmer and cook until slightly thickened, 1 to 2 minutes. Stir in the capers and olives.
- 3.** Add the pasta and ½ cup of the reserved cooking water to the sauce; cook, stirring, about 1 minute, adding more cooking water as needed to loosen. Season with salt and stir in the parsley. Drizzle each serving with olive oil and top with parmesan.

Per serving: **Calories** 580; **Fat** 24 g (**Saturated** 4 g); **Cholesterol** 3 mg; **Sodium** 578 mg; **Carbohydrate** 75 g; **Fiber** 7 g; **Sugars** 10 g; **Protein** 16 g

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SHRIMP AND BOK CHOY STIR-FRY

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

- $\frac{1}{2}$ cup barbecue sauce
- 1 tablespoon Asian chili-garlic sauce (such as sambal oelek)
- 3 tablespoons vegetable oil
- $1\frac{1}{4}$ pounds peeled and deveined large shrimp
- Kosher salt
- $1\frac{1}{2}$ pounds baby bok choy, trimmed and halved lengthwise
- 4 cups frozen white rice
- Lime wedges, for serving

1. Whisk the barbecue sauce, chili-garlic sauce and $\frac{1}{2}$ cup water in a small bowl; set aside. Heat 2 tablespoons vegetable oil in a large nonstick skillet over high heat. Season the shrimp with salt and add to the skillet. Cook, undisturbed, until lightly browned and starting to curl at the edges, 2 to 3 minutes. Flip and continue cooking until just opaque, 1 to 2 more minutes. Remove to a plate.

2. Add the remaining 1 tablespoon vegetable oil to the skillet. Add the bok choy, season with salt and cook, stirring occasionally, until bright green and crisp-tender, about 3 minutes. Add the barbecue sauce mixture and the shrimp. Toss until evenly coated and heated through, 30 seconds to 1 minute.

3. Heat the rice as the label directs. Top with the stir-fry and serve with lime wedges.

Per serving: Calories 490; Fat 12 g (Saturated 1 g); Cholesterol 179 mg; Sodium 1,236 mg; Carbohydrate 68 g; Fiber 3 g; Sugars 9 g; Protein 26 g



CRISPY CHICKEN THIGHS WITH BUTTERNUT SQUASH AND ESCAROLE

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

- 8 skin-on, bone-in chicken thighs (about $2\frac{1}{2}$ pounds)
- Kosher salt and freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 small butternut squash, peeled, seeded and cut into $\frac{1}{2}$ -inch cubes (about 4 cups)
- 2 leeks (white and light green parts only), halved lengthwise, sliced $\frac{1}{2}$ inch thick and rinsed well
- 2 tablespoons chopped fresh sage
- 1 large head escarole, roughly chopped
- 1 tablespoon dijon mustard
- 1 tablespoon pure maple syrup

1. Place a baking sheet on the top oven rack and preheat to 475°. Season the chicken thighs with salt and pepper; arrange skin-side up on the hot baking sheet, leaving some space between each piece. Bake until the chicken is cooked through and the skin is crisp, 25 to 30 minutes.

2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the squash, leeks and $\frac{1}{2}$ cup water. Cover and cook until the squash is almost tender and the leeks are softened, 6 to 7 minutes. Add the sage, escarole and $\frac{1}{4}$ cup water; season with $\frac{1}{2}$ teaspoon salt and a few grinds of pepper. Cover and cook until the escarole is wilted, 6 to 7 minutes.

3. Gently stir the mustard and maple syrup into the skillet. Season with salt and pepper. Serve the chicken with the squash and escarole.

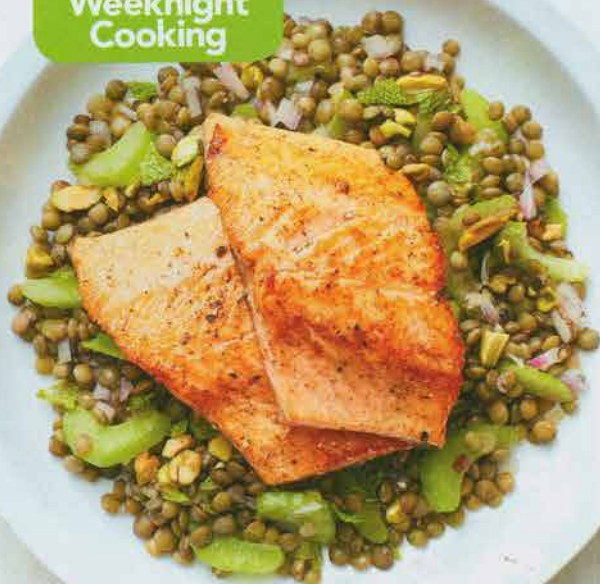
Per serving: Calories 560; Fat 31 g (Saturated 8 g); Cholesterol 216 mg; Sodium 647 mg; Carbohydrate 29 g; Fiber 6 g; Sugars 8 g; Protein 41 g

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*Fair Trade Certified



ARCTIC CHAR WITH WARM LENTILS

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

- $\frac{3}{4}$ cup French green lentils, rinsed and picked over
- 1 bay leaf
- Kosher salt
- 1 shallot, finely chopped
- $\frac{1}{4}$ cup red wine vinegar
- $1\frac{1}{2}$ pounds skin-on arctic char or mackerel fillets, pin bones removed, cut into 3-inch pieces
- Freshly ground pepper
- $\frac{1}{4}$ cup plus 1 tablespoon extra-virgin olive oil
- 4 stalks celery, thinly sliced
- $\frac{2}{3}$ cup packed fresh mint, roughly chopped
- $\frac{1}{4}$ cup salted pistachios, chopped

1. Combine the lentils, bay leaf and a generous pinch of salt in a medium saucepan. Cover with water by 3 inches and bring to a boil. Reduce the heat to a simmer and cook until the lentils are tender, about 25 minutes.
2. Meanwhile, combine the shallot, vinegar and $\frac{1}{2}$ teaspoon salt in a large bowl; set aside.
3. Season the fish on both sides with salt and pepper. Coat a large nonstick skillet with 1 tablespoon olive oil. Add the fish skin-side down, moving the pieces around so the skin is evenly coated with oil (it's OK to crowd the fish in the pan). Set the pan over medium heat and cook, occasionally pressing down on the fish, until the skin is golden and the fish is mostly cooked through, about 15 minutes. Flip and cook until opaque, 30 seconds to 1 minute. Transfer to a plate.
4. Drain the lentils and add them to the shallot mixture. Stir in the celery, mint, pistachios and remaining $\frac{1}{4}$ cup olive oil; season with salt and pepper. Divide the lentil mixture among shallow bowls and top with the fish.

Per serving: Calories 560; Fat 29 g (Saturated 5 g); Cholesterol 107 mg; Sodium 578 mg; Carbohydrate 28 g; Fiber 8 g; Sugars 4 g; Protein 46 g

Kids'
MEAL



FLANK STEAK WITH BROCCOLI MAC AND CHEESE

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

- Kosher salt
- $1\frac{1}{4}$ pounds flank steak, halved lengthwise, then crosswise
- 1 teaspoon chili powder
- Freshly ground black pepper
- 1 tablespoon vegetable oil
- 1 tablespoon unsalted butter
- 1 teaspoon fresh thyme
- 4 ounces elbow macaroni (about 1 cup)
- 2 cups small broccoli florets
- $\frac{1}{2}$ cup milk
- 6 slices American cheese, torn into small pieces
- Pinch of cayenne pepper (optional)
- $\frac{1}{4}$ cup chopped drained jarred pimientos

Make
your own mac
and cheese for
the kids with this
shortcut recipe—all
you need is milk
and a few slices
of American
cheese!

1. Bring a medium saucepan of salted water to a boil. Rub the steak with the chili powder and season with salt and black pepper. Heat the vegetable oil in a large skillet over medium-high heat. Add the steak, reduce the heat to medium and cook until browned, about 4 minutes per side for medium rare. Add the butter and thyme and cook, spooning the butter over the steak as it melts, about 30 seconds. Remove the steak to a cutting board and let rest.
2. Meanwhile, add the pasta to the boiling water and cook as the label directs, adding the broccoli during the last minute of cooking. Reserve $\frac{1}{4}$ cup cooking water, then drain. Add the milk to the saucepan and bring to a gentle simmer over medium heat. Add the cheese and cayenne and cook, stirring, until smooth. Add the pasta and broccoli and cook, stirring, until coated, adding the reserved cooking water as needed to loosen. Stir in the pimientos and season with salt.
3. Thinly slice the steak against the grain. Serve with the mac and cheese.

Per serving: Calories 490; Fat 24 g (Saturated 11 g); Cholesterol 124 mg; Sodium 630 mg; Carbohydrate 28 g; Fiber 3 g; Sugars 4 g; Protein 40 g



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Chicken Dip*

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PORK AND COLLARDS STEW

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

- 1½ pounds pork tenderloin, cut into 1- to 1½-inch pieces
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- Kosher salt and freshly ground pepper
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 1½ pounds sweet potatoes (preferably white), peeled and cut into 1-inch chunks
- ½ white onion, finely chopped
- 4 cloves garlic, 3 sliced and 1 finely grated
- 1 pound frozen chopped collard greens, thawed and patted dry
- 3 cups low-sodium chicken broth
- 1 cup chopped fresh parsley
- Thinly sliced red jalapeño pepper, for topping

1. Combine the pork, cumin and paprika in a bowl; season generously with salt and pepper and toss. Heat a large pot or Dutch oven over high heat until very hot; add 2 tablespoons olive oil. Add the pork in a single layer and cook, undisturbed, until browned on the bottom, about 2 minutes. Flip and continue to cook, turning, until browned all over, 4 to 5 more minutes; remove to a plate.

2. Add the remaining 2 tablespoons olive oil, the sweet potatoes, onion, sliced garlic and ¼ teaspoon salt to the pot. Cook over high heat, stirring, until the onion is softened, about 2 minutes. Add the collards, chicken broth and 1 cup water; cover and bring to a boil. Uncover, reduce the heat to medium and simmer until the vegetables are tender, 8 to 10 minutes.

3. Reduce the heat to low. Remove 1 cup vegetables with some broth to a blender; add the parsley, grated garlic and ¼ cup water and puree. Return the pork to the pot and simmer until cooked through, about 2 minutes. Stir in the vegetable puree and warm through; season with salt and pepper. Divide among bowls, top with jalapeño slices and drizzle with olive oil.

Per serving: **Calories** 620; **Fat** 24 g (**Saturated** 5 g); **Cholesterol** 111 mg; **Sodium** 455 mg; **Carbohydrate** 58 g; **Fiber** 9 g; **Sugars** 5 g; **Protein** 45 g

TEX-MEX TORTILLA CHIP FRITTATA

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

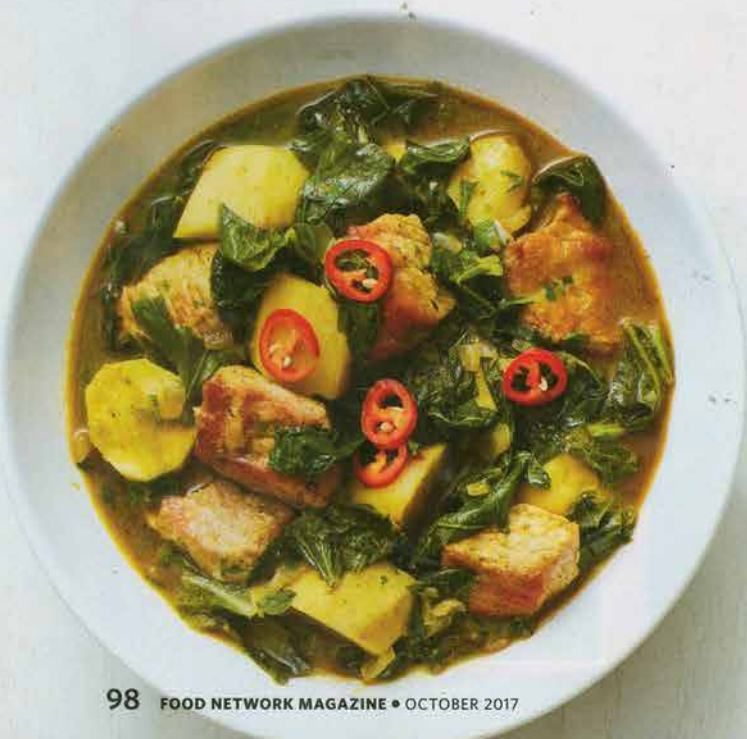
- 8 large eggs
- Kosher salt and freshly ground pepper
- 2 cups tortilla chips, crushed
- 3 tablespoons extra-virgin olive oil
- 8 ounces fresh chorizo, casings removed
- 1 bunch scallions, chopped (white and green parts separated)
- ½ cup shredded Mexican cheese blend
- 2 romaine lettuce hearts, roughly chopped
- 3 radishes, thinly sliced
- ½ cup fresh cilantro, plus more for topping
- Juice of 1 lime
- ½ cup salsa, for serving

1. Preheat the oven to 400°. Whisk the eggs in a large bowl with ¼ cup water, ¼ teaspoon salt and a few grinds of pepper. Stir in the crushed tortilla chips and let soak 5 minutes.

2. Heat 1 tablespoon olive oil in a 10-inch nonstick ovenproof skillet over medium heat. Crumble in the chorizo and cook, stirring, until no longer pink, 3 to 4 minutes. Add the scallion whites and cook until softened, 1 to 2 minutes. Spread the chorizo evenly in the bottom of the skillet and pour the egg mixture on top. Top with the cheese and bake until the eggs are browned around the edges and a knife inserted into the center comes out clean, 12 to 14 minutes.

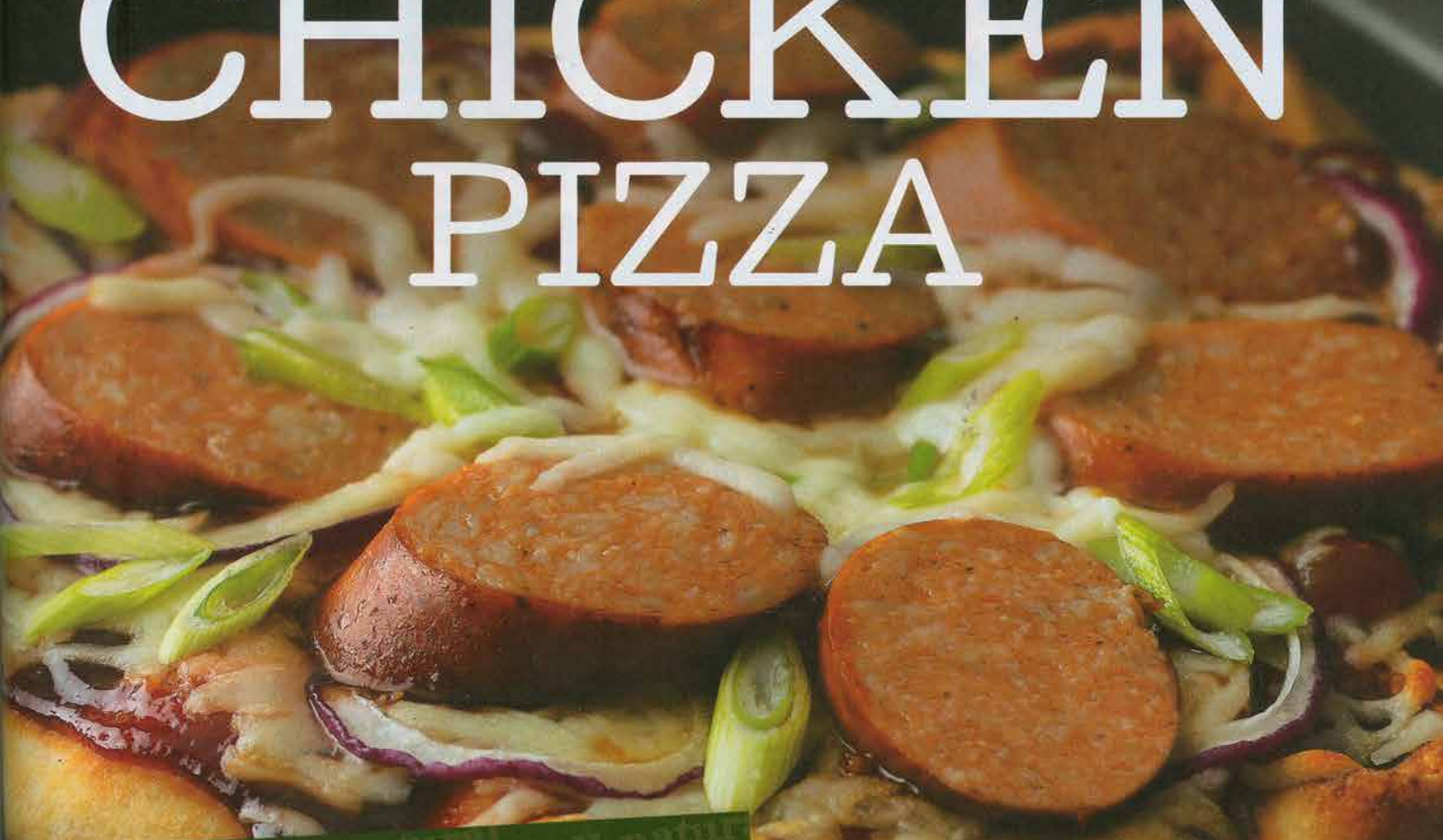
3. Meanwhile, combine the lettuce, radishes, scallion greens and cilantro in a large bowl. Drizzle with the lime juice and the remaining 2 tablespoons olive oil; season with salt and pepper and toss. Slide the frittata onto a cutting board; sprinkle with cilantro. Slice into wedges and serve with the salsa and the salad.

