

food
network

magazine

126 NEW RECIPES!



Alton's
SUPER BOWL
WINGS



Ina's
MAPLE
SCONES



Emeril's
HOMETOWN
BITES



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SWEETS**

Homemade
truffles,
cupcakes and
more!

Easy
meals
under
400
calories!

Healthy Dinners!

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(including this pasta!)

+ low-fat
cooking tips

Behind the
Scenes:
**Celeb
Kitchens**

Special Section:

Party Food

Wings, dips and
potato skins for a crowd

Enter our recipe contest, pg. 136



Low-cal
cheesy pasta,
pg. 76

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Contents

JANUARY/FEBRUARY 2010

Turn food from this issue into one tasty plate of nachos!

Buffalo chicken
pg. 104

Queso dip
pg. 112

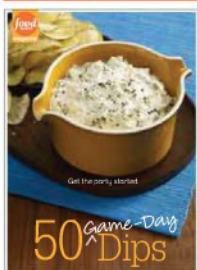
Chile peppers
pg. 136

Black-bean salsa
pg. 76

Up Front

- 10 Recipe Index
- 19 Editor's Letter
- 22 Reader Letters
- 24 You Asked
- 27 Food News

BONUS INSERT



pg. 112

In the Know

- 31 **Meat for a Drink** • Bartenders are mixing up cocktails that taste a lot like dinner.
- 32 **Flat and Happy** • Save counter space with these new fold-up kitchen tools.
- 33 **Ask Ted** • *Chopped* host Ted Allen tackles a hot food topic: offal.
- 34 **Oops!** • Pros screw up, too! Big-name chefs reveal their worst cooking disasters.
- 36 **Ace of Bass** • Duff Goldman is a rock star in the bakery—and in concert.
- 38 **Star Kitchen** • The Neelys' home kitchen doubles as their office.
- 43 **Sandra's Home Away From Home** • Sandra Lee takes us around her set.
- 48 **Fast-Food Fix** • Dietitian Ellie Krieger puts a healthy twist on favorite drive-through dinners.

Fun Cooking

- 55 **Duck, Duck, Grease** • The key to perfect french fries is in the fat.
- 56 **He Made...She Made** • *The Next Food Network Star* champs Aaron McCargo, Jr. and Melissa d'Arabian square off over chili.
- 58 **Copy That!** • Re-create Panera Bread's broccoli-cheddar soup at home.
- 60 **Out of the Box** • Food Network Kitchens' chefs make dinner from a breakfast classic: instant oatmeal.
- 62 **I Want Candy!** • Bake some cupcakes that taste exactly like your valentine's favorite candy bar.

Cover photograph by Steve Giralt
Food styling: Stephana Bottom; prop styling:
Marina Malchin.



Pat and Gina
Neely toast their
new kitchen. **38**

Weeknight Cooking

- 71 Weeknight Dinners** • Stick to that New Year's resolution with the help of these low-cal meals.
- 79 Mix-and-Match Sides** • Round out dinner with some healthful sides.
- 80 Hot Tips** • Shave calories and fat from almost any dish with these easy pointers.

Weekend Cooking

- 83 Weekend Dinners** • Invite friends over for a feast, like our Mardi Gras spread with New Orleans-inspired cocktails.
- 92 Flavor in a Pinch** • Ina Garten reveals the ingredients that make her dishes sing.
- 96 Better Off Red** • Surprise your valentine with crimson-colored whoopie pies.
- 98 Try This at Home** • Celeb pastry chef Jacques Torres teaches us how to make chocolate truffles.



48

This bowl is edible!



Party Time

- 103 Super Bowl** • This snack-mix bowl is a fun serving dish and an edible game-day treat.
- 104 Wing It!** • Bobby Flay, Alton Brown and the gang share their signature chicken wing recipes, just in time for kickoff.
- 112 50 Game-Day Dips** • There's one to please every fan on your guest list.
- 114 Super Bowl Special: Potato Skins** • We made 32 potato skins, with toppings to match each NFL team.
- 117 Brian Boitano's Perfect 10 Olympics Party** • Throw a gold medal-worthy bash.

On the Road

- 123 Fit for a King** • Chow down on Elvis Presley's favorite sandwich in honor of his 75th birthday.
- 124 Take It From Here** • This popular Miami bite will be a hit on any Super Bowl spread.
- 126 All the President's Meals** • Try two favorite dishes from the First Family.
- 128 My Top Five** • Get Emeril's advice on where to eat in New Orleans.
- 131 Young and Hungry** • Check out these rising food stars, all under 30.

Recipe Contest

- 134 The Winner Is...** • Coffee-flavored custard came out on top in our latest recipe contest.
- 136 Cook With...Chile Peppers!** • Enter this issue's secret-ingredient challenge for a shot at a \$500 prize.



112



31

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Recipe Index

APPETIZERS, SNACKS AND DIPS



104 Buffalo Wings



108 Caribbean Chicken Wings



119 Garlicky White-Bean Dip



89 Garlic Yogurt



106 Grilled Vietnamese-Style Chicken Wings



107 Hot Wings with Blue Cheese-Yogurt Sauce



95 Maple-Oatmeal Scones



119 Spicy Aioli



109 Spicy Fried Wings



103 Super Bowl



118 Sweet-and-Spicy Kettle Corn



118 Tangy Mignonette Sauce



114 Team Potato Skins



108 Tequila-Lime Wings



105 Uncle Bubba's Wings



124 Venezuelan Empanadas



118 Wasabi Cocktail Sauce

SOUPS AND STEWS



58 Almost-Famous Broccoli-Cheddar Soup



78 Chile-Chicken Posole



93 Roasted Butternut Squash Soup and Curry Condiments



85 Shrimp and Chicken Etouffée



56 Steak Fajita Chili



51 Tortilla Soup



74 Vietnamese Noodle Soup



57 White Chili with Quick-Roasted Garlic

SANDWICHES



119 Mini Pastrami Sandwiches



74 Patty Melts



48 Sloppy Joes



72 Tofu Parmesan Subs

PASTA, GRAINS, ETC.



73 Crustless Spinach Quiche



95 Lemon Pasta with Roasted Shrimp



76 Pasta with Escarole



61 Turkish Dumplings

FISH AND SEAFOOD



78 Broiled Halibut with Ricotta-Pea Puree



50 Hawaiian Fish Lettuce Wraps



127 Mama Kaye's Salmon Breakfast Croquettes



61 Oatmeal-Crusted Trout



72 Scallops with Citrus and Quinoa



MEAT AND POULTRY



49 Asian Chicken Salad



76 Chicken and Bean Burritos



89 Chicken Pot-au-Feu



91 Duck with Figs and Port



77 Lamb Chops with Fennel and Tomatoes



77 Oven-Fried Chicken



75 Pork Tenderloin with Eggplant Relish



73 Sausage and Kraut



75 Smoked Turkey and Black-Eyed Pea Salad



127 White House Kitchen Garden Herb-Roasted Chicken with Braised Greens

This dish is an Obama family favorite!

VEGETABLES AND SIDES



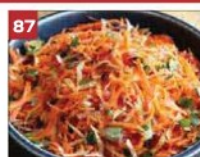
79 Balsamic-Glazed Squash



79 Beans Marinara



91 Braised Cabbage



87 Carrot-Coconut Salad



87 Chickpea and Cauliflower Curry



79 Fennel-Cabbage Slaw



79 Gingered Pears and Parsnips



87 Indian Flatbreads



89 Moroccan Couscous



79 Mushroom Ramen



79 Roasted Rutabaga



84 Toasted Rice

DESSERTS



120 Baked Vancovers



85 Bourbon Praline Cake



65 Chocolate-Peanut Brittle Cupcakes



99 Chocolate Truffles



66 Coconut Cupcakes with Chocolate and Almonds



67 Crunchy Chocolate Malt Cupcakes



64 Mini Peanut Butter Cupcakes



63 Mint Patty Cakes



60 Oatmeal-Banana Parfaits



63 Peanut Cupcakes with Nougat-Chocolate Frosting



97 Red Velvet Whoopie Pies



134 Turkish Coffee Pots de Crème

DRINKS



85 Brandy Crusta



85 Sazerac



120 The Gold Medal



85 Vieux Carré

Try this contest-winning dessert.

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Ted Allen
Chopped
pg. 33



Sunny Anderson
Cooking for Real
pg. 108



Brian Boitano
What Would Brian Boitano Make?
pg. 117



Alton Brown
Good Eats With Alton Brown; Iron Chef America
pg. 104



Anne Burrell
Secrets of a Restaurant Chef; Worst Cooks in America
pgs. 24, 34



Melissa d'Arabian
Ten Dollar Dinners With Melissa d'Arabian
pgs. 24, 57



Paula Deen
Paula's Best Dishes
pg. 105



Guy Fieri
Diners, Drive-ins and Dives; Guy's Big Bite
pgs. 24, 108



Bobby Flay
Grill It! With Bobby Flay; Iron Chef America; Throwdown With Bobby Flay
pg. 107



Tyler Florence
Tyler's Ultimate
pg. 24



Jose Garces
Iron Chef America
pg. 28



Ina Garten
Barefoot Contessa; Back to Basics
pg. 92



Duff Goldman
Ace of Cakes
pg. 36



Alex Guarnaschelli
Alex's Day Off
pg. 35



Ellie Krieger
Healthy Appetite With Ellie Krieger
pg. 48



Emeril Lagasse
Essence of Emeril
pgs. 106, 128



Sandra Lee
Sandra's Money Saving Meals; Semi-Homemade Cooking With Sandra Lee
pg. 43



Beau MacMillan
Worst Cooks in America
pg. 34



Aaron McCargo, Jr.
Big Daddy's House
pg. 56



Pat and Gina Neely
Down Home With the Neelys
pgs. 38, 109



Aarón Sánchez
Chefs vs. City; Chopped
pg. 24



Michael Symon
Iron Chef America
pg. 55



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pg. 108



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What Would Brian Boitano Make?
pg. 117



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pg. 104



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Secrets of a Restaurant Chef; Worst Cooks in America
pgs. 24, 34



Melissa d'Arabian
Ten Dollar Dinners With Melissa d'Arabian
pgs. 24, 57



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Paula's Best Dishes
pg. 105



Guy Fieri
Diners, Drive-ins and Dives; Guy's Big Bite
pgs. 24, 108



Bobby Flay
Grill It! With Bobby Flay; Iron Chef America; Throwdown With Bobby Flay
pg. 107



Tyler Florence
Tyler's Ultimate
pg. 24



Jose Garces
Iron Chef America
pg. 28



Ina Garten
Barefoot Contessa: Back to Basics
pg. 92



Duff Goldman
Ace of Cakes
pg. 36



Alex Guarnaschelli
Alex's Day Off
pg. 35



Ellie Krieger
Healthy Appetite With Ellie Krieger
pg. 48



Emeril Lagasse
Essence of Emeril
pgs. 106, 128



Sandra Lee
Sandra's Money Saving Meals; Semi-Homemade Cooking With Sandra Lee
pg. 43



Beau MacMillan
Worst Cooks in America
pg. 34



Aaron McCargo, Jr.
Big Daddy's House
pg. 56



Pat and Gina Neely
Down Home With the Neelys
pgs. 38, 109



Aarón Sánchez
Chefs vs. City; Chopped
pg. 24



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cupcakes on
page 62.



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Game on!

I probably shouldn't admit this publicly but I'm the world's worst sports fan. I never know who's playing in the Super Bowl or the World Series or the NBA Championships. I went to the University of North Carolina and didn't attend a single basketball game. But I've always loved Super Bowl Sunday. I love it because it's a great excuse to throw a party, but more so because it's the day when everyone caves in on the New Year's diet and eats big—like, *holiday*-big—again.

When we were planning this issue, we had no problem coming up with ways to blow those resolutions. We might have gone overboard this year, but between the Super Bowl on February 7 and the winter Olympics starting February 12, we figured you could use all the finger-lickin', chip-dippin' recipes we could fit into a single issue. We have piles of wings (page 104), 50 party dips (page 112) and 32 potato skins, based on every team in the NFL (page 114). Turns out that along with being really tasty, the recipes are a great way for clueless folks like me to get acquainted with America's football teams.

On top of all the indulgent party food, we threw in chocolate truffles (page 98) and cupcakes

(page 62), too, because Valentine's Day is right around the corner—not that we needed an excuse. The cupcakes are a sweet-freak's dream: Each one was designed to taste like a popular candy bar.

The resolution diets? We didn't forget them at all. In fact, we had a little fun dropping calories from this issue, especially when we asked dietitian Ellie Krieger to turn favorite fast-food meals into healthful dinners. I'm not sure what was harder for her: walking into KFC and ordering a value meal or figuring out how to lighten the thing up. You can see the results, and pick up some of Ellie's smart cooking tips, on page 48.

Chefs in Food Network Kitchens also did their part to keep our jeans fitting this year. Every weeknight dinner in this issue has less than 600 calories. And if I hadn't told you this, you never would have known; the recipes are as tasty as ever.

Maile

Maile Carpenter
Editor in Chief

Think you know football? Take our game-day food quiz!

Super Bowl Pop Quiz

1. Which Food Network star is a hard-core Oakland Raiders fan?



A
Bobby Flay



B
Guy Fieri



C
Sunny Anderson



D
Emeril Lagasse

ANSWER B: GUY FIERI
Check out his winning wing recipe on page 108.

2. Americans consume 81 million pounds of this game-day snack every year:



A
Chex Mix



B
Potato chips



C
Nachos



D
Peanuts

ANSWER A: CHEX MIX
Find a cool way to serve it at your Super Bowl party on page 103.

3. The first Super Bowl was in 1967, 13 years after the invention of this dip:



A
Queso



B
Guacamole



C
Onion



D
Spinach-Artichoke

ANSWER C: ONION
Find this and 49 other dips in our booklet on page 112.

4. Toasted Ravioli is a fan favorite at which NFL team's stadium?



A
Cincinnati Bengals



B
Green Bay Packers



C
Philadelphia Eagles



D
St. Louis Rams

ANSWER D: ST. LOUIS RAMS
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We Hear You...

You had **plenty to say** about our flu-fighting cookies and healthy dishes for kids.

our daughter made the Corn on the Cob Cake ["Sweet Ideas," October 2009] and entered it in the county fair. She received first place!

Keith and Olivia Wendel, Sardinia, OH



I love hush puppies, but because they are usually fried, I don't eat them very often. That's why I was so excited to see the Deen brothers' recipe for **Baked Hush Puppies** ["All-Star Sides," November 2009]. They were wonderful and will become a much-made dinner treat for my family.

Diane Koch
Nixa, MO

I am 16 years old and I absolutely love this magazine. I tried out the **Three-Cheese Macaroni** ["Lighten Up," October 2009] and my entire family loved it. It may become a household staple. It feels good to know this dish is healthy, too.

Lauren Owen
Indianapolis

Thank you for Melissa d'Arabian's healthful kid-friendly recipes ["It's a Win-Win," October 2009]. My son has sensory issues and getting him to eat meat and vegetables is a struggle. I made Melissa's **Magic Fruit-and-Veggie Cupcakes** and **Cheesy Stuffed Shells**—both were a hit!

Rhianna Duquet
Warwick, RI

Thank you for your article "**Good Eats: Behind the Scenes**" [November 2009]. It was fascinating to learn how Alton Brown's crew creates each show and the comedic skits, and the photographs of the set helped satisfy my curiosity about how the scenes are shot. All in all, I have a new appreciation for the show's creativity.

Jonathan Lee
Santa Rosa, CA



I am a student at the University of Michigan and I have already been sick twice this school year.

I saw your **Flu-Fighter Cookies** [October 2009]

and just had to try them. I can feel myself getting better already.

Kyle Kiesel
Ann Arbor, MI

I had seen **soufflés** in restaurants but was never entirely sure how to make one. So when I came across your how-to with wonderful pictures ["Soufflé for Supper," November 2009], I gave it a try. The results were fantastic.

Laura Thomas
White Sulphur Springs, MT

I couldn't wait to taste **Guy Fieri's Homemade Chorizo** ["Try This at Home: Sausage," October 2009]. It was amazing. I had to buy a bag of casings that was enough for 100 pounds of meat. Now I need more sausage recipes!

Donna Kuhlman
Battle Ground, WA

Need to put all those casings to good use? Guy's homemade chorizo will taste great in our **Shrimp and Chicken Étouffée** (page 85) and on our **Tex-Mex potato skins** (page 115).

I enjoy the magazine but I was concerned about the article "You Can Eat More Than Ever This Thanksgiving" [Food News, November 2009]. **In an obese nation, this seems inappropriate.**

Barbara Paul-Holmes
Montgomery, NY

If it's healthy recipes you're looking for, check out this month's **Weeknight Cooking** (page 71)—every meal has less than 600 calories.

I just received the November issue. With the triple cover, I almost feel like I got three different issues in one.

Chris Mergener, Grand Haven, MI



I made **Mary Alice's Hoagie Dip** ["Duff's Time-Out," October 2009] for my parents' 50th-anniversary party. Everyone asked for the recipe. My son even asked me to make a bowlful every week, so he can put it on a roll for lunch.

Dawn Olsen
Commack, NY

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Arnold Sandwich Thins	Calories	Fiber	Fat
	100	5g	1g



You Asked...

Food Network stars answer your burning questions.



Tyler, I enjoy your recipes, but I don't like to drink or cook with alcohol. So many recipes call for wine or beer. Is there an alternative?

Dara Wilson
Houston

In many dishes, most of the alcohol actually burns off during the cooking process. So if it is the actual alcohol content you're worried about, you can take that into consideration. But if you want to avoid alcohol altogether, just stick to recipes that don't call for it. You can also try substituting chicken stock for white wine when you're deglazing the pan.

—Tyler Florence



Anne, on one of your shows you used a gadget to help you remove the skin from boiled potatoes. The tool fit on top of a bowl and it had a hand crank that you turned. What was it and where can I get one?

Jaime Dunbar
Waldorf, MD

It's a food mill and you can find one at any restaurant-supply or kitchen store. It's great. I use mine whenever I'm working with canned or whole plum tomatoes. That way I can get all the juice, pulp and the big money stuff from the tomatoes. A food mill is also great for making celery root or potato puree or a butternut squash soup. I gave one to my parents for Christmas a few years ago.

—Anne Burrell



Aarón, I love *Chefs vs. City*. You and Chris Cosentino are hilarious. Were you friends before the show?

Read Flusser
New York City

Chris and I met while taping *The Next Iron Chef*. We have similar views on food, so we instantly hit it off. We hang out a lot and go out to eat together all the time—we're like a married couple!

—Aarón Sánchez



Guy, I like your recipe for Dry Aged Prime Rib Roast, but the meat is very expensive. Can I use another cut of beef?

Arlene Whitfield
Shelbyville, IN

Any tender cut of meat will do well in this recipe, but you'll get the best results and a nice deep flavor if you use the beef rib roast. I agree, it is a pricey cut of meat, so I only make this dish for special occasions.

—Guy Fieri



Melissa, how do you balance your work and home life since winning *The Next Food Network Star*?

Emily Anne Hathaway
Kalamazoo, MI

I'm just doing what all working moms across America do when it comes to balancing work and family. I'm lucky, though, because I can keep my work and home life very separate: When I am away taping shows or making appearances, I can focus 100 percent on my job. When I'm at home, I get to leave all that behind and spend time with my family. If I have work to do at home, like recipe developing, I wait until after my kids have gone to bed.

—Melissa d'Arabian

One of Anne's go-to tools is a food mill.



Have a question for a Food Network star?

Write to us at foodnetwork.com/magazine.

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Not having to give up
the things I love?
sweet!



Very Strawberry Shortcake

Strawberry Filling

3 cups sliced fresh strawberries
2 tablespoons SLENDA® No
Calorie Sweetener, Granulated
2 teaspoons balsamic vinegar

Strawberry Filling Directions: Stir together strawberries, 2 tablespoons SLENDA® Granulated Sweetener and balsamic vinegar; let stand 1 hour, stirring occasionally.

Shortcake Directions: Preheat oven to 425 degrees F.

1. Combine biscuit mix and 1/3 cup SLENDA® Granulated Sweetener in a large bowl.
2. Stir together yogurt and vanilla; add to dry ingredients, stirring just until moistened.
3. Turn dough out onto a lightly floured surface, and knead 3 or 4 times. Pat dough to a 1/2-inch thickness. Cut with a 2 1/4-inch round cutter, reusing dough scraps, if necessary. Place shortcakes on an ungreased baking sheet. Bake 12 to 15 minutes. Serve warm with sliced strawberries. Garnish, if desired.

Nutrition Info (per serving) Serving Size: 1 shortcake, 1/4 cup strawberries
Calories 120 | Calories from Fat 5 | Fat 1g (sat 0g) | Cholesterol 0mg | Sodium 350mg |
Carbohydrate 25g | Fiber 2g | Sugar 6g | Protein 4g

Shortcakes

2 1/2 cups reduced-fat biscuit mix
1/3 cup SLENDA® No Calorie
Sweetener, Granulated
1 cup plain fat-free yogurt
1 1/2 teaspoons vanilla extract

Prep Time: 15 Min.
Cooking Time: 15 Min.
Serves: 12

fat-free frozen whipped topping,
thawed (optional)
mint sprigs (optional)



With SLENDA® No Calorie Sweetener you can **forget all the added calories and carbohydrates of sugar**, and still enjoy the sweet side of life. SLENDA® tastes like sugar and can be used just about anywhere sugar is used. And that's why it's **America's Favorite** No Calorie Sweetener.

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Without *Campbell's*® French Onion soup,
it's just a hamburger.



French Onion Burgers

Prep: 5 min. Cook: 20 min. Makes: 4 servings

- | | |
|--|---|
| 1 lb. ground beef | 4 slices cheese |
| 1 can (10 ½ oz.) Campbell's® Condensed French Onion Soup | 4 Pepperidge Farm® Classic Sandwich Buns with Sesame Seeds, split |
1. Shape beef into 4 (½"-thick) burgers.
 2. Heat skillet over medium-high heat. Add burgers and cook until well browned on both sides. Remove burgers from skillet. Pour off fat.
 3. Stir soup in skillet and heat to a boil. Return burgers to skillet. Reduce heat to low. Cover and cook 5 min. or until desired doneness. Top burgers with cheese and cook until cheese is melted. Serve burgers on buns with soup mixture for dipping.

So many, many reasons it's so...**M'm! M'm! Good!**®



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You Need to Know

THIS MONTH



1

Your Valentine's Day dessert is ready for pickup.

If you run out of time to bake for your better half, you're off the hook: A few companies have turned molten chocolate cake, that ever-popular restaurant treat, into a heat-and-serve instant dessert.



Trader Joe's

The specialty grocery chain has added ready-made **Chocolate Lava Cakes** to its freezer aisle. For a cheap date, pair them with a glass of the store's famous "two-buck Chuck" bargain wine. \$3 for two; at Trader Joe's stores



Domino's

You might not score any points for having pizza delivered on Valentine's Day, but you can help your case by adding **Chocolate Lava Crunch Cakes** to the order. They'll show up at your door warm and still gooey in the center. \$4 for two; dominos.com

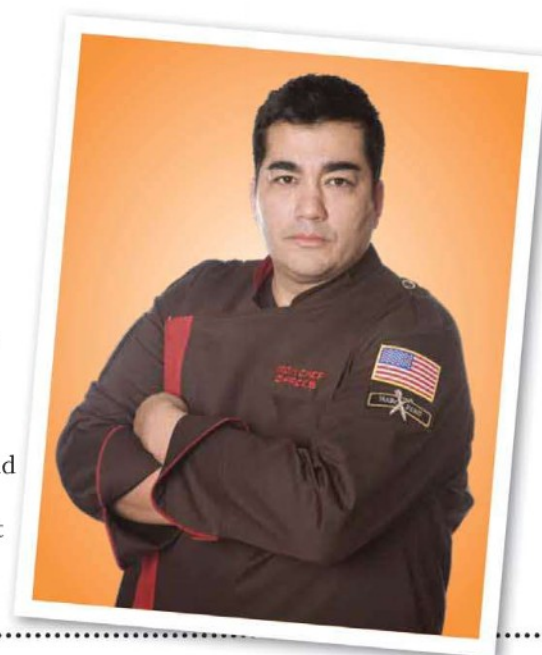


Archer Farms

These **Chocolate Gourmet Lava Cakes** are great for poor planners: The individually wrapped sweets keep for months in the freezer and take only a minute to warm up in the microwave. \$7 for four; at Target stores

2 The newest Iron Chef can keep a secret.

When Jose Garces beat out nine other hopefuls on *The Next Iron Chef* he couldn't celebrate: The Philadelphia-based chef had to keep his win a secret for five long months between the finale's taping and its November airing. It wasn't easy. For his first battles as an Iron Chef, Garces had to sneak into Kitchen Stadium covered in a coat, so nobody would recognize him. During the competition, the chef couldn't even tell most of his family what was going on. After each episode aired, "My in-laws would call and say, 'We thought you were going to get eliminated this week,'" he says. Now that the secret's out, you can check out Garces's first official battle on *Iron Chef America* on January 17 at 9 p.m.



3 Someone's paying for those free grocery store samples. ON DAYS WHEN SAMPLES OF A PRODUCT ARE GIVEN OUT IN A STORE, ITS SALES JUMP BY AN AVERAGE OF 475%.

SOURCE: KNOWLEDGE NETWORKS/PDI



4 A new hot sauce is downright criminal.

Prisoners at the Hillsborough County Jail in Tampa are making something more exciting than license plates these days: They grow the ingredients used to make **Jailhouse Fire Hot Sauce** as part of the jail's extensive horticultural program. The sauce is available in three varieties: Original, Smoke and super-hot No Escape. \$7 each; jailhousefire.org

5 Conversation hearts are getting an update.

When you open up a bag of the iconic **Sweethearts** Valentine's Day candies this year, you'll still find CALL ME, but you'll also see tech-savvy slogans like TEXT ME and TWEET ME. There's no more FAX ME though—that went out of rotation last year.



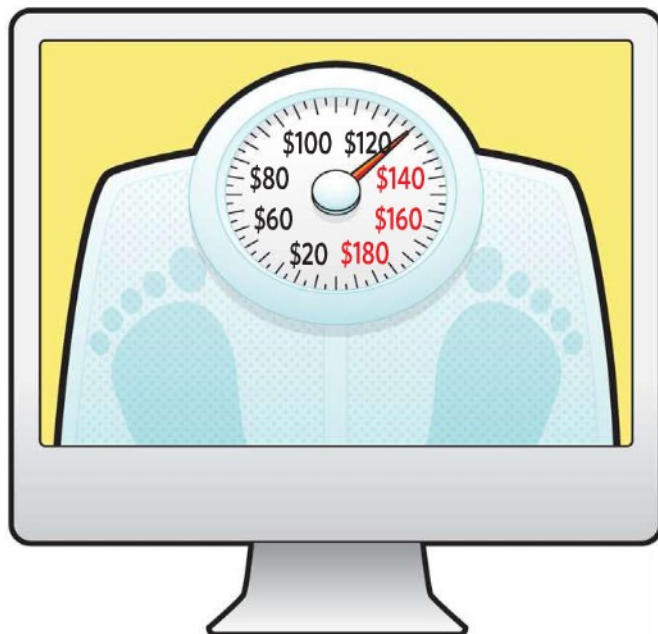
6 You can serve draft beer at home—without a kegerator.

Just in time for the Super Bowl, MillerCoors is rolling out **Home Draft** systems (\$20 for 1.5 gallons; at grocery and liquor stores) for its two most popular beers: Miller Lite and Coors Light. Unlike previous single-use, home-draft kegs, the plastic jugs have a twist-in CO₂ cartridge near the spout that keeps the beer inside fresh for a month.

HOT SAUCE BOTTLES, CANDIES AND BEER: MARKO METZINGER/STUDIO D; HOT SAUCE: ISTOCKPHOTO.

7

New websites force users to shed pounds or pay up.



Fatbet.net

This site's founders believe dieters succeed through competition. Friends sign up, set goals and agree upon a bet. Money is typically wagered, but you can also make bets that force losers to wash cars or perform karaoke for the winners. The free site doesn't handle the bets, it just provides weight-loss tracking tools. It's up to you to keep your pals honest.

Makemoney losingweight.com

This free site challenges you to "bet your mass off" by setting up betting pools among friends or strangers. If you hit your target weight before your peers do, you win the pot. (It's all on the honor system.) Founder James Rosen says users are taking things very seriously: "We've seen high-stakes pools in law offices—thousands of dollars."

Stickk.com

When this site's users fail to meet their predetermined goals, they can donate to charities or, as punishment, give to "anti-charities," groups that support views contrary to those of the users. So Democrats can choose an anti-charity that supports George W. Bush's library, and Republicans can agree to fund Bill Clinton's—plenty of motivation to shed a few pounds.

—NICK OBOURN

8

THOUGH VALENTINE'S DAY IS THE BUSIEST RESTAURANT NIGHT OF THE YEAR, **65% of Americans say they eat in.**

SOURCE: NATIONAL RESTAURANT ASSOCIATION

9

You can count calories by looking at your receipt.

You can't ignore your caloric intake these days: Chain restaurants in cities like New York and Philadelphia are required to list calorie content on their menus, and now several West Coast chains are voluntarily printing nutritional data on customer receipts. The info on the receipts is more detailed than what's on the menus: Total calorie and fat counts are adjusted for special orders, so you know exactly what you're getting.



10

The latest buzz in beverages: low-energy drinks.

Beverage companies have made a fortune on energy drinks, and now they're selling relaxation, too.



ViB

The name is short for "Vacation in a Bottle," and the makers promise the drink's mood-enhancing amino

acids will give you that don't-worry-be-happy feeling in no time.

\$2 for 12 ounces; drugstore.com



Blue Cow

The developer of this lemony drink claims that its passionflower and L-theanine

(derived from green tea) will calm you down and promote focus.

\$24 for a dozen 10-ounce bottles; amazon.com



Drank

The label on this fizzy grape drink warns that it may cause drowsiness.

No wonder: It contains melatonin and valerian root, ingredients often found in sleep aids.

\$2.50 for 16 ounces; at 7-Eleven stores

—DANIELLE McNALLY

START



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In the Know

Try a **meaty cocktail**. Then, check out some fast-food makeovers and take a tour of the Neelys' home kitchen.

To make bacon-infused liquor, combine 4 to 5 tablespoons **rendered bacon fat** with a 750 ml bottle of **bourbon** or **vodka** in a widemouthed, airtight container. (Save the bottle.) Cover and infuse at least 8 hours at room temperature; freeze overnight. Strain and pour back into the bottle. Drink on the rocks or in a cocktail. Liquor will keep for 6 months.

Meat for a Drink

Bartenders across the country are mixing cocktails with meaty flavors, so carnivores can get their fix before dinner even hits the table. At Seattle's Tulio (1100 5th Ave.; tulio.com), chef Walter Pisano found inspiration in a classic Italian appetizer: He garnishes honeydew-infused grappa with **prosciutto-wrapped melon**. In Alexandria, VA, the speakeasy-style bar PX (728 King St.; 703-299-8385) serves a **B.L.T.** cocktail made with bacon-infused vodka, tomato water and frozen lettuce juice. And at Chicago's Nacional 27 (325 W. Huron; n27chicago.com), mixologist Adam Seger infuses cognac with Spanish ham, then adds lime juice, honey and a crisp manchego cracker garnish—it's like **ham and cheese** in a glass.

PHOTO: CHARLES MASTERS; FOOD STYLING: VIVIAN LUI.



Flat and Happy

Save precious cabinet and counter space with some **new slimmed-down tools**.



