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AMERICA'S  
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# VEGAN COOKING for TWO



200+ Recipes for Everything You Love to Eat

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### Carrot Soup

WITH THAI CURRY PASTE AND TOFU CROUTONS

**SERVES 2**  
TOTAL TIME 45 minutes

- 2 tablespoons extra virgin olive oil, divided
- 3 carrots (8 ounces), peeled and cut into 1/2-inch pieces
- 1 tablespoon Thai red curry paste
- 1 cup vegetable broth, plus extra as needed
- 1 cup canned coconut milk
- 1 teaspoon firm or extra-firm tofu, patted dry and cut into 1/2-inch pieces, drained
- 1 tablespoon cornstarch
- 1 teaspoon grated lime zest (plus 2 tablespoons juice, plus lime wedges for serving)
- 1/4 cup chopped fresh cilantro

**WHY THIS RECIPE WORKS** This richly aromatic carrot soup flavored with Thai red curry paste, lime, coconut, and cilantro, left alone (aside from some it's stirred up into "croutons" that we sprinkle on top for contrasting crunch). While the soup simmers, the carrots cook quickly when simmered in both red and coconut milk, and once tender, the carrot mixture gets a little bit of the blender with a portion of the tofu. As for making the croutons, there's really nothing to it. An easy way to save 15 minutes: Don't stress the hell out of it, patting the tofu dry with paper towels before dredging the cubes in cornstarch is all that's needed to remove the excess surface moisture that might otherwise hinder crisping. Topped with the crispy tofu, fresh cilantro, and a squeeze of lime juice, this vibrant orange soup is an impressive, healthy, creamy-creamy mealtime study in contrasts. If you don't have a blender, an immersion blender or food processor will also work. For that 7-ounce block of tofu called for here, start by cutting a 14-ounce block of tofu in half crosswise. For ways to use up leftover coconut milk and tofu, see page 200.

- Heat 2 tablespoons oil in large saucepan over medium-high heat until shimmering. Add carrots and cook until softened and lightly browned, 5 to 7 minutes. Stir in curry paste and cook until fragrant, about 1 minute. Stir in broth and coconut milk, scraping up any browned bits, and bring to simmer. Reduce heat to medium, partially cover, and cook until carrots are tender, 8 to 10 minutes.
- Transfer carrot mixture and one-third of tofu pieces to blender and process until smooth, about 2 minutes, scraping down sides of blender jar as needed. Return soup to now-empty saucepan and return to final simmer over medium heat. Adjust consistency with extra hot broth as needed. Off heat, stir in lime zest and juice and season with salt and pepper to taste.
- Now remaining two-thirds of tofu pieces gently with cornstarch in bowl until well coated. Transfer to fine-mesh strainer and shake gently to remove excess cornstarch. Heat remaining 1 tablespoon oil in 10- or 12-inch nonstick skillet over medium-high heat until shimmering. Add tofu and cook, turning, until as needed, until crispy and lightly browned on all sides, 8 to 10 minutes. Transfer tofu to paper-towel-lined plate and season with salt and pepper to taste.
- Top individual portions of soup with tofu and cilantro. Serve with lime wedges. (Soup, prepared through step 2, can be refrigerated for up to 3 days; croutons take 10 minutes just before serving.)

#### Kitchen Improv

##### USE WHAT YOU'VE GOT

Substitute yellow or green Thai curry paste for red. Substitute other fresh herbs, such as mint, cilantro, or dill, for cilantro.

##### LEVEL UP

Top with toasted nuts or seeds. Drizzle soup with arachis or your favorite hot sauce.





