

Chowdown



1 | EMIGRE | CHOWDOWN



Twenty-one recipes by **Zuzana Licko.**
 Editing and foreword by **Maria Zizka.**
 Chowdown picture font by **Tucker Nichols.**



DOBRÚ CHUŤ

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Foreword by Maria Zizka:**It all started with a letter.**

More than a decade ago, when I was an undergraduate at UC Berkeley, a cute guy I had a crush on wrote a fan letter to his favorite type foundry: Emigre. I remember he figured that his note would wind up in a stack somewhere, unread and lost in the shuffle. Shortly after he sent it, however, a thoughtful and kind reply came back from Rudy VanderLans. The cute guy was elated.

Many years went by; I lived in Italy, then Los Angeles, and New York. The cute guy became my husband and we moved into a little apartment in North Berkeley, not far from where we first met as students. All the while, he kept up his correspondence with Emigre and he must have mentioned that we were back in town, because one day he received an email from Zuzana Licko. You should have seen the delight on his face. Zuzana wrote to tell him about an event happening that week in San Francisco. The authors of a recently published cookbook were going to speak about how they made their book, and she was going to be there. You can imagine how desperately he wanted to attend and meet one of his heroes. Ironically, he had already committed to teach an introduction to typeface design class on the very same evening as the event. But, as it turned out, I could go. And that is how I came to have the great fortune of meeting Zuzana in person. I adored her instantly and felt a close kinship—we both had family roots in Czechoslovakia, we shared a similar sense of humor, and, perhaps most importantly, we both really loved to cook.

I am a cookbook author and recipe developer. Every day I work on recipes—creating, writing, editing, and testing them. Recipe-writing is a highly specific type of writing. There are certain long-standing rules that you might have noticed when following your favorite recipes. For example, ingredients are listed in the order in which they are used. If several ingredients are added at the same time, the best practice is to list

them from greatest quantity to smallest, which is a convention dating back to early recipe-writing days. Publishers also follow house style guides that dictate every detail, including punctuation (do you use the series comma?), spelling (are tsp and Tbsp abbreviated or spelled out?), syntax (is the word *the* dropped due to space constraints?), and everything else you can imagine. On top of all that, each recipe writer has a unique voice that should come through loud and clear. If you look closely enough, a recipe is like a fingerprint, with little hints telling you so much about how that person cooks. Do they put or place ingredients? Do they measure salt by the quarter-teaspoon or do they season to taste? When I work on a collection of recipes, I make sure they all follow the same system and therefore fit together like pieces of a puzzle.

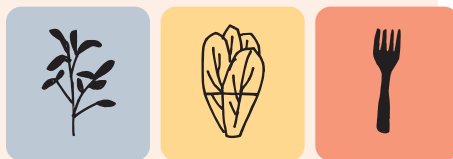
You cannot write an excellent recipe without having someone else test it. The value of a recipe hinges on its replicability. Professional recipe testing involves verifying yields, doneness cues, and cooking times, not to mention accounting for differences in equipment, revising instructions for clarity, and foreseeing potential pitfalls. I often collaborate with chefs, and the recipes used in restaurants yield enormous quantities (like 48 quarts of soup), so there's significant scaling down and adjustments to cooking time that must happen. My greatest skill as a recipe tester is that I am—and always have been—an avid home cook. I completely understand what it's like to cook at home. I wash every single dish I dirty, I own a limited number of kitchen tools, and, like most people, I need to go to the market to buy my groceries. So, when a chef tells me about a recipe that involves bringing two separate large pots of salted water to a boil, I interrupt them to say that a home cook probably doesn't have two large pots—could we just use one? When a recipe calls for chopping bunches of herbs in a food processor, I ask, can this step be done by hand with a knife? And if a recipe requires tayberries, black garlic, or some other esoteric ingredient, you can bet I'm the first to raise my hand in protest. I take my role as the

voice-of-reason very seriously, because I believe that when you go through the effort and expense of buying ingredients and following a published recipe, you should feel confident about the outcome. Isn't the whole point of putting a recipe out in the world to share the joy and triumphs with another person? To say, I made a beautiful, delicious meal and I want to show you how you can do it too.

I've learned many lessons about cooking (and about life) from the brilliant people I've had the pleasure of working with on projects. One of the best parts of my job is that I continue learning; each new project brings new insights. My cookbook, *The Newlywed Table*, was published in 2019 by Artisan Books, and my husband, Graham Bradley, designed it and created custom lettering for the cover and chapter titles. While collaborating with him, I realized that cookbooks and typefaces have a great deal in common. Both are collections of individual pieces that function as a whole. Both require extensive editing and careful refinement. The best recipes are organized sets of clear, easy-to-follow instructions that anyone can understand and use. And the best typefaces are cohesive, self-evident compilations that inspire everyone to use them.

When Zuzana first showed me the notebook that she keeps in the kitchen to record her own recipes, it was clear to me that she put the same time and attention into the recipes as she did for her typefaces. If you appreciate Emigre fonts for their extraordinarily expressive qualities, then you will love these recipes. I am so honored I had the chance to help bring them to life and share them with you.

Happy cooking!



Intro by Zuzana Licko:

WHEN I FIND AN INTERESTING RECIPE TO TRY,

I confess to often improvising before the dish is on the table. When the results are satisfying, I write down what I did, hoping that my future self will follow these instructions. This has resulted in many notebooks, with scribbled comments on sticky notes and index card attachments filled with recipes that my husband, Rudy VanderLans, and I have been enjoying over the years. Now we're sharing some of our favorites with you in this collection.

We've envisioned publishing a selection of these recipes as a type catalog for some time, and the project finally crystallized after meeting food writer **Maria Zizka**, author of *The Newlywed Table*. The connection came through type design, as recounted in Maria's preceding introduction.

When choosing the recipes, we selected our standbys, the ones that can be made for a crowd or be made into versatile leftovers for a crowd of one. We also focused on recipes that can be made year-round with commonly available ingredients.

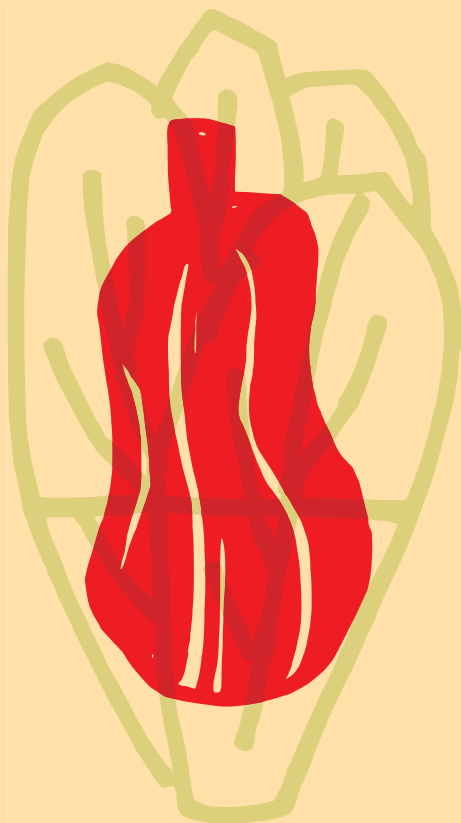
And I should mention a couple of notes about my cake ingredients. You may notice these cakes are somewhat low on sugar because I enjoy them as energy snacks, rather than dessert. And instead of butter, my snack cakes use oil. I began this substitution for health and environmental reasons, to take some of the guilt out of the pleasure, and I ended up liking the flavor that olive oil adds, so I use extra-virgin olive oil. In fact, all recipes in this cookbooklet are free of dairy butter.

