

# CountryLiving

SPECIAL COOKBOOK EDITION

*Dinner  
made  
easy!*

# CAST-IRON RECIPES

**72**  
**Skillet  
Dishes**

**The Very Best**

- Skillet Pizza
- Seared Steaks
- Hearty Chicken

**Delicious**  
30-Minute  
One-Pan  
Meals

**Plus**  
Molten  
Brownies  
& More  
Tempting  
Desserts

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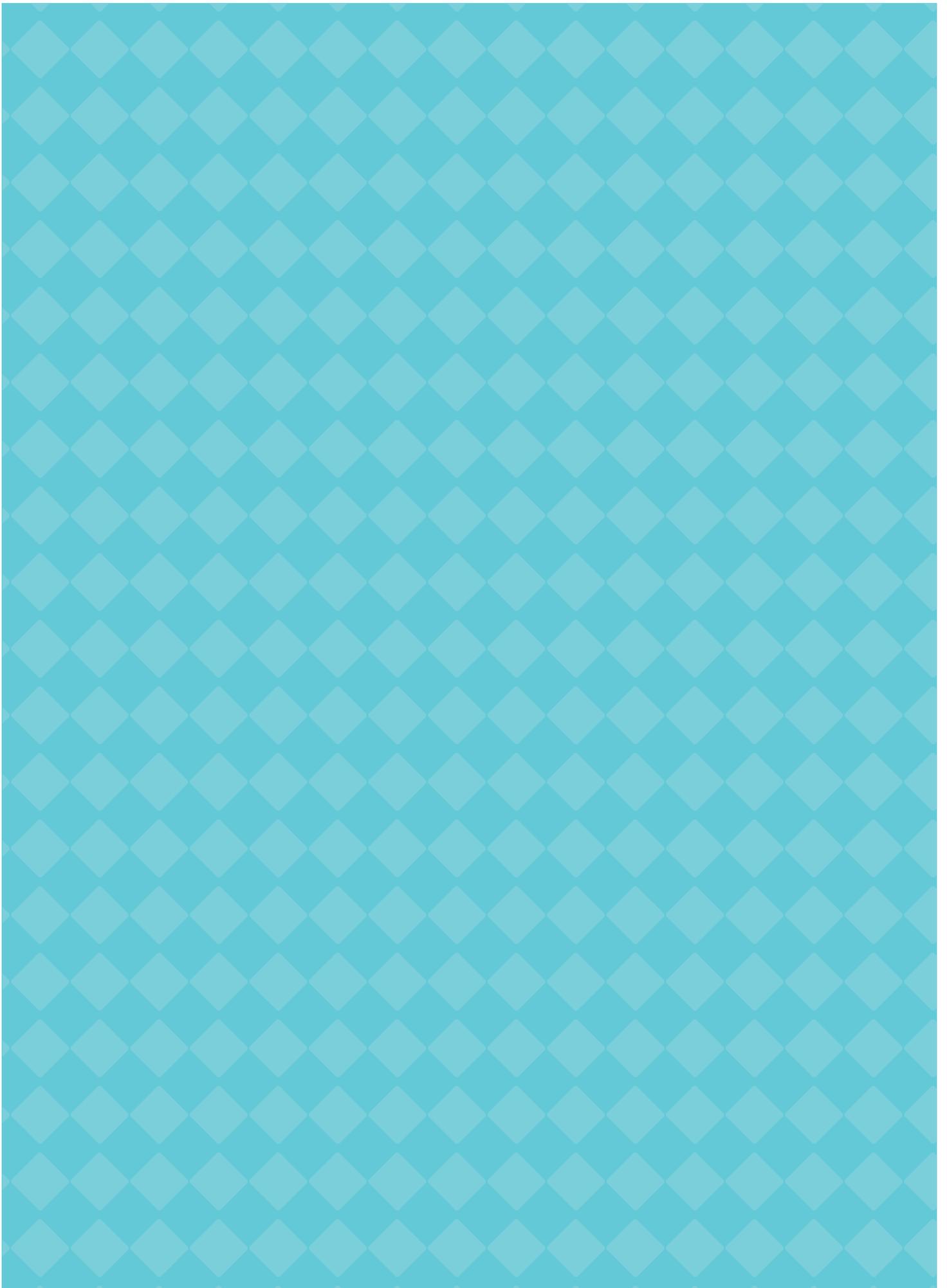
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Thighs with  
Smoky Chickpeas  
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CountryLiving  
**CAST-IRON  
RECIPES**

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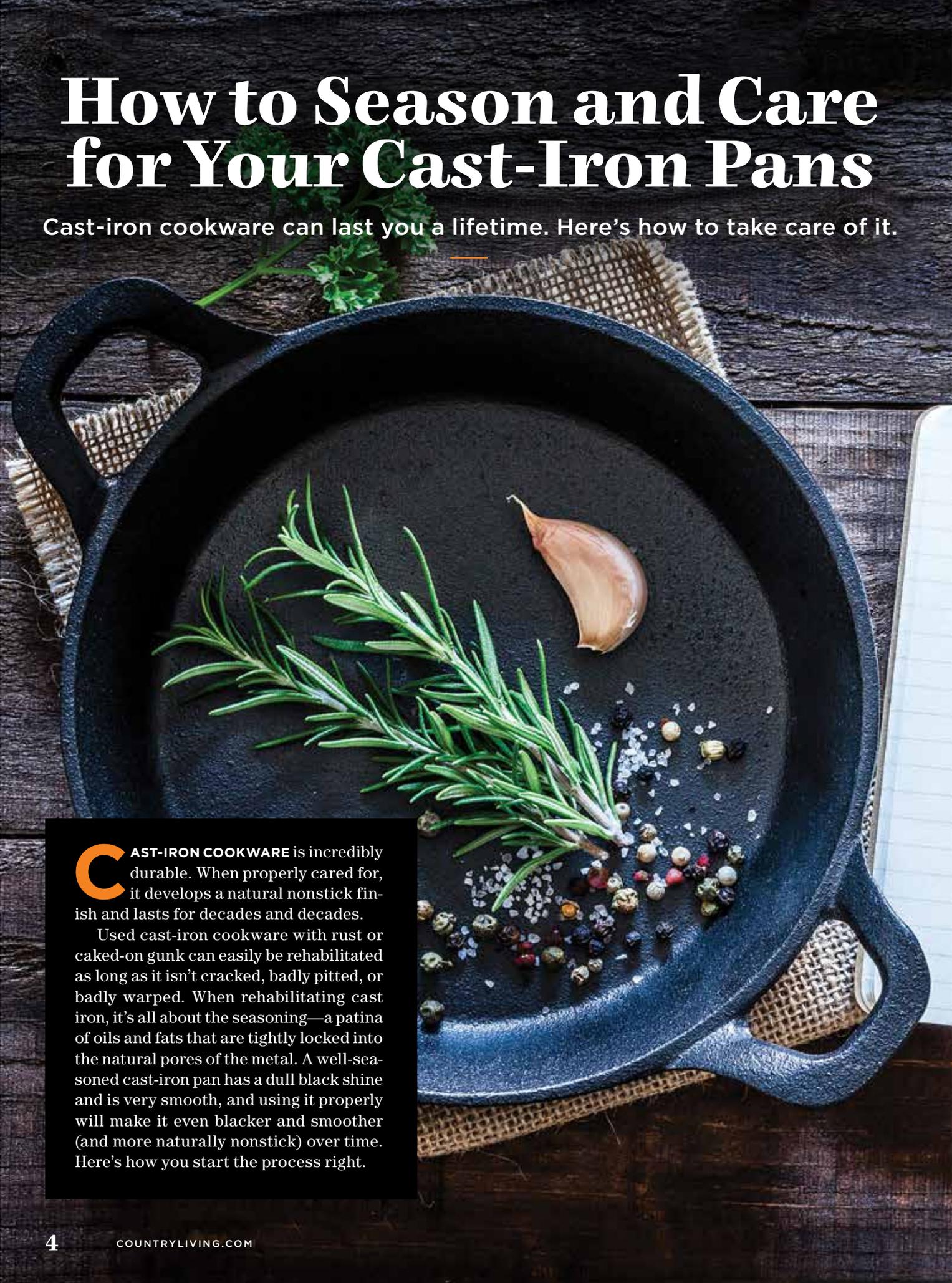


Skillet cooking isn't just for savory dishes. From s'mores to cobblers, these sweets provide a perfect ending to any meal.



# How to Season and Care for Your Cast-Iron Pans

Cast-iron cookware can last you a lifetime. Here's how to take care of it.



**C**AST-IRON COOKWARE is incredibly durable. When properly cared for, it develops a natural nonstick finish and lasts for decades and decades.

Used cast-iron cookware with rust or caked-on gunk can easily be rehabilitated as long as it isn't cracked, badly pitted, or badly warped. When rehabilitating cast iron, it's all about the seasoning—a patina of oils and fats that are tightly locked into the natural pores of the metal. A well-seasoned cast-iron pan has a dull black shine and is very smooth, and using it properly will make it even blacker and smoother (and more naturally nonstick) over time. Here's how you start the process right.

## PREPARING TO SEASON

This is done only prior to the first seasoning, or before starting from scratch if your seasoning gets abused beyond hope. You can even do this for new “pre-seasoned” cookware.

Start by washing in hot soapy water (this is the only time you will ever use soap on your cast iron), rinse it well, and put it upside down in the oven, set to 200 degrees or less, to dry completely. If your pan is now a dull gray all over, you can move on to the actual seasoning process. If there are patches of rust or cooked-on gunk of indeterminable origin, grab some steel wool or a wire brush and start scrubbing. For really stubborn greasy residues, try covering them with a natural oven cleaner and let it do the work. The lye in the oven cleaner will eat through all that nasty burned-on gunk—but be careful, because it will also eat through surfaces, thin plastic, aluminum, and skin. Wear rubber gloves and consider placing your cast iron in the oven while it soaks for safety. You may need to leave the cleaner on for up to several days for particularly stubborn residue. For rust, submerge your cast iron in a solution of equal parts white vinegar and water for an hour or more. Check on it periodically and lightly scrub the rusty spots until they are all gone.

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## CARE AND CLEANING AFTER SEASONING

- As you continue to use your cast iron, it will darken and become an even, shiny black. This means it’s becoming well seasoned and naturally nonstick. Cooking with a stainless-steel spatula that has a straight edge and curved corners will help polish the inside surface of the pan, making it even smoother and more nonstick.
- Do not leave food, especially acidic foods like spaghetti sauce, in your cast iron for more than a short time after cooking. The food will react with the iron, making it black and bad-tasting, and it will ruin your carefully developed seasoning. Avoid cooking acidic foods in cast iron until you develop that nice shiny, black surface.
- Follow the golden rule of cast-iron cleaning: Don’t use soap. Immediately after use, hold your pan under running hot water and give it a quick swish with a nylon or natural-fiber brush; don’t use steel wool or metal scrubbers. Use a nylon or wooden scraper to dislodge small stuck-on bits. If there is a lot of stuck-on food, sprinkle salt (kosher salt works well because the grains are so large) on the pan, then go at it again with your brush. You can also fill the pan with hot water and put it on the stove on low heat for a minute or two to loosen food bits, then repeat the hot-water-and-brushing treatment. Afterwards, return your cleaned pan to the stove, turn on the burner, and allow it to dry completely. If there are dull gray areas, coat the pan lightly with oil or fat before storing.
- Store your pan in a dry place to prevent rust. If you have skillets of multiple sizes, you can nest them, placing a dishtowel or silicone trivet between each pan to protect the surface.

## SEASONING YOUR CAST IRON

Once you have successfully stripped your pan, it’s time to season. There are dozens of strongly held views on the “right” way to season cast iron, but they all boil down to this: Apply a very, very thin coating of an edible fat or oil (lard, any vegetable oil, or even duck fat) to all surfaces of the item, including the underside, handle, and sides of the pan. Wipe off any excess, then bake it in a moderately hot oven (300 to 350 degrees) for a few hours, allow it to cool, and repeat a few times until it starts to turn black. It is simple to do it right, but you have to be patient. (The thin coating of oil is important, as a heavy coat will result in a sticky layer of baked-on grease and you’ll have to start all over again.)

Stick to frying or cooking in oil and fat the first few times you use your pan to keep the seasoning process going.



### Behold, Country Living’s first-ever cast-iron skillet!

The 10-inch, foundry seasoned cookware was developed with the folks at Lodge Manufacturing. Made in the USA, this cast-iron skillet can be used on the stovetop, in the oven, on the grill or even over a campfire. From our Country Living Blue Ribbon Kitchen to yours, this skillet is durable enough to become an heirloom to pass down for generations. Available at Cracker Barrel stores or [Shop.CrackerBarrel.com](http://Shop.CrackerBarrel.com)

# The Beauty of Vintage Pans

For collectors, finding high-quality old cast iron is worth the hunt.

**YOU CAN LOOK FOR THEM** in thrift stores among the old toasters and cut-glass candy dishes—or in flea markets next to stacks of Fiestaware and grandmothers' discarded doilies. At estate sales you'll find them among the decorative gelatin molds and specialty pans—if you can find them at all. A decade ago, before the whole country realized how valuable they were, vintage cast-iron pans were easy to find. Now hunting down an old cast-iron pan can feel like looking for an uncut diamond. But if you keep an eye out and are patient, you can still find a great one.

### TIMELESS QUALITY

Vintage cast-iron skillets and Dutch ovens from the 19th and early 20th centuries were made by hand: Sand molds were carefully formed, and the iron was hand-poured, allowing manufacturers to make thinner, lighter cookware than can be made in a factory. And the pans were also finished to make their surfaces smoother; they could be polished with a grinding stone or “milled” to make the bottom of the pan completely flat and smooth (a process that removed more metal than grinding), and some companies also used proprietary finishing techniques to make “mirror polished” or “frosted” pans that had an almost satin feel. These methods made the pans easier to handle and to season—and, therefore, to cook with.

The best cast iron was made in the U.S., and most of what is still available today was made by just nine companies: Birmingham Stove & Range, Favorite Stove & Range, Griswold Manufacturing, Lodge Manufacturing, Martin Stove & Range, Sidney Hollow Ware, Vollrath Manufacturing, Wagner Manufacturing, and Wapak Hollow Ware. Many of these companies made cookware under a few different brand names, and many continued to produce wares after they'd switched over to an automated manufacturing process.

Lodge, for instance, still makes high-quality pans today. If the company's name is stamped anywhere on the pan, or if you can find the name of the city the foundry was in, it's a good start. (The term “Made in the

U.S.A.” wasn't stamped on pans until after automated manufacturing became the norm. If you see this, the pan is not vintage.)

### WHAT TO SEARCH FOR

Be sure to check if the pan is chipped or warped or has any pitting or hairline fractures. A pan with a bad patina can be reseasoned, but structural problems cannot be fixed. Look at the quality of the pan. Does it feel light and is it easy to handle? Does the metal look sturdy but thin? Does the surface feel smooth? On some high-quality pans, you will still see the whorls or concentric circles made by milling and polishing.

If you really fall in love with cast-iron pans, you can join a whole world of collectors who are out there hunting for unusual items, like waffles irons, muffin pans, or camp ovens (a kind of Dutch oven with feet). These aficionados memorize the locations of the best foundries and the ways the companies' logos changed over the years. Some have even learned how to identify items without visible names.

But when it comes down to it, you probably just want a pan you can cook with, that will hold and distribute heat well, that will develop a shiny nonstick surface over time, and that will last for many years—so you can pass it down for generations.



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**Crispy Chicken Thighs  
with Peppers and Salsa  
Verde, Page 22**



*Chapter 1*

# Quick & Delicious

From breakfast staples, like whole-grain buttermilk pancakes, to flavorful dinners (Fiery Kung Pao chicken, anyone?), cast-iron cooking can deliver satisfying meals in a jiffy.

Try out these recipes that will have irresistible dishes on your table in 30 minutes or less.



## Whole-Grain Buttermilk Pancakes

**MAKES** 4 SERVINGS  
**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 25 MINUTES

**1 1/2 cups Make-Ahead Whole-Grain Pancake Mix**  
**1 1/2 cups buttermilk**  
**2 large eggs**  
**3 tablespoons unsalted butter, melted, plus more for skillet**

1. Stir together pancake mix, buttermilk, eggs, and butter until just blended and smooth.
2. Heat large nonstick skillet over medium heat; butter. Pour about 1/4 cup batter for each pancake on skillet. Cook until tops are covered with bubbles and edges look dry, 2 to 4 minutes. Turn and cook until plump and cooked through, 2 to 3 minutes. Place pancakes in a single layer on a baking sheet, and keep warm in a 175°F oven up to 30 minutes. Repeat with remaining batter.

## Make-Ahead Whole-Grain Pancake Mix

Mix the dry ingredients for Make-Ahead Whole-Grain Pancakes up to two months in advance. Come Saturday morning, stir in a few wet ingredients and breakfast is served!

**MAKES** ENOUGH FOR 5 RECIPES  
**WORKING TIME** 10 MINUTES  
**TOTAL TIME** 10 MINUTES

**3 cups quick-cooking oats**  
**1/2 cup flaxseeds**  
**3 cups white whole-wheat flour, spooned and leveled**  
**2 cups buckwheat flour, spooned and leveled**  
**2 cups all-purpose flour, spooned and leveled**  
**1/4 cup sugar**

**1/4 cup baking powder**  
**4 teaspoons kosher salt**  
**1 tablespoon baking soda**

1. Pulse oats and flax in a food processor until finely chopped, 10 to 15 times. Stir together oat mixture, flours, sugar, baking powder, salt, and baking soda in a bowl.
2. Store in an airtight container in refrigerator or freezer for up to 2 months.

## DRESS THEM UP!

FOLD THESE FLAVOR TWISTS INTO ONE BATCH OF WHOLE-GRAIN BUTTERMILK PANCAKES.

### STRAWBERRY-POPPY SEED

- 1 1/2 cups sliced fresh strawberries
- 2 tablespoons poppy seeds
- 1 1/2 tablespoon each lemon zest and juice

### APRICOT-GOAT CHEESE

- 3/4 cup diced dried apricots
- 1/2 cup crumbled goat cheese
- 2 tablespoons each chopped fresh mint and honey

### PEAR-WALNUT

- 1 cup peeled diced ripe pear
- 1/2 cup chopped toasted walnuts
- 3/4 teaspoon cinnamon

### ALMOND GRANOLA-CHOCOLATE

- 1 cup almond granola
- 3/4 cup dark chocolate chips

### MANGO-COCONUT

- 1 cup diced fresh mango
- 3/4 cup sweetened flaked coconut
- 1/2 cup chopped roasted salted macadamia nuts
- 1 tablespoon lime zest





Make this yummy cornbread in a cornstick skillet for added fun and flair.

## Sweet Potato Kale Frittata

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 6 large eggs**
- 1 cup half-and-half**
- 1 teaspoon kosher salt**
- 1/2 teaspoon freshly ground black pepper**
- 2 cups 1/2- to 3/4-inch-cubed sweet potatoes**
- 2 tablespoons olive oil, divided**
- 2 cups firmly packed chopped kale**
- 1/2 small red onion, chopped**
- 2 minced cloves garlic**
- 3 oz goat cheese, crumbled**

- 1.** Preheat oven to 350°F. Whisk together eggs, half-and-half, salt, and pepper.
- 2.** Sauté sweet potatoes in 1 tablespoon hot oil in a 10-inch ovenproof nonstick skillet over medium heat, 8 to 10 minutes, or until potatoes are tender and golden; remove and keep warm. Sauté kale, onion, and garlic in remaining 1 tablespoon oil, 3 to 4 minutes, or until kale is wilted and tender; stir in potatoes. Pour egg mixture evenly over vegetables, and cook 3 more minutes. Sprinkle egg mixture with goat cheese.
- 3.** Bake at 350°F, 10 to 14 minutes, or until set.

