

**HEATHER'S FAVORITE**  
**RECIPES**



For  
**Family & Friends**

*With Love, Heather*

# CONTENTS

<i>Fish With Shiitakes</i>	4-5
<i>Chicken Piccata</i>	6-7
<i>Zucchini With Shallots</i>	8-9
<i>Egg Foo Young</i>	10-11
<i>Chicken Katsu</i>	12-13
<i>Chinese Smashed Cucumbers with Sesame Oil and Garlic</i>	14-25
<i>Smashed Cucumber, Avocado and Shrimp Salad</i>	16-17
<i>Stir Fried Garlic Green Beans</i>	18-19
<i>Takeout-Style Sesame Noodles</i>	20-21
<i>Red Lentil Soup</i>	22-23
<i>Classic Italian-American Meatballs</i>	24-25
<i>Marcella Hazan's Tomato Sauce</i>	26-27
<i>Martha Stewart's Mashed Potatoes</i>	28-29
<i>Chicken Noodle Soup</i>	30-31
<i>The Silver Palate's Chicken Marbella</i>	32-33
<i>Chinese Fried Rice with Shrimp &amp; Peas</i>	34-35
<i>Everyday Dal</i>	36-37
<i>One-Pot Whole Roasted Chicken and Rice</i>	38-39
<i>Pommes Dauphinoises (Creamy Potato Gratin)</i>	40-41
<i>Chicken Florentine</i>	42-43
<i>Roasted Salmon Glazed With Brown Sugar and Mustard</i>	44-45
<i>Corn Risotto</i>	46-47
<i>Khorak-e Loobia Sabz (Green Bean and Chicken Stew)</i>	48-49
<i>Puttanesca</i>	50-51
<i>The Best Baked Potato</i>	52-53
<i>Rolled Pork Roast</i>	54-55
<i>Madeira Wine Gravy Sauce</i>	56-57
<i>Swordfish Paillards</i>	58-59
<i>Broccoli Rabe with Sausage</i>	60-61
<i>Beef Bourguignon</i>	62-63
<i>Sauteed Baby Bok Choy</i>	64-65
<i>Tumeric-Ginger Salmon</i>	66-67
<i>Grandma's Carrot Cake</i>	68-69
<i>Blackberry Slump</i>	70-71

# Fish With Shiitakes



## Preperation

Total Time: 40 minutes

### Step 1

Heat oven to 175 degrees. Place chicken stock in a wok or skillet, and bring to a simmer. Cut fish into pieces about 3 inches square, place in stock, and simmer until just cooked, about 5 minutes. Use spatula to transfer to heatproof platter, cover loosely with foil, and place in oven. Drain and strain stock, and reserve. Wipe out pan.

### Step 2

Heat peanut oil in pan. Add garlic, ginger and scallions. Sauté briefly, and add mushrooms. Sauté until wilted. Add soy sauce, vinegar and fish sauce. Cook 30 seconds, then add reserved stock. Bring to a simmer. Dissolve cornstarch in 2 tablespoons cold water, and add, stirring. Simmer until sauce has thickened. Add sesame oil.

### Step 3

Transfer fish to serving dish, spoon mushroom sauce over, scatter with cilantro, and serve.

## Ingredients

**Yield: 4 servings**

2 cups chicken stock	1 tablespoon soy sauce
1□ pounds sea bass or gray sole fillets	1 tablespoon rice vinegar
2 tablespoons peanut oil	1 teaspoon Vietnamese fish sauce
2 cloves garlic, minced	1 tablespoon cornstarch
1 tablespoon minced ginger	2 teaspoons sesame oil
½ cup chopped scallions	1 tablespoon chopped cilantro
7 ounces shiitake mushrooms, stemmed and sliced	

# Chicken Piccata



## Ingredients

**Yield: 4 servings**

4 boneless, skinless chicken breasts (about 1½ pounds), halved horizontally (see tip)  
Kosher salt and black pepper  
All-purpose flour, for dredging  
6 tablespoons unsalted butter  
3 tablespoons extra-virgin olive oil, plus more as needed  
1 shallot, peeled and sliced lengthwise  
1 lemon, halved (half thinly sliced and seeds removed; half juiced, about 2 table spoons)  
¾ cup chicken stock  
4 teaspoons drained capers  
Coarsely chopped fresh parsley, for garnish (optional)

## Preperation

**Total Time: 25 minutes**

### Step 1

Season both sides of the chicken with salt and pepper. Dredge the chicken in flour and shake off any excess.

### Step 2

In a large skillet, heat 3 tablespoons butter and the olive oil over medium-high heat until the butter has melted. Working in batches to avoid crowding the pan, add the chicken and sauté until golden brown and cooked through, about 3 minutes per side.

### Step 3

Remove the chicken, place on a plate and repeat with the remaining pieces, adding more olive oil if needed.

### Step 4

Once the chicken is cooked, add the shallot and lemon slices to the pan and sauté, stirring occasionally, until lightly caramelized and fragrant, 2 to 3 minutes. Add the stock and simmer until reduced by half, about 3 minutes.

### Step 5

Reduce the heat to low, then stir in the remaining 3 tablespoons butter, capers and lemon juice, to taste. Season with salt and pepper to taste. Serve the chicken with the sauce poured over the top. Garnish with parsley if desired.

### Tip

Freezing the chicken breasts for 15 minutes will make slicing them through the middle easier.

# Zucchini with Shallots



## Preparation

Total Time: 15 minutes

### Step 1

Rinse the zucchini and pat dry. Trim off the ends, but do not peel them. Cut into 1/8-inch slices.

### Step 2

Heat the oil in a nonstick skillet and when the oil is hot, add the zucchini. Sauté the zucchini over high heat, shaking the pan and tossing gently. Add salt and pepper, and cook a total of 5 minutes.

### Step 3

Add the bread crumbs and butter to the pan. When the crumbs start to brown, add the shallots and cook for another minute, tossing. Serve sprinkled with parsley.

## Ingredients

**Yield: 4 servings**

1½ pounds small zucchini  
2 tablespoons olive oil  
Salt and freshly ground pepper to taste  
2 tablespoons fresh bread crumbs  
1 tablespoon butter  
2 tablespoons chopped shallots  
4 tablespoons chopped parsley

# Egg Foo Young



## Ingredients

**Yield: 4 servings**

### For the Gravy

1 tablespoon neutral oil (such as vegetable or canola)  
1 tablespoon minced garlic  
1½ cups low-sodium chicken broth  
2 tablespoons oyster sauce  
1 tablespoon low-sodium soy sauce  
2 tablespoons cornstarch  
½ teaspoon toasted sesame oil  
Kosher salt and black pepper

### For the Omelets

Neutral oil (such as vegetable or canola), for shallow frying  
6 large eggs  
6 ounces medium cleaned shrimp, halved lengthwise and coarsely chopped  
1½ cups (3 ounces) mung bean sprouts (Or combination of shredded cabbage, shredded carrots, finely chopped onions and thinly sliced scallions)  
¼ cup finely chopped scallions, plus more for serving

## Preparation

**Total Time: 40 minutes**

### Step 1

Make the gravy: In a small saucepan, heat oil over medium-low. Add garlic and cook, stirring, until fragrant, 1 minute. Reserve 2 tablespoons of the broth in a small bowl; add the remaining broth to the pan. Add oyster sauce and soy sauce and bring to a boil. Simmer briskly, stirring occasionally, until the flavors have melded and the sauce reduced to about 1 cup, about 10 minutes.

