Sheet pan supper: fast, simple, minimal mess

By Gretchen McKay
Pittsburgh Post-Gazette

Sheet pan meals are a godsend when you're busy, or don't particularly love to cook. For starters, they're super easy to pull together. They also cook quickly, are insanely versatile and best of all, don't require a ton of cleanup.

This meat-and-veggie recipe pairs turkey meatballs glazed in a homemade, spicy-sweet teriyaki-like sauce with roasted and charred broccoli. Other vegetables you could substitute or add to the pan include sliced bell peppers, Brussels sprouts, thinly sliced carrots or chunks of sweet potato or squash. If you don't feel like making homemade sauce, swap it out for bottled barbecue or teriyaki sauce.

Not a fan of turkey, or want to wait until Thanksgiving to indulge? You also could make this recipe with ground chicken or ground beef.

Gretchen McKay/Pittsburgh Post-Gazette-TNS

A sheetpan dinner of meatballs and broccoli comes together in short time, with no mess.

SHEET PAN MEATBALLS WITH CHARRED BROCCOLI

For sauce

2/3 cup ketchup
1/4 cup Worcestershire sauce
2 tablespoons rice vinegar
2 tablespoons honey
4 teaspoons soy sauce
1 1/2-inch piece ginger, peeled and finely minced
Kosher salt and freshly ground black pepper

For meatballs

1 large head broccoli
2 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper
Crushed red pepper flakes
1 pound ground turkey
1 large egg, beaten to blend
4 scallions, thinly sliced
1/4 cup finely chopped fresh mushrooms
2 garlic cloves, minced
2-inch piece fresh ginger, peeled and finely minced
1/3 cup plain or Japanese breadcrumbs (panko)
1 tablespoon toasted sesame oil
Steamed brown or white rice and sesame seeds (for serving)

Prepare sauce: Mix ketchup, Worcestershire sauce, rice vinegar, honey, soy sauce, ginger, a pinch of salt and a good grind of pepper in a small saucepan.

Measure out 1/4 cup mixture into a small bowl (you'll use this to glaze the meatballs). Bring remaining mixture to a simmer over medium-high heat, stirring occasionally and reducing heat if needed, until sauce thickens, about 5 minutes. Transfer sauce to a small bowl.

Place a rack in upper third of oven; preheat to 450 degrees. Line a rimmed baking sheet with foil.

Trim broccoli stems and remove from crown. Peel off tough outer skin, then slice stems crosswise into 1/2-inch pieces. Cut florets into 2-inch pieces.

Toss in bowl with 1 tablespoon oil, 1 teaspoon salt and a few pinches of red pepper flakes (or more to taste). Spread out onto the outer edges of a baking sheet, leaving space for the meatballs in the middle. Brush space with remaining oil.

Mix turkey, egg, scallions, mushrooms, garlic, ginger, panko, sesame oil, pepper, remaining 1 1/2 teaspoons salt, and 1/4 cup water in a medium bowl. Using wet hands, form into 12 or 16 meatballs. Arrange on baking sheet; brush with some of the reserved glazing mixture.

Bake until meatballs are golden and cooked through, 18-20 minutes. Remove from oven; turn on broiler. Brush meatballs with remaining glazing mixture; broil until broccoli is charred and meatballs are browned in spots, about 5 minutes.

To serve, divide rice into bowls. Drizzle with sauce, spoon meatballs and broccoli on top and sprinkle with sesame seeds. Serve immediately.

Serves 4.

— Adapted from Bonappetit.com

Unlikely pair: Pears and sausage in a pasta recipe

By Gretchen McKay
Pittsburgh Post-Gazette

A pasta sauce doesn't need to include a bunch of fancy ingredients, or take a lot of time, to dazzle at dinnertime.

The sausage and pear ravioli recipe from Francine Segan, author of one of my favorite pasta cookbooks, "Pasta Modern," is but one delectable example. It follows in the footsteps of famed Italian chef Gualtiero Marchesei, who in the 1980s introduced the idea of ravioli aperti, or "open ravioli."

Instead of being stuffed inside wontons or dough pockets, Segan's meat and pear filling is used as a free-form sauce for fresh or dried pasta. The combination of salty bacon, sweet Italian sausage and fresh pear is much richer than a classic tomato sauce. It's especially suited to fall, when we crave comfort food. Raisins, cinnamon and sage build on the autumnal notes, and there's a sweet finishing crunch from crushed amaretti cookies.

The original recipe calls for adding 1/4 pound of sliced roast beef but I doubled the amount of bacon instead.

MEAT AND PEAR OPEN RAVIOLI

3 tablespoons butter
4 slices bacon, diced
1 sweet Italian sausage
1 large pear, thinly sliced with peel left on
2 tablespoons golden or regular raisins
1 garlic clove, minced
3 to 4 small sage leaves
1 pound calamarata or other tube pasta
Zest of 1/2 lemon
1/3 cup grana padano or other aged cheese, or more to taste
Dash or two of ground cinnamon
Freshly grated nutmeg
Minced fresh parsley
Salt and freshly ground black pepper
2 or 3 amaretti cookies, crushed

In large skillet, melt butter over medium-high heat. Add bacon and cook until crisp, about 5 minutes. Remove sausage from casing and crumble it into the pan; cook until browned. Add beef (if using), pear, raisins, garlic and sage. Cook mixture until pears are soft.

