**HOME & LIVING** 

## **RIBS**

Continued from Page B1

Recipe from "The Cook's Illustrated Meat Book" by the editors at America's Test Kitchen

### **BOILED AND** GRILLED RIBS

Yield: 6 servings

3 racks baby back ribs or 2 racks spareribs 2 lemons 1 cup salt 2 tablespoons black peppercorns

2 bay leaves Chipotle barbecue sauce or your favorite barbecue sauce, optional

1. Put the ribs in a large stockpot and fill with enough cold water to cover. Squeeze the lemons and strain the juice into the pot. Remove the seeds and add the lemon rinds. Add the salt, peppercorns and bay leaves and bring to a boil. Boil until the ribs are slightly soft but not falling apart, about 25 minutes.

2. Prepare a grill for high

3. Transfer the ribs to the grill, meatier-side down. Grill for 10 minutes; brush the meaty side with barbecue sauce, if using, and grill another 3 minutes. Do not char the meat or the sauce. Ribs are done when the meat has pulled away from the bone by 3/4 inch.

Per serving: 590 calories; 40 g fat; 15 g saturated fat; 156 mg cholesterol; 44 g protein; 17 g carbohydrate; 9 g sugar; 1 g fiber; 767 mg sodium; 100 mg calcium

Recipe by Yaara Amberg, via Food Network

## **BETTY**

Continued from Page B1

be Betty Crocker. It's about being a maker. Your gender and your race don't matter. The whole idea behind Betty is to give you the creativity and the tools to help you make what you want to make in the kitchen.

**Q:** Do you do a lot of cooking at home?

**A:** I love to share food with family and friends. I had an Italian grandmother who made great big feasts and then watched everyone eat, and enjoy, and laugh. Food has such an impact on our lives, it's such a connector. It's the centerpiece of our celebrations, it creates memories. Why not have good food when you have those gatherings?

## INDIVIDUAL CHICKEN POT

Serves 6.

Note: For an easy dinner later in the week, prepare pot pies as directed. Let cool at room temperature 30 minutes after baking. Cover loosely and refrigerate for up to 3 days. When ready to serve, preheat oven to 375 degrees. Place pot pies on a rimmed baking sheet and bake until a table knife inserted in the center feels hot when touched with a finger, about 20 to 30 minutes. From "Betty Crocker Best 100."

### For filling

1/3 cup (5 tablespoons plus 1 teaspoon) butter, plus extra for ramekins (or cooking

spray for ramekins)

1/3 cup flour 1/3 cup chopped onion

1/2 teaspoon salt 1/4 teaspoon freshly

ground black pepper 13/4 cups chicken broth 2/3 cup milk

3 cups cut-up cooked chicken (or turkey) 2 cups frozen peas and carrots

### For crust

2 cups plus 2 tablespoons flour, plus extra for rolling dough 1 teaspoon salt

2/3 cup cold shortening 3 to 5 tablespoons ice-cold water

To prepare filling: In a 2-quart saucepan, melt butter over medium heat. Stir in flour, onion, salt and pepper. Cook and stir until mixture is bubbly, about 2 to 3 minutes. Stir in chicken broth and milk. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in chicken (or turkey) and peas and carrots, and remove from heat.

To prepare crust: In a medium bowl, mix flour and salt. Using a pastry blender (or a fork), cut in shortening, until mixture forms coarse crumbs the size of small peas. Sprinkle with water, 1 tablespoon at a time, and toss with a fork until all flour is moistened and pastry almost leaves the side of the bowl (1 to 2 teaspoons more water can be added if necessary). Gather pastry into a ball. On a lightly floured work surface, divide pastry in half and shape into 2 rounds.

To prepare pot pies: Preheat oven to 425 degrees and lightly coat 6 (10-ounce) ramekins or custard cups with butter (or cooking spray) and place prepared ramekins on a rimmed baking sheet.

On a lightly floured work surface, using a lightly floured rolling pin, roll one round of pastry into

a 16-inch circle. Using one of the ramekins as a guide, cut pastry with a sharp knife at least 1 inch around the dish to make 3 pastry circles (about 51/2 inches in diameter), rerolling pastry if necessary. Repeat with second pastry round to make a total of 6 pastry circles.

