

DIG INTO COMFORT bon appetit

EAT WELL / SAVOR LIFE

MAC & CHEESE

HANDS DOWN,
THE TASTIEST VERSION
WE'VE EVER MADE

+ OTHER REMARKABLY
SUMPTUOUS BAKED PASTAS
P. 72

BIEN SÛR!
OUR SNOB-FREE
GUIDE TO PARIS
P. 22

CHOOSE
YOUR
WEAPON
HOW TO BE
YOUR OWN
BUTCHER
P. 26

GET YOUR FIX

16 EASY
DESSERTS
NO SHOPPING
REQUIRED
P. 96

THE WORLD'S
MOST LUSCIOUS
SANDWICH
P. 86

BECAUSE YOU NEED
SOMETHING HEALTHY

CORIANDER SCALLOPS
RED CABBAGE SALAD
AND OTHER LIGHT DINNERS

PIMIENTO
MACARONI
& CHEESE
P. 79

MARCH 2011

bonappetit.com

\$4.99US \$5.99FOR

03>

08632



0 754934 8

STARTERS

QUICK BITES
FROM THE
WORLD OF
BON APPÉTIT

GO GLOBAL

spice up your life

Used all over the world, spice blends can contain up to 50 ingredients, so these mixes are a quick way to add complex flavor to your cooking. Here are six classics worth trying.

1/ mustapha's ras el hanout

ORIGIN Morocco

INCLUDES Ginger, turmeric, rose

FLAVOR Warm and aromatic

GREAT FOR Baked halibut with olive oil; sautéing with onions for a rice pilaf
\$13 for a 1.6-ounce jar; chefshop.com

2/ spice islands herbes de provence

ORIGIN France

INCLUDES Basil, rosemary, lavender

FLAVOR Herbal and resinous

GREAT FOR Chicken soup; goat cheese with olive oil and garlic
\$6 for a 0.6-ounce jar; Wegmans and other major supermarkets

3/ spice house za'atar

ORIGIN Middle East

INCLUDES Sumac, thyme, sesame

FLAVOR Herbal and nutty

GREAT FOR Baked pita bread with olive oil and crumbled feta cheese
\$7 for a 4-ounce jar; thespicehouse.com

4/ house shichimi togarashi

ORIGIN Japan

INCLUDES Red pepper flakes, seaweed, sesame

FLAVOR Hot and fruity

GREAT FOR Scrambled eggs; mixing with mayonnaise for sandwiches or dips
\$2 for a .63-ounce jar; asianfoodgrocer.com

5/ mccormick five spice powder

ORIGIN China

INCLUDES Cinnamon, star anise, cloves

FLAVOR Sweet spice and licorice

GREAT FOR Caramel sauce; hot chocolate; roasted rack of lamb
\$7 for a 1.75-ounce jar; available at major supermarkets

6/ spice hunter jerk blend

ORIGIN Jamaica

INCLUDES Allspice, paprika, thyme

FLAVOR Sweet and hot spices

GREAT FOR Chicken; ribs; shrimp
\$6 for a 2-ounce jar; Whole Foods and major supermarkets —AMY ALBERT

