

^{fine}
Cooking

Italian



200 Recipes for Authentic Italian Food

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Authentic Italian Food

Editors and Contributors of *Fine Cooking*



The Taunton Press

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angel hair pasta with mussels
and spicy tomato sauce
(recipe on p. 135)



cavatelli with arugula
and ricotta salata
(recipe on p. 89)

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starters, salads & soups

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broccoli raab and cannellini beans on garlic bread

SERVES 2 OR 3

- 1 bunch broccoli raab, washed**
- 1½ Tbs. extra-virgin olive oil; more for drizzling**
- 1 small onion, finely chopped**
- 1½ to 2 tsp. finely chopped fresh rosemary**
- 2 cloves garlic, minced, plus 1 whole clove to rub on the toast**
- Crushed red pepper flakes**
- 1 15-oz. can cannellini beans, rinsed and drained**
- Kosher salt and freshly ground black pepper**
- 2 to 4 thick slices sturdy country-style bread, preferably sourdough**
- Lemon wedges or red-wine vinegar**

This classic appetizer can be varied to suit your taste (see the sidebar below).

- 1.** Peel the larger stems of the broccoli raab and slice them thinly. Chop the leaves coarsely. Heat the oil in a 10-inch skillet. Add the onion and rosemary and cook over medium-high heat until the onion softens and begins to color, about 5 minutes. Add the minced garlic and a pinch or two of red pepper flakes and cook for 1 minute. Add the chopped raab leaves and stems along with 1 cup of water and cook, stirring occasionally, until the raab is wilted, about 5 minutes. Add the beans (and more water as needed) until the greens are cooked, about another 15 minutes. Season well with salt and pepper.
- 2.** Meanwhile, toast the bread on the grill or under the broiler. Rub one side of the toast with the reserved garlic clove. Set a slice or two of bread on each plate. Spoon the beans and greens over the toast. Drizzle olive oil liberally over the beans and greens. Top with a squeeze of lemon juice or a splash of red-wine vinegar. —*Deborah Madison*

PER SERVING: 460 CALORIES | 16G PROTEIN | 72G CARB | 13G TOTAL FAT | 2G SAT FAT | 8G MONO FAT | 2G POLY FAT | 0MG CHOL | 1,090MG SODIUM | 13G FIBER



Variations

- Cover the toast with a layer of shaved Parmesan, Asiago, or Monterey Dry Jack cheese before adding the greens and beans. Or shave thin flakes of cheese over the sandwich.
- Cover the toast with a layer of thinly sliced fresh mozzarella cheese and broil it until the cheese bubbles and melts. Top with the beans and greens.
- Try milder greens, such as chard or spinach. Collards are also good, but they'll take longer to cook.
- Try French green lentils in place of the beans and garnish with a sieved or crumbled hard-cooked egg.

cherry tomatoes stuffed with mozzarella & basil

MAKES ABOUT 3 DOZEN HORS D'OEUVRES; SERVES 10 TO 12

½ lb. fresh mozzarella, cut into tiny dice (to yield about 1¼ cups)

3 Tbs. extra-virgin olive oil

⅓ cup coarsely chopped fresh basil leaves

½ tsp. freshly grated lemon zest (from about ¼ lemon)

Kosher salt and freshly ground black pepper

1 pint (about 18) cherry tomatoes, rinsed and stems removed

This is a spin-off of the classic tomato, mozzarella, and basil salad called Insalata Caprese.

1. In a medium bowl, stir the cheese, oil, basil, zest, ½ tsp. salt, and ¼ tsp. pepper. Refrigerate for at least 2 hours and up to 4 hours before assembling.

2. When ready to assemble, slice each tomato in half (either direction is all right) and scoop out the insides with the small end of a melon baller or a teaspoon. Sprinkle lightly with salt. Invert onto a paper towel and let the tomatoes drain for 15 minutes.

3. Fill each tomato half with a scant teaspoon of the cheese mixture and arrange on a serving tray. Serve immediately as an hors d'oeuvre, or wrap and refrigerate for up to 2 hours. —*Jessica Bard*

PER SERVING: 180 CALORIES | 10G PROTEIN | 4G CARB | 14G TOTAL FAT | 6G SAT FAT | 7G MONO FAT | 1G POLY FAT | 20MG CHOL | 390MG SODIUM | 1G FIBER



stuffed mushrooms with pancetta, shallots & sage

MAKES 30 HORS D'OEUVRES

- 35 to 40 cremini mushrooms (about 1½ lb.), 1½ to 2 inches wide**
- 3 Tbs. unsalted butter; more for the baking dish**
- 1½ oz. pancetta, finely diced (¼ cup)**
- 5 medium shallots, finely diced**
- 2 tsp. chopped fresh sage**
- Pinch of dried red pepper flakes**
- Kosher salt and freshly ground black pepper**
- ⅔ cup coarse fresh breadcrumbs (preferably from a day-old rustic French or Italian loaf)**
- ¼ cup freshly grated Parmigiano-Reggiano**
- 2 to 3 Tbs. extra-virgin olive oil**

These can be prepared a day in advance and refrigerated—just let them come to room temperature before baking. Also, hold off on drizzling them with olive oil until just before baking.

- 1.** Position a rack in the center of the oven and heat the oven to 425°F. Trim and discard the very bottom of the mushroom stems. Remove the mushroom stems and finely chop them, along with five of the largest mushroom caps.
- 2.** Heat a medium sauté pan over medium heat for 1 minute and add 2 Tbs. of the butter. When it has melted, add the pancetta and cook until it starts to render some of its fat, 1 to 2 minutes. Add the shallots, sage, and pepper flakes; cook gently until the shallots are tender, about 4 minutes (reduce the heat if the shallots begin to brown). Stir in the chopped mushroom stems and ½ tsp. salt. Cook, stirring frequently, until the mixture is tender, about 3 minutes. Add the remaining 1 Tbs. butter. When it has melted, transfer the mushroom mixture to a bowl and stir in the breadcrumbs and Parmigiano. Season to taste with salt and pepper and let cool slightly.
- 3.** Butter a shallow baking dish large enough to hold the mushrooms in one layer. Arrange the mushrooms in the dish and season the cavities with salt. Stuff each cavity with a rounded teaspoonful of the filling, or more as needed. The filling should form a tall mound. (You may have leftover filling; if you have extra mushrooms, keep stuffing until you run out of filling.) Drizzle the mushrooms with the olive oil and bake until the mushrooms are tender and the breadcrumbs are golden brown, 20 to 25 minutes. Transfer to a platter and serve warm. —*Tasha DeSerio*



PER SERVING: 35 CALORIES | 1G PROTEIN | 2G CARB | 3G TOTAL FAT | 1G SAT FAT | 1.5G MONO FAT | 0G POLY FAT | 5MG CHOL | 100MG SODIUM | 0G FIBER

pear, cranberry & blood orange mostarda

MAKES ABOUT 2 CUPS

- 1 medium blood orange
- 2 sprigs fresh rosemary
- 1 fresh bay leaf or ½ dried
- 1 cup dry white wine
- 2 Tbs. mild honey, such as clover
- 1 Tbs. brown mustard seeds
- 1 Tbs. yellow mustard seeds
- Kosher salt
- 2 medium firm-ripe pears (preferably Bosc), peeled, cored, and cut into ½-inch dice
- 1 cup fresh cranberries
- Crostini (recipe below)

Serve this punchy northern Italian condiment spread on crostini with Robiola or Camembert cheese.

1. Peel a 1x3-inch strip of zest from the orange. Trim off any white pith from the strip with a paring knife and put the zest in a 3-quart saucepan. Trim away the remaining orange peel and cut the segments free from the membranes, letting them fall into the saucepan. Squeeze the juice from the membranes into the saucepan.
2. Tie the rosemary and bay leaf into a cheesecloth bundle and add to the saucepan along with the wine, honey, mustard seeds, and 1 tsp. salt. Bring to a boil over medium heat. Reduce the heat to maintain a simmer and cook until the honey dissolves and the flavors meld a bit, about 2 minutes.
3. Add the pears and cranberries and return to a gentle simmer over medium-low heat. Cook, stirring occasionally, until the fruit is tender and the liquid is syrupy, 25 to 30 minutes. Remove from the heat, discard the herb bundle and zest, and let cool. Serve at room temperature. The mostarda will keep in the refrigerator for 1 week. —*Melissa Pellegrino*

PER 2 TBS: 45 CALORIES | 0G PROTEIN | 8G CARB | 0G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 0G POLY FAT | 0MG CHOL | 70MG SODIUM | 1G FIBER



crostini

MAKES 16 CROSTINI

- 16 baguette slices, between ¼ and ½ inch thick (from about ½ baguette)
- 2 cloves garlic, cut in half
- 2 to 3 Tbs. extra-virgin olive oil
- Kosher salt

Use these toasted baguette rounds as a base for the mostarda.

Adjust an oven rack to 6 inches from the broiler and turn the broiler to high. Rub one side of each bread slice with the garlic and set on a baking sheet lined with aluminum foil. Brush the garlic side with the oil and season with salt. Broil until the bread is browned, 1 to 2 minutes. Flip and broil the other side 1 minute more.

PER SERVING: 460 CALORIES | 16G PROTEIN | 72G CARB | 13G TOTAL FAT | 2G SAT FAT | 8G MONO FAT | 2G POLY FAT | 0MG CHOL | 1,090MG SODIUM | 13G FIBER



eggplant parmigiana rolls with pine nuts and baby arugula

SERVES 8

- 4½ Tbs. plus ½ cup extra-virgin olive oil**
- ½ medium yellow onion, cut into medium dice**
- 1 clove garlic, chopped**
- 3 cups peeled, seeded, and chopped fresh plum tomatoes (6 to 8 tomatoes)**
Kosher salt and freshly ground black pepper
- 2 Tbs. pitted and very coarsely chopped Kalamata or Niçoise olives**
- 1 Tbs. capers, rinsed and coarsely chopped if large**
- 1 Tbs. plus ½ cup vegetable oil**
- 1 baby (Italian) eggplant (about ½ lb.) or ½ small regular eggplant, cut into large dice (2½ cups)**
- 2 Tbs. finely grated Parmigiano-Reggiano**
- 2 Tbs. toasted pine nuts**
- 2 Tbs. freshly squeezed lemon juice (from 1 lemon)**
- 1 Tbs. thinly sliced fresh basil**
- 3 small zucchini (about 1 lb. total)**
- 2 cups panko**
- ½ cup unbleached all-purpose flour**
- 2 large eggs, beaten**
- 5 oz. baby arugula (6 lightly packed cups)**
- ¼ cup shaved Parmigiano-Reggiano**

This addictive first course features breadcrumb-coated zucchini ribbons rolled around an eggplant filling.

- 1.** Heat 1 Tbs. olive oil in a 3-quart saucepan over medium heat. Add the onion and garlic and cook until soft and slightly browned, about 3 minutes. Add the tomatoes, ¼ tsp. salt, and a grind of pepper and simmer, stirring frequently, until the tomatoes cook down to a dry sauce, 20 to 25 minutes, reducing the heat to medium low if necessary. Off the heat, stir in the olives, capers, ½ Tbs. olive oil, and salt and pepper to taste.
- 2.** Heat 1 Tbs. each olive oil and vegetable oil in a 12-inch skillet over high heat. Add the eggplant and cook, stirring occasionally, until tender and well browned on several sides, 3 to 5 minutes. Transfer to a bowl and cool to room temperature.
- 3.** To the eggplant, add the finely grated Parmigiano, 1 Tbs. of the pine nuts, 1 Tbs. lemon juice, the basil, and about half of the tomato sauce. Season to taste with salt and pepper.
- 4.** Using a mandoline, slice the zucchini lengthwise about ⅛ inch thick. Select the 24 widest, longest slices and arrange them in a single layer on paper towels. Sprinkle lightly with salt and let sit until pliable, about 3 minutes—you can shingle the layers of zucchini between paper towels to save space. Pat dry. Arrange 3 slices of zucchini on a work surface, overlapping them lengthwise. Spread a heaping tablespoon of the eggplant mixture near one end of the zucchini ribbons and roll the zucchini around the filling to make a roll. Set aside, seam side down, and repeat with the remaining ingredients to make 8 rolls total. You may not need all the filling.
- 5.** Put the panko, flour, and eggs in 3 shallow bowls. Lightly coat each roll in the flour, then dip it in the eggs, and coat in the breadcrumbs—it's fine if it isn't perfectly coated.
- 6.** Heat the ½ cup olive oil and ½ cup vegetable oil in a 10-inch, straight-sided sauté pan over medium heat. Working in two batches, fry the rolls until golden brown on all sides, 2 to 3 minutes per side. As each batch finishes, transfer to a paper-towel-lined plate and sprinkle lightly with salt.
- 7.** While the rolls cook, reheat the remaining sauce in a small saucepan, adding about ¼ cup water, or enough to thin to a wet sauce.
- 8.** Whisk the remaining 2 Tbs. olive oil and 1 Tbs. lemon juice in a small bowl. Toss the arugula with the dressing and season to taste with salt and pepper. Serve the rolls topped with the sauce, remaining pine nuts, and shaved Parmigiano, with the salad on the side. —*Mikey Price*

PER SERVING: 250 CALORIES | 5G PROTEIN | 16G CARB | 19G TOTAL FAT | 3G SAT FAT | 12G MONO FAT | 2.5G POLY FAT | 55MG CHOL | 170MG SODIUM | 3G FIBER

grilled goat cheese crostini with a tangle of marinated roasted peppers

SERVES 8

3 medium bell peppers (1 red, 1 orange, and 1 yellow)

3 Tbs. balsamic vinegar

2 Tbs. extra-virgin olive oil

1½ tsp. fresh thyme

¼ tsp. kosher salt

Freshly ground black pepper

Grilled Garlic Bread (recipe on the facing page)

1 4½- to 5½-oz. container of soft, spreadable goat cheese (such as Chavrie®), at room temperature

Goat cheese speckled with fresh thyme is the perfect creamy counterpoint to the sweet, tangy roasted peppers. Serve these crostini as an appetizer or paired with a simple green salad for a light lunch.

1. Prepare a medium-high grill fire. Grill the bell peppers, turning occasionally, until the skin chars all over, 15 to 20 minutes. Put the charred peppers in a heatproof bowl, cover with plastic wrap, and let sit until cool enough to handle, about 30 minutes.

2. Meanwhile, in a large bowl, combine the balsamic vinegar, olive oil, ½ tsp. of thyme, the salt, and about 5 grinds of pepper. Mix well.

3. Remove the pepper skins and seeds and cut the peppers into thin strips. Add the peppers to the vinegar mixture and let them marinate for at least 1 hour and up to 3 days. (Refrigerate if making more than a few hours ahead and return to room temperature before assembling the crostini.)

4. Spread each slice of the grilled garlic bread with a generous layer of goat cheese, sprinkle with some of the remaining thyme, and top with a tangle of the peppers and a small grind of black pepper. Serve immediately.

—*Elizabeth Karmel*

PER SERVING: 280 CALORIES | 8G PROTEIN | 30G CARB | 14G TOTAL FAT | 3.5G SAT FAT | 8G MONO FAT | 1G POLY FAT | 5MG CHOL | 540MG SODIUM | 2G FIBER



grilled garlic bread

SERVES 8

- 8** ¾- to 1-inch-thick slices crusty, artisan-style bread, like ciabatta
- ¼** cup extra-virgin olive oil, for brushing
- 1** to 2 large cloves garlic, peeled and halved
- Sea salt or kosher salt

Patience is the key to great grilled bread. Don't be tempted to use high heat or the bread will burn. Be sure to grill the bread, covered, over direct medium-low heat.

Prepare a medium-low charcoal or gas grill fire. Brush both sides of the bread with the oil and grill, covered, turning once, until golden and marked on both sides, 1 to 3 minutes per side. Off the heat but while the bread is still hot, lightly rub one side of each bread slice with the cut sides of the garlic—heat and friction from the bread will cause the garlic to “melt” into the bread. Sprinkle with the salt and serve.

All about Goat Cheese

Also known as chèvre and Montrachet, the term goat cheese is a catchall for any cheese made from goat's milk. For most Americans, goat cheese calls to mind soft, white logs of fresh cheese with a mild but tangy flavor.

Unripened goat cheese is delicious crumbled over a green salad, mixed into a stuffing for boneless chicken breast, and tossed with pasta, to name just a few possibilities. It can be lovely by itself, too, with crisp, raw vegetables or on a piece of crusty bread. Unless specified, most recipes calling for goat cheese refer to this type of goat cheese, of which Montrachet may be the most famous version.

Goat cheese, however, can come in a whole slew of shapes (bars, medallion, pyramids) and sizes, with textures that run from moist and creamy to dense and firm when aged. Their flavors also can run the gamut from mild to quite complex and farmy. Different cheeses may also be dusted with spices, topped with herbs, or covered in ash.

How to choose

Much of the fresh goat cheese available in supermarkets is commercially made and comes sealed in plastic; your only way of knowing which you like is by trying different brands. When choosing among goat cheeses, avoid those that are too hard and dried out or have rinds that are slimy, both signs of a strong goaty flavor. Mottled blue mold is fine on all but the youngest fresh goat cheese.

How to prep

If serving goat cheese as part of a cheese course, let it warm up a bit at room temperature before serving for best flavor. To make crumbling fresh goat cheese easier, freeze it for 5 minutes first.

How to store

Store goat cheese well wrapped, preferably in waxed paper or aluminum foil or in a plastic container with a lid, in your refrigerator where it will continue to ripen, becoming more complex in flavor. (The cheese is past its prime when it becomes hard and too goaty.) Plastic wrap does not allow any air to circulate around the cheese, which is fine if you plan to store it for just a few days.

frico (cheese crisps)

MAKES 8 CRISPS

- 1 cup finely shredded or grated Parmigiano-Reggiano (you can also try Asiago, aged Cheddar, aged Gouda, Manchego, or another hard cheese)**
- ½ tsp. lightly toasted crushed cumin seeds or fennel seeds (or another spice if you like)**

These cheese crisps can be made in a nonstick sauté pan one by one, but it's more efficient to make them in batches on baking sheets in the oven. The goal is to let the cheese melt to create a texture that's lacy but that still holds together, so be sure to sprinkle the cheese lightly.



- 1.** Heat the oven to 375°F. Cover 2 large baking sheets with parchment. Combine the cheese and spice. Sprinkle 2 Tbs. of the mixture on the parchment to form a 4- to 4½-inch round. Spread the cheese evenly with a fork. Repeat with the rest of the mixture, leaving 2 inches between each round.

- 2.** Bake each sheet (one at a time) until the crisps just begin to color, 6 to 8 minutes. Don't let them fully brown or the cheese will be bitter. Use a spatula to lift the edges of the crisps and loosen them from the pan. Remove the crisps and immediately lay them over a rolling pin or the side of a bottle to give them a curved shape. Or for a flat frico, just transfer to paper towels. When cooled, store the crisps in an airtight container for up to 2 days. —*John Ash*

PER SERVING: 70 CALORIES | 5G PROTEIN | 1G CARB | 5G TOTAL FAT | 3G SAT FAT | 1G MONO FAT | 0G POLY FAT | 15MG CHOL | 45MG SODIUM | 0G FIBER

mussels stuffed with spinach and parmesan

SERVES 4

- 1 cup dry white wine
- 4 Tbs. finely chopped shallots
- 1 tsp. cracked black pepper
- 4 sprigs fresh flat-leaf parsley
- 1 bay leaf
- ½ tsp. chopped fresh thyme (omit if fresh isn't available)
- 28 medium mussels (about 2 lb.), sorted and cleaned

FOR THE STUFFING

- 2 Tbs. butter or olive oil
- 2 cups lightly packed, washed, stemmed, and chopped fresh spinach
- ½ cup heavy cream
- 3 Tbs. chopped fresh flat-leaf parsley
- Salt and freshly ground black pepper
- ½ cup grated Parmesan cheese

This savory appetizer will convert anyone still timid about mussels. Serve with small forks and bread to soak up the rich juices.

Combine the wine, 2 Tbs. of the shallots, the pepper, parsley sprigs, bay leaf, and thyme in a pot (with a lid) large enough to accommodate the mussels when their shells have opened. Bring to a boil, add the mussels, cover, and steam until just opened, 2 to 3 minutes. Try not to steam the mussels longer than necessary, because they'll be cooked again later. Remove the mussels with a slotted spoon and set aside. Strain the cooking liquid through a strainer lined with several layers of cheesecloth and reserve.

FOR THE STUFFING

1. Heat the butter in a heavy-based pan. Add the remaining shallots and cook until soft, 3 to 4 minutes. Add the spinach, cover, and cook briefly until the spinach wilts. Uncover and cook until the liquid from the spinach evaporates, another 3 to 4 minutes. Add ½ cup of the strained mussel liquid and cook until the mixture is almost dry, about 5 minutes. Add the cream and cook until the mixture is almost dry, about 10 minutes. Add the chopped parsley and season to taste with salt and pepper; the mixture should be quite peppery.

2. Heat the broiler. Remove the mussels from their shells. Make a bed of rock salt or crumpled foil on a baking sheet (to steady the shells) and arrange as many half shells as you have mussel meats. Put a mussel meat on each half shell and spoon a teaspoonful of the spinach mixture over each. Top with the grated cheese and broil until golden and bubbly, 4 to 6 minutes.

—Molly Stevens

PER SERVING: 380 CALORIES | 27G PROTEIN | 12G CARB | 23G TOTAL FAT | 12G SAT FAT | 6G MONO FAT | 2G POLY FAT | 115MG CHOL | 820MG SODIUM | 1G FIBER



Choosing Mussels

At the fish counter, look for mussels that are tightly closed or slightly open (and close immediately with a tap), an indication they're alive. If they're wide open, they're dead or close to it. Once you have them in hand, take a sniff. They should smell like the sea. Buy more than you'll need, since you'll have to discard any that don't open during cooking.

Just before cooking, look for any mussels that have opened and tap them on the counter. If they don't close, discard them. Check closed

mussels by pressing on the two shells in opposing directions. Dead ones will fall apart. Scrub the remaining mussels under cold running water with a stiff brush to get rid of any grit. If the mussels have "beards"—black hairy fibers sticking out of their shells—pinch them and yank them off.

To keep mussels fresh, store in an open plastic bag (shellfish will suffocate in a sealed bag) in the fridge on a bed of ice in a large bowl. Refresh ice as it melts, and use within a day.

tomato and olive pizzettas with aged goat cheese

**MAKES 18 MINI PIZZAS;
SERVES 6 TO 8**

Flour for the work surface

**1 lb. pizza dough, store-bought
or homemade**

**Extra-virgin olive oil, for
brushing**

**Kosher salt and freshly ground
black pepper**

**2 tsp. fennel seeds, coarsely
chopped**

**1 1-inch-thick slice Bûcheron
(about 6 oz.), cut into
36 thin wedges (if the cheese
crumbles, let it warm to room
temperature), or a log of fresh
goat cheese, cut into thin
rounds**

**14 pitted Kalamata olives,
quartered**

**18 cherry or grape tomatoes,
sliced into ¼-inch rounds,
ends discarded**

Crushed red pepper flakes

1½ tsp. sambuca or Pernod®

Sambuca or Pernod makes a nice, sweet contrast with the salty cheese, and it brings out the flavor of the fennel.

1. Heat a gas grill to medium high or prepare a medium-hot charcoal fire with the coals banked to one side to provide a cooler area on the grill.

2. On a well-floured surface roll out the pizza dough with a rolling pin until it's ⅛ inch thick. If the dough is very elastic and resists rolling, cover it with plastic and let it rest for about 5 minutes. You may have to repeat this step a few times until the dough is relaxed and willing to roll. Using a 3-inch round cookie cutter, cut the dough into 18 rounds. Discard the excess dough.

3. Brush the top of the dough rounds with oil and sprinkle with salt, pepper, and fennel seeds, pressing gently to make sure they adhere. Transfer the rounds to a baking sheet, fennel side up.

4. Working with half of the pizzettas at a time, grill them fennel side down (covered on a gas grill, uncovered on a charcoal grill) for 1 minute. Check the pizzettas: If they have puffed up, flatten them with a metal spatula. Brush the floured sides (which are facing up) with oil. Grill until the bottom is nicely browned and crisp, about another 1 minute. Loosen with a metal spatula, if necessary, and return the pizzettas, grilled side up, to the baking sheet. (If using a gas grill, turn the heat down to medium.)

5. Working quickly, top each with 2 wedges of Bûcheron, 3 olive pieces, 3 tomato slices, and a pinch of red pepper flakes. Use a small spoon to sprinkle each pizzetta with a few drops of sambuca or Pernod.

6. Return the pizzettas to the medium-heat gas grill or to the cooler side of a charcoal grill. Continue grilling, covered, until the pizzettas are crisp and the cheese is melted, about 2 minutes. Transfer to a platter and serve while you repeat with the remaining dough rounds. —*Allison Ehri Kreitler*

PER SERVING: 280 CALORIES | 9G PROTEIN | 26G CARB | 15G TOTAL FAT | 4.5G SAT FAT | 6G MONO FAT | 1G POLY FAT | 15MG CHOL | 670MG SODIUM | 1G FIBER



prosciutto-wrapped melon with mint and white balsamic vinegar

SERVES 8

- 1 ripe cantaloupe
- 2 Tbs. very thinly sliced fresh mint leaves
- ½ tsp. freshly ground black pepper
- 2 to 3 tsp. white balsamic vinegar
- 6 oz. very thinly sliced prosciutto, preferably imported

This riff on a classic Italian hors d'oeuvre is a great way to start any gathering. You can assemble it up to 2 hours ahead, if you like, but the mint will darken a bit.

1. With a sharp knife, trim the peel from the melon. Cut it in half lengthwise and scoop out the seeds. Slice one of the halves lengthwise into slender wedges, and then cut the wedges in half crosswise. (Wrap and save the other melon half for another use.)

2. Put the melon wedges in a medium bowl and toss them with the mint, pepper, and vinegar to taste—the sweeter the melon, the more vinegar you can use. Tear the prosciutto lengthwise into 1- to 2-inch-wide strips and wrap a strip or two around each piece of melon. Arrange the wrapped melon on a serving platter. If making ahead, cover with plastic and refrigerate until ready to serve. —*Jennifer Armentrout*

PER SERVING: 70 CALORIES | 7G PROTEIN | 7G CARB | 2.5G TOTAL FAT | 1G SAT FAT | 0G MONO FAT | 0G POLY FAT | 15MG CHOL | 580MG SODIUM | 1G FIBER



involtini of roasted bell peppers

**MAKES 15 TO 18 HORS
D'OEUVRES**

**3 red bell peppers, roasted,
peeled, and seeded**

**Filling (choose from list in
sidebar below)**

how to roast bell peppers

Roast peppers by holding them directly over the flame of a gas burner until the skins are charred or by putting them under a broiler, turning until all sides are well blistered. Peel off the skins, core, and seed, then use as directed in the recipe.

In Italy, different involtini are made by rolling up slices of meat or thin fish fillets with a stuffing. Strips of roasted peppers make terrific involtini or “roll-ups,” filled with any number of delicious stuffings. Serve involtini as an appetizer with a few salad greens, as part of an antipasto, or as a savory side dish to grilled meat, depending on the filling.



Cut the peppers into strips 1 to 1½ inches wide (following the natural sections of the pepper, if possible) and 4 to 5 inches long (the length of the pepper). Each pepper will yield 5 or 6 strips. Lay the strips of pepper in a row on a cutting board. Put ½ to 1 Tbs. of prepared filling at one end of each pepper, then roll and arrange on a baking sheet (lined with parchment or foil, if you like). The involtini can be made up to this point an hour or two ahead of time. Cover with plastic wrap and refrigerate until ready to warm or bake, or bring to room temperature and serve raw. —*Brian Patterson*

Involtini fillings

- Thinly sliced prosciutto, a leaf of fresh basil, and a small cube of really good feta or fresh mozzarella
- A blend of fresh goat cheese, a little Parmesan, and fresh herbs
- Seasoned mashed potatoes with smoked trout and a dollop of horseradish folded in
- A thin anchovy fillet and a fat clove of roasted garlic
- Lump crabmeat mixed with a small bit of crème fraîche or cream cheese and fresh herbs (warm through)
- A stuffing of minced or ground lamb, beef, or chicken, mixed with minced olives, sun-dried tomatoes, and fresh herbs and bound with cheese, breadcrumbs, or egg (bake at 350°F for 15 to 20 minutes)
- A seafood stuffing of cooked crabmeat bound with a purée of raw scallops, a little heavy cream, salt, and pepper (bake at 350°F for 15 minutes)

bruschetta with grilled eggplant and vidalia onion

SERVES 6 TO 8

- 1 medium eggplant (1 to 1½ lb.)**
- 1 medium-large (about 12 oz.) Vidalia onion (or other sweet variety, like Texas Sweet or Walla Walla)**
- ½ cup heavy cream**
- 4 cloves garlic, thinly sliced**
- 2 tsp. fresh thyme leaves, chopped**
- ¼ cup extra-virgin olive oil; more for the bread**
- Kosher salt and freshly ground black pepper**
- ¼ cup freshly grated Parmigiano-Reggiano**
- About ½ baguette, sliced diagonally into ½-inch-thick slices**

You can cook the eggplant on a stovetop grill pan with equally delicious results.

- 1.** Prepare a medium-hot grill fire.
- 2.** Trim off ½ inch from the top and bottom of the eggplant. Cut the eggplant lengthwise into ½-inch-thick slices. Cut the onion crosswise into ½-inch-thick slices. To keep the onion rings together, insert toothpicks horizontally through the rings of each slice.
- 3.** In a small saucepan over medium-high heat, bring the cream, garlic, and thyme to a boil. Reduce the heat to medium and simmer gently until the cream has reduced by half, 3 to 5 minutes. Remove from the heat.
- 4.** When the grill is ready, brush the eggplant and onion slices with the ¼ cup olive oil. Arrange them on the grill and cook with the lid closed until they start to soften and get grill marks, 2 to 3 minutes for the eggplant and 5 to 6 minutes for the onion. Flip and cook the other sides with the lid closed until the eggplant is tender and the onion is nicely charred but not necessarily fully tender, 2 to 3 minutes more for the eggplant and 5 to 6 minutes more for the onion. Transfer the eggplant to a cutting board and sprinkle with ¼ tsp. kosher salt and ¼ tsp. pepper. Transfer the onion to a large sheet of foil, stack the slices, wrap tightly, and let rest until residual heat has softened the onion, about 5 minutes.
- 5.** Remove the skewers from the onion slices. Coarsely chop the eggplant and onion and combine in a medium bowl. Add the cream mixture and the Parmigiano; stir to combine. Taste and add salt and pepper as needed. Brush the bread slices on both sides with oil and grill until lightly golden brown, 30 seconds to 1 minute per side. Top each slice with a generous dollop of the eggplant mixture. —*Tony Rosenfeld*



PER SERVING: 230 CALORIES | 4G PROTEIN | 26G CARB | 13G TOTAL FAT | 4.5G SAT FAT | 7G MONO FAT | 1G POLY FAT | 20MG CHOL | 380MG SODIUM | 4G FIBER

bruschetta with herbed tomatoes

SERVES 6 TO 8

- 2 large ripe tomatoes, cut into ¼-inch slices (you should have 12 slices)**
- 4 Tbs. Rosemary-Garlic Oil (recipe below)**
- 1 tsp. chopped fresh thyme**
Scant ¼ tsp. crushed red pepper flakes
Kosher salt
- 12 ¾-inch-thick slices crusty artisan-style bread (from about ½ pound loaf)**
- 1 tsp. balsamic vinegar, preferably aged**

For these bruschetta, the quality of the tomatoes makes all the difference. Use good ripe ones from your garden or pick some up at the local farmers' market.

- 1.** Heat a gas grill to medium or prepare a medium-hot charcoal fire. (Or heat the broiler to high.)
- 2.** Set the tomato slices on a small rack set over a rimmed baking sheet and sprinkle with 1 Tbs. of the oil, the thyme, red pepper flakes, and 1 tsp. kosher salt. Let sit at room temperature for at least 10 minutes or up to a couple of hours.
- 3.** Brush both sides of the bread with the remaining 3 Tbs. oil. Sprinkle lightly with salt. Grill (or broil) until crisp with prominent grill marks (or nicely browned), about 2 minutes. Flip and cook the other side in the same manner. Transfer to a platter and let cool to room temperature (they can sit for up to 2 hours, loosely covered).
- 4.** Pour the tomato juices from the baking sheet into a small bowl. Before serving, brush these juices on the bread. Top with the tomatoes and a drop or two of balsamic vinegar and serve. —*Tony Rosenfeld*

PER SERVING: 150 CALORIES | 3G PROTEIN | 16G CARB | 8G TOTAL FAT | 1G SAT FAT | 5G MONO FAT | 1G POLY FAT | 0MG CHOL | 450MG SODIUM | 1G FIBER

rosemary-garlic oil

MAKES 1½ CUPS

- 1½ cups extra-virgin olive oil**
- 6 cloves garlic, smashed and peeled**
- 3 sprigs fresh rosemary**

This wonderfully fragrant oil involves little more than heating the oil so that the garlic and rosemary just begin to sizzle and infuse it.

Heat the olive oil and garlic in a small saucepan over medium heat, stirring occasionally, until the garlic starts to bubble steadily, 3 to 4 minutes. Add the rosemary, remove from the heat, and let cool to room temperature. Transfer to a clean glass jar or other storage container, cover, and refrigerate. Use within 5 days.



fennel and orange salad with red onion and olives

SERVES 6

- ½ small red onion
- 2 large navel oranges or blood oranges
- 2 to 3 small fennel bulbs, trimmed (about 1 lb. total after trimming)
- 6 dry-cured black olives
- 3 Tbs. extra-virgin olive oil
- 1½ Tbs. freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper
- 1 tsp. chopped fresh mint

This popular Sicilian salad is made with blood oranges when they are in season, but navel oranges work just as well. Serve it with roasted or grilled seafood. Bring the salad to the table with the layers intact and toss it right there.



1. Slice the onion half lengthwise as thinly as you can. Put the sliced onion in a bowl and cover with cold water to mellow its flavor and keep it crisp. Refrigerate for at least 15 minutes.
2. Working with one orange at a time, slice off both ends. Set the orange on a cutting board, one cut side down. With a sharp knife, cut away the peel (the zest and white pith) by slicing from top to bottom, following the contour of the orange. Working over a bowl to collect any juice, release the orange segments by carefully cutting them away from the membrane that separates them. Remove any seeds and put the orange segments in another bowl, separate from the juice. Squeeze the membranes over the juice bowl.
3. Cut the fennel in quarters lengthwise and then trim away most of the core, leaving just enough intact to keep the layers together. Slice the quarters lengthwise as thinly as you can.
4. With a paring knife, slice the olive flesh off the pits lengthwise. In a small bowl, whisk together the extra-virgin olive oil, lemon juice, and ¾ tsp. salt. (The recipe can be prepared up to this point several hours in advance. If working ahead, wrap and refrigerate the fennel; don't chop the mint until just before serving.)
5. Drain the sliced onion and toss it with the fennel. Put the fennel and onion in a shallow salad bowl or on a rimmed serving platter. Drizzle with the reserved orange juice. Arrange the orange segments on top and sprinkle with the olives and mint.
6. Drizzle the dressing evenly over the salad. Add several grinds of black pepper and serve immediately. —*Rosetta Constantino*

PER SERVING: 120 CALORIES | 2G PROTEIN | 13G CARB | 8G TOTAL FAT | 1G SAT FAT | 6G MONO FAT | 1G POLY FAT | 0MG CHOL | 240MG SODIUM | 4G FIBER

mushroom salad with lemon, thyme & parmigiano

SERVES 6

- 1 large lemon
- 2 Tbs. minced shallot
(about 1 small)
- 2 Tbs. chopped fresh flat-leaf
parsley
- 1 Tbs. coarsely chopped fresh
thyme
- Pinch of freshly grated nutmeg
- Kosher salt and freshly ground
black pepper
- ½ cup plus 1 Tbs. extra-virgin
olive oil
- 1 lb. button mushrooms,
cleaned, trimmed, and sliced
¼ inch thick
- Scant ½ cup shaved
Parmigiano-Reggiano
(use a vegetable peeler)

Make this delicious yet simple salad just before serving, since the longer the mushrooms marinate, the more liquid they'll release. Pair with roast chicken or broiled steak.

1. Finely grate 1 tsp. zest from the lemon and then squeeze 2 Tbs. of juice. In a large serving bowl, mix the zest and juice with the shallot, parsley, thyme, nutmeg, 1½ tsp. salt, and a few grinds of pepper. Whisk in the olive oil. Add the mushrooms and stir gently to coat. Let the salad marinate for 10 minutes.

2. Just before serving, stir the mushrooms again, season to taste with salt and pepper, and scatter the Parmigiano on top. —*Jennifer McLagan*

PER SERVING: 160 CALORIES | 3G PROTEIN | 4G CARB | 15G TOTAL FAT | 2.5G SAT FAT |
10G MONO FAT | 1.5G POLY FAT | 0MG CHOL | 300MG SODIUM | 1G FIBER





grilled sourdough panzanella

**MAKES ABOUT 6 CUPS;
SERVES 4 TO 6**

- 4 ½-inch-thick slices sourdough (from the center of a boule; about 8 oz.)**
- ½ cup extra-virgin olive oil**
Kosher salt and freshly ground black pepper
- 1 small shallot, thinly sliced into rings**
- 3 Tbs. red-wine vinegar**
- 1 small clove garlic, coarsely chopped**
- 1½ lb. ripe, meaty tomatoes, cut into ½-inch dice (about 3½ cups)**
- 1 small English cucumber, seeded and cut into ½-inch dice (about 1½ cups)**
- 3 Tbs. chopped fresh basil**
- 3 Tbs. chopped fresh mint**
- 2 Tbs. capers, rinsed**

The sharp edge of a stainless-steel serrated knife cuts through tomatoes quickly and easily. If you like, try a knife specifically made for slicing tomatoes.

- 1.** Heat a gas grill with all burners on medium. Brush the bread with ¼ cup of the olive oil and season it with ¼ tsp. kosher salt and a few grinds of pepper. Grill the bread on both sides, checking frequently, until nicely browned, 3 to 4 minutes per side. When the bread is cool enough to handle, cut it into ½-inch cubes.
- 2.** In a small bowl, soak the shallot in the vinegar for 10 minutes. With a slotted spoon, transfer the shallot to a large bowl, reserving the vinegar. Sprinkle the garlic with ¼ tsp. kosher salt and mash it into a paste on a cutting board with the side of a chef's knife. Whisk the mashed garlic, the remaining ¼ cup olive oil, ¼ tsp. kosher salt, and ½ tsp. pepper into the reserved vinegar.
- 3.** Toss the bread cubes, tomatoes, cucumber, basil, mint, capers, and vinaigrette in the bowl with the shallot. Season the panzanella to taste with kosher salt and pepper and serve. —*Allison Ehri Kreidler*

PER SERVING: 370 CALORIES | 7G PROTEIN | 40G CARB | 20G TOTAL FAT | 3G SAT FAT | 14G MONO FAT | 2.5G POLY FAT | 0MG CHOL | 760MG SODIUM | 4G FIBER

tuscan white bean salad

MAKES 5 CUPS; SERVES 4

- ¼ lb. tubettini or other small pasta (about 1 cup dry), cooked**
- 1 15-oz. can cannellini beans, rinsed and drained**
- 4 anchovy fillets, drained and chopped fine or mashed (optional)**
- ½ cup finely chopped red onion**
- 1 clove garlic, minced**
- 2 tsp. minced fresh rosemary**
- ½ cup coarsely chopped fresh parsley leaves**
- ¼ cup extra-virgin olive oil**
- 1 Tbs. freshly squeezed lemon juice**
- Salt and freshly ground black pepper**
- 1 can oil-packed tuna, preferably Italian (optional)**
- Extra-virgin olive oil, for drizzling**

Chill this salad briefly before serving to give the flavors a chance to meld.

1. Fold the tubettini and beans together in a large bowl; set aside. In a small bowl, whisk together the anchovies, onion, garlic, rosemary, parsley, olive oil, and lemon juice.

2. Toss the pasta and beans with the dressing. Add salt and pepper and chill for at least 15 minutes. Just before serving, top the salad with flaked tuna, if you like, and drizzle with olive oil. Serve at cool room temperature.

—*Rosina Tinari Wilson*

PER SERVING: 370 CALORIES | 13G PROTEIN | 47G CARB | 15G TOTAL FAT | 2G SAT FAT | 10G MONO FAT | 2G POLY FAT | 5MG CHOL | 290MG SODIUM | 7G FIBER



creamy tomato-basil soup

**YIELDS ABOUT 8 CUPS;
SERVES 6**

- 1 Tbs. olive oil**
- 1 medium onion, chopped**
- 6 large sprigs fresh basil, plus small sprigs or leaves for garnish**
- 4 lb. ripe red tomatoes, peeled, seeded, and chopped**
- 1 quart homemade or lower-salt chicken broth**
- Kosher salt and freshly ground black pepper**
- 1 cup heavy cream**
- 2 tsp. balsamic vinegar**

Sweet vine-ripened tomatoes are the key to flavor in this creamy soup. If your tomatoes are not at their peak of sweetness, add ½ tsp. sugar to the soup.

1. In a large soup pot, heat the olive oil over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 7 minutes. Tie the basil sprigs together with a piece of kitchen twine. Add the large basil sprigs, tomatoes, chicken broth, 1½ tsp. salt, and ½ tsp. pepper to the onions. Bring to a boil over high heat, reduce the heat to medium low, and let simmer until reduced by one-quarter, about 20 minutes. Let cool. Remove the basil sprigs.

2. In a blender, purée the soup in batches until very smooth, at least 3 minutes. Strain the soup through a fine sieve into a clean pot and bring to a simmer over medium heat. Remove from the heat; stir in the cream and balsamic vinegar. Taste and add salt and pepper if needed. Ladle the hot soup into bowls and garnish with the small sprigs or leaves of basil. —*Joanne Weir*

PER SERVING: 180 CALORIES | 4G PROTEIN | 13G CARB | 14G TOTAL FAT | 7G SAT FAT | 5G MONO FAT | 1G POLY FAT | 40MG CHOL | 190MG SODIUM | 3G FIBER

white bean soup with sautéed shrimp and garlic croutons

**MAKES ABOUT 6 CUPS;
SERVES 4 AS A FIRST COURSE**

- 1½ cups dried cannellini beans, sorted through and rinsed**
- 5 Tbs. extra-virgin olive oil; plus 1 Tbs. for drizzling**
- 1 large yellow onion, cut into ¼-inch dice**
- 1 carrot, peeled and cut into ¼-inch dice**
- 1 inner rib celery, cut into ¼-inch dice**
- Kosher salt and freshly ground black pepper**
- 2 cloves garlic, minced**
- 1 Tbs. chopped fresh rosemary**
- 4 tsp. freshly squeezed lemon juice; more to taste**
- 2½ cups ¾-inch-diced country bread or baguette (about 6 oz.)**
- ¾ lb. large shrimp (21 to 25 per lb.), peeled, deveined, rinsed, sliced in half lengthwise, and patted dry**
- Pinch of cayenne**

Earthy rosemary is the dominant flavor in this light, mostly puréed soup. It complements, and perks up, the white beans.

- 1.** Cook the cannellini beans following the Basic Beans method on the facing page.
- 2.** Heat a large, heavy saucepan over medium-high heat for 30 seconds. Add 1½ Tbs. of the oil, along with the onion, carrot, and celery. Season with salt and cook, stirring occasionally, until the vegetables soften and start to brown, about 7 minutes. Add half the garlic and cook for 30 seconds, stirring. Add the beans and their cooking liquid (there should be about 4 cups liquid; if not, add more water to equal this amount) and half the rosemary. Season well with salt and pepper.
- 3.** Bring to a boil, lower the heat to a bare simmer, and cook for 30 minutes so that the beans soften a little more but don't break up. Let cool for 10 minutes. Scoop out 1 cup of the beans and set aside. Working in batches, purée the remaining beans and all of the broth in a blender. Transfer the puréed soup and the reserved beans to a clean saucepan and keep warm over low heat. Add the lemon juice and salt and pepper to taste. Thin with water, if necessary, to get the consistency you like.
- 4.** Heat a large skillet over medium-high heat for 1 minute. Add 1½ Tbs. oil and the bread cubes and season well with salt and pepper. Cook, tossing frequently, until the bread starts to brown around the edges, 2 to 3 minutes. Toss in the remaining garlic and continue cooking for 1 minute, tossing well. Transfer to a large plate. Season the shrimp well with salt and pepper. Add the remaining 2 Tbs. olive oil and the shrimp to the skillet and sauté, stirring often, until the shrimp is firm, opaque, and browned slightly, 3 to 4 minutes.
- 5.** Ladle the soup into large, shallow bowls and dust with a pinch of cayenne. Garnish with a few of the croutons, a portion of the shrimp, a sprinkling of the remaining rosemary, and a drizzle of oil. —*Tony Rosenfeld*

PER SERVING: 730 CALORIES | 40G PROTEIN | 84G CARB | 27G TOTAL FAT | 4G SAT FAT | 16G MONO FAT | 5G POLY FAT | 130MG CHOL | 640MG SODIUM | 15G FIBER



basic beans

**1 CUP OF DRIED BEANS MAKES
ABOUT 3 CUPS COOKED**

- 2 bay leaves**
- 2 cloves garlic, smashed**
- 2 to 3 sprigs fresh herbs (such as rosemary, thyme, or flat-leaf parsley)**
- 1 to 1½ cups dried beans, sorted through and rinsed**
- Kosher salt**

Use this basic bean cooking method to turn out any type of dried bean.

Wrap the bay leaves, garlic, and herbs in cheesecloth and tie with twine. Put the beans in a large pot and cover with water by 2 inches (about 2 quarts). Add the herb bundle and 1 tsp. salt. Bring to a boil over high heat. Lower the heat to maintain a very gentle simmer, cover, and cook until the beans are tender (try biting into one) but not splitting and falling apart, 1 to 2 hours depending on the type of bean (check occasionally to be sure the beans aren't boiling and are covered with liquid; add water if needed). Discard the herb bundle. Add the beans and their cooking liquid immediately to the soup recipe, or let the beans cool in the liquid and refrigerate for up to 3 days.

pasta e fagioli

MAKES 16 CUPS; SERVES 8

- 8 slices bacon, cut crosswise into ¼-inch-wide strips**
- 3 medium red onions, finely chopped**
- 3 medium cloves garlic, minced**
- ½ tsp. dried rosemary**
- 2 quarts homemade or lower-salt chicken broth**
- 2 15½-oz. cans chickpeas, rinsed and drained**
- 1 14½-oz. can petite-cut diced tomatoes**
- 4 medium carrots, peeled, halved lengthwise, and thinly sliced**
- 3 medium celery ribs with leaves, thinly sliced crosswise**
- 1 slender 3-inch cinnamon stick**
Kosher salt and freshly ground black pepper
- 1 cup tubettini (or other small pasta)**
- 1 ½ tsp. red-wine vinegar; more to taste**
Grated or shaved Parmigiano-Reggiano, for garnish

This Italian soup—which has as many variations as there are cooks—is chock-full of pasta, beans, and vegetables.

1. In a 6-quart (or larger) Dutch oven over medium heat, cook the bacon, stirring occasionally, until partially crisp, about 7 minutes. With a slotted spoon, transfer the bacon to a paper-towel-lined plate. Add the onions to the pot and cook, scraping up any browned bits and stirring occasionally, until softened, 6 to 8 minutes. Add the garlic and rosemary and cook, stirring constantly, until fragrant, about 1 minute. Add the chicken broth, chickpeas, tomatoes and their juices, carrots, celery, cinnamon stick, ¾ tsp. salt, ½ tsp. pepper, and 1 cup water. Bring to a boil over high heat; skim any foam as necessary. Reduce the heat and simmer, stirring occasionally, until the carrots and celery are very tender, about 30 minutes.

2. Meanwhile, cook the tubettini according to the package directions and drain.

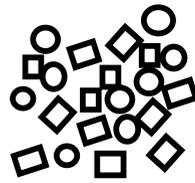
3. Discard the cinnamon stick and add the pasta to the soup. Stir in the bacon and vinegar. Season to taste with salt, pepper, and more vinegar. Serve garnished with the Parmigiano-Reggiano. —*Lori Longbotham*

PER SERVING: 370 CALORIES | 21G PROTEIN | 59G CARB | 7G TOTAL FAT | 1.5G SAT FAT | 2.5G MONO FAT | 2G POLY FAT | 5MG CHOL | 720MG SODIUM | 11G FIBER

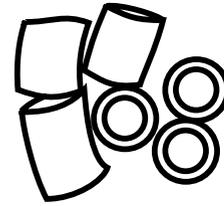


try these
pastas in soup

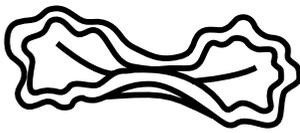
There's a whole world of tiny pastas—more grown up than alphabets—that are best enjoyed in soup. Their Italian names are beguiling.



ACINI DI PEPE: "PEPPERCORNS"



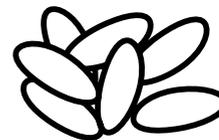
DITALINI: "LITTLE THIMBLES"



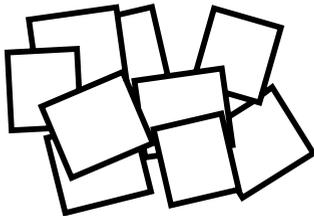
FARFALLINE: "LITTLE BUTTERFLIES"



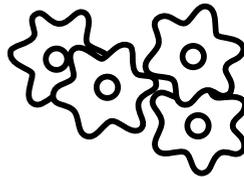
LUMACHINE: "LITTLE SNAILS"



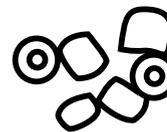
ORZO: "BARLEY SEEDS"



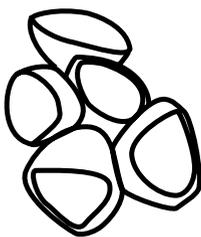
QUADRUCCI: "TINY SQUARES"



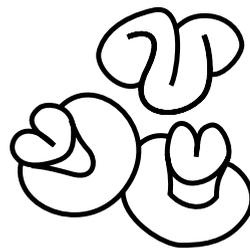
STELLINE: "LITTLE STARS"



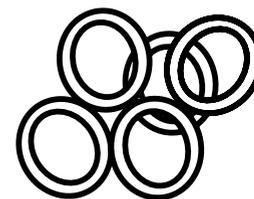
TUBETTINI: "LITTLE TUBES"



CONCHIGLIETTE: "LITTLE SEA-SHELLS"



FUNGHETTI: "LITTLE MUSHROOMS"



ANELLINI: "LITTLE RINGS"

capellini and kale soup

SERVES 6 TO 8

- 2 Tbs. extra-virgin olive oil**
- 3 medium carrots, peeled and chopped**
- 1 medium red onion, chopped**
- 1 cup broken (2- to 3-inch pieces) dried capellini pasta**
- 2 quarts homemade or lower-salt chicken broth**
- 1 small bunch kale, ribs removed, and leaves roughly chopped (about 6 cups)**
- 1 15-oz. can cannellini beans, rinsed and drained**
- 3 Tbs. freshly squeezed lime juice; more to taste**
- Kosher salt and freshly ground black pepper**
- ¼ cup coarsely chopped fresh cilantro**

Capellini pasta is slightly thicker than angel hair, which can be substituted.

1. Heat 1 Tbs. of the oil in a large pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until the onion is soft and just golden brown, about 10 minutes. With a rubber spatula, scrape the vegetables into a medium bowl and set aside. If necessary, wipe the pot clean.

2. Heat the remaining 1 Tbs. oil in the pot over medium-high heat. Add the pasta and cook, stirring often, until dark golden brown, 3 to 4 minutes. Add the broth and stir, scraping the bottom of the pot to release any stuck-on pasta. Add the carrots and onions, kale, beans, lime juice, ½ tsp. salt, and ¼ tsp. pepper and bring to a boil. Reduce the heat to medium low and simmer until the kale, carrots, and pasta are tender, 8 to 10 minutes.

3. Remove the pot from the heat, stir in the cilantro, and season to taste with lime juice, salt, and pepper before serving. —*Liz Pearson*

PER SERVING: 200 CALORIES | 11G PROTEIN | 29G CARB | 6G TOTAL FAT | 1G SAT FAT | 3G MONO FAT | 1G POLY FAT | 0MG CHOL | 230MG SODIUM | 4G FIBER



minestra di pasta e piselli

MAKES 4 GENEROUS SERVINGS

1½-oz. slice of prosciutto (about ¼ inch thick), roughly chopped

¼ cup lard (or 2 Tbs. butter and 2 Tbs. olive oil)

1 medium onion, roughly chopped

1 large clove garlic, roughly chopped

12 large fresh basil leaves

8 cups homemade chicken stock or lower-salt canned chicken broth

½ cup stelline, orzo, acini di pepe, or other tiny soup pasta

½ cup peas

½ cup finely diced carrot

½ cup finely diced fennel

Salt and freshly ground black pepper

Lemon wedges

Freshly ground Parmigiano-Reggiano

The prosciutto and lard add lots of flavor to this soup. If you can't get lard, use butter and olive oil instead.

In a food processor, blend the prosciutto, lard, onion, garlic, and basil until all the pieces are minuscule, scraping down the sides occasionally. Alternatively, chop everything very finely with a knife. Put this mixture (called a *battuto*) in a large saucepan and cook over medium heat until the onion is soft and everything looks mushy, 8 to 10 minutes, stirring frequently. Add the chicken stock. Bring to a boil, reduce to a simmer, and add the pasta. Simmer for 5 minutes. Add the peas, carrot, and fennel, simmering until both the pasta and the vegetables are just tender, about another 5 minutes. Season with salt and pepper. Ladle into bowls, add a squeeze of lemon, sprinkle with Parmigiano-Reggiano, and serve immediately. —*Clifford Wright*

PER SERVING: 300 CALORIES | 14G PROTEIN | 22G CARB | 17G TOTAL FAT | 7G SAT FAT | 7G MONO FAT | 2G POLY FAT | 25MG CHOL | 840MG SODIUM | 3G FIBER



how to make pasta its best in soup



Cut ingredients to about the same size as the pasta for a pleasing spoonful of soup.



Time the addition of the pasta so it will be cooked to al dente just as the other ingredients have finished cooking.



Cook delicate filled pasta like tortellini separately and then add it to the finished soup.

cannellini bean and kale soup with sausage

SERVES 4

- 1½ Tbs. extra-virgin olive oil
- 1 medium yellow onion, finely chopped (1½ cups)
- 1 medium carrot, peeled and finely chopped (¾ cup)
- 1 medium rib celery, finely chopped (¾ cup)
- 1½ tsp. minced fresh rosemary
- 2 Tbs. tomato paste
- 2 large cloves garlic, minced (1 Tbs.)
- 1 quart homemade or lower-salt vegetable broth
- 2 15-oz. cans cannellini beans, rinsed and drained
- 6 oz. Lacinato kale, center ribs removed, and leaves chopped (about 4 firmly packed cups)
- 1 Parmigiano-Reggiano rind (1x3 inches; optional)
- ½ lb. sweet or hot bulk Italian sausage, rolled into bite-size meatballs
- Kosher salt and freshly ground black pepper
- 1½ tsp. cider vinegar

This hearty Tuscan soup is full of flavor, with or without the sausage. The crinkly, deep-green leaves of Lacinato kale (also called dinosaur or black kale) are ideal, but any variety of kale will work. Serve with a crusty baguette.



1. Heat 1 Tbs. of the oil in a 4- to 5-quart pot over medium heat. Add the onion, carrot, celery, and rosemary and cook, stirring occasionally, until the vegetables begin to soften, about 6 minutes. Add the tomato paste and garlic and cook until fragrant, 45 seconds. Add the broth, beans, kale, and Parmigiano rind (if using). Bring to a boil, reduce the heat to medium low, and simmer gently until the vegetables are tender, about 15 minutes.

2. Meanwhile, heat the remaining ½ Tbs. oil in a 10-inch nonstick skillet over medium-low heat. Add the sausage meatballs, sprinkle with a pinch of salt, and cook, stirring occasionally, until browned and cooked through, about 10 minutes.

3. Stir the cider vinegar into the soup and season to taste with salt and pepper.

4. Add the meatballs and bring to a simmer over medium-high heat. Cook 5 minutes more to meld the flavors. —Ivy Manning

PER SERVING: 430 CALORIES | 20G PROTEIN | 48G CARB | 18G TOTAL FAT | 5G SAT FAT | 9G MONO FAT | 3G POLY FAT | 25MG CHOL | 1,160MG SODIUM | 12G FIBER

cabbage and white bean soup

MAKES 9 TO 10 CUPS; SERVES 6

- 8 oz. (1¼ cups) dried cannellini, Great Northern, or navy beans, sorted and rinsed**
- 1 medium clove garlic, smashed and peeled**
- 1 bay leaf**
Kosher salt
- 2 Tbs. extra-virgin olive oil or unsalted butter**
- ¼ lb. fresh Italian sausage, out of its casing and crumbled (optional)**
- ¾ cup chopped onion**
- ¾ cup chopped celery**
- 2 tsp. chopped fresh rosemary**
- 1 tsp. chopped fresh thyme**
- 1 Tbs. tomato paste (optional)**
- 1½ cups thinly sliced green cabbage**
- 1½ cups peeled and diced red or white potatoes**
- 5 to 6 cups homemade or lower-salt chicken or vegetable broth**
Freshly ground black pepper
- ½ cup chopped fresh flat-leaf parsley**

This soup, in which the beans remain whole, can be transformed into endless variations by using different types of beans and vegetables. Make a big pot on Sunday and enjoy the leftovers for lunch or dinner throughout the week.

- 1.** Put the beans in a large bowl, add enough cold water to cover the beans by 3 inches, and soak for 4 to 12 hours.
- 2.** Drain and rinse the beans and transfer them to a 3- or 4-quart saucepan. Add the garlic clove, bay leaf, and 6 cups cold water. Partially cover and simmer gently, stirring every 20 to 30 minutes, until the beans are tender and almost creamy inside, without being mealy or mushy, 1 to 1½ hours. When the beans are about three-quarters done, season with ¾ tsp. salt. If at any time the liquid doesn't cover the beans, add 1 cup fresh water. Drain the beans, reserving the cooking liquid, and discard the bay leaf. If you cook the beans in advance (up to 1 day ahead), refrigerate the beans and the cooking liquid separately until you make the soup.
- 3.** Heat the olive oil or butter in a 4- to 5-quart soup pot or Dutch oven over medium heat. If using the sausage, add it now. Cook, stirring often, until the fat is rendered and the sausage begins to brown, 5 to 6 minutes. Pour the meat and fat into a small strainer set over a bowl, and set the meat aside. Spoon 2 Tbs. of fat back into the pot, and return it to medium heat.
- 4.** Add the onion and celery and season to taste with salt and pepper. Cook, stirring frequently, until they begin to soften but not brown, 4 to 6 minutes. Stir in the rosemary, thyme, and tomato paste (if using), and cook until fragrant, 1 minute.
- 5.** Add the cabbage and potatoes, stirring to incorporate with the rest. Add 2 cups of the broth, partially cover, and simmer until the vegetables are just barely tender, 10 to 20 minutes.
- 6.** Add the beans and then 3 cups of broth and 1 cup of the reserved bean-cooking liquid. If you have less than 1 cup bean liquid left, adjust the broth for a total of 4 cups liquid.
- 7.** Return the cooked sausage to the pot, if using. Stir to combine and simmer, partially covered, for 10 minutes to meld the flavors. Taste the soup and add salt and pepper to taste. Sprinkle with some of the parsley, reserving some to sprinkle on top of each serving, if you like. —*Molly Stevens*



pizza with goat cheese
(recipe on p. 40)

pizza, calzone & stromboli

pizza dough p. 34

calzone p. 36

stromboli p. 37

**pickled mushroom and gruyère
pizza** p. 38

fresh spinach and pancetta pizza p. 39

pizza with goat cheese p. 40

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**grilled pizza with tomato-balsamic
sauce, chicken & eggplant** p. 43

**grilled mushroom, onion & fontina
pizzas** p. 44

pizza dough

**MAKES 4 INDIVIDUAL PIZZAS
OR CALZONES OR
2 STROMBOLI; EACH SERVES 4**

- 1 lb. (3½ cups) unbleached bread flour; more as needed**
- 2 tsp. sugar or honey**
- 1½ tsp. table salt (or 2½ tsp. kosher salt)**
- 1¼ tsp. instant yeast**
- 1½ Tbs. extra-virgin olive oil; more as needed**
- Semolina flour (optional)**

This versatile dough also works for calzones and stromboli. It's best to mix the dough at least a day ahead. It keeps for 3 days in the refrigerator or 3 months in the freezer.

1. Combine the flour, sugar or honey, salt, yeast, and olive oil in a large bowl or in the bowl of an electric stand mixer. Add 11 fl. oz. (1¼ cups plus 2 Tbs.) of cool (60° to 65°F) water. With a large spoon or the paddle attachment of the electric mixer on low speed, mix until the dough comes together in a coarse ball, 2 to 3 minutes by hand or 1 to 2 minutes in the mixer. Let the dough rest, uncovered, for 5 minutes.

2. Knead the dough: If using an electric mixer, switch to the dough hook. Knead the dough for 2 to 3 minutes, either by hand on a lightly floured work surface or with the mixer's dough hook on medium-low speed. As you knead, add more flour or water as needed to produce a ball of dough that is smooth, supple, and fairly tacky but not sticky. When poked with a clean finger, the dough should peel off like a Post-It® note, leaving only a slight residue. It may stick slightly to the bottom of the mixing bowl but not to the sides.

3. Chill the dough: Lightly oil a bowl that's twice the size of the dough. Roll the dough in the bowl to coat it with the oil, cover the top of the bowl tightly with plastic wrap, and refrigerate for at least 8 hours and up to 3 days. It will rise slowly in the refrigerator but will stop growing once completely chilled. If the plastic bulges, release the carbon dioxide buildup by lifting one edge of the plastic wrap (like burping it) and then reseal.

4. To make a pizza, follow the directions on the facing page.

5. To freeze the dough: After kneading the dough, divide it into 4 pieces for pizzas or calzones or 2 pieces for stromboli. Freeze each ball in its own zip-top freezer bag. They'll ferment somewhat in the freezer, and this counts as the rise. Before using, thaw completely in their bags overnight in the fridge or at room temperature for 2 to 3 hours. Then treat the dough exactly as you would regular overnighted dough, continuing with the directions for making pizzas, calzones, or stromboli. —*Peter Reinhart*

tips for making pizza



Carefully stretch the pizza dough into a circle with your hands and knuckles. If the dough is resistant to stretch, let it rest for a few minutes.



Spread on the pizza sauce with a light hand to avoid a soggy crust.

no-cook tomato sauce

MAKES 3¼ CUPS

- 1 28-oz. can crushed or ground tomatoes
 - 2 Tbs. red-wine vinegar or lemon juice
 - 1 tsp. dried (or 1 Tbs. finely chopped fresh) oregano, basil, marjoram, thyme, or parsley (optional)
 - 3 to 5 cloves garlic, minced or pressed (optional)
- Kosher salt or table salt and freshly ground black pepper

Canned crushed tomatoes plus mixed herbs combine for a simple, yet flavorful sauce.

Whisk the tomatoes, vinegar or lemon juice, and any optional ingredients in a bowl. Add just enough water to thin the sauce so that it is easy to spread. Use thinner sauce for pizza and thicker sauce for stromboli and calzones. Season with salt and pepper to taste. The sauce can be refrigerated for a week or frozen for up to 6 months.

PER ¼ CUP: 20 CALORIES | 1G PROTEIN | 5G CARB | 0G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 0G POLY FAT | 0MG CHOL | 170MG SODIUM | 1G FIBER

pizza topping ideas

ENOUGH FOR ONE 12-INCH PIZZA

The key to these pizzas is to use only a small amount of sauce and cheese. Too much sauce will make the dough soggy, and too much cheese will make it greasy.

CLASSIC MARGHERITA PIZZA

For each pizza, you'll need about ¼ cup No-Cook Tomato Sauce (recipe above), 2 to 3 oz. sliced fresh mozzarella or ¼ cup grated low-moisture mozzarella, and 4 to 6 large basil leaves, thinly sliced (save the basil for topping the pizza right after it comes out of the oven).

PER SERVING: 670 CALORIES | 28G PROTEIN | 94G CARB | 20G TOTAL FAT | 8G SAT FAT | 8G MONO FAT | 2G POLY FAT | 45MG CHOL | 1,400MG SODIUM | 4G FIBER

BETTER THAN PEPPERONI PIZZA

You can certainly use pepperoni, which is really just an Americanized version of a spicy Italian Calabrese-style salume. But there are a number of excellent Italian cured salami products, including the always popular Genoa salami and various types of garlic and cayenne versions. For these quick-cooking pizzas, use about the same amount of tomato sauce and cheese as in the Margherita but add about ¼ cup meat. You may crisp the meat in a dry sauté pan or in the oven first, and then put it under the cheese to keep it from burning.

