

# Double the Recipes: 132!

Double the  
DELICIOUS

# Cooking Light

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SPECIAL  
THANKSGIVING  
**DOUBLE  
ISSUE**

# Holiday Cookbook

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# Stews AND BREWS

**FOR CASUAL ENTERTAINING DURING THE HOLIDAYS,** nothing beats a comforting bowl of stew: It's conveniently make-ahead for the host and deliciously satisfying for guests. We offer up 5 classic stews, each expertly paired with a craft beer that will bring out the best—in both your food and your company.

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*Photography by* **JENNIFER CAUSEY**



**FLEMISH BEEF  
AND BEER STEW**

*Recipe p. 226*

## ◀ LAMB TAGINE WITH LEMON AND OLIVES

**Hands-on: 40 min.**

**Total: 1 hr. 50 min.**

- 2 pounds boneless leg of lamb, trimmed and cut into 1-inch pieces
- ¾ teaspoon kosher salt, divided
- ¼ teaspoon ground red pepper, divided
- 1 tablespoon olive oil, divided
- 1 cup chopped yellow onion
- 1 tablespoon minced peeled fresh ginger
- 1 teaspoon ground roasted cumin
- ½ teaspoon ground cinnamon
- ⅛ teaspoon crushed saffron threads
- 3 garlic cloves, minced
- 3 cups unsalted chicken stock
- 4 medium carrots, peeled and cut diagonally into 1-inch pieces
- ½ cup golden raisins
- 18 pitted green olives, rinsed, drained, and halved
- ¼ cup chopped fresh cilantro
- 3 tablespoons lemon juice
- 3 cups hot cooked whole-wheat couscous

1. Sprinkle lamb with ½ teaspoon salt and ⅛ teaspoon red pepper. Heat a large Dutch oven over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add half of lamb; sauté 5 minutes or until browned. Remove lamb from pan; place on a plate. Repeat with remaining lamb.
2. Add remaining 1 teaspoon oil to pan. Add remaining ⅛ teaspoon red pepper, onion, and next 5 ingredients (through garlic); sauté 2 minutes. Stir in lamb, any accumulated juices, and stock; bring to a simmer. Cover, reduce heat

to medium-low, and cook 15 minutes. Stir in carrots and remaining ¼ teaspoon salt. Partially cover; cook 1 hour. Add raisins and olives. Remove from heat; add cilantro and juice. Serve with couscous.

**SERVES 6** (serving size: ½ cup couscous and about ¾ cup stew)  
**CALORIES** 414; **FAT** 12.7g (sat 3.9g, mono 6g, poly 0.8g); **PROTEIN** 38g; **CARB** 37g; **FIBER** 3g; **CHOL** 95mg; **IRON** 4mg; **SODIUM** 530mg; **CALC** 63mg



## POSOLE

**Hands-on: 35 min.**

**Total: 1 hr. 55 min.**

- 2 stemmed seeded dried ancho chiles
- 2½ cups unsalted chicken stock
- 2 tablespoons olive oil, divided
- 2 pounds boneless pork shoulder (Boston butt), cut into 1-inch pieces
- 1 teaspoon kosher salt, divided
- 2 cups chopped white onion, divided
- 6 garlic cloves, minced
- 1½ teaspoons dried oregano
- ¾ teaspoon ground coriander
- ¾ teaspoon ground cumin
- 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- 2 (15-ounce) cans white hominy, rinsed and drained
- Cooking spray
- 3 (6-inch) corn tortillas, halved and cut into ¼-inch strips
- 1 cup thinly sliced radishes
- ½ cup fresh cilantro leaves

# 5



## Versatile Beers to Try

1. **SIERRA NEVADA KELLERWEIS HEFEWEIZEN** ABV 4.8%  
A smoky take on traditional German kellerweis. Try with red-meat stews.
2. **DOG FISH HEAD 60-MINUTE IPA** ABV 6%  
Hoppy but well balanced. Stands up to bold-flavored or spicy stews.
3. **NARRAGANSETT LAGER** ABV 5%  
Old-school, macro-lager style from Rhode Island. Goes well with pretty much anything.
4. **AECHT SCHLENKERLA EICHE** ABV 8%  
High-octane double bock with pronounced smoky, almost bacony flavor. Pair with hearty pork or beef stews.
5. **ROGUE SHAKESPEARE STOUT** ABV 6.1%  
Malt and chocolate notes; creamy mouthfeel. A good all-purpose stew pairing.

1. Heat a small skillet over medium heat. Add chiles to pan; cook 1 minute or until toasted, turning occasionally. Place chiles in a medium bowl; add 3 cups boiling water. Let stand 15 minutes. Drain chiles; discard liquid. Place chiles in a blender. Add stock; blend until smooth. Set aside.
2. Heat a large Dutch oven over medium heat. Add 1 tablespoon oil. Sprinkle pork with ½ teaspoon salt. Add half of pork to pan; cook 6 minutes or until browned, turning occasionally. Place browned pork on a plate. Repeat procedure with remaining pork.
3. Add 1 teaspoon oil to pan. Add 1½ cups onion and garlic; cook 3 minutes, stirring occasionally. Add oregano, coriander, and cumin; cook 30 seconds, stirring constantly. Add reserved chile mixture, tomatoes, pork and accumulated juices, and remaining ½ teaspoon salt; bring to a simmer. Reduce heat, and cook, partially covered, 1 hour. Stir in hominy; simmer, partially covered, 20 minutes or until pork is tender.
4. Preheat oven to 425°.
5. Coat a baking sheet with cooking spray. Toss tortilla strips with remaining 2 teaspoons oil. Spread strips on prepared baking sheet in a single layer; bake at 425° for 7 minutes or until strips are browned and crisp.
6. Place 1 cup stew in each of 8 bowls. Top each serving with 2 tablespoons radish and 1 tablespoon cilantro. Top servings with remaining onion and tortilla strips.

**SERVES 8**  
**CALORIES** 305; **FAT** 12.6g (sat 3.4g, mono 6.3g, poly 1.7g); **PROTEIN** 26g; **CARB** 20g; **FIBER** 4g; **CHOL** 76mg; **IRON** 3mg; **SODIUM** 520mg; **CALC** 55mg