

**THE  
SEATTLE  
FOOD GEEK  
COOKS**

**BY SCOTT HEIMENDINGER**



# THE SEATTLE FOOD GEEK



Hi there, I'm Scott and I'm a geek. It just so happens that I'm also a foodie. Being a geek and being a foodie have natural and complementary overlaps, so I guess its not surprising to find someone who enjoys both.

Like geeks, foodies are known for being dedicated to their interests. A geek might spend thousands of dollars building a computer: choosing the right motherboard, getting the fastest hard drives, water-cooling the CPU, and overclocking the graphics card. A foodie will spend the same amount on hand-pounded copper pots, Japanese knives, artisanal olive oil and a laser thermometer accurate to the 100th of a degree.

While geeks spend hours agonizing over every line of source code to boost performance, a foodie will pick through and carefully inspect every head of garlic in the grocery store before making a choice. We care about quality, and we're known to be a little obsessive-compulsive.

As for my foodiness, it all started in 1982. That was the year I attended La Varenne, the prestigious French cooking school. Unfortunately, I never received a diploma from La Varenne, as I was a fetus during my tenure there. Regardless, I'm convinced that this experience had a lasting impact on my culinary development.

As I grew up, both of my parents taught me the value of cooking for others. I learned how food can unite families and bring friends together. When I went off to college at Carnegie Mellon University (major geek school), I started cooking as a way to combat the stress of homework and programming assignments. Even though my college kitchen was smaller than most linen closets, I managed to produce some decent food. And once my friends found out there was an alternative to Top Ramen, filling my social calendar was never a problem.

After college, I moved to Washington D.C. to work for IBM. Unfortunately, it was a new city for me and I didn't know many people. What was a single guy to do? Behold, the power of the dinner party: if you cook it, they will come. A few roasted hens, some wild rice and a cheese plate were effective weapons against solitude, as it turned out.

You can now find me cooking nightly in my home in Seattle. I'm a very proud Microsoftee by day, but as soon as work is over, I head straight to my kitchen to cook up a storm for my wife and resident guinea pig, Rachel.

So, that's what I'm about. I'm a geek who cooks. Hopefully this book will inspire you to explore your own kitchen, and maybe, just maybe, discover your inner food geek.

Happy cooking,  
Scott Heimendinger

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# SMALL BITES



# BROILED HONEY-GLAZED SPICED FIGS

“ Fresh figs are one of the most versatile Fall fruits around, and also one of the most delicious. Baked, grilled, or, in this case, broiled, they’re kinda hard to screw up. For this preparation, we’re glazing sliced figs with honey and spices – feel free to substitute whatever smells good to you (try Chinese Five Spice) – then broiling until the honey caramelizes.

”

Makes: 1 dozen sweet Fall treats

Total kitchen time: 15 minutes

## Shopping list:

- 12 fresh figs
- 3 tbsp. honey
- 1/2 tsp. red chili powder
- 1/2 tsp. ground cloves
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. paprika

1. Preheat your broiler and set the top rack as close to the heating element as possible.
2. Rinse the figs and pat dry. Cut off stems (optional, but the stems aren’t edible). Slice figs in half lengthwise, from stem to root.
3. Combine the dry ingredients in a small bowl (measurements are approximate – do what looks/smells/tastes good to you).
4. Lay the figs, cut side up, on a lined baking sheet. Drizzle the cut side of the figs with honey. Sprinkle over the spice mixture.
5. Broil on the top rack until the honey bubbles and just begins to brown, about 10 minutes. Note: watch the figs closely – cooking time will vary from oven to oven. Alternately, you can place the figs cut side down on a hot grill for about 10 seconds.
6. Remove from heat and serve.

These broiled figs are dying to be slathered with mascarpone or tossed with green beans, goat cheese and bacon for a beautiful fall side dish. Or, just eat them as-is for an afternoon snack or super-easy hors d’oeuvre!

# MINI BEEF WELLINGTON HORS D'OEUVRES

“ I love the richness and elegance of beef wellington, particularly for fancy winter dinners. Beef wellington, if you haven't had it before, is a medium rare slab of steak, topped with foie gras and mushrooms, then wrapped in puff pastry and baked. The dish can be an expensive proposition, so I've transformed it into economical hors d'oeuvres. ”

Makes: about 30 bites

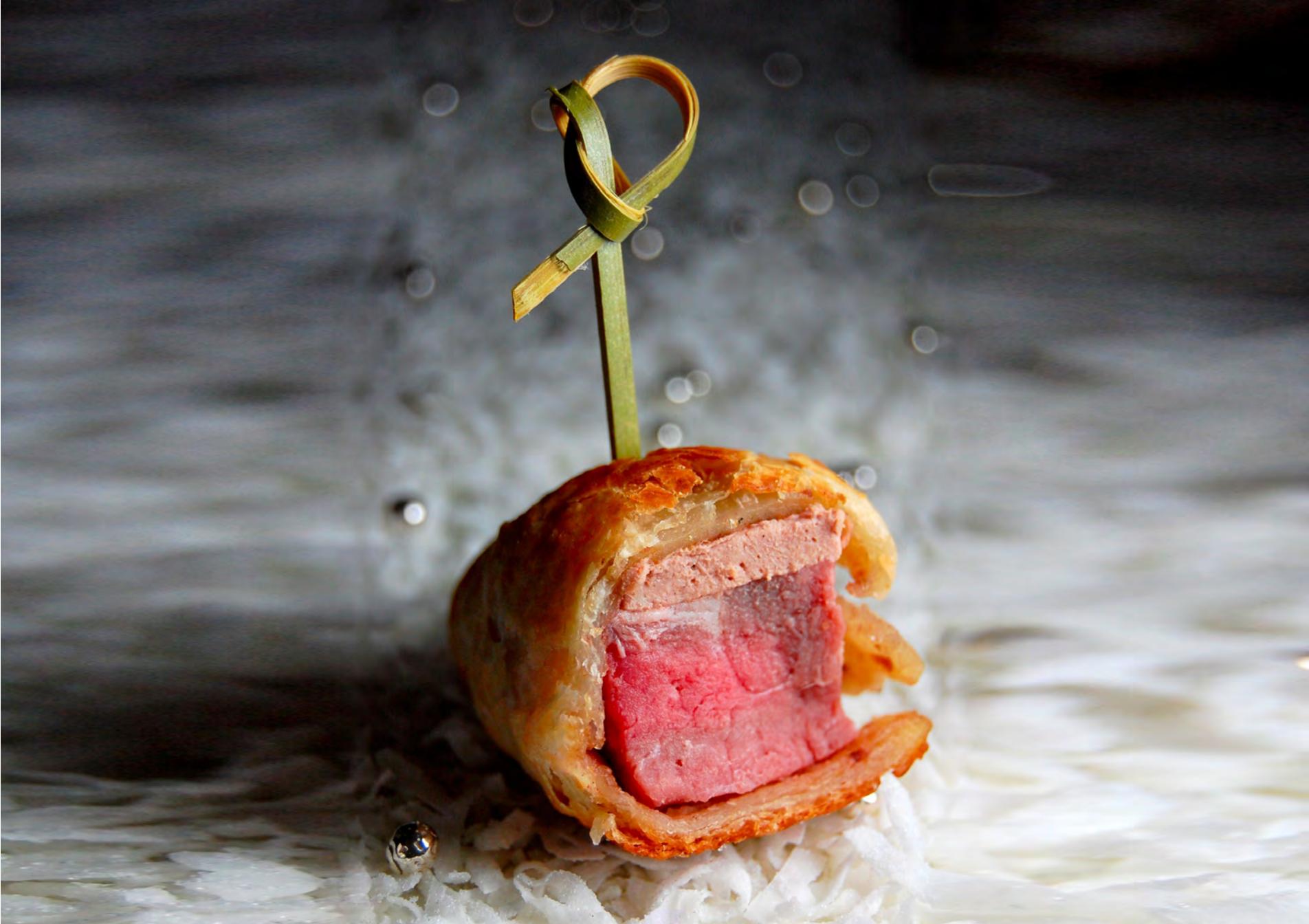
Total kitchen time: 25 minutes (longer if starting with rare tenderloin)

Shopping list:

- 2 1 lb. fully cooked beef tenderloins (available at Trader Joe's seasonally)
- 4 Oz. pâté (chicken or duck will work fine)
- 2 12" square sheets of puff pastry, thawed but still cold
- Toothpicks, for serving

1. Preheat the oven to 425°F and set the top rack in the middle of the oven.
2. If you are starting with an uncooked beef tenderloin, season it to taste and cook until rare. Allow the tenderloin to come to room temperature before carving, at least 30 minutes. If using pre-cooked tenderloin, remove from the packaging and wipe all sides dry with paper towels. Cut the tenderloin into long, 1" square strips. You should get about 3 good strips per tenderloin; the rest can be saved for excellent next-day sandwiches!
3. Line a baking sheet with parchment or a non-stick mat. Lay out one sheet of puff pastry and place the cut tenderloin about 1/2" from the top edge. Spread a little of the pâté on top of the tenderloin. Then, carefully fold the puff pastry over the tenderloin, rolling the meat and the dough until you've completely encased the tenderloin. Press the dough down at the seam to seal it. Using a sharp knife, cut the sealed portion of dough away and place on the baking sheet. Repeat for a total of three "logs" per sheet of puff pastry.
4. Bake until the puff pastry is golden brown, about 10 minutes. Remove from the oven and let stand 5 minutes before cutting. Slice each "log" into 1" pieces, skewer with a toothpick, and serve!

