

the holiday cookbook

Text and Recipes by
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Buttered Rum- and Cider-Glazed Mini Pork Roasts, pg 35
Roasted Beet Salad with Spiced Pecans and Champagne Vinaigrette, pg 39

main courses

*Center the meal around
a succulent roast or a traditional meat pie.*



Thyme-Roasted Chicken with Squash and Cracked Green Olives

Buttered Rum- and Cider-Glazed Mini Pork Roasts

Here's a great idea for a dinner party: Transform pork tenderloins into individual roasts for each guest. The mini roasts are gilded with a seasonal buttered rum and cider glaze and can be cooked to each diner's preferred doneness.

- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1/2 teaspoon coarse salt
- 1/4 teaspoon pepper
- 2 (1-lb.) pork tenderloins, each cut crosswise into 3 pieces
- 2 tablespoons butter, softened, divided
- 1 tablespoon extra-virgin olive oil
- 3/4 cup apple cider
- 3 tablespoons rum or 1 teaspoon rum extract
- 1 tablespoon packed light brown sugar

- 1 Heat oven to 350°F. Combine nutmeg, allspice, salt and pepper in small bowl; rub over all sides of pork.
- 2 Heat 1 tablespoon of the butter and oil in large skillet over medium heat until butter is melted and oil is hot. Increase heat to medium-high; cook pork in batches 3 to 4 minutes or until browned on all sides, adjusting heat if needed. Place on foil-lined rimmed baking sheet; reserve skillet. (Pork can be made to this point 8 hours ahead. Cover and refrigerate.)
- 3 Combine cider, rum and brown sugar in small bowl. Remove drippings from skillet. Heat skillet over high heat until hot. Pour in cider mixture; boil until slightly thickened (bottom of skillet will show when stirring). Whisk in remaining 1 tablespoon butter; bring to a boil. Remove from heat.
- 4 Bake pork 10 minutes; increase oven temperature to 375°F. Brush pork with some of the cider glaze; bake an additional 10 to 15 minutes or until internal temperature reaches 140°F. to 145°F. Cover loosely with foil; let stand 10 minutes.
- 5 Meanwhile, pour any pan juices into remaining glaze; boil 1 minute. Serve over pork.

6 servings

PER SERVING: 260 calories, 12 g total fat (5 g saturated fat), 29.5 g protein, 6 g carbohydrate, 75 mg cholesterol, 230 mg sodium, 0 g fiber

WINE Serve a hearty California Zinfandel: the 2007 Dry Creek Vineyard Heritage from Sonoma County (\$17) or the 2006 Terra d'Oro Deaver Vineyard from Amador County (\$29).

Thyme-Roasted Chicken with Squash and Cracked Green Olives

High-heat roasting gives this chicken crisp, crackling skin, while cooking it on a bed of fresh thyme adds even more flavor. The slightly charred and salty olives are a nice counterpoint to the sweet squash and the perfect accompaniment to the chicken.

RUB

- 1 tablespoon fennel seeds, toasted, ground*
- 1 tablespoon chopped fresh thyme
- 2 teaspoons ground cumin
- 1 teaspoon coarse salt
- 1/4 teaspoon pepper

CHICKEN

- 1 (3-lb.) chicken, cut into 8 pieces
- 1 (1-oz.) pkg. fresh thyme sprigs (about 1 1/2 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 lb. butternut squash, chopped (scant 3/4 inch) (about 3 cups)
- 1/4 teaspoon coarse salt
- 1/8 teaspoon pepper
- 1/2 cup cracked green olives

- 1 Combine all rub ingredients in small bowl; sprinkle over chicken, rubbing to coat both sides. Place chicken in glass baking dish; cover and refrigerate 4 hours or overnight.
 - 2 Heat oven to 400°F. Oil large rimmed baking sheet. Spread thyme sprigs (branches and all) on baking sheet. Top with chicken; brush with 1 tablespoon of the oil. Toss squash with remaining 1 tablespoon oil in large bowl; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange squash in single layer around chicken.
 - 3 Bake 25 minutes; brush chicken with pan juices or additional oil. Nestle olives in squash around chicken. Bake 20 minutes or until chicken is golden brown and no longer pink in center and squash is tender.
 - 4 Remove and discard thyme sprigs; place chicken on platter. Gently toss squash and olives with pan juices; arrange around chicken.
- TIP** *Toast fennel seeds in dry skillet over medium heat until fragrant and light brown. Grind in spice grinder or with mortar and pestle.