## Scallion Cornbread

**MAKES 6 SERVINGS**  
**WORKING TIME 10 MINUTES**  
**TOTAL TIME 30 MINUTES**

- 4 tablespoons (1/2 stick) unsalted butter, melted, plus more for pan**
- 3/4 cup all-purpose flour, spooned and leveled**
- 3/4 cup yellow cornmeal**
- 1 tablespoon sugar**
- 2 teaspoons baking powder**
- 1 teaspoon kosher salt**
- 1/4 teaspoon baking soda**
- 1 1/3 cups buttermilk**
- 1 large egg**
- 2 oz cheddar cheese, grated (about 1/2 cup)**
- 2 scallions, sliced**

- 1.** Preheat oven to 450°F. Butter 2 cast-iron cornstick skillets or 1 cast-iron skillet (8 inches).
- 2.** Whisk together flour, cornmeal, sugar, baking powder, salt, and baking soda in a bowl. Whisk together buttermilk, butter, and egg in a separate bowl. Whisk wet ingredients into dry ingredients until combined. Fold in cheddar cheese and scallions. Transfer batter to prepared pans, and bake until a toothpick inserted in the center comes out clean, 10 to 13 minutes for cornstick skillets or 23 to 25 minutes for 8-inch skillet. Serve warm.



Quick & Delicious



## Skillet Chicken and Spring Vegetables

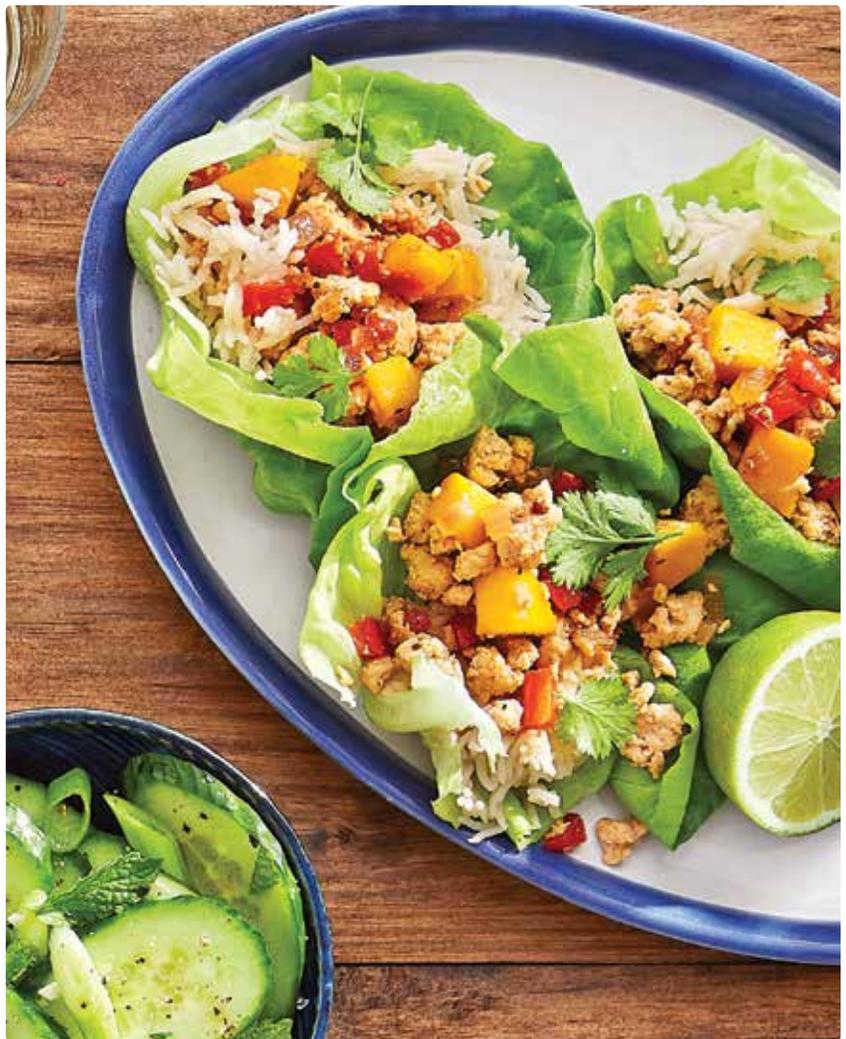
**MAKES** 4 SERVINGS

**WORKING TIME** 25 MINUTES

**TOTAL TIME** 25 MINUTES

- 4** boneless, skinless chicken breasts (about 1 1/2 lbs total)  
Kosher salt and freshly ground black pepper
- 3** tablespoons cold unsalted butter, divided
- 1** large shallot, chopped
- 1/3** cup dry white wine
- 1 1/2** cups snow peas
- 1 1/2** cups sugar snap peas
- 1 1/2** cups sliced asparagus spears
- 1** large cloves garlic, finely chopped
- 1-2** tablespoons fresh tarragon, chopped
- 2** teaspoons lemon zest

- 1.** Season chicken with 1 1/4 teaspoons salt and 3/4 teaspoon pepper. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add chicken and cook until deep golden brown, 4 to 6 minutes. Turn, reduce heat to medium, and cook until the internal temperature reaches 165°F, 6 to 8 minutes. Remove to a plate.
- 2.** Increase heat to medium-high. Add shallot to skillet and cook until softened, about 1 minute. Stir in wine and cook, scraping brown bits from bottom of skillet, until reduced by three-quarters, 1 to 2 minutes. Stir in peas and asparagus and sauté until just tender, 2 to 4 minutes. Stir in garlic and cook until fragrant, about 1 minute. Fold in tarragon and remaining 2 tablespoons butter. Season with salt and pepper.
- 3.** Serve sprinkled with lemon zest. You can also swap in other spring veggies like sliced baby carrots, green peas, or blanched new potatoes.



## Jerk Chicken and Mango Lettuce Cups

**MAKES** 4 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 20 MINUTES

- 1** lb ground chicken
- 1** cup basmati rice
- 1** cup chicken stock
- 3/4** cup coconut milk
- Kosher salt and black pepper
- 1** tablespoon canola oil
- 1/2** red onion, chopped
- 1/2** red bell pepper, chopped
- 1 1/2** tablespoons soy sauce
- 2** teaspoons jerk seasoning
- 2** cloves garlic, chopped
- 1** teaspoon jarred fresh ginger
- 3/4** cup mango, chopped
- 1/4** cup fresh cilantro, chopped
- 1** head butter lettuce

- 1.** Combine basmati rice, chicken stock, coconut milk, and 1/2 teaspoon kosher salt in a medium saucepan; bring to a boil. Reduce heat to low. Cover; cook until liquid is absorbed, 14 to 16 minutes.
- 2.** Meanwhile, cook chicken, onion, and bell pepper in canola oil in a large skillet over medium-high heat until chicken is cooked through, 5 to 6 minutes. Stir in soy sauce, jerk seasoning, garlic, and ginger. Cook until fragrant, 1 minute. Fold in chopped mango and cilantro leaves. Season with kosher salt and black pepper. Serve rice and chicken mixture in butter lettuce leaves.



## Skillet Chicken with Brussels Sprouts and Apples

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 1 1/2 lbs boneless, skinless chicken thighs**
- 2 teaspoons fresh thyme, chopped**
- Kosher salt and black pepper**
- 1 tablespoon canola oil**
- 1 package (12 oz) shredded Brussels sprouts**
- 1 apple, sliced**
- 1/2 red onion, sliced**
- 1 clove garlic, chopped**
- 2 tablespoons white balsamic vinegar**
- 2 teaspoons brown sugar**
- 1/3 cup toasted pecans**

- 1.** Season chicken with thyme, salt, and pepper. Heat oil in a large skillet over medium-high heat. Cook chicken 4 to 5 minutes on each side until cooked through. Transfer to plate.
- 2.** Add Brussels sprouts, apple, red onion, and garlic to skillet. Cook, tossing, until Brussels sprouts are wilted and onion has softened, 5 to 6 minutes.
- 3.** Stir in vinegar and brown sugar. Season with salt and black pepper. Return chicken to pan and top with chopped pecans.

## Dijon-Smothered Chicken Legs with Broccolini

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 8 medium chicken drumsticks**
- 1 package (24 oz) frozen steam and mash cut potatoes**
- 1/4 cup all-purpose flour**
- Kosher salt and black pepper**
- 2 tablespoons butter**
- 3/4 cup chicken stock**
- 1/4 cup white wine**
- 1/2 cup heavy cream**
- 1 1/2 tablespoons whole-grain Dijon mustard**
- 1 tablespoon all-purpose flour**
- 2 teaspoons fresh thyme, chopped**
- 1 tablespoon olive oil**
- 2 cloves garlic, chopped**
- 2 bunches broccolini**
- 1 lemon, sliced**

- 1.** Heat broiler to high. Prepare potatoes according to directions.

- 2.** Meanwhile, season chicken with kosher salt and black pepper. Toss with all-purpose flour. Cook in butter in a large skillet over medium heat, turning occasionally, until browned, 6 to 8 minutes.
- 3.** Whisk together chicken stock, white wine, heavy cream, mustard, 1 tablespoon flour, and thyme. Pour over chicken, scraping any browned bits. Cook, partially covered, turning occasionally until cooked through, 10 to 12 minutes.
- 4.** Toss together the broccolini, 1 tablespoon olive oil, sliced lemon, and chopped garlic cloves on baking sheet. Season with kosher salt and black pepper. Broil until lightly charred, 6 to 8 minutes. Serve chicken and sauce on potatoes with broccolini alongside.





## Fiery Kung Pao Chicken

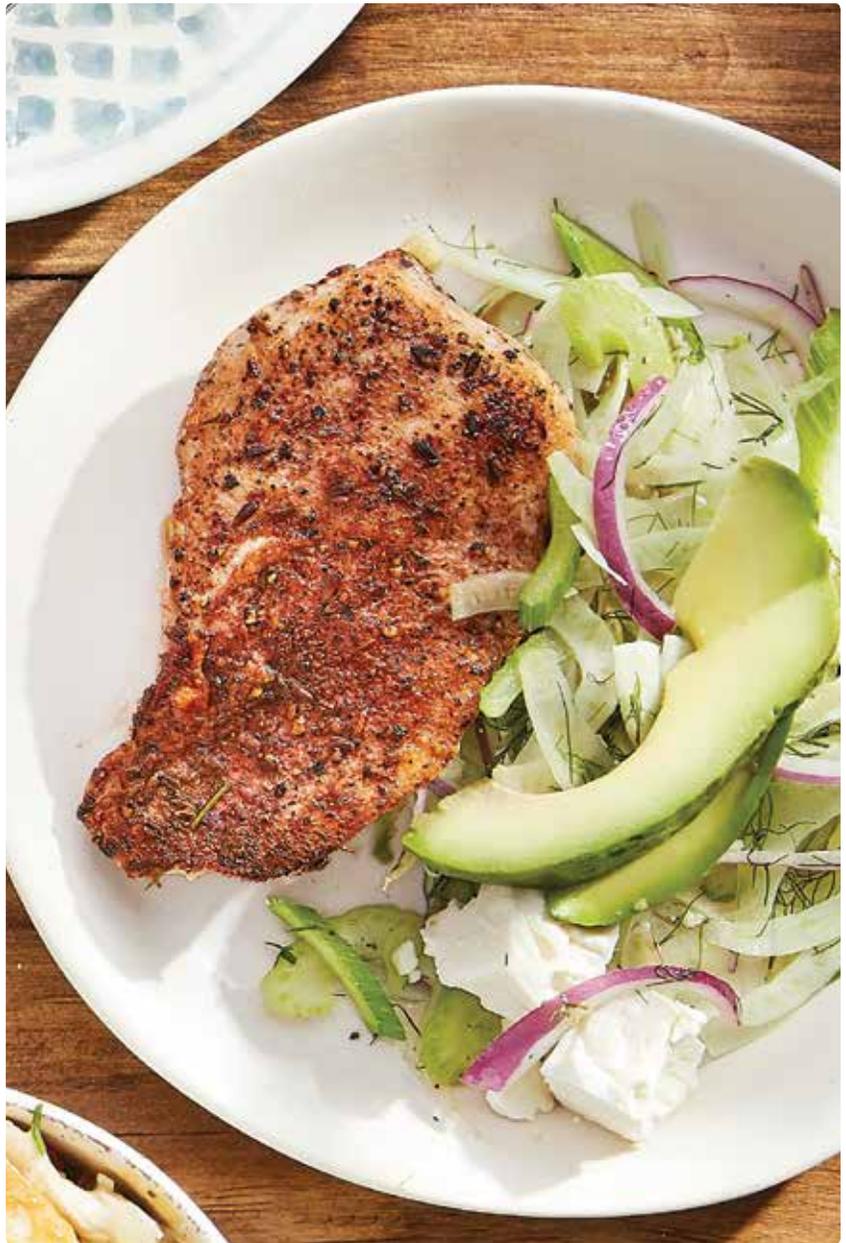
**MAKES** 6 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 30 MINUTES,  
PLUS MARINATING

- 1/4 cup unsweetened rice wine
- 1/4 cup soy sauce
- 1 tablespoon cornstarch
- 1 1/2 lbs skinless, boneless chicken thighs, trimmed and cut into scant 1-inch chunks
- 1 tablespoon vegetable oil
- 1 bunch green onions, thinly sliced
- 3 cloves garlic, chopped
- 2 tablespoons finely chopped peeled fresh ginger
- 1/2 cup roasted unsalted peanuts
- 3 tablespoons balsamic vinegar
- 8 whole dried chiles de árbol
- Cooked rice, for serving
- Cilantro, for garnish

1. In medium bowl, whisk rice wine, soy sauce, and cornstarch until smooth. Add chicken; let stand 30 minutes or refrigerate up to 1 hour.
2. In a 12-inch nonstick skillet, heat oil on medium-high. Add green onions, garlic and ginger; cook 3 minutes or until garlic is golden brown, stirring. Add chicken and marinade; cook 3 to 5 minutes or until chicken is cooked through, stirring.
3. Stir in peanuts, vinegar, and chiles; cook 2 minutes, stirring. Serve with rice, garnished with cilantro.



## Cajun Chicken with Fennel Slaw

**MAKES** 4 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 20 MINUTES

- 1 1/4 lbs chicken cutlets
- 1 1/2 teaspoons cajun seasoning
- Kosher salt and black pepper
- Olive oil
- 1 large fennel
- 3 celery ribs, sliced
- 1/3 cup red onion, sliced
- 2 tablespoons fresh lemon juice
- 1/3 cup crumbled feta cheese
- 1 avocado, sliced

1. Season chicken cutlets with cajun seasoning, salt, and black pepper. Cook in 1 tablespoon olive oil in a large skillet over medium-high heat until cooked through, 3 to 4 minutes per side.
2. Meanwhile, toss 1 thinly sliced fennel bulb, 3/4 cup fennel fronds (chopped), celery ribs, red onion, 2 tablespoons olive oil, and lemon juice. Stir in feta and avocado. Season with salt and pepper. Serve alongside chicken.

## Sugar Snap, Orange, and Teriyaki Stir-Fry

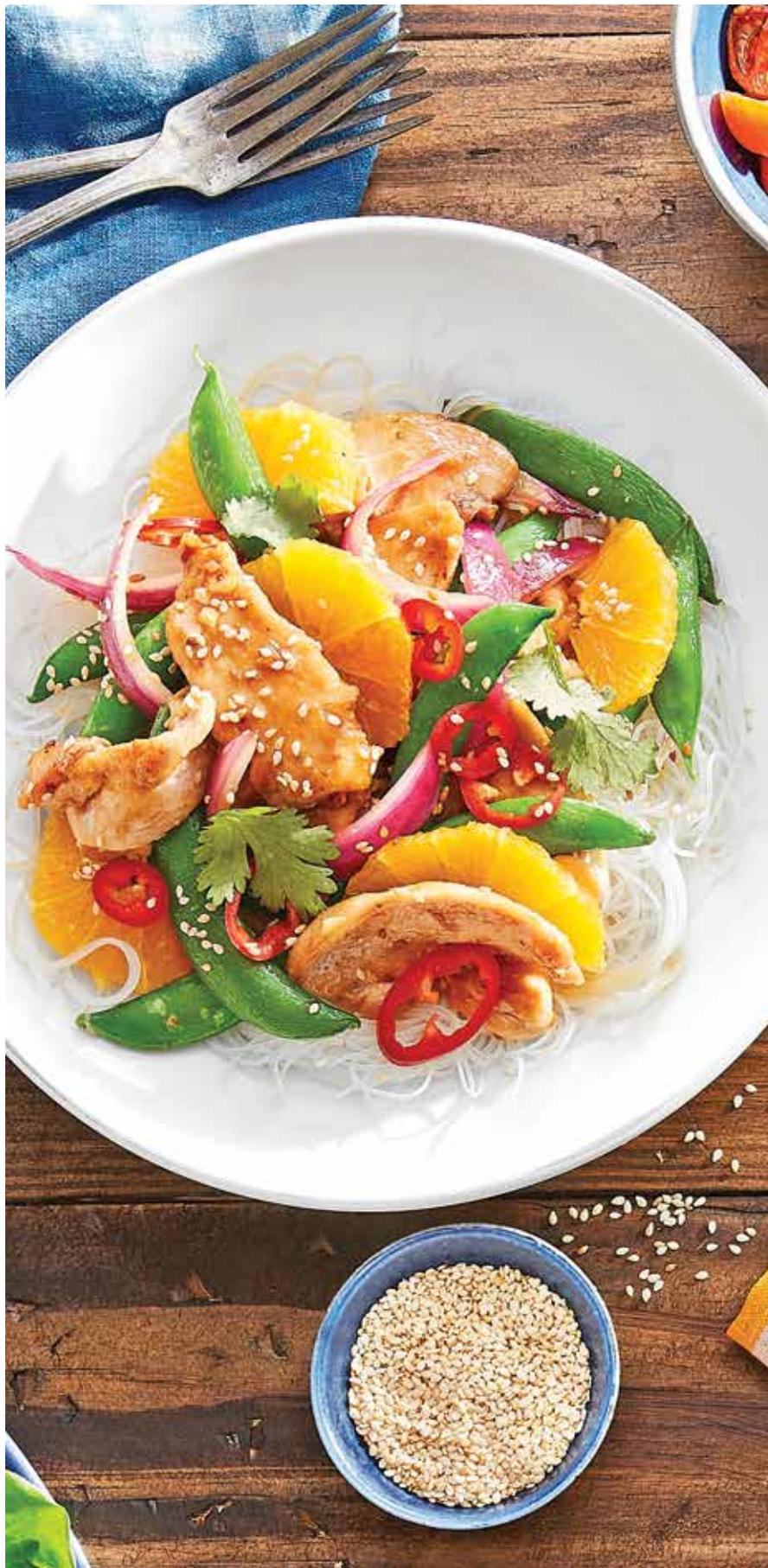
MAKES 4 SERVINGS

WORKING TIME 20 MINUTES

TOTAL TIME 20 MINUTES

- 1/2 package rice stick noodles
- 1 1/4 lbs boneless, skinless chicken breasts
- 3 tablespoons cornstarch
- 2 tablespoons canola oil
- 1/2 red onion, sliced
- 2 cloves garlic, chopped
- 2 cups sugar snap peas
- 1/2 cup teriyaki sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon toasted sesame seeds
- 2 small oranges, peeled and sliced
- cilantro leaves
- red chiles, sliced

1. Prepare rice stick noodles according to package directions.
2. Meanwhile, toss together sliced chicken breast and cornstarch. Cook canola oil in a large skillet over high heat, 2 to 4 minutes. Add red onion and garlic cloves and cook until chicken is cooked through, 1 to 2 minutes.
3. Add sugar snap peas and cook until bright green, 1 to 2 minutes. Stir in teriyaki sauce, rice wine vinegar, sesame oil, and toasted sesame seeds. Serve over rice noodles topped with 2 peeled and sliced small oranges. Garnish with fresh cilantro leaves and sliced red chiles.





## Chipotle Chicken Fajitas

**MAKES 4 SERVINGS**  
**WORKING TIME 30 MINUTES**  
**TOTAL TIME 30 MINUTES**

- 1 lb boneless, skinless chicken breasts, cut into thin strips**
- 1 teaspoon ground cumin**
- 1 teaspoon chili powder**
- Kosher salt and freshly ground black pepper**
- 1 tablespoon canola oil**
- 1 red bell pepper, sliced**
- 1 small onion, sliced**
- 1 cup sliced mushrooms**
- 3 cloves garlic, chopped**
- 1 tablespoon chopped chipotles in adobo**
- 1 1/2 tablespoons fresh lime juice**
- 8 warm flour tortillas**
- grated cheddar cheese, cilantro, and lime wedges, for serving**

- 1.** Season chicken with cumin, chili powder, and salt and pepper. Heat oil in a 12-inch skillet over medium-high heat. Add chicken and cook, stirring occasionally, until cooked through, 5 to 7 minutes. Remove to a plate; reserve skillet.
- 2.** Add pepper, onion, mushrooms, and garlic to skillet and cook, stirring occasionally, until soft, 4 to 6 minutes. Stir in chipotles, lime juice, and chicken. Cook, stirring, until warm. Season with salt and pepper.
- 3.** Serve chicken and vegetables with tortillas and toppings.

