

SWEET

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7. Spoon the marmalade into a saucepan and add the water. Cook, stirring, until the marmalade is thinned. Put it through a strainer.

8. When the marmalade is cooled but still liquid, brush the berries with it. Sprinkle the almonds all over. Cut into wedges to serve.

Per serving (based on 8): 407 calories; 18 g fat; 8 g saturated fat; 95 mg cholesterol; 6 g protein; 60 g carbo-

hydrate; 34 g sugar; 4 g fiber; 181 mg sodium; 92 mg calcium

— Adapted from "Craig Claiborne's the New New York Times Cook Book" by Craig Claiborne and Pierre Franey

PERFECT TART OR PIE CRUST

Yield: 2 (10-inch) crusts. 16 servings for two crusts, 8 servings for a double crust

12 tablespoons (1 1/2 sticks) very

cold unsalted butter, see note
3 cups all-purpose flour, see note
1 teaspoon salt
1 tablespoon granulated sugar
1/3 cup very cold vegetable shortening, see note
6 to 8 tablespoons (3 ounces to 1/2 cup) ice water

Note: If you have time, measure out the flour and the shortening and place them in the freezer 20 to 30 minutes before you start; dice the butter and put it in the freezer 10 minutes before beginning.

1. Dice the butter if you haven't already and return it to the refrigerator or freezer while you prepare the flour mixture. Place the flour, salt and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Add the butter and shortening. Pulse 8 to 12 times, until the butter is the size of peas.

2. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball.

Wrap in plastic wrap and refrigerate for 30 minutes.

3. Cut the dough in half. Use immediately or wrap each ball of dough individually and freeze until use. Defrost in the refrigerator.

Per serving (based on 16): 202 calories; 13 g fat; 7 g saturated fat; 23 mg cholesterol; 3 g protein; 19 g carbohydrate; 1 g sugar; 1 g fiber; 148 mg sodium; 7 mg calcium

— Adapted from a recipe by Ina Garten, via the Food Network

GRILLING

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HERBY MARINADE FOR GRILLING

Prep: 5 minutes
 Makes about 2/3 cup
 Use this marinade with pork, poultry, fish and vegetables.

5 tablespoons extra virgin olive oil
5 tablespoons white wine vinegar
5 cloves garlic, crushed
1 1/2 teaspoons dried tarragon
1/2 teaspoon ground sage
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon crushed red pepper flakes
Freshly ground pepper to taste

Mix all ingredients in a bowl using a whisk to dissolve the salt. Alternatively, mix all ingredients in a jar with a tight-fitting lid. Refrigerate, covered, up to 2 weeks. Use at room temperature.

SMOKY DRY RUB

Prep: 5 minutes
 This rub tastes great on pork, beef, salmon and eggplant slices.

2 teaspoons sweet paprika
2 teaspoons smoked paprika
1 1/2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon ground cayenne
1 teaspoon granulated garlic or 4 cloves garlic, crushed

In a small bowl, mix all ingredients. Refrigerate, covered, up to 1 week. Use at room temperature.

RED CHILE GARLIC BUTTER

Prep: 10 minutes
 Cook: 10 minutes
 Makes about 1 cup
 Dollop small bits of this butter over grilled steak, burgers, chops, vegetables and corn as soon as they come off the grill.

1 tablespoon safflower, sunflower or expeller-pressed canola oil
1 large (10 to 12 ounces) sweet onion, halved, very thinly sliced
3 cloves garlic, crushed
2 tablespoons pomegranate molasses or balsamic vinegar
1/2 cup (1 stick) unsalted butter, softened
2 teaspoons sweet paprika
1 teaspoon salt
1/2 teaspoon ground cumin
1/4 teaspoon ground cayenne, optional

1. Heat a large well-seasoned cast-iron or nonstick skillet over medium heat. Add oil and onion. Cook and stir over medium heat until onion is soft and richly browned, about 10 minutes.

