

THE *Stay-Put* COOKBOOK



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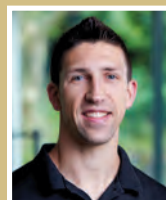
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ON THE COVER

A galette filled with pears and cranberries makes a festive dessert for the holidays. To learn how to make your own, turn to **page 26**.

INTRODUCTION

Silver linings. Those are the words that frequently come to mind when I am asked to sum up my 2020. Without question, this sorrowful year has been unlike any other in our collective lifetime.

And yet, out of the pandemic rubble, many bright spots have emerged. One of them is spending time with you.

In March, when the coronavirus pandemic brought daily life to a standstill and forced us indoors, we were just as scared and bewildered as you. Hunkered down without an end date in sight, we dusted off our quarantined selves and headed straight for the kitchen. At a time when nothing feels possible, the one thing we know we can do is cook. To that end, Stay-Put Cooking was born, a frequent kitchen dispatch with recipes, how-to videos and words of encouragement while we all navigated the uncertainty of this historic time. To be honest, I needed an escape hatch just as much I thought you might need one. To cook for you and share my stories over these ninth months has been much more than a mood booster; it has been a lifeline. Food connects us all, even when we are socially distanced.

For this most unusual holiday season, compiling this collection of recipes was a no-brainer. We hope you continue to stay safe, stay put and keep on cooking. Here's to a happy and healthy 2021!

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PHOTOS: GETTY IMAGES; KIM O'DONNELL, STAFF WRITER; AND SUZETTE WENGER, STAFF PHOTOGRAPHER.
DESIGNER: CHRIS EMLET. EDITOR: JENELLE JANCI.

BASICS



VINAIGRETTE IN A JAR

Recipe by Kim O'Donnel

Makes about 3/4 cup.
Amounts may be doubled
for a pint-sized jar.

INGREDIENTS

1 eight-ounce jar with a lid

4 tablespoons oil:

Olive oil, neutral oil or maybe something with a distinctive flavor, like sesame, walnut or avocado oil

3 tablespoons acid:

It can be juice from citrus fruit, pineapple or mango or from any type of vinegar — rice, sherry, apple cider, balsamic — whatever floats your boat

¼ teaspoon salt to start:

This means you may need to add more after you taste

Optional flavor add-ons:

1 tablespoon minced shallots or scallions, 1 teaspoon Dijon mustard, 1 teaspoon fresh oregano or thyme leaves, 1 teaspoon minced fresh ginger, 1 clove garlic, smashed into a paste, ½ teaspoon ground cumin, ½ teaspoon honey

DIRECTIONS

1 Place the oil, acid, salt and any of the optional add-ons into the jar. (Use no more than two until you get the hang of it.)

2 Place the lid on top and screw tight. Shake like crazy until everything is blended and looks emulsified.

3 Loosen the lid and taste from a spoon. Add more salt or acid as you see fit. Now taste dressing with a piece of lettuce.

4 Shake the jar to redistribute as needed. Keeps well in the refrigerator for about 1 week.

GREEN SALAD 101

If you've ever wondered why a green salad in a restaurant often tastes better than one made at home, chances are it has less to do with the dressing and more about the steps that lead up to that point. When salad greens are properly washed, dried and salted, the results are dramatic; you're gifted with crisp, dressing-friendly salad versus greens that surrender into mush upon contact with dressing. What's more, crisp salad every time is an incentive to eat more greens! The three-step method follows.

WASH:

- 1 Place greens in a large bowl and cover with cold water.
- 2 Lift greens out of the water rather than swish them clean. Repeat as many times as needed in a clean change of water until the water is clear.

DRY:

- 1 Place greens in a salad spinner, in batches as needed; the spinner needs space to circulate. You may need to dump out residual water in between spins.
- 2 You want the greens as dry as possible. Damp greens do not respond well to dressing and will result in soggy salad.

SALT:

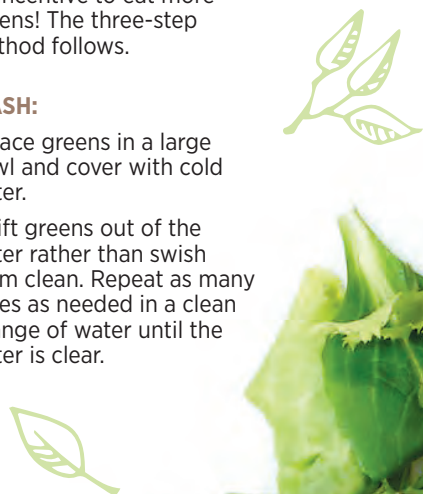
This is the final step before dressing the greens and is the difference between a well-seasoned salad and a bland one. In fact, the word "salad" comes from the French *salé* (which means salted).

- 1 Arrange dry greens in a large bowl.
- 2 Lightly sprinkle salt on top, turning with tongs until evenly coated.
- 3 Have a taste. The greens should taste salted, not salty, so go gradually if this is your first time and add more as needed.

READY TO DRESS YOUR SALAD?

Add the dressing gradually, turning the greens with tongs or salad forks in between additions. Be sure to taste along the way.

Add just enough for the greens to glisten, and remember you can always add more dressing, but you cannot take it away.



KIM'S PRO TIPS



- Even if you buy greens claiming "triple washed" on the package, it is worth taking a few minutes to wash them yourself.
- No spinner? Dry like this: Lay greens in a single layer on kitchen towels and place another on top, patting the greens dry. You can also let them air dry for a few minutes.