As you read through the recipes, their format may seem unfamiliar. The ingredients are itemized throughout the instructions, rather than presented in a separate listing. (We highlighted the ingredients in red to emphasize.) This is how I write recipes down for myself, how I find them easiest to follow, and I hope you will too.

This project also gave us an opportunity to work with artist **Tucker Nichols**, who developed the pictograms that are sprinkled throughout these pages, which we are making available as a

picture font named “Chowdown.” We have long admired Nichols’ signature drawing style that brings its endearing whimsy to these everyday culinary subjects. And, of course, we have taken this opportunity to show how various text fonts from the Emigre type library can present recipes, offering some tastings of their individual flavors.

BON APPÉTIT



OATMEAL BREAKFAST PARFAIT



ALL YOU HAVE TO DO is remember to assemble this *parfait* the evening before you’d like to eat it, and you will be rewarded with a delicious breakfast. It’s especially welcome in the summer, when you don’t feel like cooking hot oatmeal. I like to serve these in wide-rimmed glasses for a nice presentation.

MAKES 1 SERVING

VEGETARIAN

- For each serving, mix together in an individual glass:
 - **¼ cup (25g) old-fashioned rolled oats**
 - **1 Tbsp ground flaxseed**

.....
- Scatter on top:
 - **1 tsp chopped almonds**
 - **1 tsp chopped walnuts**

.....
- Then pour in enough liquid so the oat mixture is just covered:
 - **peach juice, as needed**

.....
I like to use peach juice, but any juice or milk will do the job.
- Cover and let soak overnight. If you use a perishable milk, then refrigerate while soaking.
- The next morning, add as much yogurt as you like, plus some jam or fruit, and breakfast is ready.

OATMEAL WITH APPLES AND FARRO



I LOVE APPLES IN MY HOT OATMEAL, and my favorite cooking apple is the *Pippin*. When Pippins are in season, from October to December, I slice and cook them up with brown sugar, and freeze them, portioned out for this recipe. And when I cook farro for a salad or side dish, I make extra to have on hand for this recipe as well.

SERVES 6

VEGETARIAN

- 1** Combine in a 3-quart nonstick pot:
 - **1¼ cups (115g) old-fashioned rolled oats**
 - **½ cup (55g) ground flaxseed**
 - **1 tsp ground cinnamon**
 - **pinch of salt**

.....
- 2** Place the pot over medium-high heat. Pour in:
 - **2 cups (480ml) low-fat milk**

.....
- 3** Once the milk comes to a simmer, stir in:
 - **½ cup (100g) cooked farro** (or *cooked brown rice*)
 - **3 Tbsp (40g) brown sugar**
 - **½ cup (130g) cooked sliced apples** (SEE HEADNOTE)
 - **½ cup (50g) raisins**
 - **1¼ cups (300ml) water, plus more as needed**

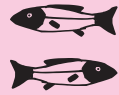
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SMAKLIG MÅLTID

- 4** Cook for 5 to 7 minutes, stirring occasionally, until the oats are as soft as you like. You can add a little more water if you prefer a looser consistency.
- 5** Serve right away. Store any leftovers in an airtight container in the refrigerator for up to 3 days. When reheating leftover oatmeal, I like to add a splash of milk. The microwave does the job in 2 to 3 minutes.

KAVIAR SPREAD SANDWICHES



KAVIAR SPREAD (FISH ROE PASTE) is a popular Swedish staple that is now readily available in the US. You can find it in any IKEA store alongside other Swedish snacks. If you like smoked fish, you may enjoy kaviar spread's unique flavor, as well as the convenience (and fun!) of its squeeze tube packaging.

Here are two of our favorite sandwiches to make with kaviar spread.

MAKES 1 SANDWICH

PESCETARIAN

CREAM CHEESE AND KAVIAR SANDWICH

- Using a toaster or broiler, toast:
 - **2 slices whole-wheat bread or 1 bagel, sliced open**

- On one slice of toast, or both sides if using a bagel, spread an even layer of each:
 - **cream cheese**
 - **kaviar spread**

- Then assemble the sandwich by stacking:
 - **¼ tsp dried or chopped fresh dill**
 - **a few thin slices of green onion**
 - **1 small tomato, thinly sliced (optional)**
 - **lettuce or salad greens**

- Close the sandwich with the second slice of toast. Cut in half and serve. Serve open-faced if using a bagel.

EGG AND KAVIAR SANDWICH

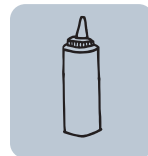
- Using a toaster or broiler, toast:
 - **2 slices whole-wheat bread**

- On one slice of toast, spread a thin layer of:
 - **kaviar spread**

- Then assemble the sandwich by stacking:
 - **¼ tsp dried or chopped fresh dill**
 - **a few thin slices of green onion**
 - **1 hard-boiled egg, peeled and sliced**
 - **1 to 2 slices of cheese such as Jarlsberg or Gouda (optional)**
 - **lettuce or salad greens**

- On the second slice of toast, spread a thin layer of each:
 - **mayonnaise**
 - **mustard**

- Close the sandwich with the second slice of toast. Cut in half on the diagonal and serve.



Peanut Butter and Cucumber Sandwich



THIS ONE BARELY REQUIRES A RECIPE, but we're including it for its unusual combination of *peanut butter* and *hot sauce*, which is a classic flavor pairing in Indonesian cuisine. We're very glad it entered our repertoire from my husband's Dutch roots.

MAKES 1 SANDWICH

PESCETARIAN

- 1 Using a toaster or broiler, toast:
 - **2 slices whole-wheat bread**

.....
- 2 On one slice of toast, spread an even layer of:
 - **peanut butter**

.....
- 3 Arrange in a single layer covering the peanut butter:
 - **sliced cucumber, unpeeled**

.....
- 4 Dab some of the cucumber slices with:
 - **sambal oelek** (or other chile-garlic hot sauce)

.....
- 5 Close the sandwich with the second slice of toast. Cut in half on the diagonal and serve.



EET SMAKELIJK

Red Pepper Walnut Dip



AT SOME POINT, YEARS AGO, I discovered roasted peppers; I started putting them on sandwiches, layering them in salads and soups, and puréeing them into sauces. One day, when I was making a roasted pepper pasta sauce, I added nuts, and realized I was making a variation on *romesco sauce*. So, hello *romesco*! This makes a versatile dip and a terrific sandwich spread.