Per serving: **Calories** 650; **Fat** 47 g (**Saturated** 15 g); **Cholesterol** 435 mg; **Sodium** 1,320 mg; **Carbohydrate** 16 g; **Fiber** 3 g; **Sugars** 6 g; **Protein** 33 g



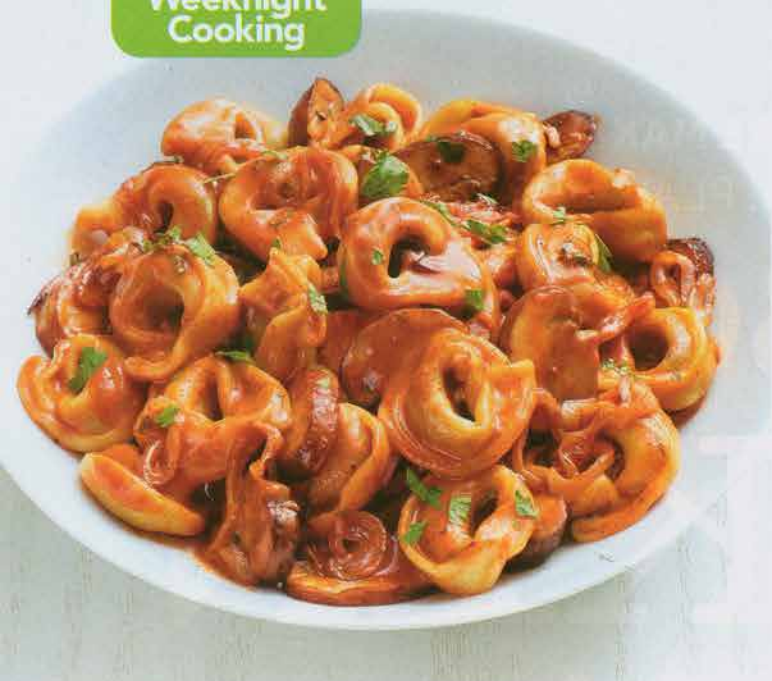
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MUSHROOM STROGANOFF TORTELLINI

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

Kosher salt

- 1 pound frozen meat-filled tortellini
- 2 tablespoons unsalted butter
- 12 ounces cremini mushrooms, thickly sliced
- 2 medium shallots, sliced
- 2 teaspoons paprika
- 2 teaspoons chopped fresh thyme

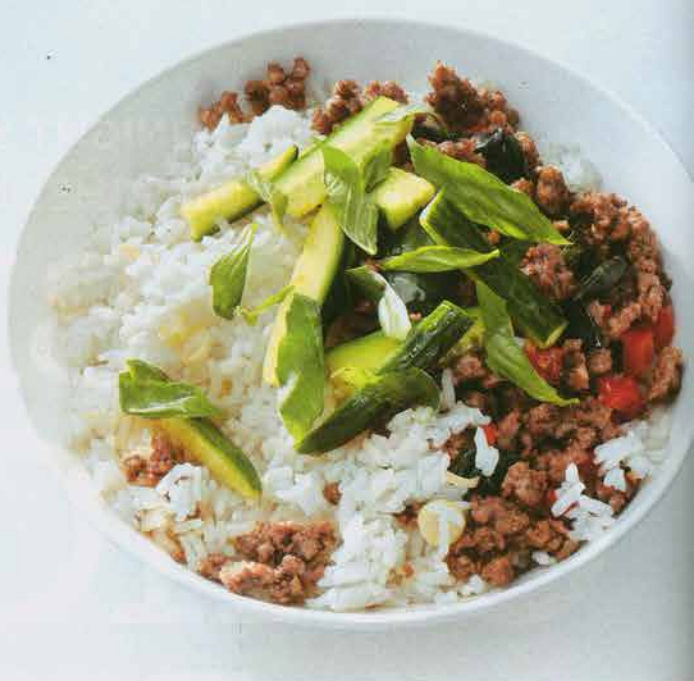
Freshly ground pepper

- 1 tablespoon tomato paste
- 1 cup low-sodium beef broth
- ½ cup heavy cream

Chopped fresh parsley, for topping

1. Bring a large pot of salted water to a boil. Add the tortellini and cook as the label directs. Reserve ¼ cup cooking water, then drain.
2. Meanwhile, melt the butter in a large skillet over medium heat. Add the mushrooms and shallots and cook, stirring occasionally, until softened, 4 to 5 minutes. Increase the heat to medium high and cook until the mushrooms start browning, 1 to 2 minutes. Sprinkle with the paprika, thyme, ¼ teaspoon salt and a few grinds of pepper.
3. Push the mushrooms to the edge of the skillet and add the tomato paste to the center; cook, stirring, until slightly darkened, about 1 minute. Stir the tomato paste into the mushrooms, then stir in the beef broth and heavy cream. Simmer until slightly thickened, about 2 minutes.
4. Add the tortellini to the sauce and toss, adding the reserved cooking water as needed to loosen. Top with parsley.

Per serving: Calories 430; Fat 21 g (Saturated 12 g); Cholesterol 75 mg; Sodium 761 mg; Carbohydrate 46 g; Fiber 4 g; Sugars 5 g; Protein 13 g



THAI BASIL BEEF WITH COCONUT RICE

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

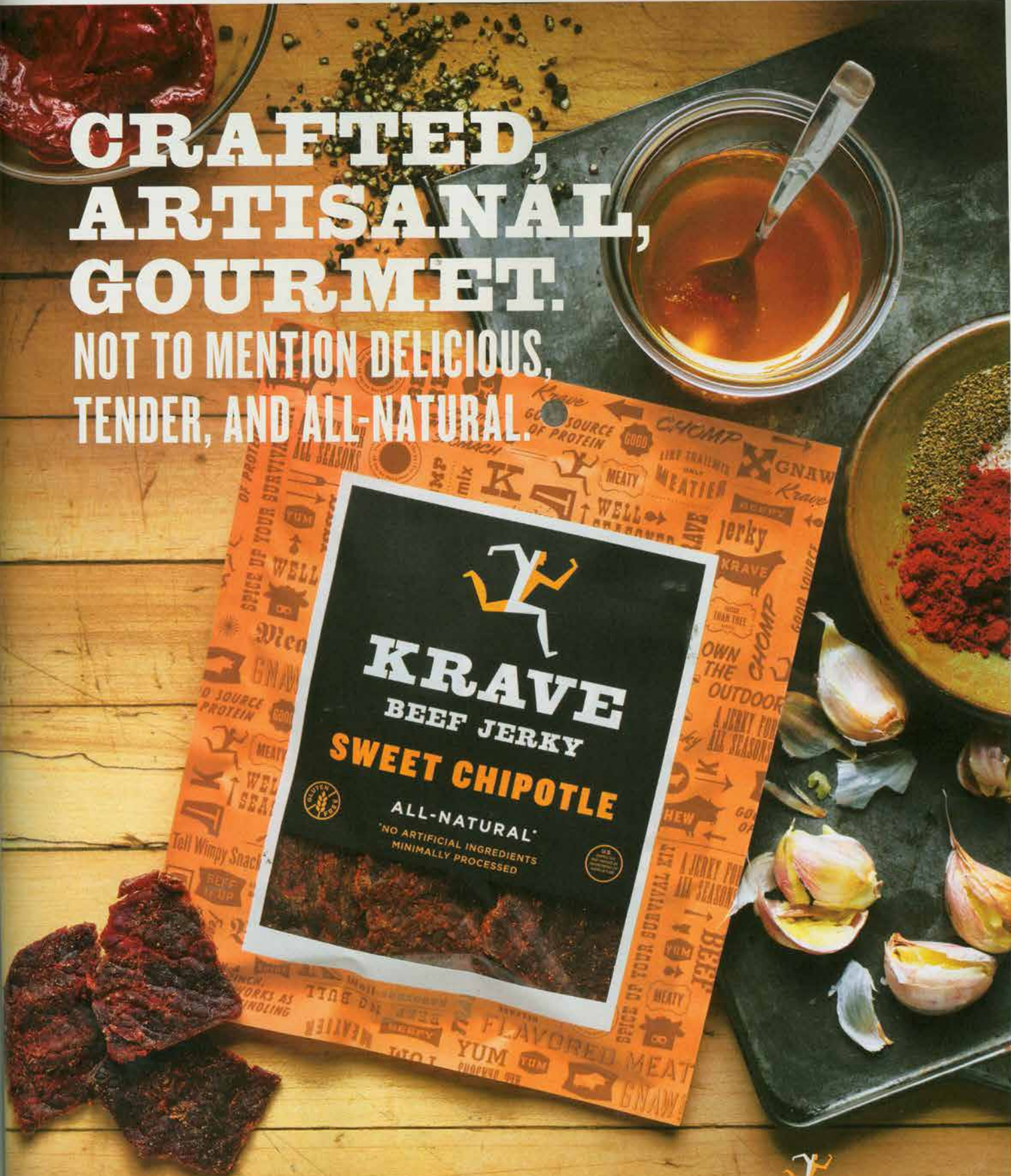
- 1 14-ounce can unsweetened coconut milk
- 1 stalk lemongrass, thinly sliced, or 3 to 4 slices peeled fresh ginger
- 1 cup jasmine rice
- ¾ cup plus 1 teaspoon low-sodium soy sauce
- Juice of 2 limes
- 1 tablespoon sugar
- 2 Persian cucumbers, quartered lengthwise, then halved
- 1 cup packed fresh basil, roughly chopped
- 2 tablespoons vegetable oil
- 1 pound ground beef
- 1 red bell pepper, finely chopped
- 3 cloves garlic, minced

1. Bring the coconut milk, ¾ cup water and the lemongrass or ginger to a boil in a medium saucepan. Add the rice and return to a boil. Stir, then cover and reduce the heat to low. Simmer until the liquid is absorbed and the rice is tender, about 15 minutes. Remove from the heat and let sit, covered, 10 minutes. Fluff with a fork.
2. Meanwhile, whisk ¾ cup soy sauce, the lime juice and sugar in a small bowl. Toss the cucumbers with 1 tablespoon basil and the remaining 1 teaspoon soy sauce in a medium bowl. Set aside.
3. Heat 1 tablespoon vegetable oil in a medium skillet over high heat. Add the beef and cook, breaking up the meat, until browned and cooked through, about 5 minutes. Transfer to a bowl; set aside.
4. Reduce the heat to medium high. Add the remaining 1 tablespoon vegetable oil to the skillet. Add the bell pepper and cook, stirring occasionally, until golden, about 5 minutes. Add the garlic and cook until golden, 2 minutes. Increase the heat to high and return the beef and any accumulated juices to the skillet. Stir in the soy sauce mixture and cook until the liquid evaporates, 2 minutes. Add the remaining basil and cook, stirring, until just wilted, about 1 minute. Serve the beef and cucumber salad over the rice.

Per serving: Calories 700; Fat 44 g (Saturated 24 g); Cholesterol 77 mg; Sodium 713 mg; Carbohydrate 48 g; Fiber 1 g; Sugars 7 g; Protein 29 g

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KRAVE
BETTER

CHESAPEAKE BURGERS

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

- 1½ pounds ground beef
- 2 teaspoons Old Bay Seasoning
- 2 teaspoons Worcestershire sauce
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 8 slices American cheese
- 4 English muffins, split
- ¼ cup dijonnaise
- 3 tablespoons finely chopped dill pickle, plus 2 teaspoons brine
- Small lettuce leaves, sliced tomato and potato chips, for serving

- 1.** Combine the beef, Old Bay and Worcestershire sauce in a medium bowl and mix with your hands. Form into 8 very thin 4½-inch-wide patties and season lightly with salt and pepper.
- 2.** Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Add 4 patties and cook until browned, about 2 minutes. Flip, top each patty with a slice of cheese and cook until the cheese starts melting, about 1 minute. Transfer to a large plate and tent with foil; wipe out the skillet. Add the remaining 1 tablespoon vegetable oil and repeat with the remaining patties and cheese.
- 3.** Meanwhile, toast the English muffins. Combine the dijonnaise, chopped pickle and brine in a small bowl. Top each English muffin bottom with a lettuce leaf, 2 patties, tomato slices, the dijonnaise mixture and an English muffin top. Serve with potato chips.

Per serving: Calories 590; Fat 31 g (Saturated 12 g); Cholesterol 110 mg; Sodium 1,451 mg; Carbohydrate 35 g; Fiber 1 g; Sugars 5 g; Protein 44 g



MOROCCAN CHICKEN SALAD

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

- 2 small parsnips, peeled and quartered lengthwise
- 2 medium turnips, peeled and cut into wedges
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 2 teaspoons ras el hanout (Moroccan seasoning)
- Kosher salt and freshly ground pepper
- 1 lemon, halved
- 1 15-ounce can chickpeas, drained, rinsed and patted dry
- 2 cups shredded rotisserie chicken, skin removed
- ½ cup dried apricots, quartered
- ½ cup pitted oil-cured olives
- ¼ cup sliced almonds
- 1 5-ounce package baby arugula-spinach blend (about 8 cups)

- 1.** Preheat the broiler. Toss the parsnips and turnips in a large bowl with 1 tablespoon olive oil, 1 teaspoon ras el hanout, ¼ teaspoon salt and a few grinds of pepper. Spread on a baking sheet and add the lemon halves cut-side up. Broil until the vegetables are lightly browned, about 5 minutes.
- 2.** Toss the chickpeas in the same large bowl with 1 tablespoon olive oil and the remaining 1 teaspoon ras el hanout. Add to the baking sheet with the other vegetables and stir. Broil until tender, about 5 minutes. Let cool 5 minutes.
- 3.** Squeeze the juice from the broiled lemon into a large bowl. Add ¼ teaspoon salt and a few grinds of pepper, then whisk in the remaining ¼ cup olive oil. Add the chicken, dried apricots, olives and almonds and toss to coat. Add the broiled vegetables and chickpeas and arugula-spinach blend; toss.

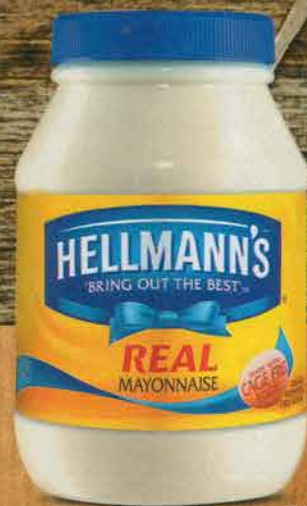
Per serving: Calories 580; Fat 44 g (Saturated 8 g); Cholesterol 31 mg; Sodium 964 mg; Carbohydrate 51 g; Fiber 12 g; Sugars 16 g; Protein 19 g





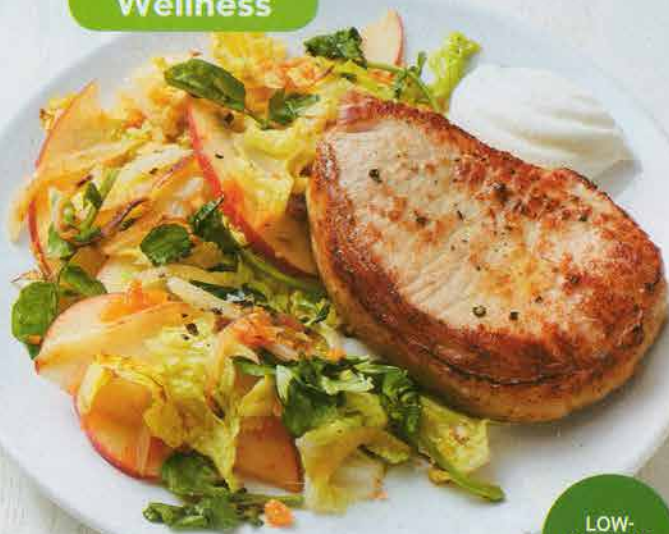
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LOW-CALORIE
DINNER

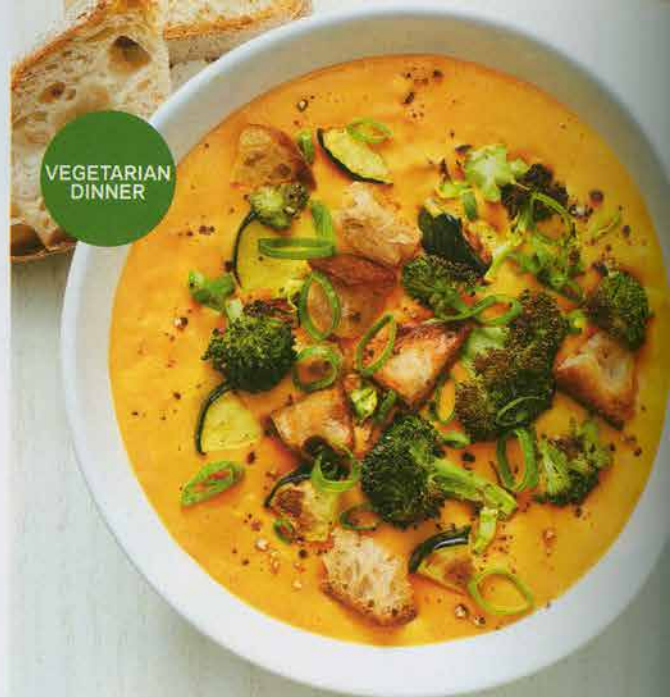
PORK CHOPS WITH SPICY APPLES AND CABBAGE

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

- 1 onion (½ chopped, ½ thinly sliced)
- 1 1-inch piece fresh ginger, peeled and sliced
- 1 to 2 tablespoons Sriracha
- 2 tablespoons rice vinegar
- 1 tablespoon sweet paprika
- Kosher salt and freshly ground pepper
- 4 ½-inch-thick boneless pork chops
- 2 tablespoons vegetable oil
- ½ small head napa cabbage, chopped
- 1 large crisp apple (such as Honeycrisp or Fuji), thinly sliced
- 1 bunch watercress, thick stems trimmed
- ¼ cup sour cream

1. Preheat the broiler. Combine the chopped onion, ginger, Sriracha, rice vinegar, paprika, ½ teaspoon salt and ¼ cup water in a blender; puree and set aside.
2. Season the pork chops with salt and pepper. Transfer to a baking sheet and broil until lightly browned and cooked through (do not turn), about 7 minutes. Tent with foil and set aside.
3. Meanwhile, heat the vegetable oil in a large skillet over medium-high heat. Add the cabbage, sliced onion and ½ teaspoon salt; cook, stirring, until softened and lightly browned, 2 to 4 minutes. Stir in the onion-ginger puree and cook until the cabbage is well coated and tender, about 2 minutes. Add the apple and watercress and toss to coat. Season with pepper.
4. Divide the pork among plates; drizzle with any juices from the baking sheet. Serve with the cabbage-apple mixture and sour cream.