Meanwhile, boil pasta in salted water until it is almost al dente. Drain, saving a cup of cooking water. Toss drained pasta into the sauce with a few tablespoons of cooking liquid. Stir well and cook, adding more cooking liquid if needed, until pasta is al dente.

Stir in the zest and season with grated cheese, cinnamon, nutmeg and parsley to taste. Season with salt and pepper.

Serve pasta topped with a sprinkling of amaretti crumbs.

Serves 4.

— Adapted from "Pasta Modern" by Francine Segan (Stewart, Tabori and Chang; October 2013)

ROOKIES

Continued from Page 2B

Place butter in small bowl and add garlic, thyme, basil, sage and rosemary. Squeeze juice from one half lemon and mix together with a fork.

Using your fingers, rub half of the butter mixture under the turkey skin. Don't worry if it clumps — it will melt as it cooks. Rub remaining butter over the top and sides of the breast, squeeze juice from other half of lemon on top and then sprinkle lightly with kosher salt and freshly ground black pepper.

Roast for 1 hour to 1 hour 30 minutes, depending on size (15 minutes per pound), or until the meat registers 165 degrees in the thickest part of the breast (without touching bone). Loosely tent with foil, and let turkey rest for 10 minutes before carving.

Serves 4, with a some leftovers.

— Gretchen McKay

ROASTED BRUSSELS SPROUTS WITH CRAISINS

Brussels sprouts are a classic side dish at Thanksgiving. When you roast them with a little oil and salt, they end up crispy on the outside and tender on the inside. This recipe brings bacon and Craisins to the mix, with a drizzle of balsamic vinegar and honey as a finishing touch.

1 1/2 pounds Brussels sprouts, trimmed and cut in half through the core
4 slices bacon, cut into a small dice
1/4 cup good olive oil
1/3 cup Craisins or golden raisins
Kosher salt and freshly ground black pepper
1 tablespoon balsamic vinegar
1 teaspoon honey or maple syrup

Preheat oven to 425 degrees. Place Brussels sprouts on a sheet pan, including some of the loose leaves (they will crisp as they cook).

Add bacon, olive oil and Craisins, then season liberally with salt and pepper. Toss veggies with your hands to make sure they're coated in oil, then spread out in a single layer.

Gretchen McKay/Pittsburgh Post-Gazette-TNS

Brussels sprouts roasted with bacon and dried cranberries are easy to make, and full of fall flavor on Thanksgiving.

Roast Brussels sprouts for 20 to 30 minutes, until tender and golden and bacon is crispy. Drizzle balsamic vinegar and honey over the roasted sprouts, and toss to coat evenly with a spoon or tongs. Taste and adjust seasoning, if necessary, then serve.

Serves 4.

— Gretchen McKay

EASY APPLE TART

Using puff pastry for the crust means it comes together quick and easy, with just a rolling pin, paring knife and cookie sheet. If you don't like fig jam, substitute peach or apricot or simply brush the apples with honey. I also sprinkled a little sanding sugar on top for a bit of glitz.

1 sheet frozen puff pastry (from a standard 17.3-ounce package), thawed
All-purpose flour, for dusting work surface
3 or 4 tart apples, such as Granny Smith or Empire
1/4 cup sugar
2 tablespoons brown sugar
1 large egg yolk, beaten with 1 teaspoon water, for egg wash
2 tablespoons unsalted butter
2 tablespoons fig jam
Vanilla ice cream, for serving

Preheat oven to 375 degrees.

Open pastry sheet and remove paper. Fold sheet back up. On a lightly floured work surface, roll out pastry sheet (still folded) to an 8-by-14-inch rectangle. Don't worry if it's not perfect, as it's supposed to be rustic. If you like, trim the edges with a sharp knife, bench scraper or pizza cutter. Transfer to a baking sheet and place in freezer while you prepare apples.

Peel, core, and slice apples 1/4-inch thick. Toss in a large bowl with sugars.

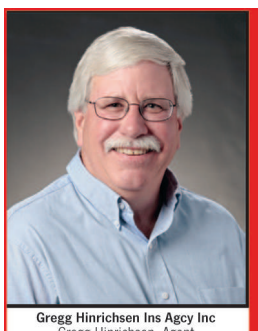
Brush pastry with egg wash, being careful to avoid the edges. Pile apples in the middle, leaving about a 1-inch border of crust. Dot apples with butter.

Bake until pastry is golden and apples are tender, 30 to 35 minutes.

Combine jelly or jam with 1 tablespoon water in a small bowl, and microwave until melted. Brush apples with glaze.

The tart can be served warm or at room temperature, with a scoop of ice cream.

— Gretchen McKay



Gregg Hinrichsen Ins Agcy Inc
Gregg Hinrichsen, Agent
1722 Campbell Street
Baker City, OR 97814
541-523-7778

Home & Auto go together. Like you & a good neighbor.

Some things in life just go together. Like home and auto insurance from State Farm®. And you with a good neighbor to help life go right. Save time and money.
CALL ME TODAY.
State Farm®
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
State Farm County Mutual Insurance Company of Texas, Dallas, TX
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
1601976