

26 RECIPES FOR FALL

# Sunday Supper & More

Sheryl Julian



The Boston Globe

# Copyright

© 2012 by The Boston Globe

All rights reserved under the Pan-American and International Copyright Conventions.

This book may not be reproduced in whole or in part, in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system now known or hereafter invented, without written permission from the publisher.

ISBN: 978-0-9837815-9-2

# Introduction

Cooking a nice meal on Sunday night, with just a little more food than you need, makes it easy to prepare a completely different dish on another night that is nothing like the first. It's also a way to avoid frantic kitchen scenes in which everyone wants to know what's for dinner, no one wants to wait, and you're wondering yourself what to make.

Sunday Supper & More is designed so that two nights of the week are a breeze for the cook and the family. As long as the oven is on for that roast chicken, go ahead and make a bird larger than you need so you have something to put in another dish the next day. Buy more pork loin than you might be planning, and you have filling for fajitas. You can transform leg of lamb, salmon, white fish fillets, roast beef, turkey breast, even meatballs or chili into enticing second-day meals.

Here's the way it works: We offer a dish for Sunday supper, and a second recipe for how to turn it into another meal or several lunches (that's the "& more" part), and a shopping list. Keep a well-stocked pantry and reach for a substitute when you don't have an exact ingredient. We encourage improvisation. Use leeks instead of onions, goat cheese instead of cream, chopped pickles instead of capers, and so on. You may invent a new dish that's better than ours.

After several weeks of following this system, you'll have a stockpile of new recipes to turn to. We hope it shrinks your grocery bill, cuts down on your efforts in the kitchen, and enhances your time around the table with family and friends.

We think a cozy evening around the supper table is a fine way to start the week, especially when there's plenty left for tomorrow.

Happy cooking!  
Sheryl Julian  
Food Editor, *The Boston Globe*

# Keep These On Hand

## PANTRY

White, brown, and risotto rice

Pasta in several shapes

Canned imported Italian tomatoes

Tomato paste

Canned chipotles in adobo (put leftovers in freezer bag, flatten, freeze; do the same with tomato paste)

Canned white and black beans, chickpeas

Chicken stock

Crushed red peppers or maras peppers (ground Turkish peppers)

Sriracha or other hot sauce

Soy sauce

Rice vinegar

Fish sauce

Smoked paprika

## FRIDGE

Yogurt (unflavored)

Olives (black and green)

Ginger root

Lemons, limes, oranges, and apples

Onions, carrots, celery

Goat cheese, Parmesan, cheddar, feta

Capers

Dijon mustard

Mayonnaise

Parsley and thyme (chop both and refrigerate separately in containers for up to 1 week)

## FREEZER

Flour and corn tortillas

Crusty loaf

Pita

Peanuts, cashews , pine nuts, almonds

Bacon or pancetta

Wine cubes (leftover wine frozen in ice cube trays and popped into a plastic bag)

Chicken stock cubes (frozen leftover stock frozen in ice cube trays, popped into a plastic bag)

# Chicken soup, then sliders

By Sheryl Julian

I am about to share the extraordinary secret to great chicken soup.

Chicken.

For some reason, the proportion of poultry to liquid has shifted over the years to the watery pots our ancestors made out of necessity. They would certainly have added more meat to the pot if they had it. Chicken soup, the traditional standby of every Jewish table (and the bowl that can cure all ills) can be made with a whole chicken or lots of bones. Restaurateur Jean-Georges Vongerichten once told me that in many of his kitchens, broth is made with chicken wings because the knobby little bones produce the most intense liquid (they do). But start with chicken wings and you won't get silky pieces of chicken to serve in the bowls or turn into a beautiful creamy salad the following day.

To make a full-flavored broth, use 3 quarts water for a 3 ½- to 4-pound chicken, along with onions, carrots, and celery. Dice the onions and celery so they're easy to serve later, but leave the carrots in long, slender pieces so they look pretty in the bowl. Simmer the soup for 1 hour. You don't get more flavor if you cook it longer, but you do get overcooked meat.

Prepare the pot a day in advance, so you can chill the liquid and discard the fat. Leftover chicken, mixed with celery and mayonnaise, becomes the filling for tiny sandwiches. Use small, tender buns, spread them with avocado cream, tuck in lettuce, and you've transformed an ancient bowl into very modern sandwiches.

## SHOPPING LIST

*(For chicken soup, chicken salad sliders)*

1 whole chicken (3 ½ to 4 pounds)

6 carrots

5 stalks celery

2 onions

2 scallions

1 bunch fresh parsley

1 ripe avocado

4 leaves red or green leaf lettuce

½ lemon

Salt and pepper

12 small, soft buns

1 cup mayonnaise

3 tablespoons white wine vinegar

1 bay leaf

3 peppercorns

Sunday supper

# Chicken soup

Serves 6



Kosher chicken gives soup the most flavor. You can add a parsnip to this pot, if you like, and serve the bowls with shreds of chicken and tiny soup pasta or fine egg noodles. Or ladle only broth and vegetables into the bowls. If you want a stronger broth, add 2 split chicken breasts and enough additional water (about 2 cups) to just cover the meat.

1 whole chicken (3 ½ to 4 pounds), cut in half (reserve back, neck, and gizzard)

6 carrots, halved crosswise

2 stalks celery, cut into ½-inch dice

2 onions, cut into ½-inch dice

Handful fresh parsley stems

1 tablespoon kosher salt

3 quarts water



1 bay leaf

3 peppercorns

Handful fresh parsley leaves, chopped (for garnish)

1. With your fingers, pull off and discard any dark red bits around the base of the backbone and inside the chicken. Transfer the backbone, chicken halves, neck, and gizzard (not the heart or liver) to a large heatproof bowl.

2. Bring a tea kettle of water to a boil. Pour enough water to cover the chicken; set aside for 10 minutes.

3. In a soup pot, combine the carrots, celery, onions, parsley stems, and salt. With tongs, pull the chicken, backbone, neck, and gizzard from water and transfer to the pot. Discard soaking liquid.

4. Add the 3 quarts water to the chicken. Bring to a boil. Use a slotted spoon to skim the surface often. Add the bay leaf and peppercorns.

5. Lower heat, cover pot, and simmer the chicken for 1 hour or until cooked through. Skim the surface several times during cooking.

6. Let the pot cool for 30 minutes. Use tongs to transfer the chicken to a large container. With a slotted spoon, transfer the vegetables to another container. Discard parsley stems, bay leaf, and peppercorns. Strain the broth into a third container. Cool completely, cover, and refrigerate. Reserve the chicken for the chicken salad.

7. Discard the fat on the broth. Reheat the broth and vegetables until boiling. Taste for seasoning and add more salt, if you like. Ladle into bowls. Sprinkle with parsley.

& MORE

# Chicken salad sliders with avocado cream

Serves 4



## SALAD

$\frac{3}{4}$  cup mayonnaise, or more to taste

3 tablespoons white wine vinegar

Salt and pepper, to taste

1 whole cooked chicken, skin and bones removed, meat finely shredded

3 stalks celery, finely chopped

2 scallions, finely chopped

1. In a bowl, whisk the mayonnaise, vinegar, salt, and pepper until smooth.

2. Fold in the chicken, celery, and scallions. Taste for seasoning and add more mayonnaise, salt, or pepper, if you like.

## **AVOCADO CREAM**

1 ripe avocado

3 tablespoons mayonnaise

Squeeze of lemon juice

Salt and pepper, to taste

12 small, soft buns, split in half

4 leaves red or green leaf lettuce

1. Halve and pit the avocado. Scoop it into a shallow bowl. Mash the avocado with mayonnaise, lemon juice, salt, and pepper.

2. Spread the avocado mixture on the buns. Add chicken salad and lettuce. Close the sandwiches.

# Potato curry as a meal, then in triangular treats

By Karoline Boehm Goodnick

Potato curry is a vegetarian dream. The dish is substantial, has lots of flavor, and plenty of protein from chickpeas and yogurt. Start by sauteing garlic, chili pepper, and mustard seeds in butter. If your spice cabinet is full of intriguing aromatics, create your own personalized curry mixture; if not, buy a top quality blend at any grocery store. Coconut milk is a popular addition, but this version uses yogurt, then peas are stirred in at the end. The effect is light, tangy, and pretty.

Samosas are a hand-held pastry popular throughout much of the world, including the Mediterranean, Africa, and many parts of Asia. While variations are plentiful, the filling is traditionally potato based with peas and other legumes, and the triangular treat is often accompanied by herb-flavored chutney. Not all chutneys contain yogurt, but the cooling effects of the dairy counteract the pleasant heat of the curry spices. Use phyllo dough (easier than making pastry) to form the triangles, folding the dough as if it were a flag. Your golden triangles are just as inviting as the curry from which they were made - and just as pretty.