### Step 2

Add cornstarch to the reserved broth and whisk until smooth, then add to the sauce. Cook, stirring, until thickened to a gravy consistency, about 1 minute longer. Stir in sesame oil and season with salt and pepper. Keep warm.

### Step 3

Make the omelets: In a large (12-inch) cast-iron or nonstick skillet, heat 1/3 inch of oil over medium-high until an instant-read thermometer registers 325 to 350 degrees, 4 to 6 minutes. (The oil should be shimmering and a drop of the egg mixture in the oil should sizzle immediately.)

### Step 4

When the oil is almost ready, combine eggs, shrimp, mung bean sprouts and scallions in a large bowl and season with salt and pepper. Using a fork, break the egg yolks and fold the mixture just until well incorporated. (Don't overbeat or the eggs will spread too much during frying.)

### Step 5

Using half of the batter, add 2 ladlefuls of the egg mixture to the oil to form 2 omelets.

### Step 6

Cook, basting the top with the hot oil, until golden underneath and just set, about 2 minutes. Flip, using tongs, and cook, basting with the oil, until golden on the second side and cooked through, about 1 minute longer. Transfer to a paper towel-lined plate to drain and season with salt. Repeat with the remaining egg mixture to form 2 more omelets.

### Step 7

Arrange the omelets on plates and top with some of the gravy. Garnish with scallions and serve with the remaining sauce on the side.

# Chicken Katsu



## Ingredients

**Yield: 4 servings**

### For the Tonkatsu Sauce

6 tablespoons ketchup  
6 tablespoons Worcestershire sauce  
4 teaspoons unsulphured molasses  
2 teaspoons low-sodium soy sauce  
2 teaspoons granulated sugar  
¼ teaspoon grated peeled fresh ginger  
⅛ teaspoon ground cloves

### For the Chicken Katsu

Vegetable oil, as needed for frying  
½ cup all-purpose flour  
2 large eggs, beaten  
1½ cups panko bread crumbs (about 3½ ounces)  
2 (8-ounce) boneless, skinless chicken breasts, halved crosswise then pounded ¼-inch-thick  
Kosher salt and black pepper  
4 cups tightly packed finely shredded green cabbage (about 12 ounces)  
Tonkatsu sauce, steamed rice and lemon wedges, for serving

## Preparation

**Total Time: 30 minutes**

### Step 1

Prepare the tonkatsu sauce: In a small bowl, combine all of the ingredients and mix well. (Makes 2/3 cup.)

### Step 2

Prepare the chicken: Fill a large cast-iron or heavy skillet with 1/3-inch oil. Heat over medium until an instant-read thermometer registers 350 degrees.

### Step 3

Place flour, eggs and bread crumbs in 3 separate wide, shallow bowls or large plates.

### Step 4

Season chicken cutlets with salt and pepper. Working with one cutlet at a time, dredge in flour until fully coated, then shake off excess. Dip in egg, coating both sides, let excess drip off, then press into bread crumbs until well coated. Transfer to a clean plate and repeat with remaining 3 cutlets.

### Step 5

Gently lower 2 cutlets into the oil and fry until golden underneath, about 2 minutes. Adjust heat to keep it as close to 350 degrees as possible. Turn over and fry until chicken is golden on the second side and cooked through, 1½ to 2 minutes longer. Transfer to a paper towel-lined plate to drain, and season with salt. Repeat with remaining 2 cutlets.

### Step 6

Slice cutlets into thick slices and transfer to plates. Divide the cabbage in mounds next to the katsu. Drizzle the katsu with some of the tonkatsu sauce. Serve with small bowls of rice, lemon wedges and extra tonkatsu sauce.

# Chinese Smashed Cucumbers with Sesame Oil and Garlic



## Ingredients

**Yield: 4-6 servings**

About 2 pounds thin-skinned cucumbers like English or Persian (8 to 10 mini cucumbers, 4 medium-size or 2 large greenhouse)

1teaspoon kosher salt, plus more for cucumbers

2teaspoons granulated sugar, plus more for cucumbers

1½tablespoons rice vinegar

2teaspoons sesame oil

2teaspoons soy sauce

1tablespoon grapeseed or extra-virgin olive oil

2large garlic cloves, minced or put through a press

Red pepper flakes, to taste

Small handful whole cilantro leaves, for garnish

## Preperation

**Total Time: 40 minutes**

### Step 1

Rinse cucumbers and pat dry. Cut crosswise into pieces about 4 inches long. Cut each piece in half lengthwise.

### Step 2

On a work surface, place a piece of cucumber (or several) cut side down. Lay the blade of a large knife flat on top the cucumber and smash down lightly with your other hand. The skin will begin to crack, the flesh will break down and the seeds will separate. Repeat until the whole piece is smashed. Break or slice diagonally into bite-size pieces, leaving the seeds behind.

### Step 3

Place the cucumber pieces in a strainer and toss with a big pinch of salt and a big pinch of sugar. Place a plastic bag filled with ice on top of the cucumbers to serve as a weight and place the strainer over a bowl. Let drain 15 to 30 minutes on the counter, or in the refrigerator until ready to serve, up to 4 hours.

### Step 4

Make the dressing: In a small bowl, combine salt, sugar and rice vinegar. Stir until salt and sugar are dissolved. Stir in sesame oil and soy sauce.

### Step 5

When ready to serve, shake cucumbers well to drain off any remaining liquid and transfer to a serving bowl. Drizzle with grapeseed or olive oil and toss. Add half the dressing, half the garlic and the red pepper flakes to taste, and toss. Keep adding dressing until cucumbers are well coated but not drowned. Taste and add more pepper flakes and garlic if needed. Serve immediately, garnished with cilantro and sesame seeds.

# Smashed Cucumber, Avocado and Shrimp Salad



## Ingredients

**Yield: 4 servings**

1pound English, Persian or Kirby cucumbers, rinsed and dried  
¼teaspoon fine sea or table salt, more to taste  
¼teaspoon granulated sugar  
2tablespoons soy sauce  
1½tablespoons olive oil  
3teaspoons toasted sesame oil  
1teaspoon chile crisp, more to taste  
1pound large shrimp, peeled and deveined if you like  
2large ripe avocados  
2tablespoons rice wine vinegar, more to taste  
2scallions, thinly sliced  
2teaspoons toasted white sesame seeds, for garnish (optional)  
¼cup chopped cilantro, for garnish

## Preperation

**Total Time: 40 minutes**

### Step 1

Cut cucumbers crosswise into pieces about 4 inches long. Cut each piece in half lengthwise. Place each cucumber piece cut side down. Lay the blade of a large knife on top of the cucumbers and, with your other hand, push down lightly to crack the cucumber skins and break down their flesh (or use a rolling pin to lightly smack the cucumbers). Break (or slice) into bite-size pieces. (Ragged is good here; it helps the flesh absorb the dressing.)

### Step 2

Add cucumber to a colander, and toss with salt and sugar. Let sit for 15 to 30 minutes, or until the pieces have released their moisture. Toss a couple of times while draining.

### Step 3

Meanwhile, in a medium bowl, whisk together 1 tablespoon soy sauce, olive oil, 2 teaspoons sesame oil and the chile crisp. Set aside.

### Step 4

Cook the shrimp: In a large skillet over medium heat, combine shrimp with 1 tablespoon water, remaining 1 tablespoon soy sauce and 1 teaspoon sesame oil. Cover the pan and let the shrimp steam until pink and just cooked, 3 to 4 minutes, adding more water, 1 tablespoon at a time, if the pan looks dry. Use a slotted spoon to transfer the shrimp to the bowl with the chile crisp dressing and toss well.