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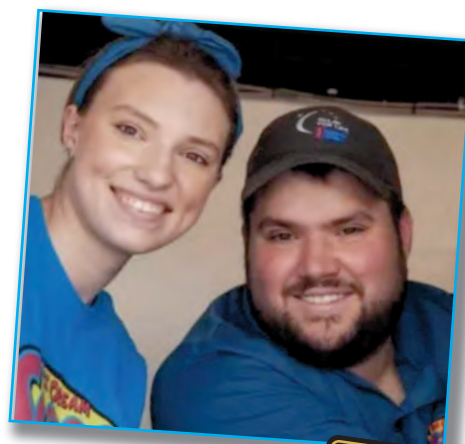
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STOVETOP BROWN RICE PILAF

Adapted from "The Meat Lover's Meatless Celebrations" by Kim O'Donnel

Makes 6 to 8 servings.

INGREDIENTS

2 tablespoons neutral oil

Optional: $\frac{3}{4}$ cup diced onion (a little more than $\frac{1}{2}$ medium onion)

$1\frac{1}{2}$ cups medium- or long-grain brown rice

$2\frac{2}{3}$ cups water or unsalted broth of your choice

$\frac{1}{2}$ teaspoon salt

Optional add-ons: 1

cinnamon stick, 1 whole clove or $\frac{1}{8}$ teaspoon cardamom seeds (or any combination that you like)

Optional garnish: $\frac{1}{2}$ cup unsalted pistachios, shelled and chopped finely

DIRECTIONS

1 Heat the oil in a medium saucepan fitted with a lid over medium-high heat.

2 Add the onion (if using) and stir to coat with the oil. Lower the heat to medium and cook until slightly softened, about 5 minutes, stirring regularly to minimize burning. If not using the onion, proceed to the next step.

3 Add the rice, stirring until completely coated with the oil. Feel free to let the rice toast, about 2 minutes.

4 Add the water, plus the salt, and any of the optional whole spices, and bring to an active boil. Cover and lower the heat to low.

5 Cook until the water is absorbed, about 40 minutes. (Note: If using white rice, cook time is 20 to 22 minutes.)

6 Feel free to remove the spices or leave them; either way is OK. Remove from the heat, cover and let sit for 5 minutes. Add the pistachios, if using. Serve hot.



KIM'S PRO TIPS



► Leftover cold rice is exactly what you need for stir-fried rice. A short stint in the refrigerator increases the amount of resistant starch, helping the rice to keep from clumping.



Adding a cinnamon stick to your pilaf perfumes the kitchen while cooking.




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BASIC POT OF STOVETOP BEANS



Recipe by Kim O'Donnel

Makes 5 to 6 cups.

Most varieties of dried beans double in volume when soaked and will continue to expand while cooking. Chickpeas typically triple in volume. Be sure to do the math.

INGREDIENTS

- 2 cups dried beans, rinsed
- 2 whole cloves garlic, peeled
- 1 teaspoon fine sea salt

DIRECTIONS

- 1 Place the beans in a large bowl and add enough cold water so that they are covered by a few inches. Soak for a minimum of four hours.
- 2 Drain and transfer to a heavy-bottomed pot fitted with a lid.
- 3 Add enough cold water to cover by 1 inch, 6 to 8 cups. Add the garlic and bring the mixture to a boil over high heat. Cook at a hard boil for 5 minutes, then reduce the heat to medium-low. Cover and cook at a gentle simmer for 25 minutes.
- 4 Add the salt, cover and cook for another 35 minutes.
- 5 Taste the beans for doneness; if they are not tender to the bite, check at 10-minute intervals until done.



BEANS 101

If ever there was a time to learn how to cook a pot of beans, it would be 2020, the year that COVID-19 darkened our doors and forced so many of us to shelter in place. Cooking a simple pot of beans is a life skill you'll never forget and one you can pass on to your kids and neighbors. More than ever, we need to know how to feed ourselves, and beans are an amazing way in.

BEANS AND RICE

Recipe by Kim O'Donnel

Makes 5 servings.

INGREDIENTS

- 2 tablespoons neutral or olive oil
- ½ medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 2 cans black beans, or pinto or red kidney beans or 3 cups cooked beans
- 2½ cups cooked rice

Optional add-ons:

- ½ cup corn kernels
- or halved cherry tomatoes

Topping options:

- shredded cheese, lime, hot sauce, avocado, fresh cilantro

DIRECTIONS

- 1 Place a skillet or saucepan over medium heat and add the oil, stirring until it is well coated.
- 2 Add the onion and cook until softened and the kitchen starts to smell like onions, about 5 minutes.
- 3 Add the garlic and cook for 1 minute. Add the spices and stir; the mixture may be pasty and that's OK. Add the beans, stir, and bring to a boil.
- 4 Reduce the heat to low, cover and cook until the mixture gets thicker, maybe 15 minutes. Add corn kernels if you like, or tomatoes. It's cook's choice.
- 5 To serve, scoop ½ cup cooked rice into each bowl, then top with ½ cup beans. Serve with any of the topping options, or create a fixings bar so that everyone can create their own bowl.

Beans and rice is one of the most practical dishes a budding cook can learn. It is a filling combination that makes a lot of food for little money, a good thing to know when you are on a budget. In my 20s as a young journalist, I made beans and rice every week to stretch my tiny paycheck.



KIM'S PRO TIPS



TO SOAK OR NOT TO SOAK?

Personally, I'm a soaker. I think there's a benefit to hydrating beans in cold water, even for a few hours. Some argue that soaking makes beans more digestible. I think the more plumped up the bean, the more quickly it cooks. But listen: You do not have to soak beans. The only thing to understand is that they'll take somewhat longer to cook. I recently cooked a batch of unsoaked white beans and they took about 90 minutes to cook (versus 60 minutes when I did soak). Soaking does come in handy if you've got an undated bag or jar of beans in the cabinet. In his book, "Cool Beans," Joe Yonan suggests adding 1 tablespoon salt to "enough water to cover the beans in a bowl by 3 inches," which he says creates a brine that seasons older beans.

