



Turmeric Black Pepper Tempeh

In the words of an eleven-year-old, this glaze “tastes like when the sun comes up on the first day of summer vacation.”

SHALLOTS 1. Coarsely chop 2 shallots. Heat 2 tablespoons neutral or coconut oil and the shallots in a medium saucepan over medium-high. Cook until the shallots start to brown, 3 to 5 minutes. Add 1 cup long-grain white rice and stir to combine. Add 1½ cups water and 1 teaspoon salt and bring to a boil. Cover, reduce the heat to low, and cook for 17 minutes. Remove from the heat and keep covered.

WHITE RICE

TEMPEH

RICE VINEGAR

MAPLE SYRUP

TURMERIC

SOFT HERBS

LIME 2. Cut 1 (8-ounce) block tempeh crosswise into four pieces, then into squares. Cut each square through the middle so they are half as thick. Cut each square into triangles (you'll have 32 but who's counting). In a measuring cup, stir together ¼ cup unseasoned rice vinegar, 3 tablespoons maple syrup, 2 teaspoons ground turmeric, and 2 teaspoons black pepper. Season with salt. Pluck the leaves and tender stems of 1 to 2 cups soft herbs (dill, cilantro, basil)—whatever needs using up. Transfer the herbs to a medium bowl.

FOR 4

3. Heat 2 tablespoons neutral or coconut oil in a large skillet over medium-high. Add the tempeh, season with salt, and cook, without touching, until golden underneath, 2 to 3 minutes. Flip the pieces and repeat on the other side, adding more oil if needed. Reduce the heat to medium-low, pour in the turmeric mixture, and stir until the mixture is glazy, 1 to 2 minutes.

4. Season the herbs with S&P, then toss with enough juice from 1 lime to lightly coat. Fluff the rice with a fork. Eat the tempeh on top of the rice with a jungle of herbs and another squeeze from the lime (I like to put the herbs under the tempeh so they wilt just slightly).

- Instead of rice, eat with farro, rice noodles, or tucked into lettuce cups or pita.
- This glaze is also good on ground chicken, cubed chicken thighs, or tofu.
- For crunch, consider fried shallots or garlic, sprouts, peanuts, or cashews.



French Onion White Bean Bake

Hibernation fare.

- ONIONS** 1. Heat the oven to 475°F. Halve and thinly slice **1 pound yellow onions**. Coarsely grate **½ cup Gruyère cheese** (about 4 ounces)—or a mix of Gruyère and Parm. Drain and rinse **2 (15-ounce) cans white beans (cannellini, Great Northern)**.
- GRUYÈRE**
- WHITE BEANS**
- THYME**
- APPLE CIDER VINEGAR** 2. In a medium, ovenproof skillet, melt **2 tablespoons butter** over medium-high. Add the onions and season with S&P. Cover and cook, stirring once or twice, until the onions are softened, 3 to 5 minutes. Uncover, strip the leaves from **3 thyme sprigs** into the pot, and cook until the onions are jammy and deep golden brown, 10 to 15 minutes. As browned bits appear, add a tablespoon or so of water and stir to combine. Once evaporated, add another tablespoon and repeat; this prevents burning and speeds the process up. If you can caramelize the onions even longer, go for it: the darker their color, the sweeter their flavor.
- CHICKEN STOCK** 3. Add **1 tablespoon apple cider or white wine vinegar** and stir until evaporated, about 1 minute. Remove from the heat, then add the beans and **½ cup chicken stock**. Season with S&P and bring to a boil. Sprinkle the cheese evenly over top, especially around the edges for crispy bits. Bake until the cheese has melted and browned in spots, 5 to 10 minutes. If the top is not as toasted as you'd like, broil for a minute or two.

A rich dish for 4



Tortellini with Mortadella & Peas

Ham and peas but make it mortadella.