You no longer have to choose between cluttered cupboards and soggy greens: This **Collapsible Salad Spinner** goes from five-and-a-half inches tall to less than three. \$30, Progressive; walmart.com



With both fine and coarse blades, the **Fold Flat Grater** collapses to a mere half inch, perfect for a drawer or cramped dishwasher. \$25, Joseph Joseph; nest-living.com



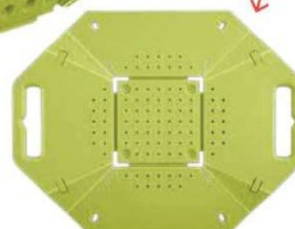
Bulky utensils always cause problems in the tool bin, but this **Potato Masher** folds flat, so it's as easy to store as a spatula. \$20, Prepara; surlatable.com



Fully expanded, the **SleekStor Measuring Cup** holds two cups of liquid, but pop in the silicone base and flip up the handle and it disappears into a utensil drawer. \$10, Chef'n; chefsresource.com



The **Perfect Temp Food Warmer** is big enough to hold four dinner plates or two two-quart casseroles, but it also folds down to just five inches tall. \$200, Salter; broadwaypanhandler.com



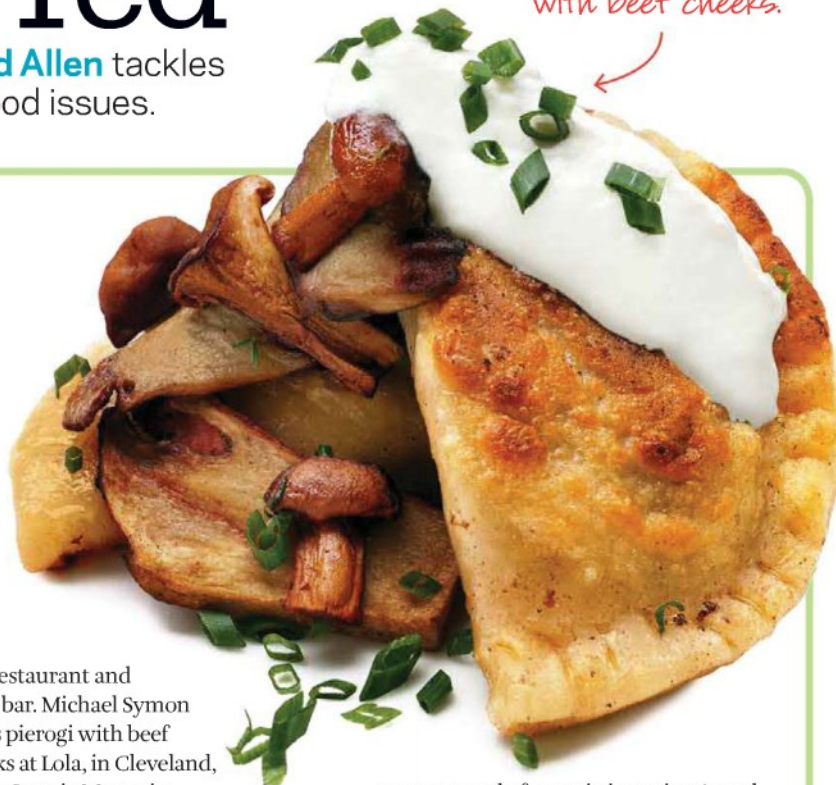
Unlock the sides of this sturdy **Folding Colander** to flatten it, and you can store it right next to cutting boards and baking sheets. \$20, Joseph Joseph; amazon.com



Ask Ted

Chopped host **Ted Allen** tackles today's hottest food issues.

Michael Symon's pierogi are stuffed with beef cheeks.



Why are so many chefs suddenly pushing us to eat the weird parts of animals?

A: In my line of work, you eat things that people consider a little, well, strange. As a judge on *Iron Chef America*, I've savored clam flan, raw lobster and sea urchin. Most memorably, I was once served half a squab brain, presented in the deceased bird's head, sawed neatly down the middle. I've dutifully tasted everything—even *that*—always trying to keep an open mind and usually finding the dishes to be delicious.

But like most people, I still get uneasy about the animal parts known euphemistically as “variety meats.” I’m talking about organs, entrails, snouts, hooves—in a word, “offal,” the stuff American butchers have typically hosed off the slaughterhouse floor.

Over the last couple of years, these cuts have emerged as the hottest ingredients in fine dining. At his eponymous restaurant in Chicago, Graham Elliot Bowles serves kung pao sweetbreads (sautéed thymus gland). And you can order braised tripe (cow stomach) covered with sautéed onion, tomato sauce and breadcrumbs at San Francisco's

A16 restaurant and wine bar. Michael Symon stuffs pierogi with beef cheeks at Lola, in Cleveland, while Osteria Mozza in Los Angeles, co-owned by Mario Batali, has trotters (pig's feet) *and* testa (head meat) on its menu.

I asked my organ-loving Food Network colleague Chris Cosentino,

“Giving offal cuts to a chef is like giving a painter more colors.”

—chef Chris Cosentino

costar of *Chefs vs. City*, what gives. “It’s funny that it has been OK to eat one end of the animal and not the other,” says Cosentino, the chef at San Francisco's Incanto, where he'll proudly serve you beef heart tartare. “Why is it OK to eat a rump roast, but not OK to eat a heart muscle?” he asks.

Much of the rest of the world certainly thinks it is OK: Mexicans cherish tripe soup; the French love their sweetbreads and andouillette (a strong-smelling

sausage made from pig intestines); and beef tongue is an old-world Jewish classic. But in the United States, at least since the end of World War II, nearly half the animal has typically been tossed, exported or used in pet food.

Now, more chefs are discovering that when cooked properly and given a modern twist, *Fear Factor* ingredients can produce elegant, delicious dishes. Still a little skeptical? So was I until recently. At the Pebble Beach Food & Wine festival last April, Cosentino served me a foie gras and rabbit kidney canapé. That may sound scary, but it looked beautiful. And it was the best dish there.

“Giving offal cuts to a chef is like giving a painter more colors,” Cosentino says. “You still have that original flavor of beef or pork, but you're introducing new textures, more intense flavors.”

Does that mean I'm ready to order Cosentino's “lamb fries,” which aren't fries at all—and can only come from a, gulp, *male* lamb? Maybe not quite yet.

Oops!

Anne Burrell and Beau MacMillan, cooking coaches on the new show *Worst Cooks in America*, and some chef pals dish about their own **kitchen bloopers**.

"I was working at Savoy in New York—it was my first job where I got to write my own menu. One night, I decided to do a seared duck breast with persimmon sauce. I had these persimmons that were absolutely unripe, and I didn't know that unripe persimmons will freak out on you. While I was cooking them, I went downstairs to get something and when I came back, they had turned from a beautiful orange color to a chalky gray! I had to change the entire sauce 20 minutes before service. I haven't tried to do anything with persimmons since."

—Anne Burrell, co-host,
Worst Cooks in America; host,
Secrets of a Restaurant Chef

"When I was 23, I was the executive sous chef at a multimillion-dollar restaurant in Boca Raton, FL. On New Year's Eve, the front of the house made so many reservations, they just buried the kitchen. We couldn't turn tables fast enough. There was almost a riot. Around 11:30, I bought beers for the kitchen crew just to keep everyone from walking out. We were still serving dinners at 1:30 in the morning—I think I was there until 3:45."

—Beau MacMillan, co-host,
Worst Cooks in America; executive chef,
Sanctuary on Camelback Mountain,
Paradise Valley, AZ



See Anne Burrell and Beau MacMillan turn around helpless home cooks on *Worst Cooks in America*, premiering January 3 at 10 p.m.



"On my first day at Mugaritz restaurant in Spain, I had to cook dinner for about 40 people. The ovens were all in centigrade and I was used to Fahrenheit. I thought I knew the conversions, but I didn't: I made chicken, and it was all undercooked. Everyone took one bite and said, 'This is raw. This is inedible.' That was my chance to make a first impression, and it took a long time to outgrow that."

—Seamus Mullen
Boqueria, New York City



"It was the first night at the restaurant, and we were opening at 5 p.m., so we planned to put our staff meal out at 4. We decided to cook burgers and we didn't

realize the hood had stopped working. The entire restaurant filled up with smoke, the fire alarm went off and soon we had a huge fire truck parked outside. Our 5 p.m. guests were arriving as the firemen were on their way out—and they had some questions."

—Derek Morgan
D. Morgan's, Cartersville, GA



"I was at a restaurant called Different Pointe of View in Phoenix—we had just gotten our four-diamond rating. I was charging up and down the line, barking at some of the cooks, when one of our ranges caught my pocket and ripped my pants open. My whole right butt cheek was exposed. The rest of the night, I had to wear an apron on the front and an apron on the back."

—Dominic Zumpano
Umami Moto, Milwaukee

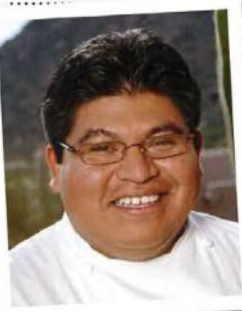
"I was a chef at Nobu in Aspen, CO, and it was the first time I met Nobu Matsuhisa himself. I was so nervous. We were making pickles, and he kept saying, 'More salt, more salt,' and I kept giving it to him. I tasted the pickles, and suddenly I realized I had been giving him sugar. Finally, he shook his head and said, 'Something's not right.' He left the kitchen, and I dumped everything out and fixed it before he came back. I guarantee he knew what had happened, but he never said anything. That, I will remember forever."



—Akira Back
Yellowtail, Las Vegas

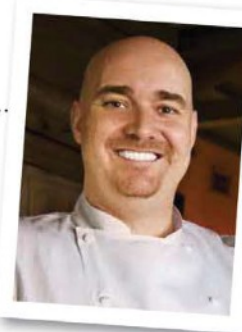


Wait a second, that's not salt...



"It was my third month at the Four Seasons. I was prepping for a fund-raising event, getting my sauces and meats ready, when I picked up my little hand blender and accidentally pushed a button on it and cut two of my fingers down to the bone. Security took me to the ER, and they finished stitching up my fingers 30 minutes before the event. I kept the sleeve of my jacket pulled down all night."

—Mel Mecinas,
Talavera at the Four Seasons,
Scottsdale, AZ

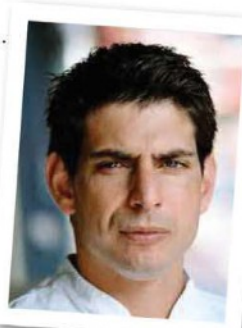


"I was working as a pastry chef at La Patisserie in London, and we made baked goods for high-end stores like Harrods and Harvey Nichols. One day, after individually hand-rolling and baking a batch of 3,000 croissants, I realized I'd forgotten to add salt to the dough. The croissants didn't brown and they tasted vile! We had to cancel all of our orders, and I was told I'd be fired if I screwed up again."

—Lee Hillson
Royal Palms Resort and Spa, Phoenix

"In 1994, I was a cook at Symphony Cafe in New York City. I was just starting out. The chef told me to make veal demi-glace and lobster bisque, so the night before, I made the stock for both sauces. Then I came in the next day and grabbed the lobster stock to make the veal sauce. The chef literally beat me up."

—Joey Campanaro
The Little Owl, New York City



"I had just been promoted to sous chef at Daniel Boulud's New York City restaurant Daniel, so the pressure was on. I spent three days working on a chilled seafood soup with tiny squares of green and purple basil, still one of the most beautiful things I've ever made. I ladled it into 350 small bowls and put them in the fridge. But when I went to grab a cold salad dish that was also in the fridge, it shattered on the internal fan, sending tiny pieces of chipped plate into my perfect little soup—I obviously couldn't serve it. There were 30 minutes until service, so I spent seven of them on a teary meltdown and the other 23 making a passable-but-unremarkable focaccia and tomato appetizer."

—Alex Guarnaschelli, host, *Alex's Day Off*;
executive chef, Butter, New York City



"When I was a sous chef at The Venetian in Las Vegas, I flew cross-country to prepare two dinners at the James Beard House in New York City—a chance to show my best to a

roomful of chefs and writers. Of course, the seven giant boxes I'd shipped, filled with food I'd spent hours preparing, never got there. I ended up driving around to different stores, replacing all of my ingredients and tools—and wound up spending \$9,000 on the dinner."

—Bradford Thompson
culinary consultant, New York City



Ace of Bass

When people call **Duff Goldman** a rock-star baker, they mean it: He's as fired up onstage as he is in the kitchen.

PHOTOGRAPHS BY MARK PETERSON

Left: Duff performs at the Atlantic City House of Blues.

Below: Members of the band ...soihadto... (clockwise, from top left): Rahn (guitar), Yungwirth (guitar), Duff (bass) and Honus (drums).



It's 20 minutes before showtime, and Duff Goldman has stage fright. In spite of being watched by millions every week on his Food Network show, *Ace of Cakes*, he's worried about performing in front of the more intimate crowd of 1,900 fans who have come to see his band ...soihadto... (pronounced "so I had to") at Atlantic City's House of Blues. "When I turn on the amps, I'm a bass player," he says. "I'm not that cake guy anymore."

Duff's bandmates see it differently: They say he has serious female *Ace of Cakes* fans who follow him from the TV show to these live gigs; after one, some even screamed and pulled at the Baltimore baker's shirt as if he were a Beatle. Before going onstage, the guys down a few Yuengling beers and tease Duff about his celebrity status. "We have a television star in the band, which we realize is an odd situation," says Honus, the drummer (the band members prefer to go by one name). "There are only a couple of bands like this that come to mind—Russell Crowe's band...and Keanu Reeves's."

REDUX

Duff joined the band nine years ago, after responding to a classified ad in the paper.



Duff's the Keanu of our group," Honus jokes. Duff shoves him in protest, shouting, "I am NOT the Keanu!"

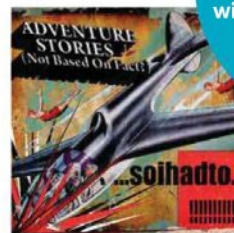
Duff, who taught himself to play bass at the University of Maryland, Baltimore County, in 1994, just wants to give everyone—*Ace of Cakes* fan or not—a good show. The crowd, mostly tattooed and dressed in black, sways to the lyric-less music from the band's new album, *Adventure Stories (Not Based on Fact?)* (Grape Juice Records), which hits stores February 2.

To perfect their songs, Duff and his three bandmates practice at least five hours a week in the Charm City Cakes basement. "I used to live above the bakery, work there

all day and practice below at night," Duff says. "I didn't leave the building for days at a time. I was pulling my hair out, even though I don't have any." He no longer lives upstairs, but the basement is still the band's home—it's convenient when Duff needs to run upstairs to resuscitate a collapsing cake. And the guys don't mind the interruptions, because they get a chance to sample the bakery's newest concoctions. "That's how I tried the pumpkin chocolate chip," says Yungwirth, one of the guitarists. "It was the most delicious, flavorful cake I've ever had. It's going to be my wedding cake!" That is, if Duff can get a night off from band practice to bake it.

The band plays to a crowd of 1,900!

WIN IT!
We're giving away 20 autographed copies of the band's new album. Enter to win one at foodnetwork.com/magazine. For details, see page 14.



Star Kitchen

Pat and Gina Neely look at home on their TV show for a reason: They film *Down Home With the Neelys* right in their own kitchen.

PHOTOGRAPHS BY MIKI DUISTERHOF

Pat and Gina Neely never intended to turn their home into a full-on TV studio: They started out taping *Down Home With the Neelys* in a rental house, but the place sold after the first season. “The real-estate agent used the show as a selling point,” Gina says. So in 2008, the couple bought a new house in suburban Memphis, and they made sure it was camera ready. Now, five times a year, 28 crew members show up here for two weeks, rigging lights and taping extension cords to the floor. “It’s chaos. You just have to tune it out,” Gina says. Of course there are advantages to working at home: They can retreat upstairs during breaks. “You can’t beat taping at home. It feels so natural,” Pat says. After the crew packs up, things return to normal—eventually. “It takes me a day or two to get everything back together,” Gina says. Once the place is in order, the couple goes back to cooking, without the audience. “We eat in a few nights a week,” Pat says. “One of the biggest misconceptions is that we don’t cook at home because of all that cooking on TV. But we really do.”

TV-FRIENDLY COLORS

When Pat and Gina moved in, they did the unthinkable: They tore out dark walnut cabinets and brand-new marble counters and put in these cream cabinets and lighter marble counters instead. “I loved the cabinets that were in here,” Gina says, “but we needed colors that would pop on camera.”

PIG CORNER

Gina collects pig figurines, but only a few get to stay out during filming. She keeps the rest in her “pig parlor” in the next room. “I wanted a big pig head on the backsplash,” she says. “But the producers said, ‘No, ma’am, not on TV!’”

YEAR-ROUND GRILL STATION

Winters in Memphis are chilly (39 degrees is the average January temperature), so Pat installed an indoor flattop griddle and a commercial ventilation hood. "It's like, *woooooosh!* when you turn it on," Gina says. "It really clears out the house."

SENTIMENTAL FAVORITE

Pat and Gina, who married 16 years ago after reuniting at their high-school reunion, have moved this sign from home to home over the years. "I've had it forever," Gina says. "I built the whole kitchen around it."

HANDPICKED STONES

Fieldstone covers the front of the couple's built-in island. "I saw this idea in a magazine and loved it," Gina says. "We picked out each individual stone from a quarry in the middle of summer."

PROP STYLING: MARCUS HAY; HAIR: KIM GREEN; MAKEUP: KRIS JOHNSON

Turn the page to get the Neelys' look. ➔

Get the Look

Pick up some of the Neelys' finds for your own kitchen.



The Neelys are big entertainers, so they have a double oven and a **Double Drawer Dishwasher**. Prep dishes go in one drawer, while the other stays free for post-dinner cleanup. Architect Series II, \$1,699; kitchenaid.com for stores

Gina uses empty **glass vases** for fruit. You can do the same with this one. \$30; joann.com for stores



Pat and Gina's daughters, Spenser, 21, and Shelbi, 15, hang out on **Kyoto Counter Stools** while Mom and Dad cook. "They tell us about their day. It's a bonding experience," Pat says. \$170 each; dwr.com



Fans are always asking Gina where she got her **Piglets Canister Set**. "It was a housewarming gift from one of my girlfriends," she says. \$20; collectionsetc.com



The couple has a built-in island and another one on wheels, similar to this **Cooks Lonestar Cart**. "I chop right on it, so I don't have to get out my cutting boards," Gina says. \$300; jcpenney.com

CANISTERS AND VASE: MARKO METZINGER/STUDIO D.

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Sandra's Home Away From Home

Sandra Lee shows us how her crew turns a suburban rental house into a bustling TV soundstage.

PHOTOGRAPHS BY MARK PETERSON

It's the question Food Network stars are asked again and again: "Is that your real kitchen?" The answer is "yes" for some, like Ina Garten and the Neelys. Others, like Guy Fieri and Rachael Ray, shoot on soundstages designed to look like home kitchens. For her new show, *Sandra's Money Saving Meals*, host Sandra Lee does something in between: She shoots her show in a rented house in Stamford, CT—in a real kitchen, yes, just not *her* real kitchen.

Before production started last January, executive producer Craig Anderson lobbied to film the show in a real house rather than a studio. (Sandra's other series, *Semi-Homemade Cooking*, was filmed on a soundstage in Brooklyn.) "Natural light gives the kitchen a realistic look on-screen," Anderson says. "Plus, being in a real house, rather than some dark set, brings up everyone's energy."

But Anderson and his team had to find just the right spot: a home for rent with a bright white kitchen, stainless-steel appliances, a convection oven, a five-burner stove and an island with a cooktop. And ideally, it needed to be in the Stamford area, a quick drive from Sandra's real home in Bedford Hills, NY, and an easy commute to New York City, where the crew is based.

The producers contacted local real estate agents and checked out 30 properties before finding this one. It had everything on the wish list, plus

Sandra prefers working in an all-white kitchen and using white dishes. "It's like living in heaven," she says.

Sandra rents this house for her TV show!



“

Filming in a real house means you hear airplanes and trucks. It can interrupt your mojo.”

—Sandra Lee

another amazing amenity—an extra kitchen. The setup would turn most renters off: The main kitchen, where Sandra tapes the show, is on the second floor, while a smaller backup kitchen is on the ground floor, around the corner from the living room. But the layout is perfect for a TV show. Bedrooms become dressing rooms, the living room is used as a control room and the second kitchen means food stylists aren't banished to a makeshift prep area in the garage.

Still, crew members faced the mammoth task of converting the house into a studio. Two days before shooting, they hauled in a dozen overhead lights, created a space to monitor sound and video footage, and swapped out the kitchen's dark Brazilian wood countertops for white marble, which looks better on camera. To protect the carpeting—and their security deposit!—the crew covered floors in thick plastic sheeting for the three-week rental, a look one staffer described as “very CSI.”

There's another drawback to filming in a real home. “You hear airplanes and trucks,” Sandra says. “The audio can get muddy and you might have to reshoot, which can interrupt your mojo.” That doesn't faze her, and neither does the kitchen layout, which is a lot different from the one at home. “If you can cook in one kitchen, you can cook in another,” she says. “Cookin' is cookin'!”

Secrets of the Set

A lot of work goes into getting every episode of *Sandra's Money Saving Meals* on the air.



← PARED-DOWN KITCHEN

The cabinets are almost empty. To make it easy for Sandra to grab tools while the camera rolls, prop stylists stock only the items she needs for that day's episode—plus her BlackBerry, which she scrolls through between takes. The set is also less ornate than her *Semi-Homemade* one. “We wanted a cleaner look since it's a budget-friendly show,” she says.



← COLOR-COORDINATED CLOTHING AND PROPS

Sandra is famous for matching her clothes, food and props on set—a habit that started in the 11th grade, when she worked at a women's clothing store. When the super-perfect class valedictorian came in to get nail polish to precisely match her prom dress and shoes, “I thought, ‘Of course! Everything has to match,’” Sandra says. After she chooses a color scheme for each episode, she shops for a matching blouse with the show's art director, who then takes photos of the outfit to New York City's flower district to find coordinating silk blossoms.





MAKESHIFT STUDIOS
Far left: The family room serves as a giant prop closet for art director Steve Skopick. He uses it to store flowers, food coloring, aerosol icing, plus tubs of fruits and vegetables—real and plastic, in case he needs a pumpkin in July.
Left: Director Jeffrey Kay watches the two cameramen's feeds from an editing suite in the dining room, which has easy access to the kitchen where Sandra films.



STUNT CAKES
 At the end of an episode, Sandra often shows off a cake, but you won't always see her eat it. On days when the cakes need to be prepped in advance, food stylists sometimes ice and decorate a Styrofoam base, which won't lose its shape.



PORTABLE HERBS
 Skopick grows these herbs on his New York City fire escape and carefully transports them to Connecticut. After filming, he shuttles the plants outside to soak up some sunlight.



Crew members eat lunch on this deck, which viewers never see on the show.

What's the key to great nachos?
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Fast-Food Fix

You don't have to give up your drive-through faves: Dietitian Ellie Krieger turned four **fast-food meals** into **healthy dinners**.



Before

McDONALD'S BIG MAC

To satisfy a Big Mac attack minus the supersize guilt, Ellie Krieger broke up the two burger patties and mixed in veggies to turn one sandwich into sloppy joes for four. The beans add lean protein, but "the fast-food taste still comes through," she says. Spread among four plates, the amount of fat per serving drops from 29 grams to just 13.

After

SLOPPY JOES

SERVES: 4

Finely chop the filling of a **McDonald's Big Mac**, including the burger and toppings; reserve the outer buns and discard the center bun. Dice $\frac{1}{2}$ **onion**, 1 **celery stalk**, $\frac{3}{4}$ **bell pepper** and $\frac{1}{2}$ **jalapeño** and mince 2 **garlic cloves**. Sauté in a skillet with 1 tablespoon **olive oil** until soft, 5 minutes. Add the chopped Big Mac filling, $\frac{3}{4}$ cup **red beans**, $\frac{1}{2}$ cup no-salt **tomato sauce**, 2 teaspoons **tomato paste**, 2 packets **ketchup** and $\frac{1}{2}$ packet **hot mustard sauce** and simmer 3 minutes. Spoon onto 4 **hamburger buns**, using the reserved bun and 3 more.

Per serving: **Calories** 310; **Fat** 13 g (**Saturated** 3 g); **Cholesterol** 20 mg; **Sodium** 520 mg; **Carbohydrate** 37 g; **Fiber** 5 g; **Protein** 12 g





Before **KFC TWO-PIECE MEAL**

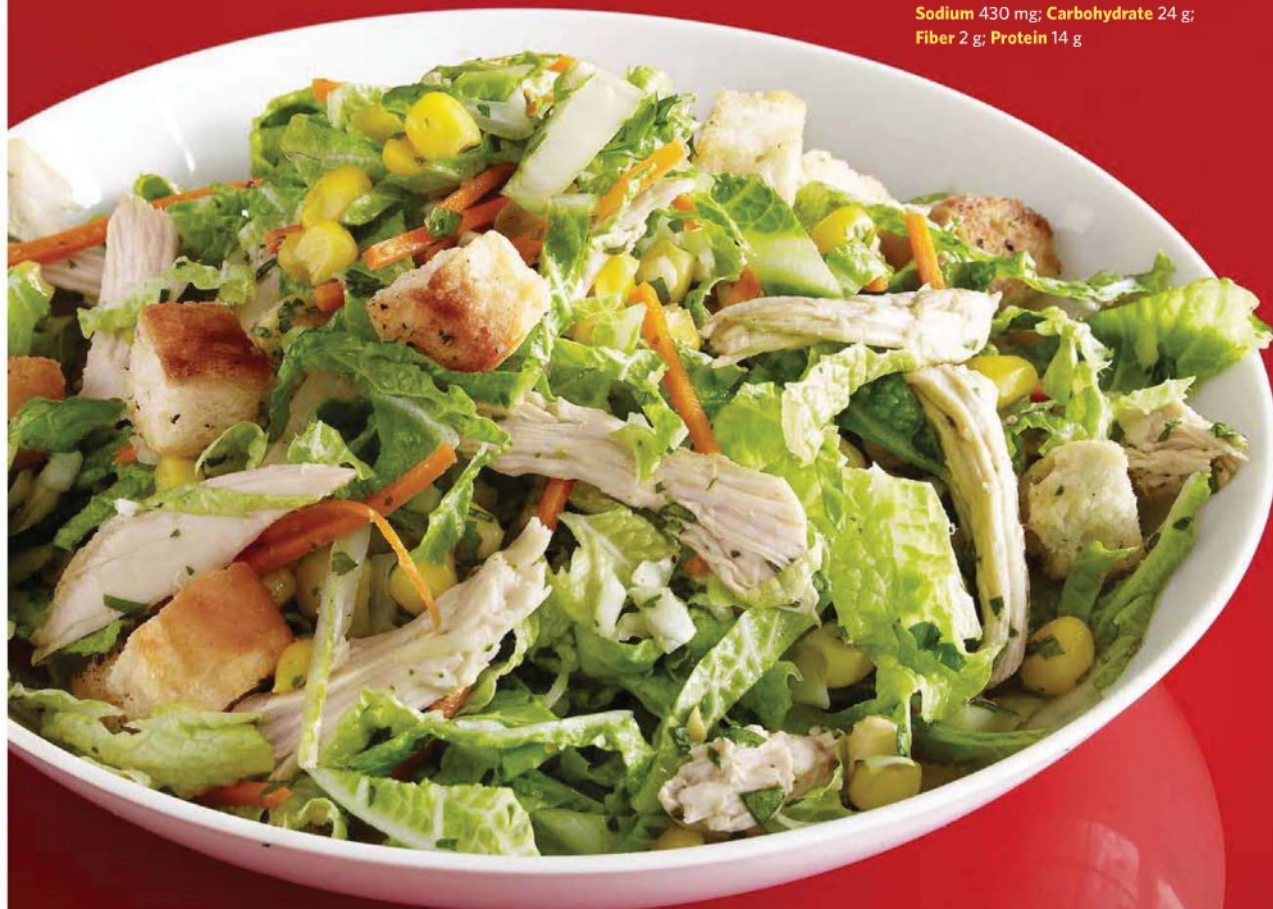
When a fan spotted Ellie buying multiple meals at a KFC to develop this recipe, she joked, "Hey, you're the healthy one....What are you doing here?" Ellie redeemed herself by converting this KFC two-piece meal into a salad for four. The original dinner had 47 grams of fat—almost an entire day's worth. The makeover cuts the fat by 80 percent, while keeping the Colonel's secret herbs and spices.

After **ASIAN CHICKEN SALAD**

SERVES: 4

Discard the chicken skin and shred the meat from a **KFC Breast and Wing Meal** (with corn, coleslaw and a biscuit). Toss the chicken with the corn, coleslaw, 6 cups shredded **Napa cabbage**, 1 shredded **carrot** and $\frac{1}{2}$ cup chopped **cilantro**. Whisk 1 teaspoon **sesame oil**, $\frac{1}{4}$ cup **rice vinegar**, 1 tablespoon low-sodium **soy sauce**, 1 tablespoon **brown sugar**, 1 minced **garlic clove**, 1 teaspoon grated **ginger** and $\frac{1}{2}$ teaspoon **red pepper flakes**, then toss with the salad. Cut the biscuit into cubes and toss with $\frac{1}{2}$ teaspoon sesame oil, and **pepper** to taste. Toast in a 350° oven until crunchy, then sprinkle over the salad.

Per serving: **Calories** 220; **Fat** 8 g (**Saturated** 2 g); **Cholesterol** 30 mg; **Sodium** 430 mg; **Carbohydrate** 24 g; **Fiber** 2 g; **Protein** 14 g





Before
BURGER KING
BK BIG FISH SANDWICH

Ellie was so stumped by how to transform the Burger King BK Big Fish Sandwich, she lost sleep—until she realized she could use one of her signature techniques: She stretched the tartar sauce (and cut fat) by adding some nonfat yogurt. And by using lettuce instead of bread, she knocked out half the calories. “You can do that for any sandwich to keep calories down,” Ellie says.

After
HAWAIIAN FISH
LETTUCE WRAPS

SERVES: 4

Mix the toppings from a **Burger King BK Big Fish Sandwich** with 1 packet **tartar sauce**, 2 tablespoons **plain nonfat yogurt** and 1½ teaspoons **Asian chili sauce**. Sauté 4 slices **Canadian bacon** in a skillet coated with **cooking spray** until browned on both sides, then thinly slice. Cut the fish fillet into strips. Divide the fish, Canadian bacon, 1 cup diced **pineapple**, ½ cup diced **bell pepper** and some chopped **scallions** among 8 **Bibb lettuce leaves**; top with the sauce. Press **sesame seeds** onto the cut sides of the bun and sprinkle with **salt**; cut into strips and toast in a 350° oven until crisp. Serve with the lettuce wraps.

Per serving: **Calories** 310; **Fat** 14 g
(**Saturated** 5 g); **Cholesterol** 30 mg;
Sodium 800 mg; **Carbohydrate** 35 g;
Fiber 3 g; **Protein** 14 g





Before
TACO BELL ½-POUND COMBO BURRITO

"I almost fell off my chair when I saw that the original burrito had 1,610 mg of sodium!" Ellie says. To remake the Taco Bell ½-Pound Combo Burrito, she added onion, garlic, jalapeño and low-sodium canned vegetables to make one of her favorite soups. Then she livened up the flavors with fresh cilantro and lime juice. "Citrus tricks your taste buds into craving less sodium," she says.

After
TORTILLA SOUP

SERVES: 4

Sauté 1 diced **onion**, 2 minced **garlic cloves**, 1 minced **jalapeño** and 1 teaspoon **ground cumin** in a large pot with 1 tablespoon **canola oil**. Add the filling from a **Taco Bell ½-Pound Combo Burrito**, 4 cups low-sodium **chicken broth** and two 15-ounce cans no-salt **diced tomatoes**; season with **dried oregano** and **salt** and simmer 10 minutes. Meanwhile, toast the empty tortilla in a 350° oven until crisp. Stir ¼ cup **lime juice** into the soup. Ladle into 4 bowls; garnish each with 1 tablespoon **reduced-fat sour cream** and some chopped **cilantro**. Crumble the toasted tortilla on top.

Per serving: Calories 270; **Fat** 12 g (**Saturated** 4 g); **Cholesterol** 20 mg; **Sodium** 860 mg; **Carbohydrate** 30 g; **Fiber** 6 g; **Protein** 13 g



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Fun Cooking

Learn the secret to **great french fries**.
Then, judge a chili cook-off, turn
instant oatmeal into dinner and more.