## SHOPPING LIST

*(For potato curry, samosas)*

5 tablespoons butter

1 cup plain yogurt

1 cup frozen peas

1 onion

3 cloves garlic

1 jalapeno

1 piece (1 inch) ginger

3 plum tomatoes

3 pounds (about 18) small golden potatoes

Juice of 3 limes

½ bunch fresh cilantro

½ bunch fresh mint

8 scallions

Salt and pepper

4 teaspoons canola oil

1 tablespoon mustard seeds

2 tablespoons curry powder

1 can (15 ounces) chickpeas

6 sheets phyllo dough

Sunday Supper

# Potato curry with chickpeas

*Serves 4 with leftovers*



- 1 tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 jalapeno or other small hot chili pepper, chopped
- 1 piece (1 inch) ginger, finely chopped
- 1 tablespoon mustard seeds
- Salt and black pepper, to taste
- 2 tablespoons curry powder
- 3 plum tomatoes, chopped
- 3 pounds (about 18) small, golden potatoes, cut into ½-inch pieces

3 cups water

1 can (15 ounces) chickpeas, drained and rinsed

1 cup frozen green peas

½ cup plain yogurt

Juice of 1 lime

¼ cup chopped cilantro

4 scallions, thinly sliced

1. In a large flameproof casserole over medium-high heat, heat the butter. Add the onion, garlic, chili pepper, ginger, mustard seeds, and salt. Cook, stirring often, for 5 minutes, or until onion softens.

2. Add the curry powder and cook, stirring, for 1 minute. Add the tomatoes, and cook, stirring, for 2 minutes.

3. Add the potatoes and stir well to coat them all over. Add water and bring liquid to a boil over high heat. Lower the heat, cover the pan, and simmer for 15 minutes.

4. Remove the lid, and turn up the heat so the liquid boils. Let the potatoes bubble over high heat, uncovered, for 5 minutes.

5. Stir in the chickpeas and green peas. Cook for 4 minutes or until green peas are hot. Transfer 4 cups of potato curry to a bowl; set aside for the samosas.

6. Remove the pan of curry from the heat. Stir in the yogurt, lime juice, and cilantro. Taste for seasoning and add more salt and black pepper, if you like. Sprinkle with scallions and serve with brown basmati rice.

& More

# Samosas with yogurt and mint chutney

*Makes 8 or enough to serve 4*



## **CHUTNEY**

4 scallions, thinly sliced

¼ cup chopped fresh mint

¼ cup chopped fresh cilantro

Juice of 2 limes

½ cup plain yogurt

Salt, to taste

1. In a bowl, combine the scallions, mint, cilantro, lime juice, yogurt, and salt.

2. Stir well; set aside.



## SAMOSAS

6 sheets phyllo dough

4 tablespoons butter, melted

4 cups potato curry, lightly smashed with a potato masher or a large fork

4 teaspoons canola oil

1. Set the oven at 300 degrees. Have on hand a rimmed baking sheet. Set a wire rack on it.
2. Lay 1 sheet of phyllo dough on a work surface. With a pastry brush, lightly moisten the sheet with butter. Lay another sheet of phyllo on top and butter again. Repeat with a third sheet and more butter.
3. Make 3 horizontal cuts, dividing the phyllo sheets into 4 thin pieces (each 4-by-13-inches). Place  $\frac{1}{2}$  cup of potato curry at one short side of each piece.
4. Fold the end of the dough over the filling to form a triangle. Continue to fold the strip into triangles, like a flag. Seal the ends with butter, if necessary.
5. Use the remaining 3 sheets of phyllo, butter, and filling to shape 4 more triangles.
6. In a large skillet over medium high heat, heat 2 teaspoons canola oil. When the skillet is hot, add 4 samosas. Cook for 4 minutes on each side or until the phyllo dough is golden.
7. With a metal spatula, transfer the samosas to the rack. Repeat with remaining 2 teaspoons canola oil and remaining 4 samosas.
8. Bake the samosas for 5 minutes or until they are heated through. Serve with chutney.

# Use your noodle to cook for kids

By Tony Rosenfeld

Noodles are standard fare on many family tables. Add a little variety to the menu and try some new kinds. Fresh udon noodles, made from wheat and available at most supermarkets, maintain a pleasant toothiness, even after cooking. Here, they star in a stir-fry for one supper, an aromatic bowl of soup for another.

On the first night, stir-fry cooked noodles with a spicy mixture of crunchy Napa cabbage, morsels of flank steak or sirloin tips, chili-garlic sauce, and soy sauce. The assertive dish is just hot enough to be pleasing. Leftover noodles are usually destined for the microwave, but here, they're headed for a flavorful bowl. Set aside enough of the noodles and beef for a soup with the heat dialed back. Enhance chicken stock with soy sauce, rice vinegar, and dark sesame oil, reheat the stir-fried mixture in it, and you have a delicious but delicate soup. If you're determined to stick with the noodles you know and love, by all means use them. The stir-fry sauce and presentation may be all the new you need.

## SHOPPING LIST

*(For stir-fried noodles, noodle soup)*

- 1 ¼ pounds flank steak or sirloin tips
- 1 package (14 ounces) firm tofu
- 2 packages (9 ounces each)
- fresh udon (or "Japanese-style") noodles
- 1 small head Napa cabbage
- 5 ounces (about 6 cups)
- baby spinach
- 1 Spanish onion
- 2 scallions
- Salt
- 3 teaspoons dark sesame oil
- 7 cups chicken stock

4 tablespoons soy sauce  
2 teaspoons rice vinegar  
1 teaspoon cornstarch  
4 tablespoons canola oil  
2 cloves garlic  
1 tablespoon rice wine vinegar  
1 teaspoon chili-garlic sauce  
(such as sriracha)  
2 teaspoons sugar  
1 tablespoon toasted sesame seeds

Sunday Supper

# Stir-fried noodles with spicy beef and Napa cabbage

*Serves 4 with leftovers*



Salt, to taste

2 packages (9 ounces each) fresh udon (or "Japanese-style") noodles

1 teaspoon dark sesame oil

1 ¼ pounds flank steak or sirloin tips, cut into thin strips

2 tablespoons soy sauce

1 teaspoon cornstarch

3 tablespoons canola oil

2 cloves garlic, finely chopped

1 small head Napa cabbage, cut into 1-inch pieces (to make 4 cups)

1 tablespoon rice wine vinegar

1 teaspoon chili-garlic sauce (such as sriracha), or to taste

1 teaspoon sugar

1 tablespoon toasted sesame seeds

2 scallions, thinly sliced

1. Bring a large pot of salted water to a boil. Add the noodles and cook, stirring occasionally, for 3 minutes or until they are just tender. Drain well. Transfer to a bowl and toss with the sesame oil.

2. Meanwhile, in a large bowl, toss the beef with 1 teaspoon of the soy sauce, a generous sprinkling of salt, and the cornstarch.

3. In a large wok or skillet over medium-high heat, heat 1 ½ tablespoons canola oil until hot. Add the beef and cook, stirring constantly, for 2 minutes or until it loses its raw color. Transfer to a large plate.

4. Add the remaining 1 ½ tablespoons canola oil to the pan. Cook the garlic, stirring constantly, for 20 seconds or until it starts to sizzle steadily. Add the cabbage, sprinkle lightly with salt, and cook, stirring, for 2 minutes or until it wilts but is still a little crunchy.

5. In a small bowl, whisk together the remaining soy sauce with the vinegar, chili sauce, and sugar. Return the beef to the pan, pour in the sauce, and cook, stirring, for 1 to 2 minutes or until the flavors blend and the beef is cooked through.

6. Add the noodles and cook, stirring, for 2 minutes or until heated through. Set aside 3 cups beef/noodle mixture for the soup. Sprinkle with the sesame seeds and scallions.

& More

# Udon noodle soup with tofu and spinach

*Serves 4*



- 1 tablespoon canola oil
- 1 Spanish onion, thinly sliced
- Salt, to taste
- 7 cups chicken stock
- 2 tablespoons soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons dark sesame oil
- 1 teaspoon sugar
- 3 cups stir-fried beef/noodle mixture
- 1 package (14 ounces) firm tofu, cut into ½-inch cubes

5 ounces (about 6 cups) baby spinach

1. In a soup pot over medium-high heat, heat the oil until it's shimmering hot. Add the onion and salt. Cook, stirring, for 6 minutes, or until it starts to brown.

2. Add the chicken stock, soy sauce, vinegar, sesame oil, and sugar. Stir well and bring to a boil.

3. Lower heat and stir in the beef-noodles mixture, tofu, and spinach. Cook for 5 minutes or until spinach wilts. Ladle into bowls.

