

Contributors

Chris Kalb

illustrated Rachael's *Cooking Rocks!* (\$17, Lake Isle Press) and our kids' page of the same name (page 61).

WORK UNIFORM:
"My lucky pajamas."



Food writer

Maya Kaimal cooked in a hurry for "Curry Up!" (page 110).

SOUND BITE: She cooks to the tune of alternative rock, streamed into her kitchen from Santa Monica's KCRW.

Melissa Clark,

who co-authored two cookbooks with Peter Berley, visited the chef and his family at their home for "Fresh Direction" (page 64).

TIP JAR: "My mother always told me not to bother trussing the chicken."

Photographer Christopher McLallen

shot Rachael for the cover at SoHo Cantina in New York City.

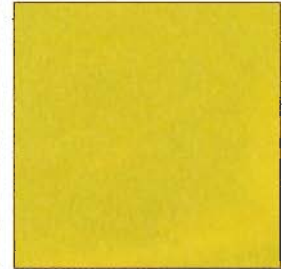
WHAT A TRIP: His favorite town in Italy is Montalcino, in Tuscany—where Rachael got married in September.



Lisa Young,

nutritionist and author of *The Portion Teller* (\$20, Morgan Road Books), points to recipes in this issue that are good for you.

GUILTY PLEASURE:
"Pretzels in bed."



Robert L. Wolke

took a break from his syndicated column "Food 101" to write "Einstein's Kitchen" (page 61).

TAKE THE HINT: "Snobs won't go near garlic powder, but it comes in handy in a pinch. Try it on popcorn."



The *Every Day* Food Team—recipe tester **Diana Sturgis**, food stylist **Tracey Seaman** and restaurant consultant **Chloe Osborne**—collaborated on stories throughout the magazine.

TRUE STORY: While testing a recipe for this issue, Sturgis set off her smoke alarm. After disarming it, she returned to the kitchen to discover the plastic handle of her coffee pot melting on the stove. "But the recipe came out great."



Stephen Scott Gross

photographed Peter Berley and his daughter for "Fresh Direction" (page 64) and *Every Day* editor Silvana Nardone and her son for "Get Rich Quick" (page 78).

MIDNIGHT SNACK: "Dinner."



Franz Waldendorff

photographed Rachael for "30-Minute Meals" (page 50). **SOUND BITE:** He and Rachael share a love for Queens of the Stone Age, Led Zeppelin and Foo Fighters—cranked all the way up.



Carolynn Carreño

returned to her hometown to write "San Diego's Sunny Side" (page 122).

WHAT A TRIP: She ran into her old baby-sitter while she was there.



Jennifer Rubell, author of the upcoming *Real Life Entertaining* (\$28, HarperCollins), hosted "Packed & Ready to Go" (page 94).

TRUE STORY: "My impromptu parties are totally imperfect, but that's what makes them, well, perfect."



Cauliflower Soup with Brown Butter

6 SERVINGS

PREP TIME: 15 min

COOK TIME: 30 min

Sea salt

Freshly squeezed juice of 1 lemon

- 1 head of cauliflower (2 pounds), separated into florets
- 6 tablespoons unsalted butter
- 3 medium or 2 large leeks—tough green parts discarded, the remainder thinly sliced and thoroughly rinsed
- 1 quart vegetable stock, preferably homemade
- ¼ cup sliced almonds
- Freshly ground white pepper
- Freshly grated nutmeg
- Flat-leaf parsley, finely chopped (optional)

1. Bring a large pot of water to a boil. Add 2 tablespoons of salt and the lemon juice. Add the cauliflower florets and cook, uncovered, for 15 minutes. Drain the cauliflower in a colander and set aside.

2. Meanwhile, in a skillet over medium heat, melt 2 tablespoons of the butter. Add the leeks and stir to coat. Season with salt and cook until tender, about 8 to 10 minutes. Adjust the heat as needed to prevent the leeks from browning. Transfer the leeks and cauliflower to a blender or food processor and puree with some of the stock.

