

FOOD & WINE

**DESTINATION
UNPLUGGED**

7 TRIPS
OF A
LIFETIME

The healthy secrets of this irresistible chocolate cake? Check out p. 45.



**EAT
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LIVE
LONGER**

72 GENIUS RECIPES & HACKS
FROM THE PROS

FEBRUARY 2017

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**IS TEQUILA
GOOD FOR
YOU?**

The New Healthy

After years of going whole hog, many chefs are lightening things up in the kitchen—and out. We asked 10 pros who have changed the way they cook, eat and live to share their most ingenious (and downright delicious) healthy hacks—so you can whip up fit, flavorful dishes and feel great about going back for more.

Photographs by Con Poulos



CHICKPEAS AND KALE
IN SPICY POMODORO
SAUCE, P. 90.

Bowls by Tomoro
Pottery from
Tortoise General
Store.

Give Beans a Chance

"I'm a carbaholic," admits **Missy Robbins** of Brooklyn's Lilia, who has changed her diet for the better in the past three years, shedding 40 pounds. One of Robbins's biggest healthy revelations: the range of the humble garbanzo. "Chickpeas absorb sauce like pasta does, so I now use them instead."

Nosh Smarter

Reach for jerky instead of chips when you crave something salty or savory. You can even make your own: **Seamus Mullen** of NYC's Tertulia preps his with grass-fed flank steak and keeps it on hand to quell snack attacks.

Grass-Fed Beef Jerky

Active **45 min**; Total **6 hr 45 min plus cooling**; Makes **1 lb.**

- ½ cup Bragg Liquid Aminos sauce (see Note)**
- 2 Tbsp. finely grated peeled fresh ginger**
- 2 Tbsp. finely grated garlic**
- 1 Tbsp. pure maple syrup**
- 1 Tbsp. adobo sauce (from a can of chipotles in adobo)**
- 1 Tbsp. coarsely ground black pepper**
- 1 tsp. fine sea salt**
- 2 lbs. grass-fed flank steak, frozen for 45 minutes, then sliced ¼ inch thick against the grain**

1. In a large resealable plastic bag, whisk together everything except the flank steak. Add the steak, seal the bag and turn to coat. Refrigerate for at least 3 hours or up to 6 hours.

2. Preheat the oven to 165° or the lowest possible setting. Set a rack on each of 3 large rimmed baking sheets. Remove the beef from the marinade and spread the slices on the racks, leaving ¼ inch between the slices. Bake for about 6 hours, or until the jerky is dried but still chewy; flip the slices halfway through baking. Let cool on the racks before serving.

NOTE Bragg Liquid Aminos is a gluten-free, soybean-based sauce that's often used in place of soy sauce and tamari. It's available on amazon.com.

MAKE AHEAD The beef jerky can be refrigerated for 2 weeks.



PICK UP STICKS

"I use chopsticks instead of a fork to keep things interesting and engaging," says chef **Matt Jennings** of Townsman in Boston. The benefit? More mindful and less rushed eating, so you don't consume more than you intend.

DRINK YOUR SOUP

"Instead of hot coffee or tea, I drink protein-rich miso soup to jump-start my day," says **Shawn Pham**, chef of Simbal in Los Angeles. "There are healthy macrobiotics in natural miso that are similar to kombucha."

Add Some Spice

Chef **Jared Wentworth** of Chicago's Longman & Eagle raids the spice pantry to magnify flavor without adding excess sodium and fat. He uses seasonings like Middle Eastern za'atar and freshly ground coriander and cumin to boost the impact of everything from fish and chicken to vegetables and potatoes.

