

Rice Pilaf

Serves 8

1/2 cup butter

2 cups rice

4 cup boiling chicken broth

1/2 cup finely chopped onion

1 large bay leaf

Melt butter in heavy casserole pot. Add onion, rice and bay leaf. Sauté over med heat for 5 minutes or until rice begins to turn golden. Add boiling broth and stir. Cover and simmer for 20 minutes. Allow to stand 5 to 10 minutes longer. Remove bay leaf before serving.

Gohan

1 1/2 cups rice

2 1/4 cups cold water

Rinse rice; drain and add to saucepan. Add water and let soak 30 minutes. Bring to boil. Cover and cook 10 minutes over med-high heat. Reduce heat to lowest setting and simmer 5 minutes. Remove from heat and let rice rest, covered, 5 minutes. Fluff rice gently and serve.

***Golden Parmesan Potatoes**

Serves 4

Aunt Mildred

4 baking potatoes, peeled and cut into 1-inch pieces

1/2 cup butter, melted

1/4 cup flour

1/4 cup Parmesan cheese, grated

dash pepper

1/2 teaspoon salt

Mix cheese, flour, salt and pepper in a small bowl.

Dry potatoes and put in a large bowl. Toss potatoes with melted butter. Stir in flour-cheese mixture.

Butter large glass baking dish and add potatoes. Bake in preheated 375-degree oven for 1 hour or until golden brown.

Pecan Topped Yams

Serves 8-10

3 pound yams (orange flesh)

2 eggs

3/4 cup brown sugar

1/2 cup butter, melted

1 teaspoon salt

1 teaspoon. cinnamon

(orange juice)

1 cup pecan halves

Peel yams and cut into 2-inch pieces. Cover with salted water in a saucepan. Bring to a boil; reduce heat to a simmer and cook until fork very tender, about 20 to 30 minutes. Drain and mash. Beat in eggs, 1/4 cup brown sugar, 1/4 cup melted butter, salt and cinnamon. If yams seem dry, beat in orange juice until moist and fluffy. Spoon mashed yams into a 2-quart baking dish. (Refrigerate if you wish

Before baking, arrange pecan halves on top; sprinkle with remaining 1/2 cup brown sugar and drizzle with remaining 1/4 cup melted butter.

Bake, uncovered, in preheated 375-degree oven for 20 minutes, or until heated

through.

***The Best Fried Rice**

Serves 4

Note: Directions in the boxes are for fried rice with shrimp. Without boxes is the fried rice with ham recipe.

5 cups cold cooked rice (see below)

1 cup small raw shrimp, cut lengthwise)

1 teaspoon baking soda

1 teaspoon salt

5 tablespoons peanut oil

2/3 cup diced smoked ham or Chinese pork

3 eggs

1/2 cup frozen peas

1/2 teaspoon salt

2 tablespoons oyster sauce

1 cup fresh bean sprouts, rinsed

1/2 cup chopped green onion

Rice: Rinse 2 cups of rice until water runs clear; drain. In saucepan, boil 4

cups water; add rice. Cover and cook over lowest heat for 20 minutes. Cool completely, uncovered, in broiler pan. Refrigerate overnight. Flake rice so grains don't stick. Measure rice for the above recipe and chill.

Combine shrimp with soda and salt and let stand 15 minutes. Rinse thoroughly in cold water and pat dry on paper toweling.

Heat oil in heavy non-stick skillet until almost smoking. Add shrimp and sauté 30 seconds. Remove from heat, drain and return drippings to skillet.

Heat oil in skillet until almost smoking and add ham to just heat through, stirring. Add rice, stirring rapidly, and cook until heated without browning.

Do the following quickly: Make a well in center of rice and add eggs, stirring constantly. When they have a soft scrambled consistency, start incorporating the rice, stirring in a circular fashion.

When all rice and eggs are blended, add peas and salt, stirring. Stir in oyster sauce and cooked shrimp, tossing the rice over and over to blend everything. Stir in sprouts and cook, stirring and tossing, about 30 seconds. Add green onion and serve immediately.

***Twice Baked Potatoes**

Serves 4

4 large Russet or Yukon Gold potatoes, scrubbed, dried and rubbed lightly with vegetable oil
½ cup sour cream
½ cup buttermilk
2 tablespoon unsalted butter

½ teaspoon salt
ground black pepper
Optional Garnishes: 4 ounces sharp cheddar cheese, shredded (about 1 cup) and/or 1 to 3 medium scallions, white and green parts sliced

Adjust oven rack to upper middle position. Preheat to 400-degrees. Bake potatoes on foil-lined baking sheet, about 1 hour or until tender. Cool for 10 minutes on wire rack.

Cut a shallow 2-inch wide strip off of the top of each potato (these will become scoops). Spoon the flesh of the potatoes and the flesh of the scoops into a medium bowl leaving 1/8 to ¼-inch of the flesh and skin to form the shell. Lightly brush scoops with olive oil and sprinkle the scoops and inside of the shells lightly

with coarse salt; return scoops and shells to the baking sheet. Bake 10 to 20 minutes to crisp. Check to see that scoops are not burning. Meanwhile, mash the potatoes with the sour cream, buttermilk and butter. Add additional salt and pepper to taste.

