

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell

NOVEMBER/DECEMBER 2017

**97 recipes,
tips & ideas to
make this your
most delicious
holiday season!**

Gather & Feast

**+
The
Boost-
Your-
Mood
Berry**

PAGE 46

**Too
Busy?**
Try this
slow-
cooker
stew

PAGE 28



Throw- Together Apps & Cocktails

Pace yourself!
These recipes
keep the starters
super-streamlined
but still stylish.
Remember,
there's plenty
more to come.

*Appetizer recipes
by Katie Webster*

*Cocktail recipes
by Kara Newman*




*Herb &
Cheddar Gougeres
(page 58)*

*Beef & Watercress
Maki Rolls
(page 58)*

*Crab & Pea Cakes
with Sesame-Ginger
Aioli (page 61)*

*Butternut Squash
Queso Fundido
(page 58)*

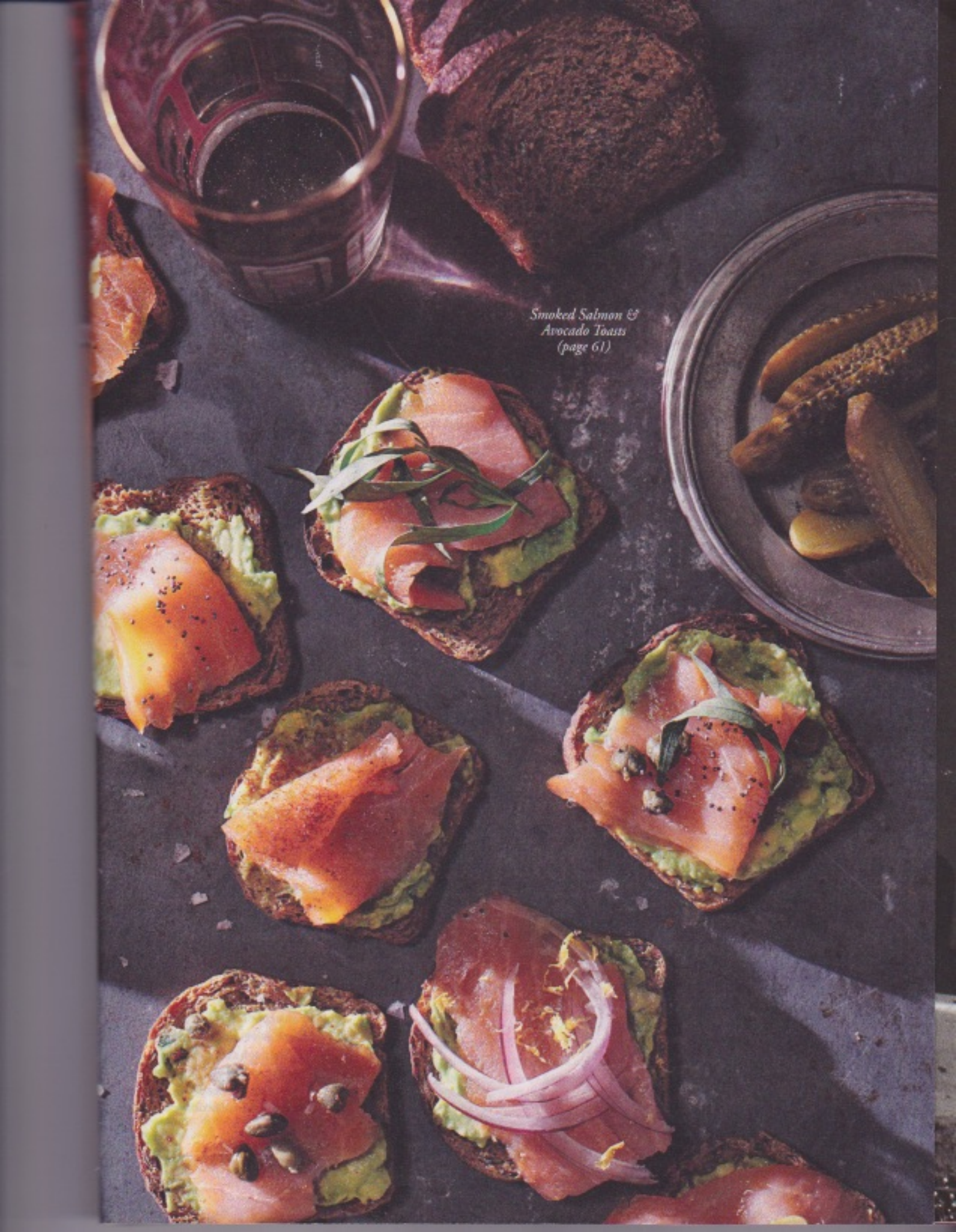


Mistletoe Fizz
(page 59)

