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February 18, 2009

FOOD Comfort Foods

Caramelized Sweet Potato, Garlic, and Rosemary Macaroni and Cheese

Ingredients

• 10 clove(s) garlic

- 1 large (1-pound) orange sweet potato, peeled and cut into 1/4-inch-thick slices on the diagonal
- 2 tablespoon(s) extra-virgin olive oil
- 8 ounce(s) cavatappi pasta
- 4 tablespoon(s) Tillamook unsalted butter
- 4 tablespoon(s) flour
- 1/2 teaspoon(s) salt
- 1/8 teaspoon(s) freshly ground black pepper
- 3 cup(s) half-and-half
- 2 cup(s) Tillamook Italian Blend Shredded Cheese (Mozzarella, Parmesan, & Smoked Provolone)

Directions

1. Preheat oven to 350 degrees F. Spray a 2-quart baking dish with nonstick cooking spray.

2. Bring a large pot of water to a boil. Add garlic and cook 2 minutes; remove cloves and place in ice water. When cloves have cooled, use a garlic press to press blanched cloves; set aside.

3. Bring water back to a boil and add sweet potato slices and cook 5 minutes or until tender; drain. Heat 1 tablespoon olive oil in a large skillet over medium-high heat; add sweet potatoes and cook, flipping occasionally, until they develop a caramelized crust (about 5 minutes). Dice sweet potatoes. Set aside.

4. Meanwhile, bring another large saucepan of water to a boil. Add pasta and cook until al dente. Drain.

5. In a large pot over low heat, melt butter. Add flour and stir to combine. Cook, stirring constantly, for 3 minutes. Increase heat to medium, add in salt and pepper, and, with a wire whisk, gradually add half-and-half. Bring to a boil while continuously stirring. Reduce heat, and then simmer 1 minute. Stir 1 3/4 cup Tillamook Italian Blend Shredded Cheese and 1/2 cup Asiago cheese until melted and smooth. Add blanched pressed garlic, diced sweet potatoes, rosemary, minced garlic, and cooked pasta. Stir to combine. Pour into greased casserole dish.

6. To make topping, combine remaining tablespoon olive oil, breadcrumbs, 1/4 cup Tillamook Italian Blend Shredded Cheese, and 1/4 cup Asiago cheese in a small mixing bowl. Stir until well combined. Sprinkle on top of pasta.

7. Bake 25 to 30 minutes, or until cheese is bubbly and topping golden brown. Serve.

Louisiana Red Beans and Rice

Ingredients

- 4 1/3 cup(s) water, divided
- 1 1/2 cup(s) brown basmati rice
- 1/2 teaspoon(s) salt
- 1 tablespoon(s) extra-virgin olive oil
- 1 cup(s) diced onion
- 2 teaspoon(s) minced garlic
- 2 can(s) red kidney beans, or pink beans,
- rinsed • 6 ounce(s) sliced Canadian bacon, chopped

1/2 cup(s) chopped celery, plus 1 tablespoon finely chopped celery leaves
1/2 cup(s) diced green bell pepper

1/2 cup(s) diced green ben pepper
1/3 teaspoon(s) ground chipotle pepper

(see Note) or cayenne pepper





• 3/4 cup(s) Asiago cheese, shredded

· 2 clove(s) garlic, finely minced

finely chopped

Italian bread

1 1/2 tablespoon(s) fresh rosemary leaves,

• 1/4 cup(s) fresh breadcrumbs from rustic

Directions

1. Combine 3 1/3 cups water, rice and salt in a large saucepan. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 45 minutes.

2. About 10 minutes before the rice is ready, heat oil in a large skillet over medium-high heat. Add onion and garlic and cook, stirring, until the onion is lightly colored and tender, about 3 minutes.



3. Place 1 cup beans in a small bowl and mash with a fork. Add the mashed and whole beans, the remaining 1 cup water, Canadian bacon, celery, celery leaves, bell pepper and ground chipotle (or cayenne) to taste to the pan. Simmer, stirring occasionally, until the liquid has thickened into a gravy and the vegetables are crisp-tender, about 6 minutes. Serve in shallow bowls, spooned over the rice.

4. Note: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

Lightest, Fluffiest Doughnuts

Ingredients

- 1/2 cup(s) whole milk
- 1 tablespoon(s) whole milk
- 1/3 cup(s) olive oil
- 1/2 cup(s) water
- 4 1/2 teaspoon(s) active dry yeast
- 3/4 cup(s) sugar
- 1/4 teaspoon(s) sugar
- 1/2 cup(s) sour cream
- 2 large eggs
- 2 large egg yolks
- 2 teaspoon(s) salt
- 2 teaspoon(s) vanilla extract
- 4 1/2 cup(s) all-purpose flour
- 4 cup(s) vegetable oil, (add more as needed for frying)
- 1/2 cup(s) confectioners' sugar

Directions

1. *Make the dough*: Coat a large bowl with vegetable oil and set aside. Gently warm 1/ 2 cup milk and oil in a small saucepan over medium heat. Combine the water and yeast in a large bowl, stir to dissolve, and sprinkle with 1/4 teaspoon sugar. Let stand for 5 minutes. Add the warm milk and oil to the yeast mixture and stir to combine. Add the remaining sugar, sour cream, eggs, yolks, salt, and vanilla and stir to combine. Add the flour gradually. Transfer the dough to a lightly floured surface and knead until smooth. Place it in the prepared bowl and turn to coat. Cover with plastic wrap and set aside in a warm, draft-free place until doubled in volume — about 2 hours. Punch dough down, re-cover the bowl with plastic wrap, and refrigerate for at least 2 or up to 12 hours.

2. Make the doughnuts: Turn the dough out onto a generously floured work surface. Lightly flour the dough and roll it out to about 3/4 inch thick. Cut doughnuts out of the dough using a 3-inch doughnut cutter and transfer them and their holes to a baking sheet. Gather dough scraps, reroll, and repeat cutting doughnuts and holes until all dough is used. Chill doughnuts and holes for 30 minutes.

3. Fry the doughnuts: Heat about 4 inches of vegetable oil in a large deep skillet fitted with a thermometer over medium-high heat until oil reaches 350 degrees F. Fry the doughnuts three at a time until golden — about 2 minutes per side. Remove doughnuts and holes with a slotted spoon and drain on paper towels. Repeat with remaining doughnuts and holes.

4. *Make the glaze*: Combine the remaining milk and confectioners' sugar in a small bowl and stir until smooth. While doughnuts and holes are still hot, dip them in the glaze and transfer to a wire rack until glaze is set and doughnuts are cool. Serve immediately.

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