Per serving: Calories 470; Fat 19 g (Saturated 5 g); Cholesterol 150 mg; Sodium 827 mg; Carbohydrate 18 g; Fiber 3 g; Sugars 11 g; Protein 54 g



VEGETARIAN
DINNER

CARROT-GINGER SOUP WITH ROASTED VEGETABLES

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

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 scallions, sliced (white and green parts separated)
- 2 tablespoons chopped peeled fresh ginger
- 2 cloves garlic, smashed
- 5 carrots, chopped
- Kosher salt and freshly ground pepper
- 1 14-ounce can light coconut milk
- 1 15-ounce can cannellini beans, undrained
- ½ acorn squash, seeded and chopped into ¾-inch pieces
- 3 cups roughly chopped broccoli florets and tender stems (about 1 head)
- 2 slices crusty bread, cut into 1-inch pieces, plus more bread for serving

WELLNESS TIP

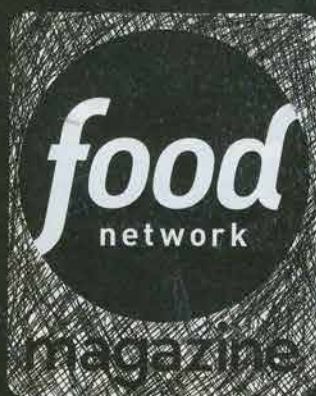
Add a can of beans to vegetable purees like we did here. It adds fiber and makes the soup extra filling.

1. Preheat the oven to 450°. Heat 1 tablespoon olive oil in a large wide pot or Dutch oven over medium-high heat. Add the scallion whites, ginger and garlic and cook, stirring occasionally, until softened, about 2 minutes. Stir in the carrots and season generously with salt and pepper. Add the coconut milk, beans with their liquid and 3 cups water. Cover and bring to a boil over high heat. Uncover and cook, stirring occasionally, until the carrots are very tender, 18 to 20 minutes.
2. Meanwhile, toss the squash, broccoli and bread with the remaining 2 tablespoons olive oil and ¼ teaspoon each salt and pepper on a rimmed baking sheet. Roast, stirring, until the vegetables are tender and browned and the bread is toasted, about 15 minutes.
3. Puree the soup with an immersion blender (or transfer to a regular blender in batches and puree); season with salt and pepper. Divide the soup among bowls. Drizzle with olive oil and top with the vegetable-crouton mixture and scallion greens. Serve with bread.

Per serving: Calories 440; Fat 20 g (Saturated 8 g); Cholesterol 0 mg; Sodium 575 mg; Carbohydrate 53 g; Fiber 14 g; Sugars 7 g; Protein 14 g

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Easy Sides



BRUSSELS SPROUTS SLAW

Combine one 10-ounce bag shaved **Brussels sprouts**, 1 cup halved **green grapes** and ½ cup chopped toasted **pecans** in a large bowl. Cook 2 chopped slices thick-cut **bacon** in a skillet with **olive oil** until crisp, about 5 minutes. Add 1 sliced **shallot** and cook until softened, 3 minutes. Stir in 3 tablespoons **red wine vinegar** and 2 teaspoons **dijon mustard**. Pour over the Brussels sprouts; season with **salt** and **pepper** and toss.



CORNBREAD-STUFFED BAKED APPLES

Halve and core 2 crisp **apples**; trim the uncut sides to sit flat. Scoop out and chop most of the flesh. Combine with ½ cup each shredded **cheddar** and crumbled **cornbread**, ¼ cup each chopped **celery** and **scallions**, 2 tablespoons **olive oil** and 1 teaspoon chopped **thyme**; season with **salt** and **pepper**. Fill the apples with the stuffing; arrange in a baking dish. Pour in ½ cup **apple cider**. Cover with foil and bake at 425° until tender, 20 to 25 minutes. Uncover and bake until crisp, 10 minutes.



ROSEMARY ROASTED POTATOES

Cook 2 pounds chopped peeled **Yukon Gold potatoes** in simmering salted water until just tender, about 5 minutes; drain well. Toss with ¼ cup **olive oil**, 1 tablespoon chopped **rosemary**, 1 teaspoon **kosher salt** and a few grinds of **pepper**. Roast on a preheated baking sheet at 475°, stirring halfway, until crisp, about 40 minutes. Sprinkle with **salt** and serve with **garlic mayonnaise**.



HERBED FREGOLA

Bring a saucepan of salted water to a boil. Add 1¼ cups **fregola** and cook until tender, 8 to 10 minutes. Drain and transfer to a large bowl; add 2 tablespoons **butter** and the zest of ½ **lemon** and toss. Stir in ¼ cup chopped **dill** and 2 tablespoons chopped **chives**; season with **salt** and **pepper**.

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OWN IT





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

INSIDE THE

Test Kitchen

Go behind the scenes
of this issue.



THE ROOT OF IT

Broiling is a great way to cook root vegetables, like the parsnips and turnips on page 102. The veggies cook quickly and end up golden and tender. The trick is to cut the vegetables into thin or small pieces so they cook through before they get too dark.



THINKING AHEAD

The chicken recipe on page 92 started as a text message! I was heading home and wanted my husband to get dinner started, so I texted him a rough recipe based on what we had in the fridge. If you're inventing a recipe on the fly, try writing out your plan first. You'll be able to see how long the dish will take and what is missing—before you begin.



GO COCONUTS!

There are so many coconut milks and drinks at the grocery store these days, we get them mixed up ourselves. Here's a guide to what's what.

- **Coconut milk:** This comes in a can and has a thick layer of cream on top and clearish unsweetened coconut water below. Shake or stir unless directed otherwise.

- **Coconut cream:** This canned unsweetened cream is thick and rich. You can chill it and whip it like heavy cream.

- **Cream of coconut:** This is a sweetened version of coconut cream. It's often used for cocktails.

- **Coconut milk beverage:** This popular nondairy milk is for drinking (though you can use it for baking, too). It's sold sweetened or unsweetened in the refrigerator case.

- **Coconut water:** This super-refreshing liquid is found inside green coconuts. It's often sold as a sports drink.

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PHOTOS: RYAN DAUSCH; FOOD STYLING: JAMIE KIMM

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Weekend Cooking



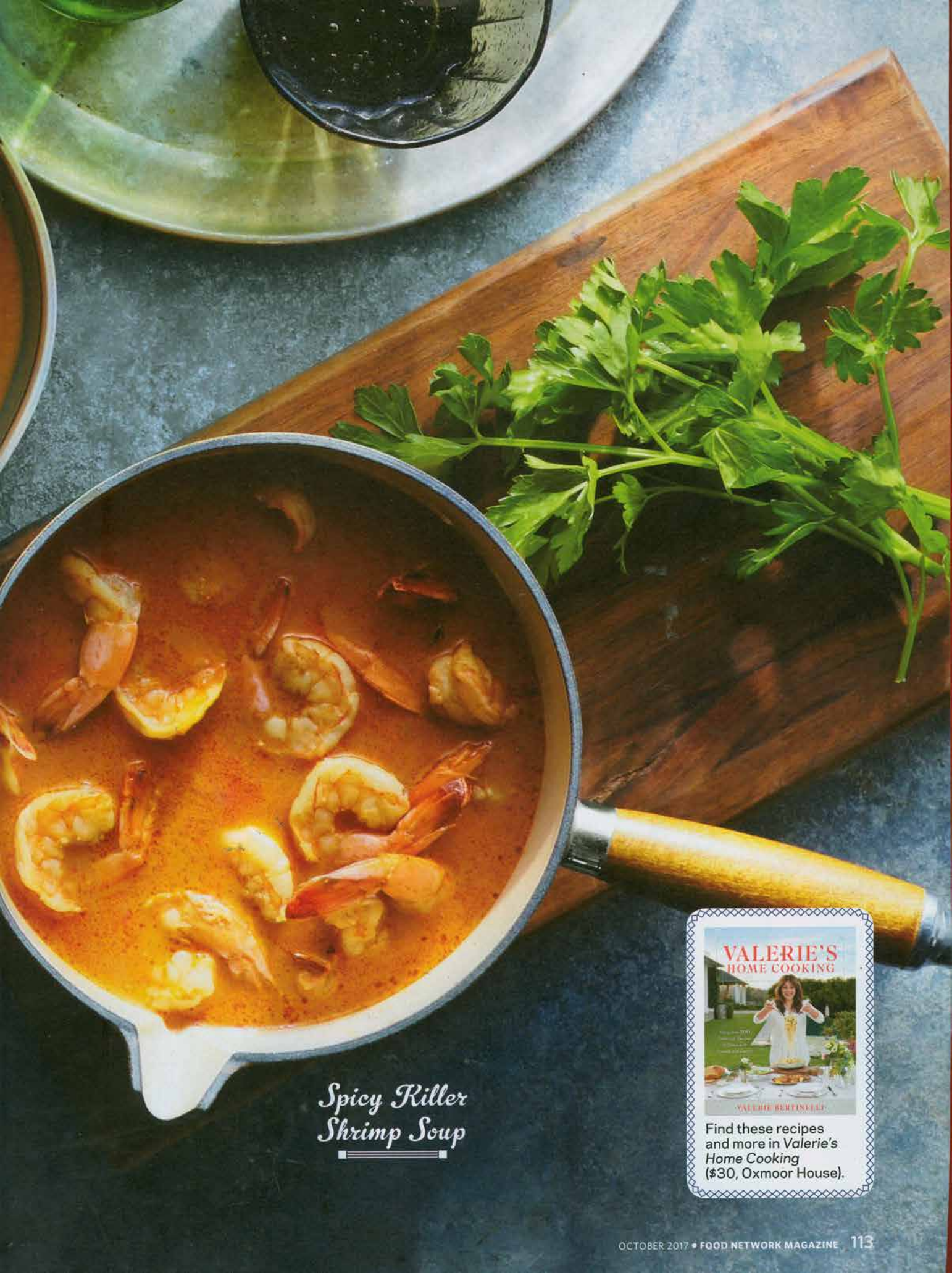
Try your hand at
homemade pretzels!
See page 122.

Soup for You!

Valerie Bertinelli dishes out three hearty soup recipes from her new cookbook.

As soon as the weather turns the tiniest bit chilly, Valerie Bertinelli pulls out a big stockpot and makes soup. “Some people think of soup as a starter, but to me, it’s a meal,” she says. “Just add an arugula salad and crusty bread and you’ve got dinner!” Though Valerie is happy to spend all day chopping vegetables and simmering broth, she doesn’t always have the time: She’s the host of *Valerie’s Home Cooking* and *Kids Baking Championship* and has countless other jobs. So she gathered up some of her best soup-making shortcuts—like using store-bought rotisserie chicken in gumbo—and shared them in her new book. Here are three of her favorite recipes.





*Spicy Killer
Shrimp Soup*



**VALERIE'S
HOME COOKING**

Find these recipes
and more in Valerie's
Home Cooking
(\$30, Oxmoor House).

*Quick Rotisserie
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SPICY KILLER SHRIMP SOUP

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 4

- 1 cup dry white wine
- 1 tablespoon tomato paste
- 1 quart chicken broth
- 1 tablespoon fennel seeds
- 1 teaspoon kosher salt
- 1 teaspoon cayenne pepper
- ½ teaspoon paprika
- 1 bay leaf
- 1 thyme sprig
- 1 15-ounce can unsweetened coconut milk
- 1½ teaspoons grated lemon zest, plus 2 tablespoons fresh lemon juice
- 1 pound peeled and deveined raw large shrimp
- 4 tablespoons unsalted butter, cut into tablespoons
- 2 tablespoons chopped fresh flat-leaf parsley

- 1.** Whisk together the wine and the tomato paste in a medium saucepan until the tomato paste dissolves.
- 2.** Stir in the broth, fennel seeds, salt, cayenne pepper, paprika, bay leaf and thyme sprig; bring to a boil over medium-high heat. Reduce the heat to medium low and simmer until slightly reduced and very flavorful, about 15 minutes.
- 3.** Pour the broth mixture through a fine wire-mesh strainer into a clean saucepan; discard the solids. Add the coconut milk, lemon zest and lemon juice to the broth mixture; bring to a simmer over medium heat. Add the shrimp and simmer until the shrimp are just cooked through, about 3 minutes. Remove from the heat and add the butter, stirring until the butter melts. Serve the soup in shallow bowls and sprinkle with the parsley.



QUICK ROTISSERIE CHICKEN GUMBO

ACTIVE: 30 min | TOTAL: 50 min | SERVES: 8

- ½ pound andouille sausage, cut into ¼-inch-thick slices
- ½ pound Polska kielbasa sausage, cut into ¼-inch-thick slices
- ½ cup peanut oil
- ½ cup all-purpose flour
- 1 cup chopped yellow onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 2 garlic cloves, chopped
- 1½ teaspoons chopped fresh thyme
- 1½ teaspoons Creole seasoning
- ¼ teaspoon cayenne pepper
- 5 cups low-sodium chicken broth
- 4 cups shredded rotisserie chicken (from 1 large rotisserie chicken)
- 1 14.5-ounce can diced tomatoes, undrained
- 1½ cups frozen cut okra
- 2 teaspoons Worcestershire sauce
- 4 cups hot cooked white rice
- ¼ cup sliced scallions

Hot sauce (optional)

- 1.** Cook the sausages in a large nonstick skillet over medium heat until browned, about 8 minutes. Remove the sausages from the skillet and drain on paper towels.
- 2.** Heat the oil in a large Dutch oven over medium-high heat; gradually whisk in the flour and cook, whisking constantly, until the flour is a deep caramel color, 7 to 10 minutes.
- 3.** Reduce the heat to medium. Stir in the onion, bell pepper, celery, garlic, thyme, Creole seasoning and cayenne pepper; cook, stirring constantly, about 5 minutes. Gradually stir in the broth; add the chicken, tomatoes, okra, Worcestershire sauce and sausage.
- 4.** Increase the heat to medium high and bring the mixture to a boil. Reduce the heat to low and simmer, stirring occasionally, until all the vegetables are tender and the broth has thickened slightly, about 20 minutes. Serve the gumbo over the hot cooked rice topped with the scallions. Serve with hot sauce, if desired.



VEGETARIAN MINISTRONE

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

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- ½ cup chopped carrot
- ¼ cup chopped celery
- 3 garlic cloves, chopped
- 2 teaspoons kosher salt
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon black pepper
- ¼ teaspoon crushed red pepper
- 3 cups vegetable broth
- 1 15.5-ounce can cannellini beans, drained and rinsed
- 1 14.5-ounce can diced tomatoes, drained
- 1½ cups chopped zucchini
- 1 tablespoon red wine vinegar
- 3 cups chopped collard greens (stems removed)
- 2 cups cooked orzo
- ½ cup shredded fresh parmesan cheese

- 1.** Heat the oil in a large Dutch oven over medium-high heat. Add the onion, carrot, celery, garlic, salt, rosemary, black pepper and crushed red pepper. Cook, stirring occasionally, until the vegetables are just tender, 8 to 10 minutes.
- 2.** Stir in the broth, 2 cups water, the cannellini beans, tomatoes, zucchini and vinegar. Bring to a boil over medium-high heat; reduce the heat to medium low and simmer until the zucchini is just tender, about 10 minutes. Stir in the collard greens and simmer until the greens are tender, about 2 minutes. Stir in the orzo. Season with salt. Top with the shredded parmesan.