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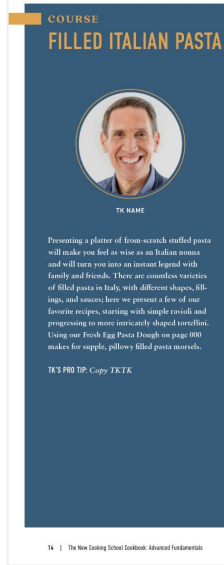
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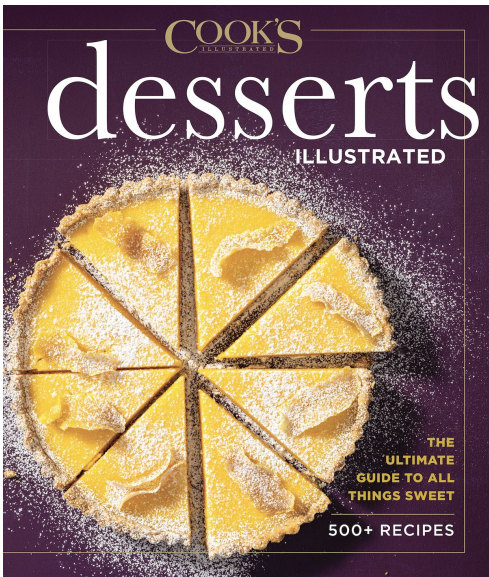
**PERFECT FOR** serious home cooks, readers of *The Food Lab* and *Salt, Fat Acid Heat*, and culinary school wannabes.

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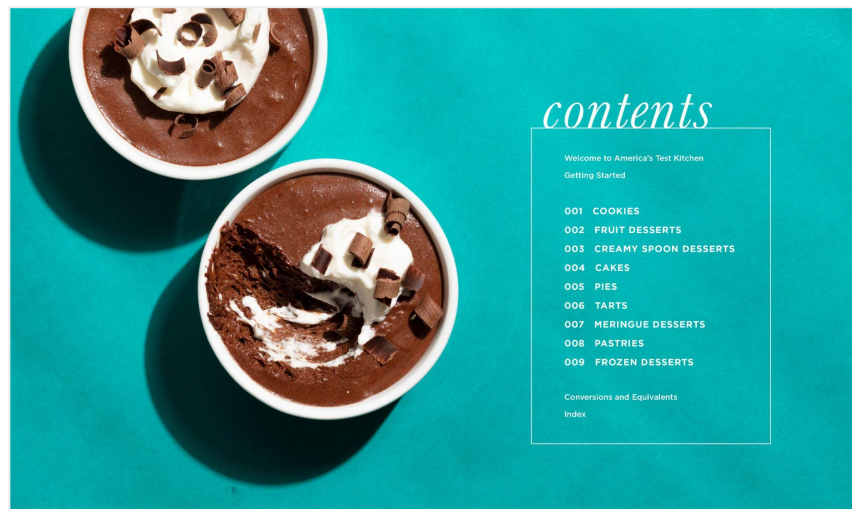
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#### CHOCOLATE SOUFFLÉ

Serves 6 to 8 | 2-quart soufflé dish  
**WHY THIS RECIPE WORKS:** The moisture of a great chocolate soufflé lies in the balance: too much of the chocolate, egg whites, egg yolk, and butter; too little, and you're left with a base of bitterness. However, the milk in this recipe cuts into the flour of the chocolate. This serves to open up the base and milk, using significantly more chocolate, and reducing the butter. Creating an edge from both by heating the yolk with sugar until thick and folding that into our chocolate-butter mixture resulted in a soufflé with plenty of volume. Beating the egg whites to stiff peaks contributed most of it.

- 4 tablespoons unsalted butter, cut into ½-inch pieces, plus 1 tablespoon, softened, for dish, divided
- ½ cup (2½ ounces) sugar, plus 1 tablespoon for dish, divided
- 2 ounces heavy cream or sweetened condensed, whipped cream
- 1 tablespoon orange-flavored liqueur, such as Grand Marnier
- ½ teaspoon vanilla extract
- ½ teaspoon table salt
- 6 large eggs, separated, plus 2 large yolks
- ½ teaspoon cream of tartar



Skillet Lemon Soufflé

1. Adjust oven rack to lower-middle position and heat oven to 375 degrees. Grease 2-quart soufflé dish with softened butter, then coat dish evenly with 1 tablespoon sugar; refrigerate until ready to use.

2. Melt chocolate cut remaining 4 tablespoons butter in medium heavy-bottomed bowl set over steaming pot of water. Cook until fully melted, then strain mixture occasionally until smooth. Stir in liqueur, vanilla, and salt as noted.

