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A Food Odyssey ★ CULINARY CURIOS? HERE'S WHAT'S COOKIN' IN 2010

In the restaurant biz, a new year often means out with the old menus and in with the quail eggs. Some top chefs spill the beans about the ingredients and techniques that they—and you—will be testing out in the kitchen this year. Plus, find out which good eats your favorite CBS celebs love. — *Shelley Levitt*



*You'll discover the joys of freshly prepared beans. At **Cube Marketplace** in Los Angeles, chef **Erin Eastland** uses plump corona beans in a variety of dishes.*

*"The meaty texture of these beans makes them great for vegetarians," says Eastland. She serves the dish, below, cold in the summer, warm in winter. Vegetarian celeb **Jennie Garth** of **90210** loves a healthy but delicious meatless meal.*

BAKED CORONA BEANS WITH SAN MARZANO TOMATOES & FRESH SAGE

(Serves 4 as large side portions or 2 as main dish)

- ½ pound corona beans, soaked in plenty of cold water overnight (do not use canned beans in this recipe; they will fall apart while stewing)
- 4 cloves garlic, cut in half
- 1 large can (1 pound, 12 ounces) whole San Marzano tomatoes (or substitute peeled whole plum tomatoes in purée)
- ¼ cup good quality extra-virgin olive oil
- 2 bird's-eye chillies, finely crushed
- 5 sprigs sage
- Shaved Parmesan cheese (for garnish)
- Salt to taste

Preheat oven to 350 degrees. Place presoaked beans in a large pot filled with cold, lightly salted water. Bring to a boil, shut off the heat for 20 minutes and bring back to boil, continuing to cook until beans are cooked through, anywhere from 1½ to 3 hours.

In a separate mixing bowl combine tomatoes, garlic, olive oil, chillies, sage sprigs (stems and leaves) and a pinch of salt. Use a wooden spoon to break apart tomatoes and mix together.

Once beans are cooked, add ¼ cup of the cooking liquid to the tomatoes and drain the rest from the beans. Add beans to the tomatoes, taste for seasoning and add more chillies or salt if necessary. Transfer everything to an oiled baking dish, cover with foil and bake for 20 minutes until thick and bubbly. Serve drizzled with more olive oil and a good quality shaved Parmesan.



*You'll swap mashed potatoes for alternative nutrient-rich starches. Think quinoa, wheat-berries and spaghetti squash. This salad, served at **The Shores Restaurant** in La Jolla, Calif.,*

*features red quinoa, which is a "complete protein," packed with all nine essential amino acids. Svelte star **Robin Tunney** of **The Mentalist** enjoys low-cal, but filling, high-protein salads as part of her healthy diet.*

RED QUINOA SALAD

(Serves 2)

- 1 cup chicken broth
- ½ cup red quinoa
- 2 tablespoons butter
- ¼ cup chervil, finely chopped
- 2 tablespoons mint, finely chopped
- 2 tablespoons hazelnut oil
- 1 lemon, juiced
- Sea salt and freshly ground black pepper to taste

Bring chicken broth to boil in stockpot. Add red quinoa. Reduce to simmer. Cook until broth is absorbed. Remove from heat. Set aside and, when cool, combine butter, chervil, mint, hazelnut oil, lemon juice, salt and pepper.

FOR MORE HOT RECIPES AND RESTAURANT BUZZ, VISIT CHOW.COM.

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You'll take "cooking from scratch" to the next level. At **Temple Bar** in Cambridge, Mass., everything from mayo to pickles, sausage to bread, is made in-house. Here is chef Michael Scelfo's recipe for sweet pickles, adapted from his grandmother's recipe. And as brand-new mom **Alyson Hannigan** of **How I Met Your Mother** can attest, pickles are a pregnant girl's best friend!