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TASTE THE REGIONS OF ITALY

GNOCCHI ALLA SORRENTINA

Serves 4 • Active Time: 10 minutes • Total Time: 25 minutes

WHAT YOU NEED

- 4 tablespoons Classico® Extra Virgin Olive Oil
- 12 ounces sliced fresh mixed wild mushrooms (can substitute with cremini)
- 2 large shallots, very thinly sliced
- Kosher salt and freshly ground black pepper
- ¼ cup dry white wine
- 1½ cups Classico® Roasted Garlic Sauce
- 1 pound gnocchi
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- Pecorino or parmesan cheese, for serving

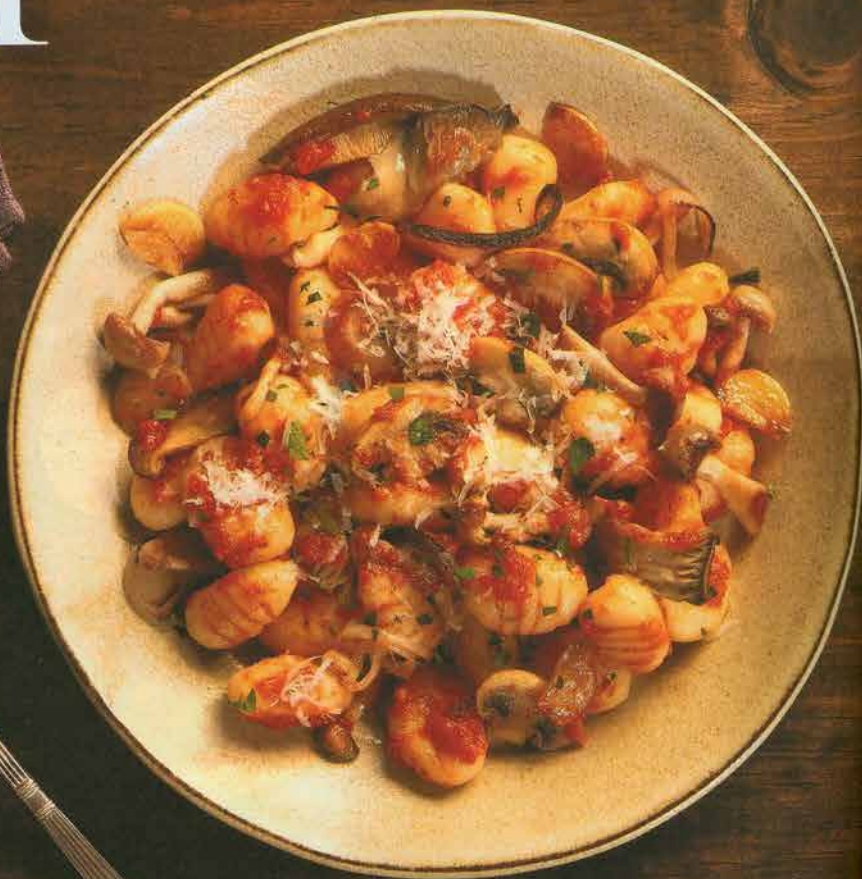
MAKE IT

Heat 3 tablespoons oil in a large skillet over high heat. When the oil is hot, add the mushrooms. Cook, stirring occasionally, until browned and tender, about 5 minutes. Push the mushrooms to one side of the pan and add the remaining tablespoon oil to the other side. Add the shallots to the oil and season everything with salt and pepper. Cook, stirring occasionally, until the shallots are tender, about 2 minutes.

Add the wine and cook, stirring and scraping up the browned bits in the pan, until the wine evaporates, about 3 minutes. Add the sauce and bring to a simmer, then reduce the heat to low.

While the sauce cooks, cook the gnocchi according to the package's directions. Drain and immediately divide among serving dishes. Top with the sauce and sprinkle with parsley. Grate the cheese on top and serve immediately.

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TORTELLINI ALFREDO WITH PROSCIUTTO

Serves 2 • Active Time: 10 minutes • Total Time: 15 minutes

WHAT YOU NEED

- 1 cup Classico® Four Cheese Alfredo Sauce
- Kosher salt
- 10 ounces tortellini, any cheese-filled variety
- 4 ounces broccoli rabe, cut into 2-inch pieces (2 cups)
- 1 cup frozen peas
- 1 ounce prosciutto, torn

MAKE IT

Put the sauce in a large skillet and heat over low heat.

Bring a large pot of salted water to a boil. Add the tortellini and broccoli rabe and cook for 2 minutes. Add the peas and cook for 1 minute. Drain and immediately transfer to the skillet with the sauce. Gently fold until everything is evenly coated.

Divide between serving plates and top with the prosciutto. Serve immediately.

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and pay homage to the
time-honored traditions
of cheese-making and
prosciutto-curing
with this dish.



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An All-Star Oktoberfest

Food Network chefs put together a spread of German favorites.

PHOTOGRAPHS BY STEVE GIRALT



GEOFFREY'S RADLERMASS

"The idea behind this traditional German cocktail is to dilute the beer with soda or lemonade so you're able to drink more. *Prost!*"



DUFF'S PRETZELS

"If you're feeling really festive, you can bake these pretzels in the shape of hot dog rolls and stuff them with German sausages."



ANNE'S GERMAN POTATO SALAD

"This potato salad has big flavors: crispy bacon, onions cooked in the bacon fat, tangy apple cider vinegar. Because you dress the potatoes while they're warm, they soak up all that deliciousness."



BOBBY'S BEER-SIMMERED BRATWURST

"Steaming the bratwurst allows the beer and spices to permeate the meat. You get the crusty exterior from finishing them on the grill."





ANNE BURRELL'S GERMAN POTATO SALAD

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

- 2 pounds white new potatoes, cut in half
- Kosher salt
- Extra-virgin olive oil
- 8 bacon slices, cut into lardons
- 1 onion, cut into ¼-inch dice
- ½ cup chicken stock
- ¼ cup apple cider vinegar
- 1 bunch fresh chives, finely chopped

1. Place the potatoes in a medium saucepan, cover generously with water and season well with salt. Bring to a boil, then reduce to a simmer and cook until the potatoes are fork-tender, about 20 minutes. Drain and reserve.
2. Lightly coat a large straight-sided sauté pan with olive oil. Toss in the bacon and bring the pan to medium heat. When the bacon is brown and crispy, toss in the onion and cook until very soft and aromatic, 7 to 8 minutes. Add the stock and vinegar.
3. Toss in the potatoes while they are still warm and cook until the liquid is absorbed, about 8 minutes. Taste and season with salt if needed. Toss in the chives and serve warm or at room temperature.



BOBBY FLAY'S BEER-SIMMERED BRATWURST

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

- 6 cups German light ale (about four 12-ounce beers)
- 1 tablespoon caraway seeds
- 1 tablespoon coriander seeds
- 1 tablespoon mustard seeds
- 3 large onions, unpeeled, roughly chopped
- 2 whole cloves garlic, smashed
- 1 3-inch piece fresh ginger, peeled and chopped
- 3 pounds precooked bratwurst, pricked with a fork (about 15 links)
- 2 tablespoons canola oil

1. Preheat a grill to high. Combine the beer, caraway seeds, coriander seeds, mustard seeds, onions, garlic and ginger in a large stockpot. Add the bratwurst. Place the pot on the grates of the grill and bring to a simmer. Simmer the sausages, about 5 minutes.
2. Remove the pot from the grill and let the bratwurst sit in the liquid for about 30 minutes. Transfer the brats to a platter or cutting board.
3. Brush the bratwurst with the canola oil and grill until the casings are crisp and golden brown and the brats are warmed through, 4 to 6 minutes per side. Keep warm until serving.



DUFF GOLDMAN'S PRETZELS

ACTIVE: 1 hr | TOTAL: 2½ hr | MAKES: 12 to 16

FOR THE DOUGH

- 1 ¼-ounce envelope active dry yeast
- 2 tablespoons sugar
- 4 tablespoons unsalted butter, melted
- 1 tablespoon kosher salt
- 2 extra-large egg yolks
- 2 cups bread flour
- 2 cups all-purpose flour
- Extra-virgin olive oil, for brushing

FOR FINISHING

- ½ cup baking soda
- Cooking spray
- All-purpose flour, for dusting
- 1 stick unsalted butter, melted
- Ramekin of pretzel salt
- German mustard, for serving

1. Make the dough: In a big bowl, mix the yeast, sugar and 1½ cups warm water and let it sit until the yeast blooms, about 7 minutes. Add the melted butter, kosher salt, egg yolks, bread flour and all-purpose flour and knead the dough until smooth, 15 to 20 minutes.
2. Brush the bowl and the dough with olive oil, set the dough in the bowl and cover tightly with plastic wrap. Let rise on top of the fridge or in any warm, dry place for 30 to 40 minutes, or until doubled in size.
3. Make the pretzels: In a medium saucepan, mix the baking soda and 4 cups warm water until it is milky, then bring to a simmer over low heat. Preheat the oven to 425°. Cover 3 baking sheets with parchment and spray with cooking spray.
4. Punch down the dough. Cut into 12 to 16 pieces and let rest for 5 minutes. Roll each piece into a 2-foot-long rope. Lift the ends of the rope to make a "U," then cross one end over the other twice to make a double twist in the middle. Fold down the two ends and attach them to the bottom of the "U" to form a pretzel shape.
5. Working in batches, dip the pretzels into the simmering liquid for 30 seconds, flipping once. Remove using a spider or two wooden spoons and shake off any excess liquid; place on a prepared baking sheet. Lightly flour the pretzels, cover loosely in plastic wrap and let rise for 20 minutes.
6. Brush the pretzels with the melted butter and use cooking spray to coat any little corners you can't reach with butter. Sprinkle with the pretzel salt. Bake until browned, 8 to 12 minutes. Let cool for a few minutes and serve with mustard.



GEOFFREY ZAKARIAN'S RADLERMASS

Divide a 24-ounce bottle of lemon-lime soda among six 12-ounce glasses half filled with ice. Top with two 12-ounce bottles of ale (such as Bass) and garnish with lemon slices. Serves 6.

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SQUARED *Away*



Ina Garten transforms apple pie into an irresistible bar.

PHOTOGRAPH BY STEVE GIRALT

Several years ago, when I was filming in the Napa Valley, I revisited a wonderful store I'd been going to since the early 1980s: Oakville Grocery. It's in a great old building in Oakville, CA, and it was one of the first specialty-food stores in America. It grew and grew over the decades, and then about 10 years ago, the owners of Dean & DeLuca took it over and gave it a fresh look, along with some fantastic new dishes. In the bakery, I saw something called Apple Pie Bars, and they were just my kind of dessert—classic apple pie flavors presented in a totally new way, with a buttery shortbread crust. I went home and created my own version so I could enjoy these delicious bars anytime!

xxx / Ina

APPLE PIE BARS

ACTIVE: 30 min | TOTAL: 1 hr 35 min | MAKES: 12 bars

FOR THE CRUST

- 1 pound (4 sticks) unsalted butter, at room temperature
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup light brown sugar, lightly packed
- 2 teaspoons pure vanilla extract
- 4 cups all-purpose flour
- $1\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ cup chopped walnuts
- 1 teaspoon ground cinnamon

FOR THE APPLE FILLING


- $1\frac{1}{2}$ pounds Granny Smith apples, peeled, quartered, cored and sliced $\frac{1}{8}$ inch thick (3 large)
- $1\frac{1}{2}$ pounds Golden Delicious apples, peeled, quartered, cored and sliced $\frac{1}{8}$ inch thick (3 large)
- 2 tablespoons freshly squeezed lemon juice
- $\frac{1}{4}$ cup granulated sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- 4 tablespoons ($\frac{1}{2}$ stick) unsalted butter

1. Preheat the oven to 375°.
2. For the crust, place the butter, granulated sugar, brown sugar and vanilla in the bowl of an electric mixer fitted with the paddle attachment and beat on medium speed for 2 minutes, until light and creamy. Sift the flour and salt together and, with the mixer on low, slowly add to the butter-sugar mixture, beating until combined. Scatter two-thirds of the dough in clumps in a 9-by-13-inch baking pan and press it lightly with floured hands on the bottom and $\frac{1}{2}$ inch up the sides (use a metal measuring cup to make the corners). Refrigerate for 20 minutes. Bake for 18 to 20 minutes, until the crust is golden brown, and set aside to cool.
3. Meanwhile, put the mixing bowl with the remaining dough back on the mixer, add the walnuts and cinnamon and mix on low speed to combine. Set aside.
4. Reduce the oven to 350°.
5. For the filling, combine the Granny Smith and Golden Delicious apples and lemon juice in a very large bowl. Add the granulated sugar, cinnamon and nutmeg and mix well. Melt the butter in a large (10-inch-diameter) pot, add the apples and simmer over medium to medium-low heat, stirring often, for 12 to 15 minutes, until the apples are tender and the liquid has mostly evaporated. Spread the apples evenly over the crust, leaving a $\frac{1}{2}$ -inch border.
6. Pinch medium pieces of the remaining dough with your fingers and drop them evenly on top of the apples (they will not be covered). Bake for 25 to 30 minutes, until the topping is browned. Cool completely and cut into bars.

To store the bars, cool them completely, wrap tightly and keep at room temperature for up to 2 days.

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Hugh Acheson, chef/owner of Five & Ten

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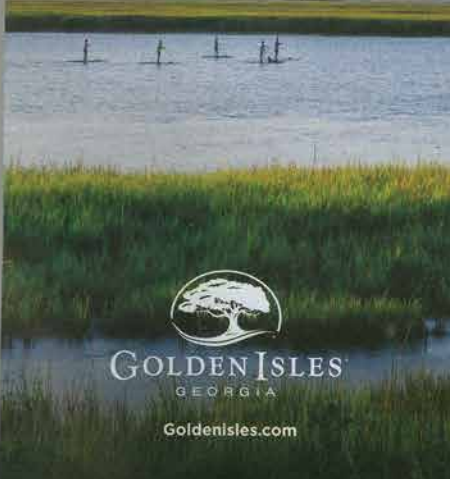
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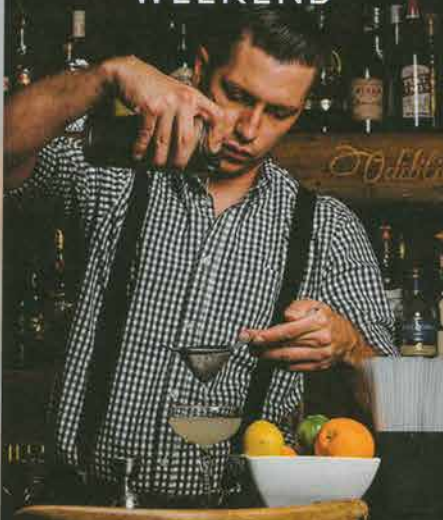
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ESCAPE TO ATHENS

The vibrant college town of Athens is one of the South's freshest culinary and cultural hotspots, with a cast of chefs and restaurants like **Seabear Oyster Bar** and **home.made** joining James Beard winner Hugh Acheson, who helped put Athens on the map with restaurants such as **Five and Ten** and **The National**. Throw in happy hour at an acclaimed craft brewery like **Terrapin** or **Creature Comforts** and an evening of live music in the spot that helped launch the careers of R.E.M., the B-52s, Widespread Panic, and the Drive by Truckers, and you've got yourself the ultimate escape!

ATLANTA'S DINING SCENE BRINGS HIGH-END DOWN-HOME

Atlanta boasts everything from upscale gourmet cuisine to progressive variations of Southern staples and local, chef-driven restaurants. Eateries in Atlanta cater to each unique neighborhood and invoke the feeling of dining at a friend's house. Even the city's most high-end restaurants dish out a down-home feel. The emerging food hall scene, highlighting Atlanta's array of flavors, is also "wowing" travelers to the city. **Sweet Auburn Curb Market**, Atlanta's oldest public market; **Ponce City Market**, with its prominent position along the **Atlanta Beltline** and food "stalls" featuring Atlanta's popular James Beard Award-winning chefs; Inman Park's **Krog Street Market** plus others all offer culinary delights ripe for discovery!

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It doesn't take long to give in to the laid-back lifestyle in Augusta. We serve up everything from satisfying comfort food to innovative fusion options, bringing the freshest dishes straight to your plate. Whether you're celebrating in the company of friends over a handcrafted cocktail or dining on traditional Southern cuisine, we have award-winning restaurants and local favorites to suit your taste.

VISIT GEORGIA'S GOLDEN ISLES

Along the Georgia coast lies a stretch of land that is like no other. Here, sun-drenched beaches meet streets lined with centuries-old oak trees draped with Spanish moss. Vast marshlands, winding rivers and plentiful nature and wildlife beckon visitors who return for generations. Comprised of four unique barrier islands, St. Simons Island, Sea Island, Little St. Simons Island and Jekyll Island, and the mainland port city of Brunswick, each town has its own charm and personality for you to discover. This is perhaps the best kept secret on the East Coast; this is the Golden Isles.

EXPLORE SAVANNAH'S CULINARY SCENE

Draped in Spanish moss and bursting with beauty, Savannah is a charming Southern escape. New restaurants offer a trendy take on classic cuisine. Local hot spots focus on locally sourced, coastal dishes with a Southern spin that will keep you craving more. The best part about Savannah's culinary scene is the ability to dine outdoors for most of the year at many vibrant spots throughout the city. Savannah will draw you in with romantic ambiance and lively atmosphere long before you leave its flourishing, park-like Historic District. Discover all this city has to offer, plan your trip today!

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Craft your perfect weekend in Thomasville. Take one gorgeous downtown steeped with world-class shopping and delectable dining, blend hand-laid brick streets with handcrafted cocktails, shake it up with historic homes and plantation resorts, and garnish with an unexpectedly cool vibe. Taste is not just something we savor, but something built by design. Come savor all that is Thomasville.