CANNED VERSUS DRIED

It's hard to argue against the convenience of ready-to-eat beans in a can, especially at the end of a long day. On the flip side, quality can be inconsistent and some brands contain lots of salt. In my pantry, I keep cans of unsalted garbanzos and black beans at the ready, as they're reliably consistent for last-minute dinner prep. My least favorite of the canned bunch: cannellini beans, black-eyed peas and lentils, which typically are too mushy for my palate.



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This full-bodied
whipped puree is
an excellent Plan B
for avocado toast.
The spiced nut dust
adds both flavor and
texture. Do try the
mint garnish; it makes
everything pop.

SQUASH TOASTS

Adapted from "PNW Veg" by Kim O'Donnel

Makes 4 to 6 servings.



INGREDIENTS

- ¾ teaspoon salt
- Pinch of ground black pepper
- 2 tablespoons unsalted hazelnuts or walnuts
- 1 tablespoon sesame seeds
- 1 teaspoon ground cumin
- ¾ teaspoon ground coriander
- 2 to 2½ cups roasted winter squash
- 2 tablespoons olive oil
- ½ teaspoon ground Aleppo pepper or other medium-heat chile pepper
- 1 whole clove garlic, peeled
- Juice of ½ lemon
- Rustic bread with a chewy crust, cut into 1-inch-thick slices
- Handful of mint or parsley leaves, for garnish

DIRECTIONS

- 1** Make the spiced nut dust: Toast the nuts in a dry skillet over medium heat until slightly darkened and aromatic, about 5 minutes. Transfer to a bowl to cool. Toast the sesame seeds in the same manner until golden, 1 to 2 minutes, and transfer to a separate bowl.
- 2** Place the nuts in a mini-chopper or the small bowl of a food processor. Pulse to mostly pulverize, but you do want a little bit of texture. Add the sesame seeds, cumin, coriander, ¼ teaspoon of the salt and pinch of black pepper and pulse six or seven times until blended. The dust will keep for about 1 week in a lidded glass jar.
- 3** Puree the roasted squash. Add the oil, the remaining ½ teaspoon salt, Aleppo pepper and garlic, and process until smooth. Taste and season with a few squeezes of lemon juice.
- 4** Prepare two toasts per serving. Crisp the bread in the toaster or a 300 F oven.
- 5** Spread 2 to 3 tablespoons squash puree on each toast, followed by a few pinches of the nut dust. Garnish with mint and serve at room temperature.



KIM'S PRO TIPS



How to roast winter squash

The storage squash universe is vast, one that spans the color spectrum and includes every imaginable shape and size, and Lancaster County is a great place to deepen your knowledge. You can find dozens of varieties grown at local farms. To roast a winter squash is how you get to know it; what follows are the steps for varieties that weigh two or more pounds.

- 1** Preheat the oven to 425 F and line a roasting pan or sheet pan with parchment paper.
- 2** Thoroughly wash the squash, even if it looks clean. It reduces the chances of cross contamination from skin to flesh and also is key if you like to eat the skin.
- 3** Pat dry.
- 4** Give the squash a firm whack on the floor.
- 5** With a sharp knife or cleaver, cut in half or in fourths or smaller, as needed. Remove all seeds and stringy pulp.
- 6** Place in a large bowl and coat with neutral oil (about 1 tablespoon per 2 pounds) of the oil, salt (about ½ teaspoon) and, if you like, ground black pepper (about ½ teaspoon).
- 7** Arrange the squash in a single layer on the prepared pan. Cover with aluminum foil and roast until very soft and paring knife-tender, 45 minutes to 1 hour, depending on the flesh density.
- 8** Remove from the pan and let cool. Scoop and store in the refrigerator or use right away.



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QUICK BITES

EATING-DOWN- THE-FRIDGE FRITTATA

Recipe by Kim
O'Donnel

**Makes 4 hearty
servings.**

An Italian word for an egg skillet pie, a frittata is the perfect vehicle for the sundry vegetable doodads lingering in the vegetable crisper. This is what I make when the day has gotten away from me, assuming I've got four to six eggs, some semblance of an onion and a potato. That's really all you need to get started. Anything more is like frittata gold, including the less-than-perfect spinach, the remnants of a sweet pepper or some herbs that have seen better days.

INGREDIENTS

1 medium potato, peeled and sliced into half-moons (about 1 cup)

¾ teaspoon fine sea salt

3 tablespoons oil or butter

1 medium onion, shallot or leek, finely chopped

6 large eggs

¼ teaspoon ground black pepper

Possible add-on options: ½ red bell pepper, minced; handful of chopped spinach or Swiss chard, cherry tomatoes, chopped parsley

DIRECTIONS

1 Place the sliced potato in a small saucepan and cover with water by a few inches. Add ¼ teaspoon of the salt, cover and bring to a boil.

2 Cook until the potatoes are fork-tender, about 10 minutes. Drain and transfer to a small bowl.

3 Heat a 10- or 12-inch cast-iron skillet over medium-high heat. Add the oil, tilting the pan to coat. Add the onion, turning with tongs until coated, and cook for about 5 minutes. It's OK if the ends get a little crispy.

4 Add the potatoes, turning frequently to encourage browning, and cook for an additional 3 to 4 minutes. Add any of the other vegetables, if using, turning until coated.

5 Crack the eggs into a medium bowl with the remaining ½ teaspoon salt and the pepper and whisk with a fork. Reduce the heat under the skillet to medium-low.