### Step 5

Pit and peel the avocados. Cut flesh into ½-inch pieces. Add to a large bowl and toss with the rice wine vinegar until well coated. Add the drained cucumbers, tossing gently to combine.

### Step 6

Add the shrimp and all of its dressing and the scallions to the cucumber and avocado mixture. Stir gently until combined and the avocado begins to break down and look creamy, but some pieces still remain intact. Taste and add more rice wine vinegar and salt, if needed. Garnish with sesame seeds and cilantro.

# Stir Fried Garlic Green Beans



## Ingredients

**Yield: 4 servings**

- 1 pound green beans, trimmed
- Salt to taste
- 1 tablespoon soy sauce, low-sodium if desired
- 1 tablespoon Chinese rice wine or dry sherry
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- ¼ teaspoon red pepper flakes
- 1 tablespoon peanut oil or canola oil

## Preparation

**Total Time: 10 minutes**

### Step 1

Bring a pot of water to a boil, season with salt and add the green beans. Boil 1 minute, drain and rinse with cold water, then place on a kitchen towel to dry thoroughly. (If vegetables aren't dry when you add them to the hot wok or pan, they will splutter and braise instead of stir-frying.) Place within reach of your wok or pan.

### Step 2

Combine the soy sauce and wine or sherry in a small bowl or measuring cup and place within reach of your wok or pan. Place the garlic, ginger and red pepper flakes in another small container near the burner.

### Step 3

Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and swirling the pan. Add the garlic and ginger, stir-frying for no more than 10 seconds, and then add the green beans. Toss together, then add the soy sauce and sherry and stir-fry for one to two minutes, until the beans are crisp-tender. Remove from the heat and serve.

# Takeout-Style Sesame Noodles



## Ingredients

**Yield: 4 servings**

1 pound noodles, frozen or (preferably) fresh  
2 tablespoons sesame oil, plus a splash  
3 ½ tablespoons soy sauce  
2 tablespoons rice vinegar  
2 tablespoons sesame paste (preferably Chinese)  
1 tablespoon smooth peanut butter  
1 tablespoon granulated sugar

1 tablespoon finely grated ginger  
2 teaspoons minced garlic  
2 teaspoons chile-garlic paste, chile crisp or chile oil, or to taste  
Half a cucumber, peeled, seeded and cut into ⅛-inch by ⅛-inch by 2-inch sticks  
¼ cup chopped roasted peanuts

## Preparation

**Total Time: 10 minutes**

### Step 1

Bring a large pot of water to a boil. Add noodles and cook until barely tender, about 5 minutes. They should retain a hint of chewiness.

### Step 2

Drain noodles, rinse with cold water, drain again and toss with a splash of sesame oil.

### Step 3

In a medium bowl, whisk together the remaining 2 tablespoons sesame oil, the soy sauce, rice vinegar, sesame paste, peanut butter, sugar, ginger, garlic and chile-garlic paste.

### Step 4

Pour the sauce over the noodles and toss.

### Step 5

Transfer to a serving bowl, and garnish with cucumber and peanuts.

### Tip

The Chinese sesame paste called for here is made of toasted sesame seeds; it is not the same as tahini, the Middle Eastern paste made of plain, untoasted sesame. But you could use tahini in a pinch. You need only add a little toasted sesame oil to compensate for flavor, and perhaps some peanut butter to keep the sauce emulsified

# Red Lentil Soup



## Ingredients

**Yield: 4 servings**

3 tablespoons olive oil, plus more for drizzling  
1 large onion, chopped  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 teaspoon ground cumin  
Salt and black pepper  
Pinch of chili powder or ground cayenne, plus more to taste  
1 quart chicken or vegetable broth  
1 cup red lentils  
1 large carrot, peeled and diced  
Juice of ½ lemon, more to taste  
3 tablespoons chopped fresh cilantro

## Preparation

**Total Time: 45 minutes**

### Step 1

In a large pot, heat 3 tablespoons oil over high until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.

### Step 2

Stir in tomato paste, cumin, ¼ teaspoons each salt and black pepper and the chili powder, and sauté for 2 minutes longer.

### Step 3

Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partly cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

### Step 4

Using an immersion or regular blender or a food processor, purée half the soup, then add it back to pot. The soup should be somewhat chunky.

### Step 5

Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.

# Classic Italian American Meatballs



## Ingredients

**Yield: 4 servings (12 Meatballs)**

### For the Meatballs

1 large egg  
½ cup whole-milk ricotta  
¼ cup finely grated Pecorino Romano, plus extra for serving  
¼ cup finely chopped fresh flat-leaf parsley  
1 garlic clove, finely chopped  
Kosher salt (such as Diamond Crystal) and freshly ground black pepper  
½ pound ground beef  
½ pound ground pork  
¼ cup olive oil, plus more for drizzling

### For the Sauce

1 tablespoon olive oil  
1 garlic clove, finely grated  
1 (24-ounce) jar passata or  
1 (28-ounce) can crushed tomatoes

## Preparation

**Total Time: 1 hour 15 minutes**

### Step 1

Prepare the meatballs: In a large bowl, whisk to combine the egg, ricotta, Pecorino Romano, parsley, garlic, 2 teaspoons salt and 1½ teaspoons pepper. With your hands or a spatula, mix in the ground beef and pork until the ingredients are evenly distributed.

### Step 2

Form the meatballs: Using a standard soup spoon, scoop a scant ¼ cup of the meatball mixture into the palm of your hand, and use the spoon to scrape the mixture against your palm and shape it into a ball. Repeat with the remaining mixture to form 12 meatballs.

### Step 3

Make the sauce: In a medium saucepan, heat the 1 tablespoon olive oil over medium. Add the garlic and stir until fragrant, about 1 minute. Add the passata and simmer on low until bubbling, 4 to 5 minutes, season with salt and pepper.

### Step 4

To cook the meatballs, heat the ¼ cup olive oil in a medium skillet over medium heat. Once the oil is hot and shimmery, add half the meatballs and sear until golden brown on all sides, 4 to 5 minutes. Transfer the browned meatballs to the prepared sauce and repeat with the remaining meatballs.

### Step 5

Simmer the seared meatballs in the tomato sauce until they are cooked through and tender, 20 to 25 minutes.

### Step 6

Serve the meatballs with the tomato sauce, more Pecorino and a drizzle of olive oil.

# Marcella Hazan's Tomato Sauce



## Ingredients

**Yield: 4 servings**

2 cups tomatoes, in addition to their juices (for example, a 28-ounce can of San Marzano whole peeled tomatoes)

5 tablespoons butter

1 onion, peeled and cut in half

Salt

## Preparation

**Total Time: 1 hour**

### Step 1

Combine the tomatoes, their juices, the butter and the onion halves in a saucepan. Add a pinch or two of salt.

### Step 2

Place over medium heat and bring to a simmer. Cook, uncovered, for about 45 minutes. Stir occasionally, mashing any large pieces of tomato with a spoon. Add salt as needed.

### Step 3

Discard the onion before tossing the sauce with pasta. This recipe makes enough sauce for a pound of pasta.