BUTTER
PISTACHIOS
MORTADELLA
PARMESAN
LEMON
TORTELLINI
CHICKEN
STOCK
FROZEN
PEAS

FOR 4

1. Cut **4 tablespoons butter** ($\frac{1}{2}$ stick) into small pieces and stick it back in the fridge. Coarsely chop $\frac{1}{2}$ **cup roasted, unsalted pistachios**. Cut **4 ounces sliced mortadella** into $\frac{1}{2}$ -inch pieces. Finely grate $\frac{1}{2}$ **cup Parmesan** (1 ounce).

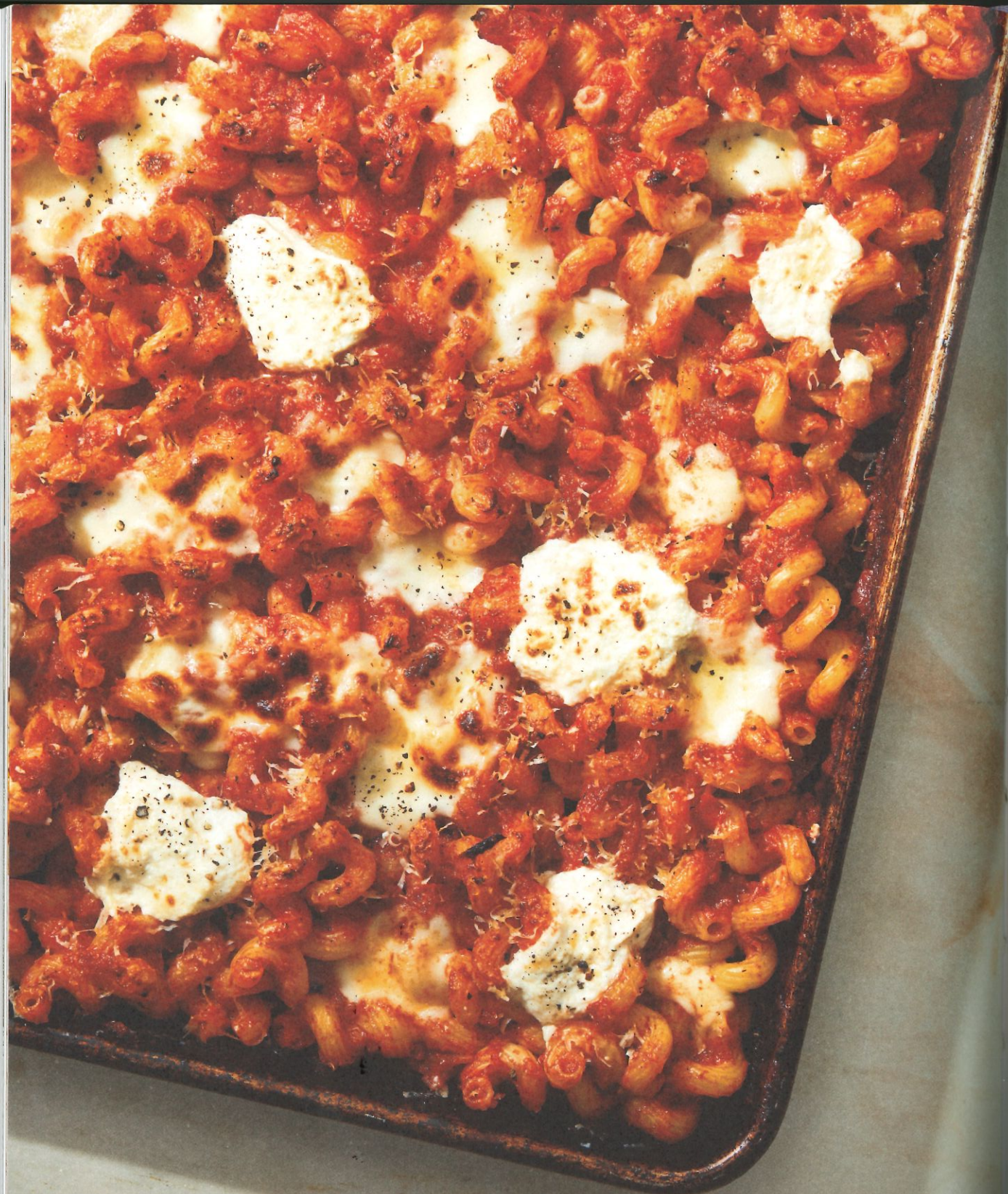
2. In a large nonstick skillet, toast the pistachios in **1 tablespoon olive oil** over medium, stirring occasionally, until golden, 3 to 4 minutes. Transfer to a small bowl. Zest **1 lemon** over the nuts and season with S&P.