PER SERVING: 810 CALORIES | 34G PROTEIN | 95G CARB | 31G TOTAL FAT | 13G SAT FAT | 13G MONO FAT | 2.5G POLY FAT | 80MG CHOL | 1,910MG SODIUM | 5G FIBER

WHITE PIZZA (PIZZA BIANCA)

Instead of using tomato sauce, make a topping for each pizza by combining ½ cup whole-milk ricotta, ½ cup grated low-moisture mozzarella or provolone, 1 Tbs. olive oil, ¼ tsp. dried or 2 tsp. chopped fresh oregano, ¼ tsp. dried or 1 tsp. chopped fresh thyme, and salt and pepper to taste.

PER SERVING: 870 CALORIES | 32G PROTEIN | 92G CARB | 41G TOTAL FAT | 16G SAT FAT | 19G MONO FAT | 3.5G POLY FAT | 75MG CHOL | 1,380MG SODIUM | 3G FIBER

calzone

SERVES 4

1 recipe **Pizza Dough** (recipe p. 34), refrigerated for at least 8 hours

Olive oil, for brushing

Unbleached bread flour or semolina flour, for dusting

1 cup **No-Cook Tomato Sauce** (recipe p. 35)

2 cups **low-moisture mozzarella or other soft melting cheese**

1 cup **filling** (see choices below)

$\frac{1}{4}$ cup **grated Parmigiano-Reggiano**

Kosher salt (optional)

filling ideas

For each calzone, you'll need $\frac{1}{4}$ cup thick No-Cook Tomato Sauce (recipe p. 35), $\frac{1}{2}$ cup of a soft melting cheese (such as low-moisture mozzarella, Monterey Jack, provolone, Gouda, smoked mozzarella, or smoked Gouda), up to $\frac{1}{4}$ cup of any other ingredients you like (such as crumbled cooked sausage or bacon; sautéed or steamed vegetables like onions, broccoli, peppers, mushrooms, artichoke hearts, or garlic; and chopped fresh herbs like basil or parsley), and 1 Tbs. grated dry aged cheese (like Parmigiano-Reggiano, Asiago, or Romano).

Instead of making a pizza, fold the dough in half and bake it into a steamy calzone. Vents allow steam to escape so that it doesn't build up and burst the crimped edge of the calzone.

PREP THE DOUGH

1. Take the dough out of the refrigerator, set it on a lightly oiled work surface, and divide into 4 equal pieces of about 7 oz. each. Roll each piece into a tight ball. Line a baking sheet with parchment and lightly oil it with olive oil or cooking spray. Set each ball at least an inch apart on the parchment. Lightly spray or brush the balls with olive oil and cover loosely with plastic wrap. Let the dough warm up and relax at room temperature for $1\frac{1}{2}$ to 2 hours.

2. Position a rack in the center of the oven and heat the oven to 500°F (a baking stone is optional). Fill a small bowl with bread flour, or semolina if using, and dust a clean work surface with a generous amount. Prepare your fillings.

SHAPE THE DOUGH

With floured hands, transfer one of the dough balls to the floured work surface. Sprinkle lightly with flour and press it with your fingertips into a round disk. With a rolling pin, roll the dough out into an oval or round shape about $\frac{3}{16}$ inch thick and 9 inches across. Dust with flour as necessary to prevent sticking. If the dough resists rolling and springs back, let it rest for a few minutes and move on to the next dough ball. Roll out all the pieces that you plan to make into calzones.

FILL AND BAKE THE CALZONES

1. Brush the edge of a dough round with cool water to make a damp band about $\frac{1}{2}$ inch wide all the way around. Spread the sauce over the lower half of the dough. Sprinkle the soft melting cheese over the sauce, and then top with your additional filling choices and the Parmigiano. Fold the top half of the dough over the filling. Crimp the dough either with fingers or a fork, sealing the damp edge tightly. Transfer the calzone to a baking sheet lined with parchment. Repeat with the remaining dough circles. Brush the tops with olive oil, sprinkle lightly with kosher salt (optional), and cut 3 steam vents in each.

2. Put the baking sheet in the oven (on the baking stone, if using) and reduce the oven temperature to 450°F. Bake until the crust turns a rich golden brown, 12 to 15 minutes. Remove from the oven and cool for 3 minutes before serving.

—Peter Reinhart



stromboli

SERVES 4

1 recipe Pizza Dough (recipe p. 34), refrigerated for at least 8 hours

Unbleached bread flour or semolina flour, for dusting

1 heaping cup grated low-moisture mozzarella

1 cup filling, such as sliced ham, crumbled cooked sausage, chopped olives, or sautéed small-diced onions

Extra-virgin olive oil, for brushing

No-Cook Tomato Sauce (recipe p. 35), heated, for dipping

filling ideas

For each stromboli you'll need about 1 heaping cup of grated melting cheese; 1 cup of any other ingredients you like, such as salami, crumbled cooked sausage, ham, chopped crisp bacon, sautéed fresh or thawed frozen spinach (squeeze out excess water), chopped parcooked broccoli, small-diced onion, sautéed or roasted garlic, chopped olives or capers; and heated No-Cook Tomato Sauce (recipe p. 35) for dipping.

This pizzeria classic only looks complicated. Basically, it's a flat pizza that's rolled it into a tight spiral and baked.

SHAPE AND FILL THE STROMBOLI

1. Prepare your filling. Take the dough out of the refrigerator. Dust a work surface lightly with flour, or semolina if using, and transfer the dough to the work surface. Dust the dough with flour and press it into a rectangle with your fingertips. Divide the dough in half crosswise. Roll one piece of dough into a larger rectangle, working from the center of the dough to each of the four corners and then to each of the four sides to even out the rectangle, until it's $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. It should be approximately 11 inches long and 14 inches wide. Use more dusting flour as needed.

2. Cover the surface of a dough rectangle with 1 cup cheese and your additional filling choices, leaving a 1-inch border. Tightly and evenly roll the stromboli from the bottom to the top, pinching the seam tightly closed with fingers or thumbs. Also pinch the two ends closed and tuck them under the loaf. Repeat with the second piece of dough. Carefully lift the long loaves and put them seam side down on a baking sheet lined with parchment. Brush the top of the loaves with olive oil and loosely cover the pan with plastic wrap.

LET THE STROMBOLI WARM UP

Leave the loaves at room temperature for about 1½ hours. The dough won't rise very much but will just be showing signs of expansion by the time it's ready to be baked.

BAKE THE STROMBOLI

Heat the oven to 400°F (350°F if using convection). Brush the dough again with olive oil and cut 3 or 4 steam vents crosswise into each stromboli with a sharp paring knife, cutting all the way down through the filling to release any air pockets. Bake until the crust turns a rich golden brown, 20 to 30 minutes, rotating the pan after the first 10 minutes for even baking. Let cool for at least 5 minutes before slicing and serving with the heated tomato sauce on the side for dipping. —Peter Reinhart



pickled mushroom and gruyère pizza

MAKES TWO 10-INCH PIZZAS

1 lb. pizza dough, at room temperature

Unbleached all-purpose flour for rolling

Olive oil, for brushing

1½ cups Pickled Mushrooms with Garlic and Herbs (recipe below), drained

1½ cups grated Gruyère

2 Tbs. chopped fresh flat-leaf parsley

An unexpectedly delicious combination of nutty Gruyère and tangy pickled mushrooms makes this simple pizza a knock-out. Served with a green salad, it makes a quick vegetarian dinner for two.

1. Position a rack in the lowest part of the oven and heat the oven to 500°F.

2. Divide the pizza dough into two balls. On a lightly floured surface, roll one of the balls out to a 10-inch circle. Put the dough on a pizza pan or baking sheet and brush with olive oil. Bake until the dough is just beginning to color, 8 to 10 minutes.

3. Meanwhile, chop the mushrooms into bite-size pieces. Remove the pizza from the oven and sprinkle half of the Gruyère, mushrooms, and parsley over the pizza, leaving a ½-inch border. Continue to bake until the edges of the pizza are brown and the cheese is thoroughly melted, 5 to 7 minutes.

4. Repeat with the other half of the dough and toppings. —*Eugenia Bone*

PER PIZZA: 1,040 CALORIES | 46G PROTEIN | 115G CARB | 42G TOTAL FAT | 16G SAT FAT | 14G MONO FAT | 2G POLY FAT | 90MG CHOL | 1,850MG SODIUM | 5G FIBER



pickled mushrooms with garlic and herbs

MAKES ABOUT 1 QUART

6 cups mixed fresh mushrooms (such as maitake, enoki, oyster, cremini, shiitake, and royal trumpet), washed, trimmed, and if large, halved or separated into smaller sections

4 sprigs fresh thyme

1 cup white-wine vinegar

3 Tbs. olive oil

1 Tbs. sugar

10 whole peppercorns

1 dried bay leaf

1 large clove garlic, slivered

1 small dried hot red chile (about 2 inches long)

Kosher salt

Use as many varieties of mushrooms as you can find for the best flavor and texture. In addition to the pizza above, try these with any egg or cheese dish.

1. Bring an 8-quart pot of water to a boil. Immerse a quart-size canning jar, lid, and band in the water and boil for 10 minutes to sterilize. With tongs, transfer to a clean dishtowel to drain.

2. Boil the mushrooms in the water until tender, 10 minutes. Drain and pack them into the jar along with the thyme sprigs.

3. In a small saucepan, bring the vinegar, oil, sugar, peppercorns, bay leaf, garlic, chile, 1 Tbs. salt, and ½ cup water to a boil over medium heat. Pour the mixture over the mushrooms until it reaches the top of the jar. Screw on the lid, cool to room temperature, and refrigerate for 3 days before using. The mushrooms will keep in the refrigerator for at least 2 weeks.

PER ½ CUP: 20 CALORIES | 1G PROTEIN | 3G CARB | 0.5G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 0G POLY FAT | 0MG CHOL | 45MG SODIUM | 1G FIBER



fresh spinach and pancetta pizza

SERVES 4 AS AN APPETIZER

FOR THE PIZZA

- ¼ lb. sliced pancetta or smoked bacon (about five ¼-inch-thick slices), cut in ½-inch pieces
- 1 ball of pizza dough, refrigerated for at least 8 hours
- Olive oil, for brushing the dough
- ¼ cup thinly sliced scallions (white and light green parts)
- 4 oz. coarsely grated Gruyère

FOR THE SALAD TOPPING

- 2 tsp. red-wine vinegar
- ½ tsp. Dijon mustard
- 2 Tbs. olive oil
- Kosher salt and freshly ground black pepper
- 4 oz. loose baby spinach or ½ bunch tender young spinach, stemmed if needed, washed, and spun dry
- 1 hard-cooked egg, chopped

If you want to omit the meat in this recipe, increase the cheese just a bit for more flavor.

MAKE THE PIZZA

Put a baking stone on the upper middle rack of the oven and heat the oven to 475°F. In a small skillet over medium heat, brown the pancetta. Drain on paper towels and set aside. On a heavily floured surface, flatten the dough ball. Roll the dough into a 12-inch round, lifting and stretching from underneath with the back of your hands. (If the dough resists, let it rest for a few minutes and then resume rolling.) The outside edges should be about 1¼ inches thick, the center a bit thinner. Transfer the dough to a floured pizza paddle or the floured back of a baking sheet. Brush the dough with the olive oil and sprinkle the scallions evenly to within ½ inch of the edge. Sprinkle on the cheese and the pancetta. Transfer the pizza onto the baking stone in the oven with a quick jerk of the paddle. Check the pizza after 2 or 3 minutes and deflate any giant bubbles if necessary.

MAKE THE TOPPING

1. While the pizza bakes, whisk the vinegar, mustard, and olive oil in a medium bowl; season with salt and pepper.
2. When the edges of the crust are lightly browned and the cheese is bubbling, 10 to 12 minutes, return the pizza to the paddle or transfer it to a cutting board. Toss the spinach with the vinaigrette and pile it on the pizza. Sprinkle with the chopped egg, slice with a chef's knife, and serve immediately. —*Alan Tangren*

PER SERVING: 430 CALORIES | 18G PROTEIN | 38G CARB | 23G TOTAL FAT | 8G SAT FAT | 11G MONO FAT | 2G POLY FAT | 90MG CHOL | 830MG SODIUM | 2G FIBER



pizza with goat cheese

SERVES 4

¼ recipe Pizza Dough (recipe p. 34), refrigerated for at least 8 hours

Unbleached all-purpose flour, for shaping the dough

10 to 15 cloves roasted or slow-cooked garlic

5 to 6 oil-packed sun-dried tomatoes (drained and sliced)

3 oz. crumbled goat cheese

½ tsp. capers, rinsed and drained

Pinch of dried oregano

Extra-virgin olive oil, for drizzling

Richly topped and flavorful, this pizza isn't missing mozzarella cheese.

1. Put the dough ball on a lightly floured surface, cover with a clean dishtowel, and let rise until almost double in size, about 45 minutes. Meanwhile, put a baking stone on the lowest rack in the oven and heat the oven to 500°F.
2. Put the proofed ball of dough on a lightly floured wooden board. Sprinkle a little more flour on top of the ball. Using your fingertips, press the ball down into a flat cake about ½ inch thick.
3. Flour your fingers and the board for easier handling. Stretch the dough to a thickness of about ¼ inch by using the backs of your hands or a rolling pin. It should be 9 or 10 inches across.
4. Lightly flour a wooden pizza peel (or the back of a baking sheet). Gently lift the dough onto the peel and scatter with the garlic, sun-dried tomatoes, goat cheese, capers, and oregano. Drizzle with extra-virgin olive oil.
5. Shake the peel gently back and forth to make sure the pizza isn't stuck. Quickly slide the pizza onto the hot baking stone. Bake until the edges are golden, about 8 minutes. Using a peel, a wide spatula, or tongs, remove the pizza from the oven. —*Evan Kleiman*

PER SERVING: 1,220 CALORIES | 39G PROTEIN | 134G CARB | 61G TOTAL FAT | 22G SAT FAT | 30G MONO FAT | 5G POLY FAT | 65MG CHOL | 1,710MG SODIUM | 10G FIBER

pizza with prosciutto and arugula

MAKES TWO 12-INCH PIZZAS

FOR THE PIZZA DOUGH

- 1¼ cups warm water
- 2 tsp. active dry yeast
- 1 Tbs. honey
- 15 oz. (3¼ cups) all-purpose flour
- 1¼ oz. (¼ cup) whole-wheat flour
- 1 Tbs. salt
- 2 Tbs. extra-virgin olive oil

FOR THE PIZZA TOPPINGS

- 1 clove garlic, minced fine
- ¼ cup olive oil
- ½ lb. mozzarella (preferably fresh), cut into large cubes
- 8 thin slices prosciutto (about 4 oz.)

FOR THE SALAD

- 6 oz. arugula (about 7 cups, loosely packed), washed and tough stems removed
- 6 very thin slices red onion
- 6 sun-dried tomatoes, diced (if not packed in oil, rehydrate first)
- 2 Tbs. extra-virgin olive oil
- 2 tsp. balsamic vinegar

When the pizza comes out of the oven, it's topped with a salad of arugula, sun-dried tomatoes, red onion, balsamic vinegar, and extra-virgin olive oil. This salad is also great on its own.

MAKE THE DOUGH

Combine the water, yeast, and honey in a large mixing bowl or in the bowl of a stand mixer. Allow to sit until foamy, about 5 minutes. Add the remaining ingredients and stir until incorporated. Knead by hand on a floured surface for 10 minutes, or in a mixer for 5 minutes. Cover the bowl and let the dough rise until doubled, about 1½ hours.

ASSEMBLE THE PIZZA

1. Heat the oven to 450°F. If you're using a baking stone, let it heat in the oven for 30 minutes. Combine the garlic and olive oil.
2. Divide the dough in half. Roll out one piece of dough into a 12-inch round. If you're using a baking stone, roll out the dough on a pizza peel or on parchment. Otherwise, roll it on a lightly floured surface and transfer it to an oiled baking sheet. Brush 1 to 2 Tbs. of garlic oil on the dough. Arrange half the mozzarella around the pizza, and lay 4 slices of prosciutto on top. Bake until dark brown and crispy, 10 to 12 minutes. Repeat with the second piece of dough.
3. Meanwhile, toss all the salad ingredients together. When the pizzas are done, top each one with half the salad and serve. —*Tony Mantuano*

PER ¼ PIZZA: 480 CALORIES | 18G PROTEIN | 50G CARB | 23G TOTAL FAT | 6G SAT FAT | 13G MONO FAT | 2G POLY FAT | 35MG CHOL | 1,450MG SODIUM | 3G FIBER





grilled pizza with tomato-balsamic sauce, chicken & eggplant

**MAKES 2 LARGE OR
3 MEDIUM PIZZAS**

FOR THE TOPPING

- ¼ cup freshly squeezed lemon juice**
- 3 Tbs. olive oil**
Kosher salt and freshly ground black pepper
- 4 cloves garlic, minced**
- ¼ tsp. crushed red pepper flakes**
- 2 boneless, skinless chicken breasts, pounded**
- 1 small eggplant, sliced ¼ inch thick and brushed with olive oil**
- ½ cup grated Pecorino Romano or Parmigiano-Reggiano**

FOR THE SAUCE

- 8 large plum tomatoes, halved and oiled**
- 1 large onion, halved and oiled**
- 1 clove garlic, minced**
- 1 Tbs. chopped fresh rosemary**
- 1 Tbs. balsamic or red-wine vinegar**
- 2 Tbs. olive oil**
Kosher salt and freshly ground black pepper
- 1 recipe Pizza Dough (recipe p. 34), refrigerated for at least 8 hours**
Cornmeal or flour, for dusting the peel

Grill the tomatoes and onion for the sauce and the toppings for the pizzas, as well as the dough, to get layer upon layer of smoky flavor.

MAKE THE TOPPING

- 1.** Combine the lemon juice, olive oil, salt, pepper, garlic, and red pepper flakes in a nonaluminum dish. Add the pounded chicken and marinate in the refrigerator for at least 2 hours but not more than 6 hours.
- 2.** Heat a gas grill to medium high or prepare a medium-hot charcoal fire. Grill the chicken until no longer pink inside, about 10 minutes total. Let cool slightly before cutting or tearing into shreds. Season the oiled eggplant slices with salt and pepper and grill until soft and slightly charred, turning once, about 5 minutes total. Keep the chicken and eggplant at room temperature.

MAKE THE SAUCE

Cook the tomatoes and onion on the hot grill until softened and slightly charred, 8 to 10 minutes. Let cool slightly. Coarsely chop the tomatoes and onion, put them in a medium bowl, and mix in the garlic, rosemary, vinegar, and olive oil to make a chunky sauce. Add salt and pepper to taste.

ASSEMBLE THE PIZZA

- 1.** For a gas grill, turn one burner on high and the other (or others) as low as possible. For charcoal, get the coals white-hot, and then brush them into a ring around the perimeter of the grill.
- 2.** Portion the dough into 2 or 3 pieces, depending on the size pizza you want. Roll them into ovals or rounds, according to the shape of your grill. You'll cook the pizzas one at a time.
- 3.** Fold 1 piece of the dough in half, lift it, slap it on the cool part of the grill, and unfold it so the whole crust is on the cool part. (You don't need to grease the grates.) Cover the grill, wait about 3 minutes, then lift the lid. The dough should be bubbling on top. Gingerly lift the edge with a spatula to look for light-brown grill marks, but not too much browning. If the bottom looks right, slide the dough onto a peel (or the back of a baking sheet) with two spatulas. Close the grill lid to preserve the heat.
- 4.** Dust a second peel (or the back of another baking sheet) lightly with cornmeal or flour. Invert the dough onto this peel so the raw side is down. Ladle on some of the sauce, spread it around, then add some of the eggplant and chicken and a sprinkling of the cheese.
- 5.** With the peel, slide the pizza back onto the cool zone of the grill and close the lid. Cook the pizza for about 10 minutes, again until the bottom shows nice grill marks and is slightly crisp but not burned. Slide the finished pizza off the grill, cut it into manageable slices, and eat. Grill the remaining pizzas in the same way. —*W. Park Kerr*

PER SERVING: 570 CALORIES | 22G PROTEIN | 76G CARB | 20G TOTAL FAT | 4G SAT FAT | 12G MONO FAT | 2G POLY FAT | 35MG CHOL | 1,470MG SODIUM | 7G FIBER

grilled mushroom, onion & fontina pizzas

SERVES 4

1 recipe Pizza Dough (recipe on the facing page)

Unbleached, all-purpose flour, for rolling

1½ cups Fresh Tomato Sauce (recipe p. 35)

2 tsp. chopped fresh basil

4 large portobello mushroom caps, gills and stems removed

3 Tbs. extra-virgin olive oil; more for drizzling

Kosher or sea salt and freshly ground black pepper

1 large red onion, sliced into ½-inch-thick disks

3 cups grated Fontina Val d'Aosta (9½ oz.)

2 medium yellow, purple, or orange tomatoes, sliced ¼ inch thick

2 cups baby arugula

½ cup loosely packed small fresh basil leaves

Balsamic vinegar, for drizzling

To make the pizzas even faster, use store-bought pizza dough.

1. Prepare a hot charcoal or gas grill fire. If using charcoal, spread the hot coals across half of the charcoal grate and leave the other half clear. If using gas, turn one of the burners to low to create a cooler zone. Scrub the grill grate with a wire brush and then wipe the grate with a paper towel dipped in oil.

2. While the grill is heating, shape the pizza dough. Put the dough on a lightly floured work surface. Knead it briefly to expel any air bubbles and then cut it into quarters. Cover 3 pieces with plastic wrap to prevent them from drying out. Using a rolling pin or your hands, flatten the dough into a 10-inch circle about ¼ inch thick. If at any point the dough resists rolling, set it aside to rest for a few minutes while you work another piece of dough.

3. Lightly dust a baking sheet with flour. Using your fingers, transfer the rolled-out dough to the baking sheet and cover with parchment. Repeat with the remaining dough, shingling the dough between lightly dusted sheets of parchment. Cover the baking sheet with plastic and refrigerate until ready to grill.

4. Bring the tomato sauce to a simmer in a small pot over medium heat. Remove it from the heat and stir in the chopped basil. Keep warm.

5. When the grill is hot, brush the mushroom caps with 2 Tbs. of the olive oil and sprinkle with salt and pepper. Slide toothpicks or skewers horizontally into the onion disks to hold them together. Brush the disks with the remaining 1 Tbs. olive oil and season with salt and pepper. Arrange the mushrooms and onions on the hot side of the grill and cook until grill marks have formed, about 4 minutes. Flip and grill until they are well marked and tender, 3 to 4 minutes more for mushrooms, 1 minute more for onions (if the onions threaten to char, move them to the cool side of the grill). Let cool briefly, remove the skewers from the onions, and then coarsely chop the mushrooms and onions.

6. Have the pizza dough, sauce, toppings, and a clean baking sheet near the grill. With your fingers, transfer a dough round onto the grate over the hot part of the grill. Grill just until marks form on the bottom and the dough has begun to crisp and puff, about 2 minutes. (If you are able to fit 2 pizzas on the hot part of the grill at the same time, grill 2 at a time.) Using tongs and a wide spatula, move the crust, cooked side up, to the empty baking sheet. Spoon a layer of tomato sauce over the surface of the pizza. Scatter ¾ cup Fontina over the sauce, and then top with a quarter of the mushrooms and onions.

7. Using tongs and a wide spatula, slide the pizza, raw side down, onto the cooler side of the grill. Cover and grill until the bottom is browned and crisped and the cheese has melted, 3 to 5 minutes. Using the tongs and spatula, transfer the pizza to a large dinner plate. Top with about 4 tomato slices and lightly season them with salt. Scatter about one-quarter of the arugula and basil over the pizza and drizzle with a little olive oil and balsamic vinegar.

8. Grill the remaining 3 pizzas in the same way, dividing the toppings evenly among them. Serve as soon as all of the pizzas have been grilled. (If you want the cooked pizzas to remain hot, put them in a 200°F oven as you finish them, but wait until just before serving to top with the tomatoes, arugula, and basil.)

—*Domenica Marchetti*

PER SERVING: 950 CALORIES | 38G PROTEIN | 90G CARB | 50G TOTAL FAT | 19G SAT FAT | 24G MONO FAT | 4.5G POLY FAT | 95MG CHOL | 1,940MG SODIUM | 8G FIBER



pizza dough

YIELDS ABOUT 1½ LB. DOUGH

12½ oz. (2¾ cups) bread flour;
more as needed

1¼ oz. (¼ cup) semolina flour;
more for dusting

2 tsp. instant yeast

1½ tsp. fine sea salt

3 Tbs. extra-virgin olive oil;
more for the bowl

1. Combine the bread flour, semolina, yeast, and sea salt in a food processor fitted with the metal blade. Pour 1 cup of cool water through the feed tube, pulsing as you pour. With the motor running, pour the oil through the feed tube and process until the dough comes together, about 1 minute.

2. Turn the dough out onto a clean work surface (flour the surface if the dough is tacky). Knead the dough until it's smooth and elastic, about 2 minutes, and then gather it into a ball. Grease a large bowl with olive oil and put the dough in the bowl, turning to coat it with oil. Cover the bowl tightly with plastic wrap and leave in a warm place until the dough has doubled in size, 1½ to 2 hours.



linguine with roasted asparagus
and almond pesto
(recipe on p. 70)

pasta

- spaghetti with summer tomato sauce p. 48
- fettuccine with creamy sage sauce p. 49
- spaghetti with portabellas, sage & walnuts p. 50
- orecchiette with brussels sprouts, gorgonzola & brown-butter pecans p. 52
- fettuccine with green beans and walnut-parsley pesto p. 54
- risotto-style pasta with peas and mushrooms p. 55
- spicy capellini p. 56
- spaghetti with mushroom cream sauce p. 57
- orecchiette with caramelized onions, green beans, fresh corn & jalapeño p. 58
- spaghetti with pine nuts, tomato & garlic breadcrumbs p. 59
- rigatoni with sun-dried tomato and fennel sauce p. 60
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- gnocchi with creamy gorgonzola sauce p. 62
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- linguine with roasted asparagus and almond pesto p. 70
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- spaghetti with garlic, hot pepper & pecorino p. 82
- shells with arugula, feta & sun-dried tomatoes p. 83
- orzo with shiitakes, caramelized onions & spinach p. 84
- spaghetti with arugula, tomato & ricotta salata p. 86
- tubettini with celery sauce p. 87
- fettuccine with tomatoes, capers & olives p. 88
- cavatelli with arugula and ricotta salata p. 89
- tortellini in broth with roasted vegetables p. 90
- spring vegetable ragoût with fresh pasta p. 91
- baked ziti with tomato, mozzarella & sausage p. 92
- bolognese borlotti beans p. 94
- pasta shells with chickpeas, fennel, tomatoes & prosciutto p. 95
- sausage and broccoli raab ravioli with roasted tomato sauce p. 96
- linguine with leeks, prosciutto & lemon p. 99
- campanelle with sausage and leeks p. 100
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- gemelli with cauliflower, scallions & green olives p. 102
- orecchiette with roasted cauliflower, arugula & prosciutto p. 103
- farfalle in a broth of wild mushrooms and browned shallots p. 104
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- asparagus ravioli with brown butter sauce p. 106
- spaghetti with green garlic and olive oil p. 108
- cavatappi with artichokes and three cheeses p. 110
- spaghettoni with roasted fennel and mozzarella p. 111
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- ravioli with grilled vegetable sauce p. 112
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- ragù alla bolognese p. 115
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- double-cheese penne with sausage and hot cherry peppers p. 120
- beef and pork ragù lasagne p. 122
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- rotini with spiced tomato and black olive meat sauce p. 126
- lamb shank and sweet pepper ragù over pappardelle p. 127
- bucatini in a spicy tomato sauce with crisped pancetta p. 128
- short rib and porcini mushroom ragù p. 129
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- turkey bolognese p. 131
- classic meat lasagne p. 132
- fettuccine with tuna, lemon & fried capers p. 134
- angel hair pasta with mussels and spicy tomato sauce p. 135
- capellini with shellfish, haricots verts & tomatoes p. 136
- pasta shells with chicken, mushrooms & capers p. 137
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- herbed farfalle and grilled chicken p. 140
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- spaghetti with spicy shrimp, cherry tomatoes & herbed breadcrumbs p. 142
- pasta puttanesca p. 143
- pasta with tuna, tomato & green olives p. 144
- linguine with clams and lemon-garlic oil p. 145
- linguine with shrimp, caramelized onion, pancetta & peas p. 146
- penne alla puttanesca and shrimp p. 147
- orecchiette with broccoli raab and anchovies p. 148
- orecchiette with mussels & mint p. 150



spaghetti with summer tomato sauce

SERVES 4

- 1 lb. dried spaghetti or other pasta**
Kosher salt
- 2½ cups Summer Tomato Sauce**
(recipe on the facing page)
- 2 Tbs. chopped fresh basil leaves**
Freshly grated Parmigiano-Reggiano, for serving

Serve the fresh tomato sauce over pasta the first night you make it; you'll have plenty left for three more great weeknight meals.

Cook the pasta in boiling salted water according to the package directions; drain. In a small saucepan, heat the tomato sauce over medium-low heat until just simmering. Off the heat, stir in the basil and salt to taste. Toss the pasta with the sauce and sprinkle with the Parmigiano. —*Domenica Marchetti*

PER SERVING: 300 CALORIES | 11G PROTEIN | 40G CARB | 13G TOTAL FAT | 4.5G SAT FAT | 4G MONO FAT | 2.5G POLY FAT | 0MG CHOL | 520MG SODIUM | 12G FIBER

summer tomato sauce

**MAKES ABOUT 8 CUPS SAUCE;
SERVES 4, WITH LEFTOVERS**

- 8 lb. ripe Roma tomatoes
(about 40)**
- ¼ cup extra-virgin olive oil**
- 3 medium cloves garlic, crushed**
- 2 tsp. kosher salt**

1. Bring a large pot of water to a rolling boil. Rinse the tomatoes in cold water. With a paring knife, cut an X into the bottom of each tomato. (This will make it easier to peel the tomatoes once they're blanched.) Carefully lower about 10 tomatoes into the boiling water and leave them for 20 to 30 seconds. Use a slotted spoon to move them to a large bowl filled with ice water. Continue blanching the tomatoes in batches and transferring them to the ice water.

2. Use a paring knife and your fingers to remove the skin from the tomatoes—it should peel off easily. Cut the tomatoes lengthwise into quarters, core, and remove the seeds. Coarsely chop the tomatoes and transfer them to a bowl.

3. Heat the oil and the garlic in a 5- to 6-quart heavy-duty pot over medium-low heat until the garlic begins to sizzle and very lightly browns, 3 to 4 minutes. Carefully pour in the tomatoes. Raise the heat to medium high and bring the tomatoes to a boil. Stir in the salt, reduce the heat to medium, and let the sauce simmer, stirring occasionally, until the tomatoes have broken down and the sauce has thickened, about 1 hour. Remove from the heat and discard the garlic.

fettuccine with creamy sage sauce

**SERVES 2 AS MAIN COURSE,
4 AS AN APPETIZER**

- Salt**
- 8 Tbs. unsalted butter, cut
into pieces**
- 8 large, fresh sage leaves**
- 1 cup heavy cream**
- ½ cup homemade chicken stock
or lower-salt canned chicken
broth**
- Freshly ground black pepper**
- ½ lb. dried fettuccine**
- ¼ cup freshly grated
Parmigiano-Reggiano**
- 2 oz. ricotta salata, preferably
smoked (ricotta affumicata),
cut into thin shards with a
vegetable peeler or on the side
of a box grater**

Cream sauces go well with all kinds of pasta shapes, but this sauce holds up especially well to a hearty flat ribbon pasta. Ricotta salata is a smooth, firm, pure-white Italian sheep's milk cheese. Ricotta affumicata is a lightly smoked version of the same cheese. Both are available at specialty grocery stores, cheese shops, and Italian groceries. If you can't find them, increase the amount of Parmigiano-Reggiano.

1. Bring a large pot of water to a boil; add about 1 Tbs. salt. In a large skillet, combine the butter and sage. Stir over low heat until the butter has melted. Add the cream and stock and bring to a boil; cook until the mixture lightly coats the back of a spoon, about 3 minutes. Season with salt and pepper. Remove the sauce from the heat but keep it warm.

2. Meanwhile, cook the fettuccine until al dente, 10 to 12 minutes. With tongs, lift the pasta from the pot, let it drain for a moment over the boiling water, and then add it to the sauce in the skillet. (Alternatively, drain the pasta in a colander and add it to the sauce.) Cook gently on low for a few minutes for the pasta to absorb the sauce. Remove the pasta from the heat and stir in the grated cheese; season amply with pepper. Serve in warmed bowls topped with the shaved ricotta. —*Lidia Bastianich*

PER APPETIZER PORTION: 680 CALORIES | 18G PROTEIN | 40G CARB | 50G TOTAL FAT | 31G SAT FAT | 14G MONO FAT | 2G POLY FAT | 155MG CHOL | 450MG SODIUM | 1G FIBER

spaghetti with portabellas, sage & walnuts

SERVES 4

- ¾ lb. dried spaghetti**
- 3 Tbs. extra-virgin olive oil**
- ½ cup unsalted butter**
- 3 large portabella mushroom caps, gills scraped out and discarded, caps thinly sliced and cut into 2-inch pieces**
- Kosher salt and freshly ground black pepper**
- ¾ cup loosely packed fresh sage leaves**
- ⅓ cup toasted walnuts, coarsely chopped**
- ½ cup freshly grated Parmigiano-Reggiano**

In this dish, mushrooms, sage, and walnuts turn ordinary spaghetti into the perfect fall meal. The mix is filling, flavorful, and a welcome diversion from traditional sauce.

- 1.** Bring a large pot of salted water to a boil. Add the spaghetti and cook until it's tender but still firm to the tooth, about 9 minutes. Reserve 1 cup of the pasta cooking water and then drain the pasta and set aside.
- 2.** Meanwhile, heat the olive oil and 2 Tbs. of the butter in a 12-inch skillet over medium-high heat until the butter is melted. Add the mushrooms, season with salt and pepper, and cook, stirring occasionally, until they're brown and tender, 4 to 5 minutes. Transfer the mushrooms to a bowl and set aside.
- 3.** In the same sauté pan, melt the remaining 6 Tbs. butter over medium heat. Add the sage leaves, and cook, stirring occasionally, until they darken and crisp and the flecks of milk solids in the butter are golden brown, 3 to 5 minutes. Return the mushrooms to the pan and pile in the walnuts, the cooked pasta, and ½ cup of the pasta water. Toss the pasta continuously with tongs to coat well, adding more water as needed so the pasta is moist, 1 to 2 minutes. (If your skillet isn't big enough, you can toss everything together in the pasta pot.) Season with salt and pepper, mound into bowls, and sprinkle generously with the Parmigiano. Serve immediately. —*Arlene Jacobs*

PER SERVING: 750 CALORIES | 18G PROTEIN | 72G CARB | 44G TOTAL FAT | 18G SAT FAT | 16G MONO FAT | 7G POLY FAT | 70MG CHOL | 670MG SODIUM | 5G FIBER



Cooking Pasta Properly

Help your pasta dish be its best by knowing a few of the hows and whys of cooking the pasta itself.

Stir at the start

Many pasta recipes begin like this: “Bring a large pot of water, 4 to 5 quarts, to a rapid boil.” Do you really need this much water? Well, if you’re only boiling a small amount of pasta (less than ½ lb.), you don’t need so much, but a generous pot of rapidly boiling water is helpful for several reasons: it comes back to a boil faster when you add the pasta; it makes it easier to submerge long, rigid pastas like spaghetti; and it helps to reduce sticking slightly by quickly washing away the exuding starch from the pasta surface.

To keep pasta from sticking, stir during the first minute or two of cooking. This is the crucial time when the pasta surface is coated with sticky, glue-like starch. If you don’t stir, pieces of pasta that are touching one another literally cook together.

Add salt, but not oil

While adding oil to the pasta water can prevent pasta from sticking, it’s at a great price. Pasta that’s cooked in oily water will become oily itself and, as a result, the sauce slides off, leaving you with flavorless pasta. And adding oil may keep the pasta water from bubbling up and boiling over the rim, but this can also be achieved by using a large pot and also by reducing the heat a little (but still maintaining a boil). This is a much better solution than greasing your pasta and sacrificing flavor.

Salted water flavors the pasta. A generous amount of salt in the water seasons the pasta internally as it absorbs liquid and swells. The pasta dish may even require less salt overall. For a more complex, interesting flavor, add 1 to 2 Tbs. sea salt to a large pot of rapidly boiling water.

Hot pasta absorbs more sauce

Toss hot pasta with hot sauce quickly—without rinsing it—so the pasta absorbs more sauce and flavor. As it cools, the swollen starch in the pasta crystallizes and becomes insoluble, and the pasta won’t absorb as much sauce. Just so there’s no delay, always prepare the sauce first in a large skillet, even if it’s simply olive oil, garlic, and pepper flakes. The second the pasta is done, scoop it out of the water with a big ladle-type strainer or spider. Let the pasta drain over the pot for a few seconds, and then dump it into the hot sauce, stir well, and set a lid on the skillet. Let the pasta sit, covered, to absorb the sauce for a minute or two, and then remove the lid, stir again, and serve instantly.

Starch-enriched cooking water thickens the sauce

Rinsing the pasta after cooking is a bad idea for a couple of reasons. It can cool the pasta and prevent absorption of a sauce, and it can wash away any remaining surface starch, which at this point in the cooking can work to your advantage. The small amount of starch left on the pasta by the cooking water can thicken your sauce slightly. —*Shirley Corriher*



orecchiette with brussels sprouts, gorgonzola & brown butter pecans

SERVES 4 TO 6

Kosher salt

20 oz. Brussels sprouts, trimmed (4 cups)

3½ Tbs. extra-virgin olive oil

Freshly ground black pepper

1 lb. dried orecchiette

1½ Tbs. unsalted butter

½ cup coarsely chopped pecans

2 large shallots, minced (¾ cup)

¾ cup heavy cream

4 oz. Gorgonzola, crumbled (1 cup)

1 Tbs. freshly squeezed lemon juice

For a sweet, nutty flavor, roast the Brussels sprouts until they're just this side of charred.

1. Position a rack in the lower third of the oven, set a heavy rimmed baking sheet on the rack, and heat the oven to 500°F. Bring a large pot of well-salted water to a boil over high heat.

2. In a food processor fitted with the medium (4 mm) slicing disk, slice the Brussels sprouts. Transfer them to a large bowl, drizzle with the oil, sprinkle with 1¼ tsp. salt and ½ tsp. pepper, and toss until well coated. Remove the hot baking sheet from the oven and spread the Brussels sprouts on it in a single layer. Roast, stirring once about halfway through the cooking time, until the Brussels sprouts are tender and flecked with charred bits, 15 to 20 minutes.

3. Meanwhile, cook the orecchiette according to package directions until just al dente.

4. In a medium heavy-duty skillet, melt ½ Tbs. of the butter over medium heat. Add the pecans and cook, stirring frequently, until the butter is deeply browned and the pecans are toasted, about 3 minutes. Transfer to a plate and set aside.

5. Melt the remaining 1 Tbs. butter in the skillet over medium heat. Add the shallots and cook, stirring occasionally, until softened, 2 to 3 minutes. Add the cream and bring to a simmer. Off the heat, add 3 oz. (¾ cup) of the Gorgonzola and stir until melted.

6. Drain the orecchiette and return it to the pot. Add the Brussels sprouts, Gorgonzola sauce, and lemon juice and toss well. Serve, sprinkled with the pecans and the remaining Gorgonzola. —*Dawn Yanagihara*

PER SERVING: 670 CALORIES | 19G PROTEIN | 67G CARB | 36G TOTAL FAT | 14G SAT FAT | 15G MONO FAT | 4.5G POLY FAT | 70MG CHOL | 700MG SODIUM | 8G FIBER



fettuccine with green beans and walnut-parsley pesto

SERVES 6

- Kosher salt and freshly ground black pepper**
- 10 oz. fresh green beans, rinsed, trimmed, and snapped in half**
- 1 lb. dried fettuccine**
- 1 cup Walnut-Parsley Pesto (recipe below)**
- 10 oil-packed sun-dried tomatoes, thinly sliced**
- 2 tsp. freshly squeezed lemon juice; more to taste**
- 6 Tbs. freshly grated Parmigiano-Reggiano**

The blend of vibrant ingredients in this pesto adds layers of flavor to the dish.

Bring a large pot with 4 quarts water and 1 Tbs. salt to a boil. Add the green beans and cook until just tender, 3 to 4 minutes. Using a slotted spoon, transfer the beans to a large bowl, cover with cold water, and then drain. Return the cooking water to a boil and cook the dried fettuccine to al dente, about 10 minutes (if fresh, cook for 2 to 4 minutes). Drain and transfer to a large serving bowl. Add the beans, pesto, sun-dried tomatoes, lemon juice, 1 tsp. salt, and several grinds of pepper; toss well. Taste and add more salt, pepper, and lemon juice, if you like. Serve immediately with a sprinkling of the cheese. —*Tony Rosenfeld*

PER SERVING: 500 CALORIES | 18G PROTEIN | 60G CARB | 22G TOTAL FAT | 5G SAT FAT | 10G MONO FAT | 7G POLY FAT | 10MG CHOL | 850MG SODIUM | 6G FIBER

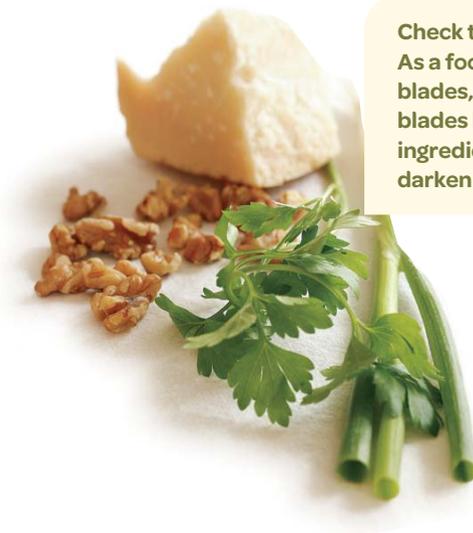


walnut-parsley pesto

MAKES ABOUT 2 CUPS

- 2 cups loosely packed, coarsely chopped fresh flat-leaf parsley (from 1 or 2 bunches)**
- 1 cup coarsely chopped walnuts, toasted and cooled**
- ¾ cup freshly grated Parmigiano-Reggiano**
- 1 cup thinly sliced scallions (white and green parts from about 6 medium scallions)**
- Kosher salt and freshly ground black pepper**
- ½ cup extra-virgin olive oil**
- 2 tsp. freshly squeezed lemon juice; more to taste**

Put the parsley, walnuts, cheese, scallions, and 1 tsp. salt in a food processor. Turn on the machine and slowly pour the olive oil in through the feed tube. Process until the mixture comes together into a thick paste. With the machine running, add the lemon juice and 3 to 4 Tbs. water to thin the mixture to a thick, paste-like consistency. Adjust the seasoning with salt, pepper, and more lemon juice to taste.



Check the blades on your food processor. As a food processor ages, so do its blades, which begin to dull with use. Blunt blades bruise herbs and other pesto ingredients, causing them to oxidize and darken quickly.

risotto-style pasta with peas and mushrooms

SERVES 2 OR 3 AS A MAIN COURSE OR 4 AS A SIDE DISH

- ¾ oz. dried porcini or dried shiitake mushrooms**
- 2½ to 3 cups lower-salt canned chicken broth**
- 2 Tbs. extra-virgin olive oil**
- 1 small red onion, finely diced**
Kosher salt and freshly ground black pepper
- ½ lb. dried elbows**
- 1 cup frozen peas**
- ½ cup grated Parmigiano-Reggiano**
- 2 Tbs. unsalted butter**
Grated zest of 1 lemon
- 12 fresh basil leaves, torn into large pieces**

Frozen peas are usually picked when they're young and tender and taste sweet, making them a terrific alternative to fresh peas.

- 1.** Soak the dried mushrooms in 1 cup boiling water until they soften, about 10 minutes. Heat the chicken broth in a medium saucepan over low heat. Transfer the mushrooms to a cutting board and chop very coarsely. Slowly pour off the mushroom soaking liquid into the chicken broth, leaving any sediment behind.
- 2.** Heat the oil in a large saucepan over medium-high heat for 30 seconds. Add the onion; season generously with salt and pepper. Cook, stirring, until the onion is soft and translucent, about 3 minutes. Add the pasta and cook, stirring, until it browns in places and is coated evenly with the oil, about 1 minute. Add the mushrooms and 1 cup of the broth; stir well. When the broth reaches a boil, reduce the heat so that it simmers gently. When the broth is almost completely absorbed, continue to add broth in ½-cup increments, stirring until it's almost completely absorbed before adding more. After the third addition is absorbed, toss in the peas and continue adding broth and stirring until the pasta is just tender, about 14 minutes total (you may not need to use all of the broth). Remove the pan from the heat. Stir in the Parmigiano, butter, half of the lemon zest, and half of the basil. Taste and add more lemon zest, salt, or pepper if you like. Serve immediately with the remaining basil sprinkled on top. —*Tony Rosenfeld*

PER SERVING: 440 CALORIES | 16G PROTEIN | 57G CARB | 17G TOTAL FAT | 7G SAT FAT | 8G MONO FAT | 1G POLY FAT | 25MG CHOL | 500MG SODIUM | 5G FIBER



spicy capellini

SERVES 6

- ½ cup olive oil
- 8 slices bacon, chopped
- 2 medium onions, thinly sliced
- 10 peperoncini, drained, seeded and chopped
- 3 cups crushed peeled Italian tomatoes (about one 35-oz. can, drained)
- ¼ tsp. kosher salt
- 1 lb. dried capellini
- ¾ cup freshly grated Parmigiano-Reggiano
- ½ cup chopped fresh flat-leaf parsley (optional)

You can find peperoncini—hot, pickled peppers also known as Tuscan peppers—in the supermarket near the pickles and relishes or with other imported Italian products.

1. In a large, nonreactive skillet, heat 3 Tbs. of the olive oil over medium heat. Add the bacon and cook until lightly browned, about 10 minutes. Add the onions and cook, stirring occasionally, until golden, about 15 minutes. Add the peperoncini, tomatoes, and salt, and simmer for about 10 minutes.

2. Meanwhile, bring 4 quarts salted water to a boil. Add the pasta and cook until al dente, about 3 minutes. Drain the pasta and toss it with the remaining oil. Stir in the sauce. Add the Parmigiano, toss well, and serve immediately, garnished with the parsley, if using. —*Lidia Bastianich*

PER SERVING: 640 CALORIES | 19G PROTEIN | 61G CARB | 35G TOTAL FAT | 11G SAT FAT | 18G MONO FAT | 3G POLY FAT | 30MG CHOL | 860MG SODIUM | 5G FIBER



spaghetti with mushroom cream sauce

SERVES 4

- 12 oz. dried spaghetti**
 - Kosher salt**
- 1 Tbs. extra-virgin olive oil**
- 1 Tbs. unsalted butter**
- 1 large shallot, finely chopped**
- 1 lb. mixed mushrooms, cleaned, trimmed, and sliced ¼ inch thick**
 - Freshly ground black pepper**
- 2 Tbs. tawny port**
- ½ cup heavy cream**
- ½ cup sour cream**
- 3 Tbs. chopped fresh parsley or 2 Tbs. chopped fresh tarragon**
 - Grated Parmigiano-Reggiano, for serving**

This easy pasta gets complex flavor from a combination of mushrooms (try a mix of cremini, shiitake, black trumpet, portabella, and chanterelle), cream, and a secret ingredient—tawny port.

- 1.** Over high heat, cook the spaghetti in a large pot of boiling salted water according to the package directions until al dente.
- 2.** Meanwhile, heat the oil and butter in a 12-inch skillet over medium-high heat. Add the shallot and cook, stirring, until it just begins to color, 1 to 2 minutes. Add the mushrooms, ¾ tsp. salt, and a few grinds of pepper and stir constantly until the mushrooms begin to release their liquid, about 3 minutes. Lower the heat to medium and cook, stirring occasionally, until soft and lightly browned, about 5 minutes more.
- 3.** Add the port and stir to deglaze the pan. Add the cream and sour cream, bring to a simmer, and reduce the heat to medium-low. Cook, stirring frequently, until the liquid reduces to a saucy consistency, about 2 minutes.
- 4.** When the spaghetti is al dente, reserve ½ cup of the cooking water and drain the spaghetti. Add the spaghetti and the reserved water to the sauce. Toss over low heat, sprinkle with the parsley or tarragon, and toss again to combine. If the sauce seems thin, continue to toss until it has thickened a bit. Season to taste with more salt and pepper. Serve and pass the Parmigiano at the table. —*Jennifer McLagan*

PER SERVING: 590 CALORIES | 17G PROTEIN | 71G CARB | 26G TOTAL FAT | 13G SAT FAT | 8G MONO FAT | 2G POLY FAT | 60MG CHOL | 520MG SODIUM | 5G FIBER



Don't Skimp on the Salt

When you bring a pot of water to a boil to cook pasta, be sure to add a generous amount of salt. Well-salted water seasons the pasta internally as it absorbs liquid and swells. If the pasta is sufficiently salted during boiling, the pasta dish may even require less salt overall.

For 1 lb. pasta, use 4 quarts water and 2 Tbs. kosher salt—the water should taste as salty as seawater.

orecchiette with caramelized onions, green beans, fresh corn & jalapeño

SERVES 4

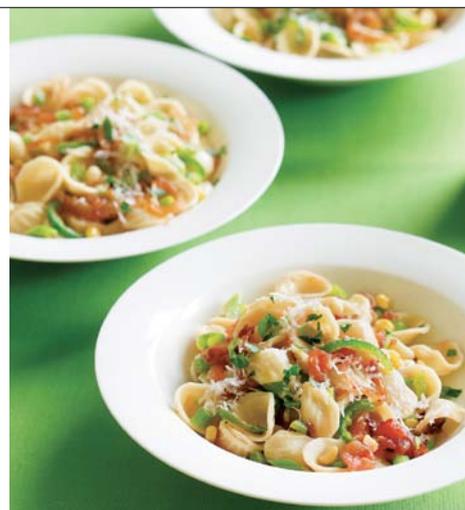
Kosher salt

- ⅓ cup extra-virgin olive oil
- 2 cups thinly sliced sweet onion (from 1 large onion)
- 1 lb. dried orecchiette
- ½ lb. fresh green beans, washed, trimmed, and sliced on the diagonal into 1-inch lengths
- 1 cup fresh corn kernels (from about 2 ears)
- 1 jalapeño, stemmed, halved lengthwise, seeded, and thinly sliced crosswise
- Freshly ground black pepper
- ¼ cup grated pecorino romano
- 1 Tbs. chopped fresh flat-leaf parsley

The flavors in this pasta build with each bite. Try it once, and it will become a summertime staple. If you can't find orecchiette, you can use farfalle instead.

1. Bring a large pot of well-salted water to a boil over high heat.
2. Heat the olive oil in a 12-inch skillet over medium-high heat. When the oil is hot, add the onion and a large pinch of salt and cook, stirring frequently, until the onion is beginning to soften and brown, about 5 minutes. Lower the heat to medium and continue cooking, stirring frequently, until the onion is very soft and light golden brown, about 15 minutes more (if the onion begins to look like it's burning, add 2 Tbs. warm water and lower the heat).
3. Put the orecchiette in the boiling water and cook until just shy of al dente, about 9 minutes. Add the green beans to the pasta water in the last minute of cooking.
4. While the pasta cooks, add the corn, jalapeño, and a pinch of salt to the onion and cook, stirring occasionally, until the corn kernels begin to soften, 3 to 5 minutes. Remove from the heat.
5. Reserve ½ cup of the pasta and green bean cooking water and drain the pasta and green beans together in a colander.
6. Return the orecchiette, green beans, and 2 Tbs. of the reserved water to the pot. Add the onion mixture and toss over medium heat until the green beans are crisp-tender and the orecchiette is perfectly al dente, 1 to 2 minutes. Add more of the pasta water as necessary to keep the dish moist. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with the pecorino and parsley. —*Scott Conant*

PER SERVING: 680 CALORIES | 19G PROTEIN | 104G CARB | 22G TOTAL FAT | 4G SAT FAT | 13G MONO FAT | 2.5G POLY FAT | 5MG CHOL | 570MG SODIUM | 8G FIBER



Pasta Water Is the Secret Ingredient

To moisten the dish and help the flavors come together, follow these steps:

- Reserve about ½ cup of the pasta-cooking water. The water contains starches released by the pasta, which will help enrich the overall dish and create a more saucy consistency.
- Drain the pasta when it's just shy of al dente. You'll briefly cook the pasta with the rest of the ingredients and the pasta water; if the pasta is slightly underdone when everything is combined, it won't overcook.
- Add the reserved pasta water to the pasta and sauce and toss. The starches in the water help the sauce cling to the pasta, which in turn acts like a sponge, absorbing the flavors.

spaghetti with pine nuts, tomato & garlic breadcrumbs

SERVES 4

- ½ cup extra-virgin olive oil
- 2 cloves garlic, minced
- 2 ½ cups fresh coarse bread-crumbs
 - Kosher salt and freshly ground black pepper
- ½ cup pine nuts, toasted
- ¾ lb. dried spaghetti
- ¼ cup raisins
- ¼ tsp. crushed red pepper flakes
- 1 pint cherry tomatoes, halved
- 6 Tbs. chopped fresh flat-leaf parsley

Toast the pine nuts on a rimmed baking sheet in the oven or in a skillet on the stovetop—just watch that they don't burn.

1. Bring a large pot of salted water to a boil.
2. Heat 2 Tbs. of the oil and half the garlic in a heavy skillet over medium high heat until the garlic is fragrant but not brown, about 30 seconds. Turn the heat to medium, toss in the breadcrumbs, season with salt and pepper, and cook, stirring often, until the crumbs brown and turn crisp, 6 to 10 minutes. Transfer to a medium bowl and stir in the pine nuts.
3. Put the pasta in the water.
4. Add 2 Tbs. of the oil to the skillet and cook the remaining garlic, the raisins, and the pepper flakes until the garlic is fragrant but not browned, about 30 seconds. Add the tomatoes, season generously with salt and pepper, and sauté for 5 minutes so they start to soften and lose their shape. Fold in all but 2 Tbs. of the parsley.
5. Finish cooking the pasta until it's just tender, about 10 minutes total. Drain the pasta, put it in a large serving bowl, and toss with the tomato mixture, half of the breadcrumbs, and 2 Tbs. of the olive oil. Taste for salt and pepper. Drizzle each serving with ½ Tbs. of the remaining oil and sprinkle with the remaining breadcrumbs and parsley. Serve immediately. —*Tony Rosenfeld*

PER SERVING: 850 CALORIES | 21G PROTEIN | 106G CARB | 39G TOTAL FAT | 6G SAT FAT | 24G MONO FAT | 7G POLY FAT | 0MG CHOL | 800MG SODIUM | 6G FIBER



rigatoni with sun-dried tomato and fennel sauce

SERVES 4

- Kosher salt**
- 2 Tbs. extra-virgin olive oil**
- 1 cup chopped fennel (about ½ medium bulb)**
- 2 medium cloves garlic, very coarsely chopped**
- 1 cup heavy cream**
- 1 cup lower-salt chicken broth**
- ⅓ cup drained oil-packed sun-dried tomatoes, very coarsely chopped**
- ¼ tsp. crushed red pepper flakes**
- 1 Tbs. Pernod (optional)**
- 1 lb. dried rigatoni**

This tasty cream sauce with a peppery kick is a great way to use up sun-dried tomatoes.

- 1.** Bring a large pot of well-salted water to a boil.
- 2.** Meanwhile, heat the olive oil in a 10- to 11-inch straight-sided sauté pan over medium heat. Add the fennel and garlic and cook, stirring occasionally, until the fennel starts to soften and brown, about 5 minutes. Stir in 1 cup water and the cream, chicken broth, sun-dried tomatoes, pepper flakes, and 1 tsp. salt. Bring to a boil, reduce the heat, and simmer briskly, uncovered, until the tomatoes are plump and soft, about 15 minutes.
- 3.** Remove from the heat and stir in the Pernod, if using. Let cool slightly and then purée in a blender until smooth. Wipe out the skillet, return the sauce to the skillet, season to taste with salt, and keep hot.
- 4.** Cook the rigatoni until just barely al dente, 1 to 2 minutes less than package instructions. Drain well and return to the pot. Add the sauce and toss over medium-low heat for a minute or two so the pasta finishes cooking and absorbs some of the sauce. —*Allison Ehri Kreidler*

PER SERVING: 760 CALORIES | 19G PROTEIN | 94G CARB | 33G TOTAL FAT | 16G SAT FAT | 13G MONO FAT | 2.5G POLY FAT | 80MG CHOL | 720MG SODIUM | 6G FIBER



how to cut fennel

Always start by cutting trimmed fennel bulbs in half lengthwise through the core. If you intend to eat the fennel raw, remove most or all of the core; if you're going to cook it, leave the core intact.

HOW TO TRIM FENNEL Cut off the fennel stalks at their base, where they join the bulb. Discard the stalks and feathery fronds or use the fronds as a garnish or salad ingredient. Lightly trim the base of the bulb. Don't remove too much of the base, or the fennel layers won't hold together when you cut the bulb into wedges. Trim away any bruised areas. If the outer layer feels tough or spongy, remove it.

WEDGES Cut each half-bulb into wedges. Thick (1½ inch) wedges are best for braising. Small (½ inch) wedges are ideal for pan-frying, slow sautéing, and roasting.

THIN SLICES Cut each bulb into quarters lengthwise, remove most or all of the core, and cut each quarter lengthwise into thin slivers (use a mandoline to make the slices paper-thin). Cut the slices into large or small dice as directed by the recipe.

baked fettuccine with asparagus, lemon, pine nuts & mascarpone

SERVES 4

- 2 Tbs. olive oil; more for the baking dish**
- 2 lb. medium-thick asparagus, ends trimmed, cut into 1-inch pieces on an angle**
- 8 scallions (white and tender green parts), cut into thin rounds**
- Finely grated zest from 2 lemons**
- Juice from 1 lemon (about 4 Tbs.)**
- A few sprigs fresh thyme or savory, leaves chopped**
- Kosher salt and freshly ground black pepper**
- 1 Tbs. unsalted butter**
- 1 Tbs. unbleached all-purpose flour**
- 1 cup whole milk**
- 1 cup mascarpone**
- 1 cup freshly grated Grana Padano**
- Small pinch of cayenne**
- Generous pinch of ground allspice**
- ¾ cup coarse fresh breadcrumbs**
- 1 lb. fresh fettuccine**
- ½ cup pine nuts, lightly toasted**

Mascarpone is a rich Italian cream cheese. It usually comes in a plastic tub and is available at most supermarkets. Grana Padano is a hard Italian grating cheese similar to Parmigiano but with a milder flavor and a lower price.



- 1.** Heat the oven to 450°F. Lightly coat a 9x13x2-inch baking dish (or four individual gratin dishes) with olive oil. Bring a large pot of salted water to a boil. Add the asparagus pieces and blanch until crisp-tender, about 2 minutes. With a large slotted spoon, transfer them to a colander, and run under cold water to preserve their green color. Drain well. Keep the water boiling for the pasta.
- 2.** In a large skillet, heat the olive oil over medium heat. Add the scallions and sauté for 1 minute to soften. Add the asparagus and sauté briefly, about 1 minute. Take the skillet off the heat and add half of the zest, the lemon juice, and the thyme or savory. Season with salt and pepper, mix well, and set aside.
- 3.** In a medium saucepan, heat the butter and flour over medium heat, whisking until smooth. Cook for 1 minute, whisking constantly, to cook away the raw taste of the flour. Add the milk and cook, whisking all the while, until it comes to a boil. Lower the heat a bit and cook until smooth and slightly thickened (to about the consistency of heavy cream), 3 to 4 minutes.
- 4.** Turn off the heat and add the remaining lemon zest, the mascarpone, and ½ cup of the Grana Padano, whisking until the mixture is fairly smooth (there will be a slight grainy texture from the cheese). Season with the cayenne, the allspice, and more salt and pepper.
- 5.** In a small bowl, combine the breadcrumbs and the remaining Grana Padano. Season with salt and pepper, add a drizzle of olive oil, and mix well.
- 6.** Return the cooking water to a full boil and cook the fettuccine, leaving it slightly underdone. Drain well. Return the fettuccine to the cooking pot. Add the pine nuts, the mascarpone sauce, and the asparagus mixture. Toss and taste for seasoning.
- 7.** Pour into the baking dish and sprinkle the breadcrumb mixture evenly over the top. Bake uncovered until bubbling and golden, 15 to 20 minutes. Serve immediately. —*Erica DeMane*

PER SERVING: 1,040 CALORIES | 39G PROTEIN | 96G CARB | 57G TOTAL FAT | 29G SAT FAT | 16G MONO FAT | 10G POLY FAT | 195MG CHOL | 770MG SODIUM | 13G FIBER

gnocchi with creamy gorgonzola sauce

**MAKES 2 SCANT CUPS SAUCE;
SERVES 6**

Kosher salt

FOR THE SAUCE

1½ cups heavy cream

½ lb. Gorgonzola dolce (soft Gorgonzola), rind removed and cheese cut into 1-inch dice, at room temperature

1½ tsp. unbleached all-purpose flour

FOR THE GNOCCHI

1 recipe Potato Gnocchi (recipe on the facing page)

⅓ cup chopped fresh flat-leaf parsley (optional)

Melt-in-your-mouth homemade gnocchi are teamed with rich Gorgonzola for a decadent-but-worth-it dish.

Bring a large pot of well-salted water to a boil over high heat.

MAKE THE SAUCE

Heat the heavy cream in a 12-inch skillet over medium-high heat until small bubbles begin to form in the middle and on the sides, 1 to 2 minutes. Add the Gorgonzola and cook, stirring, until it's completely melted, about 2 minutes. Reduce the heat to medium and whisk in the flour. Cook, stirring, until the sauce is slightly thickened, about another 3 minutes. Turn off the heat and cover to keep warm.

COOK THE GNOCCHI AND TOSS WITH THE SAUCE

To get the gnocchi into the boiling water, fold the parchment ends to form a chute and gently shake the gnocchi out, taking care not to clump them together as you drop them in. Give one gentle stir, wait until the gnocchi all float to the surface of the water, and then cook them for 1 minute. Carefully drain the gnocchi in a colander. Transfer them to the sauce and gently toss to coat. Serve immediately, topped with the parsley, if using. —*Laura Giannatempo*

PER SERVING: 590 CALORIES | 16G PROTEIN | 54G CARB | 34G TOTAL FAT | 21G SAT FAT | 7G MONO FAT | 1G POLY FAT | 155MG CHOL | 840MG SODIUM | 4G FIBER



potato gnocchi

SERVES 6

- 2 lb. russet potatoes (about 4 medium), scrubbed**
- 6¾ oz. (1½ cups) unbleached all-purpose flour; more for kneading and rolling**
- 1 tsp. kosher salt**
- 1 large egg, lightly beaten**

Classic Italian gnocchi are pressed on a fork to curl them and impart the traditional ridges. To save time, cut them in small squares and leave them as little pillows. They're a lot less fussy to make and taste just as good.

1. Put the unpeeled potatoes in a large pot. Fill the pot with enough cold water to cover the potatoes by at least 2 inches and bring to a simmer over medium-high heat. Reduce the heat to medium, partially cover the pot, and simmer the potatoes until they're completely tender and easily pierced with a skewer, 30 to 35 minutes.

2. Drain the potatoes, let them cool just enough that you can handle them, and then peel them. Cut them in half crosswise and pass them through a ricer into a large bowl. Let cool until almost at room temperature, at least 20 minutes.

3. Lightly flour a work surface. In a small bowl, mix the flour with the salt. Add the egg to the potatoes and then add the flour mixture. Mix with your hands until the flour is moistened and the dough starts to clump together; the dough will still be a bit crumbly at this point. Gather the dough together and press it against the bottom of the bowl until you have a uniform mass. Transfer it to the floured surface and wash your hands. Knead gently until the flour is fully incorporated and the dough is soft, smooth, and a little sticky, 30 seconds to 1 minute. (Don't overmix it or the gnocchi will be tough; the dough should feel very delicate.) Move the dough to one side, making sure the surface underneath it is well floured. Cover it with a clean kitchen towel.

4. Cover 2 large rimmed baking sheets with parchment and sprinkle lightly with flour.

5. Remove any lingering bits of dough from your work surface and lightly re-flour the surface. Tear off a piece of dough about the size of a large lemon and put the towel back on the rest of the dough so it doesn't dry out.



6. With the palms of both hands, roll the dough piece on the floured surface into a rope about ¾ inch in diameter. With a sharp knife or a bench knife, cut the rope crosswise every ¾ inch to make roughly ¾-inch-square gnocchi. Arrange the gnocchi in a single layer on the prepared baking sheets, making sure they don't touch. Repeat until you run out of dough, re-flouring the work surface as needed. When all the gnocchi have been cut and spread out on the baking sheets, sprinkle them with a little more flour. If you're going to use the gnocchi within 2 to 3 hours, they can sit out on the counter.