We were able to save a little cash by using chicken pâté instead of expensive (and rare) foie gras. We also left out the mushroom mixture you usually find in beef wellington – for our purposes, the mushrooms would be a little messy since they'd fall out the sides of the cut pieces. Trust me, your guests won't miss them.





# SALAD



# I DARE YOU TO EAT BOTTLED SALAD DRESSING AGAIN

“In no other dish does the condiment take center stage as it does in salad. With a billion varieties of dressings out there, it’s easy to be tempted by a bottle of Hidden Valley (or Annie’s, if you drive a Volkswagen). But, most of that bottled junk is full of calories and fat so it will have a long shelf life. This recipe is the base for most of the salad dressings I make. It takes all of 90 seconds, and it beats the pantaloons of anything I’ve had from a store.”

1. Combine all ingredients in a small bowl or cup and whisk with a fork until emulsified.
2. Done!

What makes this dressing really shine is starting with a great olive oil. Oh, and if you’re curious about the salad in the picture, it’s field greens, goat’s cheese, candied walnuts and dried cranberries.

Makes: 1/4 cup, enough for 2 dinner salads, or 4 side salads  
Total kitchen time: 90 seconds

## Shopping list:

- 1/2 tsp. sea salt
- 1/4 cup roasted garlic olive oil (homemade, or store-bought)
- 1/2 tsp. freshly ground black pepper
- 1 tsp. honey
- 1/2 tsp. Dijon mustard
- 1/4 tsp. lemon juice

# ROASTED ENDIVE SALAD WITH PROSCIUTTO, FIGS AND PISTACHIOS

“Admittedly, this salad may be trying a little too hard (or perhaps I've been watching too much Top Chef). In any case, if you're looking for a sophisticated, unique way to start off a dinner party, this is just the trick. The key to this dish is balance. Endive is naturally very bitter, but is offset by drizzling honey over the whole plate. The figs and pistachios add texture, and the fried prosciutto... well, who doesn't love crispy pork?”

”

Makes: 4 fancy “salads”

Total kitchen time: 30 minutes

Shopping list:

- 6 heads of endive (green, red or both)
- 1/4 cup olive oil (an infused oil, such as roasted garlic olive oil, works great here)
- 2 slices prosciutto
- 1 cup dried figs, sliced as thinly as possible
- 1/2 cup pistachio nuts, shells removed
- 1/4 cup organic honey

1. Preheat your oven (\*ding, this is a great toaster oven candidate) to 350°F. Line a rimmed baking sheet with aluminum foil.
2. Wash the endive and remove any unsightly outer leaves. Slice each endive head in half from the stem to the tip. Arrange the endive cut side up on the foil-lined baking sheet. Coat the endive generously with olive oil. Bake at 350°F for 30 minutes, or until the outer edges are golden brown.
3. Meanwhile, fry the prosciutto in a skillet until crispy. Drain onto paper towels, then crumble the prosciutto and set it aside.
4. When the endive is done roasting, arrange three pieces on a plate alongside a handful of sliced dried figs and pistachio nuts. Drizzle a spoonful of honey over the plate, then sprinkle the endive with about 1/4th of the crumbled prosciutto.

If sliced figs and pistachios don't suit your dinner crowd, you can always drown the plate in blue cheese.





# PASTA



# SWEET SAUSAGE LASAGNA

“ Sometimes there’s nothing like a hot plate of lasagna on a cold winter evening. If you’re nodding in agreement, for the love of God, stop buying frozen lasagna! This dish is nearly foolproof, and if you don’t want to make your own noodles and sauce from scratch, you can easily substitute store-bought ingredients. I chose to make mini-lasagnas since I have a set of cocottes (tiny dutch ovens), but the same recipe will work in an 8”x8” baking dish. ”

Total kitchen time: 45 minutes (2 hours if making pasta and sauce from scratch)

Makes: 4 lasagna converts

Shopping list:

- 1 pound fresh pasta dough (or 1 package dried no-boil lasagna noodles)
- 1 pound sweet Italian sausage
- 1 cup fresh ricotta cheese
- 2 cups tomato sauce (homemade or use store-bought)
- 4 tbsp. freshly grated Parmigiano-Reggiano
- 4 fried sage leaves, for garnish (optional)

1. Preheat your oven to 350°F.
2. If you’re making homemade lasagna noodles, follow your favorite pasta recipe (the recipe on a bag of semolina flour works just fine). Roll the dough out to the #5 setting (about halfway) on your pasta roller, which is thin enough that you can just see the color of your hand through the dough. Cut the dough to fit your baking dish. 1 lb. of dough should be more than enough – you may have extra dough left over.
3. Heat a large skillet over high heat. Remove the sausage casings by squeezing the sausage from one end and add the sausage to the skillet. Break the sausage up into small pieces and cook until lightly browned and no pink is visible. Set aside.
4. Assemble your lasagna by lightly greasing your baking dish with olive oil or butter. Place a layer of noodles in the bottom of the dish until it is completely covered. Spoon on about 1/3 of the ricotta cheese, 1/3 of the sausage, and 1/3 of the tomato sauce. Repeat 2 more times. Place a final layer of noodles over the top and cover with grated parmesan.
5. Cover with a lid or foil and bake for 30 minutes if using fresh pasta, or as long as called for if using store-bought lasagna noodles. Uncover and continue baking 5 minutes or until the top is golden brown.
6. Let cool 5-10 minutes before serving, and top with fried sage leaves.

# SMOKED SALMON AND MASCARPONE CALZONE

“This recipe was inspired by a recent visit to Piroshky Piroshky, the small, wonderful-smelling Russian bakery in the Pike Place market. They make some of my favorite street food, and I can’t make a trip to Pike Place without stopping by for a snack. On my latest trip, I tried their salmon paté piroshky (a piroshky is a stuffed, flaky, handheld pie) and it was divine. This “calzone” doesn’t attempt to recreate the salmon piroshky, but was simply inspired by it. The mascarpone cheese melts away during baking, leaving the rich smoked salmon moist and delicious.”

Makes: 2 Coho Calzones

Total kitchen time: 30 minutes

Shopping list:

- 1 pizza crust’s worth of dough (or cheat and use a premade dough from the grocery store)
- 8 oz. smoked salmon
- ½ cup mascarpone (found in a small plastic tub in the cheese case)
- 1 leek
- 1 small handful chives, finely chopped
- 1 egg white, lightly beaten
- 2tso. extra virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

1. Preheat your oven to 450°F and place the top rack in the lower third of your oven. Line a baking sheet with parchment paper (optional, for easier cleanup).
2. Wash and pat dry the leek. Slice the leek lengthwise, then cut each half into long, very thin strips. Cut the strips into short pieces, about ½” long. Set aside.
3. Divide the dough into two equal parts, and roll out each into a 10” circle. Gently spread a thin layer of mascarpone on the surface of the dough, leaving at least a ½” crust.
4. In a small bowl, break up the smoked salmon using your fingers until it is fluffy. You want the filling of the calzone to be pretty even, or it will fall apart as you eat it.
5. Divide the salmon between the two crusts, arranging it only on one side of the crust (in a half-moon shape), again leave at least a ½” crust. Sprinkle the chives and leeks over the salmon, then lightly salt and pepper. Finally, drizzle with about 1 tsp of olive oil.
6. Fold each calzone in half, making sure that the crusts line up. Using the tines of a fork, gently press down the edge all the way around the rounded side of the calzone to seal it. Make sure you get a tight seal – this will help the calzone puff up during baking.
7. Brush the tops of each calzone with egg white. Bake at 450°F for about 15 minutes, or until golden brown and delicious.

These calzones are crunchy, salty and wonderful. But, they’re not like the gooey, stringy cheese calzones you might be used to. There’s an unwritten rule against combining cheese and fish (I don’t know why, you just never see them together). So, it’s a good thing that mascarpone isn’t really a cheese. The more you know... doo de do dee!





# PENNE À LA GRECQUE WITH TOMATO CONFIT

“Slow-roasted cherry tomatoes are really the star of this dish. The French Laundry uses tomato confit in many of its preparations. My method isn't quite as intricate as theirs, but the intent is the same: to sweeten and intensify the flavor of the tomato. The result is a delicious variation on your otherwise ordinary pasta night. After baking the tomatoes, to really make them confit, store them in an airtight jar immersed in olive oil for later uses.”

