

Zucchini and Sausage Casserole

Serves 4

Edna Koons

- 1 pound sweet Italian sausage, crumbled
- 1/4 cup dry breadcrumbs
- 3 tablespoon Parmesan cheese
- 1/2 pint sour cream
- 6 small zucchini, cut into lengthwise slices
- 6 ounces mozzarella cheese, grated

Cook sausage; drain. Stir in crumbs, Parmesan and sour cream. Set aside.

Sprinkle zucchini lightly with salt and pepper (omit if seasoned crumbs are used). Grease shallow casserole and arrange 1/2 zucchini, spoon sausage mixture over top and cover with remaining zucchini.

Bake in preheated 350-degree oven, covered, for 35 minutes (45 minutes if chilled). Uncover and spread mozzarella and 1tablespoon Parmesan over top. Bake 10 minutes or until cheese has melted.

Grilled Sausages with Onions and Peppers

Serves 4

assorted sausages about 1 to 2 per person

1 each: red, yellow and green bell pepper, thinly sliced

1 large sweet onion, sliced

Pumpernickel bread

butter

dark beer

Preheat the barbecue on High.

Bring 1 gallon of water to boil in a large stock pot. Add sausages and bring back to a boil. Reduce the heat and simmer for 15 to 20 minutes. Drain and dry with paper towels.

Sauté peppers and onion in a 12-inch, non-stick fry pan. Grill sausages on barbecue until brown, turning frequently.

Serves sausages whole or sliced on the diagonal with sautéed vegetables, Pumpernickel bread, butter and dark beer.

***Pork Satay**

Serves 4: This dish is hot! Reduce chili paste for milder version.

Marinade:

2 small garlic cloves
½ tablespoons hot chili paste
4 ½ tablespoons light soy sauce
3 tablespoons peanut oil
4 ½ tablespoons fresh lemon juice
1 ½ teaspoons light brown sugar

1 ½ pound pork tenderloin

Garnish: green onion

Peanut Sauce

2 small garlic cloves
¼ medium onion
2 tablespoons peanut oil
½ cup + 1 tablespoon peanuts
3 tablespoons light soy sauce
1/3 cup low-fat yogurt
3 tablespoons lemon juice
½ to 1 tablespoon hot chili paste
1 ½ tablespoons light brown sugar

Marinade: Blend all marinade ingredients. Trim pork; cut crosswise into 1 ½

to 2-inch pieces. Marinade 45-60 minutes.

Grill pork on skewers (or sauté in oil) until cooked, about 3 minutes per side to 150-degrees. Do not overcook.

Peanut Sauce: Blend all ingredients and heat in small saucepan.

Combine pork and some or all of sauce. Serve additional sauce to the side.

Suggestions: Serve over rice pilaf and garnish with sliced green onions.

Pork or Beef Taco Filling

Serves

4

Café Pasqual's Barbacoca

1 1/2 pounds tied beef chuck or boned pork shoulder or butt, rinsed

1 onion, peeled and diced

1 firm-ripe tomato, cored and chopped

1 clove garlic, minced

1 fresh jalapeno, minced

1/2 bay leaf

1/2 cup chicken broth

2 tablespoons lime juice

1 1/2 teaspoons white wine vinegar

1/2 teaspoon dried thyme

1/2 teaspoon ground cumin

1/4 teaspoon oregano

1/4 teaspoon salt

ground pepper

In 9 by 13-inch dish, mix all the ingredients. Turn meat to coat. Cover and chill one day, turning occasionally. Seal dish with foil.

Bake in preheated 300-degree oven until meat is tender enough to pull apart easily, 4 hours. Transfer meat to platter. Pour juices through strainer into a small pot (discard bay leaf). Skim and discard fat. Boil to reduce to $\frac{1}{4}$ cup.

When meat to cool enough to handle, pull apart into shreds; discard fat and connective tissue. Add meat and reserved vegetable mix to pan with juices. Stir occasionally over medium heat. Season to taste with salt and pepper. Freezes well.

