

WINTER SOUPS, PASTAS & STEWS

bon appetit

EAT WELL / SAVOR LIFE

MEAT & POTATOES

STEAK AND POTATO RISOTTO

GNOCCHI WITH PORK RAGÙ

ULTIMATE SHEPHERD'S PIE



SNACK ATTACK!

BEST-EVER POPCORN, BUFFALO WINGS, CHIPS, AND MORE

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FEBRUARY 2010



MMM...MILK CHOCOLATE
LUSCIOUS TART, MOUSSE, CAKE, AND SOUFFLÉ



family style

dinner for
YOU AND
YOUR
KIDS—
plus leftovers

BY MARIA HELM SINSKEY

RECIPES ON
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MENU FOR 6

kid-friendly chicken masala

- EASY CHICKEN MASALA
- CARAMELIZED CUMIN-ROASTED CARROTS
- COOL CUCUMBER RAITA

THE PAYOFF A subtly spiced, simple menu to introduce your kids to Indian cooking. The warming garam masala in the chicken recipe and cumin in

the carrot dish are balanced perfectly by the cooling yogurt in the cucumber *raita*. Add a little basmati rice if you like for carbs and comfort.

THE LEFTOVERS Indian Chicken Wrap with Cucumber Raita: Pile the leftovers onto flatbread and roll it up for the best brown bag lunch of the week.

KIDS CAN COOK

Have your aspiring sous-chefs stir the ingredients together for both the chicken marinade and the cucumber raita.

EASY CHICKEN MASALA

6 SERVINGS Position racks in the top third and the bottom third of the oven so that the chicken and the carrots can roast together.
CALORIES 395 FAT 24 g FIBER 0.7 g

- 1 cup plain whole-milk yogurt
- ¼ cup coarsely chopped fresh cilantro
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon garam masala*
- 2 teaspoons coarse kosher salt
- 1 large garlic clove, pressed
- 1 4- to 4½-pound roasting chicken, cut into 8 pieces, backbone removed
- 2 small onions, cut into ¼-inch-thick slices

Mix yogurt, chopped cilantro, olive oil, garam masala, salt, and garlic in 13x9x2-inch glass baking dish. Add chicken to marinade, 1 piece at a time, coating all sides. Cover with plastic wrap; refrigerate at least 2 hours. **DO AHEAD** Can be made 1 day ahead. Keep refrigerated.

Position racks in top third and bottom third of oven; preheat to 400°F. Arrange onions in thin layer on large rimmed baking sheet to form bed for chicken. Top with chicken pieces in single layer, spacing apart for even roasting (chicken will still be coated with marinade). Discard remaining marinade.



Roast chicken on top rack until cooked through and juices run clear when thickest portion of thigh is pierced with knife, about 1 hour. Serve chicken atop onion slices. Spoon pan juices around.

*An Indian spice mixture; available in the spice section of many supermarkets and at Indian markets.

FOR COMPLETE **NUTRITIONAL INFO** FOR ALL OF THE RECIPES IN THIS ISSUE, GO TO bonappetit.com

second helpings

INDIAN CHICKEN WRAP WITH CUCUMBER RAITA



Shred leftover **CHICKEN**. Thinly slice **CARROTS**. Heat large **FLATBREAD** in dry skillet or on dry griddle to warm. Place on work surface. Top with chicken and then **RAITA**; garnish with several fresh **CILANTRO** leaves. Fold flatbread over filling and serve with **MANGO CHUTNEY**, if desired.

CARAMELIZED CUMIN-ROASTED CARROTS

6 SERVINGS
CALORIES 94 FAT 5 g FIBER 4 g

- Nonstick vegetable oil spray
- 12 medium to large carrots, peeled, cut on diagonal into ½-inch-thick pieces
- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons cumin seeds
- 2 teaspoons coarse kosher salt

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray.

Combine carrots and all remaining ingredients in large bowl; toss to coat. Spread in single layer on prepared baking sheet. Roast carrots until tender and lightly caramelized, turning carrots over once, 35 to 40 minutes.

COOL CUCUMBER RAITA

6 SERVINGS If you don't have time to drain regular yogurt, buy thick, Greek-style yogurt, available at many supermarkets and at specialty foods stores.
CALORIES 29 FAT 1 g FIBER 0.3 g

- 2 cups plain whole-milk yogurt
- 1 7-inch-long piece English hothouse cucumber, peeled, coarsely grated
- 1 teaspoon coarse kosher salt
- 2 tablespoons (packed) finely chopped fresh cilantro
- 4 teaspoons finely chopped fresh mint

Line strainer with cheesecloth and place over bowl. Add yogurt; cover and refrigerate at least 2 hours and up to 1 day.

Combine drained yogurt and grated cucumber in small bowl. Add coarse salt, chopped cilantro, and chopped mint; mix well. Cover cucumber raita and chill at least 30 minutes and up to 2 hours. ■

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