Duck, Duck, Grease

When people ask Iron Chef Michael Symon about the key to great fries, he's happy to reveal it: Cook them in duck fat! The age-old technique is definitely in vogue, as menus across the country proudly tout the secret ingredient. At Hot Doug's in Chicago (hotdoughs.com), customers line up for duck fat fries, available on Fridays and Saturdays only. Chef Michael Mina sends out duck fat fries before every meal at his Bourbon Steak restaurants (michaelmina.net). And at Cleveland's new Greenhouse Tavern (thegreenhousetavern.com), chef Jonathon Sawyer (Symon's former chef de cuisine) tops duck fat fries with poached eggs. To get in on the action at home (without cooking a dozen duck breasts!), buy the fat pre-rendered (\$6 for 7 ounces; dartagnan.com) and throw it in a deep fryer, or use it in place of olive oil on roasted potatoes.

face-off



"Garnish this chili right and it's like eating a fajita—but in a bowl!"

He Made

We staged a chili cook-off between *The Next Food Network Star* winners **Aaron McCargo, Jr.** and **Melissa d'Arabian**. Who turns out the better bowl?



VOTE!
Tell us which chef is the chili champion at foodnetwork.com/magazine.

AARON McCARGO, JR.'S STEAK FAJITA CHILI

ACTIVE: 40 min | TOTAL: 2 hr 15 min | SERVES: 6 to 8

- 1½ cups canola oil
- 2 pounds boneless beef **short ribs**
- Kosher salt and freshly ground pepper
- 10 cups low-sodium beef broth
- 1 small onion, finely diced
- 1 red or green bell pepper, chopped
- 1½ tablespoons ground cumin
- 2 tablespoons hot chili powder
- 1½ tablespoons chopped fresh oregano
- ¾ cup all-purpose flour
- 1 15-ounce can cannellini beans, drained and rinsed
- Guacamole, sour cream, taco-blend cheese and fried tortilla strips, for garnish

Aaron's secret weapon

1. Heat ¼ cup canola oil in a large soup pot or Dutch oven over medium-high heat. Season the short ribs with salt and pepper and sear until golden brown, 3 to 4 minutes per side. Transfer the meat to another large pot (set the first pot aside) and add the broth. Cover and cook until tender, about 1 hour 30 minutes.
2. Meanwhile, heat the remaining 1 cup oil in the reserved pot over medium heat. Add the onion, bell pepper, cumin, chili powder, oregano, flour, 1 tablespoon pepper, and salt to taste. Cook, stirring, until the flour is smooth, 3 to 4 minutes. Remove from the heat and set aside until the meat is done.
3. Transfer the short ribs to a cutting board; cover the broth and set aside. Let the meat cool slightly, then cut into chunks. Place the pot with the vegetables over medium-high heat. Slowly add the warm broth and whisk until smooth. Stir in the chopped short ribs and the beans, bring to a simmer and cook until thickened, about 15 minutes. Ladle into bowls and garnish with guacamole, sour cream, cheese and fried tortilla strips, for a little extra crunch.

She Made



"My chili has the perfect mix of sweet shallots and creamy roasted garlic, plus a smoky kick."



MELISSA D'ARABIAN'S WHITE CHILI WITH QUICK-ROASTED GARLIC

ACTIVE: 50 min | TOTAL: 1 hr 15 min | SERVES: 6 to 8

FOR THE ROASTED GARLIC

- 12 cloves garlic, unpeeled
- 1 tablespoon extra-virgin olive oil

*Melissa's
secret weapon*

FOR THE CHILI

- | | |
|--------------------------------------|--|
| 12 shallots, chopped | ½ teaspoon cayenne pepper |
| 2 tablespoons extra-virgin olive oil | 1 15-ounce can navy beans, undrained |
| 3 Anaheim chile peppers | Kosher salt and freshly ground black pepper |
| 3 cloves garlic, minced | 1 10-ounce box frozen chopped spinach, thawed and squeezed dry |
| 3 tablespoons all-purpose flour | ¾ teaspoon smoked paprika |
| 1 cup dry white wine | ½ cup heavy cream |
| 7 cups low-sodium chicken broth | 1 cup grated monterey jack cheese, for garnish |
| 4 cups shredded cooked chicken | |
| 1 tablespoon chili powder | |

1. Make the roasted garlic: Toss the 12 cloves garlic with the olive oil and 1 teaspoon water in a microwave-safe bowl. Cover, leaving a vent, and microwave until soft, about 90 seconds. Let cool, covered.

2. Prepare the chili: Preheat the broiler. Cook the shallots in the olive oil in a large saucepan over medium-low heat until caramelized, about 20 minutes. Meanwhile, place the chiles on a foil-lined broiler pan and broil until charred on all sides, turning, about 8 minutes. Transfer to a bowl, cover with plastic wrap and let cool. Peel the peppers with your fingers or a paring knife. Stem, seed and chop.

3. Add the minced garlic to the shallots and cook until fragrant, about 2 minutes. Add the flour and cook, stirring, until toasted, about 3 minutes. Increase the heat to high and add the wine; simmer 2 minutes, scraping up any browned bits from the pan. Add the roasted chiles, 6 cups broth, the chicken, chili powder, cayenne, beans, and salt and black pepper to taste. Return to a simmer.

4. Meanwhile, squeeze the soft pulp from the roasted garlic into a blender or food processor. Add the remaining 1 cup broth and process until smooth. Add to the chili and simmer until thickened, about 30 minutes, adding the spinach during the last 5 minutes. Add the paprika and cream and season with salt and pepper. Garnish with the cheese.

Copy That!

top
secret

Panera Bread wouldn't give up the recipe for its broccoli-cheddar soup, so Food Network Kitchens whipped up this rich, creamy knockoff.

Panera Bread



The bakery-café chain Panera Bread is famous for its bread bowls, but insiders know that the real treat is the stuff inside. The company's broccoli-cheddar soup practically has a cult following, which explains why Betty Ling from Arcadia, CA, and other readers keep writing to us for the recipe. Spokespeople at Panera's Missouri headquarters wouldn't tell us how they make the extra-creamy soup, but they did confirm that it's a bestseller: Their stores ladle out more than 50 million cups of it every year, blowing through five million heads of broccoli in the process. Chefs in Food Network Kitchens went through their own big batch of broccoli to nail down this perfect imitation.

ALMOST-FAMOUS BROCCOLI-CHEDDAR SOUP

ACTIVE: 45 min | TOTAL: 1 hr 10 min | SERVES: 4

- 6 tablespoons unsalted butter
- 1 small onion, chopped
- $\frac{1}{4}$ cup all-purpose flour
- 2 cups half-and-half
- 3 cups low-sodium chicken broth
- 2 bay leaves
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- Kosher salt and freshly ground pepper
- 4 7-inch sourdough bread boules (round loaves)
- 4 cups broccoli florets (about 1 head)
- 1 large carrot, diced
- $2\frac{1}{2}$ cups (about 8 ounces) grated sharp white and yellow cheddar cheese, plus more for garnish

1. Melt the butter in a large Dutch oven or pot over medium heat. Add the onion and cook until tender, about 5 minutes. Whisk in the flour and cook until golden, 3 to 4 minutes, then gradually whisk in the half-and-half until smooth. Add the chicken broth, bay leaves and nutmeg, then season with salt and pepper and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes.

2. Meanwhile, prepare the bread bowls: Using a sharp knife, cut a circle into the top of each loaf, leaving a 1-inch border all around. Remove the bread top, then hollow out the middle with a fork or your fingers, leaving a thick bread shell.

3. Add the broccoli and carrot to the broth mixture and simmer until tender, about 20 minutes. Discard the bay leaves. Puree the soup in batches in a blender until smooth; you'll still have flecks of carrot and broccoli. Return to the pot. (Or puree the soup in the pot with an immersion blender.)

4. Add the cheese to the soup and whisk over medium heat until melted. Add up to $\frac{3}{4}$ cup water if the soup is too thick. Ladle into the bread bowls and garnish with cheese.

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challenge



Out of the Box

Three chefs from Food Network Kitchens put a new spin on an old breakfast staple: **instant oatmeal**.

"I gave classic banana pudding a Scottish twist with oatmeal cream and chocolate-oatmeal biscuits."
—SARAH COPELAND

—SARAH COPELAND



SARAH'S OATMEAL-BANANA PARFAITS

ACTIVE: 40 min | TOTAL: 1 hr 30 min
MAKES: 4 parfaits (plus extra bark)

FOR THE BARK

- $\frac{3}{4}$ cup all-purpose flour
- 2 1-ounce packets plain instant oatmeal (about $\frac{3}{8}$ cup)
- $\frac{1}{2}$ cup ground walnuts
- $\frac{1}{2}$ cup sugar
- Salt
- 1 stick unsalted butter
- 2 ounces semisweet chocolate, finely chopped

FOR THE OATMEAL CREAM

- $1\frac{1}{2}$ cups heavy cream
- 1 1-ounce packet plain instant oatmeal (about $\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup sugar
- Salt
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- 2 bananas, thinly sliced

- 1.** Make the bark: Preheat the oven to 350°. Combine the flour, oatmeal, walnuts, sugar and a pinch of salt in a bowl. Melt the butter in a pot over medium heat and cook until light brown, 6 minutes. Stir into the dry ingredients. Press the dough into the bottom of a 9-inch springform pan. Bake until golden brown, 30 minutes.
- 2.** Remove the crust from the oven and sprinkle with the chocolate; let stand until soft, then spread with the back of a spoon. Refrigerate the bark until firm, 30 minutes. Break into pieces.
- 3.** Make the oatmeal cream: Fill a large bowl with ice. Microwave $\frac{3}{4}$ cup cream until simmering, 45 seconds. Puree with the oatmeal, sugar, a pinch of salt, vanilla and nutmeg in a blender. Transfer to a bowl and place over the ice; whisk until cool and thick. In another bowl, whisk the remaining $\frac{1}{4}$ cup cream until soft peaks form; fold in the oatmeal puree.
- 4.** Layer the oatmeal cream, bananas and crushed bark in 4 parfait glasses.

FOOD PHOTOS: KATE MATHIS; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN; SILVER OATMEAL BOX: MARKO METZINGER/STUDIO D; PORTRAITS: BEN GOLDSTEIN/STUDIO D.

"I was inspired by Irish recipes, which often use oats for breading fish. You can also try this one with salmon."

—BOB HOEBEE



BOB'S OATMEAL-CRUSTED TROUT

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

- | | | | |
|---|---|---|------------------------------------|
| 4 | 1-ounce packets plain instant oatmeal (about 1½ cups) | 2 | leeks, sliced into half-moons |
| | Kosher salt and freshly ground pepper | 2 | cloves garlic, minced |
| 1 | large egg | ¾ | cup chopped fresh parsley |
| ¾ | cup milk | 4 | 5-ounce skinless trout fillets |
| 4 | strips thick-cut bacon, sliced | 3 | tablespoons extra-virgin olive oil |
| | | ¾ | cup red wine vinegar |

1. Preheat the oven to 300°. Coarsely grind the oatmeal in a food processor. Transfer to a shallow dish and season with salt and pepper. Beat the egg and milk in another shallow dish.
2. Cook the bacon in a large skillet over medium heat until crisp, about 8 minutes. Transfer to a paper-towel-lined plate. Remove and reserve all but about 2 tablespoons drippings from the skillet. Add the leeks and garlic to the skillet and cook until tender, about 5 minutes. Add the parsley, bacon, and salt and pepper to taste; keep warm.
3. Line a baking sheet with a double layer of paper towels. Dredge the trout in the oats, dip in the milk mixture and then in the oats again, turning to coat. Heat the reserved bacon drippings with the olive oil in another large skillet over medium-high heat. Fry the trout in batches until golden on one side, about 3 minutes, then flip and fry until cooked through, about 2 more minutes. Transfer to the prepared baking sheet and keep warm in the oven. Add the vinegar to the skillet and bring to a boil. Serve the trout with the leeks and drizzle with the vinegar dressing.

CLAUDIA'S TURKISH DUMPLINGS

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 25 min | SERVES: 6 to 8

FOR THE DUMPLINGS

- 2 1-ounce packets plain instant oatmeal (about ¾ cup)
- 2 cups all-purpose flour, plus more for dusting
- Kosher salt
- 1 large egg
- 1 tablespoon extra-virgin olive oil
- 8 ounces ground beef
- 1 small white onion, grated and squeezed dry
- Freshly ground pepper

FOR THE TOPPINGS

- 1½ cups plain Greek yogurt
- 1 clove garlic, grated
- Kosher salt
- ¼ cup extra-virgin olive oil
- 1 to 2 teaspoons red pepper flakes
- ¼ teaspoon paprika

1. Make the dumplings: Cook the oatmeal as the label directs, then let cool. Combine the oatmeal, flour and ½ teaspoon salt in a bowl and make a well in the center. Add the egg and olive oil to the well and mix with a fork. Turn the dough out onto a floured surface and knead into a smooth ball. Cover with a towel and let rest 30 minutes. Meanwhile, mix the beef, onion, 1 tablespoon salt, and pepper to taste in a bowl and set aside.

2. Prepare the toppings: Whisk the yogurt, garlic, ½ cup water, and salt to taste in a bowl. Heat the olive oil in a small skillet over medium heat. Add the pepper flakes and paprika and cook 1 minute. Set the yogurt sauce and spiced oil aside.

3. Bring a pot of salted water to a boil. Divide the dough into 4 pieces. On a floured surface, roll each piece into a 20-by-4-inch rectangle, then cut into 2-inch squares. Place 1 teaspoon beef filling in the center of each square, fold over into a triangle and press the edges to seal.

4. Boil the dumplings in batches, stirring occasionally, until they float, 8 to 10 minutes. Drain and transfer to bowls. Top with the yogurt sauce and spiced oil.



"I love manti, Turkish dumplings, with chili oil and yogurt. I thought it would be fun to try them with oatmeal!"

—CLAUDIA SIDOTI



I Want



Satisfy your cravings with something homemade instead:
We modeled these tasty **cupcakes** after **candy bars**.

PHOTOGRAPHS BY CON POULOS



FOOD STYLING: STEPHANA BOTTOM. PACKAGES: MARKO METZINGER/STUDIO D.

MINT PATTY CAKES

ACTIVE: 1 hr | TOTAL: 2 hr | MAKES: 24 cupcakes

FOR THE CUPCAKES

- 3 sticks unsalted butter, cut into pieces
- 1 cup Dutch-process cocoa powder
- 3¾ cups packed dark brown sugar
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1¾ cups buttermilk
- 2 large eggs, at room temperature
- 2 teaspoons vanilla extract

FOR THE TOPPING

- 1 1-pound box confectioners' sugar (about 4 cups)
- ½ cup light corn syrup
- ¼ cup vegetable shortening or cocoa butter, softened
- 2 teaspoons peppermint extract

FOR THE GLAZE

- 8 ounces bittersweet chocolate, finely chopped
- ¼ cup light corn syrup
- 1½ tablespoons unsalted butter

1. Make the cupcakes: Position a rack in the middle of the oven and preheat to 350°. Line two 12-cup muffin pans with paper liners. Put the butter, cocoa powder and ¾ cup water in a medium microwave-safe bowl, cover with plastic wrap and microwave until the butter melts, about 2 minutes. Whisk to combine, then whisk in the brown sugar.

2. Whisk the flour, baking powder, baking soda and salt in a large bowl. Whisk in the warm cocoa mixture. In another bowl, whisk the buttermilk, eggs and vanilla; stir into the batter until just combined but don't overmix.

3. Divide the batter among the prepared cups, filling each about three-quarters of the way. Bake until the cupcakes spring back when touched, 30 to 35 minutes. Let cool in the pans 10 minutes, then transfer to racks to cool completely.

4. Make the topping: Beat the confectioners' sugar, corn syrup, shortening and peppermint extract with a mixer until a tight paste forms. Gather into a ball, place between two sheets of parchment paper and roll out to ¼ inch thick (microwave 15 seconds to soften, if necessary). Use a 2½-inch round cutter or juice glass to cut into disks; reroll the scraps. Place a peppermint disk on top of each cupcake.

5. Make the glaze: Put the chocolate, corn syrup, butter and ¼ cup water in a microwave-safe bowl, cover with plastic wrap and microwave on 50 percent power until the chocolate melts, about 2 minutes. Whisk to combine, then cool slightly. Spread the glaze over the peppermint topping, leaving some peppermint exposed. Refrigerate until set, at least 20 minutes. Serve cold.



PEANUT CUPCAKES WITH NOUGAT-CHOCOLATE FROSTING

ACTIVE: 1 hr | TOTAL: 1 hr 30 min
MAKES: 24 cupcakes

FOR THE CUPCAKES

- 2½ cups all-purpose flour
- 2¼ teaspoons baking powder
- ½ teaspoon salt
- 3 large eggs, at room temperature
- ¾ cup granulated sugar
- ½ cup packed light brown sugar
- 10 tablespoons unsalted butter, melted
- 1 tablespoon vanilla extract
- ¾ cup whole milk
- 2 cups chopped salted roasted peanuts, plus more for garnish

FOR THE NOUGAT FROSTING

- 2 13-ounce jars marshmallow crème (about 4 cups)
- ½ cup creamy peanut butter
- Pinch of salt

FOR THE CHOCOLATE FROSTING

- 6 ounces milk chocolate, chopped
- 4 ounces semisweet chocolate, chopped
- 2½ cups confectioners' sugar
- ¼ cup whole milk
- 1 stick unsalted butter, softened
- 1 tablespoon vanilla extract
- ½ teaspoon salt

1. Make the cupcakes: Position a rack in the middle of the oven and preheat to 350°. Line two 12-cup muffin pans with paper liners. Whisk the flour, baking powder and salt in a medium bowl.

2. In another bowl, beat the eggs and both sugars with a mixer until light and fluffy, about 2 minutes. Gradually beat in the melted butter and vanilla. With the mixer on low speed, add half of the flour mixture, the milk and then the remaining flour. Fold in the peanuts but don't overmix.

3. Divide the batter evenly among the prepared cups, filling each about halfway. Bake until a toothpick inserted into a cupcake comes out clean, 20 to 22 minutes. Let cool in the pans 10 minutes, then transfer to racks to cool completely.

4. Make the nougat frosting: Beat the marshmallow crème, peanut butter and salt with a mixer until smooth; set aside. Make the chocolate frosting: Put both chocolates in a large microwave-safe bowl and microwave on 50 percent power until soft, about 1 minute. Stir, then continue to microwave until melted, 1 to 2 more minutes. Add the confectioners' sugar, milk, butter, vanilla and salt and beat with a mixer until smooth and creamy.

5. Spread nougat frosting over each cupcake, then top with chocolate frosting, leaving some of the nougat exposed. Garnish with peanuts.

MINI PEANUT BUTTER CUPCAKES

ACTIVE: 1 hr | TOTAL: 1 hr 45 min
MAKES: 24 mini cupcakes

FOR THE CUPCAKES

- 12 tablespoons unsalted butter,
cut into pieces
- $\frac{1}{2}$ cup Dutch-process cocoa powder
- $1\frac{1}{2}$ cups packed dark brown sugar
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup buttermilk
- 1 large egg, at room temperature
- 1 teaspoon vanilla extract

FOR THE TOPPING

- $\frac{1}{2}$ cup heavy cream
- 1 10-ounce bag peanut butter chips

FOR THE GLAZE

- 1 tablespoon unsalted butter
- 6 ounces milk chocolate, finely chopped

1. Make the cupcakes: Position a rack in the middle of the oven and preheat to 350° using the convection setting, if available. Line a 24-cup mini muffin pan with paper liners. Combine the butter, cocoa powder and $\frac{1}{4}$ cup water in a microwave-safe bowl, cover with plastic wrap and microwave until the butter melts, about 2 minutes. Whisk to combine, then whisk in the brown sugar.

2. Whisk the flour, baking powder, baking soda and salt in a large bowl. Whisk in the warm cocoa mixture. In another bowl, whisk the buttermilk, egg and vanilla; stir into the batter until just combined but don't overmix.

3. Divide the batter among the prepared cups, filling each three-quarters of the way. Bake until the cupcakes spring back when touched, about 20 minutes. Let cool in the pan 5 minutes, then transfer to a rack to cool completely.

4. Make the topping: Bring the cream to a simmer in a small saucepan, then pour over the peanut butter chips in a bowl and let stand until the chips melt, about 5 minutes. Whisk until smooth. Refrigerate until the topping is set, about 10 minutes, then beat with a mixer until fluffy. Transfer to a pastry bag with a 1-inch round tip and pipe peaks onto each cupcake. Place in the freezer while you make the glaze.

5. Make the glaze: Put the butter, chocolate and 3 tablespoons hot water in a small, deep microwave-safe bowl, cover with plastic wrap and microwave on 50 percent power until the chocolate melts, about 2 minutes. Whisk until smooth. Dip the frozen peaks of each cupcake into the glaze, letting the excess drip off. Refrigerate until set, about 5 minutes.

Tastes
just like a





CHOCOLATE-PEANUT BRITTLE CUPCAKES

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 50 min
MAKES: 24 cupcakes

FOR THE CUPCAKES

- 3 sticks unsalted butter, cut into pieces
- 1 cup Dutch-process cocoa powder
- 3¾ cups packed dark brown sugar
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1¾ cups buttermilk
- 2 large eggs, at room temperature
- 2 teaspoons vanilla extract

FOR THE BRITTLE

- ½ cup granulated sugar
- ¼ cup creamy peanut butter
- ¼ cup butterscotch chips

FOR THE FROSTING

- 1 cup heavy cream
- 2 10-ounce bags peanut butter chips

1. Make the cupcakes: Position a rack in the middle of the oven and preheat to 350° using the convection setting, if available. Line two 12-cup muffin pans with paper liners. Put the butter, cocoa powder and ¾ cup water in a microwave-safe bowl, cover with plastic wrap and microwave until the butter melts, about 2 minutes. Whisk to combine, then whisk in the brown sugar.

2. Whisk the flour, baking powder, baking soda and salt in a large bowl. Whisk in the warm cocoa mixture. In another bowl, beat the buttermilk, eggs and vanilla; stir into the batter until just combined but don't overmix.

3. Divide the batter among the prepared cups, filling each three-quarters of the way. Bake until the cupcakes are slightly domed and spring back when lightly pressed, 25 to 30 minutes. Let cool in the pans 10 minutes, then transfer to racks to cool completely.

4. Make the brittle: Line a baking sheet with a silicone mat or parchment paper. Place the granulated sugar in a small saucepan over

medium-high heat, bring to a boil and cook, swirling the pan but not stirring, until it turns amber. Remove from the heat; stir in the peanut butter and butterscotch chips until smooth. Immediately pour the mixture onto the prepared baking sheet, smooth into a thin layer with a spatula and let cool. Break the brittle into pieces, place in a resealable plastic bag and crush with a rolling pin.

5. Make the frosting: Bring the cream to a simmer in a small saucepan. Remove from the heat, add the peanut butter chips and let stand about 5 minutes. Whisk until smooth. Place the pan over a bowl of ice, stirring occasionally, until the frosting is spreadable, about 10 minutes. Spread on the cupcakes or transfer to a pastry bag with a large round tip and pipe on top; sprinkle with the brittle.



COCONUT CUPCAKES WITH CHOCOLATE AND ALMONDS

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 40 min | MAKES: 24 cupcakes

FOR THE CUPCAKES

- 2 large eggs plus 4 egg whites, at room temperature
- 1 cup cream of coconut
- 1 teaspoon coconut extract
- 1 teaspoon vanilla extract
- 2¾ cups cake flour, sifted
- 1 cup granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 12 tablespoons unsalted butter, cut into pieces, at room temperature

FOR THE TOPPING

- 2 cups whole milk
- 1 14-ounce package shredded coconut
- 1 tablespoon confectioners' sugar
- ½ teaspoon vanilla extract
- Pinch of salt

FOR THE GLAZE AND GARNISH

- 6 ounces bittersweet chocolate, finely chopped
- 3 tablespoons light corn syrup
- 1 tablespoon unsalted butter
- 48 roasted almonds, for garnish

1. Make the cupcakes: Position a rack in the middle of the oven and preheat to 325°. Line two 12-cup muffin pans with paper liners. Whisk the whole eggs and egg whites in a large bowl. Whisk in the cream of coconut and the coconut and vanilla extracts until smooth.

2. Whisk the flour, sugar, baking powder and salt in a large bowl. Beat in the butter, one piece at a time, with a mixer on low speed until the mixture resembles coarse meal, 3 to 4 minutes. Add half of the egg mixture, increase the speed to medium-high and beat until fluffy, about 1 minute. Beat in the remaining egg mixture until combined, scraping down the bowl as needed.

3. Divide the batter among the prepared cups, filling each about halfway. Bake until a toothpick inserted into a cupcake comes out clean, 18 to 22 minutes. Let cool in the pans 10 minutes; transfer to racks to cool completely.

4. Make the topping: Combine the milk, coconut, confectioners' sugar, vanilla and salt in a medium saucepan. Bring to a simmer over medium-high heat and cook until the milk is absorbed and the mixture thickens, stirring occasionally, about 15 minutes. Cool completely.

5. Make the glaze: Put the chocolate, corn syrup, butter and 3 tablespoons hot water in a microwave-safe bowl, cover with plastic wrap and microwave on 50 percent power until the chocolate melts, about 2 minutes. Whisk to combine. Keep warm.

6. Top each cupcake with a heaping tablespoonful of the coconut mixture, pressing gently until compact. Spoon 1 teaspoon glaze on top and garnish with 2 almonds. Refrigerate until the glaze sets, about 20 minutes.

Tastes
just like an



For more
sweets, check out
Food Network's
chocolate weekend,
February 6
and 7.



CRUNCHY CHOCOLATE MALT CUPCAKES

ACTIVE: 55 min | TOTAL: 1 hr 20 min (plus chilling) | MAKES: 24 cupcakes

FOR THE FROSTING

- $\frac{3}{4}$ cup sugar
- 1 teaspoon light corn syrup
- 3 cups heavy cream
- 3 tablespoons unsalted butter
- 7 ounces milk chocolate, chopped
- 4 ounces bittersweet chocolate, chopped
- $\frac{1}{2}$ teaspoon kosher salt

FOR THE CUPCAKES

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- $\frac{3}{4}$ teaspoon fine salt
- 1 cup malted milk powder (such as Carnation)
- $\frac{3}{4}$ cup Dutch-process cocoa powder
- $1\frac{1}{3}$ cups sugar
- 1 stick unsalted butter, at room temperature
- 4 large eggs, at room temperature
- $1\frac{3}{4}$ cups half-and-half
- $1\frac{1}{2}$ cups crispy rice cereal

1. Make the frosting: Sprinkle the sugar evenly in a large skillet and add the corn syrup. Bring to a boil over medium heat, stirring once or twice. Continue to boil, swirling the pan but not stirring, until the caramel is amber. Carefully pour in the heavy cream (it can splatter) and add the butter. Simmer, whisking constantly, until the caramel is smooth, about 2 minutes.

2. Combine both chocolates and the salt in a medium heatproof bowl. Pour the hot caramel over the chocolate and let stand until melted, about 5 minutes. Whisk until smooth and shiny, then cover and refrigerate until set, at least 4 hours or overnight. (The frosting can be made up to 2 days ahead.)

3. Make the cupcakes: Position a rack in the middle of the oven and preheat to 375°. Line two 12-cup muffin pans with paper liners. Whisk the flour, baking powder and salt in a bowl. Sift the malted milk and cocoa powders into another bowl.

4. Beat the sugar and butter in a third bowl with a mixer until light and fluffy, about 7 minutes. Add the malted milk powder mixture and beat until combined. Add the eggs, one at a time, beating well after each addition. With the mixer on low speed, add the flour mixture in three parts, alternating with the half-and-half in two parts, beginning and ending with flour.

5. Divide the batter evenly among the prepared cups, filling each about three-quarters of the way. Bake until a toothpick inserted into a cupcake comes out clean, 15 to 20 minutes. Let cool in the pans 10 minutes, then transfer the cupcakes to racks to cool completely.

6. Beat the chilled frosting with a mixer or whisk until thick, about 2 minutes, but don't overwhip. Spread on the cupcakes or transfer to a pastry bag with a star tip and pipe on top. Refrigerate until ready to serve, then sprinkle with the cereal.

MORE CHOICES FOR A LIFE WELL SPENT

A new year is the perfect time to look at the American Dream again through the richness of family. Luckily, Nicole Zila of *Food Network Magazine's* Integrated Marketing Group knows a little about our readers' families...while the Sears Blue Appliance Crew knows a lot about appliances. Nicole told us that many of you cook for family and pleasure—often 2 or 3 times a week!

With that in mind, the Sears Blue Appliance Crew experts recommend ranges with the "foodie" features you want—for less. That's life well spent.

Nicole Zila
Food Network Magazine
Integrated Marketing



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Michael: "Most modern families live in the kitchen. Thankfully, this model's exclusive AirGuard™ system* **eliminates up to 85% more oven odors and smoke during baking and self-cleaning.**"

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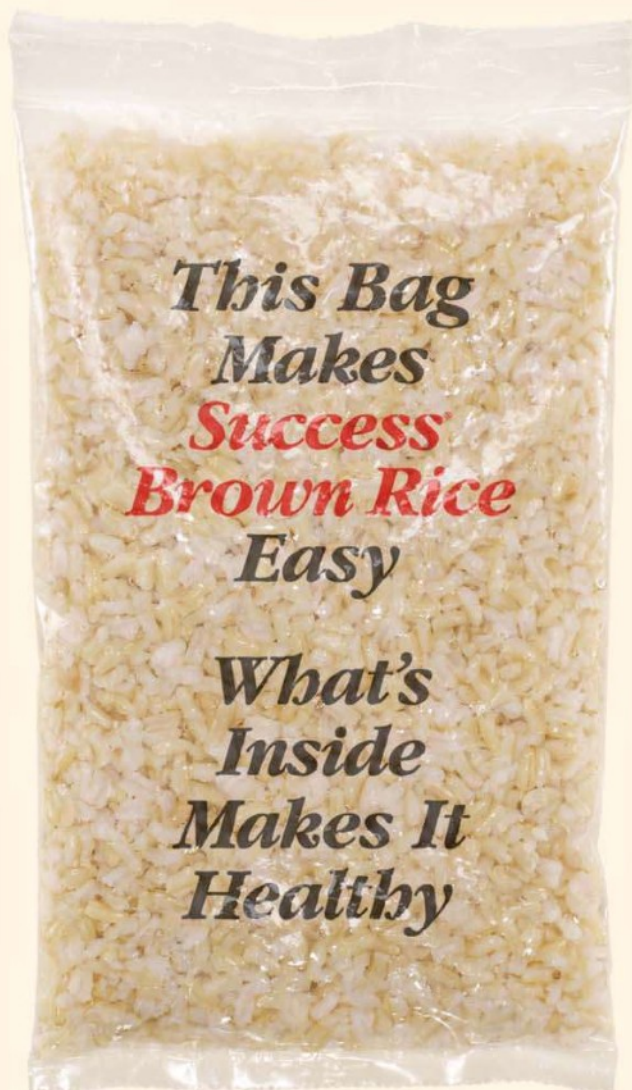
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We shaved
7 g fat off the
average plate
of fried chicken
(see page 77).



SCALLOPS WITH CITRUS AND QUINOA

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

- ¾ cup quinoa, rinsed well
- Kosher salt
- 3 oranges
- 4 tangerines
- 2 tablespoons sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon coriander seeds, crushed
- 2 tablespoons cold unsalted butter, cut into pieces
- 1¼ pounds sea scallops, tough foot muscles removed
- Freshly ground pepper
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon chopped fresh parsley or chives

Quinoa is a high-protein grain available at health-food stores and many supermarkets. If you can't find it, use whole-wheat couscous.