Makes about 3 cups (600g)

Vegan

- 1** Cut into quarters and remove the stems and seeds from:
 - **4 large red bell peppers (about 2 lbs/900g)**
- 2** Arrange the peppers skin-side up on a baking sheet lined with aluminum foil. Fold up the edges of the aluminum foil and crimp the corners to create a lip for containing the juices. (**Do not season the peppers.**)
- 3** Place the baking sheet on the top rack of your oven, directly under the broiler. Broil for 6 minutes, then turn off the heat, but leave the peppers in the oven to rest for 6 minutes. Rearrange the peppers on the baking sheet as necessary for even roasting and repeat. (Depending on the strength of your broiler, you may need to repeat this step more than once.) When the pepper skins are blackened and blistered, turn off the broiler and leave the peppers in the oven for 30 minutes, to continue roasting slowly in the carryover heat.



- 4** Remove from the oven, and using tongs, stack the peppers in a pile in the middle of the foil. Fold the foil over to cover, and then crimp the edge to seal. This will allow the peppers to steam as they cool, making it easier to remove the skins.

.....
When cool enough to handle, remove and discard the skins.

- 5** Place the roasted peppers in the bowl of a food processor. Add:
 - **½ cup (65g) chopped walnuts**
 - **½ cup (55g) slivered almonds, *toasted***
 - **¾ cup (70g) almond meal**
 - **juice of ½ lemon**
 - **½ tsp ground cumin**
 - **½ tsp smoked paprika**
 - **1 Tbsp + 1 tsp sugar, *plus more to taste***
 - **1½ tsp salt**
 - **¼ tsp ground black pepper**
 - **½ cup (60ml) olive oil, *plus more as needed***

- 6** Blend until smooth. Taste the dip and add a little more lemon juice, another pinch of sugar, or a splash of olive oil, if you like.

- 7** Then add and blend briefly just to incorporate:
 - **1 small green onion, *chopped***

- 8** Serve at room temperature or chilled. Store any leftovers in an airtight container in the refrigerator for up to 3 days or freeze for up to 1 month.

Cilantro Dip



WE ENJOYED THIS herby and sweetly tangy dip as the bread accompaniment at a local French-Vietnamese restaurant that sadly closed years ago. When I commented on it, the waiter told me the main ingredients were *cilantro* and *mustard*, so I made up the rest from memory. More than a dip, it can also play the part of sandwich spread or even pasta sauce.

MAKES ABOUT 1 CUP (300G)

VEGAN

- 1** Blend in a food processor until smooth:
 - **1 bunch cilantro, 4oz (110g)** (including stems)
 - **1 clove garlic**, pressed, minced, or grated
 - **½ tsp salt**
 - **1 Tbsp sugar**, plus more to taste
 - **½ tsp apple cider vinegar**
 - **¼ cup (60ml) olive oil**, plus more as needed
 - **1 Tbsp Dijon mustard**

.....
- 2** If you'd like the dip to have a looser consistency, add a little more olive oil and blend until smooth.



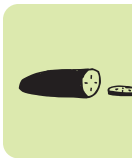
DISFRUTE DE SU COMIDA

Isn't the whole point of putting a recipe out in the world to share the joy and triumphs with another person? To say, I made a beautiful, delicious meal and I want to show you how you can do it too.

MARIA ZIZKA



Mango Cucumber Salad



SOMEWHERE BETWEEN SALAD AND SALSA, this refreshing and slightly sweet dish is best when ripe *mangoes* are in season. Save any leftover dressing for other salads. For the most basic salad, simply add to thinly sliced cucumber. Another favorite salad for this dressing is assembled from equal parts sliced peppers and tomatoes with a bit of minced onion. Either of these salads is a great substitute for the *Mango Cucumber Salad* when mangoes are out of season.

Serves 2

Vegan

- Combine in a serving bowl:
 - 1 mango, *peeled and cubed*
 - 2 small cipollini onions, *finely chopped*
 - ½ cucumber, *cubed*
 - 4 sprigs cilantro, *finely chopped, including the stems*
- In a microwave-safe measuring cup, stir together:
 - ½ cup plus 2 Tbsp (125g) sugar
 - ⅓ cup (80ml) white vinegar
 - 1½ tsp salt
- Microwave the sweet-and-sour mix for 15 seconds, stir, and repeat until completely dissolved.
- Dress the salad with 2 spoonfuls of the sweet-and-sour mix to start, then taste and add more dressing if you like. Serve right away or store in an airtight container in the refrigerator for up to 3 days.

Barbecued Chicken Marinated in Peanut Sauce



THIS IS ANOTHER INDONESIAN INSPIRED RECIPE, to satisfy my husband's Dutch/Indonesian palate. Leftovers are delicious and you might even consider cooking some extra chicken so that you can make *Nasi Goreng* (RECIPE FOLLOWS).

SERVES 4 TO 6

POLLOTARIAN

- 1** To make the marinade, combine in a large bowl:
- **1/2 cup (105g) brown sugar**
 - **1/2 cup (140g) peanut butter**
 - **2 cloves garlic, grated, or 1/2 tsp garlic powder**
 - **4 tsp grated fresh ginger**
 - **1 tsp salt**
 - **a few grinds of black pepper**
 - **1 tsp curry powder**
 - **1 tsp ground coriander**
 - **1 tsp ground cumin**
 - **1 tsp paprika**
 - **2 tsp Sriracha or sambal oelek**
-

- 2** Stir well, then add:
- **1/4 cup (60ml) lemon juice, or 2 Tbsp apple cider vinegar**
 - **1/3 cup (80ml) soy sauce**
-

- 3** Pour half of the marinade mixture into a separate container, cover, and store in the refrigerator until needed for the peanut sauce.
- ➔

- 4** Add to the marinade in the bowl:
- **6 to 8 boneless, skinless chicken thighs (3 1/2 to 4 lbs/1.6 to 1.8kg)**
 - **1 Tbsp soy sauce**
-

- 5** Cover and marinate in the refrigerator for at least 8 and up to 24 hours.

- 6** When you're ready to barbecue, preheat a grill and clean the grate. Brush the clean grate with olive oil to prevent the chicken from sticking. Place the chicken on the grill and cook over high heat for 6 to 8 minutes with the cover closed. Open the grill, turn the chicken pieces over, baste them with marinade, and grill for another 6 to 8 minutes over medium heat until no longer pink.

- 7** To make the peanut sauce, pour the reserved marinade into a small saucepan and bring to a simmer. Add:
- **3/4 cup plus 2 Tbsp (210ml) full-fat coconut milk (about half of a 13.5-oz/400ml can)**
-

- 8** Cook, stirring occasionally, until the flavors combine and the sauce thickens slightly, about 5 minutes. Taste and add more salt or soy sauce if needed. This will vary depending on the saltiness of the peanut butter and chile paste.