Makes: Special pasta night for 2

Total kitchen time: 1 hour (15 minutes working time)

Shopping list:

- 1/2 lb. cherry or grape tomatoes
- 4 oz. (about 2 cups) penne pasta
- 1/4 cup kalamata olives, pitted
- 1/4 cup green olives, pitted
- 1/2 cup feta cheese, cut into 1/2" cubes
- 1 tbsp. freshly chopped oregano
- 2 tbsp. extra virgin olive oil
- Kosher salt and freshly ground black pepper

1. Rinse and pat dry the tomatoes. Slice in half through the stem end. In a small bowl, gently toss the tomatoes with about 1 tsp. kosher salt and enough good olive oil to coat.
2. Arrange the tomatoes in an even layer, cut side up, on a baking sheet. Bake at 250°F for 1 hour. This is a good time to use your toaster oven, if you've got one.
3. About 30 minutes into the tomato roasting, bring a very large pot of water to a boil. Even if you're only cooking for two, use at least a gallon of water if you can. All the Italian chefs say we need to, though they may be in the pocket of Big Water. Salt the water.
4. Cook the pasta to al-dente (10-12 minutes, check the package for directions) and drain well. Toss together the pasta, feta, oregano and olives with a little more (good) olive oil, salt and freshly ground black pepper. Plate, and add the confit-ed tomatoes on top.

For *real* tomato confit, Thomas Keller suggest that we blanch, peel, and seed the tomatoes before baking. If you've got the extra time on your hands, please go ahead and report back. I should be just about done with dinner by then!

# PAPPARDELLE WITH SWEET POTATO, RICOTTA AND SPINACH

“Let me start by saying that I would eat the Los Angeles Times (Sunday Edition) if you spread enough Ricotta over the top. Well, maybe all but the sports section. Anyhow, this was a delicious, easy and colorful dish that I whipped up for company on short notice. Keep this one (and, of course, your own variations) in your arsenal for good, quick eats.”

Total kitchen time: 35 minutes

Makes: Op-Ed taste like Home & Garden for 4 lovely readers

## Shopping list:

- dried pappardelle noodles (really, just get as much as it looks like you'll need. Unlike smaller noodles, the cooked yield isn't deceptively larger than the dried volume.)
- 2 sweet potatoes, peeled and cut into 1/2" cubes
- 12 cups baby spinach (to yield about 1 1/2 cups wilted)
- 1/4 cup ricotta cheese
- 4 slices prosciutto
- 4 tbsp. extra virgin olive oil
- sea salt and pepper, to taste

1. Preheat your oven (or toaster oven) to 400°F and place the top rack about three quarters of the way up.
2. Boil at least a gallon of lightly salted water in the largest pot you have. This will take some time to boil, so I've put it here in step 2 for you. I know, what would you do without me?
3. Toss the sweet potato cubes with 1 tbsp. of olive oil and a pinch of salt. Spread in an even layer on a baking sheet and roast until tender and just starting to get golden corners, about 20 minutes. Set aside.
4. In a large skillet or a griddle over medium heat, lightly fry each piece of prosciutto until crispy. This will only take a minute or two per side, so keep a close watch. Since prosciutto typically doesn't come in packages of 4, you can always pretend that you overcooked a slice and sneak a bite when nobody is looking. It will be our secret. Once you're done with your shameful crisping, set the prosciutto aside on paper towels.
5. Now, cook the pasta. This will take 15-20 minutes, so proceed to the next step while you're waiting. Hey look, we're multitasking!
6. In a large skillet over medium-high heat, wilt the spinach until just done. Be sure that the amount of spinach is not too great for the size of the pan – you want a lot of room for the moisture to cook off, otherwise you'll end up with gritty, watery greens. Bad stuff.
7. In a large bowl, toss the pasta with 3 tbsp. of olive oil and salt a pepper to taste. Add in the ricotta, sweet potatoes and spinach. If you want, crumble in the fried prosciutto, or just serve it to the side like a ham wafer. Yum!

That's it, folks. An unapologetically simple and easy meal. If you felt this was too straightforward, serve only a small portion of the pasta aside duck confit with a balsamic reduction, jerk.





# SEAFOOD

# CURRIED SALMON WITH CAULIFLOWER QUENELLE & PUREE

“As home chefs are becoming more adventurous, the line between home and restaurant cooking is getting blurrier (read: moms making towers of PB&J on brioche with fireweed honey bruleé). Since I've yet to attend culinary school, I can only fantasize that my kitchen resides in the back of a hip restaurant. But if it did, here's a dish I wouldn't mind serving. The sweetness of the vegetable puree is a cooling offset to the heat of the curry. When working with small cuts of salmon, be sure not to overcook it.”

Total kitchen time: 1 hour

Makes: 4 carefully plated servings

Special equipment: immersion blender, chinois or fine strainer or cheesecloth  
Shopping list:

- 1 small head cauliflower
- 1/2 white onion, diced
- 1 leek (dark green part discarded), diced
- 1 medium shallot, minced
- 1 cup dry white wine
- 1/2 cup heavy cream
- 4 stalks thyme, placed in a tea bag or bundled together with twine
- 2 lbs. salmon fillet, skin and pin bones removed
- 2 tsp. red curry powder
- 2 tsp. turmeric
- olive oil, sea salt and freshly ground white pepper

1. Preheat your oven (or toaster oven) to 400°F and set the top rack 6-8" from the heating element.
2. Cut the cauliflower into small fleurettes (little pieces) and toss with olive oil and salt to coat. Spread onto a lined baking sheet and roast until soft and just slightly browned around the edges, about 20 minutes.
3. Meanwhile, heat 1 tbsp. of olive oil in a high-sided, heavy-bottomed skillet. When it just begins to smoke, add the onion, leek and shallot. Reduce heat to medium and cook until softened, about 10 minutes.
4. Add the white wine, stirring up any browned bits from the bottom. Bring to a boil and cook until the wine is reduced about 2/3rds. Reduce the heat to a simmer and stir in the cream. Add the thyme and simmer about 10 minutes. Remove the thyme and discard.
5. Add the roasted cauliflower to the onion mixture. Using an immersion blender (or transferring the whole thing to your blender) blend until smooth. Transfer the mixture to a fine strainer or cheesecloth, with a bowl placed underneath. Strain all the liquid you can from the mixture, and reserve. The mixture remaining in your strainer should have the consistency of mashed potatoes.
6. Using two spoons of the same size, divide the vegetable mixture into 4 parts and shape into quenelles (little round things). Place on a baking sheet and drizzle with olive oil. Roast 10 minutes, or until lightly browned.
7. Divide the salmon fillet into 4 servings and coat with curry powder, turmeric, sea salt and olive oil. Sear in a hot skillet over high heat, about 2 minutes per side (timing will vary; look for the doneness creeping up the side of the fillet. Some pink is good).
8. To serve, spoon the reserved liquid into the bottom of a large bowl or plate, then top with a salmon fillet and a quenelle.





# MUSSELS À LA BOHEMIA

“There’s an undeniable connection between seafood and beer. Whether it’s broiled salmon and an IPA, or barbequed shrimp and a Bohemia, the combination is satiating. For this recipe, we’re using a bottle of Bohemia to poach our mussels. Bohemia is a slightly sweet beer with just a hint of bitterness, and it balances perfectly with the bright, fresh aromatics that we add right before serving.”

Serves: 2 Hungry Beer Drinkers

Total Kitchen Time: 30 minutes

## Shopping list:

- 4 cloves garlic, smashed
- 1 shallot, coarsely chopped
- 1 tsp. poblano pepper, coarsely chopped
- 1 tbsp. olive oil
- 1 bottle Bohemia (or similar) beer
- 12-16 mussels, cleaned thoroughly
- 2 tbsp. heavy cream
- 2 tbsp. Italian parsley, finely chopped
- 2 tbsp. cilantro, finely chopped
- 1/4 lb. cherry tomatoes, diced
- sea salt and freshly ground black pepper, to taste

1. Combine the garlic, shallot, poblano and olive oil in a small food processor. Blend until the mixture forms a coarse paste.
2. Transfer the garlic paste to a small skillet and cook over low heat (until just sizzling) for 15 minutes to mellow the flavors. Salt to taste.
3. Meanwhile, bring the bottle of Bohemia to a boil in a medium-large pot. The beer should come up about an inch or so in the pot. Add the mussels and boil until the shells have opened and the meat is tender, about 4 minutes.
4. Remove the mussels with a slotted spoon and place them in a large bowl. Add the garlic mixture, parsley, cilantro and tomatoes. Toss gently until the mussels are coated.
5. If the mussels released a lot of sediment into the beer, strain through a paper coffee filter. Add the heavy cream to the beer and salt and pepper to taste.
6. To serve, divide the mussels between two bowls and add 1/2 cup of the beer mixture. Add some toasted bread and enjoy!

You’ll want to make sure you’ve got plenty of good bread at the table. I prefer a fresh sourdough, which goes hand in hand with (you guessed it) another beer!

# SEARED SALMON SOFT TACOS

“When salmon season is upon us, I try to incorporate a little sockeye or coho into my dinner menu at least once a week. But some nights, when I'm just not feeling fancy, a little handheld comfort food hits the spot. These salmon soft tacos are flavorful and filling, and require almost no effort. Depending on your preference for heat, you can crank up or down the chili and chipotle powder.”

