

# fine Cooking

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Pardina, and Yellow

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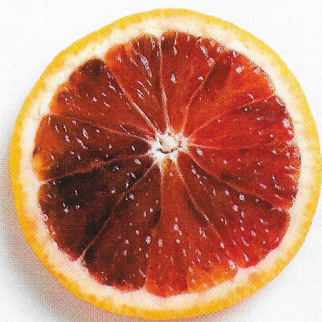


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**Slow-Cooker**  
**SHORT RIBS**  
*Rich Flavor, Less Work*







# Citrus BLISS

*Oranges help chase away the winter blues by brightening up dishes both savory and sweet.*

BY JAMIE SCHLER

I GREW UP ON THE INDIAN RIVER IN FLORIDA, A STONE'S THROW FROM THE REGION'S FAMOUS ORANGE GROVES.

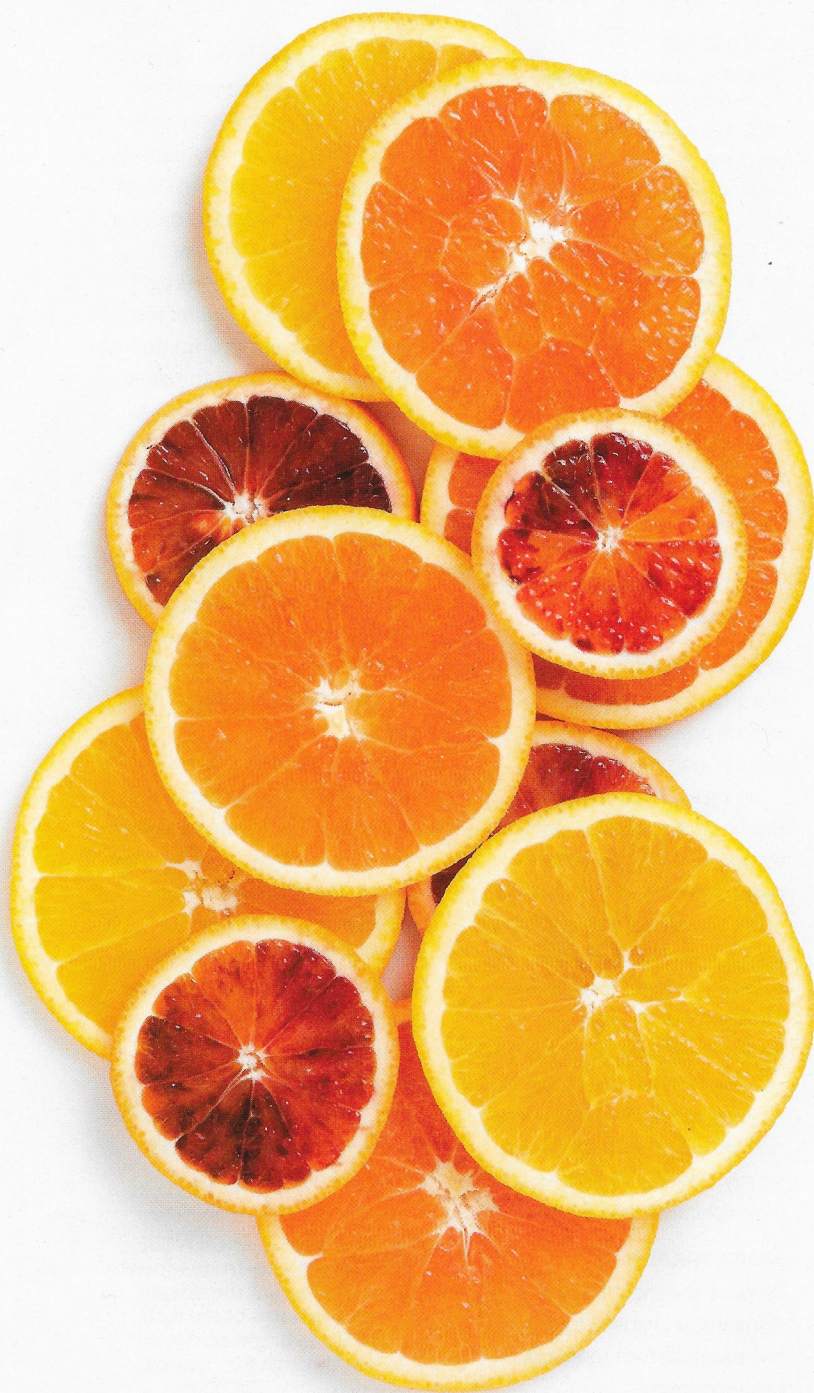
During citrus season, we had so much bounty that we couldn't keep it all in the kitchen, so my dad's workbench in our garage would be crammed with bags bursting with fresh-from-the-tree oranges, grapefruit, and tangerines. Eaten out of hand, they were breakfast, snacks, and even dessert. My mom and dad never thought to use oranges in a dish, though.