- 9** Serve the grilled chicken with the peanut sauce, plus some steamed rice and *Mango Cucumber Salad* (SEE PAGE 21) if you like.

Nasi Goreng



NASI GORENG IS INDONESIAN FRIED RICE. If you have leftover *Barbecued Chicken Marinated in Peanut Sauce* and steamed rice, this dish makes for a wonderful lunch or dinner.

SERVES 3 TO 4

POLLOTARIAN

- 1 Sauté in a large nonstick skillet over medium heat:
 - **1 Tbsp oil** (*any vegetable oil or olive oil*)
 - **1 bunch cilantro**, *chopped, including stems*

.....
- 2 When the sautéed cilantro is wilted, transfer it to a serving bowl. Continue to cook in the same pan over low heat:
 - **1 tsp oil** (*any vegetable oil or olive oil*)
 - **2 large eggs**

.....
- 3 Use a spatula to mix the eggs in the pan to break up the yolks. When the eggs are cooked, turn off the heat and roughly cut them with the spatula to create distinct pieces. Add the cooked eggs to the bowl with the cilantro, and continue to sauté in the same pan:
 - **2 Tbsp oil** (*any vegetable oil or olive oil*)
 - **1 Tbsp grated ginger**
 - **6 green onions**, *chopped*
 - **salt and pepper to taste**

..... →



SELAMAT MAKAN

- 4 Then add:
 - **1 tsp Sriracha or sambal oelek**
 - **1 orange bell pepper**, *chopped*

.....
- 5 Cook until the pepper pieces are tender, then add:
 - **1 cup (120g) frozen peas**, *defrosted*
 - **3 to 4 cups (500 to 600g) cooked rice**
 - **2 to 3 pieces grilled chicken**, *chopped*
 - **reserved cilantro and egg**
 - **salt and pepper to taste**

.....
- 6 Once everything is cooked and heated through, transfer to the serving bowl. Scatter some cubed cucumber on top of the fried rice and serve with peanut sauce (SEE PAGES 22-23).

Broccoli Mushroom Salad



THIS SALAD IS INSPIRED by a lunch we had in *Booneville, California* during mid-summer. It was scorching hot, and the only restaurant in town was closed for remodeling. So we decided on takeout from the town's grocery store, a place that seemed too small to house a deli, but they served up some tasty *teriyaki chicken* with a *broccoli salad* very much like this one.

SERVES 4 TO 6

VEGAN

- 1 Toast in a dry large skillet over medium heat:
 - **½ cup (65g) chopped walnuts**
 - **¼ cup (30g) slivered almonds**

.....
- 2 Transfer the toasted nuts to a large serving bowl.
- 3 Sauté in the same skillet over medium-high heat:
 - **2 Tbsp olive oil**
 - **¾ lb (340g) shiitake mushrooms, halved or sliced, depending on size**

.....
- 4 When the mushrooms are tender and nicely browned, season them with salt and pepper to taste. Transfer the mushrooms to the bowl with the nuts.



- 5 Sauté in the same skillet over medium-high heat:
 - **2 Tbsp olive oil**
 - **2 lbs (900g) broccoli** (*about 3 heads with stems*), *crowns cut into bite-size florets, stems peeled and sliced into bite-size sticks*
 - **½ cup (120ml) water**

.....
- 6 Cover and cook for 5 to 10 minutes. All the water should evaporate by the time the broccoli is just barely tender. Uncover and allow the broccoli to brown briefly.
- 7 Meanwhile, prepare the dressing by combining in small, microwave-safe bowl:
 - **1 tsp salt**
 - **½ tsp ground black pepper**
 - **3 Tbsp sugar**
 - **1 Tbsp cider vinegar**
 - **¼ cup (60ml) soy sauce**

.....
- 8 Microwave the dressing for 30 seconds. Stir and repeat as needed until the sugar and salt are dissolved.
- 9 When the broccoli is ready, immediately add it to the serving bowl, pour in the dressing, and mix well. Then stir in:
 - **2 Tbsp olive oil**

.....
- 10 Serve at room temperature or chilled. If you like, you can serve the salad on top of or mixed with:
 - **1 cup (30g) baby spinach**

.....

Roasted Chicken and Couscous



WHEN IT'S TOO COLD AND DARK OUTSIDE TO BBQ, this dish satisfies our hankering for *grilled chicken*. Let the broiler do the browning, and use a deep baking pan to catch the drippings. Then capture the flavors from the pan juices in the accompanying *couscous* dish.

SERVES 4 TO 6

POLLOTARIAN

- 1 Preheat the oven to 375°F (190°C).
- 2 Place the chicken skin-side down in a 12 by 18-inch (30 by 45cm) stainless steel baking pan with at least 2-inch (5cm) sides:
 - **6 to 8 whole chicken thighs (about 3½ lbs/ 1.5kg total)**

.....

Trim any excess skin edges and fat from the chicken. Instead of discarding, I like to render the trimmings in a small pan on low heat while the chicken bakes. I save the rendered fat, refrigerated or frozen, for a later use.
- 3 Season with salt and ground black pepper, then flip the chicken so that the skin is facing up. Wait to salt and pepper the skin-side until after adding all the other ingredients.
- 4 Arrange along the sides of the pan and in between the chicken pieces:
 - **1 large shallot, halved or quartered**
 - **1 zucchini, ends trimmed and quartered lengthwise**
 - **1 orange bell pepper, quartered lengthwise**

..... →



- 5 Pour over the chicken and vegetables:
 - **½ cup (120ml) red wine**
 - **1 Tbsp (15ml) soy sauce**

.....
- 6 Then lightly season the chicken skin with:
 - **salt and ground black pepper**

.....
- 7 Roast for 20 minutes in the oven. Then baste the chicken with the pan juices and roast for another 20 minutes.
- 8 Switch the oven to broil and brown the chicken for about 4 minutes, until it reaches a deep color. (The broiling time will vary depending on the strength of your broiler. Keep a close watch.) Once the chicken is nicely browned, turn off the broiler, but keep the oven door closed. Rest in the oven for 15 minutes, allowing the carryover heat to finish the cooking. Then, remove the chicken from the oven and allow to rest for 10 minutes before serving.