Make Ahead

You can serve freshly made gnocchi right away or within a couple of hours, or freeze them for later use. Don't refrigerate fresh gnocchi for more than 2 or 3 hours, as they tend to ooze water and become soggy.

orecchiette with tomatoes, basil & ricotta salata

SERVES 4

1 Tbs. salt

1 recipe **Basic Orecchiette**
(recipe on the facing page)

3 **medium ripe tomatoes,**
peeled, seeded, and coarsely
chopped

2 **large cloves garlic, minced**

2 Tbs. **extra-virgin olive oil**

Salt and freshly ground
black pepper to taste

½ **cup tightly packed fresh basil**
leaves, sliced into thin strips

¼ **cup crumbled ricotta salata**

Ricotta salata is a firm, slightly salty cheese that's becoming more available in grocery stores. If you can't find it, try feta instead.

1. Bring a large pot of water to a boil. Add the salt and orecchiette and cook until done, about 8 minutes for freshly made or about 20 minutes for dried.

2. Meanwhile, combine the tomatoes, garlic, and olive oil in a large bowl. Season with salt and pepper, but keep in mind that the cheese will add more saltiness. (This sauce can be kept at room temperature for several hours and will get more garlicky as it sits.) When the pasta is cooked, drain it and toss it with the tomato mixture. Sprinkle with the basil and cheese and serve immediately. —*Natalie Danford*

PER SERVING: 440 CALORIES | 13G PROTEIN | 73G CARB | 10G TOTAL FAT | 2G SAT FAT | 6G MONO FAT | 1G POLY FAT | 10MG CHOL | 420MG SODIUM | 5G FIBER

handling basil

This sun-loving herb is vigorous in the garden, but once cut, it's fragile and susceptible to bruising, so careful handling and storing are a must. Your knife should be especially sharp when cutting herbs to avoid bruising the tender leaves. We've heard of many ways of cutting basil to keep the edges from blackening, from slicing the leaves vertically to drawing the knife toward you as you cut. A sharp knife really does make all the difference: The less you mash, the less you'll damage the leaf. If it's appropriate for your recipe and you have the time, gently tearing the leaves instead of cutting them is a nice alternative and seems to reduce blackening.



basic orecchiette

SERVES 4

6 oz. (1 cup) semolina flour

6¾ oz. (1½ cups) unbleached all-purpose flour; more for shaping the dough

¾ cup warm water

Slicing and mincing basil



To create fine shreds, stack leaves atop one another and roll into a tight tube. (For smaller leaves, bunch as tightly together as possible before cutting.) Cut the rolled leaves using a single swift, smooth stroke for each slice. The width is up to you. This is known as a chiffonade.



To mince basil, turn the chiffonade slices (keeping them together with a gentle pinch) and make a few perpendicular cuts as wide or as narrow as you like. Don't go back over the basil as you might when finely chopping parsley.

This dough comes out best if you work the water in very slowly; don't try to bring in too much flour at one time. Flour amounts are listed by weight (ounces) and by volume (cups); use either measurement.



1. In a bowl, whisk the flours together well. Mound the flour on a work surface, make a deep well in the center, and pour 2 Tbs. of the water in the center. With two fingers, stir in a little flour from the walls of the well. When the water is absorbed and a paste formed, repeat with more water until you have a soft but not sticky dough.

2. Knead the dough on a lightly floured surface until it's smooth and supple, 7 to 8 minutes. If it crumbles during kneading, wet your hands to moisten the dough slightly. Cut off a golf ball-size chunk of dough; cover the rest with plastic wrap. Roll the chunk into a cylinder about 1 inch in diameter. With a very sharp knife, slice the cylinder into disks about ⅛ inch thick.

3. Pick up a disk. If it's squashed from cutting, squeeze it slightly between your thumb and index finger to return it to a circular shape. Put the disk in the palm of one hand and press down on it with the thumb of your other hand. Swivel your hand (not your thumb) twice to thin the center of the ear, leaving the rim a little thicker. If the dough sticks to your thumb, dip your thumb in a little flour as you work. Repeat with the rest of the dough. As you finish the disks, lay them on a clean dishtowel. When you've shaped an entire cylinder, sprinkle a little flour over the ears and repeat the process with a new chunk of dough. Use immediately, or dry the pasta for later use.

PER SERVING: 330 CALORIES | 10G PROTEIN | 67G CARB | 1G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 0.5G POLY FAT | 0MG CHOL | 0MG SODIUM | 3G FIBER



fettuccine with artichokes, hazelnuts & cream

SERVES 4

- Kosher salt**
- 2 Tbs. unsalted butter**
- 2 Tbs. extra-virgin olive oil**
- 1 small yellow onion, minced**
- 4 large artichoke bottoms, halved, in lemon water (see p. 195)**
- Freshly ground black pepper**
- 1 cup homemade chicken broth (or equal parts water and lower-salt canned broth)**
- 1 cup heavy cream**
- ½ cup coarsely chopped toasted hazelnuts**
- 2 Tbs. minced fresh flat-leaf parsley; more for garnish**
- 1 lb. dried fettuccine**

Serve with a crisp salad and a fruity white wine like a Fume Blanc.

1. Put a large pot of salted water on to boil over high heat. Heat the butter and olive oil in a 12-inch skillet over moderately low heat. Add the onion and cook until softened, about 10 minutes. Meanwhile, cut each artichoke half into very thin wedges (about 8 per half). Return the wedges to the lemon water. When the onion is soft, drain the artichokes and add them to the skillet. Season with salt and pepper; stir to coat. Cover and reduce the heat to low. Cook until the artichokes are tender, 20 to 30 minutes. Check occasionally to be sure they're not burning or sticking; adjust the heat accordingly and add a tablespoon or two of water if necessary to prevent burning. Add the broth, cream, hazelnuts, and 2 Tbs. parsley to the skillet and bring to a simmer over medium-high heat. Simmer until thickened slightly, 8 to 10 minutes. Taste and adjust the seasonings.

2. While the sauce is reducing, cook the pasta in the boiling water until al dente. Set aside 1 cup of the pasta water, drain the pasta, and return it to the warm pot. Add the sauce to the pasta and toss well. If the sauce is too thin, return the pot to medium heat and cook until the pasta absorbs most of it. If the pasta seems dry, moisten with some of the reserved water. Serve immediately in warm bowls, garnishing each portion with a little more parsley.

—*Janet Fletcher*

PER SERVING: 920 CALORIES | 34G PROTEIN | 98G CARB | 46G TOTAL FAT | 19G SAT FAT | 20G MONO FAT | 4G POLY FAT | 95MG CHOL | 680MG SODIUM | 13G FIBER

how to toast hazelnuts

Spread the nuts in a single layer on a baking sheet and toast in a 375°F oven until the skins are mostly split and the nuts are light golden brown (the skins will look darker) and fragrant, about 10 minutes. Don't overtoast or the nuts will become bitter. Wrap the hot nuts in a clean dishtowel and let them sit for 5 to 10 minutes. Then vigorously rub the nuts against themselves in the towel to remove most of the skins. Try to get at least half of the skins off. This may take a lot of rubbing, so be persistent.

spaghetti with creamy braised garlic and leeks

SERVES 4

2 Tbs. unsalted butter

1 Tbs. extra-virgin olive oil

6 medium leeks (white and light green parts), halved and sliced crosswise into ½-inch pieces (10 cups)

10 medium cloves garlic, halved
Kosher salt and freshly ground black pepper

½ cup dry white wine

1 cup lower-salt chicken broth

12 oz. dried spaghetti

½ cup heavy cream

½ oz. grated pecorino romano (½ cup)

¼ cup chopped fresh flat-leaf parsley

Braising the garlic in this recipe takes away some of its punch, rendering it sweet and ultratender.

1. Heat the butter and oil in a 12-inch skillet over medium-high heat until the butter has melted. Add the leeks, garlic, ½ tsp. salt, and ¼ tsp. pepper and cook, stirring often, until the leeks begin to brown, 3 to 5 minutes. Add the wine and simmer until reduced by half, about 1 minute. Add the chicken broth and bring to a simmer. Reduce the heat to low and press a 12-inch-round piece of parchment over the leek mixture to cover completely. Cover the skillet and cook, stirring occasionally (you will have to lift the parchment), until the leeks are very soft but not falling apart and the garlic is very soft, about 40 minutes.

2. Meanwhile, bring a large pot of well-salted water to a boil and cook the spaghetti according to package directions until al dente. Drain, reserving ½ cup of the pasta cooking water.

3. Uncover the skillet and remove the parchment. Stir in the cream and cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes. Add the cooked pasta and toss. If necessary, add the reserved pasta water 1 Tbs. at a time to make a silky sauce that clings to the pasta.

4. Off the heat, stir in the cheese and parsley. Season to taste with salt and pepper, and serve. —*Samantha Seneviratne*

PER SERVING: 650 CALORIES | 17G PROTEIN | 87G CARB | 24G TOTAL FAT | 12G SAT FAT | 8G MONO FAT | 2G POLY FAT | 60MG CHOL | 540MG SODIUM | 6G FIBER

All about Leeks

The flavor of a leek is like an onion but more herbaceous, though not like any herb in particular. Leeks add both sweetness and vegetable flavor, which is why they bring such depth and complexity to a dish.

Choosing

When buying leeks, look for firm, undamaged stalks and fresh-looking, brightly colored tops. The darker the tops, the older and tougher the leeks. You want leeks with as much white stalk as possible.

Storing

Wrapped in a damp paper towel and stored in a plastic bag in the refrigerator, leeks will last for at least a week.



gnocchi with brown butter, sage & parmigiano

**SERVES 6 TO 8
AS A FIRST COURSE**

Kosher salt

¼ lb. (½ cup) unsalted butter

24 medium fresh sage leaves

½ lemon

**1 recipe Potato Gnocchi
(recipe p. 63)**

**Parmigiano-Reggiano, for
grating**

This sauce demonstrates how simple can be spectacular—be sure to use high-quality ingredients. The recipe is easily halved.

1. Bring a large pot of well-salted water to a boil over high heat.

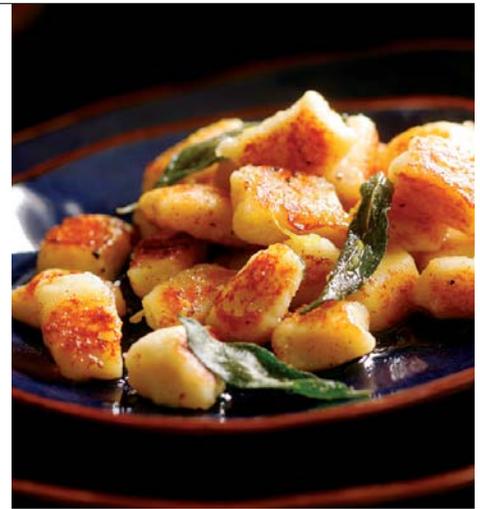
2. Heat a large skillet over high heat and add the butter. (If you're making the entire recipe, work in batches or in 2 skillets.) Raise the heat and add the sage leaves, swirling them in the butter.

3. Brown the butter (without burning it) to a deep amber, crisping the sage leaves during this process. You'll see darker flecks of butter solids; this is fine. Add a squeeze of lemon and take the pan off the heat.

4. To get the gnocchi into the boiling water, fold the parchment ends to form a chute and gently shake the gnocchi out, taking care not to clump them together as you drop them in. Give one gentle stir, wait until the gnocchi all float to the surface of the water, and then cook them for 1 minute.

5. Carefully drain the gnocchi in a colander and toss them into the pan. Season with a little salt. Gently toss the gnocchi in the browned sage butter, stirring occasionally to make sure none is sticking to the bottom. Portion onto warmed plates, drizzling any remaining brown butter over the pasta. Grate the Parmigiano over each portion and serve at once. —*Laura Giannatempo*

PER SERVING: 330 CALORIES | 7G PROTEIN | 41G CARB | 16G TOTAL FAT | 10G SAT FAT | 5G MONO FAT | 1G POLY FAT | 70MG CHOL | 640MG SODIUM | 2G FIBER



linguine with roasted asparagus and almond pesto

SERVES 4 TO 6

Kosher salt

¾ lb. asparagus, trimmed

2 cups grape tomatoes

¼ cup extra-virgin olive oil

½ cup sliced almonds

¼ cup fresh basil leaves

**2 Tbs. finely grated
Parmigiano-Reggiano**

Freshly ground black pepper

1 lb. dried linguine

This pesto recipe doubles easily; keep any extra in a sealed container in the refrigerator for up to a week. It's delicious on crostini for a quick bite or served with roast chicken or salmon.

1. Position racks in the upper and lower thirds of the oven and heat the oven to 425°F. Bring a large pot of well-salted water to a boil over high heat.

2. Arrange the asparagus in a single layer on one-half of a large rimmed baking sheet. Arrange the tomatoes on the other half of the sheet. Drizzle both with 1 Tbs. of the oil, season with ¼ tsp. salt, and toss to coat. Roast on the top rack until the tomatoes have collapsed and the asparagus are bright green, about 20 minutes.

3. While the vegetables roast, put the almonds on another rimmed baking sheet and toast on the bottom rack, stirring occasionally, until fragrant and lightly browned, 10 to 12 minutes.

4. Reserve 1 heaping Tbs. of the almonds for garnish and put the remaining almonds in a food processor. Remove the tips from the asparagus and set aside. Roughly chop the remaining asparagus and add to the food processor along with the basil, cheese, ½ tsp. salt, and the remaining 3 Tbs. olive oil. Pulse until a coarse paste forms, about 10 seconds. Season to taste with salt and pepper and transfer to a large serving bowl.

5. Cook the linguine in the boiling water according to package directions until al dente. Drain the pasta and reserve ½ cup of the pasta cooking water. Add the pasta to the pesto and toss to coat. If necessary, add some or all of the reserved cooking water to loosen the pesto to a saucy consistency. Garnish with the tomatoes, asparagus tips, and reserved almonds, and serve.

—Allison Fishman

PER SERVING: 430 CALORIES | 14G PROTEIN | 61G CARB | 15G TOTAL FAT | 2G SAT FAT | 9G MONO FAT | 2.5G POLY FAT | 0MG CHOL | 390MG SODIUM | 5G FIBER

cool penne with olives, capers & feta

SERVES 6

Kosher salt

12 oz. dried penne

7 Tbs. extra-virgin olive oil

7 Tbs. red-wine vinegar

2 cloves garlic, minced

Freshly ground black pepper

1 Tbs. chopped fresh oregano

1 cup thinly sliced red onion

**¾ cup pitted Kalamata olives,
very coarsely chopped**

5 Tbs. drained capers

**1 small green bell pepper, thinly
sliced**

**1 small yellow or orange bell
pepper, thinly sliced**

**1 pint tiny cherry tomatoes (red
or yellow or a mix) or grape
tomatoes, halved or quartered**

8 oz. feta, crumbled

**Fresh oregano sprigs, for
garnish**

The bright Mediterranean flavors in this pasta make it a terrific accompaniment to grilled full-flavored fish such as bluefish, mackerel, or salmon.

1. In a large pot, bring 6 quarts water and 2 Tbs. salt to a boil. Add the penne and cook until al dente, 10 to 12 minutes. Drain the pasta and toss it immediately with 1 Tbs. of the olive oil. Let it cool completely in the refrigerator.

2. In a large bowl, whisk the remaining 6 Tbs. olive oil with the vinegar and garlic. Season to taste with salt and pepper. Add the penne, the chopped oregano, onion, olives, capers, bell peppers, and cherry tomatoes. (At this point, you can refrigerate the pasta for up to a few hours.) To serve, add the feta and stir until just combined. Taste and season with salt and pepper. Turn the pasta into a serving bowl and garnish with the oregano sprigs. —*Joanne Weir*

PER SERVING: 520 CALORIES | 14G PROTEIN | 49G CARB | 30G TOTAL FAT | 8G SAT FAT | 17G MONO FAT | 3G POLYFAT | 35MG CHOL | 1,110MG SODIUM | 4G FIBER

All about Capers

Capers are the flower buds of a prickly shrub that grows all over the Mediterranean. Some caper shrubs are cultivated, but most grow wild, and the harvesting is done by hand. Eaten raw, capers are bitter, but once cured, they develop an intense flavor that is all at once salty, sour, herbal, and slightly medicinal. If the buds are allowed to blossom and go to seed, they become caper berries, which are also packed in brine and can be added to salads or eaten out of hand like olives.

How to buy

Capers come in a range of sizes. The smallest size (nonpareil) is said by some to be the best; others prefer larger capers for their bolder, more interesting flavor.

In addition to size, there's the choice between vinegar-brined and salt-packed capers. Brined capers have the advantage of an almost indefinite shelf life, but the vinegar sharpens their flavor. Salted capers have a pure flavor, but they don't last as long because the salt eventually pulls out all their moisture. Look for clean white salt; yellowing salt is a sign of age. All capers should be refrigerated after opening.

How to use

Rinse brined capers before using. Salt-packed capers are too salty to be eaten straight from the jar; soak them in cool water for about 15 minutes and rinse in several changes of water. If the capers are large, you can chop them roughly unless you want a big burst of caper flavor.



orecchiette with romesco sauce and roasted red peppers

SERVES 6

- Kosher salt**
- 12 oz. dried orecchiette**
- 6 Tbs. extra-virgin olive oil**
- 3 red bell peppers, roasted**
- 1 slice coarse-textured white bread**
- ¼ cup skinned almonds**
- 1 cup fresh or canned peeled, seeded, chopped, and drained tomatoes**
- 1 clove garlic, minced**
- 2 tsp. sweet paprika**
- ½ tsp. crushed red pepper flakes**
- 4 Tbs. Spanish sherry vinegar**
- Freshly ground black pepper**
- ¼ cup coarsely chopped fresh flat-leaf parsley; more whole leaves for garnish**

This spicy pasta is terrific on its own, but it's also a perfect with grilled shrimp, flank steak, or pork tenderloin. For steak or pork, grill the meat in one piece, and then slice it and lay it over the pasta to let the juices blend in.

1. In a large pot, bring 6 quarts water and 2 Tbs. salt to a boil. Add the orecchiette and cook until al dente, 10 to 12 minutes. Drain the pasta and toss it immediately with 1 Tbs. of the olive oil. Let the pasta cool completely in the refrigerator. Peel and seed the roasted peppers and cut them into 1-inch pieces.

2. Heat 1 Tbs. of the olive oil in a small skillet over medium heat. Add the bread and fry, turning occasionally, until golden on both sides. Transfer the bread to a food processor. In the same skillet over medium heat, fry the almonds, stirring until golden, about 2 minutes. Add the almonds, tomatoes, garlic, paprika, and red pepper flakes to the processor and pulse several times. In a small bowl, combine the vinegar with the remaining 4 Tbs. olive oil. With the processor running, gradually pour in the olive oil mixture until well combined and smooth. Season with salt and pepper. Let sit for 1 hour before using.

3. In a large bowl, toss together the orecchiette, peppers, sauce, and the chopped parsley. Season to taste with salt and pepper. (At this point, the pasta can be held for a few hours in the refrigerator, if you like.) Put the pasta in a serving bowl and garnish with the parsley leaves (and grilled shrimp or sliced grilled meat, if using). —*Joanne Weir*

PER SERVING: 380 CALORIES | 9G PROTEIN | 47G CARB | 17G TOTAL FAT | 2G SAT FAT | 12G MONO FAT | 2G POLY FAT | 0MG CHOL | 290MG SODIUM | 3G FIBER

how to roast bell peppers

There are two simple methods for roasting peppers to bring out their deep, rich flavor and soft texture.



SLOW-ROASTING IN THE OVEN Put the peppers on a rimmed baking sheet and roast them in a 400°F oven, turning occasionally, until they get browned all over, 45 to 60 minutes. Remove the peppers from the oven, cover with a dishtowel, and set aside to cool.



ROASTING OVER A FLAME This method results in a slightly firmer pepper, which is what you want when adding body to a dish, like pasta. Heat a gas grill to high or prepare a charcoal grill fire. Cut the tops and bottoms from the peppers and cut the peppers into 3 or 4 flat pieces, discarding the tops, seeds, and ribs. Grill the pepper sides and bottoms skin side down until blistered and charred all over, 6 to 8 minutes. (You can also char them over the flame of a gas stove or under a broiler.) Put the peppers in a bowl and cover with a plate. Let sit until cool enough to handle. Peel the charred skin and discard.

sicilian vegetable lasagne

MAKES THREE 4-SERVING LASAGNES

- 6 yellow or red bell peppers**
- ¼ cup extra-virgin olive oil; more as needed**
- 1 large onion, very finely chopped**
- 6 cloves garlic, finely chopped**
- ½ cup finely chopped fresh flat-leaf parsley**
- 16 anchovy fillets (preferably salt-packed), rinsed**
- 4 28-oz. cans tomatoes, drained, seeded, and chopped (already diced is fine)**
- ¾ cup pitted and chopped imported green olives**
- ¾ cup pitted and chopped imported black olives**
- ½ cup capers, rinsed, chopped if large**
- 2 Tbs. dried oregano**
Salt and freshly ground black pepper to taste
- 3 eggplant (about 1½ lb. each), peeled and sliced crosswise ¾ inch thick**
Olive oil, for roasting the eggplant
- 2½ lb. fresh mozzarella, sliced as thinly as possible**
- 2¼ cups freshly grated Parmesan, preferably Parmigiano-Reggiano**
- 1 lb. instant (no-boil) lasagna noodles**
Chopped fresh flat-leaf parsley, for serving

This Sicilian recipe from Catania, called lasagne alla Catanese, is typical of the baroque dishes of eastern Sicily. It's considered baroque because its flavors are luscious, fanciful, and somewhat over the top. Roasting the eggplant takes some time, especially if you have one oven, not two, but the time is largely unattended. You can also pan-fry the eggplant or grill it.

- 1.** Char the bell peppers over a gas flame, on a grill, or under the broiler until the skins are blackened all over. Seal the peppers in a bag or a bowl to steam for 10 minutes. Peel, seed, and chop the peppers.
- 2.** Heat the ¼ cup of olive oil in a deep, heavy-based pot over medium-high heat. Add the onion, garlic, parsley, anchovies, and the chopped roasted bell peppers and cook, stirring frequently, until the anchovies have melted, about 10 minutes.
- 3.** Reduce the heat to medium low and add the tomatoes, olives, capers, oregano, and 1 cup water. Season with salt and pepper. Simmer, stirring occasionally, until the sauce thickens, 45 minutes. This will yield about 12 cups of sauce.
- 4.** Heat the oven to 450°F. Line several baking sheets with parchment; lightly oil the parchment. Arrange the eggplant slices in one layer on the parchment; you may need to do this in batches. Brush the slices liberally with more olive oil and sprinkle lightly with salt. Roast until the slices are lightly browned and somewhat shrunken, 20 to 25 minutes.
- 5.** Reduce the oven heat to 400°F. Lightly oil three 9x9x2- or 8x8x2-inch square metal or ceramic baking pans (disposable pans are also fine) and cover the bottom of each with a layer of pasta. Sprinkle some of the Parmesan over the pasta. Top with a layer of eggplant slices. Spoon some of the sauce over the eggplant to amply cover, about 1 cup. Top with a layer of mozzarella and another sprinkling of the Parmesan. Continue in this order—pasta, Parmesan, eggplant, sauce, mozzarella, Parmesan—finishing with a layer of pasta, some sauce, and the Parmesan. You should be able to easily get four layers into each pan; if you have extra components, you can add another layer to one or more of the lasagne.
- 6.** Seal the pans with aluminum foil, tented so it doesn't stick to the cheese. Bake until a knife inserted in the center of each lasagne comes out very hot and the pasta is tender, 40 to 45 minutes. Let sit for 10 minutes before serving or cool completely on a rack before freezing. Sprinkle the lasagne with parsley before serving. Defrost frozen lasagne overnight in the refrigerator and then bake at 400°F for about 1 hour. —*Clifford Wright*

PER SERVING: 680 CALORIES | 41G PROTEIN | 65G CARB | 31G TOTAL FAT | 14G SAT FAT | 13G MONO FAT | 4G POLY FAT | 50MG CHOL | 1,500MG SODIUM | 13G FIBER



No-Boil Lasagna Really Works

Instant, or no-boil, lasagna eliminates one of the more tedious steps of making a lasagna: boiling all those unwieldy sheets of pasta. The square dried pasta sheets fit easily into the baking pan. (At least one pasta maker, Delverde, includes a few disposable baking pans with its sheets.) The smaller strips of instant lasagna also work well; you'll just need to overlap them slightly to fit in the pan.

Fresh pasta is another option. Some supermarkets, Italian markets, and some restaurants sell sheets of fresh pasta. If the pasta is very thin, there's no need to boil it first. If you make your own pasta, use the roller to make very thin strips, which is easier than trying to roll a square by hand.



Dried pasta sheets swell to fit the pan. Don't worry if they look too small at first, but do trim fresh pasta close to the pan sides; it swells less.



A teaspoon works well to spread the chunky sauce all the way to the edges. Be sure the sheet is well coated: Bare spots won't become tender.

gemelli with asparagus and caramelized onions

SERVES 4

- 3 Tbs. extra-virgin olive oil
- ¼ lb. pancetta, cut into ¼-inch dice
- 1 lb. asparagus, trimmed, peeled if thick, and cut on the diagonal into 2-inch pieces
- Kosher salt and freshly ground black pepper
- ¾ cup (about half a batch) Caramelized Onions (recipe below)
- ¾ cup homemade or low-salt chicken broth
- ¾ lb. dried gemelli or penne
- ¾ cup freshly grated Parmigiano-Reggiano
- 1 tsp. sherry vinegar or balsamic vinegar

Make caramelized onions ahead, then stir into weeknight meals for deep flavor fast.

1. Bring a large pot of well-salted water to a boil. Meanwhile, put 2 Tbs. of the oil and the pancetta in a 12-inch skillet or sauté pan and cook over medium heat, stirring, until the pancetta begins to brown and renders much of its fat, 5 to 7 minutes. Using a slotted spoon, transfer the pancetta to a plate lined with paper towels. Raise the heat to medium high, add the asparagus, and season with ¼ tsp. salt. Stir often until the asparagus starts to brown, about 3 minutes. Add the caramelized onions and chicken broth, reduce the heat to medium low, cover, and cook until the asparagus is tender, about 4 minutes. Stir in ¼ tsp. pepper and set aside in a warm spot.

2. Cook the pasta in the boiling water, stirring often, until it's just tender, about 11 minutes. Reserve ¼ cup of the pasta water. Drain the pasta and add it to the pan with the asparagus. Set the pan over medium-high heat and toss well. Add ½ cup of the Parmigiano, the vinegar, and the cooked pancetta and continue cooking, stirring, for 1 minute to meld all the flavors. If the pasta begins to dry, add the reserved pasta water. Serve with a drizzle of the remaining 1 Tbs. olive oil and a sprinkling of the remaining Parmigiano. —*Tony Rosenfeld*

PER SERVING: 720 CALORIES | 29G PROTEIN | 83G CARB | 32G TOTAL FAT | 9G SAT FAT | 18G MONO FAT | 4G POLY FAT | 35MG CHOL | 1,710MG SODIUM | 7G FIBER



caramelized onions

MAKES ABOUT 1½ CUPS

- 2 Tbs. extra-virgin olive oil
- 2½ lb. Spanish onions or large yellow onions, peeled, trimmed, halved, and thinly sliced lengthwise, preferably using a radial cut (about 9 cups)
- 1 tsp. kosher salt

This recipe has been developed for a 12-inch skillet. If you use a 10-inch skillet, reduce the recipe proportionally by about one-quarter.

Heat the oil in a 12-inch skillet over medium-high heat until it immediately bubbles when an onion touches it, about 1 minute. Add the onion, sprinkle with the salt, and cook, stirring frequently, until it wilts completely and begins to stick to the bottom of the pan, 10 to 20 minutes (much of the moisture will evaporate and the pan will begin to brown; the cooking time varies with the moisture content). Reduce the heat to medium low and cook, stirring and scraping the pan with a wooden spoon every few minutes. (If the pan begins to look like it's burning, add 2 Tbs. water, stir, and lower the heat a bit.) Cook, stirring and scraping and adding water as needed, until the onion is a uniform caramel brown, 30 to 45 minutes. (If they haven't begun to brown much after 20 minutes, raise the heat to medium.) Add a couple of tablespoons of water and scrape the pan well. Use right away or spread the onion on a baking sheet and let cool to room temperature. Store in the refrigerator for up to 1 week.

penne with tomatoes, artichokes & black olives

SERVES 4

Kosher salt

2 Tbs. extra-virgin olive oil

3 cloves garlic, minced

1 13¼- or 14-oz. can artichoke bottoms (or hearts), drained, rinsed, and thinly sliced

¼ tsp. crushed red pepper flakes

2 15½-oz. cans diced tomatoes

½ cup pitted Kalamata olives, halved

Freshly ground black pepper

¾ lb. dried penne rigate

½ cup freshly grated Parmigiano-Reggiano

3 oz. very thinly sliced prosciutto (preferably imported), cut into thin strips (about ¾ cup)

Lay strips of prosciutto atop this pasta just before serving. It's a trick that cooks use with prosciutto on pizza to protect the delicate flavor and texture of the ham. The heat of the pasta just warms it up.

1. Bring a large pot of well-salted water to a boil.

2. Heat the oil and garlic in a large (12-inch) skillet over medium-low heat, stirring occasionally, until the garlic becomes fragrant and starts to brown all over, about 4 minutes. Raise the heat to medium high, add the artichokes and red pepper flakes, and cook, stirring occasionally, until the artichokes start to brown, about 3 minutes. Add the tomatoes and their juices and bring to a boil. Reduce to a simmer, cover, and cook for 10 minutes. Stir in the olives and season generously with salt and pepper to taste. Cover and keep warm over low heat.

3. Meanwhile, cook the penne in the boiling salted water, stirring occasionally, until it's just tender to the tooth (see the package for cooking time). Drain and return the pasta to its cooking pot. Add the sauce and about half the Parmigiano. Cook over medium-high heat for 1 to 2 minutes, tossing and stirring, to blend the flavors. Season with salt and pepper to taste.

4. Serve immediately, scattering the prosciutto and remaining Parmigiano over each serving. —*Tony Rosenfeld*

PER SERVING: 560 CALORIES | 23G PROTEIN | 82G CARB | 16G TOTAL FAT | 3G SAT FAT | 9G MONO FAT | 2G POLY FAT | 20MG CHOL | 1,940MG SODIUM | 3G FIBER



spinach and ricotta lasagne

SERVES 8 TO 10

FOR THE FILLING

- 1½ lb. whole milk ricotta (about 3 cups)
- 2 lb. fresh spinach, or two 10-oz. packages frozen chopped spinach, thawed
- 2 oz. (½ cup) unsalted butter
- ½ medium yellow onion, finely chopped (about ½ cup)
- 3 medium cloves garlic, minced
- ½ cup freshly grated Parmigiano-Reggiano
- 2 large eggs, lightly beaten
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- Pinch of freshly grated nutmeg

TO ASSEMBLE

- 1 recipe Quick Tomato Sauce (recipe p. 80)
- ¾ lb. fresh lasagna noodles cooked as directed, or 1 lb. dried, cooked according to package instructions
- 1 recipe Basic Cream Sauce (recipe p. 80)
- 1 cup freshly grated Parmigiano-Reggiano
- ½ oz. (1 Tbs.) unsalted butter, cut into small cubes

You can use fresh spinach, but it takes patience to trim and wash all the leaves. If you're in a rush, chopped frozen spinach is an acceptable alternative.

MAKE THE FILLING

1. Drain the ricotta in a fine-mesh sieve set over a bowl for 1 hour, or longer if the ricotta is very wet.
2. If using fresh spinach, stem and rinse it well; don't dry the leaves. In a 12-inch skillet over medium-high heat, cook the spinach until wilted, 3 to 5 minutes. Drain well, squeeze out the excess moisture, and chop finely. If using thawed frozen spinach, squeeze it dry.
3. Melt the butter in a 10- or 12-inch skillet over medium-low heat and add the onion. Cook until the onion is soft and translucent, 5 to 8 minutes. Add the garlic and cook for about 1 minute. Add the spinach and toss it for 1 or 2 minutes to coat it with the butter. Transfer the spinach mixture to a bowl and let it cool to room temperature. Add the ricotta, Parmigiano, eggs, salt, pepper, and nutmeg. Mix well. You should have about 4½ cups.

ASSEMBLE THE LASAGNE

1. Position a rack in the center of the oven and heat the oven to 350°F. Choose a baking dish that's about 9x12 inches and 3 inches deep, or about 10x14 inches and 2 inches deep. Spread ½ cup of the tomato sauce in a sparse layer on the bottom of the baking dish. Cover the sauce with a slightly overlapping layer of cooked noodles, cutting them as needed to fill the gaps. With a spatula, spread one-third of the spinach and ricotta filling (about 1½ cups) over the first layer of noodles. Then spread one-third of the remaining tomato sauce (about 1½ cups) and one-third (½ cup) of the cream sauce over the filling. Sprinkle ½ cup of the Parmigiano on top. Add a new layer of noodles, overlapping them slightly, and repeat the layers as instructed above, using all of the filling and ending with the Parmigiano, to make a total of three layers (you may not need all the pasta). Dot the top with the butter cubes.
2. Put the baking dish on a baking sheet and bake until heated through and bubbling at the edges, 45 to 50 minutes. Remove from the oven and let rest for 10 to 15 minutes before serving. —*Joyce Goldstein*

PER SERVING: 470 CALORIES | 20G PROTEIN | 33G CARB | 28G TOTAL FAT | 15G SAT FAT | 10G MONO FAT | 1.5G POLY FAT | 165MG CHOL | 920MG SODIUM | 5G FIBER

Make Ahead

You can make the spinach and ricotta filling up to 4 hours ahead and store it in the refrigerator in an airtight container.

Bake, Refrigerate, or Freeze

You can bake your assembled lasagne right away or refrigerate it for later. It will keep for at least a day in the fridge. Alternatively, you can freeze it for up to 4 months (make sure you wrap the dish tightly with plastic). Thaw the lasagne in the fridge and bring it to room temperature before baking.



how to cook fresh lasagna noodles

Prepare a large bowl of ice water. Slip the noodles, two or three at a time, into a big pot of boiling salted water and cook them until they're tender and pale, 3 to 5 minutes (thinner noodles will cook more quickly). To make sure they're done, taste a small piece. If it's still tough, it needs a little more cooking (fresh pasta is not cooked al dente like dried pasta). Carefully scoop the noodles out with a large wire skimmer and slide them into the ice water to stop the cooking. When they're cool, layer them between clean dishtowels until you're ready to assemble the lasagne.



AN ICE BATH HALTS THE COOKING
Fresh pasta noodles can overcook easily, so have a bowl of ice water ready to cool them quickly.



TOWELS PREVENT STICKING Layering the noodles between towels dries them and keeps them separate. They'll keep this way for up to 2 hours.

continued on p. 80 >

basic cream sauce

MAKES ABOUT 1½ CUPS

- 1½ oz. (3 Tbs.) unsalted butter**
- 3 Tbs. unbleached all-purpose flour**
- 1¾ cups whole milk, heated**
- ½ tsp. kosher salt**
- ⅓ tsp. freshly ground black pepper**
- Small pinch of freshly grated nutmeg**

In a 2-quart. saucepan, melt the butter over medium-low heat. Add the flour and cook, whisking constantly, for 2 to 3 minutes. Do not let the mixture brown. Slowly whisk in the hot milk and bring just to a simmer, whisking frequently. Reduce the heat to low and cook, whisking often, until the sauce has thickened to a creamy, gravy-like consistency and no longer tastes of raw flour, 6 to 8 minutes for a single batch, 10 to 12 minutes for a double batch.

Remove from the heat and whisk in the salt, pepper, and nutmeg. If not using right away, transfer to a bowl and press a piece of plastic wrap directly on the surface of the sauce to keep a skin from forming. Plan to use the sauce within 30 minutes, because it thickens if it's left to sit for too long. If that should happen, add a little warm milk and whisk well to thin it.

Make Ahead

This sauce will keep in an airtight container in the refrigerator for about 5 days. You can freeze it for up to 3 months.

quick tomato sauce

MAKES ABOUT 4½ CUPS

- 3 Tbs. extra-virgin olive oil**
- 1 medium carrot, finely chopped**
- 1 medium rib celery, finely chopped**
- ½ medium yellow onion, finely chopped**
- ¼ cup chopped fresh flat-leaf parsley**
- 5 large fresh basil leaves, chopped**
- Kosher salt and freshly ground black pepper**
- ½ cup dry white wine**
- 1 28-oz. can plus one 14-oz. can plum tomatoes with juice, coarsely chopped**

In a 3- or 4-quart. saucepan, heat the olive oil over medium heat. Add the carrot, celery, onion, parsley, basil, a generous pinch of salt, and a couple grinds of pepper. Cook until the vegetables are pale gold, 10 to 12 minutes. Add the wine and cook until it evaporates, about 5 minutes. Add the tomatoes with their juices, stir well, and simmer gently to blend the flavors and reduce the sauce to about 4½ cups, 15 to 20 minutes (adjust the heat as necessary to maintain a gentle simmer). Season to taste with salt and pepper. If you want a smoother texture, pass the sauce through a food mill or purée in a food processor.

rigatoni with red pepper and parmigiano cream sauce

SERVES 4

- Kosher salt**
- 2 Tbs. extra-virgin olive oil**
- 1 clove garlic, chopped**
- 1 12-oz. jar roasted red peppers, drained and thinly sliced (about 1 cup)**
- 2 tsp. chopped fresh thyme**
- ¼ tsp. crushed red pepper flakes**
- ¾ cup homemade chicken stock or lower-salt canned chicken broth**
- 1 Tbs. sherry vinegar**
- 2 Tbs. heavy cream**
- 1 cup freshly grated Parmigiano-Reggiano**
- Freshly ground black pepper**
- ¾ lb. dried rigatoni or penne rigate**

The combination of roasted red peppers and cream gives this sauce a rich, satisfying feel. You could stir in some sautéed cauliflower or Italian sausage to add a little more substance.

- 1.** Bring a large pot of well-salted water to a boil.
- 2.** Heat the oil and garlic in a 10-inch straight-sided sauté pan over medium heat until the garlic sizzles steadily for about 1 minute and just starts to brown around the edges. Add the roasted red peppers, thyme, and red pepper flakes and cook, stirring, for a couple of minutes to heat through. Add the chicken broth and sherry vinegar. Raise the heat to medium high and bring to a boil. Remove from the heat, let cool for a couple of minutes, and then transfer to a blender or food processor and purée.
- 3.** Return the puréed pepper mixture to the sauté pan. Stir in the cream and ¾ cup of the Parmigiano and bring to a boil. Remove from the heat and season with salt and pepper to taste.
- 4.** Meanwhile, cook the rigatoni in the boiling salted water, stirring occasionally, until it's just tender to the tooth (see the package for cooking time). Drain and add the pasta to the sauté pan. Cook over medium heat for 1 to 2 minutes, tossing and stirring, to blend the flavors and slightly thicken the sauce. Season with salt and pepper to taste.
- 5.** Serve immediately, sprinkled with the remaining cheese and a few grinds of black pepper. —*Tony Rosenfeld*

PER SERVING: 540 CALORIES | 18G PROTEIN | 80G CARB | 13G TOTAL FAT | 4.5G SAT FAT | 6G MONO FAT | 1.5G POLY FAT | 15MG CHOL | 1,190MG SODIUM | 3G FIBER



spaghetti with garlic, hot pepper & pecorino

SERVES 4

- Kosher salt**
- 3 Tbs. extra-virgin olive oil**
- 4 cloves garlic, cut in half and smashed**
- Heaping ¼ tsp. crushed red pepper flakes**
- 2 tsp. chopped fresh rosemary**
- ¾ lb. dried spaghetti**
- ¾ cup freshly grated pecorino romano**
- Freshly ground black pepper**

This dish is a cross between two Italian classics. The garlic and red pepper flakes are the base for Spaghetti Aglio, Olio & Peperoncino, while the black pepper and pecorino pair up in Spaghetti Cacio e Pepe. Here, they form a rather tasty mix.

- 1.** Bring a large pot of well-salted water to a boil.
- 2.** Heat the oil and garlic in a 10-inch straight-sided sauté pan over medium-low heat, stirring, until the garlic becomes fragrant and starts to brown all over, 4 to 5 minutes. Add the red pepper flakes and rosemary, cook for 30 seconds, and then remove from the heat.
- 3.** Cook the spaghetti in the boiling salted water, stirring occasionally, until it's just tender to the tooth (see the package for cooking time). Reserve ½ cup of the pasta water and drain the pasta.
- 4.** Return the sauté pan to medium heat and fish out and discard the garlic. Add the drained pasta and ¼ cup of the reserved pasta water. Cook for 1 to 2 minutes, tossing and stirring, to blend the flavors. If the pasta isn't tender, add the remainder of the cooking water and continue to cook and stir until done. Toss with half of the pecorino and ½ tsp. black pepper. Season with salt and more pepper to taste.
- 5.** Serve immediately, sprinkled with the remaining pecorino and a few grinds of black pepper —*Tony Rosenfeld*

PER SERVING: 470 CALORIES | 14G PROTEIN | 64G CARB | 16G TOTAL FAT | 4.5G SAT FAT | 8G MONO FAT | 1.5G POLY FAT | 15MG CHOL | 550MG SODIUM | 3G FIBER



All about Pecorino

There are dozens of varieties of pecorino, each with its own texture and flavor. In some of its best versions, pecorino is a rich, earthy, pleasantly sharp and peppery cheese with a firm yet creamy texture that's perfect for nibbling.

Pecorino (derived from *pecora*, Italian for "sheep") is a sheep's milk cheese that's been produced all over central and southern Italy since well before the rise of the Roman Empire. Made with either pasteurized or unpasteurized milk, pecorino can be aged anywhere from 20 days—resulting in a soft-textured, mild-flavored cheese with an edible rind—to up to a year for harder, more pungent cheeses. Its many varieties are grouped into four main government-protected regional categories (DOP) that are subject to strict production rules: Toscano, made in Tuscany; Sardo, from the island of Sardinia; Siciliano, produced in Sicily; and Romano, mainly from the countryside around Rome. The last, which is saltier than other pecorinos, is primarily a grating cheese when aged. The mass-produced pecorinos we're used to seeing in grocery stores are also romanos.

shells with arugula, feta & sun-dried tomatoes

SERVES 8 TO 10 AS A SIDE DISH

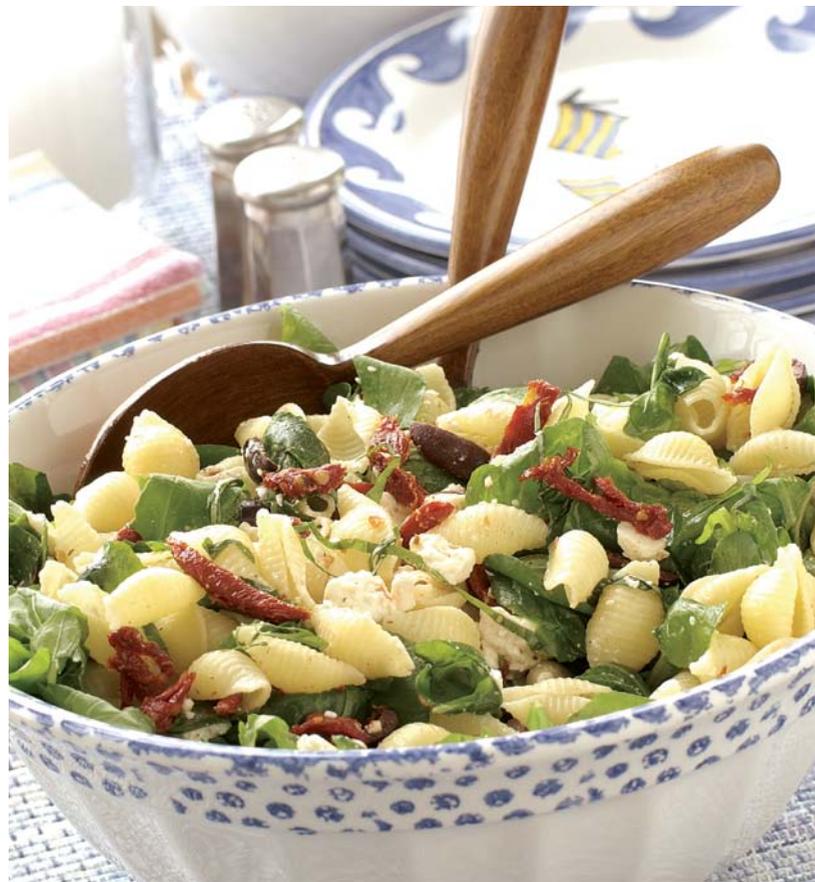
Kosher salt

- ¼ lb. arugula, washed (stem and rip the leaves into smaller pieces if they're large)**
- 6 oz. feta, crumbled**
- ½ cup pitted Kalamata olives (16 to 20), quartered**
- 2 heaping Tbs. drained, thinly sliced oil-packed sun-dried tomatoes (or 8 sun-dried tomatoes, rehydrated in hot water and thinly sliced)**
- 1 lb. dried small or medium shells or orecchiette**
- 1 Tbs. red-wine vinegar**
- 3 Tbs. olive oil**
- Freshly ground black pepper**
- 10 fresh basil leaves, cut in a chiffonade (see p. 65)**

If you can't find high-quality arugula (smallish leaves with no brown spots or large holes), use baby spinach instead.

- 1.** Bring a large pot of well-salted water to a boil. Put the arugula, feta, olives, and sun-dried tomatoes in a large bowl. Reserve or refrigerate until needed.
- 2.** Cook the pasta in the boiling water until it's just tender, about 9 minutes (follow the package instructions). Meanwhile, add the vinegar and oil to the arugula salad, season liberally with salt and pepper, and toss well. Drain the pasta, add it to the salad, and toss. Check the seasonings and serve hot, warm, or at room temperature, adding the basil just before serving. —*Tony Rosenfeld*

PER SERVING: 280 CALORIES | 9G PROTEIN | 36G CARB | 11G TOTAL FAT | 3.5G SAT FAT | 6G MONO FAT | 1G POLY FAT | 0MG CHOL | 540MG SODIUM | 1G FIBER



orzo with shiitakes, caramelized onions & spinach

SERVES 8 TO 10 AS A SIDE DISH

- Kosher salt**
- 3 Tbs. soy sauce**
- 1 Tbs. rice vinegar**
- 1 tsp. toasted sesame oil**
- 5 Tbs. peanut oil**
- 2 cloves garlic, smashed**
- 1 Tbs. grated fresh ginger**
- Pinch crushed red pepper flakes**
- 6 oz. fresh shiitake mushrooms, stemmed, cleaned, and thinly sliced**
- 2 Tbs. dry sherry (or dry white wine)**
- Freshly ground black pepper**
- 1 large yellow onion, finely diced**
- 10 oz. spinach, stemmed, washed, and coarsely chopped**
- 1 lb. dried orzo**
- 2 scallions (white and green parts), thinly sliced**
- 1 tsp. toasted sesame seeds (optional)**
- 1 lime, cut into small wedges**

We made a variation of this side dish when I worked in the kitchen at L'Espalier restaurant in Boston, where I learned that orzo pairs wonderfully with Asian flavors.

1. Bring a large pot of well-salted water to a boil. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, and 2 Tbs. of the peanut oil.

2. Set a large skillet or wok over medium-high heat. When the pan is hot, pour in 1½ Tbs. of the peanut oil and, after a few seconds, add the garlic, ginger, and pepper flakes. Stir for 20 seconds, making sure the garlic doesn't burn. Add the mushrooms and stir-fry until they soften, 2 to 3 minutes. Add the sherry and cook for another 30 seconds. Season with salt and pepper and transfer the mixture to a bowl. Reduce the heat to medium, heat the remaining 1½ Tbs. oil in the pan, and add the onion. Season with salt and then sauté, stirring often, until soft and slightly caramelized, 9 to 10 minutes. Add the spinach, cover the pan, and steam, shaking the pan occasionally, until the spinach wilts, about 3 minutes. Remove and discard the garlic from the mushrooms, put the mushrooms back in the pan, and toss. Remove from the heat and season lightly with salt and pepper. Reserve until needed.

3. Cook the orzo in the boiling water until it's just tender, about 9 minutes. Drain it well and put it in a large bowl. Add the mushroom mixture, soy vinaigrette, scallions, and sesame seeds (if using) and toss. Taste and season. Serve hot, warm, or at room temperature, with lime wedges to squeeze over the pasta. —*Tony Rosenfeld*

PER SERVING: 260 CALORIES | 8G PROTEIN | 40G CARB | 8G TOTAL FAT | 1G SAT FAT | 3G MONO FAT | 3G POLY FAT | 0MG CHOL | 450MG SODIUM | 3G FIBER



Unless the leaves are very young, spinach should be stemmed by pulling or cutting the center rib from the leaf. Rinse well by swishing in a large bowl of cool water; lift the leaves from the water rather than pouring through a colander. Very gritty leaves may need a couple of changes of water to be thoroughly cleaned. Even spinach labeled "prewashed" needs at least one rinse to eliminate all grit.



spaghetti with arugula, tomato & ricotta salata

SERVES 4 TO 6

- 1 lb. dried spaghetti**
- ½ cup extra-virgin olive oil**
Salt and freshly ground black pepper
- 2 tsp. dried oregano**
- 3 beefsteak tomatoes, cut into 8 to 10 wedges each**
- 6 oz. arugula (about 7 cups, loosely packed), washed, and tough stems removed**
- 5 oz. grated ricotta salata**

The sharp sheep's milk flavor of ricotta salata is unbeatable with arugula. Grate it slowly on a grater with large holes to get long strands of cheese.

Cook the spaghetti in plenty of salted boiling water until al dente. Drain well, but don't rinse. While it's still hot, put the pasta in a large bowl and toss it with the oil, salt and pepper to taste, the oregano, and tomatoes. Gently toss in the arugula. Divide among bowls, top with the grated ricotta salata, and serve immediately. —*Tony Mantuano*

PER SERVING: 460 CALORIES | 15G PROTEIN | 63G CARB | 16G TOTAL FAT | 5G SAT FAT | 8G MONO FAT | 2G POLY FAT | 20MG CHOL | 370MG SODIUM | 4G FIBER



tubettini with celery sauce

SERVES 4 TO 6

- 2 bunches celery (about 1¾ lb. each)**
- ½ cup extra-virgin olive oil or to taste**
- 4 scallions (white and green parts), sliced thin**
- 2 cloves garlic, minced**
- 1 lb. tubettini or other small pasta**
- 3 Tbs. chopped fresh flat-leaf parsley**
- ½ tsp. crushed red pepper flakes or to taste**
- ¾ tsp. salt**
- ¼ tsp. freshly ground black pepper**

Cut the celery the same size as the pasta to give the dish a uniform look. Tomato or red pepper makes a delicious addition.

1. Remove the tough outer celery ribs and reserve for another use. Rinse the hearts well and dry them. Chop the celery leaves and wrap them in a moist paper towel. Chop the inner ribs approximately the same size as the pasta. You should have about 3¾ cups chopped celery.

2. Heat the olive oil in a large frying pan over medium heat. Sauté the scallions and celery until tender but still firm, about 10 minutes. Stir in the garlic and cook until fragrant, 1 or 2 minutes longer. Remove from the pan and keep warm.

3. In a large pot of boiling salted water, cook the pasta until al dente; drain but do not rinse. In a large serving bowl, combine the pasta, celery sauce, chopped celery leaves, parsley, red pepper flakes, salt, and pepper. Toss well and serve immediately. —*Erica DeMane*

PER SERVING: 440 CALORIES | 12G PROTEIN | 67G CARB | 14G TOTAL FAT | 2G SAT FAT | 10G MONO FAT | 2G POLY FAT | 0MG CHOL | 490MG SODIUM | 6G FIBER



fettuccine with tomatoes, capers & olives

SERVES 4

- 1½ lb. ripe tomatoes, peeled, seeded, and chopped**
- 4 cloves garlic, finely chopped**
- 1 lb. fettuccine**
- ¼ cup extra-virgin olive oil**
- 8 imported black olives, pitted and coarsely chopped**
- 8 imported green olives, pitted and coarsely chopped**
- 2 Tbs. capers, rinsed and chopped if large**
- 3 Tbs. chopped fresh flat-leaf parsley**
- Salt and freshly ground black pepper**

This recipe depends on juicy, flavorful tomatoes. Big, fruity, green Cerignola olives are less briny than other green olives and make a delicious difference.

1. Toss the tomatoes and garlic together and drain them in a strainer while you continue with the recipe.

2. Bring a large pot of well-salted water to a boil and cook the fettuccine until al dente. Drain it well, return it to the pot, and toss it with the tomato mixture. Toss again with the olive oil, olives, capers, parsley, and salt and pepper to taste. Let sit for 3 to 5 minutes to absorb the flavors before serving.

—Clifford Wright

PER SERVING: 670 CALORIES | 27G PROTEIN | 87G CARB | 25G TOTAL FAT | 3G SAT FAT | 17G MONO FAT | 3G POLYFAT | 0MG CHOL | 960MG SODIUM | 5G FIBER



how to peel and seed tomatoes

For many sauces, you want just the flavorful meat of the tomato. The tough peels and bitter seeds should be discarded before you begin.



Core the tomatoes and then blanch them in a large pot of boiling water. Remove the tomatoes after a minute or two and immediately transfer them to a bowl of ice water.



When the tomatoes are cool enough to handle, simply peel away the skin. Loosened from their bath in the boiling water, the skins will slip right off.



Cut the tomatoes in half and squeeze out the seeds. Don't worry about crushing the tomatoes; they'll be chopped for the recipe.

cavatelli with arugula and ricotta salata

SERVES 4

- 5 Tbs. extra-virgin olive oil
- $\frac{3}{4}$ cup chopped imported black olives, such as Gaeta or Kalamata
- 1 Tbs. freshly squeezed lemon juice; more to taste
- 3 large cloves garlic, finely chopped
- $4\frac{1}{2}$ tsp. fresh thyme
 - Kosher salt and freshly ground black pepper
- $\frac{1}{4}$ tsp. cayenne; more to taste
- 1 lb. dried cavatelli
- 1 large bunch arugula (about 8 oz.), rinsed, dried well, and coarsely chopped
- 1 cup (about 7 oz.) grated ricotta salata or feta

Gaeta olives have a tangy yet mild flavor.

In a small bowl, whisk together the olive oil, olives, lemon juice, garlic, thyme, black pepper to taste, and cayenne and set aside. Bring a large pot of well-salted water to a boil and cook the cavatelli until al dente. Drain it well and return it to the pan. Add the arugula and the olive oil mixture, folding gently until the ingredients are combined. Let sit until the arugula has wilted, about 3 minutes. Sprinkle with the ricotta salata just before serving. —Clifford Wright



PER SERVING: 800 CALORIES | 24G PROTEIN | 99G CARB | 33G TOTAL FAT | 11G SAT FAT | 18G MONO FAT | 3G POLY FAT | 45MG CHOL | 790MG SODIUM | 5G FIBER

What to Include in a Well-Stocked Pantry

You'll always be able to whip up easy, fast pastas if you keep ingredients like these on hand:

- extra-virgin olive oil
- Parmesan cheese
- prosciutto
- capers
- black and green olives
- anchovies
- dried chiles
- sardines
- canned tuna
- pine nuts
- almonds
- oregano
- thyme
- fennel seeds
- sun-dried tomatoes
- dried pasta of various shapes and sizes

tortellini in broth with roasted vegetables

SERVES 2

- 3 cups ¾-inch-diced winter vegetables (carrots, parsnips, turnips, cauliflower, broccoli, winter squash, sweet potatoes)**
- 3 Tbs. extra-virgin olive oil**
Kosher salt and freshly ground black pepper
- 6 oz. frozen, small cheese tortellini**
- 1 small shallot, sliced into rings**
Pinch red pepper flakes
- 1½ cups homemade chicken stock or lower-salt chicken broth**
- ¼ cup freshly and finely grated Parmigiano-Reggiano (about ½ oz.)**
- 2 tsp. coarsely chopped fresh flat-leaf parsley**
- ½ small lemon, cut into 2 wedges**

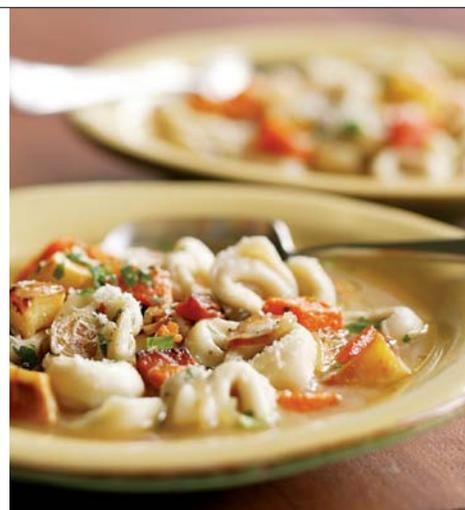
This is a great way to use up extra winter vegetables. Try a mix of carrots, parsnips, sweet potatoes, and cauliflower. There's no need to peel most of these, as the skins are perfectly tender when roasted.

1. Heat the oven to 450°F. Put a large pot of water on to boil. In a 9x13-inch Pyrex® baking dish, toss the 3 cups vegetables with 2 Tbs. of the oil and ¼ tsp. salt and spread in one layer. Roast until the vegetables are well browned and shrunken, 28 to 30 minutes, stirring occasionally with a flat metal spatula.

2. After the vegetables have roasted for about 15 minutes, add 2 tsp. salt and the tortellini to the boiling water; cook the pasta until tender. Save some of the water to pour into two large shallow soup bowls to warm them. Drain the tortellini in a colander. In a small saucepan, heat the remaining 1 Tbs. oil over medium heat. Add the shallot; sauté until softened and browned, about 2½ minutes. Stir in the pepper flakes and add the chicken broth. Bring to a simmer, cover, and simmer for 4 to 5 minutes. Turn off the heat and keep covered. Pour the water out of the soup bowls. Divide the tortellini between the warmed bowls. Spoon the roasted vegetables over the pasta. Pour the broth over the vegetables and garnish with the Parmigiano and parsley. Season with salt and pepper to taste. Serve with a lemon wedge.

—Susie Middleton

PER SERVING: 670 CALORIES | 25G PROTEIN | 69G CARB | 34G TOTAL FAT | 9G SAT FAT | 20G MONO FAT | 3G POLY FAT | 50MG CHOL | 2,960MG SODIUM | 7G FIBER



spring vegetable ragoût with fresh pasta

SERVES 4

Kosher salt

¾ lb. fresh pasta sheets

1 small clove garlic, minced

Freshly ground black pepper

3 cups mixed spring vegetables (such as medium-thick asparagus, baby carrots, baby turnips, spring onions, and sugar snap peas), trimmed and cut into 1- to 3-inch-long by ½- to ¾-inch-wide pieces

½ cup shelled peas or peeled fava beans

⅓ cup loosely packed pea shoots or watercress sprigs; more for garnish

¼ cup loosely packed chopped mixed fresh herbs, such as basil, chervil, mint, parsley, and/or tarragon; more for garnish

4 Tbs. cold unsalted butter, cut into ½-inch pieces

1½ tsp. freshly grated lemon zest

Freshly grated Parmigiano-Reggiano, for garnish (optional)

To peel fava beans, shuck them and cook in boiling salted water until tender, 1 to 2 minutes, then rinse them with cold water and peel off the skin.

1. Bring a large pot of well-salted water to a boil. With a pizza cutter or chef's knife, cut the pasta sheets into rustic strips about ½ inch wide.

2. In a 10- to 11-inch straight-sided sauté pan, bring 2½ cups water, the garlic, 1 tsp. salt, and ¼ tsp. pepper to a simmer over high heat. Add the mixed vegetables and simmer briskly, adjusting the heat as necessary, until just crisp-tender, 3 to 4 minutes. With a slotted spoon, transfer to a large plate. If using peas, simmer them until barely tender, about 2 minutes, and transfer to the plate with the slotted spoon. (If using favas, skip this step.) Raise the heat to high and boil the liquid until reduced to 1 cup, 3 to 4 minutes.

3. Meanwhile, cook the pasta in the boiling water until barely al dente, 2 to 4 minutes. Drain.

4. Add the cooked pasta, vegetables, favas (if using), pea shoots or watercress, herbs, butter, and lemon zest to the broth. Toss over medium-high heat until the butter is melted, about 1 minute.

5. Season to taste with salt and pepper. Serve garnished with pea shoots or watercress, fresh herbs, and Parmigiano (if using). —*Allison Ehri Kreitler*

PER SERVING: 390 CALORIES | 12G PROTEIN | 55G CARB | 14G TOTAL FAT | 8G SAT FAT | 3G MONO FAT | 1.5G POLY FAT | 95MG CHOL | 460MG SODIUM | 6G FIBER





baked ziti with tomato, mozzarella & sausage

SERVES 4

- Olive oil
- 1 large onion, cut into small dice
- ¾ lb. sweet Italian pork sausage, removed from its casing and crumbled
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper
- ¼ cup dry red wine
- 1 35-oz. can whole plum tomatoes, chopped, with their juice
- ¼ cup chopped fresh marjoram or oregano (from about 6 large sprigs)
- 1 cup fresh ricotta
- 1 cup freshly grated mild pecorino romano
- ½ cup chopped fresh flat-leaf parsley
- Pinch of nutmeg, preferably freshly grated
- 1 lb. dried ziti
- ½ lb. mozzarella, preferably fresh, cut into small cubes

Try to find freshly made ricotta and mozzarella to see how good this rustic dish can be.

1. Heat the oven to 375°F. Lightly oil a large, shallow baking dish. Bring a large pot of salted water to a boil.
2. In a large skillet, heat about 2 Tbs. olive oil over medium heat. Add the onion and sauté until soft, about 5 minutes. Add the crumbled sausage and garlic and sauté until the sausage starts to brown. Season with salt and pepper. If the sausage gives off a lot of fat, pour off most of it, but leave a little to add flavor to the sauce. Add the red wine and let it boil until it's almost gone. Add the tomatoes with all of their juice and cook, uncovered, at a lively simmer for about 10 minutes. The sauce will thicken slightly. Add the marjoram or oregano and taste for seasoning.
3. In a large bowl, mix the ricotta, about half of the pecorino, the parsley, and the nutmeg. Season with salt and pepper.
4. Meanwhile, cook the ziti in the boiling water until al dente. Drain well and toss it with the ricotta mixture until well coated. Add the sausage sauce and mix again. Add the mozzarella and toss gently. Pour everything into the baking dish and sprinkle the remaining pecorino on top. Bake uncovered until lightly browned and bubbling, about 20 minutes. Serve right away. —*Erica DeMane*

PER SERVING: 1,070 CALORIES | 54G PROTEIN | 113G CARB | 44G TOTAL FAT | 20G SAT FAT | 17G MONO FAT | 5G POLY FAT | 110MG CHOL | 1,140MG SODIUM | 8G FIBER

bolognese borlotti beans

MAKES 6 CUPS; SERVES 4

- 1 cup dried cranberry or pinto beans**
- 2 to 4 cups homemade chicken or vegetable stock or lower-salt canned broth**
- 1 tsp. salt; more to taste**
- 2 Tbs. olive oil**
- ½ medium onion, coarsely chopped**
- 2 cloves garlic, minced**
- 12 oz. fresh fettuccine, cut diagonally into 2-inch lengths**
- ½ cup coarsely chopped sun-dried tomatoes (drained if packed in oil)**
- 2 oz. prosciutto, sliced thin and cut into ½-inch strips**
- ½ cup coarsely chopped fresh flat-leaf parsley leaves**
- ¼ cup grated Parmesan**
Freshly ground black pepper
Small block of Parmesan, for shaving (optional)

The dappled-pink cranberry beans (also called borlotti or Roman beans) in this dish are native to Italy. If you can't find them, use pinto beans.

1. Rinse the beans, pick them over well, and put them in a large saucepan with just enough water to cover. Bring to a boil, remove from the heat, cover, and allow to sit for 1 hour. Add more water if necessary to cover the beans.

2. Heat the oven to 350°F. Drain the beans and put them in an ovenproof casserole. Add enough stock to cover them, cover the casserole with a lid or foil, and bake the beans until tender, 2 to 2½ hours. After 1 hour, add 1 tsp. salt and check the stock level. The beans should still be covered by stock; add more if necessary. When the beans are tender, strain off the liquid and measure it; add enough stock to make 2 cups. Recombine the liquid and beans and set aside.

3. Heat the olive oil in a frying pan over medium heat. Sauté the onion until soft and translucent, 5 to 7 minutes. Stir in the garlic and sauté for 2 to 3 minutes. Add the beans and their liquid to the sautéed onion and garlic. Simmer for 5 to 10 minutes to combine the flavors; remove from the heat.

4. Meanwhile, cook the pasta until tender, drain it, and add it immediately to the beans. Stir in the tomatoes and prosciutto, reserving some of each for garnish. Toss with the parsley and grated Parmesan. Add salt and pepper to taste.