Years later, as I began cooking for my own family, I quickly came to appreciate the orange as an ingredient as versatile as it is delicious. The peeled fruit, cut into slices or segmented, transforms a wide array of dishes from salads to desserts into something spectacular. It's not just the flesh that adds flavor, either; orange juice and, especially, zest add bright, floral, and tangy notes to soups or stews, sauces, marinades, vinaigrettes, glazes, and more. I have come to love oranges so much, in fact, that I'm writing a cookbook about them.

Though oranges are available year-round, I gravitate toward them more in winter, when other seasonal fruit is scarce and I could use a little taste of sunshine. These days, I live in France, so the oranges I buy tend to come from Spain, South Africa, Italy, and Morocco.

Like Florida oranges, most of those at my market are sweet oranges. (Bitter oranges, such as Sevilles, would not be welcome in a fruit salad and are mainly used for making marmalade.) I enjoy the slight flavor differences and various shades of color among the different varieties (see sidebar p. 54), but I also find them more or less interchangeable in my kitchen, whether in the recipes on the following pages, or simply peeled and eaten out of hand the way I did as a kid in Florida—and still do today.

*Along with running her hotel, Jamie Schler posts often on her blog, [Life's a Feast](http://Life's a Feast) ([lifesafeast.net](http://lifesafeast.net)), and is at work on a cookbook all about oranges.*







Orange, Pear,  
and Date  
Salad with  
Orange-  
Rosemary  
Vinaigrette,  
p. 54.



## orange, pear, and date salad with orange-rosemary vinaigrette

*Though the jewel-like tones of orange slices scream for attention, the charm of this refreshing salad is its balanced, simple, almost subdued flavors, which beguile with every bite. Serves 4*

- 3 oranges (about 9 oz. each)
- 2 Tbs. white wine or Champagne vinegar
- 2 tsp. finely chopped fresh rosemary
- $\frac{3}{4}$  tsp. finely chopped fresh thyme
- $\frac{1}{4}$  cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 small heads Little Gem (sucrine) or 10 oz. baby romaine or butter lettuce, coarsely chopped (about  $6\frac{1}{2}$  cups)
- 1 large ripe pear, quartered, cored, and sliced into thin wedges
- 4 Medjool dates (see p. 91), pitted and each cut into 4 to 5 pieces
- $\frac{1}{2}$  cup very thinly sliced red onion
- 4 oz. fresh mozzarella, either small balls, such as ciliegine or bocconcini, or larger, cut into pieces (optional)
- 2 Tbs. toasted pine nuts
- Flaky sea salt