Charmoula-Spiced Salmon with Za'atar Vegetables

Active **40 min**; Total **1 hr**
Serves **4**

VEGETABLES

- ½ lb. baby golden beets, scrubbed and quartered**
- ½ lb. baby carrots, halved lengthwise**
- ¼ lb. shiitake mushrooms, stemmed and sliced**
- 2 Tbsp. extra-virgin olive oil**
- 2 Tbsp. za'atar (see Note)**
- Kosher salt and pepper**
- ¾ lb. baby bok choy, chopped**
- 2 Tbsp. fresh lemon juice**

CHARMOULA

- 1 cup lightly packed parsley leaves**
- 1 cup lightly packed cilantro leaves**
- 2 large garlic cloves, crushed**
- 2 tsp. ground coriander**
- 2 tsp. ground cumin**
- 1 tsp. smoked paprika**
- 1 tsp. crushed red pepper**
- ½ cup extra-virgin olive oil**
- ¼ cup fresh lemon juice**
- Kosher salt and black pepper**

SALMON

- Four 5- to 6-oz. salmon fillets**
- Kosher salt and black pepper**
- 1 tsp. each ground coriander and cumin**
- ½ tsp. smoked paprika**
- ½ tsp. crushed red pepper**
- 1 Tbsp. extra-virgin olive oil**

1. Make the vegetables Pre-heat the oven to 375°. On a large rimmed baking sheet, toss the beets, carrots and mushrooms with the olive oil and za'atar and season with salt and pepper. Roast for about 30 minutes, until the vegetables are tender. Immediately transfer the vegetables to a large bowl and fold in the bok choy until just wilted. Stir in the lemon juice and season with salt and pepper.

2. Meanwhile, make the charmoula In a food processor, combine everything except the salt and pepper and puree until nearly smooth. Scrape into a medium bowl and season with salt and pepper.

3. Make the salmon Season the fish with salt and black pepper. In a small bowl, whisk the ground coriander and cumin with the paprika and crushed red pepper. Season the salmon with the spice mixture.

4. In a large nonstick skillet, heat the olive oil until shimmering. Add the fish to the skillet skin side down and press gently with a spatula to flatten. Cook the fish over moderate heat until the skin is golden, about 4 minutes. Flip the fish and cook until medium within, about 3 minutes longer. Drain briefly on paper towels. Serve the fish with the vegetables and charmoula.

NOTE Za'atar, a Middle Eastern spice blend made with sesame seeds, sumac and herbs, is available at specialty food stores and Middle Eastern markets and on amazon.com.

MAKE AHEAD The charmoula can be refrigerated overnight. Bring to room temperature before serving.

WINE Crisp, spicy Moroccan rosé: 2015 Ouled Thaleb.



Wrap It Up

Bobby Flay of NYC's Gato and Bar Americain recently rediscovered cooking in parchment, a classic technique that delicately steams fish or meat with aromatic ingredients so you don't have to add much fat. He serves this grouper with citrus, roasted piquillos and olives for a pop of flavor.

STEAMED GROUPE
WITH MARTINI RELISH
AND SOUR ORANGE
SAUCE, P. 90


Sweeten the Deal

That a.m. oatmeal can get awfully boring without maple syrup or sugar. **Missy Robbins's** solution? Frozen berries, which she turns into a sweet and speedy sauce for her farro porridge.



Bowl by
Jim Franco
Ceramics.

Farro Breakfast Porridge with Raspberries

 Total 30 min; Serves 4

2 Tbsp. unsalted butter

1½ cups pearled farro

3½ cups boiling water, plus more if needed

1 cup frozen raspberries

2 Tbsp. honey

½ cup fat-free Greek-style yogurt

½ tsp. ground cinnamon

Kosher salt

Chopped unsalted pistachios, for garnish

1. In a medium saucepan, melt the butter over moderate heat. Add the farro and cook, stirring, until toasted, about 2 minutes. Gradually stir in the boiling

water, ½ cup at a time, stirring in more as the water is almost absorbed but the farro is still soupy, 10 to 15 minutes total. Cover the saucepan and simmer over moderately low heat until the farro is al dente, about 15 minutes.

2. Meanwhile, in a small saucepan, cook the raspberries over moderately low heat until they just begin to break down, about 3 minutes. Stir in the honey.

3. Stir the yogurt and cinnamon into the farro and season with salt. (If a looser porridge is preferred, stir in more boiling water, a tablespoon at a time.) Spoon the porridge into bowls, top with the raspberry sauce and pistachios and serve.