Fill the shells with potato mixture and return to baking sheet. Broil until spotty brown and crisp on top, 5 to 10 minutes. Garnish with cheese and/or green onion. Serve each scoop buried half-way in the mashed potatoes.

Variations:

Pepperjack cheese and bacon

Monterey Jack and ¼ cup pesto

4 ounce smoked salmon and 3 tablespoon minced chives

Indian spices and peas: Sauté 1 medium onion chopped fine, 3 to 4 minutes. Add 1 teaspoon mashed gingerroot, 3 mashed garlic cloves, 1 teaspoon each: cumin, coriander and ¼ teaspoon each: cinnamon, turmeric and cloves. Cook 30 seconds. Off heat, stir in 1 cup thawed frozen peas. Omit cheese and butter.

Potato Galette

Serves 6 to 8

America's Test Kitchen

2 1/2 pounds (5-6 large) Yukon Gold potatoes, scrubbed and sliced with mandolin 1/8 inch thick (2mm) (see note)
5 tablespoons unsalted butter, melted

1 tablespoon cornstarch
1 teaspoon table salt
1/2 teaspoon ground black pepper
1 1/2 teaspoons chopped fresh rosemary leaves (optional)

Adjust oven rack to lowest position and heat oven to 450 degrees. Place potatoes in large bowl and fill with cold water. Using hands, swirl to remove excess starch, then drain in colander. Spread potatoes onto kitchen towels and thoroughly dry.

Whisk 4 tablespoons butter, cornstarch, salt, pepper, and rosemary (if using) together in large bowl. Add dried potatoes and toss until thoroughly coated. Place remaining tablespoon butter in heavy bottomed 10-inch ovenproof

nonstick skillet and swirl to coat. Place 1 potato slice in center of skillet then overlap slices in circle around center slice, -followed by outer circle of overlapping slices. Gently place remaining sliced potatoes on top of first layer, arranging so they form even thickness.

Place skillet over medium-high heat and cook until sizzling and potatoes around edge of skillet start to turn translucent, about 5 minutes. Spray 12-inch square of foil with nonstick cooking spray. Place foil, sprayed side down, on top of potatoes. Place 9-inch cake pan on top of foil and fill with 2 cups pie weights. Firmly press down on cake pan to compress potatoes. Transfer skillet to oven and bake 20 minutes.

Remove cake pan and foil from skillet. Continue to cook until potatoes are tender when paring knife is inserted in center, 20 to 25 minutes. Return skillet to medium heat on stovetop and cook, gently shaking pan (use potholder—handle will be hot), until galette releases from sides of pan, 2 to 3 minutes.

Off heat, place cutting board over skillet. With hands protected by oven mitts or potholders, using 1 hand to hold cutting board in place and 1 hand on

skillet handle, carefully invert skillet and cutting board together. Lift skillet off galette. Using serrated knife, gently cut into wedges and serve immediately.

Baked Yams

Serves 8

4 medium yams, cooked
3 tablespoons brown sugar
½ teaspoon nutmeg
½ teaspoon salt
½ teaspoon cinnamon
4 to 5 tablespoons butter, melted
¼+ cup can evaporated milk

1 to 2 eggs, lightly beaten

Topping:

¾ cup corn flakes, crushed
½ cup pecans, chopped
3 tablespoons brown sugar
½ stick butter, melted

Remove peel and whip potatoes in mixer. Mix in all ingredients except eggs and topping. Adjust seasoning to taste and milk to desired consistency. Stir in eggs gradually. Pour into buttered baking dish.

Mix together all topping ingredients and spread over potatoes. Bake in preheated 350-degree oven for 30 minutes, uncovered.

***Barbecued Baked Beans**

Serves 6 to 10

Grace the Table by Alexander Smalls and Harper Collins

1 pound small white beans
½ cup onions, finely chopped
½ cup celery with leaves, finely
chopped
¼ cup green bell pepper, chopped
1 tablespoon garlic, minced
3 tablespoons olive oil
1 16-ounce can tomato sauce
¼ cup dark brown sugar

¼ cup thick molasses
1 tablespoon dry mustard
3 tablespoons Worcestershire sauce
½ teaspoon ground cloves
2 bay leaves
1 teaspoon salt
1 teaspoon pepper
1 teaspoon fresh thyme
1 pound slab bacon, diced

Wash beans, place in large pot and cover with water, boil for 5 minutes, and remove from heat. Let sit for 1 hour with tight lid. In skillet, sauté onions, celery, bell pepper and garlic in olive oil on high heat for 4 minutes or until onion is

translucent. Add tomato sauce, sugar, molasses, mustard, Worcestershire sauce and cloves and simmer for 30 minutes. Pour off water from beans and replace with 3 ½ cups (approximately) fresh water. Add bay leaves, salt, pepper and thyme. Let simmer, covered, until beans are tender, 20 to 30 minutes. Sauté bacon; drain. Drain liquid from beans and reserve. Combine beans and tomato sauce in heavy Dutch oven or bean pot. Top with bacon and bake in preheated 250-degree oven for 3 hours (3 to 5 hours in a slow cooker). Stir beans occasionally, adding reserve liquid when needed.