Grilled or Roasted Jamaican Tenderloin of Pork

Serves 6 to 8

3 pork tenderloins, about 1 pound each

Marinade:

1 tablespoon allspice

1 tablespoon nutmeg

1 tablespoon cinnamon

2 teaspoons black pepper

1/4 cup coarsely chopped onions

1/4 cup coarsely chopped green onions

1 tablespoon chopped fresh ginger

1 tablespoon fresh thyme

2 Serrano chilies, seeded and chopped

1/4 cup lime juice

2 tablespoons olive oil

2 tablespoons soy sauce

1 tablespoon brown sugar

optional: mango salsa

Optional: coconut rice

Trim away any fat and sinew from meat and slice off the thin silver skin. Cut off pointed end.

Toast allspice, nutmeg, pepper and cinnamon in skillet over low heat until fragrant; set aside.

Pulse onions, scallions, ginger briefly in food processor to chop coarsely. Then add ground spices, thyme and chilies. Pulse until mixture is finely chopped.

Pulse in olive oil, lime juice, soy sauce and sugar. Place tenderloins in 1-gallon plastic zip-lock bag. Pour in marinade and mix by hand. Marinate overnight. Drain liquid from marinade, saving the paste. Dry meat, salt and spread with paste.

Grease barbecue grill with olive oil and preheat on high. Place meat on hot, greased grill. Reduce heat to medium high. Cook 5 minutes per side. Reduce heat to low and cook an additional 5 to 10 minutes or until meat thermometer reads 140-degrees. Tent in foil for 10 minutes. Slice on diagonal. Serve with mango salsa and coconut rice.

To roast, preheat oven to 400-degrees. Transfer pork to roasting rack. Roast about 20 minutes or until 140-degrees. Continue above.

Grilled Pork Chops

Serves 4

Cook's Illustrated

Brine:

For 2 cup water dissolve 1 tablespoon table salt and 1 tablespoon sugar

4 bone-in loin pork chops or center-cut loin chops, each 1 ½-inches thick

Spice Rub:

1 tablespoon ground cumin

1 tablespoon chili powder

1 tablespoon curry powder or paprika

1 teaspoon ground black pepper

2 teaspoons brown sugar

Dissolve salt and sugar in cold water. Immerse chops in brine. (Use a large plastic container or 1-gallon zip lock bag.) Set aside for 1 hour. Drain the pork

and pat dry with paper towels. Mix all spice rub ingredients together. Pat spices onto both sides of chops.

Oil barbecue grill. Preheat on High, covered, for 15 minutes. Use wire brush to scrape grate clean. Turn off all but one burner. Place chops over hotter part of grill, cover, and cook until browned on each side, 3 to 4 minutes per side. Move chops to cooler side of grill. Cover and continue cooking, turning once, until instant-read thermometer inserted through side of chop and away from bone registers 140-degrees, about 2 to 4 minutes per side. (Hint: The first time you make this recipe, use the shorter times suggested. Pork gets tough when overcooked. Thermometer will tell you exactly when the chops are done.) Transfer chops to platter, cover with foil and let rest 5 minutes. Serve immediately.

Lima Beans with Ham

2 main servings

Bon Appétit

¼ pound bacon, diced
¾ medium onion, chopped
½ cup tomatillo, chopped
2 cups frozen baby lima beans
¾ - 1 pound ham, cut into ½-inch
dice
ground black pepper
pinch all spice

pinch cloves
2 springs fresh summer savory
1 tablespoon Dijon mustard
1 tablespoons brown sugar
1 cup low-salt chicken broth
4 shakes Tabasco
fresh parsley, chopped
salt to taste

In large non-stick frying pan, sauté bacon until crisp and lightly brown. Reserve bacon bits leaving oil in pan. In a medium saucepan, sauté onion for 5 minutes on medium-high heat. Add Tomatillo and sauté an additional 3 minutes. Add all other ingredients, including bacon bits, except Tabasco, parsley and salt.

Simmer, slightly covered, for 20 to 25 minutes or until lima beans are tender. Add Tabasco, parsley and salt to taste. Serve in shallow bowl.

For thicker sauce, puree up to 1/2 of the cooked lima bean-ham mixture and stir back into the saucepan.