6 servings

PER SERVING: 330 calories, 20 g total fat (4.5 g saturated fat), 28 g protein, 8.5 g carbohydrate, 85 mg cholesterol, 605 mg sodium, 2 g fiber

WINE Try a lively, earthy California red: the 2007 Kali Hart Pinot Noir from Monterey County (\$18) or the 2007 Clos du Val Pinot Noir from Carneros (\$30).

menus

fireside dinner party

Assortment of local cheeses and crackers

Thyme-Roasted Chicken with Squash and Cracked Green Olives (left)

Brown Butter Green Beans and Mushrooms (pg. 41)

Warm pita bread with hummus

Spiced Pecan-Maple Tart (pg. 46)

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new year's gala

Champagne or sparkling cider

Chilled shrimp served with ranch dressing mixed with chopped fresh dill

Buttered Rum- and Cider-Glazed Mini Pork Roasts (far left)

Roasted Beet Salad with Spiced Pecans and Champagne Vinaigrette (pg. 39)

Wild rice tossed with spinach and chopped dried apricots

Mocha Chocolate Mousse Cake (pg. 45)



Taster says...

"The Thyme-Roasted Chicken was easy to make and didn't take too much time to prepare. The chicken was juicy and tender, and the skin was nice and crispy."

—Jane Spaeth

menu

hanukkah buffet

Caramelized Onion Pot Roast* (right)

Carrot Coins with Shallots and Brussels Sprout Leaves* (pg. 41)

Yukon Gold Potato-Onion Cakes (pg. 42)

Roasted Beet Salad with Spiced Pecans and Champagne Vinaigrette (pg. 39)

Mocha Almond Chip Meringues (pg. 14)

Sweet and Salty Almond Bark (pg. 24)

*Use extra-virgin olive oil instead of butter.



Carmamelized Onion Pot Roast, pg 36
Yukon Gold Potato-Onion Cakes, pg 42
Carrot Coins with Shallots and Brussels Sprout Leaves, pg 41

ask the cook



Q When cooking the onions for Caramelized Onion Pot Roast, why is it important to cover them for a time?

A Covering the pan is a critical early step when caramelizing lots of onions. This allows them to soften and wilt before they begin to brown; as a result, the onions will brown more evenly.

Carmamelized Onion Pot Roast

Silky golden onions crown this beef roast in a casual yet elegant homage to classic onion soup. Slowly cooking the onions increases their sweetness.

- 3** tablespoons extra-virgin olive oil, divided
- 2** tablespoons butter, cut up, or extra-virgin olive oil
- 2** lb. onions (about 5 large), thinly sliced (6½ cups)
- 1** teaspoon sugar
- ¾** teaspoon salt, divided
- 1** (3-lb.) boneless beef chuck roast (about 2½ inches thick)
- 1½** teaspoons dried sage, divided
- ¼** teaspoon pepper
- 1** cup lower-sodium beef broth

- 1** Heat 2 tablespoons of the oil and butter in heavy large ovenproof pot over medium heat until butter is melted and oil is hot. Add onions; toss to coat. Cover and cook 5 minutes (onions will be shiny and just starting to soften).
- 2** Stir in sugar and ¼ teaspoon of the salt. Increase heat to medium-high; cook, uncovered,

10 minutes, stirring occasionally. Reduce heat to medium; cook 13 to 15 minutes or until onions are deep golden brown, stirring frequently and scraping bottom of pot (onions will reduce to about 1½ cups). Remove onions.

- 3** Meanwhile, heat oven to 325°F. Sprinkle both sides of beef with 1 teaspoon of the sage, remaining ½ teaspoon salt and pepper. Heat remaining 1 tablespoon oil in same pot over medium heat until hot. Cook beef 8 to 10 minutes or until browned on all sides. (Beef can be prepared to this point 4 hours ahead. Cover and refrigerate.) Add broth and remaining ½ teaspoon sage; top with caramelized onions. Bring to a boil; cover, leaving lid ajar.

- 4** Bake 2 to 2½ hours or until beef is fork-tender. Remove beef; let stand 10 minutes before slicing. Boil pan juices over high heat 5 minutes or until slightly thickened (bottom of pot will show while stirring). Serve beef with pan juices spooned over.