2. Stir in garlic and cook 1 minute. Stir in pomegranate molasses. Remove from heat and cool.

3. Put onion mixture into food processor along with

butter, paprika, salt, cumin and cayenne. Process with on/off turns until nearly smooth. Scoop out into a covered container. Refrigerate covered up to 2 weeks. Use at room temperature.

TURKEY AND VEGETABLE KEBABS

Prep: 25 minutes
 Marinate: 1 hour or overnight
 Cook: 13 to 15 minutes
 Makes 4 to 6 servings
 Boneless chicken breast or pork tenderloin can replace the turkey here.

2 pounds boneless, skinless turkey breast or turkey tenderloins, cut into 1 1/2-inch pieces
4 green onions, white portion only, cut crosswise in half
2 small zucchini, 5 ounces each, trimmed, each cut crosswise into 8 rounds
1 red bell pepper, cored, cut into 1 1/2-inch pieces
Herby marinade, see recipe
Chopped fresh chives, optional

1. Put the turkey pieces, onions, zucchini and bell pepper pieces on a large cutting board. Set aside 1/3 of the marinade to use as a grill basting sauce.

2. Slide a piece of zucchini on a skewer. Add a piece of turkey, then bell pepper and another turkey piece and then

onion. Repeat the pattern to fill up 4 to 6 skewers.

3. Place the skewers in a shallow dish or on a rimmed baking sheet. Brush with the marinade. Turn to coat all sides with marinade. Refrigerate covered, periodically spooning or brushing the marinade over the skewers for at least 1 hour or up to overnight.

4. Preheat a gas grill to medium-high or prepare a charcoal grill and let coals burn until they are covered with ash and glowing red.

5. Remove skewers from baking dish (discard the remaining marinade). Place skewers directly over heat source on the preheated grill. Cover the grill and cook 5 minutes.

6. Brush with the reserved marinade. Cover the grill and cook 5 minutes. Brush again and grill until meat feels nearly firm when pressed, 3 to 5 minutes more.

7. Remove skewers from grill to a serving platter. Drizzle with any of the remaining reserved marinade. Sprinkle with chives if desired.

SMOKY BEEF AND MUSHROOM KEBABS

Prep: 25 minutes
 Marinate: 1 hour or overnight
 Cook: 8 to 9 minutes

Makes 4 to 6 servings
 Boneless strip steak and filet work well here, too. You can also use boneless skinless chicken thighs or chunks of boneless pork loin; increase cooking time by about 5 minutes.

2 pounds (1 1/2-inch thick) beef top sirloin steak, trimmed, cut into 1 1/2-inch pieces
Smoky dry rub, see recipe
8 to 12 small cremini or button mushrooms
8 to 12 large cherry tomatoes
Arugula for serving
Red chile garlic butter, optional; see recipe
Chopped fresh cilantro
Lime wedges

1. Put beef pieces into a large bowl. Add the smoky dry rub and toss with clean hands to coat the meat well. Refrigerate covered at least 1 hour or up to 2 days.

2. Place 1 piece of meat on a skewer. Add a mushroom, another piece of meat and then a cherry tomato. Repeat the pattern to fill the skewer and make 4 to 6 skewers as desired.

3. Preheat a gas grill to medium-high or prepare a charcoal grill and let coals burn until they are covered with ash and glowing red.

4. Place skewers directly over heat source on preheated grill. Cover the grill and cook 5 minutes.

5. Turn skewers. Cover the grill and cook until meat is medium-rare and nearly firm when pressed 3 to 5 more minutes.

6. Remove skewers from grill to a serving platter lined with arugula. Dot meat with bits of the seasoned butter, if using. Sprinkle with cilantro. Pass lime wedges for squeezing over skewers. Drizzle with any of the remaining reserved marinade.

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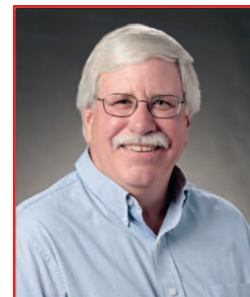


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