3. In a small saucepan over medium heat, melt the remaining 4 tablespoons of butter. Add the almonds and lower the heat, stirring occasionally. Remove the pan from the heat when the butter stops foaming, the crackling sound stops and it turns a butterscotch color, 5 minutes. Drain the butter immediately into a 6-quart soup pot, reserving the almonds on a plate.

4. Stir the cauliflower-leek puree into the brown butter. Add the remaining vegetable stock and simmer for 5 minutes. Season the soup to taste with salt, pepper and nutmeg. Serve the soup garnished with the almonds and parsley.



Lemon-Roasted Sea Bass with Clams

GOOD for YOU

This soup contains healthful vegetables that are high in fiber, low in calories and rich in nutrients. The almonds add heart-healthy fat, and the lemon and parsley are full of vitamin C.

Lemon-Roasted Sea Bass with Clams

6 SERVINGS

PREP TIME: 20 min

COOK TIME: 40 min

Black sea bass is an Atlantic-coast fish with firm white flesh and a mild taste. You can substitute any whole white fish of similar weight, such as red snapper or striped bass.

- 2 large onions, chopped
- 1 tablespoon fennel seeds, crushed
- 2 tablespoons extra-virgin olive oil
- 2 large garlic cloves, roughly chopped
- 1 cup cherry tomatoes
- 8 sprigs fresh thyme
- 2 whole fish (1¼ to 1½ pounds each), gutted and gills removed

Salt and freshly ground pepper

1 cup dry white wine

1 lemon, thinly sliced

Chili powder or red pepper flakes, to taste

24 littleneck clams, scrubbed

1. Preheat the oven to 400°. In a large skillet, cook the onions and fennel seeds in the olive oil over medium-high heat until the onions are almost translucent, about 5 minutes. Add the garlic and cook another 3 minutes. Transfer the mixture to a large roasting pan. Scatter the tomatoes and thyme over the onions.

2. Lay the fish out on a work surface. Make 3 large diagonal cuts on each side of the fish to allow for even cooking. Season the fish generously with salt and pepper, inside and out, top and bottom.

3. Transfer the fish to the roasting pan, arranging it on top of the tomato and onion mixture. Pour the wine into the pan. Arrange the lemon slices across the top of the fish and sprinkle evenly with the chili powder. Roast the fish for 10 minutes, then arrange the clams around the fish. Continue roasting until the clams open and the fish is cooked through, 25 to 30 minutes more.

Fennel Salad with Toasted Walnuts

4 SERVINGS

PREP TIME: 35 min

- 3 large celery stalks and ¼ cup finely chopped celery leaves
- 2 fennel bulbs, stalks and outer layer removed
- ⅓ cup roughly chopped walnuts
- 2 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 garlic clove, crushed
- 2 teaspoons honey
- ½ teaspoon coarse sea salt or kosher salt
- 5 tablespoons extra-virgin olive oil
- Freshly ground pepper
- 1 large tart apple, preferably Pink Lady

1. Peel any tough fibers from the celery stalks and slice the stalks on the diagonal into pieces about ⅛ inch thick by 1 inch long. Cut the fennel bulbs in half lengthwise, then slice them crosswise ⅛ inch thick.

Transfer the celery and fennel to a bowl of cold water and refrigerate.

2. In a small skillet, toast the nuts over medium heat for 3 to 4 minutes, shaking the pan for even browning. Transfer the nuts to a plate to cool.