3. Using an electric mixer with paddle, beat egg yolks and remaining ½ cup sugar on medium speed until thick and pale yellow, about 3 minutes. Fold in chocolate mixture.

4. Using clean, dry mixer bowl and whisk attachment, whip egg whites and cream of tartar on medium-low speed until firming, about 1 minute. Increase speed to medium-high and whip until stiff peaks form, 3 to 4 minutes. Using silicone spatula, vigorously mix one-quarter of whipped whites into chocolate mixture. Gently fold in remaining whites until just incorporated. Transfer mixture to prepared dish. Do not overfill; dish should contain batter to at least 1 inch of space between top of batter and rim of dish. Decorate peaks with butter, beat until fragrant, fully risen, and stiffening to hot mixture to seal dish before and during bake and keep warm, about 27 minutes. To check doneness, use 2 large spoons to gently pop top and peek inside; batter immediately.

**Mocka Soufflé**  
 Add 1 tablespoon instant espresso powder dissolved in 1 tablespoon hot water with liqueur to step 2.

#### SKILLET LEMON SOUFFLÉ

Serves 6 | 10-inch oven-safe skillet  
**WHY THIS RECIPE WORKS:** Instead of piping soufflés in the shape of everyday cooking, we decided to first see if we could make one in a skillet. We added a little flour to a simple base of whipped egg whites to keep the soufflé mixture rather than heavy. Lemon soufflé takes the fat of chocolate soufflé's lemon juice and just increased egg whites that stayed through the easy bake. We folded in beaten egg whites and poured the mixture into a buttered skillet. After a few minutes on the stovetop the soufflé was just set around the edges and on the bottom, so we moved the skillet to the oven to finish. A few minutes later our soufflé was puffed, golden on top, and crispy in the middle. Don't panic the more done during the first 7 minutes of baking, but do check the soufflé regularly for doneness during the final few minutes in the oven. Using a toothpick (not a skewer) is essential to getting the right texture and height in the soufflé.

#### TUTORIAL Chocolate Soufflé

Think chocolate soufflé is a desert Master Level? Think again. So few soufflés make it to the table.



1. Grease 2-quart soufflé dish with softened butter, then coat dish evenly with 1 tablespoon sugar; refrigerate until ready to use.

2. Using clean mixer bowl with paddle, beat egg yolks and remaining sugar on medium speed until thick and pale yellow, about 3 minutes. Fold into chocolate mixture.

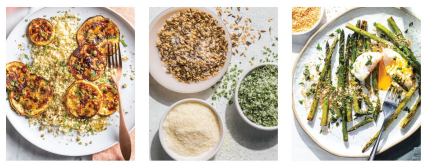
3. Whip egg whites and cream of tartar to stiff peaks. Using silicone spatula, vigorously mix one-quarter of whipped whites into chocolate mixture.



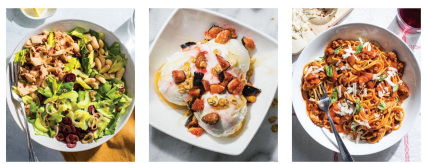
4. Gently fold in remaining whites until just incorporated.

5. Transfer mixture to prepared dish.

6. Bake until fragrant, fully risen, and crispier on top but interior is still a bit brown and creamy. Let sit for 5 minutes, about 2 minutes. Use a toothpick, skewer, or 2 large spoons to gently pop top and peek inside.



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## lablabi

SERVES 4 TO 6 | TOTAL TIME: 1 HR PLUS 8 HRS SOAKING

why this recipe works Chickpeas, lentils, or mussels—so served with this sauce for exceptionally satisfying Turkish chickpea soup. And it's really all about the chickpeas. They're immersed in only water until they're just tender and then flared because of the sauce. Traditional varieties (garlic, carrots, and harissa paste) are added to the final minutes of simmering for an invigorating boost. The soup is traditionally enhanced with extra for a final, crusty bread, one of the most common, is highly recommended to soak up all the delectable broth. A splash of lemon and a dollop of additional harissa are also traditional and add freshness. From there, there are myriad other toppings that can make the dish as filling as you wish. Some hard-cooked eggs to connect turns. Don't be afraid to try several different combinations.