Roasted Potato Wedges

small Yukon Gold potatoes, unpeeled

olive oil

salt and pepper

Cut potatoes into wedges: about 1-inch thick at bottom and 3-inches long.

Toss with olive oil. Sprinkle with salt and pepper. Spread out on baking sheet covered with heavy foil. Bake in preheated 400-degree oven for about 30 minutes, or until the potatoes are golden brown.

Mexican Rice

Serves 8

Cook's Illustrated (adapted)

1 14-ounce can S&W Stewed
Mexican Tomatoes
1 medium onion, chopped
optional: 3 medium jalapeno chilies
2 cups long-grain rice
1/3 cup corn oil

3 medium garlic cloves, minced
2 cups low-sodium chicken broth
1 tablespoon tomato paste
salt to taste
Optional: 1/2 cup minced fresh
cilantro leaves

Drain liquid from stewed tomatoes and discard. Chop tomatoes in food processor leaving some small pieces. Add water if necessary to make 2 cups liquid. Remove ribs and seeds from jalapenos; Mince.

Place rice in large fine-mesh strainer and rinse under cold running water until water runs clear, about 1 1/2 minutes. Shake rice vigorously in strainer to remove all excess water.

Heat oil in large heavy-bottomed oven safe 12-inch straight-sided sauté pan or Dutch oven with tight-fitting lid over medium-high heat, 1 to 2 minutes. Drop few grains rice in oil; if grains sizzle, oil is ready. Add rice and chopped onions and sauté, stirring frequently, until rice is light golden, about 6 to 8 minutes. . Reduce heat to medium, add garlic and 2/3 of diced jalapenos; cook, stirring constantly, until fragrant, about 1 ½ minutes. Stir in tomato-onion mixture, chicken broth and tomato paste. Add salt to taste. Bring to boil. Cover pan and transfer to middle rack of a preheated 350-degree oven. Bake until liquid is absorbed and rice is tender, about 25 minutes. Stir rice after 12 minutes.

Stir in cilantro and reserved minced jalapeno. Serve immediately.

Diana's Potato Latkes

Serves 2

1 large Yukon Gold or russet potato,
washed, not peeled
2 tablespoon green onion, sliced
1 egg, beaten

1 tablespoons seasoned bread crumbs
1/2 teaspoon each salt and pepper
vegetable oil

Finely shred potatoes over a large bowl of cold water. Let stand for 30 minutes.

Drain potatoes and pile into the center of a clean kitchen towel. Twist the ends of the towel to squeeze out excess potato water. Return potatoes to dry bowl. Add eggs, bread crumbs, salt, pepper and green onion; mix well.

Heat oil in large frying pan over medium-high heat. Drop 4 patties of potato mixture in pan. Flatten slightly. Cook until edges are crisp and well browned and undersides are golden brown, about 5 to 7 minutes per side. Transfer to paper

towels to drain briefly. Serve hot.

Roasted Fingerling Potatoes

fingerling potatoes

olive oil

Kosher salt

(minced rosemary) optional

Cut potatoes in half lengthwise and add to bowl. Drizzle olive oil and shake to coat the potatoes. Add salt and (rosemary) and shake. Pour out onto well oiled baking sheet, arrange cut side down. Roast in preheated 400-degree oven for 35 minutes or until potatoes have browned on bottoms.

***Danish Potato Salad**

Serves 6 to 8

Bon Appétit

3 pounds Yukon Gold, each about 3 inches in diameter
½ cup finely chopped chives or green onion tops
½ cup chopped parsley

2 tablespoons drained capers
3 tablespoons white wine vinegar
1 tablespoon caper liquid from jar
1 teaspoon coarse-grained Dijon mustard
½ cup extra-virgin olive oil

Cook potatoes in large pot of boiling salted water until just tender, about 15 minutes. Drain, cool 30 minutes and peel, if desired. Cut into ½-inch thick slices. Place potatoes in large bowl. Add chives, parsley and capers.

Combine vinegar, caper liquid and mustard in small bowl. Whisk in oil. Season dressing to taste with salt and pepper. Pour dressing over potatoes; toss gently. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

***Smoky Potato Gratin**

Serves 6

Adapted from William Sonoma Kitchen

1 ½ pounds Yukon potatoes, peeled
and sliced 1/4 to 1/2-inch thick

2 garlic cloves

4 tablespoons butter

1 ½ teaspoons Liquid Smoke
salt and pepper

1 tablespoon fresh minced thyme,
parsley or oregano

Cook potato slices in boiling, salted water until slightly softened, about 3 minutes. Drain. Transfer potatoes to a bowl filled with cold water to stop the cooking. When cool, drain then dry on toweling. Gently transfer the potatoes to a large bowl.

Smash garlic and sprinkle with generous pinch of salt. Continue smashing and scraping garlic into a paste. Melt butter until bubbling. Stir in garlic paste and Liquid Smoke. With your hands, gently toss the potatoes with the butter-garlic mixture.

Spray a 9" by 13" baking dish with non-stick spray. Arrange potatoes into

baking dish slightly overlapping. Season with salt and pepper.