# Juicy burgers with sharp cheese, then calzones

By Lisa Zwirn

Fair-weather grillers don't venture out to cook once the temperatures drop. So fire up the grill before it's too late to make juicy burgers with toppings. Choose ground beef that's not too lean - 80 to 85 percent is best for flavorful burgers - and shape it into thick patties. Cook over high heat so the burgers get nicely browned on the outside, done to your liking on the inside. A few slices of sharp-flavored cheese, such as cheddar or blue, lend a savory contrast.

Crumble leftover meat and add it to a chunky mushroom-pepper-tomato sauce to fill calzones. To make the assembly easy for these fold-over pies, buy fresh pizza dough from your neighborhood pizzeria or supermarket. The duo may become a family favorite.

## SHOPPING LIST

*(For burgers, calzones)*

2 ½ pounds (85 percent lean) ground beef

1 pound fresh pizza dough

1 egg

4 ounces sharp cheddar

8 ounces fresh mozzarella

1 medium tomato

½ sweet onion

1 small onion

1 medium red bell pepper

8 ounces cremini mushrooms

2 cloves garlic

Salt and pepper

1 ½ tablespoons olive oil

4 hamburger rolls or English muffins

½ cup flour

1/8 teaspoon crushed red pepper



1 can (14 ounces) whole tomatoes

1 cup marinara sauce

Sunday Supper

# Burgers

*Serves 4 with leftovers*



Add ketchup, mustard, and your favorite pickles at the table.

2 ½ pounds (85 percent lean) ground beef

Salt and pepper, to taste

4 ounces sharp cheddar, thinly sliced

4 hamburger rolls or English muffins

1 medium tomato, sliced

½ sweet onion, thinly sliced

1. Prepare a charcoal or gas grill for medium-high heat. Form the beef into six patties about ¾- to 1-inch thick, taking care not to handle them too much. Sprinkle with salt and pepper.

2. Grill the burgers for 3 to 6 minutes on a side or until nicely browned on the outside and just about done to your liking on the inside. Set aside 2 burgers for the calzones.

3. Top the remaining 4 burgers with cheese, cover the grill, and cook 1 minute more or until the cheese melts.

4. Grill the rolls until lightly toasted. Place the burgers on the rolls with tomato and onion slices.

& More

# Calzones

*Makes 2 large calzones or enough to serve 4*



Make sure the calzone filling isn't too juicy or the bottom dough will turn mushy.

- 1 ½ tablespoons olive oil
- 1 small onion, chopped
- 1 medium red bell pepper, cored and cut into 2-inch lengths
- 8 ounces cremini mushrooms, sliced
- 2 cloves garlic, finely chopped
- 1/8 teaspoon crushed red pepper
- 1 can (14 ounces) whole tomatoes, drained of most juices
- 2 cooked burgers, crumbled
- Salt and black pepper
- 1 pound fresh pizza dough, at room temperature for 1 to 2 hours

Flour (for sprinkling)

8 ounces fresh mozzarella, sliced

1 egg, lightly beaten (for brushing)

1 cup marinara sauce, heated (for serving)

1. In a large skillet, heat the oil over medium heat. Add onion and bell pepper and cook, stirring often, for 10 minutes. Add mushrooms, turn heat to medium-high, and cook for 5 minutes. Stir in the garlic and crushed pepper. Cook for 1 minute.

2. Add the tomatoes, lower the heat, and simmer, breaking up the tomatoes with a spoon, for 10 minutes or until the sauce thickens. Stir in the crumbled burger, salt, and pepper. Leave to cool.

3. Set the oven at 400 degrees. Line a large rimmed baking sheet with parchment paper.

4. Divide the dough in half. On a lightly floured counter, roll or press each ball into a 10-inch round. Place the rounds on the baking sheet.

5. Place half the vegetable mixture to one side of each circle. Top each with half the mozzarella. Moisten the rims of the circles with a little water. Fold the dough over the filling and pinch or roll up the edge to seal. Brush the tops of the calzones lightly with egg and sprinkle with salt. Cut a few small slits in the top to allow steam to escape.

6. Bake the calzones for 20 to 25 minutes or until golden brown. Let rest for 5 to 10 minutes before cutting. Serve with marinara sauce.

# Stick with ribs for these two tasty meals

By Debra Samuels

Chinese spare ribs are restaurant food, and usually gnaw-the-bone good. You can also make delicious ribs at home, where you don't have to worry about table manners. There are three cuts of ribs: meaty pork ribs, sometimes called St. Louis-style; baby-back pork ribs that have less meat; and country-style ribs that may take longer to cook and aren't traditionally used in Chinese recipes. St. Louis and baby back both come in racks. I prefer the meaty St. Louis; butchers will cut the ribs into individual bones, which is what you want. Marinate them for several hours in a soy and hoisin mixture with ketchup, then roast them in a hot oven. The marinade turns into a glazy sauce with a deep reddish tone (because of ketchup). One drawback to this foolproof method: The sweet sauce and high oven temperature make everything stick like crazy to your pan, so line it with heavy duty foil. Add gloriously green baby bok choy and a bowl of rice to turn this classic appetizer into a main course.

Stash away a few ribs and some of the bok choy for bowls of pork-noodle ramen. Add scallions and a few slices of ginger to a good quality beef broth, then simmer the ribs in it to heat them through and flavor the soup. Serve the broth with pork sliced off the bone, curly ramen noodles, sometimes called chuka soba, the bok choy, and a handful of crunchy bean sprouts. Recycle all those take-out menus, toss that packaged ramen, and do it yourself.

## SHOPPING LIST

*(For ribs, ramen)*

5 ½ pounds St. Louis-style pork spare ribs (about 16 ribs)

2 cups fresh bean sprouts (mung bean)

2 pounds baby bok choy (about 10 to 12 individual bundles)

2 bunches scallions

6 cloves garlic

1 piece (1 inch) fresh ginger

Salt and pepper, to taste

12 ounces (4 nests) ramen noodles (chuka soba) or

1 pound of thin fresh Chinese noodles

3 cups beef broth

½ cup soy sauce

4 teaspoons sesame oil

2 tablespoons hoisin sauce

½ cup sugar

¼ cup red or white wine or sake

¼ cup ketchup

Sunday Supper

# Chinese-style pork spare ribs

*Serves 4 with leftovers*



You can use this sauce for Chinese roast pork. Cut a pork tenderloin into two long strips; follow the marinating and cooking instructions below.

5½ pounds St. Louis-style pork spare ribs (about 16 ribs separated)

¼ cup soy sauce

2 tablespoons hoisin sauce

½ cup sugar

¼ cup red or white wine or sake

¼ cup ketchup



6 scallions, cut into 4-inch lengths and smashed

6 cloves garlic, thinly sliced

¼ cup water

1. Have on hand 2 half-gallon zipper plastic bags. Divide the ribs between them.

2. In a large bowl combine the soy and hoisin sauces, sugar, wine or sake, ketchup, scallions, and garlic. Mix well. Stir in the water. Pour half the sauce into each bag. Carefully press the air out of the bags, then close the zippers. Rub the sauce around all the ribs. Refrigerate for several hours, turning once to redistribute the sauce.

3. Set the oven at 450 degrees.

4. About 15 minutes before cooking, remove the ribs from the refrigerator. Line a roasting pan with heavy duty foil. Place the ribs and marinade in the pan, leaving space between them.

5. Cook the ribs for 35 minutes, turning every 15 minutes. Cut into the meat down to the bone to make sure there is no bright pink color. If they are burning, turn the heat down to 425 degrees. Place ribs on a platter and brush any cooking juices onto the ribs. (Set aside 4 ribs for the ramen.) Serve with white rice and bok choy.

& More

# Pork-noodle ramen

*Serves 4*



Curly ramen noodles (chuka soba), come dried in compact squares or nests. You can also use 1 pound of thin fresh Chinese noodles in this Japanese dish.

- 3 cups beef broth
- 2 cups water
- 2 tablespoons soy sauce
- 4 scallions, cut into 4-inch lengths and smashed
- 1 piece (1 inch) fresh ginger, cut into 4 slices
- 4 cooked pork spare ribs
- 2 teaspoons sesame oil
- Salt and pepper, to taste

4 pieces cooked bok choy, each halved lengthwise  
2 cups fresh bean sprouts (mung bean)  
12 ounces (4 nests) ramen noodles (chuka soba)  
Extra sesame oil (for sprinkling)

1. In a soup pot over medium heat, combine beef broth, water, soy sauce, scallions, and ginger. Bring to a boil. Add the pork ribs and lower the heat. Simmer for 10 minutes or until pork is heated through. Remove ribs, scallions, and ginger and transfer to a bowl.