- 1.** Combine the quinoa, 2 cups water and ½ teaspoon salt in a saucepan and bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until the water is absorbed, 12 to 14 minutes.
- 2.** Meanwhile, grate 1 teaspoon orange zest, then juice all 3 oranges and the tangerines into a bowl. Sprinkle the sugar in a skillet and cook over medium-high heat until dark amber, about 5 minutes. Remove from the heat and whisk in the vinegar, citrus juices and zest, and the coriander. Return to medium heat and boil until thick, about 8 minutes. Remove from the heat and whisk in the butter; keep warm.
- 3.** Season the scallops on one side with salt and pepper. Heat the oil in a large cast-iron skillet over medium heat. Add the scallops seasoned-side down and sear until golden, 4 to 5 minutes. Flip and cook until golden on the other side, 2 to 3 more minutes.
- 4.** Fluff the quinoa with a fork and divide among plates. Top with the scallops, drizzle with the citrus sauce and sprinkle with the parsley.

Per serving: Calories 335; Fat 10 g (Saturated 4 g); Cholesterol 62 mg; Sodium 475 mg; Carbohydrate 34 g; Fiber 2 g; Protein 28 g



TOFU PARMESAN SUBS

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

- 1 14-ounce can crushed tomatoes
- 1 clove garlic, smashed
- 8 fresh basil leaves, torn
- Kosher salt and freshly ground pepper
- ½ cup breadcrumbs
- ⅓ cup grated parmesan cheese
- ½ teaspoon dried Italian seasoning
- 1 large egg
- 1 12-ounce package firm tofu, drained and sliced into 8 pieces
- 2½ tablespoons extra-virgin olive oil, plus more for drizzling
- 1 loaf whole-wheat Italian bread, cut into 4 pieces and split in half
- ¼ cup shredded part-skim mozzarella cheese
- ½ pound baby spinach (about 8 cups)

- 1.** Preheat the broiler. Combine the tomatoes, garlic, basil and 1 cup water in a saucepan over medium-high heat. Season with salt and pepper and simmer until slightly thickened, about 15 minutes.
- 2.** Toss the breadcrumbs, 2 tablespoons parmesan and the Italian seasoning on a plate; season with salt and pepper. Beat the egg in a shallow bowl. Dip the tofu in the egg, then in the crumbs, turning to coat.
- 3.** Heat 2 tablespoons olive oil in a nonstick skillet over medium heat. Add the tofu and cook until crisp, 3 to 4 minutes per side. Place the bread cut-side up on a broiler pan; spread the bottom halves with sauce, then top with tofu, more sauce, the mozzarella and remaining parmesan. Broil until the cheese melts and the bread is toasted, about 2 minutes.
- 4.** Meanwhile, heat the remaining ½ tablespoon olive oil in the empty skillet over medium-high heat. Add the spinach, season with salt and pepper and let wilt, about 1 minute. Place on top of the cheese and cover with the bread tops.

Per serving: Calories 491; Fat 22 g (Saturated 5 g); Cholesterol 60 mg; Sodium 1,202 mg; Carbohydrate 50 g; Fiber 7 g; Protein 24 g



SAUSAGE AND KRAUT

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

- 1 1-pound bag sauerkraut, rinsed
- 8 small fingerling or red-skinned potatoes, halved if large
- 1 tablespoon vegetable oil
- 12 ounces turkey kielbasa or chicken sausage, cut into 2-inch pieces
- 1 6-ounce boneless smoked pork chop, trimmed and sliced
- 1 large onion, chopped
- 2 cloves garlic, smashed
- 1 teaspoon coriander seeds, crushed
- 1 teaspoon juniper berries
- (available in the spice aisle), crushed

Kosher salt and freshly ground pepper

- 1 apple, grated
- 1 cup dry white wine
- 2 tablespoons chopped fresh parsley

Whole-grain mustard, for serving

We used
lean sausage
to cut down
on fat.

1. Soak the sauerkraut in a bowl of warm water. Cover the potatoes with water in a small saucepan and simmer over medium heat until tender, about 10 minutes. Drain and keep warm.

2. Meanwhile, heat the vegetable oil in a large pot over medium-high heat. Prick the sausages with a fork and add to the pot along with the pork; cook until browned on one side, about 4 minutes. Turn the meats and add the onion, garlic, coriander, juniper berries, and salt and pepper to taste. Cook until the onion is golden brown, about 6 minutes. Add the apple and cook 2 more minutes.

3. Drain the sauerkraut, then add to the pot along with the wine and 1 cup water. Cover and simmer 10 minutes, then uncover and cook until thickened, about 5 more minutes. Transfer the sauerkraut, meats and potatoes to a platter. Top with the parsley and serve with mustard.

Per serving: Calories 417; Fat 14 g (Saturated 3 g); Cholesterol 90 mg; Sodium 1,382 mg; Carbohydrate 33 g; Fiber 7 g; Protein 29 g



CRUSTLESS SPINACH QUICHE

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

- Extra-virgin olive oil, for greasing and drizzling
- 4 ounces smoked gouda cheese, cut into 4 pieces
- 1 10-ounce package frozen spinach, thawed and squeezed dry
- 2 large eggs plus 2 egg whites
- 1 15-ounce container part-skim ricotta cheese
- 2 tablespoons all-purpose flour
- ½ teaspoon freshly grated nutmeg
- 6 to 8 scallions, chopped
- 1 tablespoon grated parmesan cheese
- 1 teaspoon paprika
- 2 heads endive, sliced lengthwise
- 2 tablespoons chopped walnuts

1. Position a rack in the upper third of the oven, place a baking sheet on the rack and preheat to 450°. Lightly grease a 9-inch round or 8-inch square baking dish with olive oil.

2. Pulse the gouda in a food processor until finely chopped. Add the spinach, whole eggs and egg whites, ricotta, flour and nutmeg and process until well combined, about 30 seconds. Add the scallions and pulse to mix.

3. Pour the mixture into the prepared dish and sprinkle with the parmesan and paprika. Place the quiche on the preheated baking sheet and bake until the center is just set, 25 to 30 minutes.

4. Drizzle the endive and walnuts lightly with olive oil and toss. Serve the quiche hot or at room temperature with the endive.

Per serving: Calories 389; Fat 24 g (Saturated 12 g); Cholesterol 175 mg; Sodium 523 mg; Carbohydrate 16 g; Fiber 3 g; Protein 28 g

VIETNAMESE NOODLE SOUP

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

- 8 ounces rice noodles
- 12 ounces lean beef sirloin, fat trimmed
- Kosher salt and freshly ground pepper
- 1 large onion, halved
- 1 4-inch piece ginger, unpeeled, halved
- 3 cups low-sodium beef broth
- 5 star anise pods
- 1 cinnamon stick
- 4 scallions
- 2 jalapeño peppers, preferably red and green
- ½ cup fresh cilantro
- 2 to 4 tablespoons fish sauce
- 1 cup fresh bean sprouts

This is a twist on pho, a classic Vietnamese noodle soup often sold as street food.

1. Prepare the rice noodles as the label directs.
2. Meanwhile, place a large pot over high heat. Poke the meat all over with a fork to tenderize it and season with salt and pepper. Sear the meat until charred but still rare, 2 to 3 minutes per side, then transfer to a plate. Add the onion and ginger to the pot; cook about 4 minutes. Add the broth, 3 cups water, the star anise and cinnamon, reduce the heat and simmer about 20 minutes.
3. Meanwhile, thinly slice the scallions and jalapeños (remove seeds for less heat) and tear the cilantro. Thinly slice the meat against the grain. Drain the noodles.
4. Add the fish sauce to the broth and boil 5 minutes. Discard the ginger, star anise and cinnamon stick. Remove and slice the onion. Divide the noodles among 4 bowls; top with the broth, beef, scallions, cilantro, bean sprouts, jalapeños and onion.

Per serving: Calories 334; Fat 4 g (Saturated 1 g); Cholesterol 34 mg; Sodium 961 mg; Carbohydrate 51 g; Fiber 2 g; Protein 22 g



PATTY MELTS

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

- 3 tablespoons extra-virgin olive oil
- 2 medium onions, thinly sliced
- 10 ounces button mushrooms, sliced
- Kosher salt and freshly ground pepper
- 2 teaspoons balsamic vinegar
- 2 tablespoons plus 2 teaspoons Worcestershire sauce
- 10 ounces 93% lean ground turkey
- 6 ounces lean ground beef sirloin
- 8 slices multigrain bread
- 8 thin slices monterey jack or Swiss cheese (2 to 3 ounces)

1. Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat. Add the onions and cook, stirring, until soft, 2 to 3 minutes. Push to one side of the skillet; add the mushrooms and cook until browned, about 2 minutes. Season with salt and pepper, then mix the mushrooms and onions together and cook until the onions are golden, about 10 more minutes. Add the vinegar and 2 tablespoons Worcestershire sauce. Transfer the mixture to a bowl and keep warm.
2. Meanwhile, mix the turkey, beef and the remaining 2 teaspoons Worcestershire sauce in a bowl. Shape into 4 equal-size oval patties.
3. Wipe out the skillet, add 1 tablespoon olive oil and place over medium-high heat. Season the patties with salt and pepper and cook until browned on the bottom, about 4 minutes. Flip and cook through, 1 to 2 more minutes.
4. Divide the onions and mushrooms among 4 bread slices; top with a slice of cheese, a patty, another slice of cheese and another bread slice. Wipe out the skillet; add 1 tablespoon olive oil and place over medium heat. Cook the sandwiches in two batches until the bread is toasted and the cheese melts, 1 to 2 minutes per side, adding the remaining 2 teaspoons oil as needed.

Per serving: Calories 534; Fat 26 g (Saturated 7 g); Cholesterol 83 mg; Sodium 848 mg; Carbohydrate 40 g; Fiber 10 g; Protein 37 g



297
CALORIES
PER
SERVING

PORK TENDERLOIN WITH EGGPLANT RELISH

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

- 3 mild frying peppers, such as Hungarian or banana, halved and seeded
- 1 small jalapeño pepper, halved (remove seeds for less heat)
- 2 medium Japanese eggplants (about 14 ounces total)
- 1 bunch scallions
- 6 cloves garlic, unpeeled
- 2 pork tenderloins (about 1½ pounds total), trimmed and cut into 4 pieces
- 1 teaspoon ground cumin
- Kosher salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon paprika, plus more for garnish
- 2 tablespoons chopped fresh parsley

1. Preheat the broiler and line a broiler pan with foil. Broil the frying peppers, jalapeño, eggplants, scallions and garlic on the foil until charred, about 3 minutes per side. Cover with a damp towel to cool, then peel the peppers and eggplants. Squeeze the garlic from its skin. Roughly chop the vegetables and garlic and toss in a bowl.

2. Season the pork with the cumin and salt and pepper. Heat the olive oil in a skillet over medium-high heat. Add the pork; cook, turning, until golden, about 6 minutes. Reduce the heat to medium and cook, turning, until a thermometer inserted into the center registers 150°, about 8 more minutes. Set the pork aside.

3. Add the lemon juice to the skillet, then add the eggplant mixture and paprika; warm through. Season with salt and pepper and add the parsley. Slice the pork; serve with the eggplant relish and garnish with paprika.

Per serving: Calories 297; Fat 10 g (Saturated 3 g); Cholesterol 95 mg; Sodium 317 mg; Carbohydrate 16 g; Fiber 6 g; Protein 37 g



SMOKED TURKEY AND BLACK-EYED PEA SALAD

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

- 2 cloves garlic, minced
- 4 sprigs fresh thyme
- 4 tablespoons extra-virgin olive oil
- 1 10-ounce box frozen black-eyed peas, thawed
- ⅓ cup sliced bread-and-butter pickles, plus 4 tablespoons pickling liquid
- 8 ounces smoked turkey leg or breast, skin removed and meat shredded
- 4 scallions, thinly sliced
- Kosher salt
- Cayenne pepper
- 1 tablespoon Creole or whole-grain mustard
- 1 cup grape tomatoes, halved
- 10 cups torn arugula, escarole and/or romaine
- 2 stalks celery, chopped (with leaves)

1. Combine the garlic, thyme and 1 tablespoon olive oil in a nonstick skillet over medium heat and cook until fragrant, about 2 minutes. Add the black-eyed peas and 2 tablespoons pickling liquid and cook until tender, about 10 minutes. Add the turkey and heat through, about 3 more minutes. Remove from the heat and add the scallions, and salt and cayenne to taste. Discard the thyme.

2. Meanwhile, whisk the mustard and the remaining 2 tablespoons pickling liquid in a large bowl. Add salt and cayenne to taste, then gradually whisk in the remaining 3 tablespoons olive oil. Add the tomatoes and toss. Add the arugula, celery and pickles and toss again. Divide among bowls and top with the black-eyed peas and turkey.

Per serving: Calories 318; Fat 18 g (Saturated 3 g); Cholesterol 43 mg; Sodium 1,047 mg; Carbohydrate 18 g; Fiber 5 g; Protein 23 g

**COVER
RECIPE!**
You can also make
this dish with
spaghetti.



PASTA WITH ESCAROLE

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

Kosher salt

- 12 ounces gemelli, fusilli or spaghetti
- 1 head escarole, roughly chopped
- 1 tablespoon pine nuts
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 tablespoons breadcrumbs
- Freshly ground pepper
- $\frac{1}{4}$ pound pancetta, cut into thin strips
- 2 cloves garlic, thinly sliced
- 1 red jalapeño pepper, thinly sliced (remove seeds for less heat)
- 2 tablespoons grated parmesan cheese

- 1.** Bring a large pot of salted water to a boil. Add the pasta and cook until just al dente, about 10 minutes. Add the escarole and cook, stirring occasionally, until tender, about 2 more minutes.
- 2.** Meanwhile, toast the pine nuts in a large skillet over medium-high heat, about 1 minute. Add 1 tablespoon olive oil, the breadcrumbs, and salt and pepper to taste; cook until golden, about 2 minutes. Transfer the mixture to a plate. Wipe out the skillet, add the pancetta and cook until crisp, about 5 minutes. Transfer to paper towels and blot dry.
- 3.** Add the remaining 1 tablespoon olive oil to the skillet, then add the garlic and jalapeño and cook until fragrant, about 1 minute. Drain the pasta and escarole, reserving 1 cup cooking water, and add to the skillet. Add half of the pancetta and toss, drizzling in enough pasta water to moisten. Season with salt and pepper.
- 4.** Divide the pasta among bowls, top with the breadcrumb mixture, remaining pancetta and the parmesan. Drizzle with olive oil.

Per serving: Calories 568; Fat 23 g (Saturated 6 g); Cholesterol 20 mg; Sodium 140 mg; Carbohydrate 71 g; Fiber 3 g; Protein 21 g



CHICKEN AND BEAN BURRITOS

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

- $\frac{1}{2}$ cup brown rice
- 2 cloves garlic; 1 smashed, 1 minced
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$ pound (about 2 cups) frozen diced butternut squash, thawed
- 1 cup shredded rotisserie chicken, skin removed
- 1 15-ounce can black beans
- 1 cup grape tomatoes
- $\frac{1}{2}$ cup fresh cilantro
- $\frac{1}{4}$ cup pickled jalapeño peppers, plus 2 tablespoons pickling liquid
- 4 8-inch whole-wheat tortillas, warmed
- $\frac{1}{2}$ cup shredded reduced-fat cheddar cheese
- 1 avocado, sliced

Plain low-fat yogurt or sour cream, for serving (optional)

- 1.** Heat a medium skillet over high heat. Add the rice and smashed garlic and cook, stirring, until fragrant, 2 to 3 minutes. Add 1 cup water, season with salt and pepper and bring to a boil. Add the squash and reduce the heat to low; cover and simmer, undisturbed, about 25 minutes. Sprinkle the chicken over the rice mixture, cover and remove from the heat.
- 2.** Meanwhile, make the bean salsa: Drain and rinse the beans, quarter the tomatoes and chop the cilantro and jalapeños. Toss with the pickling liquid and minced garlic in a bowl. Season with salt and pepper.
- 3.** Stir the chicken-rice mixture and spoon it down the center of each tortilla, then top with half of the bean salsa and sprinkle with the cheese. Fold in the sides and roll up. Slice in half and serve with avocado, the remaining bean salsa and yogurt, if desired.

Per serving: Calories 497; Fat 15 g (Saturated 3 g); Cholesterol 25 mg; Sodium 620 mg; Carbohydrate 70 g; Fiber 11 g; Protein 24 g

OVEN-FRIED CHICKEN

ACTIVE: 15 min | TOTAL: 40 min | SERVES: 4

Cooking spray

- 1½ cups crispy rice cereal
- 2¼ cups bagel chips or Melba toasts
- 5 teaspoons extra-virgin olive oil
- ¾ teaspoon hot paprika
- Kosher salt and freshly ground pepper
- 1½ cups plain Greek yogurt (2%)
- 1 teaspoon dijon mustard
- 4 skinless, bone-in chicken thighs or halved bone-in breasts (about 6 ounces each)
- 2 bunches scallions
- Harissa, chili sauce or ketchup, for the sauce

1. Preheat the oven to 475°. Set a rack on a foil-lined baking sheet and generously coat the rack with cooking spray.
2. Finely grind the cereal and bagel chips in a food processor and transfer to a large resealable plastic bag. Add 3 teaspoons olive oil, the paprika, 2 teaspoons salt, and pepper to taste and toss.
3. Whisk ½ cup yogurt and the mustard in a shallow bowl. Add the chicken and turn to coat, then transfer to the bag; seal and shake to coat. Place the chicken on the rack and mist with cooking spray.
4. Toss the scallions with the remaining 2 teaspoons olive oil and place alongside the chicken. Bake until the chicken is crisp and a thermometer inserted into the thickest part registers 160°, about 30 minutes.
5. Make the dipping sauce: Mix the remaining 1 cup yogurt and harissa to taste in a bowl. Serve the chicken and scallions with the sauce.

Per serving: Calories 369; Fat 13 g (Saturated 3 g); Cholesterol 86 mg; Sodium 1,274 mg; Carbohydrate 33 g; Fiber 3 g; Protein 30 g



LAMB CHOPS WITH FENNEL AND TOMATOES

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- 1 medium bulb fennel, trimmed and cut into 8 wedges
- 4 plum tomatoes, cored and halved lengthwise
- 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 cloves garlic, smashed
- 2 15-ounce cans cannellini or butter beans, drained and rinsed
- 2 tablespoons chopped fresh oregano or parsley
- 2 tablespoons grated parmesan cheese (optional)
- 4 5-ounce lamb chops, fat trimmed and bones frenched (ask your butcher to do this)

1. Preheat the oven to 425°. Line a baking sheet with foil. Toss the fennel and tomatoes with 2 tablespoons olive oil and season with salt and pepper. Spread the vegetables on the baking sheet, with the tomatoes cut-side up. Roast until the tomatoes are soft and the fennel is golden, about 30 minutes, turning halfway through.
2. Meanwhile, cook the garlic in the remaining 1 teaspoon olive oil in a medium saucepan over medium heat until golden, about 3 minutes. Add the beans and 2½ cups water and cook, stirring occasionally, until the liquid thickens, about 15 minutes. Stir in the oregano and parmesan, if desired.
3. Heat a grill pan over medium-high heat. Season the lamb with salt and pepper and grill until marked on the bottom, about 4 minutes. Flip and cook until just firm to the touch, 4 to 5 more minutes for medium-rare. Divide the beans among plates and top with the lamb and roasted vegetables.

Per serving: Calories 416; Fat 17 g (Saturated 4 g); Cholesterol 62 mg; Sodium 442 mg; Carbohydrate 35 g; Fiber 11 g; Protein 30 g





CHILE-CHICKEN POSELE

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

- 1 pound skinless, boneless chicken breasts, diced
- 1 teaspoon dried thyme
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1 large white onion, diced
- 1 jalapeño pepper, chopped (remove seeds for less heat)
- 2 cloves garlic, minced
- 3 6-ounce cans whole green chiles, drained
- 1 cup fresh cilantro
- 4 cups low-fat, low-sodium chicken broth
- 2 15-ounce cans hominy, drained
- Sliced avocado and radishes and/or baked corn chips, for garnish (optional)

1. Season the chicken with $\frac{1}{2}$ teaspoon thyme, and salt and pepper to taste; set aside.
2. Heat the vegetable oil in a large saucepan over medium heat. Add the onion, jalapeño and garlic and cook until soft, about 4 minutes. Transfer to a blender, then add the chiles, cilantro and the remaining $\frac{1}{2}$ teaspoon thyme and puree until smooth. Return to the saucepan and cook over medium heat, stirring, until the sauce thickens and turns deep green, about 5 minutes.
3. Add the broth, hominy and chicken to the saucepan. Cover and simmer until the chicken is tender, about 10 minutes. Garnish with avocado, radishes and/or corn chips, if desired.

Per serving: Calories 385; Fat 10 g (Saturated 2 g); Cholesterol 91 mg; Sodium 1,591 mg; Carbohydrate 43 g; Fiber 8 g; Protein 36 g



DONE IN
25
MINUTES

BROILED HALIBUT WITH RICOTTA-PEA PUREE

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

- 3 small carrots, quartered lengthwise
- 1 medium red onion, thinly sliced
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 6-ounce center-cut skinless halibut fillets ($1\frac{1}{4}$ inches thick)
- $\frac{1}{2}$ teaspoon smoked paprika
- 1 10-ounce package frozen peas
- $\frac{1}{2}$ cup ricotta cheese
- 1 tablespoon unsalted butter

1. Preheat the broiler. Line a broiler pan with foil and preheat 5 minutes.
2. Meanwhile, brush the carrots and onion with 1 tablespoon olive oil and season with salt and pepper. Brush the fish with the remaining 2 tablespoons olive oil, season with salt and pepper and sprinkle with the paprika; brush to coat the fish evenly with paprika.
3. Carefully remove the pan from the oven, place the fish in the center and scatter the onion and carrots around. Broil until the fish is golden and just cooked through, 8 to 10 minutes.
4. Meanwhile, microwave the peas in a bowl with $\frac{1}{4}$ cup water until just tender, about 4 minutes. Transfer the peas and liquid to a food processor and pulse with the ricotta, butter and a pinch of salt to make a slightly chunky puree. Divide the puree among plates and top with the fish, carrots, onion and pan juices.

Per serving: Calories 429; Fat 20 g (Saturated 6 g); Cholesterol 72 mg; Sodium 484 mg; Carbohydrate 18 g; Fiber 5 g; Protein 42 g

FENNEL-CABBAGE SLAW

Whisk $\frac{1}{2}$ cup **sour cream**, 3 tablespoons **apple cider vinegar**, some chopped fresh **dill** and **chives** and 1 teaspoon each **caraway seeds** and **celery salt**. Toss in 1 thinly sliced **fennel bulb** and $\frac{1}{2}$ head thinly sliced **red cabbage**. Season with **salt** and **pepper**; chill 20 minutes.



ROASTED RUTABAGA

Toss 1 large peeled and cubed **rutabaga** with 3 tablespoons **olive oil**, and **salt** and **pepper** on a baking sheet. Roast at 425° until golden and soft, 40 minutes. Toss with $\frac{1}{2}$ teaspoon **apple cider vinegar** and chopped **parsley**.



BALSAMIC-GLAZED SQUASH

Toss 1 large **acorn squash** (cut into wedges) in a baking dish with 3 tablespoons each melted **butter** and **balsamic vinegar**, 2 sliced **shallots**, 6 chopped **sage leaves**, 1 tablespoon **honey**, a pinch of **ground coriander**, and **salt** and **pepper**. Add $\frac{1}{2}$ cup water and roast at 450°, 20 minutes; flip, sprinkle with $\frac{1}{4}$ cup **hazelnuts** and roast 20 more minutes.



6

EASY
SIDES

MUSHROOM RAMEN

Soak 1 packet **ramen noodles** (any flavor) in warm water, 5 minutes; drain. Stir-fry 1 pound sliced **wild mushrooms** and the ramen flavor packet in a cast-iron skillet with **vegetable oil**, 3 minutes; transfer to a plate. Add 1 tablespoon **butter** and the noodles to the skillet, toss 1 minute, then add the mushrooms.



BEANS MARINARA

Boil $1\frac{1}{4}$ pounds **green beans** until tender; drain. Brown 3 sliced **garlic cloves** and $\frac{3}{4}$ teaspoon **red pepper flakes** in a skillet with **olive oil**. Crush in a 28-ounce can **plum tomatoes**, add a handful each of **basil** and **parsley** and sprinkle with **sugar** and **salt**. Simmer 10 minutes. Add the beans, cover and cook 10 minutes, then uncover and cook 3 more minutes to thicken.



GINGERED PEARS AND PARSNIPS

Combine 2 quartered **Bosc pears** and 3 sliced **parsnips** in a skillet with $\frac{1}{2}$ cup each **white wine** and **chicken broth**, 2 tablespoons **butter**, the juice of 1 **lemon**, a few slices **ginger**, 1 **bay leaf** and a pinch each of **sugar** and **red pepper flakes**. Partially cover and boil until the liquid evaporates and the pears brown, about 20 minutes. Stir in a splash of water.

Hot Tips

for **healthy cooking**, from Food Network Kitchens' **Katherine Alford**:



Buy winter squash.

Everyone knows the best way to get healthy is to eat more fruits and vegetables. That's easier said than done in the middle of January, but **there's plenty of winter squash out there right now**. We love butternut squash, and at farmers' markets and good grocery stores, there are other amazing varieties, too: Spaghetti, kabocha and acorn (which we roasted on page 79) are all wonderful and packed with fiber.



Try new breading.

We knew we wanted to develop a light "fried" chicken for this issue, but the big problem was getting the crust nice and crisp without using tons of oil. After testing as many coatings as we could think of, we hit on a **combination of rice cereal and bagel chips** or Melba toast, which we use on page 77. The cereal lends a great toasty flavor, and the chips give the coating a satisfying crunch.



Be smart with toppings.

Instead of finishing our pasta on page 76 with tons of cheese, **we added toasted breadcrumbs to the mix**. The breadcrumbs soak up the flavors of the dish's other ingredients—pine nuts, olive oil, pancetta—so there's no need for additional fat. Plus they add a nice crunch!



Replace fat with flavor.

Fat is a luxury in many parts of the world, so a lot of cultures have found ways to make dishes without it, relying on **strong herbs and spices for flavor**. The broth for our Vietnamese soup on page 74 has almost no fat, but it's incredibly aromatic and satisfying because of the star anise, cinnamon, ginger and cilantro.



Fake your bacon.

It's tough to find a good low-fat substitute for bacon. But think outside the box: For the crustless quiche on page 73, we used **smoked gouda to add a rich smoky flavor**. The smoked turkey in the salad on page 75 and the smoked pork chop for the sausage and sauerkraut on page 73 also have that same bacony taste with a fraction of the fat.



COPD? BREATHE BETTER.

ADVAIR HELPS SIGNIFICANTLY IMPROVE LUNG FUNCTION.*



ADVAIR is different from most other COPD medications because it contains both an anti-inflammatory[†] and a long-acting bronchodilator working together to help you breathe better. Talk to your doctor and find out if ADVAIR is right for you.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

[†]It is not known how anti-inflammatories work in COPD.

[‡]Restrictions apply. See AdvairCOPD.com for eligibility rules.

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.

If you smoke and want to quit, you can learn more at way2quit.com.

Important information: ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia.

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems. ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting beta₂-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

Please see accompanying important information about ADVAIR DISKUS.

Get your first full prescription FREE[‡] Go to AdvairCOPD.com or call 1-800-511-4790.



If you don't have prescription coverage and can't afford your medicines, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)



ADVAIR DISKUS[®] 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS[®] 100/50, 250/50, 500/50 (fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly, and
 - you use your fast-acting inhaler, but it does not relieve your breathing problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS contains 2 medicines:
 - fluticasone propionate (the same medicine found in FLOVENT[®]), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - salmeterol (the same medicine found in SEREVENT[®]), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Important Information

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What should I tell my healthcare provider before using ADVAIR DISKUS?

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

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir[®] (ritonavir capsules) Soft Gelatin, Norvir[®] (ritonavir oral solution), and Kaletra[®] (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - increased breathing problems
 - fever
 - increased cough
 - chills
- serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
 - rash
 - swelling of the face, mouth, and tongue
 - hives
 - breathing problems
- increased blood pressure
- chest pain
- a fast and irregular heartbeat
- headache
- tremor
- nervousness
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
- slowed growth in children. A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.adva.com.

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Weekend Cooking

Treat your friends to one of Food Network Kitchens' new menus. Then, **make a special dessert** for your valentine.

PHOTOGRAPHS BY MARCUS NILSSON



This praline-topped cake is the perfect end to our Mardi Gras feast on page 85.

Big Easy Dinner

Celebrate
Mardi Gras with
New Orleans
fare and classic
cocktails.

On the Side: TOASTED RICE

Melt 4 tablespoons **butter** in a pot over medium-high heat. Stir in 2 cups **converted long-grain rice**, 1 teaspoon **salt** and ½ teaspoon **pepper**. Cook, stirring, until the rice is golden, about 5 minutes. Add 2 cups each **chicken broth** and water; bring to a simmer, then cover and cook over low heat, 15 minutes. Remove from the heat and let stand 5 minutes. Fluff with a fork and stir in chopped **scallions** and **parsley**.

Many
Cajun recipes use
a brown roux
(flour-fat mixture)
as a thickener. The
longer the roux is
cooked, the smokier
the flavor.

SHRIMP AND
CHICKEN ÉTOUFFÉE

ACTIVE: 1 hr | TOTAL: 1 hr 25 min | SERVES: 8

- 2 tablespoons vegetable oil
- 1 pound andouille sausage, diced
- 3 pounds skin-on, bone-in chicken thighs
- Kosher salt
- $\frac{1}{2}$ cup plus 2 tablespoons all-purpose flour
- 4 stalks celery, diced
- 1 large onion, diced
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- $\frac{1}{4}$ teaspoon cayenne pepper
- 4 cups low-sodium chicken broth
- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons dry sherry
- Freshly ground black pepper

1. Heat a large pot over medium-high heat. Add the vegetable oil and andouille and cook, stirring, until crisp, 4 to 5 minutes. Transfer to

a plate. Season the chicken with salt, then add to the pot in batches to brown, 5 minutes per side. Transfer to the plate with the andouille.

2. Make the roux: Remove the pot from the heat and cool slightly (there should be about $\frac{1}{4}$ cup drippings; drain or add oil as needed). Return the pot to medium heat. Sprinkle in the flour and stir, scraping up the browned bits from the pan with a wooden spoon. Continue to cook, stirring, until the mixture smells nutty and turns a deep brown, 10 to 12 minutes. Add the celery, onion, bell pepper, garlic, cayenne, and salt to taste. Cook, stirring, until the vegetables are tender, 6 to 8 minutes.

3. Whisk in the broth. Return the chicken and andouille to the pot and simmer until the chicken is cooked through, about 25 minutes. Transfer the chicken to a plate and let cool slightly while the stew simmers; remove the skin and shred the meat. Return the meat to the pot. Stir in the shrimp and sherry and cook until the shrimp turn pink, 2 to 3 more minutes. Season with salt and black pepper.

And for Dessert:
BOURBON PRALINE CAKE

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

FOR THE PRALINE LAYER

- 4 tablespoons unsalted butter, plus more for greasing
- $\frac{1}{3}$ cup packed light brown sugar
- $\frac{1}{3}$ cup light corn syrup
- $\frac{1}{4}$ teaspoon kosher salt
- $1\frac{1}{2}$ teaspoons vanilla extract
- $2\frac{1}{4}$ cups pecans, toasted

FOR THE CAKE

- $1\frac{1}{2}$ cups cake flour
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- $\frac{1}{4}$ teaspoon fine salt
- $\frac{1}{3}$ cup buttermilk, at room temperature
- 2 tablespoons bourbon
- $1\frac{1}{2}$ sticks unsalted butter, at room temperature
- $1\frac{1}{4}$ cups granulated sugar
- 3 large eggs, at room temperature
- $\frac{1}{2}$ cup pecans, toasted and chopped
- Vanilla ice cream, for serving

1. Preheat the oven to 350°. Butter a 9-inch springform pan, then line the bottom and sides with parchment paper and butter the paper. Wrap the outside of the pan with foil.

2. Make the praline layer: Melt the butter in a saucepan over medium heat. Whisk in the brown sugar, corn syrup, kosher salt and vanilla. Spread in the prepared pan and scatter the pecans on top; set aside.