Bake in preheated 400-degree oven until tender but not mushy, about 30 minutes. If you want the tops browner, turn on the oven broiler for a few minutes. Watch carefully for burning. (In my oven the potatoes would be burned in 2 minutes.) Remove from oven and garnish with fresh herbs.

***Fruit Basmati Rice**

Serves 6 to 8

Beverly Gannon

2 cups basmati rice

3 tablespoons olive oil

½ cup chopped onion

2 teaspoons minced ginger

1/8 teaspoon ground cardamom

½ teaspoon ground cinnamon

1 teaspoon ground turmeric

1 cup unsweetened coconut milk

3 cups water

1 ½ teaspoons salt

¼ cup diced dried apricots

¼ cups cherry flavored cranberries

Cover apricots and cranberries in hot water for at least 15 minutes; set aside.

Rinse rice with cold water; set aside to drain. In a medium non-stick saucepan, sauté onion, and ginger in olive oil for 2 minutes. Add cardamom, cinnamon and turmeric. Sauté 3 minutes longer. Add rice and sauté for 5 minutes. Shake the can of coconut milk well. Add 1 cup coconut milk, water and salt to the rice. Bring to a boil, cover, and reduce heat to LOW. Cook 20 minutes. Drain fruit and pat dry with paper towel. Stir fruit into rice and serve.

Diana's Candied Yams with Pineapple Sauce

Serves 8

4 large yams

1 8-ounce can crushed pineapple with
juice

1/3 cup + brown sugar

pinch salt

juice of 1/2 lemon

butter

grated orange peel

Peel yams and slice crosswise into 1/2 to 3/4-inch rounds. Butter a 9 x 13-inch baking dish and arrange yams in one layer. Set aside.

In a small saucepan, bring pineapple and juice, brown sugar and salt to a boil. Remove pan from the heat and stir in lemon juice. Pour mixture over the yams. Top with bits of butter and grated orange peel. Cover the baking dish with foil. Bake in preheated 400-degree oven for 30 to 45 minutes, or until yams are tender.

To reheat, uncover and heat in a preheated 350-degree oven for 20 to 25 minutes.

Red Potato Salad

Serves 6 to 8

2 pounds red potatoes, sliced into $\frac{3}{4}$ -
inch rounds

1 tablespoon salt

1 medium onion, finely chopped

2 medium cloves garlic, minced

$\frac{1}{3}$ cup sour cream

$\frac{1}{4}$ cup mayonnaise

1 teaspoon + sugar

2 tablespoons white wine vinegar

3 tablespoons fresh dill, finely
chopped

salt and pepper

Cover potatoes with cold water in a large saucepan. Bring to a boil and add salt. Simmer uncovered until just tender, about 5 minutes. Drain and immerse into a bowl of cold water to stop the cooking. Drain and dry the potatoes somewhat on paper towels. refrigerate.

Saute onion until just transparent, about 3 minutes. Add garlic and cook 1 minute.

In a small bowl, mix sour cream, mayonnaise, sugar, white wine vinegar, onion

and garlic mixture. Taste and add sugar, salt and pepper to taste. Gently fold sauce into potatoes. Chill. Before serving, taste again and adjust seasonings if necessary. Serve with a sprig of dill.

Smashed Potatoes

small Red Bliss potatoes, pricked with a toothpick

olive oil

specialty oil; i.e., truffle oil

kosher salt

pepper

optional: fresh thyme leaves

Arrange potatoes in glass baking dish with about ¼-inch water. Cover and microwave for 10 minutes on High. Let cool somewhat. While potatoes are cooking, preheat oven to 375-degrees convection. Cover baking sheet with parchment and spread with olive oil. Space potatoes evenly on parchment and smash with potato masher to 1/3 to ¼-inch. Drizzle specialty oil and sprinkle with salt, pepper and (thyme). Bake for 20 minutes.

Roasted Red Potatoes

Serves 4

Cook's Illustrated

2 pounds Red Bliss potatoes

olive oil

salt and pepper

Adjust oven rack to middle position and preheat to 425-degrees. If potatoes are small, cut in half; for larger potatoes cut into quarters. Toss potatoes in olive oil and season with salt and pepper. Cover a large baking sheet with heavy foil and brush with olive oil. Place potatoes cut-side down. Cover with another sheet of heavy foil and bake 20 minutes. Remove foil and roast until potatoes touching pan is crusty golden brown, about 15 minutes more. If the potatoes were quartered, turn to other cut side with a metal spatula and roast another 5 to 10 minutes or until the skins have raisin-like wrinkles. Remove from pan carefully with metal spatula and serve.

Brown Rice and Beans

Serves 4 to 6

4 teaspoons [olive oil](#)
1 medium onion , chopped fine
(about 1 cup)
1 green bell pepper, chopped fine
3 garlic cloves , minced
1 cup [low-sodium chicken broth](#)
2 1/4 cups water

1 1/2 cups brown rice
1 teaspoon [salt](#)
1/4 teaspoon cayenne
1 (15.5-ounce) can black beans,
drained and rinsed
1/4 cup chopped fresh cilantro leaves
1/4 teaspoon ground black pepper
lime Cholula sauce

Adjust oven rack to middle position; heat oven to 375 degrees. Heat oil in large Dutch oven over medium heat until shimmering. Add onion and pepper and cook, stirring occasionally, until well browned, 12 to 14 minutes. Stir in garlic and cook until fragrant, 30 seconds.