2. Add sesame oil, salt, and pepper to the soup. Turn the heat to low.

3. Slice meat off the bones; discard bones, scallions, and ginger.

4. Bring a large saucepan of water to a boil. Add the bok choy and cook for 30 seconds. Use a slotted spoon to lift it out and transfer to a plate. Add the bean sprouts to the water; cook 1 minute. With the spoon transfer the sprouts to a bowl; sprinkle with salt.

5. Add ramen to boiling water and cook 3 to 5 minutes or until noodles are tender but still have bite.

6. Drain the noodles and rinse with warm water. With a scissors snip the noodles in half. Divide the noodles among 4 deep bowls.

7. Arrange the pork, bok choy, and bean sprouts on the noodles. Ladle soup around the noodles. Sprinkle with sesame oil. Serve with chopsticks and a spoon.

# Spice is nice south of the border

By Karoline Boehm Goodnick

The staple grains of the Americas, beans and rice, provide sustenance and comfort across many cultures. Served together, they offer nutrient-rich carbohydrates along with fiber and essential protein. Start by soaking dried beans overnight to ensure even and timely cooking. Here, the beans are black, simmered with dried whole oregano, found in many Latin markets (substitute 2 teaspoons regular dried oregano), along with orange juice. A zippy mojo condiment makes this traditional dish lively with a splash of Cuban flare.

The classic flavors of beans and rice transform simple cheese quesadillas. Choose medium flour tortillas, avoiding the jumbos meant for burritos. Lay them out on a work surface, add the filling in layers, and top each stack with another tortilla. Brown them, one by one, in a hot skillet, keeping the cheese layer on the bottom (when it melts, the filling will stick together, guaranteeing a mess-free flip). Keep them warm while you mash ripe avocados into a spicy guacamole. This tantalizing twosome is filling, thrifty, and vegetarian. Your budget and belly will love you.

## SHOPPING LIST

*(For rice and beans, quesadillas)*

1 pint sour cream

2 cups shredded cheddar

1 cup orange juice

1 yellow onion

1 small red onion

5 cloves garlic

2 jalapenos

4 limes

1 orange

1 bunch fresh cilantro

2 tomatoes

2 avocados

8 medium flour tortillas

Salt and black pepper

1½ cups long-grain white rice

1 pound (2 cups) dried black beans

3 tablespoons canola oil

1 teaspoon crushed red pepper

1 tablespoon dried whole oregano or 2 teaspoons dried regular oregano

1 teaspoon ground cumin

2 teaspoons sweet paprika

1 bay leaf

3 tablespoons hot sauce

Sunday Supper

# Black beans and rice

*Serves 4 with leftovers*



Allow time for the dried beans to soak overnight. They take one hour to cook.

## **BEANS**

1 tablespoon canola oil

1 onion, chopped

3 cloves garlic, chopped

1 jalapeno, chopped

Salt, to taste

1 tablespoon dried whole oregano or 2 teaspoons regular dried oregano

1 teaspoon ground cumin

2 teaspoons sweet paprika

1 bay leaf

1 pound (2 cups) black beans, soaked overnight and drained

5 cups water

1 cup orange juice

1. In a large flameproof casserole over medium high heat, heat the oil. Add the onion, garlic, jalapeno, and salt. Cook, stirring often, for 5 minutes or until softened.

2. Stir in oregano, cumin, paprika, and bay leaf. Cook for 1 minute or until aromatic.

3. Add the beans, water, and orange juice. Bring the liquid to a boil. Lower the heat and simmer, stirring occasionally, for 45 minutes to 1 hour, or until beans are tender.

4. Taste for seasoning, and add more salt, if you like. Remove and discard the bay leaf. Reserve 2 cups beans for quesadillas.

## **RICE AND ASSEMBLY**

8 cups water

Pinch of salt

1½ cups long-grain white rice

Hot sauce, to taste

2 tablespoons chopped fresh cilantro

1. In a large pot, bring water and salt to a boil. Slowly stream in the rice, letting the water maintain a rolling boil. Stir to prevent the rice from sticking to the bottom. Let the water bubble steadily, uncovered, for 12 minutes or until tender

2. Drain the rice into a colander, and poke 12 holes in the rice with the handle of a wooden spoon; set aside for 2 minutes. Reserve 1 cup rice for quesadillas.

3. Divide the rice among 4 bowls. Top with beans and cilantro. Serve with hot sauce and mojo.

& more

# Black bean and rice quesadillas

*Serves 4*



- 8 medium flour tortillas
- 2 cups shredded cheddar
- 1½ tomatoes, chopped
- 2 cups cooked black beans
- 1 cup cooked long-grain rice
- Hot sauce, to taste
- 4 teaspoons canola oil
- 1 cup sour cream (for serving)

1. Set the oven at 250 degrees.



2. On 4 tortillas, spread cheddar, tomatoes, black beans, and rice, leaving a half-inch border around the rims. Sprinkle with hot sauce. Top each round with another tortilla.

3. Place a wire rack on a baking sheet in the oven.

4. In a large skillet, heat 1 teaspoon oil over medium heat. Flip a quesadilla into the pan (the cheese layer now on the bottom). Cook for 1 to 2 minutes or until brown. Turn and cook for 2 minutes or until brown. Transfer the quesadilla to the rack on the baking sheet. Repeat with remaining quesadillas. Serve with sour cream and guacamole.

# Skirt steak and Stroganoff a saucy pair

By Karoline Boehm Goodnick

An intensely flavorful cut, skirt steak is not known for tenderness, but it can be wonderful right from the skillet, served with a simple mushroom sauce. Cut 3 pounds of meat into 12 pieces, each about 4 ounces. Sear the steaks quickly in a very hot pan and set aside the thin pieces for a Stroganoff sauce the next day. Select a mixture of exotic and white button mushrooms, browning them well for the most robust flavor, and spoon the sauce over the meat. The dish takes minutes.

Leftover seared steak is ideal for beef Stroganoff. As with many classics, the origins and exact ingredients of this dish generate much debate. Most food historians agree that the recipe was created in Russia - perhaps named for a 19th-century count - and should contain beef in a sour cream, mustard sauce. Then come the variations, some calling for mushrooms, others for tomatoes. In Britain and Australia, you'll find Stroganoff served over rice, while Americans favor broad egg noodles. Some Russians prefer crispy potato strips. Whether you choose this version, or make up your own, Monday's meal will be elegant and worthy of royal diners.

## SHOPPING LIST

*(For steak, Stroganoff)*

3 pounds skirt steak

1 tablespoon butter

1/3 cup sour cream

2 cloves garlic

4 small shallots

1 small onion

1½ pounds mixed button and shiitake mushrooms

1 tablespoon fresh thyme

½ bunch fresh parsley

Salt and pepper

2 tablespoons flour

1 tablespoon dry mustard

1 ½ cups beef broth

2 tablespoons canola oil

1 tablespoon soy sauce

1 cup white wine

8 ounces broad egg noodles

Sunday Supper

# Pan-seared skirt steak with mushrooms

*Serves 4 with leftovers*



- 3 pounds skirt steak, trimmed and cut into 12 pieces
- Salt and pepper, to taste
- 1 tablespoon canola oil
- 2 cloves garlic, finely chopped
- 4 small shallots, thinly sliced
- 1½ pounds mixed button and shiitake mushrooms, sliced
- 1 tablespoon chopped fresh thyme
- 1 tablespoon soy sauce
- 1 cup white wine
- 1 tablespoon butter

1. Season the steaks with salt. Set the oven at 400. Set a large wire rack into a large, rimmed baking sheet.

2. In a large, heavy skillet, heat the oil over medium-high heat. Place 4 pieces of steak in the pan and cook for 3 minutes on each side (if the steaks are thick, cook 1 minute longer on each side). Transfer steaks to the rack. Repeat 2 more times until all the steak is browned. Set aside 4 pieces of beef from the skillet. Add the garlic and shallots. Cook, stirring, for 1 minute. Add the mushrooms, salt, and pepper to the pan. Cook, stirring often, for 10 minutes, or until they are tender and browned.

3. Add the thyme, soy sauce, and wine to the pan. Tip in any juices that collect under the meat on the baking sheet. Cook for 3 minutes.

4. Remove the pan from the heat. Stir in the butter, and cook, shaking the pan, until it melts. Taste for seasoning and add more salt and pepper, if you like. Set aside 2 cups of mushrooms and their sauce for the Stroganoff.