3. Make the cake: Whisk the flour, baking soda, nutmeg and fine salt in a large bowl. Whisk the buttermilk and bourbon in another bowl.

4. Beat the butter and granulated sugar with a mixer on medium-high speed until fluffy, 10 minutes. With the mixer on low, beat in the eggs, one at a time. Add the flour mixture in three parts, alternating with the buttermilk mixture, starting and ending with flour. Fold in the pecans.

5. Pour the batter into the pan and bake until a toothpick inserted into the center comes out clean, about 1 hour. Cool on a rack, 30 minutes. Remove the springform ring, invert the cake onto a plate and remove the paper. Serve with ice cream.

What to Drink: NEW ORLEANS COCKTAILS

Get a taste of the city's cocktail history with these classic mixed drinks.

VIEUX CARRÉ

MAKES: 1 drink

Combine 1 ounce each **rye** and **cognac**, $\frac{1}{2}$ ounce each **sweet vermouth** and **Bénédictine** and 2 dashes each **Peychaud's** and **angostura bitters** in a shaker. Fill with ice and stir briefly; let sit 5 minutes. Strain into a chilled cocktail glass.

SAZERAC

MAKES: 1 drink

Mix 1 teaspoon **sugar**, a few dashes each **Peychaud's** and **angostura bitters** and a splash of water in a shaker. Add 2 ounces **rye**, fill with ice and stir. Rinse a chilled old-fashioned glass with **anise-flavored liqueur** (such as absinthe). Strain into the glass; garnish with a **lemon twist**.

BRANDY CRUSTA

MAKES: 1 drink

Combine 2 ounces **cognac**, 1 teaspoon each **cherry** and **orange liqueur**, 1 teaspoon **lemon juice** and 2 dashes **angostura bitters** in a shaker. Fill with ice, cover and shake well. Strain into a chilled sugar-rimmed cocktail glass. Garnish with a **lemon peel**.



Crowd-Pleasing Curry

Spice up your weekend with an Indian feast.

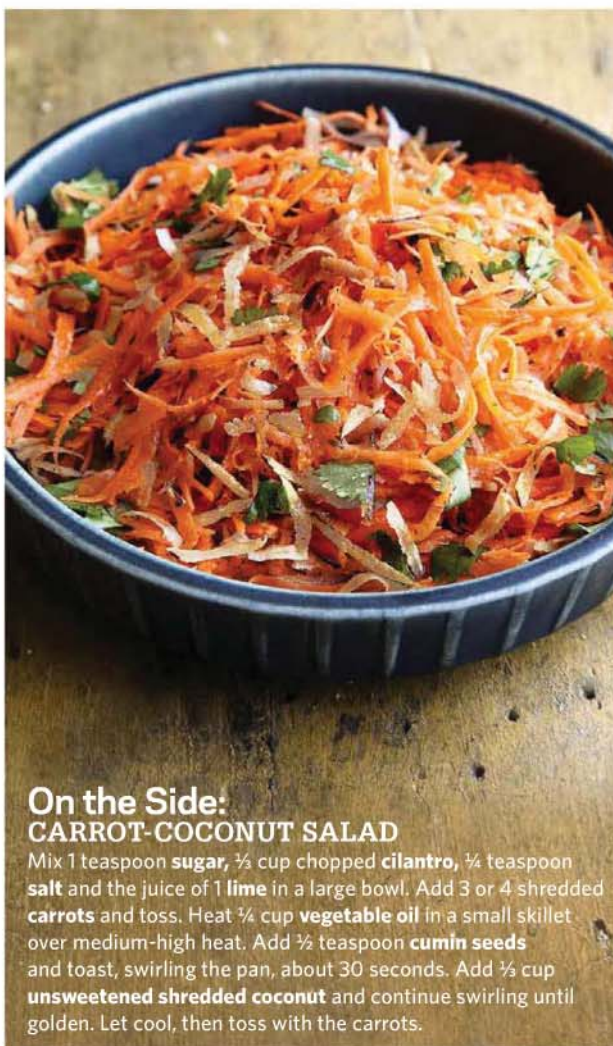
We like the texture of dried chickpeas for this recipe. If you don't have time to soak them, boil 5 minutes, then set aside, covered, 1 hour.

CHICKPEA AND CAULIFLOWER CURRY

ACTIVE: 55 min | TOTAL: 1 hr 50 min (plus overnight soaking) | SERVES: 6

- ½ pound dried chickpeas
- 2 bay leaves
- 1 cinnamon stick
- 4 cardamom pods, cracked
- 6 whole cloves
- 12 black peppercorns
- 2 red onions; 1 quartered, 1 diced
- 1 3-inch piece ginger, peeled and chopped
- 4 cloves garlic
- ¼ cup vegetable oil
- Kosher salt
- 1 serrano chile pepper, chopped (remove seeds for less heat)
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ⅛ teaspoon turmeric
- 2 plum tomatoes, diced
- 6 cups cauliflower florets
- ½ pound fresh or frozen okra (thawed, if frozen), halved lengthwise
- Juice of 1 lemon
- ½ cup chopped fresh cilantro or mint

1. Soak the chickpeas overnight in a bowl of cold water; drain and place in a large pot.
2. Wrap the bay leaves, cinnamon stick, cardamom, cloves and peppercorns in a piece of cheesecloth and tie with twine. Add to the pot along with 8 cups water and bring to a boil over medium-high heat, skimming off any foam from the surface. Reduce the heat to medium and simmer until the chickpeas are tender, about 50 minutes. Strain the chickpeas, reserving the cooking liquid and spice bundle.
3. Meanwhile, pulse the quartered onion, ginger and garlic in a mini food processor to form a paste. Heat the vegetable oil in a large pot over medium-high heat. Add the diced onion and cook until browned, 6 to 10 minutes. Add 1¼ teaspoons salt, the ginger-garlic paste and the serrano. Cook, stirring, until the mixture is dry, 5 to 7 minutes. Add the cumin, coriander and turmeric and cook until fragrant, about 1 more minute.
4. Add the chickpeas, tomatoes, 3 cups of the reserved cooking liquid and the spice bundle; simmer until thickened, about 20 minutes. Add the cauliflower and cook until slightly tender, 5 to 6 minutes (add more cooking liquid, if needed). Stir in the okra and cook until just tender, about 5 minutes. Discard the spice bundle. Stir in the lemon juice and cilantro and season with salt.



On the Side: CARROT-COCONUT SALAD

Mix 1 teaspoon **sugar**, ½ cup chopped **cilantro**, ¼ teaspoon **salt** and the juice of 1 **lime** in a large bowl. Add 3 or 4 shredded **carrots** and toss. Heat ¼ cup **vegetable oil** in a small skillet over medium-high heat. Add ½ teaspoon **cumin seeds** and toast, swirling the pan, about 30 seconds. Add ½ cup **unsweetened shredded coconut** and continue swirling until golden. Let cool, then toss with the carrots.

INDIAN FLATBREADS

ACTIVE: 45 min | TOTAL: 1 hr 15 min | MAKES: 6 flatbreads

- ¾ cup whole-wheat flour
- ¾ cup all-purpose flour, plus more for dusting
- 1 teaspoon kosher salt
- 1 tablespoon extra-virgin olive oil, plus more for brushing

1. Combine the flours and salt in a bowl. Make a well in the center, add ½ cup warm water and 1 tablespoon olive oil and mix to make a sticky dough. Turn out onto a lightly floured surface and knead until soft and pliable, about 5 minutes. Brush a bowl with olive oil and place the dough in it. Cover and let rest about 30 minutes.
2. Divide the dough into 6 even balls. On a floured surface, roll each ball into an 8-to-9-inch round, then layer between parchment paper.
3. Heat a large skillet over medium-high heat. One at a time, lightly brush each dough round with oil and place in the pan. Cook until bubbly on top and charred on the bottom, 1 to 2 minutes, then flip and cook 1 more minute. Remove from the skillet, brush with more oil and season with salt. To reheat, wrap the flatbreads in a damp paper towel and microwave 45 seconds.

What to Drink: INDIA PALE ALE

Hops act as a preservative, so 18th-century English brewers created this extra-hoppy style of beer to ship to soldiers in India. Try these picks—they're perfect with spicy food.

> Goose Island India Pale Ale (\$10 for a six-pack)

Earthy English and citrusy American hops meet in this mild IPA from Chicago.

> Wolaver's India Pale Ale (\$10 for a six-pack)

Herbal aromas and a pleasant, palate-cleansing bitterness make this organic Vermont brew especially food-friendly.

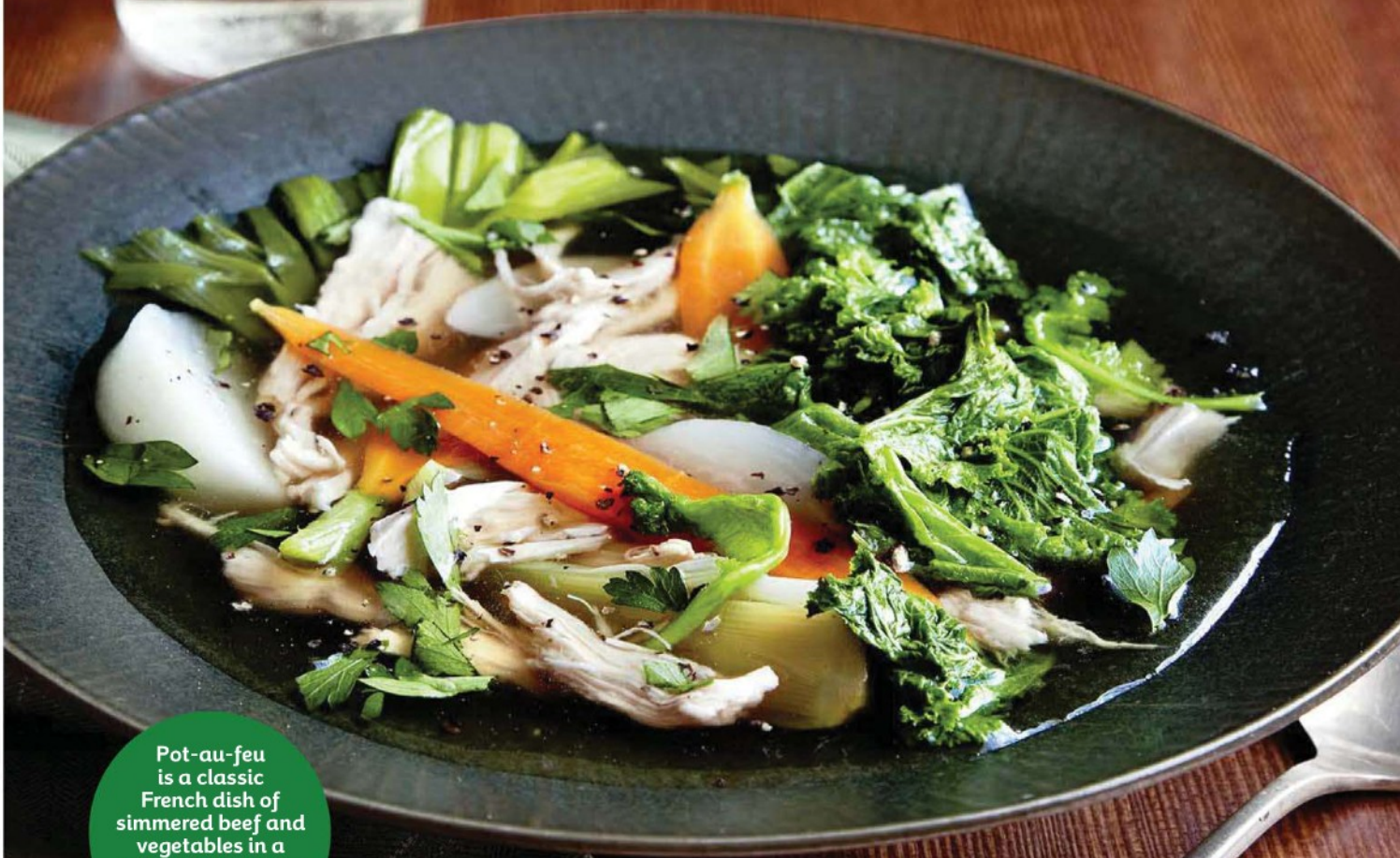
> Bear Republic Racer 5 India Pale Ale (\$12 for a six-pack)

This Northern California beer is a balance of bold, bright hops and a subtle, malty richness.



Light Sunday Supper

Make a warm and hearty meal that won't weigh you down.

A dark, rustic-style bowl filled with a hearty soup. The soup contains shredded white meat (likely chicken), sliced carrots, green beans, and leafy greens. The broth is dark and rich. A silver spoon rests on the right side of the bowl. In the background, a glass of water sits on a wooden table.

Pot-au-feu is a classic French dish of simmered beef and vegetables in a rich stock. We used chicken to keep it healthy.

CHICKEN POT-AU-FEU

ACTIVE: 1 hr | TOTAL: 1 hr 50 min | SERVES: 4

- | | |
|---|---|
| 1 bunch fresh parsley | 1 bunch carrots, trimmed and halved lengthwise |
| 6 cups low-sodium chicken broth | 6 small turnips, peeled and halved lengthwise |
| 1 cinnamon stick | 4 skin-on, bone-in chicken breasts (about 2 pounds) |
| 1 teaspoon black peppercorns | 2 tablespoons extra-virgin olive oil |
| ½ teaspoon whole allspice | 1 pound winter greens (such as Swiss chard or kale), torn |
| ½ teaspoon coriander seeds | Freshly ground pepper |
| Kosher salt | |
| 3 small leeks, outer leaves peeled, halved lengthwise | |

1. Tie half of the parsley together with twine. Place in a large pot over medium heat along with the broth, cinnamon stick, peppercorns, allspice, coriander and 1½ teaspoons salt. Cover and simmer 10 minutes.

2. Tie the leeks together with twine and add to the pot. Add the carrots, turnips and water to cover, if necessary. Bring to a boil, then reduce to a simmer and cook until the vegetables are tender, about 15 minutes. Transfer the vegetables to a bowl with a slotted spoon; untie the leeks.

3. Add the chicken to the pot, cover and poach over low heat until firm, about 20 minutes. Transfer the chicken

to a cutting board, reserving the broth; remove the skin and shred the meat.

4. Heat the olive oil in a skillet over medium heat. Add the winter greens and cook until wilted, about 5 minutes. Add 1 cup of the reserved broth and cook until the greens are tender, about 5 more minutes. Season with salt.

5. Strain the remaining broth, return to the pot and simmer 10 minutes. Meanwhile, chop the remaining half of the parsley. Season the broth with salt and pepper. Add the leeks, carrots and turnips and heat through, then divide among bowls along with the chicken and greens. Ladle the broth on top. Sprinkle with the chopped parsley.

On the Side: MOROCCAN COUSCOUS

ACTIVE: 15 min | TOTAL: 20 min | SERVES: 4 to 6

FOR THE SPICE BLEND

- 1 cinnamon stick
- 1 teaspoon black peppercorns
- ½ teaspoon white peppercorns
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon whole allspice
- ½ teaspoon whole cloves
- 2 cardamom pods
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- ¼ to ½ teaspoon cayenne pepper
- ½ teaspoon freshly grated nutmeg
- Kosher salt

1. Make the spice blend: Toast the cinnamon stick, both peppercorns, cumin, coriander, allspice, cloves and cardamom in a small dry skillet over medium heat until fragrant, 2 minutes; let cool. Grind in a spice grinder or mini food processor with the ginger, turmeric, cayenne, nutmeg and 1 teaspoon salt. Store in an airtight container for up to 2 weeks; use leftover spice blend as a rub for meat or fish.

2. Make the couscous: Heat the butter, 1½ teaspoons spice blend and the saffron, if desired, in a large skillet over medium-high heat until lightly toasted, about 1 minute. Add the couscous and stir until toasted, about 1 minute. Stir in the warm broth, remove from the heat, cover and set aside until the couscous is plump, about 7 minutes. Add the lemon juice and fluff with a fork. Transfer to a bowl and sprinkle with ½ teaspoon spice blend.

FOR THE COUSCOUS

- 3 tablespoons unsalted butter
- Large pinch of saffron (optional)
- 2¼ cups (12 ounces) whole-wheat couscous
- 3 cups low-sodium chicken broth, warmed
- 1 to 2 teaspoons fresh lemon juice

**On the Side: GARLIC YOGURT**

Smash 1 **garlic clove** and sprinkle with **kosher salt**, then mash and smear into a paste with the flat side of a knife. Mix with 1¼ cups **low-fat plain Greek yogurt** and thin with water. Drizzle with **olive oil** and sprinkle with salt, **pepper**, **smoked paprika** and **cumin**. Serve with the couscous or add a dollop to the pot-au-feu.

What to Drink: LIGHT WHITE WINE

These semisweet rieslings have less than 10 percent alcohol (most wines have 13 percent), which means they're lower in calories—but no less delicious.

**> 2007 Graff Riesling Kabinett (\$11)**

With only 8 percent alcohol, this tropically scented wine is extra light and has a subtle sparkle that makes it super-refreshing.

**> 2008 Loosen Bros. Dr. L Riesling (\$11)**

This wine is perfect for riesling novices. Tart lemon flavors offset the sweetness—and with just 8.5 percent alcohol, it's extremely mellow.

**> 2007 Selbach Riesling Kabinett (\$16)**

The honey and apple notes of this 9-percent-alcohol wine make it great for winter, and bubbles keep it light.

Bistro Night

Give your dinner party a French accent with roasted duck and a Côtes du Rhône.



To make the duck breasts crisp, we scored the skin and slowly rendered the fat.

DUCK WITH FIGS AND PORT

ACTIVE: 2 hr 15 min | TOTAL: 6 hr | SERVES: 4

- | | | | |
|----|--|---|---|
| 1 | 6-pound duck | 4 | cups low-sodium chicken broth |
| 2 | medium shallots | 1 | cup ruby port |
| 1 | 2-inch piece ginger, peeled and sliced | 1 | bay leaf |
| 1½ | teaspoons coriander seeds, cracked | 6 | dried black figs, stemmed and halved |
| | Kosher salt and freshly ground pepper | 2 | tablespoons cold unsalted butter, diced |
| 3 | tablespoons extra-virgin olive oil | 1 | teaspoon red wine vinegar |

1. Place the duck breast-side up on a cutting board. Remove and reserve the giblets and discard the liver. Break down the duck and score the breasts (see right).

2. Puree the shallots, ginger and coriander in a mini food processor. Season the duck legs and the meat side of the breasts with salt, pepper and 2 tablespoons of the ginger mixture. Cover and refrigerate the duck and the remaining ginger mixture while you make the stock.

3. Make the duck stock: Trim the excess fat from the duck bones and chop into 6 to 8 pieces. Heat 2 tablespoons olive oil in a Dutch oven or large pot over medium-high heat; add the bones, reserved wings and giblets and brown, turning occasionally, about 25 minutes. Add the broth and enough water to cover the bones. Bring to a boil, then reduce to a simmer and cook, uncovered, about 3 hours, skimming as needed. Strain the duck stock and skim off any excess fat from the surface. (The stock can be made a day ahead. Just cover and refrigerate.)

4. Preheat the oven to 375°. Place the duck legs on a rack in a roasting pan with ¼ inch water. Roast until brown and crisp, about 1 hour 15 minutes.

5. Meanwhile, heat the remaining 1 tablespoon olive oil in a medium saucepan over medium-high heat; add the reserved ginger mixture and cook, stirring, until browned, 5 to 7 minutes. Add the port and scrape up any browned bits from the pan with a wooden spoon. Boil until the mixture looks like wet sand. Add 3 cups of the duck stock and the bay leaf and simmer until the liquid reduces by about three-quarters, about 45 minutes. Strain into a separate saucepan. Add the figs and heat until plump, about 2 minutes. Whisk in the butter, season generously with salt and pepper and add the vinegar. Keep the sauce warm over low heat but do not boil.

6. Scrape the ginger mixture off the breasts. Heat a medium skillet over high heat. Place the breasts, skin-side down, in the skillet and cook until the fat begins to render and the skin is golden brown, 1 to 2 minutes. Pour off the fat. Reduce the heat to low and continue cooking, removing the fat as it renders, until the skin is tight and golden, 15 to 20 minutes. Increase the heat to medium-high, flip the breasts and cook until the meat is lightly browned but still medium-rare, 1 to 2 more minutes.

7. Thinly slice the breasts and cut the legs in half. Divide the meat among plates and top with the sauce and figs.

HOW TO
Break Down a Duck

Pull the leg and cut through the skin between the thigh and breast. Fold back the leg to pop out the joint; cut through to remove the leg. Repeat on the other side.



Cut off the wings where they meet the body. Trim the excess fat and reserve the wings for stock.



Cut along one side of the breastbone; angle your knife toward the bone and remove the breast in small strokes. Repeat on the other side.



Trim the excess fat that surrounds the legs and breasts, but leave the skin on the meat. Score the breast skin in a tight gridlike pattern.

What to Drink:
BUDGET
FRENCH WINE

France's Rhône region is home to pricey reds, but there are tasty bargains, too.

> 2007 Vrac Côtes du Rhône (\$10)

You can also buy this fresh, peppery wine in a 3-liter box (\$27). The name refers to the French practice of buying wines *en vrac* ("in bulk").

> 2007 Perrin Réserve Côtes du Rhône (\$9)

This steal comes from one of the Rhône Valley's most respected winemakers. It's fruity with a burst of anise.

> 2006 Chapelle-St-Arnoux Côtes du Ventoux (\$10)

This blend's robust cherry flavor is kept in check by herbal notes that prevent it from tasting too juicy.

On the Side:
BRAISED CABBAGE

Toast 1 teaspoon **fennel seeds** in a skillet with 1 tablespoon **olive oil** for 1 minute. Add 1 head thinly sliced **red cabbage** in batches, season with **salt** and **pepper** and stir until wilted. Add a pinch of **sugar** and a splash each of **red wine vinegar** and **chicken broth**. Partially cover and simmer over medium-low heat, stirring occasionally, until the cabbage is soft, about 30 minutes. Toss with 2 tablespoons **butter** and a handful of chopped **parsley**.



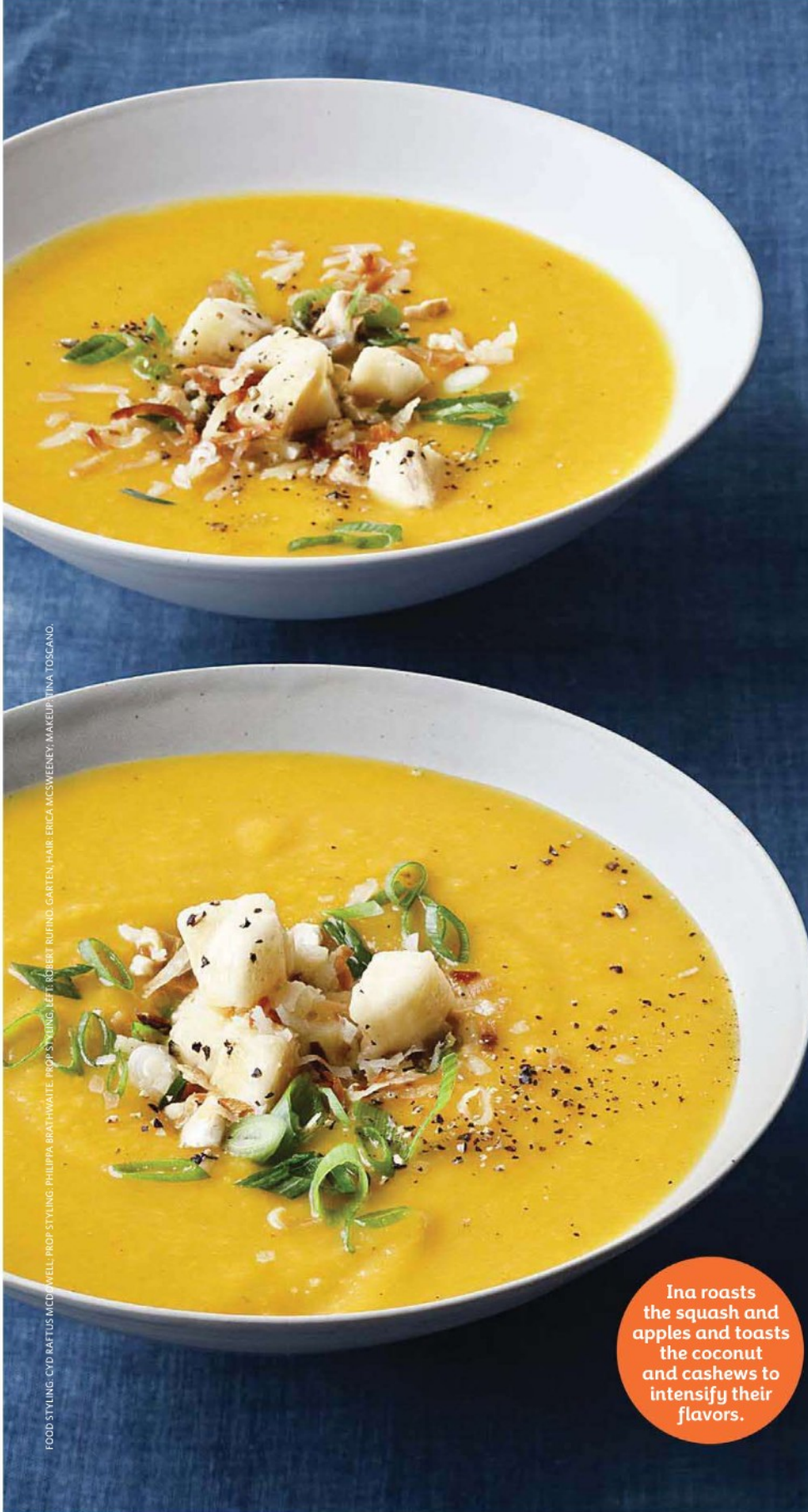
Flavor in a Pinch

Ina Garten has a few small tricks for building big, bold dishes.

PHOTOGRAPHS BY QUENTIN BACON

Take a look at Ina's recipes: no crazy-long ingredient lists, no hard-to-find spices, no fancy equipment. But the taste is always off the charts. To show us how she does it, Ina prepared three simple dishes and applied a few of her go-to flavor-boosting techniques. Follow these recipes carefully: Every step counts!

Watch
Ina prepare
these recipes on
*Barefoot Contessa:
Back to Basics*,
January 9 at
1:30 p.m.



ROASTED BUTTERNUT SQUASH SOUP AND CURRY CONDIMENTS

ACTIVE: 35 min | TOTAL: 1 hr 10 min

SERVES: 4 to 6

FOR THE SOUP

- 3 to 4 pounds butternut squash, peeled and seeded
- 2 yellow onions
- 2 McIntosh apples, peeled and cored
- 3 tablespoons good olive oil
- Kosher salt and freshly ground black pepper
- 2 to 4 cups chicken stock, preferably homemade
- $\frac{1}{2}$ teaspoon good curry powder

FOR THE CONDIMENTS

- Scallions, white and green parts, trimmed and sliced diagonally
- Flaked sweetened coconut, lightly toasted
- Roasted salted cashews, toasted and chopped
- Diced banana

1. Preheat the oven to 425°. Cut the butternut squash, onions and apples in 1-inch cubes. Place them on a sheet pan and toss with the olive oil, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35 to 45 minutes, until very tender.
2. Meanwhile, heat the chicken stock to a simmer. When the vegetables are done, put them through a food mill fitted with the medium blade. (Alternatively, you can place the roasted vegetables in batches in a food processor fitted with the steel blade. Add some of the chicken stock and coarsely puree.) When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup. Add the curry powder, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor. Reheat and serve hot with condiments either on the side or on top of each serving.

RECIPE FROM BAREFOOT CONTESSA BACK TO BASICS.
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Ina roasts the squash and apples and toasts the coconut and cashews to intensify their flavors.

The key to this dish is roasting, not boiling, the shrimp. To make the sauce extra lemony, Ina uses lemon zest and juice.





Ina gives these a double dose of maple flavor, in the dough and in the glaze. She likes the smoky sweetness of Grade A maple syrup.

LEMON PASTA WITH ROASTED SHRIMP

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

- 2 pounds (17 to 21 count) shrimp, peeled and deveined
- Good olive oil
- Kosher salt and freshly ground black pepper
- 1 pound angel hair pasta
- 4 tablespoons (½ stick) unsalted butter, melted
- Zest and juice of 2 lemons

1. Preheat the oven to 400°. Place the shrimp on a sheet pan with 1 tablespoon olive oil, ½ teaspoon salt and ½ teaspoon pepper. Toss well, spread them in one layer and roast for 6 to 8 minutes, just until they're pink and cooked through.
2. Meanwhile, drizzle some olive oil in a large pot of boiling salted water, add the angel hair and cook until al dente, about 3 minutes. Drain the pasta, reserving some of the cooking liquid. Quickly toss the angel hair with the melted butter, ¼ cup olive oil, the lemon zest, lemon juice, 2 teaspoons salt, 1 teaspoon pepper and about ½ cup of the reserved cooking liquid. Add the shrimp and serve hot.

MAPLE-OATMEAL SCONES

ACTIVE: 30 min | TOTAL: 50 min
MAKES: 14 large scones

FOR THE SCONES

- 3½ cups all-purpose flour
- 1 cup whole-wheat flour
- 1 cup quick-cooking oats, plus additional for sprinkling
- 2 tablespoons baking powder
- 2 tablespoons granulated sugar
- 2 teaspoons salt
- 1 pound cold unsalted butter, diced
- ½ cup cold buttermilk
- ½ cup pure maple syrup
- 4 extra-large eggs, lightly beaten
- 1 egg beaten with 1 tablespoon milk or water, for egg wash

FOR THE GLAZE

- 1¼ cups confectioners' sugar
- ½ cup pure maple syrup
- 1 teaspoon pure vanilla extract

1. Preheat the oven to 400°. In the bowl of an electric mixer fitted with a paddle attachment, combine the flours, oats, baking powder, sugar and salt. Blend the cold butter in at the lowest speed and mix until the butter is in pea-size pieces. Combine the buttermilk, maple syrup and eggs and add quickly to the flour-and-butter mixture. Mix until just blended. The dough may be sticky.
2. Dump the dough out onto a well-floured surface and be sure it is combined. Flour your hands and a rolling pin and roll the dough ¾ to 1 inch thick. You should see lumps of butter in the dough. Cut into 3-inch rounds with a plain or fluted cutter and place on a baking sheet lined with parchment paper.
3. Brush the tops with egg wash. Bake for 20 to 25 minutes, until the tops are crisp and the insides are done.
4. To make the glaze, combine the confectioners' sugar, maple syrup and vanilla. When the scones are done, cool for 5 minutes and drizzle each scone with 1 tablespoon of the glaze. I like to sprinkle some uncooked oats on the top, for garnish. The warmer the scones are when you glaze them, the thinner the glaze will be.

RECIPE FROM THE BAREFOOT CONTESSA COOKBOOK. COPYRIGHT 1999. ALL RIGHTS RESERVED.

Better Off Red

We turned classic red velvet cake into a **Valentine's Day cookie**.