Add broth and water; cover and bring to boil. Remove pot from heat; stir in

rice, cayenne and salt. Cover and bake rice until tender, 70 minutes.

Remove pot from oven, uncover, fluff rice with fork, stir in beans, and replace lid; let stand 5 minutes. Stir in cilantro and black pepper. Serve, with lime Cholula sauce.

Sweet Potato Hash

Serves: 8 to 10

Dan Smith and Steve McDonagh

1/4 cup [vegetable oil](#)
1 red onion, thinly sliced (about 2 cups)
1 [red bell pepper](#), diced (about 2 cups)

2 pounds [sweet potatoes](#), quartered and cut into 1/4-inch slices
1 teaspoon ground cumin
2 teaspoons salt
1/2 teaspoon red pepper flakes
1/2 cup green onions, chopped

Pour the oil into a large skillet and place over high heat. Add the onion and bell pepper and sauté, stirring, 2 to 3 minutes. Add the potatoes, cumin, salt and [red pepper flakes](#), lower the heat to medium-high and cook, stirring occasionally, for 25 to 30 minutes, or until the potatoes are fork tender and some are browned. The potatoes will begin to stick as they cook. Just continue to turn with a spatula. Stir in half of the green onions, top with the remainder, and serve immediately.

Spicy Sweet Potatoes

Servings: 8

3 medium sweet potatoes (orange flesh), peeled and cut into 3/4 to 1 inch cubes (about 6 cups)

3 tablespoons melted, unsalted butter

3 tablespoons brown sugar

2 teaspoon chili powder (not chipotle)

1 teaspoon salt

1. In a large bowl, toss the potatoes with butter. In a small bowl, mix together the sugar, chili powder and salt. Sprinkle the mixture over the potatoes and toss well to coat.
2. Transfer to a greased 9 by 13 inch baking dish.
3. Bake, uncovered, at 400 degrees for 25 to 30 minutes or until potatoes are tender, stirring after 15 minutes.

Diana's Red Potato Salad

Serves 6 to 8

2 pounds red potatoes cut into $\frac{3}{4}$ "
pieces
1 tablespoon salt
1 medium red onion, finely chopped
2 medium cloves garlic, minced
 $\frac{1}{3}$ cup sour cream

$\frac{1}{4}$ cup mayonnaise
 $\frac{1}{2}$ teaspoon sugar
1 tablespoon white wine vinegar
2 tablespoons fresh dill, finely
chopped
salt and pepper
optional: pickle relish, diced hard
boiled eggs, chipotle in adobo

(*See alternation method.) Cover potatoes with cold water in large pot. Bring to a boil and add salt. Simmer uncovered until just tender, about 5 minutes. Drain and put into bowl of cold water to stop cooking. Drain and dry potatoes somewhat on paper towels. Refrigerate.

Sauté onions until just transparent, about 3 minutes. Add garlic and cook until

fragrant.

In small bowl, mix sour cream, mayonnaise, sugar, white wine vinegar, onion and garlic mixture. Taste and adjust seasonings. Gently fold sauce into potatoes. Chill. Before serving, taste again and adjust seasonings if necessary. Serve with a sprig of dill.

Refried Beans

1 tablespoon olive oil

1/2 medium onion, diced

2 cloves garlic, minced

1 teaspoon ancho chili powder, or other chili powder

1 (15-ounce) can black beans, preferably low-sodium, with liquid

Salt and pepper

2 tablespoons chopped fresh cilantro leaves

Heat the oil in a large skillet over medium heat. Add the onion and cook until tender, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and chicken broth and cook until the beans are warmed through, about 5 minutes. Mash the beans coarsely with the back of a wooden spoon, adding more water to moisten, if needed. Season with salt and pepper, to taste. Stir in the cilantro.

Rice and Lentils

Serves 2

1/2 cup brown rice, wild rice and lentils (whole Foods)

1 cup chicken broth

no salt

1 tablespoon peanut oil

Bring broth to a boil; stir in rice mixture and bring back to boiling. Turn down heat and simmer covered for 60 minutes. Stir in peanut oil.

Feta Wheat Berry Salad

Serves 6

1 cup wheat berries (farro)	1 tablespoon lemon juice
1/2 cup diced Feta, about 2 ounces	1 tablespoon red wine vinegar
1/2 cup thinly sliced red onion	1 tablespoon chopped Greek olives
1/2 cup diced seedless cucumber	1 teaspoon cumin
5 tablespoons olive oil	1 garlic clove, minced
1/4 cup strips roasted red pepper	dried red pepper flakes to taste
1/4 cup mixed fresh herbs (parsley, mint, dill)	

In a pot of boiling salted water cook wheat berries for 1 hour or until they are tender; drain. In a large bowl stir together wheat berries and remaining ingredients. Season to taste with salt.