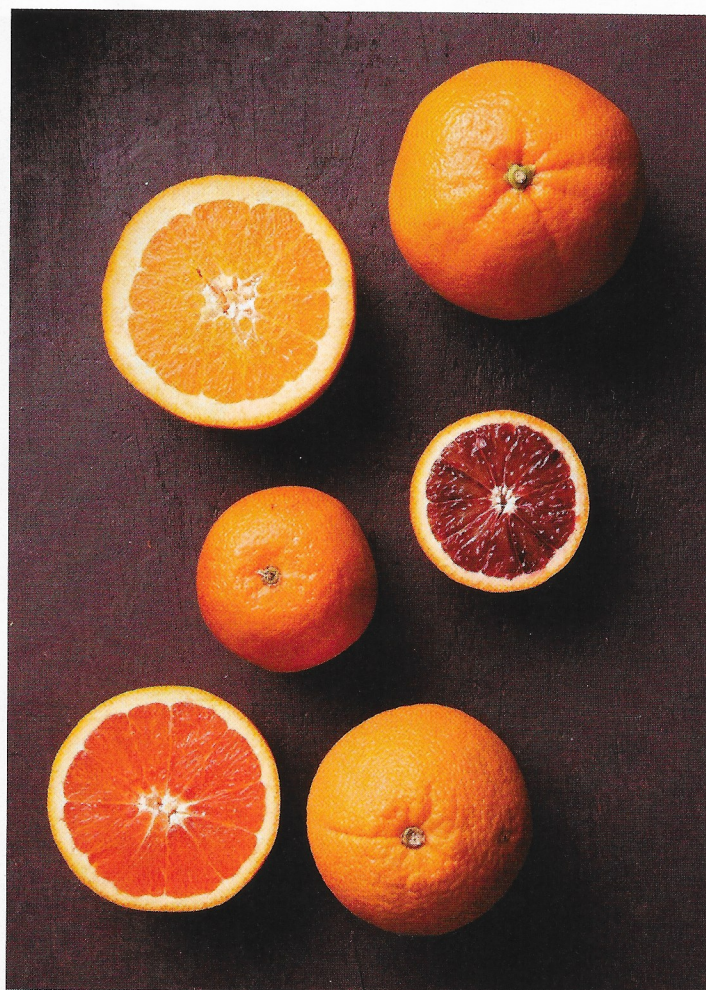
Use a rasp-style grater to remove  $1\frac{1}{2}$  tsp. zest from one of the oranges. Juice one of the oranges to yield  $\frac{1}{4}$  cup juice. In a small bowl, whisk the juice, zest, vinegar, rosemary, and thyme. Continue whisking as you slowly add the olive oil in a steady stream. Season to taste with salt and pepper.

Peel the remaining two oranges as directed at far right. Slice the oranges crosswise no more than  $\frac{1}{4}$  inch thick. Remove and discard any seeds.

Pile the chopped lettuce in the center of a platter or divide among serving plates. Top with the orange slices, pear, dates, onion, and mozzarella, if using, and then sprinkle with the pine nuts, a grind or two of black pepper, and some sea salt. Whisk the vinaigrette, spoon some over the salad, and pass the rest at the table.



**Pair With:** GEWÜRZTRAMINER Any dish with this much fruit needs a wine with similar sweetness. Off-dry Gewürz gets the nod because it has the weight to stand up to earthy herbs, cheese, and toasted nuts.



Top: navel orange; center: blood orange; bottom: Cara Cara orange

## Enjoy blood and navel oranges IN WINTER

In the United States during winter, **NAVEL** oranges—the ones that look like they have a belly button thanks to a small secondary fruit that develops on the blossom end—are most abundant. These seedless oranges are tasty, but don't be deceived: They're not always as big as they look because they can have very thick skin. If you're looking for a winter orange with more drama, look for **BLOOD** oranges, so named for their deep red flesh. **CARA CARAS** are a type of navel orange with a lovely persimmon-colored flesh; I love how a mix of these and regular navels looks in a salad or salsa. Despite making an appearance at most markets before the snow melts, **VALENCIA** oranges are known as "the summer orange" and are more widely available then. They are among the most popular oranges thanks to their thin skin and abundant juice.