3. Heat **another tablespoon olive oil** in the same skillet over medium. Add **16 to 20 ounces fresh cheese tortellini** in a single layer and cook, untouched, until golden brown underneath, 2 to 4 minutes.

4. Add $\frac{1}{2}$ **cups chicken stock**, **2 cups frozen peas** (10 ounces), and the mortadella. Stir and season with S&P. Cover and cook until the peas and pasta are tender, 3 to 5 minutes. Add the butter along the edges of the pan and stir until melted, about a minute. Add the Parmesan, stirring until melted. Off the heat, stir in the juice of half the lemon (about $\frac{1}{2}$ tablespoons). Season to taste with S&P, then top with the pistachios and more Parm.

Other one-pan tortellinis

- **Green olive:** Smash a bunch of green olives and mix with pistachios, lemon zest and juice, Parm, and olive oil.
- **Dipped:** Crisp tortellini and dip in a bowl of tomato sauce like St. Louis's famous toasted ravioli.
- **Creamed shallots:** Simmer heavy cream and chopped shallots together in step 4.
- **In broth:** Warm a very flavorful beef or chicken stock. Drop in the tortellini, maybe peas or greens too, and cook until tender. Grate over lots of Parm.



All-Corner-Pieces Baked Pasta

Every bite saucy, gooey, crispy.

CANNED
TOMATOES
ONION
BUTTER
MOZZARELLA
PARMESAN
RICOTTA
RIDGED
PASTA
FOR 4, with
leftovers

1. Heat the oven to 450°F with a rack toward the top. Pour 2 (28-ounce) cans crushed tomatoes onto a sheet pan. Halve and thinly slice 1 medium yellow onion. Cut 8 tablespoons butter (1 stick) into small pieces. Add the onion, butter, and ½ teaspoon red pepper flakes to the sheet pan. Season with 1 teaspoon salt and a few generous grinds of pepper and stir to combine. Roast, stirring a few times, until the mixture is thickened and concentrated, 30 to 40 minutes.

2. Bring a large pot of salted water to a boil. While the sauce is cooking, cut 6 ounces salted fresh or low-moisture mozzarella into ½-inch pieces. Finely grate ½ cup Parmesan (1 ounce). Season ½ cup whole-milk ricotta (6 ounces) with S&P. Toward the end of the sauce cooking, add 1 pound ridged pasta (rigatoni, cavatappi) to the boiling water and cook until al dente. Reserve 1 cup pasta water, then drain the pasta and add it back to the pot.

3. When the sauce is done, switch the oven to broil. Mash the sauce with a fork or potato masher, then season to taste with S&P. Spoon or pour it over the pasta, add ½ cup pasta water, and stir to combine. If it seems dry, add more pasta water. Pour the pasta back onto the sheet pan and spread into an even layer. Scatter spoonfuls of ricotta over the pasta, then sprinkle with mozzarella and Parmesan. Broil until the cheeses are melted and everything is golden, rotating the pan for even browning, 5 to 7 minutes.

• For a faster version, sub in 4 cups of jarred tomato sauce.