6 servings

PER SERVING: 535 calories, 35 g total fat (12.5 g saturated fat), 40.5 g protein, 14 g carbohydrate, 130 mg cholesterol, 460 mg sodium, 2.5 g fiber

WINE Serve a sophisticated Bordeaux: the 2006 La Grange Clinet Premières Côtes de Bordeaux (\$17) or the 2005 Haut-Charles Fronsac (\$29).



French Canadian Tourtière

The meat pie known as *tourtière* is a holiday tradition in Quebec, where it's often served on Christmas Eve or Christmas Day. As with many classics, recipes vary from family to family. The pie's unique seasonings are based on the French spice blend known as *quatre épices*.

DOUGH

- 1½ cups all-purpose flour
- ½ teaspoon salt
- ½ cup butter, chilled, cut up
- 5 to 6 tablespoons ice water

TOURTIÈRE

- 2 tablespoons butter
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 1¼ lb. ground pork
- 8 oz. ground beef (85% lean)
- 4 oz. ground veal
- 1 cup lower-sodium chicken broth
- 1½ teaspoons dried thyme
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground nutmeg
- ¾ teaspoon salt

¼ teaspoon pepper

1 large russet potato (about 14 oz.), peeled, cut into 2-inch pieces

1 egg

- 1 Whisk flour and ½ teaspoon salt in medium bowl. With pastry blender or 2 knives, cut in ½ cup butter until mixture resembles coarse crumbs with some pea-size pieces. Add 5 tablespoons of the water; stir with fork until dough begins to form, adding additional water 1 teaspoon at a time if needed. Knead dough briefly; shape into 2 flat rounds. Cover and refrigerate 1 hour or overnight.
 - 2 Meanwhile, melt 2 tablespoons butter in large skillet over medium heat. Cook and stir onion and garlic 5 minutes or until soft, reducing heat if necessary. Remove onion and garlic. Add pork, beef and veal in batches; cook over medium to medium-high heat 4 to 6 minutes or until meat is browned and no longer pink, stirring to break up chunks.
 - 3 Return onion and garlic to skillet; stir in broth, thyme, cinnamon, nutmeg, ¾ teaspoon salt and pepper. Bring to a boil. Reduce heat to low; simmer, covered, 25 minutes, stirring occasionally. Drain and reserve broth and drippings from meat.
 - 4 Meanwhile, boil potato in enough water to cover until tender; drain. Mash until smooth; slowly stir in reserved meat broth and drippings (there should be about 2 cups mashed potato). Stir potato mixture into meat mixture; cool completely.
 - 5 On lightly floured surface, roll 1 dough round into 12-inch circle; arrange in 9-inch deep-dish pie pan. Fill with meat mixture. Roll remaining dough round into 12-inch circle; place over filling. Trim dough overhang; flute edges. Cut 8 steam vents in top crust. Whisk egg and 1 tablespoon water; brush over top crust. (*Tourtière can be made to this point 1 day ahead. Cover and refrigerate.*)
 - 6 When ready to bake, heat oven to 425°F. Bake 15 minutes. Reduce oven temperature to 375°F.; bake an additional 55 to 60 minutes or until crust is golden brown and juices are bubbly (cover edge of crust with foil halfway through baking if browning too quickly). Cool on wire rack 10 minutes before slicing.
- 6 servings**
- PER SERVING: 635 calories, 38 g total fat (19 g saturated fat), 32.5 g protein, 39 g carbohydrate, 175 mg cholesterol, 800 mg sodium, 3 g fiber
- WINE** Offer a red from California: the 2006 Cambria Tepusquet Vineyard Syrah Santa Maria Valley (\$19) or the 2007 Morgan Cotes du Crow's Syrah/Grenache blend from Monterey County (\$19).

menu

family christmas eve

Mulled wine

Combine 1 bottle red wine, ½ cup sugar, 4 cinnamon sticks, 1 teaspoon whole allspice and ½ teaspoon whole cloves in large saucepan. Heat until sugar is melted. Strain; serve warm.

Skewers of apple, pear and aged cheddar cheese served with chutney

French Canadian Tourtière (left)

Cheesy Artichokes, Cauliflower and Red Pepper (pg. 40)

Warm artisan bread
Serve with butter topped with coarse sea salt.