# Martha Stewart's Mashed Potatoes



## Ingredients

**Yield: 8-12 servings**

Kosher salt and freshly ground pepper  
3½ pounds Yukon Gold potatoes (about 9 medium potatoes)  
8 ounces cream cheese, softened  
½ cup unsalted butter, softened  
½ cup heavy cream, warmed  
¼ cup whole milk, warmed

## Preparation

**Total Time: 1 hour 45 minutes**

### Step 1

Fill a large pot with 1 to 2 inches of water and add a pinch of salt. Set a steamer basket in the pot, making sure the water doesn't seep through the holes. Bring to a boil, then reduce to a rapid simmer. Add the whole potatoes to the basket and steam until they are tender when pierced with the tip of a paring knife, 30 to 45 minutes, depending on size. (Be sure to check the water level halfway through.)

### Step 2

Remove potatoes from the pot and let stand until just cool enough to handle. Rub off the skins and discard. Cut the potatoes into pieces and pass through a food mill or ricer into a large bowl.

### Step 3

Add the cream cheese, butter, cream and milk to the bowl and mash with a masher (or beat with an electric mixer). Season with salt and pepper, and beat to desired consistency. Return the mashed potatoes to the pot and cover to keep warm until serving. (The potatoes can be made up to 4 hours ahead and refrigerated, covered; you can reheat on the stove or in the microwave before serving.)

# Chicken Noodle Soup



## Ingredients

**Yield: 4-6 servings**

- 2 tablespoons unsalted butter
- 1 medium yellow onion, finely chopped
- Salt and black pepper
- 8 cups chicken stock
- 2 bay leaves or thyme sprigs (or 1 teaspoon dried thyme)
- ¼ cup finely chopped parsley or dill, stems reserved, plus more for garnish
- 2 medium carrots, cut into ½-inch pieces
- 2 celery stalks, cut into ½-inch pieces
- 6 ounces dried noodles, such as egg noodles or short pasta
- 3 cups shredded, cooked chicken (from 1 rotisserie chicken)

## Preparation

**Total Time: 40 minutes**

### Step 1

In a large pot or Dutch oven, melt the butter over medium.

### Step 2

Add the onion, season with salt and pepper, and cook until softened but not browned, 5 to 7 minutes.

### Step 3

Add the chicken stock, bay leaves and herb stems and bring to a boil over high.

### Step 4

Add the carrots, celery and noodles and cook, uncovered, over medium-high until the pasta is al dente according to package directions, 7 to 10 minutes.

### Step 5

Add the chicken and simmer just until warmed, 1 to 2 minutes. Pluck out the bay leaves and herb stems, stir in the chopped parsley, and season to taste with salt and pepper

# The Silver Palate's Chicken Marbella



## Ingredients

**Yield: 6-8 servings**

- |                                     |   |
|-------------------------------------|---|
| ½ cup olive oil                     | 2 teaspoons of salt                               |
| ½ cup red wine vinegar              | ¼ teaspoon freshly ground pepper                  |
| 1 cup pitted prunes                 | 2 chickens, 3½ to 4 pounds each,<br>quartered     |
| ½ cup pitted Spanish green olives   | 1 cup dry white wine                              |
| ½ cup capers, with a bit of juice   | 1 cup brown sugar                                 |
| 6 bay leaves                        | 2 tablespoons finely chopped flat-leaf<br>parsley |
| 1 head of garlic, peeled and puréed |   |
| ½ cup fresh oregano, chopped, or    |   |
| ¼ cup dried oregano                 |   |

## Preparation

**Total Time: 1 hour 20 minutes**

### Step 1

In a large bowl, combine the olive oil, vinegar, prunes, olives, capers and juice, bay leaves, garlic, oregano, salt and pepper. Add the chicken pieces and turn to coat. Refrigerate overnight.

### Step 2

Preheat the oven to 350 degrees. Arrange the chicken in a single layer in a shallow roasting pan; spoon the marinade over it evenly. Pour in the wine and sprinkle the chicken with the brown sugar.

### Step 3

Bake until the thigh pieces yield clear yellow juice when pricked with a fork, 50 to 60 minutes, basting two or three times with the pan juices once the chicken begins to brown. (When basting, do not brush off the sugar. If the chicken browns too quickly, cover lightly with foil.)

### Step 4

Transfer the chicken pieces to a warm serving platter and top with the prunes, olives and capers; keep warm. Place the roasting pan over medium heat and bring the pan juices to a boil. Reduce to about ½ cup. Strain into a heatproof bowl, add the parsley and pour over the chicken.

# Chinese Fried Rice With Shrimp and Peas



## Ingredients

**Yield: 4-6 servings**

- 3 large eggs
- 2 tablespoons vegetable or canola oil
- 2 garlic cloves, minced
- 2 teaspoons minced fresh ginger
- ½ pound medium shrimp, peeled, deveined and cut in ¾-inch pieces
- 1 tablespoon dry sherry
- 5 to 6 cups cooked and cooled basmati or long-grain rice
- 1 bunch scallions, thinly sliced, white and green parts separated
- ½ cup cooked fresh or thawed frozen peas
- 2 tablespoons soy sauce
- ¼ cup chopped cilantro

## Preparation

**Total Time: 15 minutes**

### Step 1

Beat one of the eggs in a small bowl and salt lightly. Heat 1 teaspoon of the oil over medium-high heat in a small nonstick frying pan, and add the beaten egg. Swirl in the pan until the egg forms an even coat, like a thin pancake. When the egg is cooked through, roll up and slide onto a plate. Cut in thin strips (you can use a scissors or a knife). Set aside.

### Step 2

Heat a wok or large, heavy nonstick skillet over medium-high heat until a drop of water evaporates upon contact. Add the remaining oil and swirl around the pan, then add the shrimp and cook about one minute, stirring and tossing with a spatula or wok scoop until just about cooked through and pink. Add the garlic and ginger, and stir-fry for 30 seconds. Add the sherry, and stir everything together. When the sizzling stops, pour in the remaining beaten egg. Stir-fry until scrambled, and add the rice. Cook the rice — scooping it up, then pressing it into the pan and scooping it up again — for about two minutes. Stir in white and lighter green parts of the scallions, the peas and the soy sauce. Stir together for about half a minute, and transfer to a warm serving platter. Sprinkle the egg strips, scallion greens and cilantro over the top. Serve hot.

### Tip

Advance preparation: This dish is best served right away, but you can prepare the ingredients a few hours ahead. Martha Rose Shulman can be reached at [martha-rose-shulman.com](http://martha-rose-shulman.com).

# Everyday Dal



## Ingredients

**Yield: 4 servings**

1 cup red lentils (also known as red split lentils or masoor dal)  
1 teaspoon ground turmeric  
Salt  
3 tablespoons ghee  
2 teaspoons cumin seeds  
1/8 to 1/4 teaspoon ground red chile  
1/8 teaspoon asafetida (optional but extremely good, see Tip)  
Rice or roti, for serving

## Preparation

**Total Time: 15 minutes**

### Step 1

Combine the lentils (no need to rinse them) with the turmeric, 1 teaspoon salt and 3 cups of water in a medium saucepan. If you like your dal a little soupier, add an extra cup of water here. Bring to a boil over high heat. Reduce the heat to a simmer, cover and cook for 5 to 8 minutes, until the lentils resemble a loose porridge. If the lentils are too thick, add a little hot water.

### Step 2

In a small pan or pot, melt the ghee over medium heat and add the cumin seeds. Let them cook until they are aromatic and a darker shade of brown, about 1 minute. Stir in the red chile powder and asafetida, let them toast for a few seconds until fragrant (the asafetida will give off a garlic-esque scent), then remove from the heat.