”

Makes: 6 soft tacos

Total kitchen time: 15 minutes

Shopping list:

- 1-1.5 lbs. salmon fillet, skin and bones removed
- 1/2 tsp. paprika
- 1/2 tsp. red chili powder
- 1/2 tsp. chipotle powder
- 1/2 tsp. kosher salt
- 6 whole wheat tortillas
- 2 cups Monterey Jack cheese, shredded
- 1 cup cabbage (green or red), finely shredded
- 1/4 cup sour cream
- 2 tbsp. cilantro, finely chopped
- 1/2 cup tomato, diced

1. Heat a large, heavy-bottomed skillet or griddle over high heat until it is really (really) hot. If possible, use cast iron.
2. Season the salmon fillet on all sides with kosher salt, paprika, chili powder and chipotle powder. Place the fillet on the heated pan, pressing down lightly to ensure the whole surface area is making contact. Then, walk away. Don't touch or jiggle it or the fish will fall apart. Let it cook for about 2 minutes, or until it naturally releases from the pan with a spatula.
3. Flip the fish over and sear another 2 minutes. Turn off the heat, and gently break apart the fish into large flakes using a spatula or tongs. Transfer to a plate or bowl.
4. To assemble each soft taco, heat a tortilla for 30 seconds in the hot pan (with the stove turned off). Top with cheese, salmon, tomato, cabbage, sour cream and cilantro. Serve warm.





# SEARED SCALLOPS WITH PINEAPPLE, GINGER & LEMONGRASS SALSA

“Every year, I get on a healthy eating kick to get in shape for the summer, but refuse to resign myself to just baked chicken breasts and steamed broccoli. This recipe hits the spot – something that involves a little bit of real cooking, fresh seafood, and a ton of flavor. Keep this one in mind for those warm summer evenings.”

Makes: Awesome dinner for 2

Total kitchen time: 45 minutes

Scallops:

- 4 large, or 10 small, sea scallops
- 2 tbsp. safflower oil (or peanut oil, but don't use olive oil)

Salsa:

- 1 medium shallot
- 1/4 cup pineapple, finely diced
- 1 tbsp. freshly grated ginger (substitute 1/2 tsp. ground ginger, only if you must)
- 1 tbsp. lemongrass, finely chopped
- 1 tsp. cilantro, finely chopped
- 1 tsp. honey
- 1 tsp. apple cider vinegar
- 1/2 tsp. sesame seeds
- 1/8 tsp. red pepper flakes
- 1 tsp. + 1 tbsp. extra virgin olive oil (use the best you've got)

1. Peel the shallot and slice crosswise into thin discs, about 3mm thick. Place the sliced shallot, 1 tsp. of olive oil and a pinch of salt in a small skillet and bring to medium heat. Cook the shallot for 5-7 minutes until it has softened, but has not browned. Remove from heat.
2. In a small bowl, combine the cooked shallot and the rest of the ingredients for the salsa. Whisk together with a fork and adjust to taste by adding more honey, vinegar or salt.
3. Wash, trim and steam the french beans. Remove them from the heat before they're done cooking (still a little crispy) and run them under cold water to halt the cooking process. Set aside to dry.
4. Meanwhile, heat the safflower oil in a large, heavy-bottomed skillet over high heat. I highly recommend you use a cast iron skillet, both for its heat retention and for its natural non-stick nature. Bring the oil just below its smoking point – you should see light wisps of smoke, but not much more than that.
5. Ensure the surface of each scallop is as dry as possible to encourage browning. Place the scallops in the pan, leaving plenty of space between each one. Don't touch them for 60 seconds – they're busy forming a golden crust and if you move them, you risk tearing it away. After 60 seconds, lift the edge of one of the scallops to check for brownness. If it is golden brown, flip it over and give it another 90 seconds. If not, let it sit for another 30 seconds. Cooked scallops can still be translucent in the middle, but cook them to a doneness you're comfortable with.
6. Remove the scallops from the pan and turn off the heat. Toss in the french beans and let them sizzle for about a minute, soaking up the great flavor the scallops have left behind.
7. To plate, lay down a pile of beans and divide the scallops between two plates. Top with the salsa mixture, and a little extra sesame seeds, if you so desire.

# AHI TUNA BURGER WITH NORI FRIES AND WASABI GARLIC MAYO

“On a recent visit to a local restaurant, Joule, I had the great fortune of tasting their nori butter, which is a geniusly simple combination of soft butter and flakes of seaweed paper. Now, thinking of seaweed as a seasoning and not just a wrap, I was inspired to create these nori fries. And since fries need a burger, why not continue the Asian theme with a classic ahi tuna burger. Pickled ginger replaces standard pickles, and a pungent wasabi garlic mayo adds a little kick and sweetness to the dish.”

Total kitchen time: 45 mins

Makes: Burgers and fries for 4

Ahi Tuna Burgers

- 1.5 lbs ahi tuna steak
- 3 green onions, finely chopped
- 4 cloves garlic, finely chopped
- 1 tsp. fresh grated ginger
- 1 tbsp. sesame seeds
- 2 tbsp. honey
- 1 tbsp. soy sauce
- 1/2 tsp. red chili oil
- 1 egg, lightly beaten
- 2 tsp. peanut oil, for cooking
- 4 sesame seed brioche hamburger buns
- 1 handful watercress
- 1/4 cup pickled ginger

1. Preheat the peanut oil a heavy-bottomed skillet or griddle over medium heat.
2. Slice the ahi steak into 1/4" strips, then chop into 1/4" cubes. Combine with the green onion, garlic, ginger, sesame seeds, honey, soy sauce, red chili oil and beaten egg in a medium bowl.
3. Divide the ahi mixture into 4 equal parts and form into 1" thick patties. Press each patty firmly together to hold its shape.
4. Carefully transfer to the skillet and cook to medium-rare, about 1 minute per side.
5. Assemble the burgers by topping the bottom bun with some watercress, then the ahi patty, followed by a little pickled ginger. If you like, spread a little wasabi garlic mayo on the top bun.

Nori Fries

- 2 lbs. French fries, prepared
  - 2 tbsp. olive oil
  - 1/4 sheet toasted nori (seaweed paper), crumbled (about 1 tbsp.)
  - Sea salt, to taste
1. Make your fries, or heat up some decent frozen ones.
  2. In a large bowl, toss together the fries with the olive oil and crumbled nori. If necessary, add salt to taste.

Wasabi Garlic Mayo

1. Combine 2 tbsp. wasabi powder, 4 minced garlic cloves and 4 tbsp. mayonnaise





# CRAB CAKES ROCKEFELLER

“Why should oysters have all the fun? After all, crabs are bigger, meatier and more vicious (making our conquest over them all the more victorious!) And, I’ll unapologetically claim that this recipe is “healthy” since the crab cakes are baked, not fried, and spinach counts as a green vegetable.”

Total kitchen time: 1 hour

Makes: about 6 jumbo crab cakes

## Shopping list:

- 1 lb. lump crab claw meat
- 1/2 red bell pepper, finely diced
- 4 green onions, finely diced
- 1 cup bread crumbs (Panko works great too)
- 4 tbsp. honey
- 1 tsp. chili powder
- 1 tbsp. unsalted butter
- 2 slices bacon or prosciutto
- 4 cups (uncooked) baby spinach
- 1/4 cup watercress stems
- 4 cloves garlic, smashed and finely chopped
- good salt & freshly ground black pepper, to taste
- olive oil (in a sprayer, if you’ve got one)

1. Preheat your oven to 375°F and set the top rack to the middle position (BTW, this recipe is a great toaster oven candidate). Line a baking sheet with aluminum foil or a nonstick cooking mat.
2. In a large bowl, combine the crab meat, diced red bell pepper, half of the diced green onion (reserving the other half) and half of the bread crumbs (reserving the other half). Mix in the honey and chili powder, then season to taste with salt and pepper.
3. I like to form my crab cakes by pressing them into a 1/2 cup measure, squeezing tightly so they’ll hold their shape. You can mould them with your hands as well, but be sure to press them together tightly or they might fall apart in transit to the plates. Arrange the crab cakes on the lined baking sheet, leaving at least 1” between each crab cake.
4. Using your olive oil sprayer (if you have one; or by drizzling olive oil) lightly coat the outside of each crab cake. This will help with browning and to form an outer crust. Bake at 375°F for 25 minutes, or until golden brown.
5. Meanwhile, fry the bacon or prosciutto in a large skillet until crispy. Set aside to drain, then crumble into small pieces using a sharp knife.
6. Finely chop the spinach and watercress stems. In a large skillet, melt the butter over medium heat. Add the garlic and sauté 1 minute. Then, add the remaining green onion, bread crumbs and watercress stems. Sauté 1 minute more. Finally, add the chopped spinach and cook until wilted, 1-2 minutes. Season to taste with salt and pepper.
7. To serve, plate a crab cake atop a smear of the spinach mixture, then sprinkle the whole plate with crumbled bacon.