5. Arrange the pasta and beans in a serving bowl. Top with the reserved tomatoes and prosciutto. With a sharp knife or vegetable peeler, shave thin curls from the block of Parmesan and scatter them on top. Serve immediately.

—*Rosina Tinari Wilson*

PER SERVING: 580 CALORIES | 32G PROTEIN | 83G CARB | 14G TOTAL FAT | 3G SAT FAT | 7G MONO FAT | 2G POLY FAT | 80MG CHOL | 1,500MG SODIUM | 13G FIBER



pasta shells with chickpeas, fennel, tomatoes & prosciutto

SERVES 4

- 4 salt-packed anchovies, boned and rinsed (or 8 oil-cured anchovies)**
- 16 large fresh basil leaves, washed and thoroughly dried**
- 4 large cloves garlic, peeled**
- 5 Tbs. extra-virgin olive oil**
- 1 lb. medium-sized ribbed pasta shells**
- 1½ cups cooked, drained chickpeas**
- 1 small bulb fennel, trimmed and coarsely chopped (about 2 cups)**
- 12 cherry tomatoes, cut into quarters or eighths, depending on size**
- ¼ lb. sliced prosciutto, cut into wide strips**
- Freshly ground black pepper**
- ½ cup grated Parmesan (optional)**

Prosciutto can be salty, so taste it before you add the entire amount. Good-quality canned chickpeas work just fine in this recipe.

Finely chop the anchovies, basil, and garlic and transfer to a small mixing bowl. Whisk in the olive oil and set aside. Bring a large pot of well-salted water to a boil and cook the shells. When the pasta is almost al dente, add the chickpeas to warm them. As soon as the pasta is al dente, drain it and the chickpeas well. Pour the olive oil mixture into the pot, add the pasta and chickpeas, and toss thoroughly with the fennel, tomatoes, and prosciutto. Season with pepper and let the pasta rest for 3 to 5 minutes, loosely covered. Toss with the grated Parmesan, if you like, and serve. —*Clifford Wright*

PER SERVING: 850 CALORIES | 36G PROTEIN | 118G CARB | 26G TOTAL FAT | 4G SAT FAT | 16G MONO FAT | 4G POLY FAT | 35MG CHOL | 1,390MG SODIUM | 11G FIBER



sausage and broccoli raab ravioli with roasted tomato sauce

MAKES ABOUT 30 RAVIOLI (MORE OR FEWER DEPENDING ON THE SIZE AND DOUGH THICKNESS) AND 4 CUPS SAUCE; SERVES 4

FOR THE SAUCE

- 4 lb. fresh plum tomatoes (about 22), quartered**
- 3 medium red onions (about 1 lb. total), very coarsely diced**
- 16 cloves garlic, peeled and crushed**
- 2 to 3 fresh jalapeños, quartered**
- 1 Tbs. dried oregano**
- ½ cup extra-virgin olive oil**
Salt and freshly ground black pepper

FOR THE FILLING

- ½ lb. (½ bunch) broccoli raab**
- 2 Tbs. extra-virgin olive oil**
- ½ lb. sweet Italian sausage (casings removed), crumbled into bits**
- 1 small clove garlic, chopped**
- ¼ tsp. crushed red pepper flakes**
Salt and freshly ground black pepper to taste
- 1¼ oz. grated pecorino romano (½ cup)**
- ¼ lb. smoked or regular mozzarella, cut into ¼-inch dice (¾ cup)**
- 1 lb. Ravioli Pasta Dough (recipe p. 98)**
- 1 large egg yolk, lightly beaten**
Semolina flour or fine cornmeal, for dusting the pan
Grated pecorino romano, for garnish

The roasted tomato sauce can be made several days ahead, and the filling can be made a day ahead.

MAKE THE SAUCE

- 1.** Heat the oven to 450°F. In a nonreactive roasting pan (not aluminum), combine the tomatoes, onion, crushed garlic, jalapeños, and oregano. Add the olive oil, salt, and pepper, and toss. Roast, stirring occasionally, until the onion and tomatoes are soft and slightly charred, about 1½ hours.
- 2.** Let the mixture cool and then pass it through a food mill fitted with a medium blade (or else through a medium-mesh sieve) to remove the seeds and cores. The sauce may be slightly chunky. If you want it smoother, purée it in a blender or food processor. Taste for salt and set aside.

MAKE THE FILLING

- 1.** Boil about 4 cups salted water in a pot, add the broccoli raab, and parboil for 2 to 3 minutes. Drain, reserving ¼ cup of the cooking water. Chop the broccoli raab into very small pieces.
- 2.** Heat the olive oil on medium high in a heavy-based frying pan. Add the sausage, breaking it up with a spoon into very small pieces. Add the garlic, red pepper flakes, broccoli raab, salt, and pepper. Add the ¼ cup of reserved broccoli raab cooking liquid and simmer until the sausage is cooked and the broccoli raab is tender, about 4 minutes. There should be no more than 2 Tbs. liquid left in the pan. Transfer to a bowl and let cool. The cooled mixture should be moist but not wet, so if there's excess liquid in the bowl, drain it off. Mix in the 1¼ oz. pecorino and the diced mozzarella.

ROLL OUT AND STUFF THE PASTA DOUGH

- 1.** Using the sausage and broccoli raab filling, follow the photos and captions on p. 98 to fill and shape the ravioli. If you're not cooking the ravioli right away, transfer them to a pan lined with waxed paper and sprinkled with semolina flour or cornmeal (don't let them touch) and refrigerate for up to a day or freeze, wrapped, for up to a month.
- 2.** When ready to serve, bring a pot of salted water to a boil. Gently slide the chilled or frozen ravioli into the water and cook until they float and are tender, 3 to 5 minutes. Meanwhile, reheat the tomato sauce. Taste for salt and pepper. If the sauce is too thick, add a little water from the pasta pot.
- 3.** Drain the ravioli and toss with the sauce. Spoon onto a large serving platter or individual plates, sprinkle with pecorino, and serve. —*Alan Tardi*

PER SERVING: 1,080 CALORIES | 42G PROTEIN | 99G CARB | 60G TOTAL FAT | 16G SAT FAT | 35G MONO FAT | 6G POLY FAT | 260MG CHOL | 1,390MG SODIUM | 11G FIBER

continued on p. 98 ➤



ravioli pasta dough

MAKES 1 LB. DOUGH

18 oz. (4 cups) unbleached all-purpose flour or “00” flour, or a combination

4 large eggs

1 tsp. extra-virgin olive oil

½ tsp. kosher salt

Italians use a fine flour called “00” in pasta dough, but all-purpose works, too. You won’t use all 4 cups of flour, but the extra helps keep the eggs in the well.

1. Dump the flour in a pile on a work surface. Make a deep, wide well in the center and pour in the eggs, oil, and salt. Mix the eggs with a fork, staying in the center and being careful that the eggs don’t breach the wall. Little by little, mix in flour from the sides until the dough starts to move as a unit and is too stiff to mix with a fork. Now mix with your hand, incorporating flour to stiffen the dough. When it doesn’t easily absorb more flour (one signal is floury, dried bits of dough flaking off the mass), set the dough aside; scrape up the remaining flour and pass it through a sieve to sift out dried-up bits. Discard the bits and keep the sifted flour on the work surface to use during kneading if necessary.

2. Wash and dry your hands. Knead the dough on the lightly floured surface until it’s a smooth, homogenous ball of dough, firm but resilient, neither too dry nor too soft, about 5 minutes; it should no longer stick to the surface. Poke it and it should spring right back; press your finger into the center and it should feel just a bit tacky. If it’s very sticky, knead in more flour.

3. Wrap the dough loosely in plastic and refrigerate for at least 1 hour or up to 8 hours.

4. Use a pasta machine to make sheets of dough. First, divide the dough into four equal pieces. Flatten one piece with your hand and run it through the widest setting on the machine twice. Set the rollers to the next narrower setting and pass the dough through twice. Continue notching down by one setting and passing the dough through two times. When you can see the shape and shadow of your hand through the sheet, stop rolling. Fill and cut as instructed.

how to fill and shape ravioli



Cut the sheet in half crosswise and trim the sides to make two rectangles, one slightly larger than the other. On the smaller sheet, mound 1 to 2 tsp. of filling, leaving ½ to ¾ inch between each mound. (For smaller ravioli, use less filling in each mound and space them more closely; for larger ravioli, use more.) Brush a little beaten egg yolk on the dough around each mound of filling.



Lay the second sheet of dough on top, draping it gently over the mounds without stretching it. Starting at one edge, gently press around the filling to push out any air pockets and seal the sheets.



Cut the pasta in between the mounds to form individual squares or circles with a scalloped pastry wheel or a ravioli stamp (if you don’t have either of these, try a biscuit cutter or a paring knife). Press on the mounds a bit to slightly flatten them and on the edges to confirm the seal. Roll out, fill, and cut any remaining dough the same way.

linguine with leeks, prosciutto & lemon

SERVES 4

- 4 oz. thinly sliced prosciutto, excess fat trimmed and reserved, lean part cut into ¼-inch-wide strips**
- 2 Tbs. unsalted butter**
- 3 small leeks, white and tender green parts only, sliced (about 2 cups) and well rinsed**
Salt and freshly ground black pepper
Pinch of freshly grated nutmeg
- 1 cup heavy cream**
- 1 lb. dried linguine**
- 1 Tbs. lemon zest**
Juice of ½ lemon
- ¾ cup walnuts, roughly chopped and lightly toasted**

This recipe is also good with a wider, flat pasta such as fettuccine or tagliatelle. Trimming the prosciutto fat and rendering it at the start of this dish gives a little extra depth. If your market trims the fat from its prosciutto, just proceed using an extra tablespoon of butter to sauté the leeks.

Bring a large pot of salted water to a boil for cooking the pasta. Chop the trimmed prosciutto fat, if using, and put it in a large skillet with the butter. Heat over medium until the butter is melted and the fat is translucent. Add the leeks, season with salt, pepper, and nutmeg, and cover. Cook, stirring occasionally, until tender but not browned, about 10 minutes. Add the prosciutto, stirring to distribute, and then add the cream. Reduce the heat to low and let heat gently, uncovered, while you cook the pasta until just tender. Reserve 1 cup of the pasta cooking water and then drain the pasta, leaving drops of water clinging to it. Add the pasta and half of the reserved pasta cooking water to the skillet. Stir in the lemon zest and juice; season abundantly with black pepper. Heat gently for a few minutes to let the pasta drink up the sauce, adding more pasta cooking water if needed to thin it. Add the walnuts and taste for salt and pepper. Serve immediately. —*Molly Stevens*

PER SERVING: 630 CALORIES | 21G PROTEIN | 68G CARB | 32G TOTAL FAT | 13G SAT FAT | 9G MONO FAT | 7G POLY FAT | 85MG CHOL | 830MG SODIUM | 5G FIBER



campanelle with sausage and leeks

SERVES 6

Salt

- 2 Tbs. extra-virgin olive oil**
- ¾ lb. sweet Italian sausage (casings removed), crumbled**
- 2 large leeks, trimmed, light green and white parts cut into ½-inch pieces, washed well, and drained**
- 1 Tbs. finely chopped shallot**
- 2 Tbs. unsalted butter**
- 1 cup frozen young peas, defrosted and drained, or 1 cup fresh peas, blanched in boiling water for 2 minutes**
- 1 cup homemade chicken stock or lower-salt canned chicken broth**
- Freshly ground black pepper**
- 1 lb. dried campanelle or other shaped dried pasta**
- ½ cup freshly grated Parmigiano-Reggiano; more for serving, (optional)**

For this sauce, you want a short, shaped pasta with crevices to catch the pieces of sausage and peas. Campanelle are also called riccioli.

1. Bring a large pot of water to a boil; add about 1 Tbs. salt. In a large skillet, heat the olive oil over medium-high heat. Cook the sausage, breaking up the lumps, until golden, about 5 minutes. Add the leeks and cook, stirring, until soft, about 8 minutes. Stir in the shallot and cook for 1 minute. Add 1 Tbs. of the butter, the peas, and the stock. Heat to a boil, reduce the heat to medium low, and simmer gently for 5 minutes. Season with salt and pepper, cover the skillet, and set aside; keep warm.

2. Meanwhile, cook the campanelle, stirring occasionally, until al dente, about 12 minutes. Drain the pasta and return it to the pot over low heat. Add the sausage and leek sauce to the pasta and toss well. Remove the pot from the heat, add the remaining 1 Tbs. butter and the grated cheese; toss well. Transfer to a warmed serving platter or individual bowls. Serve immediately, with more grated cheese on the side, if you like. —*Lidia Bastianich*

PER SERVING: 520 CALORIES | 21G PROTEIN | 61G CARB | 20G TOTAL FAT | 7G SAT FAT | 9G MONO FAT | 1G POLY FAT | 40MG CHOL | 850MG SODIUM | 4G FIBER



penne with sausage, chard & pine nuts

SERVES 2

- 1 Tbs. olive oil; more as needed
- 5 oz. sweet Italian sausage (about 2 sausage links), casings removed, meat crumbled
- 1 small red onion, chopped
- 1 small bunch red, green, or yellow Swiss chard, tougher stems removed and leaves roughly chopped
- 2 small cloves garlic, minced
Pinch of crushed red pepper flakes
Salt and freshly ground black pepper
- ½ cup chicken or vegetable stock or dry white wine
- 8 oz. dried penne or fusilli
- 1 Tbs. balsamic vinegar; more to taste
- ¼ cup pine nuts, lightly toasted
- ¼ cup grated Parmesan

You can vary this recipe by using escarole, Savoy cabbage, radicchio, or endive in place of the chard, and pancetta or smoked bacon in place of the sausage.

1. Bring a large pot of salted water to a boil for cooking the pasta. Meanwhile, heat the oil in a large skillet over medium heat. Add the sausage; cook, breaking it up and stirring with a wooden spoon, until browned and cooked through, 7 to 10 minutes. With a slotted spoon, remove the sausage and set aside. If the pan seems a bit dry, add enough oil so there's about 3 Tbs. fat in the pan. Return the pan to medium heat, add the onion, and cook until just tender, 3 to 5 minutes, stirring and scraping up any browned bits with a wooden spoon. Add the chard, garlic, and pepper flakes, season with salt and pepper, and toss until the chard begins to sizzle, about 1 minute. Add the stock, cover, and simmer, stirring occasionally, until the chard is tender, 6 to 8 minutes.

2. Meanwhile, cook the pasta until just tender. Reserve 1 cup of the pasta water and then drain the pasta, leaving drops of water clinging to it. Add the pasta and ¼ cup of the cooking water to the skillet, using more of the water if needed. Return the sausage to the pan and add the balsamic vinegar. Heat gently for a few minutes to let the flavors meld. Add the pine nuts and half of the Parmesan, and taste for salt and pepper. Add a bit more of the cooking water if the pan seems dry. Serve warm, passing the remaining Parmesan cheese at the table. —Molly Stevens

PER SERVING: 840 CALORIES | 42G PROTEIN | 95G CARB | 33G TOTAL FAT | 5G SAT FAT | 10G MONO FAT | 5G POLY FAT | 45MG CHOL | 1,180MG SODIUM | 7G FIBER



Finishing Touches for Pasta

When you're creating your own pasta dishes, here are a few ways to give them more zip once you've added the pasta to the sauté and let it simmer for a minute or two.

- Add piquancy with capers, a splash of vinegar, a squeeze of lemon, a dash of grappa, or a handful or chopped olives or reconstituted sun-dried tomatoes.
- Add texture and substance with crunchy toasted nuts or breadcrumbs (known in Italy as poor man's Parmesan).
- Add richness and heft by stirring in a knob of sweet butter, a spoonful or two of crème fraîche, a bit of grated Parmesan or other hard cheese, or a drizzle of extra-virgin olive oil.
- Add fresh color and flavor with a small handful of chopped fresh parsley, basil, or chives.

gemelli with cauliflower, scallions & green olives

SERVES 2

- ½ head cauliflower, cut into large florets**
- 3 to 4 Tbs. extra-virgin olive oil**
- 1 clove garlic, minced**
- 3 scallions, white parts finely chopped, greens cut into ½-inch pieces**
Generous pinch of crushed red pepper flakes
- 6 to 8 anchovy fillets, chopped**
- 8 oz. dried gemelli, fusilli, or cavatappi**
- ½ cup fresh, slightly coarse breadcrumbs, toasted in a 400°F oven for 3 to 4 minutes, until golden**
- ½ cup cracked green olives, pitted and coarsely chopped**

Don't be afraid of the anchovies in this recipe. They melt right into the sauce and give it great flavor. Substitute broccoli for the cauliflower if you like. Toasted breadcrumbs add a crunchy finishing touch.

1. Bring a large pot of salted water to a boil. Drop the cauliflower into the boiling water and cook until the florets offer little resistance when pierced with the tip of a knife, 3 to 4 minutes. (Don't let the cauliflower become at all mushy.) With a slotted spoon or a skimmer, remove the cauliflower from the pot and drain it. Return the water to a boil for cooking the pasta. When the cauliflower is cool enough to handle, cut the florets into smaller pieces and set aside. In a large skillet, heat 2 Tbs. of the olive oil over medium-low heat. Add the garlic and scallion whites and cook until fragrant but not browned, about 5 minutes. Add the pepper flakes and anchovies, crushing them with a wooden spoon, and cook for another 1 to 2 minutes. Remove the skillet from the heat while you cook the pasta.

2. Just before the pasta is done, return the skillet to medium-high heat and add the cauliflower and half of the breadcrumbs. Cook, tossing once or twice, until heated through. When the pasta is just tender, reserve 1 cup of pasta cooking water and then drain the pasta, leaving drops of water clinging to it. Add the pasta and ½ cup of the reserved pasta cooking water to the skillet, using more or less as needed. Stir in the olives and the scallion greens. Drizzle with the remaining olive oil to taste. Heat gently for a few minutes so that flavors meld. Taste for salt and pepper. Serve warm, passing the remaining breadcrumbs at the table. —*Molly Stevens*

PER SERVING: 760 CALORIES | 25G PROTEIN | 101G CARB | 29G TOTAL FAT | 4G SAT FAT | 19G MONO FAT | 3G POLY FAT | 10MG CHOL | 1,470MG SODIUM | 9G FIBER



orecchiette with roasted cauliflower, arugula & prosciutto

SERVES 4

Kosher salt

½ medium head cauliflower, cored and cut into ¾-inch florets (3½ cups)

1 pint grape tomatoes

3 Tbs. extra-virgin olive oil

Freshly ground black pepper

9 large fresh sage leaves

4 large cloves garlic, peeled

6 thin slices prosciutto (about 4 oz.)

12 oz. dried orecchiette

5 oz. baby arugula (5 lightly packed cups)

¾ cup grated Parmigiano-Reggiano

Boil the pasta until just al dente. A firm bite will complement the other ingredients' flavors and textures.

1. Position a rack in the lower third of the oven and heat the oven to 425°F. Bring a large pot of well-salted water to a boil.

2. Toss the cauliflower, tomatoes, oil, ¾ tsp. salt, and ½ tsp. pepper on a rimmed baking sheet; spread in a single layer. Roast, stirring once or twice, until the cauliflower begins to turn golden and tender, about 15 minutes.

3. Meanwhile, pulse the sage and garlic in a food processor until minced. Add the prosciutto and pulse until coarsely chopped. Once the cauliflower is golden, toss the herb mixture into the vegetables and continue to roast until fragrant and the cauliflower is golden brown, 5 to 7 minutes.

4. Cook the orecchiette until al dente, 9 to 10 minutes. Reserve 1 cup pasta-cooking water. Drain the pasta and return it to the pot. Stir in the roasted cauliflower mixture, arugula, cheese, and enough pasta water to moisten. Season to taste with salt and pepper. —*Pam Anderson*

PER SERVING: 530 CALORIES | 23G PROTEIN | 73G CARB | 16G TOTAL FAT | 3.5G SAT FAT | 8G MONO FAT | 2G POLY FAT | 20MG CHOL | 1,100MG SODIUM | 7G FIBER



farfalle in a broth of wild mushrooms and browned shallots

SERVES 4

- 6 oz. fresh shiitake mushrooms**
- ¼ lb. fresh oyster mushrooms**
- ¼ cup extra-virgin olive oil**
Kosher salt and freshly ground black pepper
- ¾ lb. dried farfalle**
- 4 shallots (about 3 oz. total), sliced crosswise into ¼- to ½-inch-thick rings**
- ¼ cup dry sherry**
- 3 cups lower-salt canned chicken broth**
- 2 tsp. fresh thyme leaves, chopped**
- ¼ tsp. Tabasco® sauce; more to taste**
- ¼ cup grated Parmigiano-Reggiano**

Serve with a glass of Pinot Noir. These light red wines are bright and earthy, which allows them to work well with this dish.

- 1.** Put a large pot of salted water on to boil.
- 2.** Stem the shiitake and oyster mushrooms and thinly slice the caps. Heat 2 Tbs. of the oil in a large skillet over medium-high heat for 1 minute. Add the sliced mushrooms, season with salt and pepper, and cook, tossing occasionally, until soft, 2 to 3 minutes. Transfer to a plate.
- 3.** Put the pasta in the water.
- 4.** Add the remaining 2 Tbs. oil and the shallots to the skillet. Season with salt and cook for 2 minutes, stirring occasionally. Reduce the heat to medium low and cook until the shallots brown and soften, 2 to 4 minutes (don't let them burn). Raise the heat to high, add the sherry, and cook, scraping the bottom of the pan, until the sherry is almost completely boiled off, about 30 seconds. Add the chicken broth. After 2 minutes, return the mushrooms to the pan, reduce the heat to medium, and cook the broth another 2 minutes. Sprinkle in the thyme and Tabasco and taste for salt and pepper.
- 5.** Finish cooking the farfalle until it's just tender, about 11 minutes total. Drain and put back in the pasta pot. Pour the broth and mushrooms over the pasta and stir well. Serve immediately in bowls with a generous sprinkling of the Parmigiano. —*Tony Rosenfeld*

PER SERVING: 510 CALORIES | 16G PROTEIN | 69G CARB | 17G TOTAL FAT | 3G SAT FAT | 11G MONO FAT | 2G POLY FAT | 5MG CHOL | 610MG SODIUM | 4G FIBER



pasta with pumpkin, sausage & cavolo nero

SERVES 6

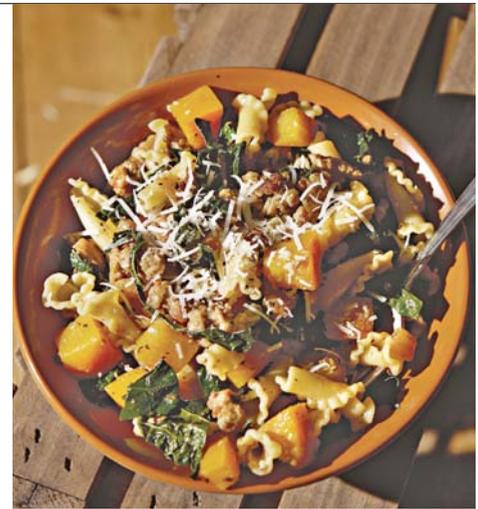
Kosher salt

- 1 lb. sweet Italian sausage, casings removed if using links**
- 1 Tbs. olive oil (optional)**
- 1 medium yellow onion, chopped**
- 3 cups ¾-inch-diced peeled, seeded pumpkin**
- ¼ cup dry white wine**
- 4 cloves garlic, minced**
- 1 tsp. dried marjoram**
- 1½ cups lower-salt chicken broth**
- 10 oz. cavolo nero (also called Lacinato, black, or dinosaur kale), trimmed, ribs removed, and leaves cut into 1-inch pieces**
- 8 oz. dried campanelle**
- ½ cup grated Parmigiano-Reggiano; more for serving**
- Freshly ground black pepper**

This hearty fall dish is a wonderful way to incorporate fresh pumpkin into a simple but thoroughly satisfying midweek meal.

- 1.** Bring a large pot of well-salted water to a boil over high heat.
- 2.** In a heavy-duty 12-inch skillet over medium heat, cook the sausage, breaking it up into small pieces with a wooden spoon, until mostly browned, 6 to 8 minutes. Push the sausage toward the edge of the skillet and add the olive oil if the center of the pan is dry (this will depend on the amount of fat in the sausage). Add the onion and cook until golden and the sausage is well browned, about 8 minutes. Stir in the pumpkin, wine, garlic, and marjoram and cook until the wine evaporates, 3 to 4 minutes. Add ¾ cup of the broth and cook until the pumpkin is almost tender, about 8 minutes. Add the kale and the remaining ¾ cup broth, cover, and cook until the pumpkin and kale are tender, about 4 minutes.
- 3.** Meanwhile, cook the pasta in the boiling water according to package directions until al dente. Reserve ½ cup of the pasta water and then drain well. Add the pasta to the skillet with enough of the pasta water to coat the pasta and vegetables generously. Stir in the Parmigiano and season to taste with salt and pepper. Serve with additional Parmigiano. —*Jeanne Kelley*

PERSERVING: 370 CALORIES | 17G PROTEIN | 42G CARB | 15G TOTAL FAT | 5G SAT FAT | 7G MONO FAT | 2G POLY FAT | 25MG CHOL | 920MG SODIUM | 3G FIBER



Store kale unwashed in an unclosed plastic bag in the refrigerator's crisper drawer, where it will keep for several days. If you need to store it longer, wrap the bundle in slightly damp paper towels before putting it in a plastic bag to help prolong its freshness. Try to use kale within 5 to 7 days, because the longer you keep it, the stronger its flavor will become and the more its nutrients will fade.

asparagus ravioli with brown butter sauce

**MAKES 18 RAVIOLI;
SERVES 4 AS A MAIN DISH OR
6 AS AN APPETIZER**

Sea salt

**1 lb. thick asparagus, trimmed,
spears cut into 1-inch pieces,
and tips reserved**

6 Tbs. mascarpone

½ cup whole-milk ricotta

**¼ cup freshly grated Parmigiano-
Reggiano; more for serving**

1 tsp. anchovy paste

½ tsp. minced garlic

Pinch of cayenne

**Kosher salt and freshly ground
black pepper**

36 wonton wrappers

4 oz. (½ cup) unsalted butter

**½ cup blanched almonds,
chopped**

Finely grated lemon zest

Wonton wrappers are a quick alternative to homemade pasta for ravioli. The rich brown butter, bright lemon zest, and crunchy almond garnish perfectly complement the creamy asparagus filling.

1. Bring a medium pot of well-salted water to a boil over high heat. Have ready a medium bowl of ice water. Boil the asparagus tips until tender but still bright green, about 2 minutes. With a slotted spoon, transfer to the ice water. When cool, transfer with the slotted spoon to a small bowl and set aside. Cook and cool the asparagus spears in the same manner; dry them on paper towels.

In a food processor (or by hand), chop 1½ cups of the spears very finely and transfer to a medium bowl. Add the remaining spears to the tips.

2. Add the mascarpone, ricotta, Parmigiano, anchovy paste, garlic, and cayenne to the chopped asparagus; mix well. Season to taste with salt and pepper.

3. Arrange 18 wonton wrappers on a work surface. Put 1 level Tbs. of the asparagus filling in the center of each wrapper. Using a pastry brush, moisten the edges of each with water. Top each with another wrapper and press the edges firmly to seal, expelling any air bubbles as you seal. If you don't plan to cook the ravioli immediately, cover them with a damp cloth.

4. Bring a large pot of well-salted water to a rolling boil over high heat. Meanwhile, melt the butter in a 10-inch skillet over medium heat and add the almonds, shaking the pan. Cook until the butter turns light brown, about 6 minutes, and then immediately transfer to a small bowl.

5. Add the ravioli to the boiling water. When they rise to the surface, after about 1 minute, use a slotted spoon to transfer them to warm plates or pasta bowls. Spoon the brown butter mixture over the ravioli. Top with the reserved asparagus pieces, a grinding of pepper, a sprinkle of Parmigiano, and a little lemon zest, and serve. —*John Ash*

PER SERVING: 510 CALORIES | 13G PROTEIN | 33G CARB | 38G TOTAL FAT | 19G SAT FAT | 12G MONO FAT | 3G POLY FAT | 90MG CHOL | 620MG SODIUM | 3G FIBER

Buying and Storing Asparagus

What to buy

Choose spears that are firm, straight, and smooth, with tightly closed tips. Stalks should not be dry at the cut ends or limp. Open tips or ridges along the stem indicate old age; these stalks will be less flavorful and have a tough, woody texture. Thicker spears are usually more tender than skinny ones.

How to prep

Trim away the tough, white woody base from the end of the asparagus spears. To ensure you've

trimmed enough, cut off a sliver of the end and eat it: It should be tender. You can also snap off the bottom of the spear with your hands (it should break naturally where the stem starts to toughen), though you'll probably waste more tender asparagus than necessary.

How to store

Stand trimmed spears upright in a jar with an inch or so of water. Cover with a plastic bag and store in the refrigerator for up to 3 days.



Asparagus Varieties

There are approximately 300 species of asparagus plants within the asparagus genus, but we eat just one: *Asparagus officinalis*. While the green variety is most common, purple and white asparagus can also be found in some farmers' markets and specialty stores.

Green

Its sweet, grassy notes become more vegetal with age. Although it's available in supermarkets much of the year, it's best consumed from early to late spring, when it's more likely to be harvested from a local source.

Purple

It's sweeter, more tender, and produces fewer stalks per plant than its green cousin. Also known as Violetto d'Albenga, this variety originated in northwestern Italy (these days, it's also grown in California). To preserve its color, use it raw or cook it briefly; the longer it cooks, the more likely it'll turn from purple to green.

White

Milder than other varieties, it has just a touch of pleasant bitterness. White asparagus is buried in the soil and kept out of the sun to prevent it from developing chlorophyll, which would turn it green.



spaghetti with green garlic and olive oil

SERVES 2

Kosher salt

2 Tbs. extra-virgin olive oil

2 oz. green garlic, green parts cut into 3-inch julienne strands, and white parts thinly sliced

6 oz. thin spaghetti

2 Tbs. freshly grated Parmigiano-Reggiano; more for serving

Freshly ground black pepper

In this riff on the classic spaghetti aglio e olio (spaghetti with garlic and olive oil), green garlic replaces the traditional pungent cloves and lends a more delicate garlic flavor.

1. Bring 3 quarts of well-salted water to a boil in a large pot over high heat.
2. Meanwhile, heat the oil in a 10-inch straight-sided sauté pan over low heat. Add the green garlic and 2 big pinches of salt; stir to coat. Cover and cook, stirring frequently, until wilted and softened, 5 to 7 minutes. Remove the pan from the heat.
3. Cook the spaghetti until just al dente, about 1 minute less than package timing. Set aside about ½ cup of the cooking water and drain the pasta.
4. Return the sauté pan to low heat. Add the spaghetti and ¼ cup of the cooking water; toss well. Add the Parmigiano and 2 Tbs. of the cooking water; toss again. Season to taste with salt and pepper, adding the remaining water if the pasta seems dry.
5. Serve in heated pasta bowls, sprinkled with additional Parmigiano.

—Jennifer Armentrout

PER SERVING: 480 CALORIES | 14G PROTEIN | 73G CARB | 15G TOTAL FAT | 2.5G SAT FAT | 10G MONO FAT | 2G POLY FAT | 0MG CHOL | 160MG SODIUM | 3G FIBER



All about Green Garlic

For cooks, garlic is indispensable. But with its piquant flavor and strong aroma, it can also dominate a dish. For a sweeter, more subtly aromatic and delicately flavored alternative, look to green garlic. With long, tender stalks and just the beginnings of a bulb, this scallion look-alike is simply young garlic that's been harvested before the bulb is mature. Use the entire plant as you would regular garlic to add fresh, herbal garlic notes to your favorite soups, salads, and sautés. From March through May, it offers the perfect break from its older brother's bite.

When garlic (*Allium sativum*) is harvested before its bulb develops individual cloves, it's called green garlic, spring garlic, or baby garlic. Farmers have always picked green garlic as a way to thin the crop, but now it's grown increasingly popular as its own crop. Green garlic's slender stalks are about a foot long and lead to a small white bulb that is sometimes streaked with purple; the bulb itself resembles that of a spring onion or fat scallion.

How to buy and store

Green garlic should have a pleasant garlic aroma; lush, bright green leaves; and a white or purple-hued bulb end. Avoid plants with dried ends or soggy leaves, as well as larger, pungent-smelling plants (they're often tough). When storing, treat green garlic as you would an herb: Wrap it in a damp paper towel, put it in a sealed plastic bag, and refrigerate it for up to 5 days.

How to use

Green garlic can be cooked or eaten raw. Use it in any dish that benefits from a hit of garlic, or use it as a substitute for scallions. Trim it as you would a leek: Remove the root end of the bulb and any tough dark green leaves. (Reserve discarded leaves for stews and sauces; they can be tossed in whole, like a bay leaf, for flavor.)

Add thinly sliced and lightly sautéed green garlic to mashed potatoes, gratins, stir-fries, scrambled eggs and omelets, and pasta dishes. Use it as an aromatic base for soup, steamed mussels and clams, or shrimp sautés. Try it in a vinaigrette or blend it into aioli. For a delicious take on pesto, purée green garlic with fresh basil, pine nuts, and Parmigiano-Reggiano.

Green garlic pairs beautifully with other spring ingredients; combine it with asparagus and peas in a risotto, or toss it into a salad of fresh greens.

—Evan Barbour



cavatappi with artichokes and three cheeses

SERVES 4

- Kosher salt**
- 1 lemon**
- 1 Tbs. unsalted butter**
- 1 Tbs. olive oil**
- ½ cup chopped shallot**
- 1 9-oz. package frozen artichoke hearts, cut into ¼-inch slices while frozen**
- ¼ tsp. crushed red pepper flakes**
- Coarsely ground black pepper**
- ⅓ cup thinly sliced fresh chives**
- 2 Tbs. thinly sliced fresh mint leaves**
- 12 oz. cavatappi**
- ½ cup mascarpone (4 oz.)**
- ½ cup mild goat cheese (3 oz.)**
- ½ cup finely grated pecorino romano; more for serving**

Cavatappi resemble elongated elbow macaroni and are the perfect shape for this rich and creamy dish—the herbs, cheeses, and sliced artichoke hearts cling to the spirals. By using a combination of frozen artichoke hearts and fresh chives and mint, you can produce a fast and flavorful vegetarian meal in no time.



1. Bring a large pot of well-salted water to a boil over high heat. From the lemon, grate 1½ tsp. of zest and squeeze 1 Tbs. of juice; set aside. Heat the butter and oil in a 12-inch skillet over medium heat until the butter has melted. Add the shallot and cook until just softened, about 3 minutes. Increase the heat to high and add the frozen artichokes, red pepper flakes, ½ tsp. salt, and ¼ tsp. pepper. Cook until the artichokes are golden brown, 3 to 4 minutes. Remove from the heat and stir in 3 Tbs. of the chives, the mint, and the lemon zest.

2. Meanwhile, cook the cavatappi according to package directions until al dente. Drain, reserving ½ cup of the water. Return the pasta to the pot and stir in the mascarpone, goat cheese, pecorino, lemon juice, and ¼ cup of the water until smooth. Gently stir in the artichoke mixture and add more water if necessary to moisten the pasta. Season to taste with salt and pepper. Serve sprinkled with the remaining chives and additional cheese. —*Samantha Seneviratne*

PER SERVING: 650 CALORIES | 22G PROTEIN | 74G CARB | 30G TOTAL FAT | 15G SAT FAT | 8G MONO FAT | 1.5G POLY FAT | 65MG CHOL | 730MG SODIUM | 8G FIBER

Shun pregrated cheese and grab a grater. Not only does this allow you to tailor the shred to suit the dish, but it also means the flavor is deeper and more pronounced.

spaghettini with roasted fennel and mozzarella

SERVES 2

- 2 medium bulbs fennel, washed and trimmed**
- 1 head garlic, cloves peeled and, if large, halved**
- 1 Tbs. fennel seeds, chopped**
- ¼ cup extra-virgin olive oil**
- 4 canned plum tomatoes, chopped (¾ cup)**
- ¼ tsp. crushed red pepper flakes**
- Salt and freshly ground black pepper**
- ½ lb. spaghettini**
- 1 cup loosely packed fresh basil leaves**
- 3 oz. fresh mozzarella, cut into cubes (about ½ cup)**
- ⅓ cup freshly grated Parmesan; more for serving**

Fennel seeds and fresh basil echo the subtle licorice flavor of the fresh fennel.

1. Heat the oven to 450°F. Cut the fennel bulbs into quarters through their cores. With a chef's knife, cut out each core, set the wedges cut side down, and cut them into ¼-inch slices. In a shallow ovenproof dish or baking pan, toss the fennel with the garlic, fennel seeds, half of the olive oil, the tomatoes, pepper flakes, and salt and pepper to taste. Spread the mixture evenly in the bottom of the pan. Roast without stirring until the fennel is limp and somewhat browned, 35 to 45 minutes.

2. When the fennel is just cooked, cook the spaghettini until al dente, drain it, and return it to its pot. Add the roasted mixture to the pot and toss. Add the remaining olive oil. Tear the basil into pieces and add it to the pot. Just before serving, toss with the mozzarella and Parmesan. Serve immediately, with extra Parmesan on the table. —*Micol Negrin*

PER SERVING: 1,000 CALORIES | 37G PROTEIN | 121G CARB | 43G TOTAL FAT | 11G SAT FAT | 25G MONO FAT | 5G POLY FAT | 30MG CHOL | 1,390MG SODIUM | 16G FIBER

spaghetti with grilled eggplant, tomato & onion

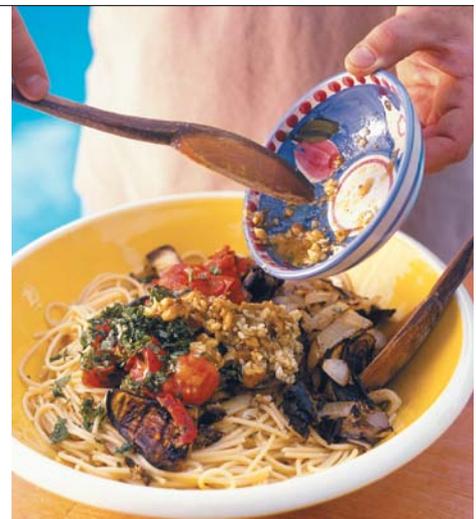
SERVES 4 TO 6

- ¼ cup extra-virgin olive oil; more for brushing**
- 6 Tbs. finely chopped fresh basil**
- 2 or 3 large cloves garlic, finely chopped**
- ¼ cup crushed walnuts**
- 1 tsp. salt; more to taste**
- 1 medium eggplant (about 1 lb.), peeled and cut into ¾-inch slices**
- 1 beefsteak tomato (about 1 lb.), halved**
- 1 medium onion, peeled and cut into 3 or 4 thick slices**
- Freshly ground black pepper**
- 1 lb. spaghetti**
- Freshly grated Parmesan (optional)**

Cooking times will be on the longer side if you're using a gas grill.

Prepare a medium-hot charcoal fire or heat a gas grill for 20 minutes on high. In a bowl, mix together the olive oil, basil, garlic, walnuts, and 1 tsp. salt. Brush the eggplant, tomato, and onion with more olive oil, season with salt and pepper, and put them on the grill. Grill the tomato, turning only once, until the skin is blistering and the flesh looks mushy and cooked, 15 to 25 minutes. Grill the onion until soft and blackened on both sides, about 15 minutes. Grill the eggplant until golden brown and tender, 10 to 25 minutes. Coarsely chop the eggplant, tomato, and onion; put them in a large bowl along with their juices. Meanwhile, bring a large pot of well-salted water to a vigorous boil and add the spaghetti. Cook until al dente; drain well. Toss the pasta with the vegetables and the basil mixture. Sprinkle with pepper; toss again and serve immediately, with freshly grated Parmesan cheese, if you like. —*Clifford Wright*

PER SERVING: 460 CALORIES | 12G PROTEIN | 72G CARB | 14G TOTAL FAT | 2G SAT FAT | 8G MONO FAT | 3G POLY FAT | 0MG CHOL | 610MG SODIUM | 7G FIBER



ravioli with grilled vegetable sauce

**MAKES 4 CUPS SAUCE; SERVES
4 WITH SAUCE LEFT OVER**

- 1 medium red onion, halved
(skin on)**
- 3 red bell peppers**
- 2 yellow bell peppers**
- 1 hot fresh green chile, such as
jalapeño**
- 1 portabella mushroom (4 to
5 inches in diameter), wiped
clean and stem removed**
- ½ medium eggplant, peeled and
sliced ½ inch thick**
- 2 cups chopped tomatoes,
preferably fresh plum
tomatoes or Early Girls (1 lb.)**
- 3 cloves garlic**
- 3 Tbs. extra-virgin olive oil**
- ¼ cup heavy cream**
- 1 lb. cheese ravioli**
**Freshly grated Parmesan
(optional)**

This sauce recipe will cover 2 lb. of pasta, so you can freeze half to enjoy later. The sauce is also delicious over tortellini, gnocchi, or even polenta.

- 1.** Prepare a medium-hot charcoal fire or heat a gas grill for 20 minutes on high. Put the onion, peppers, chile, mushroom, and eggplant slices on the grill. Grill the onion until it can be easily pierced by a skewer (about 45 minutes), the peppers and chile until charred black and the skins are blistering (about 20 minutes), the mushroom until soft and golden brown (about 20 minutes), and the eggplant until branded with grill marks (about 15 minutes). When the peppers and chile are cool enough to handle, peel them and remove their seeds. Peel the onion. Put the onion, peppers, chile, eggplant, mushroom, chopped tomatoes, and garlic in a food processor. Process until the vegetables are a purée. Pass through a food mill or a strainer and transfer to a saucepan; stir in the olive oil and cream. Turn the heat to medium, bring to a gentle boil, and then simmer until the sauce is dense, smooth, and reduced to about 4 cups, 30 to 40 minutes.
- 2.** Meanwhile, bring a large pot of well-salted water to a vigorous boil and add the ravioli. Cook until the ravioli are puffy and bobbing on top of the water, pushing them down occasionally (if using frozen ravioli, follow the directions on the package). Test one to be sure it's fully cooked; drain and then cover with the sauce. Serve with freshly grated Parmesan cheese, if you like.

—Clifford Wright

PER SERVING: 500 CALORIES | 17G PROTEIN | 57G CARB | 25G TOTAL FAT | 10G SAT FAT | 11G MONO FAT | 2G POLY FAT | 65MG CHOL | 430MG SODIUM | 10G FIBER



rigatoni with summer squash, spicy sausage & goat cheese

SERVES 4 TO 6

Kosher salt

- 1 lb. dried rigatoni**
- 3 Tbs. extra-virgin olive oil**
- ¾ lb. bulk hot Italian sausage (or links, casings removed)**
- ½ cup finely chopped shallots (about 3 medium)**
- 2 cups ¾-inch-diced yellow and green summer squash**
- 3 oz. fresh goat cheese, crumbled (about ¾ cup)**
- 2 tsp. finely chopped fresh flat-leaf parsley**
- Freshly ground black pepper**
- ¼ cup grated Parmigiano-Reggiano (optional)**

Goat cheese brings the flavors of this pasta together while adding its own rich nuance.

- 1.** Bring a large pot of well-salted water to a boil over high heat. Put the rigatoni in the boiling water and cook until just shy of al dente, about 10 minutes.
- 2.** While the pasta cooks, heat ½ Tbs. of the oil in a 12-inch skillet over medium-high heat. Add the sausage and cook, breaking it into pieces with a spatula or spoon, until it's almost cooked through, 3 to 5 minutes. Using a slotted spoon, transfer the sausage to a bowl. Pour the fat out of the skillet but do not wipe it clean. Heat the remaining 2½ Tbs. oil in the skillet over medium heat and cook the shallots until they begin to soften, about 1 minute. Raise the heat to medium high and add the squash. Cook, stirring frequently, until the squash is barely tender, 3 to 5 minutes.
- 3.** Reserve ½ cup of the pasta cooking water and drain the rigatoni. Return the rigatoni to its cooking pot and add the sausage, the squash mixture, and 2 Tbs. of the reserved pasta water. Toss over medium heat until the sausage is cooked through and the rigatoni is perfectly al dente, about 3 minutes. Add more of the pasta water as necessary to keep the dish moist.
- 4.** Remove from the heat, add the goat cheese and parsley, and toss until the cheese melts and coats the pasta. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with some of the grated Parmigiano, if using. —*Scott Conant*

PER SERVING: 500 CALORIES | 19G PROTEIN | 61G CARB | 19G TOTAL FAT | 6G SAT FAT | 9G MONO FAT | 2G POLY FAT | 25MG CHOL | 760MG SODIUM | 3G FIBER



orecchiette with caramelized garlic, sausage & broccoli

SERVES 4

- 10 oz. broccoli crowns, cut into 1½-inch florets**
- ¼ cup extra-virgin olive oil**
- ¾ lb. sweet Italian sausage, (casings removed) crumbled into 1-inch pieces**
- 3 cloves garlic, very thinly sliced**
Kosher salt and freshly ground black pepper
- 8 oil-packed sun-dried tomatoes, drained and cut into thin strips**
- 1 Tbs. chopped fresh thyme**
- ¾ lb. dried orecchiette**
- 1 Tbs. fresh lemon juice; more to taste**
- 3 Tbs. grated Parmigiano-Reggiano; more for serving**
- 3 scallions (white and green parts), thinly sliced**

Substitute penne if you don't have orecchiette.

- 1.** Put a large pot of salted water on to boil. Fill a large bowl with cold water. Blanch the broccoli in the boiling water until it softens to a tender crunch, 1 to 2 minutes. Transfer it to the bowl of cold water.
- 2.** Heat 2 Tbs. of the oil in a large skillet over medium-high heat for 1 minute. Add the sausage and sauté, stirring, until it browns and is just cooked through, about 6 minutes. Transfer to a plate.
- 3.** Put the pasta in the water.
- 4.** Reduce the heat under the skillet to medium low; add the remaining 2 Tbs. oil and the garlic. Season with salt and cook, flipping the pieces occasionally, until they start to brown, 3 to 4 minutes. Raise the heat to high, drain the broccoli, and add it to the skillet, along with the sausage. Cook until everything is heated through, about 1 minute. Stir in the sun-dried tomatoes and thyme.
- 5.** Finish cooking the pasta until it's just tender, about 10 minutes total. Reserve 1 cup of the pasta water. Drain the pasta and add it to the skillet with the broccoli. Raise the heat to high and toss well for 30 seconds. If the pasta appears dry, add ½ cup of the reserved pasta water. Stir in the lemon juice, Parmigiano, and scallions. Add more salt, pepper, or lemon juice to taste. Serve immediately, sprinkled with more Parmigiano. —*Tony Rosenfeld*

PER SERVING: 760 CALORIES | 36G PROTEIN | 77G CARB | 36G TOTAL FAT | 9G SAT FAT | 21G MONO FAT | 4G POLY FAT | 45MG CHOL | 910MG SODIUM | 8G FIBER



ragù alla bolognese

**MAKES ABOUT 4½ CUPS SAUCE;
SERVES 6 TO 8**

- 2 Tbs. unsalted butter**
- 2 Tbs. extra-virgin olive oil**
- 1 small yellow onion, finely diced**
- ½ medium carrot, peeled and finely diced**
- 1 medium rib celery, finely diced**
- 1 lb. ground pork (preferably from the shoulder)**
- ¼ lb. thickly sliced Prosciutto di Parma, very finely diced**
- Kosher salt and freshly ground black pepper**
- ½ cup dry white wine**
- 1 28-oz. can Italian plum tomatoes with their juice, passed through a food mill to remove their seeds**
- 1 cup homemade or lower-salt chicken broth or beef broth**
- ½ cup hot milk**
- 1¼ to 1½ lb. pappardelle, cooked**

Gently toss fresh or dried pasta with this ragù the Italian way, ladling it in gradually so it evenly coats the noodles but doesn't overwhelm or saturate them.

1. Heat the butter and oil in a small Dutch oven or a wide, heavy-based saucepan over medium heat. When the butter begins to foam, add the onion, carrot, and celery and cook, stirring occasionally, until they're lightly golden and soft, 5 to 7 minutes. Raise the heat to high, add the pork and prosciutto, and season lightly with salt and pepper. Cook, stirring and breaking up the pork with a large spoon until the meat loses its raw color, 3 to 5 minutes (the meat won't brown). Add the wine and cook, stirring, until it's almost completely reduced, 3 to 5 minutes. Add the tomatoes and the broth. As soon as the liquid comes to a boil, reduce the heat to low and cook the sauce at a bare simmer for 2 hours.

2. Add the hot milk and simmer for another 30 minutes, stirring occasionally. At this point, the sauce should have a thick but saucy consistency and a light reddish brown color. If the sauce has thickened before the cooking time is up, cover the pot. If the sauce is still too thin at the end of cooking, continue to simmer gently, uncovered, until it's thick. Taste and adjust the seasonings and toss with the pappardelle. —*Biba Caggiano*

PER SERVING, WITHOUT PASTA: 280 CALORIES | 15G PROTEIN | 7G CARB | 21G TOTAL FAT | 8G SAT FAT | 10G MONO FAT | 2G POLY FAT | 65MG CHOL | 620MG SODIUM | 1G FIBER



gnocchi with sausage and leek ragù

**MAKES ABOUT 3 CUPS RAGÙ;
SERVES 6**

FOR THE SAUCE

- 1 28-oz. can whole peeled tomatoes (preferably San Marzano)**
- ½ lb. sweet Italian sausage (about 2 links)**
- 3 Tbs. extra-virgin olive oil**
- 1 large leek (white and light green parts only), trimmed, halved lengthwise, rinsed well, and cut crosswise into thin half-moon slices (about 1½ cups)**
- 2 tsp. chopped fresh flat-leaf parsley**
- 1 tsp. chopped fresh thyme**
- 1 tsp. chopped fresh marjoram**
- 1 tsp. minced garlic (about 1 medium clove)**
- ½ tsp. kosher salt; more to taste**
Freshly ground black pepper

FOR THE GNOCCHI

- Kosher salt**
- 1 recipe Potato Gnocchi (recipe p. 63)**
- 1 cup freshly grated Parmigiano-Reggiano (optional)**

You can make this sauce ahead and refrigerate it, covered, for up to 5 days or freeze it for up to 1 month.

- 1.** Put the tomatoes and their juices in a food processor and pulse 4 or 5 times until the tomatoes are crushed but not completely puréed.
- 2.** Remove the sausage from its casing and tear the sausage apart with your hands into coarse pieces. Heat 1 Tbs. of the olive oil in a 12-inch skillet over medium-high heat. Add the sausage and cook, further breaking it apart with a wooden spoon, until lightly browned and almost completely cooked through, 3 to 5 minutes. With a slotted spoon, transfer the sausage to a plate.
- 3.** Add the remaining 2 Tbs. olive oil to the pan and then add the leek, parsley, thyme, marjoram, garlic, and salt. Cook, stirring, until the leek is soft and fragrant, about 3 minutes. Adjust the heat if the garlic or leek shows any sign of burning.
- 4.** Add the tomatoes and reserved sausage and stir well to combine, scraping up any browned bits on the bottom of the pan. Bring to a vigorous simmer and then reduce the heat to medium low. Cover the pan with the lid slightly ajar and simmer gently for 45 minutes. If the sauce is bubbling too fast, reduce the heat to low. Remove the lid and if the sauce seems watery, continue to simmer, stirring occasionally, until reduced to a thick sauce consistency. Adjust the seasoning to taste with salt and pepper.
- 5.** Cook the gnocchi and toss with the sauce: Bring a large pot of well-salted water to a boil over high heat. To get the gnocchi into the boiling water, fold the parchment ends to form a chute and gently shake the gnocchi out, taking care not to clump them together as you drop them in. Give one gentle stir, wait until the gnocchi all float to the surface of the water, and then cook them for 1 minute. Carefully drain the gnocchi in a colander. Transfer them to the sauce and gently toss to coat. Serve immediately, topped with Parmigiano, if using.

—Laura Giannatempo

PER SERVING: 440 CALORIES | 14G PROTEIN | 63G CARB | 14G TOTAL FAT | 4G SAT FAT | 8G MONO FAT | 1.5G POLY FAT | 50MG CHOL | 1,140MG SODIUM | 6G FIBER



All about Gnocchi

Gnocchi's plump, pillowy texture and mild, delicate flavor make them perfect for rich, hearty sauces. In general, meat sauces are a fantastic match, but butter- and cream-based sauces work well, too.

In Italy, gnocchi are usually served after appetizers (*antipasti*) as a first course (or *primo piatto*), instead of pasta. And they're followed by a meat and vegetable course (*secondo piatto* and *contorno*). When Italians eat gnocchi this way, the portions tend to be on the small side. However, gnocchi can just as easily be served as a main course, preceded or followed by a light green salad.

Make ahead and freeze

You can serve freshly made gnocchi right away or within a couple of hours, or you can freeze them for later use. Put the gnocchi in the freezer while they're still on the baking sheets and freeze until they are hard to the touch, at least 1 hour. Transfer them to a large zip-top bag or several smaller bags and freeze for up to 2 months.

Cook frozen gnocchi in boiling water in two batches. Frozen gnocchi cause the temperature of the cooking water to drop, so they'll fall apart before the water returns to a boil if there are too many in the pot.

Don't refrigerate fresh gnocchi for more than 2 or 3 hours, as they tend to ooze water and become soggy.

spaghetti alla carbonara

SERVES 2

Kosher salt

1 Tbs. extra-virgin olive oil

¼ lb. fatty pancetta or guanciale, sliced ¼ inch thick and cut into 1½- by ½-inch rectangles

Freshly ground black pepper

½ cup diced red onion

2 large eggs, chilled

½ lb. dried spaghetti

½ cup lightly packed, freshly grated Parmigiano-Reggiano

To make this pasta for four people, double the recipe, but transfer the pasta back into the pot used for cooking it and then toss it with the eggs and cheese.

1. Bring a large pot of well-salted water to a boil over high heat.

2. In a 10-inch skillet, heat the olive oil over medium heat. Add the pancetta or guanciale and ½ tsp. pepper and cook, stirring occasionally, until golden and beginning to crisp, about 5 minutes. (If the meat is browning too quickly, reduce the heat to medium low.) Add the onion and continue to cook until it's soft and golden and the meat is crisp, about another 5 minutes.

3. Remove the pan from the heat and carefully spoon off all but about 2 Tbs. of the fat. Add 1 Tbs. water to the pan and scrape any brown bits from the bottom.

4. Beat the eggs in a small bowl until smooth and set aside.

5. Cook the spaghetti in the boiling water according to package directions until it's just shy of al dente. Reserve ¼ cup of the cooking water and drain the spaghetti. Transfer the spaghetti to the skillet, set it over medium heat, and toss with tongs to coat the spaghetti with the fat and finish cooking to al dente, about 1 minute. If the pasta is too dry or starts to stick to the bottom of the pan, add 1 or 2 tsp. of the pasta water. You want the bottom of the pan to be just barely wet. If the pan is too dry, the eggs will scramble when you add them.

6. Remove the skillet from the heat and pour the eggs over the pasta, tossing quickly and continuously until the eggs thicken and turn to the consistency of a thin custard, 30 seconds to 1 minute. (Tossing constantly is important, as it prevents the eggs from scrambling.)

7. The sauce should be smooth and creamy, and it should cling to the pasta. Add a little more pasta water if necessary to loosen the sauce. Stir in the Parmigiano and season to taste with salt and pepper (you may not need additional salt, as both guanciale and pancetta can be very salty). Serve immediately. —*Steve Connaughton*

PER SERVING: 810 CALORIES | 34G PROTEIN | 89G CARB | 34G TOTAL FAT | 10G SAT FAT | 15G MONO FAT | 4.5G POLY FAT | 255MG CHOL | 1,530MG SODIUM | 6G FIBER



carbonara know-how



Add pasta water to the pan to keep the pasta from sticking.



Pour the eggs over the pasta and keep tossing until the eggs thicken into a custard-like consistency.

What Is Guanciale?

In Italy, spaghetti alla carbonara is made with guanciale (gwan-CHA-leh)—cured, air-dried pork that's similar to pancetta. Pancetta comes from the belly of the pig, while guanciale is made from the jowl and has a stronger flavor and more delicate texture. Guanciale can be hard to find, but you can order it online.

orecchiette with peas, arugula & prosciutto

SERVES 4 TO 6

- 1 lb. dried orecchiette or penne**
- 1 lb. arugula (about 4 small bunches)**
- 4 Tbs. unsalted butter**
- 3 cloves garlic, minced**
- 1 lb. fresh English peas, shelled (pods discarded or saved for vegetable stock), or 1 cup frozen peas, thawed**
- Kosher salt and freshly ground black pepper**
- 3 Tbs. olive oil**
- 10 thin slices prosciutto, diced (6 to 7 ounces)**
- 2 Tbs. freshly squeezed lemon juice**
- ¼ cup freshly grated Parmigiano-Reggiano; plus ¾ cup shavings, for garnish**
- 2 Tbs. chopped fresh flat-leaf parsley**

Puglia's traditional ear-shaped pasta makes a perfect cradle for the peas.

1. Bring a pot of well-salted water to a boil over high heat. Boil the orecchiette following the package directions.

2. Meanwhile, trim, wash, and thoroughly dry the arugula; chop it coarsely and set aside. In a large saucepan over medium heat, melt the butter. Add the garlic and sauté until barely golden, about 2 minutes. Add the peas and sauté until crisp-tender, another 3 to 4 minutes if using fresh or 1 minute if using thawed frozen. Season lightly with salt and pepper. With a slotted spoon, remove the peas and garlic from the pan and set aside. Leave as much liquid in the pan as possible and add the olive oil to the pan. Add the prosciutto and cook until very lightly browned, about 5 minutes. Add the arugula in batches, stirring and adding handfuls as it wilts. Stir in the lemon juice. Cook just until all the greens have wilted.

3. When the orecchiette is done, reserve 1 cup of the cooking water and drain the pasta. In a large bowl, toss the orecchiette with the peas, prosciutto, arugula, and grated Parmigiano, along with ½ cup of the reserved cooking water. Season with more ground pepper; toss. Taste and adjust the seasonings if needed. If the pasta seems dry, toss with more of the reserved cooking water. To serve, garnish each portion with the parsley and the Parmigiano shavings. —*Ali Edwards*

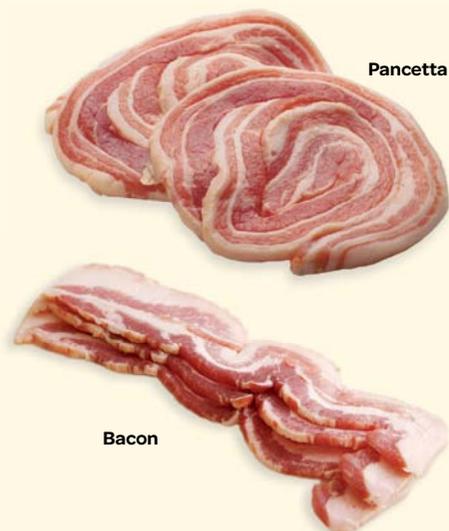
PER SERVING: 620 CALORIES | 30G PROTEIN | 60G CARB | 28G TOTAL FAT | 12G SAT FAT | 11G MONO FAT | 2G POLY FAT | 70MG CHOL | 2,175MG SODIUM | 5G FIBER



Pancetta and Bacon

“Bacon makes everything better.” That’s one of our favorite sayings in the *Fine Cooking* test kitchen, and it helps explain why our recipes frequently call for it, or for its Italian cousin, pancetta. While both are made from pork bellies, the difference is that bacon is brined and then smoked, while pancetta is dry cured with salt and pepper and is not smoked.

Most people should have ready access to bacon in its various forms—thin- or thick-sliced or slab (unsliced). Pancetta is often available either in your deli or near the packaged deli meats. Bacon can be used in place of pancetta—just blanch it in boiling water first to reduce its smoky flavor. Unused bacon and pancetta freeze well; wrap a few slices together in individual packets so it’s easy to thaw only the amount you need.





double-cheese penne with sausage and hot cherry peppers

SERVES 4 TO 6

Kosher salt

2 Tbs. plus 1 tsp. extra-virgin olive oil

¾ lb. dried penne or ziti

1 lb. sweet Italian sausage (4 or 5 links), casings removed

2 large cloves garlic, minced (about 2 tsp.)

1 28-oz. can whole peeled tomatoes

2 or 3 pickled Italian hot cherry peppers (from the jar), cored, seeded, and diced (about ½ Tbs.)

¾ cup freshly grated Parmigiano-Reggiano (about 2½ oz.); more for sprinkling

Freshly ground black pepper

8 oz. shredded low-moisture part-skim mozzarella (2 cups)

Italian sausage is traditionally made with pork, but chicken and turkey versions are widely available and are sometimes lower in fat.

1. In a large covered pot, bring 4 quarts salted water to a boil. Lightly grease an 8x11-inch baking dish or 6 individual (1½-cup) gratin dishes with 1 tsp. of the olive oil.

2. Add the penne or ziti to the boiling water and cook until it's just tender but still firm to the tooth, about 11 minutes. Drain the pasta well and return it to its cooking pot.

3. Meanwhile, heat the remaining 2 Tbs. oil in a large straight-sided skillet over medium-high heat. When the oil is hot, add the sausage, let it sit for a minute, and then start stirring and breaking it into bite-size pieces with the side of a slotted metal spoon. Cook until lightly browned, another 2 to 3 minutes. Transfer to a plate using the slotted spoon.

4. Add the garlic to the pan, season with salt, and cook, stirring constantly, until it colors slightly, about 30 seconds. Add the tomatoes and their juices and cook at a rapid simmer, stirring occasionally and breaking up the tomatoes with the spoon, for 5 minutes so the sauce thickens slightly.

5. Meanwhile, position an oven rack about 6 inches from the broiler element and heat the broiler on high. Stir the sausage and its juices, the diced peppers, and ½ cup of the Parmigiano into the sauce. Cook, stirring, until the sausage is cooked through, 3 to 5 minutes. Taste for salt and pepper. Pour the sauce over the cooked pasta in the pot and stir well. Spread the pasta and sauce evenly in the baking dish or gratin dishes. Sprinkle with the mozzarella and the remaining ½ cup Parmigiano. Put the baking dish or gratin dishes on a baking sheet and broil until the cheese melts and browns in places, 2 to 4 minutes (check often to be sure they don't burn). Serve immediately with more Parmigiano, if you like. —*Fine Cooking editors*

PER SERVING: 610 CALORIES | 40G PROTEIN | 49G CARB | 28G TOTAL FAT | 11G SAT FAT | 13G MONO FAT | 3G POLY FAT | 65MG CHOL | 1,270MG SODIUM | 4G FIBER

All about Sweet Italian Sausage

Made from coarsely ground pork mixed with seasonings including fennel seed, sweet Italian sausage is one of two types of Italian sausage (the other being hot). It is a fresh sausage (as opposed to cured or dried) and must be well cooked before eating. Most often sold in links, it's also sometimes available as patties or bulk sausage. Though Italian sausage is traditionally made with

pork, chicken and turkey versions are also widely available (and are sometimes lower in fat).

How to prep

To easily remove the meat from its casing, split the casing lengthwise with a sharp knife.

How to store

For longer storage, freeze Italian sausage links (well wrapped) for up to 3 months.

beef and pork ragù lasagne

SERVES 8 TO 10

FOR THE RAGÙ

- 3 oz. (6 Tbs.) unsalted butter**
- ¼ cup extra-virgin olive oil**
- 2 medium ribs celery, finely chopped (1½ cups)**
- 2 medium carrots, peeled and finely chopped (¾ cup)**
- 2 small yellow onions, finely chopped (1½ cups)**
- 1 lb. boneless beef brisket or chuck, finely diced or ground (2 cups)**
- 1 lb. boneless pork shoulder, finely diced or ground (1½ cups)**
- 8 oz. pancetta, finely diced (1¼ cups)**
- 2 cups dry red wine**
- ½ cup canned tomato purée**
- ¼ cup tomato paste diluted in ½ cup water**
- 2 cups homemade or lower-salt beef or chicken broth; more as needed**
- 1 cup whole milk**
- Kosher salt and freshly ground black pepper**

TO ASSEMBLE

- ½ oz. (1 Tbs.) unsalted butter, cut into small cubes; more for the pan**
- 1 lb. dried lasagna noodles, cooked**
- Basic Cream Sauce (recipe on the facing page)**
- 1 cup freshly grated Parmigiano-Reggiano**

A rich and meaty ragù sets this lasagne apart from most recipes that are heavy on cheese and tomato sauce. The extra step of making your own cream sauce is worth the depth of flavor that results.

MAKE THE RAGÙ

In a 5- to 6-quart Dutch oven, melt the butter with the oil over medium heat. Add the celery, carrots, and onion and cook, stirring occasionally, until softened and lightly golden, about 15 minutes. Add the beef, pork, and pancetta and cook, breaking up the meats with a spoon and stirring often, until the meats lose their redness, 5 to 8 minutes. Stir in the wine, tomato purée, and tomato paste and simmer vigorously until the liquid is almost evaporated, 15 to 20 minutes. Add the broth and milk, cover with the lid ajar, reduce the heat to low, and simmer gently until you have a rich, concentrated sauce, about 2½ hours. Check every 30 minutes to see if more liquid is needed, adding more broth if necessary to prevent scorching. Season to taste with salt and pepper, if needed. Let cool. Skim off the fat from the top, if desired. You should have about 6 cups.