Tap into Tonic

Soda and juices are full of empty calories. **Seamus Mullen** steers clear of them entirely by making his own quick tonics with fresh ingredients. He adds nutrient-dense chia seeds, which plump up in the liquid and make for an even more satisfying sip.

Thai Basil, Grapefruit and Chia Tonic

Active **15 min**

Total **2 hr 15 min**

Serves **4**

¾ cup fresh grapefruit juice with pulp

2 Tbsp. pure maple syrup

2 Tbsp. chia seeds

One Thai basil sprig or 4-inch rosemary sprig

In a large pitcher, combine the grapefruit juice with the maple syrup, chia seeds, Thai basil and 4 cups of water and stir well. Cover and refrigerate for at least 2 hours. Stir the tonic before serving.





Just Add Turmeric

This peppery spice is as prized for its antioxidant power as it is for that sunny hue. Turmeric is a staple ingredient for L.A. chef **Marcel Vigneron** of Wolf. He adds it to steak and eggs to bump up the health quotient and liven up the flavor.

Golden Steak and Eggs

🕒 Total 40 min; Serves 4

One 1-lb. flatiron steak
Kosher salt and pepper

2 tsp. turmeric powder
¼ cup coconut oil

12 cups baby spinach
(7½ oz.)

1 Tbsp. finely grated peeled fresh horseradish
1 Tbsp. finely grated peeled fresh turmeric
4 large eggs
4 slices wheat bread, toasted

1. Preheat the oven to 450°. Season the steak with salt and pepper, then rub all over with the turmeric powder. In a large heatproof skillet, heat 1 tablespoon of the coconut oil over moderately high heat. Add the steak and cook, turning once, until lightly charred on both sides and medium-rare within,

about 4 minutes per side. Transfer the steak to a carving board and let rest for 10 minutes. Wipe out the skillet.

2. Meanwhile, in a large saucepan, heat 1 tablespoon of the coconut oil over moderately high heat. Add the spinach and a pinch of salt and cook, stirring, until just wilted, about 3 minutes. Stir in the horseradish and season with salt. Keep warm.

3. In the large skillet, heat the remaining 2 tablespoons of coconut oil over moderate heat. Stir in the fresh turmeric until the sizzling subsides and the oil is golden. Crack the eggs into the skillet and fry until the whites are almost set, about 2 minutes. Transfer the skillet to the oven and bake for about 3 minutes, until the whites are set but the yolks are runny.

4. Thinly slice the steak against the grain. Pile the spinach on the toasts and top with the steak. Carefully invert the fried eggs onto the steak and serve.



GO WITH THE GRAIN

Matthew Accarrino, chef at SPQR in San Francisco, swears by his quinoa “meatballs” (p. 91). Instead of beef, he blends the grain with dried breadcrumbs. They’re finished with vibrant tomato sauce, fresh kale and grated Parmigiano—you won’t miss the meat.

GET LEAN AND MEAN

Add flavor to low-fat proteins like chicken cutlets and fish fillets by marinating them first so you’ll need less fat later. **George Mendes’s** smoky cutlets (p. 92) are infused with smoked paprika before he sears them.

Know Your Nut Milks

They’re not just for coffee anymore, says **George Mendes** of NYC’s Aldea and Lupulo. “Homemade nut milk is a great stand-in for dairy in soups,” he says. “Or even to make a vinaigrette for salad.”

Winter Salad with Walnut Milk Vinaigrette

🕒 Total 25 min; Serves 4

½ cup walnut halves

½ cup water

1½ Tbsp. sherry vinegar

1 Tbsp. extra-virgin olive oil

1 tsp. walnut oil

Kosher salt and pepper

1 small head of red leaf lettuce, torn into bite-size pieces

One 8-oz. head of escarole, white and light green leaves only, torn into bite-size pieces

Thinly sliced candy-striped beets, for serving

1. Preheat the oven to 350°. Spread the walnuts in a pie plate and toast for 8 to 10 minutes, until fragrant. Let cool.

2. In a blender, puree the cooled walnuts with the water until smooth. Add the vinegar and pulse to combine. Using a fine-mesh sieve set over a small bowl, strain the walnuts, pressing on the solids; discard the solids. Whisk in the olive and walnut oils and season the dressing with salt and pepper.