Crock Pot Chinese Pork Shoulder

Serves 8 to 10

NOTE: Make this recipe one day ahead.

- 6 pounds pork shoulder, trimmed and tied
- 2 teaspoons Chinese five-spice powder
- 3 to 4 cups chicken broth (reduced salt)
- 1 cup dark soy sauce, reduced salt
- ½ cup dark brown sugar
- 2 tablespoons toasted sesame oil
- ½ teaspoon crushed red pepper
- 4 scallions, cut 2-inch pieces
- 1 garlic head, halved
- 1 (2-inch) knob unpeeled fresh ginger, thinly sliced

Rub pork all over with the five-spice powder. Add to slow cooker the chicken broth, soy sauce, brown sugar, sesame oil and red pepper. Stir to dissolve the

sugar. Add the scallions, garlic, ginger and meat, turning it a few times to coat. If necessary, add more chicken broth to cover the meat. Cover the cooker, set it on HIGH, and cook for 5 hours. Set the cooker on LOW and cook until meat is very tender, about 3 hours.

Remove meat from the broth; remove the string and fat. Separate the large sections of meat and rinse in hot water to remove more of the fat. Wrap meat in foil and refrigerate. Strain cooking liquid into a large bowl and refrigerate overnight. Skim off the fat. Season the broth to taste. Reheat meat with broth.

To serve for a buffet, coarsely shred the meat and add to large bowl with some of the broth. Serve with oriental rice or wide noodles.

***Spice-Rubbed Pork Tenderloin with Roasted Baby Carrots**

Serves 6

Bon Appétit

Carrots:

2 pounds baby carrots, peeled,
trimmed leaving ¼-inch of green
tops attached

2 tablespoons water

1 tablespoon olive oil

1 tablespoon butter, diced

2 garlic cloves, thinly sliced

1 small jalapeno, seeded, coarsely
chopped

1 teaspoon honey

Carrots: Cover large rimmed baking sheet with foil. Arrange carrots on foil.

Whisk 2 tablespoons water and all remaining ingredients in small bowl; pour over carrots and toss to coat. Cover tightly with heavy foil. Roast carrots in

½ teaspoon chipotle chili powder

½ teaspoon ground cumin

¼ teaspoon kosher salt

Pork:

2 1 to 1 ¼ pounds pork tenderloins

2 teaspoons dried oregano

2 teaspoons ground cumin

1 teaspoon chipotle chili powder

1 teaspoon smoked paprika

1 teaspoon kosher salt

1 tablespoon olive oil

preheated 400-degree oven for 30 minutes or until just tender.

Pork: Stir oregano, cumin, chili powder, smoked paprika and 1 teaspoon kosher salt in small bowl; rub mixture all over tenderloins. Heat oil in heavy nonstick skillet over medium-high heat. Add pork to skillet and brown on all sides, about 5 minutes. Remove foil from carrots. Nestle pork among carrots. Roast uncovered until pork registered 145-degrees, stirring carrots occasionally if beginning to caramelize, about 18 minutes. Let rest 5 to 10 minutes.

Transfer pork to work surface. Cut crosswise into 1/2-inch-thick slices. Arrange carrots on platter. Top with pork slices drizzling any pan juices over.

Thai Pork Lettuce Wraps

Serves 4

America's Test Kitchen

- 1 pound pork tenderloin, trimmed and cut into 1-inch chunks
- 2 ½ tablespoons fish sauce, separated
- 1 tablespoon white rice vinegar
- ¼ cup chicken broth
- 2 medium shallots (1/2 cup), peeled and sliced into thin rings
- 3 tablespoons lime juice
- 2 teaspoons sugar
- ½ teaspoon red pepper flakes
- 3 tablespoons roughly chopped mint
- 3 tablespoons roughly chopped cilantro
- 1 head Boston lettuce, leaves separated and left whole

Freeze pork about 20 to 30 minutes. Coarsely chopped pork in food processor in two batches. Stir in 1 tablespoon fish sauce and set aside for 15 minutes.