For extra-puffy cookies, use your oven's convection setting, if available, and bake just 7 minutes.



what you'll need

FOR THE COOKIES



1 ounce
semisweet chocolate, chopped



½ ounce
milk chocolate, chopped



12 tablespoons
unsalted butter, melted



½ cup
sour cream



2 large
eggs



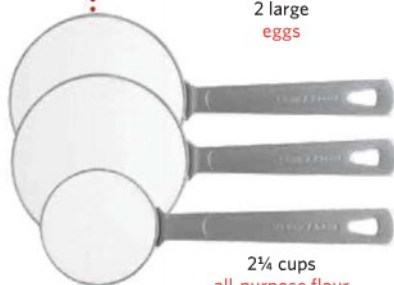
1½ teaspoons
apple cider vinegar



½ teaspoon
vanilla extract



1 tablespoon
red food coloring



2¾ cups
all-purpose flour



1 cup
granulated sugar



¼ cup
unsweetened cocoa powder



2 teaspoons
baking powder



¾ teaspoon
baking soda



½ teaspoon
salt

FOR THE FILLING



8 ounces cream cheese,
at room temperature



3 tablespoons unsalted butter,
at room temperature



2½ cups
confectioners' sugar, sifted



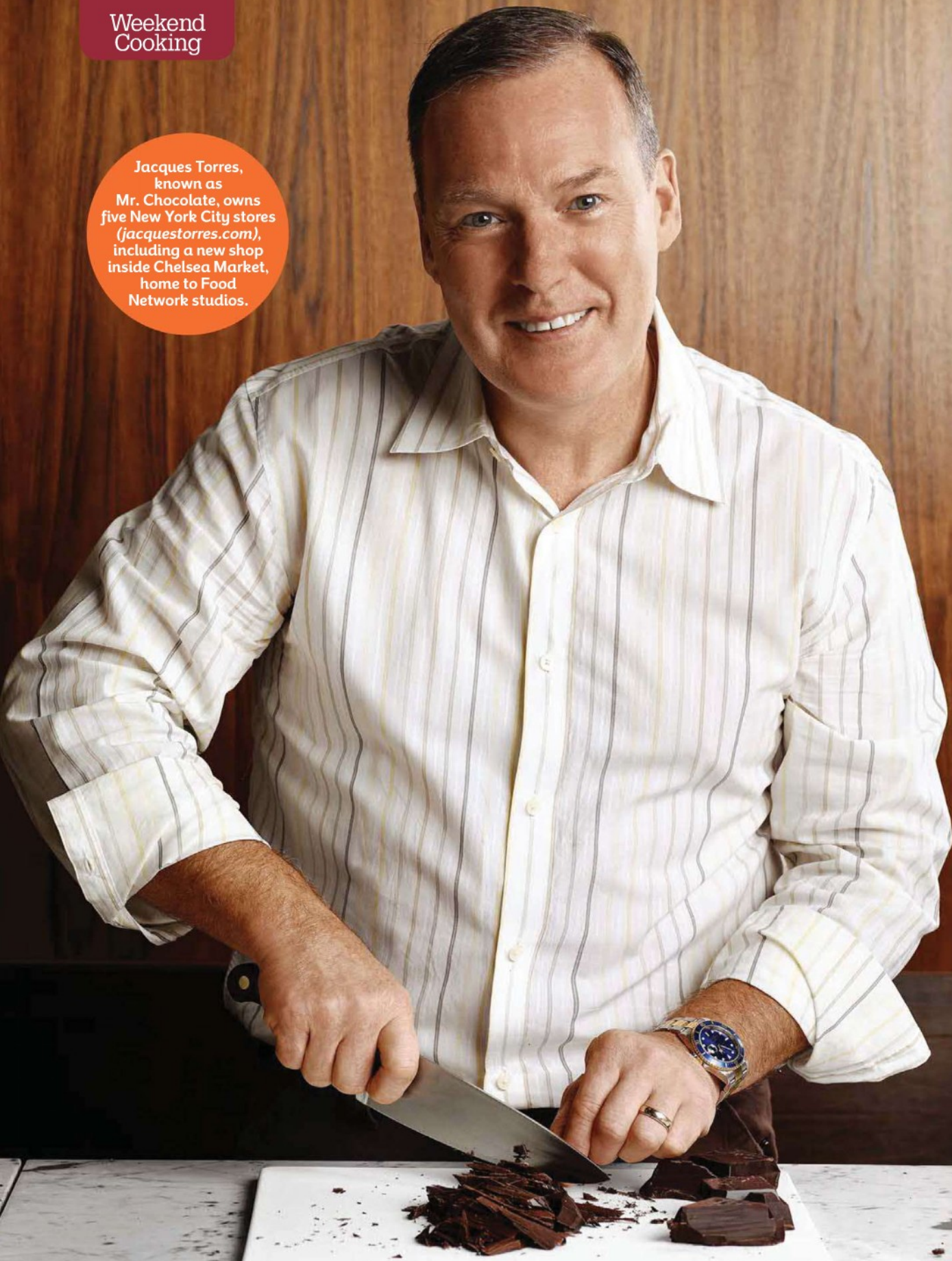
1 vanilla bean, halved
lengthwise and seeds scraped

RED VELVET WHOOPIE PIES ACTIVE: 35 min | TOTAL: 1 hr 25 min | MAKES: 18 sandwich cookies

1. Make the cookies: Preheat the oven to 375°. Line 2 large baking sheets with parchment paper. Combine the semisweet and milk chocolate in a microwave-safe bowl and microwave at 50 percent power until melted, about 2 minutes. Whisk until smooth.
2. Whisk the melted butter, sour cream, eggs, vinegar, vanilla and food coloring in a bowl until combined. In another bowl, whisk the flour, sugar, cocoa powder, baking powder, baking soda and salt.
3. Add the flour mixture to the butter mixture in four equal batches, whisking each batch completely before adding the next. Stir in the melted chocolate.

4. Scoop heaping tablespoonfuls of batter onto the prepared baking sheets and smooth the tops with a damp finger. Bake until the cookies spring back when lightly pressed, 8 to 10 minutes. Let cool 10 minutes on the baking sheets, then transfer to racks to cool completely.
5. Meanwhile, make the filling: Beat the cream cheese and butter with a mixer until smooth. Beat in the confectioners' sugar and vanilla seeds. Sandwich a heaping tablespoonful of filling between 2 cookies; repeat with the remaining cookies and filling. Refrigerate 30 minutes before serving.

Jacques Torres,
known as
Mr. Chocolate, owns
five New York City stores
(jacquestorres.com),
including a new shop
inside Chelsea Market,
home to Food
Network studios.



Try this at home:

TRUFFLES

Master chocolatier Jacques Torres shows us how to make the ultimate Valentine's Day treats.

PHOTOGRAPHS BY JIM FRANCO

CHOCOLATE TRUFFLES

ACTIVE: 3 hr 30 min | TOTAL: 3 hr 30 min (plus setting)
MAKES: about 180 truffles

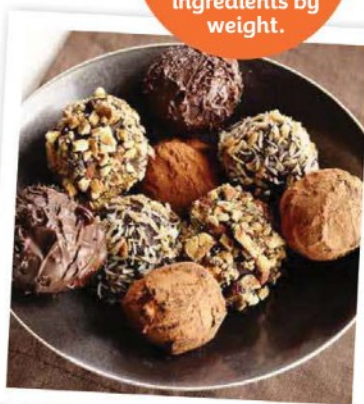
FOR THE GANACHE

- 21 ounces bittersweet chocolate
- 18 ounces (generous 2 cups) heavy cream
- 2 ounces (4 tablespoons) unsalted butter, cut into pieces, softened
- 2 ounces ($\frac{1}{4}$ cup) orange liqueur or raspberry vodka (optional)

FOR THE COATING

- 3 pounds bittersweet chocolate, chopped
- 2 cups Dutch-process cocoa powder, sifted
- $2\frac{1}{2}$ cups shredded coconut, toasted
- 2 cups nuts, toasted and finely chopped

Chocolate making needs to be precise, so Jacques measures his ingredients by weight.



1. Chop the chocolate.

Use a chef's knife to chop the chocolate as finely as possible; this will help it melt quickly and evenly. Then place it in a medium glass bowl. (Glass retains heat, so the chocolate will stay melted longer.)



2. Make the ganache.



Heat the cream in a small saucepan over medium heat until bubbles form around the edge. Remove from the heat and add about one-fourth of the chocolate; whisk until smooth.



Slowly pour the cream mixture over the remaining chocolate in the bowl and let sit until the chocolate melts, about 30 seconds.



Puree the melted chocolate with an immersion blender or beat with a whisk until all the lumps disappear and the ganache is smooth.



Stir in the butter until smooth, then add liqueur, if desired. (Jacques adds the liqueur last, so the flavor doesn't cook off.)

3. Pour and set.

Line a rimmed baking sheet with plastic wrap, leaving a 2-foot overhang on one side. Pour the ganache onto the baking sheet and spread evenly with a rubber spatula. Fold the plastic wrap back over and press directly onto the surface of the ganache. Let cool at room temperature at least 4 hours or overnight.



4. Form the truffles.

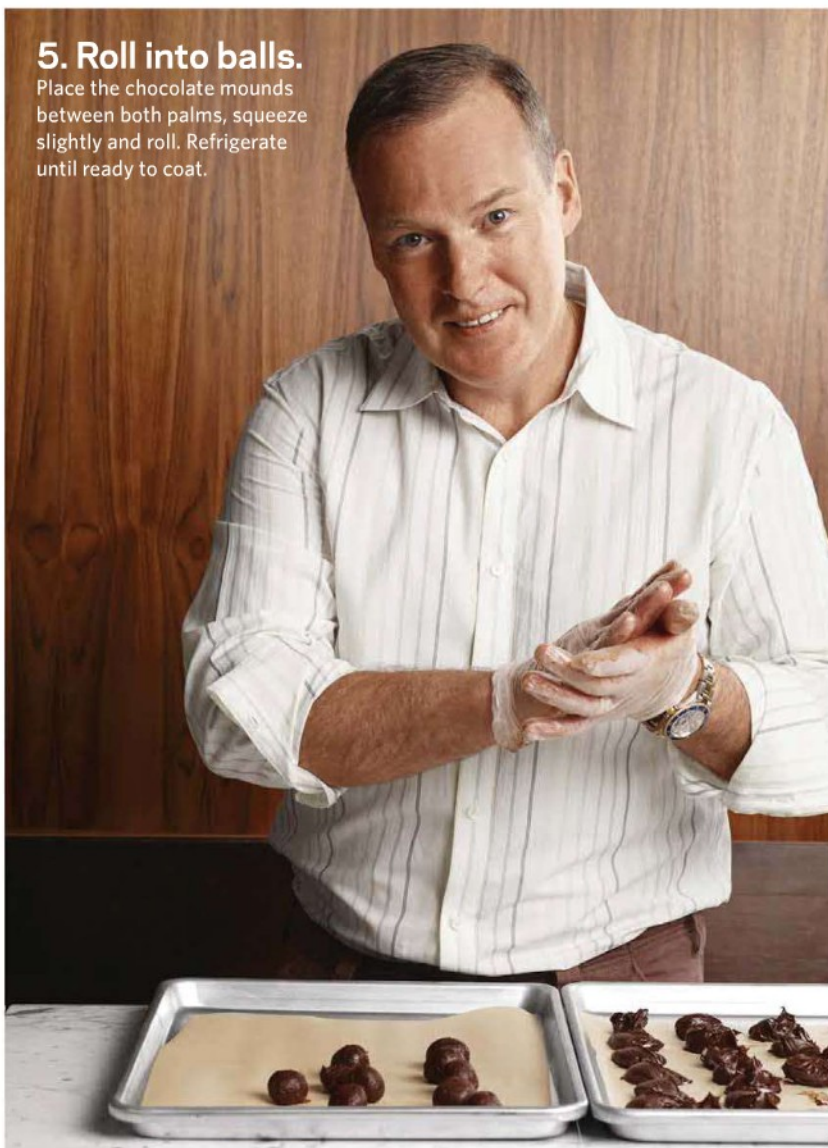
Using two teaspoons, scoop small mounds of the ganache onto parchment-lined baking sheets. Set aside until firm enough to roll, about 15 minutes in the refrigerator or 2 hours at room temperature.



You can also pipe the truffles: Scoop the ganache into a large plastic bag and snip the corner.

5. Roll into balls.

Place the chocolate mounds between both palms, squeeze slightly and roll. Refrigerate until ready to coat.



6. Temper the chocolate.

This is a gentle melting and cooling process that gives chocolate a glossy finish. For the coating, place the chopped chocolate in a heatproof bowl set over a saucepan of barely simmering water and stir until melted, about 40 minutes. Pour into a clean glass bowl; stir to cool to between 88° and 90°, about 40 minutes. (Jacques recommends a laser thermometer for checking the temperature.)



7. Dip and coat.

Spread out the cocoa powder, coconut and nuts on parchment paper. One at a time, dip each truffle in the tempered chocolate with a two-prong dipping fork (you can buy one at a baking-supply store or break off the middle tines of a plastic fork). Lift the truffle and let the excess chocolate drip off. Roll in toppings and place on a rack to dry. Store in an airtight container for up to 2 weeks.

“This is a great project for two people: One person dips and the other rolls.”



To make textured truffles, Jacques dips them in chocolate a second time, then rolls them around on a cooling rack.



Elevate the taste of The Big Game.

HILLSHIRE FARM® REINVENTS GAME-TIME FAVORITES

Whether you're a fan of the home team or simply home-style cooking, **Hillshire Farm® Smoked Sausage** adds big flavor to your "big-game celebration." Here, two favorite finger foods are sure to win you points at game time, thanks to the quality cuts of meat, natural spices and slow-cooked goodness of **Hillshire Farm®**.



LIT'L SMOKIES® BLITZING BAGEL DOGS

Prep time: 30 minutes
Cook Time: 11 minutes

Makes: 18 servings
(2 bagel dogs each)

Ingredients:

- 1 pkg. **Hillshire Farm® Lit'l Smokies®**
- 1 11-ounce can refrigerated breadsticks
- 1 tablespoon poppy or sesame seeds (optional)

Mustard or ketchup for dipping (optional)

Directions:

1. Preheat oven to 375°. Open package of Lit'l Smokies® and drain off any liquid.
2. Unroll dough, separate at perforations, creating 12 strips. Cut each strip into thirds. Wrap 1 piece of dough around each sausage, pressing at edges to seal. Place, seam-side down, on ungreased cookie sheet. Sprinkle with poppy or sesame seeds, if desired.
3. Bake for 11 to 13 minutes or until lightly browned. Serve with mustard and ketchup, if desired.



RED ZONE REUBENS WITH SUPER SLAW

Prep Time: 20 minutes **Cook Time:** 20 minutes
Makes: about 16 appetizer servings (2 sandwiches each)

Ingredients:

- | | |
|---|--|
| 1 pkg. Hillshire Farm® Polska Kielbasa | 1 16-ounce pkg. shredded cabbage or coleslaw blend |
| 1 cup mayonnaise | 8 ounces sliced Swiss cheese |
| ½ cup honey mustard | 1 16-ounce loaf cocktail rye bread |
| 2 tablespoons chopped fresh dill | |

Directions:

1. Preheat oven to 400°. Cut sausage on an angle into ¼-inch slices. 2. Combine mayonnaise, mustard and dill in medium bowl. Stir in cabbage, mixing lightly to combine. Cut each slice of cheese into 4 smaller squares. 3. Place bread slices on two rimmed baking sheets. Top each slice with about 2 tablespoons cabbage mixture, one slice of sausage and a small square of cheese. Bake 18 to 20 minutes or until heated through and cheese is lightly browned.

COOK'S TIP:

For a lower-fat option, try **NEW Hillshire Farm® Turkey Lit'l Smokies®** with 2/3 less fat than regular Lit'l Smokies®.



For more recipe ideas, go to www.gomeat.com.



Party Time

Kick off your Super Bowl bash with an **edible snack bowl**. Then, whip up wings, dips and potato skins, and plan the ultimate Olympics party.

You can eat the bowl when the chips run out!



It's even sturdy enough for dip! Turn to page 112 for recipes.

SUPER BOWL

ACTIVE: 20 min | TOTAL: 1 hr 25 min | MAKES: 1 bowl

- 2 large egg whites
- 8 cups snack mix (such as Chex Mix or Asian rice cracker mix)
- Cooking spray

1. Preheat the oven to 325°. Beat the egg whites and 2 tablespoons water in a large bowl with a mixer until slightly stiff peaks form. Add the snack mix and toss until evenly coated.

2. Generously coat a 3-quart ovenproof bowl with cooking spray and place the snack mix in it. Crumple a large sheet of foil and mold into a bowl shape about one-third the size of the 3-quart bowl. Coat

the outside of the foil bowl with cooking spray and press into the snack mix to make a well in the middle, forming the snack mix into a bowl shape.

3. Place the bowl with the foil in the oven and bake until the snack mix sets, 30 minutes. Remove from the oven and let cool slightly, 5 minutes. Carefully remove the foil. Cool 30 more minutes, invert the edible bowl onto a plate and cool completely.

WING IT!

Whip up some of the stars' winning wings for Super Bowl Sunday.

PHOTOGRAPHS BY CON POULOS



● Alton's secret to wing perfection: cooking them twice. He featured his unconventional method on "The Wing and I" episode of *Good Eats* in 2008 and still stands by it. Instead of frying, he steams the wings to melt the fat and then roasts them to get crisp, golden skin.

ALTON BROWN'S BUFFALO WINGS

ACTIVE: 30 min | TOTAL: 2 hr 15 min

MAKES: 3 pounds wings

- 12 whole chicken wings (about 3 pounds)
- 3 ounces (6 tablespoons) unsalted butter
- 1 small clove garlic, minced
- $\frac{1}{4}$ cup hot sauce
- Kosher salt

1. Place a 6-quart saucepan, with a steamer basket and 1 inch of water in the bottom, over high heat, cover and bring to a boil.

2. Remove the tips of the wings and discard or save for making stock. Use kitchen shears or a knife to separate the wings at the joint. Place the wings in the steamer basket, cover, reduce the heat to medium and steam 10 minutes. Remove the wings from the basket and carefully pat dry. Lay out the wings on a cooling rack set in a half sheet pan lined with paper towels and place in the refrigerator to dry, about 1 hour.

3. Preheat the oven to 425°. Remove the paper towels on the pan and replace with parchment paper. Roast on the middle rack of the oven, about 20 minutes. Turn the wings over and cook 20 to 30 more minutes, or until the meat is cooked through and the skin is golden brown.

4. While the chicken is roasting, melt the butter in a small bowl with the garlic. Pour this along with the hot sauce and $\frac{1}{2}$ teaspoon salt into a bowl large enough to hold all of the chicken and stir to combine. Remove the wings from the oven, transfer to the bowl and toss with the sauce. Serve warm.





● Paula's younger brother, Earl "Bubba" Hiers, is the wing man in the family. He serves about 200 pounds of them every week at Uncle Bubba's Oyster House in Savannah. Paula put her own spin on Bubba's recipe, adding two sauces: a Thai-inspired dip and, no surprise, a spicy butter.

PAULA DEEN'S UNCLE BUBBA'S WINGS

ACTIVE: 35 min | TOTAL: 35 min (plus marinating)
MAKES: 3 pounds wings

FOR THE WINGS

- 1½ cups hot sauce
- 1½ tablespoons Cajun seasoning
- ½ tablespoon cayenne pepper
- ¾ tablespoon garlic powder
- 3 pounds chicken wings
- Peanut oil, for frying

FOR THE SAUCES

- 1 stick salted butter, softened
- ½ cup hot sauce
- 1 cup sweet Asian chili sauce
- 1 tablespoon soy sauce

1. Prepare the wings: Combine the hot sauce, Cajun seasoning, cayenne and garlic powder in a large bowl and mix well. Add the wings and toss. Cover and refrigerate 24 hours.

2. Heat about 2 inches of oil in a deep fryer or deep-sided pot until a deep-fry thermometer registers 350°. Remove the wings from the marinade and drain off excess moisture. Carefully add the wings to the hot oil in batches (the oil may splatter) and cook until crisp, about 10 minutes.

3. Make the sauces: Whisk the butter and hot sauce in a bowl. Mix the chili sauce and soy sauce in another bowl. Serve with the wings.





● This recipe is Emeril's riff on an appetizer served at his New Orleans restaurant NOLA: Miss Hay's Stuffed Chicken Wings. Miss Hay, who has worked with Emeril for more than 15 years, still prepares her Vietnamese wings every morning. "She's the only one who's allowed to make them," Emeril says.

EMERIL LAGASSE'S GRILLED VIETNAMESE-STYLE CHICKEN WINGS

ACTIVE: 40 min | TOTAL: 50 min (plus marinating) | MAKES: 3 pounds wings

- 3 pounds chicken wings, split at the joint, tips removed
- 2 tablespoons roughly chopped garlic
- $\frac{1}{4}$ cup chopped shallots
- $\frac{1}{4}$ cup chopped fresh ginger
- 3 tablespoons chopped scallion whites
- $\frac{1}{2}$ cup roughly chopped lemongrass bottoms
- 3 tablespoons packed light brown sugar
- $\frac{1}{3}$ cup fish sauce
- 3 tablespoons fresh lime juice
- 3 tablespoons peanut oil
- Kosher salt
- $\frac{1}{4}$ cup dry-roasted peanuts, chopped
- $\frac{1}{4}$ cup chopped fresh cilantro

1. Rinse the wings under cold water and pat dry with paper towels. Set aside

in a large bowl while you prepare the marinade. Combine the garlic, shallots, ginger, scallions, lemongrass, brown sugar, fish sauce, lime juice and peanut oil in a food processor and process until smooth. Pour the marinade over the wings and place in a large resealable plastic bag. Refrigerate overnight.

2. Preheat a grill to medium. Remove the wings from the marinade; reserve the marinade to brush the wings while they cook. Place the wings on the grill, season with 1 teaspoon salt and cook, turning every few minutes and basting with the marinade for the first 18 or so minutes. Continue to grill the wings until cooked through, 8 to 10 more minutes.

3. Place the wings on a serving platter and garnish with the peanuts and cilantro.



BOBBY FLAY'S HOT WINGS WITH BLUE CHEESE-YOGURT SAUCE

ACTIVE: 55 min | TOTAL: 55 min

MAKES: 3 pounds wings

FOR THE SAUCE

- 1 cup Greek yogurt
- $\frac{1}{4}$ cup crumbled blue cheese
(Bobby likes cabrales)
- 2 tablespoons finely grated red onion
- 2 tablespoons finely chopped fresh cilantro
- Kosher salt and freshly ground pepper

FOR THE WINGS

- Peanut oil, for frying
- $1\frac{1}{2}$ cups all-purpose flour
- Kosher salt and freshly ground pepper
- 3 tablespoons ancho chili powder
- $1\frac{1}{2}$ teaspoons garlic powder
- 3 pounds chicken wings, split at the joint,
tips removed
- $\frac{1}{2}$ cup red wine vinegar
- 1 to 2 tablespoons pureed chipotle chiles
in adobo sauce
- 1 tablespoon New Mexico chili powder
- 1 tablespoon dijon mustard
- 1 to 2 tablespoons honey
- 1 stick unsalted butter, quartered
- Chopped fresh cilantro, for garnish
(optional)
- Jicama sticks, for serving

1. Make the sauce: Combine the yogurt, blue cheese, red onion, cilantro, and salt and pepper to taste in a small bowl. Refrigerate at least 30 minutes before serving to allow the flavors to meld.

2. Make the wings: Heat 2 inches of peanut oil in a large high-sided pan until a deep-fry thermometer registers 375°.

3. Stir together the flour, salt and pepper to taste, 1 tablespoon ancho chili powder and the garlic powder in a shallow bowl. Season the wings with salt and pepper and add in batches to the flour mixture to lightly coat. Tap off the excess flour, add the wings to the oil in batches and fry until golden brown and cooked through, 8 to 10 minutes. Transfer with a slotted spoon to a paper-towel-lined plate.

4. Bring the vinegar, chipotle puree, the remaining 2 tablespoons ancho chili powder and the New Mexico chili powder to a simmer in a large high-sided sauté pan over medium heat. Remove from the heat and whisk in the mustard, 1 teaspoon salt, the honey and butter until smooth. Add the wings and toss to coat. Garnish with cilantro, if desired, and serve with the jicama sticks and blue cheese sauce.



● Bobby made a surprise visit to Buffalo's Anchor Bar, the legendary birthplace of Buffalo wings, in 2007. He was armed with this recipe and ready for a throwdown. His opponent, Buffalo's "Wing King" Drew Cerza, kept his title, but Bobby's smoky chipotle wings gave Cerza a run for his money.



GUY FIERI'S TEQUILA-LIME WINGS

ACTIVE: 35 min | TOTAL: 1 hr 50 min | MAKES: 3 pounds wings

FOR THE WINGS

- 3 pounds chicken wings, split at the joint, tips removed
- Kosher salt and freshly ground pepper

FOR THE SAUCE

- 1 teaspoon grated lime zest
- ½ cup fresh lime juice
- ¼ cup tequila
- 1 tablespoon agave syrup (sometimes called agave nectar)
- 1 teaspoon ground cumin
- 1 teaspoon adobo sauce
- Kosher salt and freshly ground pepper
- Chopped fresh cilantro, for garnish (optional)

1. Prepare the wings: Preheat the oven to 350°. Season the wings with salt and pepper and arrange on a baking sheet in a single layer. Cook until just brown and crisp, about 45 minutes.

2. Make the sauce: Combine the lime zest and juice, tequila, agave syrup, cumin, adobo sauce, ½ teaspoon salt and ½ tablespoon pepper in a bowl. Pour over the warm wings and let marinate at least 30 minutes.

3. Preheat a grill to high. Grill the wings until marked, 10 to 15 minutes, turning as needed. Transfer the marinade to a saucepan and cook until slightly thick, about 8 minutes (you can do this on the grill as well). Drizzle the wings with the sauce and top with cilantro, if desired.

● Guy, a huge Oakland Raiders fan, designed these wings to be tailgate-friendly: You can bake them at home, pack them in the boozy marinade and grill them once you get to the parking lot.



GUY'S



SUNNY ANDERSON'S CARIBBEAN CHICKEN WINGS

ACTIVE: 35 min | TOTAL: 1 hr 10 min (plus marinating) | MAKES: 3 pounds wings

- ½ habanero pepper, seeded and chopped
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 tablespoons packed light brown sugar
- 1 tablespoon granulated sugar
- 1 teaspoon fennel seeds
- 1 teaspoon cayenne pepper
- 1 teaspoon allspice
- 1 teaspoon dried thyme
- ½ teaspoon ground ginger
- 2 cloves garlic, chopped
- 2 scallions, chopped
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh orange juice
- 3 pounds chicken wings

1. Combine the habanero, soy sauce, honey, both sugars, fennel seeds, cayenne, allspice, thyme, ginger, garlic and scallions in a blender. Add the vinegar, lime juice and orange juice and blend until smooth. Place the wings in a large resealable plastic bag and pour the marinade over them. Seal and refrigerate 4 to 6 hours.

2. Preheat the oven to 350°. Line 2 baking sheets with parchment paper. Remove the wings from the bag, place on the lined sheets and bake 20 minutes. Meanwhile, bring the marinade to a boil in a small saucepan over medium heat and cook until reduced by one-third, about 10 minutes.

3. Remove the wings from the oven and brush with the glaze. Raise the oven temperature to 400° and continue to bake until the wings are cooked through, 20 more minutes.



● "It's all about the balance between sweet, salty, spicy and tangy," Sunny says of her Jamaican jerk-flavored party wings. She votes to leave on the wing tips: "It increases nibble time!"

SUNNY'S



● Pat and Gina have a soft spot for good fried chicken. Gina even bought Pat a countertop deep fryer so they could get their fix at home. For this recipe, they turned up the heat and spiced the wings, the batter and the dipping sauce. Pat uses a heavy hand with cayenne, but he tones it down when he's cooking for his daughters.

THE NEELYS' SPICY FRIED WINGS

ACTIVE: 50 min | TOTAL: 50 min (plus marinating) | MAKES: 3 pounds wings

FOR THE SEASONING

- 1 tablespoon seasoning salt
- 1 tablespoon red pepper flakes
- 2 teaspoons cayenne pepper
- 2 teaspoons poultry seasoning
- 1 teaspoon lemon pepper
- Freshly ground black pepper
- 3 pounds chicken wings, split at the joint, tips removed

FOR THE BATTER

- 2 large eggs
- 2 tablespoons hot sauce
- 1 tablespoon red pepper flakes
- 1 teaspoon cayenne pepper
- Freshly ground black pepper
- 2 cups all-purpose flour
- Vegetable oil, for frying

FOR THE DIPPING SAUCE

- 1 cup sour cream
- 2 tablespoons horseradish
- $\frac{1}{4}$ cup chili sauce
- $\frac{1}{2}$ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper

1. Make the seasoning: Whisk the seasoning salt, red pepper flakes, cayenne, poultry seasoning, lemon pepper and 2 teaspoons black pepper in a small bowl. Set aside 2 tablespoons seasoning in a separate bowl.
2. Rinse the wings under cold water and place in a shallow baking dish. Sprinkle with the seasoning, then refrigerate, covered, 1 hour.
3. Make the batter: Whisk the eggs, hot sauce, red pepper flakes, cayenne and 1 teaspoon black pepper in a medium bowl. Put the flour in a shallow dish or pie plate.
4. In a large deep fryer or Dutch oven, heat 2 inches of vegetable oil until a deep-fry thermometer registers 350°. Dip the wings in the eggs, then in the flour. Place the wings, three at a time, in the hot oil and fry until golden, 8 to 10 minutes, turning occasionally. Transfer to a paper-towel-lined baking sheet. Make sure the oil returns to 350° before adding the next batch. Sprinkle the wings with the reserved seasoning to make them extra hot.
5. Make the sauce: Mix the sour cream, horseradish, chili sauce, cayenne, and salt and black pepper to taste. Serve with the wings.

BREAKFAST:

Rediscovering a Love of Home—and Homestyle

In the New Year, **Bob Evans®** savory farm-fresh ingredients provide the perfect inspiration for the most overlooked meal—breakfast—and the simple pleasures it brings. Here are a favorite recipe AND some inspired tips to make it easy and memorable.

Elevate that classic comfort food, biscuits and gravy, by using **Bob Evans®** Original Recipe Sausage Roll in your recipe.

Have a brunch. It's the perfect excuse to linger over good food as morning turns into afternoon.

A made-to-order omelet station lends a touch of elegance to any brunch, and is easier than you think. Simply place shredded cheeses and a savory selection of diced **Bob Evans®** Original Recipe, Maple and Italian sausage in bowls.

Heating syrup and butter in a microwavable gravy boat lends a touch of warmth—and keeps pancakes warm.

Tip: Put scrambled eggs and diced sausage in a pita pocket for a homestyle breakfast-to-go.



Bob Evans® SAUSAGE GRAVY

A classic recipe for the best way to top a biscuit!

PREP TIME: 5 min.
COOK TIME: 15 min.
MAKES: 4 servings

INGREDIENTS

- 1 pound **Bob Evans®** Original Recipe Sausage Roll
- ¼ cup all-purpose flour
- 2 cups milk
- Salt and black pepper, to taste
- 8 prepared biscuits

DIRECTIONS

Crumble and cook sausage in large skillet over medium heat until browned. Stir in flour until dissolved. Gradually stir in milk. Cook gravy until thick and bubbly. Season with salt and pepper. Serve hot over biscuits. Refrigerate leftovers.

Tip: Many families love breakfast sandwiches—but who says you have to use bread? Reinvent this handheld favorite with pancakes.

Our roll sausage is made from the finest cuts of meat and makes a great addition to your favorite recipes. Available in Original Recipe, Savory Sage, Italian, Maple and Zesty Hot.



For more holiday recipes, visit www.BobEvans.com/Recipes.

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Bob Evans®

RECIPES THAT WORK WEEKENDS.

Everyone could use a little homestyle.™

Bob Evans® WEEKEND BRUNCH CASSEROLE

- | | |
|--|---------------------|
| 1 lb. Bob Evans® Original Recipe Roll Sausage | ¾ cup milk |
| 2 cups shredded mozzarella cheese | ¼ tsp. salt |
| 1 can (8 oz.) refrigerated crescent dinner rolls | ¼ tsp. black pepper |
| 4 eggs, beaten | |

Preheat oven to 425°F. Crumble and cook sausage in medium skillet over medium heat until browned. Drain. Line bottom of greased 13" x 9" baking dish with crescent roll dough, firmly pressing perforations to seal. Sprinkle with sausage and cheese. Combine remaining ingredients in medium bowl until blended; pour over sausage. Bake 15 minutes or until set. Let stand 5 minutes before cutting into squares; serve hot. Refrigerate leftovers.

Prep Time: 15 min. Cook Time: 15-20 min. Yields: 6-8 servings



FOR MORE
BREAKFAST IDEAS
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50 Game-Day ^ Dips

Score big at your next party with these easy recipes from Food Network Kitchens.