6 Pour the egg mixture into the skillet, tilting to evenly distribute, and cover. Increase the heat to medium and cook until the eggs are nearly set, 8 to 10 minutes.

7 Optional final step: Place the skillet under the broiler until the surface of the eggs puffs up and browns, about 1 minute.

8 Let cool for a few minutes. Cut the frittata into wedges and serve warm or at room temperature.

The Kitchen of your Dreams

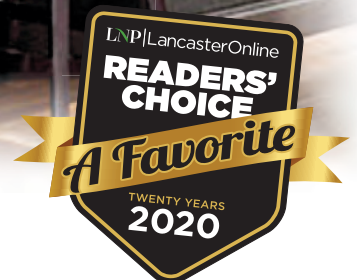
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SKILLET CORNBREAD

Excerpted from “*The Meat Lover’s Meatless Cookbook*” by Kim O’Donnel
Makes 6 servings.

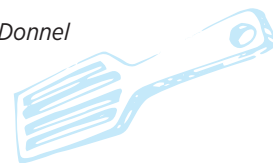
When you fall hard for a southerner, as I did more than 15 years ago, you quickly learn that cornbread is more than decidedly unsweet baked cornmeal. You learn how to use it as a utensil, shoveling beans, greens and maybe pulled pork on top. You understand that stale cornbread is just waiting to be fried with a little butter for breakfast, and that it may inspire poetry, or maybe a song. In these quarantined times, when you and everyone you know needs every last crumb from the Comfort Files, this is a dish for this moment, even if you’re not in love with a southerner.

INGREDIENTS

1½ cups cornmeal
(preferably stone ground,
which yields more character)
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon sugar (optional)
2 tablespoons unsalted
butter
1 egg, beaten lightly
1½ cups buttermilk (Plan
B: 1½ cups milk + 1½
tablespoons lemon juice or
white vinegar)

DIRECTIONS

- 1 Preheat the oven to 450 F.
- 2 In a medium bowl, stir together the cornmeal, salt, baking soda, baking powder and sugar (if using.)
- 3 Place the butter in an oven-proof skillet and heat until butter just begins to bubble, 3 to 5 minutes.
- 4 Meanwhile, stir together the egg and the dry ingredients, followed by the buttermilk, until well blended.
- 5 Remove the skillet from the oven and immediately pour the batter on top of the sizzling butter. Return to the oven. Bake until golden on top, 15 to 20 minutes.
- 6 Slice cornbread into wedges and dig in.





RED LENTIL DAL WITH CUMIN-FRIED ONIONS & WILTED SPINACH

Excerpted from “The Meat Lover’s Meatless Cookbook” by Kim O’Donnel
Makes 6 servings.

INGREDIENTS

- 2 cups dried red lentils, rinsed
- 6 cups water
- 1 (1-by-1-inch) hunk fresh ginger, peeled but left whole
- ¼ teaspoon ground turmeric
- 1 clove garlic, peeled but left whole
- 1 cinnamon stick (optional but really nice)
- ½ bunch spinach (about 2 cups), washed thoroughly, stemmed, dried, and chopped coarsely
- 1¼ teaspoons salt
- 3 tablespoons neutral oil
- 1½ teaspoons cumin seeds
- 1 medium yellow onion, sliced into half and then into half-moons
- ¼ teaspoon ground cayenne
- 1 dozen cherry or equally small tomatoes, halved lengthwise (best when in season)
- A squeeze of ½ lemon (optional)

DIRECTIONS

- 1 Place the rinsed lentils in a heavy-bottomed pot and add water (it will cover the lentils, plus a little extra.). Add the ginger, turmeric, whole garlic clove and the cinnamon stick.
- 2 Bring to a lively simmer, then lower the heat, cover, and cook the lentils at a gentle simmer until tender, about 20 minutes. Remove the ginger, garlic, and cinnamon stick. If the lentils have not pureed on their own to your liking, run a whisk through the pot a few times and, within seconds, they will be completely pureed. Add the salt, taste, then add more as needed.
- 3 Add the spinach, give it a quick stir, and return the cover to the pot. The spinach will wilt quickly.
- 4 Meanwhile, in a 9- or 10-inch skillet, heat the oil over medium heat and add the cumin seeds. Cook briefly (15 seconds), then add the onions. Cook over medium heat, allowing the onions to brown at the edges, 12 to 15 minutes. Add the cayenne and tomatoes (if using), stir to coat, and taste for salt, adding if you feel the need.
- 5 Transfer the fried onion mixture to the dal, stir, and serve. If using, squeeze the lemon over the dish as a last-minute flavor spritz.



KIM’S PRO TIPS

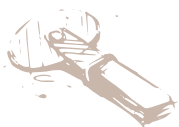
- Tomatoes are a lovely garnish but not a deal breaker, so don’t fret if you don’t have on hand. No spinach? Try chard instead.



PROJECTS



Pizza dough doesn't need to be complicated. Turn the page to learn how to make your own.



PIZZA DOUGH

Excerpted from
“The Meat Lover’s
Meatless Cookbook”
by Kim O’Donnel

**Makes 2 small (10-
to 12-inch) pizzas
or 1 large (16-inch)
pizza.**

INGREDIENTS

1 cup water
1 (¼-ounce)
envelope active
dry yeast, or 2 ¼
teaspoons from a jar
Pinch of sugar
About 3 cups all-
purpose flour
1 teaspoon salt
1 tablespoon olive oil
Cornmeal, for
dusting pans
1 teaspoon dried
oregano

A FEW THINGS TO KEEP IN MIND

• **Yeast:** Salt kills it. So does boiling water. Use warm water — about 100 F — to activate the yeast, and wait until you’ve added some flour to mix in the salt.