Heat rice in small skillet over medium-high heat, stirring constantly until deep golden brown. Transfer to bowl and cool 5 minutes. Grind rice with spice grinder until it resembles fine meal.

Bring broth to simmer in 12-inch non-stick skillet over medium-high heat. Add pork and cook, stirring frequently, until about half of pork is no longer pink. Sprinkle 1 teaspoon rice powder over pork. Continue to cook and stir until remaining pork is no longer pink. Transfer bowl; let cool 10 minutes.

Add remaining 1 ½ tablespoons fish sauce, remaining 2 teaspoons rice powder, shallots, lime juice, sugar, red pepper flakes, mint and cilantro to pork; toss to combine. Serve with lettuce leaves.

Pork Wellington

Serves 4

Alton Brown

- 1 whole egg
- 1 tablespoon water
- 1-ounce dried apple rings
- 1 whole pork tenderloin, approximately 1 pound
- 4 1/2 ounces thinly slice prosciutto ham
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon all-purpose flour
- 1 sheet puff pastry, thawed completely
- 1 tablespoon whole-grain mustard

Place a rack in the upper third of the oven and heat to 400 degrees F.
Whisk the egg and water in a small bowl and set aside. Place the apple rings

into the bowl of a mini food processor and process for 30 to 45 seconds or until they are the size of a medium dice. Set aside.

Trim the pork tenderloin of any excess fat and silver skin. Slice the tenderloin down the middle lengthwise, creating 2 separate pieces. Lay the tenderloin pieces next to each other head to tail, so when laid back together they are the same size at the ends.

Lay out a 12 by 16-inch piece of parchment paper on the counter and arrange the pieces of prosciutto in the center, overlapping them enough to create solid layer that is as long as the tenderloin. Top with a second piece of parchment, and using a rolling pin, roll over the prosciutto to help adhere the pieces to each other. Remove the parchment paper and sprinkle the prosciutto with the salt, pepper, and thyme. Set the tenderloin down the middle of the prosciutto. Spread the dried apples in between the 2 pieces of tenderloin and push back together so the apples are held between them. Using the parchment paper to assist, wrap the prosciutto around the tenderloin to completely enclose in a package.

Sprinkle the counter with flour and roll out the pastry to 12 by 14 inches.

Spread the mustard thinly in the center of pastry and lay the prosciutto wrapped tenderloin in the center of the pastry on the mustard. Fold the puff pastry up and over the top of the tenderloin, then roll to completely enclose, brushing the edges of the pastry with the egg wash in order to seal. Turn the tenderloin over so the side of the tenderloin with the double thickness of pastry is underneath. Pinch the ends of the pastry to seal.

Brush the entire pastry with the egg wash. Place the tenderloin on a parchment lined half sheet pan and bake for 25 to 30 minutes or until the pork reaches an internal temperature of at least 140 degrees F.

Remove the tenderloin from the oven, transfer to a cooling rack and let rest for 10 minutes, uncovered, before slicing and serving.

Crock Pot Pepper Pork Chops

Serves 4, NOTE: BRINE OVERNIGHT

Alton Brown

2 cups vegetable broth

½ cup kosher salt

½ cup light brown sugar

2 tablespoons black peppercorns,
slightly crushed

1 pound ice

4 bone-in pork chops, trimmed

1 cup dried apple slices

2 tablespoons olive oil

1 large onion, julienned

1 ½ cups chicken broth

1 tablespoon coarsely ground black
pepper

5 sprigs fresh thyme

Combine vegetable broth, ½ cup salt, brown sugar and peppercorns in a saucepan and cook just until the salt and sugar dissolve. Remove from heat and add ice. Place pork chops into a 1 gallon zip-lock bag along with the mixture and seal. Refrigerate overnight.

Remove chops from brine, rinse and pat dry. Heat 1 ½ tablespoons oil in 12-inch stainless steel sauté pan over medium-high heat. Sauté chops on both sides

until golden brown, approximately 5 to 6 minutes per side. Place apples in the crock pot and then the chops.