3. In a serving bowl, combine the lettuce, escarole and beets. Add the vinaigrette and toss well; serve.

MAKE AHEAD The dressing can be refrigerated overnight.


Cut Cream from the Equation

When it comes to achieving a thick, satisfying sauce, cream isn't the only game in town. **Matthew Accarrino** avoids using it when he can, opting instead for low-calorie cornstarch.



WINTER SQUASH AND
SAVOY CABBAGE
GRATIN WITH GARLIC
CREMA, P. 90

*Casserole by
Workaday
Handmade.*



MILK CHOCOLATE-
PEANUT CUSTARDS,
P. 91

*Bowls by Jim Franco
Ceramics.*

Make Dessert Work Harder

If you're going to finish with something sweet, make it count. Using pureed peanuts to thicken a rich chocolate custard is one of **Matthew Accarrino's** most delicious healthful hacks. Nuts add a good amount of protein and fiber to dessert.

Own Your Energy Bars

Those packaged store-bought bars are full of promises—and plenty of sugar and preservatives. To give him a boost when exercising, San Francisco chef **Chris Cosentino** of Cockscomb makes his own, loaded with almonds, dates, dark chocolate and coffee salt.

Clean Bars

Active **30 min**; Total **2 hr 30 min**
Makes **18**

Nonstick spray, for greasing

½ cup sliced almonds

1 lb. Medjool dates, split and pitted

Two 3.5-oz. dark chocolate bars (72%), coarsely chopped

¾ cup raisins

1½ Tbsp. Bitterman's Espresso Salt (see Note)

1 Tbsp. extra-virgin olive oil

1. Preheat the oven to 350°. Grease the bottom and sides of a 9-inch-square baking pan with nonstick spray. Line the pan with parchment paper, allowing a 2-inch overhang on 2 sides.

2. Spread the almonds in a pie plate and bake in the oven for about 5 minutes, until lightly toasted. Let cool completely.

3. In a stand mixer fitted with the paddle, beat the dates with the chocolate at medium speed until the dates are pasty and the chocolate is evenly distributed, about 1 minute. At low speed, beat in the toasted almonds, raisins, coffee salt and olive oil until well mixed, about 5 minutes; scrape down the side of the bowl as needed.

4. Transfer the mixture to the prepared pan, top with a lightly greased sheet of parchment paper and pack in an even layer. Refrigerate until well chilled, about 2 hours. Cut into 18 bars and serve chilled.

NOTE To purchase Bitterman's, see page 18 of Trendspotting. You can also substitute 1 tablespoon of flaky sea salt mixed with 1½ teaspoons of instant espresso powder.

MAKE AHEAD The bars can be refrigerated in an airtight container for up to 1 week.

continued on p. 90





Chickpeas and Kale in Spicy Pomodoro Sauce

📄 PAGE 59

🕒 Active 20 min; Total 45 min
Serves 4

½ cup extra-virgin olive oil

5 garlic cloves, thinly sliced

One 28-oz. can whole peeled Italian tomatoes, crushed by hand

1½ tsp. fennel seeds

1 tsp. crushed red pepper

Kosher salt

One 8-oz. bunch of Tuscan kale, stemmed and chopped

Two 15-oz. cans chickpeas, rinsed and drained

Torn basil and marjoram leaves, for garnish

Finely grated Pecorino Romano, for serving

1. In a large saucepan, heat the olive oil over low heat. Add the garlic and cook, stirring occasionally, until very fragrant but not browned, about 5 minutes. Add the tomatoes, fennel seeds, crushed red pepper and a generous pinch of salt. Cook over moderately low heat, stirring occasionally, until the tomatoes break down and the sauce is thickened, about 25 minutes.

