



AP Photo/Matthew Mead

Chicken paprikash with egg noodles.

All you need is one pan, lots of paprika for easy comfort dinner

By KATIE WORKMAN
Associated Press

Chicken paprikash is the kind of dish that reveals itself immediately and inarguably as comfort food, even if you’ve never eaten it before in your life. It’s a classic Hungarian dish that features chicken,

onions, broth, tomatoes (sometimes, not always) and, of course, copious amounts of paprika. I have been playing around with my tin of smoked paprika for quite a while now, and while I love the flavor, it can come on strong. So here I relied primarily on the typical sweet Hungarian

paprika, then added a little bit of smoked to give it another level of flavor. You also could add a bit of hot paprika to give the dish a different kind of kick. If you are the kind of person to make your own dumplings or noodles, this is a great moment to whip out that skill set. For

the rest of us, and for a weeknight dinner, a bag of egg noodles fits the bill perfectly. You don’t want to heat the sour cream in the sauce over the stove, or it might curdle. Just stir it into the pot at the very end and it will add a tangy-creamy note to the warm sauce.

CHICKEN PAPRIKASH

- Start to finish:** 45 minutes
Servings: 8
- 3 pounds boneless, skinless chicken thighs
 - Kosher salt and ground black pepper
 - 1 tablespoon canola oil
 - 2 large yellow onions, quartered lengthwise and thinly sliced crosswise
 - 2 cloves garlic, finely minced
 - 2 tablespoons all-purpose flour
 - 2 tablespoons sweet paprika
 - 1 teaspoon smoked or hot paprika (optional)
 - 2 bay leaves
 - 14-ounce can crushed tomatoes
 - 2 cups low-sodium chicken broth
 - 3/4 cup sour cream
 - 16-ounce bag egg noodles

Season the chicken with salt and pepper. In a very large, deep heavy saute pan (such as cast-iron) over medium-high, heat the oil. When the oil is hot, add the chicken and cook for about 4 minutes. Flip the chicken and cook for another 4 minutes; it will not be cooked through. Transfer the chicken to a plate. It’s fine if there are bits stuck to the pan. Return the pan to medium heat and add the onions. Saute for 5 minutes, or until softened and moderately browned. Stir in the garlic and saute for another minute. Stir in the flour and both varieties of paprika, stirring for 1 minute, or until well mixed. Add the bay leaves, tomatoes and broth. Bring to a simmer, stirring occasionally and scraping the bottom to loosen any stuck bits. Return the chicken to the pan, along with any juices on the plate. Cook for another 10 minutes, or until the chicken is cooked through. Meanwhile, bring a large pot salted water to a boil and cook the egg noodles according to package directions. Drain and divide between serving plates. When the chicken is cooked, remove the pan from the heat. Remove the bay leaves from the sauce and discard, then stir in the sour cream. Top each portion of noodles with chicken and sauce.

Nutrition information per serving: 520 calories; 140 calories from fat (27 percent of total calories); 15 g fat (6 g saturated; 0 g trans fats); 245 mg cholesterol; 410 mg sodium; 49 g carbohydrate; 4 g fiber; 7 g sugar; 44 g protein.



AP Photo/Matthew Mead

Minty sugar snap peas with tangerine and toasted almonds.

Spring means it’s easy to enjoy our greens again

By ELIZABETH KARMEL
Associated Press

This is one of the prettiest dishes to dress a spring — or dreaming of spring — table. After months of delicious but (let’s face it) mostly brown food, my appetite is primed for bright colors and fresh flavors. And there are few green vegetables as vibrant and appealing as sugar snap peas. My mother served them often in a quick saute with toasted almonds. But in recent years, I have munched on them raw as a healthy, crunchy snack. I had almost forgotten what they tasted like cooked until one day last year when I was browsing through a cookbook by Jessica Seinfeld, “The Can’t Cook Book: Recipes for the Absolutely Terrified.” The book is my favorite gift for young cooks, or anyone who thinks cooking is

difficult. It contains appealing contemporary recipes and everything is simplified and spelled out. When I saw the picture of her minty sugar snaps, it reminded me of my mother’s dish and I had a craving that I couldn’t stop thinking about until I made them. Because I love citrus with both mint and sugar snap peas, I added the zest and the juice of a tangerine to brighten the flavor and balance the richness of the butter. The toasted sliced almonds add a welcome crunch and, if you are like me, you will find yourself making sure that every bite includes an almond or two.

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MINTY SUGAR SNAP PEAS WITH TANGERINE AND TOASTED ALMONDS

- Start to finish:** 20 minutes
Servings: 6
- 1 pound sugar snap peas
 - 3 tablespoons unsalted butter, divided
 - 1/4 teaspoon kosher salt
 - 1/2 cup sliced almonds
 - 2 large shallots, sliced into thin rings
 - Zest and juice of 1 large tangerine
 - Ground black pepper
 - 10 to 15 fresh mint leaves, julienned or chopped
 - Coarse sea salt, such as Maldon

Using scissors or your fingers, remove the stems from the snap peas and pull to remove the string if necessary (many brands are sold with the strings already removed). Place the snap peas in a bowl or strainer and rinse with cool water. Set aside. In a heavy saute pan over medium, combine 1 1/2 tablespoons of the butter, the salt and the almonds. Once the butter is melted, lower the heat and stir the almonds occasionally until golden brown, 2 to 3 minutes. Once the almonds are toasted, transfer to a plate, then return the pan to medium heat and add the remaining butter. Add the shallots and cook, stirring, for 3 to 4 minutes, or until they are soft and beginning to brown. Add the snap peas and cook, stirring often, until crisp-tender, about 5 minutes. Add the tangerine juice and cook for another minute. Stir in the tangerine zest and mint, then season with pepper. Transfer to a serving dish and top with the almonds. Finish the dish with a sprinkle of crunchy sea salt.