- 1 pound (2½ cups) dried chickpeas, picked over and rinsed
- 1 onion, chopped fine
- ½ cup harissa (page 200), divided
- 4 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon table salt
- 2 tablespoons lemon juice, plus lemon wedges for serving
- ½ cup chopped fresh cilantro (optional)

- 1 Combine chickpeas and 2 quarts water in large container. Drain and soak at room temperature for at least 8 hours or up to 24 hours. Drain and rinse well.
- 2 Bring chickpeas and 10 cups water to boil in Dutch oven. Reduce heat and simmer, skimming occasionally until chickpeas are just tender, 20 to 45 minutes. Drain any liquid over base water or from bottom surface of liquid as beans cook.
- 3 Stir in onion, ½ cup harissa, garlic, cumin, and salt and cook until fragrant. Beans are softened and chickpeas are tender, 10 to 15 minutes. Off heat, stir in lemon juice and season with salt to taste. Divide soup among individual bowls and top with cilantro, if using, and remaining ½ cup harissa. Serve.

### PANTRY HERO

see what you have any dried beans would work instead of the chickpeas.

level up Serve with crusty bread, drizzled with extra virgin olive oil, topped with flaked, corned tuna, pickled green olives, lemon wedges, hard-cooked eggs, or chickpea.

## flat hand-pulled noodles with chill oil vinaigrette (biang biang mian)

SERVES 4 TO 6 | TOTAL TIME: 1½ HOURS, PLUS 12 HOURS RESTING

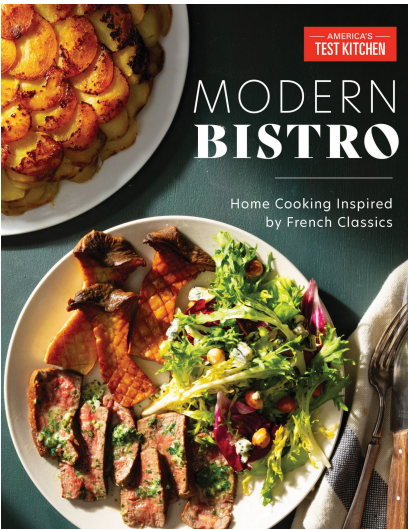
- 1½ cups (3½ ounces) broad flour
- 1½ tablespoons salt, plus salt for kneading dough
- 1 egg yolk
- 2 tablespoons vegetable oil
- oil for deep-frying
- 10 to 12 wide, round, ground-flour 1½-inch-wide egg
- 2 garlic cloves, minced
- 1 to 1½ inch piece fresh ginger, minced (optional)
- 1½ tablespoons Sichuan peppercorns
- 1½ tablespoons Sichuan peppercorn oil
- 1½ tablespoons soy sauce
- 2 tablespoons rice wine
- 2 tablespoons black vinegar
- 2 tablespoons sesame-seed oil
- 1 tablespoon sugar



why this recipe works Biang-biang noodles are a classic dish from the Sichuan province of China. They are hand-pulled, but unlike the noodles that are pulled with a long rope and cut into 1/8-inch-wide strips, the biang-biang noodles are pulled by hand and cut into 1/2-inch-wide strips. The name biang-biang comes from the sound of the noodles being pulled. The dough is pulled into a long, thin rope and then cut into 1/2-inch-wide strips. The noodles are then deep-fried in oil and served with a spicy sauce. The sauce is made with a combination of Sichuan peppercorns, garlic, and other ingredients. The noodles are then served with a variety of toppings, including vegetables, meat, and seafood.

- 1. For the dough: In a large bowl, combine flour and salt and mix with your hands until the mixture is uniform. Add egg yolk and oil and mix until the mixture is uniform. Knead the dough for 10 to 15 minutes. Roll the dough into a long, thin rope and then cut into 1/2-inch-wide strips. The noodles are then deep-fried in oil and served with a spicy sauce.
- 2. For the sauce: In a small bowl, combine garlic, ginger, Sichuan peppercorns, and Sichuan peppercorn oil. Add soy sauce, rice wine, black vinegar, and sesame-seed oil. Mix well and set aside.
- 3. For the noodles: Roll the dough into a long, thin rope and then cut into 1/2-inch-wide strips. The noodles are then deep-fried in oil and served with a spicy sauce.
- 4. To finish: Heat oil in a large skillet and fry the noodles until they are golden brown. Drain the noodles and toss with the sauce. Serve immediately.