# SOUS-VIDE CHILE VERDE HALIBUT WITH GUAVA GLAZE

“Sous-vide cooking is a method that’s been around since the 70’s, but has just recently gained popularity in the mainstream. In practical terms, it means putting your protein in a plastic bag and cooking it in warm water for longer than normal. The benefit to sous-vide, particularly in this recipe, is that it keeps the structure of your proteins intact – our fish won’t toughen up or fall apart during cooking. I’m using a chile verde salt from SaltWorks, a gourmet salt company based in Woodinville, Washington. I’ve recently been in a *major* salt bender and SaltWorks and Secret Stash Sea Salts have been my pushers. You’ll see more on that next week. Flavored salts like these are an excellent way to add flavor without adding additional work.”

Makes: sous-per duper dinner for two

Total kitchen time: 30 minutes

Shopping list:

- 3/4 – 1 lb halibut fillet, skin removed
- 1 tsp. chile verde salt
- 1/2 tsp. freshly ground white pepper
- 1 tsp. olive oil
- 2 sprigs rosemary
- 1 1-gallon zip-top plastic bag
- 1/2 can Kerns Guava Nectar

1. Pat the halibut fillet dry and coat all sides with the chile verde salt, white pepper and olive oil.
2. Place the fillet in a zip top bag and place a sprig of rosemary (if using) on the top and bottom of the fillet. If you’re lucky enough to own a vacu-seal machine, use it to suck the air out of the bag. For the rest of us (and our pseudo-sous-vide) just try to get as much air as possible out of the bag.
3. Fill a large stockpot with warm water over medium-low heat. You’ll want to bring the water to 132°F, but not much hotter. If you paid attention in chemistry class, you’ll know that the water won’t be close to boiling at this temperature.
4. Submerge the bottom of the bag in the water, leaving the top above the water line so as not to introduce any accidental leakage. Cook until the halibut feels slightly firm, about 6-8 minutes. You can test the doneness by gently flexing the fillet in the bag. If it flakes easily, it’s done.
5. Meanwhile, heat the 1/2 can of guava nectar in a small saucepan over high heat. Boil to reduce the liquid to about 2 tablespoons.
6. Remove the fillet from the bag and divide into two servings, discarding the rosemary. Pour the reduced guava glaze over each fillet and serve.





# POULTRY

# STARBUCKS VIA READY BREW BRAISED CHICKEN

“The coffee aisles of my local grocery stores have been growing in recent years. But, for some reason, coffee has never really made into the main-stream as a cooking ingredient. Perhaps that’s because ground coffee is too coarse to dissolve nicely into a sauce, and instant coffees are notorious for their crappiness. Well, we may be turning a culinary corner with the introduction of Starbucks VIA Ready Brew – the first instant coffee from Starbucks, and a new staple-to-be of my spice rack. For this recipe, I chose the Colombia roast, which is a medium-bodied coffee that adds a subtle but important rich background flavor to the braised chicken. The sweet onions balance out the bitterness of the coffee and make this a wonderful and unique dish.”

Makes: 2 Grande Servings

Total kitchen time: 75 minutes

## Shopping list:

- 2 boneless, skinless chicken breasts
- 1 tbsp. apple cider vinegar
- 1 large white onion, diced
- 1 tbsp. brown sugar
- 2 single-serving packets Starbucks VIA Ready Brew Colombia
- 2 1/2 cups water
- 1 can white beans, drained
- Olive oil
- kosher salt and freshly ground black pepper, to taste

1. Heat a dutch oven over high heat. (You can use a heavy-bottomed pot or deep skillet with a tight-fitting lid).
2. Coat the chicken breasts on all sides with a small amount of olive oil. Add to the pot and sear each side until lightly browned, about 1 minute per side. Remove the chicken and let rest.
3. Add the cider vinegar and deglaze the bottom of the pan with a spoon (scrape up all the brown bits).
4. Add the diced onion and reduce the heat to medium. Sweat the onion over medium heat until softened and slightly browned, about 3 minutes.
5. Add the Starbucks VIA Ready Brew coffee and stir to coat the onions. Then, add the water and brown sugar. Stir to combine, and add salt and pepper, to taste.
6. Return the chicken to the pot and bring the liquid to a boil. Cover and reduce to a simmer for about an hour, or until the chicken pulls apart easily with a fork.
7. Before plating, warm the white beans in a small skillet. Plate a portion of beans into a shallow bowl, then add one chicken breast and top with onions.

I’m excited by the notion that coffee may appear more widely than as a pork rub or in baked goods. I can’t think of any other ingredient that imparts as rich a flavor and aroma, except perhaps wine. Hmm, coffee and wine sharing culinary characteristics? This is gonna get really interesting...





# PINEAPPLE CRISPY DUCK WITH COCONUT CURRY

“ Sometimes I feel like getting a little fancy, and a whole roasted duck fits the bill. Don't let it intimidate you, though. Roasting a duck is just like roasting a chicken, and no, it's not absolutely necessary to crack open an actual coconut to make this recipe. If you're feeling a little adventurous, give this one a try. I think you'll be pleased with the results. ”

Total kitchen time: 2 hours  
Makes: fowl for four

## Shopping list:

- 1 whole duck (or 4 duck breasts, if you prefer)
- zest of 1 orange
- 1 stick unsalted butter
- 24 oz. (4 small cans) pineapple juice
- 1.5 cups basmati or jasmine rice
- 1/4 cup cream of coconut (from the drink mixers aisle of your supermarket)
- 1/4 cup coconut milk
- 2 tsp. yellow curry powder
- 1 tsp. cinnamon
- 1/2 tsp. red cayenne pepper
- 1/2 tsp. crushed red pepper flakes
- kosher salt and freshly ground black pepper

1. Preheat your oven to 425° F and set the top rack in the middle position. Rinse and thoroughly dry the duck, inside and out. Salt and pepper the skin and inner cavity.
2. Blend together the orange zest and butter using a small food processor (or with the back of a fork if you're Amish, in which case I don't know how you're viewing my blog right now). Stuff half of the orange butter under the skin of the duck and rub the remaining half on the outside of the skin.
3. Truss the duck (it yields better results, but it isn't absolutely necessary) and place it on a rack in a roasting pan, breast side up. You can also place the duck directly onto a preheated heavy-bottom skillet, but a roasting pan will help the duck cook more evenly. Whatever you've got around will work, so don't fret.
4. Roast the duck for 45 minutes, then flip carefully and roast another 45 minutes with the breast side down. Be sure to pour out any fat drippings from the body cavity when you flip the bird. Let the duck rest at least 15 minutes before carving.
5. Meanwhile, boil the pineapple juice in a small saucepan over high heat until it has reduce to about 1/4 the quantity. It should be shiny and a little syrupy. Set aside.
6. Prepare the rice using your rice maker or stovetop, according to the directions on the package.
7. In a small saucepan, combine the cream of coconut, coconut milk, curry powder, cinnamon, red cayenne pepper and crushed red pepper flakes. Bring to a boil, and adjust to taste by adding more curry powder or red pepper flakes. Fold the coconut mixture into the rice.
8. Plate the duck atop the coconut curry rice and spoon over some of the pineapple glaze.

# PINEAPPLE CHICKEN WRAP

“Today was unusually sunny and beautiful outside, which reminded me that in a few short months I'll have to expose my pasty, muffin-topped midsection to the world if I want to enjoy Seattle's summer aquaculture. So, in an effort to keep eating well, I came up with these flavorful, low-cal, low-carb wraps. Plus, they're a great way to get rid of leftover chicken, turkey, or any other protein you've got lying around. They may not be haute cuisine, but they're a tasty way to stay in shape.”

Makes: 4 skinny wraps

Total kitchen time: 30 minutes

Shopping list:

- 4 low-carb tortillas
- 1 lb. cooked chicken, skin removed (use the white meat from a roasted chicken, chicken breast, turkey breast, leftover pork chop, fish fillet, or whatever else sounds good)
- 1 1/2 cups chopped pineapple
- 1/4 cup cilantro, finely chopped
- juice of 1 lime
- 1/4 tsp. red pepper flakes
- 1/2 cup alfalfa sprouts
- 1 small avocado, sliced
- 2 tbsp. crumbled goat cheese
- sea salt and freshly ground black pepper, to taste

1. Using your fingers, shred the chicken (or other protein) into a small bowl. Mix in the chopped pineapple, cilantro, lime juice, red pepper flakes, salt and pepper. Cover with plastic wrap and refrigerate 15 minutes, up to 4 hours, to let the flavors develop.
2. Divide the goat cheese, avocado slices and sprouts between the 4 tortillas. Add the chicken mixture, and roll into a burrito, or pierce with a toothpick (if using small tortillas).

Serve this lunch or dinner wrap alongside a fruit salad, or some other healthy thing you might eat while you daydream about crisp french fries.





# CHICKEN FINGERS

“Look, I'm all for haute cuisine. In fact, I'm tempted to lie and tell you that the picture to the right is pan-fried Fijian oysters with julienned pommes de terre and saffron aioli. But it's not. It's chicken fingers and cheese fries. Sometimes you just want comfort food.”