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But mother is detaining her
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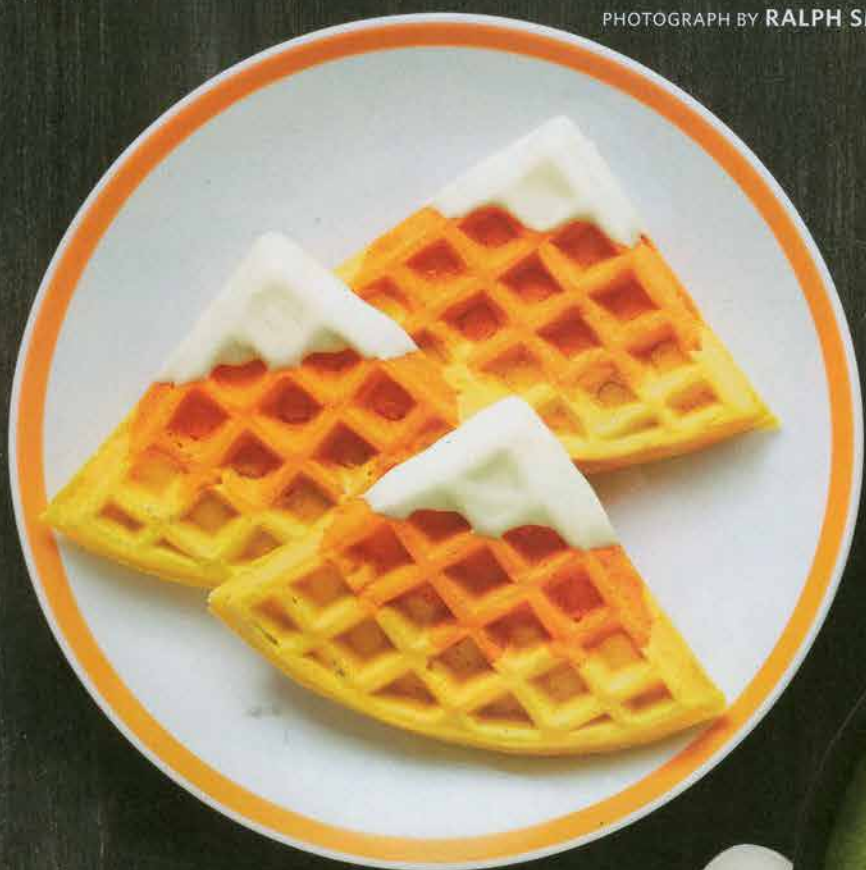
Jack of All Trades

Swap out your miniature pumpkins for oranges this year: These tiny jack-o'-lanterns are so much easier to carve! First cut out the shapes of the eyes, nose and mouth with a sharp knife (we used an X-Acto knife). Then cut off the top of the orange and hollow it out with a grapefruit spoon. Slice a sliver off the bottom so the orange sits flat, put a flameless tealight inside and replace the top.

Scare Up Some BREAKFAST!

Have fun on Halloween morning with these easy recipes.

PHOTOGRAPH BY RALPH SMITH



Candy Corn Waffles

Whisk 2 cups flour, 2 tablespoons sugar, 4 teaspoons baking powder and 1 teaspoon salt in a large bowl. Whisk in 2 eggs, 1½ cups milk, 5 tablespoons melted shortening and 4 tablespoons melted butter. Tint half the batter orange and half yellow with food coloring. Preheat a round waffle iron to the lowest setting. Spoon some orange batter into the middle and some yellow batter around it. Cook until just crisp. Separate into triangles and dip the tips in melted white chocolate.

Monster Smoothie Bowls

Blend 2 cups spinach, 1 chopped peeled apple, 1 cup ice, ½ frozen banana and 1 tablespoon each honey and lemon juice in a blender until smooth and thick. Pour into 2 bowls and top with fruit, nuts and/or seeds to make a face.



Bloodshot Eggs

Place 4 eggs in a wide pot; cover with cold water by 1 inch and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Drain the eggs and run under cold water to cool. Lightly tap the eggs against the counter to crack all over. Fill 2 tall, wide glasses three-quarters of the way with warm water. Stir in $\frac{1}{2}$ teaspoon white vinegar and a few drops of red food coloring to each, then add 2 eggs to each glass. Refrigerate 4 hours, then drain and peel the eggs.



Bloody Pancakes

Make the strawberry sauce: Cook 3 cups chopped strawberries, $\frac{1}{4}$ cup sugar, the juice of $\frac{1}{2}$ lemon and 2 tablespoons water in a saucepan over medium heat, stirring, until the berries break down, 10 minutes. Stir in 1 teaspoon vanilla. Strain through a fine-mesh sieve, pressing on the solids; let cool. Meanwhile, make the pancakes: Whisk $1\frac{1}{2}$ cups flour, 3 tablespoons sugar, 1 tablespoon baking powder and $\frac{1}{2}$ teaspoon salt in a large bowl. Whisk $1\frac{1}{4}$ cups milk, $\frac{1}{2}$ stick melted butter, 2 eggs and a little vanilla in a medium bowl, then whisk into the flour mixture until just combined. Cook by $\frac{1}{4}$ cupfuls in a hot buttered skillet until golden. Stack the pancakes, then drizzle with the strawberry sauce and insert a knife into the top.



Sausage Mummies

Roll out 1 puff pastry sheet into a 10-inch square; cut into $\frac{3}{4}$ -inch strips. Wrap a few strips around each of 12 frozen fully cooked breakfast sausage patties. Bake at 400° until golden, about 15 minutes. Dot with ketchup to make eyes.



In for a **TREAT**

MUMMY

EYES Attach two yellow-and-black licorice rounds (from an assorted pack) to the pumpkin with straight pins.

WRAPPING Use pins to attach long strands of white Wrigley's Hubba Bubba Bubble Tape gum (Triple Treat flavor) to the pumpkin at varying angles, leaving the eyes exposed.

How do you turn your pumpkin into the best Halloween character on the block? Just add candy!

PHOTOGRAPHS BY JEFFREY WESTBROOK





WITCH

Carve a hole in the back of the pumpkin and scoop out the insides.

HAT Affix black licorice twists around the brim of a (nonedible) witch hat with hot glue.

HAIR Thread wire through the center of green Sour Punch Straws, leaving extra wire at one end. Insert the exposed wire into the pumpkin, then bend to shape.

BROWS Attach small pieces of green Sour Punch straws to the pumpkin with pins.

EYES Form green Airheads into tiny beads; hot-glue the beads to yellow Necco Wafers, then hot-glue the wafers to the pumpkin.

NOSE Press two green Airheads together and sculpt them into a nose. Attach a green candy dot wart with glue, then pin the nose to the pumpkin.

MOUTH Carve a sideways droplet-shaped hole, then outline the perimeter with red licorice, securing with straight pins.

TEETH Pin two Jelly Belly Champagne Bubbles gummy candies along the inner edge of the mouth.

CAT

HEAD Paint the pumpkin with black acrylic paint and let dry.

EARS Pin two triangular gummy grapefruit slices to the top of the pumpkin, then hot-glue black licorice twists around the edges.

EYES Carve two semicircular holes. Make vertical slits in two green gumdrops, then insert a black licorice piece into each. Place the gumdrops in the eyeholes, using hot glue if necessary.

NOSE Attach a gummy raspberry to the pumpkin with hot glue.

MOUTH AND WHISKERS Attach small pieces of red and white Twizzlers Pull 'n' Peel Candy with hot glue.



MOUSE

EARS Push the sticks of two swirled lollipops into the top of the pumpkin.

EYES Push tiny pieces of black licorice laces into the holes of white Life Savers, then attach to the pumpkin with hot glue.

NOSE Pin a black jelly bean onto a red gumdrop, then pin onto the pumpkin.

WHISKERS AND MOUTH Cut pieces of purple Twizzlers Pull 'n' Peel Candy and black licorice laces and attach with hot glue.

TAIL Thread wire through the center of red Sour Punch Straws, leaving extra wire at one end. Insert the exposed wire into the pumpkin, then bend to shape.



SKELETON

EYES Carve round holes, then hot-glue coiled black licorice to the inside of each hole.

NOSE Cut two thin slices of black licorice twists and hot-glue to the pumpkin.

MOUTH Carve a thin mouth with perpendicular stitch lines.

HAND Thread heavy-gauge wire through mini and large marshmallows and shape into a hand and wrist.



GHOSTS

Carve a hole in the back of the pumpkin and scoop out the insides.

EYES Carve two ovals, then pin yellow or orange fruit leather to the pumpkin from the inside to cover the openings. Stick a pin through yellow-and-black or pink-and-black licorice rounds (from an assorted pack) and then into the fruit leather to create pupils.

ARMS Mold two large marshmallows into rounded triangles and pin to the pumpkin.

MOUTH Carve a small teardrop shape, then pin fruit leather to the pumpkin from the inside to cover the opening.



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CANDY COAT IT!

A store-bought candy apple kit is good for coating more than just apples. Try these foods—and be careful, molten candy is hot stuff!

PHOTOGRAPHS BY RALPH SMITH

Marshmallows



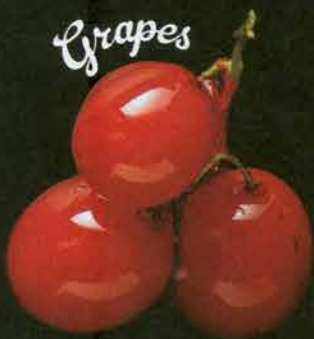
Figs



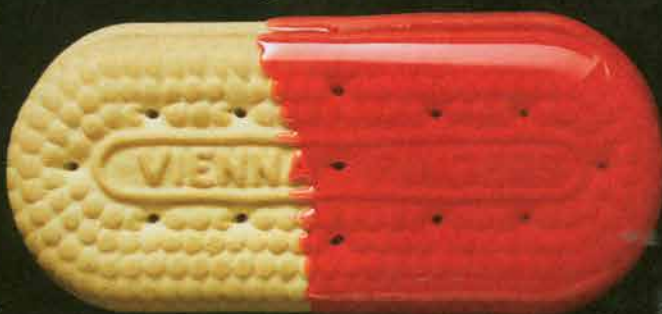
Chips



Grapes



Cookies



Bacon



Pretzels



Dried Fruit



Ice Cream Cones



Breadsticks



Crackers



Witches' BREWS

Serve up one of these creepy concoctions for Halloween.

PHOTOGRAPHS BY RALPH SMITH



BUBBLING CAULDRON PUNCH

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 8

- $\frac{3}{4}$ cup frozen limeade concentrate (about $\frac{1}{2}$ of a 12-ounce can), thawed
- 3 12-ounce cans ginger beer, chilled
- 1 cup coconut rum or vodka (optional)
- 1 pint green tea ice cream

1. Stir together the limeade concentrate, $3\frac{1}{2}$ cups cold water and 1 can ginger beer in a punch bowl. Add the rum, if using.
2. Scoop the ice cream into the punch. Pour the remaining 2 cans ginger beer over the top to create foam.



POISON APPLE PUNCH

ACTIVE: 20 min | TOTAL: 1½ hr | SERVES: 8

- 4 thick slices peeled fresh ginger
- 6 cups apple cider
- Zest of 1 orange, removed with a vegetable peeler
- Zest of 1 lemon, removed with a vegetable peeler
- 1 to 2 cinnamon sticks
- 3 whole cloves
- 1 red apple, sliced into 8 wedges, for garnish
- Gummy worms, for garnish
- 1 750-ml bottle sparkling cranberry-apple juice
- 1 cup cinnamon whiskey (optional)

1. Smash the ginger slices with the flat side of a chef's knife and transfer to a medium saucepan. Add the apple cider, orange zest, lemon zest, cinnamon sticks and cloves. Bring to a simmer over medium heat. Simmer 10 minutes, then strain through a fine-mesh sieve into a pitcher. Let cool to room temperature, then refrigerate until chilled, about 1 hour.

2. Poke holes in the apple wedges with a chopstick or skewer and insert a gummy worm into each. Add the cranberry-apple juice and whiskey, if using, to the punch. Serve over ice. Garnish with the apples.



BLOOD ORANGE VAMPIRE PUNCH

ACTIVE: 15 min | TOTAL: 1 hr 45 min
SERVES: 8

- 1 cup sugar
- 3 cups blood orange juice
- 1 cup tart cherry juice
- $\frac{1}{2}$ cup fresh lemon juice
(from 2 to 3 lemons)
- 1 cup tequila or mezcal (optional)
- Red gel icing, for decorating

1. Make the simple syrup: Combine the sugar and 1 cup water in a small saucepan. Cook over medium heat, stirring, until the sugar dissolves, about 2 minutes. Transfer to a medium bowl and refrigerate until chilled, about 1 hour.

2. Combine the blood orange juice, cherry juice, lemon juice, chilled simple syrup and 2 cups cold water in a pitcher. Refrigerate until chilled, at least 30 minutes.

3. Just before serving, stir the tequila into the punch, if using. Decorate the rim of the pitcher with red gel icing, allowing some to drip down the side. Serve over ice.

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BERRY EYEBALL PUNCH

ACTIVE: 15 min | TOTAL: 2 hr 15 min | SERVES: 6 to 8

- 3 cups blackberries
- 18 canned lychees (from one 20-ounce can), plus $\frac{3}{4}$ cup syrup from the can
- $\frac{3}{4}$ cup fresh lemon juice
- 2 cups sweetened açai juice
- 1 cup blueberry juice cocktail
- 18 large blueberries
- 3 cups lemon-lime soda
- 1 cup spiced rum or gin (optional)

1. Puree the blackberries, lychee syrup and lemon juice in a blender. Strain through a fine-mesh sieve into a pitcher, pressing on the solids with a rubber spatula. Add the açai juice and blueberry juice. Refrigerate until chilled, at least 2 hours.

2. Gently push a blueberry into the cavity of each lychee. Transfer the punch to a punch bowl or pitcher and add the stuffed lychees, then gently stir in the lemon-lime soda and rum, if using. Serve over ice.

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*Pumpkin Spice Latte available through October 2017 at participating McDonald's. © 2017 McDonald's.



Funny Bones

Make some skeleton-inspired treats!

PHOTOGRAPHS BY RALPH SMITH



CHOCOLATE-CINNAMON SKELETON COOKIES

ACTIVE: 45 min | TOTAL: 4 hr 45 min

MAKES: about 14

FOR THE COOKIES

- 1¾ cups all-purpose flour
- ¾ cup unsweetened Dutch-process cocoa powder
- 1 tablespoon ground cinnamon
- ¾ teaspoon baking soda
- ¾ teaspoon baking powder
- ½ teaspoon salt
- 2 sticks unsalted butter, at room temperature
- 1¾ cups granulated sugar
- ½ cup packed dark brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract

FOR THE ICING

- 1 cup confectioners' sugar
- 1 tablespoon meringue powder
- 1 to 2 tablespoons water

1. Make the cookies: Whisk the flour, cocoa powder, cinnamon, baking soda, baking powder and salt in a medium bowl. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in the egg and vanilla until creamy, 1 to 2 minutes. Reduce the mixer speed to low. Gradually add the flour mixture and beat until combined, about 2 minutes. Divide the dough in half; pat each piece into a disk and wrap in plastic wrap. Refrigerate until firm, 1 hour.

2. Roll out each dough disk between 2 sheets of parchment paper until ¼ inch thick. Refrigerate until firm, about 2 hours.

3. Position racks in the upper and lower thirds of the oven and preheat to 350°. Line 2 baking sheets with parchment paper. Cut the dough into shapes using a 4½-inch gingerbread man cookie cutter and arrange 2 inches apart on the prepared pans. Reroll the scraps and cut out more cookies. (If the dough is too soft, freeze 10 minutes before cutting.) Refrigerate until firm, 15 minutes. Bake, switching the pans halfway through, until the cookies are set but still soft, 15 minutes. Let cool 10 minutes on the pans, then transfer to racks to cool completely.

4. Make the icing: Beat the confectioners' sugar, meringue powder and water in a bowl with a mixer on high speed until smooth and thick. Transfer to a resealable plastic bag and snip off a corner. Pipe skulls and bones onto the cookies. Let set 30 minutes.

To decorate the cookies, first make the outline of the skull, eyes, nose, mouth and bones. Then thin some icing with a little water and pipe into the outline of the skull; use a toothpick to help.

SKELETON HAND PUDDING

ACTIVE: 1 hr 20 min | TOTAL: 1 hr 20 min (plus refrigerating and overnight drying)
MAKES: 12

FOR THE ICING HANDS

- 2 tablespoons meringue powder
- 2 tablespoons water, plus more if needed
- $\frac{3}{4}$ teaspoon pure vanilla extract
- 1 cup confectioners' sugar

FOR THE PUDDING

- 4 cups whole milk
- 1 cup granulated sugar
- 6 tablespoons unsweetened Dutch-process cocoa powder
- $\frac{3}{4}$ cup cornstarch
- $\frac{1}{2}$ teaspoon salt
- 4 large egg yolks
- 8 ounces bittersweet chocolate, chopped
- 2 tablespoons unsalted butter
- 2 teaspoons pure vanilla extract

Crushed chocolate wafer cookies, for topping

1. Make the icing hands: Line 3 baking sheets with parchment paper. Beat the meringue powder and water in a large bowl with a mixer on medium speed until medium glossy peaks form, 3 to 4 minutes. Beat in the vanilla. Gradually beat in the confectioners' sugar until the icing is thick and stiff peaks form; add more water, $\frac{1}{2}$ teaspoon at a time, if the icing is too thick to pipe. Transfer to a pastry bag fitted with a $\frac{3}{8}$ -inch round tip.
2. Pipe hands (2½ inches tall and 1½ inches wide) onto the prepared baking sheets. (Do not press the pastry tip against the baking sheet—the hands might break.) Pipe and fill a 1-inch triangle “anchor,” pointed-side down, at the bottom of each hand. Pipe knuckles onto each finger. Reserve the remaining icing in a resealable container to fix any broken bones. Let the hands dry overnight.
3. Make the pudding: Whisk the milk, granulated sugar, cocoa powder, cornstarch and salt in a large saucepan until smooth. Cook over medium heat, whisking occasionally, until thickened slightly, about 15 minutes.
4. Whisk the egg yolks in a medium bowl. Gradually whisk about $\frac{1}{2}$ cup of the warm milk mixture into the egg yolks, then pour the mixture into the saucepan. Continue to cook over medium heat, whisking, until thickened, about 9 minutes. Remove from the heat and whisk in the chocolate until melted and smooth. Whisk in the butter and vanilla. Divide the pudding among 12 small bowls. Place a piece of plastic wrap directly on the surface of each and refrigerate until set, at least 2 hours or overnight.
5. Loosen the hands from the parchment with an offset spatula. Use the reserved icing to repair any broken bones. Gently press the hands into the pudding cups and sprinkle with crushed cookies.