Add the remaining ½ tablespoon oil to the pan followed by the onions and sauté until they begin to brown, 3 to 4 minutes. Add chicken broth to deglaze. Add black pepper and thyme and stir to combine. Transfer this to the crock pot, set to high, cover and cook for 1 ½ hours. Decrease heat to low and continue cooking for another 4 to 4 ½ hours, or until pork is tender and falling away from the bone.

Grilled Pork Tenderloin

Serves 4

Cook's Illustrated

Note: 1 pound serves 3

2 pork tenderloins, each trimmed and cut crosswise 1 to 1 1/2-inches thick

1 teaspoon kosher salt

1 1/2 teaspoons five spice powder

3/4 teaspoon garlic powder

1/2 teaspoon cornstarch

4 1/2 tablespoons hoisin sauce

oil

2 scallions, thinly sliced

Toss pork and salt together in bowl and let sit for 20 minutes. Meanwhile, whisk five spice powder, garlic powder and cornstarch together in bowl. Add hoisin and stir to combine. Set aside 1 1/2 tablespoons hoisin mixture.

Add remaining hoisin mixture to pork and toss to coat. Thread pork onto

metal skewers, leaving 3/4-inch between pieces. Spray or brush both sides of meat with oil.

Turn on all grill burners to high, cover and heat for 15 minutes. Leave primary burner on high and turn off other burner(s).

Clean and oil cooking grate. Place skewers on hotter side of grill and grill until charred, 3 to 4 minutes. Flip skewers, brush with reserved hoisin mixture. Continue to grill until charred and meat registers 140-degrees, 3 to 4 minutes. Transfer to serving platter, tent loosely and let rest for 5 minutes. Sprinkle with scallions and serve.

Pork and Mushroom Stir-Fry

Serves 4

Andrew Scrivani for The New York Times

| | |
|---|---------------------------------------|
| 1 pound pork tenderloin | pieces |
| ¼ cup oyster sauce | 1 cup baby corn, each cob halved |
| 2 tablespoons plus ¼ cup dry sherry | crosswise |
| 2 teaspoons sesame oil | 1 ½ cups sugar snap peas |
| 1 clove garlic, minced | 2 cups sliced bok choy |
| ⅛ teaspoon hot red pepper flakes | 1 cup sliced oyster mushrooms |
| 1 ½ teaspoons corn or canola oil | 1 cup sliced shiitake mushrooms |
| 4 scallions, trimmed, halved lengthwise and cut into 2-inch | 3 cups bean sprouts |
| | 2 tablespoons finely chopped cilantro |

Slice pork into strips about 2 inches long, 1 inch wide and ¼ inch thick. Place in a bowl or sealable plastic bag, and add oyster sauce, 2 tablespoons sherry, sesame oil, garlic and red pepper flakes. Stir to coat well. Cover or seal, and allow to marinate at room temperature for 3 hours, or in refrigerator up to 24

hours.

Place a large wok or skillet over high heat, and add oil. Allow pan to heat for 1 to 2 minutes, then add pork and marinade. Toss meat until seared and no longer pink. Add scallions, corn and sugar snaps. Stir until sugar snaps turn bright green, about 1 minute.

Add bok choy and mushrooms, and stir constantly for about 1 minute. Add bean sprouts and remaining 1/4 cup sherry. Continue to stir until wine is almost evaporated. Transfer to a large platter, sprinkle with cilantro, and serve immediately.

Grilled Baby Back Ribs

Serves 2

1 rack baby back ribs, about 1.3 pounds

1/4 recipe for spice rub

Remove ribs from refrigerator 1 hour before cooking. Tear off the membrane covering the back of the rack. Lightly sprinkle 1/4 of the spice mix over the ribs.

Oil grill and preheat all burners to 400-degrees.

Place the ribs top-side down on the right side of the grill and close the lid. Turn off the left burner and the right burner. Turn the middle burner down half-way. Check the temperature after 20 minutes, trying to maintain 250 to 300-degrees.