### Step 3

Taste the lentils and add more salt if desired. Pour the hot ghee over the lentils — you can either stir to combine or leave it be, for a dramatic presentation — and serve with rice or roti.

### Tip

Asafetida is a tree resin used commonly as a seasoning in South Asian cuisines. It has a wonderfully potent, sort of allium-esque flavor that adds depth to many dishes. It can be ordered online or found in South Asian grocery stores, and it is worth going out of your way to purchase — it really makes this dish sing. An imperfect but somewhat suitable substitute is garlic powder.

# One-Pot Whole Roasted Chicken and Rice



## Ingredients

**Yield: 4 servings**

Small pinch saffron threads (optional)  
Pinch granulated sugar (optional)  
1 whole (4- to 5-pound) chicken, trimmed of excess fat  
Kosher salt (such as Diamond Crystal) and black pepper  
¼ cup extra-virgin olive oil  
1 large yellow onion, finely chopped  
2 large garlic cloves, chopped  
1½ teaspoons ground turmeric  
1½ cups white basmati rice, rinsed and drained  
2 tablespoons lemon juice  
Green herbs, such as parsley or cilantro, as garnish (optional)

## Preparation

**Total Time: 2 hours**

### Step 1

Heat oven to 375 degrees. If using the saffron, bring 2 tablespoons of water to a boil and let stand for 2 minutes to allow the temperature to drop as you grind the saffron. Using a mortar and pestle, grind the saffron with the sugar to a fine powder, then add the hot water, gently stir, cover and let steep until ready to use. This is the saffron water.

### Step 2

Pat the chicken dry and season it generously all over (inside the cavity as well) with 5 to 7 teaspoons of salt, and about 2 teaspoons pepper. If your chicken is smaller, adjust seasoning accordingly. (Can be done up to 24 hours in advance and kept in the refrigerator, uncovered. Take the chicken out 30 minutes before cooking.)

### Step 3

In a large Dutch oven, heat 3 tablespoons of olive oil over medium heat. Add the onion and cook, stirring occasionally, until golden, 7 to 9 minutes. Reduce heat to medium-low, sprinkle the onion with a little salt, add the garlic and cook until softened, 1 to 2 minutes. Add ½ teaspoon of turmeric and stir until fragrant, about 30 seconds. Turn the heat off and transfer the onion mixture to a small bowl. Don't wash the pot.

### Step 4

Sprinkle 1 teaspoon of turmeric all over the chicken. In the same pot, heat 1 tablespoon of oil over medium-high, and carefully place the chicken breast side down in the pot. Cook on the stovetop until golden, about 5 minutes. Very carefully, turn the chicken over and cook the back side until golden, another 5 minutes.

### Step 5

Scatter the onion mixture around the chicken, avoiding the top, and pour 2½ cups water around the sides of the pot. (Don't pour the water over the chicken.) Bring to a quick boil, cover and place in the oven for 50 minutes.

### Step 6

Remove the pot from the oven, and add the rice evenly to the liquid around the side of the pot. Drizzle the lemon juice and saffron water (if using) over the chicken, cover and place back in the oven for 30 minutes, until the chicken and rice are cooked through. Remove from the oven and let stand, covered, for 5 minutes before serving. Garnish with herb.

### Step 7

It's best to carve the chicken right in the pot and serve along with the rice. But you can also gently lift the chicken out and place it on a board and carve.

# Pommes Dauphinoises



## Ingredients

**Yield: 6-8 servings**

2 garlic cloves, smashed or cut in half  
Kosher salt, such as Diamond Crystal  
2 tablespoons butter, at room temperature, divided  
2 cups/500 milliliters heavy cream  
4 to 5 thyme sprigs, plus 2 tablespoons and 1 teaspoon thyme leaves  
1½ to 1¾ pounds Yukon Gold potatoes (6 large or 7 to 8 medium), well-rinsed  
Black pepper  
1 whole nutmeg, for grating  
1/3 cup/38 grams shredded Gruyère

## Preparation

**Total Time: 1 hour 40 minutes**

### Step 1

Heat the oven to 375 degrees. Prepare a 9-by-13-inch baking dish or pan: Sprinkle 1 garlic clove with a pinch of salt and rub it around the bottom and sides of the dish. (Reserve the garlic clove to use in the steeped cream.) Spread 1 tablespoon of butter over the bottom and sides to coat.

### Step 2

Steep the cream: In a small saucepan, combine cream, thyme sprigs, the remaining 1 tablespoon of butter and both garlic cloves. Heat the mixture over medium until the cream starts to steam and ripple. Reduce heat to very low and simmer for 2 minutes. Remove from heat and let steep while you prepare the potatoes.

### Step 3

Remove any eyes from the potatoes, but do not peel them. Slice the potatoes crosswise into 1/8-inch-thick slices. (A mandoline is the best tool for this job.) Do not rinse the potatoes after slicing; the starch is important to thicken the cream.

### Step 4

Strain the cream into a liquid measuring cup or other spouted container.

### Step 5

Arrange a single, slightly overlapping layer of potatoes evenly on the bottom of the prepared dish. Drizzle the center with 2 tablespoons of the cream, sprinkle evenly with salt (a scant 1/2 teaspoon), a few hearty grates of nutmeg and a couple cracks of black pepper. Evenly arrange another layer of potato on top of that layer, drizzle with another 2 tablespoons of cream in the center and sprinkle with another scant 1/2 teaspoon salt and 2 teaspoons of picked thyme leaves. Repeat each of these layers once more until you have four layers. Arrange the potatoes in a fifth and final layer overlapping in pretty scallop formation. Pour the remaining cream over the top and sprinkle with a final 1/2 teaspoon of salt and a little nutmeg.

### Step 6

Bake the potatoes, uncovered, for 40 minutes. Meanwhile, combine the Gruyère with remaining 1 tablespoon thyme leaves and set aside.

### Step 7

After 40 minutes, remove from the oven. Sprinkle evenly with the Gruyère mixture and bake for another 10 to 15 minutes, until browned and bubbly on top. Let cool in the pan for 20 minutes before serving.

# Chicken Florentine



## Ingredients

**Yield: 4 servings**

¼ cup all-purpose flour	1 teaspoon dried basil (or 1
¼ cup grated Parmesan, plus more for	tablespoon chopped fresh basil)
serving	1 teaspoon dried oregano (or 1
Salt and black pepper	teaspoon chopped fresh oregano)
4 thin-cut boneless skinless chicken	½ cup heavy cream
breasts (about 1 pound)	2 ounces cream cheese, at room
1 tablespoon olive oil	temperature
4 tablespoons butter (salted or unsalted)	2 cups packed baby spinach (about 3
1 medium shallot, minced	ounces)
2 garlic cloves, minced	
½ cup dry white wine	
½ cup chicken broth	

## Preparation

**Total Time: 30 minutes**

### Step 1

On a plate, mix together the flour, Parmesan and 1 teaspoon each salt and pepper. Dredge each chicken breast in the mixture, evenly coating on both sides.

### Step 2

Heat a large pan over medium. Add olive oil and 2 tablespoons of butter to the pan and melt to combine. Add the chicken and cook until golden brown (but not cooked through), about 4 minutes on each side. Remove chicken from pan and set aside.

### Step 3

Add remaining 2 tablespoons of butter to the pan and let it melt. Add shallot, garlic and a pinch of salt and cook, stirring until the shallot is softened and the garlic is aromatic, about 2 minutes.