CANDY-COATED PEAR SKULLS

ACTIVE: 30 min | TOTAL: 1½ hr | MAKES: 8

- 4 medium to large pears, such as Bosc
- 1 12-ounce bag white candy melts (about 3 cups)
- ½ cup black candy melts

1. Remove the stems from the pears. Halve lengthwise, then core. Insert a paring knife about ¼ inch into the tapered end of each pear, then push a thin wooden pop stick about halfway into each. Arrange the pears on a parchment-lined baking sheet.

2. Microwave the white candy melts in a medium microwave-safe bowl, stirring, until melted, 2 to 3 minutes. Hold each pear by the stick and dip into the melted candy; swirl to coat and let the excess drip off, then return cut-side down to the baking sheet.

3. While the coating is still wet, microwave the black candy melts in a small microwave-safe bowl, stirring, until melted, about 1 minute. Transfer to a resealable plastic bag and snip off a corner. Pipe faces onto the pears. Let set, at least 1 hour.

We used pear halves, but you can also use whole small pears, such as Seckels, for these skulls.





MERINGUE BONES ACTIVE: 30 min | TOTAL: 2½ hr | MAKES: about 12

3 large egg whites
¼ teaspoon cream of tartar
¾ cup sugar
1 teaspoon pure vanilla extract
Seedless strawberry or raspberry jam,
for filling

1. Position racks in the upper and lower thirds of the oven; preheat to 250°. Line 2 baking sheets with parchment paper. Beat the egg whites and cream of tartar in a large bowl with a mixer on medium speed until white and foamy. Gradually beat in the sugar until thick and glossy, about 5 minutes, then beat in the vanilla.

2. Transfer the meringue to a pastry bag fitted with a ⅜-inch round tip. Pipe 3-inch bones onto the prepared baking sheets. Bake, switching the pans halfway through, until the meringues are dry and crisp, 1½ to 2 hours. Transfer to a rack and let cool completely on the baking sheets.

3. Carefully loosen the meringue bones from the parchment paper and sandwich with a thin layer of jam. Spread or pipe a thin layer of jam on the flat side of a meringue; sandwich with another meringue. Repeat with the remaining meringues.

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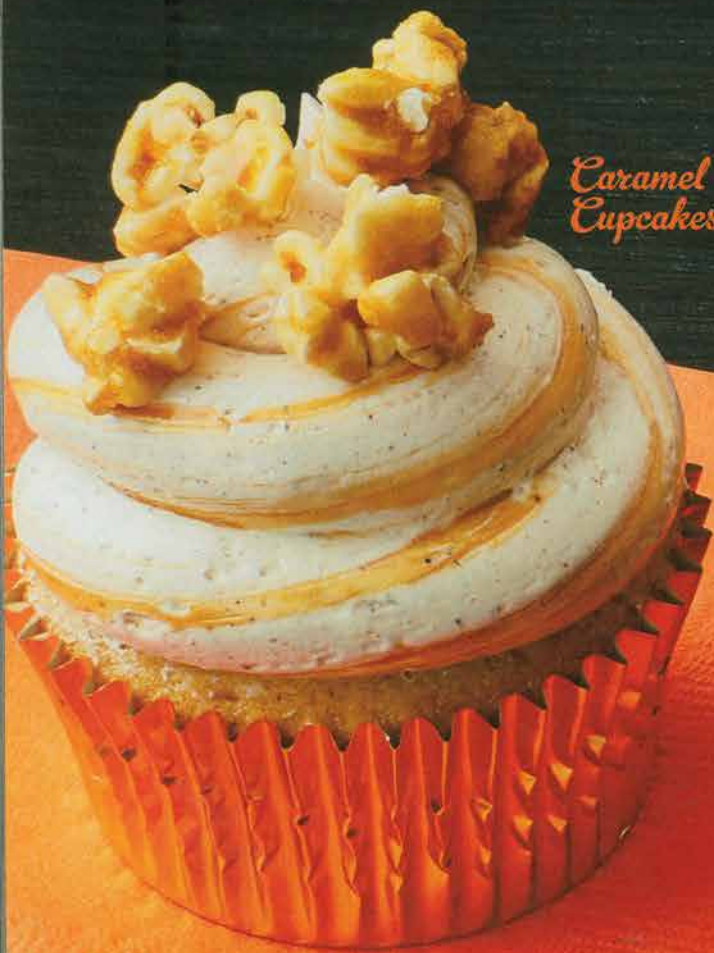
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Cupcakes FOR ALL

Whip up one of these crowd-pleasing fall treats!

PHOTOGRAPH BY RYAN DAUSCH

*Caramel Corn
Cupcakes*



FOOD STYLING: CHRISTINE ALANO, PROP STYLING: PAIGE HICKS



*Chocolate-Orange
Meringue Cupcakes*

*Red Velvet
Cupcakes with
Nonpareils*

CARAMEL CORN CUPCAKES

ACTIVE: 45 min | TOTAL: 1½ hr | MAKES: 12

Cover
Recipe

FOR THE CUPCAKES

- 1 stick unsalted butter
- 1 cup granulated sugar
- 2 large eggs
- ½ cup whole milk
- 1 teaspoon pure vanilla extract
- 1 cup all-purpose flour
- ⅓ cup almond flour
- 1 teaspoon baking powder
- ½ teaspoon salt



FOR THE FROSTING

- 1½ sticks (12 tablespoons) unsalted butter, at room temperature
- 2 cups confectioners' sugar
- ¾ teaspoon pumpkin pie spice
- ⅛ teaspoon salt
- ½ teaspoon pure vanilla extract
- ½ cup dulce de leche
- Caramel corn, for topping

1. Make the cupcakes: Preheat the oven to 350°. Line a 12-cup muffin pan with liners. Melt the butter in a small skillet over medium heat; cook, swirling the pan occasionally, until the butter is browned, 6 to 9 minutes. Immediately transfer to a medium bowl and let cool slightly. Whisk in the granulated sugar, eggs, milk and vanilla.
2. Whisk the all-purpose flour, almond flour, baking powder and salt in a large bowl. Add the brown butter mixture and whisk until just combined (do not overmix).
3. Divide the batter among the prepared muffin cups, filling them three-quarters of the way. Bake until the tops of the cupcakes spring back when gently pressed, 18 to 22 minutes. Let cool 5 minutes in the pan, then remove to a rack to cool completely.
4. Meanwhile, make the frosting: Beat the butter, confectioners' sugar, pie spice and salt in a large bowl with a mixer on medium speed until just combined. Increase the mixer speed to medium high. Add the vanilla and beat until fluffy, about 3 minutes. Swirl in the dulce de leche with a rubber spatula, leaving some streaks. Transfer to a piping bag fitted with a round tip. Pipe onto the cupcakes and top with caramel corn.

CHOCOLATE-ORANGE MERINGUE CUPCAKES

ACTIVE: 1 hr | TOTAL: 2 hr | MAKES: 12

FOR THE CUPCAKES

- ½ cup unsweetened cocoa powder
- ½ cup whole milk
- ½ cup water
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup sugar
- ¾ cup vegetable oil
- 1 large egg
- 1 teaspoon pure vanilla extract
- ½ teaspoon grated orange zest



FOR THE GANACHE

- 2 ounces semisweet chocolate, chopped
- ¼ cup heavy cream

FOR THE MERINGUE

- 2 large egg whites
- ½ cup sugar
- Pinch of cream of tartar
- Orange gel food coloring, for tinting

1. Make the cupcakes: Preheat the oven to 350°. Line a 12-cup muffin pan with liners. Put the cocoa powder in a large bowl. Microwave the milk and water in a small microwave-safe bowl until steaming, 1 to 2 minutes; pour over the cocoa powder and whisk until smooth. Let cool slightly.
2. Whisk the flour, baking soda and salt in a small bowl. Whisk the sugar, vegetable oil, egg, vanilla and orange zest into the cocoa mixture, then whisk in the flour mixture.
3. Divide the batter among the prepared muffin cups, filling them three-quarters of the way. Bake until the tops of the cupcakes spring back when gently pressed, 20 to 25 minutes. Let cool 5 minutes in the pan, then remove to a rack to cool completely.
4. Make the ganache: Microwave the chocolate and heavy cream in a microwave-safe bowl in 30-second intervals, stirring, until melted, about 1 minute. Let sit until thickened but still pourable, 5 minutes. Spoon over the cupcakes, gently spreading to cover. Let set 10 minutes.
5. Meanwhile, make the meringue: Whisk the egg whites, sugar and cream of tartar in a large heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water). Cook, whisking, until the sugar dissolves, 2 to 3 minutes. Remove from the heat; beat with a mixer on medium-high speed until stiff glossy peaks form, 5 to 8 minutes. Tint with orange food coloring. Generously spread the meringue on the cupcakes and lightly brown with a kitchen torch.

RED VELVET CUPCAKES WITH NONPAREILS

ACTIVE: 45 min | TOTAL: 1½ hr | MAKES: 12

FOR THE CUPCAKES

- 1 cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon salt
- ¾ cup granulated sugar
- ½ cup whole milk
- ½ cup vegetable oil
- 1 large egg
- 1 tablespoon distilled white vinegar
- 1 tablespoon red food coloring
- 1 teaspoon pure vanilla extract

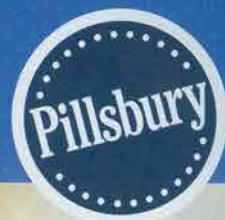


FOR THE FROSTING

- 6 ounces cream cheese, at room temperature
- 4 tablespoons unsalted butter, at room temperature
- 1 teaspoon pure vanilla extract
- Pinch of salt
- 2 cups confectioners' sugar
- 1 cup mixed orange, yellow and brown nonpareils

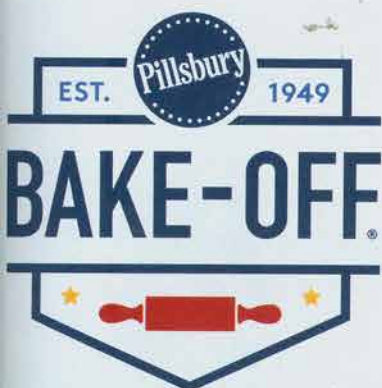
1. Make the cupcakes: Preheat the oven to 350°. Line a 12-cup muffin pan with liners. Whisk the flour, cocoa powder, baking soda, cinnamon, allspice and salt in a large bowl. Combine the granulated sugar, milk, vegetable oil, egg, vinegar, red food coloring and vanilla in a blender and blend until smooth. Add to the flour mixture and stir until combined.
2. Divide the batter among the prepared muffin cups, filling them three-quarters of the way. Bake until the tops of the cupcakes spring back when gently pressed, 20 to 25 minutes. Let cool 5 minutes in the pan, then remove to a rack to cool completely.
3. Meanwhile, make the frosting: Beat the cream cheese, butter, vanilla and salt in a large bowl with a mixer on medium-high speed until creamy, 2 to 3 minutes. Reduce the speed to medium low; gradually add the confectioners' sugar and beat until smooth. Increase the mixer speed to high and beat until fluffy, about 1 more minute. (If the frosting is too soft, refrigerate a few minutes before using.) Spread the frosting on the cupcakes and dip in the nonpareils; shake off any excess.

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Lots of Layers

Get in the Halloween spirit with this pumpkin spice crêpe cake.

PHOTOGRAPH BY ANDREW PURCELL

CHOCOLATE-PUMPKIN CRÊPE CAKE

ACTIVE: 1½ hr | TOTAL: 4 hr (plus 6-hr chilling) | SERVES: 10 to 12

FOR THE CRÊPES

- 1 cup all-purpose flour
- ¾ cup unsweetened Dutch-process cocoa powder
- ¼ cup sugar
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1¾ cups whole milk
- 4 tablespoons unsalted butter, melted and cooled slightly, plus more for the pan
- 3 large eggs
- ½ teaspoon pure vanilla extract

FOR THE FILLING

- ½ cup sugar
- 2 large eggs
- 3 tablespoons cornstarch
- ½ teaspoon pumpkin pie spice
- ½ teaspoon pure vanilla extract
- ¼ teaspoon salt
- 1 cup whole milk
- 1¼ cups pure pumpkin puree
- 1 cup cold heavy cream

FOR THE GANACHE

- 4 ounces semisweet chocolate, chopped
- ½ cup heavy cream

1. Make the crêpes: Combine the flour, cocoa powder, sugar, pie spice, salt, milk, melted butter, eggs and vanilla in a blender. Blend, scraping down the sides occasionally, until smooth. Transfer the batter to a bowl; cover and let sit 1 hour.
2. Make the filling: Whisk the sugar, eggs, cornstarch, pie spice, vanilla and salt in a medium bowl. Combine the milk and pumpkin in a medium saucepan and cook over medium heat, whisking, until steaming. Gradually whisk in the egg mixture and bring to a boil, whisking constantly, until very thick. Strain the filling through a fine-mesh sieve into a medium bowl, pushing it through with a rubber spatula. Place a piece of plastic wrap directly onto the surface and refrigerate 2 hours.
3. Beat the heavy cream in a large bowl with a mixer on medium-high speed until stiff peaks form. Working in three batches, fold the whipped cream into the filling until combined. Refrigerate until firm, at least 1 hour.
4. Make the crêpes: Line a baking sheet with parchment paper. Heat an 8-inch nonstick skillet over medium heat until hot; lightly brush with melted butter. Add about 3 tablespoons batter and swirl to coat the bottom of the pan. Cook until the crêpe is dry on the bottom and set on top, 2 to 3 minutes. Carefully flip and cook 30 more seconds. Invert onto the prepared baking sheet. Repeat with the remaining batter to make about 20 crêpes, brushing the pan with more butter and stacking the crêpes as you go. (Don't worry if a few tear; they can be layered in the center of the cake.)
5. Assemble the cake: Lay a crêpe on a plate or cake stand and spread with 2 to 3 tablespoons of the pumpkin filling, spreading it to the edges. Top with another crêpe and repeat with another layer of the pumpkin filling. Layer the remaining crêpes and filling, ending with a crêpe. Refrigerate the cake at least 6 hours or overnight.
6. Make the ganache: Put the chocolate in a small bowl. Heat the heavy cream in a small saucepan over medium heat until steaming, then pour over the chocolate. Let sit 5 minutes, then whisk until melted and smooth. (If the chocolate is not fully melted, microwave in 15-second intervals.) Let sit until thickened but still pourable, about 5 minutes. Pour the ganache over the crêpe cake, letting the excess drip down the side, then gently smooth the top with a small offset spatula. Let the chocolate set, about 15 minutes. Run a sharp knife under hot water to slice.



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under hot water
and wipe dry
before cutting.

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On the Road



Snack Attack

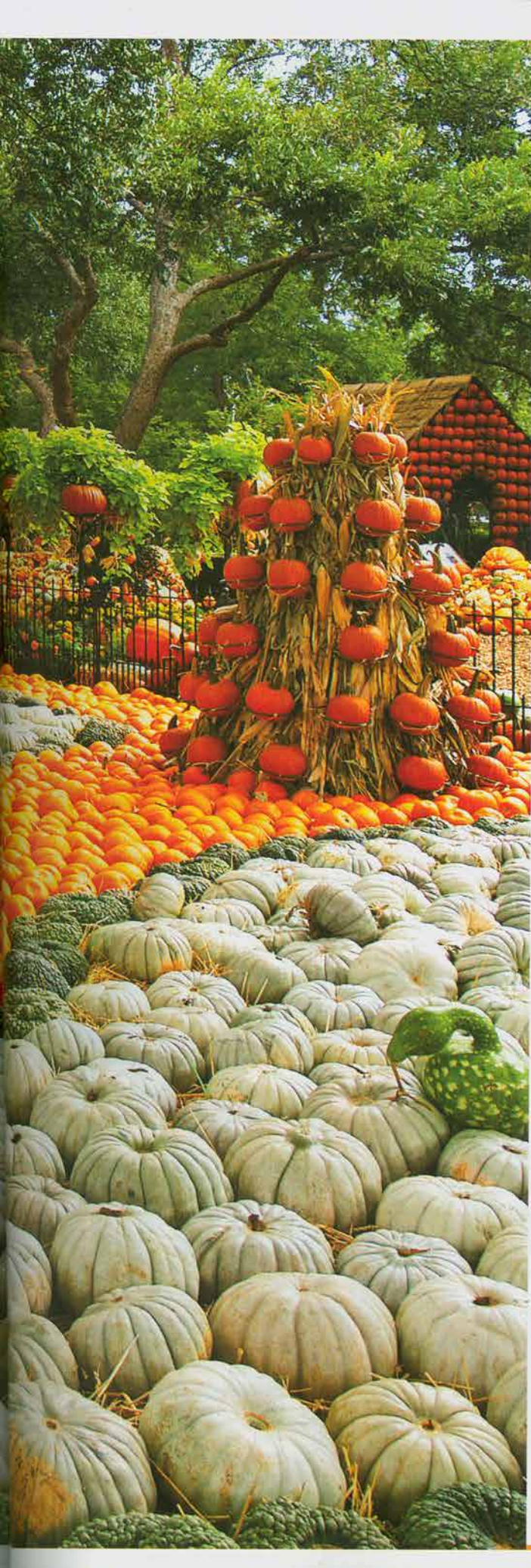
Trick or treat? If you pay a visit to the Houston Museum of Natural Science this fall, you won't have to choose. The Brown Hall of Entomology is crawling with more than 1,000 insects—some of which you can actually eat. An on-site vending machine is stocked with insect snacks and candy, including chocolate-dipped bugs, cricket chips and insect lollipops (pictured).