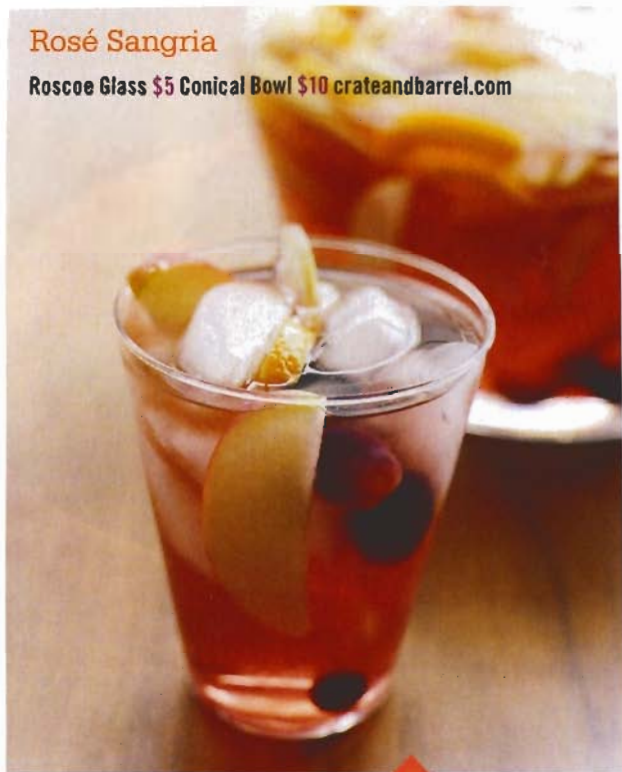
3. In a salad bowl, combine the lemon juice, mustard, garlic, honey and salt. Whisk in the olive oil and season with pepper.

4. Quarter and core the apple. Cut each quarter into 2 wedges. Thinly slice the wedges crosswise. Add the apple slices to the dressing and toss well to coat.

5. Drain the celery and fennel and dry in a salad spinner (or blot dry with a paper towel). Add the celery and fennel, celery leaves and walnuts to the apples and toss. Serve immediately or refrigerate for up to 1 day.

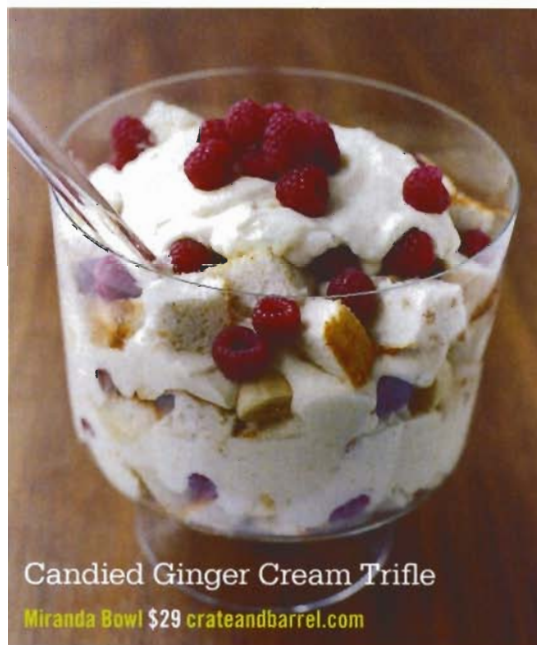
Rosé Sangria

Roscoe Glass \$5 Conical Bowl \$10 crateandbarrel.com



GOOD
for
YOU

This sangria is packed with nutrition. The grapes and grape juice contain heart-healthy antioxidants; the pears and apples are packed with fiber, which fights disease and makes you feel full; the orange is loaded with vitamin C. And, research indicates that wine is good for your heart!



Candied Ginger Cream Trifle

Miranda Bowl \$29 crateandbarrel.com

ROSE BOWL

Rosé Sangria

8 TO 10 SERVINGS

PREP TIME: 15 min (plus chilling)

This perky pink punch, full of fresh fruit and juice, will make you blush. For best results, combine the fruit, juice and liqueur up to a day ahead and let sit in the refrigerator.