How to turn (most) any pasta into baked pasta:

Heat your oven between 450°F and 500°F. Make pasta and toss with a creamy, tomato, or vegetable-based sauce (avoid olive oil or butter sauces, which won't behave well in the oven). Transfer the sauced pasta to a shallow baking dish or skillet. Add a crispy and/or gooey topping—cheese, panko, nuts, Ritz crackers—and bake until the sauce bubbles, the cheese melts, and the top browns, just 5 to 10 minutes.



Corn & Spicy Sausage Orecchiette

This sauce is basically one-ingredient creamed corn.

CORN
SCALLIONS
ORECCHIETTE
HOT ITALIAN
SAUSAGE

FOR 4

1. Bring a large pot of salted water to a boil. Shuck **6 ears of corn**. Place a box grater in a large bowl. Using the large holes, grate 3 of the ears all the way to the cobs (hold on to the cobs). Thinly slice **3 scallions** and add them to the bowl. Cut the corn kernels off the other three cobs and leave them on the cutting board. Using the back of the knife, scrape the liquid off the cobs into the bowl until they're wrung dry. Add all 6 cobs to the pot of water.

2. Once boiling, add **1 pound orecchiette** to the water and cook until al dente. Scoop out **2 cups pasta water-corn stock**, then drain. Discard the corn cobs.

3. While the pasta's cooking, in a large Dutch oven, heat **2 tablespoons olive oil** over medium-high. Remove the casings from **1 pound hot Italian sausage**. Add to the Dutch oven and cook, breaking pieces up with your spoon, until browned, 5 to 8 minutes. Using a slotted spoon, transfer the sausage to the large bowl, leaving the fat behind.

4. Increase the heat to high and add the corn kernels from the cutting board, season with S&P, and cook, undisturbed, until browned, 3 to 4 minutes. Add everything from the large bowl—grated corn, corn juices, scallions, and sausage—to the Dutch oven and stir to combine. Add the pasta and 1 cup reserved water and cook, stirring vigorously, until the pasta is coated in the sauce. Add more pasta water as needed to help the sauce gloss the pasta. Season to taste with S&P.

More veg sauces

- Cauliflower rice + onion + tomato paste + rosemary
- Fennel + fennel seeds + shallot + white wine + cream
- Grated tomato + grated butter
- Smashed peas + fresh mozz + jarred Calabrian chile
- Grated summer squash + thyme + time

Smacked Vegetables with Feta & Dill

Vegetables with so many nooks and crannies, dressing can't not get comfortable.

LEMONS 1. In a medium bowl, zest 1 **lemon** and crumble 4 **ounces feta cheese** (about 1 cup). Add 1½ **teaspoons Dijon mustard**, season with S&P, then mash with a fork until a paste forms. Stir in the juice of 1½ **lemons** (about ¼ cup). Stir in **olive oil** until it tastes rich but still puckery (around ¼ cup).

FETA

DIJON MUSTARD

CAULIFLOWER

PICKLED PEPPERS

GREEN BEANS 2. Cut 1 **small cauliflower** (about 1 pound) into small florets. Stir into the dressing, along with any bits on your cutting board. Thinly slice 6 **peperoncini** and add to the salad.

RADISHES

DILL

FOR 4



3. Trim 8 **ounces green beans**. Trim and halve 1 **small bunch radishes**. Smash the green beans and radishes with a meat pounder, rolling pin, or the side of your knife until the vegetables split. Rip them into bite-size pieces, then stir into the dressing and season with S&P. (Let sit for up to 2 days in the fridge and the vegetables will get even silkier.)

4. When you're ready to eat, finely chop ½ **cup dill fronds and stems**. Eat the vegetables with dill and black pepper.



More smashed vegetables

- Cukes + marinated beans (p. 64) + tahini
- Radish + green beans + gochujang + lime + rice
- Roasted beets + green sauce (p. 317)
- Green beans + tuna + yogurt Ranch
- Boiled little potatoes + pickle butter
- Crispy-Skinned Fish with Creamy Cukes (p. 354)

All the Time Chicken Thighs

Bright, flavorful chicken that can go anywhere dinner (and leftovers) takes you.