2. Stir the kale into the sauce and cook over moderately low heat, stirring occasionally, until wilted, about 3 minutes. Stir in the chickpeas and cook until heated through, about 3 minutes. Season with salt. Spoon into bowls and garnish with torn basil and marjoram leaves. Top with finely grated pecorino and serve hot. —Missy Robbins

WINE Ripe, fruity Puglian red: 2015 Tormarjesca Calafuria.

Winter Squash and Savoy Cabbage Gratin with Garlic Crema

📄 PAGE 65

Active 30 min; Total 1 hr; Serves 6 to 8

10 garlic cloves

¾ cup extra virgin olive oil, plus more for greasing

¼ cup hazelnuts

One 2-lb. butternut squash—peeled, halved lengthwise, seeded and cut into ½-inch-thick slices

One 1-lb. Delicata squash—halved lengthwise, seeded and cut into ½-inch-thick slices

Kosher salt and pepper

1 lb. Savoy cabbage, cored and cut into 2-inch pieces (about 16 cups)

2 cups low-fat milk

2 Tbsp. cornstarch whisked with ¼ cup water

4 oz. mild white cheddar or Fontina, shredded

3 Tbsp. chopped parsley

1½ Tbsp. chopped fresh sage

1. Preheat the oven to 375°. In a small saucepan or skillet, cook the garlic with ½ cup of the olive oil over moderately low heat until the garlic is softened, about 15 minutes. Transfer the garlic to a small bowl and mash to a paste. Reserve the oil for another use.

2. Spread the hazelnuts in a pie plate and toast for about 12 minutes, until fragrant. Transfer to a clean kitchen towel and let cool slightly, then rub together to remove the skins. Coarsely chop the hazelnuts.

3. On a large rimmed baking sheet, toss the squash with 2 tablespoons of olive oil; season with salt and pepper. Arrange in a single layer and bake for about 30 minutes, until softened and golden. Leave the oven on.

4. Meanwhile, lightly grease eight 8-ounce ramekins or gratin dishes with olive oil and arrange on a large rimmed baking sheet. In a large saucepan, heat the remaining 2 tablespoons of olive oil. Add the cabbage, season with salt and cook over moderate heat, stirring occasionally, until wilted, 10 to 12 minutes. Transfer the cabbage to the prepared ramekins and top with the roasted squash.

5. In a medium saucepan, heat the milk with the mashed garlic over moderate heat until it just comes to a boil. Add the cornstarch slurry, whisking until thickened, about 1 minute. Whisk in the cheese and herbs and season with salt and pepper. Pour the sauce evenly into the ramekins. Bake in the center of the oven for about 30 minutes, until bubbling.

6. Turn the broiler to high. Transfer the baking sheet with the ramekins to the top rack of the oven and broil 6 inches from the heat source for about 2 minutes, until the squash is browned in spots. Sprinkle with the chopped hazelnuts and serve.

—Matthew Accarrino

NOTE The gratin can also be baked in a 3-quart shallow baking dish.

MAKE AHEAD The assembled unbaked gratins can be refrigerated overnight; bring to room temperature before baking.

WINE Creamy California Chardonnay: 2014 Sbragia Home Ranch.

Steamed Grouper with Martini Relish and Sour Orange Sauce

📄 PAGE 61

Active 35 min; Total 1 hr; Serves 4

SAUCE

2 cups fresh orange juice

1 Tbsp. honey

¼ tsp. finely grated lime zest plus 2 Tbsp. fresh lime juice

½ tsp. white wine vinegar

Kosher salt and pepper

RELISH

⅓ cup pitted Picholine olives, quartered lengthwise

2 jarred piquillo peppers—patted dry, seeded and finely chopped

1 Tbsp. minced shallot

½ jalapeño, seeded and minced

1 Tbsp. extra-virgin olive oil

1 Tbsp. white wine vinegar

2 Tbsp. finely chopped dill

1 Tbsp. finely chopped parsley

Kosher salt and pepper

FISH

Four 6-oz. skinless grouper fillets

Extra-virgin olive oil, for brushing

Kosher salt and pepper

8 parsley sprigs

8 dill sprigs

2 Tbsp. dry white wine

1. Make the sauce In a small saucepan, boil the orange juice over moderately high heat until reduced to ½ cup, about 10 minutes. Transfer to a small bowl and let cool, then stir in the honey, lime zest, lime juice and vinegar. Season with salt and pepper.