In short:

Bake 20 min
 Baste
 Bake 20 min
 Broil 4 min
 Oven off 15 min
 Rest 10 min →

Continued on next page

9 Meanwhile, make the couscous with the roasted chicken drippings. In a large, dry sauté pan with a lid, toast:

- **¼ cup (35g) pine nuts**
-

10 When the pine nuts are golden and toasted, transfer them to a plate. Then sauté in the same pan:

- **2 Tbsp chicken fat or oil**
 - **2 green onions, thinly sliced**
-

11 Return the toasted pine nuts to the pan.

12 Set aside half of the roasted vegetables in the pan with the chicken. Cut the remaining vegetables into bite-size pieces and add them to the pan with the green onions and pine nuts. Stir in:

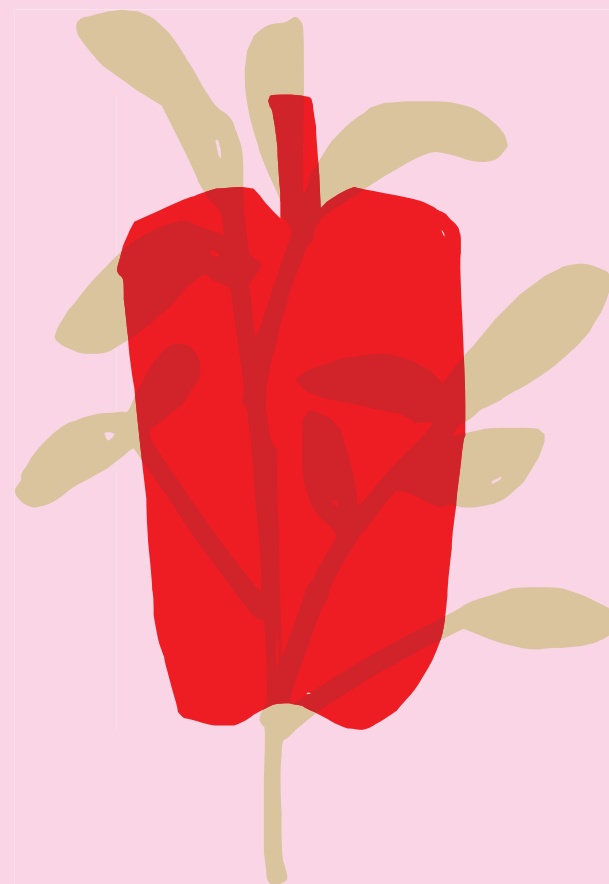
- **1¼ cups (300ml) pan juices from chicken**
(If you don't have enough pan juices, use water to make up the difference.)
-

13 Bring to a boil, then add:

- **1 cup (175g) couscous**
-

14 Bring back to a boil, then cover the pan, turn off the heat, and let rest for 5 minutes, until the couscous softens and absorbs the liquid.

15 Fluff the couscous with a fork. Serve the roasted chicken, whole roasted vegetables, and couscous together on a platter.



SMACZNEGO

Chicken Cacciatore Paprikash



THIS RECIPE BEGAN AS CHICKEN PAPRIKASH, a staple dish made often by my Czechoslovakian mother and grandmother. My version is influenced by Italian *cacciatore*, which shares many ingredients. The result is neither traditional *paprikash* nor *cacciatore*, but it satisfies my desire for a stew of chicken with peppers, mushrooms, and wine.

SERVES 4 TO 6

POLLOTARIAN

1 Cook in a large, heavy-bottomed pot or Dutch oven over medium heat:

- **skin from 6 whole chicken thighs**

2 When the skin is crisp and the fat has rendered, discard the skin. Pour all but about 2 tablespoons of the chicken fat into a small bowl.

3 Sauté in the same pot:

- **1 lb (450g) cremini mushrooms, sliced**

4 Once the mushrooms are browned, transfer them to a plate and sauté in the same pot:

- **2 Tbsp reserved chicken fat**
- **1 large leek or 2 small onions, chopped**
- **¼ tsp salt**
- **pinch of ground black pepper**

Be sure to clean the leeks thoroughly. To clean out the sand that is often found between the layers, cut the leek in half lengthwise and rinse very well between the layers under running water before slicing.



5 When the leek is starting to brown, add:

- **6 whole chicken thighs, skin removed, lightly dusted with flour**
- **2 cloves garlic, cut in half**
- **2 bay leaves**
- **¼ tsp salt**
- **pinch of ground black pepper**

6 Cook the chicken without moving it until the undersides are brown, then flip the pieces, and add:

- **1 small carrot, finely chopped**
- **½ tsp salt**
- **pinch of ground black pepper**
- **¼ tsp cayenne**
- **2 tsp paprika**
- **reserved sautéed mushrooms**
- **½ cup (120ml) sweet white wine**
- **½ cup (160g) roasted red pepper purée,**
(See page 16 for pepper roasting instructions, steps 1 - 4)
or finely chopped bell pepper

7 Cook for 5 minutes, then give it a good stir. Simmer for 30 to 40 minutes. Remove the 4 garlic halves and add:

- **2 to 3 Tbsp cashew butter**
- **salt and ground black pepper**

The cashew butter will thicken and enrich the sauce. It replaces what would traditionally be roux and sour cream.

8 Serve with brown rice, quinoa, or sliced baguette. If tomatoes are in season, they make a nice accompaniment on the plate, sliced thinly.

Glazed Pork Ribs



INSPIRED BY THE CLASSIC “1-2-3-4-5 Chinese ribs,” I added *honey*, removed the wine, and made other adjustments to conjure up this recipe. As the pork cooks, the glaze caramelizes and thickly coats the meat.

SERVES 4

OMNIVORE

1 Choose a pan large enough to fit the ribs snugly in one layer. Before putting in the pork, combine all the glaze ingredients in the pan:

- **1 Tbsp sugar**
 - **2 tsp salt**
 - **½ tsp ground black pepper**
 - **2 Tbsp honey**
 - **1½ tsp vinegar**
 - **½ cup (120ml) water**
-

2 Stir and cook over medium-low heat until the sugar, salt, and honey dissolve.

3 Add and arrange snugly in one layer:

- **2 lbs (900g) baby back pork ribs, cut into separate ribs**
- →



ПРИЯТНОГО АППЕТИТА

4 Cover and cook slowly over medium-low heat for about 1 hour, turning the ribs every 10 minutes or so to coat them in the glaze. As the glaze thickens and begins to darken, turn the heat down low—you’ll need to flip the ribs more frequently and stir often to avoid burning. At first it will seem like nothing is happening for a long time, but then suddenly the caramelization will happen quickly. And, did I mention, *don’t let them burn!*

5 Serve with mashed potatoes and braised bok choy.

Slow Cooked Pork Chile



THIS RECIPE MAKES IT WORTHWHILE to own a slow cooker. There is no way to get around the long time it takes to develop the tender texture and subtle flavors of this dish, but the slow cooker does relieve you from the tending and waiting.

SERVES 6 TO 8

OMNIVORE

1 Start by roasting:

- **3 red bell peppers (about 1½ lbs/680g)**
- **4 green poblano peppers**

(See page 16 for the pepper roasting instructions, steps 1 - 4)

.....

2 Once you've removed the roasted pepper skins, dice the peppers and place them in a slow cooker along with:

- **1 (28-oz/795g) can whole, peeled tomatoes, puréed with an immersion blender**
 - **salt and ground black pepper to taste**
 - **2 tsp ground cumin**
 - **3 cloves garlic, cut in half**
-

3 Turn the slow cooker to the low setting and set the timer for 6 hours.

→



4 Meanwhile, sauté in a large pan over medium-high heat:

- **2 Tbsp oil (any vegetable oil or olive oil)**
 - **1 to 2 leeks, quartered and thinly sliced**
 - **½ tsp salt**
 - **pinch of ground black pepper**
-

Be sure to clean the leeks thoroughly. To clean out the sand that is often found between the layers, cut the leek in half lengthwise and rinse very well between the layers under running water before slicing.