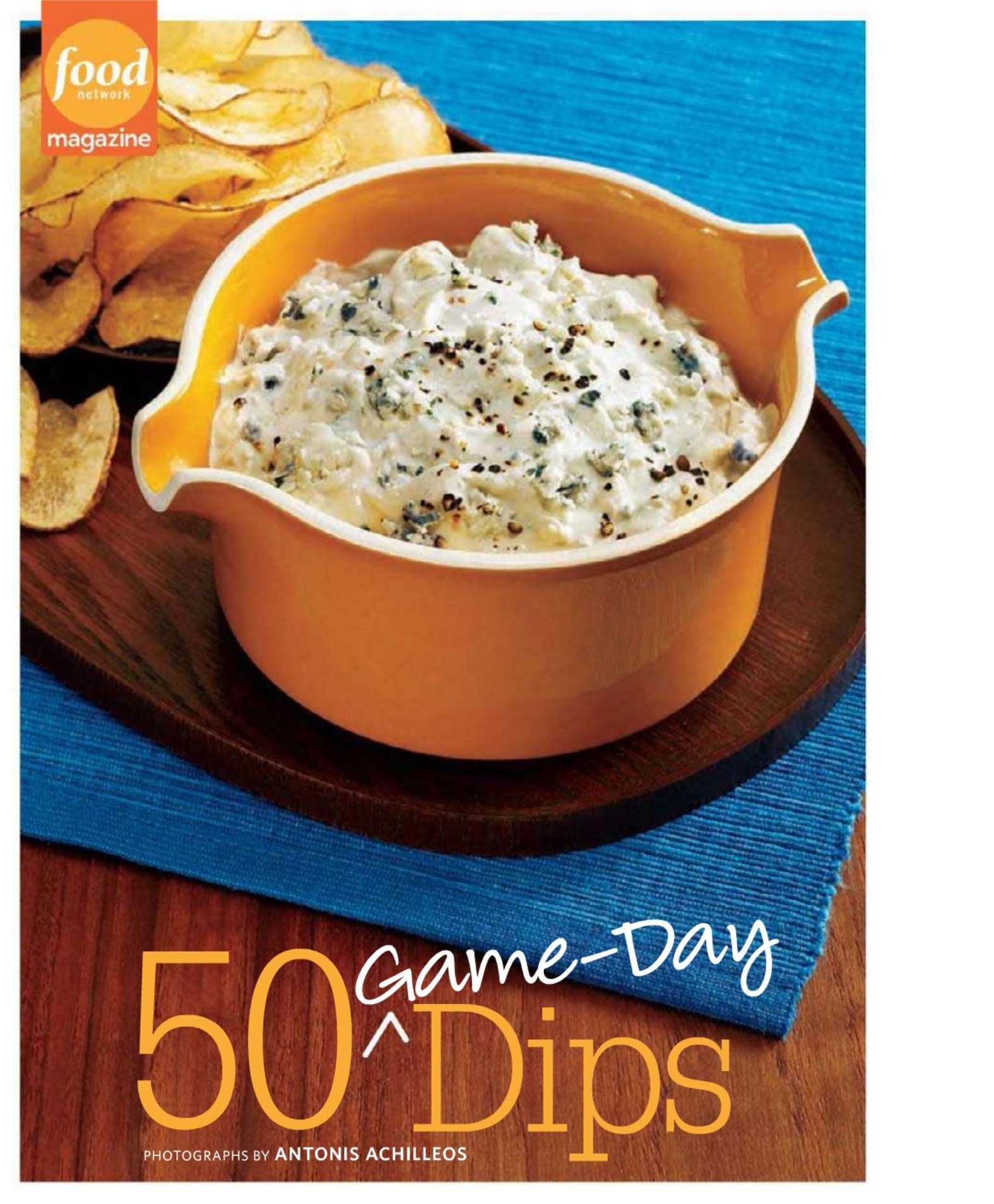
PHOTOGRAPHS BY ANTONIS ACHILLEOS

Pizza Dip

Simmer 2 cups tomato sauce in a small ovenproof skillet. Add 1 cup ricotta in dollops and warm through. Top with diced mozzarella and pepperoni, then bake at 350° until bubbling. Garnish with basil and drizzle with olive oil.



Pull out this booklet for 50 great dips!

The image is a cover for Food Network Magazine. It features a central photograph of a bowl of blue cheese dip. The bowl is a light orange or terracotta color with a white interior and a flared rim. It is filled with a thick, white dip speckled with blue cheese and black pepper. The bowl sits on a dark wooden tray, which is placed on a blue textured placemat. To the left of the bowl, there is a pile of golden-brown potato chips. The background is a solid blue color. In the top left corner, there is a red square logo with the words "food network" in white and "magazine" in a smaller font below it. At the bottom, the title "50 Game-Day Dips" is written in large, stylized letters, and below it, in smaller text, "PHOTOGRAPHS BY ANTONIS ACHILLEOS".

food
network
magazine

50^{Game-Day} Dips

PHOTOGRAPHS BY ANTONIS ACHILLEOS

No. 1



1. Fondue Rub a small pot with garlic; add 1 cup white wine and simmer. Whisk in 1 tablespoon cornstarch mixed with a splash of cognac, then ¼ pound each gruyère and emmentaler cheese; add salt, pepper and nutmeg. Serve hot with apples and bread.

2. Tahini Dip Puree ½ cup tahini (sesame paste), the juice of 2 lemons, 2 teaspoons ground cumin and 1 minced garlic clove. Drizzle in ½ cup hot water; puree until smooth.

3. Hummus Make a half batch of Tahini Dip (No. 2); puree with 1 can chickpeas, 3 tablespoons olive oil and ½ cup hot water.

4. Red Pepper Hummus Make a half batch of Tahini Dip (No. 2); puree with 1 can chickpeas, 3 tablespoons olive oil, ½ cup roasted red peppers and ½ cup hot water.

5. Fried-Chickpea Hummus Make Tahini Dip (No. 2); puree with ½ can chickpeas. Microwave until warm. Fry the other ½ can chickpeas in olive oil; season with salt and pepper. Top the hummus with the fried chickpeas, red pepper flakes and chopped parsley.

6. Edamame Hummus Make a half batch of Tahini Dip (No. 2). Puree with a 16-ounce bag thawed shelled edamame and ½ cup olive oil; add enough water until smooth.

7. Charred-Tomato Salsa Broil 2 tomatoes until charred, then cool and core. Pulse in a food processor with 1 minced jalapeño, 1 scallion, 1 garlic clove and 1 tablespoon fresh mint. Season with salt.



No.
8

Deviled Dip
Puree 8 hard-boiled eggs with ¼ cup mayonnaise, 1 tablespoon mustard, 1 chopped pickle, a dash of hot sauce, and paprika, salt and pepper to taste. Garnish with chives.

9. Pimiento-Cheese Dip Mix ½ pound each grated cheddar and pepper jack, ¼ cup each mayonnaise and sour cream and 2 tablespoons diced pimientos. Season with hot sauce and onion and garlic powders.

10. Eggplant Caviar Roast 1 eggplant at 400° until tender, 45 minutes, then peel and chop. Mix with 2 tablespoons each olive oil and parsley, the juice of 1 lemon, 1 chopped garlic clove, and salt and pepper.

11. Caponata Make Eggplant Caviar (No. 10). Sauté ½ cup each chopped celery, red bell pepper, tomato and red onion in olive oil, then stir in 2 tablespoons sherry vinegar and 2 teaspoons sugar; mix with the Eggplant Caviar. Stir in 2 teaspoons capers.

12. Olive Tapenade Pulse 1 cup black olives, 3 anchovies, 2 tablespoons each olive oil and capers, 1 tablespoon each lemon juice and parsley, 1 teaspoon fresh thyme and 1 garlic clove in a food processor.

13. Tomato Tapenade Make Olive Tapenade (No. 12) with 2 cups oil-packed sun-dried tomatoes instead of olives. Use white wine vinegar in place of the lemon juice and basil instead of thyme. Thin with water.

14. Clam Dip Puree 2 cans clams with 8 ounces cream cheese, a handful of parsley, ½ cup each cottage cheese and mayonnaise, ½ chopped onion, 2 tablespoons clam juice and ½ teaspoon celery salt. Add the zest and juice of 1 lemon, and salt and pepper.

15. Romesco Dip Puree ½ cup toasted almonds, 2 roasted red peppers, 2 chopped seeded tomatoes, 1 garlic clove, 1 slice toast and 1 teaspoon smoked paprika. Add 2 tablespoons sherry vinegar and ¼ cup olive oil; puree.

16. Refried-Bean Dip Sauté ½ chopped onion, 2 chopped garlic cloves and 2 teaspoons ground cumin in olive oil. Add 2 cans pinto beans and salt; mash, adding chicken broth until creamy.

17. Tzatziki Mix 1 grated peeled cucumber, 2 cups Greek yogurt, 1 small minced garlic clove and 1 tablespoon each chopped mint, dill and white wine vinegar.

18. Spicy Raita Make Tzatziki (No. 17) without dill and vinegar. Add 1 diced jalapeño, 1 diced tomato, ½ teaspoon ground cumin and 1 tablespoon chopped cilantro.

19. Baked Ricotta Mix 1 cup ricotta, 1 teaspoon each chopped sage and lemon zest, and salt and pepper. Bake in an oiled ramekin at 300°, 20 minutes.

20. Herb Mayonnaise Blanch 2 cups mixed fresh herbs in boiling water, 30 seconds. Puree with ¼ cup mayonnaise, 1 tablespoon sour cream, 2 tablespoons mango chutney and ½ teaspoon salt. Add a splash of lime juice.

21. Salsa Verde Puree 1 cup each parsley and basil, 3 chopped scallions, 2 tablespoons capers, 1 tablespoon red wine vinegar, 2 anchovies, 2 garlic cloves and ½ cup olive oil. Season with salt; thin with water as needed.



No.
22

Slow-Cooker Spinach Dip

Mix 1 cup grated smoked mozzarella, ½ cup grated parmesan, 8 ounces cream cheese, 1 minced garlic clove, 1 box thawed frozen spinach, 1 jar artichoke hearts, and salt and pepper in a slow cooker. Cover and cook on high, 2 hours.

23. Pepper-Rosemary Dip

Sauté 1 minced garlic clove in ¼ cup olive oil. Puree ½ cup jarred piquillo peppers, 1 teaspoon chopped rosemary, 11 ounces goat cheese, half of the garlic oil, and salt and pepper; top with more garlic oil.

24. Peanut Dip

Scoop the cream from a can of coconut milk. Mix with 1 cup coconut milk, ½ cup peanut butter, 2 tablespoons red curry paste, 2 tablespoons brown sugar and 1 tablespoon each soy sauce and lemon juice.

25. Hot Crab Dip Mix 8 ounces each crabmeat and cream cheese, ¼ cup heavy cream, ½ cup each parmesan and muenster, a splash of lemon juice, 1 minced garlic clove and a pinch of pepper in a baking dish. Add ½ cup mixed basil, parsley and chives. Bake at 375°, 30 minutes.

26. Green Chutney Puree 1 inch ginger, 3 chopped scallions, 1 cup each mint and cilantro, ½ cup plain yogurt, 1 chopped jalapeño and a splash of lime juice. Add salt; thin with water. Serve with naan.

27. Green-Goddess Dip Puree 4 anchovies, 1 garlic clove and 2 tablespoons each chopped basil, chives, tarragon, parsley and dill. Mix with 1 cup each sour cream and mayonnaise. Add salt, pepper and lemon juice to taste.

28. Spinach-Walnut Dip Puree 2 cups spinach and 1 garlic clove. Mix with ¾ cup Greek yogurt, ¼ cup finely chopped walnuts, 1 teaspoon each chopped tarragon, dill and cilantro, ½ teaspoon red pepper flakes and a pinch of salt.



No. 32

29. Onion Dip Sauté 1 each chopped yellow and red onion in olive oil over low heat until caramelized, 30 minutes; cool. Mix with $1\frac{1}{2}$ cups sour cream, $\frac{3}{4}$ cup mayonnaise and chopped chives and scallions. Add Worcestershire sauce, salt and pepper.

30. Blue Cheese Dip Puree $1\frac{1}{2}$ cups sour cream, $\frac{3}{4}$ cup mayonnaise and $\frac{1}{2}$ pound blue cheese. Add chopped chives, a dash of Worcestershire sauce, and celery salt and pepper to taste.

31. Wasabi Dip Combine 2 tablespoons wasabi powder and 2 tablespoons water, then set aside 20 minutes. Mash with 8 ounces each cream cheese and ricotta and 3 tablespoons each mirin (rice wine) and rice vinegar.

↑
**Roasted
Garlic–Bacon
Dip**

Cut the tops off 2 heads garlic, drizzle with olive oil, wrap in foil and bake at 400° until tender, 45 minutes. Make Onion Dip (No. 29) using the roasted garlic pulp in place of the sautéed onions. Add 6 slices chopped crisp bacon.

33. Tomato Chutney Toast 1 teaspoon each coriander, fennel and cumin seeds in vegetable oil. Add 2 pounds chopped tomatoes, 2 tablespoons each tomato paste and grated ginger, and a pinch each of curry powder, cayenne, sugar and salt. Sauté until thick. Serve with flatbread.

34. Horseradish Dip Mix 1 pound grated cheddar, 1 grated apple and $\frac{1}{4}$ cup each mayonnaise, sour cream, horseradish and beer. Add 1 teaspoon each dijon mustard and Worcestershire sauce. Season with onion and garlic powders.

35. Bagna Cauda Melt 1 stick butter with $\frac{1}{2}$ cup olive oil. Add 5 chopped garlic cloves and 8 chopped anchovies; mash. Serve warm with crudité.

No. 36



No. 37



No. 38



36. Aioli Whisk 2 or 3 minced garlic cloves with 2 egg yolks. Gradually whisk in $1\frac{1}{2}$ cups olive oil. Add lemon juice, salt and pepper to taste; thin with water as needed. Serve with crudité.

37. Olive Aioli Make Aioli (No. 36). Stir in 3 tablespoons store-bought olive tapenade.

38. Orange-Saffron Aioli Make Aioli (No. 36) with orange juice instead of lemon. Steep $\frac{1}{2}$ teaspoon saffron in 2 tablespoons Pernod for 5 minutes, then add to the aioli.

39. Tomatillo Salsa Broil 20 husked and rinsed tomatillos, 1 sliced onion and 4 unpeeled garlic cloves until charred. Peel the garlic and puree with the tomatillos, onion, 1 chipotle in adobo sauce, 2 tablespoons cilantro and a pinch each of sugar and salt.

40. White-Bean Dip Fry 10 sage leaves, 4 chopped garlic cloves and a pinch of red pepper flakes in $\frac{1}{4}$ cup olive oil. Add 1 can cannellini beans and $\frac{1}{3}$ cup water; warm through, then puree. Add a splash of lemon juice and a pinch of salt.

41. Seven-Layer Dip Layer salsa, guacamole, refried beans, sour cream, shredded cheddar, crushed tortilla chips and shredded lettuce in a large baking dish.

42. Spicy Ranch Dip Whisk $\frac{1}{4}$ cup each sour cream and minced red onion, $\frac{1}{3}$ cup buttermilk, $\frac{1}{2}$ cup mayonnaise, 1 clove minced garlic and 1 tablespoon each chopped chives, parsley, and chipotles in adobo sauce; season with salt.



No. 43

Guacamole Mash

3 avocados with $\frac{1}{2}$ cup minced red onion and 1 to 2 minced jalapeños. Stir in 1 diced tomato, 1 bunch chopped cilantro and a splash of lime juice. Season with salt.

44. Asian Guacamole Make Guacamole (No. 43) with 1 bunch chopped scallions instead of red onion. Add 1 teaspoon grated ginger, 1 cup diced peeled cucumber and a splash each of sesame oil and soy sauce.

45. Queso Dip Sauté 3 tablespoons minced onion in oil. Add 1 can green chiles, 2 tablespoons flour, $\frac{1}{3}$ cup beer, $\frac{1}{4}$ pound each grated muenster and cheddar and a handful of chopped cilantro; cook until the cheese melts, then broil until bubbly.

46. Chorizo Dip Make Queso Dip (No. 45); brown $\frac{1}{4}$ pound sliced chorizo with the onion and replace the canned chiles with 1 diced jalapeño.

47. Classic Salsa Mix 4 diced tomatoes, 1 minced red onion, 1 minced garlic clove, 1 to 2 minced jalapeños and a handful of chopped cilantro. Season with salt.

48. Tropical Salsa Make Classic Salsa (No. 47); use 3 cups diced pineapple and mango instead of tomatoes and grated ginger instead of garlic. Add a splash of rum and a pinch of allspice.

49. Ricotta-Tomato Dip Simmer 2 cups tomato sauce in a small skillet. Add 1 cup ricotta in dollops and warm through. Garnish with basil and drizzle with olive oil.

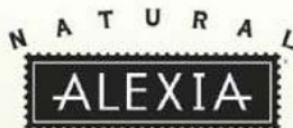
50. Pizza Dip Make Ricotta-Tomato Dip (No. 49) in a small ovenproof skillet; top with diced mozzarella and pepperoni, then bake at 350° until bubbling.

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Fried-Chickpea Hummus

Puree $\frac{1}{2}$ cup tahini (sesame paste), the juice of 2 lemons, 2 teaspoons ground cumin, 1 minced garlic clove, $\frac{1}{2}$ cup hot water and $\frac{1}{2}$ can chickpeas. Microwave until warm. Fry the other $\frac{1}{2}$ can chickpeas in olive oil; season with salt and pepper. Top the hummus with the fried chickpeas, red pepper flakes and chopped parsley.

Tomatillo Salsa

Broil 20 husked and rinsed tomatillos, 1 sliced onion and 4 unpeeled garlic cloves until charred. Peel the garlic and puree with the tomatillos, onion, 1 chipotle in adobo sauce, 2 tablespoons cilantro and a pinch each of sugar and salt.

POTATO SKINS

How to Make Classic Potato Skins

Pierce 4 large russet potatoes with a fork. Bake directly on the oven rack at 350° until tender, about 1 hour. Let cool, then quarter lengthwise and scoop out the flesh, leaving a ¼-inch shell. Brush both sides with melted butter and season with salt and pepper. Bake, skin-side up, at 450° until crisp, about 15 minutes. Add your favorite team toppings. (For cheesy skins, flip the baked shells over before topping, sprinkle with 1 cup grated cheddar cheese and bake an extra 5 minutes.)

We designed a potato topper for every team in the NFL.



Arizona Cardinals
Southwestern Nachos

Salsa, pickled jalapeños, chopped scallions and cilantro, and sour cream on cheesy skins



Carolina Panthers
Country Ham

Ham salad, chopped parsley and minced pickles on cheesy skins



Dallas Cowboys
Texas Chili

Chunky chili, grated longhorn cheddar, chopped onion, sour cream and hot sauce



Atlanta Falcons
Georgia Peach

Peach preserves mixed with yellow mustard, cubed ham and canned fried onions on cheesy skins



Chicago Bears
The Works

Sweet pickle relish, dill pickle spear, pickled peppers, yellow mustard, chopped onion and tomato, celery salt and poppy seeds



Denver Broncos
Western Omelet

Sautéed green pepper, onion and ham, paprika and chopped parsley on cheesy skins



Baltimore Ravens
Chesapeake Butter

Melted butter, Old Bay Seasoning, grated parmesan and chopped chives



Cincinnati Bengals
Five-Way Chili

Cincinnati-style chili, kidney beans, chopped onion, shredded cheddar and oyster crackers



Detroit Lions
Coney Dog

Sliced hot dogs, chili, diced onions, shredded cheddar and yellow mustard



Buffalo Bills
Hot Wing

Blue cheese dressing, cayenne hot sauce, and chopped celery and carrots



Cleveland Browns
All the Way

Deli-sliced corned beef, shredded Swiss cheese, grated horseradish and spicy mustard; bake 5 more minutes



Green Bay Packers
Wisconsin Beer Brats

Beer cheese spread, sliced grilled bratwurst and brown mustard



Houston Texans
Tex-Mex

Refried beans, crumbled chorizo, shredded monterey jack, hot sauce and pickled jalapeños; bake 5 more minutes



Miami Dolphins
Cubano

Mayonnaise, sliced ham, Swiss cheese, mustard and sliced pickles; bake 5 more minutes



New York Giants
Sausage and Peppers

Sautéed onions, green peppers and Italian sausage and fresh mozzarella; bake 5 more minutes



Pittsburgh Steelers
Steel City Sausage

Sautéed onions and kielbasa, sauerkraut and grated Swiss cheese; bake 5 more minutes



St. Louis Rams
Toasted Ravioli

Ricotta mixed with parmesan and chopped basil, tomato sauce and shredded mozzarella; bake 5 more minutes



Indianapolis Colts
Fried Pork

Mayonnaise mixed with mustard and hot sauce, sliced fried pork cutlets, chopped tomato and diced red onion



Minnesota Vikings
Cheeseburgers

Grilled mini burgers, lettuce, tomato, ketchup and pickles on cheesy skins



New York Jets
Deli Pastrami

Deli-sliced pastrami, Russian dressing and dill pickle slices on cheesy skins



San Diego Chargers
California Fresh

Guacamole, sprouts and shredded monterey jack



Tampa Bay Buccaneers
Mojo Shrimp

Shrimp sautéed with rum and mojo sauce



Jacksonville Jaguars
Devil'd Crab

Crab salad, cayenne pepper and paprika; bake 5 more minutes



New England Patriots
Maple-Bacon

Apple butter, crisp bacon and maple syrup on cheesy skins



Oakland Raiders
Loaded Tacos

Shredded chicken mixed with taco seasoning, queso blanco, sour cream, salsa, pickled jalapeños and cilantro



San Francisco 49ers
Frisco Gourmet

Artichokes pureed with goat cheese, garlic, fresh herbs and olive oil; bake 5 more minutes



Tennessee Titans
Nashville Side

Creamy mac and cheese; bake 5 more minutes



Kansas City Chiefs
KC BBQ

Pulled pork, barbecue sauce and sliced scallions on cheesy skins



New Orleans Saints
Muffuletta

Assorted sliced Italian deli meats, provolone, olive salad and sliced pepperoncini



Philadelphia Eagles
Cheesteaks

Sautéed onions and roast beef, Worcestershire sauce and Cheez Whiz; bake 5 more minutes



Seattle Seahawks
Pacific Salmon

Flaked grilled salmon, sautéed wild mushrooms, and chopped parsley and chives



Washington Redskins
Red-Slaw Skins

Red-cabbage slaw and crumbled bacon on red potato skins

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Brian Boitano's
Perfect

10

Olympics PARTY

The skating champ and new Food Network star dishes out recipes and ideas for a medal-worthy bash.

Brian Boitano doesn't watch the Olympics on TV like the rest of us. The figure-skating champion has attended every winter Olympics since winning the gold medal in Calgary in 1988, and this February he'll be in Vancouver, cheering on a new league of skaters. But now that Brian is a cooking-show host, too, throwing parties on *What Would Brian Boitano Make?*, he has a few ideas about how he'd celebrate if he were home in San Francisco. With the right friends and great food, watching the games at home can be just as good as seeing them live, he says. "Really, the best view of the Olympics is from the sofa."



DRESS UP YOUR POPCORN

SWEET-AND-SPICY KETTLE CORN

Mix $\frac{1}{2}$ teaspoon each **paprika** and **salt**, $\frac{1}{4}$ teaspoon each ground **coriander** and **white pepper** and $\frac{1}{8}$ teaspoon **cayenne pepper** in a bowl. Make a bag of **microwave popcorn**. While it pops, cook 5 tablespoons **sugar** in a saucepan over medium heat until it melts and turns light brown. Remove from the heat; stir in 1 tablespoon **butter**. Pour the caramel over the popcorn in a bowl, sprinkle with the spice mix and toss. Spread out on a baking sheet to cool.

Most pros call this a victory stand—"not a podium!" Brian says.



PUT YOUR RAW BAR ON ICE

TANGY MIGNONETTE SAUCE

Whisk $\frac{1}{2}$ cup **champagne vinegar**, 1 minced **shallot**, $\frac{1}{2}$ teaspoon **pepper**, $\frac{1}{4}$ teaspoon **salt** and the juice of 1 **blood orange** in a bowl. Serve with **oysters** on the half shell.



WASABI COCKTAIL SAUCE

Whisk 1 cup **ketchup**, 2 tablespoons **horseradish**, 1 tablespoon each **soy sauce** and **rice wine vinegar** and 2 teaspoons **wasabi paste** in a bowl until smooth. Serve with **cooked shrimp**.

Build an ice replica of the winners' podium to serve shellfish: Order ice blocks from a distributor or freeze your own in plastic tubs.



Give guests a new "home team" to root for by topping the sandwiches with flag toothpicks (\$25 for 192 flags; flagco.com).

GIVE YOUR SNACKS INTERNATIONAL FLAIR

MINI PASTRAMI SANDWICHES

Mash 1 stick softened **butter** with 1 minced **garlic clove**, 1 tablespoon each chopped **parsley** and **rosemary** and $\frac{1}{4}$ teaspoon **cayenne pepper**. Thinly slice a **sourdough baguette**; spread the herbed butter on one side of each slice. Flip over half of the bread slices and spread with **Thousand Island dressing**. Top with sliced **pastrami**, **cornichons** and **provolone**; cover with the remaining baguette slices, buttered-side up. Cook in a skillet over medium heat until golden, about 4 minutes per side.



SPICY AÏOLI

Whisk $\frac{1}{2}$ cup **mayonnaise**, $\frac{1}{4}$ cup **sour cream**, 2 teaspoons **hot sauce** and the juice of 1 **lemon** in a bowl. Serve with **crab claws**.



This wild rock bowl (\$32; unicahome.com) is a good stand-in for Vancouver's Cypress Mountain.

ELEVATE YOUR DIP

GARLICKY WHITE-BEAN DIP

Drain and rinse two 15-ounce cans **cannellini beans**; set aside $\frac{1}{2}$ cup for garnish. Puree the remaining beans in a food processor with 1 minced **garlic clove**, the juice of 1 **lemon**, and **salt** and **pepper**. Slowly drizzle in $\frac{1}{2}$ cup **olive oil** with the motor running, then transfer the dip to a bowl. Toss the reserved beans with 1 diced **roasted red pepper**, 3 tablespoons olive oil, 1 tablespoon each chopped **parsley** and **basil**, and salt and pepper. Spoon over the dip and serve with **pita chips**.



The second season of *What Would Brian Boitano Make?* premieres March 7 at 1 p.m.

TORCH YOUR DESSERT

BAKED VANCOUVERS

ACTIVE: 25 min | TOTAL: 1 hr 25 min | MAKES: 8 desserts

- 1 12-ounce loaf chocolate pound cake
- 1 quart chocolate-chip ice cream, slightly softened
- 4 large egg whites
- 1 cup sugar
- Pinch of cream of tartar
- ½ cup white rum

1. Cut the pound cake into eight ¾-inch-thick slices. Cut a circle from each slice using a 4- or 6-ounce ramekin as a guide; crumble the scraps. Fit each piece of cake in a ramekin, then fill with the ice cream to about ¼ inch from the top. Sprinkle with the cake crumbs. Freeze until the ice cream is hard, at least 1 hour.

2. Combine the egg whites, sugar and cream of tartar in a bowl and place over a saucepan of simmering water. Whisk over low heat until the sugar is dissolved and the egg whites are warm, about 5 minutes. Remove the bowl from the saucepan and beat the whites with a mixer on high speed until they hold stiff peaks. Transfer the meringue to a pastry bag with a round tip and pipe on top of the ice cream and cake crumbs to completely cover. Make a small indent, about 1 inch deep, in the top of the meringue, for the rum.

3. Brown the meringue all over (including the indentation) with a kitchen torch. Place the rum in a small pot over low heat until warm but not boiling. Transfer to a liquid measuring cup and pour into the indentation in each dessert. Light the rum with a match. Let the flame burn out and serve immediately.



MIX UP A WINNING DRINK

THE GOLD MEDAL MAKES: 1 drink

Fill a cocktail shaker with ice. Add 1 ounce **Goldschläger**, 1 ounce **dark rum**, a squeeze of **lemon juice** and a dash of **orange bitters**. Shake, then strain into an ice-filled glass.

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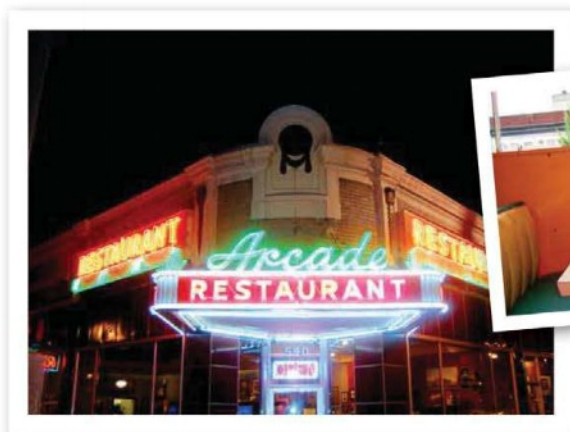
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On the Road

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Elvis's
regular booth



Memphis

Fit for a King

Elvis Presley would have turned 75 on January 8, and chances are he would have celebrated by eating a fried peanut butter and banana sandwich at **Arcade Restaurant** (540 S. Main St.; arcaderestaurant.com), one of his favorite Memphis spots. Get there early on the King's birthday if you want to grab the same sandwich at his much-sought-after regular table—it's the last booth on the left.





Take It From Here

Miami's turn as Super Bowl host city is the perfect reason to whip up a favorite local snack: **empanadas**.



Each Latin-American country puts its own twist on empanadas; this cornmeal crust is a Venezuelan tradition.



Empanadas aren't exactly the quintessential game-day food, but for this year's Super Bowl, they're in order: The Latin-American snacks are a favorite at Miami's Land Shark Stadium, home to the big game on February 7. You can find empanadas all over Miami, but traditionalists swear by the ones at Charlotte Bakery (1499 Washington Ave., Miami Beach; 305-535-0095), a family business that started in Chile in the 1960s before moving to Venezuela and, eventually, Miami in 1996. The shop specializes in the Venezuelan style: white-cornmeal dough stuffed with shredded beef and deep-fried. Venezuelan expats travel miles for this taste of home. Thanks to this once-secret recipe from third-generation co-owner Harry Coleman, your guests will only have to reach across the coffee table for theirs.

VENEZUELAN EMPANADAS

ACTIVE: 1 hr 25 min | TOTAL: 2 hr 55 min | MAKES: 12 empanadas

FOR THE FILLING

- 1½ pounds beef blade roast, cut into 4 pieces, trimmed
- 4 bay leaves
- Kosher salt
- 2 tablespoons extra-virgin olive oil
- ½ medium onion, diced
- ¼ green bell pepper, diced
- 2 cloves garlic, minced
- 1 shallot, diced
- 1 scallion, chopped
- 2 teaspoons paprika
- 2 teaspoons sazón completa (Spanish seasoning blend, found in the spice aisle)
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- Freshly ground pepper

FOR THE DOUGH

- 3 tablespoons sugar
- 1½ tablespoons vegetable oil, plus more for greasing and frying
- 1½ tablespoons unsalted butter
- 1 tablespoon salt
- 3½ cups precooked cornmeal (such as P.A.N. brand)
- ¼ cup plus 2 tablespoons all-purpose flour

FOR THE SAUCE

- 1¼ cups cilantro (leaves and stems)
- ½ cup extra-virgin olive oil
- 1 medium avocado, halved, seeded and peeled
- ¼ green bell pepper, chopped
- 1 scallion, chopped
- 4 teaspoons white vinegar
- 1 clove garlic, crushed
- Kosher salt and freshly ground pepper



1. Make the filling: Place the beef, bay leaves, 1 tablespoon salt and water to cover in a saucepan and bring to a boil over medium heat. Reduce to a simmer, cover and cook until the meat is almost falling apart, about 1 hour 30 minutes. Transfer the meat to a bowl and shred with a fork; cool. Reserve the broth.

2. Heat the olive oil in a large skillet over medium-high heat. Add the onion, bell pepper, garlic and shallot; cook until the onion is translucent, about 3 minutes. Stir in the scallion, paprika, sazón completa, oregano, cumin and $\frac{1}{4}$ teaspoon pepper. Add the beef and 1 cup of the reserved broth and cook over medium heat until thick, about 10 minutes. Season with salt.