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braised beef with carrots and onions (page 500)

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## CHOUROUTE GARNIE

serves: 8  
 total time: 3½ hours

- 2 tablespoons tart, bacon fat, or extra-virgin olive oil
  - 1 onion, sliced thin
  - 1 teaspoon kosher salt, divided
  - 1 (12-ounce) smoked ham hock
  - 1 cup dry white wine
  - 5 garlic cloves, crushed and pressed
  - 6 sprigs fresh thyme
  - 1 pound skinless pork belly, cut into 2 equal pieces, each cut trimmed to ½ inch
  - 1 teaspoon pepper
  - 2 pounds sauerkraut, rinsed and squeezed dry
  - 1 teaspoon caraway seeds
  - 14 ounces Kielbasa sausage, cut into 4 equal pieces (about 5-inch segments)
  - 12 ounces cooked bratwurst, each sausage halved crosswise
- Whole-grain mustard
- 1 Adjust oven rack to middle position and heat oven to 325 degrees. Heat oil in Dutch oven over medium heat until shimmering. Add onion and 1 teaspoon salt and cook until just softened, about 6 minutes. Remove pot from heat.
  - 2 Add ham hock, wine, garlic, and thyme sprigs to pot. Sprinkle pork belly with pepper and remaining ½ teaspoon salt, then add to pot. Cover completely if pot is not fully sauerkraut. Then sauté with caraway seeds. Cover pot, transfer to oven, and cook for 1½ hours.
  - 3 Remove pot from oven and sear Kielbasa and bratwurst until seared. Cover, return to oven, and continue to cook until sausages are hot throughout and pork belly is tender when pierced with paring knife, about 45 minutes longer. Remove pot from oven and let rest, covered, for 20 minutes.
  - 4 Transfer sauerkraut to shallow platter; place sausages on top. Discard thyme sprigs. Slice pork belly thin crosswise and add to platter. Remove meat from ham hock, slice thin, and add to platter, discarded bone. Serve with mustard.

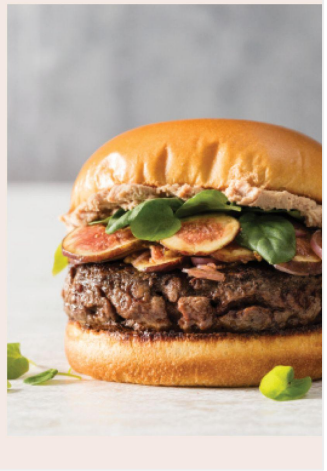
beef, pork & lamb 33

## BISTRO BURGERS WITH PATE, FIGS, AND WATERCRESS

serves: 4  
 total time: 40 minutes

- 8 ounces figs, trimmed and sliced thin
  - 1 small onion, halved and sliced thin
  - 2 teaspoons balsamic vinegar
  - 1 teaspoon honey
  - 1½ pounds 85 percent lean ground beef or 1 recipe Ground Beef–Cheese Burger Blend (page 000)
  - 10 teaspoons table salt
  - 1½ teaspoons pepper
  - 1 teaspoon vegetable oil
  - 8 ounces chicken or duck liver pâté
  - 4 hamburger buns, toasted if desired
  - 2 ounces (2 cups) watercress
- 1 Adjust oven rack to middle position and heat oven to 350 degrees. Combine figs, onion, vinegar, and honey in bowl; set aside for marinating.
  - 2 Divide ground beef into 4 lightly packed balls, then gently flatten into 1-inch-thick patties, using your fingers; press center of each patty down until about ½ inch thick, creating slight oval.
  - 3 Sprinkle patties with oil and pepper. Heat oil in 12-inch skillet over high heat until just smoking. Using spatula, transfer patties to skillet, stud side up, and cook until well browned on first side, 2 to 4 minutes. Gently flip patties and continue to cook until well browned on second side, 2 to 4 minutes. Transfer patties to rimmed baking sheet, drizzle side down, and slice each burger top later 120 to 125 degrees (for medium-rare) or 130 to 135 degrees (for medium). 3 to 4 minutes. Transfer burgers to platter and let rest for 5 minutes.
  - 4 Spread pâté evenly over bun tops. Serve burgers on buns, topped with fig mixture and watercress.

