

# bon appétit

OCTOBER 2009

EAT WELL / SAVOR LIFE

## COZY FALL SUPPERS

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## EASY ITALIAN DINNERS

## APPLE DESSERTS

OLD-FASHIONED PIE  
SPICE CAKE  
CHEDDAR TURNOVERS  
FLAKY TART

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SLOW-COOKED  
SHORT RIBS  
WITH SUN-DRIED-  
TOMATO GRAVY

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AWARDS

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# family style

dinner for  
**YOU AND  
YOUR  
KIDS**—  
*plus leftovers*

BY MARIA HELM SINSKEY

RECIPES ON  
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## THE MENU

### meatloaf dinner for 4

TURKEY MEATLOAF WITH MUSHROOMS AND HERBS  
CRÈME FRAÎCHE AND CHIVE MASHED POTATOES  
GLAZED ROOT VEGETABLES

**THE PAYOFF** As a child, you may have moaned, “Meatloaf again?” but with this delicious turkey version, your family never will. Round

out the meal with some honey-glazed root vegetables and (everybody’s favorite) mashed potatoes, dressed up with chives and crème fraîche.

**THE LEFTOVERS** Grilled Meatloaf and Cheese Sandwiches: When meatloaf is added to grilled cheese sandwiches, the results are spectacular.

**KIDS CAN COOK**

Set your mini sous-chefs to work mixing the meatloaf (they can use their hands) and mashing the potatoes.

**TURKEY MEATLOAF WITH MUSHROOMS AND HERBS**

4 SERVINGS PLUS LEFTOVERS  
CALORIES: 329 FAT: 13 g FIBER: 1 g

- 2 tablespoons extra-virgin olive oil plus additional for brushing
- 2 cups ½-inch cubes crustless day-old pain rustique
- 1 cup low-salt chicken broth
- 8 ounces sliced button mushrooms
- 2 large eggs, lightly beaten
- ¼ cup minced shallots
- 2 tablespoons chopped fresh Italian parsley
- 1 tablespoon chopped fresh thyme
- 2 teaspoons coarse kosher salt
- ½ teaspoon ground black pepper
- 1 pound ground turkey (15% fat)
- 1 pound ground turkey breast

Preheat oven to 350°F. Brush 8½x4½x2½-inch loaf pan with olive oil.

Toss bread with broth in large bowl. Let stand until bread absorbs broth and softens, about 10 minutes. Mix in mushrooms, eggs, shallots, parsley, thyme, coarse salt, pepper, and 2 tablespoons oil.

Add turkey; mix just until blended.

Transfer to pan, mounding in center. Bake until thermometer inserted into center registers 170°F, about 1 hour 25 minutes. Let rest 15 minutes before serving.

**CRÈME FRAÎCHE AND CHIVE MASHED POTATOES**

6 SERVINGS Use a potato masher—or even just a large fork—if you don't have a ricer.  
CALORIES: 214 FAT: 10 g FIBER: 3 g

- 3 quarts water
- 2 tablespoons coarse kosher salt plus additional for seasoning
- 2 pounds Yukon Gold or Yellow Finn potatoes, peeled, cut into 1-inch wedges



- ½ cup whole milk
- ½ cup crème fraîche\*
- 2 tablespoons (¼ stick) unsalted butter
- 3 tablespoons chopped fresh chives

Bring 3 quarts water to boil in heavy medium pot. Add 2 tablespoons coarse salt; add potatoes. Cook until potatoes are tender, about 18 minutes. Drain. Press potatoes through ricer into large bowl. Cover bowl with clean towel to keep warm.

Heat milk, crème fraîche, and butter in saucepan over medium heat, just until bubbles begin to form at edge, stirring until butter melts. Gradually mix hot milk mixture into potatoes. Fold in chives. Season with coarse salt and pepper.

**DO AHEAD** Can be made 1 hour ahead. Let stand at room temperature. Reheat in microwave-safe bowl.

\*Available at most supermarkets and at specialty foods stores.

FOR COMPLETE NUTRITIONAL INFO FOR ALL OF THE RECIPES IN THIS ISSUE, GO TO [bonappetit.com](http://bonappetit.com)

**GLAZED ROOT VEGETABLES**

6 SERVINGS  
CALORIES: 179 FAT: 6 g FIBER: 7 g

- 1¼ cups water
- 3 tablespoons honey
- 3 tablespoons butter
- 1 teaspoon coarse kosher salt plus additional for sprinkling
- 2 medium rutabagas, peeled, cut into ½-inch pieces
- 2 medium turnips, peeled, cut into ½-inch pieces
- 2 tablespoons chopped fresh Italian parsley

Bring 1¼ cups water, honey, butter, and 1 teaspoon coarse salt to boil in medium saucepan over high heat. Add rutabagas and return water to boil. Cook for 2 minutes; add turnips. Boil until water is reduced to glaze and vegetables are tender, stirring occasionally, about 7 minutes. Season with salt and pepper. Toss with parsley. ■

Maria Helm Sinskey is the author of *Williams-Sonoma Family Meals* and the mother of two.

**second helpings**

GRILLED MEATLOAF AND CHEESE SANDWICHES

For each sandwich, place ½-inch-thick slice leftover MEATLOAF between 2 slices MONTEREY JACK, SWISS, or PROVOLONE CHEESE and 2 slices WHOLE GRAIN BREAD. Brush outside of sandwich with OLIVE OIL. Cook in skillet over medium-low heat, about 3 minutes per side. Serve with DIJON MUSTARD.  
CALORIES: 547 FAT: 31 g FIBER: 5 g