White Chocolate Cheesecake with Cranberry Swirl (pg. 44)

ask the cook

Q Can the tourtière be made ahead and frozen?

A Yes. Assemble the pie through Step 5, but don't brush the top crust with the egg mixture. Place the pie on a small rimmed baking sheet and freeze it, uncovered, until firm. Wrap it tightly in plastic wrap or foil, and place it in a large resealable freezer bag, eliminating as much air as possible. Freeze for up to 1 month.

When ready to bake, unwrap the pie (do not thaw) and brush the top crust with the egg mixture as directed in Step 5. Bake it according to the recipe, adding 10 to 15 minutes baking time if needed.

side dishes

*From salads to popovers,
choose from seven stand-out sides.*



Winter Fruit Salad with Parmesan-Puff
Pastry Croutons

Winter Fruit Salad with Parmesan-Puff Pastry Croutons

These crisp cheese croutons are addicting! Luckily, this recipe makes enough so you can nosh on some while preparing the salad. Fresh apples and pears combine with dried figs and cranberries for a colorful cornucopia of seasonal fruits.

CROUTONS

- 1 sheet frozen puff pastry (from 17.3-oz. pkg.), thawed
- 1 egg yolk, beaten
- 1/2 cup shredded Parmigiano-Reggiano cheese
- 1/2 teaspoon pepper

DRESSING

- 3 tablespoons pomegranate, cranberry or orange juice
- 1 tablespoon rice vinegar
- 1/2 teaspoon honey mustard
- 1/4 teaspoon coarse salt
- 1/8 teaspoon pepper
- 2 tablespoons extra-virgin olive oil

SALAD

- 8 cups slightly packed mixed salad greens
- 1 small Gala or Braeburn apple, unpeeled, thinly sliced
- 1 small Red Bartlett pear, unpeeled, thinly sliced
- 1/2 cup dried figs, preferably Calimyrna, quartered
- 1/2 cup dried cranberries

- 1 Heat oven to 400°F. Roll puff pastry into 12x11-inch rectangle. Brush with egg yolk; sprinkle with cheese and 1/2 teaspoon pepper. Cut into about 1-inch squares; place on parchment paper-lined baking sheet.
- 2 Bake 10 to 12 minutes or until golden brown and puffed. Cool on baking sheet on wire rack. *(Croutons can be made 1 day ahead. Store at room temperature in an airtight container. If they lose their crispness, reheat at 350°F. for 3 to 5 minutes or until crisp.)*
- 3 Whisk all dressing ingredients except oil in small bowl until blended; slowly whisk in oil. *(Dressing can be made 3 days ahead. Cover and refrigerate.)*
- 4 Toss greens in large bowl with enough dressing to lightly coat; place on large platter or in shallow bowl. Top with all remaining salad ingredients; drizzle lightly with dressing. Top with croutons.

8 (1 1/2-cup) servings

PER SERVING: 320 calories, 18 g total fat (6 g saturated fat), 7 g protein, 35 g carbohydrate, 70 mg cholesterol, 265 mg sodium, 4 g fiber

Roasted Beet Salad with Spiced Pecans and Champagne Vinaigrette

Make-your-own spiced pecans add irresistible flavor to this pretty salad.

SALAD

- 3 small beets
- 6 cups slightly packed torn Boston lettuce
- 2 cups slightly packed watercress

SPICED PECANS

- 2 tablespoons butter or extra-virgin olive oil
- 1 cup pecan halves
- 2 tablespoons packed light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

VINAIGRETTE

- 3 tablespoons cranberry juice
- 2 tablespoons champagne vinegar or white wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 tablespoons walnut oil or extra-virgin olive oil
- 2 tablespoons sliced fresh chives