• **Dough** can be made in advance and refrigerated up to two days. Longer than that, stash in the freezer.

• **You don’t need** an expensive pizza stone or peel. I use the bottom side of a sheet pan with great results. If you have a stone, wonderful. If not, no problem.

DIRECTIONS

1 Measure out 1 cup warm water (100 to 110 F) and pour into a small bowl. Sprinkle the yeast, sugar and 1 tablespoon of the flour over the water. Fork whisk until dissolved and cover at room temperature until the mixture is slightly foamy, about 10 to 15 minutes.

2 Transfer the yeast mixture to a large bowl (think wide and shallow versus tall and narrow) and add 1 cup of the flour and the olive oil, stirring until just combined.

3 Add the salt and remaining flour, ½ cup at a time, stirring between flour additions, until you get a soft, sticky dough that just clears sides of the bowl. Depending on the weather (humidity, heat), you will use between 2 ½ and 3 ½ cups of flour total. (It’s not necessary to use the maximum amount.)

4 Lightly dust a work surface with flour, then dump the dough on top. Begin kneading the dough in the following manner: Punch gently but firmly, fold in half and turn (rotate 15 minutes on your imaginary clock, or one-quarter turn). Make “punch, fold, turn” your mantra until your dough becomes a springy, soft and smooth ball, like baby’s skin. The entire process should take about 6 minutes.

5 Lightly oil a large bowl and add the dough, turning until coated. Cover with a towel or plastic wrap and place in a warm spot, away from drafts. (Plan B: place in a lightly greased pot with a lid.) Let rise until doubled, about an hour. At this point, you may chill dough for later use. When ready to use, let it warm up

for about 45 minutes before rolling out and shaping. (Thaw frozen dough in the refrigerator before bringing up to room temperature.)

6 For two pizzas, cut the dough in half and work with one half at a time. (Alternatively, you can make one 16-inch pizza. Just make sure you have a pan wide enough.)

7 Preheat the oven to 510 F. (If your oven only goes to 500 F, that’s ok. You’ll cook the pizza for a few more minutes.)

8 Scrape away any lingering dough scraps, then dust work surface with flour. With your hands, gently press the dough into a thick disk. Using a rolling pin or your hands, work from the center, moving the dough toward the edges, rotating a quarter-turn as you go. Roll to your pizza’s desired thinness and shape. At this point, I like to use a tape measure or ruler to help keep track of width. My preference is a 12-inch circle, about ¼-inch thick, but it’s cook’s choice.

9 Dust the bottom side of a sheet pan or pizza pan with cornmeal, for texture. Fold your dough in half and carefully drape onto the baking surface. Adjust the shape as needed (maybe you like to make crimped edges, for example) and sprinkle the oregano all over.

10 Add toppings of your choice. (See sidebar.)

11 Bake until dough is both golden and makes a hollow sound when you tap the crust, 10 to 12 minutes (or 12 to 15 at 500 F). Transfer to cutting board and cut with a pizza cutter, shears or serrated knife.



KIM’S PRO TIPS

WHAT’S ON TOP?

The following amounts are enough for two 10- or 12-inch pizzas. Feel free to mix and match and make your own creation.

• **2 cups tomato puree:**

For simplicity, especially when fresh tomatoes are out of season, use whole tomatoes from a 28-ounce can and puree. Place in a medium saucepan, along with 1 clove garlic, smashed, 1 tablespoon tomato paste, ¼ teaspoon red pepper flakes and ½ teaspoon salt. (Note: taste puree before salting.) Bring to a simmer over medium heat and let reduce by about one-fourth, so it can thicken.

Ladle sauce into middle of dough circle, and with a rubber spatula, spread until the surface is completely covered.

• **Cheese:** 2 cups shredded mozzarella (Or fresh mozzarella balls that you slice yourself. Estimate about 1 pound in water for both pies.)

1 cup ricotta cheese, seasoned with ¼ teaspoon grated nutmeg

⅓ cup blue cheese

½ cup grated Parmigiano-Reggiano

• **Other fun add-ons:**

About 2 cups spinach, cleaned, dried and chopped; caramelized onions; roasted peppers; olives; rinsed anchovies, prosciutto or salami; sausage (cook thoroughly before adding).



MAC & CHEESE

Adapted from *"The Meat Lover's Meatless Cookbook"* by Kim O'Donnel

Makes about 6 servings.

INGREDIENTS

2 cups elbow macaroni
2 teaspoons salt
1 teaspoon oil
3 tablespoons unsalted butter
3 tablespoons all-purpose flour
2½ cups whole or low-fat milk
1½ teaspoons dry mustard

¼ teaspoon ground black pepper
¼ teaspoon freshly ground nutmeg
¼ teaspoon ground cayenne
2½ cups grated cheese of choice (cheddar, Gruyere, provolone, jack are all nice options)
¼ to ½ cup dry breadcrumbs

DIRECTIONS

1 Preheat the oven to 350 F. Grease the sides of a 3-quart glass or ceramic baking dish (or two smaller baking dishes).

2 Bring 2 quarts of water and 1 teaspoon of the salt to a boil. Cook the macaroni until al dente, about 5 minutes.

3 Drain the macaroni and transfer to the prepared dish. Drizzle the oil on top and turn to coat to keep macaroni lubricated while it waits.

4 In a medium saucepan, melt the butter over medium-low heat. Add the flour, and with a wooden spoon, stir quickly to combine and form a roux. Continue to stir, and cook for about 1 minute, making sure that any flour lumps disappear. The roux will be a golden yellow color.