Evenly divide chicken mixture among ramekins. Top each ramekin with a pastry circle, gently pressing sides down the ramekin. Make a slit in the top of each circle. Bake until golden brown, about 30 to 35 minutes.

### **BROWNIE** COOKIES

Note: To toast pecans, spread in an ungreased rimmed baking sheet. Bake, uncovered, in a 350-degree oven for 6 to 10 minutes, stirring occasionally until light brown. Remove from oven, transfer pecans to a heatproof plate and set aside. From "Betty Crocker Best 100."

2 cups chopped pecans, toasted if desired (see Note above) 3 cups (18 ounces) semisweet chocolate chips, divided 1/2 cup (1 stick) butter,

cut into pieces

- 4 ounces unsweetened
- chocolate, chopped
- 1 1/2 cups flour 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar 2 teaspoons vanilla extract

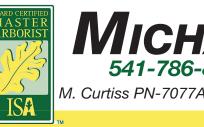
Preheat oven to 350 degrees and line baking sheets with parchment paper.

In a heavy 3-quart saucepan over low heat, combine 1½ cups of the chocolate chips, the butter and the unsweetened chocolate and cook, stirring constantly, until butter and chocolates are melted.

Remove from heat and cool. In a medium bowl, mix flour, baking powder and salt; set aside.

In a bowl of an electric mixer on medium speed, beat sugar, vanilla extract and eggs until well blended. Reduce speed to low and gradually add in flour mixture. Add chocolate mixture; beat well. Stir in pecans and remaining 1½ cups

Drop dough by 2 tablespoon-10 minutes. Remove cookies from oven and cool for 2 minutes before transferring to a wire rack to cool completely.

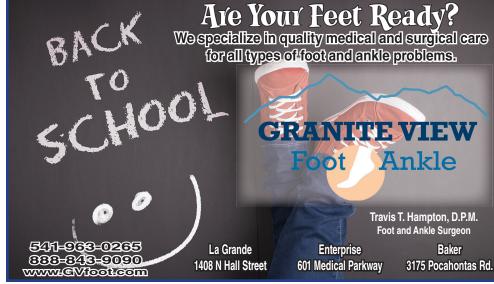


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# TUESDAY, OCTOBER 19, 2021 CROSSWORD PUZZLER

### **ACROSS**

- The lady
- Jones or Kelly Church seat
- 12 1,101, to **Brutus**
- 13 Principle
- 14 Before, to Blake
- 15 Killer whales 17 Rowboat
- problem Took to court
- 20 Racket
- 21 Goose egg, in sports
- 25 Burdens
- 29 Impetus 33 Small combo
- 34 Caviar 35 Sir, in Seville
- 37 Everybody
- 38 Face cover 40 Clamber

42

- 42 Over

- 44 Gaelic pop star
- **DOWN**
- 2 Light tan
- 4 Invisible substance
- Prescription letters
- Have a cough Many dorms
- 8 Inbox filler

- 47 Rocker Jett

45 Also not

- 51 Lively
- 55 Clear as mud 56 Kind of fishing
- 57 Cereal box remnant
- 59 Don Ho's
- neckwear – few
- rounds 61 Marsh grass 62 House addition

- 1 Med. plans
- 3 Kitchen staple

- **Answer to Previous Puzzle** ORRO J A N AHOOT



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- 9 Soup
- ingredient 10 Unit of energy
- 16 Carpentry tool

59

- 11 Microscopic
- - 28 Fish choice 29 Budge 30 Hot spot
    - 31 Damsel 32 Daybreak, to a
      - 36 Mr. Milland 39 Let borrow

41 Lower

18 Lumber flaw

23 Road map nos.

22 USN officer

24 Weight unit

26 OPEC rep,

maybe

27 Kind of pickle

- California 43 Removes, as a
- hat 46 Exercise power
- 48 Give the eye 49 Ayla's creator 50 Playwright
- Simon 51 Quick turn 52 Author

54 Youth

Umberto 53 Dolphin habitat

55 Notch shape

58 About 2.2 lbs.

110 Announcements

110 Announcements

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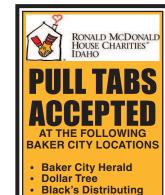
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chocolate chips. fuls on prepared baking sheets, spacing about 1 inch apart. Bake