3. Make the dough: Mix $3\frac{1}{2}$ cups hot water, the sugar, vegetable oil, butter and salt in a medium bowl until the butter melts. Stir in the cornmeal and flour until a soft dough forms, then knead on a clean surface until the dough comes together. Shape into 12 balls, using about $\frac{1}{2}$ cup dough for each.

4. One at a time, sprinkle each dough ball with water, place between two pieces of lightly oiled heavy-duty plastic wrap (a cut resealable bag works well) and roll into a 7-inch circle. Remove the top sheet of plastic and place 2 to 3 tablespoons filling in the center of the dough. Use the bottom piece of plastic to fold the dough in half over the filling and press to seal. Trim into a half-moon shape with a knife or press down with the round edge of a bowl. Remove the plastic and place the empanada on a parchment-lined baking sheet.

5. Preheat the oven to 300°. Heat 1 inch of vegetable oil in a large skillet until a deep-fry thermometer registers 365°. Fry the empanadas in batches until golden, about 4 minutes per side. Transfer to a paper-towel-lined baking sheet; keep warm in the oven.

6. Make the sauce: Combine the cilantro, olive oil, avocado, bell pepper, scallion, vinegar and garlic in a blender. Add 1 teaspoon salt and 2 teaspoons pepper and puree until smooth. Thin out the sauce with up to $\frac{1}{4}$ cup water and serve with the empanadas.



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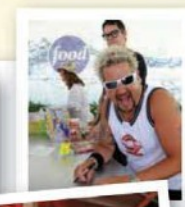
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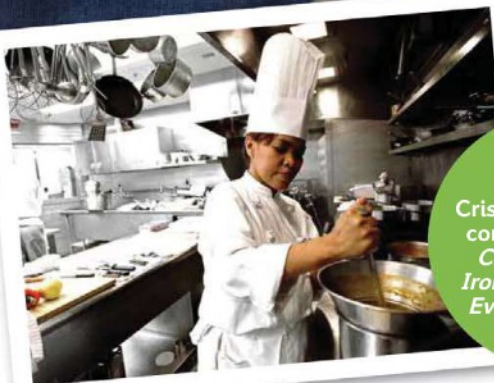
All the President's Meals

A year after moving to Washington, D.C., the **Obamas** share a favorite family meal and a new dish from the White House garden.



There's a lot to love about living in the White House: the movie theater, the two-minute commute, the steady stream of high-powered guests. But one of the Obama family's favorite things about the new place is how often they get to eat meals there together. While they brought some staple recipes from Chicago, they're also mixing up their regular dinner rotation by experimenting with produce from the White House Kitchen Garden. For the one-year anniversary of their big move, the President and First Lady passed along two recipes: an old favorite, from the girls' godmother and family friend "Mama Kaye" Wilson, and a new one, inspired by the winter greens grown on the South Lawn.

Above: The White House Kitchen Garden inspired the braised greens in this dish: Kale is one of 55 vegetables the Obamas grow. **Right:** Cristeta Comerford has served as White House executive chef since 2005.



See White House chef Cristeta Comerford compete in *Super Chef Battle: An Iron Chef America Event*, January 3 at 8 p.m.



WHITE HOUSE KITCHEN GARDEN HERB-ROASTED CHICKEN WITH BRAISED GREENS

ACTIVE: 35 min | TOTAL: 1 hr (plus marinating)
SERVES: 4

- 3 tablespoons chopped mixed fresh herbs (such as rosemary, thyme, sage and parsley)
- 1 tablespoon dijon mustard
- 2 tablespoons extra-virgin olive oil
- 1 3-to-4 pound chicken, quartered
- Salt and pepper
- 2 slices bacon, diced
- 1 large red onion, diced
- 2 bunches kale, collard or mustard greens (a mix also works well), stemmed and torn
- $\frac{3}{4}$ cup chicken stock

1. Mix the herbs, mustard and olive oil in a nonreactive baking dish. Add the chicken, season with salt and pepper and turn to coat evenly. Cover and marinate in the refrigerator at least 1 hour or overnight.

2. Preheat the oven to 450°. Place the chicken on a foil-lined baking sheet and roast until the meat is cooked through and the skin is crisp, 30 to 40 minutes.

3. Meanwhile, sauté the bacon in a deep pan or Dutch oven over medium heat until rendered, about 5 minutes. Add the onion and cook until translucent, 6 to 7 minutes. Add the greens, in batches, and sauté until wilted, about 4 minutes. Add the chicken stock, cover and gently braise over low heat until tender, about 40 minutes. Season with salt and pepper and serve with the chicken.



MAMA KAYE'S SALMON BREAKFAST CROQUETTES

ACTIVE: 35 min | TOTAL: 1 hr 35 min | MAKES: about 15 croquettes

- 8 ounces baked or poached salmon, flaked
- 2 large eggs, beaten
- 2 cups mashed potatoes
- 1 small white onion, diced
- 5 cloves garlic, minced
- Salt and pepper
- 6 tablespoons all-purpose flour
- Peanut oil, for frying

1. Mix the salmon, eggs, mashed potatoes, onion and garlic in a large bowl. Season with salt and pepper. Stir in the flour to hold the mixture together.

2. Form the mixture into golf-ball-size balls. Refrigerate 1 hour or overnight.

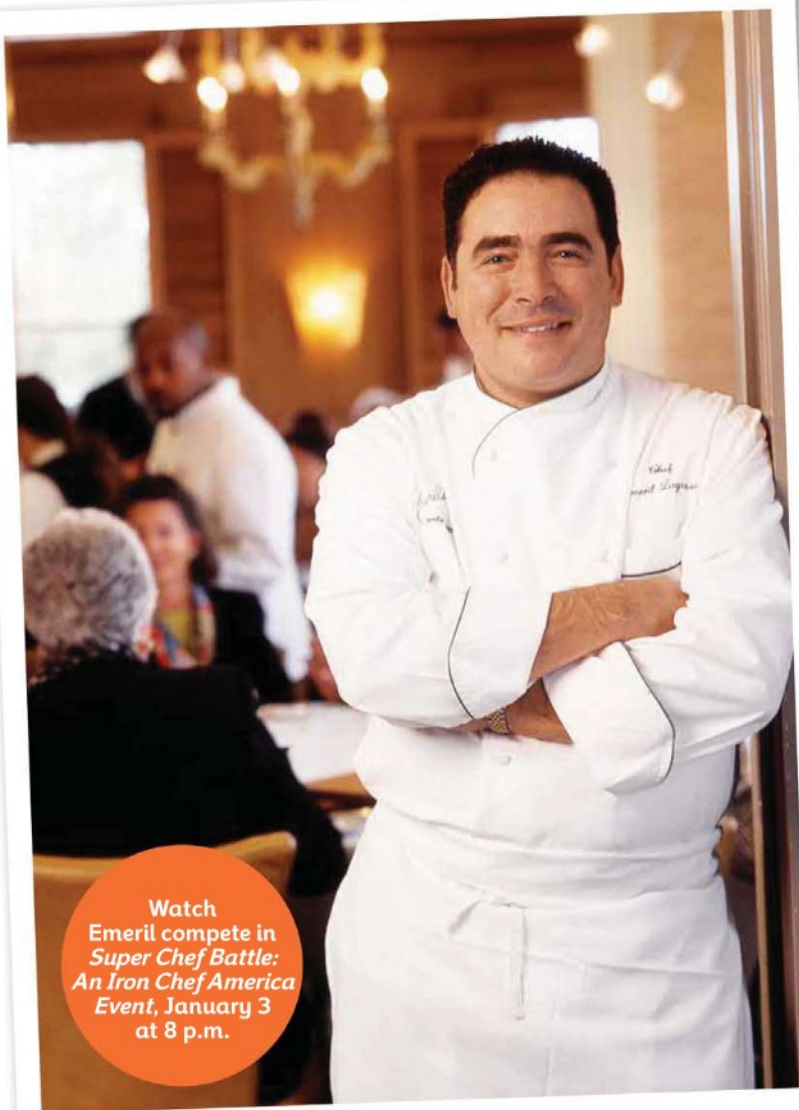
3. Heat about 1 inch of peanut oil in a large straight-sided skillet until a deep-fry thermometer registers 325°. Fry the croquettes, in batches, until crisp and golden on one side, 3 to 4 minutes, adjusting the heat as necessary. Turn and cook until golden on the other side, 1 to 2 more minutes. Drain on paper towels.

My Top Five



New Orleans

Just in time for Mardi Gras, **Emeril Lagasse** tells us what to eat in the Big Easy.



Watch
Emeril compete in
Super Chef Battle:
An Iron Chef America
Event, January 3
at 8 p.m.

The best way to navigate any food-obsessed city is to eat like a local—and nowhere is this truer than in New Orleans. But how to find the gems? We went straight to Emeril Lagasse, the city's most renowned food lover, and asked for his five favorite bites in town. The *Essence of Emeril* star, who first became famous as the executive chef at the legendary Commander's Palace, has three restaurants in the Big Easy: Emeril's New Orleans, Emeril's Delmonico and NOLA. Of course, we'd recommend dishes from any of those, too.

1 Smothered Pork Chops

Café Reconcile

Emeril is a sucker for the Tuesday special at this no-frills lunch-only spot: boneless, deep-fried pork chops covered in dark gravy. He also likes the restaurant's mission—it's staffed by underprivileged teens looking to get off the streets. "It's kind of a learning center," Emeril says. \$7.25; 1631 Oretha Castle Haley Blvd.; cafereconcile.org



2 Chicken Pho

Pho Tau Bay

Vietnamese food isn't typically associated with New Orleans, but it's a popular cuisine due in part to the local immigrant population. Emeril craves this pho, a classic hot noodle soup: "It's a simple broth. They use star anise to bring out some really unusual flavors." \$6.50; 113-C Westbank Expwy., Gretna; 504-368-9846



3 Crispy Pork Cheeks

Emeril's Delmonico

Fried pork cheeks might sound scary to some diners, but not to Emeril: He likes them crisp on the outside and served over Creole rice—which is how they come here. "We've been turning a lot of people on to it," he says. "It's become one of the top items on the menu." \$8; 1300 Saint Charles Ave.; emerils.com



4 Crawfish Pie

R&O's

Po' boys are the obvious choice at this family-run restaurant, but locals like Emeril know to order the standout crawfish pie, filled with veggies, cream and plump, juicy crustaceans: "They're nice and bubbly," he says. "Just fall-apart-in-your-mouth delicious." \$6.70; 216 Hammond Hwy., Metairie; 504-831-1248



5 Soft Tacos

Taqueria Sanchez

"This is real Mexican," Emeril says of these tacos, which are stuffed with shredded chicken, beef or chicharróns (deep-fried pork skin). None of the taquería's four locations is much bigger than a food truck, but most customers are happy to eat standing up. \$2 each; 504-307-3220 for locations



LAGASSE: WILLIAM C. MINARICH; PORK CHOPS: DAVID COY; CHICKEN PHO: KARL TAKACS, JR.; CRAWFISH PIE: MICHELLE SCHWARTZ; TACOS: DANIEL BATH/THE TIMES-PICTURE

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It's important to eat healthy and stay active, but when that's not enough, talk to your doctor about treating the 2 sources of cholesterol with VYTORIN. VYTORIN contains two cholesterol medicines, *Zetia* (ezetimibe) and *Zocor* (simvastatin), in a single tablet.

VYTORIN is the only product that helps block cholesterol that comes from food and reduces the cholesterol your body makes naturally, based on family history. And VYTORIN can dramatically lower your bad cholesterol 45%–60%. (Average effect depending on dose; 52% at the usual starting dose.)

VYTORIN contains two cholesterol medicines, *Zetia* (ezetimibe) and *Zocor* (simvastatin), in a single tablet. **VYTORIN has not been shown to reduce heart attacks or strokes more than *Zocor* alone.**

Ask your doctor if VYTORIN is right for you. Or, to learn more, call 1-877-VYTORIN or visit vytorin.com.



To find out if you qualify, call 1-800-347-7503.



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Important Risk Information About VYTORIN: VYTORIN is a prescription tablet and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, and anyone with liver problems.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. VYTORIN may interact with other medicines or certain foods, increasing your risk of getting this serious side effect. So tell your doctor about any other medications you are taking.

Your doctor may do simple blood tests before and during treatment with VYTORIN to check for liver problems. Side effects included headache, muscle pain, and diarrhea. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about VYTORIN on the adjacent page.

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PATIENT INFORMATION ABOUT VYTORIN (VI-tor-in)
Generic name: ezetimibe/simvastatin tablets

Read this information carefully before you start taking VYTORIN. Review this information each time you refill your prescription for VYTORIN as there may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about VYTORIN, ask your doctor. Only your doctor can determine if VYTORIN is right for you.

WHAT IS VYTORIN?

VYTORIN is a medicine used to lower levels of total cholesterol, LDL (bad) cholesterol, and fatty substances called triglycerides in the blood. In addition, VYTORIN raises levels of HDL (good) cholesterol. VYTORIN is for patients who cannot control their cholesterol levels by diet and exercise alone. You should stay on a cholesterol-lowering diet while taking this medicine.

VYTORIN works to reduce your cholesterol in two ways. It reduces the cholesterol absorbed in your digestive tract, as well as the cholesterol your body makes by itself. VYTORIN does not help you lose weight. VYTORIN has not been shown to reduce heart attacks or strokes more than simvastatin alone.

WHO SHOULD NOT TAKE VYTORIN?

Do not take VYTORIN:

- If you are allergic to ezetimibe or simvastatin, the active ingredients in VYTORIN, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section at the end of this information sheet.
- If you have active liver disease or repeated blood tests indicating possible liver problems.
- If you are pregnant, or think you may be pregnant, or planning to become pregnant or breast-feeding.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using VYTORIN.

VYTORIN has not been studied in children under 10 years of age.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING VYTORIN?

Tell your doctor right away if you experience unexplained muscle pain, tenderness, or weakness. This is because on rare occasions, muscle problems can be serious, including muscle breakdown resulting in kidney damage.

The risk of muscle breakdown is greater at higher doses of VYTORIN.

The risk of muscle breakdown is greater in patients with kidney problems.

Taking VYTORIN with certain substances can increase the risk of muscle problems. It is particularly important to tell your doctor if you are taking any of the following:

- cyclosporine
- danazol
- antifungal agents (such as itraconazole or ketoconazole)
- fibric acid derivatives (such as gemfibrozil, bezafibrate, or fenofibrate)
- the antibiotics erythromycin, clarithromycin, and telithromycin
- HIV protease inhibitors (such as indinavir, nelfinavir, ritonavir, and saquinavir)
- the antidepressant nefazodone
- amiodarone (a drug used to treat an irregular heartbeat)
- verapamil (a drug used to treat high blood pressure, chest pain associated with heart disease, or other heart conditions)
- large doses (≥ 1 g/day) of niacin or nicotinic acid
- large quantities of grapefruit juice (>1 quart daily)

It is also important to tell your doctor if you are taking coumarin anticoagulants (drugs that prevent blood clots, such as warfarin).

Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- drink substantial quantities of alcohol or ever had liver problems. VYTORIN® (ezetimibe/simvastatin) may not be right for you.
- are pregnant or plan to become pregnant. Do not use VYTORIN if you are pregnant, trying to become pregnant or suspect that you are pregnant. If you become pregnant while taking VYTORIN, stop taking it and contact your doctor immediately.
- are breast-feeding. Do not use VYTORIN if you are breast-feeding.

Tell other doctors prescribing a new medication that you are taking VYTORIN.

HOW SHOULD I TAKE VYTORIN?

- Take VYTORIN once a day, in the evening, with or without food.
- Try to take VYTORIN as prescribed. If you miss a dose, do not take an extra dose. Just resume your usual schedule.
- Continue to follow a cholesterol-lowering diet while taking VYTORIN. Ask your doctor if you need diet information.
- Keep taking VYTORIN unless your doctor tells you to stop. If you stop taking VYTORIN, your cholesterol may rise again.

WHAT SHOULD I DO IN CASE OF AN OVERDOSE?

Contact your doctor immediately.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VYTORIN?

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking VYTORIN and during treatment.

In clinical studies patients reported the following common side effects while taking VYTORIN: headache, muscle pain, and diarrhea (see What should I tell my doctor before and while taking VYTORIN?).

The following side effects have been reported in general use with VYTORIN or with ezetimibe or simvastatin tablets (tablets that contain the active ingredients of VYTORIN):

- allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing (which may require treatment right away), rash, hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle pain; alterations in some laboratory blood tests; liver problems (sometimes serious); inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; gallstones; inflammation of the gallbladder; trouble sleeping; poor memory.

Tell your doctor if you are having these or any other medical problems while on VYTORIN. This is not a complete list of side effects. For a complete list, ask your doctor or pharmacist.

GENERAL INFORMATION ABOUT VYTORIN

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VYTORIN for a condition for which it was not prescribed. Do not give VYTORIN to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about VYTORIN. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about VYTORIN that is written for health professionals. For additional information, visit the following web site: vytorin.com.

Inactive ingredients:

Butylated hydroxyanisole NF, citric acid monohydrate USP, croscarmellose sodium NF, hypromellose USP, lactose monohydrate NF, magnesium stearate NF, microcrystalline cellulose NF, and propyl gallate NF.

Issued May 2009



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VYTORIN®
(ezetimibe/simvastatin) tablets

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Young and Hungry

These up-and-coming food stars, **all under 30**, are living their culinary dreams.

BY DAVID TAMARKIN

Natasha Case, 26, and Freya Estreller, 27 Coolhaus ice cream sandwich truck, Los Angeles

Ice cream "trucks" have been around longer than actual trucks: Street vendors used to peddle the stuff from pushcarts. But two design-savvy women from Los Angeles have given the whole concept a much-needed update. With \$15,000 in start-up dough, architect Natasha Case (left) and real estate developer Freya Estreller transformed an old postal van into a sleek, mobile ice cream business called Coolhaus (named after Dutch architect Rem Koolhaas). Customers get to "build" their own sandwich by choosing from six cookie bases and 25 ice cream flavors. And they can feel good about it, too: All the wrappers are made out of potato and printed with soy ink, so they're earth-friendly—and edible. Considering Coolhaus sells 1,000 sandwiches a week, that adds up to a lot less litter for L.A. eatcoolhaus.com

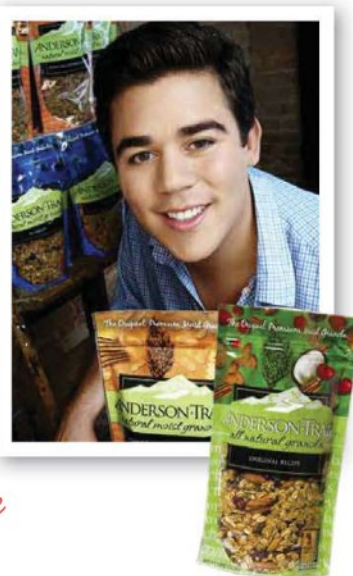
These ice cream stars offer flavors like honey and Earl Grey.



Justin Avery Anderson, 22 Anderson Trail granola, Fort Worth, TX

Some people stumble upon a good idea; others, like Justin Anderson, bite into one. While on vacation in New Mexico at 16, he fell in love with soft granola (and the fact that it didn't break his braces). When he returned home, he loaded up on ingredients and took over his mom's kitchen until he came up with the perfect recipe. The chewy snack, made with almonds, cherries, coconut, currants, honey, oats and pecans, was such a hit when he shared it with his Boy Scout troop that he pitched it to a local specialty-foods chain, which started selling the granola within months. Justin expanded Anderson Trail granola in college and expects to sell 500,000 bags of it this year, including blueberry and peanut-butter-graham-cracker flavors—all easy on the teeth, of course. andersontrail.com

Justin developed his granola recipe at age 16 in his mom's kitchen.



ICE CREAM SANDWICHES: BRIAN LEATART; ANDERSON: ELISABETH GAUTHIER; CRUM: GRACIA; GARY COGAN

Viet Le, 26

Ono Tea, Detroit

Many Americans think of hot tea as an occasional substitute for coffee—if they think of it at all. But Viet Le grew up in a Vietnamese household, where tea got a lot more respect. Everyone in his family, young and old, drank it throughout the day; his mom even sprinkled the leaves into soups and stews. In 2007, Viet and his sisters, Phuong, 32, and Phi, 30, founded Ono, hoping to tap into a new tea market. They mix their teas with specific lifestyles in mind—bold black tea for outdoorsmen, invigorating queen jasmine pearls green tea for creative types and focus-inducing yerba-maté for golfers. Ono even sells a tea for those with entrepreneurial drive, like the siblings behind the company. iloveono.com



With his company, Viet hopes to make tea trendy.



Emma Hearst, 23, and Sarah Krathen, 25

Sorella restaurant, New York City

Most life-changing ideas hatched on road trips are discarded before the next exit. But for chef Emma Hearst and business partner Sarah Krathen (far left) the decision to open a restaurant while on a cross-country trip in 2007 led to another road trip—and ultimately to a real, thriving New York City eatery. The former culinary school classmates knew what kind of place they wanted to open (small plates, intimate), but they needed to settle on the cuisine, so they headed to Piedmont, Italy. Everything Emma cooks at Sorella, which opened in 2008, is inspired

by that adventure, including tajarin (tagliatelle-like pasta) with lamb ragù, black-pepper ricotta and mint. Judging by the great reviews and long wait for a table, the girls had a pretty delicious journey. sorellanyc.com



A trip to Italy inspired Emma's dishes, like tajarin with lamb ragù.



Trevor Clatterbuck, 24

Fresh Fork Market, Cleveland

Eating locally is all the rage, but in Cleveland it wasn't all that easy to do until Trevor Clatterbuck got involved. He dreamed up his online grocery after eating at a "locavore" restaurant and learning that its chefs were having trouble getting local ingredients. His resulting website, Fresh Fork Market, connected Cleveland restaurants to area farmers. Last June, Fresh Fork switched gears and started selling mainly to the public, so residents can pick up fresh-off-the-farm produce at spots across town. Low overhead and no wasted inventory lead to lower prices, which means that eating locally in Cleveland is now trendy, easy and affordable. freshforkmarket.com

Cleveland residents can order fresh local veggies online, through Trevor's virtual farmers' market.

Pete Rasmussen, 27

Sandhill Farms, Eden, UT

The next time you're worried you may have gone overboard with the garlic, think of Pete Rasmussen and relax. The young farmer is obsessed with the stuff and grows more than 30 varieties, like rich, earthy Siberian garlic and giant pungent Musik. Pete, who has a degree in agroecology from the University of California at Santa Cruz, credits his garlic affinity to a nighttime tour of the on-campus garden. "The spear-shaped leaves and strong stalks just swept me off my feet," he says. After graduation, he set out to grow his own super-potent bulbs, which, he believes, offer loads of health benefits. Of course, to customers like Whole Foods and members of his farm's community-supported agriculture program, what matters most is that Pete's work consistently stinks. sandhillfarms.org



This young farmer grows and sells more than 30 types of garlic.

Caitlin MacEachen Steininger, 22

cookingwithcaitlin.com, Cincinnati

Even for the super-talented, getting a cooking show is a long shot—unless you have friends eager to build a brand around you. That's how Caitlin Steininger became the host of *cookingwithcaitlin.com*, a Cincinnati-based food site featuring how-to videos and recipes. At age 19, fresh out of culinary school, Caitlin taught a cooking class at a specialty grocery. Only six women showed up, but her charisma sparked two of them (her sister and her sister's friend) to launch the site, now featuring more than 70 videos. She also co-hosts a radio show and throws a monthly nine-course promotional dinner. Caitlin may not be a household name just yet, but at 22, neither was Julia Child. *cookingwithcaitlin.com*



Caitlin has filmed more than 70 how-to cooking videos for her site.



Jon Metzger, 25

Union Star Cheese, Fremont, WI

Most teenagers can't wait to get their driver's license, but Jon Metzger had his heart set on a different permit: cheese making. When he was 18, this son of a master cheese maker skipped a week of high school to take (and pass) the test for his Wisconsin Cheesemaker License. He worked at Crave Brothers, an award-winning sustainable dairy farm near Milwaukee, but recently returned to the family business to launch his own line of washed-rind cheeses (often rinsed with brine, beer or wine). Jon's passion for small-batch cheese making earned him a prestigious fellowship to study European methods, but he isn't letting that go to his head. "The more I learn about cheese," he says, "the more I realize I didn't know as much as I thought!" *unionstarcheese.com*

Jon's cheese-making family is known for its cheese curds, hot-pepper muenster and a killer colby.



Chuy Valencia, 23

Chilam Balam restaurant, Chicago

Chicago has its share of Mexican restaurants, but most fall either on the high or low end. Chuy Valencia wanted to give his city a sustainable, affordable Mexican joint somewhere in between. Last August, Chuy (previously sous chef at Rick Bayless's Topolobampo) opened Chilam Balam, a 45-seat BYOB shared-plates spot where 10 bucks will get you grilled pork ribs basted with Oaxacan pasilla glaze, radishes and sweet plantains. Despite the big crowds, Chuy has no plans to move: He loves the small, intimate space. *chilambalamchicago.com*

Chuy's bright Mexican spot is a big hit in Chicago.



Travis is taking on fast-food giants with his healthful fare.

Travis Miller, 25

Go Healthy Cafe, Eugene, OR

Long before McDonald's or Starbucks became corporate behemoths, they were small spots owned by guys with big ambitions—sort of like Go Healthy Cafe, a fledgling franchise started by entrepreneur Travis Miller. The kid's got cred: By age 20, he already owned a trio of organic coffee shops named My Coffee in and around his hometown of Eugene, OR. Sensing that his nutritious fast food filled more of a niche than his coffee, he relaunched one of his venues as Go Healthy Cafe. Travis hopes to take his whole-wheat burritos and organic tempeh salads throughout the West, and, if he gets lucky, to a neighborhood near you—wherever you are. *gohealthycafe.com*

The Winner Is...

Espresso-flavored custard from a Dallas reader came out on top in our coffee-themed recipe contest.



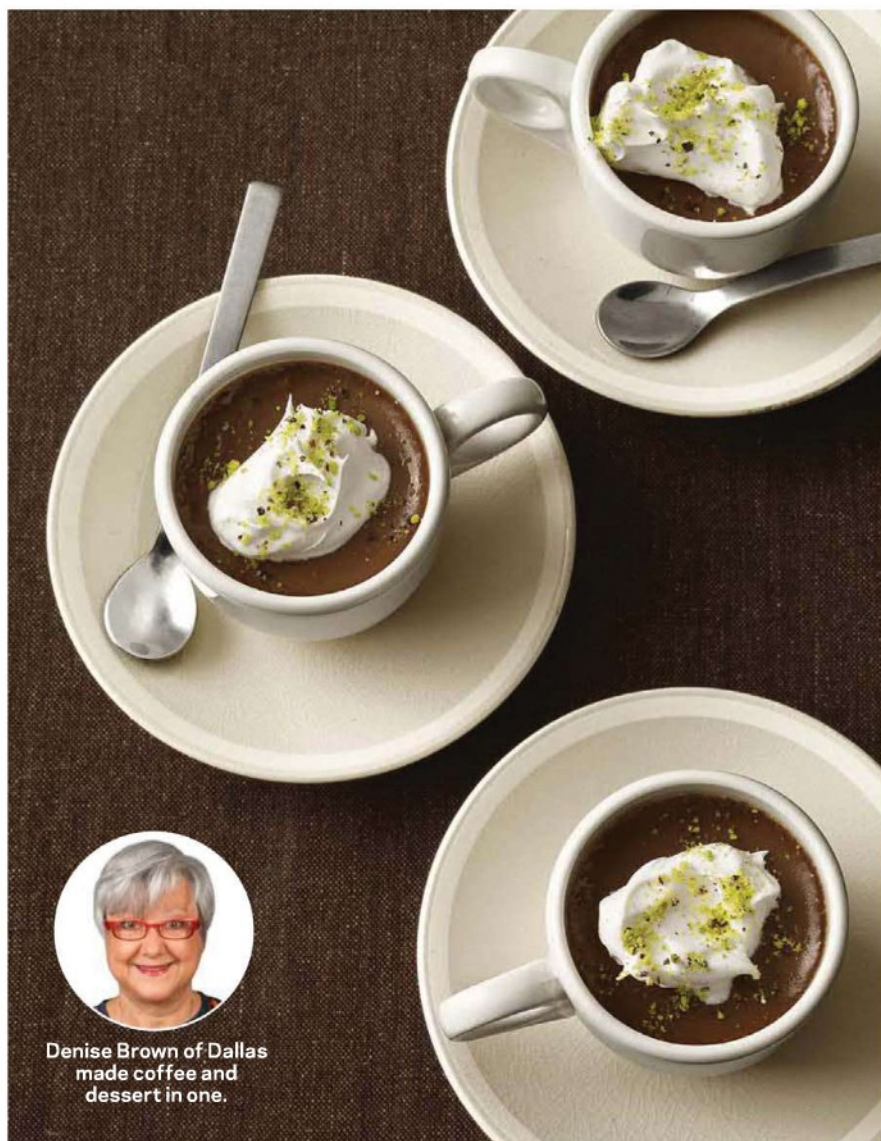
TURKISH COFFEE POTS DE CRÈME

ACTIVE: 35 min | TOTAL: 2 hr 15 min (plus chilling)
MAKES: 8 desserts

- 1½ cups plus ½ cup heavy cream
- ⅓ cup cardamom pods, cracked
- 4 extra-large egg yolks, at room temperature
- Pinch of kosher salt
- ½ cup granulated sugar
- 1½ tablespoons instant espresso
- ½ teaspoon vanilla extract
- 1 tablespoon confectioners' sugar
- ⅓ cup ground pistachios

- 1.** Bring 1½ cups cream to a boil in a saucepan over medium heat. Remove from the heat, add the cardamom, cover and let steep 30 minutes.
- 2.** Preheat the oven to 325°. Bring a small pot or kettle of water to a boil. Place a folded damp kitchen towel in a 2-quart baking dish; arrange 8 espresso cups in the dish (the towel will keep the cups from moving).
- 3.** Whisk the egg yolks and salt in a bowl. Return the cream to medium heat, add the sugar and bring to a boil, stirring to dissolve the sugar. Strain the cream into the egg yolks, whisking constantly. Stir in the espresso and vanilla until combined. Transfer to a liquid measuring cup, then divide among the espresso cups.
- 4.** Place the baking dish in the oven and pour boiling water into the dish until it reaches halfway up the outside of the espresso cups. Cover the dish tightly with foil and bake until the custard sets around the edges but still jiggles in the center, 35 to 45 minutes.
- 5.** Let the custards cool in the water bath, about 10 minutes, then transfer to a rack to cool completely, about 30 minutes. Cover each cup with parchment paper (to absorb condensation), and then plastic wrap. Refrigerate until set, at least 2 hours.
- 6.** Whip the remaining ½ cup cream and the confectioners' sugar with a mixer until soft peaks form. Top each pot de crème with a dollop of whipped cream and sprinkle with pistachios.

FOOD PHOTO: KANA OKADA; FOOD STYLING: ANNE DISRUDE; PROP STYLING: PAMELA DUNCAN SILVER; BROWNIE: MARC ROBINS; COFFEE BEANS: MARKO METZINGER/STUDIO D.



Denise Brown of Dallas made coffee and dessert in one.

We have a hunch that most of you are taking your coffee sweet. We received hundreds of coffee-flavored desserts in our October 2009 coffee recipe contest—pies, cheesecakes, milkshakes, biscotti, puddings, cakes. But these pots de crème from Dallas reader Denise Brown were the biggest hit in the test kitchen. Denise was inspired by the strong cardamom-laced Turkish coffee that she orders at a local Middle Eastern restaurant. After much experimentation, she turned her after-dinner drink into a custard with a hint of spice: “I tested three cream-to-coffee ratios before getting it just right,” Denise says. She even bakes the treats in espresso cups for the ultimate cup-of-joe experience.

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Chile peppers aren't just hot—they pack tons of flavor, too!

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