ASSEMBLE THE LASAGNE

- 1.** Position a rack in the center of the oven and heat the oven to 350°F. Choose a baking dish that's about 9x12 inches and 3 inches deep or about 10x14 inches and 2 inches deep. Butter the baking dish. Spread ½ cup of ragù in a sparse layer on the bottom of the dish. Then cover with a slightly overlapping layer of cooked noodles, cutting them as needed to fill the gaps. Spread one-third of the remaining ragù (about 1½ cups) over the first layer of noodles. Drizzle on one-third of the cream sauce (about 1 cup) and spread it with a spatula or the back of a spoon. Sprinkle with ⅓ cup of the Parmigiano. Add a new layer of noodles, overlapping them slightly.
- 2.** Repeat the layers until all of the filling ingredients are used, to make a total of three layers (you may not need all the pasta). Dot the top with the butter cubes.

- 3.** Put the baking dish on a baking sheet and bake until heated through and bubbling at the edges, 45 to 50 minutes. Remove from the oven and let rest for 10 to 15 minutes before serving. —*Joyce Goldstein*

PER SERVING: 620 CALORIES | 30G PROTEIN | 29G CARB | 39G TOTAL FAT | 17G SAT FAT | 15G MONO FAT | 3G POLY FAT | 170MG CHOL | 1,140MG SODIUM | 2G FIBER

chopping meat for ragù

Cut each piece into ¼-inch slices, then cut the slices into thin strips lengthwise and dice the strips crosswise. Alternatively, you can pulse the meat in a food processor, but be careful not to chop it too finely or into a paste.



basic cream sauce

MAKES ABOUT 3 CUPS

3 oz. (6 Tbs.) unsalted butter

6 Tbs. unbleached all-purpose flour

3½ cups whole milk, heated

Kosher salt and freshly ground black pepper

Pinch of freshly grated nutmeg

A good, rich cream sauce is the secret to a great lasagne. Make it once the other components are ready, since it requires you to whisk it frequently and should be used as soon as it's done.

In a 2- to 3-quart saucepan, melt the butter over medium-low heat. Add the flour and cook, whisking constantly for 2 to 3 minutes. Don't let the mixture brown. Slowly whisk in the hot milk and bring just to a simmer, whisking frequently. Reduce the heat to low and cook, whisking often, until the sauce has thickened to a creamy, gravy-like consistency and no longer tastes of raw flour, 10 to 12 minutes. Remove from the heat and whisk in 1 tsp. salt, ¼ tsp. pepper, and the nutmeg. If not using right away, transfer to a bowl and press a piece of plastic wrap directly on the surface of the sauce to keep a skin from forming. Plan to use the sauce within 30 minutes because it thickens if it's left to sit for too long. If that should happen, add a little warm milk and whisk well to thin it.



spaghetti and meatballs

**MAKES 12 LARGE MEATBALLS;
SERVES 4 TO 6**

Marinara Sauce (recipe on the facing page)

- ½ lb. ground beef**
- ½ lb. ground pork**
- ½ lb. ground veal**
- 1 clove garlic, minced, plus
1 clove garlic, lightly smashed**
- 2 large eggs, lightly beaten**
- 1 cup finely grated imported
Locatelli Romano or
Parmigiano-Reggiano (or half
and half); more for serving**
- 1½ cups plain dry breadcrumbs**
- 1 Tbs. chopped fresh flat-leaf
parsley**
- Kosher salt and freshly ground
black pepper**
- 1 cup olive oil or vegetable oil;
more as needed**
- 1 lb. dried spaghetti**
- ¼ cup chopped fresh basil**

If you can't buy the ground meats individually, use 1½ lb. meatloaf mix, which is often available in supermarkets.

- 1.** Start making the marinara sauce. While it's simmering, make the meatballs.
- 2.** Break up the ground meat into a large bowl. Sprinkle on the minced garlic, eggs, grated cheese, breadcrumbs, parsley, 1½ cups water, 1 Tbs. salt, and ½ tsp. pepper. Mix with your hands until everything is nicely distributed, but don't overmix. Shape into 12 meatballs by gently scooping up a handful of meat and rolling it into a nice even ball; each meatball should weigh about 4 oz. and be about 2½ inches in diameter.
- 3.** Heat the olive oil and the lightly smashed garlic clove in a 10-inch nonstick skillet over medium heat. (If your skillet is larger than 10 inches, you'll need to add more oil; there should be enough to come about halfway up the sides of the meatballs.) When the garlic is lightly browned, the oil should be hot enough to start frying. (Remove the garlic from the oil once it becomes fully browned.) Gently set 6 of the meatballs in the oil and fry until they're lightly browned on the bottom half, 5 to 6 minutes. Carefully turn them over using a slotted spatula and brown the other side. Drain the meatballs on a few paper towels to soak up excess oil. Fry the remaining 6 meatballs the same way.
- 4.** When the marinara has finished its initial simmer and you've seasoned it, add the meatballs to the simmering sauce and cover the pot. Simmer them together for 30 minutes to let the sauce permeate the meatballs and the meat flavor infuse the sauce.
- 5.** Meanwhile, bring a large pot of salted water to a boil. When the meatballs and sauce have been simmering for about 20 minutes, add the spaghetti to the boiling water and boil until it's just about al dente.
- 6.** When the spaghetti is done, drain it and return it to the pot it was cooked in. Add the chopped basil and a couple of ladlefuls of the marinara sauce to the spaghetti. Put the pot over high heat and, with a wooden spoon or tongs, constantly toss the pasta until each piece is coated with sauce, about 1 minute. Transfer to serving bowls and ladle more sauce over the spaghetti, along with 2 or 3 meatballs (or transfer the meatballs to a serving platter and set it on the table). Serve with grated cheese and Garlic-Parmesan Bread (recipe on the facing page). —*Frank Pellegrino*



forming meatballs



Don't press the ground meat too hard; roll it lightly so the large meatballs just hold together.

PER SERVING: 1,060 CALORIES | 47G PROTEIN | 99G CARB | 51G TOTAL FAT | 14G SAT FAT | 29G MONO FAT | 5G POLY FAT | 170MG CHOL | 4,260MG SODIUM | 12G FIBER

marinara sauce

MAKES ABOUT 7 CUPS

- 3 28-oz. cans Italian plum tomatoes, whole or crushed (preferably San Marzano)**
- ½ cup olive oil**
- 6 cloves garlic, lightly smashed**
- 1 Tbs. kosher salt; more as needed**
- ¼ cup chopped fresh basil**
- 1 tsp. freshly ground black pepper**
- ¼ tsp. dried oregano**

1. If you're using whole tomatoes, put them in a large bowl and crush them with your hands. Discard any cores.

2. In a 7-quart or larger pot, heat the oil over medium heat. Add the garlic and sauté until lightly golden brown, about 2 minutes. Add the tomatoes and salt. Bring to a boil, reduce the heat, and simmer, stirring occasionally, for 45 minutes to 1 hour; the sauce will reduce and thicken slightly but shouldn't get too thick. Stir in the basil, pepper, and oregano. Taste and add more salt as needed. Proceed with the Spaghetti and Meatballs recipe (on the facing page), or let cool and refrigerate for up to 4 days.

garlic-parmesan bread

SERVES 6

- 8 Tbs. (½ cup) salted butter, softened**
- ¼ cup lightly packed finely grated Parmigiano-Reggiano**
- 1 Tbs. extra-virgin olive oil**
- 2 large cloves garlic, very finely minced or grated on a rasp-style grater**
- 1 tsp. finely grated lemon zest**
Kosher salt and freshly ground black pepper
- 1 medium loaf artisan-style bread with a tight crumb**

The easy garlic and cheese mixture adds the right amount of flavor to artisan breads.

1. Heat the oven to 425°F.

2. In a food processor or a large bowl, combine the butter, Parmigiano, oil, garlic, lemon zest, ¼ tsp. salt, and ⅛ tsp. pepper. Pulse a few times to blend but don't overprocess or the butter might separate. If mixing by hand, mash together with a fork or a wooden spoon.

3. Slice the bread 1 inch thick, cutting almost but not all the way through the bottom crust, so it's easy to pull apart. Spread a light, even coating of the butter mixture on both sides of each slice of bread. (You may not need all the butter; refrigerate any leftover for up to a week or freeze for up to 3 months.) Wrap the bread in foil and put the loaf on a baking sheet to catch any butter that runs out. Heat in the oven for about 15 minutes, then open the top of the foil to slightly crisp the top of the loaf, about 5 minutes more. Serve hot.

—*Martha Holmberg*

PER SERVING: 370 CALORIES | 8G PROTEIN | 38G CARB | 21G TOTAL FAT | 11G SAT FAT | 6G MONO FAT | 2G POLY FAT | 45MG CHOL | 650MG SODIUM | 2G FIBER



rotini with spiced tomato and black olive meat sauce

SERVES 4

- 2 Tbs. extra-virgin olive oil
- 2 cloves garlic, minced
- ¼ tsp. crushed red pepper flakes
- ¾ lb. ground beef (85% lean)
- ½ tsp. ground cinnamon
- Kosher salt and freshly ground black pepper
- ¾ lb. dried rotini
- 1 28-oz. can whole peeled tomatoes
- ½ tsp. sugar
- ⅓ cup pitted Kalamata olives, quartered lengthwise
- ⅓ cup packed chopped fresh flat-leaf parsley

Kalamatas are Greek olives named for their geographic region of production; they're great for both eating and cooking. Medium-size with thick flesh, Kalamatas have a wonderfully intense but not overly strong flavor.

1. Put a large pot of salted water on to boil.
2. Heat the oil, garlic, and pepper flakes in a large saucepan over medium heat. When the garlic is fragrant but not browned, about 1 minute, add the beef and cinnamon and season generously with salt and pepper. Cook the beef, using a large spoon to break it into small pieces, until it's evenly browned, 3 to 4 minutes.
3. Put the pasta in the water.
4. Pour the tomatoes and their juice into the saucepan, lower the heat to medium, and cook for 5 minutes, using the spoon to break them into smaller pieces. Stir in the sugar, the olives, and all but 2 Tbs. of the parsley. Taste for salt and pepper and keep the sauce warm over low heat.
5. Finish cooking the rotini until it's just tender, about 8 minutes total. Drain and add to the meat sauce. Cook together, stirring well, for 1 minute. Serve immediately, sprinkled with the remaining 2 Tbs. parsley. —*Tony Rosenfeld*

PER SERVING: 640 CALORIES | 29G PROTEIN | 75G CARB | 24G TOTAL FAT | 7G SAT FAT | 13G MONO FAT | 2G POLY FAT | 55MG CHOL | 1,010MG SODIUM | 5G FIBER



lamb shank and sweet pepper ragù over pappardelle

**MAKES 6 TO 7 CUPS RAGÙ;
SERVES 8 TO 10**

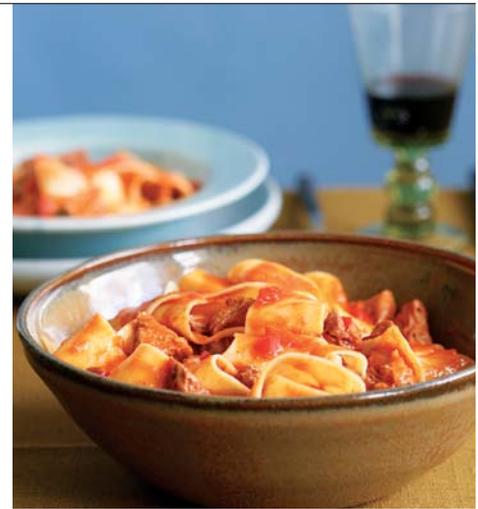
- 1 28-oz. can Italian plum tomatoes, preferably San Marzano**
- 4 lb. lamb shanks (about 2 large or 3 medium), trimmed of excess fat**
Kosher salt and freshly ground black pepper
- ½ cup unbleached all-purpose flour**
- ½ cup extra-virgin olive oil**
- 1 medium yellow onion, finely chopped (about 1½ cups)**
- 2 medium cloves garlic, finely chopped**
- 1 bay leaf**
Pinch of crushed red pepper flakes
- 2 medium red bell peppers, seeded and cut into small dice (about 2½ cups)**
- 1 cup dry white wine**
- ¾ to 1½ cups homemade or lower-salt beef broth**
- 2 lb. pappardelle**

Make Ahead

This ragù keeps for up to 5 days in the fridge and for up to 1 month in the freezer.

The broad, flat ribbons of pappardelle are a great match for this hearty red sauce.

- 1.** Position a rack in the center of the oven and heat the oven to 300°F.
- 2.** Purée the tomatoes and their juice in a food processor until smooth. Using a spatula or the back of a ladle, press the purée through a medium-mesh sieve set over a bowl to remove the seeds.
- 3.** Pat the lamb shanks dry with paper towels and season generously with salt and pepper. Spread the flour in a wide, shallow dish and dredge the shanks lightly in the flour.
- 4.** Heat ¼ cup of the oil in a 7- to 8-quart Dutch oven over medium-high heat. Add the shanks and cook, turning a few times, until they are golden brown on all sides, 8 to 10 minutes. Transfer the shanks to a large plate, discard the fat, and clean the pan with paper towels.
- 5.** Heat the remaining ¼ cup oil in the pan over medium heat. Add the onion and cook, stirring frequently, until it's pale gold and soft, about 5 minutes. Add the garlic, bay leaf, and pepper flakes, stir for about 1 minute, and add the bell peppers. Cook, stirring frequently, until the peppers begin to color and soften a little, 4 to 5 minutes.
- 6.** Return the shanks to the pan and stir them around with the pepper mixture. Increase the heat to high, add the wine, and stir until the wine is reduced approximately by half, 1 to 2 minutes. Add the tomatoes, ¾ cup of broth, and ½ tsp. salt. Stir until the liquid begins to simmer.
- 7.** Turn off the heat, cover the pan tightly with a lid or heavy-duty aluminum foil, and put it in the oven. Cook, turning the shanks every half hour or so, until the meat begins to fall off the bone, 2 to 2½ hours.
- 8.** Cook the pasta according to the package instructions. (If using fresh, cook in boiling, salted water for 4 to 6 minutes, until al dente.)
- 9.** Remove the pan from the oven and transfer the shanks to a cutting board. When the shanks are cool enough to handle, pull the meat off the bones, discarding any fat and connective tissue. Cut the meat into bite-size pieces. Stir the meat into the sauce and bring it back to a gentle simmer. Cook, stirring a few times, until the sauce has a medium-thick consistency and a rich, reddish color, 5 to 10 minutes. If the sauce seems too thick, stir in some or all of the remaining broth. Discard the bay leaf, adjust the seasoning with salt, and turn off the heat. —*Biba Caggiano*



PER ½ CUP: 230 CALORIES | 13G PROTEIN | 6G CARB | 15G TOTAL FAT | 3.5G SAT FAT | 9G MONO FAT | 1.5G POLY FAT | 45MG CHOL | 290MG SODIUM | 1G FIBER

bucatini in a spicy tomato sauce with crisped pancetta

SERVES 4

- ½ lb. ¼-inch-thick slices pancetta (about 6), cut into ¼-inch dice**
- 3 Tbs. extra-virgin olive oil**
- 1 large red onion, halved and sliced thinly**
- ¼ tsp. crushed red pepper flakes**
- Kosher salt and freshly ground black pepper**
- ¾ lb. dried bucatini (or thick spaghetti)**
- 1 28-oz. can peeled whole tomatoes, puréed in a blender**
- 1 tsp. dried oregano**
- ¾ cup grated pecorino romano**

Bucatini is a thick spaghetti-like pasta with a hollow center like a straw. It nicely traps whatever sauce it's paired with.

- 1.** Put a large pot of salted water on to boil.
- 2.** In a large skillet over medium heat, sauté the pancetta in the oil, stirring often, until it's crisp and browned, about 8 minutes. Transfer the pancetta to a plate lined with paper towels. Raise the heat to medium high, add the onion and pepper flakes, season with salt, and cook, stirring often, until the onion is soft and translucent, 6 to 7 minutes.
- 3.** Put the pasta in the water.
- 4.** Add the puréed tomatoes to the skillet and cook to thicken the sauce slightly, about 5 minutes. Stir in the oregano and season generously with salt and pepper to taste.
- 5.** Finish cooking the pasta until it's just tender, about 10 minutes total. Drain and add to the sauce. Toss well with the pancetta and ½ cup of the pecorino. Serve immediately, topped with a spoonful of the sauce from the bottom of the pan and a sprinkling of the remaining pecorino. —*Tony Rosenfeld*

PER SERVING: 620 CALORIES | 31G PROTEIN | 79G CARB | 20G TOTAL FAT | 6G SAT FAT | 11G MONO FAT | 2G POLY FAT | 40MG CHOL | 1,860MG SODIUM | 5G FIBER



short rib and porcini mushroom ragù

MAKES ABOUT 8 CUPS RAGÙ

- 1 oz. dried porcini mushrooms (about 1 cup)**
- 2 28-oz. cans imported Italian plum tomatoes, preferably San Marzano**
- ½ cup extra-virgin olive oil**
- 2 lb. bone-in beef short ribs, trimmed of excess fat**
- 1 lb. boneless beef chuck, trimmed of excess fat**
Kosher salt and freshly ground black pepper
- 1 small yellow onion, finely chopped (about 1 cup)**
- 1 small carrot, finely chopped (about 1 cup)**
- 1 small celery stalk, finely chopped (about ½ cup)**
- 1 medium clove garlic, finely chopped**
- 2 oz. thickly sliced pancetta, finely chopped**
- 1 Tbs. chopped fresh flat-leaf parsley**
- 1 cup dry white wine**
- 1 lb. dried or fresh pasta, cooked and drained**

Short, full-bodied dried pastas like rigatoni and orecchiette work great with ragùs. If you want to use fresh pasta, a wide shape like pappardelle can stand up to a hearty sauce. And a ragù is a good excuse to cook gnocchi, too.

- 1.** Position a rack in the lower third of the oven and heat the oven to 300°F.
- 2.** Soak the mushrooms in 2 cups of warm water for 20 to 30 minutes. With a slotted spoon, transfer the mushrooms to a cutting board and chop them finely. Line a strainer with a coffee filter or two layers of paper towels and strain the mushroom-soaking water into a bowl to get rid of any grit. Set aside both mushrooms and liquid.
- 3.** Put one can of tomatoes and their juices in a food processor and process until puréed. Using a spatula or the back of a ladle, press the purée through a medium-mesh sieve set over a bowl to remove the seeds. Purée and strain the other can of tomatoes.
- 4.** Heat ¼ cup of the oil in a 7- to 8-quart Dutch oven over medium-high heat. Season the ribs and beef chuck with salt and pepper and add them to the hot oil. Cook, turning as necessary, until the meat is golden brown on all sides, about 10 minutes. Transfer to a large plate, discard the fat, and clean the pan with paper towels.
- 5.** Heat the remaining ¼ cup oil in the pan over medium heat. Add the onion, carrot, celery, garlic, and pancetta and cook, stirring frequently, until the vegetables are lightly golden and soft, 7 to 8 minutes. Add the mushrooms and parsley and stir for about 1 minute to blend the ingredients.
- 6.** Return the meat to the pan and stir to coat with the savory base. Raise the heat to high and add the wine. Cook, stirring occasionally, until the wine is reduced approximately by half, about 5 minutes. Add the tomatoes and ½ cup of the reserved mushroom soaking water. Season with ½ tsp. salt and ¼ tsp. pepper. Stir until the liquid begins to simmer.
- 7.** Turn off the heat, cover the pan tightly with a lid or heavy-duty aluminum foil, and put it in the oven. Cook, turning the meat every half hour, until the meat is fork tender and the ribs begin to fall off the bone, about 2½ hours.
- 8.** Remove the pan from the oven and transfer the meat (including any that has fallen off the bone) to a cutting board. Use a ladle to skim the fat off the surface of the sauce. When the meat is cool enough to handle, pull the meat off the ribs. Discard the bones and any fat and connective tissue. Finely chop all the meat. Stir the meat back into the sauce and simmer on the stovetop over medium heat, stirring occasionally, to allow the flavors to meld and the sauce to thicken slightly, about 10 minutes. Adjust the seasoning with salt and pepper to taste.
- 9.** Pour the pasta into the ragù, stir until well combined, and serve immediately.

—Biba Caggiano

PER ½ CUP: 190 CALORIES | 12G PROTEIN | 5G CARB | 11G TOTAL FAT | 3G SAT FAT | 6G MONO FAT | 1G POLY FAT | 35MG CHOL | 320MG SODIUM | 1G FIBER

neapolitan rib and sausage ragù

MAKES ABOUT 5 CUPS RAGÙ

- 2 28-oz. cans imported Italian plum tomatoes, preferably San Marzano**
- 2 lb. baby back pork ribs, trimmed of excessive fat (about 11 ribs)**
- ½ cup extra-virgin olive oil**
Kosher salt and freshly ground black pepper
- 1 medium yellow onion, finely chopped (about 1¼ cups)**
- 2 medium cloves garlic, finely chopped**
- 2 Tbs. chopped fresh flat-leaf parsley**
- ½ tsp. crushed red pepper flakes; more to taste**
- 2 links mild Italian sausage (about ½ lb.), casings removed, meat broken into small pieces**
- 1 cup dry white wine**
- ½ cup tomato paste diluted in ½ cup water**
- 1 lb. dried or fresh pasta, cooked and drained**

Baby back ribs and sausage make a satisfying sauce. Serve with a youthful, intensely fruity Zinfandel.

- 1.** Position a rack in the lower third of the oven and heat the oven to 300°F.
- 2.** Put one can of tomatoes and their juices in a food processor and process until puréed. Using a spatula or the back of a ladle, press the purée through a medium-mesh sieve set over a bowl to remove the seeds. Purée and strain the other can of tomatoes.
- 3.** Cut the ribs into 2 or 3 pieces so they fit in a 7- to 8-quart Dutch oven. Heat ¼ cup of the oil in the Dutch oven over medium-high heat. Season the ribs with kosher salt and pepper and add them to the hot oil, fatty side down. Cook until the ribs turn a light golden brown, propping them up as needed against the sides of the Dutch oven to brown them evenly, about 6 minutes. Turn the ribs over and brown them on the other side, about 2 minutes. Transfer the ribs to a large plate, discard the fat, and clean the pan with paper towels.
- 4.** Heat the remaining ¼ cup oil in the pan over medium heat. Add the onion, garlic, parsley, and red pepper flakes and cook, stirring occasionally, until the onion just begins to color, about 5 minutes. Add the sausage and cook, stirring and breaking up the sausage with a wooden spoon until it's lightly browned, 3 to 4 minutes.
- 5.** Return the ribs to the pan and stir them around with the savory base. Raise the heat to high and add the wine. Cook, stirring occasionally, until the wine is reduced approximately by half, about 5 minutes. Add the tomatoes and the diluted tomato paste. Season with ½ tsp. salt and ¼ tsp. pepper. Stir until the liquid begins to simmer.
- 6.** Turn off the heat, cover the pan tightly with a lid or heavy-duty aluminum foil, and put it in the oven. Simmer very gently, turning the ribs every half hour, until the sauce has a medium-thick consistency and the meat begins to fall off the bone, about 2½ hours.
- 7.** Remove the pan from the oven and transfer the ribs and any meat that has fallen off the bone to a cutting board. Use a ladle to skim the fat off the surface of the sauce. When the ribs are cool enough to handle, pull the meat off the ribs. Discard the bones and any fat and connective tissue. Finely chop the meat. Stir the meat back into the sauce and simmer on the stovetop over medium heat, stirring occasionally, to allow the flavors to meld and the sauce to thicken slightly, about 10 minutes. Adjust the seasoning with salt, pepper, and crushed red pepper to taste.
- 8.** Pour the pasta into the ragù, stir until well combined, and serve immediately.

—Biba Caggiano

PER ½ CUP: 350 CALORIES | 16G PROTEIN | 9G CARB | 26G TOTAL FAT | 7G SAT FAT | 15G MONO FAT | 2.5G POLY FAT | 50MG CHOL | 530MG SODIUM | 2G FIBER



turkey bolognese

MAKES 5½ CUPS

- ½ lb. pancetta, finely diced
- ¼ cup finely chopped carrot
- ¼ cup finely chopped yellow onion
- ¼ cup finely chopped celery
- 4 medium cloves garlic, minced
- 1½ tsp. fennel seeds, lightly crushed
- ¼ to ½ tsp. crushed red pepper flakes
- 1 28-oz. can diced tomatoes, with juice
- 1 cup dry white wine
- 1 cup homemade turkey stock or lower-salt canned chicken broth
- 1 cup whole milk
- ½ cup packed fresh flat-leaf parsley
- 2 dried bay leaves
- Kosher salt
- 4 cups medium-diced roast turkey

For a spin on the classic, we've replaced the customary ground meat with diced roast turkey. There's enough of this flavorful sauce to coat 1 lb. of your favorite pasta. Try it with a sturdy shape like rigatoni or penne. For a smoky flavor, substitute bacon for the pancetta.

1. Heat a wide, heavy-duty 6- to 8-quart pot over medium heat. Add the pancetta and cook until its fat begins to render, 2 to 3 minutes. Add the carrot, onion, celery, and garlic and cook until the vegetables begin to brown, 4 to 6 minutes. Stir in the fennel seeds and pepper flakes.

2. Add the tomatoes and white wine. Boil for 2 to 3 minutes, then add the broth, milk, parsley, and bay leaves. Stir well, return to a boil, and season with a little salt. (Underseason, as the sauce will reduce and concentrate the salt.) Lower the heat to medium low and simmer until reduced by about one-third, 30 to 40 minutes.

3. Add the turkey, raise the heat to medium, and bring to a boil. Reduce the heat to medium low and simmer until the flavors are fully developed and the sauce is thick and rich, 10 to 15 minutes. Discard the bay leaves and season to taste with salt. —*Maria Helm Sinskey*

PER 1 CUP: 420 CALORIES | 32G PROTEIN | 12G CARB | 23G TOTAL FAT | 8G SAT FAT | 9G MONO FAT | 3.5G POLY FAT | 100MG CHOL | 1,930MG SODIUM | 1G FIBER



classic meat lasagne

MAKES THREE 4-SERVING LASAGNES

- 2 Tbs. plus ½ cup olive oil**
- 2 lb. mild (sweet) Italian sausage, casing removed and broken into pieces**
- 8 cloves garlic, peeled and slightly crushed**
- 2 large onions, finely chopped**
- 1½ cups dry red wine (such as Chianti)**
- 4 28-oz. cans (or three 35-oz. cans) crushed tomatoes (about 14 cups total)**
- 2 Tbs. dried oregano**
- 2 tsp. dried thyme**
- 1 Tbs. chopped fresh rosemary, or 2 tsp. dried**
- 1 tsp. fennel seeds, crushed**
- 1½ tsp. salt**
- ½ tsp. freshly ground black pepper**
- 1 Tbs. sugar, or to taste**
- 3 large eggs**
- 1½ cups freshly grated Parmesan cheese, preferably Parmigiano-Reggiano**
- 32 oz. ricotta**
Large handful of fresh basil leaves, washed well and chopped
- 2½ lb. fresh mozzarella, sliced as thinly as possible**
- 1 lb. instant (no-boil) lasagna noodles**

Pop the mozzarella in the freezer for a few minutes before slicing; the firmer cheese will be easier to slice thinly.

- 1.** In a heavy-based pot, heat the 2 Tbs. olive oil over medium-high heat. Add the sausage and brown it all over, breaking it up into small pieces with a wooden spoon and stirring, 10 to 12 minutes. Remove the sausage with a slotted spoon and reserve. Pour off most of the fat, but leave some behind for flavor.
- 2.** To the pot, add ½ cup of olive oil and the garlic and heat over medium-high heat until the garlic just begins to turn light brown, about 5 minutes. Remove and discard the garlic immediately, leaving the oil in the pot. Add the onions to the pot and cook, stirring frequently, until translucent, 5 to 6 minutes. Return the sausage to the pot. Add the red wine and cook until it has reduced by at least half, about 10 minutes.
- 3.** Add the crushed tomatoes and stir in the oregano, thyme, rosemary, fennel seeds, salt, pepper, and sugar. Reduce the heat to medium low and cook to blend and develop the flavors, about 30 minutes. Taste for seasoning. You should have about 16 cups of sauce.
- 4.** Meanwhile, in a large bowl, beat the eggs and add the Parmesan. Beat in the ricotta cheese. Season with salt and pepper and fold in the chopped basil.
- 5.** Heat the oven to 400°F. To make three lasagne of four layers each, begin by lightly oiling three 9x9x2- or 8x8x2-inch metal or ceramic pans (disposable pans are also fine). Cover the bottom of each pan lightly with some of the sauce. Lay down a layer of pasta in each of the three pans. Spread enough of the ricotta cheese mixture on top of the pasta to cover, about ½ cup. Top the ricotta with enough sauce to cover it completely, about ½ cup. Cover with another layer of pasta and ladle more sauce over that, followed by enough mozzarella cheese to cover, enough ricotta cheese to cover, and some more sauce. Continue with two more layers in that order: pasta, sauce, mozzarella, ricotta, and sauce. Finish with a layer of pasta, some sauce, some mozzarella cheese, and a final light layer of sauce. You should be able to easily get four layers into each pan; if you have extra components, go ahead and add another layer to one or more of the lasagne. Don't worry if the height of the lasagne exceeds the pan; it settles as it bakes. Save any remaining sauce to serve with the lasagne.
- 6.** Seal the pans with aluminum foil, tented so it doesn't stick to the cheese. Bake until the edges are bubbling and a knife inserted into the center of each lasagne comes out very hot, 40 to 50 minutes. Let sit for 15 minutes before serving or cool completely on a rack before freezing. Defrost frozen lasagne overnight in the refrigerator and then bake at 400°F for about 1 hour.

—Clifford Wright

PER SERVING: 920 CALORIES | 63G PROTEIN | 57G CARB | 51G TOTAL FAT | 24G SAT FAT | 20G MONO FAT | 5G POLY FAT | 17MG CHOL | 1,480MG SODIUM | 7G FIBER



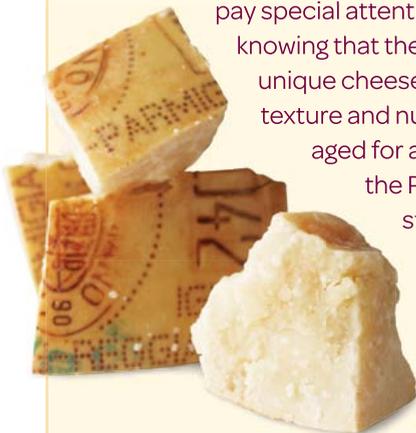
Why Parmigiano-Reggiano?

Genuine Parmigiano-Reggiano is made only in the Emilia-Romagna region of northern Italy, following stringent guidelines. The milk used to make the cheese comes from cows that spend most of their days grazing in grassy meadows. The farmers pay special attention to their animals, knowing that their reward will be a truly unique cheese, with an unrivaled texture and nutty taste. Each wheel is aged for at least 12 months before the Parmigiano-Reggiano stamp is imprinted on its rind and it's ready for the market.

Parmigiano-Reggiano is one of the most copied cheeses on the

market, its imitators being Parmesan cheeses. These cheeses tend to be salt laden and mass produced from the milk of penned-in, grain-fed cows. There are no guidelines or rules to guarantee quality, and the cheese is often sold already grated or shredded.

Because Parmigiano-Reggiano is far superior, we make a point of calling for the genuine item in our recipes. We also recommend that you purchase a chunk of the cheese and grate it freshly yourself, rather than buying it already grated. When you buy pregrated cheese, you have no way of knowing how long ago it was grated, and as the grated cheese sits, it loses moisture and flavor, eventually tasting more like sawdust than cheese. Grating the cheese yourself is well worth the small effort—the cheese will have more flavor and nuance, and your food will taste better for it.



fettuccine with tuna, lemon & fried capers

SERVES 4

Kosher salt

1 lemon, scrubbed

¼ cup plus 2 Tbs. extra-virgin olive oil; more for drizzling

¼ cup small (nonpareil) capers, rinsed, drained, and patted dry

3 cloves garlic, thinly sliced

1 12-oz. or two 6-oz. cans solid white tuna in water, drained well

⅓ tsp. crushed red pepper flakes

¾ lb. dried fettuccine

Freshly ground black pepper

3 Tbs. chopped fresh flat-leaf parsley

Pair tuna with strong flavors that can stand up to it. In this recipe, crisp capers, thin slivers of garlic, and bright strips of lemon zest do just that.

1. Bring a large pot of well-salted water to a boil.

2. Using a zester tool (called a channel knife), zest the lemon into thin strips, or, using a vegetable peeler, shave off the zest, then slice into very thin strips. Juice the lemon to get 2 Tbs. juice.

3. Heat ¼ cup of the oil in a 10-inch straight-sided sauté pan over medium heat. Add the capers and cook until they start to brown and get crisp, 3 to 5 minutes. Stir in the lemon zest and cook until it starts to crisp and curl up, about 1 minute. Using a slotted spoon, transfer the capers and lemon zest to a plate lined with a paper towel—it's fine if a few capers remain in the pan.

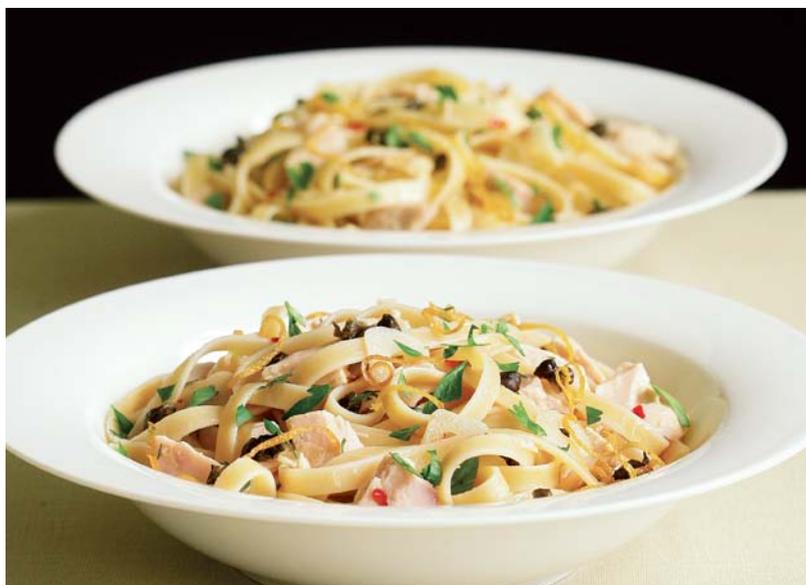
4. Reduce the heat to medium low, add the garlic to the remaining oil in the pan, and cook, stirring, until it browns lightly but doesn't burn, 2 to 3 minutes. Add the tuna and red pepper flakes and cook until the tuna just heats through, about 2 minutes. Remove from the heat.

5. Meanwhile, cook the fettuccine in the boiling salted water, stirring often, until it's just tender to the tooth (see the package for cooking time). Reserve ½ cup of the pasta water and drain the pasta.

6. Return the sauté pan to medium heat. Add the drained pasta, ¼ cup of the reserved pasta water, 2 Tbs. of the lemon juice, and the remaining 2 Tbs. olive oil. Cook, tossing and stirring, for 1 to 2 minutes to blend the flavors. If the pasta isn't tender, add the remaining cooking water and continue to cook and stir until done. Season to taste with salt, pepper, and more lemon juice.

7. Serve immediately, drizzled with a little olive oil and sprinkled with the capers, lemon strips, parsley, and a few grinds of black pepper. —*Tony Rosenfeld*

PER SERVING: 610 CALORIES | 32G PROTEIN | 66G CARB | 24G TOTAL FAT | 3.5G SAT FAT | 16G MONO FAT | 3.5G POLY FAT | 35MG CHOL | 860MG SODIUM | 3G FIBER



angel hair pasta with mussels and spicy tomato sauce

SERVES 4

- 2 Tbs. olive oil
- 1 medium onion, chopped
- 1 small bulb fennel, chopped
- 2 Tbs. Pernod or other anise-flavored liqueur
- 5 threads saffron, crushed and soaked in 1 Tbs. warm water
- 4 cloves garlic, minced
- 1 tsp. chopped fresh thyme, or ¼ tsp. dried
- ¾ cup crisp, dry white wine
- 1 28-oz. can whole plum tomatoes, with juice (or 4 large ripe tomatoes, peeled and seeded)
- 1½ lb. medium mussels, cleaned and sorted
- ¾ lb. angel hair pasta
- Salt and freshly ground black pepper
- ½ cup chopped fresh flat-leaf parsley

Steaming the mussels directly in the pasta sauce streamlines the recipe and means more flavor in the sauce. If you don't have Pernod, add ¼ tsp. crushed fennel seeds.

1. Heat the olive oil in a large, deep skillet (with a lid) or a Dutch oven over medium heat. Add the onion and cook for 2 to 3 minutes. Add the fennel and cook until the onion is translucent, another 8 to 10 minutes. Increase the heat to high, and add the Pernod, saffron, garlic, and thyme. After 1 minute, stir in the white wine and boil for 5 minutes. Add the tomatoes, reduce the heat, and simmer for 15 to 20 minutes, stirring to break up the tomatoes.

2. Meanwhile, put water on to boil for the pasta. When the tomato sauce has cooked for about 20 minutes, scatter the mussels over the top and cover the pot. Steam until the shells are open, 8 to 10 minutes. Discard any that won't open. Season the sauce with salt and pepper to taste and keep it warm while you boil the pasta in salted water. Divide the pasta and sauce among 4 serving bowls and sprinkle with chopped parsley. Serve immediately. —Molly Stevens

PER SERVING: 590 CALORIES | 31G PROTEIN | 87G CARB | 12G TOTAL FAT | 2G SAT FAT | 6G MONO FAT | 2G POLY FAT | 40MG CHOL | 580MG SODIUM | 7G FIBER



cleaning and sorting mussels



Scrub and rinse the shells to keep grit out of your dish. The shells of cultivated mussels are usually free of barnacles and other debris, so this step doesn't take long.



Trim the tough beard before cooking. This rough string anchored the mussel to the underwater surface on which it grew.



Give mussels a tap and a snap to see if they're alive. If alive, open ones will close when tapped, and the shells of closed ones will not easily separate when slid between thumb and finger.

capellini with shellfish, haricots verts & tomatoes

SERVES 4

- 24 littleneck clams, scrubbed and rinsed**
- ¼ cup olive oil**
- ½ lb. large sea scallops, halved or quartered depending on their size**
- 6 cloves garlic, crushed**
- 2 cups cored, peeled, and crushed plum tomatoes or 1 can (28 oz.) Italian plum tomatoes (preferably San Marzano), drained, seeded, and crushed**
- ¼ tsp. crushed red pepper flakes**
- 1 Tbs. salt**
- ¼ lb. haricots verts, trimmed**
- 1 Tbs. chopped fresh flat-leaf parsley**
- ½ lb. dried capellini or linguine**

Haricots verts are slender, young green beans. If you can't find them, substitute regular green beans, but slice them lengthwise.

1. Put the clams and about ½ cup water in a medium skillet. Cover and steam over high heat until the clams open, about 2 minutes. Discard any that don't open. Remove the clams and reserve. Strain the liquid from the pan and reserve. In the same skillet, wiped dry, heat 2 Tbs. of the oil over high heat. Add the scallops and sear on both sides until lightly browned, about 2 minutes; remove and reserve them. In the same skillet, heat the crushed garlic in the remaining 2 Tbs. oil until lightly browned. Add the tomatoes and red pepper flakes and simmer over moderate heat for 15 minutes.

2. Meanwhile, bring a large pot of water to a boil and add the salt. Add the haricots verts and cook until just tender; remove with a slotted spoon and add them to the tomato sauce. (Keep the water boiling.) Add the scallops, the clams, and the strained clam liquid to the tomato sauce and cook until the sauce is slightly reduced, about 3 minutes. Stir in the parsley.

3. While the sauce reduces, stir the pasta into the boiling water and cover until the water comes back to a boil. Uncover and cook until the pasta just starts to become pliable but is still somewhat firm, about 2 minutes. With tongs, lift the pasta, let it drain for a moment over the boiling water, and add it to the sauce, tossing well, to finish cooking. When the pasta is al dente, transfer the pasta and sauce to a warm serving platter or individual bowls and serve immediately.

—*Lidia Bastianich*

PER SERVING: 550 CALORIES | 35G PROTEIN | 49G CARB | 23G TOTAL FAT | 3G SAT FAT | 15G MONO FAT | 2G POLY FAT | 65MG CHOL | 240MG SODIUM | 4G FIBER

To trim green beans, work with a small handful at a time. Lightly tap the stems on a cutting board until they're all lined up. Cut all the stems and tails off with a single chop of a chef's knife. Wash the beans after you trim. Now that they're trimmed, you can toss them into the colander for rinsing without keeping them lined up.

pasta shells with chicken, mushrooms & capers

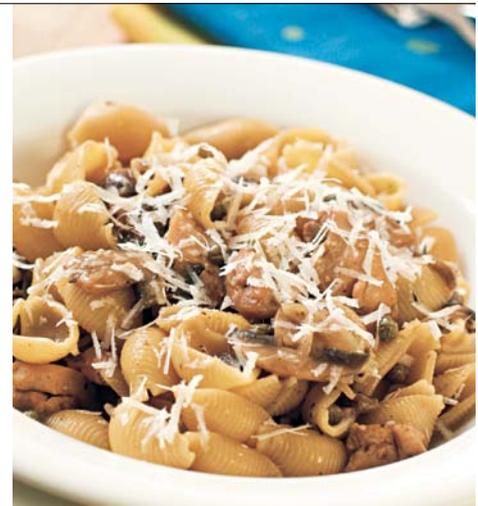
SERVES 2 GENEROUSLY

- ½ oz. dried porcini mushrooms, soaked in 1¼ cups warm water for 30 minutes**
- 2 Tbs. olive oil**
- 3 Tbs. unsalted butter**
- 4 oz. button mushrooms, wiped clean and sliced**
- 1 large shallot, thinly sliced**
- 1 clove garlic, minced**
- 1½ tsp. chopped fresh rosemary**
- ¾ lb. boneless, skinless chicken thighs (3 to 4 thighs), cut into bite-size pieces**
- Kosher salt and freshly ground black pepper**
- ½ cup dry white wine**
- 6 to 8 oz. dried pasta shells or farfalle**
- Splash of sherry vinegar**
- 2 Tbs. capers, rinsed**
- Grated Romano cheese, for serving (optional)**

The flavor of the chicken thigh's dark meat marries nicely with the hearty, savory character of this main-dish pasta, but if you prefer, substitute breast meat. Opt for dried pasta here rather than fresh. It'll better absorb the flavors in the pan.

1. Strain the porcini, reserving the soaking liquid. Squeeze them dry, chop them into small pieces, and set aside. Strain the soaking liquid through a fine-mesh sieve or a coffee filter; set aside. Bring a large pot of salted water to a boil for cooking the pasta. Meanwhile, in a large skillet over medium-high heat, heat the oil and 2 Tbs. of the butter. Add the fresh mushrooms and cook briskly, stirring frequently, until lightly browned and most of their liquid has evaporated, about 5 minutes. Add the shallot, garlic, rosemary, and the drained, chopped porcini. Cook, stirring briskly, until the shallot is soft, about 4 minutes. Add the chicken pieces, season with salt and pepper, and cook for another 2 minutes. Pour in the wine and the reserved porcini soaking liquid; bring to a boil. Simmer uncovered until the chicken is tender and cooked through, about 12 minutes.

2. Meanwhile, cook the pasta until just tender. Drain the pasta, leaving drops of water clinging to it, and add it to the skillet. Add the vinegar and capers; heat gently for a few minutes to let the pasta drink up the juices. Stir in the remaining 1 Tbs. butter and taste for salt and pepper. Serve warm with the grated Romano, if you like. —*Molly Stevens*



PER SERVING: 880 CALORIES | 48G PROTEIN | 79G CARB | 39G TOTAL FAT | 15G SAT FAT | 17G MONO FAT | 4G POLY FAT | 190MG CHOL | 990MG SODIUM | 5G FIBER

tortellini en brodo

**MAKES ABOUT 6 QUARTS
BROTH AND 200 TORTELLINI;
SERVES 14**

FOR THE BROTH

- 1 4-lb. chicken, cut into 6 pieces
- 2 lb. veal bones or veal shank
- 2 lb. beef stew meat or scraps
- 1 medium yellow onion, quartered
- 2 medium carrots, cut into large pieces
- 2 ribs celery, cut into large pieces
- 1 3-inch-square Parmigiano-Reggiano rind (optional)
- Kosher salt

FOR THE FILLING

- 1 oz. (2 Tbs.) unsalted butter
- 5 oz. boneless pork loin, trimmed and cut into ½-inch cubes (about 1 cup)
- ½ cup dry white wine
- 3 oz. sliced prosciutto, coarsely chopped (¾ cup)
- 3 oz. sliced mortadella, coarsely chopped (¾ cup)
- 1 oz. freshly grated Parmigiano-Reggiano (½ cup grated on the small holes of a box grater)
- ½ tsp. freshly grated nutmeg
- 1 large egg, lightly beaten
- Kosher salt

FOR THE PASTA DOUGH

- 10½ oz. (2½ cups) unbleached all-purpose flour; more as needed
- 4 large eggs

FOR SERVING

Freshly grated Parmigiano-Reggiano

This comforting dish of stuffed pasta in a hearty broth is a holiday tradition in northern Italy. It's often served as a first course, followed by a pork or veal roast and lots of winter vegetables. Both the tortellini and the broth can be made ahead.

MAKE THE BROTH

1. Wash the chicken, veal bones, beef, and vegetables under cold running water. Put all of the broth ingredients, except the salt, in a 10-quart pot and add 6½ quarts (26 cups) of cold water. Partially cover the pot and bring to a simmer over medium heat. As soon as the water begins to bubble, reduce the heat to low and, with a fine-mesh strainer or a large spoon, skim off and discard any foam that has risen to the surface. Partially cover the pot and simmer gently until the broth is flavorful, about 2½ hours. Add 1 Tbs. salt during the last few minutes of cooking.

2. Remove the chicken and discard or save the meat for another use. Using a slotted spoon, discard the remaining solids from the broth. Strain the broth through a fine strainer into a large bowl. Line the strainer with a clean thin kitchen towel or cheesecloth and strain the broth again into another large bowl. You should have about 6 quarts of broth. Transfer the broth to storage containers and refrigerate overnight. Remove the fat and reserve the broth.

MAKE THE FILLING

1. Melt the butter in a 10-inch skillet over medium heat. Add the pork and cook, stirring, until lightly golden and cooked through, about 4 minutes. Increase the heat to high, pour in the wine, and stir until it is almost evaporated, 3 to 5 minutes. Let cool slightly.

2. Transfer the pork and its juices to a food processor. Add the prosciutto and mortadella and pulse until the mixture is very finely chopped (but not puréed).

3. Transfer the filling to a medium bowl and add the Parmigiano, nutmeg, egg, and ¾ tsp. salt. Mix well. (The filling should be moist and just a little sticky.) Cover the bowl with plastic wrap and refrigerate.

MAKE THE PASTA DOUGH

1. On a large wooden board or other work surface, shape the flour into a mound. Using your fingers, make a round well in the center of the flour. Carefully crack the eggs into the well, making sure they don't escape the walls of the well. Lightly beat the eggs with a fork. Begin to incorporate flour into the eggs with the fork, starting from the inner rim of the well, until about half of the flour is incorporated and a soft dough begins to form.

2. With a dough scraper, push all of the remaining flour to one side of the board. Scrape off and discard the bits and pieces of dough attached to the board. Wash and dry your hands. Begin adding some of the flour you have



pushed aside into the soft dough, kneading it gently with the heels of your hands as you incorporate the additional flour and the dough becomes firmer. Keep the board clean and dust it with flour as you knead to prevent the dough from sticking. After kneading for 8 to 10 minutes, the dough should be smooth, elastic, and just a little sticky.

3. Press one finger into the center of the dough; if it comes out barely moist, the dough is ready to be rolled out. If the dough is still quite sticky, add a little more flour and knead it for 2 to 3 minutes longer until soft and pliable.

4. Wrap the dough in plastic wrap and let it rest at room temperature for 20 to 30 minutes.

ROLL THE PASTA

1. Unwrap the dough and knead it for a minute or two. Set the rollers of a pasta machine at their widest. Cut off a piece of dough about the size of a small lemon and flatten it with the palm of your hand to about ½ inch thick. As you work, keep the rest of the dough wrapped in plastic. Dust the piece of dough lightly with flour and run it through the machine. Fold the rolled dough in half and run it through the machine again, pressing it with your fingertips into the rollers. Repeat this step 4 or 5 times, dusting the dough with flour if it becomes sticky, until smooth and elastic.

2. Change the rollers to the next setting down and roll out the dough without folding. Repeat rolling the sheet of dough (without folding) through the pasta machine, decreasing the settings until the pasta is ⅛ inch thick. On a floured wooden board, cut the dough into 1½-inch squares. Keep the squares covered with plastic as you shape the tortellini.

SHAPE THE TORTELLINI

1. Put about ⅛ tsp. of the filling in the center of a pasta square. Bring one corner over the filling toward the corner diagonally opposite and fold into a triangle. Press around the filling to seal. Bend the tortellino around your finger with one corner slightly overlapping the other and press to seal. The tortellino will look like a crown. Transfer to a large rimmed baking sheet lined with a clean kitchen towel. Arrange the tortellini in a single layer without letting them touch (you'll need 2 or 3 baking sheets) and cover with another clean towel.

2. Repeat the filling and shaping with the remaining pasta and filling.

COOK AND SERVE THE TORTELLINI EN BRODO

You can make as many or as few servings as you like. For each serving, you'll need 1½ cups of broth and 14 tortellini. Bring the broth to a boil in a large pot over medium heat. Gently drop the tortellini into the pot. Cook until they rise to the surface and are tender but still firm to the bite, 2 to 3 minutes for fresh, 4 to 5 minutes for frozen. Remove the pot from the heat. Ladle the tortellini and broth into serving bowls, sprinkle with grated Parmigiano, and serve immediately. —*Biba Caggiano*

PER SERVING: 240 CALORIES | 18G PROTEIN | 22G CARB | 9G TOTAL FAT | 3.5G SAT FAT | 3.5G MONO FAT | 1G POLY FAT | 95MG CHOL | 580MG SODIUM | 1G FIBER

Make Ahead

The broth may be refrigerated for 3 days or frozen for up to 3 months. The filling may be made and refrigerated for up to 2 days or frozen for up to 1 month. The uncooked tortellini can be refrigerated, loosely covered with a towel, for up to 1 day. Or freeze the tortellini on the baking sheets, then transfer to freezer bags and freeze for up to 3 months.

herbed farfalle and grilled chicken

SERVES 6

Coarse salt

12 oz. dried farfalle

10 Tbs. extra-virgin olive oil

2 large boneless, skinless chicken breasts (about 1 lb. total)

Freshly ground black pepper

7 Tbs. freshly squeezed lemon juice

2 cloves garlic, minced

1 tsp. ground cumin

¼ cup packed fresh flat-leaf parsley leaves

1 cup packed fresh cilantro sprigs

½ cup lightly packed fresh basil leaves, torn

¼ cup packed fresh mint leaves, torn

1 cup packed fresh arugula (tough stems removed)

6 lemon wedges

Large pieces of herb leaves add a refreshing rustic quality to this pasta.

1. In a large pot, bring 6 quarts water and 2 Tbs. salt to a boil. Add the farfalle and cook until al dente, 10 to 12 minutes. Drain the pasta and toss it immediately with 1 Tbs. of the olive oil. Let the pasta cool completely in the refrigerator.

2. Heat a cast-iron ridged grill pan or an outdoor grill. Brush the chicken breasts with 1 Tbs. of the olive oil. Grill the chicken breasts until golden on one side, 4 to 5 minutes. Turn the breasts, season with salt and pepper, and continue to grill until golden and cooked through, another 6 to 8 minutes. Let the chicken cool and then cut it on the diagonal into thin strips. Set aside.

3. In a large bowl, whisk together the remaining 8 Tbs. olive oil with the lemon juice, garlic, and cumin. Season to taste with salt and pepper. Add the farfalle, sliced chicken, parsley, cilantro, basil, mint, and arugula and toss together well. Season to taste with salt and pepper.

4. Put the salad into a serving bowl and serve immediately, garnished with the lemon wedges. —*Joanne Weir*

PER SERVING: 500 CALORIES | 25G PROTEIN | 43G CARB | 25G TOTAL FAT | 3G SAT FAT | 17G MONO FAT | 3G POLY FAT | 45MG CHOL | 250MG SODIUM | 3G FIBER

Tips for Juicing a Lemon

Lemon juice and zest work wonders as flavor enhancers to just about anything. Here are some tips for getting the most from your lemons.

- The juiciest lemons tend to be small to medium size with smooth-textured, thin skins.
- If your recipe calls for zest and juice, always zest a lemon before juicing. Thick-skinned lemons are the easiest to zest.
- To get the most juice, roll the lemon back and forth on your counter and then microwave for 30 seconds. Juice it using a reamer for the maximum amount of juice.



pappardelle with shrimp and zucchini

SERVES 2 OR 3

- 2 medium zucchini, washed and trimmed**
- ¾ lb. large shrimp, peeled, deveined, rinsed, and patted dry**
Kosher salt and freshly ground black pepper
- 6 Tbs. extra-virgin olive oil**
- 2 cloves garlic, smashed and peeled**
- ½ lb. dried pappardelle**
- ¼ tsp. crushed red pepper flakes**
- 2 tsp. freshly squeezed lemon juice; more to taste**
- 15 fresh basil leaves, torn into large pieces**
- 2½ oz. thinly sliced prosciutto, cut crosswise into ½-inch-wide strips**

A Y-shaped peeler is perfect for making strips of zucchini; press hard to get thicker strips. A mandoline also works well.

- 1.** Put a large pot of salted water on to boil.
- 2.** Using a vegetable peeler (preferably a sharp, Y-shaped one), gently peel and discard the dark green skin of the zucchini. Pressing as hard as you can, continue to “peel” each zucchini lengthwise to make wide strips about ½ inch thick, rotating the zucchini as you go. Discard the squared-off seed cores.
- 3.** In a large skillet over high heat, sauté the shrimp, seasoned with salt and pepper, in 1½ Tbs. oil until firm and pink, 2 to 3 minutes. Transfer the shrimp to a plate. Lower the heat to medium, add the remaining 4½ Tbs. oil and the garlic, and cook, swirling the pan, until the garlic browns and the oil is fragrant, 2 to 3 minutes.
- 4.** Put the pasta in the water.
- 5.** Transfer all but 1 Tbs. of the oil to a small bowl. Raise the heat under the skillet to high, add the pepper flakes, and pile in the zucchini strips. Season with salt and pepper and sauté until the strips begin to soften (but don’t let them turn mushy), 1 to 2 minutes. Discard the garlic cloves.
- 6.** Finish cooking the pappardelle until it’s just tender, about 5 minutes total. Drain and add to the shrimp, along with the zucchini, lemon juice, and reserved garlic oil. Toss gently. Stir in the basil and the prosciutto, taste for salt and pepper, and serve immediately. —*Tony Rosenfeld*

PER SERVING: 650 CALORIES | 34G PROTEIN | 55G CARB | 32G TOTAL FAT | 5G SAT FAT | 22G MONO FAT | 3G POLY FAT | 155MG CHOL | 1,520MG SODIUM | 3G FIBER



spaghetti with spicy shrimp, cherry tomatoes & herbed breadcrumbs

SERVES 4

⅓ cup plus 4 Tbs. extra-virgin olive oil

1 Tbs. plus 2 tsp. chopped fresh flat-leaf parsley

2 tsp. chopped fresh chives

Heaping ¼ tsp. crushed red pepper flakes

Pinch of cayenne

½ tsp. kosher salt; more as needed

1 lb. raw shrimp (21 to 25 per lb.), peeled, deveined, and cut crosswise into quarters

¼ cup coarse fresh breadcrumbs (made from a baguette or other artisan bread)

1 Tbs. chopped fresh mint

Freshly ground black pepper

2 medium shallots, finely chopped

1 lb. dried thin spaghetti

4 cups cherry or grape tomatoes (2 pints), halved

Fresh mint adds a bright, unexpected twist to this light, summery pasta.

1. In a large bowl, combine 2 Tbs. of the olive oil, 2 tsp. of the parsley, the chives, red pepper flakes, cayenne, and salt. Add the shrimp and stir to coat evenly. Cover the bowl with plastic and marinate in the refrigerator for about 20 minutes.

2. Bring a large pot of well-salted water to a boil over high heat.

3. In a small sauté pan, heat 2 Tbs. of the olive oil over medium heat. Add the breadcrumbs and cook, stirring frequently, until lightly browned, 1 to 3 minutes. Transfer to a small bowl and let cool. Mix the remaining 1 Tbs. parsley, the mint, a grinding of pepper, and a pinch of salt into the breadcrumbs.

4. Heat the remaining ⅓ cup olive oil in a 12-inch skillet over medium heat. When the oil is hot, add the shallots and cook, stirring occasionally, until lightly browned, 2 to 4 minutes.

5. Put the spaghetti in the boiling water and cook until just shy of al dente, about 5 minutes.

6. While the spaghetti cooks, add the shrimp and halved tomatoes to the skillet. Season with salt and pepper and cook, stirring frequently, until the tomatoes start to soften and the shrimp is nearly cooked through, about 5 minutes.

7. Reserve ½ cup of the pasta cooking water and drain the spaghetti. Return the pasta and 2 Tbs. of the reserved water to the pot. Add the shrimp mixture and toss over medium heat until the shrimp is cooked through and the spaghetti is perfectly al dente, 1 to 2 minutes more. Add more of the pasta water as necessary to keep the dish moist. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with the breadcrumbs.

—*Scott Conant*

PER SERVING: 830 CALORIES | 35G PROTEIN | 93G CARB | 35G TOTAL FAT | 5G SAT FAT | 23G MONO FAT | 4.5G POLY FAT | 170MG CHOL | 460MG SODIUM | 6G FIBER



pasta puttanesca

SERVES 4

Kosher salt

- 3 Tbs. extra-virgin olive oil**
- 4 large cloves garlic, minced**
- 3 oil-packed anchovy fillets, finely chopped (scant 1 Tbs.)**
- ¼ tsp. crushed red pepper flakes**
- 1 28-oz. can crushed tomatoes**
- 1 lb. dried spaghetti**
- ½ cup pitted brine-cured black olives, such as Kalamata, coarsely chopped**
- 2 Tbs. nonpareil capers, rinsed and drained**
- 1 Tbs. chopped fresh oregano or marjoram**
- Freshly ground black pepper**

Many of the ingredients for this classic flavor-packed pasta may already be in your pantry, making this a perfect weeknight meal.

- 1.** Bring a large pot of well-salted water to a boil over high heat.
- 2.** Meanwhile, heat 1 Tbs. of the olive oil with the garlic in a 3-quart saucepan over medium heat. Cook, stirring frequently, until the garlic is sizzling, about 2 minutes. Add the anchovies and red pepper flakes and cook, stirring frequently, until the garlic is very pale golden, 1 to 2 minutes more. Stir in the tomatoes. Increase the heat to medium high, bring to a boil, and then reduce the heat to medium low and simmer, stirring occasionally, until the sauce is slightly thickened, 8 to 10 minutes.
- 3.** After adding the tomatoes to the pan, add the pasta to the boiling water and cook according to the package directions until al dente.
- 4.** When the tomato sauce is ready, add the olives, capers, and oregano or marjoram and stir. Simmer until just heated through, about 2 minutes. Stir in the remaining 2 Tbs. olive oil and season the sauce to taste with salt and pepper.
- 5.** When the pasta is ready, reserve ½ cup of the cooking water and drain well. Return the pasta to the pot, set it over medium-low heat, pour in the sauce, and toss, adding cooking water as needed for the sauce to coat the pasta. Serve immediately. —*Dawn Yanagihara*

PERSERVING: 720 CALORIES | 30G PROTEIN | 103G CARB | 22G TOTAL FAT | 3.5G SAT FAT | 13G MONO FAT | 3.5G POLY FAT | 30MG CHOL | 2,590MG SODIUM | 10G FIBER



pasta with tuna, tomato & green olives

SERVES 3 OR 4

- 4 Tbs. extra-virgin olive oil**
- 2 to 3 large cloves garlic, minced**
Generous pinch of hot red pepper flakes
- 3 Tbs. finely minced fresh flat-leaf parsley**
- 2 cups very finely chopped canned tomatoes, with juice**
- 1 tsp. fennel seeds, crushed in a mortar or spice grinder**
- 1 can (6 to 7 oz.) imported tuna packed in olive oil, well drained and very finely minced**
- ½ cup pitted and quartered green olives**
Salt
- ¾ lb. dried penne, rigatoni, spaghetti, or perciatelli**

Keep canned tomatoes, canned tuna, and green olives around, and you can make this pasta at a moment's notice. Don't skip the fennel seeds, which complements the tomatoes and tuna and pulls this sauce together. Adjust the garlic and red pepper flakes to your taste, too, but be generous.

- 1.** Bring a large pot of salted water to a boil over high heat. Heat 3 Tbs. of the olive oil in a 12-inch skillet over medium heat. Add the garlic, hot red pepper flakes, and 2 Tbs. of the parsley and sauté briefly to release the fragrance of the seasonings. Add the tomatoes and fennel seeds. Bring to a simmer, adjust the heat to maintain the simmer, and cook, stirring occasionally, until the sauce is thick and well blended, about 10 minutes.
- 2.** Stir in the minced tuna and then the olives. Season with salt and remove from the heat while you cook the pasta.
- 3.** Cook the pasta in rapidly boiling water. When the pasta is a few minutes away from being finished, return the tomato sauce to medium heat and add enough of the hot pasta water—about ¾ cup—to thin the sauce to a nice consistency. Keep the sauce warm over low heat.
- 4.** When the pasta is about 1 minute shy of al dente, scoop out and set aside ½ cup of the pasta cooking water and then drain the pasta. Return the pasta to the hot pot and stir in the sauce. Cook together over moderately low heat for about 1 minute, stirring and adding some of the reserved pasta water if needed to thin the sauce. Take the skillet off the heat and stir in the remaining 1 Tbs. olive oil. Serve the pasta immediately in warm bowls, garnishing each portion with a little of the remaining parsley. —*Janet Fletcher*

PER ¼ CUP: 540 CALORIES | 24G PROTEIN | 64G CARB | 21G TOTAL FAT | 3G SAT FAT | 13G MONO FAT | 3G POLY FAT | 10MG CHOL | 800MG SODIUM | 4G FIBER



linguine with clams and lemon-garlic oil

SERVES 4

- 1 lemon**
- ¾ cup extra-virgin olive oil**
- 4 cloves garlic, thinly sliced**
- ¾ lb. dried linguine**
- ¼ tsp. crushed red pepper flakes**
- 2 lb. small clams, rinsed and scrubbed to remove grit**
- ½ cup dry white wine**
- Kosher salt and freshly ground black pepper**
- ½ cup coarsely chopped fresh flat-leaf parsley; more for garnish**

Fresh, in-the-shell clams are the key to getting true clam flavor, and tiny littlenecks are the most tender.

- 1.** Put a large pot of salted water on to boil.
- 2.** Peel five 1-inch-wide strips of zest from the lemon with a peeler. Cut the lemon in half for juicing later.
- 3.** Heat the oil in a large skillet over medium heat. Add the garlic and lemon strips and cook, shaking the pan occasionally, until the garlic starts to brown around the edges, about 3 minutes. Remove from the heat and use a fork to pick out and discard the lemon strips. Transfer a little more than ¼ cup of the oil (without the garlic) to a small bowl.
- 4.** Put the pasta in the water.
- 5.** Raise the heat under the skillet to high and add the pepper flakes and the clams. Cook the clams for 1 minute, shaking the pan. Pour in the wine and cook for 1 minute. Cover the pan and cook, shaking the pan occasionally, until all the clam shells open, 3 to 5 minutes.
- 6.** Finish cooking the linguine until it's just tender, about 10 minutes total. Drain and add to the clams. Raise the heat to high and cook for 1 to 2 minutes, tossing gently. Stir in the ½ cup parsley and a squeeze of lemon juice (about 1 Tbs.).
- 7.** Add more salt, pepper, or lemon juice to taste. Serve immediately, topped with a drizzle of the reserved lemon-garlic oil and more parsley.

