

Potato Pancakes With Chunky Vegetable Stew

Bon Appétit | January 2003

Makes 4 servings.

Vegetable stew

1 tablespoon olive oil

1 cup chopped onion

2 garlic cloves, minced

1 1/2 teaspoons grated orange peel

1 teaspoon ground cumin

1/4 teaspoon dried crushed red pepper

12 ounces 1/2-inch cubes zucchini

1 28-ounce can diced tomatoes

1 15 1/2-ounce can garbanzo beans (chickpeas), rinsed, drained

12 Kalamata olives, pitted, chopped

Potato pancakes 2 pounds russet potatoes, peeled, coarsely grated, squeezed dry in towel
1/3 cup grated onion
2 tablespoons all purpose flour
Nonstick vegetable oil spray
4 teaspoons olive oil

For vegetable stew:

Heat oil in heavy large saucepan over medium-high heat. Add onion; sauté until tender, about 5 minutes. Add next 4 ingredients; stir 1 minute. Add zucchini and tomatoes with juices; bring to boil. Reduce heat and simmer until zucchini is tender, stirring occasionally, about 10 minutes. Add garbanzos and olives; simmer 3 minutes.

For potato pancakes: Preheat oven to 300°F.

Mix first 3 ingredients in bowl. Season with salt and pepper. Working in batches, spray large nonstick skillet with nonstick spray; add 1 teaspoon oil.

Heat over medium-high heat. Add potato mixture by 1/3 cupfuls, spreading each to 3-inch round. Cook until pancakes are brown, about 5 minutes per side. Transfer to baking sheet; keep warm in oven.

Place 3 pancakes on each of 4 plates.
Spoon stew over and serve.

Beets And Caramelized Onions With Feta

Gourmet | September 2003

This dish is a particularly good accompaniment to beef or lamb.

Active time: 20 min Start to finish: 45 min

Makes 4 first-course or side-dish servings.

2 tablespoons cider vinegar

1 teaspoon Dijon mustard (preferably whole-grain or coarse-grain)

1/4 teaspoon black pepper

3/4 teaspoon salt

5 tablespoons olive oil

1 lb onions (2 medium), quartered lengthwise, then cut crosswise into 1-inch pieces

2 (15-oz) cans small whole beets, drained and quartered (or halved if very small)

3 oz crumbled feta (1/2 cup) 1/4 cup pine nuts (1 oz), **toasted** and coarsely chopped

Whisk together vinegar, mustard, pepper, and 1/2 teaspoon salt in a large bowl, then add 3 tablespoons oil in a slow stream, whisking until combined well.

Cook onions with remaining 1/4 teaspoon salt in remaining 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden brown, 18 to 20 minutes. Add onions to dressing, then add beets and cheese, stirring gently to combine. Serve sprinkled with pine nuts.

Roasted Beet Salad With Oranges And Beet Greens

Bon Appétit | January 2004

The delicate beet greens — which are an excellent source of potassium, folic acid, and magnesium — make this dish even more healthful.

Makes 6 servings.

6 medium beets with beet greens attached

2 large oranges 1 small sweet onion, cut through root end into thin wedges 1/3 cup red wine vinegar 1/4 cup extra-virgin olive oil 2 garlic cloves, minced 1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges.

Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Pot Roast With Caramelized Onions And Roasted Carrots

Epicurious | December 2006

Suzanne Tracht; adapted by Adeena Sussman

Makes 6 servings.

For pot roast

1/2 cup canola oil

Kosher salt and freshly ground black pepper

5 pounds boneless short ribs, denuded (all surface fat removed; have your butcher do this)

1 cup dry sherry

4 carrots, peeled and roughly chopped

2 large onions, peeled and roughly chopped

8 stalks celery, peeled and roughly chopped

8 cloves garlic, unpeeled

1 bay leaf

About 8 cups (2 quarts) chicken stock or low-sodium chicken broth

For roasted carrots and caramelized onions

6 medium carrots (about 2 pounds) peeled, halved lengthwise, then halved horizontally

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

2 tablespoons canola oil

3 medium Spanish onions, sliced crosswise into 1/4-inch-thick slices (about 6 to 7 cups)

Prepare pot roast

Position racks in upper and lower thirds of oven and preheat to 350°F. Season beef liberally with salt and pepper. In large Dutch oven or heavy ovenproof pot over moderately high heat, heat oil until hot but not smoking. Add beef and sear until dark brown and crisp on both sides, about 10 minutes total. Transfer beef to large plate. Pour off oil in pan and discard.

Add sherry and simmer uncovered, scraping up browned bits on bottom of pan, until reduced by half, about 5 minutes. Pour reduced sherry into heatproof liquid measuring cup.

In same pan, combine carrots, onions, celery, garlic, and bay leaf. Lay beef on top of vegetable mixture and pour reduced sherry over. Add enough chicken stock to cover 3/4 of meat. Cover and transfer to lower rack in oven. Roast until fork-tender, about 3 hours.

While beef is roasting, prepare roasted carrots and caramelized onions

During final hour of roasting, in large bowl, toss carrots with olive oil until well coated. Season generously with kosher salt and freshly ground black pepper. Spread on baking sheet and transfer to upper rack in oven. Roast until slightly tender and browned, about 45 minutes. Transfer to large bowl and keep warm.

During final 30 minutes of roasting, in heavy 12-inch skillet over moderately high heat, heat canola oil until hot but not smoking. Add onions and sauté, stirring constantly, until caramelized, about 20 to 25 minutes. Season to taste with kosher salt, add to roasted carrots in large bowl, and keep warm.

Finish dish

When beef is tender, transfer to serving platter; tent with foil. Skim fat from liquid in pot. Strain liquid through fine-mesh sieve, pressing on solids with back of spoon to extract all juices, then discarding solids. Return liquid to pot, set over high heat, and bring to boil. Reduce heat to moderate and simmer, uncovered, until reduced slightly, about 5 minutes. Season juices to taste with salt and freshly ground black pepper.

Pour half of juices into bowl with carrots and onions; toss to combine. Pour other half of juices into gravy dish. Arrange carrots and onions around beef on serving platter and serve immediately, with extra juices on side.

Raw Beet And Apple Tabbouleh

Gourmet | September 1998

Serves 4 as a first course.

1 cup bulgur
1 1/3 cups boiling-hot water
2 small red beets
1 Granny Smith apple
1 cup packed fresh basil leaves
1/4 cup extra-virgin olive oil
1 1/2 tablespoons fresh lemon juice

In a large bowl stir together bulgur and boiling-hot water. Let mixture stand, covered, 30 minutes. While bulgur is standing, trim beets (reserve greens for another use) and peel. Using a mandoline or very sharp knife separately cut beets and apple into 1/8-inch-thick slices. Separately cut beet and apple slices into 1-inch-long julienne strips. In a blender or food processor puree basil with oil, lemon juice, and salt and pepper to taste until smooth. Fluff bulgur with a fork. Add beets, apple, and about 1/4 cup dressing, tossing to combine. Serve tabbouleh with remaining dressing on the side.