

# BEST OF THE YEAR bon appetit

JANUARY 2009

THE  
VALUE  
ISSUE

EAT  
BETTER  
FOR LESS



DISH OF  
THE YEAR

FETTUCCINE  
CARBONARA WITH  
PANCETTA AND  
BROCCOLI RABE

p. 101



# family style

BY MARIA HELM  
SINSKEY

dinner  
for you and  
your kids—  
plus leftovers



**THE MENU/ SANDWICHES FOR DINNER**  
Endive and apple salad  
Chicken sandwiches with  
mushrooms, spinach, and cheese  
Pecan-raisin drop cookies

**THE PAYOFF/** Delicious, melty, dinner-worthy sandwiches that can be ready in minutes. Assemble the sandwiches the night before, then just

bake them at mealtime (add 10 minutes to the baking time). Also on the menu: a simple salad and easy drop cookies that will last all week.

**THE LEFTOVERS/** Endive, Apple, and Chicken Salad: Dinner's side salad, plus the extra purchased roast chicken, makes for a quick, healthy lunch.



#### KIDS CAN COOK

The cookie dough ingredients are combined by hand—no electric mixer required,

making this a great task for your little helpers. They can also toss the salad and assemble the sandwiches.

## ENDIVE AND APPLE SALAD

**4 SERVINGS PLUS EXTRA DRESSING/**

Apples make this salad appealing even to young children.

- ¼ cup apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced shallot
- 1 teaspoon sugar
- ¾ cup canola oil
- 3 heads of Belgian endive, halved lengthwise, cut crosswise into ½-inch pieces
- 1 cup torn escarole leaves
- ½ medium Fuji or Braeburn apple, cored, cut into 6 wedges, thinly sliced crosswise

Whisk first 4 ingredients in small bowl. Gradually whisk in oil. Season to taste with salt and pepper. Set vinaigrette aside. Mix Belgian endive, escarole, and apple in large bowl. Toss salad with ¼ cup vinaigrette.

## WARM CHICKEN SANDWICHES WITH MUSHROOMS, SPINACH, AND CHEESE

**4 SERVINGS/** The sandwiches can be refrigerated one day ahead (chill the chicken and spinach before assembling).

- 4 ciabatta rolls, halved horizontally
- 3 tablespoons extra-virgin olive oil, divided, plus more for drizzling
- Whole grain mustard
- 8 ounces Fontina cheese, shredded, divided
- 12 ounces sliced white mushrooms
- 2 tablespoons chopped shallots
- 3 garlic cloves, pressed
- 2 cups shredded roast chicken
- 1 5-ounce bag baby spinach

Preheat oven to 400°F. Pull some bread from ciabatta rolls to form slightly hollow centers. Drizzle ciabatta rolls with olive oil. Spread roll bottoms with whole grain



mustard. Sprinkle roll bottoms with half of Fontina cheese.

Heat 2 tablespoons oil in large skillet over medium-high heat. Add mushrooms; sauté 4 minutes. Add chopped shallots and pressed garlic; sauté 3 minutes. Add chicken; sauté 2 minutes to heat through. Transfer to plate. Add 1 tablespoon oil to skillet. Add spinach; sauté 2 minutes. Season to taste with salt and pepper. Drain. Spoon chicken mixture, then spinach over roll bottoms. Top with remaining cheese. Cover with roll tops. Wrap each sandwich tightly in foil. Bake sandwiches until cheese melts, about 20 minutes.

## PECAN-RAISIN DROP COOKIES

**MAKES ABOUT 50/**

- 1 cup all purpose flour
- ¾ teaspoon coarse kosher salt
- ¼ teaspoon baking soda
- ¾ cup (packed) golden brown sugar
- ½ cup unsalted butter, melted
- 1 large egg
- 1 teaspoon vanilla extract
- ¾ cup raisins
- ¾ cup pecans, coarsely chopped

Preheat oven to 350°F. Line 2 baking sheets with parchment. Mix first 3 ingredients in bowl. Whisk sugar and butter in large bowl, 1 minute. Whisk in egg and vanilla. Stir in dry ingredients, then raisins and nuts. Drop dough by rounded teaspoonfuls onto sheets. Bake about 12 minutes. Transfer parchment to racks; cool. / ■

*Maria Helm Sinskey is the author of The Vineyard Kitchen and the mother of two.*

## second helpings/

ENDIVE, APPLE, AND CHICKEN SALAD

• Buy a few extra heads of Belgian endive—and last night's dinner becomes today's light lunch salad. In a large bowl, combine chopped **BELGIAN ENDIVE**; chopped leftover **ESCAROLE LEAVES**; leftover **PURCHASED ROAST CHICKEN**, shredded or cut into chunks; leftover **APPLE HALF**, cut into slices; sliced **CELERY**; toasted **WALNUT HALVES**; and crumbled **BLUE CHEESE**. Toss with some leftover **APPLE CIDER VINAIGRETTE**.