—Tony Rosenfeld

PER SERVING: 660 CALORIES | 21G PROTEIN | 72G CARB | 30G TOTAL FAT | 4G SAT FAT | 21G MONO FAT | 3G POLY FAT | 25MG CHOL | 530MG SODIUM | 4G FIBER



linguine with shrimp, caramelized onion, pancetta & peas

SERVES 2

Kosher salt

2 oz. thinly sliced pancetta, cut into 1- to 2-inch-long strips (about ½ cup)

1 Tbs. extra-virgin olive oil

½ medium onion, thinly sliced

½ lb. large shrimp (31 to 40 per lb.), peeled, deveined, and cut in half lengthwise

½ lb. dried linguine

¾ cup frozen peas

Freshly ground black pepper

To speed up this recipe, buy “easy-peel” shrimp, which have already been deveined; because they’re split down the back, they’re easier to peel.

1. Bring a large pot of well-salted water to a boil over high heat.

2. Meanwhile, combine the pancetta and oil in a 12-inch nonstick skillet. Cook, stirring, over medium heat until the pancetta is just turning golden, 4 minutes. Add the onion and cook, stirring often, until golden brown, 5 to 8 minutes. Add the shrimp and cook, stirring, until pink and opaque, 1 to 2 minutes. Set aside off the heat.

3. Cook the linguine in the boiling water according to the package directions until al dente, adding the peas in the last minute or two of cooking. Reserve about ½ cup of the cooking water and then drain the pasta and peas.

4. Return the skillet to low heat, and add the pasta, peas, and ¼ cup cooking water. Toss, adding more water if the pasta seems dry. Season to taste with salt and pepper and serve. —*Jennifer Armentrout*

PER SERVING: 730 CALORIES | 41G PROTEIN | 94G CARB | 19G TOTAL FAT | 4.5G SAT FAT | 9G MONO FAT | 3G POLY FAT | 190MG CHOL | 1,400MG SODIUM | 8G FIBER



penne alla puttanesca and shrimp

SERVES 4

- 2 Tbs. extra-virgin olive oil**
- 2 large cloves garlic, smashed and peeled**
- 1 medium yellow onion, finely chopped**
- 1 tsp. finely grated orange zest (from half a medium orange)**
- ½ tsp. dried oregano**
- ¼ tsp. crushed red pepper flakes**
- ½ cup dry white wine**
- 1 28-oz. can whole tomatoes, coarsely chopped and juice reserved**
- ⅓ cup pitted Kalamata olives, rinsed and quartered**
- 2 Tbs. capers, rinsed**
Kosher salt and freshly ground black pepper
- 8 oz. whole-grain penne pasta**
- 12 oz. medium shrimp (51 to 60 per lb.), peeled and deveined**
- 3 anchovies, finely chopped (optional)**
- ½ cup grated pecorino romano**
- ⅓ cup chopped fresh flat-leaf parsley**

Anchovies are a traditional component of this classic Italian dish, but they're optional. Shrimp, on the other hand, may not be authentic, but they're completely at home in the spicy, briny sauce.

1. Heat the oil in a 12-inch skillet over medium heat. Add the garlic and cook until golden, 2 to 3 minutes. Add the onion, orange zest, oregano, and pepper flakes and cook, stirring occasionally, until the onion is tender, 5 to 6 minutes. Add the wine and simmer until it has almost evaporated, about 2 minutes. Stir in the tomatoes and their juice, olives, and capers. Bring to a boil over medium-high heat, reduce the heat to maintain a gentle simmer, and cook until the sauce has thickened, about 20 minutes. Season to taste with salt and pepper.

2. Meanwhile, bring a large pot of salted water to a boil. Add the penne and cook until al dente. Drain well.

3. Add the shrimp and anchovies (if using) to the sauce in the skillet. Raise the heat to medium high and cook, stirring occasionally, until the shrimp are cooked through, 3 to 4 minutes. Pour the pasta into the skillet and toss with the shrimp sauce. Divide the pasta among 4 bowls, and sprinkle with the cheese and parsley. —*Ivy Manning*

PER SERVING: 550 CALORIES | 42G PROTEIN | 47G CARB | 20G TOTAL FAT | 5G SAT FAT | 10G MONO FAT | 3G POLY FAT | 215MG CHOL | 2,840MG SODIUM | 7G FIBER



orecchiette with broccoli raab and anchovies

SERVES 4

- 1 Tbs. salt
 - 1 bunch broccoli raab, tough stems and outer leaves trimmed
 - 1 recipe Basic Orecchiette (recipe p. 65)
 - 3 whole salt-packed anchovies or 6 to 8 oil-cured anchovy fillets
 - 4 Tbs. extra-virgin olive oil; more for drizzling
 - 1 large clove garlic, slightly crushed
- Salt and freshly ground black pepper

This is a classic orecchiette dish. If you can't find salt-packed anchovies, you can use oil-cured ones as long as you rinse them thoroughly.

1. Bring a large pot of water to a boil. Add the salt and the broccoli raab and boil until tender, 3 to 5 minutes. Remove the raab with a slotted spoon, reserving the boiling water, and run the raab under cold water to stop the cooking. Squeeze out as much of the water as possible and chop the raab coarsely. Set aside. Let the water return to a boil. Add the orecchiette and cook until done, about 8 minutes for freshly made or about 20 minutes for dried.
2. Meanwhile, bone the anchovies if salt-packed or rinse if oil-cured. Pat them dry, chop them, and set them aside. Heat 1 Tbs. of the oil in a large frying pan. Add the garlic clove and sauté until browned and fragrant; discard the clove. Add the anchovies and sauté for 1 to 2 minutes, pressing with a wooden spoon to turn them into a paste.
3. When the pasta is cooked, drain it; add it to the pan along with the broccoli raab and remaining olive oil. Toss for about 1 minute to warm the ingredients and thoroughly coat the pasta. Serve immediately, drizzled with more olive oil, if desired, and seasoned with salt and pepper. —*Natalie Danford*

PER SERVING: 470 CALORIES | 12G PROTEIN | 69G CARB | 16G TOTAL FAT | 2G SAT FAT | 11G MONO FAT | 2G POLY FAT | 5MG CHOL | 630MG SODIUM | 4G FIBER





orecchiette with mussels and mint

SERVES 4

1 Tbs. salt

**1 recipe Basic Orecchiette
(recipe p. 65)**

**12 to 16 mussels, scrubbed and
debearded**

½ cup dry white wine

**2 medium zucchini, cut into
1-inch matchsticks**

½ cup heavy cream

**Salt and freshly ground black
pepper to taste**

**¼ cup loosely packed fresh mint
leaves, chopped**

This somewhat startling coupling of seafood and mint makes sense against a background of supportive, plain pasta.

1. Bring a large pot of water to a boil. Add the salt and orecchiette and cook until done, about 8 minutes for freshly made or about 20 minutes for dried. Drain well.

2. Put the mussels in a large frying pan with the wine. Cover and bring to a boil. Steam over medium heat until all the mussels have opened, 2 to 3 minutes. Remove the mussels with a slotted spoon. Strain the mussel broth through a coffee filter or a double layer of cheesecloth and return it to the frying pan. Add the zucchini, cover, bring to a boil, and steam until cooked but not mushy, about 3 minutes.

3. Meanwhile, remove the mussels from their shells and set aside. When the zucchini are cooked, add the mussel meats and the cream; simmer until the liquid is thickened and reduced, about 3 minutes. Season with salt and pepper.

4. Toss the cooked orecchiette in the cream sauce over the heat until most of the cream is absorbed, about 1 minute. Sprinkle with the mint and serve immediately. —*Natalie Danford*

PER SERVING: 480 CALORIES | 17G PROTEIN | 71G CARB | 13G TOTAL FAT | 7G SAT FAT | 4G MONO FAT | 1G POLY FAT | 55MG CHOL | 670MG SODIUM | 4G FIBER



Pork Scaloppine with Prosciutto,
Sage & Caramelized Lemon
(recipe on p. 168)

main courses

chicken with marsala, mushrooms & gorgonzola p. 154

quick veal cacciatore p. 155

chicken breasts stuffed with prosciutto, parmesan & sun-dried tomatoes p. 156

quick chicken parmesan p. 157

chicken piccata with fried capers p. 158

chicken saltimbocca p. 159

braised italian chicken with green beans, tomatoes & olives p. 160

chicken milanese p. 161

tuscan grilled chicken, sausage & sage skewers p. 162

pollo agrodolce p. 163

roasted turkey breast, porchetta style p. 164

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chicken with marsala, mushrooms & gorgonzola

SERVES 2 OR 3

- 1 lb. boneless, skinless chicken breast halves (about 3)**
Kosher salt and freshly ground black pepper
- 3 Tbs. extra-virgin olive oil**
- 6 oz. cremini or white mushrooms, sliced ½ inch thick (about 2¼ cups)**
- 2 large cloves garlic, minced**
- ½ cup dry Marsala**
- ⅓ cup heavy cream**
- 1½ oz. crumbled Gorgonzola (½ cup)**
- 1 Tbs. chopped fresh flat-leaf parsley**

Serve this version of an Italian classic over mini penne or whatever hollow pasta you prefer.

1. Trim the chicken, removing the tenders, slice on an angle into ¾-inch-thick pieces, and then season generously with salt and pepper. In a 10-inch straight-sided sauté pan, heat 2 Tbs. of the oil over medium-high heat until it shimmers. Add half of the chicken and cook, flipping once, until lightly browned and just barely cooked through, 1 to 2 minutes per side. Transfer the chicken to a plate; repeat with the remaining chicken. Cover with foil to keep warm.

2. Return the pan to medium-high heat and add the remaining 1 Tbs. oil. Add the mushrooms, season lightly with salt, and sauté, stirring with a wooden spoon, until softened and well browned, 3 to 4 minutes. Reduce the heat to medium, add the garlic, and cook, stirring constantly, until fragrant, 20 to 30 seconds. Pour in the Marsala and scrape the pan with the spoon to loosen any browned bits; simmer until the Marsala is reduced slightly, about 2 minutes. Stir in the cream and simmer until thickened slightly, 2 to 3 minutes. Add two-thirds of the Gorgonzola and stir until melted, 1 to 2 minutes. Taste the sauce; add salt and pepper as needed. Add the chicken along with any accumulated juices and turn to coat with the sauce. Serve immediately, sprinkled with the remaining cheese and the parsley. —*Jennifer Armentrout*

PER SERVING: 510 CALORIES | 36G PROTEIN | 9G CARB | 31G TOTAL FAT | 12G SAT FAT | 15G MONO FAT | 3G POLY FAT | 130MG CHOL | 760MG SODIUM | 1G FIBER



quick veal cacciatore

SERVES 4

- ½ cup unbleached all-purpose flour**
- 4 4-oz. veal cutlets, pounded ¼ inch thick**
Kosher salt and freshly ground black pepper
- 2 Tbs. extra-virgin olive oil**
- 1 Tbs. unsalted butter**
- 1 small yellow onion, chopped**
- 2 medium cloves garlic, minced**
- 8 oz. sliced cremini mushrooms (3½ cups)**
- 1 cup canned diced tomatoes, with juice**
- ½ cup dry white wine**
- 1½ tsp. chopped fresh rosemary**

If you like, substitute chicken cutlets for the veal.

- 1.** Put the flour in a wide shallow bowl. Season the cutlets all over with 1 tsp. salt and 1 tsp. pepper. Dredge in the flour and shake off any excess.
- 2.** Heat the oil in a 12-inch skillet over medium-high heat until shimmering hot. Working in batches if necessary, cook the cutlets until dark golden brown, 1 to 2 minutes per side. Transfer to a large plate as they finish.
- 3.** In the same skillet over medium heat, melt the butter. Add the onion and garlic and cook, stirring often, until softened, about 3 minutes.
- 4.** Add the mushrooms and cook, stirring occasionally, until they release their liquid and it reduces to a glaze, about 5 minutes. Stir in the tomatoes, wine, and rosemary. Bring back to a simmer, scraping up any browned bits from the bottom of the skillet. Reduce the heat to medium low and simmer until the sauce is thickened, about 7 minutes. Season to taste with salt and pepper.
- 5.** Add the cutlets and any accumulated juices to the sauce and cook until heated through, 1 to 2 minutes. Serve immediately.

—Bruce Weinstein and Mark Scarbrough

PER SERVING: 270 CALORIES | 26G PROTEIN | 10G CARB | 12G TOTAL FAT | 3.5G SAT FAT | 6G MONO FAT | 1.5G POLY FAT | 75MG CHOL | 480MG SODIUM | 1G FIBER



chicken breasts stuffed with prosciutto, parmesan & sun-dried tomatoes

SERVES 2

- 3 Tbs. freshly grated Parmesan, preferably Parmigiano-Reggiano
- 2 Tbs. finely chopped prosciutto (about 1 medium slice; domestic is fine)
- 2 Tbs. finely chopped, well-drained sun-dried tomatoes
- 1 tsp. finely chopped fresh sage or ¼ tsp. dried sage
- 1 Tbs. plus 1 tsp. unsalted butter, softened
- Salt and freshly ground black pepper
- 2 boneless chicken breast halves, skin on
- 1 Tbs. oil

“Packed in oil” sun-dried tomatoes have a nice texture and flavor, but if you can’t find them, just use the plain dried kind and rehydrate them well before use.

1. Heat the oven to 450°F. In a small bowl, combine the Parmesan, prosciutto, sun-dried tomatoes, sage, and 1 Tbs. of the butter and mix until well blended. Taste and season with pepper and possibly more salt, though the prosciutto and cheese contribute salt. The mixture should be highly seasoned.

2. Gently slide your index finger under the chicken skin to create a small pocket. Scoop up some of the filling and push it into the pocket, spreading it as evenly as possible. Do this in a few places until you’ve used half the filling and covered the top of the breast, but be careful not to completely detach the skin from the meat. Tidy up the skin by stretching it over the filling and the breast as evenly as possible. Repeat with the second breast. Chill in the freezer for about 5 minutes to let the filling firm up.

3. Remove the chicken from the freezer, and season both sides with salt and pepper. Heat a cast-iron or other heavy-based ovenproof skillet on the stove over medium-high heat. When the pan is hot, add the oil and the remaining 1 tsp. butter. When the butter stops foaming, add the chicken breasts, skin side down. Don’t try to move them for at least 1 minute or the skin might tear. After 1 minute or so, you can move them around to be sure they’re not sticking. Cook until the skin side is well browned, about 4 minutes.

4. Carefully slide a thin spatula under the chicken and flip it over, taking care not to rip the skin. Put the pan in the hot oven and continue cooking until the chicken is no longer pink inside, about 10 minutes or until a thermometer reads 165°F at the thickest part. Take the breasts from the oven, let them rest for 3 to 5 minutes tented with foil, and then serve immediately.

—Martha Holmberg

PER SERVING: 430 CALORIES | 40G PROTEIN | 2G CARB | 28G TOTAL FAT | 11G SAT FAT | 9G MONO FAT | 6G POLY FAT | 125MG CHOL | 1,080MG SODIUM | 0G FIBER

how to stuff chicken breasts



Create a space, not a flap. Try to keep the edges of the skin attached to the meat.



Smooth the stuffing from the outside. Gentle prodding will help distribute the layer.



No flipping until you see the golden crust. Let the chicken sauté undisturbed to avoid tearing the skin.



Take your time when turning. To preserve the skin and stuffing, go easy when flipping.

quick chicken parmesan

SERVES 4

Nonstick cooking spray

2¼ oz. (½ cup) unbleached all-purpose flour

Freshly ground black pepper

2 large eggs

1½ cups panko breadcrumbs

4 thin-sliced boneless, skinless chicken breast cutlets (about 14 oz.)

Kosher salt

5 Tbs. olive oil

¼ cup freshly grated Parmigiano-Reggiano (use the small holes on a box grater)

4 oz. fresh mozzarella, thinly sliced

1 small yellow onion, chopped

2 medium cloves garlic, finely chopped

1 14.5-oz. can crushed tomatoes (preferably Muir Glen® fire-roasted crushed tomatoes)

¼ cup packed fresh basil, chopped (½ oz.)

Crisp chicken cutlets are topped with two cheeses and a super-fast tomato sauce in this easy take on an Italian restaurant favorite.

1. Position a rack in the center of the oven and heat the oven to 425°F. Line a large rimmed baking sheet with foil and lightly coat the foil with nonstick cooking spray.

2. Mix the flour and ¼ tsp. pepper in a wide, shallow dish. In a second wide, shallow dish, lightly beat the eggs with 1 Tbs. water. Put the panko in a third wide, shallow dish. Season the chicken with salt and coat each piece in the flour, tapping off the excess, then the egg, and then the panko, pressing the panko to help it adhere.

3. Heat 2 Tbs. of the oil in a 12-inch nonstick skillet over medium-high heat. Working in two batches, cook the chicken, flipping once, until the crumbs are golden and the chicken is almost cooked through, 1 to 2 minutes per side, adding 2 Tbs. more oil for the second batch. Transfer the chicken to the prepared baking sheet. Sprinkle the chicken with the Parmigiano and then top evenly with the mozzarella. Bake until the cheese is melted and the chicken is cooked through, 5 to 7 minutes.

4. Meanwhile, wipe the skillet clean and set over medium heat. Pour in the remaining 1 Tbs. oil and then add the onion and garlic. Cook, stirring often, until the onion is tender and lightly browned, 3 to 4 minutes. Stir in the tomatoes and ¼ tsp. salt. Simmer, stirring occasionally, until thickened, 4 to 5 minutes. Remove from the heat and stir in the basil. Season to taste with salt and pepper. Serve the sauce over the chicken. —*Melissa Gaman*



PER SERVING: 480 CALORIES | 33G PROTEIN | 24G CARB | 28G TOTAL FAT | 8G SAT FAT | 16G MONO FAT | 3G POLY FAT | 160MG CHOL | 610MG SODIUM | 3G FIBER

chicken piccata with fried capers

SERVES 2 OR 3

- 2 Tbs. drained nonpareil capers**
- 2 Tbs. olive oil**
- 1 lb. thin chicken breast cutlets**
Kosher salt and freshly ground black pepper
- 1 clove garlic, finely chopped**
- ½ cup homemade chicken stock or lower-salt canned chicken broth**
- 2 Tbs. freshly squeezed lemon juice**
- ½ tsp. honey**
- 2 Tbs. cold unsalted butter, cut into 3 pieces**
- 1 Tbs. chopped fresh flat-leaf parsley**

Slice your own chicken cutlets by starting with breasts. Remove the tenderloin from the bottom, cut the breast in half crosswise, and then horizontally slice the thick breast piece completely in half.



1. Rinse the capers and pat them dry with paper towels. Heat the oil in a 10-inch nonstick skillet over medium-high heat. When the oil is hot, add the capers and stir-fry until most of them open like flowers and become crisp and slightly brown, 30 to 60 seconds. Remove the skillet from the heat and transfer the capers to a dry paper towel with a soup spoon, tilting each spoonful against the side of the pan to let excess oil drain back into the pan.

2. Season the chicken cutlets with salt and pepper. Heat the skillet over medium high and sauté the cutlets in batches until golden brown and just cooked through, 1 to 2 minutes per side. Transfer the cooked chicken to a plate and cover to keep warm.

3. With the pan still over medium-high heat, add the garlic and sauté until lightly golden, about 30 seconds. Add the broth and scrape the pan bottom with a wooden spoon to dissolve any browned bits. Boil the broth until it's reduced by about half. Stir in the lemon juice and honey. Off the heat, add the butter and swirl the pan until the butter melts and thickens the sauce. Stir in the parsley and about half of the capers. Adjust the salt and pepper, if needed. Spoon the sauce over the chicken, scatter the remaining capers over it, and serve. —*Fine Cooking editors*

PER SERVING: 420 CALORIES | 32G PROTEIN | 3G CARB | 31G TOTAL FAT | 10G SAT FAT | 15G MONO FAT | 4G POLY FAT | 115MG CHOL | 430MG SODIUM | 0G FIBER

chicken saltimbocca

SERVES 4

4 boneless, skinless chicken breast halves (about 1½ lb. total)

Kosher salt and freshly ground black pepper

3 Tbs. extra-virgin olive oil

2 Tbs. unsalted butter

24 fresh sage leaves

4 very thin slices prosciutto, cut crosswise into thin strips

½ cup dry white wine (like Pinot Grigio)

1 cup homemade chicken stock or lower-salt chicken broth

This classic dish calls for pounding chicken breasts thin so they cook quickly, then topping them with prosciutto, sage, and a wine sauce.

1. If the tenders are still attached to the chicken breasts, remove them and reserve for another use. Trim any excess fat from the chicken. Cover the breasts with plastic wrap and pound with a smooth meat mallet (or a heavy sauté pan) until they're evenly ½ inch thick. Season with ½ tsp. salt and ¼ tsp. pepper.

2. Heat the olive oil and 1 Tbs. of the butter in a large sauté pan over medium-high heat. When the butter is foaming, set two of the chicken breasts in the pan and sear without moving until golden brown, 3 to 4 minutes. Flip the chicken and cook until firm to the touch and cooked through, about another 3 minutes. Transfer to a platter and repeat with the other two breasts. Add the sage leaves and prosciutto to the pan and cook until crisp and slightly browned, about 1 minute. Transfer to a plate lined with paper towels.

3. Pour the fat from the pan, set the pan over high heat, and add the wine. Boil, scraping up any browned bits from the bottom of the pan with a wooden spoon, until the wine is almost completely reduced. Add the chicken broth and boil until it's reduced by half, about 3 minutes. Return the chicken to the pan, stir in the remaining 1 Tbs. butter, and cook for 1 minute to heat through. Serve the chicken with the sauce, sprinkled with the sage and prosciutto.

—Tasha DeSerio

PER SERVING: 380 CALORIES | 39G PROTEIN | 1G CARB | 23G TOTAL FAT | 7G SAT FAT | 12G MONO FAT | 2G POLY FAT | 125MG CHOL | 670MG SODIUM | 1G FIBER



braised italian chicken with green beans, tomatoes & olives

SERVES 4

2 lb. boneless, skinless chicken thighs, trimmed of excess fat and each cut into 3 uniform pieces

Kosher salt and freshly ground black pepper

½ cup unbleached all-purpose flour

2 to 3 Tbs. extra-virgin olive oil

¾ lb. green beans, trimmed and cut in half

3 cloves garlic, smashed and peeled

⅓ cup dry red wine

1 14½-oz. can diced tomatoes

1 tsp. chopped fresh rosemary

½ tsp. crushed red pepper flakes

⅓ cup pitted, quartered Kalamata olives

This simple weeknight dish comes together quickly with chicken thighs and a few other ingredients you likely have in your pantry or growing in your garden.

1. Season the chicken with 1 tsp. salt and ½ tsp. black pepper. Spread the flour on a plate, and lightly dredge the chicken in the flour. Heat 2 Tbs. of the oil in a large Dutch oven or casserole over medium-high heat until the oil is shimmering hot. Cook the chicken in two or three batches (to avoid crowding the pot) until well browned on both sides, 2 to 3 minutes per side. Transfer each batch to a plate as it finishes, and if the pot looks dry between batches, add the remaining 1 Tbs. oil.

2. Return the chicken to the pot, add the green beans, garlic, ½ tsp. salt, and ½ tsp. black pepper, and cook, stirring, for 2 minutes. Add the red wine and cook until it almost completely evaporates, 1 to 2 minutes. Add the tomatoes and their juice, rosemary, and red pepper flakes. Bring to a boil, then lower the heat to a steady simmer. Cover, leaving the lid slightly ajar, and cook, stirring occasionally for 15 minutes. Add the olives, and continue simmering with the lid ajar until the chicken and green beans are very tender, about 5 minutes more. Season with salt and pepper to taste. Serve immediately.

—*Tony Rosenfeld*

PER SERVING: 500 CALORIES | 44G PROTEIN | 17G CARB | 27G TOTAL FAT | 6G SAT FAT | 14G MONO FAT | 5G POLY FAT | 150MG CHOL | 1,060MG SODIUM | 3G FIBER



chicken milanese

SERVES 2

- 1 Tbs. minced shallot
- 2 tsp. red-wine vinegar
- ½ tsp. Dijon mustard
- 1 small clove garlic, mashed to a paste with ¼ tsp. salt with the side of a chef's knife
- Kosher salt and freshly ground black pepper
- 2 Tbs. plus 2 tsp. extra-virgin olive oil
- 1 medium (6-ounce) ripe tomato, cut into 8 wedges
- 2 skinless, boneless chicken breast halves
- 1 large egg
- 1 cup dry homemade or store-bought medium-fine breadcrumbs
- 2 Tbs. unsalted butter
- 4 oz. baby arugula, washed and spun dry (4 cups loosely packed)

If you want to make this dish in the wintertime—and you will—use finely shaved fresh fennel instead of the tomatoes.

1. Whisk together the shallot, vinegar, mustard, garlic paste, and a large pinch of pepper in a large bowl. Add 2 Tbs. of the olive oil in a slow steady stream, whisking constantly, until the dressing emulsifies. Add the tomatoes to the vinaigrette and set aside until ready to serve, up to 2 hours.
2. Mix ¼ tsp. each salt and pepper in a small cup. Pound the chicken to ¾ inch thick between two sheets of waxed paper or plastic wrap. Season with some of the salt and pepper.
3. Beat the egg in a wide shallow bowl until smooth. Spread the breadcrumbs on a plate. Dip a chicken breast into the egg, coating thoroughly and shaking off any excess. Then dip it into the breadcrumbs, patting on the crumbs so both sides are well coated and shaking off any excess. Lay the breaded breast on a sheet of waxed paper. Repeat with the other chicken breast.
4. Heat the butter and 2 tsp. olive oil in a heavy, large (preferably 12-inch) skillet over medium-high heat. When the oil is hot enough to sizzle a breadcrumb, add the chicken breasts, keeping them separated. Cook, shaking the pan occasionally, until golden brown, about 2 minutes. Season each breast with some of the salt and pepper, gently turn over with tongs, taking care to keep the golden crust intact, and cook until the second side is golden brown, 1 to 2 minutes. Watch carefully and don't let the crumbs get too dark. Season with salt and pepper and drain for just a moment on paper towels.
5. To serve, add the arugula to the vinaigrette and tomatoes and toss. Arrange the sautéed chicken on warm serving plates and top each with a tall pile of the salad. —Lori Longbotham

PER SERVING: 700 CALORIES | 39G PROTEIN | 47G CARB | 39G TOTAL FAT | 12G SAT FAT | 21G MONO FAT | 5G POLY FAT | 210MG CHOL | 1,760MG SODIUM | 3G FIBER



tuscan grilled chicken, sausage & sage skewers

SERVES 6 TO 8

2½ lb. boneless, skinless chicken thighs (7 or 8), trimmed of excess fat and cut in half (the pieces should be roughly equal in size; if the thighs are large, cut them in thirds or quarters)

½ cup plus 2 Tbs. Rosemary-Garlic Oil (recipe p. 19)

1 tsp. chopped fresh rosemary
Kosher salt and freshly ground black pepper

1½ lb. sweet Italian sausage links, cut into 2-inch pieces

24 large fresh sage leaves

The crisp, intensely flavored sage leaves are delicious eaten with the chicken and sausage on these skewers.

1. Up to a day ahead and at least a couple of hours before serving, toss the chicken in a medium bowl with 2 Tbs. of the oil, the rosemary, 1 tsp. salt, and ½ tsp. pepper.
2. Heat a gas grill to medium or prepare a medium-hot charcoal fire. Divide the remaining ½ cup oil into two small bowls (one for grilling and one for serving). Alternately thread three pieces of sausage, three pieces of chicken, and four sage leaves onto six 12-inch metal skewers (or wooden skewers that have been soaked in water for 30 minutes).
3. Grill the skewers, covered, until one side is browned and has good grill marks, about 4 minutes. Brush with some of the rosemary-garlic oil, flip, and cook the other side until it, too, has good grill marks, about 4 minutes. Brush with more oil and flip again. Continue cooking, flipping, and brushing with oil until the sausage and chicken are both cooked through (check by slicing into a couple of the thicker pieces), about another 10 minutes.
4. Let cool for a couple of minutes and then arrange on a platter, drizzle on the remaining oil, and set out for guests to serve themselves. —*Tony Rosenfeld*

PER SERVING: 510 CALORIES | 34G PROTEIN | 2G CARB | 40G TOTAL FAT | 10G SAT FAT | 22G MONO FAT | 6G POLY FAT | 120MG CHOL | 750MG SODIUM | 0G FIBER



pollo agrodolce

SERVES 4

- 4 whole chicken legs, cut into thighs and drumsticks (3½ to 4 lb. total), patted dry

Kosher salt and freshly ground black pepper

Flour, for dredging

- ⅓ cup olive oil; plus a drizzle of your best extra-virgin olive oil to finish the dish
 - 1 small onion, cut into small dice
 - 1 small rib celery, cut into small dice
 - 1 small carrot, cut into small dice
 - 1 Tbs. granulated sugar
 - 2 Tbs. good-quality white-wine vinegar (you might need a bit more, depending on its strength)
 - ½ cup dry white wine
 - 1 cup homemade chicken stock or lower-salt chicken broth
 - 1 bay leaf
 - ¼ cup golden raisins
 - ¼ cup pine nuts, lightly toasted
 - 2 Tbs. capers, preferably salt-packed Sicilian capers, soaked in cool water and rinsed
- A few large sprigs fresh mint, leaves roughly chopped (about 2 Tbs.); plus a few sprigs for garnish

In Sicily, this sweet-and-sour dish would be served with a vegetable like artichokes or sautéed greens, probably after a simple pasta.

1. Season the chicken pieces with salt and pepper and dredge them lightly in the flour, tapping off any excess. Heat a large sauté pan fitted with a lid over medium-high heat and add the ⅓ cup olive oil. When the oil is hot, add the chicken pieces (in batches, if necessary), browning them very well on both sides. When browned, remove the chicken from the pan and set aside. Pour off all but about 3 Tbs. of the fat from the pan.

2. Turn the heat to medium low and add the onion, celery, and carrot. Sauté until they're soft and fragrant, 6 to 7 minutes. Add the sugar and vinegar to the pan and let it bubble for about 1 minute. Return the chicken to the pan and turn over in the vegetables once or twice to coat. Increase the heat to medium and add the wine, letting it boil until almost evaporated. Add the chicken broth and bay leaf, cover the pan, and simmer on low heat until the chicken is just about tender, 30 to 35 minutes, turning the pieces once or twice during cooking. Add the raisins, pine nuts, and capers and simmer to blend the flavors, about 5 minutes longer. The sauce should be reduced and thickened but still pourable. If it looks too dry, add a splash of chicken broth or water. Taste for seasoning. It should have a nice balance between sweet and sour but not be too aggressive. Discard the bay leaf. Add more salt, pepper, a splash of vinegar, or a pinch of sugar to balance the flavors.

3. Arrange the chicken on a large serving platter. To the pan, add a drizzle off your best extra-virgin olive oil and the chopped mint and mix it into the sauce. Pour the sauce over the chicken and garnish with the mint sprigs.

—Erica DeMane

PER SERVING: 630 CALORIES | 36G PROTEIN | 29G CARB | 40G TOTAL FAT | 8G SAT FAT | 22G MONO FAT | 7G POLY FAT | 105MG CHOL | 540MG SODIUM | 2G FIBER



What Is Agrodolce?

Agrodolce (ah-groh-DOLE-chay)—Italian for “sweet-and-sour”—is one of the signature flavors of the Sicilian kitchen. Most often created by simmering capers, pine nuts, raisins, fresh mint, wine vinegar, and sugar with meat, fish, or vegetables, but there are endless variations. The constant is the cooking down of vinegar and sugar until they infuse the meat with their sweet and sharp flavor.

roasted turkey breast, porchetta style

SERVES 7 TO 9

- 1 tsp. coriander seeds**
- 1 tsp. fennel seeds**
- 1 Tbs. chopped fresh rosemary**
- 2 tsp. chopped fresh sage**
- 3 medium cloves garlic**
Kosher salt and freshly ground black pepper
- 3 Tbs. olive oil**
- 1 whole skin-on turkey breast (5 to 7 lb.), boned, or 2 boneless skin-on turkey breast halves (2 to 3 lb. each)**
- 8 ½-inch-thick pancetta slices, unrolled into strips, or 8 strips thick-cut bacon**

This centerpiece dish starts with a boned breast (do this yourself or ask the butcher to do it for you) or two boneless breast halves. It's rubbed with a spice paste and topped with pancetta for a clever take on porchetta, a traditional Italian preparation.

1. In a large mortar, pound the coriander and fennel seeds with a pestle to form a coarse powder. Add the rosemary and sage and pound to crush and bruise the herbs. Add the garlic and 1 Tbs. salt and pound until a paste begins to form. Stir in 2 tsp. pepper and 2 Tbs. of the olive oil and set aside.

2. Pat the turkey breast dry with a paper towel and lay it skin side down on a work surface. Rub half the spice paste over the meat. Turn the turkey over and carefully separate the skin from the meat without tearing the skin. Rub the remaining spice paste under the skin. Re-form the breast and tie with 4 to 6 loops of butcher's twine to make a roll. (If you're using boneless halves, season the two halves, lay them on top of each other skin side out, and tie them together.) Wrap in plastic and refrigerate for at least 2 hours and up to 24 hours.



3. Position a rack in the center of the oven and heat the oven to 350°F.

4. Heat the remaining 1 Tbs. oil in a 12-inch skillet over medium heat. Add the turkey breast and cook until golden brown on all sides, about 5 minutes total. Transfer the breast seam side down to a roasting pan fitted with a rack. Crisscross the pancetta over the top of the breast. Roast until the internal temperature reaches 165°F on an instant-read thermometer, 1¼ to 1½ hours. Let the turkey breast rest for 15 to 20 minutes.

5. Remove the pancetta and chop or crumble it. Remove the strings from the turkey, slice into ¼-inch slices, and serve, sprinkled with the pancetta.

—Bruce Aidells

PER SERVING: 480 CALORIES | 56G PROTEIN | 1G CARB | 26G TOTAL FAT | 7G SAT FAT | 11G MONO FAT | 4.5G POLY FAT | 155MG CHOL | 960MG SODIUM | 0G FIBER

how to bone a turkey breast and thighs

Removing bones isn't hard, once you know the techniques. Just follow these steps:



BONING THE BREAST Lay the breast skin side down on a cutting board. If the backbone is still attached to the breast, cut it away with poultry shears. Next, locate the wishbone in the V-shaped neck end of the breast. Using a boning knife, scrape the meat away from the bone and remove the bone.



Remove the rib cage and breastbone by cutting between the ribs and the meat at one edge of the breast. Scrape the knife as close to the rib bones as possible, and as the bones come free, pull back on them to make cutting between the bones and meat easier. Continue until you reach the breastbone.



BONING THE THIGH Put a thigh skin side down on a cutting board. Using a boning knife, begin cutting between the thigh bone and the meat as close to the bone as possible.



Scrape the point of the knife along the breast-bone and use your thumb to free the meat. Be careful not to cut through the meat and skin at the ridge of the breastbone (the meat is very thin here).



Once you bone half the breast, scrape along the other side of the breastbone and along the ribs until the entire rib cage and breast bone can be freed in one piece.



Continue to work your knife around the bone and thigh joint, making sure that no gristle or cartilage remains attached to the meat, until the bone is cut completely free.

breaded veal scaloppine with tricolor salad

SERVES 4

FOR THE SALAD

- 3 Tbs. extra-virgin olive oil
- 2 Tbs. balsamic vinegar
- Kosher salt and freshly ground black pepper**
- 2 heads endive, sliced crosswise
- Small bunch arugula, washed, dried, and tough stems trimmed**
- Small head radicchio, torn into bite-size pieces**

FOR THE VEAL

- 1 lb. top round veal or 4 veal cutlets
- ½ cup unbleached all-purpose flour
- Kosher salt and freshly ground white pepper**
- 1½ cups homemade dry breadcrumbs
- 2 tsp. chopped fresh flat-leaf parsley
- 2 large eggs, beaten with a pinch of salt
- 3 Tbs. vegetable oil
- 4 Tbs. unsalted butter
- 1 lemon, quartered

This recipe works best with high-quality veal, but it's also excellent with turkey breast or pork. If you can, try to use breadcrumbs from a stale loaf of good peasant bread. Serve the veal right on top of the salad.

MAKE THE SALAD

Whisk the oil into the vinegar in a slow, steady stream; season with salt and pepper. Just before serving, toss with the endive, arugula, and radicchio. Arrange on dinner plates.

PREPARE THE VEAL

1. If using top round, slice it ¼ inch thick. Pound the slices or cutlets to ⅛ inch thick. Combine the flour, 1 tsp. salt, and ½ tsp. white pepper on a large plate. Combine the breadcrumbs and parsley on a large plate and set this closest to the stove. Put the beaten eggs in a shallow soup bowl next to it, then the flour mixture, and then the veal.

2. Heat a sauté pan over medium heat. Dry the veal with a paper towel and lightly season it with salt. When the pan is hot, add the oil and butter. While the butter is melting, dredge the first piece of veal in the flour, dip it in the egg, and then dip in the breadcrumbs, pressing the crumbs into the meat to coat it. Put the meat in the pan. Working quickly, coat the next piece of meat and put it in the pan, adding only as much meat as will fit without touching or crowding. When the underside of each piece is golden brown (about 2 minutes), turn and cook the second side until golden, about 1 minute, and serve atop the salad with a squeeze of lemon. —*Josh Eisen*

PER SERVING: 620 CALORIES | 38G PROTEIN | 37G CARB | 35G TOTAL FAT | 10G SAT FAT | 18G MONO FAT | 5G POLY FAT | 200MG CHOL | 100MG SODIUM | 3G FIBER



pork braciole with ragù

SERVES 6 TO 8

- 1 cup fresh breadcrumbs**
- 6 Tbs. finely chopped fresh flat-leaf parsley**
- 3 Tbs. freshly grated Parmigiano-Reggiano**
- 5 cloves garlic (1 finely chopped, 4 lightly crushed)**
- 2 Tbs. pine nuts**
- 2 Tbs. golden raisins, soaked in warm water for 15 minutes and drained**
- ½ cup chopped pancetta (about 2 oz.)**
Kosher salt and freshly ground black pepper
- 2½ lb. boneless pork loin roast, cut into 16 slices and pounded ¼ inch thick**
- 8 thin slices prosciutto (about 2 oz.)**
- 3 Tbs. extra-virgin olive oil**
- 1 small onion, finely chopped**
- ½ cup dry white wine**
- 2 28-oz. cans crushed tomatoes, with juice**
- 1 Tbs. finely chopped fresh mint**

The sauce that the meat cooks in is delicious on pasta.

1. In a bowl, toss the breadcrumbs with 3 Tbs. of the parsley, the cheese, chopped garlic, pine nuts, raisins, and half the pancetta. Season with salt and pepper.

2. Lay the pork slices in front of you, season very lightly with salt and pepper, and lay half a slice of prosciutto on top of each. Put a heaping tablespoon of stuffing on one end of a pork slice and roll up the meat, tucking in the sides. Skewer with a toothpick to secure. Repeat with the rest of the slices.

3. In a Dutch oven or a flameproof earthenware casserole, heat the olive oil, remaining pancetta, and crushed garlic cloves over medium-high heat. Cook until the pancetta turns translucent, about 4 minutes, stirring frequently so the garlic doesn't burn. Add the onion and pork rolls and cook, turning with tongs, until the rolls turn color on all sides, about 8 minutes. Pour in the wine and cook until more than half is evaporated, about 5 minutes. Reduce the heat to low, add the tomatoes, salt, and pepper, and simmer until the meat is tender, 40 to 45 minutes. Remove the rolls, turn the heat to high, and reduce the sauce until thickened, about 7 minutes. Turn the heat off, add the mint and remaining parsley, stir, and return the rolls to the sauce. Let steep for 5 minutes before serving. Taste and adjust seasonings. Serve the rolls with a little sauce; be sure to remind diners about the toothpicks. —*Clifford Wright*

PER SERVING: 420 CALORIES | 39G PROTEIN | 24G CARB | 19G TOTAL FAT | 6G SAT FAT | 10G MONO FAT | 2G POLY FAT | 95MG CHOL | 1,090 MG SODIUM | 5G FIBER



pork scaloppine with prosciutto, sage & caramelized lemon

SERVES 2 OR 3

2 to 3 lemons

**1 small pork tenderloin
(about ¾ lb.)**

**Kosher salt and freshly
ground pepper**

**18 medium or 12 large fresh
sage leaves**

**6 slices prosciutto, preferably
imported**

**3 Tbs. unbleached all-purpose
flour**

3 Tbs. vegetable oil

2 Tbs. unsalted butter

**¼ cup sweet vermouth; more
to taste**

**½ cup homemade chicken stock
or lower-salt chicken broth**

Caramelizing the lemon slices softens their acidity and makes them edible, peel and all. Eating them is optional, but we highly recommend it. The lemons' tangy, slightly bitter flavor is a bright complement to the rich, salty prosciutto in this recipe.

1. Trim a thick slice off each end of one of the lemons, and then cut ⅛-inch-thick slices from the lemon center—you need 12 slices, so you may need a second lemon. Juice the ends and enough of the remaining lemons to obtain ¼ cup juice. Set the slices and juice aside.

2. Heat the oven to 200°F. Set a heatproof serving platter and a baking sheet lined with a paper towel in the oven.

3. Trim and cut the pork tenderloin into 6 thick medallions of roughly equal weight. Place a piece of plastic wrap on the countertop. Put one pork piece on top of the plastic with one cut side up and cover with a second piece of plastic wrap. With a meat mallet (or heavy skillet), pound the meat into ¼-inch-thick scaloppine. Repeat with the other pieces. Sprinkle both sides lightly with salt and pepper. Top each scaloppine with 2 or 3 sage leaves and then a prosciutto slice, folding any of the overlap underneath the pork scaloppine.

4. Put the flour in a shallow bowl. Dredge the scaloppine in flour, shaking off the excess.

5. In a 12-inch skillet, heat 1½ Tbs. of the oil over medium-high heat. Cook three of the scaloppine, prosciutto side down first, until lightly browned and just cooked through, 1½ to 2 minutes per side. Transfer the scaloppine to the baking sheet in the oven. Add the remaining 1½ Tbs. oil and repeat with the three remaining scaloppine. Transfer them to the baking sheet and keep warm in the oven. Remove the pan from the heat and pour off any remaining oil.

6. Add 1 Tbs. of the butter and let it melt. Add the lemon slices to the pan in a single layer. Return to medium heat and cook the lemon slices until lightly browned on one side, 2 to 4 minutes. Turn the lemon slices and add 2 Tbs. of the vermouth to the pan. Continue to cook until the vermouth cooks down to a glaze, 2 to 3 minutes. (The lemon slices will resemble bicycle wheels, with much of the flesh going into the sauce.) Transfer the lemon slices to the scaloppine in the oven, placing 2 slices on each one.

7. Pour the remaining (approximately 3 Tbs.) vermouth into the pan, bring to a boil over medium-high heat, and deglaze the pan by scraping up the browned bits from the bottom. Add the chicken broth and lemon juice and boil until reduced to ¼ cup, 3 to 5 minutes. Remove from the heat and stir in the remaining 1 Tbs. butter. Taste the sauce for seasoning; if it's too acidic add a touch more vermouth to the pan.

8. Transfer the scaloppine to the serving platter, spoon the sauce over, and serve immediately. —*Jennifer McLagan*

PER SERVING: 460 CALORIES | 33G PROTEIN | 18G CARB | 29G TOTAL FAT | 9G SAT FAT | 10G MONO FAT | 7G POLY FAT | 105MG CHOL | 1,090MG SODIUM | 4G FIBER

slow-cooker osso buco

SERVES 4

- ½ cup unbleached all-purpose flour**
- 4 1½- to 2-inch-thick veal shanks (about 2½ lb.)**
Kosher salt and freshly ground black pepper
- 2 Tbs. unsalted butter**
- 1 cup dry white wine**
- 1 14 ½-oz. can diced tomatoes**
- ¾ cup lower-salt chicken broth**
- 1 small red onion, chopped (1½ cups)**
- 1 medium carrot, peeled and cut into ¼-inch-thick rounds (½ cup)**
- 1 rib celery, chopped (½ cup)**
- 5 sprigs fresh thyme**
- 3 Tbs. finely chopped fresh flat-leaf parsley**
- 1 Tbs. finely grated lemon zest**
- 1 large clove garlic, minced (1 tsp.)**

There are two tricks to this recipe: browning the veal shanks before they go into the slow cooker and reducing the sauce before serving. The result is an osso buco you'd be hard-pressed to distinguish from the labor-intensive classic (trust us).

- 1.** Put the flour in a wide, shallow dish. Season the veal shanks all over with salt and pepper and dredge in the flour; shake off the excess flour.
- 2.** Heat a 12-inch skillet over medium heat. Add the butter, and when it foams, add the shanks to the skillet. Cook until golden, turning once, about 10 minutes. Transfer the shanks to a slow cooker.
- 3.** Add the wine to the skillet. Scrape up any browned bits from the bottom of the skillet and pour the contents of the skillet into the slow cooker. Add the tomatoes and their juice, chicken broth, onion, carrot, celery, and thyme. Cover and cook on low heat for 6 to 8 hours—the meat will be very tender and almost falling off the bone.
- 4.** Transfer the shanks to a platter and cover with foil to keep warm. Pour the sauce from the slow cooker into a large skillet. Simmer over medium heat until reduced to about 2 cups, 10 to 15 minutes. Season to taste with salt and pepper.
- 5.** Meanwhile, in a small bowl, combine the parsley, lemon zest, and garlic to make a gremolata. Serve the veal shanks topped with the sauce and the gremolata. —*Allison Fishman*

PER SERVING: 460 CALORIES | 46G PROTEIN | 15G CARB | 19G TOTAL FAT | 9G SAT FAT | 7G MONO FAT | 1G POLY FAT | 205MG CHOL | 710MG SODIUM | 1G FIBER





tuscan-style roast pork with rosemary, sage & garlic

SERVES 6 TO 8

FOR THE BRINED PORK

- 3 oz. kosher salt (¾ cup if using Diamond Crystal®; 6 Tbs. if using Morton®)**
- ¼ cup packed light brown sugar**
- 3 medium cloves garlic, smashed and peeled**
- 3 large sprigs fresh rosemary**
- 3 large sprigs fresh sage**
- 1 3-lb. all-natural boneless pork loin, trimmed of excess fat**

FOR THE HERB PASTE

- 8 medium cloves garlic, peeled**
- ¼ cup fresh rosemary leaves**
- ¼ cup fresh sage leaves**
- Kosher salt and freshly ground black pepper**
- 3 Tbs. extra-virgin olive oil**

This juicy roast gets a flavorful, burnished crust from its time on a rotisserie grill. If you don't have a rotisserie, you can grill the pork over indirect heat for equally delicious results. Steer clear of pork loins labeled "extra tender" or "guaranteed tender," because they've been treated with sodium phosphate and water and will be too salty if brined.

BRINE THE PORK

In a 3- to 4-quart saucepan, combine the salt, sugar, garlic, and herb sprigs with 2 cups of water. Stir over high heat just until the salt and sugar dissolve. Add 6 more cups of water and cool to room temperature. Transfer to a large container, add the pork, cover, and refrigerate for 8 to 18 hours.

MAKE THE HERB PASTE

Put the garlic, rosemary, sage, 1 Tbs. salt, and 1 tsp. pepper in a large mortar and pound to a coarse paste with the pestle. Add the oil and use the pestle to work it into the garlic paste. If you don't have a mortar and pestle, combine all the ingredients in a mini food processor and pulse into a coarse paste.

BUTTERFLY AND SEASON THE PORK

Remove the pork from the brine and pat it dry (discard the brine). Butterfly the pork loin by making a horizontal slit down the length of the loin, cutting almost through to the other side. Open the meat like a book. Spread half of the herb paste over the inner surface of the roast; then fold it back to its original shape. Tie the roast at 1-inch intervals with kitchen twine and then spread the remaining herb paste over the entire outer surface.

GRILL THE PORK

1. Set up a grill for indirect rotisserie cooking according to the manufacturer's instructions. Heat the grill to 350°F. When ready to cook, skewer the roast lengthwise on the rotisserie spit and let it rotate on the grill, covered, until an instant-read thermometer inserted near the center of the roast registers 145°F, 35 to 45 minutes. If you don't have a rotisserie, set up your grill for indirect grilling. Heat the grill to 350°F. Put the roast in the cool zone on the grill, and cook as directed above, turning the roast about every 10 minutes.

2. Remove the roast from the spit if necessary and transfer it to a cutting board. Let stand for 5 minutes, remove the twine, and slice thinly. Serve hot, warm, or at room temperature. —*Paul Speck*

PER SERVING: 290 CALORIES | 32G PROTEIN | 2G CARB | 16G TOTAL FAT | 4.5G SAT FAT | 9G MONO FAT | 1G POLY FAT | 85MG CHOL | 1,010MG SODIUM | 0G FIBER

bollito misto

SERVES 10 TO 12

FOR THE BROTH

- 3 large onions, quartered
- 4 leeks, rinsed and split
- 4 large carrots, chopped coarse
- 6 large cloves garlic
- 2 large tomatoes, chopped coarse
- 4 bay leaves
- 4 large sprigs fresh thyme
- 1 small bunch fresh flat-leaf parsley
- 4 Tbs. salt
- 2 Tbs. whole black peppercorns

FOR THE MEATS

- 1 capon or large roasting chicken
- 2 lb. lean short ribs of beef
- 4 lb. bottom round of beef
- 1 lb. oxtail
- 2 lb. breast of veal, rolled and tied
- 1 veal tongue
- 1 pig's foot, parboiled for 15 minutes
- 1 calf's head
- 1 cotechino sausage

FOR THE VEGETABLE ACCOMPANIMENT

- 10 to 12 medium yellow or Vidalia onions, peeled and halved
- Olive oil, for drizzling
- Salt and freshly ground black pepper
- 1½ lb. new or boiling potatoes, peeled
- 1½ lb. carrots, peeled and cut into chunks
- 1½ lb. leeks, split, rinsed, and cut into 3-in. chunks
- Chicken stock, for simmering (optional)

Translated as “mixed boil,” bollito mista is a delicious mixture of meats and poultry cooked in a broth flavored with herbs and vegetables. You’ll want about 8 lb. of meat (including the bones), plus a sausage and a capon or chicken.

1. Divide the broth ingredients between a pot for the capon and a large pot for the other meats (you can also cook the meats in individual pots). Add water to fill the pots about halfway and bring to a boil. Reduce the heat slightly and simmer for 20 minutes. Taste the liquid to make sure the amount of salt is right. Increase the heat and bring the broth to a full boil. Add the capon and the meats to the pots and top off with more water if necessary to cover. As soon as the broth returns to a boil, adjust the heat so the liquid simmers steadily but doesn’t actually boil. During cooking, skim off any scum from the top of the broth.

2. After about an hour, begin testing the meats. Here are some approximate cooking times: cotechino—1 hour; capon, veal breast, tongue, pig’s foot—1½ hours; short ribs, oxtail, bottom round, calf’s head—3 to 4 hours.

3. When a cut of meat is very tender when pierced with a knife or skewer, remove it and reserve at room temperature or in the refrigerator. When all the meats are cooked, strain both the meat broth and the capon broth and skim off as much fat as possible. Taste them; if not full-flavored enough, simmer to reduce the volume and concentrate the flavors a little.

4. About an hour before serving time, heat the oven to 375°F. Arrange the onion in a roasting or baking dish, drizzle with olive oil and sprinkle with salt and pepper. Roast until slightly collapsed and caramelized, about 45 minutes. Keep warm until time to serve.

5. Meanwhile, simmer the potatoes, carrot, and leeks in chicken stock or water, seasoned with salt and pepper, until just tender. Remove from the stock when done, but save the stock. Just before serving, reheat the vegetables by simmering them in a little of the reserved stock.

6. To serve the bollito misto, cut each type of meat into thin slices or small pieces, removing any bones. The pig’s foot is difficult to slice, so just cut it into sections. The tongue must be peeled, using a sharp knife and your fingers, before slicing. Slice the breast meat of the capon and cut the wings, thighs, and drumsticks into portions. Arrange all the meats, sausage, and capon on a large deep, warm platter, and pour over some hot broth. Serve the vegetables in bowls on the side, along with the roasted onion. If you like, serve the capon broth in little cups after finishing the *bollito misto*. —*Roberto Donna*



tagliata con rucola (sliced steak with arugula)

SERVES 2

- 2 strip or top sirloin steaks, 6 oz. each, completely trimmed of any fat or sinew**
- 1½ tsp. kosher salt**
- 1 Tbs. coarsely cracked black pepper**
- ¼ cup extra-virgin olive oil**
- 4 tsp. chopped fresh rosemary**
- 3 oz. arugula (about 3½ cups, loosely packed), washed, and tough stems removed**
- ½ lemon, cut in wedges**

To capture all the great juices from the beef that mingle with the lemon juice and arugula, serve this dish in the same pan it's cooked in. The trickiest part is finding a plate or pan that can go on a hot grill or stovetop and yet is attractive to serve in. Fajita pans and enameled cast-iron gratin pans work well. It's best to cook each serving separately, but if you have to double up, make sure you don't crowd the meat in the pan. Serve with bread to sop up the juices in the pan.

Season the beef with a little bit of the salt and pepper. Sear the steaks briefly on a hot grill or in a heavy pan to brown the outside. Remove from the grill (the center will still be raw). When cool enough to handle, slice the steaks on an angle into ½-inch slices. Fan them so they're almost flat on individual heat-proof platters. Drizzle with the olive oil and sprinkle on the rosemary and the rest of the salt and pepper. Put the platters on the grill or on a burner and heat until the oil begins to bubble and the meat is cooked halfway through, about 5 minutes. The top will still look rare. Remove from the grill and surround each steak with the arugula. Squeeze the lemon on the arugula to taste (if you put the juice on the meat, it will turn the beef gray). Serve immediately.

—Tony Mantuano

PER SERVING: 540 CALORIES | 38G PROTEIN | 7G CARB | 41G TOTAL FAT | 9G SAT FAT | 26G MONO FAT | 3G POLY FAT | 95MG CHOL | 1,700 MG SODIUM | 3G FIBER



pan-seared steak pizzaiola

SERVES 4

- 2 rib-eye steaks (about 12 oz. each and 1 inch thick), trimmed of excess fat**
Salt and freshly ground black pepper
- 2 Tbs. unsalted butter; more as needed**
- 1 Tbs. olive oil; more as needed**
- 2 large onions, halved and thinly sliced**
- ½ cup dry red wine**
- 2 cups Marinara Sauce (recipe below)**
- 1 to 2 Tbs. chopped fresh flat-leaf parsley**

Freeze the extra sauce in small portions to make thawing fast and easy. Once thawed, the sauce will keep in the fridge for 3 or 4 days.

- 1.** Cut each steak in half (to get four steaks) and pat them dry with paper towels. Season both sides with salt and pepper.
- 2.** In a 12-inch heavy frying pan over medium heat, melt the butter with the oil. Add the onion, season with salt and pepper, and cook, stirring occasionally, until it is well softened and translucent but not browned, 10 to 12 minutes. Transfer the onion to a large plate with a slotted spoon. If there isn't much fat left in the pan, add another ½ Tbs. each of butter and oil.
- 3.** Increase the heat to medium high. Put the steaks in the pan and sear until deeply browned on both sides and medium rare (cut into one to check), 2 to 3 minutes per side. Transfer to the plate with the onion.
- 4.** Pour the wine into the pan. As it comes to a boil, deglaze the pan juices by scraping the bottom of the pan well with a wooden spoon. Boil until it reduces to about 3 Tbs., 2 to 3 minutes. Add the reserved onion and the steaks; pour in the marinara sauce and stir. Bring to a boil, reduce the heat, and simmer just until the onion is hot, 1 to 2 minutes. Garnish each serving with the chopped parsley. —*Nancy Verde Barr*



PER SERVING: 480 CALORIES | 27G PROTEIN | 14G CARB | 34G TOTAL FAT | 14G SAT FAT | 16G MONO FAT | 2G POLY FAT | 100MG CHOL | 1,220MG SODIUM | 3G FIBER

marinara sauce

MAKES 9½ TO 10 CUPS

- 6½ lb. canned whole Italian plum tomatoes (three 35-oz. cans), with juice**
- 3 Tbs. olive oil; more if needed**
- 5 large cloves garlic, thinly sliced, or 1 medium-large onion, finely chopped**
- ½ tsp. crushed red pepper flakes**
- 1 Tbs. kosher salt**
- ¼ cup lightly packed fresh basil leaves, torn into small pieces**
Pinch of sugar, only if needed

1. Empty a can of tomatoes with their juice into a food processor; pulse until coarsely chopped. Transfer to a bowl and repeat with the remaining two cans of tomatoes (or empty all the tomatoes into a large bowl and break them up with your hands).

2. Heat the oil in a large (at least 4-quart) saucepan or Dutch oven over medium-low heat. Add the garlic or onion. Cook, stirring often, until the garlic or onion is golden and softened, 5 to 10 minutes for garlic (don't let it burn); about 20 minutes for onion. Stir in the red pepper flakes, let them heat for 15 seconds to release their flavor, and then pour in the tomatoes with their juices. Bring to a boil over medium high, stirring frequently, then reduce the heat to maintain a simmer. Add the salt and basil and simmer, stirring occasionally, until the sauce is full-flavored and has reduced to a thick, saucy consistency, 20 to 40 minutes (some brands of tomatoes take longer to cook down). Pools of orange may appear on the surface, which means the sauce is done. Add the pinch of sugar only if the sauce lacks the sweetness of ripe, fresh tomatoes.

PER CUP: 90 CALORIES | 3G PROTEIN | 13G CARB | 4.5G TOTAL FAT | 0.5G SAT FAT | 3G MONO FAT | 0.5G POLY FAT | 0MG CHOL | 1,130MG SODIUM | 3G FIBER

spicy clams and sausage in marinara

SERVES 4 TO 6

- 4 dozen hard-shelled clams, about 2 inches wide (little-necks are good)**
- 2 Tbs. olive oil; more for the bread**
- 8 large cloves garlic, minced; plus 1 clove sliced in half for the bread**
- ¼ tsp. crushed red pepper flakes**
- 2 tsp. fennel seeds**
- ¼ lb. hot Italian sausage (casings removed), broken into pieces**
- ¾ cup dry white wine**
- 2 cups Marinara Sauce (recipe on the facing page)**
- 8 slices French or Italian bread, ½ inch thick**
- 3 Tbs. minced fresh flat-leaf parsley**

Serving the clams in the shell gives you a ready spoon for this delicious sauce.

- 1.** Cover the clams with cold water and use a stiff brush to scrub the shells; discard any clams that are open and won't close when thumped against another clam. Lift the clams out of the water, discard the water, and repeat washing two or three times, until no sand remains in the water.
- 2.** Heat the oil in a large (5-quart) pot over medium-low heat. Add the minced garlic, red pepper flakes, and fennel and cook, stirring often, until the garlic is translucent, about 5 minutes. Increase the heat to medium; add the sausage and cook until the outside is no longer pink, about 2 minutes. Increase the heat to medium high, pour in the wine, and boil until it has reduced to about 3 Tbs., about 7 minutes. Stir in the marinara and bring to a quick boil. Put the clams in the pan, cover, and cook until they've opened, about 5 minutes; check often to avoid overcooking.
- 3.** Meanwhile, toast the bread. Rub each toasted slice with the cut side of the garlic clove and brush with olive oil.
- 4.** Serve the clams in wide bowls with the parsley sprinkled on top and the toast tucked into the sides. —*Nancy Verde Barr*

PER SERVING: 350 CALORIES | 20G PROTEIN | 32G CARB | 13G TOTAL FAT | 3G SAT FAT | 7G MONO FAT | 2G POLY FAT | 50MG CHOL | 880MG SODIUM | 3G FIBER



eggplant parmigiana

SERVES 4

FOR THE EGGPLANT

2½ lb. eggplant (about 4 small or 2 medium-large)

Kosher salt

3 cups olive oil (or a blend of olive and canola oils)

FOR THE SAUCE

3 Tbs. extra-virgin olive oil

2 large cloves garlic, peeled and cut in half

3½ lb. plum tomatoes, peeled, seeded, and coarsely chopped, or two 28-oz. cans diced tomatoes (preferably San Marzano), drained

Kosher salt

12 large fresh basil leaves, torn in half

FOR ASSEMBLING

6 oz. fresh mozzarella, torn into ½-inch pieces

1¼ cups lightly packed freshly grated Parmigiano-Reggiano (3¼ oz.)

This authentic Italian recipe might surprise you—the eggplant is not breaded, so the result is a lighter, less greasy dish.

SALT THE EGGPLANT

Peel the eggplant and cut each crosswise into ¼-inch-thick slices. Cover the bottom and sides of a large colander with a few eggplant slices and sprinkle generously with salt. Top with more layers of eggplant and salt until you run out of slices (you'll end up with 5 or 6 layers). Let the colander sit in the sink or over a large bowl for at least 30 minutes and up to 2 hours. The salt will draw out water and reduce the eggplant's ability to absorb oil.

MAKE THE SAUCE

Heat the 3 Tbs. oil in a 10-inch skillet over medium heat. Add the garlic and cook until fragrant and barely golden, 1 to 2 minutes. Add the tomatoes and ½ tsp. salt. Raise the heat to medium high and cook, stirring occasionally, until the tomatoes begin to break down into a sauce, 20 to 25 minutes. If the sauce begins to dry up before the tomatoes break down, add warm water 1 Tbs. at a time. Lower the heat to medium and continue cooking, stirring occasionally, until you have a thick, chunky sauce, another 5 to 10 minutes. (Too much liquid in the sauce will make the finished dish watery.) Turn off the heat, remove the garlic, and stir in the basil leaves. Season to taste with more salt, if necessary, and set aside.

FRY THE EGGPLANT

1. Dry the eggplant by lining a large plate with a paper towel and setting a few slices on it. Top with another paper towel and layer on a few more slices. Repeat until you run out of slices.

2. Attach a candy thermometer to the side of a 3- to 4-quart saucepan. Add the olive oil and heat over medium-high heat. When the oil reaches 375°F, add as many eggplant slices as will fit comfortably in a single layer. Don't crowd the pan. If you don't have a candy thermometer, you can test the oil temperature by dipping a tip of one eggplant slice in the oil. If it immediately sizzles, the oil is ready.

3. Cook, turning once, until golden brown on both sides, about 2 minutes on the first side and 1 minute more on the second. Working quickly, pick up each slice with a slotted spoon and press the back of another large spoon against the slice to squeeze out as much oil as possible. Transfer to a plate lined with paper towels. Repeat until all the slices are fried, layering the fried eggplant between paper towels and adjusting the heat as necessary to maintain the frying temperature.

assemble the dish



Overlap the eggplant slices slightly, so the finished dish will hold together.



ASSEMBLE AND BAKE

1. Position a rack in the center of the oven and heat the oven to 450°F.

2. Layer about one-third of the eggplant slices so they overlap slightly on the bottom of an 8x10-inch (or similar size) baking dish. With the back of a spoon or an offset spatula, spread about one-third of the tomato sauce in a very thin layer over the eggplant. Evenly sprinkle about half of the mozzarella and $\frac{1}{3}$ cup of the Parmigiano over the tomato sauce. Make another layer with one-third of the eggplant, one-third of the tomato sauce, the remaining mozzarella, and $\frac{1}{3}$ cup Parmigiano. Make one last layer with the remaining eggplant, tomato sauce, and Parmigiano. Bake until the cheese has melted evenly and the top is bubbly, with browned edges, 20 to 25 minutes. Let rest for at least 15 minutes before serving. —*Laura Giannatempo*

PER SERVING: 580 CALORIES | 13G PROTEIN | 21G CARB | 52G TOTAL FAT | 11G SAT FAT | 33G MONO FAT | 5G POLY FAT | 25MG CHOL | 320MG SODIUM | 9G FIBER

continued on p. 178 ▶

All about Eggplant

Though it is treated like a vegetable, eggplant (a member of the nightshade family along with tomatoes and potatoes) is actually a giant berry.

Western, or globe, eggplant is the most common and versatile variety, and you can find it year-round, though in most parts of the country, the peak season is late summer. Though it needs a little preparation, the reward is a succulent, silky treat. The globe eggplant's larger size enables you to get slices and chunks. It varies in size from $\frac{3}{4}$ to 1 $\frac{1}{4}$ lb., with dark purple skin. A fresh globe eggplant has pale pulp with a few noticeable seeds, which darken and become bitter as the eggplant matures. Eggplant with parts of dark, hardened pulp and lots of dark seeds will be a disappointment—these parts must be removed; otherwise, the flavor and the texture of the finished dish will suffer.

Globe eggplant, whose flesh is especially spongelike, tends to soak up more oil than other varieties. If you've ever brushed a raw, unsalted slice with oil, you've probably noticed how readily the eggplant absorbs it. Salting draws out water and helps collapse the air pockets in globe eggplant's spongy flesh. This makes the eggplant much less able to soak up lots of oil during frying or grilling.