5 Add the milk, mustard, remaining 1 teaspoon of salt, pepper, nutmeg

and cayenne, and stir to combine. Cook over medium-low heat until the mixture has thickened, stirring regularly with a wooden spoon so that the milk does not scald. The mixture is ready when you can run a prominent streak along the back of the spoon with your finger, about 10 minutes.

6 Add the cheese and stir or whisk constantly until the mixture is smooth and free of lumps.

7 Pour the cheese sauce over the macaroni to cover evenly. Cover the top with the breadcrumbs.

8 Place the dish in the preheated oven and bake until the cheese begins to bubble at the edges, about 30 minutes. To crisp up the breadcrumb topping, place the dish under the broiler setting for about 1 minute.

9 Remove from the oven and let cool slightly.

KIM'S PRO TIPS

● Making a cheese sauce is a three-step process: Start with equal parts fat and flour (also known as a roux), which acts as a thickener. Milk comes next, which as it heats, transforms into a custard-like bechamel. Only then is the sauce thick and pourable and ready to melt the cheese.





SPATCHCOCK CHICKEN

When I'm hankering for the comfort of a meaty centerpiece, inevitably I turn to roast chicken. On the one hand, it's like a sedan, a practical vehicle for repurposing leftovers; on the other, it's like driving a flirty convertible along the seashore, your hair blowing and the whiff of everything wonderful in surround sound. Roast chicken is a feeling, and if you love it like I do, you know what I mean.

Some like to stuff it with lemon and herbs, or whole cloves of garlic, then just stuff it in the oven. Me, I like to snip out its back so it's splayed like a butterfly, a technique known as spatchcocking.

When I first tried this trick several years ago, I thought I'd miss the skin. (I don't.) I also worried that the lean breast meat would dry out without its cushion of fat. (It didn't.) Without the skin, the bird is less fatty and it marinates more efficiently. There's no longer a barrier between meat, bone, and marinade, and you only need 30 minutes for a spice rub to do its magic. Plus, without the skin layer, the bird cooks faster, by about 30 minutes.

Recipe by Kim O'Donnel **Makes 4 to 6 servings.**

INGREDIENTS

1 five-pound whole chicken
1 tablespoon salt
2 teaspoons smoked paprika
1 teaspoon ground coriander
½ teaspoon ground cumin
2 teaspoons olive oil

DIRECTIONS

- 1** Place chicken on a cutting board, breast-side down, drumsticks facing you. Remove neck and giblets from the cavity and trim excess fat around the cavity opening.
- 2** With a pair of kitchen shears, cut along each side of the backbone, front to back, and remove, careful not to take any meat along with it. Cutting through the skin can help as a guide as you navigate the backbone.
- 3** With the shears as your guide, pull away the skin from the breast and drumsticks to the best of your ability. Pat the chicken dry with paper towels. Place a rack in a roasting pan or on a sheet pan and place the chicken on top of the rack.
- 4** Preheat the oven to 400 F.
- 5** In a small bowl, stir together the salt and spices. Stir in the oil, then apply the rub on both sides of the bird until well coated.
- 6** Roast chicken breast-side up for about 50 minutes. Check for doneness; 165 F in the thickest part of the thigh and clear juices are good indicators.
- 7** Let cool for at least 20 minutes before carving.

KIM'S PRO TIPS



► Use the spice rub in the recipe as inspiration and create your own, but I do recommend doing the math for the salt: Estimate 1 teaspoon salt for every 1½ pounds of chicken. This will ensure a well-seasoned bird.

► As for that chicken back you've removed, give it a rinse, place it in a plastic bag and into the freezer. Once you have a few in your reserve, it's time to make chicken stock!

► When handling raw poultry, there are a few things to keep in mind:

1 Put on a pair of disposable gloves if you have them.

2 Please take extra care by immediately cleaning work surface, tools and anything you may have touched while handling. Hot soapy water with a capful of bleach is recommended.



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GRANOLA

Adapted from "The Meat Lover's Meatless Celebrations" by Kim O'Donnel

Makes about 10 cups.

INGREDIENTS

- 4 cups old-fashioned rolled oats (do not use instant)
- 2 cups unsalted nuts: any combination of walnuts, almonds, pecans, pistachios or cashews, roughly chopped
- 1 cup dried fruit: any combination of raisins, cherries, cranberries, currants or blueberries
- 1 cup raw sunflower seeds
- ½ cup unsalted pepitas (aka pumpkin seeds)
- ¼ cup sesame seeds
- 2 tablespoons ground flax seeds (optional, but good for your heart)
- ¼-½ teaspoon ground cinnamon and/or cardamom
- ¼ cup neutral oil
- ¼ cup honey
- ½ cup maple syrup

DIRECTIONS

- 1 Place the oats, chopped nuts, dried fruit, seeds and spices in a large bowl and stir together until mixed.
- 2 Preheat the oven to 300 F and line the bottom of a big roasting pan or a few sheet pans with parchment paper.
- 3 Measure the oil and place in a small saucepan. Continue with the honey, then the maple syrup.
- 4 Place the pan on the stovetop and turn on the heat to the low setting, stirring until blended. Heat until the mixture is warmed through, about 1 minute. You might see teeny bubbles appear.
- 5 Carefully pour the syrup mixture over the oat mixture and stir with a spatula or big spoon until everything is well coated. It might not look like there is enough liquid to coat, but don't worry, there is.
- 6 Pour the granola onto the prepared pan and spread it evenly.
- 7 Place in the oven and set your timer for 30 minutes.
- 8 Carefully remove from the oven and give everything a quick stir. If you are using sheet pans, the granola might be done. (It's done when golden and kind of shiny.)
- 9 If using a big roasting pan, carefully return to the oven and bake for 15 more minutes. Remove from the oven and let cool completely.
- 10 The granola will crisp up in about 30 minutes. Store in an airtight container.