- 1 Heat oven to 375°F. Remove leaves from beets, leaving about 1 inch of stem intact; cut off roots. Place beets in small baking pan; add enough water to just cover bottom. Cover with foil.
- 2 Bake 50 to 60 minutes or until beets are tender when pierced with knife. Cool to room temperature. Slip off skins under running water; trim stems. Halve and slice. *(Beets can be prepared 2 days ahead. Cover and refrigerate.)*
- 3 Meanwhile, melt butter in medium nonstick skillet over medium heat. Cook and stir pecans 4 to 5 minutes or until toasted. Stir in brown sugar, cinnamon and cloves; cook and stir until sugar melts. Spread on parchment paper-lined baking sheet, breaking nuts apart as they cool. *(Pecans can be prepared 2 days ahead. Store in an airtight container at room temperature.)*
- 4 Whisk cranberry juice, vinegar, salt and pepper in small bowl until blended; slowly whisk in oil. Stir in chives. *(Vinaigrette can be made 1 day ahead. Cover and refrigerate.)*
- 5 Toss lettuce and watercress with enough vinaigrette to lightly coat; place on platter or in shallow bowl. Arrange beets over greens; drizzle lightly with vinaigrette. Top with pecans.

6 (1-cup) servings

PER SERVING: 320 calories, 29.5 g total fat (5 g saturated fat), 3.5 g protein, 13.5 g carbohydrate, 10 mg cholesterol, 165 mg sodium, 3.5 g fiber

menu

girlfriends gift exchange

- Shrimp with Bloody Mary Sauce (pg. 64)
- Pork Chops with Maple-Sage Sauce (pg. 54)
- Sharp Cheddar Popovers (pg. 42)
- Sautéed asparagus with julienned carrots
- Winter Fruit Salad with Parmesan-Puff Pastry Croutons (far left)
- Black Bottom Eggnog Pie (pg. 46)

ask the cook



Q Why do you leave an inch of stem attached to beets while they cook?

A Beets that are peeled or otherwise cut before cooking release their red juices during cooking. By leaving some of the stem and peel intact, the beets retain their juices. They can be cut and peeled after cooking.

menu

holiday dinner with friends

Ginger-Pomegranate Sparkling
Punch (pg. 30)

Roasted Beet Salad with
Spiced Pecans and
Champagne Vinaigrette
(pg. 39)

Roast chicken with
rosemary butter
*Combine 3 tablespoons softened
butter with 1 tablespoon
chopped fresh rosemary; rub over
whole chicken. Season chicken
with salt and pepper and place
on a roasting rack in a shallow
roasting pan. Bake at 400°F. for
50 to 60 minutes or until internal
temperature reaches 170°F.*

Cheesy Artichokes, Cauliflower
and Red Pepper (right)

Lemon green beans
*Toss steamed green beans with
butter and grated lemon peel.*

Peppermint Cookies (pg. 12)
served with vanilla ice cream
and hot fudge-peppermint
sauce

*Combine 8 oz. chopped semisweet
chocolate, 1 cup heavy whipping
cream and 2 tablespoons butter
in a saucepan. Cook over low
heat until chocolate is melted
and mixture is smooth. Stir in
¼ teaspoon peppermint extract.*



Taster says...

"Comté cheese really makes
Cheesy Artichokes, Cauliflower
and Red Pepper. My family liked
its flavor and creaminess and
would eat this again."

—Kathleen Ann Ziff



Cheesy Artichokes, Cauliflower and Red Pepper

Cheesy Artichokes, Cauliflower and Red Pepper

Cauliflower and red bell pepper turn the ubiquitous baked artichoke dip appetizer into a sure-to-please side dish with a twist. Comté is a popular cheese from France, but Gruyère or Swiss also can be used.

- 4 cups cauliflower florets (12 oz.)**
- 1 (14-oz.) can quartered artichokes, drained, patted dry, chopped**
- 2/3 cup chopped red bell pepper**
- 1/3 cup sliced green onions**
- 1 1/2 tablespoons butter**
 - 1 small garlic clove, minced**
- 1 1/2 tablespoons all-purpose flour**
- 3/4 cup milk**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**
- 1/2 cup shredded Comté or Gruyère cheese**
- 1/4 cup shredded Parmigiano-Reggiano cheese**

- 1** Heat oven to 400°F.; spray 4- to 6-cup glass or ceramic gratin or baking dish with cooking spray. Place cauliflower in large microwave-safe bowl; add enough water to come ½ inch up sides of bowl. Cover; microwave on high 2 to 3 minutes or until still crisp but starting to soften. Drain; rinse under cold water to cool. Pat dry. Toss cauliflower, artichokes, bell pepper and green onions in large bowl.
- 2** Melt butter in medium saucepan over medium heat. Cook and stir garlic 30 seconds or until fragrant. Whisk in flour; cook 1 minute, whisking constantly. Pour in milk, whisking constantly. Bring to a boil, whisking until smooth; add salt and pepper. Boil 1 minute; stir in Comté cheese until melted. Pour sauce over vegetables; stir gently to coat.
- 3** Spoon vegetables into baking dish; sprinkle with Parmigiano-Reggiano cheese. (*Vegetable mixture can be made to this point 8 hours ahead. Cover and refrigerate.*) Bake 35 to 40 minutes or until lightly browned and bubbling.