Eggplant varieties other than globe are worth seeking out. All have tender flesh and seeds and none need peeling (unless you're roasting and puréeing them for a dip). These varieties don't absorb as much oil as globe eggplant, nor are they bitter:

- **Italian eggplant** is smaller than the globe variety. It's lobed, with dark purple skin and green leaves.
- **Chinese eggplant** is elongated, slender, and has light purple skin. It's quick-cooking, which makes it a good candidate for stir-frying.
- **Japanese eggplant** is also elongated, slender, and quick-cooking. This variety has dark purple skin. Its brownish leaves distinguish it from the Italian eggplant.
- **White eggplant** is oval, with a beautiful eggshell-white hue; one look will tell you how eggplant earned its name. The flesh is especially creamy and is less bitter than darker-hued eggplant.
- **Southeast Asian eggplant** is the size of a cherry tomato, green-striped or purple. It's quite bitter and best for pickling.

How to choose

At the market, look for eggplant with smooth, shiny skin that's unwrinkled. The fruit should feel firm and spring back slightly when you touch it. Try to find an eggplant with a stem that looks moist, as if recently cut.

How to prep

Eggplant is one vegetable for which slight undercooking will not work. It must be com-

pletely cooked through until it's meltingly soft, smooth, and creamy; only then will it be flavorful on its own, as well as receptive to the other flavors with which you'll blend it.

How to store

It's best to use eggplant when it's very fresh, but it will keep for 2 or 3 days in the crisper drawer of the refrigerator.



braised red snapper puttanesca

SERVES 4

- 4 5-oz. skinless red snapper fillets (about ¾ inch thick)**
 - Kosher salt and freshly ground black pepper**
- 3 Tbs. extra-virgin olive oil**
- 3 medium cloves garlic, minced (about 1 Tbs.)**
- 2 14½-oz. cans petite-diced tomatoes**
- 2 anchovy fillets, minced**
- ½ cup pitted Kalamata olives, halved lengthwise (about 3 oz.)**
- 3 Tbs. coarsely chopped fresh basil leaves**
- 1 Tbs. capers, rinsed**
- ¼ tsp. crushed red pepper flakes**
- 1 Tbs. coarsely chopped fresh mint**
- 2 tsp. red-wine vinegar**

Black sea bass makes a good substitute for snapper in this recipe. Serve with polenta or couscous.

- 1.** Position a rack in the center of the oven and heat the oven to 325°F. Season the snapper all over with salt and pepper. Let sit at room temperature while you prepare the sauce.
- 2.** Heat 2 Tbs. of the olive oil in a 12-inch ovenproof skillet over medium-low heat. Add the garlic and cook, stirring, until softened but not golden, about 1 minute. Add the tomatoes and their juice, anchovies, olives, 2 Tbs. of the basil, capers, and pepper flakes to the pan. Bring the sauce to a brisk simmer and cook, stirring occasionally, until the tomatoes are tender and the juices have reduced to a saucy consistency, about 8 minutes.
- 3.** Nestle the snapper fillets into the sauce, spooning some on top to keep the fish moist. Drizzle with the remaining 1 Tbs. olive oil. Tightly cover the pan with a lid or aluminum foil and braise in the oven until the fish is almost cooked through, 10 to 15 minutes depending on thickness.
- 4.** With a slotted spatula, transfer the snapper to 4 shallow serving bowls. If the sauce seems too thin, simmer over medium-high heat until thickened to your liking. Stir the remaining 1 Tbs. basil and the mint and vinegar into the sauce and spoon it over the fish. —*Allison Ehri Kreidler*

PER SERVING: 320 CALORIES | 31G PROTEIN | 12G CARB | 17G TOTAL FAT | 2.5G SAT FAT | 12G MONO FAT | 2.5G POLY FAT | 50MG CHOL | 1,360MG SODIUM | 0G FIBER





barley risotto with
mushrooms and gremolata
(recipe on p. 192)

polenta & risotto

creamy polenta p. 182

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wilted arugula** p. 190

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and gremolata** p. 192

**artichoke risotto with lemon
and parsley** p. 194

**risotto with peas, mint, &
lemon** p. 196

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bacon and sage** p. 197

**saffron and shrimp risotto with
scallions** p. 198

**parsnip risotto with pancetta
and sage** p. 200

creamy polenta

**MAKES ABOUT 6½ CUPS;
SERVES 6 TO 8**

- 3 cups water**
- 2 cups coarse-ground polenta**
- 3 cups cold milk**
- 1½ tsp. salt**
- ½ cup freshly grated Parmesan**
- 2 Tbs. unsalted butter**

This simple polenta side dish needs only a bit of butter to enrich it.

Over high heat, bring the water to a boil. Combine the polenta with the milk and salt and stir until smooth. Slowly add this mixture to the boiling water, stirring constantly. Cook, stirring, until the polenta begins to thicken. Reduce the heat to medium and continue to cook until the polenta begins to bubble and pop. Reduce the heat to low, add the Parmesan and butter, and continue stirring until the polenta begins to pull away from the sides of the pan, about 10 minutes for soft polenta or about 20 minutes for firm. Serve immediately as a side dish or mold into a dish and let stand to make firmer polenta.

—*Earl Le Claire*

PER SERVING: 150 CALORIES | 7G PROTEIN | 16G CARB | 8G TOTAL FAT | 5G SAT FAT | 2G MONO FAT | 0G POLY FAT | 25MG CHOL | 570MG SODIUM | 1G FIBER

goat cheese polenta

SERVES 6

- 1 quart whole milk**
- Kosher salt**
- 1 cup instant polenta**
- ½ lb. fresh goat cheese, crumbled**
- Pinch of cayenne**
- ½ cup heavy cream**
- Freshly ground black pepper**

Pair with a seared rib-eye steak, or for a vegetarian meal, top with sautéed wild mushrooms or a quick tomato sauce.

1. Bring the milk to a boil in a 4-quart saucepan over medium-high heat. Season with 2 tsp. salt. Slowly whisk in the polenta and cook, stirring constantly, for 5 minutes until the polenta thickens and begins to pull away from the sides of the pan.

2. Add the goat cheese and cayenne. Whisk until well combined. Whisk in the cream and add ½ to 1 cup water to thin the polenta to a porridge-like consistency. Season with salt and pepper to taste. —*Arlene Jacobs*

PER SERVING: 400 CALORIES | 16G PROTEIN | 32G CARB | 25G TOTAL FAT | 16G SAT FAT | 7G MONO FAT | 1G POLY FAT | 80MG CHOL | 520MG SODIUM | 0G FIBER



polenta lasagne

SERVES 8

- 2 Tbs. olive oil**
- 1 green bell pepper, diced**
- 1 onion, diced**
- 1 clove garlic, minced**
- ¼ lb. mushrooms, diced**
- ½ lb. sweet Italian sausage, casings removed**
- 2 28-oz. cans crushed tomatoes**
Salt and freshly ground black pepper
- ¼ cup chopped fresh basil**
- ¼ cup chopped fresh flat-leaf parsley**
- 1 recipe Creamy Polenta (on the facing page), molded into a 13x9-inch dish**
- 4 oz. fresh mozzarella, shredded**
- ½ cup freshly grated Parmesan**

Slices of firm polenta take the place of pasta in this rustic “lasagne.”

MAKE THE SAUCE

1. In a large frying pan, heat the oil over medium heat. Add the pepper, onion, and garlic and cook until the vegetables begin to soften, about 5 minutes. Add the mushrooms and crumble in the sausage; cook until the sausage is no longer pink, about 5 minutes longer.

2. Stir in the tomatoes, and season with about 1 tsp. salt and ½ tsp. pepper. Bring to a boil, reduce to a simmer, and cook until thick and flavorful, 45 to 50 minutes. Stir in the herbs. Taste for seasoning and add more salt and pepper if needed.

ASSEMBLE THE LASAGNE

Heat the oven to 350°F. Unmold the polenta onto a work surface, cut it in half crosswise, and slice each half horizontally with a long, thin knife. Spread ½ cup of the tomato sauce in the bottom of the 13x9-inch pan and put half the polenta on top. Layer with about 2 cups of the tomato sauce, the remaining polenta, and the remaining tomato sauce. Sprinkle the mozzarella and Parmesan cheeses on top. Bake until browned and a knife inserted in the center comes out hot, 50 to 65 minutes. Let rest for 15 minutes before serving. —*Earl Le Claire*

PER SERVING: 420 CALORIES | 19G PROTEIN | 32G CARB | 25G TOTAL FAT | 11G SAT FAT | 10G MONO FAT | 2G POLY FAT | 60MG CHOL | 1,660MG SODIUM | 6G FIBER



Keeping Herbs Fresh

A little time spent when you get home from the market can add days to the life span of your herbs. First, remove from the plastic and shake off any excess water. Remove wire twists and wilted or slimy leaves. Dampen a length of paper towels, wring out well, and loosely wrap the herbs. Put the wrapped herbs in a plastic bag, press out any air, and close tightly. Try to store herbs in a warmer part of the fridge, as very cold temperatures can blacken them. Most fresh herbs will last up to a week.

gorgonzola polenta

**MAKES ABOUT 7½ CUPS;
SERVES 6 TO 8**

- 1 Tbs. olive oil**
- 1 onion, diced**
- 1 clove garlic, minced**
- 3 cups chicken stock, preferably homemade**
- 2 cups coarse-ground polenta**
- 3 cups cold milk**
- 2 tsp. salt**
- 2 Tbs. unsalted butter**
- 1 cup crumbled Gorgonzola**
- 1 tsp. chopped fresh thyme, or ½ tsp. dried**
- ¾ cup toasted, chopped walnuts**

Rich, creamy, and filled with the tangy taste of Gorgonzola, this polenta is an irresistible accompaniment to roast chicken or pork.

- 1.** In a large saucepan, heat the oil over medium heat.
- 2.** Add the onion and garlic and cook until softened, about 5 minutes. Add the chicken stock and bring to a boil over high heat.

- 3.** Meanwhile, combine the polenta with the milk and salt. Slowly add the polenta mixture to the boiling chicken stock, stirring constantly. When the polenta begins to thicken, reduce the heat to medium low and cook, stirring, until the polenta is very thick and pulls away from the sides of the pan, about 10 minutes. Stir in the butter until melted and smooth. Remove from the heat and stir in the Gorgonzola, thyme, and walnuts. —*Earl Le Claire*

PER SERVING: 300 CALORIES | 11G PROTEIN | 19G CARB | 20G TOTAL FAT | 8G SAT FAT | 6G MONO FAT | 5G POLY FAT | 35MG CHOL | 900MG SODIUM | 2G FIBER



polenta pudding

SERVES 6

- 1 orange, chopped coarse (including the peel and pith)**
- ¼ cup plus 1 Tbs. brown sugar**
- ½ cup honey**
- 4½ cups milk**
- 3 Tbs. unsalted butter**
- ¾ tsp. ground cinnamon**
- ¼ tsp. ground nutmeg**
- ¾ cup coarse-ground polenta**
- 2 eggs, lightly beaten**
- 2 tsp. sugar**
- ½ cup toasted hazelnuts, chopped**

A whole chopped orange, peel included, lends a wonderful flavor to the pudding, and any trace of bitterness is cooked away.

- 1.** Heat the oven to 325°F. In a food processor, combine the chopped orange and 1 Tbs. of the brown sugar. Pulse several times to mince the orange.
- 2.** In a large saucepan, combine the orange mixture, the remaining ¼ cup brown sugar, the honey, and 1 Tbs. water. Bring to a boil over medium heat and boil, stirring occasionally, until thick and syrupy, 8 to 10 minutes.
- 3.** Stir in the milk, 2 Tbs. of the butter, the cinnamon, and the nutmeg until well combined. Let the mixture return to a boil.
- 4.** Slowly add the polenta, stirring constantly. Reduce the heat to medium low and simmer, stirring constantly, until thickened, about 2 minutes. Remove from the heat and whisk in the eggs until smooth. Pour the mixture into an 8-inch-square baking dish. Sprinkle with sugar and dot with the remaining 1 Tbs. butter.
- 5.** Set the baking dish in a water bath. Bake until a knife inserted in the center comes out clean, 70 to 80 minutes. Serve warm or at room temperature, topped with the chopped hazelnuts. —*Earl Le Claire*

PER SERVING: 400 CALORIES | 10G PROTEIN | 54G CARB | 18G TOTAL FAT | 8G SAT FAT | 8G MONO FAT | 1G POLY FAT | 110MG CHOL | 120MG SODIUM | 2G FIBER

gratin of polenta with greens

**SERVES 4 AS A FIRST COURSE
OR SIDE DISH**

- 3 Tbs. olive oil; more for the polenta skillet**
- 1 cup medium-coarse or coarse cornmeal, preferably organic stone-ground**
- Kosher salt**
- 1 clove garlic, peeled**
- ¼ tsp. crushed red pepper flakes**
- Freshly ground black pepper**
- 1 lb. mixed tender greens, such as arugula, spinach, watercress, young kale, plus a few sprigs of dill or fennel; thick stems cut away, and leaves chopped coarsely**
- ½ cup grated Pecorino Romano**

This gratin can be a substantial side dish or a light supper. Flavoring olive oil with crushed red pepper flakes makes a “red” oil to add subtle heat.

PREPARE THE POLENTA

Heat the oven to 350°F. In an oiled 3-quart nonstick ovenproof skillet, stir the cornmeal, 4 cups water, and 1 tsp. salt. Bake uncovered for 40 minutes.

PREPARE THE GREENS

1. Meanwhile, in a very large skillet, heat 3 Tbs. of the olive oil over medium-high heat. Add the garlic, red pepper flakes, and a pinch of black pepper; cook for 1 minute. Pour half the oil into a 1½- or 2-quart baking and serving dish, reserving the garlic in the skillet, and then pour another 1 Tbs. of the oil into a cup to be drizzled over the final dish. Brush the seasoned oil all over the inside of the serving dish.

2. Add the chopped greens to the oil and garlic remaining in the skillet, cover, and cook over medium heat, stirring occasionally, until wilted and tender, about 10 minutes. Discard the garlic. Season the greens with salt and pepper. If necessary, uncover the greens and increase the heat at the end to evaporate any liquid. (You’ll have 1½ to 2 cups cooked greens.)

3. When the polenta has cooked for 40 minutes, quickly stir in the greens and half the cheese until combined. Taste and add salt if needed. Transfer to the oiled ovenproof serving dish, drizzle with the reserved oil, sprinkle with the remaining cheese, and bake until the cheese is melted, another 10 minutes. Serve hot. —*Paula Wolfert*

PER SERVING: 250 CALORIES | 7G PROTEIN | 27G CARB | 14G TOTAL FAT | 3G SAT FAT | 8G MONO FAT | 2G POLY FAT | 10MG CHOL | 730MG SODIUM | 4G FIBER

The Difference between Cornmeal and Polenta

Although polenta is the name of the prepared dish, it’s made from cornmeal. There are two basic kinds of cornmeal, yellow and white, but more important than color is how it’s made. Cornmeal can range from a fine flour manufactured in a modern roller mill to a rough meal ground in a local gristmill. We prefer a coarse, artisanal, stone-ground cornmeal even though it takes a bit longer to cook: It has a more interesting, toothy texture. But if you can’t find that, it’s no reason not to make polenta. Just be sure your cornmeal contains only ground corn; avoid brands with additives or preservatives. Don’t use instant polenta: Although it cooks in about 5 minutes, it gives a more muted color and flavor and pastier consistency than the full, nutty, sweet flavor and creamy texture of regular cornmeal.

risotto of sweet sausage and broccoli raab

SERVES 2

- 3 cups homemade or lower-salt chicken broth; more if needed**
- 2 Tbs. unsalted butter**
- ½ cup arborio rice**
- ¼ lb. sweet Italian sausage, skinned and crumbled**
- 1 small clove garlic, chopped**
- ½ cup dry white wine**
- Kosher salt**
- Pinch of cayenne**
- ¼ lb. broccoli raab, boiled for 5 minutes, drained, squeezed dry, and coarsely chopped**
- 2 Tbs. freshly grated Parmigiano-Reggiano**
- Freshly ground black pepper**

This is an easy, hearty dinner that cooks up fast. Use the mildest sausage you can find.

1. In a small saucepan, bring the broth to a boil; lower the heat to a simmer. In a large, heavy-bottom saucepan over medium-high heat, melt the butter. Stir in the rice, toasting just until it starts to sizzle and pop, about 1 minute. It should not color. Add the sausage and garlic. Stir, breaking up the meat into small bits, until the sausage has lost its pink color, about 1 minute. Pour in the wine. Stir occasionally, cooking until the liquid is almost gone, about 2 minutes. Add just enough hot broth to cover the rice. Lower the heat to maintain a vigorous simmer; stir occasionally. When the liquid is almost gone, add just enough hot broth to cover the rice, along with a pinch of salt and cayenne. Check the risotto every 3 or 4 minutes, giving it an occasional stir to make sure it isn't sticking to the bottom of the pan and adding just enough broth to cover the rice when the liquid has almost disappeared. After a couple of additions of broth, add the broccoli raab.

2. Continue adding broth and checking until the rice is just al dente, about 20 minutes from the first liquid addition. Bite into a grain; you should see a small white pin-dot in the center. Take the risotto off the heat and stir vigorously for a few seconds. Fold in the Parmigiano, pepper to taste, and a pinch of salt if needed. Stir in a few tablespoons of broth to loosen the risotto, if you like. Serve immediately. —*Alan Tardi*

PER SERVING: 470 CALORIES | 17G PROTEIN | 46G CARB | 22G TOTAL FAT | 11G SAT FAT | 8G MONO FAT | 2G POLY FAT | 60MG CHOL | 1,160MG SODIUM | 2G FIBER



What Rice for Risotto?

While many have come to identify risotto with arborio, other varieties, such as carnaroli, baldo, and vialone nano, make excellent risotto as well.

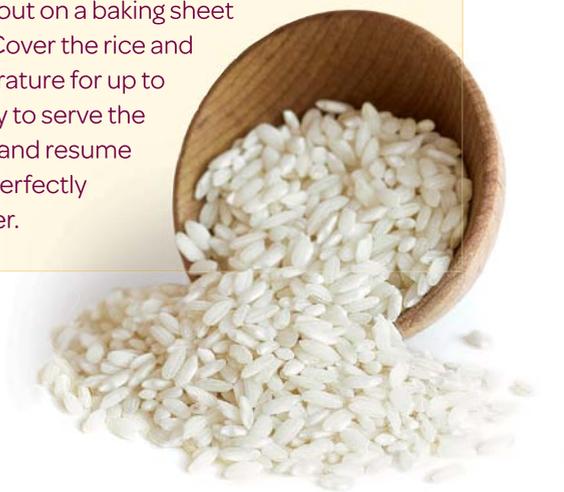
Compared to carnaroli and vialone nano, arborio and baldo have a higher starch content and tend to absorb less liquid, resulting in a stickier, more compact risotto. They're also less forgiving, going from just right to overcooked in a heartbeat.

Carnaroli and, even more so, vialone nano contain less starch and absorb lots of liquid, producing a creamier, fluid risotto. Vialone nano is especially suited to seafood risottos, which are traditionally looser.

Some supermarkets carry carnaroli in addition to arborio, but the other two are more of a gourmet shop product.

A trick for making risotto ahead

A fresh batch of risotto takes at least 30 minutes to prepare. And if you try to make risotto ahead completely and then reheat it, it'll be overcooked and mushy. Instead, you can cook it until it's about halfway done—the rice should still be rather firm inside—and then spread it out on a baking sheet to stop cooking and cool. Cover the rice and set it aside at room temperature for up to 2 hours. When you're ready to serve the risotto, return it to the pot and resume adding hot liquid until it's perfectly al dente, a few minutes later.





risotto alla milanese

SERVES 6 AS A FIRST COURSE

- 1 medium onion, very finely chopped**
- 8 Tbs. unsalted butter**
- 1 lb. (2 cups) arborio, vialone nano, or carnaroli rice, or other medium- or short-grain Italian rice**
- ½ cup dry white wine**
- 6 cups hot homemade or lower-salt chicken broth; more as needed**
- ½ tsp. saffron threads**
- 1 cup finely grated Parmigiano-Reggiano**
- Kosher salt and freshly ground black pepper**

While it would be unfair to say that this is the risotto from which all others are derived, its simplicity is hard to match. If you're uneasy about risotto, this is a good recipe to start with because it's simple and requires so few ingredients.

- 1.** In a heavy-based saucepan that's large enough to hold the rice with plenty of room left over, cook the onion in 2 Tbs. of the butter over medium heat until it's translucent and fragrant, about 5 minutes.
- 2.** Stir in the rice and cook it over medium heat for about 3 minutes. Add the wine, 2 cups of the broth, and the saffron. Turn the heat to high until the broth comes to a simmer and then adjust the heat to maintain a steady simmer.
- 3.** Cook until most of the liquid has been absorbed, stirring every minute or two. Add another cup of broth and keep cooking, stirring, and adding broth until the rice is al dente but not raw or grainy in the middle.
- 4.** When the rice is ready, stir in the cheese. Add a little more broth to give the risotto the consistency you like (from fairly tight to almost soupy). Off the heat, stir in the remaining 6 Tbs. butter. Season with salt and pepper and ladle onto heated plates or bowls. —*James Peterson*

PER SERVING: 510 CALORIES | 13G PROTEIN | 63G CARB | 20G TOTAL FAT | 12G SAT FAT | 6G MONO FAT | 1G POLY FAT | 50MG CHOL | 490MG SODIUM | 1G FIBER

three steps to creamy risotto



Start by cooking the onion in butter until it's soft and translucent, but not browned.



Stir every minute or two as you add the wine and broth (there's no need to stir constantly).



Add the cheese and remaining butter when the rice is al dente.

risotto with corn, spicy sausage & wilted arugula

SERVES 4 TO 6

- 6 cups lower-salt chicken broth; more as needed**
- 3 medium ears fresh corn, shucked and halved crosswise**
- 2 Tbs. extra-virgin olive oil**
- 2 medium cloves garlic, minced**
- 3 packed cups trimmed arugula**
Kosher salt and freshly ground black pepper
- 3 Tbs. unsalted butter**
- 1 medium leek (white and light green parts only), finely diced (about ¾ cup)**
- ¼ lb. hot Italian pork sausage, casings removed and broken into chunks**
- 2 cups arborio or carnaroli rice**
- ½ cup dry white wine (like Pinot Grigio)**
- ½ cup freshly grated pecorino romano; more for serving**
- 2 Tbs. finely chopped fresh flat-leaf parsley (optional)**

Grating some of the corn to a mash and blending it with the rice makes a creamy foundation for this corn-studded risotto.

- 1.** Heat the chicken broth in a medium saucepan over medium-high heat until very hot. Add the corn and cook until the kernels are just tender, 3 to 4 minutes. Transfer the corn to a cutting board and reduce the heat to keep the broth hot but not simmering.
- 2.** Once the corn is cool enough to handle, slice the kernels off four of the pieces. Grate the kernels from the remaining two pieces using the large holes of a box grater. Discard the cobs.
- 3.** Heat the olive oil and garlic in a large, heavy saucepan or medium Dutch oven over medium-high heat until the garlic is fragrant, about 2 minutes. Add the arugula and toss with tongs until wilted, about 1 minute. Season with a generous pinch of salt and pepper. Transfer the arugula to a cutting board, let it cool slightly, and then coarsely chop it. Wipe the pan clean.
- 4.** Melt the butter in the cleaned pan over medium heat. Add the leek and a generous pinch of salt and cook, stirring occasionally, until softened, about 2 minutes. Add the sausage, breaking it apart with a fork or spoon into crumbles, and cook until no longer pink, 2 to 3 minutes. Add the rice and stir until the grains are well coated with fat and the edges become translucent, 1 to 2 minutes. Pour in the wine and stir until it's absorbed, about 30 seconds. Stir in the grated corn.
- 5.** Ladle enough of the hot broth into the pan to barely cover the rice, about 1½ cups. Bring to a boil and then adjust the heat to maintain a lively simmer. Cook, stirring frequently, until the broth is mostly absorbed, 2 to 3 minutes. Continue adding broth in ½-cup increments, stirring occasionally and letting each addition be absorbed before adding the next.
- 6.** After about 20 minutes, the rice should be just cooked but still fairly firm. At this point, add the whole corn kernels, chopped arugula, and another ½ cup broth. Continue to simmer and stir until the corn is warmed through and the rice is just tender to the tooth, an additional 1 to 3 minutes. Stir in another splash of broth if the risotto seems too thick. Remove the pot from the heat and stir in the cheese. Season with salt and pepper to taste. Serve the risotto immediately with a sprinkling of cheese and parsley, if using.

—*Mary Ellen Driscoll*

PER SERVING: 530 CALORIES | 18G PROTEIN | 73G CARB | 19G TOTAL FAT | 8G SAT FAT | 7G MONO FAT | 2.5G POLY FAT | 25MG CHOL | 610MG SODIUM | 3G FIBER



Corn: A Buyer's Guide

There are four types of sweet corn: standard sweet, sugar-enhanced, super sweet, and synergistic. You won't see these agricultural terms used at grocery stores or even at farmers' markets, but they help to explain the differences among them in terms of sweetness, tenderness, and how well they store.

If you really want to know what type of corn you're buying, ask the farmer. Just be prepared to try something new each time. The corn variety you saw on your last visit is probably not the same one you're going to find on your next. In general, the more sugary varieties of corn take longer to grow and appear later at the market.

Standard sweet

Common varieties include Butter and Sugar, with white and yellow kernels, and Silver Queen, with white kernels. This type of corn has a traditional corn flavor and texture, although sweetness varies among varieties. Its sugars are quicker to convert to starch, so it doesn't keep long after harvest.

Sugar-enhanced

Delectable, Kandy Korn, and Seneca Dancer are three popular varieties. Known for having a more tender texture than the standard type, sugar-enhanced corn is widely popular. Its degree of sweetness changes with the variety, but the conversion of sugar to starch is slower than that of standard sweet corn, so it holds up better.

Super sweet

Varieties include Sun & Stars and Xtra-Sweet. The most sugary of all, this type of corn has less true corn flavor and a firmer, almost crunchy texture, because the skin on the kernels is tougher. It holds its sweetness longer than any other type of corn, which is why you'll often see it in supermarkets, where the corn isn't typically freshly picked.

Synergistic

A popular variety is Serendipity. This type has both the tenderness of sugar-enhanced corn and the more pronounced sweetness of super sweet. It requires more time to mature than sugar-enhanced corn and can be watery if harvested too soon.



Silver Queen



Serendipity



Super Sweet



Seneca Dancer

barley risotto with mushrooms and gremolata

**SERVES 6 AS A SIDE DISH,
4 AS A MAIN COURSE**

FOR THE GREMOLATA

- ½ cup chopped fresh flat-leaf parsley**
- 2 Tbs. finely grated lemon zest**
- 1 Tbs. finely chopped garlic**

FOR THE BARLEY RISOTTO

- 1 oz. dried porcini mushrooms, rinsed**
- 1 cup hot water**
- 2 Tbs. olive oil**
- 1 lb. assorted fresh mushrooms, sliced ¼ inch thick**
Kosher salt and freshly ground black pepper
- 6 to 7 cups homemade or lower-salt chicken or vegetable broth**
- 3 Tbs. unsalted butter**
- 1 small onion, finely chopped**
- 2 cups pearled barley**

When cooked like a risotto, barley develops a rich and creamy consistency. The parsley, lemon, and garlic garnish is a fresh, simple accent to the risotto's nutty, robust flavors.

MAKE THE GREMOLATA

In a small bowl, mix the parsley, lemon zest, and garlic.

MAKE THE RISOTTO

- 1.** Soak the porcini in the hot water for at least 30 minutes. Strain the liquid through a fine-mesh sieve and reserve. Chop the porcini into small pieces.
- 2.** In a large sauté pan with straight sides, heat the oil over high heat until shimmering but not smoking. Sauté the sliced fresh mushrooms until they release some liquid and are browned, about 5 minutes. Stir in the porcini and the reserved liquid, scraping up any browned bits. Season to taste with salt and pepper. Transfer the mushrooms and liquid to a bowl.
- 3.** In a saucepan, bring the broth to a boil, reduce the heat, partially cover, and hold at a simmer.
- 4.** In the pan used for the mushrooms, melt the butter over medium heat. Add the onion and cook until tender and translucent, 8 to 10 minutes. Add 2 tsp. salt and the barley, and stir until the grains are coated with butter. Add 1 cup of the hot broth, reduce the heat to low, and stir frequently until the broth is absorbed. Stir in another cup of broth. When it's absorbed, add 1 more cup, stirring until it's also absorbed. Add 2 more cups and simmer the barley, stirring frequently, until it softens but isn't completely tender and the liquid is almost absorbed, about 10 minutes. Stir in the cooked mushrooms and their liquid and 1 to 2 more cups of broth. Simmer until the barley is tender, about another 10 minutes, stirring frequently and adding hot water or broth if needed. The total cooking time for the barley can range from 30 to 60 minutes. Stir in the gremolata and adjust the seasonings to taste. Serve hot. —*Joyce Goldstein*

PER SERVING: 390 CALORIES | 12G PROTEIN | 63G CARB | 12G TOTAL FAT | 5G SAT FAT | 5G MONO FAT | 1G POLY FAT | 15MG CHOL | 690MG SODIUM | 13G FIBER

All about Barley

Barley is probably the oldest grain on the planet. It has a mild sweetness and, when cooked properly, a chewy but tender texture. Barley soup is standard diner fare, but this grain is also an excellent candidate for a creamy risotto or a simple pilaf.

Buying tips

Pearled barley is the most widely available—you'll find it in the supermarket—and the easiest to cook. It has been abraded many times to remove the tough outer husk, and this lightens it to a buff color. Some varieties are white because all the bran and fiber have been polished off, which means it's less nutritious. Brownish-gray whole-grain barley (also called hulled barley) is less widely available. You'll most likely find it in a specialty or natural-foods store.

Cooking basics

Soaking pearled barley in water for a few hours or overnight will shorten the cooking time but isn't required. Whole-grain barley, however, does require an overnight soak and may need longer cooking.

Use 1 part barley to about 3 parts liquid. Bring the barley to a boil in salted water or broth, reduce to a simmer, and cook until tender but toothy. Cooking time ranges from 30 to 60 minutes. For a creamier consistency, gradually add hot liquid in small increments, adding more as the grain absorbs the liquid and stirring all the while.



artichoke risotto with lemon and parsley

**SERVES 6 AS AN APPETIZER
OR SIDE DISH**

- 4 large artichoke bottoms, halved, in lemon water**
- ¼ cup extra-virgin olive oil**
- 1½ cups thinly sliced leeks (white and pale green parts only), rinsed well and drained**
- 1 large clove garlic, minced**
Sea salt or kosher salt
- 5 to 6 cups homemade chicken broth (or equal parts lower-salt canned broth and water); more as needed**
- 1½ cups arborio rice**
- 1 Tbs. minced fresh flat-leaf parsley**
- 1 tsp. finely grated lemon zest**
Freshly ground black pepper

The artichokes get a head start here since they're braised until tender before the rice is added. By the time the rice is cooked, the artichokes have all but melted.

- 1.** Thinly slice each artichoke half. Return the slices to the lemon water. Heat 2 Tbs. of the olive oil in a heavy, wide-based pot (like a Dutch oven) over medium-low heat. Add the leeks and garlic and cook, stirring occasionally, until the leeks are soft, about 10 minutes. Drain the artichokes and add them to the pot; season with salt and stir to coat. Cover and cook until the artichokes are tender, about 15 minutes, checking to be sure they're not burning (a little browning is good).
- 2.** Meanwhile, put the broth in a medium saucepan and bring to a simmer. Adjust the heat to keep the broth at a bare simmer.
- 3.** Add the rice to the artichokes and cook, stirring for 2 minutes. Add enough broth to cover the rice and simmer gently, stirring often and adding more broth, ½ to ¾ cup at a time, when the previous addition has been absorbed. (You may not need to use all the broth, or you may need a little more.) After 18 to 20 minutes, when the rice is just al dente, cover the pot and remove it from the heat. Let stand for 3 minutes, uncover, and stir in the remaining 2 Tbs. olive oil, the parsley, lemon zest, and several grinds of pepper. Taste and adjust the seasonings, adding more broth to loosen the risotto if you like. Divide among warm bowls and serve immediately. —*Janet Fletcher*

PER SERVING: 340 CALORIES | 9G PROTEIN | 55G CARB | 10G TOTAL FAT | 2G SAT FAT | 7G MONO FAT | 1G POLY FAT | 0MG CHOL | 430MG SODIUM | 7G FIBER



preparing artichoke bottoms



1. Fill a large bowl with cold water and add the juice of 1 lemon. Pull back the outer leaves of each artichoke until they break at the base.



2. Remove the leaves until you reach the pale yellow-green, tender inner leaves. With a sharp knife, slice off all but 1 inch of the stem.



3. Cut across the leaves just above where they join the base. Discard these, but reserve the outer leaves for steaming another time, if you like.



4. With a small knife, pare the stem and the base, removing any dark green parts. If you like, cut the stem and base in half.



5. With a melon baller or a spoon, scoop out and discard the hairy choke and prickly leaves inside. Immediately drop the trimmed artichoke into the lemon water to retard browning.

risotto with peas, mint & lemon

**SERVES 6 AS A SIDE DISH,
4 AS A MAIN COURSE**

- 5 to 6 cups homemade or lower-salt chicken broth**
- 4 Tbs. unsalted butter**
- 1 medium onion, cut into ¼-inch dice**
- Kosher salt**
- 2 cups arborio rice (or other risotto rice)**
- ½ cup dry white wine (like Pinot Grigio)**
- 2 cups frozen peas**
- ⅓ cup chopped fresh mint**
- 2 Tbs. freshly squeezed lemon juice**
- 1 Tbs. finely grated lemon zest**
- ¼ cup freshly grated Parmigiano-Reggiano; more for serving**

The flavors of spring shine here. Frozen peas work fine.

1. Heat the broth in a saucepan over medium-high heat until very hot and then reduce the heat to keep the broth hot. In another wide, heavy saucepan, melt 2 Tbs. of the butter over medium heat. Add the onion and a generous pinch of salt and sauté, stirring occasionally with a wooden spoon, until the onion softens and starts to turn lightly golden, 3 to 5 minutes. Add the rice and stir until the grains are well coated with butter and the edges become translucent, 1 to 2 minutes. Pour in the wine and stir until it's absorbed, about 1 minute. Add another generous pinch of salt and ladle enough of the hot broth into the pan to barely cover the rice, about 1 cup. Bring to a boil and then adjust the heat to maintain a lively simmer. Cook, stirring occasionally, until the broth has been mostly absorbed, 2 to 3 minutes. Continue adding broth in ½-cup increments, stirring and simmering, until it has been absorbed each time, at intervals of 2 to 3 minutes.

2. After 16 to 18 minutes, the rice should be creamy but still fairly firm. At this point, add the peas and another ½ cup broth. Continue to simmer and stir until the peas are just cooked and the rice is just tender to the tooth, another 3 to 4 minutes. Stir in another splash of broth if the risotto is too thick. Remove the pot from the heat and stir in the mint, lemon juice, lemon zest, the remaining 2 Tbs. butter, and the Parmigiano. Season with salt to taste. Serve the risotto immediately with a sprinkling of Parmigiano. —*Tasha DeSerio*

PER SERVING: 270 CALORIES | 9G PROTEIN | 31G CARB | 10G TOTAL FAT | 6G SAT FAT | 3G MONO FAT | 1G POLY FAT | 25MG CHOL | 520MG SODIUM | 3G FIBER



butternut squash risotto with bacon and sage

**SERVES 6 AS A FIRST COURSE,
4 AS A MAIN COURSE**

- 1 quart homemade or lower-salt chicken broth; more as needed**
- ½ cup dry white wine**
- 2 Tbs. olive oil**
- 10 large fresh sage leaves**
- 4 slices bacon, cut crosswise into thirds**
- 2 medium shallots, minced (about ¼ cup)**
- 2 cups ¼-inch-diced butternut squash**
- 1½ cups arborio or other risotto rice, such as carnaroli or vialone nano**
- ½ cup freshly grated Parmigiano-Reggiano**
- Kosher salt and freshly ground black pepper**

The creaminess of the squash is the perfect complement to the creamy rice in this classic dish.

- 1.** Combine the chicken broth and wine in a small saucepan and set over medium heat. In a medium (3-quart) saucepan, heat the oil over medium heat. Add the sage leaves and fry, turning once, until they've turned dark green in most places, about 1 minute total. Don't brown. With a fork, transfer to a plate lined with paper towels to drain. Put the bacon in the saucepan and cook, stirring occasionally, until nicely browned, 5 to 7 minutes. Transfer the bacon to the plate with the sage.
- 2.** Add the shallots to the saucepan and cook, stirring with a wooden spoon, until softened, about 1 minute. Add the squash and rice and cook, stirring, for 1 minute. Ladle in enough of the hot broth mixture to just cover the rice. Cook, stirring frequently, until the broth is mostly absorbed. Add another ladleful of broth and continue cooking, stirring and adding more ladlefuls of broth as the previous additions are absorbed, until the rice is tender with just a slightly toothsome quality, about 25 minutes. As the risotto cooks, adjust the heat so that it bubbles gently. The broth mixture needn't be boiling; it should just be hot. If you use all the broth and wine before the rice gets tender, use more broth but not more wine.
- 3.** Set aside the nicest-looking sage leaves as a garnish (1 leaf per serving). Crumble half of the bacon and the remaining sage leaves into the risotto. Stir in the Parmigiano. Season to taste with salt and pepper. Crumble the remaining bacon over each serving and garnish with a sage leaf.

—Jennifer Armentrout

PER SERVING: 350 CALORIES | 13G PROTEIN | 51G CARB | 10G TOTAL FAT | 3G SAT FAT | 5G MONO FAT | 1.5G POLY FAT | 10MG CHOL | 390MG SODIUM | 2G FIBER



All about Butternut Squash

The finely grained, deep orange flesh of butternut squash has a rich, full, nutty-sweet flavor. Butternuts typically weigh between 1 and 2 lb. Choose squash that feel solid and heavy. The skin should be hard, with no signs of softness.

Like most other varieties of winter squash, butternut will keep for a month or longer stored in a cool, dry place. Don't store squash for long at temperatures lower than 50°F, though, because they deteriorate. Once the squash has been cut open, it should be wrapped tightly in plastic, refrigerated, and used within 4 days.

To cut open a butternut, use a large, sharp knife and watch where your fingers are placed. Slice into halves or rounds and then into the size called for in your recipe.



saffron and shrimp risotto with scallions

SERVES 6 AS A MAIN COURSE

- 7 cups fish broth**
- ¼ cup plus 2 to 3 Tbs. extra-virgin olive oil**
- 2 cups chopped onion**
Kosher salt
- 2 cups short-grain risotto rice, such as arborio or carnaroli**
- 1 cup dry white wine**
- ½ tsp. saffron threads, steeped in ½ cup hot water for at least 5 minutes**
- 1 lb. medium shrimp (51 to 60 per lb.), peeled and deveined**
- 3 to 4 Tbs. thinly sliced scallions (white and green parts)**
Freshly ground black pepper

One of the secrets to risotto? Stir often. Frequent stirring will prevent released starches from scorching and blend the flavoring ingredients.

- 1.** Bring the broth almost to a boil in a large pot. Reduce the heat to very low; the broth should stay hot but not simmer.
- 2.** Heat ¼ cup of the oil over medium heat in a heavy-duty 3- to 4-quart straight-sided sauté pan at least 10 inches wide or in a similar-size Dutch oven. Add the onion and ½ tsp. salt and cook slowly, stirring frequently with a wooden spoon until softened, 8 to 10 minutes. Add ½ cup water, lower the heat to medium low, and continue cooking until the water is completely gone and the onion is soft and glistening but not browned, another 5 to 10 minutes.
- 3.** Add the rice and raise the heat to medium. Cook, stirring constantly, to coat the rice with the oil, about 3 minutes. The toasted rice should still be white and glistening, but you should hear a clicking sound when you stir it. Pour in the wine and cook, stirring constantly, until it's mostly absorbed, 2 to 3 minutes.
- 4.** Stir the saffron and its soaking liquid into the rice, and cook, stirring, until the liquid is mostly absorbed.
- 5.** Ladle 1½ to 2 cups broth to barely cover the rice and stir constantly. Add ½ tsp. salt, adjust the heat to maintain a gentle simmer, and keep stirring. When all the liquid has been absorbed—and the rice is dry enough that your spoon leaves a trail showing the bottom of the pot—ladle in another cup of broth, again stirring until it's absorbed. Continue adding broth in 1-cup increments, always stirring, until the rice is nearly but not fully al dente; this is usually 12 to 16 minutes after the first addition of liquid. When the risotto is a few minutes away from al dente, stir in the shrimp.
- 6.** After you've added 5 cups of liquid (16 to 20 minutes from the first liquid addition), taste the rice to determine if it's al dente and pleasantly creamy and the shrimp is opaque (cut through one to check). If it is, remove it immediately from the heat. Otherwise, let it cook a little longer, incorporating more liquid (up to a total of 7 cups). Stir in the remaining 2 to 3 Tbs. oil and the scallions and add salt and pepper to taste. Serve immediately. —*Lidia Bastianich*

PER SERVING: 550 CALORIES | 28G PROTEIN | 64G CARB | 17G TOTAL FAT | 5G SAT FAT | 9G MONO FAT | 2.5G POLY FAT | 125MG CHOL | 610MG SODIUM | 2G FIBER

parsnip risotto with pancetta and sage

SERVES 4 TO 6

Kosher salt

- 1½ lb. medium parsnips, peeled, cored, and cut into medium dice (2½ cups)**
- ¼ cup extra-virgin olive oil**
- Freshly ground black pepper**
- 3 oz. thinly sliced pancetta, cut into ½-inch-wide strips (about 1 cup)**
- 3 Tbs. roughly chopped fresh sage**
- 3 medium cloves garlic, roughly chopped**
- 1 medium yellow onion, cut into small dice**
- 2 cups arborio rice**
- Pinch of crumbled saffron (optional)**
- 6 cups lower-salt chicken broth**
- ½ cup dry white wine**
- 2 Tbs. unsalted butter**
- 2 oz. freshly grated Parmigiano-Reggiano; more for serving**

Parsnips are sweet and earthy, with a touch of spice, making the perfect counterpart to salty pancetta.

- 1.** Bring a large pot of lightly salted water to a boil. Add the parsnips and boil until firm-tender, 3 to 5 minutes. Drain and spread on a rimmed baking sheet to cool to room temperature.
- 2.** Heat 2 Tbs. of the olive oil in a large cast-iron skillet over medium-high heat. Add the parsnips, a pinch of salt, and a few grinds of pepper and cook, stirring occasionally, until softened and lightly browned, about 4 minutes. Add the pancetta and cook until sizzling and crisp, about 2 minutes. Add the sage and garlic and cook, stirring frequently, until the garlic is fragrant and the sage is starting to crisp, about 2 minutes more. Set aside.
- 3.** Heat the remaining 2 Tbs. olive oil in an 11- to 12-inch straight-sided sauté pan over medium-high heat. Add the onion, a small pinch of salt, and a few grinds of pepper and cook, stirring occasionally, until beginning to soften, about 5 minutes.
- 4.** Add the rice, 2 tsp. salt, and the saffron (if using), stirring well to coat. Add 2 cups of the broth and the wine; simmer, stirring, until the liquid is completely absorbed, 3 to 4 minutes. Continue adding the broth in 1-cup increments, stirring and adjusting the heat to maintain a brisk simmer and letting each addition be almost absorbed before adding the next. The risotto is done when the rice is nearly but not fully tender (al dente) and still a little soupy (this usually takes 14 to 16 minutes after the first addition of liquid). You may not use all the broth, but you should use at least 4 cups.
- 5.** Fold the parsnip mixture into the risotto. Add the butter and Parmigiano and stir gently to incorporate. Season to taste with salt and pepper. Serve sprinkled with more grated Parmigiano. —*David Tanis*

PER SERVING: 590 CALORIES | 17G PROTEIN | 81G CARB | 22G TOTAL FAT | 7G SAT FAT | 11G MONO FAT | 2.5G POLY FAT | 25MG CHOL | 990MG SODIUM | 6G FIBER

how to core parsnips

After trimming the ends and peeling the parsnip, quarter it lengthwise. Hold a sharp paring knife parallel to the cutting board and slowly run the knife between the core and the tender outer part of the parsnip. The core curves with the shape of the parsnip, so you won't be able to get it all, but that's fine. Just remove as much as you can without sacrificing too much of the tender part.





All about Parsnips

Grown in cold climates, parsnips are usually harvested in the fall and, like carrots, stored in cool root cellars. However, frost will convert their starches to sugar, concentrating their sweet flavor, so many home gardeners and small growers keep their parsnips in the ground and dig them as needed through winter and early spring. That's why you're likely to find the sweetest parsnips at a farmstand or farmers' market.

While there are several varieties of parsnips, most markets don't usually indicate which they're selling, mainly because the differences in flavor, texture, and appearance are minimal. Your best bet is to choose what looks freshest. Here are some tips:

What to look for

Parsnips should be firm and of uniform color; blemishes can be a sign of decay. Opt for medium parsnips, as very large ones can be woody and bitter.

How to store

Wrap unwashed parsnips in paper towels or newspaper and store them in a loosely closed plastic bag in the crisper drawer of the refrigerator for up to 2 weeks.



balsamic-glazed brussels sprouts
with pancetta
(recipe on p. 209)

sides

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sautéed broccoli raab with balsamic vinegar

SERVES 6 TO 8

- ¼ cup aged balsamic vinegar**
- Kosher salt**
- 2 large bunches broccoli raab (2½ lb.), thick stems trimmed, and leaves and florets rinsed well**
- 4 medium cloves garlic, lightly crushed and peeled**
- 3 Tbs. extra-virgin olive oil**
- 4 oil-packed anchovy fillets, finely chopped**
- ¼ tsp. crushed red pepper flakes**
- Freshly ground black pepper**

Make Ahead

You can reduce the vinegar and blanch the broccoli raab up to 6 hours ahead. Leave the vinegar at room temperature and refrigerate the broccoli raab, returning it to room temperature before finishing the dish.

Mildly bitter broccoli raab is adored in Italy—and has been gaining fans in the U.S. Here it gets a sweet, salty, spicy topping.

1. In a small saucepan, boil the vinegar over medium-high heat until reduced by half, about 4 minutes. Set aside.

2. Bring a large pot of well-salted water to a boil over high heat. Have a large bowl of ice water ready. Blanch the broccoli raab in the boiling water for 3 minutes (the water needn't return to a boil). Drain it and transfer to the ice water to cool. Drain well and gently squeeze the broccoli raab to remove excess water.

3. Heat the garlic and oil in a large skillet over medium heat until the garlic begins to turn golden, 2 minutes; remove and discard the garlic. Add the anchovies, mashing them with the back of a wooden spoon until fragrant, 30 seconds. Add the red pepper flakes and cook, stirring, for 5 to 10 seconds. Add the broccoli raab and cook, stirring often, until tender and heated through, 3 to 4 minutes. Drizzle with the vinegar and season to taste with salt and pepper. Transfer to a platter and serve. —*Melissa Speck*

PER SERVING: 90 CALORIES | 5G PROTEIN | 6G CARB | 6G TOTAL FAT | 1G SAT FAT | 7G MONO FAT | 1G POLY FAT | 0MG CHOL | 260MG SODIUM | 4G FIBER



What Is Broccoli Raab?

Also called broccoli rabe or rapini, broccoli raab is more closely related to turnips than broccoli, but it looks and tastes similar to broccoli. It can be tough and stringy, so it's best when thoroughly cooked and chopped before serving.

green beans and radicchio with shaved parmigiano

SERVES 4

- 2½ Tbs. extra-virgin olive oil
- 12 oz. slender green beans, ends trimmed, and long beans snapped in half
- 1 medium yellow onion, halved and thinly sliced
- Kosher salt and freshly ground black pepper
- 3 cups ½-inch strips radicchio (about 6 oz.)
- 1 large clove garlic, minced
- 1 Tbs. freshly squeezed lemon juice
- Shavings of Parmigiano-Reggiano, for garnish

Peppery radicchio takes on a pleasant, nutty flavor when browned. If you can't find slender green beans, cook bigger ones for an extra 2 minutes before adding the radicchio. Use a sharp vegetable peeler to make shavings of Parmigiano.

Heat a large (12-inch) skillet over medium-high heat for 1 minute. Pour in 2 Tbs. of the oil and swirl to coat the pan. As soon as the oil is shimmering—but not smoking—add the green beans in an even layer across the pan. Scatter the onion slices on top. Season with salt and pepper and let cook undisturbed for 2 minutes. Add the radicchio and sauté, stirring occasionally, until the radicchio has begun to wilt and brown and the green beans are crisp-tender, about another 6 minutes. If the vegetables seem to be cooking too fast or the pan bottom is starting to burn, lower the heat to medium. (If using an electric stovetop, take the pan off the burner momentarily to let the pan cool.) Stir in the garlic, cooking for about another minute to blend in the flavor. Transfer to a serving bowl. Drizzle with the lemon juice and the remaining ½ Tbs. oil; toss gently. Season to taste with salt and pepper, garnish with the Parmigiano shavings, and serve immediately.

—Mary Ellen Driscoll

PER SERVING: 160 CALORIES | 6G PROTEIN | 11G CARB | 11G TOTAL FAT | 3G SAT FAT | 7G MONO FAT | 1G POLY FAT | 5MG CHOL | 390MG SODIUM | 4G FIBER



What Is Radicchio?

Radicchio is a type of leafy chicory known for its spicy, bitter taste. There are many types of radicchio: tight, round, magenta-colored heads of rossa di Verona, elongated rossa di Treviso, and the more unusual rosettes of red-, green-, and yellow-spotted Castelfranco. All these varieties share leaves with a dense, crisp texture and a bittersweet flavor that's delicious raw or cooked. Although you'll find chicories in the market year-round, they develop their best flavor in the fall and winter. Cool weather enhances their sweetness and intensifies their color.

How to choose

When buying, inspect the stem ends. They should be white, with no more than a trace of browning.

How to prep

Clean radicchio gently. Discard wilted outer leaves and wipe the heads with a damp towel. Cut out the core from the bottom and peel off the leaves one by one.

When you cook radicchio, it mellows deliciously, becoming almost another vegetable entirely. Cut it in half, rinse and drain it thoroughly, brush it with olive oil, and throw it right on the grill.

How to store

After you buy radicchio, you can store it in the refrigerator for several days, wrapped loosely in a damp towel.

gratin of sautéed cauliflower, tomato, pine nuts & saffron

SERVES 5

- ¼ cup pine nuts
- 4 slices firm white sandwich bread, toasted and crusts trimmed
- 6 Tbs. olive oil
- 2 Tbs. chopped fresh flat-leaf parsley
- 1 small head cauliflower (about 2 lb.), cut into medium florets (about ¾ inch at the widest point)
Coarse salt and freshly ground black pepper
- 1 medium onion, chopped
- 1 large pinch saffron (about 25 threads)
- 1 cup canned crushed tomatoes
- ¼ cup dried currants

Inspired by the flavors of Sicily, this side dish is our answer to the usual smothered-in-cheese gratin. Serve with braised lamb and a simple, hearty salad.

1. In a small, dry skillet, toast the pine nuts over medium-low heat, shaking the pan frequently, until fragrant and lightly toasted, about 2 minutes. Transfer to a small bowl.
2. Tear the toasted bread slices into bite-size pieces and put them in a food processor. Process until you have coarse crumbs, about 30 seconds. Transfer to a small bowl, drizzle with 3 Tbs. of the olive oil, mix well, and toss with 1 Tbs. of the chopped parsley.
3. Heat the oven to 375°F. In a 12-inch skillet (preferably ovenproof), heat 2 Tbs. of the olive oil over medium heat. Add the cauliflower and sauté until it begins to soften, about 5 minutes. Season with salt and pepper and continue sautéing until the cauliflower is deep golden brown and tender but still firm, 7 to 10 minutes. Transfer the cauliflower to a small bowl.
4. Add the remaining 1 Tbs. olive oil to the skillet, still over medium heat. Add the onion and sauté until golden brown, 5 to 8 minutes. Add the saffron and stir to combine. Add the tomatoes and currants and simmer over medium-low heat until the sauce thickens and the currants plump, about 5 minutes. Remove from the heat and fold in the cauliflower, pine nuts, and remaining 1 Tbs. parsley. If the skillet isn't ovenproof, transfer the mixture to a 9x9-inch shallow baking dish or a medium gratin dish.
5. Sprinkle the cauliflower with the breadcrumbs. Bake to heat through and meld flavors, 15 to 20 minutes. Serve hot. —Peter Hoffman

PER SERVING: 330 CALORIES | 9G PROTEIN | 34G CARB | 21G TOTAL FAT | 3G SAT FAT | 14G MONO FAT | 4G POLY FAT | 0MG CHOL | 430MG SODIUM | 8G FIBER

how to cut cauliflower

For many cooks, cauliflower's awkward shape can pose a challenge. This, too, has a solution. After trimming back the leaves, use the tip of a small chef's knife (a sturdy, sharp paring knife will also do) to cut around the main stem and free as many large branches as possible. Then follow the growth pattern along the stem of each floret, severing smaller branches as opposed to just slicing through the floret. Don't cut directly through the "flower"—instead, preserve the natural, curving form of the florets by cutting through the stem part of the buds and then snapping them apart.



cannellini beans with tuna and pickled cipollini onions

SERVES 4

- 2 15-oz. cans cannellini beans**
- 1 6- to 7-oz. jar or can imported tuna packed in olive oil**
- 10 to 12 Pickled Cipollini Onions with Chile and Cloves (recipe below), thickly sliced**
- Juice from ½ lemon**
- Kosher salt and freshly ground black pepper**
- 2 Tbs. finely chopped fresh flat-leaf parsley**

Crunchy pickled onions, smooth starchy beans, and luscious oil-packed tuna are delicious together in this ready-in-minutes dish. Serve it alongside roast chicken or turkey, or as a light lunch with crusty bread.

- 1.** Drain and rinse the beans. Transfer them to a serving bowl.
- 2.** Drain the tuna, flake, and add it to the beans.
- 3.** Toss the onions with the bean mixture. Add lemon juice, salt, and pepper to taste. Stir in the parsley and serve. —*Eugenia Bone*

PER SERVING: 240 CALORIES | 21G PROTEIN | 32G CARB | 3.5G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 1G POLY FAT | 15MG CHOL | 600MG SODIUM | 9G FIBER



pickled cipollini onions with chile and cloves

MAKES 1 PINT

- ½ lb. small cipollini onions, peeled**
- 1 sprig fresh thyme**
- ¾ cup white-wine vinegar**
- 6 Tbs. sugar**
- 3 Tbs. olive oil**
- 4 whole cloves**
- 1 dried bay leaf**
- 1 small fresh hot chile (about 1 inch long)**
- 1 large clove garlic, sliced**
- Kosher salt**

Available throughout the winter, cipollini onions vary in size, so choose the smallest ones you can find, preferably all the same size. Pickled, they're great in composed salads, stuffed into a chicken before roasting, or used as a cocktail garnish.

- 1.** Have ready a sterilized pint jar, lid, and band. Wedge the onions and thyme into the jar, packing them as tightly as you can without crushing them.
- 2.** In a 1-quart saucepan, bring the vinegar, sugar, oil, cloves, bay leaf, chile, garlic, and 1 tsp. salt to a boil over medium heat. Pour the mixture over the onions until it reaches the top of the jar. Distribute the cloves, bay leaf, garlic, and chile evenly throughout the jar. Screw on the lid, cool to room temperature, and refrigerate for 3 days before using. The onions will keep in the refrigerator for at least 2 weeks.

PER ½ CUP: 40 CALORIES | 1G PROTEIN | 7G CARB | 1G TOTAL FAT | 0G SAT FAT | 0.5G MONO FAT | 0G POLY FAT | 0MG CHOL | 30MG SODIUM | 1G FIBER



grilled eggplant with olive, orange & anchovy vinaigrette

SERVES 4 TO 6

FOR THE EGGPLANT

1 large globe eggplant (about 1 lb.), trimmed and cut into ½-inch-thick rounds

3 Tbs. extra-virgin olive oil; more as needed

Kosher salt

FOR THE VINAIGRETTE

2 anchovy fillets (preferably salt packed), rinsed

1 small clove garlic

Kosher salt

¼ cup black olives, such as Niçoise or Kalamata, rinsed well, pitted, and chopped finely

¼ cup extra-virgin olive oil

1 Tbs. freshly squeezed orange juice

2 Tbs. red-wine vinegar; more as needed

½ tsp. finely chopped orange zest

Freshly ground black pepper

Orange adds a nice brightness to this salty eggplant topping. If you're not a fan of anchovies, don't let that discourage you. The flavor mellows considerably when combined with the other ingredients.

PREPARE THE EGGPLANT

Prepare a medium-high charcoal or gas grill fire. Brush both sides of the eggplant slices with olive oil and season with salt. Grill (covered on a gas grill; uncovered on a charcoal grill) until golden-brown grill marks form, 3 to 4 minutes. Turn the eggplant and grill until tender and well marked on the other side, another 3 to 4 minutes. The interior should be grayish and soft rather than white and hard. Serve warm or at room temperature, by itself or with the vinaigrette below.

MAKE THE VINAIGRETTE

1. With a mortar and pestle, pound the anchovy, garlic, and a pinch of salt to a paste, or mince the anchovy and garlic, sprinkle with salt, and mash into a paste with the side of a chef's knife. Unless you're using a large mortar, transfer the mixture to a medium bowl. Whisk in the olives, olive oil, orange juice, vinegar, and orange zest. Season to taste with salt, pepper, and more red-wine vinegar, if necessary.

2. Just before serving, whisk the vinaigrette again and spoon it over grilled eggplant—you may not need it all—or serve on the side. —*Tasha DeSerio*

PER SERVING: 180 CALORIES | 1G PROTEIN | 6G CARB | 18G TOTAL FAT | 2.5G SAT FAT | 13G MONO FAT | 2G POLY FAT | 0MG CHOL | 340MG SODIUM | 3G FIBER



balsamic-glazed brussels sprouts with pancetta

SERVES 2 OR 3

- 2 ounces pancetta, cut into ¼-inch dice (about ½ cup)**
- 1 to 2 Tbs. extra-virgin olive oil**
- 10 ounces Brussels sprouts (about 18 medium sprouts), trimmed and halved through the core**
- ¼ cup balsamic vinegar**
Kosher salt and freshly ground black pepper
- 2 Tbs. unsalted butter**

This simple one-pan preparation is long on flavor, thanks to the pancetta and balsamic vinegar. If pancetta is hard to come by, substitute 2 thick slices of bacon.

1. In a heavy 10-inch straight-sided sauté pan set over medium-low heat, slowly cook the pancetta in 1 tablespoon of the oil until golden and crisp all over, 10 to 15 minutes.

2. With a slotted spoon, transfer the pancetta to a plate lined with paper towels, leaving the fat behind. You should have about 2 Tbs. of fat in the pan; if not, add the remaining 1 Tbs. oil. Have ready ½ cup water. Put the pan over medium-high heat and arrange the sprouts cut side down in a single layer. Cook undisturbed until nicely browned, 2 to 3 minutes. When the sprouts are browned, add the water to the pan, cover immediately, and simmer until the sprouts are tender when poked with a fork or skewer, about 3 minutes. (If the water evaporates before the sprouts get tender, add more water, ¼ cup at a time.) With a slotted spoon, transfer the sprouts to a plate.

3. Return the pan to medium-high heat and if any water remains, let it boil off. Add the balsamic vinegar and a few grinds of pepper. Boil the vinegar until it's reduced to about 2 Tbs. and looks lightly syrupy, about 2 minutes. Reduce the heat to low, add the butter, and stir until melted. Return the sprouts and pancetta to the pan and swirl and shake the pan to evenly coat the sprouts with the sauce. Season to taste with salt and more pepper and serve. —*Ruth Lively*

PER SERVING: 230 CALORIES | 5G PROTEIN | 10G CARB | 19G TOTAL FAT | 8G SAT FAT | 8G MONO FAT | 1.5G POLY FAT | 35MG CHOL | 520MG SODIUM | 3G FIBER

how to trim brussels sprouts



Trim the base of the core to expose a fresh surface.



Peel off and discard the outer layer of leaves, or more if necessary due to insect damage. Rinse the sprouts well.

glazed carrots with marsala

SERVES 4 TO 6

- 1½ lb. carrots (about 8), peeled and trimmed**
- 2 Tbs. unsalted butter**
- 1 tsp. sugar**
- Kosher salt**
- ½ cup sweet Marsala**
- 1 Tbs. chopped fresh flat-leaf parsley (optional)**

The flavor combination of carrots and Marsala is delicious served with lamb. If you don't have Marsala, sweet sherry is a fine substitute.

- 1.** Holding your knife at a sharp angle, cut each carrot into ¼-inch-thick oval slices.
- 2.** Melt the butter over medium heat in a 10- to 12-inch sauté pan. Add the carrots (they should be almost in a single layer), sugar, and 1 tsp. salt, and swirl the pan over medium heat until the sugar and salt dissolve and the carrots are evenly coated with butter. Add the Marsala, simmer for 3 minutes, and then add enough water to come halfway up the sides of the carrots (about ½ cup). Increase the heat to medium high, bring to a boil, and cover the pan with the lid slightly askew. Cook at a steady boil, shaking the pan occasionally, until the carrots are tender but not soft (a paring knife should enter a carrot with just a little resistance), 6 to 8 minutes. Uncover and continue to boil until the liquid evaporates and forms a syrup. Shake the pan and roll the pieces around to evenly glaze the carrots. Toss the carrots with the parsley, if you like, and serve.

—*Tasha DeSerio*

PER SERVING: 90 CALORIES | 1G PROTEIN | 14G CARB | 4G TOTAL FAT | 2.5G SAT FAT | 1G MONO FAT | 0G POLY FAT | 10MG CHOL | 360MG SODIUM | 3G FIBER

All about Carrots

Carrots are crisp and refreshing when raw, but their sweetness intensifies and they become tender when cooked, making them an accommodating partner for other ingredients. Though most carrots are orange, they come in many shapes and sizes, from purple to white, slender to chubby, tapered to conical.

How to choose

Your best guarantee of freshness is to buy carrots in bunches, with green tops still attached. Even when large, carrots with fresh tops should still be tender, juicy, and full of flavor. Look for firm roots and fresh, dark greens. When buying packaged carrots, look for plump, firm, fresh-looking roots with no shaggy hairlike protrusions.

How to store

Once you get carrots home, cut off the green tops, if still attached, so they don't draw moisture from the roots. Store carrots in plastic in the fridge; though they do keep well, carrots lose sweetness and flavor the longer they're stored, so try to use them within 2 weeks. Peeled carrots will dry out faster than unpeeled.

sautéed fresh porcini

SERVES 4

- 1 lb. fresh porcini mushrooms, wiped clean with a soft cloth**
- ½ cup olive oil**
 - Kosher salt and freshly ground black pepper**
- 1 Tbs. unsalted butter**
- 2 Tbs. finely chopped shallot**
 - Squeeze of fresh lemon juice**
- 1 Tbs. finely chopped fresh flat-leaf parsley**

Just a few simple ingredients bring out the best woodsy flavor of these quintessentially Italian mushrooms. Try this alongside any roasted meat.

- 1.** Cut the porcini caps into ½-inch slices and chop the stems into small dice.
- 2.** Heat the olive oil in a heavy frying pan. (Don't worry about the large amount of oil—you'll pour most of it off, but you need a lot to get the porcini properly browned.) When the oil is very hot (just starting to smoke a bit), add the caps in an even layer and fry until well browned, about 2 minutes on each side. Turn the heat to low and cook for another 4 to 5 minutes until tender. Increase the heat to high, and give the slices a final sauté for 1 to 2 minutes until they're crisp again, turning once. Transfer to a serving dish and season with salt and pepper.
- 3.** Pour off all but 1 Tbs. of oil from the pan (if the oil seems burned, pour it all off and start with 1 Tbs. fresh oil), return the pan to high heat, and add the butter. When foaming, add the shallot and chopped porcini stems. Season with a little salt and pepper and sauté until lightly browned, about 1 minute. Transfer to the cooked slices, squeeze on a little lemon juice, and sprinkle with parsley. Serve immediately. —*Jon Rowley*

PER SERVING: 300 CALORIES | 3G PROTEIN | 6G CARB | 30G TOTAL FAT | 6G SAT FAT | 21G MONO FAT | 3G POLY FAT | 10MG CHOL | 270MG SODIUM | 1G FIBER



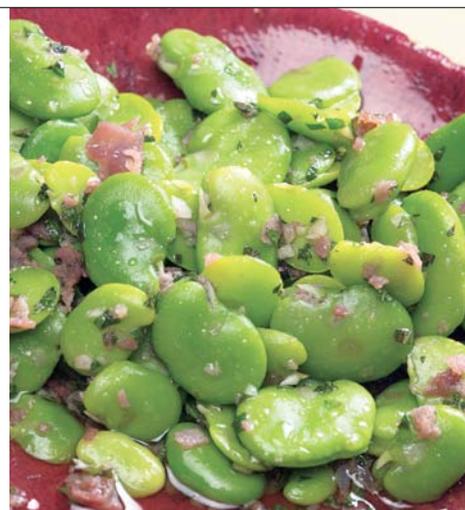
fava beans with prosciutto, mint & garlic

SERVES 2

- 2 Tbs. extra-virgin olive oil
- 2 Tbs. minced prosciutto
- 1 tsp. minced garlic
- 1½ lb. fresh fava beans in the pod, shelled, parboiled, and skinned to yield 1 scant cup of favas
- Kosher salt
- ½ tsp. balsamic vinegar
- 8 large fresh mint leaves, finely chopped (to yield 2 to 3 tsp.)