6 modern bistro cooking



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### Cheese Ravioli with Pumpkin Cream Sauce

**WHY THIS RECIPE WORKS:** This dumpling of a dish looks like something you'd order at a restaurant, but it's easily made at home with fresh egg pasta sheets to wrap fresh and healthy Three-Cheese ravioli, filled with a luscious blend of ricotta, butternut, and Parmesan cheeses, to go with a creamy pumpkin sauce and then topped with homemade butter infused with hazelnuts and crisp sage leaves for a dish that captures the essence of autumn. The hazelnuts go right in the butter as the latter browns, making for a deeply flavored finishing drizzle. And the crisp sage leaves are an aromatic and elegant garnish. Make sure to purchase unsalted pumpkin puree, which contains no sweeteners or added spices. If you don't have a pot that holds 6 quarts, cook the ravioli in two batches, use the first batch with sauce in a skillet and cover to keep warm while cooking the remaining ravioli. To make ravioli, see page 90.

Serves 4 to 6  
Total Time  
45 minutes



- 5 tablespoons unsalted butter, divided
- 1/4 cup blanched hazelnuts, chopped
- 12 fresh sage leaves
- 1 teaspoon sherry vinegar
- plus 1/2 teaspoon table salt, divided, plus salt for cooking pasta
- 1 cup finely chopped butler
- 1/2 teaspoon ground nutmeg
- 1 cup heavy cream
- 1 cup canned unsweetened pumpkin puree
- 10 pounds fresh ravioli with Three-Cheese Filling (page 90)
- 1 ounce Parmesan cheese, grated (1/2 cup)

- 1 Melt 4 tablespoons butter in 12-inch nonstick skillet over medium heat. Add hazelnuts and sage and cook, swirling skillet constantly, until sage is crispy, about 5 minutes. Using tongs, transfer sage to paper towel-lined plate; continue to cook butter and hazelnuts until both are browned and fragrant, about 1 minute longer. Transfer to hot-cupped bowl and set vinegar and 1/2 teaspoon salt.
- 2 Melt remaining 1/2 tablespoon butter in now-empty skillet over medium heat. Add shallot, nutmeg, and remaining 1/2 teaspoon salt and cook, stirring occasionally, until shallot is softened, about 3 minutes. Stir in cream and pumpkin and bring to simmer. Cook until thickened, about 5 minutes. Off heat, stir in Parmesan.
- 3 Meanwhile, bring 6 quarts water to boil in large pot. Add ravioli and 1/2 tablespoon salt. Cook, monitoring gentle boil, until ravioli are just tender. Using colander spoon or wire skimmer, transfer ravioli to skillet. Add 2 tablespoons cooking water and gently toss to coat, adjusting consistency with extra cooking water as needed. Serve, topped with sage and hazelnut butter.