8 (1/2-cup) servings

PER SERVING: 115 calories, 6 g total fat (3.5 g saturated fat), 6.5 g protein, 10 g carbohydrate, 15 mg cholesterol, 290 mg sodium, 4.5 g fiber



Brown Butter Green Beans and Mushrooms

The nutty aroma and flavor of browned butter permeates this dish, providing the perfect accent for the vegetables. Watch the butter carefully. At first it will foam. When the foaming subsides, the butter will begin to turn brown and give off a nut-like aroma. At this point, immediately add the beans and remaining ingredients.

- 12 oz. green beans**
- 4 tablespoons butter, divided**
- 1/2 cup minced shallots**
- 2 oz. crimini mushrooms, sliced (1 cup)**
- 2 oz. shiitake mushrooms (stems removed) or other fresh wild mushrooms, sliced (1 cup)**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**

1 Cook beans in large saucepan of boiling salted water 5 minutes or until just tender. Drain; cool in ice water. Pat dry. *(Beans can be prepared 4 hours ahead.)*

2 Meanwhile, melt 2 tablespoons of the butter in large skillet over medium heat. Cook and stir shallots 1 minute. Add mushrooms; cook and stir 2 to 3 minutes or until mushrooms are tender. Remove mushroom mixture. *(Mushroom mixture can be made 2 hours ahead.)*

3 Heat remaining 2 tablespoons butter in same skillet over medium-high heat until butter stops foaming and turns pale brown. Toss beans and all remaining ingredients with butter 2 to 3 minutes or until vegetables are hot.

6 (1/2-cup) servings

PER SERVING: 100 calories, 8 g total fat (5 g saturated fat), 2 g protein, 7.5 g carbohydrate, 20 mg cholesterol, 320 mg sodium, 2 g fiber

Carrot Coins with Shallots and Brussels Sprout Leaves

Instead of using whole Brussels sprouts, this colorful dish calls for only the tender outer green leaves, which turn a brilliant green as they cook. To add even more color, look for purple-tinged shallots.

2 tablespoons butter or extra-virgin olive oil

1 cup halved shallots, cut into 1/2-inch wedges

6 medium carrots, sliced (1/4 inch) (2 cups)

1 teaspoon chopped fresh rosemary

1/4 teaspoon coarse salt

1/4 teaspoon pepper

1/2 cup lower-sodium chicken broth

2 cups Brussels sprout leaves (from 12 oz. whole Brussels sprouts)*

1 Melt butter in large saucepan over medium-high heat. Cook and stir shallots 30 seconds. Stir in carrots, rosemary, salt and pepper; toss to coat. Pour in broth; bring to a boil. Cover; reduce heat to medium-low. Simmer 5 to 7 minutes or until carrots are barely crisp-tender. *(Carrot mixture can be made 2 hours ahead.)*

2 Increase heat to medium-high; stir in Brussels sprout leaves. Cook, uncovered, 2 minutes or just until leaves are slightly wilted and liquid is almost gone.

TIP *Halve sprouts and remove outer green leaves only; save remaining center for another use.

6 (about 1/2-cup) servings

PER SERVING: 85 calories, 4 g total fat (2.5 g saturated fat), 2 g protein, 10.5 g carbohydrate, 10 mg cholesterol, 190 mg sodium, 3 g fiber

ask the cook



Q Why use only the outer leaves of the Brussels sprouts in Carrot Coins with Shallots and Brussels Sprout Leaves?

A Brussels sprouts grow like cabbage or lettuce, with a succession of tightly bound leaves that form a head. Using just the green outer leaves means they'll cook very quickly and will retain their bright color and fresh flavor. Save the unused portion of the sprouts and cook them as usual or add them to stews or soups.



Q Why do you brown the butter in Brown Butter Green Beans and Mushrooms?