Quinoa Stuffed Poblano Peppers

Serves 4

One 28-ounce can diced tomatoes with juice
2 cloves garlic, minced
2 teaspoons pureed chipotle in adobo
pinch sugar or to taste
2 tablespoons olive oil
1/2 small red onion, diced
1/2 small red bell pepper, diced
1 plum tomato, diced
One 15-ounce can pinto beans, drained and rinsed

1 cup cooked quinoa
1 teaspoon chili powder
3 tablespoons chopped green onions
2 large poblano peppers (4 if small)
1 cup grated pepper jack cheese

Avocado Cream Sauce:

1/2 large ripe avocado
1/4 cup Greek yogurt
Juice of 1/2 lime
Kosher salt and freshly ground black pepper

Preheat the oven to 400 degrees F. Add the tomatoes, garlic and chipotle to a blender and puree until smooth. Add to a saucepan with sugar and simmer over

medium heat until somewhat thick, about 15 minutes. Taste and adjust seasonings.

Heat the olive oil in a large skillet over medium-high heat. Add the onions and bell peppers and sauté until softened, about 5 minutes. Add the plum tomatoes and cook until it breaks down, another 3 minutes. Stir in the beans, quinoa and chili powder. Turn off the heat and fold in the chopped green onions

Split the poblano peppers in half and remove the seeds. Stuff the peppers with the quinoa mixture. Pour enough tomato sauce to cover the bottom of a 13-by 9-inch casserole dish. Place the peppers on top and pour about 1/4 cup over each pepper. Pour the remaining sauce in the casserole dish. Sprinkle the peppers with the cheese, cover the casserole dish with foil. (The recipe can be made ahead to this point.) Bake for 30 minutes. Remove the foil from the top and cook until the peppers are very soft, another 5 minutes. Top each pepper with Avocado Cream Sauce.

Avocado Cream Sauce: Mash the avocado with the back of a fork until smooth; mix in the lime juice. Add the mixture to a small bowl along with the yogurt a big pinch of salt and pepper. Mix until smooth.

Mushroom & Spinach Quinoa "Risotto"

Serves: 2

Detoxinista.com

1 cup dry quinoa

2 cups water

1 teaspoon peanut oil

½ yellow onion, chopped

2 garlic cloves, minced

8 oz sliced mushrooms

2 tablespoons soy sauce

½ cup water

salt and black pepper

optional: 1 cup spinach, roughly
chopped

Combine the quinoa and water in a sauce pot over high heat, bring it to a boil, then cover and reduce the temperature to low. Allow to simmer for 15 minutes, or until all of the water is absorbed.

While the quinoa is cooking, melt the coconut oil in a skillet over medium heat and saute the onion for 5 minutes. Add in the garlic and mushrooms and continue to saute until the vegetables are tender, about 5 more minutes. Transfer half of the cooked veggies into a blender, and blend with the water and soy

sauce to create a silky smooth sauce.

Once the quinoa is cooked, add it to the skillet with the cooked veggies and stir in the sauce. Add in the fresh spinach and season with salt and pepper, stirring well until the spinach is wilted. Serve warm.

Lebanese Bulgur

Serves 4 to 6

- 1/3 cup olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 cup bulgur
- 1 (14.5 ounces) can diced tomatoes with juice
- 1 3/4 to 2 cups chicken broth, heated
- 1 tablespoon honey
- 1 tablespoon tomato paste
- salt and pepper
- 1 pinch cayenne
- 2 tablespoons chopped fresh parsley

Heat oil in medium saucepan over medium heat. Sauté onions until lightly browned, about 3 minutes. Add garlic and cook for another minute. Stir in tomatoes and basil. Cook 2 more minutes. Stir the bulgur into the tomato mixture, making sure that the bulgur is well coated. Stir in the hot broth. Reduce heat to low and cook, covered, for 5 minutes.

Add honey, tomato paste, salt pepper and cayenne to bulgur mixture. Continue to cook, covered, until bulgur is tender and all the liquid has been absorbed, about 25 minutes. Add more liquid during cooking if necessary. Turn off the heat and let sit for 10 minutes. Sprinkle parsley over the top.

Drunken Beans

Serves 6 as Main Dish

Cook's Illustrated

salt	3 garlic cloves, minced
1 pound dried pinto beans, picked over and rinsed	1/2 cup tequila
30 sprigs cilantro	2 bay leaves
4 slices bacon, 3/4-inch pieces	1 cup Mexican lager
1 onion, chopped fine	1/4 cup tomato paste
2 poblano chilies, stemmed, seeded and chopped fine	2 limes, quartered
	1/2 cup Cotija cheese, crumbled

Dissolve 3 tablespoons salt in 4 quarts cold water in large pot. Add beans and soak for 8 to 24 hours. Drain and rinse.

Adjust oven rack to lower-middle and heat to 275-degrees. pick 20 cilantro leaves, chop fine and refrigerate until needed. Tie remaining 10 sprigs into bundle.

Cook bacon in heavy cast-iron pot until crisp, 5 to 8 minutes. Reserving grease,

transfer bacon to paper towels and set aside. Add onion and poblanos and cook until softened, 6 to 7 minutes; add garlic and cook until fragrant. Remove from heat. Add tequila and cook until evaporated, 3 to 4 minutes. Return to heat. Add 3 1/2 cups water, bay leaves, 1 teaspoon salt, beans, cilantro bundle; and bring to boil. Cover transfer to oven and cook until beans are just soft, 45 to 60 minutes.