- 1 quart white grape juice
 - 2 cups cranberry-raspberry juice
 - ½ cup pear liqueur (Poire William) or raspberry liqueur (framboise)
 - 2 apples, preferably Pink Lady
 - 2 pears, preferably Forelle
 - 1 navel orange—trimmed, quartered lengthwise and sliced crosswise ⅓ inch thick
 - 2 cups seedless black grapes
- One 1.5-liter bottle chilled rosé wine

Ice cubes, for serving

1. In a 3-quart bowl, combine the white grape juice, cranberry-raspberry juice and pear liqueur.
2. Quarter and core the apples and pears, then thinly slice them and add to the bowl along with the orange and grapes. Cover the fruit and chill for at least 2 hours and up to overnight.
3. Transfer the fruit and juices to a 5-quart punch bowl. Add the wine and serve the sangria over ice cubes in tumblers.

SUGAR BOWL

Candied Ginger Cream Trifle

10 SERVINGS

PREP TIME: 20 min (plus chilling)

No matter what happens during the big game, this trifle ensures a happy ending. The commingling of peppery ginger and sweet angel food cake is heavenly. If you don't have a footed trifle bowl, any 3-quart clear glass bowl will do fine.

- One ¼-ounce packet unflavored gelatin
- 1 cup water
- 1 cup sugar
- 5 ounces crystallized ginger (about 1 cup)
- 2 cups milk
- Pinch of salt
- One 8-ounce container sour cream
- 2 tablespoons rum

- 1½ cups chilled heavy cream
- 2 half-pints raspberries
- One 12-ounce angel food cake or light sponge cake, cut into 1½-inch cubes
- 2 large bananas

1. In a cup, sprinkle the gelatin over ¼ cup of water; let stand until softened, 5 minutes. Combine ½ cup of the sugar and the ginger in a food processor and process until the ginger is finely chopped, then transfer to a small saucepan. Add the milk and salt and cook over medium heat, stirring occasionally, until simmering, about 5 minutes. Remove from the heat and stir in the softened gelatin. Stand the pot in a bowl of cold water to cool to room temperature, about 30 minutes.
2. Place the sour cream in a large bowl; gradually whisk in the cool, but not set, ginger and milk mixture until smooth. Cover with plastic wrap and refrigerate the mixture until cold and thick, up to 1 hour.
3. Meanwhile, combine the remaining ½ cup of sugar and ¾ cup of water into a small saucepan and bring to a boil over medium heat, stirring, until the sugar dissolves. Remove from the heat and let cool. Stir in the rum.
4. Beat the heavy cream with an electric mixer until stiff and then gently stir into the cold, but not set, ginger mixture. (If the ginger mixture has begun to set, whisk it briefly to soften it before adding the cream.)
5. Reserve 1 cup of the raspberries and 1 cup of the ginger cream and set aside. Place one-third of the cake cubes in an even layer in a 3-quart footed trifle bowl. Spoon a third of the rum syrup over the cake cubes. Slice 1 banana over the cake and scatter half of the remaining raspberries over the bananas. Spoon half of the remaining ginger cream over the fruit. Repeat the layering of cake, syrup, fruit and cream. (You should have enough cake and syrup for one more layer.) Place the remaining cake on top and drizzle with the last of the syrup. Spoon the reserved cream into the center and garnish with the reserved berries. Chill the trifle until ready to serve (3 hours and up to overnight).



Personalize your posole with any or all of the toppings.



Dried hominy works, but canned hominy is faster and easier.



Posole

6 SERVINGS

PREP TIME: 30 min

COOK TIME: 2 hr

This dish is even better when served the next day.