### Step 4

Add wine, broth, basil and oregano, and stir, scraping the browned bits from the bottom of the pan, until the liquid has reduced by about half, 3 to 4 minutes. Add the heavy cream and cream cheese and stir, allowing the cream cheese to soften and melt, until a thick sauce forms, about 6 minutes. Add baby spinach and stir until it is folded into the cream sauce and the spinach is beginning to wilt, about 1 minute.

### Step 5

Return the chicken breasts to the pan and simmer until the chicken is cooked through, 4 to 5 minutes. Remove from heat and serve immediately with freshly grated Parmesan on top.

# Roasted Salmon Glazed With Brown Sugar and Mustard



## Ingredients

**Yield:** Number of servings vary

Salmon fillets, preferably wild or farmed organically  
Dijon mustard  
Brown sugar  
Salt and black pepper

## Preperation

**Total Time:** 15 minutes

### Step 1

Heat your oven to 400 degrees.

### Step 2

Make a mixture of Dijon mustard and brown sugar to the degree of spicy-sweetness that pleases you. Salt and pepper the salmon fillets.

### Step 3

Place the salmon fillets skin-side down on a lightly oiled, foil-lined baking sheet. Slather the tops of the fillets with the mustard and brown sugar glaze and slide them into the top half of your oven. Roast for about 12 minutes, then serve.

# Corn Risotto



## Ingredients

**Yield: 4**

### For the Risotto

6 cups corn stock or chicken stock  
2 tablespoons unsalted butter  
1 leek, white and light green parts  
1 teaspoon kosher salt  
¼ teaspoon black pepper  
1 cup arborio rice  
½ cup dry white wine  
1½ cups raw corn kernels (about 2 ears corn)  
1 cup grated Parmesan cheese  
¼ cup heavy cream  
2 tablespoons minced chives (optional)

### For the Corn Stock (optional)

2 corn cobs (kernels removed and reserved for risotto)  
1 onion, cut into quarters  
1 carrot, cut into 1-inch pieces  
1 celery rib, cut crosswise into 1-inch pieces  
Dark green leaves from 1 leek (reserve white and light green parts for risotto)  
2 cloves garlic, smashed  
1 teaspoon salt  
1 teaspoon whole black peppercorns

## Preparation

**Total Time: 1 hour 45 minutes**

### For the Risotto

#### Step 1

Bring the corn stock or chicken stock to a simmer in a saucepan and keep it simmering as you prepare the risotto.

#### Step 2

Melt 1 tablespoon butter in a wide, high-sided sauté pan over medium-low heat. Add leek and cook, stirring occasionally, until softened but not browned, about 6 minutes. Season with salt and pepper. Add rice and cook, stirring, until grains look slightly translucent.

#### Step 3

Pour in wine and cook, stirring, until it has all been absorbed, about 1 to 2 minutes.

#### Step 4

Add a ladleful of hot corn stock to the rice mixture and cook, stirring constantly, until rice has absorbed all of the stock. Continue cooking, adding ladlefuls of stock whenever rice mixture looks dry and stirring continuously. When half the stock has been added, stir in corn. Continue cooking until all of the stock is incorporated, corn is tender and rice is creamy and tender, about 30 to 40 minutes total.

#### Step 5

Remove risotto from heat and stir in Parmesan and remaining tablespoon of butter. Cover and let stand for 5 minutes.

#### Step 6

In an electric mixer fitted with the whisk attachment, beat cream at high speed until it holds stiff peaks. Uncover risotto, stir vigorously and season to taste with salt and pepper. Immediately before serving, stir in the chives, if using, then gently fold in cream.

### For the Corn Stock

#### Step 7

Combine all ingredients with 6 cups water in a large pot. Bring to a boil over high heat. Reduce heat so liquid is simmering; cover pot and let simmer for 30 minutes. Strain through a fine-mesh strainer. Add enough water to bring liquid up to 6 cups.

# Khorak-e Loobia Sabz



## Ingredients

**Yield: 6 servings**

- 1 pinch saffron threads (optional), see Tip
- ¼ cup olive oil, plus more as needed
- 1 large yellow onion, finely chopped
- Kosher salt, such as Diamond Crystal
- 1 teaspoon ground turmeric
- ¼ teaspoon black pepper
- 1 ½ pounds boneless, skinless chicken thighs (about 5), cut into 1 ½-inch pieces
- 2 tablespoons tomato paste
- 1 pound green beans, trimmed and sliced into 3-inch-long pieces
- 2 large carrots, halved lengthwise and sliced into ½-inch-thick half-moons
- 1 large Yukon Gold potato, peeled and cut into 1- to 1 ½-inch cubes
- 1 (3-inch) cinnamon stick
- 3 tablespoons lemon juice (from 1 lemon), plus more as needed

## Preparation

**Total Time: 1 hour 45 minutes**

### Step 1

Prepare the saffron water, if using (see Tip): In a kettle or a saucepan, bring 2 tablespoons of water to a boil, then let stand for 2 minutes to allow the temperature to drop slightly while you grind the saffron. Using a mortar and pestle, grind the saffron to a fine powder (you will have a scant ¼ teaspoon). Add the hot water, gently stir, cover and let steep until ready to use.

### Step 2

In a large (12-inch) deep pan with a lid, or large (5-quart) Dutch oven, heat the oil over medium. Add the onion and cook, stirring occasionally, until golden, 10 to 12 minutes. Sprinkle with a little salt, add the turmeric and pepper, and stir until fragrant, about 30 seconds more.

### Step 3

Add the chicken, season with 2 teaspoons of salt, and cook, stirring occasionally, until the chicken is no longer pink, 3 to 5 minutes. Add the tomato paste, and cook, stirring frequently, until the tomato paste is no longer raw and infuses its color into the oil, about 2 minutes. Drizzle in a little more oil if the pan is too dry.

### Step 4

Add the green beans, carrots, potatoes and cinnamon stick, and season with 1 teaspoon salt. Cook, stirring occasionally, until the vegetables just come out of their raw state, about 3 minutes. Add 1 cup of water. Increase to medium-high, bring to a boil, cover, adjust heat to low and gently simmer, stirring occasionally, until the chicken is tender and the vegetables are fork-tender but not mushy, 30 to 35 minutes.

### Step 5

Remove the cinnamon stick from the pot, add the lemon juice and saffron water, stir and simmer, with the pot partially covered, until the flavors come to life, about 15 minutes. While the stew simmers, taste for salt and lemon juice and adjust as needed.

### Tip

If a mortar and pestle isn't available, finely crush the saffron using your fingertips or mince finely with a knife. If your mortar and pestle easily absorbs stains, transfer the crushed saffron to a small bowl before adding the water.

# Puttanesca



## Ingredients

**Yield: 4 servings**

¼ cup extra-virgin olive oil  
4–5 whole garlic cloves, peeled  
2 cans (32 oz each) whole San Marzano tomatoes  
1–2 tsp red pepper flakes (to taste)  
½ tube anchovy paste  
A handful of Kalamata olives, halved  
A handful of capers, drained  
Dried basil  
Freshly ground black pepper

## Preparation

**Total Time: 45 minutes**

### Step 1

Heat the olive oil in a pan over medium heat. Add the whole garlic cloves and cook until lightly browned. Remove the pan from the heat.

### Step 2

Add the two cans of whole San Marzano tomatoes to the pan. Use a large knife or kitchen shears to cut the tomatoes directly in the pan. Season with black pepper, red pepper flakes, and a handful of dried basil.