## Crispy Chicken Thighs with Peppers and Salsa Verde

MAKES 4 SERVINGS

WORKING TIME 20 MINUTES

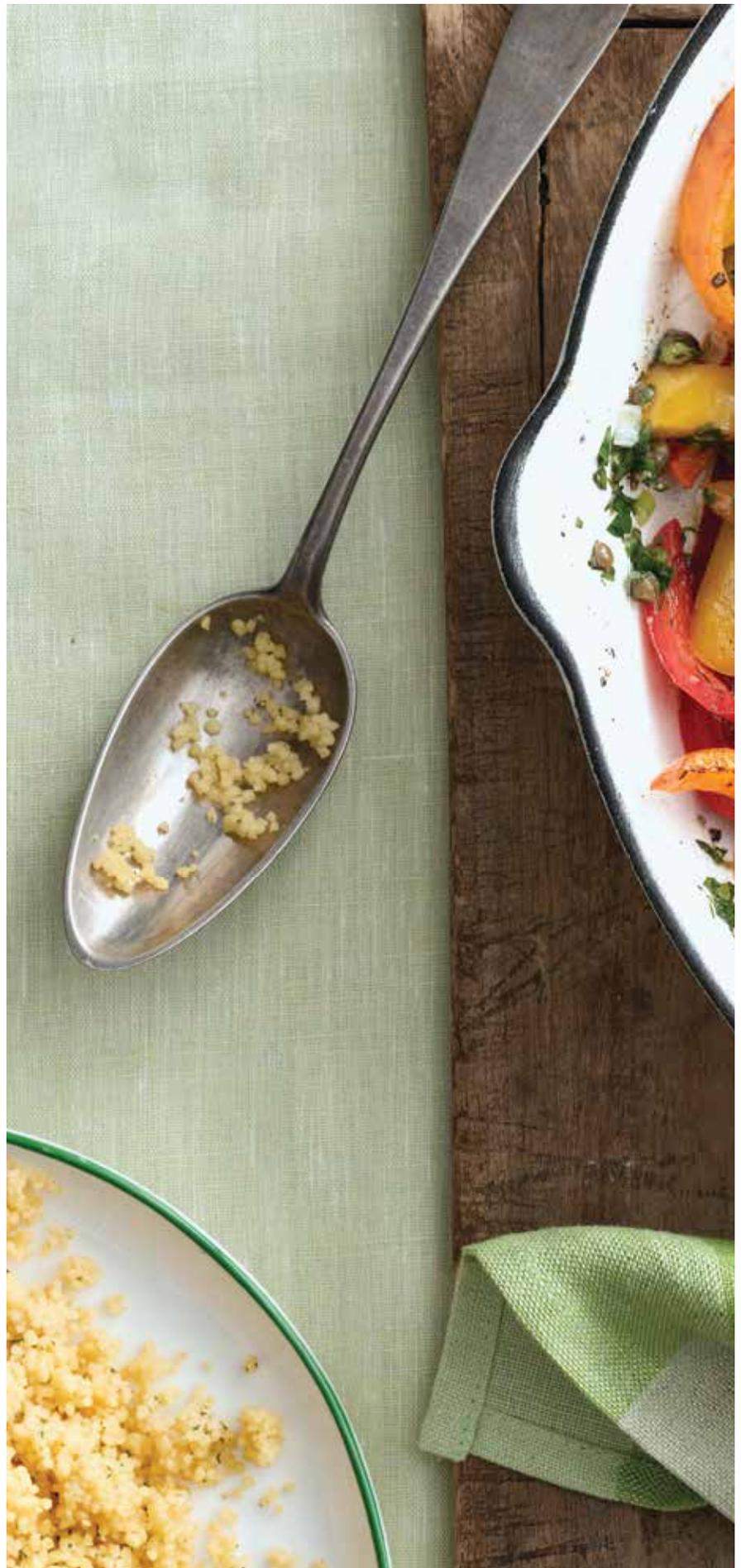
TOTAL TIME 20 MINUTES

- 1 1/4 cups low-sodium chicken broth
- 1 box (5.8 oz) roasted garlic-and-olive oil couscous
- 2 teaspoons vegetable oil
- 6 large skin-on, bone-in chicken thighs, trimmed (about 2 3/4 lbs)
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground pepper
- 3 medium colorful bell peppers, cut into 1/2-inch-thick strips
- 1/2 medium sweet onion, sliced
- 2 cloves garlic, thinly sliced

1. Preheat oven to 425°F. Bring broth to a boil in a 12-inch cast-iron skillet. Pour over couscous in a medium bowl; cover and set aside.
2. Heat oil in skillet over medium-high heat until very hot. Sprinkle chicken with salt and pepper. Place chicken in skillet, skin sides down, and cook 10 minutes or until skin is browned and crispy. Turn chicken over and cook 4 minutes. Transfer chicken to a plate; discard drippings.
3. Sauté peppers, onion, and garlic for 3 minutes. Arrange chicken on top of peppers, skin sides up. Bake at 425°F for 10 minutes or until done.
4. Fluff couscous with a fork. Serve chicken and peppers on couscous, and top with desired amount of salsa.

### CAPER SALSA VERDE

Stir together 1/4 cup chopped **fresh parsley**, 1/4 cup chopped **fresh basil**, 1 finely chopped **green onion**, 1/4 cup **extra-virgin olive oil**, 2 tablespoons coarsely chopped **capers**, and 1 1/2 tablespoons **fresh lemon juice**. Season to taste with **salt and pepper**.







## Brick Chicken with Garlic & Thyme

**MAKES 4 SERVINGS**  
**WORKING TIME 10 MINUTES**  
**TOTAL TIME 25 MINUTES**

- 8 small chicken thighs (2 lbs total)**
- 8 cloves garlic (in their skins), smashed**
- 8 sprigs fresh thyme**
- 1 tablespoon olive oil**
- 1/4-1/2 teaspoon crushed red pepper**
- Kosher salt**
- Cooked green beans, for serving**

**1.** In a large bowl, toss chicken, garlic, thyme, oil, red pepper, and 1/2 teaspoon salt.

- 2.** Heat a 12-inch skillet over medium heat until hot, about 2 minutes. Place chicken, skin side down, in the skillet and spoon the garlic and thyme mixture around it. Place a second skillet on top of the chicken and put heavy cans in the skillet to weigh it down. (This will flatten the chicken so it cooks up evenly and extra crisp.) Cook for 10 minutes.
- 3.** Remove the cans and top skillet, turn chicken over, and stir the garlic. Return the skillet and cans and cook until the chicken is crisp and cooked through, 5 to 6 minutes more. Serve with green beans, if desired.

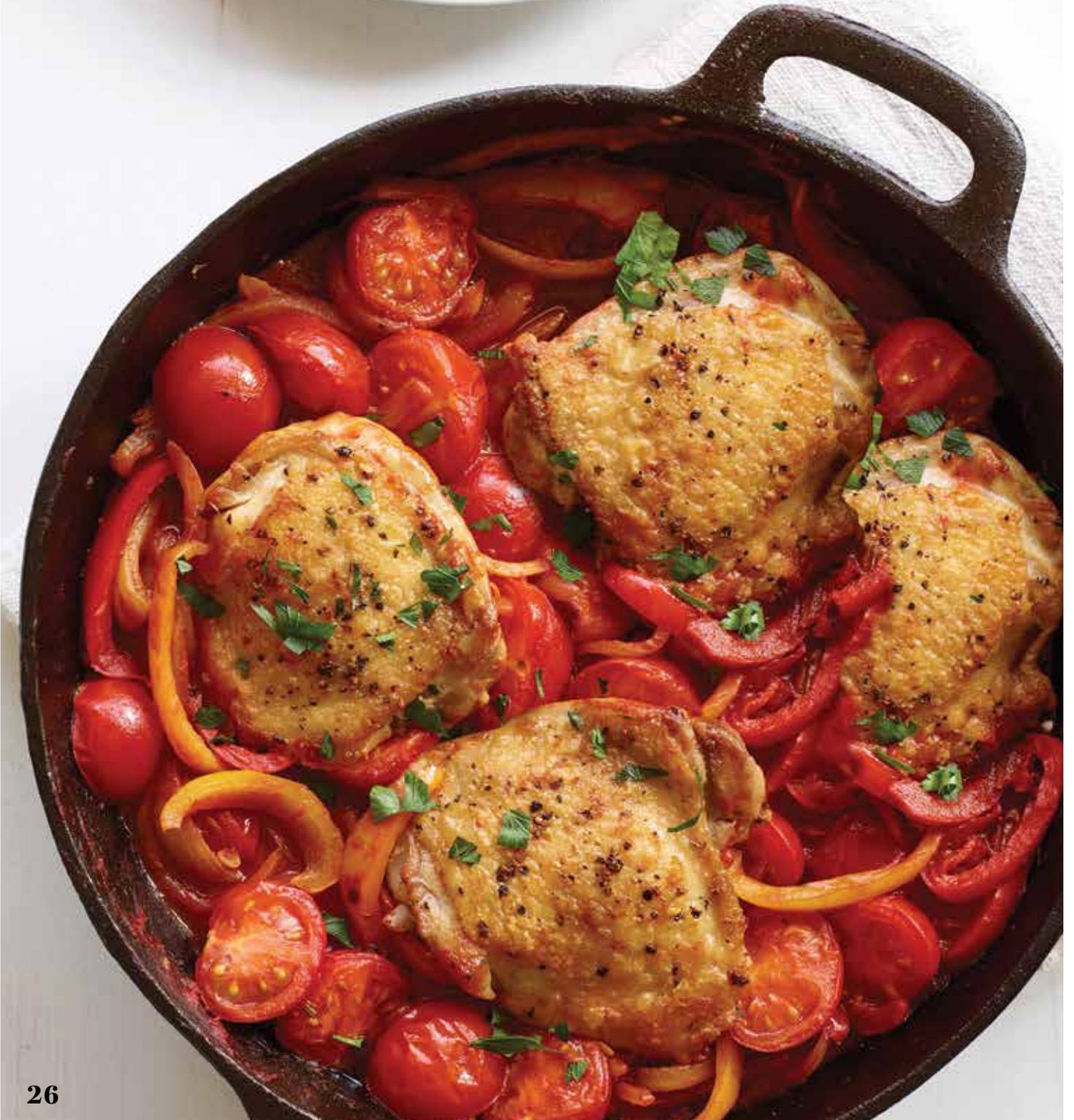
## Spinach, Chickpea & Chicken Pitas

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 1/2 small red onion, very thinly sliced**
- 2 tablespoons red wine vinegar**
- 1 tablespoon plus 1 teaspoon olive oil**
- 12 oz boneless, skinless chicken breasts, trimmed and cut into 3/4-inch pieces**
- Kosher salt and pepper**
- 2 cloves garlic, very thinly sliced**
- 1 can (15 oz) low-sodium chickpeas, rinsed**
- 1 package (10 oz) spinach, thick stems discarded**
- 4 pieces pita bread, halved and toasted**
- Greek yogurt, for serving**

- 1.** In a small bowl, combine the onion, vinegar, and 1 teaspoon oil. Let sit, tossing occasionally, until ready to use.
- 2.** Meanwhile, heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Season the chicken with 1/4 teaspoon each salt and pepper and cook, tossing twice, until golden brown, 4 to 6 minutes.
- 3.** Add the garlic and cook, stirring, until starting to turn golden brown, 1 to 2 minutes. Add the chickpeas, half the spinach, and 1/4 teaspoon each salt and pepper and cook, tossing, until beginning to wilt, about 1 minute. Add the remaining spinach and continue cooking, tossing until just wilted, 1 to 2 minutes; remove from heat.
- 4.** Fill the pitas with the chicken and spinach mixture, top with the onions and drizzle with any vinegar remaining in the bowl. Serve with yogurt, if desired.





## Chicken Cacciatore

**MAKES** 4 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 30 MINUTES

- 1** tablespoon olive oil
- 4** large chicken thighs  
(about 1 3/4 lbs total)  
Kosher salt and black pepper
- 8** oz orzo
- 1** large onion, sliced
- 1** each red and yellow bell pepper,  
sliced 1/4-inch thick
- 2** large cloves garlic, sliced
- 1** tablespoon fresh rosemary,  
chopped
- 2** tablespoons tomato paste
- 1/2** cup dry white wine
- 1 1/2** lbs Campari or plum tomatoes,  
halved or quartered if large  
chopped parsley, for serving

**1.** Heat the oil in a large skillet over medium-high heat. Season the chicken with 1/2 teaspoon each salt and pepper and cook, skin side down, until golden brown and crisp, 8 minutes. Turn and continue cooking until the chicken is cooked through, 8 to 9 minutes.

**2.** Cook the orzo according to package.

**3.** Transfer the chicken to a plate. Discard all but 1 tablespoon fat and reduce heat to medium. Add onion, peppers and 1/4 teaspoon each salt and pepper and cook, covered, stirring occasionally, until they start to turn golden brown around the edges, 5 to 7 minutes.

**4.** Add the garlic and chopped rosemary and cook, stirring, for 1 minute. Add the tomato paste and cook, stirring, for 2 minutes. Add the wine, bring to a simmer and cook, scraping the bottom of the pan, until all of the wine has evaporated, 1 minute.

**5.** Add the tomatoes, then return the chicken to the pan, nestling it among the vegetables. Cook until the tomatoes begin to break down, about 5 minutes. Serve with the orzo and sprinkle with parsley.



## Skillet Chicken & Ham Pot Pie

**MAKES** 4 SERVINGS

**TOTAL TIME** 25 MINUTES

- 1** sheet frozen puff pastry
- 1** large egg
- 4** oz reduced-fat cream cheese
- 2** tablespoons lemon juice
- 2** tablespoons water
- 3/4** cup low-fat sour cream
- 1** tablespoon Dijon mustard
- 1** tablespoon fresh thyme
- 2** teaspoons lemon zest
- Kosher salt and black pepper**
- 2 1/2** cups cooked chicken,  
shredded
- 3** oz Gruyère cheese
- 3** oz sliced ham
- 2** green onions
- Chopped parsley, for serving**

**1.** Unfold 1 sheet frozen puff pastry (thawed); cut into 9- to 10-inch

round. Transfer to large baking sheet lined with parchment. Brush with 1 large egg (lightly beaten); bake at 425°F until puffed, 18 to 22 minutes.

**2.** Meanwhile, in a 10-inch skillet, heat cream cheese (at room temperature), lemon juice, and water on low until melted and smooth. Stir in sour cream, Dijon mustard, fresh thyme, lemon zest, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Fold shredded cooked turkey or chicken, Gruyère cheese (coarsely grated), sliced ham (torn into pieces), green onions (chopped), and 1/2 cup parsley (chopped); heat through, about 3 minutes. Top with pastry to serve.



## Seared Steak with Red Onions & Spinach

**MAKES 4 SERVINGS**  
**WORKING TIME 25 MINUTES**  
**TOTAL TIME 25 MINUTES**

- 1** **tablespoon plus**
- 1** **teaspoon olive oil**
- 2** **sirloin or strip steaks**  
(12 oz, 1/2-inch thick)
- Kosher salt and pepper**
- 1** **red onion, sliced into**  
**rounds, rings separated**
- 2** **bunches spinach, thick**  
**stems removed**
- 1** **tablespoon balsamic**  
**vinegar**
- 2** **oz blue cheese, broken into**  
**small pieces (optional)**

**1.** Heat oven to 400°F. Heat 1 teaspoon of the oil in a large cast-iron skillet over medium-high heat. Season the steak with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook until browned on one side, about 3 minutes. Turn the steak.

**2.** Scatter the onion rings around the steak, drizzle with the remaining tablespoon oil, and cook for 3 minutes. Transfer the skillet to the oven and cook to desired doneness, 4 to 5 minutes for medium-rare. Transfer the steak to a cutting board and let rest at least 5 minutes before slicing.

**3.** Add the spinach to the hot skillet with the onions, season with 1/4 teaspoon each salt and pepper, and toss with the onions until beginning to wilt, 1 to 2 minutes. Transfer the spinach and onions to plates and drizzle with the vinegar. Serve with the steak and blue cheese, if desired.

## Sloppy Joes with Pickled Okra Slaw

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 1** **cup frozen diced onions**
- 1** **lb ground chicken**
- 2** **tablespoons olive oil**
- 1** **can (8 oz) tomato sauce**
- 2** **tablespoons chili sauce**
- 1** **tablespoon yellow mustard**
- 2** **teaspoons Worcestershire sauce**
- 3/4** **teaspoon garlic powder**
- Kosher salt and black pepper**
- 1** **cup broccoli slaw mix**
- 1** **scallion, thinly sliced**
- 1/4** **cup pickled okra, sliced**
- 1** **tablespoon plain Greek yogurt**

- 2** **teaspoons apple cider vinegar**
- 4** **hamburger buns**
- 1** **package frozen onion rings**

- 1.** Cook onions and chicken in 1 tablespoon olive oil in a skillet over medium-high heat, 4 to 6 minutes. Add tomato sauce, chili sauce, mustard, Worcestershire sauce, and garlic powder. Bring to a boil. Reduce heat and simmer until thickened, 6 to 8 minutes. Season with salt and pepper.
- 2.** Stir together broccoli slaw mix, scallion, pickled okra, yogurt, 1 tablespoon olive oil, and apple cider vinegar. Season to taste. Serve in toasted buns topped with slaw and prepared onion rings.



## Steak Salad with Honey-Lemon Vinaigrette

**MAKES 4 SERVINGS**

**WORKING TIME 30 MINUTES**

**TOTAL TIME 30 MINUTES**

- 1/2 large cauliflower (about 1 1/4 lbs), cored and sliced 1/2-inch thick**
- 1 tablespoon plus 1 teaspoon olive oil**
- 2 sprigs rosemary, leaves finely chopped**
- Kosher salt and pepper**
- 1 lb sirloin steak, trimmed**
- 2 tablespoon fresh lemon juice**
- 2 teaspoons honey**
- 1 package (5 oz) arugula**
- 1/2 cup dried cranberries**

- 1.** Heat oven to 450°F. Place one oven rack at the bottom of the oven and a second at the top.
- 2.** On a large rimmed baking sheet, toss the cauliflower with 1 tablespoon oil, the rosemary, and 1/4 teaspoon each salt and pepper. Arrange in a single layer and roast on the bottom oven rack until golden brown and tender, 15 to 20 minutes.
- 3.** Meanwhile, heat a large cast-iron skillet over medium-high heat. Rub the steak with the remaining teaspoon oil and season with 1/4 teaspoon each salt and pepper. Sear the steak until browned, 2 to 3 minutes per side, then transfer the skillet to the top oven rack and cook, 6 to 7 minutes for medium. Transfer the steak to a cutting board and let rest for 5 minutes before thinly slicing.
- 4.** Meanwhile, in a large bowl, whisk together the lemon juice, honey and 1/4 teaspoon pepper. Add the arugula, cranberries, cauliflower, and sliced steak and toss gently to combine.





## Herb-Garlic Crusted Flank Steak with Pan-Roasted Grapes

MAKES 4 SERVINGS

WORKING TIME 28 MINUTES

TOTAL TIME 28 MINUTES

- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh rosemary
- 1 large clove garlic, minced
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground pepper
- 1 flank steak (1 1/2 lbs)
- 2 tablespoons olive oil, divided
- 3 cups assorted halved and whole grapes
- 2 shallots, chopped
- 1-2 tablespoons white balsamic vinegar
- 1/2 cup freshly crumbled blue cheese

1. Combine thyme, rosemary, garlic, salt, and pepper. Rub steak with the herb mixture. Heat 1 tablespoon oil in a large, heavy skillet over medium-high heat. Cook steak 6 to 7 minutes on each side or until desired degree of doneness. Remove and cover loosely with foil.
2. Reduce heat to medium. Add remaining 1 tablespoon of oil to pan and sauté grapes and shallots 5 to 6 minutes, or until grapes just begin to soften.
3. Remove from heat and let stand 1 minute. Stir in vinegar and season with salt and pepper to taste.
4. Slice steak against the grain into thin slices. Arrange on a serving platter, spooning grapes and cheese over meat. Sprinkle with additional fresh herbs if desired. Serve with mashed potatoes.