A Browned butter adds a nutty aroma and taste to foods. Butter turns brown when it's melted on the stovetop and its temperature rises high enough to brown its milk solids. As the butter cooks, its color gets darker. Be sure to watch it carefully because it browns quickly; if it's overheated, it can become bitter. Browned butter is a perfect topping for vegetables, including mashed potatoes. Pour it over cooked chicken or fish, or use it in desserts like cookies or butter frostings.



Sharp Cheddar Popovers

Sharp Cheddar Popovers

Making the batter for these popovers in the blender keeps kitchen mess at a minimum. For the best results, use popover pans so the heat reaches all sides of each popover. Individual custard or muffin cups can be used, but the popovers won't rise as high.

- 1 cup whole milk
- 2 egg whites
- 1 egg
- 1 tablespoon butter, melted
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 2/3 cup finely shredded sharp cheddar cheese

- 1 Blend milk, egg whites, egg, butter and salt in blender until well-combined. Add flour; blend just until smooth, scraping down sides if necessary. Stir in cheese. Let batter stand 30 minutes. (Batter can be made no more than 1 hour ahead.)
- 2 Meanwhile, place oven rack in bottom oven position; heat oven to 450°F. Spray 5 popover cups with cooking spray. Pour batter into cups, filling about two-thirds full. Bake 20 minutes.

- 3 Reduce oven temperature to 350°F.; bake an additional 20 to 25 minutes or until golden brown and set. Make 1-inch slit in side of each popover with knife; bake 3 minutes. Serve immediately.

5 popovers

PER POPOVER: 225 calories, 10 g total fat (6 g saturated fat), 10.5 g protein, 21.5 g carbohydrate, 70 mg cholesterol, 285 mg sodium, 1 g fiber

Yukon Gold Potato-Onion Cakes

Crisp on the outside, meltingly tender on the inside, these golden potato cakes will be one of the first sides to disappear from the table. They're perfect for entertaining because they can be made ahead.

- 1 1/2 lb. Yukon gold potatoes (about 5), peeled, cut into 2- to 3-inch pieces
- 1 medium onion, coarsely chopped
- 3/4 teaspoon coarse salt
- 1/4 teaspoon pepper
- 1 egg, beaten
- 1/4 cup thinly sliced green onions
- 1 1/2 cups panko*
- 4 tablespoons extra-virgin olive oil, divided

- 1 Cook potatoes and onion in large saucepan of boiling salted water 20 minutes or until tender when pierced with fork; drain well. Mash potatoes and onion in large bowl until no lumps remain; stir in salt and pepper. Stir in egg until blended; stir in green onions. Refrigerate, uncovered, 30 minutes or until cool enough to handle.
- 2 Place panko in shallow dish. To shape, drop 2 tablespoons potato mixture per cake in panko; pat into 2-inch rounds 1/2 inch thick. Gently press patties into panko, turning to coat both sides. Place on foil-lined rimmed baking sheet; freeze 15 minutes or until set.
- 3 Heat 2 tablespoons of the oil in large non-stick skillet over medium heat until hot. Cook potato cakes in batches 6 to 8 minutes until golden brown, turning once, adjusting heat and adding additional oil as needed. (Potato cakes can be made 8 hours ahead. Cover and refrigerate. To reheat, bake on rimmed baking sheet at 350°F. for 5 to 10 minutes or until hot and crisp.)

TIP *Panko are coarse bread crumbs usually found next to other bread crumbs in the supermarket.

8 (3-cake) servings

PER SERVING: 180 calories, 8 g total fat (1.5 g saturated fat), 3.5 g protein, 23.5 g carbohydrate, 25 mg cholesterol, 225 mg sodium, 2.5 g fiber

ask the cook



Q Why are the popovers baked on the lowest oven rack at such a high temperature?

A Popovers bake best when given a burst of heat to start, but they need a lower heat to finish cooking without burning. Putting the popovers on the lowest rack provides direct intense heat. This creates steam in the popovers, causing them to rise. The temperature is reduced halfway through baking to allow the insides of the popovers to cook without overcooking the outside.

Q Why is it necessary to chill the potato mixture for Yukon Gold Potato-Onion Cakes?

A Chilling the potato mixture gives it a chance to firm up, making it easier to form the cakes and cook them. However, if you don't have time to chill the mixture, you can cook the cakes immediately, though the mixture will be more difficult to handle.