2. Make the relish In a small bowl, mix everything except the dill, parsley, salt and pepper. Let stand at room temperature for 15 minutes, then fold in the dill and parsley. Season the relish with salt and pepper.

3. Meanwhile, make the fish Preheat the oven to 450°. Lay four 15-inch-long sheets of parchment paper on a work surface. Brush the fish fillets with olive oil and season with salt and pepper. Put a fillet in the center of each sheet of parchment and top with 2 sprigs each of the parsley and dill. Drizzle on ½ tablespoon of the wine. Fold the parchment over the fish, then fold the edge over itself in small pleats to seal.

4. Transfer the papillotes to a large baking sheet. Bake about 7 minutes, until puffed. Snip the parchment open with scissors and serve the fish with the sour orange sauce and martini relish. —*Bobby Flay*

SERVE WITH Herbed whole-wheat couscous.

WINE Grapefruity Chilean Sauvignon Blanc: 2016 Matetic EQ.

Milk Chocolate–Peanut Custards

 PAGE 66

Active **15 min**; Total **1 hr 15 min**; Serves **4**

½ cup low-fat chocolate milk

⅓ cup heavy cream

⅔ cup roasted unsalted peanuts

3 oz. silken tofu

6½ oz. milk chocolate, chopped

1 Tbsp. light agave or corn syrup

¼ tsp. kosher salt

Fat-free Greek-style vanilla yogurt, chocolate granola, unsweetened cocoa powder and coarse sea salt, for serving

1. In a small saucepan, combine the chocolate milk, cream and peanuts and cook over moderately low heat until it just comes to a boil. Transfer to a blender. Add the tofu, milk chocolate, agave syrup and kosher salt and blend at high speed until smooth, about 2 minutes (the mixture will be slightly grainy). Divide the custard into four 8-ounce ramekins or small dessert bowls. Refrigerate until set, 1 to 2 hours.

2. Serve the custards topped with vanilla yogurt, granola, a dusting of cocoa powder and a pinch of coarse sea salt. —*MA*

MAKE AHEAD The custard can be refrigerated overnight.

Quinoa Meatballs with Tomato Sauce and Tuscan Kale

Active **1 hr 15 min**; Total **1 hr 45 min**

Serves **6**

PILAF

1½ Tbsp. extra-virgin olive oil

½ onion, finely chopped

1 cup quinoa, rinsed and drained

2 Tbsp. dry white wine

1 tsp. kosher salt

2 Tbsp. each finely chopped basil, parsley, scallion and dill

QUINOA MEATBALLS

Baking spray

2 large eggs

½ Tbsp. whole milk

½ Tbsp. extra-virgin olive oil

1 cup plus 2 Tbsp. fine dried breadcrumbs

1 cup finely grated Parmigiano-Reggiano, plus more for garnish

¼ cup fine semolina

2 tsp. onion powder

1 tsp. garlic powder

½ tsp. kosher salt

½ tsp. pepper

TOMATO SAUCE

2 Tbsp. extra-virgin olive oil

½ onion, finely chopped

5 garlic cloves, minced

¾ cup dry white wine

One 28-oz. can whole tomatoes in juice (preferably San Marzano), tomatoes chopped and juices reserved

Pinch each of dried oregano and crushed red pepper

3 Tbsp. chopped basil, plus more for garnish

Kosher salt and black pepper

1 small bunch of Tuscan kale (8 oz.), stemmed and chopped

1. Make the pilaf In a medium saucepan, heat the olive oil. Add the onion and cook over moderate heat until softened, about 8 minutes. Add the quinoa and cook, stirring, until toasted, about 2 minutes. Add 2 cups of water along with the wine and salt

and bring to a boil. Cover and simmer over low heat until the quinoa is tender and the water is absorbed, about 20 minutes. Spread the quinoa onto a large rimmed baking sheet to cool, then transfer to a medium bowl and stir in the herbs. Set aside 1 cup of the quinoa pilaf.