## Cottage Pie

**MAKES 4 SERVINGS**  
**WORKING TIME 25 MINUTES**  
**TOTAL TIME 30 MINUTES**

- 1 lb Yukon gold potatoes, peeled and cut into 2-inch pieces**
- Kosher salt and pepper**
- 2 tablespoons unsalted butter, at room temperature**
- 2 tablespoons olive oil**
- 1 large onion, chopped**
- 2 medium carrots (about 8 oz), peeled and cut into 1/4-inch pieces**
- 1 1/4 lbs lean (at least 90%) ground beef**
- 3 tablespoon tomato paste**
- 1/4 teaspoon ground cinnamon**
- 1/2 cup beer (lager or stout)**

- 1/2 teaspoon beef bouillon**
- 1/2 cup flat-leaf parsley, roughly chopped**
- 1 sprig fresh thyme, for topping**

- 1.** Place potatoes in a medium saucepan, cover with cold water, and bring to a boil. Add 2 teaspoons salt, reduce heat, and simmer until tender, 12 to 15 minutes. Reserve 1/2 cup cooking liquid, drain potatoes, and return to pot. Mash with butter, adding some reserved cooking liquid (2 tablespoons at a time) to reach a smooth mash.
- 2.** While potatoes are cooking, add oil and onions to a 9- or 10-inch skillet and cook, covered, on medium for 3 minutes.

- 3.** Add carrots and cook, covered, stirring occasionally, until vegetables are just tender, 5 to 6 minutes. Add beef and cook, breaking up with a spoon into small pieces, until no longer pink, 3 to 5 minutes.
- 4.** Stir in tomato paste, cinnamon, and 1/2 teaspoon each salt and pepper and cook 1 minute. Stir in beer, 1/2 cup water, then bouillon, and simmer until mixture slightly thickens, about 3 minutes. Fold in parsley.
- 5.** Heat broiler. Spread potatoes over beef and top with thyme if desired. Broil until golden brown, 2 to 4 minutes.

Quick & Delicious



## Skillet-Roasted Cauliflower-and-Sausage Rigatoni

**MAKES** 6-8 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 30 MINUTES

- 3/4 lb rigatoni**  
**Kosher salt and freshly ground black pepper**
- 3 tablespoons olive oil, divided**
- 1 small head cauliflower, broken into florets and florets halved**
- 1/2 lb Italian sausage, casings removed**
- 2 carrots, chopped**
- 1/2 medium red onion, chopped**
- 3 large cloves garlic, finely chopped**
- 2/3 cup dry white wine**
- 1 cup packed fresh flat-leaf parsley leaves**
- 3 oz pecorino cheese, grated (about 3/4 cup), plus more for serving**
- 1/2 cup torn pitted green olives**

- 1.** Cook pasta in boiling salted water according to package directions; drain.
- 2.** Heat 2 tablespoons oil in a large skillet over medium-high heat. Arrange cauliflower in a single layer, cut side down, and cook until golden brown, 4 minutes. Turn cauliflower and cook until tender, 3 to 4 minutes; remove to a bowl.
- 3.** Add remaining tablespoon oil to skillet. Add sausage, carrots, and onion and sauté, breaking sausage into small pieces, until sausage is browned and carrots are crisp-tender, 8 to 10 minutes. Add garlic and sauté 1 minute. Stir in wine, scraping brown bits from bottom of skillet. Add cauliflower and stir to coat.
- 4.** Add pasta, parsley, pecorino, and olives to cauliflower mixture and toss to combine. Season with salt and pepper.
- 5.** Serve sprinkled with pepper and pecorino.



## Pork Chops with Rosemary-Truffle Sauce

**MAKES** 4 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 30 MINUTES

- 2 tablespoons olive oil**
- 4 bone-in pork chops (about 1-inch thick each)**
- 3 medium shallots, chopped**
- 12 oz cremini mushrooms, thinly sliced**
- 1/2 teaspoon chopped fresh rosemary**
- 2/3 cup half-and-half**
- 2 tablespoons truffle butter**

- 1.** In a 12-inch skillet, heat oil on medium-high until hot but not smoking. Season pork chops all over with 1/2 teaspoon each salt and pepper. Cook pork chops 6 minutes or until browned on both sides, turning over once; transfer to large plate. Reduce heat to medium and pour off excess fat. Add shallots, mushrooms, rosemary, and 1/8 teaspoon salt. Cook 5 minutes, stirring.
- 2.** Stir in half-and-half and butter. Nestle pork in sauce. Simmer 4 to 6 minutes or until pork is cooked through (145°F).



## Spring Veggie & Goat Cheese Spaghetti

**MAKES 4 SERVINGS**  
**WORKING TIME 5 MINUTES**  
**TOTAL TIME 15 MINUTES**

- 2 cups whole milk**
- 1 tablespoon olive oil**  
**Kosher salt and black pepper**
- 12 oz spaghetti or thin linguine**
- 1 lb asparagus, trimmed and sliced on an angle**
- 1/2 cup frozen peas**
- 4 oz soft goat cheese, crumbled**
- 3 tablespoons capers, drained**  
**Snipped chives, for garnish**

- 1.** In a deep 12-inch skillet, combine milk, oil, pasta, 2 1/2 cups water, 1/4 teaspoon salt, and 1 teaspoon pepper. Heat to boiling on high, separating pasta with tongs occasionally.
- 2.** Add asparagus and peas. Reduce heat to maintain simmer; cook 10 minutes or until pasta is almost al dente and most of liquid has been absorbed, stirring occasionally. Remove from heat. Stir in goat cheese, capers and 1/4 teaspoon salt until cheese has melted. Garnish with chives.

## Spaghetti Carbonara Skillet Pie

**MAKES 6 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 4 oz. pancetta, chopped**
- 2 teaspoons olive oil**
- 3 medium shallots, chopped**
- 6 large eggs**
- 1 cup reduced-fat milk**
- 1/3 cup pecorino cheese, grated**
- 1/4 teaspoon salt**
- 3/4 teaspoon freshly ground black pepper**
- 1 lb. spaghetti**  
**parsley for garnish**

- 1.** Cook spaghetti according to package directions
- 2.** In oven-safe 10-inch skillet, cook chopped pancetta in olive oil on medium for 6 minutes or until crispy, stirring often. Add shallots; cook 2 minutes, stirring.
- 3.** In large bowl, whisk eggs, milk, pecorino cheese, salt and pepper; add cooked spaghetti and pancetta mixture, tossing to combine. Transfer to same skillet.
- 4.** Bake at 375°F for 20 minutes or until egg has set. Garnish with parsley and additional pecorino.



## Leek & Lemon Linguine

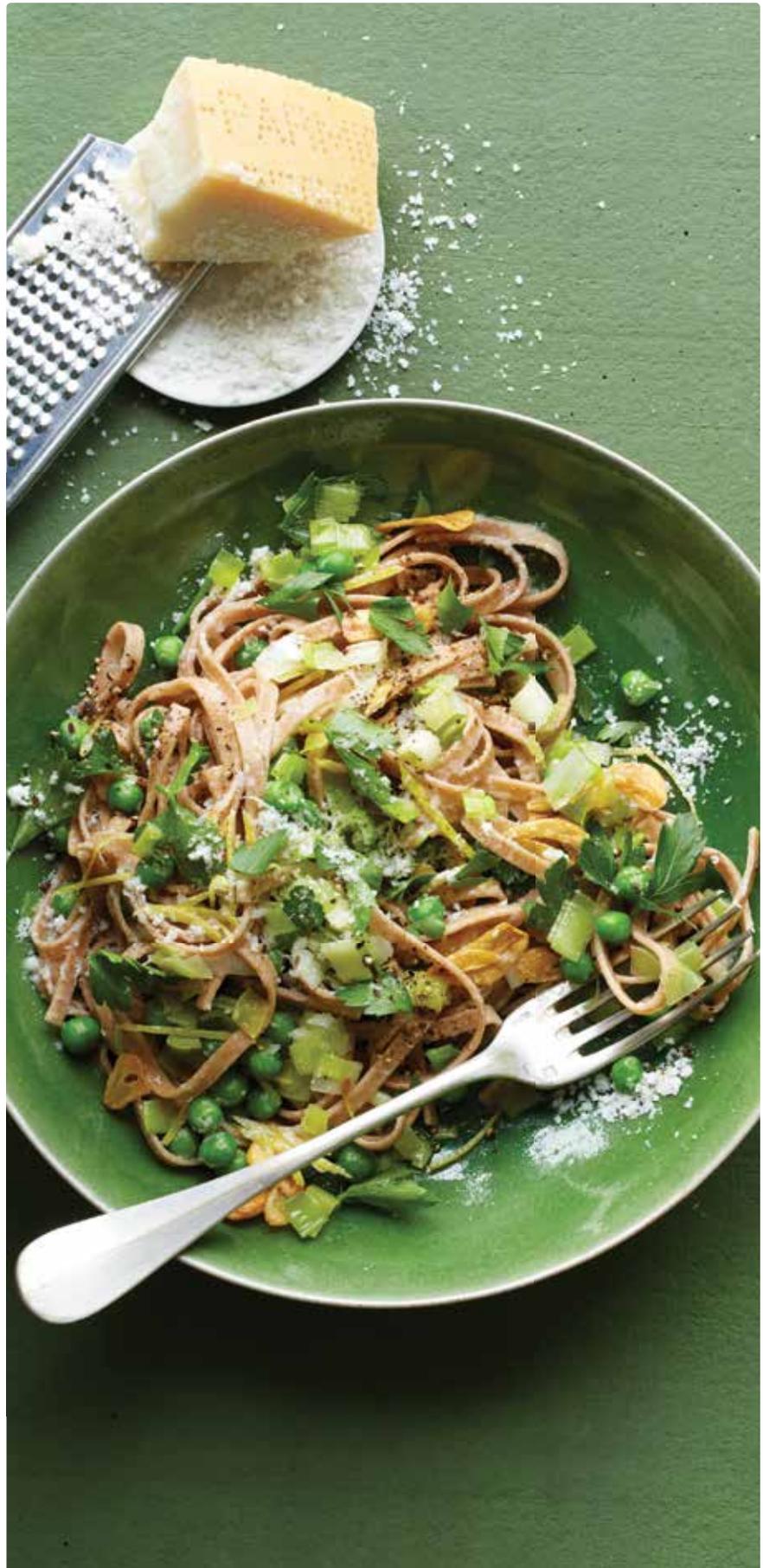
MAKES 4 SERVINGS

WORKING TIME 25 MINUTES

TOTAL TIME 25 MINUTES

- Kosher salt and pepper**
- 12 oz whole-wheat linguine or spaghetti**
- 2 tablespoons olive oil**
- 2 cloves garlic, thinly sliced**
- 2 medium leeks, white and light-green parts cut into half-moons**
- 1 lemon**
- 1 cup frozen peas**
- 1/2 cup fresh flat-leaf parsley (1/4 cup roughly chopped)**
- 1/2 cup finely grated Parmesan, plus more for serving**

- 1.** Bring a large pot of water to a boil and season with 2 teaspoons salt. Cook the pasta according to package directions; reserve 2 cups cooking liquid, then drain.
- 2.** Meanwhile, heat the oil in a large deep skillet over medium heat. Add the garlic and cook, stirring, until lightly golden brown, 1 to 2 minutes; using a slotted spoon, transfer to a paper towel-lined plate. Add the leeks to the pan, season with 1/2 teaspoon salt and cook, stirring occasionally, until tender, 6 to 8 minutes.
- 3.** Meanwhile, using a vegetable peeler, remove 4 strips of lemon zest. Thinly slice the zest on a diagonal. Squeeze 2 tablespoons juice into a small bowl and set aside.
- 4.** Add the peas, whole parsley leaves, and lemon zest to the skillet along with 1 cup of reserved cooking liquid and simmer gently for 2 minutes. Add the drained pasta, Parmesan, reserved garlic, and 1/2 teaspoon pepper, tossing to combine, then toss with the lemon juice, adding extra pasta water if the pasta seems dry. Sprinkle with the chopped parsley and serve with extra Parmesan, if desired.





## Skillet Mac & Cheese

**MAKES 4 SERVINGS**

**WORKING TIME 20 MINUTES**

**TOTAL TIME 30 MINUTES**

- 4 tablespoons unsalted butter, cut into small pieces**
  - 4 tablespoons flour**
  - 3 cups whole milk, warmed**
  - Kosher salt and pepper**
  - 8 oz mezze rigatoni**
  - 8 oz extra-sharp cheddar, coarsely grated**
  - 1 package (10 oz) frozen butternut squash cubes, thawed**
  - 3 oz baby spinach (about 3 cups)**
  - 4 oz potato chips (about 3 cups), crushed**
  - 2 tablespoons finely chopped chives**
  - 2 tablespoons finely grated Parmesan**
- 1.** Heat oven to 350°F. Melt the butter in a deep 12-inch skillet over medium heat. Once foaming, add the flour and whisk until smooth. Gradually whisk in the milk a little at a time, making sure the mixture is smooth before adding more liquid.
  - 2.** Add 1 cup water and 1/2 teaspoon each salt and pepper. Bring to a simmer, stirring occasionally.
  - 3.** Immediately add the pasta and cook, stirring, for 1 minute. Cover the skillet, transfer to the oven, and bake until the pasta is just cooked, 12 to 14 minutes.
  - 4.** Remove from oven and heat broiler. Fold the cheese into the pasta until melted and smooth, then fold in the squash and spinach.
  - 5.** Sprinkle the potato chips, chives, and Parmesan on top and broil until golden brown, 1 to 2 minutes.

## Seared Grouper with Corn, Zucchini, and Tomato Sauté

MAKES 4 SERVINGS

WORKING TIME 20 MINUTES

TOTAL TIME 20 MINUTES

- 4 grouper fillets, 6 oz each**  
(or other firm fish such as halibut, cod, or salmon)
- 1 teaspoon kosher salt**
- 1/2 teaspoon freshly ground pepper**
- 2 tablespoons olive oil**
- 2 medium zucchini, halved lengthwise and sliced**
- 1 large shallot, chopped**
- 1/2 cups fresh yellow corn kernels**  
(2 large ears) or frozen whole-kernel corn
- 2 cloves garlic, minced**
- 1 1/2 cups halved cherry tomatoes**
- 2 tablespoons cold butter, cubed**
- 1/4 cup torn basil leaves**

**1.** Sprinkle fish with salt and pepper. Heat oil in a large skillet over medium-high heat. Cook fish 4 minutes on each side until browned and cooked through. Remove and keep warm.

**2.** Sauté zucchini and shallot 4 minutes or until crisp-tender. Stir in corn and garlic, and sauté 2 more minutes. Reduce heat to low, and stir in tomatoes, butter, and basil, cooking until butter is just melted. Season with salt and pepper to taste. Spoon vegetables onto serving plates, and top with fish.







## Crispy Cod Cakes with Almond-Pepper Vinaigrette

**MAKES 4 SERVINGS**  
**WORKING TIME 20 MINUTES**  
**TOTAL TIME 20 MINUTES**

- 1 lb cod (or haddock) fillets, cut into chunks**
- 1/3 cup packed fresh basil leaves**
- 3 cloves garlic, crushed**
- 1/2 teaspoon smoked paprika**
- Kosher salt and black pepper**
- 2 tablespoons vegetable oil**
- 1 large egg**
- 1 cup panko bread crumbs**
- 1/3 cup salted almonds**
- 5 tablespoons sherry vinegar**
- 5 tablespoons olive oil**
- 1/3 cup roasted red peppers**
- salad greens, for serving**

- 1.** In a food processor, pulse fish, basil leaves, garlic, smoked paprika, and 1/4 teaspoon each salt and pepper until cod is finely chopped, stirring occasionally.
- 2.** Form mixture into 8 patties. Dip each patty into lightly beaten egg; then dip into panko crumbs, patting to adhere.
- 3.** In 12-inch skillet, heat vegetable oil on medium. Fry cakes 3 minutes per side or until deep golden brown.
- 4.** In blender, puree almonds, sherry vinegar, olive oil, and 1/4 teaspoon salt until smooth. Add roasted red peppers; pulse until almost smooth.
- 5.** Serve cod cakes with vinaigrette and salad greens.

## Thai-Spiced Salmon and Coconut Noodles

**MAKES 4 SERVINGS | WORKING TIME 30 MINUTES | TOTAL TIME 30 MINUTES**

- 12 oz udon noodles**
- 8 oz green beans, cut into 2-inch pieces**
- 1 tablespoon canola or coconut oil**
- 3 scallions, thinly sliced**
- 1 piece ginger (1 inch), peeled and cut into matchsticks**
- 1 jalapeño, seeded and thinly sliced**
- 3/4 teaspoon ground coriander**
- 1/4 teaspoon ground turmeric**
- 1 can (15 oz) light coconut milk**
- 1 teaspoon fresh lime zest**
- 1 1/4 lbs skinless salmon, cut into 4 pieces**
- 3 tablespoons lime juice (from 2 limes)**
- 1 teaspoon reduced-sodium soy sauce**
- 1 cup fresh cilantro leaves**

- 1.** Bring a large pot of water to a boil and cook noodles according to package directions, adding green

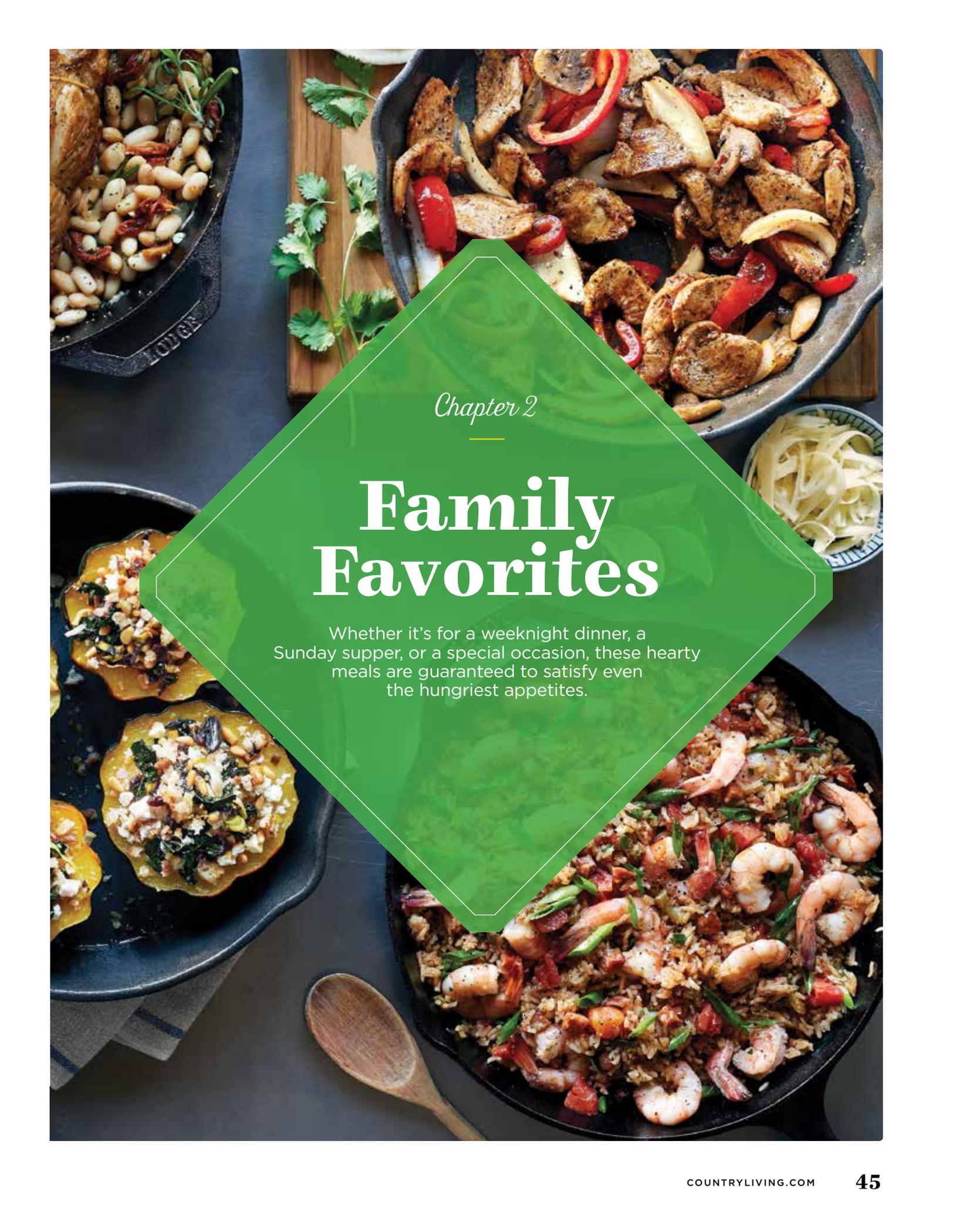
beans for the last 3 minutes of cooking. Drain and rinse.