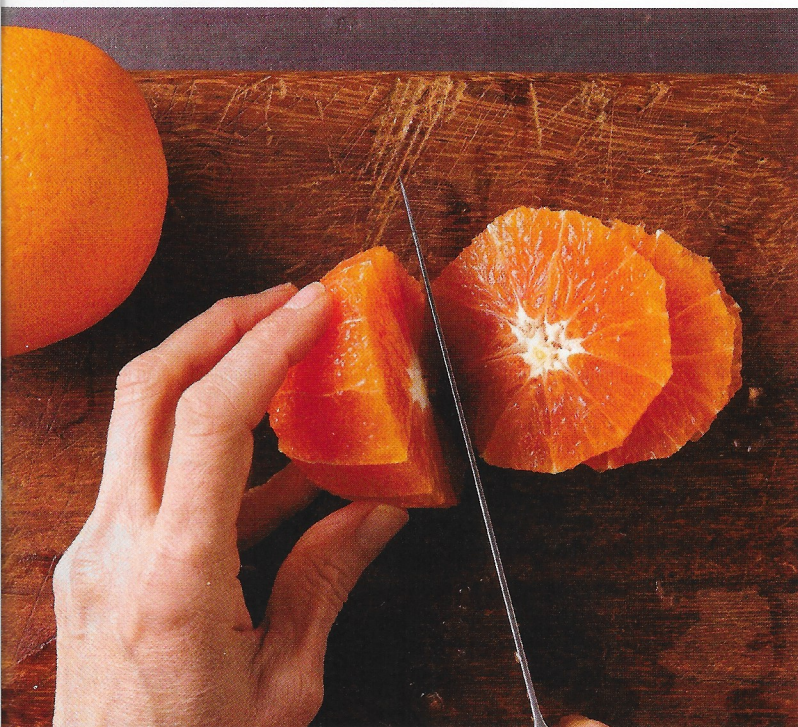




**PITH-FREE PEELING:** Slice off the blossom and stem ends of the fruit. Stand the fruit on one of its cut ends, and slice off the skin in strips, following the natural curve of the fruit from top to bottom. Try to remove all of the bitter white pith but not too much of the flesh.



**SEGMENTING:** Working over a bowl to catch the juice and using the membranes as guides, cut the segments, or suprêmes, free. Squeeze any juice from the leftover membrane before discarding.



**SLICING:** Slice the peeled orange crosswise, and then into quarters or smaller if you want pieces.



It's hard to remember how much of a pain finely grating zest was before the rasp-style grater came onto the market. Use it like a nail file, moving it along the contours of the fruit. The zest will collect along the backside of the grater. Turn it over and give it a whack to encourage the zest to fall from it.



## orange, onion, and olive focaccia

*Sweet, tangy, and salty, this focaccia is hard to stop eating. Depending on the size of your oranges, you may not use all of them. And though it may look like a lot of onion, don't worry: It shrinks and mellowes when baked. Serves 12*

- 1½ Tbs. granulated sugar**
- 2½ tsp. (¼ oz.) active dry yeast**
- 2 oranges (about 9 oz. each)**
- 2 tsp. table salt**
- 18 oz. (4 cups) unbleached all-purpose flour; more for kneading**
- 5 Tbs. extra-virgin olive oil**
- 1 sweet onion, halved and very thinly sliced (1¼ to 2 cups)**
- ¼ cup pitted black olives, such as Kalamatas, slivered lengthwise**
- Flaky sea salt**
- Freshly ground black pepper**
- 2 tsp. chopped fresh oregano (optional)**

In a small bowl, combine the sugar, yeast, and ¼ cup warm (90°F) water. Let stand until the yeast dissolves and the mixture is foamy, about 15 minutes.

Meanwhile, use a rasp-style grater to remove 1½ Tbs. zest from the oranges. In a small bowl, toss the zest with the salt.

In a large bowl, combine 3¾ cups of the flour with the salt and zest, using your fingers to make sure the zest is well distributed with no clumps. Make a well in the center. Add the yeast mixture, 2 Tbs. of the oil, and 1 cup warm water, and stir with a wooden spoon until a rough dough forms.

Oil a large, clean mixing bowl with about 1 Tbs. of the oil.

Turn the dough onto a lightly floured work surface and knead in the remaining ¼ cup flour. Continue kneading until the dough is soft, smooth, and elastic, about 5 minutes. Shape the dough into a ball, and transfer it to the prepared bowl. Turn the dough over in the bowl to thoroughly coat with oil. Cover the bowl with plastic wrap and a kitchen towel, and let rise until doubled in size, about 1 hour.