Favas are a staple on Italian tables in the spring, especially when paired with the season's young mint.

In a medium skillet, heat the olive oil over medium heat. Add the prosciutto and sauté for 1 minute. Add the garlic and sauté, stirring constantly, until it's very fragrant and just beginning to turn brown, another 1 to 2 minutes. Add the fava beans and ½ tsp. salt and sauté until the favas are heated and coated well with the pan contents, another 2 minutes. (Some of the beans will begin to turn a lighter color.) Add the vinegar, turn off the heat, and stir to coat. Add the mint and stir to combine and wilt it. Taste for salt; depending on the saltiness of your prosciutto, you might want to add more. —*Susie Middleton*



PER SERVING: 200 CALORIES | 9G PROTEIN | 7G CARB | 15G TOTAL FAT | 2G SAT FAT | 11G MONO FAT | 2G POLY FAT | 15MG CHOL | 1,040MG SODIUM | 2G FIBER

All about Fava Beans

Also called broad beans, favas are nutty and slightly sweet, with just a touch of bitterness and a hint of cheese flavor. When buying favas, choose heavy, brightly colored pods that show bumps from the beans inside. Store fava pods in a plastic bag in the crisper section of the refrigerator right away. The pods will keep for 5 to 7 days. Store cooked and peeled favas in the refrigerator for up to 5 days at most.

Blanch favas

Bring a pot of water to a boil. Break open the bean pods, sliding your finger along one side or breaking it apart in pieces. Blanch the favas for 1 minute, then scoop out and plunge into a bowl of ice water.

Skin favas

Grasp a fava bean between your fingers with the scar end facing up. With the thumbnail of your other hand, tear into the scar and peel back. Pinch gently and the fava will slide out.

roasted green beans with lemon, pine nuts & parmigiano

SERVES 4 TO 6

- 1½ lb. fresh green beans, rinsed well and stem ends trimmed**
- 1 small head garlic**
- ¼ cup plus 2 Tbs. extra-virgin olive oil**
- 1½ Tbs. finely grated lemon zest (from 1 to 2 medium lemons), plus 2 Tbs. freshly squeezed lemon juice**
- Kosher salt and freshly ground black pepper**
- ⅓ cup (about 1½ oz.) pine nuts**
- ¼ cup coarsely grated Parmigiano-Reggiano**
- 1 Tbs. coarsely chopped fresh flat-leaf parsley**

Roasted green beans are elevated to standout status when combined with pine nuts and Parmigiano.

- 1.** Position racks in the top and bottom thirds of the oven. Heat the oven to 450°F.
- 2.** Put the beans in a large bowl. Peel the garlic, quarter each clove lengthwise (if the cloves are small, halve them), and add them to the green beans. Toss the beans and garlic with ¼ cup of the olive oil, 1 Tbs. of the lemon zest, 1 tsp. salt, and ½ tsp. pepper.
- 3.** Spread the beans on a rimmed baking sheet and roast in the top third of the oven for 10 minutes. Stir the beans and garlic with a spatula for more even cooking and coloring. Continue roasting until the beans and garlic pieces are lightly browned and tender throughout, another 10 to 15 minutes.
- 4.** Meanwhile, spread the pine nuts out on a rimmed baking sheet and toast in the bottom third of the oven until just golden, about 5 minutes.
- 5.** Transfer the beans to a small serving platter or shallow bowl and dress with the lemon juice and the remaining 2 Tbs. olive oil. Toss gently to coat and season to taste with salt and pepper. Sprinkle on the toasted pine nuts, the remaining ½ Tbs. lemon zest, the Parmigiano, and the parsley. Serve hot or at room temperature. —*Ris Lacoste*

PER SERVING: 220 CALORIES | 4G PROTEIN | 13G CARB | 19G TOTAL FAT | 2.5G SAT FAT | 11G MONO FAT | 4G POLY FAT | 0MG CHOL | 340MG SODIUM | 4G FIBER



sautéed escarole with raisins, pine nuts & capers

SERVES 4

Kosher salt

- 2 lb. escarole (about 2 heads), trimmed, rinsed, and cut into roughly 2-inch pieces
- 2 Tbs. extra-virgin olive oil
- 3 large cloves garlic, smashed and peeled
- 2 Tbs. pine nuts
- 2 Tbs. raisins
- 1 Tbs. capers, rinsed
- Pinch of crushed red pepper flakes
- 1 tsp. freshly squeezed lemon juice

Wait until just before serving to add the lemon juice, as the acid in the juice will dull the escarole's color if it sits for too long.

1. Bring a large pot of well-salted water to a boil over high heat. Add the escarole and cook until the stem pieces start to soften, about 2 minutes (the water needn't return to a boil). Drain, run under cold water to cool, and drain again.
2. In a 12-inch skillet, heat the olive oil and garlic over medium heat, stirring occasionally, until the garlic browns lightly, 2 to 3 minutes. Remove the garlic with tongs and discard. Add the pine nuts, raisins, capers, and pepper flakes and cook, stirring, until the pine nuts are golden and the raisins puff, about 1 minute. Add the escarole, increase the heat to medium high, and cook, tossing often, until heated through and tender, 3 to 4 minutes. Sprinkle with the lemon juice and season to taste with salt. —Jennifer Armentrout

PER SERVING: 140 CALORIES | 3G PROTEIN | 11G CARB | 10G TOTAL FAT | 1G SAT FAT | 6G MONO FAT | 2.5G POLY FAT | 0MG CHOL | 530MG SODIUM | 6G FIBER

All about Escarole

Escarole goes by a few aliases, including Batavian endive, common chicory, and broad chicory. Whatever you call it, escarole is a bitter leafy green that's part of the chicory genus, so it's closely related to frisée, radicchio, curly endive, and Belgian endive. It grows into an open, somewhat flat head of broad, crumpled-looking, light to dark green leaves with wide, fleshy stems.

Compared to that of its other chicory cousins, escarole's bitterness is relatively mild, and you can eat it raw or cooked. Raw escarole has a crisp texture and a slightly sweet flavor that tempers the bitterness, making it a perfect choice for winter salads. It's especially delicious paired with apples, pears, cheeses (blue or goat), olives, and nuts. Once cooked, escarole develops a tender, melting texture, and its bitterness becomes a little more pronounced. It's great in soups or sautéed with other strong flavors, like capers and garlic, as a side dish. Escarole and white beans is a classic pairing.

Buying and storing

Choose heads of escarole with perky, fresh-looking leaves. Avoid any with tough-looking outer

leaves, especially if there are signs of browning around the tops of the leaves. Store escarole in a plastic bag in your refrigerator's crisper bin for up to 3 days.

Cooking

To use escarole in a soup, simply chop it up, stems and all, and add it to the soup in the last 15 or 20 minutes of cooking—enough time to become very tender. If you're planning to sauté the escarole, it's worth taking the extra step of blanching it in boiling water for a couple of minutes first. Though there are plenty of recipes that call for sautéing escarole without blanching, we've found that this approach results in a tough-textured dish that looks like wilted lettuce. In comparison, blanched and sautéed escarole has a succulent texture and a brighter green color.





giardiniera

MAKES ABOUT 3 QUARTS

- 1 small head cauliflower**
- 2 medium red bell peppers**
- 1 medium yellow bell pepper**
- 2 ribs celery**
- 3 small pickling cucumbers**
- 1 lb. carrots (baby carrots are especially nice)**
- 2 to 3 small Japanese eggplant**
- 3 cups white-wine vinegar or rice vinegar**
- 2½ cups water**
- 4 Tbs. sea salt or kosher salt**
- 4 cloves garlic, peeled**
- 2 to 3 small dried chile pods**
- 12 whole black peppercorns**
- 8 large sprigs fresh dill**
- Olive oil**

This updated version of the traditional Italian pickled vegetables is colorful, spicy, and easy, and it can be made in small batches.

1. Thoroughly clean and trim the vegetables, removing all blemishes, seeds, ribs from inside the peppers, and tough cauliflower stems. Cut the vegetables into uniform sizes; we like 2-inch pieces. (Baby carrots can be left whole.) Blanch the eggplant for 1 minute in boiling salted water. Pack all the vegetables snugly into a clean glass jar with a clamp lid.

2. In a glass or ceramic bowl, mix the vinegar, water, salt, and seasonings. Pour the mixture over the vegetables to completely submerge them. Make more pickling liquid if necessary. Top off with a ½-inch layer of olive oil. Store in a cool pantry for 2 weeks before eating. —*Jeanne Quan*



long-cooked green beans with oregano

SERVES 6 TO 8

- 4 Tbs. olive oil**
- 6 cloves garlic, chopped coarse**
Leaves from 8 sprigs of fresh oregano
- 1¾ lb. mature string beans**
- 2 tsp. kosher salt**
Freshly ground black pepper
Juice from 1 lemon
- ½ cup water**

Warm the olive oil in a heavy-based pot over medium heat. Add the garlic and oregano and soften gently for about 2 minutes. Put the beans in the pot, add the salt, and grind a little black pepper over all. Add the lemon juice and water and bring to a boil. Immediately reduce to a simmer, cover the pot, and cook the beans for 20 minutes. Remove the cover and cook the beans until nearly all the liquid in the pot has evaporated, 30 to 35 minutes. During this time, turn the beans over upon themselves with tongs to mix them and coat them with the reducing juices. Allow to cool briefly and serve. —*Paul Bertolli*

PER SERVING: 100 CALORIES | 2G PROTEIN | 8G CARB | 7G TOTAL FAT | 1G SAT FAT | 5G MONO FAT | 1G POLY FAT | 0MG CHOL | 490MG SODIUM | 4G FIBER

acini di pepe pasta with zucchini and peppers

SERVES 6

- 1¼ cups dried acini di pepe**
- 3 Tbs. olive oil**
- 1 medium carrot, cut into small dice**
- 1 small onion, cut into small dice**
- 2 cloves garlic, minced**
- ¾ cup diced red or yellow bell peppers, or a mix**
- 1 medium zucchini, cut into small dice**
- ¼ cup white wine; more as needed**
- 3 Tbs. chopped fresh flat-leaf parsley**
- 1 Tbs. chopped fresh oregano leaves (optional)**
- ¼ cup grated Romano cheese**
- Salt and freshly ground black pepper**

If you can't find the tiny, round acini di pepe, you can use tubettini or rice-shaped orzo.

1. Boil the pasta. It should be tender in about 8 min. When done, drain it and rinse briefly under cool water. Return it to the pot, toss with 1 Tbs. olive oil, and set aside. You can do this up to a day ahead; if so, cover and refrigerate.

2. Heat a large frying pan over medium-high heat. Pour in the remaining oil, let it get hot, and then add the carrot and onion. Sauté over medium heat until the onion is soft and translucent, about 8 min. Turn the heat to high. Add the garlic, peppers, and zucchini and sauté for another 5 min. Don't let the garlic burn. The zucchini and peppers should be soft but not mushy. Deglaze with the wine.

3. Add the pasta and sauté over high heat, jerking the pan frequently so the ingredients mix well. If the pasta sticks, add a little more wine. When the pasta is heated through, remove the pan from the heat. Gently stir in the parsley, oregano, and Romano. Season with salt and pepper. —*Mark Bliss*



roasted broccoli with lemon and pecorino

SERVES 4

- 1½ lb. broccoli
- ¼ cup plus 2 Tbs. extra-virgin olive oil
- 1 tsp. kosher salt
- 2 Tbs. freshly squeezed lemon juice; more to taste
- ⅓ cup freshly grated pecorino romano

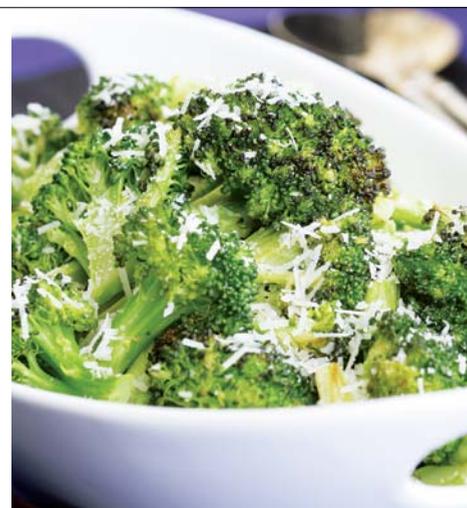
The lemon brightens the flavor of the roasted broccoli in this easy side dish. For extra lemon zing, grate a bit of zest before squeezing the lemon juice and add it at the end.

1. Position a rack in the center of the oven and heat the oven to 450°F.

2. Tear off any broccoli leaves and trim the bottoms of the stems. Cut the florets just above where they join the large stem, and then cut each floret through its stem (but not the buds) so that each piece is about ¼ inch thick at the stem end. Using a vegetable peeler or paring knife, peel the tough outer skin from the large stem, removing as little flesh as possible. Cut the stem into baton-shaped pieces about ¼ inch wide and 2 inches long.

3. Put the florets and stem pieces on a rimmed baking sheet, drizzle with the olive oil, sprinkle with the salt, and toss well to combine. Spread the broccoli into an even layer and roast until tender and golden brown, 15 to 20 minutes. Transfer the broccoli to a serving platter; toss with the lemon juice to taste and the grated pecorino. —*Tasha DeSerio*

PER SERVING: 280 CALORIES | 6G PROTEIN | 12G CARB | 24G TOTAL FAT | 4.5G SAT FAT | 16G MONO FAT | 2G POLY FAT | 5MG CHOL | 460MG SODIUM | 4G FIBER



getting broccoli ready for cooking



Cut the florets into the size you need, but don't cut through the buds—instead, use a small knife to cut lengthwise through the stem. This method lets the florets separate easily but keeps the buds intact. You get fewer “bud crumbs” (which can burn easily) in the pan, and the florets will retain their tree-like form.



Snap off any leaves and cut the florets just above where they join the main stem. Use a vegetable peeler to remove the tough outer layer of the stem. (A paring knife works as well, but be careful not to remove too much flesh.)



You'll end up with intact florets, some of which will have a flatter surface area on the stems; this helps them brown easier. Cut the large broccoli stem into baton-shaped pieces.

cauliflower sformato

SERVES 6 TO 8

- 1 small cauliflower (about 2 lb.)**
- 2 Tbs. olive oil; more for the gratin dish**
Kosher salt
- 1¾ oz. freshly grated Parmigiano-Reggiano (¾ cup grated on the small holes of a box grater)**
- 3¾ cups whole milk**
- 4 oz. (½ cup) unsalted butter**
- 2¼ oz. (½ cup) unbleached all-purpose flour**
- 3 large eggs**
- 2 large egg yolks**
- 2 Tbs. extra-virgin olive oil**
Freshly ground black pepper

A sformato is an Italian version of a soufflé. If you like, you can bake the cauliflower mixture in individual ramekins or gratin dishes; just reduce the baking time.

- 1.** Position a rack in the center of the oven and heat the oven to 375°F.
- 2.** Core the cauliflower and separate it into florets. Cut the florets into ¼-inch-thick slices. Put the cauliflower on a rimmed baking sheet and toss with the olive oil. Spread in an even layer, season with ½ tsp. salt, and roast until tender, 30 to 35 minutes. Let cool. Raise the oven temperature to 400°F. Brush an 8x10-inch (2-quart) gratin dish with olive oil and evenly coat with about half of the Parmigiano. Set aside.
- 3.** Heat the milk in a 2-quart saucepan over medium heat until just about to boil.
- 4.** Meanwhile, melt the butter in a 4-quart saucepan over medium-low heat. Whisk in the flour and cook, whisking constantly, until the mixture turns light golden, 2 to 4 minutes. Slowly add the hot milk, whisking constantly until very smooth. Bring just to a boil and reduce the heat to maintain a simmer. Add 1 tsp. salt and cook, stirring frequently, for 10 minutes to develop the flavor. Transfer to a large bowl.
- 5.** In a small bowl, whisk the eggs, yolks, and extra-virgin olive oil. Roughly chop ½ cup of the cauliflower, and purée the rest in a food processor. Stir the chopped cauliflower, cauliflower purée, egg mixture, and the remaining Parmigiano into the sauce. Season to taste with salt and pepper. Pour the mixture into the prepared gratin dish and bake until the sformato is just set and browned around the edges, about 30 minutes. It should jiggle just a little when you remove it from the oven. Let rest for 10 to 15 minutes before serving.

—*Tasha DeSerio*

PER SERVING: 330 CALORIES | 10G PROTEIN | 16G CARB | 26G TOTAL FAT | 12G SAT FAT | 10G MONO FAT | 2G POLY FAT | 175MG CHOL | 320MG SODIUM | 2G FIBER



fregola with grill-marinated red peppers and zucchini

SERVES 6 TO 8

- 2 red bell peppers, cored and cut into four pieces**
- 1¼ lb. zucchini (4 small), trimmed and quartered lengthwise**
- 5 Tbs. Rosemary-Garlic Oil (recipe p. 19)**
Kosher salt and freshly ground black pepper
- 1 Tbs. red-wine vinegar**
- 3 Tbs. chopped fresh mint, plus 3 Tbs. torn leaves**
- 2 tsp. chopped fresh thyme**
- ¾ lb. fregola**

Fregola is a tiny toasted pasta from Sardinia. You can substitute any tiny pasta, but toast it first.

1. Heat a gas grill to medium or prepare a medium-hot charcoal fire. In a large bowl, toss the peppers and zucchini with 2 Tbs. of the oil, 1 tsp. salt, and ½ tsp. black pepper. Arrange the vegetables on the grill and cook, covered if using a gas grill, until they have nice grill marks, about 3 minutes for zucchini and 5 minutes for peppers. Flip and cook until the other sides are well browned, too, another 3 to 5 minutes. Continue cooking and flipping occasionally until the zucchini is crisp-tender and the peppers are completely tender with very charred skins, 8 to 10 minutes total for zucchini and 12 to 15 minutes total for peppers. Transfer to a large cutting board to cool.

2. Scrape the charred skins off the peppers. Coarsely chop the vegetables and transfer to a large serving bowl. Toss with 2 Tbs. of the oil, the vinegar, chopped mint, and thyme. Season with salt and pepper to taste and let sit for up to 2 hours at room temperature.

3. Up to 1 hour before serving, bring a large pot of well-salted water to a boil. Add the fregola and cook, stirring occasionally, until just tender (about 10 minutes).

4. Drain the pasta and toss with the vegetables. Drizzle with the remaining 1 Tbs. oil and season to taste with salt and pepper. Sprinkle with the torn mint and set out on the table for serving. —*Tony Rosenfeld*

PER SERVING: 260 CALORIES | 7G PROTEIN | 37G CARB | 10G TOTAL FAT | 1.5G SAT FAT | 7G MONO FAT | 1.5G POLY FAT | 0MG CHOL | 500MG SODIUM | 3G FIBER

All about Zucchini

This summer squash comes in a couple of different colors. Green zucchini is usually medium or dark green with tiny golden flecks; its skin is smooth or lightly ridged. It is best when not more than 6 inches long. Lebanese zucchini (also called Middle Eastern) is shorter and plumper than its darker relatives, with a blunt, rounded bottom end. This celadon-colored squash has thick, tender skin and creamy flesh. Golden zucchini is sunny yellow and shaped just like its green cousin.

How to choose

Look for squash that's brightly colored, firm, and plump, with no blemishes. The skin should have a smooth, glossy sheen. Stay away from bruised, dull-looking, or flaccid squash, which will be bland and watery.

How to store

Store zucchini in a plastic bag in the fridge for 3 to 4 days, taking care not to let other objects bruise its skin.

cannellini beans with lemon, roasted red peppers & bacon

SERVES 6

- 1 medium lemon, scrubbed
- 2 oz. thick bacon (about 2 slices), cut crosswise into thin strips
- 2 Tbs. extra-virgin olive oil
- 1 tsp. chopped fresh rosemary
- 1 large clove garlic, minced
- ½ tsp. crushed red pepper flakes
- 2 15½-oz. cans cannellini beans, rinsed and drained
- ¾ cup lower-salt chicken broth
- 2 jarred roasted red peppers, cut into small dice
- Kosher salt and freshly ground black pepper

Smoky bacon, sweet roasted red pepper, and tangy lemon transform canned beans in this easy side dish. Serve with lamb chops or sausages.

1. Using a vegetable peeler, shave six 1-inch-wide strips of zest from the lemon (avoid the white pith). Cut the strips crosswise ¼ inch wide. Juice half of the lemon and reserve the juice and zest separately.
2. In a 3-quart saucepan over medium heat, cook the bacon with 1 Tbs. of the oil, stirring occasionally, until it renders most of its fat and starts to brown, 3 to 5 minutes. Using a slotted spoon, transfer the bacon to a paper-towel-lined plate.
3. Remove the pan from the heat and add the rosemary, garlic, and red pepper flakes; cook, swirling the contents of the pan, until sizzling steadily and fragrant, about 30 seconds. Return the pan to medium heat and add the beans, chicken broth, roasted peppers, and lemon zest. Bring to a boil, then reduce the heat to maintain a steady simmer. Cook, stirring occasionally, until the broth thickens and the flavors meld, 10 to 15 minutes. Stir in 1 Tbs. of the lemon juice and ½ tsp. pepper. Season to taste with more lemon juice or salt. Serve drizzled with the remaining 1 Tbs. oil and sprinkled with the bacon.

— Tony Rosenfeld

PER SERVING: 200 CALORIES | 8G PROTEIN | 23G CARB | 8G TOTAL FAT | 1.5G SAT FAT | 4.5G MONO FAT | 1.5G POLY FAT | 5MG CHOL | 460MG SODIUM | 6G FIBER





rustic fig and raspberry
mini crostatas
(recipe on p. 224)

desserts

rustic fig and raspberry mini crostatas
p. 224

grilled fresh figs with ice cream and honey p. 225

strawberry-balsamic granita p. 225

lemon sabayon with blueberry sauce and shortbread cookies p. 226

tiramisù p. 228

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creamy orange-ricotta tart p. 232

orange-hazelnut olive oil cookies
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gingerbread biscotti p. 235

triple-chocolate biscotti p. 236

nougat glacé p. 238

lemon curd fruit souffles p. 240

rustic fig and raspberry mini crostatas

MAKES 10

FOR THE DOUGH

- 7½ oz. (1½ cups) unbleached all-purpose flour**
- 3¾ oz. (¾ cup) whole-wheat flour**
- ¼ cup plus ½ Tbs. sugar**
- 1 tsp. ground cinnamon**
- ½ tsp. kosher salt**
- 9 oz. (1 cup plus 2 Tbs.) cold unsalted butter, cut into small pieces**

FOR THE FILLING AND ASSEMBLY

- ¾ lb. small fresh figs (preferably Brown Turkey), quartered (about 2 cups)**
- 6 oz. fresh raspberries (1½ cups)**
- ⅓ cup plus 2 Tbs. sugar**
- 3 Tbs. plus 1 tsp. honey**
- 1 Tbs. fresh thyme, roughly chopped**
- 2 tsp. finely grated orange zest**
- 3 Tbs. plus 1 tsp. graham cracker crumbs**
- 1 oz. (2 Tbs.) cold unsalted butter, cut into 10 slices**
- 1½ Tbs. heavy cream**

An inspired combination of figs, raspberries, fresh thyme, orange zest, and honey makes these Italian-style pies an unexpected change from the familiar.

MAKE THE DOUGH

1. Put the flours, sugar, cinnamon, and salt in a food processor. Add the butter and pulse in short bursts until the mixture resembles coarse meal. Add 3 Tbs. cold water and pulse. If the mixture seems dry, add water 1 Tbs. at a time, pulsing until the dough just starts to come together. Do not overprocess. Turn the dough out onto a clean work surface, gather it together, and portion it into ten 2½-oz. rounds. Flatten them into disks, wrap individually in plastic, and refrigerate for at least 2 hours and up to 3 days.

2. When ready to bake, position racks in the bottom and top thirds of the oven and heat the oven to 400°F. Line 2 large rimmed baking sheets with parchment.

3. On a lightly floured surface with a lightly floured rolling pin, roll each dough disk into a 5½-inch round that's about ⅛ inch thick. Put 5 rounds on each baking sheet.

MAKE THE FILLING

In a medium bowl, lightly toss the figs, raspberries, ⅓ cup of the sugar, the honey, thyme, and orange zest until combined.

ASSEMBLE AND BAKE THE CROSTATAS

1. Sprinkle each round of dough with 1 tsp. graham cracker crumbs, leaving a ½-inch border. Put a generous ¼ cup of the fig mixture in the center of each dough round, mounding the fruit. Top each tart with a butter slice.

2. Fold the edges of the dough over some of the fruit to create a 1-inch rim, leaving the center exposed. Work your way around, pleating the dough as you go. With a pastry brush, brush the crust of each crostata with cream and sprinkle the crusts and filling with the remaining 2 Tbs. sugar.

3. Bake until the crostatas are golden brown, 30 to 35 minutes, swapping and rotating the baking sheets' positions about halfway through baking.

4. Transfer the baking sheets to racks to cool for about 5 minutes. Then loosen the crostatas with an offset spatula and cool completely on the sheets. The crostatas are best the day they're made. —*Karen Barker*

PER SERVING: 450 CALORIES | 5G PROTEIN | 55G CARB | 25G TOTAL FAT | 15G SAT FAT | 6G MONO FAT | 1G POLY FAT | 65MG CHOL | 75MG SODIUM | 4G FIBER

Graham cracker crumbs sprinkled in the center of each dough round soak up juices released by the fruit during baking, preventing soggy bottoms.

grilled fresh figs with ice cream and honey

SERVES 6 TO 8

12 to 16 fresh Black Mission figs, stemmed and halved lengthwise

1 Tbs. canola oil

1 to 2 Tbs. aged balsamic vinegar

2 Tbs. sugar

1½ tsp. chopped fresh thyme

1½ to 2 pints vanilla ice cream

About ½ cup honey

5 large fresh mint leaves, thinly sliced (optional)

Grill these figs as dinner is winding down—they take only a couple of minutes to prepare.

1. Heat a gas grill to medium low or prepare a low charcoal fire. Set the figs cut side down on a baking sheet and brush the rounded side with the oil. Flip and brush the cut sides of the figs with the balsamic vinegar. In a small bowl, toss the sugar with the thyme, then sprinkle over the figs. Set the figs on the grill, cut side facing up. Cover the grill and cook until the sugary tops start to bubble and brown and the bottoms of the figs get light grill marks (without burning), 5 to 8 minutes.

2. Serve immediately over scoops of ice cream, drizzled with the honey, and sprinkled with the mint, if using. —*Tony Rosenfeld*

PER SERVING: 230 CALORIES | 2G PROTEIN | 41G CARB | 7G TOTAL FAT | 3.5G SAT FAT | 2.5G MONO FAT | 1G POLY FAT | 20MG CHOL | 40MG SODIUM | 1G FIBER



strawberry-balsamic granita

MAKES ABOUT 6 CUPS SCRAPED GRANITA; SERVES 12

10 oz. ripe strawberries (about 1 pint), rinsed and cored

½ cup plus 1½ Tbs. sugar

1½ Tbs. high-quality balsamic vinegar

The balsamic vinegar supplies a depth of flavor and sweetness to this granita.

Cut each berry into quarters; you should have about 2 cups lightly packed fruit. In a food processor, combine the strawberries and sugar and process until smooth, about 1 minute. Transfer the purée to a medium bowl. Add the vinegar and 1½ cups water and stir well to combine. Follow the freezing method below. —*Nicole Plue*

PER SERVING: 50 CALORIES | 0G PROTEIN | 12G CARB | 0G TOTAL FAT | 0G SAT FAT | 0G MONO FAT | 0G POLY FAT | 0MG CHOL | 0MG SODIUM | 0G FIBER

the freezing process step-by-step

1. Pour the mixture into a 9-inch-square shallow baking pan.

2. Put the pan in the freezer and stir every 30 minutes with a large dinner fork, being sure to scrape the ice crystals off the sides and into the middle of the pan, until the mixture is too frozen to stir, about 3 hours depending on how cold your freezer is (some granitas can freeze in as little as 1 hour).

3. Cover the pan with plastic and freeze overnight. When ready to serve, place a fork at the top of the dish and pull it toward you in rows, moving from left to right and rotating the pan. Scrape up the shaved ice and fill chilled glasses.



lemon sabayon with blueberry sauce and shortbread cookies

SERVES 8

FOR THE SABAYON

- 4 large eggs
- 4 large yolks
- $\frac{3}{4}$ cup granulated sugar
- Juice from 4 lemons (about 1 cup)
- 4 oz. (8 Tbs.) room-temperature butter, cut into small pieces
- $\frac{1}{2}$ cup heavy cream, whipped to soft peaks

FOR THE BLUEBERRY SAUCE

- $2\frac{1}{2}$ cups fresh blueberries (or frozen, thawed and drained)
- $\frac{3}{4}$ cup granulated sugar
- 2 tsp. freshly squeezed lemon juice

FOR THE COOKIES

- 9 oz. (2 cups) unbleached all-purpose flour
- $2\frac{1}{4}$ oz. ($\frac{1}{2}$ cup) confectioners' sugar
- $\frac{1}{4}$ tsp. salt
- 8 oz. (16 Tbs.) cold unsalted butter, cut into small pieces

FOR ASSEMBLING

- Confectioners' sugar, for dusting
- Fresh mint sprigs, for garnish (optional)

A sabayon is a cousin of the light, egg-based Italian dessert zabaglione.

MAKE THE SABAYON

1. Pour the egg and yolks into a stainless-steel bowl. Whisk in the sugar, a little at a time, then continue whisking until the mixture is lighter in color and air has been incorporated. Whisk in the lemon juice.
2. Bring some water to a simmer in a saucepan. Set the bowl over the water, but make sure it doesn't touch the water. To ensure a smooth, light texture, whisk continuously throughout the cooking process.
3. Whisk until the sabayon becomes frothy and thick, scraping the sides and bottom of the bowl. Remove the sabayon from the heat just as ribbons start to trail off the whisk. Continue to whisk for another minute to help set the sabayon.
4. Gently whisk in the butter a little at a time until it's completely incorporated. If the butter melts immediately, stop adding it and whisk the sabayon a little longer to cool it to tepid.
5. Have ready a big bowl of ice. Set the bowl of warm sabayon on the ice. Whisk the sabayon over the ice periodically for about 10 minutes. (Quick cooling keeps bacteria at bay and allows you to add the whipped cream with no danger of curdling the cream.)
6. Gently fold the whipped cream into the chilled sabayon with a rubber spatula. Refrigerate at for least $1\frac{1}{2}$ hours before serving. The chilled sabayon can hold for up to 24 hours, but it's best served the same day.

MAKE THE BLUEBERRY SAUCE

Combine 1 cup of the blueberries with 1 Tbs. water, the sugar, and the lemon juice in small saucepan. Cook over medium-high heat, stirring occasionally, until the sugar has dissolved and mixture is boiling, about 4 minutes. Remove from the heat. Stir in the remaining blueberries. Refrigerate for 3 to 24 hours. Serve well chilled.

MAKE THE COOKIES

1. Heat the oven to 350°F. Line 2 baking sheets with foil or parchment.
2. In an electric mixer, combine the flour, sugar, and salt; mix for 30 seconds to blend. Add the cold butter and blend on a low speed until the dough just comes together, about 2 minutes. Roll out the dough about $\frac{1}{8}$ inch thick on a lightly floured surface. (If the dough is too sticky, refrigerate it for 30 minutes before continuing.) Stamp out 8 cookies with a $3\frac{1}{2}$ -inch round cookie cutter; arrange the rounds on a baking sheet $1\frac{1}{2}$ inches apart. (Chill the dough scraps until ready to use for a second batch.)
3. Bake the first batch of cookies until the edges are lightly browned, 12 to 14 minutes. Let the baking sheets sit on a wire rack for 3 minutes, and then



carefully transfer the cookies to a rack to cool completely. Repeat with the leftover dough to make another 8 cookies.

ASSEMBLE THE DESSERT

For each serving, put one cookie on a plate. Spoon about ½ cup of sabayon on top (you'll have some left over). Top with a second cookie. Sift confectioners' sugar on top. Spoon some of the blueberry sauce on the side, and garnish with a mint sprig, if using. —*Bernice Fehringer*

PER SERVING OF SABAYON: 300 CALORIES | 5G PROTEIN | 22G CARB | 22G TOTAL FAT | 12G SAT FAT | 7G MONO FAT | 1G POLY FAT | 260MG CHOL | 160MG SODIUM | 1G FIBER
PER COOKIE: 170 CALORIES | 2G PROTEIN | 15G CARB | 12G TOTAL FAT | 7G SAT FAT | 3G MONO FAT | 0G POLY FAT | 30MG CHOL | 35MG SODIUM | 1G FIBER

Storing Blueberries

Before storing your berries, pick through them, discarding any squishy berries that may turn moldy and infect their healthy neighbors. Store the berries in the coldest part of the refrigerator, but not in a drawer, where it's too humid, and don't

wash them until you're ready to use them. Freshly picked, they can last for up to 2 weeks in an airtight container, although they can lose moisture during the second week and shrink slightly.

how to make the classic sabayon



SABAYON BEGINS WITH EGG YOLKS. Pour the yolks into a stainless-steel or copper bowl that's been cleaned of any green oxide. Add the sugar, a little at a time. Whisk the yolks and sugar until the mixture is light in color and air has been incorporated.



A DOUBLE BOILER BEATS THE HEAT. Bring some water to a simmer in a saucepan. Set the bowl over the water, but make sure it doesn't touch the water or you'll end up with scrambled eggs. To ensure a smooth, light texture, whisk continuously throughout the cooking process.



STRIVE FOR RIBBONS AND AVOID LUMPS. Whisk until the sabayon becomes frothy and thick, scraping the sides and bottom of the bowl. Remove the sabayon from the heat just as ribbons start to trail off the whisk. Continue to whisk for another minute to help set the sabayon. Serve immediately.

tiramisù

SERVES 10 TO 12

- 5 cups hot brewed espresso (or double-strength drip coffee made with espresso roast)**
- 1 cup plus 2 Tbs. sugar**
- 2 Tbs. rum; more to taste (optional)**
- 4 large eggs, separated**
- 16 oz. (2 cups) mascarpone**
- 46 ladyfingers (approximately) or savoiardi cookies, preferably Balocco®, Bonomi®, or Elledi® brands**
- 2 Tbs. unsweetened cocoa powder, or 1 to 2 oz. bitter-sweet chocolate**

This recipe calls for uncooked eggs, so keep the tiramisù refrigerated and serve it within 48 hours. If the uncooked eggs in this dish are a concern, use pasteurized eggs instead.

- 1.** Pour the coffee into a large bowl and add 2 Tbs. of the sugar while it's still hot. Stir well and let it cool to room temperature. Add the rum, if using.
- 2.** Combine the egg yolks and the remaining 1 cup sugar in the bowl of a stand mixer fitted with the whisk attachment. Beat on medium-high speed until the yolks are pale yellow and fluffy, about 5 minutes. (The mixture will be fairly thick at first.) Add the mascarpone and beat until it's fully incorporated into a smooth cream, another 2 to 3 minutes. Transfer to a large bowl.
- 3.** Thoroughly wash and dry the stand mixer bowl and whisk. Put the egg whites in the bowl and whip on medium-high speed until they form medium-stiff peaks when you lift the beaters (the tips should curl over onto themselves just a little). With a rubber spatula, fold about one-quarter of the beaten whites into the mascarpone cream to lighten it. Then gently fold in the remaining whites, taking care not to deflate them. Cover with plastic wrap and refrigerate.
- 4.** Submerge one ladyfinger in the cooled coffee until the coffee penetrates about halfway through, leaving the core dry (break it to check). This can take from 1 to 12 seconds, depending on the type of ladyfinger (see the sidebar below). You don't want the ladyfinger to get completely soaked or it will become soggy and fall apart. You should be able to feel that the outside is soft but the inside is still firm.
- 5.** Once you've determined the correct soaking time, submerge each ladyfinger individually, gently shake out excess coffee, and immediately set it in a 9x13-inch baking dish; continue until you have one tight layer that covers the bottom of the dish. (You may need to break a few ladyfingers to fit snugly.) Spread one-half of the mascarpone cream evenly on top of the ladyfingers.
- 6.** Repeat the soaking procedure with the remaining ladyfingers to create a second snug layer, arranging them on top of the mascarpone cream as you did for the first layer. Spread the rest of the mascarpone cream evenly on top. Cover the dish with plastic wrap and refrigerate for at least 2 hours. Before serving, sift the cocoa powder or finely grate the chocolate over the top to evenly cover. —*Laura Giannatempo*

PER SERVING: 420 CALORIES | 10G PROTEIN | 46G CARB | 23G TOTAL FAT | 11G SAT FAT | 8G MONO FAT | 2G POLY FAT | 275MG CHOL | 120MG SODIUM | 1G FIBER

Choose the Right Type of Ladyfingers

What will make or break your tiramisù is texture. The ladyfingers have to be just barely soaked through with coffee, moist but not soggy and falling apart. You'll find two main types in supermarkets: packaged, cookie-style ladyfingers (usually

imported from Italy) and soft, spongy ladyfingers commonly sold in clear packages in the bakery section of most supermarkets. The latter won't do the trick. They get too soggy too fast, resulting in a sopping mess. Use the cookie-style instead.



how to assemble tiramisù



Break one ladyfinger after you've dipped it in the cooled coffee to check that the coffee has penetrated only halfway through, leaving the core dry. The outside will be quite soft, but the inside should be firm.



Evenly spread half the mascarpone cream with a spatula over a tight layer of ladyfingers arranged in a 9x13-inch baking dish.



Use a fine-mesh sieve to finish off the tiramisù with a generous dusting of cocoa powder just before serving.

gianduia mousse

SERVES 6

FOR THE MOUSSE

- 6 oz. bittersweet or semisweet chocolate, finely chopped**
- 1½ cups heavy cream**
- ¾ cup Hazelnut Butter (recipe on the facing page) at room temperature**
- 2 tsp. pure vanilla extract**

FOR THE GARNISH

- ½ cup heavy cream**
- ½ tsp. pure vanilla extract**
- 2 Tbs. finely ground toasted hazelnuts (grind the toasted nuts in a food processor)**

The hazelnut butter in this quick-to-make, creamy mousse adds a bit of texture. You can also use the mousse as a pie filling in your favorite graham cracker crust or tart crust; serve well chilled. This mousse is best when served within 6 hours of the time it's made.

MAKE THE MOUSSE

1. In a 2-quart metal bowl set over a saucepan of simmering water, melt the chocolate, stirring with a rubber spatula until the chocolate is completely smooth. In a separate small saucepan, heat ½ cup of the cream over medium heat to just below the boiling point. Remove the bowl of chocolate from the pan of water and wipe the bottom and sides dry. Pour the hot cream into the melted chocolate and stir together with the spatula until well blended. Add the hazelnut butter and stir until well combined. Stir in the vanilla.

2. In a chilled mixing bowl, using chilled beaters, beat the remaining 1 cup cream until it holds soft peaks. With a rubber spatula, fold the whipped cream into the chocolate mixture in four batches, blending thoroughly after each addition. Pour the mousse into a 1½-quart soufflé dish or serving bowl, or into individual serving bowls or glasses. Cover with plastic wrap and refrigerate until set, at least 2 hours.

MAKE THE GARNISH

In a chilled bowl with chilled beaters, beat the ½ cup cream until frothy. Add the ½ tsp. vanilla and continue beating until the cream holds soft peaks. Pipe or spoon the whipped cream on top of the mousse. Sprinkle the ground hazelnuts over the whipped cream and serve. —*Carole Bloom*

PER SERVING: 630 CALORIES | 7G PROTEIN | 26G CARB | 59G TOTAL FAT | 24G SAT FAT | 26G MONO FAT | 7G POLY FAT | 110MG CHOL | 35MG SODIUM | 3G FIBER



hazelnut butter

MAKES ABOUT 1 CUP

- 8 oz. (1½ cups) hazelnuts**
- ¼ cup vegetable oil, such as canola or sunflower**

This butter can be refrigerated in a sealed container for up to 3 months or frozen for up to 6 months. If frozen, thaw it slowly in the refrigerator overnight. Always bring the hazelnut butter to room temperature before use.

TOAST AND SKIN THE HAZELNUTS

1. Heat the oven to 350°F. Spread the hazelnuts in a single layer on a baking sheet and toast in the heated oven until the skins are mostly split and the nuts are light golden brown and quite fragrant, 15 to 18 minutes. Don't overcook the nuts or they'll become bitter.

2. Put the warm hazelnuts in a clean dishtowel. Fold the towel around the hazelnuts and let them steam for at least 5 minutes. Then rub the nuts in the towel to remove most of the skins (try to get at least 50 percent of the skins off). Let the hazelnuts sit for another 10 to 15 minutes to cool completely. Toasted, peeled hazelnuts can be cooled and frozen in a sealed plastic container for up to 3 months.

MAKE THE HAZELNUT BUTTER

Put the nuts in a food processor; add the oil and pulse a few times. Then process, checking the consistency every few seconds, until the texture resembles that of natural, unhomogenized peanut butter or wet sand, 1 to 2 minutes.

creamy orange-ricotta tart

**MAKES ONE 9½-INCH TART;
SERVES 12**

- 1 5-oz. container whole-milk ricotta (about 1½ cups)**
 - 3 oz. cream cheese, at room temperature**
 - ¾ cup sugar**
 - 2 Tbs. unbleached all-purpose flour**
 - ¼ tsp. table salt**
 - 3 large egg yolks**
 - 1 Tbs. finely grated orange zest**
 - 1 Tbs. orange-flavored liqueur (such as Grand Marnier® or Cointreau®) or orange juice**
 - 1 Press-In Cookie Crust (recipe below; preferably vanilla or chocolate), baked and cooled**
- Strips of orange zest or segments of blood orange, for garnish (optional)**

Using ricotta in addition to cream cheese gives this tart a fluffier, lighter texture.

1. Position a rack in the center of the oven and heat the oven to 350°F. In a medium bowl, combine the ricotta and cream cheese. Using an electric mixer, beat on medium speed until well blended and no lumps remain, about 3 minutes. Add the sugar, flour, and salt and continue beating until well blended, about 1 minute. Add the egg yolks, orange zest, and orange liqueur. Beat until just incorporated. Use a rubber spatula to scrape the filling into the crust and spread the filling evenly.

2. Bake the tart until the filling just barely jiggles when the pan is nudged, 30 to 35 minutes. Let cool completely on a rack. Refrigerate the tart in the pan until chilled and firm, 2 to 3 hours. Serve garnished with strips of orange zest or blood orange segments, if you like. —*Abigail Johnson Dodge*

press-in cookie crust

**MAKES 1 CRUST FOR
A 9½-INCH TART**

- 1 cup finely ground cookies (ground in a food processor); choose one from the following: about 35 vanilla wafers, about 25 chocolate wafers, or 8 whole graham crackers**
- 2 Tbs. sugar**
- 1½ oz. (3 Tbs.) unsalted butter, melted**

Alter the type of cookie you use and you can change the flavor profile of your tart.

1. Position a rack in the center of the oven and heat the oven to 350°F. Have ready an ungreased 9 ½-inch fluted tart pan with a removable bottom.

2. In a medium bowl, mix the cookie crumbs and sugar with a fork until well blended. Drizzle the melted butter over the crumbs and mix with the fork or your fingers until the crumbs are evenly moistened. Put the crumbs in the tart pan and use your hands to spread the crumbs so that they coat the bottom of the pan and start to climb the sides. Use your fingers to pinch and press some of the crumbs around the inside edge of the pan to cover the sides evenly and create a wall about a scant ¼ inch thick. Redistribute the remaining crumbs evenly over the bottom of the pan and press firmly to make a compact layer. (A metal measuring cup with straight sides and a flat base is good for this task.)

3. Bake the crust until it smells nutty and fragrant (crusts made with lighter-colored cookies will brown slightly), about 10 minutes. Set the baked crust on a rack and let cool. The crust can be made up to 1 day ahead and stored at room temperature, wrapped well in plastic.



tips for making the crust

- If you don't have a food processor, put the cookies in a zip-top bag and crush them with a rolling pin.
- Lay a piece of plastic wrap over the crumbs as you spread them so they won't stick to your hands.



orange-hazelnut olive oil cookies

**MAKES ABOUT 6 DOZEN
COOKIES**

2 cups toasted and skinned hazelnuts

10 oz. (2¼ cups) unbleached all-purpose flour

1 tsp. baking powder

¼ tsp. salt

¾ cup plus 2 Tbs. sugar

½ cup extra-virgin olive oil

2 large eggs

**Finely grated zest of
2 medium oranges (about
1½ packed Tbs.)**

1 tsp. pure vanilla extract

Reminiscent of biscotti in texture, these not-too-sweet cookies are a perfect dipper for after-dinner coffee.

1. Finely grind the hazelnuts in a food processor. In a medium bowl, whisk the hazelnuts, flour, baking powder, and salt to blend. With a hand mixer or a stand mixer fitted with the paddle attachment, beat the sugar, oil, eggs, zest, and vanilla on low speed until the sugar is moistened, about 15 seconds. Increase the speed to high and mix until well combined, about 15 seconds more (the sugar will not be dissolved at this point). Add the dry ingredients and mix on low speed until the dough has just pulled together, 30 to 60 seconds.

2. Divide the dough in half. Pile one-half of the dough onto a piece of parchment. Using the parchment to help shape the dough, form it into a log 11 inches long and 2 inches in diameter. Wrap the parchment around the log and twist the ends to secure. Repeat with the remaining dough. Chill in the freezer until firm, about 1 hour.

3. Position racks in the upper and lower thirds of the oven and heat the oven to 350°F. Line 4 cookie sheets with parchment or nonstick baking liners.

4. Unwrap one log of dough at a time and cut the dough into ¼-inch slices; set them 1 inch apart on the prepared sheets. Bake 2 sheets at a time until light golden on the bottoms and around the edges, about 10 minutes, rotating and swapping the sheets halfway through for even baking. Let cool completely on racks. The cookies will keep in an airtight container at room temperature for up to 1 week. —*David Crofton*

PER SERVING: 60 CALORIES | 1G PROTEIN | 6G CARB | 4G TOTAL FAT | 0G SAT FAT | 3G MONO FAT | 0G POLY FAT | 5MG CHOL | 15MG SODIUM | 0G FIBER



gingerbread biscotti

MAKES ABOUT 24 BISCOTTI

- 10 oz. (2¼ cups) unbleached all-purpose flour**
- 1¼ cups packed dark brown sugar**
- 2 tsp. ground ginger**
- 1¼ tsp. baking powder**
- 1 tsp. ground cinnamon**
- ½ tsp. salt**
- ¼ tsp. ground nutmeg**
- ¼ tsp. baking soda**
- 4 oz. (1 cup) pecans, coarsely chopped**
- 4 oz. (½ cup) lightly packed dried apricots, coarsely chopped**
- ¼ cup molasses**
- 2 large eggs**
- 2 tsp. finely grated orange zest (from about 1 medium navel orange)**

Biscotti are very forgiving, and you can bake these to your taste: chewy, crunchy, or somewhere in between.

- 1.** Position a rack in the center of the oven and heat the oven to 350°F. Line a large cookie sheet with parchment.
- 2.** In a stand mixer fitted with the paddle attachment, combine the flour, brown sugar, ginger, baking powder, cinnamon, salt, nutmeg, and baking soda on medium-low speed until well blended. On low speed, briefly mix in the pecans and apricots. In a measuring cup, lightly whisk the molasses, eggs, and orange zest. With the mixer on low, slowly pour in the egg mixture. Continue mixing until the dough is well blended and comes together in large, moist clumps, 1 to 2 minutes.
- 3.** Dump the dough onto an unfloured work surface. Divide into 2 equal piles (about 1 lb. each). Shape each pile into a log that's 10 inches long and about 1½ inches in diameter, lightly flouring your hands as needed (the dough is a bit sticky).
- 4.** Position the logs on the lined cookie sheet about 4 inches apart.
- 5.** Bake until the tops are cracked and spring back slightly when gently pressed, 30 to 35 minutes. Transfer the sheet to a rack and let cool until the logs are cool enough to handle, about 10 minutes.
- 6.** Carefully peel the biscotti logs from the parchment and transfer to a cutting board. Using a serrated knife, saw each log into diagonal slices ¾ inch wide. Return the slices to the cookie sheet (no need for fresh parchment) and arrange them cut side down. It's all right if they touch because they won't spread.
- 7.** Bake until the biscotti are dried to your taste, about 10 minutes (for slightly moist and chewy) to 20 minutes (for super-dry and crunchy). Transfer the cookie sheet to a rack and let the biscotti cool completely. The biscotti will still give slightly when pressed, but will harden as they cool. When cool, store in airtight containers. —*Abigail Johnson Dodge*

PER SERVING: 150 CALORIES | 2G PROTEIN | 26G CARB | 4G TOTAL FAT | 0G SAT FAT | 2G MONO FAT | 1G POLY FAT | 20MG CHOL | 95MG SODIUM | 1G FIBER

Like all dried spices, ground ginger's intensity diminishes over time, so buy in small quantities and use it up within 6 months. If you're not sure if your ground ginger is still fresh, smell it: It should have an assertive, spicy, gingery aroma.



triple-chocolate biscotti

**MAKES ABOUT 4 DOZEN
BISCOTTI**

- 9 oz. (1¾ cups) hazelnuts**
- 10½ oz. (2⅔ cups) unbleached all-purpose flour**
- 3½ oz. (1 cup) Dutch-processed cocoa powder**
- 1½ tsp. baking soda**
- ¼ tsp. salt**
- 2 cups sugar**
- 1½ Tbs. finely ground dark-roast coffee beans or instant espresso powder**
- 4 oz. (¾ cup) chocolate chips**
- 5 large eggs**
- 1½ tsp. pure vanilla extract**
- 12 oz. white chocolate**

Covering one side of these chocolate biscotti with white chocolate gives them an elegant look and a moister texture.

- 1.** Heat the oven to 325°F. Toast the hazelnuts on a baking sheet for 10 to 15 minutes, until they emit a nutty aroma but haven't turned dark brown inside. If they still have skins, cover the nuts with a dishtowel or paper towels for a few minutes after you take them out of the oven, and then rub the nuts with the towel to remove the skins. Set aside to cool.
- 2.** Put the flour, cocoa powder, baking soda, salt, sugar, and ground coffee beans into the bowl of an electric mixer fitted with a paddle. Combine these ingredients on medium-low speed and then toss in the nuts and chocolate chips. In a separate bowl, lightly whisk together the eggs and vanilla extract. With the mixer running on low speed, slowly add the egg mixture to the mixing bowl and mix until the dough comes together. Remove the bowl from the mixer and mix in any remaining dry ingredients from the bottom by hand.
- 3.** Divide the dough into 4 equal parts. With floured hands, roll each part into a log about 10 inches long and 2 inches in diameter. Place the logs 4 inches apart on greased or parchment-lined baking sheets. Bake the logs at 325°F for 30 to 35 minutes, until the sides are firm, the tops are cracked, and the dough inside the cracks no longer looks wet. Remove the baking sheets from the oven and reduce the oven temperature to 300°F. Let the logs cool on the baking sheets for at least 10 minutes before slicing. Cut the logs on a slight diagonal into ¾-inch-thick slices. Place the biscotti flat on the baking sheet and dry them in the oven for about 25 minutes, until the biscotti offer resistance when pressed. Transfer the biscotti to a rack to cool.
- 4.** While the biscotti are cooling, chop the white chocolate and melt it in a microwave on low power or in a double boiler over simmering water. With a knife, spread white chocolate on one cut side of each cooled biscotti. Put the biscotti, white-chocolate side down, on a parchment-lined baking sheet. Allow the chocolate to harden. Peel the biscotti from the parchment and store in an airtight container. —*Emily Luchetti*



how to make biscotti

Don't overmix the batter or the biscotti will be fine-crumbed and dense. Turn the dough out of the mixing bowl while it's still crumbly and knead in the last bit of flour by hand.



It doesn't take much pressure to form logs—simply roll out the dough with your hands. A marble surface stays cool and helps keep the dough from sticking.



For small biscotti, shape the dough into long, narrow logs. For larger biscotti, make the logs wider and shorter.



A sharp chef's knife cuts cleanly through the once-baked logs. At this point the cookies are firm but not brittle.



Biscotti shouldn't change color during the second baking, so poke them to tell if they're done. Press on the cake part (the nuts will burn you)—it should feel dry and offer some resistance.

nougat glacé

**MAKES 8 CUPS;
SERVES 10 TO 12**

FOR THE NOUGATINE

- ½ cup sugar
- 3 Tbs. water; more for wiping down the saucepan
- ½ cup almonds, whole or sliced, toasted and skinned
- ⅔ cup hazelnuts, toasted and skinned

FOR THE ITALIAN MERINGUE

- ⅓ cup sugar
- 2 Tbs. honey
- ¼ cup water
- 3 egg whites
- 1 Tbs. freshly squeezed lemon juice
- 1½ cups mixed dried fruit (cherries, cranberries, raisins, apricots, pineapples) or mixed candied fruit, chopped into small pieces and soaked for at least 1 hour in ¼ cup Cointreau or other liqueur or brandy
- 2 cups whipping cream, beaten to soft peaks

Raspberry Coulis (recipe below)

Candied orange zest, for garnish (optional)

The dessert needs to freeze for at least 12 hours, so make it the day before you want to serve it.

MAKE THE NOUGATINE

Lightly oil a baking sheet. In a sugar pan or a stainless-steel saucepan, combine the sugar and water. Cook over medium heat until the sugar melts. Do not stir once the mixture has boiled. Brush the sides of the saucepan with a wet brush to remove any stray sugar crystals, which can burn. Cook until the mixture is a deep golden caramel. Add the nuts. Mix vigorously with a wooden spoon and stir until the nuts are completely coated. Pour the mixture onto the baking sheet and spread it out with a spatula. Be careful—cooked sugar is hot. Let the mixture cool. When completely cool, chop it with a sharp knife until the pieces are about the same size as the chopped fruit and reserve in a small bowl.

PREPARE THE MERINGUE

In a sugar pan or a stainless-steel saucepan, combine the sugar, honey, and water. Bring to a boil over high heat and cook, brushing down the sides of the pan with water to prevent crystals. Your goal is the hard-ball stage, about 248°F, which should take about 20 minutes. When the sugar reaches about 230°F, begin beating the egg whites (preferably in a stand mixer) until soft peaks form. Add the lemon juice and continue to beat until the whites are stiff but not grainy. Pour the hard-ball sugar syrup into the egg whites, avoiding the moving beaters and the side of the bowl. Mix continuously on high speed until the bottom of the mixing bowl feels cool, 10 to 15 minutes.

PUT IT ALL TOGETHER

1. Strain the soaked fruit and discard the excess liqueur. Fold half the chopped nougatine, half the fruit, and half the prepared whipped cream into the meringue. Repeat with the remaining ingredients.
2. Pour the nougat glacé into an 8-cup bowl (from which to scoop quenelles), an 8-cup terrine (for slices), or individual molds. If using a terrine or molds, line with plastic wrap, with extra plastic hanging over the sides. Use the plastic to cover the top of the mold and to help pull the nougat glacé out of the mold after it's been frozen. Cover with more plastic wrap and freeze for at least 12 hours and up to 3 days. Serve with raspberry coulis and garnish with candied zest, if you like. —*Roland Passot*

PER SERVING: 340 CALORIES | 4G PROTEIN | 32G CARB | 22G TOTAL FAT | 10G SAT FAT | 9G MONO FAT | 2G POLY FAT | 55MG CHOL | 35MG SODIUM | 2G FIBER

raspberry coulis

YIELDS ⅔ CUP

- 6 oz. (1½ cups) very ripe raspberries, or frozen, thawed
- Juice from ½ lemon
- Sugar

In a blender, purée the raspberries with the lemon juice. Add sugar, if desired. Strain through a fine-mesh sieve. Cover with plastic wrap and keep chilled until ready to use.



A Few Tools Make Things Easy

Nougat glacé isn't difficult to make, but there are a few pieces of equipment that make the job even easier.

- A sugar pan—a heavy, unlined copper pot with a pour spout—is ideal for making the sugar syrup needed for the meringue, though a heavy-based stainless-steel saucepan will also work.
- A pastry brush is useful for washing down the sides of the pan as the sugar syrup cooks to prevent crystals from forming.
- A candy thermometer is important to check the temperature of the sugar syrup.
- A stand mixer is better than a handheld one because the egg whites and sugar syrup need to be mixed together while the beaters are moving and must mix until cooled, from 10 to 15 minutes.

lemon curd fruit souffles

MAKES 8 INDIVIDUAL SOUFFLÉS

¼ cup confectioners' sugar; more for the ramekins and for sprinkling

Lemon Sugar Syrup (recipe below)

6 egg whites (about ¾ cup)

⅛ tsp. cream of tartar

Lemon Curd Filling (recipe on the facing page)

Soufflés taste best when still a bit moist and creamy inside. Overcooking makes the insides overly dry and, since the whites are already partially cooked by the sugar syrup, there's no reason to fear that the eggs are undercooked. Once the soufflés are lightly browned and nicely risen, serve them immediately on small dessert plates.

Butter 8 individual ramekins or straight-sided coffee cups; dust the buttered surface with confectioners' sugar and gently tap out the excess. Heat the oven to 400°F and set the rack in the lower third of the oven.

MAKE THE ITALIAN MERINGUE

1. Cook the sugar syrup until it reaches 220°F on a candy thermometer. Start beating the egg whites and cream of tartar in a stand mixer on medium speed. Gradually increase the speed to the highest setting. When the whites form soft peaks, add the ¼ cup confectioners' sugar in a slow, steady sprinkle. Beat until the whites form stiff, shiny peaks. If this happens before the sugar syrup reaches 248°F, turn off the mixer.

2. Remove the sugar syrup from the heat as soon as it reaches 248°F. Turn the mixer back to the highest speed if you have turned it off. Pour the hot syrup between the bowl and the beaters in a slow, steady stream. Continue beating until the mixing bowl feels cool, about 10 minutes.

ASSEMBLE AND BAKE THE SOUFFLÉS

1. Using a pastry bag or a spoon, fill the ramekins halfway with the meringue, spreading it evenly. Add about 1 Tbs. lemon curd filling to each ramekin. Lightly swirl the filling into the meringue with a knife. Fill the ramekins with more meringue to just below the rim and add the remaining filling. Divide the remaining meringue among the ramekins and, using a butter knife or small offset spatula, smooth the top of each soufflé. At this point, the soufflés can be refrigerated for up to 3 days or frozen for up to a week.

2. Set the soufflés on a baking sheet and bake until the tops are light brown, 8 to 10 minutes. Remove them carefully from the oven and sprinkle with confectioners' sugar, if you like. —*Laurann Claridge*

PER SERVING: 300 CALORIES | 5G PROTEIN | 58G CARB | 6G TOTAL FAT | 3G SAT FAT | 2G MONO FAT | 1G POLY FAT | 165MG CHOL | 65MG SODIUM | 0G FIBER

lemon sugar syrup

1¼ cups sugar

¾ cup freshly squeezed lemon juice

Combine the sugar and lemon juice in a small heavy-based stainless-steel saucepan; bring to a boil. Begin the procedure for the meringue when the syrup reaches 220°F on a candy thermometer.



lemon curd filling

- 6** egg yolks
- ¾** cup sugar
- ½** cup freshly squeezed lemon juice
- 1½** tsp. finely grated lemon zest
- 1** Tbs. unsalted butter

In a small double-boiler insert or a stainless-steel bowl over simmering water, combine the egg yolks, sugar, lemon juice, and zest. Stir the mixture over the simmering water until it becomes thick and creamy—the consistency of mayonnaise—3 to 5 minutes. Remove the bowl from the double boiler, whisk in the butter, and stir until incorporated. Covered tightly and refrigerated, the lemon curd will keep for 3 days.

METRIC EQUIVALENTS

LIQUID/DRY MEASURES	
U.S.	METRIC
¼ teaspoon	1.25 milliliters
½ teaspoon	2.5 milliliters
1 teaspoon	5 milliliters
1 tablespoon (3 teaspoons)	15 milliliters
1 fluid ounce (2 tablespoons)	30 milliliters
¼ cup	60 milliliters
⅓ cup	80 milliliters
½ cup	120 milliliters
1 cup	240 milliliters
1 pint (2 cups)	480 milliliters
1 quart (4 cups; 32 ounces)	960 milliliters
1 gallon (4 quarts)	3.84 liters
1 ounce (by weight)	28 grams
1 pound	454 grams
2.2 pounds	1 kilogram

OVEN TEMPERATURES		
°F	GAS MARK	°C
250	½	120
275	1	140
300	2	150
325	3	165
350	4	180
375	5	190
400	6	200
425	7	220
450	8	230
475	9	240
500	10	260
550	Broil	290

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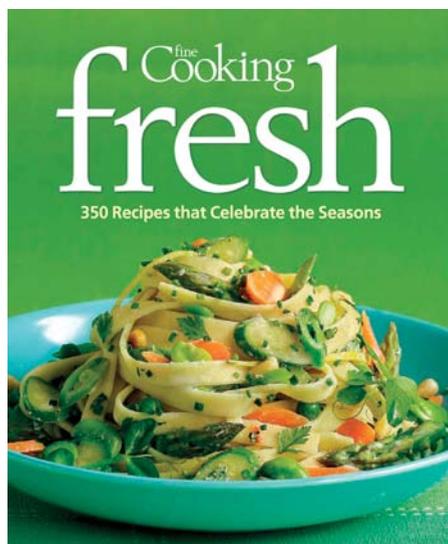
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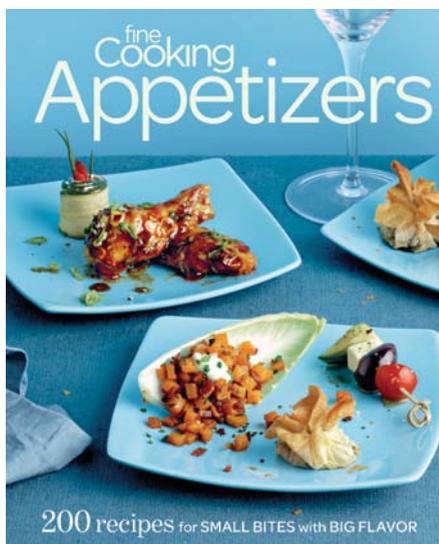
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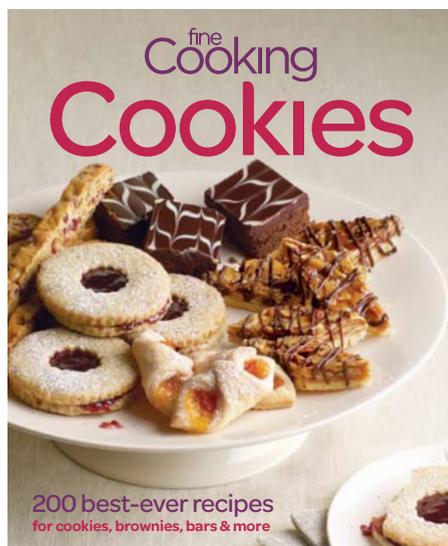
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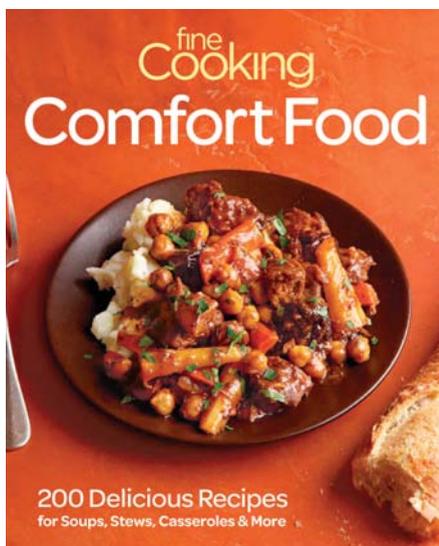
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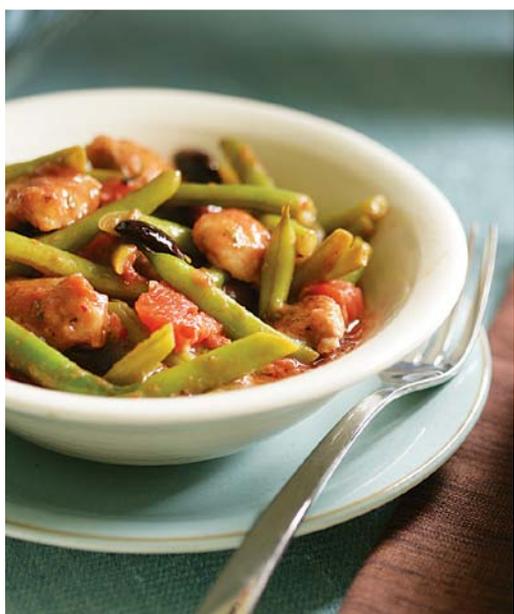


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