Makes: you forget you've ever been to Denny's  
Total kitchen time: 45 mins

## Shopping list:

- 1-1.5 lbs boneless, skinless chicken thighs
- 2 cups buttermilk
- 2 tsp paprika
- 1/2 box Corn Flakes (plain, no raisin or strawberry BS)
- 1 tbsp rosemary (I used dried for this recipe, but fresh works too)
- 2 tsp kosher salt
- 1 tsp cayenne pepper
- 1 tsp freshly ground black pepper

1. Trim the chicken thighs, removing any excess fat. Cut into 1" strips and place in a baking dish. Lightly salt and pepper the chicken and add the paprika and buttermilk. Cover and refrigerate 30 mins.
2. Preheat the oven to 425 and adjust the top rack so it is 6-8" from the top heating element.
3. Combine the dry ingredients (Corn Flakes -pepper) in a food processor. Pulse a few times, but not too many that you end up with dust. Keep the mixture coarse for crispiness.
4. Spread 1/2 of the Corn Flake mixture on a plate. One by one, shake the chicken pieces dry and roll in the breading, coating thoroughly. Arrange on a greased or non-stick baking sheet.
5. Bake for 15 minutes, flipping once. When 15 minutes is up, if they don't look crispy, set your oven to broil and watch them closely (about 2-3 minutes).

Serve with french fries (tossed with crumbled blue cheese and sea salt) and home-made BBQ sauce.

# ORANGE-CURRIED TURKEY ROULADE WITH GOAT CHEESE & SPINACH

“My goal of having 6-pack abs for my honeymoon apparently won't be met by reducing my intake of foie gras and pork belly alone. In an effort to trick myself into eating healthier, I've been experimenting with *other* white meats. Usually, I think turkey is pretty bland. However, this recipe was so shockingly tasty that it made me forget I was even trying to cook "lite". The pungent flavors of the curry and orange marmalade transform plain turkey into a dish I would even serve for company.”

Total kitchen time: 1.5 hours

Makes: 2 waists a little smaller

Shopping list:

- 2 boneless skinless turkey breast halves
- 1 tbsp. red curry powder
- 2.5 Oz goat's cheese (about 1/3 cup finely crumbled)
- 1/2 cup baby spinach, rinsed and dried
- 2 tsp. orange marmalade
- 4 8" pieces of cooking twine
- kosher salt

1. Preheat your oven to 375°F and place the top rack in the middle position. Line a baking sheet with foil or a non-slip baking mat.
2. Working one at a time, place each turkey breast between two sheets of plastic wrap. Using a meat mallet or the bottom of a heavy skillet, pound the breast until it is uniformly thick. Be careful not to accidentally rip through the meat. If you've had a long day, this step can be very therapeutic.
3. Generously salt both sides of the breast. Then, coat each side with curry powder. Lay the breast flat-side down and top with 1/2 of the goat cheese, pressing the cheese into the meat to help it stick. Then, top the goat's cheese with half of the spinach.
4. Roll the breast into a log, starting with the narrow end. Tie the roulade (rolled meat) in two places using lengths of twine. Repeat for the remaining turkey breast.
5. Finally, rub the outside of each roulade with 1 tsp. of orange marmalade. Place on the lined baking sheet and bake for 45-55 minutes, or until a thermometer inserted into the center of the roulade reads 160° F. Let rest for 5 minutes before serving.

I enjoyed this dish alongside an artichoke with my favorite choke-dip: light mayo and curry powder. I suppose other healthy options might include a salad, fruit, or a doughnut. Wait, doughnuts are healthy, right?





**MEAT**



# KIELBASA WITH BRUSSELS SPROUTS IN MUSTARD CREAM SAUCE

“Any German can tell you that wurst and cabbage go hand in hand. Any Spaniard will say the same of chorizo and beans. But it takes a special, international inclination to make the case for kielbasa with brussels sprouts, white beans and mustard. I'll tell you that it works wonderfully! The saltiness of the pork combined with the bitter, gentle crunch of the brussels sprouts and mildness of the beans is well-balanced perfection. Plus, its cheap, easy and looks good on a plate!”

Makes: 4 Plates of European Unity

Total kitchen time: 30 mins

## Shopping list:

- 1 medium shallot
- 4 large cloves garlic
- 1.5 lbs. brussels sprouts
- 1 lb. pork kielbasa
- 1 can white kidney beans
- 2 tbsp. coarse mustard
- 1/4 cup heavy cream
- 1 tsp. extra virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

1. Peel the shallot and cut into quarters. Make a small pouch out of aluminum foil (2 layers thick) and place inside the shallot and garlic. Coat with olive oil and a generous pinch of salt. Seal the pouch tightly and place in the oven (I recommend the toaster oven) at 400°F for 30 minutes.
2. Rinse and pick clean the brussels sprouts. Cut each sprout in half, discarding any wilted or fugly outer leaves. Steam (or boil, your choice) the brussels sprouts until tender when pierced with a fork. Set aside.
3. Rinse and drain the beans. Honestly, 1 can is a little too bean-heavy. You may want to save about 1/3 of the beans for something else. I know, I'm telling you now after you've bought a *whole* can, as opposed to buying 2/3 of a can.
4. Slice the kielbasa on a steep bias into 1/4" slices. Heat 1 tsp. of olive oil in a large, heavy bottomed non-nonstick skillet over medium high heat. Arrange the kielbasa slices and fry until crispy on each side, about 3 minutes per side. It'll smell like bacon, confusing your dog. Set aside (the kielbasa, not your dog) on paper towels to drain.
5. If your skillet is full of porky goodness, keep it there. Add a generous tablespoon of good olive oil and keep the heat at medium high. Unwrap the garlic and shallot and smash them using the flat side of your knife. They should be very soft. Add them to the skillet and cook for about 1 minute.
6. Add the mustard and cream to the skillet and stir to combine. Reduce the heat to medium low and add the brussels sprouts and beans (as many as you want to use). Toss everything together to coat, then season to taste with a generous amount of salt and black pepper.
7. Plate the kielbasa on top of your brussels sprouts and beans in a large bowl to serve.

# INDONESIAN GARLIC-CURRY SHORT RIBS

“If you're planning on making ribs this summer, I applaud you. However, if your rib recipe involves a bottle of Hunt's BBQ sauce, you are denying yourself a transcendent epicurean experience: garlic-curry short ribs.

”

Total kitchen time: 30 minutes prep, 4 hours, plus 15 minutes cooking time  
Makes: 3 racks

## Shopping list:

- 3 racks baby back ribs (short ribs)
- 8 tbsp. + 2 tsp. crushed garlic
- 4 cups prepared [Turmeric-Curry Dry Rub](#)
- 1 cup ketchup
- 3 tbsp. balsamic vinegar
- 1 tbsp. Worcestershire sauce
- 1 tbsp. honey
- 2 tsp. Tabasco sauce
- 1/4 tsp. liquid smoke (optional)
- 1/2 tsp. lime juice
- a lot of heavy-duty aluminum foil

1. *Can be done 1 day ahead, refrigerate until ready to cook.* Work one slab of ribs at a time. Lay out two large pieces of foil, on top of one another, big enough to cover the slab. Pat the slab dry on both sides with paper towels, and lay bone-side up in the middle of the foil.
2. Spread 1 tbsp. of crushed garlic across the surface of the ribs (bone side up). Sprinkle 1/2 cup of the prepared dry rub over the bone side of the ribs and push the rub into the skin. Flip the ribs over (skin side up) and repeat – 1 tbsp. of garlic, then 1/2 cup dry rub pressed into the skin. You should have 1 cup of dry rub remaining, for the barbecue sauce.
3. Lay the ribs bone-side down and seal tightly with the aluminum foil. Working with the long side first, bring the opposite edges together and fold over to form a crease. Fold over a second time to double the crease, being sure to keep the foil tight to the meat. fold the short ends up towards the skin side and seal tightly.
4. Preheat your oven to 200°F and set the top rack in the middle position. Place a rimmed baking sheet or a large piece of foil in the bottom of your oven to catch any juice that drips off during cooking.
5. Arrange the ribs, bone side down, on the rack of your oven, being sure to leave plenty of space between the slabs. Use two oven racks if necessary, and swap the upper and lower racks halfway into baking.
6. Bake for 4 hours. Remove from the oven and let rest at least 30 minutes. The resting is critical. Your foil packages will be full of sweet, delicious pork juice (yummm) and if you unwrap the ribs and start cutting into them, you'll end up with a tough, dry waste of your time.  
(contd.)





# TURMERIC-CURRY DRY RUB

(continued)

7. After the ribs have rested, unwrap them, brush the meaty sides with barbecue sauce (recipe follows) and place meat-side down on a hot grill for 10 minutes, or until nicely charred. Cut and serve!

## Barbecue Sauce

1. In a medium saucepan over medium heat, cook the garlic until it is fragrant, about 3 minutes. Add the ketchup, dry rub and remaining ingredients and stir to combine. Reduce the heat to a simmer and continue to cook for about 10 minutes. Adjust to taste with balsamic vinegar or honey.