Grill for about 1 to 2 hour before testing for tenderness with a toothpick. You may need to cook for an additional 15 minutes. Remove from grill and lightly cover for 15 to 30 minutes. Cut into pieces with kitchen scissors

Oven-Roasted Baby Back Ribs

Serves 2

1 rack baby back ribs, about 1.3 pounds
spice rub (see “Marinades”)

Roasting Sauce:

½ bunch green onions, chopped

¼ small onion, chopped

2 cloves of garlic, peeled and smashed

2 serrano pepper seeded and chopped

1 jalapeno pepper seeded and chopped

2 tablespoons

soy sauce

2 tablespoons dark rum

Remove ribs from refrigerator 1 hour before cooking. Tear off the

membrane covering the back of the rack. Lightly sprinkle the spice mix over the ribs.

Heat oven to 300-degrees. Place green onions, onions, garlic and peppers with a pinch of salt and pulse to mince. Add soy sauce and rum and blend for 15 to 20 seconds.

Place rack (fat side up) on a large sheet of heavy foil and slather with the half the roasting sauce. Wrap ribs tightly in foil and place on a sheet pan in oven for 90 minutes.

Remove sheet pan from oven, carefully unwrap ribs and slather with remaining sauce. Return ribs, uncovered, to the oven and continue roasting for an additional 45 to 60 minutes (thicker ribs may take as long as 90 minutes), or until meat is crusty and has just begun to pull back from the bone. Allow to rest 5 minutes. Slice into individual ribs and serve.

Spicy Pork Kebabs with Fennel, Cumin and Red Onion

Makes 4 servings

1 ¾ pounds pork tenderloin, cut or sliced into 1 1/2-inch chunks

Kosher salt

1 lime, plus some wedges for serving

¼ cup cilantro or basil, leaves and tender stems, plus more for serving

2 tablespoons fish sauce

2 garlic cloves, smashed and peeled

1 jalapeño or other green chile, seeded if desired

1 teaspoon honey

1 ½ tablespoons fennel seeds

1 tablespoon cumin seeds

1 tablespoon coriander seeds

garnish: lettuce greens, sliced red onion, cilantro, lime wedge

Season pork lightly with kosher salt and put it in a bowl or resealable bag.

Juice the lime into a blender or food processor and add cilantro, fish sauce, garlic, jalapeño and honey. Blend until the jalapeño and garlic are puréed, then add fennel, cumin, coriander seeds and pulse four or five times to bruise the spices and mix them in.

Pour mixture over the pork, tossing to coat the pieces. Refrigerate for at least 30 minutes while you heat the grill, or up to 24 hours.

When ready to cook, heat the grill or broiler with a rack positioned 4 inches from the heat source.

Thread the pork onto skewers, leaving a little space between cubes. Grill over the highest heat possible, or broil on high, for 2 to 5 minutes, then flip the skewers and continue cooking until the meat is browned all over and charred in spots. It should be just cooked through: A little pink is OK, but there shouldn't be any red spots.

Definitely Use the Garnish! Serve the pork with lettuce greens, cilantro sprigs and onion slices on top, and lime wedges on the side for squeezing.

Gingerly Cabbage Rolls with Pork and Rice

Yield: 12 cabbage rolls, serves 6

Notes: Made these with a few changes. We eliminated the kosher salt and added 1 tsp. of fish sauce. Doubled the ginger. We scattered 12 peeled garlic cloves around the rolls before adding the broth. We drizzled the cooked rolls with sesame oil and chili oil. They are very tasty, and we are looking forward to the leftovers.

1 medium head savoy cabbage
1 ½ pounds ground pork
2/3 cup uncooked short-grain white rice
1 large egg, lightly beaten
6 scallions, finely chopped (about 1 cup)

¼ cup finely chopped pickled ginger
2 tablespoons soy sauce
2 teaspoons fish sauce
cayenne to taste
2 cups chicken broth
Garnish: hoisin sauce, toasted sesame seeds

Heat oven to 350 degrees. Bring a large pot of water to a boil and season with salt.

Prepare the cabbage: Remove about 12 large outer leaves, reserving the rest of the cabbage for another use. Once the water boils, lower the heat to medium so that the water reaches a gentle boil. Add the cabbage leaves, about 4 at a time, and cook until tender and flexible but leaves remain intact and maintain their crunch, about 2 minutes. Transfer to a towel-lined plate and set aside to cool slightly while you make the filling. Repeat with remaining cabbage leaves.