ASK THE TEST KITCHEN

*How
Should
I Choose?*

*Horseradish
Egg Salad-
Stuffed Endive*
(page 60)



*Smoked Salmon &
Avocado Toasts
(page 61)*

Beef & Watercress Maki Rolls

ACTIVE: 20 min **TOTAL:** 20 min

EQUIPMENT: Parchment paper

Make sure you don't get paper-thin roast beef—it's harder to work with. Instead, ask at the deli counter for medium-thick slices (number 3 on most meat slicers). (Photo: page 55.)

- 10 medium-thick slices deli roast beef (just under 1 pound)
- 1 5-ounce container herb & garlic creamy cheese spread, such as Boursin
- 3 cups watercress, trimmed
- $\frac{1}{4}$ cup julienned cucumber
- $\frac{1}{4}$ medium red bell pepper, julienned
- $\frac{1}{4}$ medium yellow bell pepper, julienned
- Cracked black pepper to taste

1. Place a slice of roast beef on a piece of parchment paper. Spread 1 tablespoon cheese over it in a thin layer all the way to the edges. Lay about $\frac{1}{4}$ cup watercress in a strip close to one long edge. Top the watercress with a few pieces of cucumber and bell pepper. Starting with the edge closest to the vegetables, roll the beef up sushi-style, using the parchment to help you roll it closed. Repeat with the remaining beef, cheese and vegetables.
2. Cut each roll crosswise into 6 equal pieces.

How to Make Maki Rolls



1. Place a slice of roast beef on a piece of parchment paper. Spread cheese over it in a thin layer all the way to the edges. Lay vegetables in a strip close to one long edge.



2. Starting with the edge closest to the vegetables, roll the beef up sushi-style, using the parchment to help you roll it closed.



3. Cut each roll crosswise into 6 equal pieces. Stand the rolls upright to serve.

Stand the rolls upright on a serving platter. Season with pepper.

SERVES 20: 3 rolls each

CAL 54 / FAT 4G (SAT 2G) / CHOL 19MG / CARBS 1G / TOTAL SUGARS 0G (ADDED 0G) / PROTEIN 4G / FIBER 0G / SODIUM 222MG / POTASSIUM 166MG.

Herb & Cheddar Gougères

ACTIVE: 25 min **TOTAL:** 45 min

TO MAKE AHEAD: Freeze cooled gougères airtight for up to 2 weeks. Reheat for 12 to 15 minutes at 350°F. **EQUIPMENT:** Pastry bag with a medium ($\frac{1}{8}$ - to $\frac{1}{4}$ -inch) round tip (or gallon-size plastic bag), parchment paper

Don't let the fancy French name for these cheese puffs mislead you—they are easy as can be. They're traditionally made with Gruyère or Comté; we couldn't resist turning to our Vermont roots and using good old Cheddar instead. (Photo: page 55.)

- $\frac{1}{4}$ cup water
- 4 tablespoons unsalted butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup all-purpose flour
- 2 large eggs
- 1 $\frac{1}{2}$ cups shredded extra-sharp Cheddar cheese
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped fresh thyme
- $\frac{1}{2}$ teaspoon chopped fresh rosemary

1. Position racks in upper and lower thirds of oven; preheat to 400°F. Line 2 large baking sheets with parchment paper.
2. Combine water, butter and salt in a medium saucepan. Bring to a simmer over medium-high heat. Reduce heat to medium-low, add flour and mix vigorously with a wooden spoon to form a smooth dough. Cook, stirring, for 2 minutes. The dough should dry out slightly and pull away from the pan.
3. Scrape the dough into a medium bowl and let cool for 2 minutes. Using a wooden spoon, beat eggs one at a time into the dough, beating thoroughly after each addition. The batter will separate after each egg, but keep stirring; it will come back together. Add cheese, mustard, thyme and rosemary and fold to combine.
4. Transfer the dough to a pastry bag fitted with a round $\frac{1}{8}$ - to $\frac{1}{4}$ -inch pastry tip (or use a gallon-size plastic bag with about $\frac{1}{4}$ inch snipped off a corner). Pipe 25 small mounds of dough onto each prepared baking sheet, making each a littler wider than a quarter.
5. Bake, rotating the pans front to back and top to bottom halfway through, until puffed and golden, 18 to 20 minutes. Serve warm.