5. Warm steak in oven for 3 minutes. Place 2 pieces on each plate and ladle mushroom sauce on top.

& More

# Beef Stroganoff

*Serves 4*



- 2 teaspoons canola oil
- 1 small onion, chopped
- 4 pieces (about 1 pound) cooked skirt steak, cut into 1-inch cubes
- 2 tablespoons flour
- 1 tablespoon dry mustard
- 1½ cups beef broth
- Salt and pepper, to taste
- 8 ounces broad egg noodles
- 2 cups mushroom sauce
- 1/3 cup sour cream
- 1/4 cup chopped parsley

1. In a large flameproof casserole, heat the oil over high heat. Add the onion and cook, stirring often, for 3 minutes.

2. Add the beef. Cook for 2 minutes more. Sprinkle the flour and mustard over the beef mixture. Cook, stirring constantly, for 1 minute.

3. Add the beef broth, salt, and pepper. Bring the mixture to a boil, stirring constantly, to release browned bits in the pan. Lower the heat and simmer for 5 minutes.

4. Meanwhile, bring a large pot of salted water to a boil. Add the noodles, and cook, stirring occasionally, for 8 minutes or until they are tender but still have some bite. Drain into a colander.

5. Stir the mushroom sauce into the simmering broth and let the mixture return to a boil. Remove the pan from the heat. Stir in the sour cream. Taste for seasoning and add salt and pepper, if you like.

6. In 4 deep plates, divide the noodles, top with sauce, and sprinkle with parsley.

# Lean meat loaf stretches into chop suey

By Debra Samuels

The humble meat loaf is pure nostalgia for many people who ate slices of a tender beefy loaf for a weeknight supper, then took a meat loaf sandwich on white bread, brushed with ketchup, to school the next day. Meat loaf and all similar ground dishes are budget stretchers because you have to incorporate bread crumbs and eggs into the ground meat mixture. Here, a more contemporary, and leaner, version features ground dark-meat turkey, with ground beef added for fat and flavor. The mixture is shaped into two loaves, then baked in a sweet-and-sour tomato sauce.

You can extend the leftovers into two more meals. After sandwiches, make the retro favorite, American chop suey. This dish of ground beef and macaroni, a school cafeteria staple, has nourished legions of students over the decades. Crumble leftover meat loaf, add sweet-and-sour sauce and sauteed vegetables, then toss with small elbows or other short curly shapes. This will feed your own small classroom.

## SHOPPING LIST

*(For meat loaf, chop suey)*

2 pounds ground dark-meat turkey

½ pound ground beef

¾ cup milk

3 eggs

2 onions

2 stalks celery

1 large carrot

Salt and pepper

2 cans (14 ounces) tomato sauce

1 box (16 ounces) elbow macaroni or other small curly pasta

2 tablespoons canola oil

1 cup plain white bread crumbs



¾ cup distilled white vinegar

⅓ cup brown sugar

2 tablespoons Dijon mustard

1 tablespoon Worcestershire sauce

Turkey meat loaf with sweet-and-sour sauce

Serves 4 with leftovers

#### SAUCE

2 cans (14 ounces each) tomato sauce

¾ cup distilled white vinegar

⅓ cup brown sugar

2 tablespoons Dijon mustard

1 tablespoon Worcestershire sauce

½ cup water

1. In a large bowl, combine the tomato sauce, vinegar, sugar, mustard, Worcestershire, and water.

2. Stir thoroughly. Set aside 2 cups of the sauce for the chop suey.

#### MEAT LOAF

1 cup plain white bread crumbs

¾ cup milk

3 eggs

1 onion

2 pounds ground dark-meat turkey

½ pound ground beef

2 teaspoons kosher salt

1 teaspoon pepper

1. Set the oven at 375 degrees. Have on hand a 9-by-13-inch baking dish.
2. In a medium bowl combine bread crumbs, milk, and eggs. Set aside for 10 minutes.
3. Grate the onion into the bread crumb mixture. Add the turkey, beef, salt, pepper, and ½ cup of the sauce. Work with your hands until thoroughly combined.
4. Divide the mixture in half and form 2 loaves. Set the loaves side by side in the baking dish. Pour the remaining 2 cups of sauce over and around the loaves. Cover with foil. Bake for 30 minutes. Remove the foil and baste the loaves with sauce. Continue cooking, uncovered, for 30 minutes. (Total cooking time is 1 hour.)
5. Slice the meat loaf and set aside 4 thick slices for the chop suey. Serve the meat loaf with the sauce in the dish.

Sunday Supper

# Turkey meat loaf with sweet-and-sour sauce

*Serves 4 with leftovers*



## SAUCE

2 cans (14 ounces each) tomato sauce

$\frac{3}{4}$  cup distilled white vinegar

$\frac{1}{3}$  cup brown sugar

2 tablespoons Dijon mustard

1 tablespoon Worcestershire sauce

$\frac{1}{2}$  cup water

1. In a large bowl, combine the tomato sauce, vinegar, sugar, mustard, Worcestershire, and water.

2. Stir thoroughly. Set aside 2 cups of the sauce for the chop suey.

## **MEAT LOAF**

1 cup plain white bread crumbs

$\frac{3}{4}$  cup milk

3 eggs

1 onion

2 pounds ground dark-meat turkey

$\frac{1}{2}$  pound ground beef

2 teaspoons kosher salt

1 teaspoon pepper

1. Set the oven at 375 degrees. Have on hand a 9-by-13-inch baking dish.
2. In a medium bowl combine bread crumbs, milk, and eggs. Set aside for 10 minutes.
3. Grate the onion into the bread crumb mixture. Add the turkey, beef, salt, pepper, and  $\frac{1}{2}$  cup of the sauce. Work with your hands until thoroughly combined.
4. Divide the mixture in half and form 2 loaves. Set the loaves side by side in the baking dish. Pour the remaining 2 cups of sauce over and around the loaves. Cover with foil. Bake for 30 minutes. Remove the foil and baste the loaves with sauce. Continue cooking, uncovered, for 30 minutes. (Total cooking time is 1 hour.)
5. Slice the meat loaf and set aside 4 thick slices for the chop suey. Serve the meat loaf with the sauce in the dish.

& More

# American chop suey

Serves 4



Salt and pepper, to taste

1 box (16 ounces) elbow macaroni or other small curly pasta

2 tablespoons canola oil

1 onion, chopped

2 stalks celery, coarsely chopped

1 large carrot, coarsely chopped

4 thick slices meat loaf, crumbled

2 cups sauce

½ cup water

1. Bring a large pot of salted water to a boil. Add the pasta and cook, stirring occasionally, for 10 minutes or until the pasta is tender but still has some bite. Drain into a colander.

2. In the same pot over medium heat, heat the oil. Add the onion, celery, carrot, salt, and pepper. Cook, stirring often, for 8 minutes. Add the meat loaf and cook, stirring, for 2 minutes more. Add the sauce and water and bring to a boil. Simmer for 5 minutes.

3. Add the pasta to the sauce mixture. Lower the heat and simmer for 2 minutes, stirring often, until the pasta is hot and coated with sauce.

# Pork loin with a mustard crust, then in a Cuban sandwich

By Tony Rosenfeld

Most cooks are timid when it comes to pork loin, and it stifles creativity. They are generally worried they will dry out the meat. Send this dressy cut to the oven for a slow roast. To start, stud the pork with slivers of garlic and sprinkle it with a little cumin and fresh thyme. Halfway through cooking, rub it with honey-sweetened whole-grain mustard. Meanwhile, cook thick slices of potato into planks and roast until golden.

The next day, thinly sliced pork, ham, Swiss cheese, and pickles go into crusty Cuban sandwiches. For this South Florida mainstay, stack the filling on sub rolls and cook them in a skillet until toasty (or pull out the panini press). Cilantro-lime mayo adds a little Latin zip and helps make the second meal as lively as the first.