KIM'S PRO TIPS

Use the ingredients as a guide and feel free to get creative and put your own spin on things. Allergic to nuts? No problem. Leave them out and add more pepitas or sunflower seeds.

Stay-Put
Cooking
Kim O'Donnel

GALETTE

Galette is a delicate-sounding French word that refers to a rustic pie/tart hybrid, for which no pan is required. Because it calls for a single crust, the galette is an accessible introduction to pie dough. Without the structure of a pie plate, this free-spirited tart takes itself less seriously and welcomes bakers of all skill levels. It's a gateway to cooking with seasonal produce and getting creative with what you have on hand.

As with pie, the galette has two distinct components: the filling and the dough. For the dough, I'm sharing my recipe for a hot-water dough, using a technique which allows for half butter and half olive oil. If you already have an all-butter or all-lard pie dough recipe in your tool kit, by all means use it. The galette is that flexible.

Adapted from "The Meat Lover's Meatless Celebrations" by Kim O'Donnel

FRUIT FILLING

INGREDIENTS

3 cups of any of the following fruit: apples, apricots, berries, cherries, cranberries, figs, plums (for larger fruit, cut into slices, about ¼-inch thick)

1 tablespoon cornstarch, arrowroot or quick-cooking tapioca

Pinch of salt

1 teaspoon vanilla extract

¼ cup granulated sugar, to taste

Slight squeeze of ½ lemon

DIRECTIONS

1 Place the prepared fruit in a medium bowl and add the cornstarch, salt, vanilla and 3 tablespoons of the sugar. Stir gently until the fruit is completely coated.

2 Taste and add more sugar as needed, then add the small bit of lemon juice.

3 Let the fruit sit in its juices for about 20 minutes.

4 With a slotted spoon, strain the fruit before filling the dough.

5 Refrigerate while you make the dough.

KIM'S PRO TIPS



- Set aside a few hours. If you want to do it in stages, make the filling and refrigerate until you're ready to make the dough.
- Let the dough know who's boss. Take charge, roll that dough with gusto and exude confidence. You've got this!
- Have fun. Nobody cares whether or not your galette is as pretty as an Instagram picture.



GALETTE DOUGH

INGREDIENTS

- 4 tablespoons olive oil
- ½ cup water
- 2 cups all-purpose flour, plus more for dusting
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- 4 tablespoons unsalted butter, cut into tablespoon-size pieces
- 2 to 3 tablespoons apricot, plum or raspberry jam, warmed
- 1 egg, beaten with 1 tablespoon water, for brushing
- 1 to 2 tablespoons granulated sugar for finishing

DIRECTIONS

- 1 Place the olive oil in a small bowl and set aside.
- 2 Place the water in a small saucepan and heat until very hot. It need not be boiling but should be pretty close.
- 3 While the water is heating, measure out the flour. Remove 1 tablespoon and reserve for rolling out dough. (You may need a little bit more for your second rolling.)
- 4 Place flour in food processor, along with the salt and baking powder and pulse a few times just to mix.
- 5 Add the butter. Pulse until the mixture looks and feels like fluffy sand. You should not be able to see butter clumps.
- 6 Measure out ¼ cup (4 tablespoons) of the water and add to the oil. With a fork, whisk together; it will look like a vinaigrette.
- 7 Pour the oil mixture on top of the flour mixture and pulse until the dough

just comes together. It may slightly pull away from the sides of the bowl. The dough should feel soft, warm and pliable, not hard and crumbly. Add more hot water in 1-tablespoon increments as needed. Pulse a few times and check softness of the dough.

8 Lightly dust your rolling surface with flour and place the dough on top. Surround the dough with both hands to let it know you're there, molding it into a cohesive clump.

9 Roll the dough in quick, even strokes, making a quarter-turn after every few strokes. As you rotate and roll the dough, check regularly to make sure the dough is not sticking. (A dough scraper is helpful at this stage.) The immediate goal is to make a rectangle roughly 9-by-11-inches. (Don't worry if it's not exact).

10 Fold the dough like a letter: Starting from the short edge, fold over a third of your dough. Take the opposite edge and fold it to the middle covering the first fold.

11 Make a quarter-turn, then roll out the dough into a new rectangle, dusting with flour as needed. Make another letter fold with the dough.

12 Give the dough another quarter-turn and roll in all four directions — north, south, east, west.

13 Fold the dough in half and into a 4- to 5-inch square packet. Roll lightly on top to seal the layers and surround the edges with both hands to tidy the dough.

14 Wrap in plastic and let rest in the refrigerator for 10 to 15 minutes. Unlike an all-butter dough, this dough never goes into a deep sleep and gets cold; think of it as a brief catnap after all that rolling and folding.

ROLLING THE DOUGH

1 Preheat the oven to 400 F. Line a sheet pan with parchment paper or a silpat.

2 Dust your work surface with flour. Remove the plastic wrap and place dough on top of the flour and sprinkle a little more on top, as needed. With even, quick strokes, roll out the dough into a 10-inch circle, about ¼-inch thick. (Don't fret if it's a tad larger or smaller.)

3 With a bench scraper or straight-edged spatula, lift one edge of the dough and lightly drape over the other half. Transfer to the lined pan and carefully unfold the dough.

GALETTE ASSEMBLY

1 Brush the surface of the dough with the jam, leaving a 2-inch border all around.

2 Spoon the filling into the center and spread out until evenly distributed, keeping the 2-inch border in mind.

3 Working from the outer edges, lay the dough over the filling, pressing dough edges when they meet. As much as one-third of the filling in the center will be exposed; that's ok.