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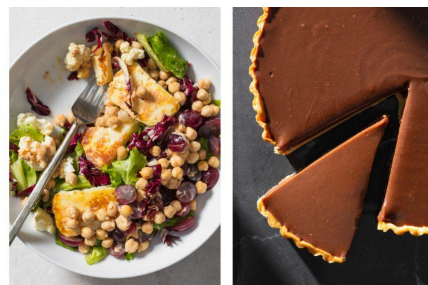
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<b>EPISODE ONE</b> <b>Ultimate Yule Log</b> Caramel-Espresso Yule Log with Meringue Brûlée-Style Muffins and Chocolate Cumbles 1161	<b>EPISODE TEN</b> <b>Eggs Around the World</b> Cilbir 1146 Xihongshi Chao Jidan 1145 Matzo Brei 1149	<b>EPISODE NINETEEN</b> <b>Deus Chorus</b> Choux au Craquelin 1158 Gnocchi à la Parisienne with Asparagus, Tomatoes, and Olives 1155
<b>EPISODE TWO</b> <b>Porchetta-Style Turkey and Fennel</b> Porchetta-Style Turkey Breast 1126 Roasted Fennel 1144	<b>EPISODE ELEVEN</b> <b>Chocolate Tart and Ice Cream</b> Milk Chocolate Crèmeux Tart 1158 Sweet Cream Ice Cream 1154	<b>EPISODE TWENTY</b> <b>Hearty Soup and Salad</b> New England Fish Chowder 1120
<b>EPISODE THREE</b> <b>Breakfast of Champions</b> Omelet with Cheddar and Chives 1148 Fresh Bulk Sausage 1147 Deluxe Blueberry Pancakes 1150	<b>EPISODE TWELVE</b> <b>Chicken Two Ways</b> Chicken Francaise 1154 Roasted and Glazed Chicken Wings 1125	<b>EPISODE TWENTY-ONE</b> <b>Grilled Short Ribs and Vegetable Casserole</b> Grilled Boneless Beef Short Ribs 1140 Bran 1124
<b>EPISODE FOUR</b> <b>Two Simple Pastas</b> Orecchiette with Broccoli Rabe and Sausage 1132 Pasta Cacio e Uova 1131	<b>EPISODE THIRTEEN</b> <b>Thanksgiving for a Small Group</b> Roast Whole Turkey Breast with Gravy 1125 Oatmeal Dinner Rolls 1156	<b>EPISODE TWENTY-TWO</b> <b>Light Summer Meal</b> Grilled Boneless, Skinless Chicken Breasts 1142 Berry Granita 1165
<b>EPISODE FIVE</b> <b>Beef Wellington</b> Beef Wellington 1129	<b>EPISODE FOURTEEN</b> <b>Pork Chops and Maple Cake</b> Pan-Seared Thick-Cut, Bone-In Pork Chops 1129 Pouding Chômeur 1160	<b>EPISODE TWENTY-THREE</b> <b>Blackened Chicken and Roasted Okra</b> Blackened Chicken 1124 Roasted Okra 1144
<b>EPISODE SIX</b> <b>Italian Sweets</b> Stuffed 1163 Pistachio-Spice Biscotti 1157	<b>EPISODE FIFTEEN</b> <b>Scandinavian Brunch</b> Kanelbullar 1153 Gravlax 1148	<b>EPISODE TWENTY-FOUR</b> <b>Cherry and Berry Desserts</b> Fruit Hand Pies 1166 Apple-Blackberry Betty 1166
<b>EPISODE SEVEN</b> <b>Stir-Fry and Congee</b> Stir-Fried Beef and Gai Lan 1138 Congee 1150	<b>EPISODE SIXTEEN</b> <b>Parathas and Pakoras</b> Aloo Parathas 1139 Pakoras 1137	<b>EPISODE TWENTY-FIVE</b> <b>Spanish Summer Supper</b> Pinchos Morunos 1141 Pa amb Tomàquet 1146 Rosé Sangria 1156
<b>EPISODE EIGHT</b> <b>Hearty Alpine Fare</b> Tartiflette 1114 Pancetta 1153	<b>EPISODE SEVENTEEN</b> <b>Seafood Feast</b> Cataplana 1120 Garlicky Broiled Shrimp 1131	<b>EPISODE TWENTY-SIX</b> <b>Puerto Rican Cookbook</b> Grilled Chicken with Adobo and Sazon 1143 Pastelón 1123
<b>EPISODE NINE</b> <b>French Pastries</b> Bretun Kouign Amann 1151 Madeleines 1157	<b>EPISODE EIGHTEEN</b> <b>Spring Chicken Dinner</b> Roast Chicken with Couscous, Roasted Red Peppers, and Basil 1122 Rhubarb Upside-Down Cake 1159	

Photos (clockwise from top left): Hearty Green Salad with Chickpeas, Pickled Cauliflower, and Seared Halloumi; Milk Chocolate Crèmeux Tart; Tartiflette (French Potato and Cheese Gratin); and Porchetta-Style Turkey Breast