## SHOPPING LIST

*(For pork, Cubano sandwiches)*

1 boneless center-cut pork loin (about 2½ pounds)

8 thin slices Black Forest ham

8 slices Swiss cheese

2 tablespoons unsalted butter

1½ pounds Yukon Gold potatoes (6 medium)

Handful fresh thyme sprigs

½ bunch fresh cilantro

1 lime

1 clove garlic

Salt and pepper

3 tablespoons olive oil

¼ cup whole-grain mustard

1 cup dill pickle slices

1 teaspoon ground cumin

1 tablespoon honey

¼ cup mayonnaise

1 teaspoon sriracha sauce

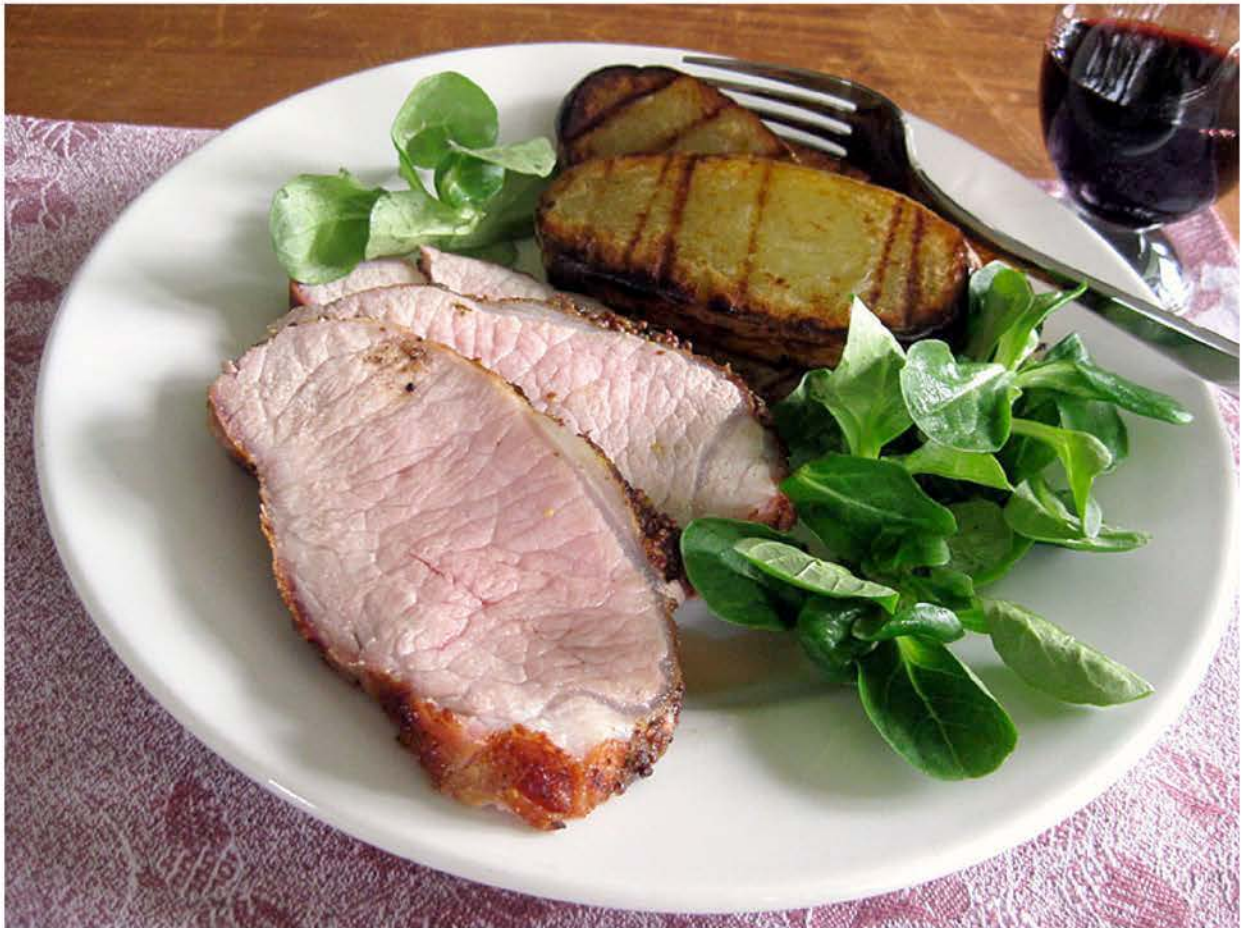
4 soft hoagie or sub rolls



Sunday Supper

# Pork loin with mustard crust and potato planks

*Serves 4 with leftovers*



Roast the pork and cook the potato planks at the same time.

## **PORK**

- 1 boneless center-cut pork loin (about 2 ½ pounds), strings removed
- 1 large clove garlic, cut into slivers
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh thyme

¼ cup whole-grain mustard

1 tablespoon honey

1. Make 12 shallow slits all over the pork. Insert the garlic. Sprinkle pork with olive oil, salt, pepper, cumin, and thyme. Cover and refrigerate for up to 2 days. In a small bowl, mix the mustard with the honey and reserve.

2. Set the oven at 400 degrees. Set the pork in a roasting pan. Roast for 20 minutes.

3. Spoon the whole-grain mustard over the top of the pork in an even layer. Continue roasting for 15 minutes or until meat thermometer inserted into the thickest part of the pork registers 145 degrees for pink meat. Continue cooking 5 minutes longer for more done meat.

4. Let the pork rest for 10 minutes before slicing.

## **POTATOES**

1½ pounds Yukon Gold potatoes (6 medium), cut lengthwise into ½-inch planks

Salt

2 tablespoons olive oil

1. In a deep pot, combine potatoes with cold water by 1 inch. Add a generous sprinkle of salt and bring to a boil. Lower the heat and simmer for 6 minutes or until the potatoes are just tender.

2. Drain the potatoes and transfer to a rimmed baking sheet. Cool to room temperature.

3. Pat the potatoes dry with paper towels (to prevent sticking on the grill). Sprinkle with oil on both sides. Wipe the baking sheet and arrange the potatoes in one layer. Roast for 25 minutes, turning several times, or until they are cooked through and golden brown.

& More

# Roast pork Cubano with cilantro-lime mayo

*Serves 4*

¼ cup mayonnaise  
2 tablespoons chopped fresh cilantro  
2 teaspoons lime juice  
1 teaspoon Sriracha sauce  
Salt and pepper, to taste  
4 soft hoagie or sub rolls  
8 thin slices leftover pork  
8 thin slices Black Forest ham  
1 cup dill pickle slices  
8 slices Swiss cheese  
2 tablespoons unsalted butter, softened

1. In a bowl, mix the mayonnaise, cilantro, lime juice, Sriracha, salt, and pepper.
2. Top each of the bottom rolls with pork, ham, pickles, and cheese. Spread the tops with mayonnaise and cover the sandwiches with them.
3. Heat a large, cast-iron skillet over medium-low heat. Add 1 tablespoon of the butter and when it melts, 2 of the sandwiches. Top with another heavy skillet to press down lightly. Cook for 3 to 4 minutes or until the sandwiches brown lightly. Turn and cook 3 to 4 minutes more or until the undersides are brown. Use the remaining 1 tablespoon butter to cook the remaining sandwiches in the same way. Cut into thirds.

# Chilies and salsa spice up this turkey breast

By Karoline Boehm Goodnick

Spice up a boned, rolled turkey breast with salsa and chilies. Whir your own salsa in a blender with chipotle peppers in adobo sauce and canned tomatoes. Saute onions to serve as a base for the breast while it roasts. Meanwhile, stir a sweet and zippy glaze with more chipotle peppers. After the initial roasting, glaze the turkey every 10 minutes until it is done. Use the prepared salsa to make a fiery gravy.

Chilaquiles is a popular breakfast dish south of the border. It originated as a way to use up leftover tortillas. You may not have any, but you do have turkey and salsa. Toss together tortilla chips, salsa, cheese, and shredded turkey and bake it until the chips are moistened but crispy on top. Serve with simple black beans, and garnish with avocado, sour cream, scallions, and cilantro. Top each portion with a fried egg. Nothing tastes as good as turkey leftovers the next morning — after a big holiday meal or any time of year.

## SHOPPING LIST

*(For turkey breast, chilaquiles)*

- 1 boneless turkey breast (about 4½ pounds)
- 2 cups shredded queso blanco or other Mexican-style cheese
- 1 cup sour cream
- 4 onions
- 2 cloves garlic
- 2 limes
- ½ bunch scallions
- 1 ripe avocado
- 1 bunch fresh cilantro
- Salt and black pepper
- ¼ cup canola oil
- 1 can (7 ounces) chipotle peppers in adobo sauce
- ¾ cup light brown sugar

3 cups chicken or turkey stock

1 can (28 ounces) diced tomatoes

2 cans (15 ounces each) black beans

1 bag (13 ounces) tortilla chips

2 teaspoons ground cumin

Sunday Supper

# Chipotle-glazed turkey breast

Serves 6



## CHIPOTLE SALSA

- 1 tablespoon canola oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 canned chipotle peppers with the adobo sauce that clings to them
- 1 can (28 ounces) diced tomatoes
- Juice of 2 limes
- ½ cup roughly chopped cilantro
- Salt, to taste

1. In a large skillet, heat the canola oil over high heat. Add the onion and garlic and cook, stirring often, for 8 minutes or until the onion begins to char.

2. Add the chipotle peppers and sauce. Bring to a boil and simmer for 3 minutes. Leave to cool slightly.

3. In a blender, combine the tomato mixture, lime juice, cilantro, and salt. Puree until smooth.

4. Set aside  $\frac{1}{2}$  cup salsa for turkey gravy, and reserve the rest for chilaquiles.

## **TURKEY**

2 tablespoons canola oil

2 onions, thinly sliced

1 boneless turkey breast (about 4  $\frac{1}{2}$  pounds)

Salt and black pepper, to taste

2 canned chipotle peppers with 2 tablespoons adobo sauce

$\frac{3}{4}$  cup light brown sugar

1  $\frac{1}{2}$  cups chicken or turkey stock

$\frac{1}{2}$  cup reserved chipotle salsa

1. Set the oven at 350 degrees.

2. In a large roasting pan, heat 1 tablespoon canola oil over medium-high heat. Add onions, and cook, stirring often, for 8 minutes or until they soften and begin to brown.