Prepare the filling: In a large bowl, combine pork, rice, egg, scallions, ginger and soy sauce with 2 teaspoons salt and 1 teaspoon pepper.

Assemble the cabbage rolls: Working with one cooked cabbage leaf at a time, place it on a cutting board or other flat surface with its stem end at the bottom. Spoon a heaping 1/4 cup of the pork mixture in the center and mold the mixture into a rough 2- to 3-inch log. Pull the stem end over the meat mixture, and fold the right and left sides of the leaf over and roll tightly to the very top. Place the cabbage rolls seam-side down in a large Dutch oven or ovenproof, straight-sided saucepan. Repeat with the remaining cabbage and pork filling.

Pour the chicken broth over the cabbage rolls and bring to a boil over medium. Cover the pan, transfer to the oven, and bake until cabbage rolls are fork tender and the meat mixture is cooked through, 40 to 45 minutes. Serve with ladles of broth over the rolls and a drizzle of sesame oil.

Herbed White Bean and Sausage Stew

Yield: 3 servings

1 tablespoon extra-virgin olive oil,
plus more for serving

½ pound sweet Italian sausage,
sliced ¾-inch thick

½ tablespoon tomato paste

½ teaspoon ground cumin

1 medium carrot, finely diced

1 celery stalk, finely diced

½ onion, chopped

1 garlic clove, finely chopped

1-16 ounce canned great Northern
beans, drained and saved liquid

1 teaspoon kosher salt, or to taste

1 thyme sprigs

1 small rosemary sprig

1 small bay leaf

1-2 teaspoons balsamic vinegar,
plus more for serving

½ teaspoon black pepper, plus
more to taste

Heat oil in a large stockpot over medium-high. Add the sausage and brown until cooked through, about 7 minutes. Using a slotted spoon, transfer to a plate lined with a paper towel.

Add the tomato paste and cumin to the pot. Cook, stirring, until dark golden, about 2 minutes. Add the carrots, celery, onion and garlic. Cook, stirring, until the vegetables have softened, about 5 minutes. Stir in the beans, 8 cups water, salt, thyme, rosemary and bay leaf. Turn the heat up to high and bring to a boil. Then reduce heat to low and simmer gently until the beans are tender, about 2 hours, adding more water if needed to make sure the beans remain submerged.

When beans are tender, return the sausage to the pot. Simmer for 5 minutes. Stir in the vinegar and pepper. Taste and adjust seasoning. Ladle into warm bowls and serve drizzled with more vinegar and olive oil.

Herbed White Bean and Sausage Stew

Yield: 3 servings

Note: Best made at least 6 hours before serving as the beans will then thicken the liquid.

1 tablespoon extra-virgin olive oil,
plus more for serving
½ pound sweet Italian sausage
½ tablespoon tomato paste
½ teaspoon ground cumin
1 medium carrot, diced
1 celery stalk, diced
½ onion, chopped
1 garlic clove, finely chopped
2–16-ounce canned great Northern

beans, drained, saved liquid
1 teaspoon kosher salt, or to taste
1 thyme sprigs
1 small rosemary sprig
1 small bay leaf
1-2 teaspoons balsamic vinegar,
plus more for serving
½ teaspoon black pepper, plus
more to taste

Heat oil in a large stockpot over medium-high. Add the sausage and brown until cooked through, about 7 minutes. Using a slotted spoon, transfer to a plate lined with a paper towel.

Add the tomato paste and cumin to the pot. Cook, stirring, until dark golden, about 2 minutes. Add the carrots, celery, onion and garlic. Cook, stirring, until the vegetables have softened, about 5 minutes. Stir in 4 cups water, salt, thyme, rosemary and bay leaf simmer for 10 minutes. Stir in beans and sausage.

Before serving reheat stew. Stir in the vinegar and pepper. Taste and adjust seasoning. Ladle into warm bowls and serve drizzled with more vinegar and olive oil.