5 Cook until the leeks are soft and golden brown, then add them to the slow cooker along with:

- **2½ lbs (1.1kg) boneless pork shoulder, cut across the grain to avoid long strands**
 - **1 tsp salt**
 - **pinch of ground black pepper**
 - **1 cup (240ml) water, chicken broth, or any wine**
-

If using bone-in pork, you'll need 3 lbs/1.4kg total. Leave the meat on the bone, just make several cuts through the meat to the bone. The bone will add fantastic flavor.

6 For smoky flavor, add:

- **1 smoked turkey thigh, cut across the grain once or twice**
 - **1 tsp smoked paprika**
- →

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7 When one or two hours of cooking time remain, add:

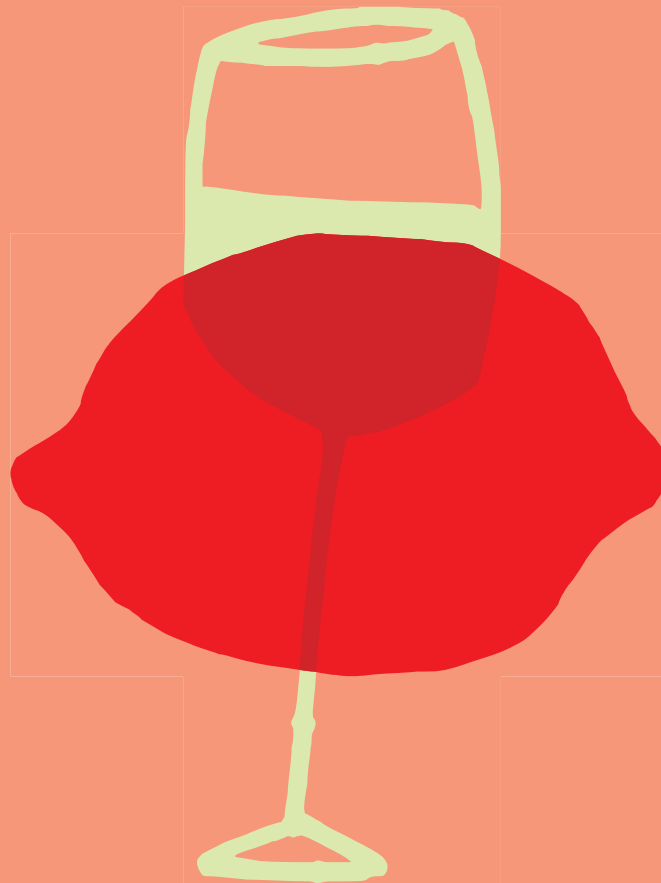
- **1 (15-oz/425g) can white beans**
- **1 bunch cilantro, *chopped***

.....
If you used bone-in pork, remove the bone and save it for making soup stock later.

8 Serve the pork chile with rice, coleslaw, and sliced avocado, accompanied by corn tortillas if you wish. The pork chile can be made ahead and stored, covered, in the refrigerator for up to 3 days.



GUTEN APPETIT



LENTIL SOUP



I LIKE TO USE small black *Beluga* lentils for this soup, but it works well with any variety of lentil or bean.

SERVES 10 TO 12

VEGETARIAN

- 1** In a fine-mesh sieve, rinse:
 - **1 lb (450g) lentils**

.....
- 2** Soaking is not necessary, but it will speed up the cooking time. I soak the lentils for at least 4 hours, or overnight, in 2 quarts (1.9L) of water.
- 3** Sauté in a large pot over medium-high heat:
 - **1 Tbsp olive oil**
 - **1 bunch cilantro, chopped, including stems**

.....
- 4** Transfer the cilantro to a bowl. Sauté in the same pot:
 - **2 Tbsp olive oil**
 - **2 large leeks, quartered, rinsed well, and sliced**
 - **¼ tsp salt**
 - **pinch of ground black pepper**

.....

Be sure to clean the leeks thoroughly. To clean out the sand that is often found between the layers, cut the leek in half lengthwise and rinse very well between the layers under running water before slicing.
- 5** Cook until the leeks are soft and golden brown, then return the sautéed cilantro to the pot and add:
 - **2 cloves garlic, cut in half**

..... →

- 6** Then add:
 - **soaked lentils with their soaking liquid**
 - **½ cup (100g) brown or black rice**
 - **small handful dried porcini mushrooms, crumbled**
 - **enough water to cover**

.....
- 7** Simmer for 15 minutes, then add:
 - **1 tsp salt**
 - **½ tsp ground cumin**
 - **½ tsp curry powder**
 - **¼ tsp cayenne**
 - **¼ tsp ground turmeric**
 - **¼ tsp ground coriander**
 - **⅓ cup (75g) tomato paste (about half of a 6-oz/170g can)**

.....
- 8** Simmer until the lentils are tender, 10 to 15 minutes. Remove and discard the 4 garlic halves and stir in:
 - **1 tsp soy sauce**
 - **juice of ½ lemon or ½ tsp vinegar**

.....
- 9** Taste and adjust the seasoning, adding salt and ground black pepper as needed.
- 10** Let cool slightly before puréeing the soup with an immersion blender. If you like, you can stir in:
 - **1 (15-oz/425g) can corn kernels, with liquid**
 - **splash of half-and-half (optional)**

.....
- 11** Garnish each bowl of soup with a drizzle of whole milk yogurt and some sliced green onion and chopped cilantro. Serve with bread and *Cilantro Dip* (see page 18) or *Red Pepper Walnut Dip* (see page 16).

BUTTERNUT SQUASH SOUP



YOU ONLY NEED A SMALL BUTTERNUT SQUASH to make this soup, but when we make it we usually choose a large 3½ lbs (1.6kg) squash and use most in this recipe and some to make *Pineapple Curry* (PAGE 44). Making both recipes together is a great time saver. I portion out the leftovers and keep them in the freezer for when we need a quick dinner. Like many soup recipes, this one works well with a variety of substitutions. Try bok choy instead of the butternut squash, increase the amount of potatoes, or replace the coconut milk with dairy cream.

SERVES 8 TO 12

VEGAN

1 Carefully cut in half:

- **1 small butternut squash, about 2 lbs (900g)**

.....
For safety, I like to use a pumpkin-carving knife, a dull, wavy edged knife that cuts through hollow squash surprisingly well.