Total kitchen time: 5 minutes

Makes: enough for 4 racks of ribs

## Shopping list:

- 4 cups light brown sugar
- 2 tsp. yellow curry powder
- 2 tsp. turmeric
- 1/4 cup + 1 tbsp. kosher salt
- 2 tbsp. freshly ground black pepper
- 2 tsp. paprika
- 1 tsp. red cayenne pepper
- 1/2 tsp. ground cloves
- 1/2 tsp. cinnamon

1. Combine all ingredients in a bowl. That's it, you're done. Taste a spoonful and adjust to your personal preference.

# HERB-SMOTHERED FLANK STEAK WITH STUFFED EGGPLANT WEDGES

“At my home, grilling doesn't get more perfect than a medium-rare charred piece of meat and tender, flavorful roasted veggies. This meal is a great way to feed a hungry crowd on the cheap (and the quick!) Remember your flank steak science, though: never cook past medium rare, let the meat rest at least 15 minutes, and always slice on a steep bias.

”

Makes: 4 people long for margaritas

Total kitchen time: 1 hr, plus marinating time

Shopping list:

- 1 2-2.5 lb. flank steak
- 1 large eggplant
- 8 cloves garlic, smashed
- 1/4 cup cilantro, coarsely chopped
- 2/3 cup mint, coarsely chopped
- 2 small red or yellow peppers, coarsely chopped
- 1 tsp. cayenne pepper
- 1 tsp. ancho chile powder (or fajita seasoning)
- 1/4 cup coarse breadcrumbs (diced day-old bread is best)
- 1 tbsp. grated lemon zest
- 1/4 cup shredded jack cheese
- olive oil
- kosher salt and freshly ground black pepper

1. Combine half the smashed garlic, half the cilantro, half the mint and all the peppers in a small food processor and pulse until the mixture is pretty fine, but not a paste. If necessary, add a tbsp. of olive oil to help things out.
2. Liberally salt and pepper both sides of the flank steak, and season with cayenne pepper and chile powder. Rub with olive oil and 2/3 of the garlic mixture you just made. Reserve the rest for after the meat has cooked. Let the meat marinate in the fridge for up to 12 hours. Let the meat rest at room temperature for 45 minutes before cooking.
3. Preheat your grill on high heat and make sure your grates are nice and clean.
4. Cut off the top and bottom of the eggplant. Slice the eggplant into 4 wedges, lengthwise. Then, score the flesh of the eggplant deeply (but not going through) with your knife at 1/4" spacing. Turn the eggplant 90° and score it again to form a crosshatch. Toss the eggplant with olive oil until lightly coated, then salt and pepper.
5. In your mini food processor, pulse together the remaining garlic, cilantro, and mint along with the bread crumbs, lemon zest and 1 tsp. of olive oil. Rub the mixture into the scored flesh of the eggplant, pushing it down into the cracks.
6. Grill the eggplant, flesh side down, just long enough to develop char marks, about 1 minute per side. Set the eggplant on a rack above the grilling surface, or on a cooler side of the grill.
7. Grill the flank steak until medium rare, about 6 minutes per side. Let the meat rest at least 15 minutes before slicing. Slice the flank steak on a steep bias with a sharp knife.
8. Arrange the sliced meat, eggplant, and whatever other good stuff you've got going on a large platter. Sprinkle the shredded jack cheese over the eggplant and serve to adoring fans.





# SEASON'S END LAMB OSSOBUCCO WITH WILD MUSHROOM POLENTA

“ May is a strange month for weather, and correspondingly for food. When the temperature swings fifty degrees in a week, it's hard to know what to cook. During a cold, rainy snap we had a few weeks ago, I decided to make one of my favorite winter dishes as sort of a farewell salute to gray skies. This is more of a personal interpretation than a traditional ossobuco, but these flavors are so kick-ass that you won't want to quibble over technicalities. ”

Makes: 2 people feel the warmth of winter, year round

Total kitchen time: 3 hours

## Shopping list:

- 2 lamb shanks, bone-in
- 1 medium onion, diced
- 2 large carrots, diced
- 3 stalks celery, diced
- 4 cloves garlic
- 8 oz. shitake mushrooms, coarsely chopped
- 3 tbsp. tomato paste (tomato sauce or puree will work in a pinch)
- 2 cups wine (white for a sweeter dish, red for a more savory dish)
- 2 cups beef stock
- 2 sprigs rosemary
- 1 bay leaf
- olive oil
- coarse salt and freshly ground black pepper

## For the polenta:

- 2 cups polenta, prepared
  - if using firm polenta, you'll need 1/2 cup of hot chicken stock
  - 4 oz. dried wild mushrooms (porcini, shitake, morel, woodear)
  - 2 tbsp. crumbled blue cheese (Rogue River is best, try Whole Foods)
  - sea salt and freshly ground black pepper
1. Preheat your oven to 300°F and place the top rack in the lower part of the oven. Preheat a dutch oven or the heaviest large, ovenproof stockpot with a lid that you own. Either way, get the pot rocket hot.
  2. Season the lamb shanks on all sides liberally with salt and pepper. Rub lightly with olive oil to coat and to promote browning. Working one at a time, sear the lamb shanks on both sides on very high heat in your dutch oven. Place the meat in the middle of the pot and don't touch it for 3 minutes. Flip it over and don't touch it for another 2. Place the seared meat on a platter to rest.
  3. Add the onions, carrots and celery to the empty pot and reduce the heat to medium. Season with salt and pepper. Cook until the veggies have slightly browned, about 5 minutes. Add the garlic (whole cloves) and mushrooms and cook another 5 minutes. You should have a nice collection of brown bits at the bottom of your pot now.
  4. Add the tomato paste and cook another minute or so. Then, add the wine and turn the heat up to high. Scrape up all the browned bits from the bottom of the pan and reduce the wine until it has thickened a little, about 8 minutes. Add the beef stock, rosemary sprig and bay leaf and bring to a boil.
  5. Put the meat back in the pot and submerge it under the liquid and veggies. Put the lid on your dutch oven and transfer it to the oven to cook at least 2 hours. (continuation excluded in mockup)



# SIDES & SWEETS

# GRILLED WHITE CORN WITH SPICY CILANTRO BUTTER

“Don't let Orville Reddenbacher fool you – corn was meant to be grilled. This spicy yet cool corn is the perfect accompaniment for grilled meat or fish. However, just because corn is a side dish doesn't mean it needs to take the back-seat in flavor.

”

Makes: 5 ears

Total kitchen time: 20 mins

## Shopping List:

- 5 ears white corn, shucked
- 8 tbsp. salted butter, at room temperature
- 2 tbsp. fresh cilantro, finely chopped
- 1 tbsp. garlic, finely chopped
- 1 tbsp. lime juice
- 1/2 tsp. red cayenne pepper
- 1/2 tsp. paprika
- 1/2 tsp. Jamaican jerk seasoning (or your favorite spicy seasoning blend)

1. Preheat your grill over medium heat. Place the corn directly on the grill and close the lid. Grill, turning occasionally, 15-20 minutes.
2. Meanwhile, combine the remaining ingredients in a small bowl and mash together using the back of a fork. If you're making this recipe in a larger quantity, you may want to prepare the butter using a food processor.
3. When the corn is almost done (check for tenderness with a fork) brush it on all sides with the cilantro butter and grill for another 1-2 minutes.







# RED WINE MUSHROOMS

“ This is one of the first things I learned to make when I started cooking on my own. It's simple, hard to mess up, and delicious. Plus, it's a pretty cheap way to dress up plain chicken or a seared steak. ”

Makes: 4 servings

Total kitchen time: 25 minutes

Shopping list:

- 1 tbsp. butter
- 1 tbsp. extra virgin olive oil
- 1 large shallot, finely diced
- 1/2 cup red wine (use a bottle you'd actually drink)
- 4 cups (about 2 packages) crimini or white mushrooms, sliced
- 1 tbsp. Herbs de Provence (seasoning blend)
- kosher salt and freshly ground black pepper, to taste

1. Heat the butter and oil together in a heavy-bottomed skillet over medium-high heat.
2. Add the shallot and sauté until soft, about 3 minutes.
3. Add the red wine and stir to deglaze the pan. The shallots will have started to brown just slightly, leaving wonderful sticky stuff on the bottom of the pan. The acid from the wine will cause those brown bits to release and get reincorporated into the liquid. That's called deglazing.
4. Bring the wine to a boil and let it reduce for about 1 minute.
5. Add the mushrooms, stirring to mix everything together. Add the salt, pepper and herbs de Provence. Reduce the heat to low and simmer for about 15 minutes, or until the mushrooms are soft and tender.
6. To serve, spoon the mushrooms over chicken, pasta, steak, or whatever else your heart desires.

# ONION AND PANCETTA-STUFFED FENNEL BULBS

“ If you're looking for a new veggie to throw on the grill, try out these slow-roasted fennel bulbs. The sweet and spicy filling will be a nice complement to your traditional grill fare. And, since the fennel will roast for an hour, you will be free to mingle with your guests.