Remove pot from oven. Discard bay leaves and cilantro. Stir in beer and tomato paste and bring to simmer over medium-low heat. Simmer vigorously, stirring frequently, until liquid is thick and beans are fully tender, about 30 minutes. Season with salt to taste. Serve with garnishes separately (chopped cilantro, lime wedges, Cotija and bacon).

Fried Plantains (Tostones)

Serves 2

Alton Brown

oil to over skillet 1-inch

1 green plantain

kosher salt

In a large (10-inch) sauté pan, heat oil to 325 degrees F. Peel plantains and slice crosswise into 1-inch pieces. Carefully add plantains to oil and fry until golden yellow in color, about 1 to 1 1/2 minutes per side. (The oil should come halfway up the side of the plantain). With a spider or slotted spoon, remove the plantains from the pan and place them on a cookie sheet lined with parchment paper, standing them on their ends. Cover individually with plastic wrap and, using a potato masher, press each piece of plantain down 1/4 to 1/2 inch. Then place the plantains in the water and let soak for 1 minute. Remove and pat dry with a tea towel to remove excess water.

Bring oil back up to 325 degrees F and return plantains to pan and cook until golden brown, approximately 2 to 4 minutes per side. Remove to a dish lined with paper towels, and sprinkle with salt. Serve immediately.

Note: For larger patties, press three plantains together.

Quinoa

Serves 4

Note: 1 cup grain equals 3 cups cooked

1 cup quinoa
2 cups water
salt and pepper
butter

Rinse quinoa well. Combine quinoa with 1/2 teaspoon salt and 2 cups water. Bring to a boil. Cover; reduce heat to low and simmer for 15 minutes. Drain well. Add quinoa back to pot; cover and let sit for 15 minutes. Add salt, pepper and butter to taste.

Suggested Additions: Sautéed onion, fresh green onion, peas, mushrooms.

Cheesy, Spicy Black Bean Bake

Serves 4

Ali Slagle, NY Times Cooking

Notes: Smoky paprika is a must; you can get it at Zupans. I prepared the recipe in a non-stick skillet, then baked in an 8” by 13” glass baking dish.

3 tablespoons extra-virgin olive oil

½ medium onion, chopped

5 garlic cloves, peeled and sliced

¼ cup tomato paste

1 ½ teaspoons smoked paprika

¼ teaspoon red-pepper flakes

pinch of cayenne

1 teaspoon ground cumin

2 (14-ounce) cans black beans,
drained, not rinsed

½ cup boiling water

Kosher salt and black pepper

2 cups grated sharp Cheddar cheese
(from about a 6-ounce block)

garnish: fresh, chopped cilantro

flour tortillas

Heat the oven to 475 degrees. In a 10-inch ovenproof skillet, heat the olive oil over medium-high. Sauté onion until translucent. Add the garlic until lightly golden, about 1 minute. Stir in the tomato paste, paprika, cayenne, red-pepper flakes and cumin, and sauté for 30 seconds, reducing the heat as needed to prevent the garlic from burning.

Add the beans, water and generous pinches of salt and pepper, and stir to combine. Add more spices to taste. Sprinkle the cheese evenly over the top then bake until the cheese has melted, 5 to 10 minutes. If the top is not as browned as you'd like, run the skillet under the broiler for 1 or 2 minutes. Garnish with cilantro. Serve immediately with tortillas lightly browned on both sides in a skillet.

Black Bean Tacos with Avocado and Spicy Onions

Serves 4

NY Times Cooking

Spicy Onions:

1 lime

1 small red onion or large shallot,
thinly sliced

1 small jalapeño (or ½ large),
seeded and thinly sliced

Large pinch of fine sea salt

Small pinch of granulated sugar

Black Beans:

2 tablespoons olive oil, plus more as
needed

1 large onion, chopped

½ cup diced red or green bell pepper

2 garlic cloves, minced

1 small jalapeño or ½ large, seeded
and minced

1 tablespoon tomato paste

½ tablespoon chili powder

½ teaspoon dried oregano

½ teaspoon ground cumin

2 (15-ounce) cans black beans,
drained and rinsed

Fine sea salt

8 medium corn tortillas

1 avocado, peeled, pitted and sliced
sprinkled with lime juice

Make the spicy onions: Squeeze the lime into a bowl and add the onion or shallot, jalapeño, salt and sugar to the juice. Set aside while you make the black beans.

Prepare the beans: Heat a large skillet, then add 2 tablespoons oil. When oil is hot, add the onion and bell pepper and sauté until soft and golden, about 10 minutes. If the pan looks dry, drizzle in a little more oil.

Add the garlic and jalapeño and sauté until fragrant, 1 minute. Stir in tomato paste, chili powder, oregano and cumin, and sauté until fragrant. Add the beans and a few large pinches of salt and let simmer until the flavors meld, about 15 minutes.

Meanwhile, lightly brown tortilla in skillet. Transferred, covered, to a warm oven.

Taste and add more salt, chili powder and oregano to taste. Serve beans with tortillas and avocado and top with the pickled onions and jalapeño and some of their liquid, adding any of the garnishes you like.