GRANDMA ROSEMARY'S PICKLES

(Serves 4-6)



- 1 pound cucumbers, sliced thin
- 1 yellow onion, sliced thin
- 1 quart white vinegar
- ¼ cup sugar
- ¼ cup salt
- 12 garlic cloves, smashed
- ¼ cup pickling spice
- 6 fresh bay leaves

Slice cucumbers and onions; set aside in mixing bowl. Bring all other ingredients to a rapid boil for 3 minutes. Pour hot liquid and spices over cucumbers and onions. Weigh down with a plate if needed to make sure cucumbers are submerged, cover with plastic wrap. Refrigerate and enjoy when chilled.



You'll go green but keep things affordable when you entertain. And you'll do this with eco-friendly tapas, or small plates, using low-cost organic ingredients, says Rodney Herwerth, executive chef at **The Inverness Hotel**

in Englewood, Colo. These chicken skewers, which serve eight with only a pound of chicken breast, are an example. Environmentally conscious star **Josh Radnor** of **How I Met Your Mother** loves organic entertaining ideas.

MINTED ORGANIC CHICKEN & ROASTED RED PEPPER SKEWERS

(Serves 8)

- 1 pound boneless skinless organic chicken breast, cut into ½ inch pieces
- 1 cup plain, organic yogurt
- 2 tablespoons fresh mint, chopped
- 1 medium red pepper, cut into ½ inch pieces
- 2 cloves garlic, finely chopped
- 1 teaspoon red pepper flakes

Soak eight 6-inch wooden skewers in water for one hour. Thread chicken pieces onto skewers evenly, alternating with the red pepper. Place in shallow baking dish. Combine remaining ingredients until well blended, pour over skewers, and marinate in refrigerator for several hours. Preheat broiler to 375 degrees. Remove skewers from marinade and place on a baking pan. Broil skewers about 12 minutes until chicken is cooked, turning occasionally.



Other Foodie Trends

VEGETABLES AS DESSERT.

The opulent desserts at **The Inn at Dos Brisas** in Washington, Texas, include a dark chocolate devil's food cake with candied red beets, a caramel poached eggplant tarte tartin, and a tomato tasting, including tomato granita, tomato fritters and green tomato brûlée.

UPSCALE INGREDIENTS PAIRED WITH DOWNSCALE ONES.

Garrett Harker, owner of Boston's **Eastern Standard Kitchen & Drinks** restaurant, predicts you'll see combinations like lobster and pork belly and seared foie gras over sauerkraut showing up on menus.

ARTISAN SALTS USED PLAYFULLY.

At **mar'sel**, the signature restaurant at the new Terranea Resort in Rancho Palos Verdes, Calif., chef Michael Fiorello pairs the hiramasa crudo (amberjack yellowtail sashimi) with four different salts, including a pink sea salt from Australia and a Hawaiian black lava salt. (Fiorello's motto, which is tattooed on his forearms, is: "All you need to cook is love and salt.")

FOOD SYNERGY FOR NUTRITION.

The concept of combining ingredients to get maximum nutritional value is finding its way into restaurant menus and cookbooks. At Manhattan's **Rouge Tomato**, a culinary nutritionist works with the chef to create dishes like trout served with wilted arugula, citrus fruits and lentils, where the vitamin C in the arugula and fruit helps us absorb more of the fragile omega-3 fatty acid in the fish.

"CLEAN PALATE COOKING."

It's what celebrity chef **Nick Lorenz** (he's cooked for Halle Berry, Sean "Diddy" Combs and Steven Spielberg) calls the technique of letting pure flavors of food shine through without heavy sauces. In Lorenz's organic broccoli soup, sweetness and creaminess is rendered by healthy coconut milk, rather than the traditional cream.

QUAIL EGGS.

They add a luxurious touch to traditional dishes. The acclaimed chef José Andrés, of **The Bazaar** restaurant in Los Angeles, fries up a dozen at a time during brunch for his version of Huevos a la Cubana. "Quail eggs are so small and beautiful with wonderful yolks," Andrés says. "Try frying or poaching quail eggs and using them to top a salad."