- 2.** Meanwhile, heat a skillet over medium heat. Add oil, white and light green parts of the scallions, ginger, and half of the jalapeño and cook, stirring, for 1 minute.
- 3.** Add coriander and turmeric and cook, stirring, 30 seconds. Add coconut milk, lime zest, and 1/4 cup water and bring to a gentle simmer. Add salmon and gently simmer, covered, until salmon is opaque throughout, 5 to 7 minutes.
- 4.** Remove from the heat and add lime juice, soy sauce, and half of the cilantro.
- 5.** Divide noodles, green beans, and salmon among bowls and spoon coconut broth over the top. Sprinkle with remaining scallion greens, jalapeño, and cilantro.





Clockwise from above:  
**Steakhouse Steaks with Creamy Kale**, Page 54  
**Pork Loin with Braised Rosemary White Beans**, Page 60  
**Chipotle Chicken Fajitas**, Page 21  
**Baked Jambalaya**, Page 63  
**Chard and Feta-Stuffed Acorn Squash**, Page 73



*Chapter 2*

# Family Favorites

Whether it's for a weeknight dinner, a Sunday supper, or a special occasion, these hearty meals are guaranteed to satisfy even the hungriest appetites.



## Chicken & Corn Bread Pancakes with Spicy Syrup

### CORN BREAD PANCAKES

**MAKES** 4 SERVINGS

**WORKING TIME** 1 HOUR, 5 MINUTES

**TOTAL TIME** 1 HOUR, 15 MINUTES

- 1 3/4 cups yellow cornmeal, spooned and leveled**
- 1 1/2 cups all-purpose flour, spooned and leveled**
- 4 teaspoons sugar**
- 1 1/2 teaspoons baking powder**
- 3/4 teaspoon baking soda**
- 3/4 teaspoon kosher salt**
- 2 1/4 cups buttermilk**
- 3 large eggs**
- 1/4 cup unsalted butter, melted, plus more for pan**

- 1.** Whisk together cornmeal, flour, sugar, baking powder, baking soda, and salt in a bowl. Stir together buttermilk, eggs, and butter in a separate bowl. Stir buttermilk mixture into cornmeal mixture until just blended and smooth.
- 2.** Heat a large nonstick skillet over medium heat; butter. Pour about 1/3 cup batter for each pancake onto skillet. Cook until tops are covered with bubbles and edges look dry, 2 to 3 minutes. Turn and cook until plump and cooked through, 2 to 3 minutes. Place pancakes in a single layer on a baking sheet, and keep warm in a 175°F oven up to 30 minutes. Repeat with remaining batter.
- 3.** Serve topped with **Crispy Chicken Fingers** and **Spicy Syrup**.

### CRISPY CHICKEN FINGERS

**MAKES** 4 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 40 MINUTES

- 2 1/2 cups all-purpose flour, spooned and leveled**
- 3 3/4 teaspoons baking powder**
- 1 1/2 teaspoons onion powder**
- 1/2 teaspoon cayenne pepper**
- 2 teaspoons kosher salt**
- 1 teaspoon freshly ground black pepper**
- 1 1/2 cups buttermilk**
- 2 large eggs**
- 1 1/2 lbs chicken tenderloins**
- 6–9 cups canola oil**

- 1.** Whisk together flour, baking powder, onion powder, cayenne, salt, and black pepper in a bowl. Whisk together buttermilk and eggs in a separate bowl. Toss chicken, one piece at a time, in flour mixture; dip in buttermilk mixture and toss again in flour mixture. Let coated chicken stand in flour mixture for 10 minutes.
- 2.** Set a wire rack over a baking sheet lined with paper towels. Pour 1 1/2 inches oil in a deep skillet or Dutch oven. Clip an oil thermometer onto the pan and heat over medium-high to 360°F. Fry chicken, in batches and turning occasionally, until golden brown and internal temperature reaches 165°F, 5 to 6 minutes. Transfer to prepared rack; season with salt. Keep warm in a 175°F oven up to 30 minutes.

### SPICY SYRUP

Stir together 1 cup **pure maple syrup**, 1 teaspoon **Tabasco hot sauce**, 1/2 teaspoon **freshly ground black pepper**, and 1/4 teaspoon **kosher salt** in a microwave-safe bowl. Microwave on high until hot, 1 minute. Let stand 5 minutes. Makes 1 cup.



## Pancake Breakfast Sandwich with Sausage & Avocado

MAKES 4 SERVINGS | WORKING TIME 40 MINUTES | TOTAL TIME 55 MINUTES

- 1 <sup>3</sup>/<sub>4</sub> cups all-purpose flour, spooned and leveled
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 teaspoon kosher salt
- 1 1/4 cups whole milk
- 1 large egg
- 1 tablespoon unsalted butter, melted, plus more for pan
- 3/4 lb breakfast sausage, casing removed, and shaped into 4 patties (3 inches each)
- 1 avocado, sliced
- 4 large eggs, fried
- 1 1/2 cups baby arugula

1. Whisk together flour, baking powder, sugar, and salt in a bowl. Whisk together milk, egg, and butter in a separate bowl. Stir milk mixture into flour mixture until just blended and smooth. Let stand 15 minutes.
2. Heat large skillet over medium heat; butter. Pour about 1/4 cup batter for each pancake on hot skillet. Cook until puffed, tops are covered with bubbles, and edges look dry, 3 to 4 minutes. Turn and cook until plump and cooked through, 2 to 3 minutes. Place pancakes in a single layer on

a baking sheet, and keep warm in a 175°F oven up to 30 minutes. Repeat with remaining batter.

3. Wipe skillet clean with a paper towel and increase heat to medium-high. Cook sausage until no longer pink in the middle, 3 to 4 minutes per side.
4. Top four pancakes with sausage, avocado, eggs, and arugula, dividing evenly. Top with remaining pancakes. Serve immediately.



## Salt-and-Pepper Chicken with Spring Quinoa Pilaf

**MAKES** 4 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 45 MINUTES

- 1/4 cup olive oil, divided**
- 8 small bone-in, skin-on chicken thighs (weighing about 1 1/2 lbs total)**  
**Kosher salt and freshly ground black pepper**
- 1 cup quinoa, rinsed**
- 2 tablespoons unseasoned rice wine vinegar**
- 4 scallions, sliced**
- 3 radishes, halved and thinly sliced**
- 1 small carrot, grated**
- 3 oz feta, crumbled (about 3/4 cup)**
- 1/4 cup fresh basil leaves, torn**

**1.** Preheat oven to 450°F. Heat 2 tablespoons oil in a large ovenproof skillet over medium-high heat. Season chicken with salt and pepper. Cook skin side down, in batches, until the skin is golden and crispy, 5 to 7 minutes. Return all of the chicken to the skillet, skin side up, and transfer skillet to the oven. Roast until the internal temperature of chicken reaches 165°F, 18 to 22 minutes.

**2.** Meanwhile, cook quinoa according to package directions. Whisk together vinegar and remaining 2 tablespoons oil in a bowl. Add scallions, radishes, carrot, feta, basil, and quinoa and toss to combine.

**3.** Serve chicken over quinoa pilaf.

## Crispy Chicken Thighs with Smoky Chickpeas

**MAKES** 4 SERVINGS

**WORKING TIME** 25 MINUTES

**TOTAL TIME** 55 MINUTES

- 2** teaspoons canola oil
- 8** small bone-in, skin-on chicken thighs
- Kosher salt and freshly ground black pepper**
- 1/2** medium onion, chopped
- 3** cloves garlic, chopped
- 1 1/2** teaspoons smoked paprika
- 1/2** teaspoon ground cumin
- 1** pint grape tomatoes
- 2** cans (15 oz each) chickpeas, rinsed
- fresh thyme leaves, for serving**
- 1/2** cup plain Greek yogurt

- 1.** Preheat oven to 425°F. Heat oil in large ovenproof skillet over medium-high heat. Season chicken with salt and pepper. Cook, in batches, skin side down until skin is browned and crispy, 8 to 10 minutes. Remove chicken to a plate; reserve skillet.
- 2.** Add onion and garlic to reserved skillet and cook, stirring occasionally, until starting to soften, 2 to 4 minutes. Stir in paprika and cumin and cook, stirring, until fragrant, 30 seconds. Stir in tomatoes and chickpeas, and bring to a simmer. Season with salt and pepper. Nestle chicken into mixture, skin side up.
- 3.** Roast in oven until the internal temperature of chicken reaches 165°F, 20 to 25 minutes.
- 4.** Serve sprinkled with fresh thyme leaves and yogurt alongside.







## Mushroom Chicken Skillet with Herbed Cream Sauce

**MAKES** 4 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 45 MINUTES

- 1** tablespoon butter
- 3** tablespoons olive oil
- 1** package (10 oz) cremini mushrooms, sliced
- 8** oz shiitake mushrooms, caps sliced
- Kosher salt and pepper**
- 1** large shallot, finely chopped
- 8** small chicken thighs (about 2 <sup>3</sup>/<sub>4</sub> lbs)
- 1/3** cup dry white wine
- 1/2** cup low-sodium chicken broth
- 3** sprigs thyme, plus more for garnish
- 1** tablespoon white miso
- 1/4** cup heavy cream

- 1.** Heat oven to 375°F. In a large oven-safe skillet on medium-high, heat butter and 2 tablespoons oil. Once butter foams, add mushrooms and a pinch of salt and cook, tossing occasionally, 5 minutes. Add shallot and cook, tossing occasionally, until mushrooms are golden brown, 2 to 3 minutes; transfer to a plate and wipe skillet clean.
- 2.** Return skillet to medium heat. Rub chicken with remaining 1 tablespoon oil and season with 1/4 teaspoon each salt and pepper. Add chicken to skillet, skin side down, and cook until browned, 10 to 12 minutes; drain excess fat. Turn chicken over; add wine, then broth and thyme. Transfer skillet to oven and bake until chicken is cooked through (165°F), 5 to 6 minutes.
- 3.** Transfer chicken to a plate, discard thyme, and return skillet to medium heat. Whisk in miso until dissolved, then simmer 3 minutes. Stir in cream and mushroom mixture and cook until heated through, about 2 minutes. Serve with chicken and additional thyme, if desired.



## Chili Pie with Cornbread Crust

**MAKES** 6 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 55 MINUTES

- 1/4** cup vegetable oil
- 1** lb ground beef chuck
- 1** large onion, finely chopped
- 2** medium bell peppers, seeded, chopped
- 2** cloves garlic, chopped
- 1** tablespoon chili powder
- 1/4** teaspoon ground chipotle chile
- 1** can (14 oz) fire-roasted diced tomatoes
- 1** can (14 oz) kidney beans, rinsed and drained
- 1** can (14 oz) fat-free refried beans
- 2/3** cup fine- to medium-ground cornmeal
- 2/3** cup all-purpose flour
- 1** teaspoon baking powder
- 1** large egg
- 2/3** cup milk
- 2** serrano chiles, thinly sliced
- fresh cilantro leaves, for garnish**

- 1.** Preheat oven to 400°F.
- 2.** In an oven-safe 12-inch skillet, heat 1 tablespoon oil on medium.

Add beef; cook 3 minutes or until browned, breaking up meat. With slotted spoon, transfer beef to bowl; discard excess fat. To same skillet, add onion and peppers; cook 7 minutes, stirring. Add garlic, chili powder, and chipotle chile. Cook 2 minutes, stirring. Return beef to skillet. Stir in tomatoes, beans and 1/2 teaspoon salt. Cook 3 minutes or until mixture is hot. Remove from heat.

- 3.** Meanwhile, whisk cornmeal, flour, baking powder, and 1/4 teaspoon salt. In a separate bowl, whisk egg, milk, and remaining 3 tablespoons oil; add to cornmeal, stirring to combine. Fold half of serrano chiles into batter. Pour over beef mixture, spreading to cover. Dot top with remaining serranos.
- 4.** Transfer skillet to oven. Bake 25 minutes or until toothpick inserted into topping comes out clean. Let stand 10 minutes. Garnish with cilantro.



## Steakhouse Steaks with Creamy Kale

**MAKES** 4 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 55 MINUTES

- 2 strip steaks**  
( $\frac{3}{4}$ - to 1-inch thick)
- 1 tablespoon Montreal steak seasoning**
- Kosher salt**
- 2 teaspoons canola oil**
- 1 small onion, chopped**
- 2 bunches curly kale, stems discarded and leaves chopped**
- 2 cloves garlic, minced**
- 3 oz cream cheese, cut up**
- $\frac{1}{2}$  cup half-and-half**
- 2 teaspoons fresh lemon juice**
- $\frac{1}{4}$  teaspoon red pepper flakes**
- toasted bread, for serving**

- 1.** Let steaks stand at room temperature for 20 minutes. Season steaks with steak seasoning and salt. Heat oil in a 12-inch skillet over medium-high heat. Cook until the internal temperature reaches 130°F (medium-rare), 4 to 5 minutes per side. Remove to a cutting board and allow to rest 5 minutes before slicing; reserve skillet.
- 2.** Add onion to skillet and cook, stirring, until tender, 2 to 4 minutes. Add kale (in batches) and garlic and cook, stirring, until kale is just wilted, 4 to 6 minutes. Reduce heat to low and stir in cream cheese and half-and-half until melted and creamy. Stir in lemon juice and pepper flakes. Season with salt.
- 3.** Serve steak with creamy kale and bread.

## Doubly Cheesy Meatball Bake

**MAKES** 6 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 1 HOUR 30 MINUTES

- 2 cups packed torn crustless stale white bread**
- $\frac{1}{2}$  cup crumbled feta cheese**
- $\frac{1}{3}$  cup finely chopped fresh mint, plus more for garnish**
- 3 cloves garlic, crushed with press**
- 2 lbs ground lamb or beef chuck (80% lean)**
- 1 tablespoon olive oil**
- 1 medium onion, finely chopped**
- 1 can (28 oz) crushed tomatoes**
- 1 cup lower-sodium beef or chicken broth**
- 2 tablespoons fresh oregano leaves**
- 2 bay leaves**
- $1\frac{1}{2}$  cups shredded mozzarella cheese**

- 1.** Preheat oven to 375°F. In a large bowl, soak bread in cold water for 20 minutes. Squeeze out and discard excess water from bread.
- 2.** To bowl with soaked bread, add feta, mint, garlic, and  $\frac{1}{2}$  teaspoon each salt and pepper, tossing to combine. Add lamb and mix until just combined; form into twelve 2-inch meatballs.
- 3.** In a 12-inch skillet, heat oil on medium-high. Add meatballs; cook 10 minutes, turning until browned on two sides. Transfer to a large plate. Pour off excess fat from pan, leaving thin coating; scrape up any browned bits and reduce heat to medium. To skillet, add onion; cook 5 minutes, stirring. Add tomatoes, broth, oregano, bay leaves, and  $\frac{1}{4}$  teaspoon salt, stirring to combine. Heat to boiling on high. Reduce heat to simmer; cook 15 minutes or until reduced slightly, stirring often. Add meatballs to tomato sauce; top with mozzarella cheese. Transfer skillet to oven; bake 20 minutes. Reset oven to broil on high; broil 3 minutes or until cheese has browned. Garnish with mint.







## Spiced Skirt Steaks with Raw Broccoli and Mâche Salad

**MAKES** 4 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 40 MINUTES

- 1/2** small red onion, thinly sliced
- 3** tablespoons red wine vinegar
- Kosher salt and freshly ground black pepper**
- 5** tablespoons olive oil, divided
- 1 1/4** lbs skirt steak, cut into 4 pieces
- 1** teaspoon ground coriander
- 1** small head broccoli (about 1 lb), stem peeled and very thinly sliced, florets very thinly sliced
- 4** cups mâche
- 1/4** cup roasted sunflower seeds
- 4** oz ricotta salata, shaved (about 1 cup)

- 1.** Combine onion, vinegar, and 1/2 teaspoon salt in a bowl. Let sit, tossing occasionally, until onion is tender, 15 to 20 minutes.
- 2.** Meanwhile, heat 1 tablespoon oil in a large skillet over medium-high heat. Season steak with coriander, and salt and pepper. Cook until an instant-read thermometer inserted in the thickest part registers 130°F (medium-rare), 3 to 4 minutes. Let rest 5 minutes before slicing.
- 3.** Add broccoli, mâche, sunflower seeds, and remaining 4 tablespoons oil to onions and toss to combine. Season with salt and pepper.
- 4.** Serve broccoli salad topped with ricotta salata with steak alongside.

## Hamburger Casserole

MAKES 4 SERVINGS

WORKING TIME 25 MINUTES

TOTAL TIME 50 MINUTES

- 1 lb Yukon gold potatoes, peeled and quartered
- Kosher salt and pepper
- 1/4 cup low-fat sour cream
- 1/4 cup whole milk
- 2 oz extra-sharp cheddar, coarsely grated
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 large carrot, cut into 1/4-in pieces
- 1 lb lean ground beef (at least 90% lean)
- 1 tablespoon tomato paste
- 1/8 teaspoon ground cinnamon
- 1 tablespoon flour
- 1 teaspoon fresh thyme leaves
- 1 can (14.5 oz) petite diced tomatoes, drained
- 1 cup low-sodium beef or chicken broth

1. Heat oven to 425°F. Place potatoes in a medium pot, cover with cold water, and bring to a boil. Add 1 teaspoon salt, reduce heat and simmer until just tender, 12 to 15 minutes. Mash with sour cream, milk, cheddar, and 1/4 teaspoon each salt and pepper.
2. While potatoes are cooking, heat oil in a 10-inch oven-safe skillet. Add onion and cook, covered, stirring occasionally, for 6 minutes. Add carrot and cook, covered, stirring occasionally, until just tender, 5 to 6 minutes.



3. Add beef and cook, breaking it up with a spoon until no longer pink. Add tomato paste and cinnamon and cook, stirring, for 1 minute. Add flour, thyme, 1/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring, for 1 minute.

4. Add tomatoes and broth and gently simmer until the liquid has nearly evaporated, 4 to 6 minutes. Spoon potatoes over the beef mixture and use a fork to create ridges in the potatoes (this will make for a crispier topping). Bake until potatoes are golden brown and slightly crisp, 15 to 20 minutes. Broil, if desired.