Bean and Cheese Burritos

Yields 6 burritos

Kay Chun, NY Times Cooking

¼ cup safflower or canola oil
½ cup finely chopped yellow onion
½ cup finely chopped green bell pepper (from 1/2 pepper) Kosher salt and black pepper
2 garlic cloves, minced
2 (15-ounce) cans pinto beans, 1/2 cup of bean liquid reserved and the rest drained

½ cup store-bought or homemade pico de gallo or salsa
¼ teaspoon smoked paprika
6 (9- to 10-inch) flour tortillas
optional cooked, shredded chicken
2 cups (8 ounces) shredded sharp Cheddar
Sour cream, hot sauce and salsa or pico de gallo for serving

In a large nonstick skillet, heat 2 tablespoons of the oil over medium. Add onion and bell pepper, season with salt and pepper, and cook, stirring occasionally, until light golden and tender, about 8 minutes. Stir in garlic until fragrant, 1 minute. Add pinto beans, pico de gallo, smoked paprika, reserved

bean liquid and 1/2 cup of water, and bring to a simmer. Cook, stirring and mashing occasionally with a potato masher or the back of a spoon, until liquid is absorbed and mixture is thick, about 8 minutes. Season with salt and pepper. Transfer refried beans to a bowl, and wipe out skillet.

Spread 1/2 cup of the refried beans in the center of each tortilla and top each with 1/3 cup of the cheese (and optional chicken). Fold the short sides of the tortilla over the filling; fold the bottom of the tortilla up and over the filling and tightly roll.

In the skillet, heat 1 tablespoon of the oil over medium. Add 3 burritos seam side down and cook until golden, turning occasionally, 3 to 5 minutes. Be careful, as the burritos burn very easily. Transfer to serving plates and repeat with the remaining 1 tablespoon oil and 3 burritos. Serve warm with sour cream and hot sauce on the side.

To Reheat Burittos: Preheat oven to 350-degrees. Cover burritos with foil. Heat 20 to 30 minutes; remove foil half-way through heating.

Brown-Butter Mashed Potatoes

Yield: 8 to 10 servings

Vaughn Vreeland, NY Times Cooking

1 cup/2 sticks unsalted butter

2 cups whole milk

Kosher salt and black pepper

4 pounds russet potatoes (about 8 medium potatoes)

Bring a large pot of generously salted water to a boil over high heat. Peel and quarter the potatoes (see Tip for make-ahead instructions). Boil the potatoes for 15 to 20 minutes, until a fork goes through them without resistance. Drain the potatoes and return them to the dry pot. Put over low heat and shake the potatoes to dry them out.

In a medium saucepan, melt the butter over medium heat. Once it begins to bubble vigorously, cook for another 6 to 8 minutes, swirling occasionally, until the bubbles subside and turn into foam, and toasty brown flecks begin to

float on the surface. (Watch carefully and remove immediately.) Take off the heat and scrape the bottom of the pan. Pour the browned butter into a heatproof measuring cup and set aside to cool slightly. (Don't clean the saucepan.)

Add the milk to the saucepan and heat over low. Give the brown butter a stir, then add all but a scant $\frac{1}{4}$ cup into the milk.

Strain the warm milk mixture over the potatoes (or just pluck out and discard the garlic and herbs) and mash (don't overmix) with a potato masher or a hand mixer on low speed until your desired consistency is reached. Taste and season with salt and pepper. (If making ahead, turn off the heat and cover with a lid to keep warm for up to 30 minutes.)

Transfer to a large serving bowl. Make a few divots on the surface with the back of a spoon and pour the reserved brown butter on top.

Maple Candied Sweet Potatoes

Yield: 10 to 12 servings

NY Times Cooking

5 large sweet potatoes (3½ pounds)

2/3 cup maple syrup

2/3 cup apple cider

6 tablespoons butter

zest of 2 oranges

To cook the sweet potatoes, wash them and prick all over with a fork. Wrap in foil and bake in a 375-degree oven until very tender. This can take anywhere from 50 minutes to 1½ hours, depending upon the girth of the potato. Thinner ones cook more quickly. Chill. Peel just before using. Cut 1 ½” to 2” crosswise.

Heat oven to 400 degrees.

In a small pot, combine syrup, cider, butter, cinnamon, cloves and orange zest. Bring to a boil, then reduce heat and simmer until somewhat thickened, about 15 minutes. Pour syrup over sliced sweet potatoes and bake, uncovered, until bubbling and brown, 25 to 40 minutes.

Classic Potato Latkes

Yield: Serves 6

NY Times Cooking

2 large Russet potatoes (about 1 pound), scrubbed and cut lengthwise into quarters

1 large onion (8 ounces), peeled and cut into quarters

2 large eggs

½ cup all-purpose flour

2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling

1 teaspoon baking powder

½ teaspoon freshly ground black pepper

Safflower or other oil, for frying

Using a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze and wring out as much of the liquid as possible.

Working quickly, transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.

In a medium heavy-bottomed pan over medium-high heat, pour in about ¼ inch of the oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches. Use a spatula to flatten and shape the drops into discs.

When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes. Transfer the latkes to a paper towel-lined plate to drain. Repeat with the remaining batter.