### Step 3

Return the pan to medium-low heat and cook for 30 minutes. Use a potato masher to break down the tomatoes, leaving some pieces chunky.

### Step 4

Add half a tube of anchovy paste and stir until fully mixed into the sauce.

### Step 5

Add half of the olives and half of the capers. Stir and cook for another 15 minutes.

### Step 6

Serve over any pasta of your choice.

# Best Baked Potato Ever



## Ingredients

**Yield: 1 serving**

One Idaho potato  
Olive oil/butter  
salt

## Preparation

**Total Time: 1 hour**

### Step 1

Preheat the oven to 425°F. Pierce the potato several times with a knife.

### Step 2

Place the potato on a sheet of parchment paper and bake for 30 minutes.

### Step 3

Remove the potato from the oven. Coat the entire potato with olive oil or butter and sprinkle with salt.

### Step 4

Return the potato to the oven and bake for another 30 minutes, or until the inside is tender.

### Step 5

Remove from the oven and add your preferred toppings.

# Rolled Pork Roast



## Ingredients

**Yield: 6-8 servings**

1 pork roast (3–5 lb), bone removed, small fat layer on top  
Black peppercorns  
Salt and pepper  
Baby potatoes  
Baby carrots

## Preparation

**Total Time: 1 hour 30 minutes**

### Step 1

Preheat the oven to 375°F. Place the pork roast on a rack inside a roasting pan.

### Step 2

Season the top of the roast with black peppercorns. Add salt and pepper as desired.

### Step 3

Place the roasting pan in the oven and cook for 30 minutes.

### Step 4

Remove the pan from the oven. Add the potatoes and carrots to the bottom of the pan and toss them in the drippings.

### Step 5

Return the pan to the oven and roast for another 45 minutes. Check the internal temperature of the pork; it should read 145°F.

### Step 6

If the temperature is below 145°F, return the roast to the oven for an additional 15 minutes.

### Step 7

Remove from the oven and let the roast rest for 5–10 minutes before slicing and serving.

# Madeira Wine Sauce Gravy



## Ingredients

**Yield: 6-8 servings**

Madeira wine  
Beef stock  
Shallots, finely minced  
Dried parsley  
1 stick of butter  
Flour  
Salt and pepper

## Preparation

**Total Time: 1 hour 30 minutes**

### Step 1

Melt the stick of butter in a small sauté pan over medium heat.

### Step 2

Add the minced shallots and cook until fragrant.

### Step 3

Add 1½ cups of beef stock, ½ cup of Madeira wine, salt, pepper, and dried parsley.

### Step 4

Let the sauce simmer and taste occasionally, adding more Madeira if needed as it cooks down.

### Step 5

In a separate small bowl, mix 2 tablespoons of flour with a little hot water and black pepper to form a smooth paste.

### Step 6

Whisk the flour paste into the sauce to thicken. Continue cooking until it reaches your desired consistency.

### Step 7

Serve with pork roast, leg of lamb, veal, or chicken cutlets.

# Swordfish Paillards



## Ingredients

**Yield: 6-8 servings**

6–8 very thin pieces of swordfish  
Salt and pepper  
Olive oil  
2 large red onions, sliced  
Red wine vinegar  
White wine  
1 tab of butter

## Preperation

**Total Time: 30-45 minutes**

### Step 1

In a large sauté pan, coat the bottom with olive oil. Add the sliced red onions and cook until soft, about 10–15 minutes.

### Step 2

Move the onions to the side or remove them from the pan.

### Step 3

Season the swordfish with salt and pepper. Add the swordfish to the same pan and sauté until browned on both sides.

### Step 4

Add  $\frac{1}{4}$  cup of white wine and  $\frac{1}{4}$  cup of red wine vinegar to the onions and stir to create a sauce.

### Step 5

Add a tab of butter and let it melt into the sauce.

### Step 6

Spoon the sauce and onions over the swordfish and serve.

# Broccoli Rabe with Ground Sausage



## Ingredients

**Yield: 4-6 servings**

- 1 bunch broccoli rabe, rinsed and chopped
- 4–5 garlic cloves, sliced
- Olive oil
- Red pepper flakes
- Salt and pepper
- 3 sweet sausages
- 3 spicy sausages

## Preparation

**Total Time: 45 minutes**

### Step 1

In a large sauté pan, coat the bottom with olive oil and add the sliced garlic.

### Step 2

Remove the sausages from their casings and add them to the pan. Cook until browned.

### Step 3

Add the broccoli rabe to the pan and cook for 15–20 minutes, or until al dente.

### Step 4

Season with salt, pepper, and red pepper flakes. Continue cooking until everything is well combined.

### Step 5

In a separate pan, heat a 5 quart sauté pan with water, salt, and a drop of olive oil. Bring it to a boil and add your favorite pasta (penne, spaghetti, rigatoni, etc.). Cook until al dente which should be approximately 10 minutes and then drain the water.

### Step 6

Transfer the pasta into a serving bowl, pour the broccoli rabe and sausage mixture over the pasta and mix well. Add parmesan cheese if desired.

### Step 7

Remove from the oven and let the roast rest for 5–10 minutes before slicing and serving.

# Beef Bourguignon



## Ingredients

**Yield: 6-8 servings**

1 (3-pound) filet of beef, trimmed  
Kosher salt and freshly ground black pepper, for seasoning plus 1 teaspoon salt and 1/2 teaspoon pepper  
3 to 4 tablespoons good olive oil  
1/4 pound bacon, diced  
2 garlic cloves, minced  
1 1/2 cups good dry red wine, such as Burgundy or Chianti  
2 cups beef stock  
1 tablespoon tomato paste  
1 sprig fresh thyme  
1/2 pound pearl onions, peeled  
8 to 10 carrots, cut diagonally into 1-inch-thick slices  
3 tablespoons unsalted butter at room temperature  
2 tablespoons all-purpose flour  
1/2 pound mushrooms, sliced 1/4-inch thick (domestic or wild)

## Preparation

**Total Time: 1 hour 30 minutes**

### Step 1

With a sharp knife, cut the filet crosswise into 1-inch-thick slices. Salt and pepper the filets on both sides. In a large, heavy-bottomed pan on medium-high heat, saute the slices of beef in batches with 2 to 3 tablespoons oil until browned on the outside and very rare inside, about 2 to 3 minutes on each side. Remove the fillets from the pan and set aside on a platter.

### Step 2

In the same pan, saute the bacon on medium-low heat for 5 minutes, until browned and crisp. Remove the bacon and set it aside. Drain all the fat, except 2 tablespoons, from the pan. Add the garlic and cook for 30 seconds.

### Step 3

Deglaze the pan with the red wine and cook on high heat for 1 minute, scraping the bottom of the pan. Add the beef stock, tomato paste, thyme, 1 teaspoon salt, and 1/2 teaspoon pepper. Bring to a boil and cook uncovered on medium-high heat for 10 minutes. Strain the sauce and return it to the pan. Add the onions and carrots and simmer uncovered for 20 to 30 minutes, until the sauce is reduced and the vegetables are cooked.

### Step 4

With a fork mash 2 tablespoons butter and the flour into a paste and whisk it gently into the sauce. Simmer for 2 minutes to thicken.

### Step 5

Meanwhile, saute the mushrooms separately in 1 tablespoon butter and 1 tablespoon oil for about 10 minutes, until browned and tender.

### Step 6

Add the filet of beef slices, the mushrooms, and the bacon to the pan with the vegetables and sauce. Cover and reheat gently for 5 to 10 minutes. Do not overcook. Season, to taste, and serve immediately.