- 2** pounds pork shoulder, cut into 1-inch chunks
- 1** teaspoon salt
- Freshly ground pepper**
- 1** teaspoon ground cumin
- 1** teaspoon dried oregano, plus more for garnish
- 1** to **2** tablespoons canned chipotle chiles in adobo sauce pureed with 4 tablespoons water
- Two 30-ounce cans hominy**
- 1** bay leaf
- 2** medium onions, 1 finely chopped, 1 diced
- 2** large garlic cloves, chopped
- 1** bunch of cilantro, stemmed, plus 2 tablespoons chopped
- 6** radishes, thinly sliced
- 1** large or 2 small ripe Hass avocados, diced
- 2** limes, cut into wedges
- Corn tortillas, warmed in the oven**

- 1.** In a large, heavy saucepan or enameled cast-iron casserole, combine the pork, salt, pepper, cumin, oregano and chipotle puree (to control the spiciness, start with 1 tablespoon; you can always add more later). Add the liquid from the canned hominy along with the bay leaf and enough water to just cover the meat (about 2 cups). Bring the soup to a boil and skim off any foam that comes to the surface. Reduce the heat, add the finely chopped onion and cook the soup, covered, at a low simmer for 1 hour.
- 2.** Add the hominy to the soup, turn the heat up a little and cook, uncovered, at moderately low heat until the pork is tender and the liquid has thickened slightly but is still soupy, about 50 minutes. (Posole is typically eaten with a spoon. If the soup becomes too thick, you can add water to recover that delicious broth.) Ten minutes before the soup is done, stir in the chopped garlic. Before serving, add the chopped cilantro.
- 3.** Assemble dishes of cilantro leaves, diced onion, dried oregano, sliced radishes and diced avocado; let guests garnish their own steaming bowls of posole. Serve with the lime wedges (for squeezing over the posole) and the warm tortillas on the side.

TOP THIS

Posole is traditionally served with a variety of fresh accompaniments.



Lime wedges



Radishes



White onion



Avocado

GOOD
for
YOU

This refreshing limeade is packed with vitamin C, and the water or soda water will definitely keep you hydrated.

LIMEADE

6 SERVINGS

PREP TIME: 5 min

Squeeze the juice of 8 limes into a large pitcher. Drop in half of the crushed limes for color. Add 1 cup of sugar and stir until dissolved. Add lots of ice and enough water or soda water to make 6 cups. Stir and serve.

GOOD for YOU

This recipe calls for heart-healthy ingredients, such as pumpkin seeds, olive oil and garlic. Parsley contains the antioxidant vitamin C. Goat cheese contains both protein and calcium.



Pumpkin Seed Goat Cheese Pesto

8 SERVINGS

PREP TIME: 30 min

This recipe can be made a day or two ahead and stored in the refrigerator. Serve warm or at room temperature.

- ½ cup extra-virgin olive oil
- 2 cups hulled pumpkin seeds (8 ounces)
- 2 shallots, finely chopped (about ¼ cup)
- 4 garlic cloves, finely chopped
- Kosher salt and freshly ground pepper
- ½ cup chopped flat-leaf parsley
- 1 tablespoon chopped fresh sage (about 10 leaves)
- 5 ounces soft goat cheese
- ½ cup water
- Juice of 2 lemons (5 to 6 tablespoons)

1. In a large skillet, heat 2 tablespoons of the olive oil over medium heat. Add the pumpkin seeds and cook, stirring, until they begin to turn brown (some will pop), about 5 minutes. Add the shallots and garlic and cook until softened, about 2 minutes. Season with salt and pepper and transfer to a plate to cool for 10 minutes.
2. Add the pumpkin seed mixture to a food processor along with the parsley, sage, goat cheese and water. Turn the processor on and drizzle in the remaining 6 tablespoons of olive oil, until the mixture reaches an oatmeal-like consistency. Transfer to a bowl and add the lemon juice and salt and pepper to taste.

TIP THE SCALE

4
servings

Cut the recipe in half.

12
servings

Double the recipe. (Depending on the size of your food processor, puree the mixture in 2 or more batches.)

TIP THE SCALE

4 servings

Cut the recipe in half and bake in a 9-by-9-inch baking dish. Cover loosely with foil; cooking time will be shorter, about 40 minutes.