2 Scoop out and discard the seeds. I find that a grapefruit spoon, with its serrated edge, works well.

Place in a microwave-safe dish, cover loosely with a lid or paper towel, and microwave for 6 minutes, in 2-minute intervals, until slightly softened, so it will be easier to peel. Allow to cool, then peel, discarding the skin. Cut into cubes and set them aside. →



3 Sauté in a large pot:

- **2 Tbsp olive oil**
- **1 leek, rinsed, quartered lengthwise, and sliced**
- **¼ tsp salt**
- **pinch of ground black pepper**

.....
Be sure to clean the leeks thoroughly. To clean out the sand that is often found between the layers, cut the leek in half lengthwise and rinse very well between the layers under running water before slicing.

4 When the leeks are soft and golden brown, add:

- **2 zucchini, chopped or cut into matchsticks**

5 Cook, stirring, until the zucchini are soft, then add:

- **2 medium Yukon gold potatoes, diced**
- **reserved cubed butternut squash (from 1 small or ½ large squash)**
- **1 cup (230ml) full-fat coconut milk, or use the full 13.5-oz can (400ml) for more richness**
- **salt and ground black pepper to taste**
- **¼ tsp ground nutmeg**
- **enough water or broth (or combination) to cover**

6 Simmer until the potatoes are soft. Let cool slightly, then purée with an immersion blender.

7 Garnish each bowl of soup with some sliced green onion, and chopped cilantro. Serve with bread and *Cilantro Dip* (see page 18).

Pineapple Curry



THIS CURRY IS VEGAN and satisfying on its own, but we discovered it is especially tasty with salmon, snapper, or cod. You can either grill and serve the fish as a whole fillet alongside or cut it into pieces, mix them into the curry at the end, and simmer until cooked through. To make this recipe seasonal, try switching out the butternut squash or potato or pineapple with what is best at the market. Here are some ideas: zucchini, cauliflower, sweet potato, apple, Fuyu persimmon.

SERVES 4 TO 6

VEGAN

1 Following the instructions on page 42, carefully cut in half, peel, and cube:

- **1 small butternut squash, about 1½ lbs (680g)**

2 Meanwhile, sauté in large pan with a lid over medium-high heat:

- **2 Tbsp oil** (*any vegetable oil or olive oil*)
- **1 leek, rinsed well, quartered lengthwise, and sliced**
- **¼ tsp salt**
- **pinch of ground black pepper**

Be sure to clean the leeks thoroughly. To clean out the sand that is often found between the layers, cut the leek in half lengthwise and rinse very well between the layers under running water before slicing.

3 When the leeks are soft and golden brown, add:

- **1 small Yukon gold potato, diced**



4 Decrease the heat to medium and add:

- **1½ tsp curry powder**
- **½ tsp salt**
- **½ tsp ground black pepper**
- **½ tsp ground coriander**
- **½ tsp ground cumin**
- **½ tsp ground turmeric**
- **½ tsp garam masala**
- **¼ tsp cayenne** (*optional, if you want it spicy*)
- **1 tsp finely grated fresh ginger**

5 Stir well, then add:

- **1 Tbsp soy sauce**
- **1⅔ cups (400ml) full-fat coconut milk** (one 13.5-oz can)
- **1 cup (225g) crushed pineapple with juice** (from one 8-oz/225g can)
- **2 green onions, chopped**

6 Bring to a simmer, stirring often, then add:

- **reserved cubed butternut squash** (*from 1 small or ½ large squash*)
- **enough water to thin the curry to your desired consistency**

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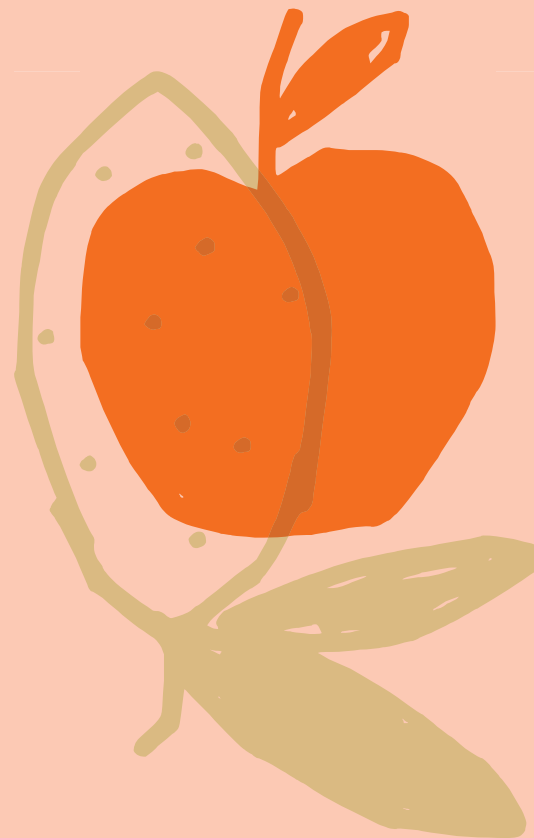
7 Cover the pan and simmer until the potatoes are tender, then add:

- **2 handfuls baby spinach**
 - **½ cup (75g) frozen peas**
-

8 Just before serving, stir in:

- **5 sprigs cilantro, leaves and stems chopped**
 - **drizzle of toasted sesame oil**
-

9 Serve over steamed white rice and top with additional chopped cilantro and toasted peanuts or cashews



BOM PROVEITO

BUON APPETITO



When I find an interesting recipe to try, I confess to often improvising before the dish is on the table. When the results are satisfying, I write down what I did, hoping that my future self will follow these instructions.

ZUZANA LICKO



Applesauce Snack Cake



There's a small coffee bar near the coastal trail in Half Moon Bay. It is usually closed when we take our walk on weekdays, but one day it happened to be open, and we enjoyed an afternoon tea and a snack cake similar to this one. The sign read “*applesauce cake*,” so back at home I was inspired to experiment with applesauce in cake batter.

Makes 20 squares

Vegetarian

- 1 Preheat the oven to 325°F (160°C). Grease a 9 by 13-inch (23 by 33cm) nonstick baking pan.
- 2 Combine in the bowl of a stand mixer fitted with the paddle attachment:
 - 2 large eggs
 - $\frac{2}{3}$ cup (135g) brown sugar
 - $\frac{1}{4}$ cup (50g) granulated sugar
 -
- 3 Beat the egg mixture on high speed until well mixed and thickened, then add:
 - pinch of salt
 - $\frac{1}{3}$ cup (80ml) olive oil (or any vegetable oil)
 - 1 Tbsp lemon juice
 - 1 Tbsp cider vinegar
 - →



- 4 Mix well, then add:
 - 1 tsp vanilla extract
 - $1\frac{1}{2}$ cups (340g) applesauce (about half of a 24-oz/700ml jar)
 - $1\frac{1}{4}$ cups (120g) almond meal
 -
- 5 In a medium bowl, stir together:
 - $2\frac{1}{4}$ cups (280g) all-purpose flour
 - $1\frac{1}{2}$ tsp baking soda
 - 1 tsp ground cinnamon
 - $\frac{1}{2}$ tsp ground nutmeg
 - $\frac{1}{2}$ tsp ground cloves
 - $\frac{1}{2}$ tsp ground allspice
 - $\frac{1}{4}$ tsp ground ginger
 -
- 6 Add the flour mixture to the stand mixer bowl and mix on low speed until just combined.
- 7 Then gently fold in:
 - $\frac{1}{2}$ cup (75g) raisins
 -
- 8 Pour the cake batter into the prepared pan and spread it out evenly. Bake for 45 to 50 minutes, until a toothpick inserted in the center comes out clean. Allow to cool, then cut into 20 squares, approximately $2\frac{1}{4}$ -inch (6cm).