Nutrition information per serving: 140 calories; 90 calories from fat (64 percent of total calories); 10 g fat (4 g saturated; 0 g trans fats); 15 mg cholesterol; 170 mg sodium; 10 g carbohydrate; 3 g fiber; 5 g sugar; 4 g protein.

London’s punk scene 40 years later

By JONATHAN ELDERFIELD
Associated Press

LONDON (AP) — The Sex Pistols and The Clash led the British punk rock revolution in the steamy summer of 1976. London is marking 40 years since that summer with a series of events, gigs and exhibits this year. As an early fan of punk, I set out on a personal pilgrimage to explore the neighborhoods and locations that were its petri dishes — from the Pistols’ rehearsal and living space to the scene of the Notting Hill riots witnessed by The Clash to the pubs and clubs that hosted their first shows. In some places, I found the opposite of the angry energy that inspired anthems like the Pistols’ “Anarchy in the UK” and The Clash’s “London’s Burning.” But I also found some venues still going strong.

First stop: Portobello Road to see the mural of Clash frontman Joe Strummer, which was painted after this death. Sadly, when I visited, it was mostly covered by scaffolding. I looked in vain for signs of Strummer’s anti-establishment vibe, but all I found was a bustling market selling knickknacks, clothing and antiques while passers-by peered at their iPhones. From there I headed to Tavistock Road, the street that inspired Strummer’s “White Riot,” his call to arms after a West Indian carnival ended in riots in Notting Hill in the summer of ‘76. But I failed to find any sign of punk’s past on the quiet thoroughfare, so I settled in the Metropolitan Pub on Great Western Road for a hand-pulled pint. The Rough Trade record shop opened in 1976 on Kensington Park Road. Today it’s on Talbot Road, filled with vinyl and CDs, its walls and ceiling adorned with posters featuring The Clash, Sex Pistols and others. In Central London, I marveled at the fine instruments at NO.TOM, a small guitar shop on Denmark Street, near the Tottenham Court Road tube. The short street, once known as London’s Tin Pan Alley,



Jonathan Elderfield via AP

In this Jan. 10 photo, tourists and locals mingle in Camden Market in London. Today this thriving collection of bars, restaurants, shops and stalls is overrun with shoppers perusing all types of food and fashion, from espresso to T-shirts bearing the Union Jack.

was home to many music publishers and studios. Behind NO.TOM there’s a tiny 19th century cottage where the Sex Pistols once lived. It’s covered with graffiti created by the Pistols’ John Lydon (Johnny Rotten), including a drawing of the Pistols’ manager Malcolm McLaren, and another of Nancy Spungen, Sid Vicious’ girlfriend. At 100 Oxford St., the 100 Club is marked with a sign and poster for upcoming shows. The Sex Pistols played here in May 1976 and the venue hosted a punk festival in the fall of ‘76. In January 2016, ‘70s bands including 999, The Members, UK Subs and Discharge played here as part of a punk series. In Chelsea, at 430 King’s Road, a giant “SEX” sign once hung outside a shop of the same name shared by McLaren, the Pistols’ manager, and designer Vivienne Westwood. Westwood still runs a boutique here called Worlds End. Next stop: Camden Market. Today this thriving collection of bars, restaurants, shops and stalls is overrun with shoppers perusing all types of food and fashion, from espresso to T-shirts bearing the Union Jack. I was here to find the spot where The Clash posed for a photograph that became an iconic image adorning their first album.



Jonathan Elderfield via AP

In this Jan 10 photo, a wall sports records, photos and posters at the Hope & Anchor pub in London. The Hope & Anchor has a lovely ground-floor pub with a small theater space upstairs and music venue in the basement. The basement’s roster has included The Jam, The Ramones, The Police, The Stranglers, XTC, U2, The Cure, Joy Division and The Pogues.

The photo was taken on a ramp that’s since been converted to steps. I took a selfie standing there but couldn’t help feeling a pang of regret. My favorite band, often called “the only band that matters,” once stood here on the cusp of fame, but today the spot seems to embody the opposite of punk’s anti-materialistic message. And I had become part of the iPhone-toting tribe intent on the next purchase and picture. Where was the Pistols’ “Anarchy in the UK”? Where were “All The Young Punks” from The Clash song? Maybe they were up the road at the Roundhouse. This fine music venue, originally a 19th century railway repair facility, has hosted performers since 1966. The Clash played their fifth-ever show here in September 1976. The Pistols, The Damned, The Ramones and Patti Smith all played here too. A Punk Weekender scheduled here for July 9 and 10 features music, prose and poetry as part of London’s 40-year anniversary celebration. My final destination was London’s Islington neighborhood, home to the Hope and Anchor pub, 207 Upper St., and Screen on the Green, 83 Upper St. Hope and Anchor has a lovely ground-floor pub with a small theater space upstairs and music venue in the basement. The basement’s roster has included The Jam, The Ramones, The Police, The Stranglers, XTC, U2, The Cure, Joy Division and The Pogues. Hope and Anchor also hosted pre-punk bands playing what was called pub rock, including a group led by Joe Strummer, the 101ers. The pub’s Facebook page lists upcoming shows, and today’s audiences aren’t likely to be hit by flying sheets of spit (“gob” as the Brits call it) the way they were in the early punk era, with fans gobbing at performers and musicians spitting right back. Screen on the Green, with a fabulous neon facade, hosts movies and live events. It’s one of the oldest cinemas in the UK. The Clash, Sex Pistols and Buzzcocks played together there on the night Aug. 29, 1976. It was the end of the long, hot summer when punk was born.