**BONELESS,
SKINLESS
THIGHS**

**GROUND
CUMIN**

**GROUND
CORIANDER**

**SMOKED
PAPRIKA**

GARLIC

LEMON

FOR 4

1. Pat **1½ pounds boneless, skinless chicken thighs** dry, then season all over with S&P. In a medium bowl, stir together **¼ cup olive oil**, **1 teaspoon ground cumin**, **½ teaspoon ground coriander**, **½ teaspoon smoked paprika**, and **½ teaspoon each S&P**. Grate **3 garlic cloves** and the zest of **1 lemon** into the mix and stir to combine.

2. Add the chicken to the marinade. You can cook the chicken right away, or marinate up to 12 hours in the fridge. Bring to room temp before cooking.

3. To grill the chicken, heat a grill to medium-high. Oil the grates with **olive oil**. Wipe off excess marinade from the chicken, then grill over direct heat until juices run clear and the chicken is charred in spots, about 5 minutes per side. To cook on the stovetop, sear in a large skillet over medium-high for 5 minutes per side. Or roast at 425°F for 15 to 20 minutes.

4. Eat with a squeeze from the lemon, and in any way you eat chicken: in a taco, sandwich, soup, stew—with rice, mashed potatoes, grilled vegetables, black beans, hummus, green sauce, or hot sauce.





Chicken-Dill Patties with Zucchini

Chicken can't dry out with scandalously juicy zukes around.

ZUCCHINI
SHALLOT
RED WINE VINEGAR

PANKO
FENNEL SEEDS
DILL

GROUND CHICKEN
GREEK YOGURT

FOR 4

1. Cut **2 large zucchini** (about 1 pound) crosswise on the diagonal into $\frac{1}{4}$ -inch-thick-slices. Spread into an even layer on a baking sheet and sprinkle with salt.

2. Thinly slice **1 large shallot** crosswise into rings. Transfer the shallot to a large bowl. Season with S&P. Stir in **3 tablespoons red wine vinegar** and **3 tablespoons olive oil**.

3. Position a box grater in a large bowl. Grate **another large zucchini** on the large holes. Add **$\frac{1}{2}$ cup panko bread-crumbs**, **2 teaspoons fennel seeds**, **$1\frac{1}{2}$ teaspoons red pepper flakes**, **$1\frac{1}{2}$ teaspoons salt**, and **$\frac{1}{2}$ teaspoon pepper**. Stir to combine. Coarsely chop **$\frac{1}{2}$ cup dill fronds and stems** and add to the bowl. Stir in **$1\frac{1}{2}$ pounds ground chicken**. With wet hands, form into 12 patties about $\frac{1}{2}$ inch thick (about $\frac{1}{3}$ cup or $2\frac{1}{2}$ ounces each). The patties will be soft, but if they can't hold their shape, refrigerate until you're ready to cook them.

4. In a large cast-iron skillet, heat **2 tablespoons olive oil** over medium-high. Pat the sliced zucchini dry. Working in batches as needed, add the zucchini and cook until golden and a little tender when pushed with your finger, **2 to 4 minutes per side**. As they finish, transfer to the shallot mixture, stirring to combine.

5. Heat **another tablespoon olive oil** in the skillet. Working in batches and adjusting the heat as needed, add the chicken patties and cook until golden brown and cooked through, **3 to 5 minutes per side**. If the splattering is wild, cover the skillet with a baking sheet. Eat the chicken and zucchini with a schmear of **full-fat Greek yogurt**.

• To make patties that are all the same size, weigh the meat, divide by 12, and then weigh each patty. Or you can guesstimate: Pat the meat down in the bowl, halve the meat with your hand or spatula, then keep halving until you get 12 portions.