Meanwhile, peel and slice the oranges as directed on p. 55, and then cut each slice into 4 to 6 pieces.

Position a rack in the center of the oven, and heat to 400°F.

Roll the dough out on a piece of parchment sized for a large baking sheet until it is almost the size of the parchment. Transfer on the parchment to a large rimmed baking sheet, fitting it to fill. Using wet fingertips, make indentations across the surface. Brush all over with 2 Tbs. oil, letting the oil pool in the indentations.

Scatter the orange pieces and olives over the surface of the dough, and gently press them into the dough. Spread the onion slices evenly over the dough and gently press them in. Sprinkle all over with flaky salt, a little black pepper, and the oregano, if you like. Bake until risen and golden on top and bottom, 25 to 35 minutes. (Areas around the orange pieces will remain light.)

Slide a metal spatula under the focaccia and transfer it to a rack. Let cool briefly before cutting and serving.

**TIP: Here's an easy way to know if your focaccia dough has doubled in size: Take a picture of it with your smart phone at the start and then compare with the dough in the photo after an hour.**













## breaded cutlets with orange salsa

*Few can resist a crisp fried cutlet. Here, both the meat and the breading are infused with the delicate flavors of orange and thyme. The fruity, colorful salsa complements the rich crust.*

Serves 4

- 2 cups dried breadcrumbs, such as panko
- 2 oranges (about 9 oz. each)
- 1 tsp. chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 4 thin-cut chicken breast, veal, or pork cutlets (about 1 lb.)
- 1 medium tomato, cored and cut into medium dice (about 1 cup)
- 2 Tbs. finely chopped red onion
- 1 Tbs. finely chopped fresh cilantro; more to taste
- 2 tsp. extra-virgin olive oil
- 1½ tsp. fresh lime juice; more to taste
- 1 egg
- ¼ cup unbleached all-purpose flour
- ¼ cup vegetable oil; more as needed

Put the breadcrumbs in a wide shallow bowl or rimmed plate. Using a rasp-style grater, finely zest the oranges into the breadcrumbs. Add the thyme, 1 tsp. salt, and ½ tsp. pepper, and toss to combine, breaking up any clumps of zest.

Squeeze the juice of one of the oranges into a wide bowl or large zip-top bag. Add the cutlets, turn to coat if necessary, and marinate for 10 minutes.

Meanwhile, segment the remaining orange as directed on p. 55, cut the segments into a few pieces, and toss with the tomato, onion, and cilantro. Add the olive oil, lime juice, and a pinch each of salt and pepper. Toss and season to taste with more cilantro, salt, and pepper.

Crack the egg in another wide shallow bowl and beat lightly. Put the flour on a rimmed plate and season with ½ tsp. salt and a healthy grind of black pepper.

Lift a cutlet from the juice and shake off the excess liquid. Dip it first in the flour, coating both sides well and shaking off any excess flour. Then dip in the egg, letting

the excess run back into the bowl, then into the breadcrumbs, making sure both sides are well coated.

In a 12-inch skillet, heat the oil over medium-high heat until the oil erupts into lots of bubbles when you dip in a corner of a cutlet. Fry the cutlets, in batches if necessary, flipping once, adding more oil and adjusting the heat as necessary to maintain a steady bubbling action, until cooked through and golden brown on both sides, 3 to 5 minutes per side. Serve topped with some of the salsa.