A staff entomologist says visitors have been buying the treats and daring friends to eat them—for just \$2 a pop. hmns.org



TEXAS
Autumn at the
Arboretum
See page 168.

Pumpkin Patch USA



..... 

We found a great
fall pumpkin celebration
in every state!

.....

Hayden
ALABAMA
The Great Pumpkin Patch
September 23–October 31

At this family-owned farm, you can pick out a pumpkin from a 30-acre patch and hop on the Great Pumpkin Patch Train for a ride around the grounds. Before you leave, climb the Hay Pyramid to get a view from above. greatpumpkinpatch.com

Palmer
ALASKA
Fall Family Fun
Saturdays, October 14–28

This festival celebrates pumpkins in a uniquely Alaskan way—they're on display near a field that's home to 120 reindeer. Visit with the friendly animals, then check out the haunted house, take a tractor-pulled trailer ride and test your navigation skills in a hay-bale maze. reindeerfarm.com

Carefree
ARIZONA
Enchanted Pumpkin Garden
October 20–29

It's hard to find a more spectacular collection of jack-o'-lanterns: The pumpkin garden here is the work of master sculptor Ray Villafane—who has won two Food Network pumpkin challenges—and his team of carving pros. Pose for a photo with the main attraction: a sculpted pumpkin that weighs 400 pounds. carefreepumpkingarden.com

Piggott
ARKANSAS
Pumpkin Hollow
September 16–October 31

For 25 years, Ellen and Darrell Dalton have been converting their family farm into a pumpkin lover's paradise. Feeling brave? Fly 20 feet above the pick-your-own pumpkin patch on a zipline that spans the property. When you've landed, stop at a concession stand for a cider slush. pumpkinhollow.com

Half Moon Bay
CALIFORNIA
Half Moon Bay Art & Pumpkin Festival
October 14–15

Hundreds of thousands of visitors head to Half Moon Bay for this 47-year-old festival. Arrive early to snag a spot on the parade route, then get in line for pumpkin-flavored soda, churros and sausage made by local community groups. pumpkinfest.miramarevents.com

Colorado Springs
COLORADO
Giant Pumpkin Festival
October 21

Farmers around the state spend months tending their gourds in preparation for this festival: The competition for the biggest-pumpkin prize is fierce—entries often hover around 1,500 pounds! Visitors are encouraged to wear Halloween costumes and snap photos with the winner. visitcos.com

East Hampton
CONNECTICUT
Pumpkintown USA
September 16–October 31

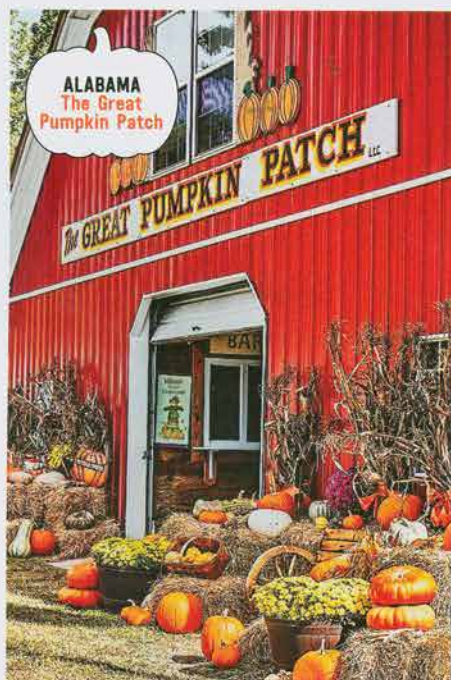
This family-friendly farm event was designed with little kids in mind: You'll see dozens of friendly-looking hand-painted "pumpkinheads" staged throughout a makeshift village that includes a saloon, farm, bank, country store and fast-food restaurant called Pumpkin Mac. pumpkintown.com

Bridgeville
DELAWARE
World Championship Punkin Chunkin
November 3–5

On and off for three decades, tens of thousands of visitors have gathered to watch teams launch pumpkins with home-engineered catapults, slingshots and air cannons. Here's hoping someone will beat the current record: 4,694.68 feet! punkinchunkin.com

Key Largo
FLORIDA
Underwater Pumpkin Carving Contest
Check website for dates

Technically, you have to be scuba-certified to participate in this competition: It's held 30 feet below the surface at the Florida Keys National Marine Sanctuary. But anyone who knows how to snorkel can watch the creations take shape. amoray.com/events



ALABAMA
The Great Pumpkin Patch



CALIFORNIA
Half Moon Bay Art & Pumpkin Festival



FLORIDA
Underwater
Pumpkin Carving
Contest



GEORGIA
Stone Mountain
Park Pumpkin
Festival

Stone Mountain GEORGIA

Stone Mountain Park Pumpkin Festival

Fridays, Saturdays and Sundays,
September 29–October 29

Locals love this 3,200-acre park for its adventure courses, cable cars and Saturday-night laser shows, all of which get a harvest makeover during the Pumpkin Festival. The main event is Spookley's Funtastic Kid's Carnival, which includes a dance-party parade and pie-eating contest. stonemountainpark.com



KENTUCKY
Jack O' Lantern
Spectacular

Morton ILLINOIS

Morton Pumpkin Festival

September 13–16

Much of the food at this fest has pumpkin in it or is pumpkin-flavored (check out the Pumpkin Grille, Pumpkin Sweet Shoppe or Pumpkin Pancake Breakfast). Tasting some pumpkin pie is essential—the festival sells almost 11,000 slices of it every year. mortonpumpkinfestival.org

Burns KANSAS

Walters' Pumpkinfest

September 16–October 31

Watching pumpkins cruise through the air is the main attraction at this event, thanks to the PumpGun Cannon, a truck outfitted with a blaster cannon that shoots the gourds hundreds of feet. If you want to launch a pumpkin yourself, give the Punkin Chunkin slingshot a whirl. thewaltersfarm.com

Kaneohe HAWAII

Pumpkin Carving Festival

October 21

For the last seven years, hundreds of families have carved pumpkins together in Windward Mall before Halloween. Everyone is welcome, and local artists are on-site to offer tips and inspiration. pumpkin carving festival.org

Versailles INDIANA

Versailles Pumpkin Show

September 27–October 1

This pumpkin expo was originally created in 1889 as an advertising move by a local jeweler. These days, area shops get in on the action and sponsor a parade, an art show, a dance and a Punkin Chunkin contest. versaillespumpkinshow.com

Louisville KENTUCKY

Jack O' Lantern Spectacular

October 12–November 5

Even little kids will want to take this hike: The one-third-mile trail at this display is lined with jack-o'-lanterns carved into different scenes inspired by the letters of the alphabet. jackolanternlouisville.com

Lewiston IDAHO

Pumpkin Palooza

October 28

It'll cost you just \$5 to enter this festival's Great Pumpkin Roll: Contestants select a pumpkin and push it down a steep hill in town. If it lands in the chute below, you're entered to win \$500. beautifuldowntownlewiston.com

Anamosa IOWA

Anamosa Pumpkinfest

October 7

When locals in Anamosa, a small city about two hours east of Des Moines, talk about the giant pumpkins at this event, they're not exaggerating: In 2015, a Wisconsin couple won the weigh-off with a pumpkin that came in at more than 2,000 pounds! amosachamber.org

New Orleans LOUISIANA

Ghosts in the Oaks

October 20–22

This family-friendly festival takes place in New Orleans' City Park amid one of the oldest groves of oak trees in the world. Come for amusement park rides, trick-or-treating and a pumpkin patch. friendsofcitypark.com

Rapid City SOUTH DAKOTA

The Ninth Annual Great Downtown Pumpkin Festival September 30

You should definitely come hungry to this event: There are more than 50 vendors and food trucks selling snacks, and local chefs try to outdo one another in an intense pumpkin cook-off. Last year's winning dish was Braised Short Rib and Pumpkin Ravioli with Herbed Pumpkin Cream Sauce. mainstreetsquarerc.com

Franklin TENNESSEE

The Heritage Foundation's 34th Annual Pumpkinfest October 28

About 65,000 people flock to this historic town outside of Nashville for this event, which includes a food festival, crafts fair and extreme pumpkin carving. Before heading home, snap a pic with the giant pumpkin grown in Franklin's Canadian sister city, Carleton Place, Ontario. historicfranklin.com

Dallas TEXAS

Autumn at the Arboretum September 23–November 22

Gourds and fall flowers cover nearly every inch of the Dallas Arboretum during October, when more than 9,000 pumpkins are on display. Take home your own pumpkin from the Tom Thumb Pumpkin Patch. dallasarboretum.org

West Jordan UTAH

Pumpkinpalooza October 27–28

Located about 15 miles south of Salt Lake City, West Jordan hosts one of the area's largest Halloween parties. Participants in the pumpkin-carving contest earn spots on Pumpkin Alley, a street built inside the city's event center. viridiancenter.org

Stowe VERMONT

Vermont Pumpkin Chuckin' Festival September 24

Every year Stowe Mountain Resort & Spa hosts a modern-day trebuchet contest in which teams from around the country build their own medieval-style catapults in an attempt to hurl a pumpkin the farthest. Last year's winner traveled 693 feet! vtpumpkinchuckin.blogspot.com

Centreville VIRGINIA

Pumpkin Madness November 4–5

After Halloween, thousands of people flock to Cox Farms to "recycle" their leftover jack-o'-lanterns using squishers, smashers, high droppers and good old-fashioned stomping. The remnants are used to feed the farms' pigs and wildlife, and what's left over is composted. coxfarms.com

Snohomish WASHINGTON

Fall Festival September 30–October 31

The family who owns Craven Farm plants 20 to 30 varieties of pumpkins every year. After you grab one from the pick-your-own-pumpkin patch, try your hand at scarecrow making and shooting an apple slingshot. cravenfarm.com

Ceredo and Kenova WEST VIRGINIA

C-K AutumnFest October 27–28

Two neighboring towns team up every year for this family-friendly festival. It includes a crafts show, a bake-off and the Pumpkin House, a home decked out in jack-o'-lanterns. The display has grown from just five pumpkins in 1978 to 3,000 today. ckautumnfest.com

Nekoosa WISCONSIN

Nekoosa Giant Pumpkin Fest October 7–8

The main event at this annual celebration is the giant pumpkin drop: A several-hundred-pound pumpkin gets lifted into the sky by a 100-foot crane—only to be dropped to the ground moments later. Afterward, kids rush the crash zone to claim a piece of the pumpkin. nekoosagiantpumpkinfest.com

Casper WYOMING

Green Acres Corn Maze Pumpkin Festival October 14

Curious George, who recently turned 75, is the inspiration behind this festival at Green Acres Corn Maze. Don your Halloween costume and join the pumpkin parade, then wander through the Curious George maze. greenacrescornmaze.net



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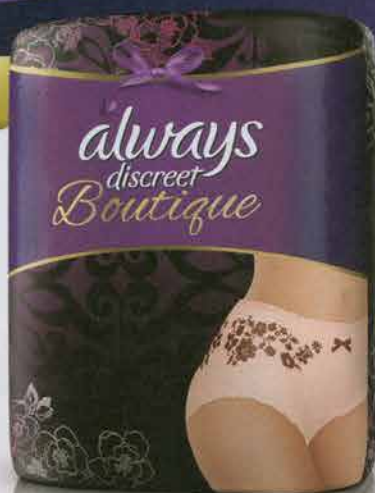


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Pumpkin
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On the Road



SALEM

No other place conjures up the Halloween spirit like this historic New England town.

It's fairly common

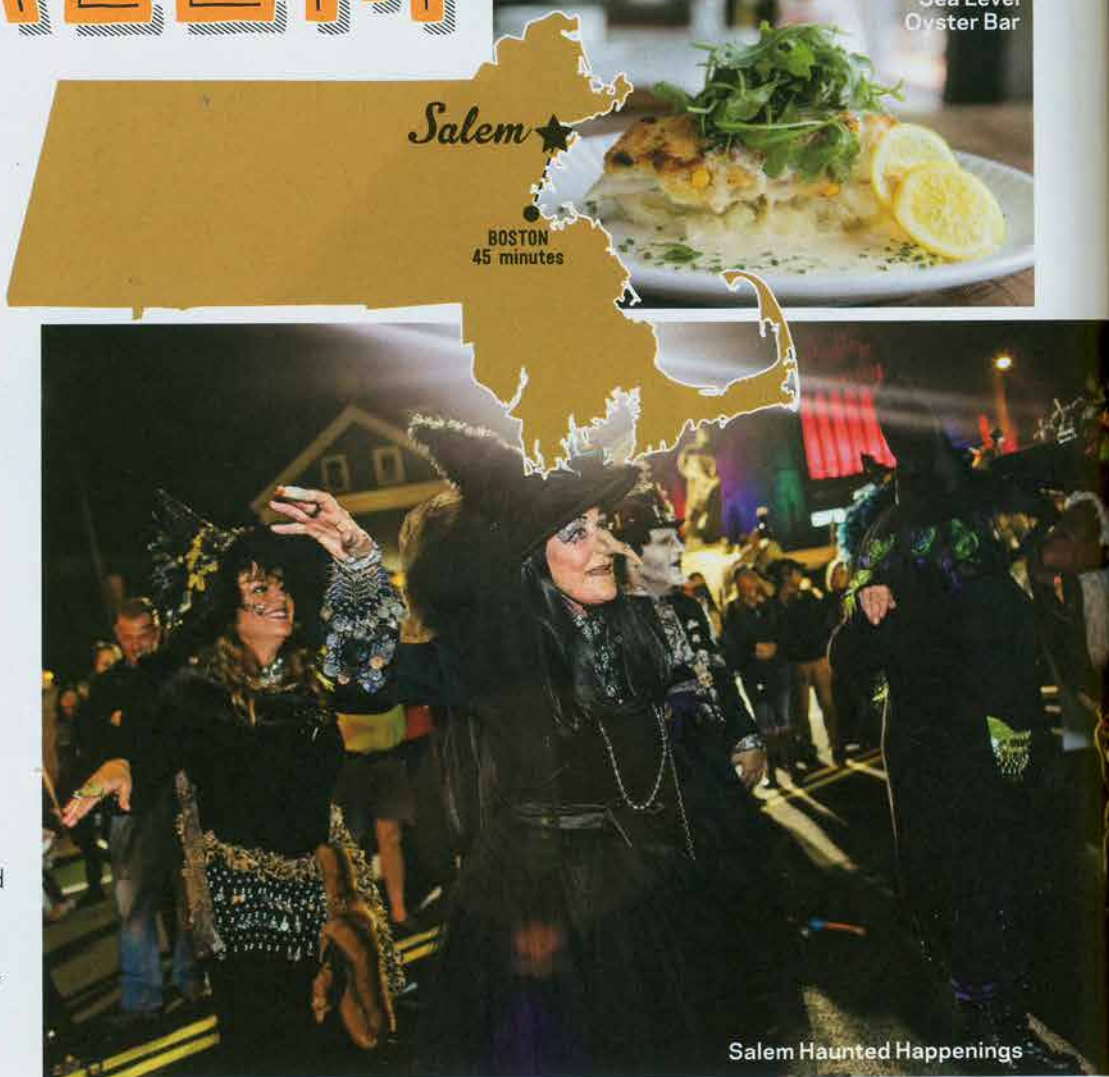
to see people dressed in pointy hats and black cloaks haunting the streets of Salem, MA—even when it's not Halloween. Home to the infamous 1692 witch trials, the town has become a year-round destination for self-proclaimed witches and those who are fascinated by them. In October, about 500,000 people come to Salem to celebrate Halloween. Ghost tours, costume parties and séances are the main draws, but there are so many other reasons to visit, including the picturesque North Shore coastline, a thriving restaurant scene and, of course, apple cider doughnuts.



The Merchant



Sea Level Oyster Bar



Salem Haunted Happenings

EAT

Sea Level Oyster Bar, on Pickering Wharf overlooking the harbor, has the best views in town. Grab a table on the deck for oysters, seafood pie, freshly caught fish or hot butter-drenched lobster rolls. The restaurant's indoor-outdoor bar is a local after-work favorite. sealeveloysterbar.com

ALSO: Try the gastropub **Mercy Tavern** for New England-style comfort food (burgers with bacon jam, Boston baked beans) and live blues (mercysalem.com), and **Coffee Time Bake Shop** for apple cider doughnuts and cream-filled bismarcks (coffeetimebakeshop.net).

DO

You can't visit Salem in October without participating in at least one Halloween event. The Saturday before the holiday is typically the town's busiest day, but all month long you'll encounter costume parades, street fairs, ghost-story readings and haunted houses as part of the **Salem Haunted Happenings** festival. hauntedhappenings.org

ALSO: Check out the horror and sci-fi art exhibit at the **Peabody Essex Museum** (pem.org), America's oldest continuously operating museum (founded in 1799), and pay a visit to **Ye Olde Pepper Candy Companie** for lemon and peppermint Gibralters, considered the country's first commercial candy (oldepeppercandy.com).

STAY

When George Washington visited Salem in 1789, he stayed at **The Merchant**—and you can, too. The recently renovated boutique hotel has 11 rooms (including a suite), each with a wood-burning fireplace. From \$349; themerchantsalem.com

ALSO: Consider **The Hotel Salem**, which opened in September in a former clothing store (from \$289; thehotelsalem.com), or **The Salem Inn**, a set of three neighboring historic houses converted to bed-and-breakfasts (from \$234; salemminnma.com).



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HOMETOWN HERO

Jeff Mauro hands over the recipes for three of his best-selling sandwiches.