## Spiced Beef Hot Pot

**MAKES** 4-6 SERVINGS

**WORKING TIME** 35 MINUTES

**TOTAL TIME** 2 HOURS, 20 MINUTES

- 2 tablespoons olive oil**
- 2 lbs lean beef chuck, trimmed and cut into 1 1/2-inch pieces**
- Kosher salt and pepper**
- 4 medium carrots, cut into 2-inch pieces**
- 1 medium onion, sliced**
- 1/4 teaspoon ground cinnamon**
- 1/4 teaspoon ground allspice**
- 2 bay leaves**
- 2 tablespoons tomato paste**
- 1 tablespoon flour**
- 1/2 cup dry red wine**
- 1 can (14 oz) diced tomatoes**
- 2 1/2 lbs russet potatoes (about 3 medium), peeled and sliced 1/3-inch thick**
- 2 tablespoons unsalted butter, melted**

**fresh flat-leaf parsley, chopped, for serving**

- 1.** Heat oven to 325°F. Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat. Season beef with 1/2 teaspoon each salt and pepper. Working in two batches, brown beef on all sides, 5 to 6 minutes; transfer to a bowl.
- 2.** Reduce heat to low, add remaining tablespoons oil along with carrots and onions and cook, stirring occasionally, for 5 minutes. Return beef to the pan (along with any juices) and add cinnamon, allspice, and bay leaves; cook, stirring, for 1 minute. Add tomato paste and cook, stirring, for 1 minute.
- 3.** Sprinkle flour over the top and cook, stirring, for 1 minute.
- Add wine and bring to a simmer, scraping up any brown bits, then add tomatoes (including their liquid).
- 4.** Return to a simmer, then remove from heat. Arrange potatoes in a spiral on top of the beef and vegetable mixture, slightly overlapping them. Brush with half the butter and sprinkle with 1/4 teaspoon each salt and pepper. Cover the skillet, transfer to the oven, and bake until beef and potatoes are tender, 1 1/2 to 1 3/4 hours. Remove from oven.
- 5.** Heat broiler. Brush potatoes with the remaining butter and broil until golden brown, 5 to 7 minutes. Sprinkle with parsley, if desired.



Skillets come in a variety of styles and sizes, such as this Texas-shaped pan that adds some whimsy to mealtimes.

## Pork Loin with Braised Rosemary White Beans

**MAKES** 4-6 SERVINGS  
**WORKING TIME** 30 MINUTES  
**TOTAL TIME** 1 HOUR

- 1 boneless pork loin (1 1/2 to 2 lbs)**
- 1 tablespoon chopped fresh thyme**  
**Kosher salt and freshly ground black pepper**
- 2 tablespoons olive oil**
- 1 medium onion, chopped**
- 3 cloves garlic, chopped**
- 1/4 cup dry white wine**
- 2 cans (15.5 oz each) cannellini beans**
- 1 1/2 cups chicken stock**
- 1/2 cup sliced sun-dried tomatoes**
- 1 tablespoon chopped fresh rosemary, plus sprigs for serving**

- 1.** Preheat oven to 400°F. Rub pork with thyme. Season with salt and pepper. Heat oil in a 12-inch cast-iron skillet over medium-high heat. Add pork and cook until browned on all sides, 6 to 8 minutes. Remove to a plate; reserve skillet.
- 2.** Add onion and garlic to skillet and cook, stirring occasionally, until golden, 4 to 6 minutes. Stir in wine, scraping up brown bits from bottom of skillet. Stir in beans, stock, tomatoes, and rosemary. Place pork on top of bean mixture.
- 3.** Bake in the oven until an instant-read thermometer inserted into thickest part of pork registers 145°F, 18 to 20 minutes. Let rest, loosely covered with foil, 10 minutes before slicing pork.
- 4.** Serve garnished with rosemary.

## Black Pepper & Bacon Pinto Beans

**MAKES** 8-10 SERVINGS  
**WORKING TIME** 40 MINUTES  
**TOTAL TIME** 40 MINUTES

- 4 slices thick-cut black pepper bacon, chopped**
- 1 medium sweet onion, chopped**
- 1 large poblano pepper, seeded and chopped**
- 2 cloves garlic, chopped**
- 1 1/2 teaspoons chili powder**
- 1 1/2 teaspoons dried oregano**
- 1 1/2 teaspoons ground cumin**  
**Kosher salt and freshly ground black pepper**
- 4 cans (15.5 oz each) pinto beans, rinsed**
- 2 cups chicken stock**
- 2 teaspoons apple cider vinegar**

- 1.** Cook bacon in a 12-inch skillet over medium heat until crisp, 8 to 10 minutes. Remove bacon to a paper towel-lined plate with a slotted spoon; reserve 3 tablespoons bacon drippings in skillet.
- 2.** Add onion, poblano, and garlic to reserved drippings and cook until tender, 5 to 7 minutes. Stir in chili powder, oregano, cumin, and 1 teaspoon pepper and cook until fragrant, 1 minute. Add beans and stock. Season with salt. Bring to a simmer, reduce heat to low, and simmer, stirring occasionally, until reduced and thickened, 15 to 20 minutes. Stir in bacon and vinegar. Season with salt and pepper.





## Chorizo Chilaquiles

**MAKES** 4 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 40 MINUTES

- 1 lb tomatillos, husked, washed, and quartered**
- 2 jalapeños**
- 1 large white onion, cut into 8 pieces**
- 6 cloves garlic, unpeeled**
- 1/2 bunch cilantro**
- 2 oz fresh chorizo, removed from skins**
- 1/2 cup chicken broth**
- 8 oz tortilla chips**
- 4 oz Monterey Jack cheese, coarsely grated**
- 4 radishes, very thinly sliced**
- 1 avocado, cut into small pieces**
- 2 tablespoons fresh lime juice (from about 1 lime)**

- 1.** Heat oven to 425°F. Heat a 12-inch oven-safe skillet over medium-high heat and cook tomatillos, 1 jalapeño, onion, and garlic, shaking the pan occasionally, until tender and slightly charred, 8 to 10 minutes.
- 2.** Peel garlic and remove the seeds from the cooked jalapeño, if desired. Transfer all of the ingredients to a food processor and purée until smooth. Roughly chop half the cilantro (including the stems), transfer to the food processor, and pulse to combine.
- 3.** Wipe out the skillet, add chorizo, and cook over medium heat, breaking up with the back of a spoon, until crispy, 5 to 7 minutes. Transfer to a paper towel-lined plate and wipe out the skillet.
- 4.** Return the tomatillo mixture to the skillet along with the chicken broth and bring to a simmer. Reduce heat to low and gently simmer, stirring occasionally, until slightly thickened, about 5 minutes. Add chips and gently turn to coat in the sauce. Sprinkle cheese on top; bake until cheese is bubbling and melted and chips are starting to crisp, 12 to 15 minutes.
- 5.** Meanwhile, pick remaining cilantro leaves and transfer to a medium bowl. Very thinly slice remaining jalapeño and add to the bowl. Add radishes, avocado, and lime juice and gently toss to combine. Spoon over finished chilaquiles and top with crispy chorizo.



## Sausage, Pepper & Cornbread Skillet Pie

**MAKES** 6 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 40 MINUTES

- 2 teaspoons olive oil**
- 1 lb Italian sausage links**
- 2 red bell peppers, sliced**
- 1 large onion, sliced**
- 3 cloves garlic, chopped**
- 1 bunch Swiss chard, stems discarded, leaves coarsely chopped**
- 1 box (8.5 oz) corn muffin mix**
- 1/2 cup grated Parmesan**
- 1/2 cup milk**
- 1 large egg**

- 1.** Heat oven to 400°F. Heat the oil in a large skillet over medium heat. Add the sausage and cook, turning, until browned on all sides, 3 to 4 minutes. Transfer the

sausages to a cutting board and cut into 1-inch pieces.

- 2.** Add the peppers and onion to the skillet and cook, stirring occasionally, for 4 minutes; stir in the garlic. Add the chard, 1/2 teaspoon salt, and 1/4 teaspoon pepper, and cook until the chard is beginning to wilt, 1 to 2 minutes. Remove from heat and stir in the sausage.
- 3.** In a bowl, whisk together the corn muffin mix, Parmesan, and 1/4 teaspoon pepper. Add the milk and egg and mix to combine. Spread the batter over the sausage mixture, leaving a 1/2-inch border. Bake until golden brown and a toothpick inserted into the cornbread comes out clean, 15 to 20 minutes.





## Baked Shrimp Parmesan

**MAKES** 4 SERVINGS

**WORKING TIME** 25 MINUTES

**TOTAL TIME** 40 MINUTES

- 3** tablespoons olive oil
- 6** oz rustic bread,  
torn into  $\frac{3}{4}$ -inch pieces  
Kosher salt and pepper
- 2** cloves garlic, finely chopped
- 1** lb plum tomatoes,  
cut into  $\frac{1}{2}$ -inch pieces  
Small bunch basil, leaves torn
- 1** lb large peeled and  
deveined shrimp
- 3** oz mozzarella, grated  
(about 1 cup)
- 3** tablespoons grated Parmesan

**1.** Heat oven to 425°F. Heat 2 tablespoons oil in a 12-inch skillet over medium-low heat. Add bread and toss in oil to coat, then season with  $\frac{1}{4}$  teaspoon each salt and pepper. Transfer the skillet to the oven and bake until bread is golden brown and crisp, 8 to 10 minutes.

**2.** Transfer bread to a plate, then add remaining tablespoon oil and garlic to the skillet. Cook, stirring, until garlic starts to turn golden brown, about 1 minute. Add tomatoes and  $\frac{1}{4}$  teaspoon each salt and pepper and cook, tossing occasionally, until the juices start to release, 5 to 7 minutes. Fold in half the basil.

**3.** Fold shrimp and bread into the tomato mixture. Sprinkle with mozzarella and Parmesan; bake until shrimp are opaque throughout and cheese is golden brown and bubbling, 14 to 16 minutes. Scatter remaining basil on top and serve immediately.

Family Favorites



## Easiest-Ever Paella

**MAKES** 4 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 1 HOUR, 10 MINUTES

- 1/3 cup olive oil
- 8 oz shelled, deveined shrimp (16 to 20)
- 8 oz squid (bodies), rinsed, patted dry and sliced
- 1 medium onion, finely chopped
- 1 can (14 oz) fire-roasted diced tomatoes, drained
- 3 cloves garlic, chopped
- 1 1/2 cup Arborio rice
- 3 1/2 cup seafood broth
- 1 bottle (8 oz) clam juice
- 12 littleneck clams, scrubbed
- parsley and lemon wedges, for garnish

1. In deep 12-inch skillet, heat oil on medium-high until hot but not smoking. Add shrimp, squid, and pinch of salt. Cook 2 minutes or until shrimp start to brown, stirring once. With slotted spoon, transfer to medium bowl.
2. Reduce heat to medium. Add onion and tomatoes. Cook 8 minutes, stirring often. Add garlic; cook 2 minutes. Add rice; cook 2 minutes, stirring.
3. To skillet, add broth and clam juice, stirring to distribute rice evenly in pan. Heat to boiling on medium-high. Boil, without stirring, 15 minutes. Nestle shrimp, squid, and clams on top of rice. Cover skillet with lid or foil; cook another 10 to 16 minutes or until clams open and rice is just tender. Remove from heat. Let stand covered for 10 minutes before serving. Garnish with parsley and lemons.



## Baked Jambalaya

**MAKES** 6 SERVINGS

**WORKING TIME** 25 MINUTES

**TOTAL TIME** 1 HOUR, 25 MINUTES

- 2 tablespoons canola oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 celery rib, sliced
- 8 oz smoked Andouille sausage, chopped
- 1 1/2 cups jasmine rice
- 2 cups chicken stock
- 1 can (14.5 oz) diced tomatoes
- 1 1/2 teaspoons Creole seasoning
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- 1 lb medium shrimp, peeled and deveined
- 1/4 cup chopped fresh flat-leaf parsley
- 2 scallions, sliced
- Hot sauce, for serving

1. Preheat oven to 325°F. Heat oil in a 12-inch skillet over medium-high heat. Add onion, pepper, celery, and sausage and cook stirring often, until lightly browned, 8 to 10 minutes.
2. Stir in rice and cook, stirring, 1 minute. Remove from heat and stir in stock, tomatoes, Creole seasoning, and bay leaf. Season with salt and pepper. Cover with foil.
3. Bake until rice is tender, 45 to 50 minutes. Remove from oven, uncover, and gently stir in shrimp and parsley. Bake, covered, just until shrimp are opaque throughout, 5 to 7 minutes.
4. Serve topped with scallions and hot sauce alongside.

## Skillet Pizza

**MAKES 6 SERVINGS**

**WORKING TIME 30 MINUTES**

**TOTAL TIME 2 HOURS (NOT INCLUDING TIME FOR DOUGH TO RISE IN THE REFRIGERATOR)**

- 3 cups all-purpose flour**
- 1 1/2 tablespoons sugar**
- 1 teaspoon instant yeast**
- warm water**
- olive oil**
- 1 1/2 teaspoons salt**
- 1/4 cup marinara sauce**
- 4 oz fresh mozzarella, thinly sliced**
- 1 oz pepperoni slices**
- 3 tablespoons pesto**
- Arugula**
- Balsamic vinegar**

- 1.** Make Pizza-tastic dough: In food processor, pulse flour, sugar, and yeast. With machine running, drizzle in 1 cup plus 2 tablespoons warm water until combined. Add 1 tablespoon olive oil and salt. Process until dough forms a ball; transfer to lightly oiled large bowl. With lightly oiled hands, knead 1 minute. Form into ball; drizzle with 2 teaspoons olive oil, rubbing to coat surface. Cover tightly with plastic wrap; refrigerate at least 1 day or up to 3 days. Let stand at room temperature 1 hour before using. Makes one 1 1/4-lb ball.
- 2.** Brush bottom and side of 12-inch skillet with 2 teaspoons olive oil. Press and stretch Pizza-tastic dough into a 12-inch round; place in skillet. Spread with marinara sauce; top with fresh mozzarella and pepperoni slices. Dollop with pesto. Heat skillet on medium-high. Cook 3 minutes, or until bottom starts to set.
- 3.** Transfer to 425°F oven; bake 20 minutes or until deep golden brown. Serve topped with handful of arugula and drizzle of balsamic vinegar.







## Double Pumpkin Cornbread with Red Onion

**MAKES** 10 SERVINGS  
**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 45 MINUTES

- 2 cups all-purpose flour**
- 2 cups yellow cornmeal**
- 1 1/2 tablespoons baking powder**
- 1 teaspoon kosher salt**
- 1 cup whole milk**
- 8 oz cream cheese, at room temperature**
- 1 can (14 oz) pumpkin puree**
- 2 tablespoons honey, plus more for serving**
- 1/2 cup (1 stick) unsalted butter, melted**
- 1/2 small red onion, thinly sliced**
- 1/4 cup pepitas (pumpkin seeds)**

- 1.** Place a 12-inch cast-iron skillet in the oven and heat oven to 400°F.
- 2.** Meanwhile, in a large bowl, combine flour, cornmeal, baking powder, and salt.
- 3.** In a medium bowl, whisk together milk, cream cheese, pumpkin, honey, and 7 tablespoons melted butter. Add to cornmeal mixture and mix until just combined.
- 4.** Remove skillet from the oven and brush bottom and sides with remaining 1 tablespoon butter.
- 5.** Pour batter into a heated pan. Top with onion and pepitas and bake until toothpick inserted in center comes out clean, 25 to 30 minutes. Serve with honey for drizzling, if desired.

## Spinach-Artichoke Deep-Dish Pizza

**MAKES** 4 SERVINGS  
**WORKING TIME** 15 MINUTES  
**TOTAL TIME** 40 MINUTES

- 1 tablespoon olive oil**
- 1 container (5 oz) baby spinach, coarsely chopped**
- 3 cloves garlic, chopped**
- 1/2 cup ricotta**
- 1 1/2 oz Parmesan, grated (about 1/3 cup)**
- 1 tablespoon fresh lemon juice**
- 1/4 teaspoon red pepper flakes**
- Kosher salt and freshly ground black pepper**
- 1 1/2 tablespoons cornmeal**
- 1 lb pizza dough, at room temperature**
- 6 oz Fontina cheese, grated (about 1 1/2 cups)**
- 1 can (14 oz) artichoke hearts, drained and quartered**
- fresh basil leaves, torn, for serving**

- 1.** Heat oven to 450°F with the rack in the lowest position. Heat oil in a 10-inch skillet over medium heat. Add spinach and garlic and cook until wilted and liquid has evaporated, 3 to 4 minutes; transfer to a plate. Cool skillet slightly and wipe clean.
- 2.** Stir together ricotta, Parmesan, lemon juice, and red pepper in a bowl. Season with salt and black pepper. Sprinkle skillet with cornmeal. Stretch dough into a 12-inch round. Carefully press dough into the bottom and up the sides of the skillet.
- 3.** Top dough with ricotta mixture, spinach, Fontina, and artichokes. Bake until the crust is golden brown, 20 to 24 minutes. Let stand 5 minutes.
- 4.** Serve sprinkled with basil and cut into wedges.



Family Favorites



## Chard and Feta-Stuffed Acorn Squash

**MAKES** 4 SERVINGS

**WORKING TIME** 25 MINUTES

**TOTAL TIME** 1 HOUR, 15 MINUTES

- 2 acorn squash, halved crosswise and seeded**
- 1 1/2 tablespoons olive oil, plus more for the skillet**
- 1 large leek (white and light green parts only), halved and sliced**
- 1 bunch Swiss chard, chopped**
- 2 cloves garlic, chopped**
- 1 cup fresh breadcrumbs**
- 1/4 cup raisins**
- 3 tablespoons pine nuts**
- 2 oz Feta cheese, crumbled (about 1/2 cup)**
- Kosher salt and freshly ground black pepper**

- 1.** Preheat oven to 400°F. Grease a 12-inch cast-iron skillet. Place squash cut side down in prepared skillet. Cover with foil and bake until tender, 34 to 36 minutes. Remove to a plate; reserve skillet.
- 2.** Heat oil in skillet over medium heat. Add leeks and cook, stirring occasionally, until tender, 2 to 4 minutes. Stir in chard and garlic and cook, stirring, until wilted, 2 to 3 minutes. Stir in breadcrumbs, raisins, pine nuts, and Feta. Season with salt and pepper.
- 3.** Fill squash with chard mixture, dividing evenly. Place squash cut side up in skillet and bake until tops are golden brown, 15 to 20 minutes.



## Skillet Cornbread

**MAKES** 10 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 40 MINUTES

- 6 tablespoons unsalted butter, divided**
- 1 cup all-purpose flour, spooned and leveled**
- 1 3/4 cups self-rising white cornmeal mix, spooned and leveled**
- 2 tablespoons sugar**
- 2 1/3 cups buttermilk**
- 2 large eggs**
- 1/2 teaspoon freshly ground black pepper**

- 1.** Preheat oven to 450°F. Heat 2 tablespoons butter in a 10-inch cast-iron skillet in oven, 5 minutes.
- 2.** Whisk together flour, cornmeal mix, and sugar in a bowl. Melt remaining 4 tablespoons butter. Whisk together buttermilk, eggs, and melted butter in a separate bowl. Add wet ingredients to dry ingredients and stir to combine. Carefully pour batter in hot pan. Sprinkle with pepper. Bake until golden brown, 20 to 25 minutes. Serve warm.



## Anchor Steam Mac and Cheese

**MAKES** 8 SERVINGS

**WORKING TIME** 20 MINUTES

**TOTAL TIME** 45 MINUTES

- 1 package (16 oz) short pasta**
- 1/4 cup (1/2 stick) unsalted butter**
- 1 shallot, chopped**
- 1 clove garlic, chopped**
- 1/4 cup all-purpose flour**
- 1/4 teaspoon cayenne pepper**
- 1 cup Anchor Steam Beer**
- 2 cups half-and-half**
- 2 teaspoons Dijon mustard**
- 8 oz Havarti cheese, grated (about 2 cups)**
- 8 oz extra-sharp Cheddar cheese, grated (about 2 cups), divided**
- Kosher salt and freshly ground black pepper**

- 1.** Cook pasta according to package directions until al dente. Drain.
- 2.** Preheat oven to 425°F. Melt butter in a large skillet over medium heat. Add shallot and garlic and cook until golden, 2 to 4 minutes. Whisk in flour and cayenne pepper and cook 1 minute. Gradually whisk in beer and cook 1 minute. Whisk in half-and-half and mustard. Bring to a boil and cook until thickened, 1 to 2 minutes. Reduce heat to low and simmer, whisking occasionally, 5 minutes.
- 3.** Remove from heat and whisk in Havarti and 1 cup Cheddar until smooth. Season with salt and black pepper. Fold in pasta. Transfer mixture to a 3-quart baking dish. Sprinkle with remaining cheddar. Bake until golden brown, 15 to 20 minutes. Let stand for 5 minutes before serving.