12 servings

Double the recipe and divide between 2 large baking dishes. (If you don't have a bowl large enough for the entire recipe, divide the ingredients equally between 2 bowls.)

Pumpkin Seed Sausage Stuffing

8 SERVINGS

PREP TIME: 45 min

COOK TIME: 1 hr

- 4 tablespoons unsalted butter
- 1 pound sweet Italian sausage (casings removed), meat chopped
- 2 large celery ribs with leaves, chopped
- 1 large onion, chopped
- 1 loaf of pumpernickel raisin bread (1 pound), cut into 1-inch cubes and dried (leave out overnight or lightly toast in a 200° oven)
- 1 sleeve saltine crackers (4 ounces), crumbled
- 1 tablespoon fresh thyme, chopped
- 4 eggs, lightly beaten
- 2 cups turkey stock or canned low-sodium chicken broth
- ¼ cup chopped flat-leaf parsley
- Kosher salt and freshly ground pepper

1. Preheat the oven to 350°. In a large skillet, melt the butter over medium heat, then add the sausage and cook for 5 minutes, crumbling the meat with the back of a spoon. Add the celery and onion and cook until the vegetables are tender and the meat is browned, 7 to 10 minutes. Transfer the mixture to a large bowl and let cool.
2. Add the bread cubes, crackers, thyme, eggs, stock and parsley to the bowl and mix well (use your hands if you like—it's fun). The mixture should be moist but not soggy; add a little more stock if you like your stuffing wetter. Season the stuffing with salt and pepper. Place in a 9-by-13-inch buttered baking dish and bake for 1 hour. (To keep the stuffing moist, cover the top loosely with foil while it bakes.)





GOOD for YOU

Romaine has disease-fighting nutrients, including fiber and the B vitamin folate. Tomatoes are a source of the antioxidants lycopene and vitamin C, and Parmigiano-Reggiano cheese contains protein and calcium, which help maintain strong bones.

Caesar Salad Skewers

MAKES 16 SKEWERS
PREP TIME: 30 min

- ½ cup mayonnaise
- 1 cup plus 1 tablespoon grated Parmigiano-Reggiano cheese
- ¼ cup fresh lemon juice
- One 2-ounce tin anchovies, drained
- 2 teaspoons Dijon mustard
- 2 teaspoons red wine vinegar
- 1 garlic clove
- ½ teaspoon Worcestershire sauce
- 1 heart of romaine, trimmed and cut crosswise into 1-inch strips
- 16 cherry tomatoes
- Freshly ground pepper

In a blender, combine the mayonnaise, 1 cup of cheese, lemon juice, anchovies, mustard, vinegar, garlic and Worcestershire sauce. Blend on high until thick and creamy, about 20 seconds. Place the dip in a bowl and top with the remaining 1 tablespoon of cheese. Divide the romaine strips evenly among 16 skewers and thread them onto the skewers through their center rib, keeping them close to the tip. Top each skewer with a cherry tomato, garnish with pepper and serve with the Caesar dressing dip.



Darling Clementines

16 SERVINGS
PREP TIME: 30 min

- One 32-ounce container ricotta cheese
- ½ cup confectioners' sugar
- 2 teaspoons pure vanilla extract
- 2 teaspoons pure almond extract
- 8 clementines

In a bowl, combine the ricotta, confectioners' sugar, vanilla and almond extract. Stir until well combined. Slice each clementine in half crosswise (the peels will serve as cups), then run a spoon between the peel and the flesh and lift out all the segments as a whole. Divide the flesh into individual sections with your fingers and set aside enough of them (three for each clementine half) for garnish. Squeeze out 1 tablespoon of juice from the remaining segments and add to the ricotta mixture. Fill each clementine cup until mounded with the ricotta mixture, then decorate with the reserved clementine sections. Refrigerate the cups until ready to serve.



Caesar Salad Skewers