3. Rub the turkey breast with the remaining 1 tablespoon canola oil, salt, and black pepper. Place turkey on onions. Roast for 40 minutes.

4. In a blender, combine chipotle peppers and sauce, sugar, and  $\frac{1}{2}$  cup chicken or turkey stock. Blend until smooth.

5. Brush the turkey with  $\frac{1}{3}$  of the chipotle glaze. Roast for 10 minutes. Glaze again. Repeat every 10 minutes for 40 minutes. Glaze once more. Turn on the broiler. Broil the turkey, watching it carefully, for 5 minutes or until it is dark brown. The internal temperature of the turkey should be 160 degrees. Total roasting time is 1 hour and 45 minutes.

6. Remove the turkey from the pan. Let it rest for 10 minutes. The temperature will rise 5 degrees.

7. Set the roasting pan of onions over medium-high heat. Add the remaining 1 cup chicken or turkey stock. Stir well. Stir in ½ cup chipotle salsa. Taste for seasoning, and add more salt and black pepper, if you like.

8. Carve turkey breast into thick slices (reserve 4 for the chilaquiles). Spoon chipotle gravy on top.



& More

# Turkey chilaquiles

Serves 6



4 thick slices cooked turkey breast, pulled into shreds

1 bag (13 ounces) tortilla chips

1½ cups chicken stock

3½ cups reserved chipotle salsa

2 cups (about 7 ounces) shredded queso blanco or other Mexican-style cheese

1 teaspoon canola oil

1 onion, finely chopped

2 teaspoons ground cumin

2 cans (15 ounces each) black beans, drained

Salt and pepper, to taste

1 cup sour cream

½ bunch fresh cilantro

½ bunch scallions

1 ripe avocado, thickly sliced

1. Set the oven at 350 degrees. Have on hand a 9-by-13-inch baking dish.

2. In a large bowl, combine turkey, chips, chicken stock, salsa, and 1 cup of the cheese. Toss well.

3. Spread the turkey mixture in the baking dish. Sprinkle the remaining 1 cup cheese on top. Bake for 30 minutes. Turn on the broiler. Broil the dish for 5 minutes. Remove from oven, and rest for 5 minutes.

4. Meanwhile, in a skillet, heat the canola oil over medium-high heat. Add the onion, and cook, stirring often, for 8 minutes or until the onion begins to char.

5. Stir in the cumin, and cook, stirring, for 1 minute. Add the beans, salt, and pepper. Lower the heat to medium and cook, stirring often, for 3 minutes, or until hot. Taste for seasoning, and add more salt and pepper, if you like.

6. Serve the chilaquiles with black beans. Garnish with sour cream, cilantro, scallions, and avocado.

# Elegant or family-style roast chicken, then soup

By Sheryl Julian

There are probably hundreds of ways to roast a chicken, a dish that can be served at an elegant dinner or around the kitchen table for family and friends. We honestly wouldn't mind spending a year trying every single one. A recent favorite begins with a large bird, which is flattened, spread with a mustard-herb coating, and roasted on a bed of thinly sliced lemons. If you tuck this bird into a dish that seems too small for it - say an 8-inch dish for a 4-pound bird - the meat will produce concentrated, succulent juices and an instant sauce. To make the coating permeate the bird, slide some of the mustard mixture under the skin too. The only challenge to this technique is flattening the bird, a technique called "spatchcock," for which you need kitchen shears to remove the backbone. When flattened, a bird cooks faster and the skin browns all over.

Leftover chicken, lemon slices, and cooking juices go into a pot of escarole and white bean soup. The greens wilt quickly in hot liquid, so the cooking time is short. You could also use Swiss chard or something from the kale family. Chop the greens finely so they don't form long strings in the pot. All next-day chicken soups are satisfying, and this one is no exception. One roasting method down, hundreds more to go.

## SHOPPING LIST

*(For roast chicken, escarole soup)*

1 large (4 pounds) roasting chicken

2 lemons

1 large onion

Handful fresh parsley sprigs

Handful fresh thyme sprigs

Handful fresh oregano sprigs

Salt and pepper

4 tablespoons olive oil

3 tablespoons Dijon mustard

½ teaspoon crushed red pepper

2 cans (15 ounces each) white beans

1 quart chicken stock

Sunday Supper

# Roast chicken with herbs on lemon slices

*Serves 4 with leftovers*



2 lemons, very thinly sliced, seeds removed

1 large (4 pounds) roasting chicken

3 tablespoons Dijon mustard

3 tablespoons chopped fresh herbs (parsley, thyme, oregano)

Salt and pepper, to taste

2 tablespoons olive oil

1. Set the oven at 400 degrees. In a baking dish just large enough to hold the chicken snugly, lay the lemon slices without overlapping.

2. Remove the giblets from the chicken and clean the cavity. Snip off any pockets of fat from the vent end of the bird. With kitchen shears, cut up either side of the backbone. Save the backbone, neck, and gizzard for making soup. With your hands, bend back the two cut sides (where the backbone was) until the chicken is flat. Set it skin side up on a cutting board.

3. In a bowl, stir together the mustard, herbs, salt, pepper, and olive oil. Starting at the breast end of the bird, slide your fingers under the skin into the air pocket between the skin and flesh. Slip some of the mustard mixture over the breast on both sides. Then slide your hand at the opening near the thigh. Add some mustard mixture to the thighs on both sides.

3. Set the bird flat, skin side up, on the lemons in the baking dish. Spread the remaining mustard mixture on the skin and tuck the legs up so the bird is compact.

4. Roast the chicken for 55 to 60 minutes or until a meat thermometer inserted into the thickest part of the thigh registers 165 degrees. Let the chicken rest for 10 minutes.

5. Cut the chicken up the center to make 2 halves. Cut each half into quarters so you have 2 whole legs and 2 breasts. Separate the drumsticks from thighs to make 4 leg pieces. Cut a large horizontal piece off the breast to make 4 breast pieces. Save 1 breast piece, 1 leg piece, and 3 lemon slices for the soup.

6. Serve the chicken with the lemons and steamed or roast potatoes. Save  $\frac{1}{4}$  cup of cooking juices for the soup.

& More

# Escarole and white bean soup

*Serves 4*



- 2 tablespoons olive oil
- 1 large onion, finely chopped
- ½ teaspoon crushed red pepper
- 1 chicken drumstick or thigh, skinned and boned, meat shredded
- ½ chicken breast, skinned and boned, meat shredded
- 3 slices roasted lemon, finely chopped
- ¼ cup chicken cooking juices
- 1 bunch escarole, finely chopped
- 2 cans (15 ounces each) white beans and their liquid
- 1 quart chicken stock

2 cups water

Salt and pepper, to taste

1. In a large flameproof casserole over medium-high heat, heat the olive oil. Add the onion and cook, stirring often, for 8 minutes.

2. Add the red pepper and cook, stirring, for 1 minute.

3. Add the dark and white meat, lemon, chicken cooking juices, escarole, white beans and their liquid, chicken stock, water, salt, and pepper. Bring to a boil, and lower the heat. Cover the pan and simmer, stirring often, for 15 minutes. Ladle into bowls.



# Southern comfort and Italian spice with shrimp, grits

By Catherine Smart

Shrimp and grits is Southern comfort food, and a perfect meal. Make the shellfish a little hot and a little smoky with jalapeno, pancetta, and Old Bay seasoning and they go well with creamy cheesy grits, a corn porridge similar to polenta. Stoneground grits give the dish a toothsome texture and more depth, though they require more attention and cooking time. Many chefs use either white or yellow Anson Mills ([www.ansonmills.com](http://www.ansonmills.com)) or Carolina Plantation ([www.carolinaplantationrice.com](http://www.carolinaplantationrice.com)), but try whatever is available at your grocery store, which may be Quaker quick grits or Bob's Red Mill (called corn grits polenta). If you're in a hurry, substitute instant grits, which use the same water-to-grain ratio as stoneground (with some variation according to brand, so read package instructions). Though some packages instruct simmering grits for 30 minutes, we prefer an hour, but they don't need more than an occasional stir.

The next day, a simple tomato sauce with capers, fennel, and crushed red pepper adds spark to the shrimp you set aside. Bake leftover grits until crisp on the outside, hot and cheesy in the middle. Cut it into squares, and top with the shrimp and tomato sauce, for a very Italian take on yesterday's Southern feast.