4 Brush the top of the dough with the egg wash, then sprinkle with sugar or cheese, depending on the filling.

5 Chill for 5 minutes in the refrigerator.

6 Place in the preheated oven and bake until the crust is golden and the filling is bubbling, 45 to 50 minutes.



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QUINOA BROWNIE

Excerpted from “The Meat Lover’s Meatless Celebrations” by Kim O’Donnel
Makes 12 to 16 servings.

With ground quinoa as the “flour,” these brownies are naturally gluten-free. But in my husband’s opinion, they are killer fudgy brownies that happen to be gluten-free.

INGREDIENTS

- ½ cup quinoa, or
⅔ cup quinoa flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- 2 ounces unsweetened chocolate, chopped roughly
- 4 ounces bittersweet chocolate, chopped roughly
- 6 tablespoons unsalted butter, cut into 6 pieces
- 1 cup granulated sugar
- 2 teaspoons vanilla extract
- 2 eggs, beaten lightly
- ½ cup unsalted walnuts, chopped roughly

DIRECTIONS

- 1 Grease a baking pan and line with parchment with a few inches of overhang so you can easily remove brownies after baking.
- 2 Grind the quinoa in a coffee or spice grinder until it looks powdery, like flour. Transfer to a small bowl and add the salt and baking powder.
- 3 Set up a double boiler: Pour a few inches of water in a medium saucepan and place a heat-proof bowl that fits snugly on top, yet without touching the water. Place all of the chocolate and the butter in the bowl and melt over medium-low heat. As the mixture melts, the chocolate will take on a glossy sheen. With a heatproof rubber spatula, gently scrape the sides of the bowl and stir. When the mixture is completely melted, it will be shiny and smooth.
- 4 Preheat the oven to 325 F.
- 5 Remove the bowl from the heat and whisk in the sugar and vanilla, followed by the eggs, one at a time. Switch to a wooden spoon or rubber spatula and stir in the quinoa mixture until well incorporated. Stir in the walnuts until evenly distributed.
- 6 Transfer the batter into the prepared pan and into the preheated oven.
- 7 Bake on the middle rack until a skewer inserted into the middle comes out nearly clean, about 35 minutes. You are looking for a fudgy crumb and overbaking will yield a dry result.
- 8 Transfer pan to a rack and let cool completely, at least 1 hour.
- 9 Using the parchment overhang, remove from the pan and transfer to a cutting board. Place a plate on top of the brownies and invert. Carefully remove the parchment.
- 10 If the brownies are still even a little bit warm, expect some breakage. Slice and serve. Brownies are best stored in the refrigerator and freeze well when wrapped in foil.

KIM’S PRO TIPS

- Quinoa flour is readily available on supermarket shelves, but it’s pricey, averaging about \$10 for a 1-pound-plus bag. Keep it stored away from heat and light to slow down oxidation. However, if you’ve got an electric spice grinder (I have a coffee grinder expressly for this purpose), you can grind your own quinoa, which quickly transforms into powdery flour. I like being able to buy a small amount from the bulk section and using just what I need, a fraction of the cost of a bag of quinoa.





CHOCOLATE NUT BUTTER

Adapted from “PNW Veg” by Kim O’Donnel

Makes 1 heaping cup.

Nutella lovers, perk up your ears — there’s a way to make a close approximation of the real thing at home. Although the homespun version will never be as uber silky as the stuff on the shelves, it’s an impressive facsimile that doubles as a super fun kitchen project. The glossy Italian paste with a worldwide cult following is by definition made with hazelnuts. But in the spirit of how 2020 has asked us all to adapt, I say hazelnuts, shmazelnuts. As much as I love the buttery flavor of a filbert, it also comes wrapped in a tightly bound skin, which takes some effort to remove. The walnut, as it turns out, requires none of this extra maneuvering and is a very respectable stand-in.

INGREDIENTS

- 1 cup unsalted walnuts or hazelnuts
- 2 ounces unsweetened chocolate
- 5 tablespoons powdered sugar
- Large pinch of salt
- 5 tablespoons neutral oil

DIRECTIONS

- 1 Toast the nuts in a skillet over medium heat until warmed through and ever-so-slightly golden, 8 to 10 minutes (no black spots, please). Plan B: place on a sheet pan and toast in a 400 F oven, 10 to 15 minutes.
- 2 Transfer the nuts to a bowl and let cool slightly. (For hazelnuts, transfer to a dish towel, cover and roll nuts back and forth to loosen the skins.)
- 3 Place nuts in a food processor or high-powered blender and finely grind into a meal using the pulse function. Scrape down the sides of the bowl, then grind the meal into butter. Process for 1 minute continuously. Scrape the sides of the bowl and repeat two more times, for a total of 3 minutes. The nuts should clump together and resemble a thick nut butter.

4 Melt the chocolate in a double boiler or for about 30 seconds in the microwave. (For details on making a double boiler, see page 29.)

5 Add the melted chocolate, sugar and salt to the nuts and process for 1 minute. Scrape the sides of the bowl, add the oil and process for 1 minute. The texture should be both viscous and slightly oily and will seem more like a thick sauce than a spread. Don’t worry.

6 Transfer the mixture to a glass jar with a lid and refrigerate for 60 to 90 minutes to firm up into a spreadable consistency. To serve, spread on toast or stir into cut-up fruit. Keeps well in the refrigerator for up to 4 weeks.



KIM’S PRO TIPS

- Whether you use a food processor or high-powered stand blender, make sure that your nuts are as finely ground, as seen in the photo, left, and buttery as possible before adding the other ingredients. Grind in stages, and you’ll notice how quickly the nuts transform from meal to something akin to peanut butter.



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