SERVES 25: about 2 each

CAL 64 / FAT 5G (SAT 3G) / CHOL 26MG / CARBS 3G / TOTAL SUGARS 0G (ADDED 0G) / PROTEIN 2G / FIBER 0G / SODIUM 70MG / POTASSIUM 16MG.



Butternut Squash Queso Fundido

ACTIVE: 30 min **TOTAL:** 1 $\frac{1}{4}$ hrs

TO MAKE AHEAD: Refrigerate the dip (Steps 1-5) for up to 6 hours. Bake for 25 to 30 minutes in Step 6.

We've lightened up this beloved dip by subbing mashed butternut squash for some of the melted cheese. We also loaded it with chili-spiced caramelized onions. Serve with tortilla chips or sliced jicama for dipping. (Photo: page 55.)

- 1 medium butternut squash (about 2 $\frac{1}{4}$ pounds), halved and seeded
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 large sweet onion, sliced
- 1 tablespoon chili powder
- $\frac{1}{4}$ teaspoon chipotle chile powder or cayenne pepper
- 8 ounces sharp Cheddar cheese, shredded

(continued on page 60)



Stir Up Some Cheer!

Handling a few drink orders can be fun, but no one wants to be a full-time bartender at their own party. Mixology expert Kara Newman, author of *Shake, Stir, Sip*, created these cocktails that can be mixed up in a big batch. Just stir together all the ingredients, add ice and you're ready to rock. Be sure you have pitchers or punch bowls on hand for serving.

Mistletoe Flizz (Photo: page 56.)

Mix 1½ cups each **Campari** and **sweet vermouth** and two 750-ml bottles (6 cups) **Prosecco** in a punch bowl or large pitcher. Garnish with **fresh cranberries**, if desired. **MAKES:** 9 cups for 12 drinks (¾ cup each)

Holiday Spice Punch (Photo: page 1.)

Mix 2 cups each **rye whiskey** and **Drambuie** with 1½ cups **lemon juice** in a punch bowl or large pitcher. Garnish with **lemon slices** spiked with **whole cloves**, if desired. **MAKES:** 5½ cups for 16 drinks (⅓ cup each)

Honey Buzz Cocktail (above)

Dissolve 1 cup **honey** in ½ cup **hot water** in a punch bowl or pitcher. Stir in 3 cups **gin**, 2 cups **pink or red grapefruit juice** and 8 dashes **Angostura bitters**. **MAKES:** 6½ cups for 16 drinks (scant ⅓ cup each)

Brandy Alexander Punch (Photo: page 1.)

Mix 2 cups each **brandy**, **crème de cacao** (preferably Tempus Fugit) and **half-and-half** in a punch bowl or large pitcher. Garnish with freshly grated **nutmeg** and/or grated **dark chocolate**, if desired. **MAKES:** 6 cups for 16 drinks (⅓ cup each)

Sparkling Pomegranate-Chai Mocktail (Photo: page 1.)

Mix one 750-ml. bottle (3 cups) **sparkling apple cider**, 4 cups brewed (cooled) **chai tea** and 2 cups **pomegranate juice** in a punch bowl or large pitcher. Garnish with **pomegranate seeds**, if desired. **MAKES:** 9 cups for 16 drinks (⅓ cup each)

An American in Bordeaux

Michele D'Aprix remembers the moment she started to understand wine. She was trailing winemaker Stéphane Derenoncourt around a vineyard in Bordeaux 13 years ago. Derenoncourt—a steelworker's son who started working in vineyards at the age of 19—put a grape in her mouth and told her to concentrate on the textures.