## SHOPPING LIST

*(For shrimp and grits, baked grits with shrimp)*

2 pounds shrimp

½ pound pancetta

2 tablespoons butter

1 cup heavy cream

8 ounces Gruyere cheese

2 jalapeno peppers

½ bunch fresh parsley

½ bunch fresh chives

4 cloves garlic

1 cup chicken stock

Salt and black pepper

¼ cup olive oil

2 cups stoneground grits

2 tablespoons capers

1 teaspoon fennel seeds

1 teaspoon Old Bay seasoning

½ teaspoon crushed red pepper

1 can (14 ounces) diced tomatoes

½ cup white wine

Sunday Supper

# Shrimp and cheese grits

*Serves 4 with leftovers*



While the grits simmer, make the shrimp, timing it so the two will be finished at the same time. Because different brands of grits need different amounts of water, watch the mixture carefully and add more water if necessary during cooking.

## **GRITS**

Olive oil (for the sheet)

7 cups water

Salt and pepper, to taste

2 cups stoneground grits

2 tablespoons butter

8 ounces Gruyere cheese, shredded

1 cup heavy cream

1. Oil a large rimmed baking sheet (about 11-by-16-inches).
2. In a heavy-bottomed saucepan, bring the water and salt to a boil.
3. Stir in the grits and butter, lower the heat, and simmer gently for 1 hour, stirring often, or until tender. If the mixture seems too thick, add water,  $\frac{1}{4}$  cup at a time. When done, the grits should be loose enough to lift up on a spoon and flow easily back into the pot.
4. Stir in the cheese, cream, and pepper. Taste for seasoning and add more salt, if you like.
5. Add about 1 cup grits to each of 4 shallow bowls. Spread the remaining grits on the baking sheet. Cover with plastic wrap and leave to cool; refrigerate for baked grits.

## **SHRIMP**

- 1 tablespoon olive oil
- $\frac{1}{2}$  pound pancetta, cut into 1-inch pieces
- 2 cloves garlic, chopped
- 2 jalapeno peppers, seeded and chopped
- 1 teaspoon Old Bay seasoning
- Salt and black pepper, to taste
- 2 pounds shrimp, peeled
- 1 cup chicken stock
- Handful fresh chives, chopped

1. In a large skillet over medium-high heat, heat the oil. Cook the pancetta, stirring often, for 4 minutes or until it browns. Add the garlic, jalapeno, Old Bay, salt, and black pepper. Cook 1 minute more.
2. Stir in the shrimp and stock. Simmer for 4 minutes or until shrimp are just cooked through. Taste for seasoning and add more salt and pepper, if you like.
3. Add shrimp to each dish. Garnish with chives.

& More

# Baked grits with shrimp in spicy tomato sauce

*Serves 4*



- 4 cups cooked polenta, spread into one thin layer and chilled
- 1 tablespoon olive oil
- 2 cloves garlic, chopped
- 2 tablespoons capers
- 1 teaspoon fennel seeds
- ½ teaspoon crushed red pepper
- 1 can (14 ounces) diced tomatoes, drained
- ½ cup white wine
- 2 cups leftover cooked shrimp and pancetta
- ½ cup chopped fresh parsley

Salt and black pepper, to taste

1. Remove the plastic wrap from the grits. Let them sit at room temperature for half an hour.

2. Set oven at 350 degrees.

3. Bake the grits for 20 minutes until they are crisp on top.

4. In large skillet over medium-high heat, heat the olive oil. Add the garlic, capers, fennel seeds, and crushed red pepper. Cook, stirring, for 1 minute. Add tomatoes and wine. Bring to a boil, lower the heat, and simmer for 10 minutes.

5. Add the shrimp mixture and simmer for 3 minutes or until the shrimp are just heated through; take care not to overcook them.

6. Stir in the parsley, taste for seasoning, and add more salt and black pepper, if you like. Cut the grits into squares and set on each of 4 plates. Top with the shrimp and sauce.

# Sweet potatoes at root of gratin, goat cheese pizza

By Lisa Zwirn

Sweet potatoes are nutritional stars, high in vitamins A and C, iron, and fiber, with virtually no fat. They're delicious mashed and also pleasingly familiar in sticky-sweet casseroles topped with marshmallows (the nutrition slips dramatically in this dish). But the orange-fleshed roots can hold their own in stews and curries, layered in a baking dish like pasta-less lasagna, and scattered as a topping on pizza and other open-faced tarts. In a vegetable gratin, the spuds add substance, rich flavor, and bright color, layered with sauteed Swiss chard, red onion, and ricotta.

Leftover potatoes make a great topping for a vegetarian pizza shaped with store-bought dough, accented with garlic, thyme, walnuts, and creamy goat cheese. Tomato sauce would spoil the fun.

## SHOPPING LIST

*(For gratin, pizza)*

- 1 ½ cups whole-milk ricotta
- 4 ounces fresh goat cheese
- 2/3 cup freshly grated Parmesan
- 1 pound store-bought pizza dough
- 5 medium sweet potatoes (about 4 ½ pounds)
- 1 large red onion
- 1 bunch Swiss chard
- 4 cloves garlic
- ½ bunch fresh thyme
- ½ cup chopped walnuts
- Salt and pepper, to taste
- ½ cup olive oil
- ½ cup flour
- 1 cup dried white bread crumbs or panko

Sunday Supper

# Sweet potato and Swiss chard gratin

*Serves 6 with leftover potatoes*



- 5 medium sweet potatoes (about 4½ pounds)
- 4½ tablespoons olive oil
- 1 large red onion, chopped
- 2 cloves garlic, finely chopped
- 1 bunch Swiss chard, thick stems removed
- 1½ cups whole-milk ricotta
- 2 teaspoons chopped fresh thyme
- Salt and pepper, to taste
- 1 cup dried white bread crumbs or panko
- Extra olive oil (for the pan)



1. Cut the larger potatoes in half crosswise. In a stockpot, place the potatoes and water to cover and bring to a boil. Simmer for 20 to 30 minutes or just until tender. (Don't overcook.) Drain the potatoes in a colander. When cool enough to handle, peel off the skins. Reserve 2 potatoes for the pizza. Cut the remaining 3 potatoes into ½-inch-thick slices.

2. Set the oven at 350 degrees. Oil a 9-inch square baking dish.

3. In a large skillet over medium heat, heat 2 tablespoons of the oil. Add the onion and cook, stirring occasionally, for 15 minutes. Add the garlic and cook, stirring, for 2 minutes. Transfer to a bowl.

4. Meanwhile coarsely chop the chard leaves and finely chop the stems. Rinse well.

5. In the skillet used to cook the onion, heat 1 tablespoon of oil over medium heat. Add the chard leaves and stems with the water that clings to it. Cook, stirring often, for 5 minutes or until tender. Add to the onions.

6. In another bowl, combine the ricotta, thyme, salt, and pepper.

7. In a small bowl, toss the bread crumbs, the remaining 1 ½ tablespoons olive oil, salt, and pepper.

8. Place ½ the potato slices in the baking dish, cutting them, if necessary, to make a full layer. Add ½ the chard mixture. Spread the ricotta on top. Cover with the remaining potatoes, then the remaining chard mixture. Sprinkle with bread crumbs.

9. Bake the gratin for 45 to 50 minutes or until it is hot and browned on top. Let stand for 5 minutes before cutting into squares.

& More

# Sweet potato and goat cheese pizza

*Serves 4*



2 tablespoons olive oil

2 cloves garlic, finely chopped

Flour (for rolling)

1 pound store-bought pizza dough, left covered at room temperature for 1 to 2 hours

2 tablespoons chopped fresh thyme

2 cooked sweet potatoes, cut into ½-inch cubes

½ cup chopped walnuts

Salt and pepper, to taste

4 ounces fresh goat cheese

⅔ cup freshly grated Parmesan

1. Set the oven at 475 degrees. Place a rack in the lower third of the oven. Line a large rimless baking sheet with parchment paper.
2. In a small skillet, heat the oil over medium heat. Add the garlic and cook, stirring, for 3 to 4 minutes or until sizzling and lightly golden.
3. On a lightly floured counter, roll the dough into a 13- to 14-inch round or oval. (Using two hands, hold up the dough and turn it, as you would a steering wheel, to let gravity stretch it.) Transfer the dough to the baking sheet.
4. Brush the dough with oil and garlic, leaving a 1-inch border all around. Sprinkle with thyme. Place the sweet potatoes on the dough, sprinkle with walnuts, salt, and pepper. Add the goat cheese in small clumps. Sprinkle with Parmesan.
5. Bake the pizza in the lower shelf of the oven for 15 minutes or until the crust is golden. Slide the pizza onto a cutting board and cut it into wedges.



Created with Vook

[Visit vook.com](https://vook.com)