Apple Chunk Snack Cake



THIS ONE IS BASED ON A RECIPE I found in the instruction manual that came with my first food processor. It's one of the most long-standing recipes in my notes. You can make this cake with various fruits, other than apples, including apricots, strawberries, blueberries, and grapes, in which case, use only 1 to 1¼ lbs (450 to 565g) of fruit and substitute ground cardamom for the ground cloves. If the fresh fruit tastes very sweet, add only 1¼ cups (250g) of sugar total.

MAKES 20 SQUARES

VEGETARIAN

1 Preheat the oven to 375°F (190°C). Grease a 9 by 13-inch (23 by 33cm) nonstick baking pan.

2 Combine in the bowl of a stand mixer fitted with the paddle attachment:

- **3 large eggs** (or 2 large eggs and 1 large egg white)
 - **½ cup (105g) brown sugar**
 - **¾ cup (150g) granulated sugar**
-

3 Beat the egg mixture on high speed until well mixed and thickened, then add:

- **pinch of salt**
 - **½ cup (120ml) olive oil** (or any vegetable oil)
 - **1 Tbsp lemon juice**
 - **1 Tbsp cider vinegar**
- →

4 Mix well, then add:

- **1 tsp vanilla extract**
 - **¾ cup (70g) almond meal**
-

5 In a medium bowl, stir together:

- **2 cups (250g) all-purpose flour** (or 2 cups/225g whole wheat flour)
 - **1 tsp baking soda**
 - **1 tsp ground cinnamon**
 - **pinch of ground cloves**
-

6 Add the flour mixture to the stand mixer bowl and mix on low speed until just combined.

7 Then gently fold in:

- **½ cup (65g) chopped walnuts**
 - **½ cup (55g) slivered almonds**
 - **⅔ cup (95g) raisins** (regular, golden, or a combination)
 - **1½ lbs (680g) Pippin apples** (approximately 5 small apples), peeled or unpeeled, quartered and cored, then wedged and sliced into chunks.
-

8 Pour the cake batter into the prepared pan and spread it out evenly. Bake for 40 to 45 minutes, until a toothpick inserted in the center comes out clean. Allow to cool, then cut into 20 squares, approximately 2¼-inch (6cm).

Pumpkin Spice Snack Cake



WHEN I FIRST HEARD OF PUMPKIN CAKE as a child, I thought it was strange to make a cake out of a vegetable. Then I learned that pumpkin is a fruit, and it all made sense.

MAKES 16 SQUARES

VEGETARIAN

1 Preheat the oven to 325°F (160°C). Grease an 8-inch (20cm) square nonstick baking pan.

2 Combine in the bowl of a stand mixer fitted with the paddle attachment:

- **2 large eggs**
- **$\frac{2}{3}$ cup (135g) brown sugar**

3 Beat the egg mixture on high speed until well mixed and thickened, then add:

- **$\frac{1}{3}$ cup (80ml) olive oil** (or any vegetable oil)
- **1 tsp finely grated lemon zest** (or 1 drop of lemon extract)
- **1 Tbsp cider vinegar or 2 Tbsp lemon juice**

4 Mix well, then add:

- **mounded $\frac{3}{4}$ cup (215g) pumpkin purée** (half of a 15-oz/425g can)
- **$\frac{1}{2}$ cup (50g) almond meal**
- **pinch of salt**

5 In a medium bowl, stir together:

- **$1\frac{1}{4}$ cups (150g) whole wheat flour**
- **$\frac{3}{4}$ tsp baking soda**
- **$\frac{1}{2}$ tsp ground cinnamon**
- **$\frac{1}{2}$ tsp pumpkin pie spice**
- **$\frac{1}{4}$ tsp ground cardamom**

6 Add the flour mixture to the stand mixer bowl and mix on low speed until almost combined.

7 Then gently fold in:

- **$\frac{1}{4}$ cup (30g) chopped walnuts**
- **$\frac{1}{4}$ cup (30g) slivered almonds**
- **$\frac{1}{3}$ cup (50g) golden raisins**

8 Pour the cake batter into the prepared pan and spread it out evenly. Bake for 45 to 50 minutes, until a toothpick inserted in the center comes out clean. Allow to cool, then cut into 20 squares, approximately 2-inch (5cm)



Gingerbread Prune Snack Cake



MY GRANDMOTHER MADE A RICH GINGERBREAD CAKE

on special occasions, and she told me the secret ingredient was *cocoa powder*. My version is lighter, an everyday treat, with a hint of cocoa added in her memory. The prunes create a moist and satisfying texture that is even better after resting for two or three days, when the flavors have melded and the texture has become more chewy.

MAKES 20 SQUARES

VEGETARIAN

1 Preheat the oven to 350°F (180°C). Grease a 9 x 13-inch (23 x 33cm) nonstick baking pan.

2 Combine in a bowl and let soak for 10 to 20 minutes:

- **½ cup (120ml) hot water**
- **¼ cup (60ml) lemon juice**
- **¾ cup (95g) pitted prunes, finely chopped or blitzed in a food processor**

.....

3 Combine in the bowl of a stand mixer fitted with the paddle attachment:

- **4 large eggs (or 2 large eggs and 2 large egg whites)**
- **1 cup (200g) granulated sugar**

..... →



4 Beat the egg mixture on high speed until well mixed and thickened, then add:

- **½ cup (80ml) molasses**
 - **soaked prunes with their soaking liquid**
 - **pinch of salt**
 - **2 Tbsp olive oil**
-

5 Mix well, then add:

- **¾ cup (70g) almond meal**
 - **1 Tbsp cocoa powder**
 - **2 tsp ground cinnamon**
 - **½ tsp ground ginger**
 - **½ tsp ground cloves**
-

6 In a medium bowl, stir together:

- **2 cups (250g) all-purpose flour (or 2 cups/225g whole wheat flour)**
 - **½ tsp baking soda**
-

7 Add the flour mixture to the stand mixer bowl and mix on low speed until almost combined.

8 Then gently fold in:

- **½ cup (55g) slivered almonds**
-

9 Pour the cake batter into the prepared pan and spread it out evenly. Bake for 30 to 35 minutes, until a toothpick inserted in the center comes out clean. Allow to cool, then cut into 20 squares, approximately 2¼-inch (6cm)

Chowdown

62 Illustrations by Tucker Nichols



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