## Leek, Mushroom & Pesto Pizza

**MAKES** 4 SERVINGS

**WORKING TIME** 10 MINUTES

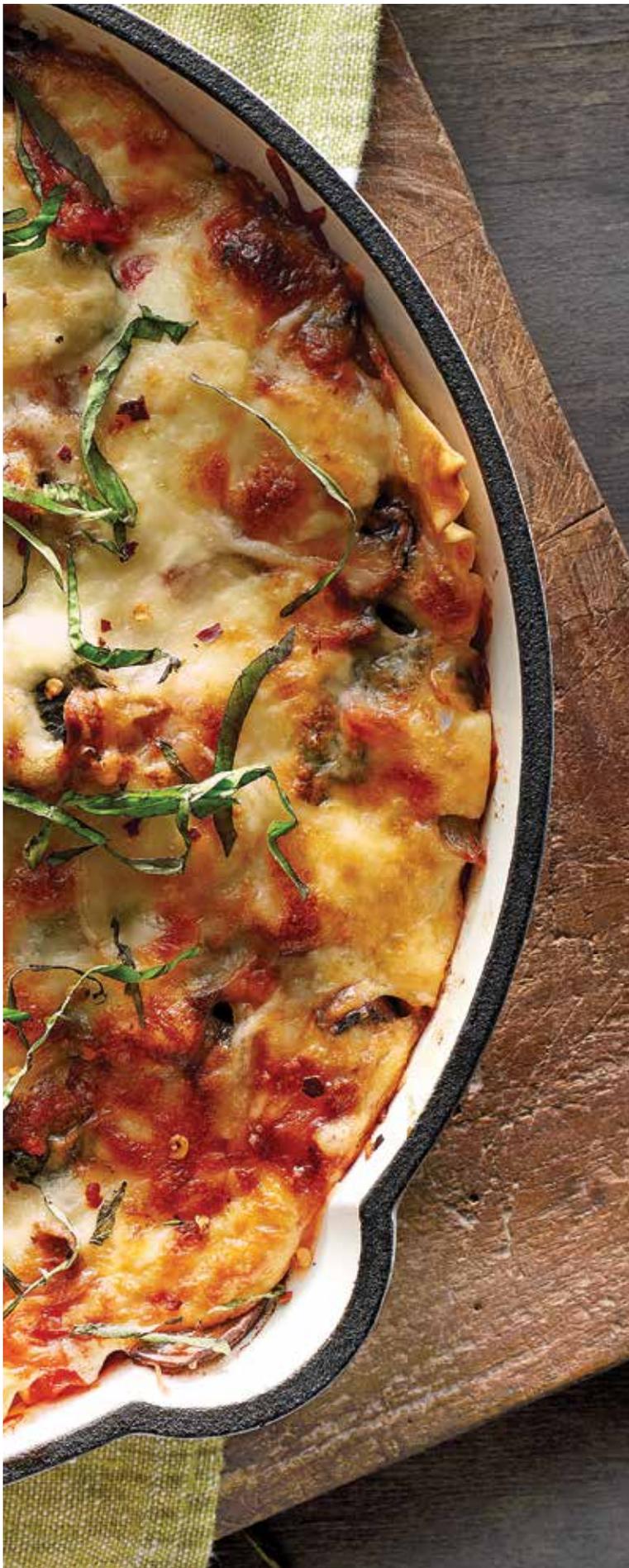
**TOTAL TIME** 35 MINUTES

- 4 oz mushrooms, thinly sliced**
- 1 small leek (white and light green parts only), halved crosswise and lengthwise and thinly sliced**
- 1 tablespoon olive oil**
- Kosher salt and pepper**
- 1 lb pizza dough**
- 2 tablespoons pesto**
- 2 oz fresh goat cheese, crumbled (about 1/2 cup)**

- 1.** Preheat oven to 425°F. In a large bowl, toss mushrooms, leek, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- 2.** Shape pizza dough into a 12-inch round and place in the bottom and slightly up the sides of a large (10- to 12-inch) cast-iron skillet.
- 3.** Spread pesto over dough, leaving a 1/4-inch border. Top with vegetables and sprinkle with goat cheese. Bake until golden brown, 20 to 25 minutes.







## Skillet Mushroom- and-Spinach Lasagna

**MAKES** 8 SERVINGS

**WORKING TIME** 30 MINUTES

**TOTAL TIME** 1 HOUR

- 16 oz whole-milk ricotta**
- 1/4 cup chopped fresh basil, plus more, sliced, for serving**
- 1 large egg**
- 8 oz shredded six-cheese Italian blend, divided**
- 2 oz Parmesan, grated (about 1/2 cup), divided**
- Kosher salt and freshly ground black pepper**
- 3 tablespoons olive oil, divided**
- 12 oz coarsely chopped assorted mushrooms (such as shiitake, cremini, button)**
- 1 medium sweet onion, chopped**
- 1 small red bell pepper, chopped**
- 5 oz baby spinach or kale**
- 2 large cloves garlic, finely chopped**
- 1 can (14.5 oz) fire-roasted diced tomatoes**
- 12 no-boil lasagna noodles**
- 10 oz refrigerated light Alfredo sauce**

- 1.** Preheat oven to 400°F. Stir together ricotta, basil, egg, 1 cup cheese blend, and 1/4 cup Parmesan in a bowl. Season with 1/2 teaspoon each salt and black pepper.
- 2.** Heat 1 tablespoon oil in a large skillet over medium-high heat. Add mushrooms and sauté, stirring occasionally, until lightly browned, 5 to 7 minutes; remove to a bowl. Add 1 tablespoon oil to skillet. Add onion and bell pepper and sauté, stirring occasionally, until tender, 4 to 6 minutes. Add spinach and garlic and sauté, stirring, until wilted, 2 to 4 minutes. Add onion mixture and tomatoes to the bowl with mushrooms and stir to combine. Season with salt and pepper.
- 3.** Wipe out skillet and coat with remaining tablespoon oil. Arrange 4 noodles in bottom of skillet, breaking as needed to form a single layer. Top with a third each of vegetable mixture, ricotta mixture, and Alfredo sauce. Repeat two more times, layering noodles in opposite direction each time. Top with remaining cup of cheese blend and 1/4 cup Parmesan.
- 4.** Bake until golden brown, 30 minutes. Serve sprinkled with sliced basil.



**Jiffy Mixed Berry  
Cornmeal  
Cobbler, Page 82**



*Chapter 3*

# Sweet Treats

Skillet cooking isn't just for savory dishes. From s'mores to cobblers, these sweets provide a perfect ending to any meal.



## Cast-Iron Apple-Blackberry Crumble with Sour Cream Whip

**MAKES** 10 SERVINGS

**WORKING TIME** 45 MINUTES

**TOTAL TIME** 1 HOUR 45 MINUTES

### CRUMB TOPPING

- 3/4 cup all-purpose flour, spooned and leveled**
- 1/2 cup packed brown sugar**
- 3 tablespoons granulated sugar**
- 1 teaspoon ground cinnamon**
- 1/4 teaspoon ground cardamom**
- 1/2 teaspoon kosher salt**
- 8 tablespoons (1 stick) cold unsalted butter, cut into pieces**
- 1 cup old-fashioned rolled oats**
- 3/4 cup pecans, chopped**

### APPLE-BLACKBERRY FILLING

**Unsalted butter, for pan**

- 4 lbs apples (such as Gala and Golden Delicious), peeled,**

**cored, and cut into 1/2-inch wedges**

- 2 cups blackberries**
- 2/3 cup granulated sugar**
- 3 tablespoons cornstarch**
- 1 tablespoon lemon zest plus 2 tablespoons fresh lemon juice**
- 3/4 teaspoon kosher salt**

- 1.** Make topping: Whisk together flour, brown sugar, granulated sugar, cinnamon, cardamom, and salt in a bowl. Add butter and cut in with a pastry blender or your fingers until the mixture resembles coarse meal. Add oats and pecans and press mixture into small clumps. Freeze while preparing filling.
- 2.** Make filling: Preheat oven to 375°F. Butter a shallow 12-inch skillet. Toss together apples, blackberries, sugar,

cornstarch, lemon zest and juice, and salt in a bowl. Transfer to prepared skillet. Scatter topping over fruit.

- 3.** Bake until topping is browned and fruit is bubbling, 50 minutes to 1 hour (cover with foil after 20 minutes if crumble becomes too dark before fruit is bubbling). Let cool on a wire rack 10 minutes before serving. Serve with Sour Cream Whip alongside.

### SOUR CREAM WHIP

Beat together 1 cup each **heavy cream** and **sour cream**, 1/4 cup **confectioners' sugar**, and 1 teaspoon **pure vanilla extract** with an electric mixer on medium speed until soft peaks form, 1 to 2 minutes. Makes 1 1/2 cups.



## Skillet S'mores

**MAKES 12 SERVINGS**

**WORKING TIME 25 MINUTES**

**TOTAL TIME 1 HOUR**

- 1/3 cup all-purpose flour, spooned and leveled, plus more for working**
- 1/3 cup graham or whole-wheat flour, spooned and leveled**
- 1 teaspoon ground cinnamon**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon baking soda**
- 3 tablespoons unsalted butter, at room temperature**
- 1/3 cup packed light brown sugar**
- 2 teaspoons honey**
- 1 large egg**
- 1/2 teaspoon pure vanilla extract**
- 1 1/2 cups semisweet chocolate chips**
- 6 s'more marshmallows (such as S'moreMallows)**

- 1.** Preheat oven to 350°F with the racks in the middle and top positions. Line two baking sheets with parchment paper. Whisk together flours, cinnamon, salt, and baking soda in a bowl.
- 2.** Beat butter and sugar on medium speed with an electric mixer until light and fluffy, 1 to 2 minutes. Beat in honey until combined. Beat in egg and vanilla until combined. Reduce mixer speed to low and slowly beat in flour mixture. Scoop dough (about 1 1/2 tablespoons each), 2 inches apart, on prepared baking sheets. Bake, one sheet at a time on the middle rack, until golden brown around edges, 9 to 10 minutes. Cool on baking sheets on wire racks for 5 minutes; remove to the racks to cool completely.
- 3.** Place twelve 3.5-inch cast-iron skillets or one 9-inch cast-iron skillet on a rimmed baking sheet. Fill with chocolate chips, dividing evenly. Top with cookies. Use a serrated knife to cut marshmallows in half crosswise; use a 2-inch star-shaped cookie cutter to cut into shapes (discard excess marshmallow). Top cookies with marshmallow stars. Bake, on the top rack, until chocolate is melted, 4 to 5 minutes. Switch oven to broil. Broil until marshmallows are golden brown, about 30 seconds. Serve immediately.

## Jiffy Mixed Berry Cornmeal Cobbler

**MAKES 8 SERVINGS**

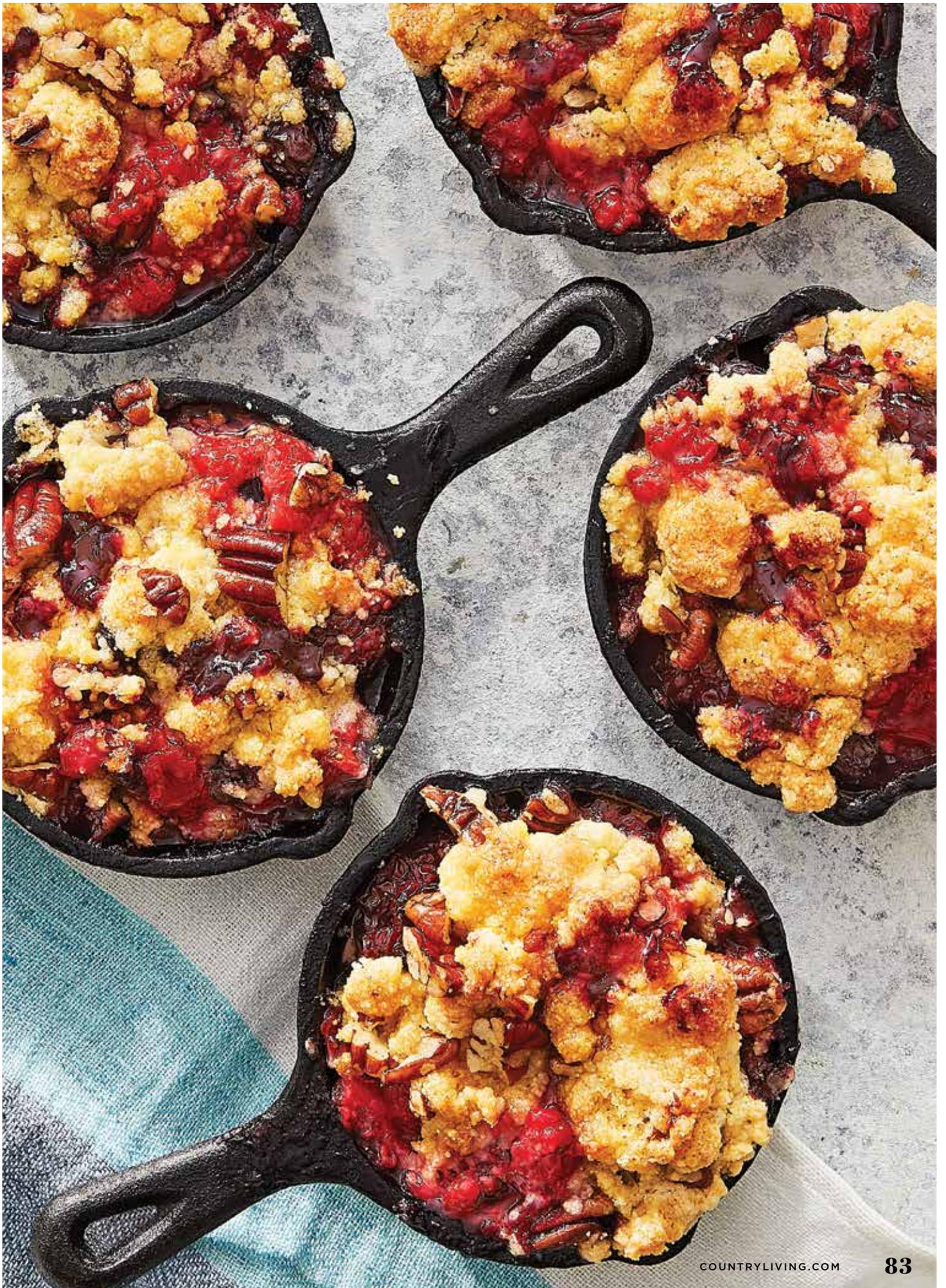
**WORKING TIME 15 MINUTES**

**TOTAL TIME 50 MINUTES**

- 6 tablespoons (3/4 stick) cold unsalted butter, cut into pieces, plus more for pans**
- 8 cups assorted berries (such as strawberries, blueberries, and blackberries)**
- 2/3 cup sugar**
- 1/4 cup all-purpose flour, spooned and leveled**
- 2 tablespoons fresh lemon juice**
- 2 teaspoons pure vanilla extract**
- 1 box (8.5 oz) Jiffy Corn Muffin Mix**
- 1/2 cup chopped pecans**
- 1 large egg, beaten**

- 1.** Preheat oven to 400°F. Butter eight 5-inch cast-iron skillets. Arrange on a rimmed baking sheet lined with aluminum foil.
- 2.** Toss together berries, sugar, flour, lemon juice, and vanilla in a bowl. Transfer to prepared skillets, dividing evenly.
- 3.** Cut butter into corn muffin mix until crumbly. Stir in pecans. Stir in egg with a fork until combined but still crumbly. Sprinkle mixture over berries, dividing evenly. Bake until fruit is bubbly and crust is golden brown, 20 to 24 minutes. Cool 10 minutes.
- 4.** Serve warm or at room temperature.







(1)

(3)

(2)



(4)



## Fours Seasons of Cobbler

### 1) WINTER

#### Dark Chocolate Pecan Cobbler

WORKING TIME 20 MINUTES

TOTAL TIME 1 HOUR, 20 MINUTES

- 1/4 cup (1/2 stick) unsalted butter, melted, plus more for pan
- 1 1/2 cups chopped pecans, toasted
- 1 package (10 oz) bittersweet chocolate chips
- 3/4 cup dark corn syrup
- 1/2 cup packed light brown sugar
- 3 tablespoons all-purpose flour
- 3 tablespoons cocoa powder
- 4 large eggs
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon kosher salt
- Year-Round Cobbler Crust (see p. 86 for recipe)

1. Preheat oven to 375°F. Lightly butter an 8-by-8-inch baking pan or 12-inch skillet.
2. Stir together butter, pecans, chocolate chips, corn syrup, sugar, flour, cocoa powder, eggs, vanilla, and salt in a bowl; transfer to prepared pan. Sprinkle with Year-Round Cobbler Crust.
3. Bake until a toothpick inserted in the middle comes out clean, 50 to 60 minutes. Let cool 10 minutes before serving.

[ continued ]



## 2) SPRING

### Minted Strawberry Rhubarb Cobbler

**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 1 HOUR, 5 MINUTES

- 2 tablespoons unsalted butter, cut up, plus more for pan
- 4 cups halved strawberries
- 2 cups sliced rhubarb
- 1/2 cup sugar
- 1/4 cup all-purpose flour
- 3 tablespoons chopped fresh mint
- 2 teaspoons pure vanilla extract
- 1/4 teaspoon kosher salt
- Year-Round Cobbler Crust

1. Preheat oven to 425°F. Lightly butter an 8-by-8-inch baking pan or 12-inch skillet.
2. Stir together butter, strawberries, rhubarb, sugar, flour, mint, vanilla, and salt in a bowl; transfer to prepared pan. Top with Year-Round Cobbler Crust.
3. Bake until crust is golden brown and mixture is bubbly, 40 to 45 minutes. Let cool 10 minutes before serving.



## 3) SUMMER

### Almond, Peach & Blueberry Cobbler

**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 1 HOUR, 5 MINUTES

- 2 tablespoons unsalted butter, cut up, plus more for pan
- 4 cups diced fresh peaches
- 2 cups fresh blueberries
- 1/2 cup sugar
- 1/4 cup all-purpose flour
- 1 teaspoon lemon zest
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon pure almond extract
- 1/4 teaspoon kosher salt
- Year-Round Cobbler Crust

1. Preheat oven to 425°F. Lightly butter an 8-by-8-inch baking pan or 12-inch skillet.
2. Stir together butter, peaches, blueberries, sugar, flour, lemon zest, vanilla extract, almond extract, and salt in a bowl; transfer to prepared pan. Sprinkle with Year-Round Cobbler Crust.
3. Bake until crust is golden brown and mixture is bubbly, 40 to 45 minutes. Let cool 10 minutes before serving.



## 4) FALL

### Gingered Sweet Potato & Apple Cobbler

**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 1 HOUR, 5 MINUTES

- 2 tablespoons unsalted butter, cut up, plus more for pan
- 5 cups peeled, diced Granny Smith apples
- 2 cups grated, peeled sweet potato
- 1/2 cup packed light brown sugar
- 3 tablespoons minced crystallized ginger
- 2 tablespoons all-purpose flour
- 2 teaspoons pure vanilla extract
- 1 teaspoon pumpkin pie spice
- Year-Round Cobbler Crust

1. Preheat oven to 425° F. Lightly butter an 8-by-8-inch baking pan or 12-inch skillet.
2. Stir together butter, apples, sweet potato, sugar, ginger, flour, vanilla, and pumpkin pie spice in a bowl; transfer to prepared pan. Sprinkle with Year-Round Cobbler Crust.
3. Bake until crust is golden brown and mixture is bubbly, 40 to 45 minutes. Let cool 10 minutes before serving.

## Year-Round Cobbler Crust

This simple, versatile crust works with all of these fillings. Sprinkle it on top or cut into biscuits. Instead of a baking dish, make them in a cast-iron skillet.

**MAKES** 6-8 SERVINGS  
**WORKING TIME** 20 MINUTES  
**TOTAL TIME** 20 MINUTES

Stir 1 1/2 cups (spooned and leveled) flour, 2 tablespoons sugar, and 1/2 teaspoon salt in a bowl. Cut 1/4 cup (1/2 stick) unsalted butter into flour mixture with two forks or a pastry blender

until mixture resembles coarse meal. Whisk together 1/4 cup milk and 1 large egg yolk in a separate bowl. Add milk mixture to flour mixture and stir with a fork until crumbly. Sprinkle dough over desired filling or knead until dough comes together, 3 to 4 times; pat to 1/2-inch thick and cut into rounds or squares and place on desired filling.