# Sauteed Baby Bok Choy



## Ingredients

**Yield: 4 servings**

2 tablespoons neutral cooking oil, like canola  
2 garlic cloves, peeled and minced  
1½-inch piece ginger root, peeled and minced  
¼ teaspoon red-pepper flakes, or to taste  
4 bunches of baby bok choy, approximately 1½ pounds, cleaned, with the ends trimmed  
1 tablespoon soy sauce  
1 tablespoon chicken stock or water  
Toasted sesame oil for drizzling

## Preparation

**Total Time: 15 minutes**

### Step 1

In a large sauté pan with a lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.

### Step 2

Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan.

### Step 3

Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.

### Step 4

Remove to a warmed platter and drizzle with sesame oil.

# Tumeric-Ginger Salmon



## Ingredients

**Yield: 2 servings**

1 tablespoon finely chopped shallot (from 1 small shallot)  
2 teaspoons finely grated ginger (from a 2-inch piece)  
1 teaspoon finely chopped or grated garlic (about 1 large clove)  
1 teaspoon ground turmeric  
1 lemon, zested and juiced (about 3 tablespoons juice)  
Salt and pepper  
6 tablespoons olive oil, plus more for drizzling  
2 (4- to 6-ounce) skinless salmon fillets  
1 teaspoon fish sauce  
½ teaspoon crushed red pepper  
2 small scallions, thinly sliced  
Cooked rice noodles, tossed with oil or butter, for serving  
Sliced cucumbers, for serving  
Cilantro or dill, for serving  
Roasted and chopped peanuts, for serving (optional)

## Preparation

**Total Time: 1 hour**

### Step 1

In a bowl, whisk the shallot, ginger, garlic, ½ teaspoon of the turmeric, lemon zest, 2 teaspoons salt (Diamond Crystal or 1 teaspoon fine sea salt), ¼ teaspoon pepper and 3 tablespoons of the olive oil into a paste. Add the salmon filets to the bowl and rub the paste all over. Let marinate, refrigerated, for 15 to 30 minutes before cooking.

### Step 2

Right before the fish is done marinating, take the salmon out of the fridge and heat the oven to 400 degrees. In a small bowl, mix together the remaining 3 tablespoons of olive oil, the remaining ½ teaspoon turmeric, the lemon juice, fish sauce, crushed red pepper and scallions. Season with salt to taste.

### Step 3

Wipe off excess marinade from the filets and transfer to a sheet pan, baking dish or oven-safe skillet. Drizzle with olive oil and bake until the salmon is just turning opaque at the edges and is nearly cooked through, about 10 minutes. Remember, the fish will continue to cook a bit from residual heat outside the oven. Transfer to a serving platter.

### Step 4

Serve with the scallion sauce spooned over the fish, with rice noodles and cucumbers on the side. Top with herbs and sprinkle with chopped peanuts, if desired.

# Grandma's Carrot Cake



## Ingredients

**Yield: 10 slices**

### For the Carrot Cake

2 Cups all-purpose flour (250 grams)  
2 Teaspoons baking powder  
1 Teaspoon baking soda  
1 1/2 Teaspoons ground cinnamon  
1/4 Teaspoon ground nutmeg  
1/2 Teaspoon salt  
3/4 Cup canola or vegetable oil (180mL)  
4 Large eggs (room temp)  
1 Cup granulated sugar  
1 Cup lightly packed brown sugar  
1 Cup chopped walnuts  
3 Cups freshly grated carrots

### For the Cream Cheese Frosting

1 (8oz) brick style cream cheese  
1/2 Cup unsalted butter (115 grams)  
2 cups powdered sugar (240 grams)  
1 Teaspoon vanilla extract

## Preparation

**Total Time: 35 minutes**

### Step 1

Preheat oven to 350F. Spray two 9-inch round cake pans well with non stick cooking spray and line the bottom of each pan with a parchment paper circle. Set aside.

### Step 2

In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, and salt until well combined. Set aside.

### Step 3

In a separate large mixing bowl, whisk together the oil, eggs, brown sugar, granulated sugar, and vanilla extract until fully combined. Add the grated carrots to the wet ingredients and mix well until combined.

### Step 4

Pour the wet ingredients into the dry ingredients and mix with a whisk or rubber spatula until just combined, making sure not to over mix the batter.

### Step 5

Pour the cake batter evenly between both prepared cake pans. Bake for 30-35 minutes or until the top of the cakes are set and a toothpick inserted into the center of each one comes out clean.

### Step 6

Remove from the oven, transfer to a wire rack, and allow to cool in the pans for 20-25 minutes. Once the cakes have cooled, remove from the pans and return the cakes to the wire rack to finish cooling.

### Step 7

In a mixer bowl, beat the cream cheese until smooth. Add the butter and mix for about 30 seconds to 1 minute until well combined and smooth. Add in the powdered sugar and vanilla extract and continue mixing until combined.

### Step 8

Level the tops of each cake with a knife. Place one cake on a cake stand, top with 1/2 cup frosting and smooth it out. Place the other cake on top and use the remaining frosting to frost the sides and top. Top with toppings of choice.

# Blackberry Slump



## Ingredients

**Yield: 6-8 servings**

### For the Dumplings

1½ cups/190 grams all-purpose flour  
2 tablespoons granulated sugar  
1 tablespoon baking powder  
¾ teaspoon ground ginger  
Kosher salt (such as Diamond Crystal)  
1 cup/240 milliliters heavy cream  
1 large egg (optional)  
Turbinado or raw sugar for sprinkling

### For the Blackberries

1 cup/200 grams granulated sugar  
1½ tablespoons cornstarch  
Kosher salt (such as Diamond Crystal)  
6 cups/834 grams blackberries, fresh or frozen

### For Serving

Heavy cream or ice cream (both optional)

## Preparation

**Total Time: 45 minutes**

### Step 1

Make the dumplings: In a medium bowl, whisk together the flour, granulated sugar, baking powder, ginger and ½ teaspoon salt. Pour in the cream and stir with a spatula until combined.

### Step 2

Prepare the blackberries: In a 10-inch cast-iron skillet (or other shallow 2-quart dish that is both stovetop- and oven-safe), whisk together the sugar, cornstarch and ¼ teaspoon salt. Whisk in ¼ cup plus 2 tablespoons/90 milliliters water, and then stir in the berries. Cook over medium heat until bubbling and then simmer for about 5 minutes, stirring occasionally.

### Step 3

Portion the dough into about 16 small dumplings (about 1½ tablespoons/28 grams each) and decoratively top the fruit with them. Cover the skillet with a lid, if you have one (or a sheet of aluminum foil, or a heatproof plate wider than the cooking vessel), and cook the dumplings for 15 to 20 minutes, until a wooden skewer inserted in the center of one comes out clean and the tops are dry to the touch. Let sit for about 5 minutes to cool.

### Step 4

To give the dumplings a little optional extra color and texture, prepare an egg wash: Whisk the egg and ¼ teaspoon salt in a small bowl. Brush the dumplings with the wash, sprinkle with turbinado sugar and broil for 1 to 3 minutes, watching closely, until the dumplings are nicely browned.

### Step 5

Serve warm, with a drizzle of heavy cream or a scoop of ice cream, if desired. Fruit slump is best the day it is made, but will keep tightly wrapped in the refrigerator for up to 3 days. Reheat in a 300-degree oven for about 20 minutes.