2. Make the quinoa meatballs Preheat the oven to 375°. Line a large rimmed baking sheet with foil and coat with baking spray. In a medium bowl, beat the eggs with the milk, olive oil and ⅔ cup of water. Add the reserved 1 cup of quinoa pilaf along with the breadcrumbs, the 1 cup of Parmigiano, the semolina, onion powder, garlic powder, salt and pepper and mix well. Form the mixture into twenty-six 1½-inch meatballs, using about 1 tablespoon of the mixture for each. Transfer to the baking sheet. Bake the meatballs for 10 to 12 minutes, until browned on the bottoms, then turn and bake for 10 to 12 minutes longer, until browned all over.

3. Make the tomato sauce Meanwhile, in a medium enameled cast-iron casserole, heat the olive oil over moderate heat. Add the onion and garlic and cook until softened, about 6 minutes. Add the wine and tomato juices and cook until the liquid is reduced by one-third, about 8 minutes. Add the chopped tomatoes, oregano and crushed red pepper and simmer over moderately low heat for 20 minutes. Stir in the 3 tablespoons of chopped basil and season with salt and black pepper. Add the kale, cover and cook over moderately low heat until it begins to wilt, about 5 minutes. Add the meatballs to the casserole and simmer until the kale is tender and the meatballs are heated through, 10 to 15 minutes.

4. Spoon the quinoa pilaf into shallow bowls and top with the meatballs and sauce. Garnish with chopped basil and grated Parmigiano and serve. —*MA*

WINE Medium-bodied, herbal Chianti: 2014 Badia a Coltibuono Cetamura.

continued on p. 92

Smoky Chicken Cutlets with Herb-Roasted Sweet Potatoes

Active 30 min; Total 45 min plus 2 hr marinating; Serves 4

George Mendes loves serving his juicy chicken with sweet potatoes, but he sometimes makes it with brussels sprouts. He likes to pluck the leaves off the sprouts and sauté them in olive oil, as if they were mini cabbage leaves. They become crispy and so much fun to eat.

- ½ cup plus 2 Tbsp. extra-virgin olive oil
- ½ cup dry white wine, preferably Vinho Verde
- ½ small onion, halved lengthwise and thinly sliced crosswise
- 4 garlic cloves, thinly sliced
- 4 parsley sprigs
- 1 Tbsp. sweet smoked paprika
- Kosher salt and pepper

4 skinless, boneless chicken breast halves (1½ to 2 lbs.), butterflied and pounded ¼ inch thick

2 large sweet potatoes (3 lbs.), peeled and cut into ½-inch dice

1 rosemary sprig

1 thyme sprig

1 bay leaf

1. In a large resealable plastic bag, combine ½ cup of the olive oil with ¼ cup of the wine. Add the onion, garlic, parsley, paprika, 1 teaspoon of salt and ½ teaspoon of pepper. Put the chicken in the bag with the marinade and refrigerate for 2 to 3 hours.

2. Preheat the oven to 350°. On a large rimmed baking sheet, toss the sweet potatoes with 1 tablespoon of the olive oil and the rosemary, thyme and bay leaf; season with salt and pepper. Arrange in a single layer. Roast for about 30 minutes, until the potatoes are tender and golden. Discard the herb sprigs and bay leaf.

3. Meanwhile, remove the chicken from the marinade. Strain the marinade over a sieve into a bowl; discard the solids. In a large skillet, heat the remaining 1 tablespoon of

olive oil over moderately high heat. Cook the chicken in 2 batches, turning once, until golden and just cooked through, about 3 minutes per side. Transfer to plates, tent with foil and keep warm.

4. Add the remaining ¼ cup of wine to the skillet and boil over moderately high heat until reduced by half, about 2 minutes. Add the reserved marinade, bring to a boil and cook until reduced by half, 2 minutes. Transfer the sweet potatoes to the plates with the chicken. Spoon the sauce over the chicken and serve.

WINE Oak-toasty Spanish Rioja: 2012 Vivanco Crianza.

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