Makes: 2 60-watt bulbs

Total kitchen time: 1 1/2 hours

## Shopping List:

- 2 large fennel bulbs
- 1/2 yellow onion, finely diced
- 3 Oz. pancetta, finely diced
- 1/4 tsp. ancho chili powder
- 1/4 tsp. ground ginger
- 1/2 tsp. brown sugar
- 1/4 tsp. paprika
- 1 tbsp. + 1 tsp. olive oil
- kosher salt and black pepper, to taste

”

1. Heat 1 tbsp. of olive oil in a large skillet over medium heat. When the oil is hot, add the onion and spices. Cook until onions are soft and begin to caramelize, about 5 minutes, stirring occasionally.
2. Add the pancetta to the skillet and stir to scrape up the browned bits stuck to the skillet. Salt and pepper to taste. Cook for another 5 minutes or so. Set aside.
3. Meanwhile, cut the tops off of the fennel bulbs and carefully scrape out the inside. Be careful not to scoop out too much, as the fennel sides are somewhat fragile.
4. Divide the onion and pancetta stuffing between the two fennel bulbs. Lightly brush the fennel with the remaining olive oil and grill over indirect medium heat for about an hour. Or, bake uncovered at 300°F for an hour, or until the fennel is slightly tender.

The fennel bulbs will fall apart as you slice through them, so encourage your guests to use their fingers.





# ROASTED PEPPER & GOAT CHEESE CORNBREAD

“You’ll need your large cast iron skillet for this neo-mesa cornbread. Although I’m not the first to pile toppings onto cornbread, I’ve never before seen a layer of goat cheese inside. Perhaps KFC will pick up my idea and run with it, but in the meantime you can surprise your guests with this rustic yet upscale rendition of a barbecue favorite.”

Makes: 15 round inches of goat-stuffed joy  
Total kitchen time: 30 mins

## Shopping list:

- 2 sticks unsalted butter, cubed
- 2 1/2 cups cornmeal
- 1/2 cup flour
- 3 tbsp. sugar
- 2 tsp. baking soda
- 1 tsp. salt (since we’re baking use table salt, not coarse salt)
- 3 cups buttermilk
- 4 eggs
- 1 12-Oz. jar roasted red bell peppers, cut into thin slices
- 4 Oz. goat cheese, crumbled

1. Preheat your oven to 450°F and set the top rack to the middle position. Heat your 15” cast iron skillet over medium heat on the stove. If your skillet is smaller than 15” , you can make the whole recipe and discard the excess batter. Halving this recipe should yield about enough batter for a 9” skillet.
2. Whisk together all of the dry ingredients in a large bowl. In a separate bowl, whisk together the eggs and buttermilk.
3. Add the butter to the skillet to melt. Once the butter is melted but not quite foamy, whisk it into the buttermilk and egg mixture. Then, whisk the buttermilk mixture into the dry ingredients and stir until just combined.
4. With the skillet still hot, carefully arrange the red bell pepper slices in a sunburst pattern (or whatever pattern you’d like. I’ve got \$5.00 for the first person to submit an argyle bell pepper cornbread.)
5. Then, very carefully add half of the batter to the skillet. Using your spatula, gently cover each slice of bell pepper with some batter. Once the bell peppers are covered with an even layer, sprinkle on the crumbled goat cheese. Finish by adding the remaining half of the batter to cover.
6. Bake at 450°F for 15-20 minutes, or until a toothpick inserted in the center comes out clean. Let the skillet cool for 10 minutes or so, then carefully invert the pan onto a serving plate. Slice into wedges and enjoy!

When I serve this cornbread, I like to drizzle some blue agave nectar over the whole plate. This dish goes well with fried chicken, ribs, or a simple spice-rubbed steak.



# SALOON-READY SARSAPARILLA

“ There are contemporary drinks, throwback drinks, retro drinks, vintage drinks... and then there's sarsaparilla. Until a few weeks ago, I had only heard sarsaparilla mentioned in cowboy movies. However, at a recent visit to a local restaurant, Tilth (Oprah voice: *amazing*) I saw it on the menu and had to try it out. It is refreshing, herbal, lightly carbonated and (to my surprise) non-alcoholic. Maria Hines, the lovely and talented chef/owner of Tilth was generous enough to share her recipe, which I've adapted below. ”

Total kitchen time: 10 minutes

Makes: 2 liters

Shopping list:

- 3 cups organic brown sugar
- 2 1/2 cups water
- 1 1/2 cups cut sarsaparilla root (available from [morethanalive.com](http://morethanalive.com))
- 1 liter club soda

Special equipment: French press

1. Add the sugar and water to a medium saucepan. Bring to a boil.
2. Remove the lid and strainer from your French press and add the sarsaparilla root. Fill with the hot simple syrup (sugar water) and let steep for 10 minutes, stirring occasionally. Reattach the strainer and top of the French press and, well, press. Pour the liquid into a container (glass iced tea bottles work great). Refrigerate until ready to serve, or store cold for up to 2 weeks.
3. When ready to serve, combine 1 part sarsaparilla syrup with one part club soda over ice.

This is a really delicious, refreshing afternoon drink. Plus, there's no high-fructose corn syrup – just good 'ol fashioned brown sugar and water. At Tilth, the drink is served with a beautiful shard of ice in lieu of ice cubes, which we all know are totally played out. To make your own ice shard, freeze a small Tupperware container full of water, then go all Psycho on it with a screwdriver and mallet.



# ROSEMARY, OLIVE OIL AND SEA SALT SUNDAE

“If you’ve never had a savory ice cream before, you’re missing out on one of life’s greatest surprise pleasures. The unexpected, tongue-tingling hint of rosemary adds a bright freshness to the ice cream, and the salt and olive oil make the natural sweet notes sing. It’s important to choose a good olive oil: not too heavy, not too syrupy, not too bright. I chose Villa Manodori (available at fine food stores), which is mild and thin, but has a distinctly fresh olive taste and a spicy bite as it finishes. Luckily, any olive oil that goes well on ice cream will also be killer for finishing hot dishes too.”

Makes: 1 1/2 savory quarts

Total kitchen time: 30 mins. plus freezing time

Shopping list:

- 1 cup heavy cream (go ahead, choose organic. it tastes better)
- 2 cups half and half
- 1 cup minus 1 tbsp. granulated sugar
- 2 tbsp. dark brown sugar
- 1 vanilla bean, split and scraped
- 2 six inch sprigs fresh rosemary, plus extra to garnish
- high-quality extra virgin olive oil, for drizzling
- flake sea salt or sel gris

Special equipment: ice cream maker, instant-read thermometer

1. Combine the cream, half and half, sugars and scraped vanilla bean and rosemary sprigs in a medium saucepan. Attach a thermometer and bring the cream mixture to 160°F over medium-low heat, stirring often.
2. Once the temperature hits 160°F, immediately transfer the mixture to the freezer to cool. Once it is cold (but before ice crystals form) pour into your ice cream maker and freeze according to the manufacturer’s instructions.
3. To serve, drizzle a teaspoon of olive oil and a pinch of salt over a scoop of ice cream. Top with a short sprig of rosemary (optional).



# ROSEMARY FUDGE

“When I attended the Seattle Chocolate Festival last year, my eyes were opened to a whole world of savory chocolates. I tried basil, lavender, cayenne... even tequilla-flavored chocolate. This rosemary fudge is surprisingly quick and simple to make, and is a wonderful twist on a bake sale favorite.”

Makes: about 2 lbs.

Total kitchen time: 30 minutes

## Shopping list:

- 1 can sweetened condensed milk
- 2 sprigs rosemary
- 2 tea bags, a tea infuser, or cheesecloth
- 12 Oz. semi-sweet chocolate, finely chopped
- 2 Oz. dark chocolate, finely chopped
- 1 tsp. baking soda
- 1 tsp. gray salt, sea salt, or black salt (don't substitute table salt)

1. Strip the rosemary needles off of the twig and pulverize them in a mortar and pestle to release their inner oils. If you don't have a mortar and pestle, put the rosemary in a plastic bag and rough it up with a rolling pin.
2. Divide the rosemary between the two tea bags. Pour the condensed milk into a small saucepan over medium-low heat. Add the tea bags and submerge, being careful not to let the rosemary spill out. Bring the condensed milk to a simmer (you'll see wisps of steam) then remove from the heat and let the rosemary steep in the milk for 15 minutes.
3. Meanwhile, line the inside of a shallow 8"x8" baking dish with parchment or aluminum foil. Try to get the foil as smooth as possible, so it doesn't leave wrinkles in the finished fudge.
4. Remove the tea bags from the saucepan, pressing them against the side of the pan with the back of a spoon to release as much flavor as possible back into the condensed milk.
5. Add the chocolates and baking soda to a large glass or metal bowl and stir until the baking soda is evenly distributed. Add the condensed milk and place the bowl on top of a pot of boiling water to form a double boiler. Gently stir until the chocolate is almost fully melted. Remove the bowl from the heat and continue stirring until the chocolate mixture is smooth.
6. Pour the chocolate mixture into the prepared baking dish. Sprinkle the salt evenly across the surface of the chocolate. Refrigerate until set, about 1 hour. To serve, remove the block of fudge from the baking dish and cut into 1" pieces.

You can also try this recipe with sage, basil, or anything else that sounds good to you.

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