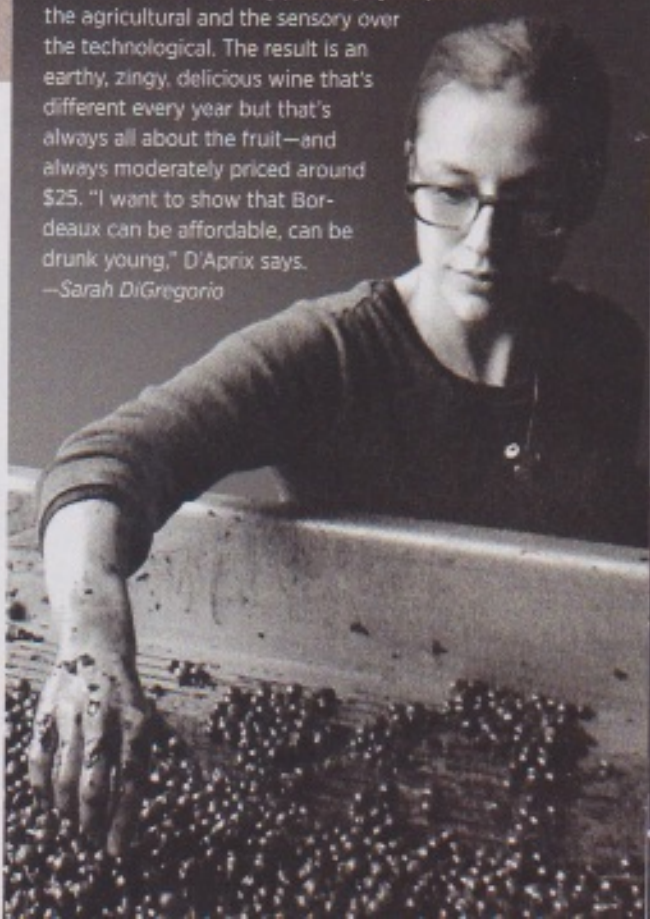
"The seeds were crunchy, like a hazelnut. The skin had a snap," D'Aprix recalls. Even though she had a degree in viticulture and enology, D'Aprix quickly realized how much she didn't know about wine as a product of dirt and bugs and intuition rather than refractometers and brix and pH balances. That bite showed her that she could identify when grapes were ripe and ready to be harvested using nothing but her own senses.

Since then, D'Aprix has become the only American woman making wine in Bordeaux. She bottles under her own label, *Pentimento*, at Château Beauséjour in Saint-Émilion, where she also helps craft the house labels. All are made with organic methods. She also imports Bordeaux wine (her own and others') to the United States.

She cites Derenoncourt, who is now 54, as her mentor and inspiration. From his point of view, even all these years later, she is just as impressive. "Winemaking was her dream," he said. "My idea was to help her understand how important are the grapes." From him, she learned that the best wine-making is done in the vineyard, not the blending room—that wine should be a little bit wild.

D'Aprix's winemaking philosophy emphasizes the agricultural and the sensory over the technological. The result is an earthy, zingy, delicious wine that's different every year but that's always all about the fruit—and always moderately priced around \$25. "I want to show that Bordeaux can be affordable, can be drunk young," D'Aprix says.

—Sarah DiGregorio



- 8 ounces Monterey Jack cheese, shredded
- $\frac{3}{4}$ cup pico de gallo or fresh salsa, drained
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons toasted pepitas

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place squash cut-side down on the prepared pan. Bake until tender, 50 minutes to 1 hour. Turn over and let cool slightly. Scoop the flesh into a food processor and add salt. Puree until smooth. Measure out 2 cups of puree (reserve any remaining squash for another use). Set aside.
3. Meanwhile, combine oil and onion in a medium saucepan. Cover and cook over medium heat, stirring often, for 10 minutes. Uncover and continue cooking until the onion is very soft and browned, 8 to 10 minutes more, reducing the heat and adding 1 tablespoon water at a time, as needed, if the onion begins browning too quickly. Stir in chili powder and chipotle (or cayenne). Remove from heat, cover and let stand for 10 minutes.
4. When the squash is done, reduce oven temperature to 350°. Coat a medium cast-iron skillet (10-inch) with cooking spray.
5. Toss Cheddar and Monterey Jack in a large bowl. Stir 1 cup of the cheeses into the

reserved squash puree. Spread about half of the remaining cheese in the prepared pan. Top with the squash. Spread half of the caramelized onions over the squash. Top with the remaining cheese and onions.

6. Bake until the cheese is melted and bubbling along the edges, about 20 minutes. Let cool for 10 minutes. Top with pico de gallo (or salsa), cilantro and pepitas.

MAKES: 6 cups (3-Tbsp. serving)

CAL 118 / FAT 7G (SAT 3G) / CHOL 13MG / CARBS 10G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 5G / FIBER 1G / SODIUM 185MG / POTASSIUM 140MG.

Horseradish Egg Salad-Stuffed Endive

ACTIVE: 35 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate egg salad (Steps 1-2) for up to 1 day.

Bitter crunch from the Belgian endive is a foil for the creamy, peppery egg salad and briny caviar topping. (Photo: page 56.)