## Molten Chocolate Skillet Brownies

**MAKES 8 SERVINGS**

**WORKING TIME 25 MINUTES**

**TOTAL TIME 40 MINUTES**

- 1/2 cup (1 stick) butter, cut up**
- 8 oz dark chocolate (50% to 65% cacao), finely chopped**
- 4 large eggs, separated**
- 2 tablespoons unsweetened cocoa**
- 1 teaspoon vanilla extract**
- 1/4 teaspoon salt**
- 2/3 cup sugar**
- Raspberries and vanilla ice cream, for serving**

- 1.** Preheat oven to 350°F. Grease 4 mini 6- to 6.5-inch cast-iron skillets; place on a large cookie sheet. In a large microwave-safe bowl, microwave butter and chocolate on high in 30-second intervals until chocolate has melted, stirring in between. Stir mixture until smooth; set aside.
- 2.** In a medium bowl, whisk egg yolks, cocoa, vanilla, salt, and half of sugar until smooth; whisk into chocolate mixture. In another bowl, with mixer on medium-high speed, beat egg whites until soft peaks form. With mixer running, add remaining sugar, beating to stiff peaks.
- 3.** Stir in one-fourth of beaten whites to chocolate mixture until well combined. In two batches, gently fold remaining whites into chocolate mixture without deflating whites. Divide batter among skillets; transfer to oven. Bake 15 to 18 minutes or until puffed. Let stand 10 minutes. Serve warm with berries and ice cream.



# Skillet Cookie Sundaes

**MAKES 8 SERVINGS**  
**WORKING TIME 25 MINUTES**  
**TOTAL TIME 50 MINUTES**

## FOR GRAHAM CRACKER LAYER

- 6 tablespoons unsalted butter, melted and cooled**
- 1/4 cup granulated sugar**
- 1 1/2 cups graham cracker crumbs (about 12 sheets)**
- 3/4 cup semisweet chocolate chips**

## FOR COOKIE DOUGH LAYER

- 1 cup loosely packed dark brown sugar**
  - 3/4 cup (1 1/2 sticks) unsalted butter, melted and cooled**
  - 1 tablespoon pure vanilla extract**
  - 1 large egg plus 1 egg yolk**
  - 1 1/2 cups all-purpose flour**
  - 3/4 teaspoon baking powder**
  - 1/2 teaspoon kosher salt**
  - 1/2 cup sweetened shredded coconut**
  - 1/3 cup semisweet chocolate chips**
- Ice cream for serving**  
**Sweet and Spicy Candied Pecans,**  
**Miso Caramel and/or Maple-**  
**Roasted Strawberries, for serving**

- Heat oven to 350°F.
- Make Graham Cracker Layer: In a medium bowl, combine melted butter and granulated sugar. Stir in graham cracker crumbs until moistened. Press mixture into the bottom of a 10-inch cast-iron skillet or eight 5-inch mini skillets. Sprinkle chocolate chips evenly over graham cracker crust.
- Make Cookie Dough Layer: In a large bowl, whisk together brown sugar and melted butter. Add vanilla, egg, and egg yolk and whisk until combined. Add flour, baking powder, and salt and mix until fully combined. Stir in coconut and chocolate chips.
- Spread cookie dough evenly over graham cracker crust. Bake until slightly gooey in the middle but golden brown around the edges, 25 to 30 minutes.
- Remove from oven and let cool slightly. Serve with assorted ice creams and toppings.

# Toppings

## SWEET AND SPICY CANDIED PECANS

**TOTAL TIME 20 MINUTES**

- 2 cups pecans**
- 1 cup sugar**
- 1/3 cup water**
- 1/4 teaspoon ground cinnamon**
- pinch of chili powder**
- pinch of cayenne**
- Kosher salt**

- Line large baking sheet with parchment paper.
- In a large heavy skillet on medium heat, cook pecans, sugar, and water, stirring frequently, until bubbling, 2 to 3 minutes. Continue cooking and stirring until liquid evaporates and sugar crystallizes (nuts will look sandy), 5 to 7 minutes.
- Reduce heat to medium-low and cook, stirring constantly, until sugar becomes golden and syrupy, 8 to 10 minutes.
- Remove skillet from heat and immediately stir in cinnamon, chili powder, cayenne, and 1/4 teaspoon salt. Quickly spread nuts on prepared pan. Cool completely before breaking into clumps.

## MISO CARAMEL

**TOTAL TIME 15 MINUTES**

- 3/4 cup heavy cream**
- 6 tablespoons unsalted butter, cut up**
- 3 tablespoons white miso paste**
- 3/4 cup dark brown sugar**

- In a small saucepan on medium-low, combine cream and butter, stirring, until melted.
- Whisk in miso and sugar; cook, whisking, until slightly thickened and mixture coats the back of a spoon, 6 to 8 minutes. Use right away or refrigerate and rewarm before serving. Makes 2/3 cup.

## MAPLE-ROASTED STRAWBERRIES

**WORKING TIME 10 MINUTES**

**TOTAL TIME 55 MINUTES**

- 2 tablespoons maple syrup**
- 1 tablespoon olive oil**
- 2 teaspoons balsamic vinegar**
- Kosher salt**
- 1 lb strawberries, hulled and halved (quartered if large)**

- Heat oven to 350°F and line a large rimmed baking sheet with parchment paper.
- In a large bowl, whisk maple syrup, olive oil, vinegar, and 1/4 teaspoon salt. Fold in strawberries.
- Transfer to prepared baking sheet, arrange in single layer, and roast just until juices are thickened, 40 to 45 minutes.





## Spiced Pear & Berry Crumble

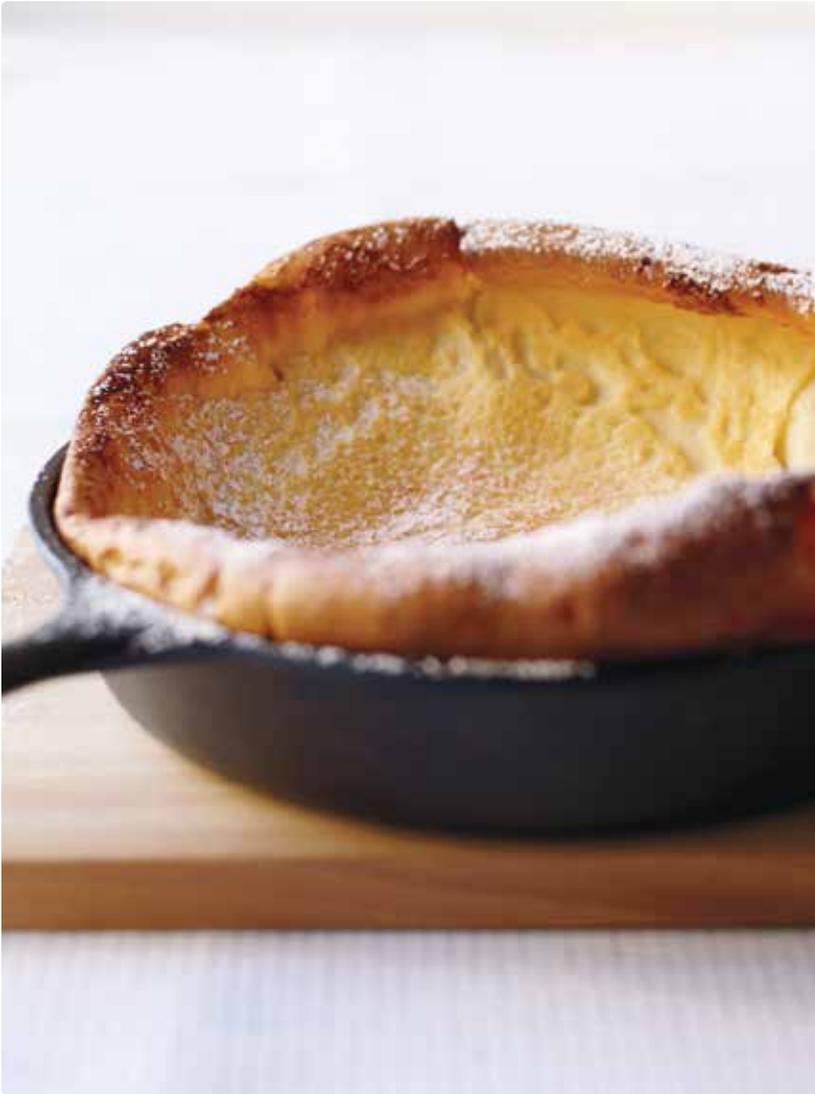
**MAKES** 8 SERVINGS

**WORKING TIME** 15 MINUTES

**TOTAL TIME** 1 HOUR, PLUS COOLING

- 1** cup all-purpose flour
- 2/3** cup old-fashioned oats
- 1/2** cup light brown sugar
- 1/2** cup walnuts, chopped
- 1/4** teaspoon plus a pinch of salt
- 6** tablespoons plus 4 tablespoons butter, divided, cut up and cold
- 1/2** teaspoon ground cinnamon
- 1/4** teaspoon ground allspice
- 2** lbs ripe pears, peeled, cored and chopped
- 1/2** cup granulated sugar
- 2** cups frozen mixed berries (such as blueberries, raspberries, and blackberries)
- 3** tablespoons cornstarch
- 1/4** cup amaretto or almond liqueur

- 1.** Preheat oven to 375°F. In a medium bowl, combine flour, oats, brown sugar, walnuts and 1/4 teaspoon salt. With fingers, rub 6 tablespoons butter into mixture; squeeze to form large clumps. Place in freezer.
- 2.** In an oven-safe 10-inch skillet, heat remaining 4 tablespoons butter on medium, 6 minutes, or until browned and fragrant, swirling often. Add cinnamon and allspice; cook 1 minute, stirring. Add pears, granulated sugar, and a pinch of salt; cook 5 minutes, stirring often. Remove from heat. Stir in berries, cornstarch, and amaretto. Sprinkle crumb topping all over pear mixture. Bake 25 minutes or until topping has browned and pears are tender. Serve warm or at room temperature.



## German Pancake

**MAKES** 4 SERVINGS  
**WORKING TIME** 10 MINUTES  
**TOTAL TIME** 25 MINUTES

- 4 large eggs**
- 1/2 cup whole milk**
- 1/2 cup flour**
- 1 tablespoon granulated sugar**
- 1/2 teaspoon pure vanilla extract**
- 1/2 teaspoon grated lemon zest**
- 1/4 teaspoon Kosher salt**
- 2 tablespoons unsalted butter**
- Confectioners' sugar, for serving**

- 1.** Heat oven to 425°F. In a blender, purée the eggs, milk, flour, granulated sugar, vanilla, lemon zest, and salt until well combined.
- 2.** Heat a medium or large (9- to 10-inch) cast-iron skillet over medium heat. Add butter and melt. Add batter, transfer the skillet to the oven and bake until pancake is puffed and golden, 12 to 15 minutes. Dust with confectioners' sugar, if desired.

## Apple-Blackberry Pie

**MAKES** 8 SERVINGS  
**WORKING TIME** 15 MINUTES  
**TOTAL TIME** 55 MINUTES

- 2 tablespoons cornstarch**
- 1/4 teaspoon Kosher salt**
- 1/4 cup plus 2 tablespoons granulated sugar**
- 2 1/2 lbs apples, peeled, cored and cut into 1/4-inch-thick wedges**
- 2 tablespoons unsalted butter**
- 1 tablespoon grated ginger**
- 1 pkg (10 oz) frozen blackberries, thawed**
- 1 refrigerated rolled pie crust**
- 1 large egg, beaten**
- 1/8 teaspoon ground cinnamon**

- 1.** Heat oven to 400°F. In a large bowl, whisk together cornstarch, salt, and 1/4 cup sugar. Add apples and toss to coat.
- 2.** Melt butter in a large (10- to 12-inch) skillet over medium heat. Add ginger and cook, stirring, until fragrant, 1 to 2 minutes. Add blackberries and stir to combine.
- 3.** Remove from heat and add apple mixture, mixing until combined. Lay pie crust over fruit, brush with egg, and sprinkle with cinnamon and remaining 2 tablespoons sugar. Transfer the skillet to the oven and bake until crust is golden brown and fruit is bubbling, 35 to 40 minutes.



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## Metric Conversion Chart

### VOLUME

USA	Canada
1 teaspoon	5 ml
1 tablespoon	15 ml
1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	120 ml
2/3 cup	160 ml
3/4 cup	180 ml
1 cup	240 ml
1 pint (U.S.)	475 ml
1 quart	.95 liter
1 quart plus 1/4 cup	1 liter
1 gallon (U.S.)	3.8 liters

### WEIGHT

USA	Canada
1 ounce	28.3 grams
4 ounces	113 grams
8 ounces	227 grams
12 ounces	340.2 grams
1 pound	45 kilo
2 pounds, 3 1/4 ounces	1 kilo (1,000 grams)

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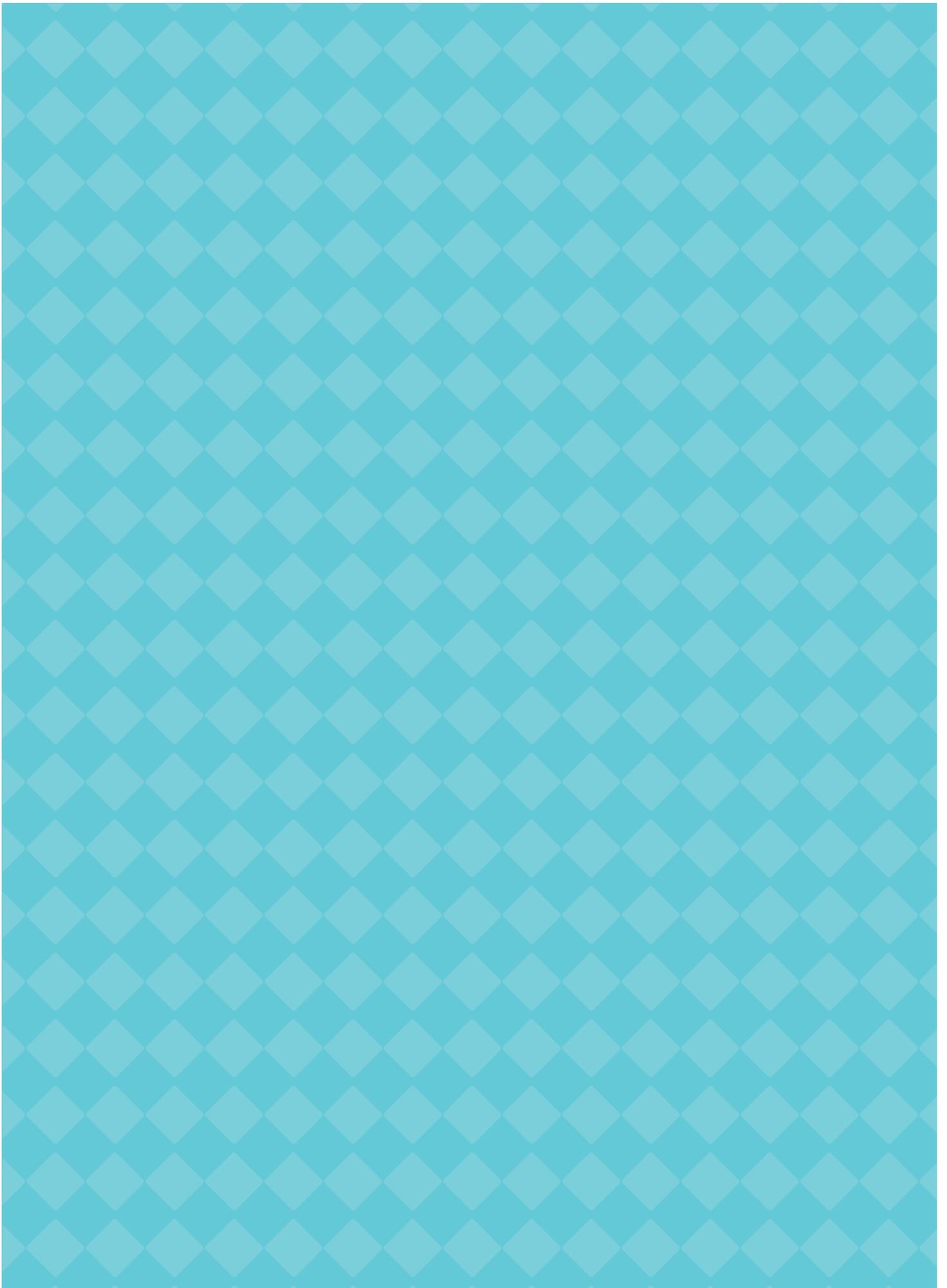
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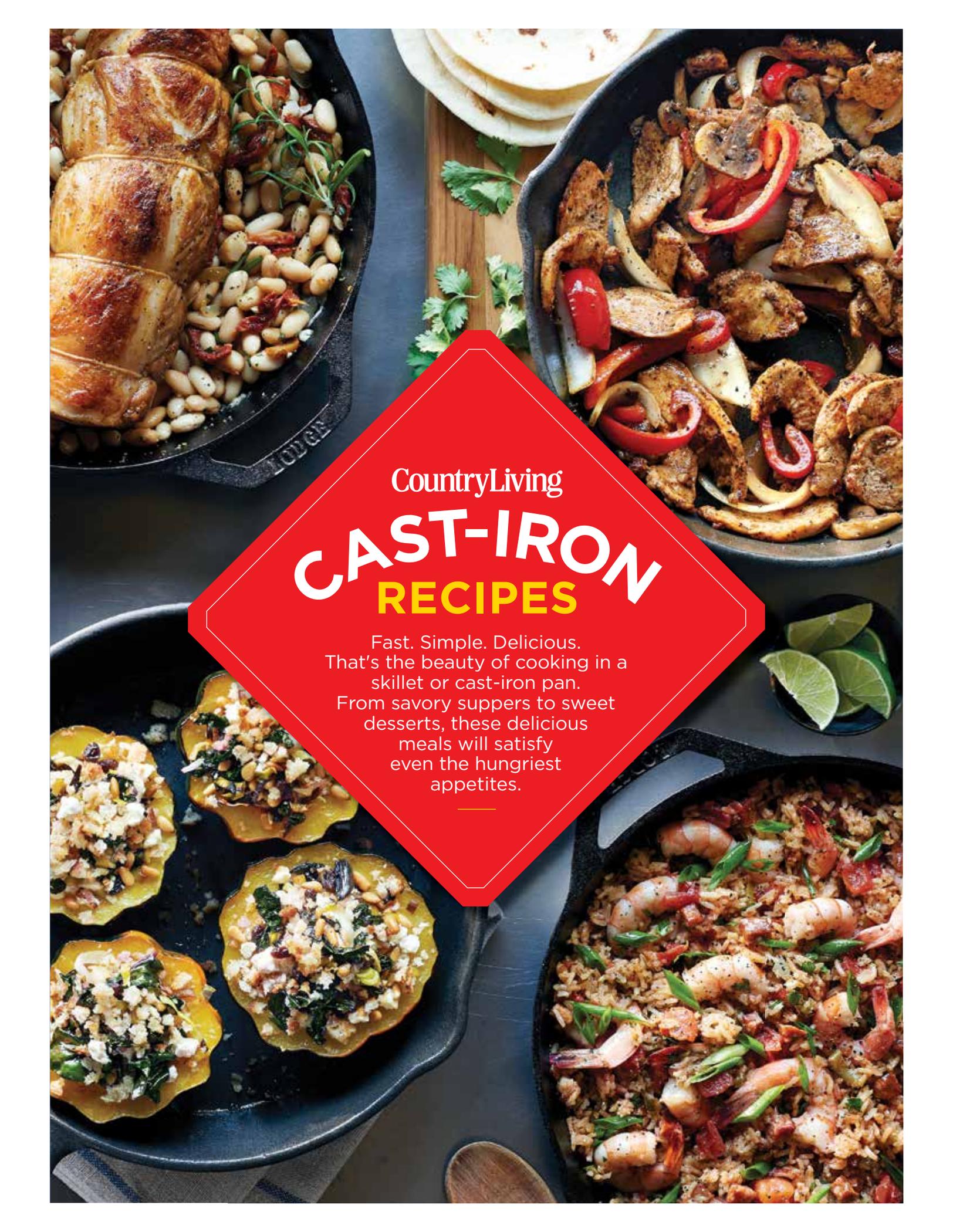
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