If you've ever wanted to re-create a dish from a chain restaurant, you know that it's almost impossible to find the recipe. Successful restaurant companies usually keep the secret to their popular dishes under wraps. So we thought it would be a long shot to get the recipes for some of the best-selling sandwiches at Food Network star Jeff Mauro's fast-growing hometown sandwich chain, Pork & Mindy's.

Jeff and his business partner opened the first location in Chicago less than two years ago, and they have already expanded to six locations throughout the city (including a new spot at Wrigley Field) and in Minneapolis. Fans line up to get a taste of Jeff's riffs on classic sandwiches, like his Pig Candy BLT. Luckily, Jeff was willing to share the recipe for that one—plus two other big favorites!

PIG CANDY™ BLT

ACTIVE: 40 min | TOTAL: 50 min | SERVES: 4

- 2 cups packed light brown sugar
- 12 to 14 slices applewood-smoked bacon
(not thick-cut)
- Cooking spray
- 2 tablespoons vegetable oil
- 2 sweet onions (preferably Maui), sliced
- Dry red wine, for deglazing (if needed)
- 1 teaspoon red wine vinegar
- Kosher salt and freshly ground pepper
- 1 cup mayonnaise
- 2 tablespoons barbecue rub
- 1 teaspoon hot sauce
- 1 Roma tomato, sliced
- 4 brioche buns, split, toasted
and buttered
- 4 crisp romaine lettuce leaves

1. Preheat the oven to 350°. Place the brown sugar in a pie dish. Gently press each slice of bacon into the sugar until coated (there can be small patches of uncoated bacon). Line a baking sheet with a wire rack and spray with cooking spray. Arrange the bacon on the rack. Bake, rotating the pan halfway through baking, until the bacon is super crisp and golden, 30 to 50 minutes (depending on the thickness of the bacon). Remove the rack from the pan and let the bacon cool on the rack.

2. Meanwhile, heat a large skillet over medium heat. Place the vegetable oil and onions in the pan and gently cook, stirring only occasionally to let the sugars develop, until the onions are a deep golden brown, about 30 minutes. If necessary, deglaze the pan with red wine a couple of times. Season with the vinegar, salt and pepper and set aside.

3. Combine the mayonnaise, barbecue rub and hot sauce in a small bowl to make an aioli.

4. Build the sandwiches: Season the tomato slices with salt; cut the bacon slices in half. On each toasted bun, place a layer of caramelized onions, followed by about 6 half slices of bacon, a tomato slice, a romaine leaf and a nice schmear of the aioli on the bun top *only*. Close and serve with extra aioli on the side.

"It's ungodly how much Pig Candy we go through at the restaurant. I constantly take it home to snack on, too."



"I love Chicago Italian beef sandwiches, so I started with the classic, then put my spin on it."



"DA BEEF" ITALIAN POT ROAST SANDWICH

ACTIVE: 1 hr | TOTAL: 4½ hr | SERVES: 6

FOR THE POT ROAST

- 1 boneless beef chuck-eye roast (about 3½ pounds)
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1 onion, roughly chopped
- 1 tablespoon dried Italian seasoning
- 2 teaspoons red pepper flakes
- 6 cloves garlic, roughly chopped
- ½ cup dry red wine
- 5 cups beef stock
- 2 sprigs fresh thyme

FOR THE PEPPERS

- 4 green bell peppers, cut into strips
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon granulated garlic
- Kosher salt and freshly ground pepper

FOR THE SANDWICH BUILD

- 6 soft hoagie rolls, split
- Oil-packed hot giardiniera, for topping

1. Make the pot roast: Preheat the oven to 300°. Liberally sprinkle the entire beef roast with salt and pepper. Heat the vegetable oil in a Dutch oven over medium-high heat. Add the roast and cook until browned and caramelized all over, 3 to 4 minutes per side (reduce the heat if the fat begins to smoke). Transfer to a plate and reduce the heat to medium.

2. Add the onion to the pot and sauté, stirring occasionally, until just beginning to brown, 8 to 10 minutes. Add the Italian seasoning and red pepper flakes and sauté until fragrant, another minute. Add the garlic and sauté until fragrant, about 30 seconds. Deglaze with the red wine and cook until reduced by half, about 2 minutes. Add the beef stock and thyme and bring to a simmer. Adjust the seasoning of the jus. Return the beef roast to the pot along with any accumulated juices. Cover, place in the oven and cook, turning the roast every 30 minutes, until very tender, 3½ to 4 hours. Transfer the roast to a cutting board and tent with foil. Increase the oven temperature to 350°.

3. Strain the jus through a fine-mesh strainer into a bowl and return to the pot. Bring to a simmer and adjust the seasoning if necessary. Once the meat is cooled a bit, pull it apart into smaller chunks; return to the jus and reserve until ready to build the sandwiches.

4. Meanwhile, cook the peppers: Toss the green bell pepper strips with the olive oil, granulated garlic and some salt and pepper on a baking sheet. Bake, stirring halfway through, until soft, about 20 minutes.

5. Build the sandwiches: Place some beef on each hoagie roll, then top with the peppers and some giardiniera. Pour the warm jus into a bowl. Take each hoagie and quickly dunk it in the jus. Wrap in parchment for at least a minute to let the juices "settle," then eat away!

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CRISPY PORK TENDERLOIN SANDWICH

ACTIVE: 40 min | TOTAL: 40 min (plus overnight marinating) | MAKES: 4

FOR THE PORK

- 1 1½- to 2-pound pork tenderloin
- 2 cups buttermilk
- 3 tablespoons barbecue rub
- 4 cups peanut oil
- Kosher salt and freshly ground pepper
- 1 cup all-purpose flour
- 4 large eggs, lightly beaten
- 3 cups garlic croutons, crushed

FOR THE AÏOLI

- ½ cup mayonnaise
- ¼ cup apricot- or mango-habanero sauce
- Pinch of granulated garlic
- Kosher salt

FOR THE SANDWICH BUILD

- 4 large brioche buns, split, toasted and buttered
- Spicy pickle slices and shredded iceberg lettuce, for topping

1. Make the pork: Cut the tenderloin into quarters; using a meat mallet, pound each piece until it is ¾ inch thick and about 6 inches wide. Mix the buttermilk and barbecue rub in a baking dish, add the pork, cover and let marinate overnight or up to 2 days.
2. In a large deep saucepan, heat the peanut oil over medium heat until a deep-fry thermometer registers 350°. Take the pork out of the marinade and season with salt and pepper.
3. Make a three-stage breading station with the flour, eggs and crouton crumbs in separate shallow bowls. Place the pork pieces first in the flour, turning to coat; shake off the excess. Dip the pork in the beaten egg and let the excess drip off, then dredge in the crouton crumbs, pressing until total coverage is achieved.
4. Fry the pork in batches until golden brown, 4 to 5 minutes. Let drain on a paper towel-lined baking sheet. Set aside.
5. Make the aïoli: Mix the mayonnaise, habanero sauce and granulated garlic in a small bowl. Season with salt.
6. Build the sandwiches: Place the crispy pork on the toasted buns with some pickle slices, shredded lettuce and then a nice schmear of the aïoli. Serve with extra aïoli on the side.



"My family is my focus group:
If a sandwich survives my mom's and aunts'
scrutiny, it's a good sign."



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Follow Up

GREAT SHOT!

We ♥ these Instagram pics of stars as children.



Sunny Anderson has always loved food—and she has the pic to prove it. @sunnyanderson



Thousands of fans said “awwww” when **Alex Guarnaschelli** posted this shot of herself as a 4-year-old. @guarnaschelli



It looks like **Duff Goldman** was born with a sweet spot for cake! @duffgoldman



Katie Lee grew up to look just like her mom—minus the 1980s hair! @katieleekitchen



Nancy Fuller scrapbooked this photo of herself as a 10-year-old. @fullerfarmer



Valerie Bertinelli's love for cats dates back to the 1970s. @wolfiesmom

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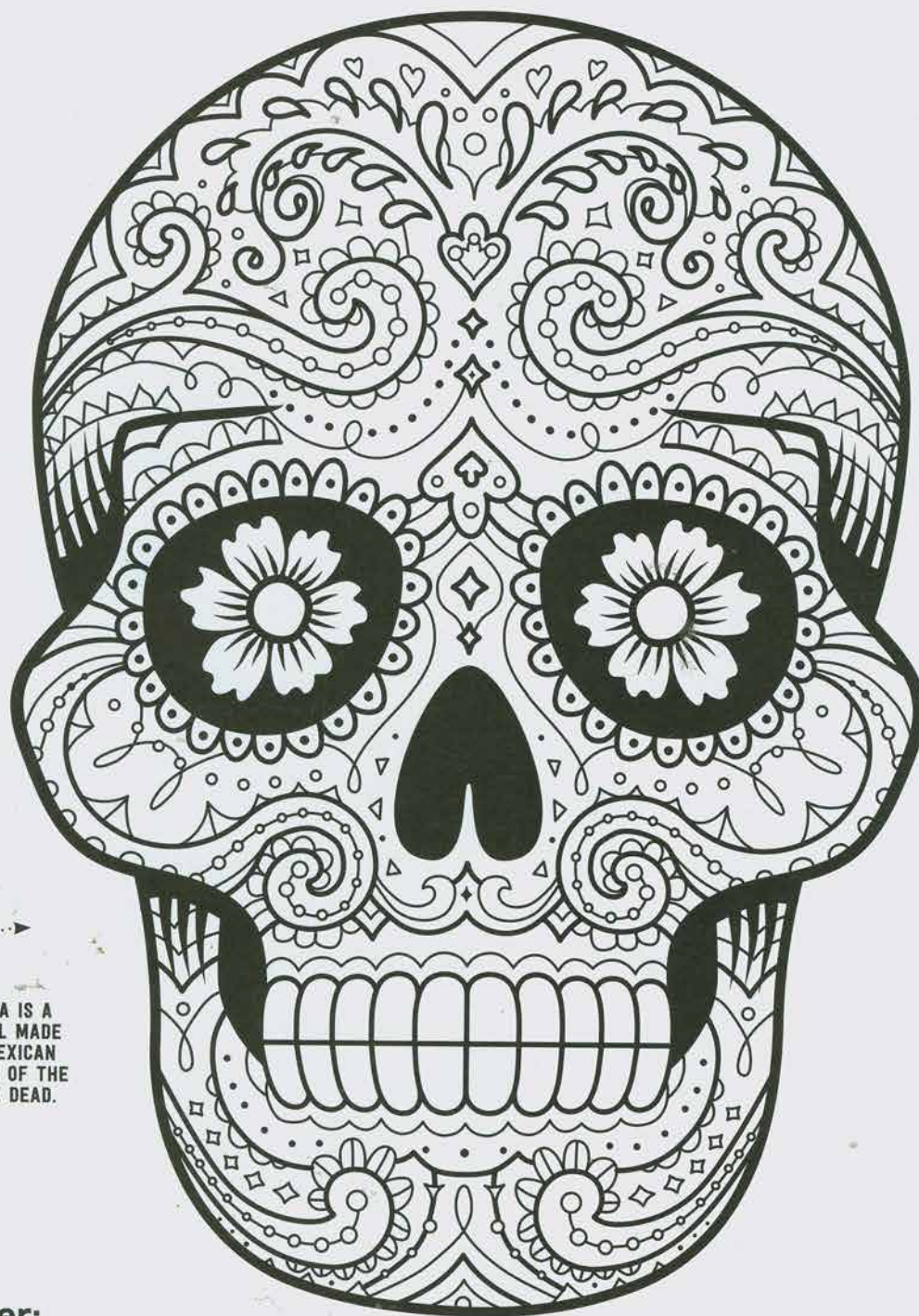
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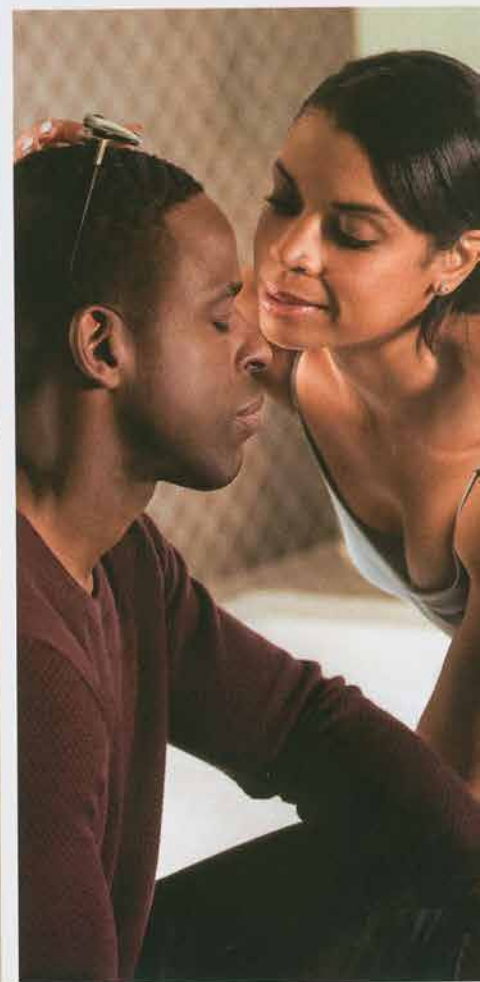
How to enter:

- 1 Color this sugar skull—on this page, a photocopy or a page printed from foodnetwork.com/colorthisdish.
- 2 Go to foodnetwork.com/colorthisdish and submit a scan or photo of your finished work. The winner will receive \$500 and three runners-up will each receive \$50.

NO PURCHASE NECESSARY TO ENTER OR WIN. Color This Dish! Contest. Sponsored by Hearst Communications, Inc. Beginning September 2, 2017, at 12:01 a.m. ET, through October 1, 2017, at 11:59 p.m. ET (the "Entry Period"), go to foodnetwork.com/colorthisdish 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 a scanned copy or photo of your completed version of the work that appears in the October 2017 issue of Food Network Magazine. 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/colorthisdish.

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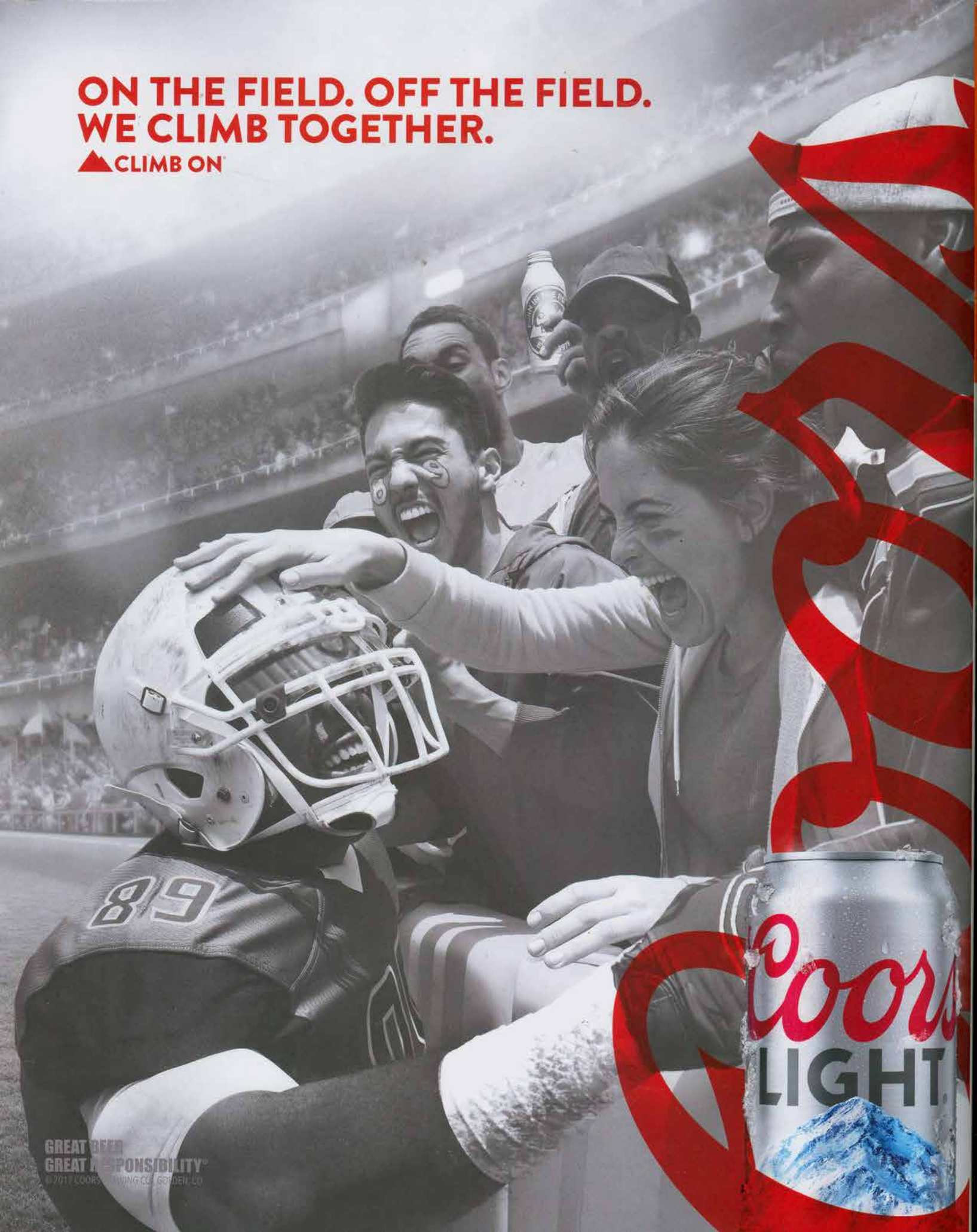
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