- 4 large eggs
- 2 tablespoons mayonnaise
- 2-3 teaspoons prepared horseradish, or to taste

- 2 teaspoons lemon juice
- $\frac{1}{4}$ teaspoon salt
- 1 small stalk celery, minced
- 2 tablespoons minced shallot
- 1 tablespoon chopped fresh dill, plus sprigs for garnish
- 20 Belgian endive leaves (about 3 heads)
- 2 tablespoons black caviar, preferably U.S. farmed sturgeon (see *Ask the Test Kitchen*, page 56)
- Freshly ground pepper to taste

1. Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, drain and cover the eggs with ice-cold water; let stand until cold. Peel and finely chop.
2. Whisk mayonnaise, horseradish, lemon juice and salt in a medium bowl. Stir in the chopped eggs, celery, shallot and dill.
3. Place endive on a serving platter. Fill each leaf with about 1 tablespoon of the egg salad. Garnish with caviar, pepper and more dill, if desired. Serve immediately.

SERVES 10: 2 leaves each

CAL 61 / FAT 5G (SAT 1G) / CHOL 94MG / CARBS 2G / TOTAL SUGARS 0G (ADDED 0G) / PROTEIN 4G / FIBER 1G / SODIUM 158MG / POTASSIUM 83MG.

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Crab & Pea Cakes with Sesame-Ginger Aioli

ACTIVE: 45 min TOTAL: 45 min

TO MAKE AHEAD: Prepare through Step 2; refrigerate crab mixture and aioli separately for up to 1 day.

The subtle sweetness of crab and peas is complemented with a pop of ginger and sesame oil in the aioli. Crab is available in a range of "grades." For a sweeter flavor and more toothsome bite, choose lump or jumbo. Most crab from the U.S. and Canada are considered good choices for the environment. (Photo: page 55.)

- $\frac{3}{4}$ cup frozen peas, thawed
- 1 8-ounce container lump or jumbo crabmeat, drained
- 2 tablespoons minced scallions, plus more for garnish
- $\frac{3}{4}$ cup panko breadcrumbs, preferably whole-wheat
- 1 large egg
- 2 tablespoons sour cream plus $\frac{1}{4}$ cup, divided
- 1 teaspoon grated fresh ginger, divided
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons mayonnaise

- 1 teaspoon toasted sesame oil
- 1 teaspoon rice vinegar
- Pinch of cayenne
- 4 tablespoons avocado oil, divided

1. Coarsely chop peas and transfer to a large bowl. Add crab and scallions and toss to combine. Stir in panko. Whisk egg, 2 tablespoons sour cream, $\frac{1}{2}$ teaspoon ginger and salt in a small bowl. Pour over the crab mixture and stir to combine. Form into 18 cakes, about 1 generous tablespoon each.
2. Whisk the remaining $\frac{1}{4}$ cup sour cream and $\frac{1}{2}$ teaspoon ginger with mayonnaise, sesame oil, rice vinegar and cayenne in a bowl until well combined.
3. Heat 2 tablespoons avocado oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add half the crab cakes. Cook until browned, 2 to 3 minutes per side. Transfer to a serving platter. Repeat with the remaining 2 tablespoons oil and remaining crab cakes.
4. Serve the crab cakes with the aioli and garnish with scallions, if desired.

SERVES 12: 1 crab cake & generous 1 tsp. sauce each
CAL 84 / FAT 6G (SAT 1G) / CHOL 28MG / CARBS 3G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 4G / FIBER 1G / SODIUM 144MG / POTASSIUM 20MG

Smoked Salmon & Avocado Toasts

ACTIVE: 15 min TOTAL: 15 min

They would have been canapés back in 1979—today they're trendy avocado toasts. Let your guests creatively customize their nibbles by setting out an array of garnishes. (Photo: page 57.)

- 1 ripe avocado, pitted
- 2 teaspoons lemon juice
- 1 teaspoon minced fresh tarragon
- 24 toasted cocktail-size slices pumpernickel bread or melba toasts
- 2 ounces smoked salmon, cut into 24 pieces
- 1 teaspoon coarse Maldon sea salt
- Fresh tarragon sprigs, capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.

SERVES 12: 2 toasts each
CAL 115 / FAT 3G (SAT 0G) / CHOL 14MG / CARBS 6G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 3G / FIBER 2G / SODIUM 542MG / POTASSIUM 59MG

WITH OLIVES FROM SPAIN

Chef José Andrés

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