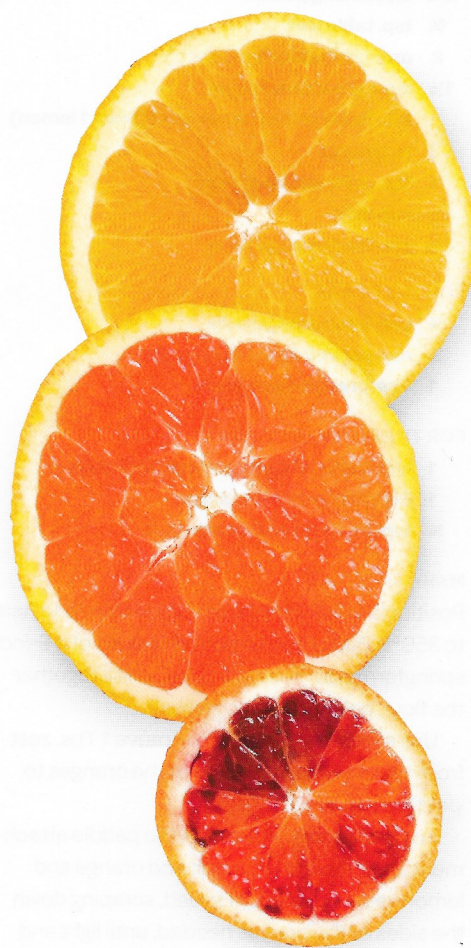


**Pair With: RIESLING** Some Rieslings can be almost effervescent, a great foil for anything breaded and fried. Because of the fruity salsa, the slight sweetness of an off-dry Riesling would work really well.



**LOOKING FOR MORE FRESH WAYS TO USE ORANGES?**  
GO TO [FINECOOKING.COM/ORANGES](http://FINECOOKING.COM/ORANGES).

**TIP:** Switch up the flavors of the salsa for an altogether different dish. Try swapping out the tomato for an equal amount of mango and papaya, or add some minced jalapeño for heat.





## orange and brown-sugar-glazed cake with orange-flecked whipped cream

*Surprisingly light and airy, the cake on its own would make a delightful snack or breakfast treat. Brush on the glaze and pile on the whipped cream, though, and you have an impressive dessert. Serves 12*

### FOR THE CAKE

- 8 oz. (1 cup) unsalted butter, softened; more for the pan
- 12 oz. (scant 3 cups) unbleached cake flour
- 2½ tsp. baking powder
- ¾ tsp. table salt
- 2 oranges (about 9 oz. each)
- 1½ cups granulated sugar
- 1 tsp. finely grated lemon zest (from 1 lemon)
- 3 large eggs
- ¼ tsp. pure vanilla extract
- ½ cup milk
- ½ cup fresh orange juice

### FOR THE GLAZE

- ¼ cup fresh orange juice
- ¼ cup packed dark brown sugar
- 1 Tbs. orange marmalade

### FOR THE WHIPPED CREAM

- 1 cup heavy whipping cream, well chilled
- 1 Tbs. confectioners' sugar
- ¼ tsp. finely grated orange zest

### MAKE THE CAKE

Position a rack in the center of the oven and heat to 350°F. Butter the bottom and sides of a 9-inch springform pan. In a small bowl, whisk together the flour, baking powder, and salt.

Use a rasp-style grater to remove 1 Tbs. zest from the oranges. Juice one of the oranges to yield ¼ cup juice.

In a stand mixer fitted with the paddle attachment, beat the butter, sugar, and orange and lemon zests on medium speed, scraping down the sides of the bowl as needed, until light and creamy, about 2 minutes. Add the eggs one at a time, beating after each addition just to combine. Add the vanilla, and beat briefly to combine.

In three additions and alternating with the milk and orange juice, add the dry ingredients, beating on medium speed after each addition and scraping down the sides of the bowl as needed. Pour the batter into the prepared pan, tap the pan on the counter a couple of times to remove air bubbles, and smooth the surface with a spatula.

Bake until the cake is just set in the center and

golden brown, 40 to 45 minutes. (A toothpick in the inserted in the center of the cake may have a few crumbs clinging to it.) Check the cake during the last 10 minutes of baking; if it's browning too much, tent it loosely with aluminum foil. Let the cake cool in the pan for 10 minutes, then slide a knife around the edge to release the cake, if necessary. Remove the side of the pan, and using a large cake spatula, transfer the cake from the pan to a cooling rack. Let cool.

### GLAZE THE CAKE

Poke holes all over the cake with a toothpick in ¾-inch intervals.

Combine the juice, sugar, and marmalade in a small saucepan over medium heat. Bring to a simmer, lower the heat to low, and whisk often until syrupy, about 10 minutes. Brush the glaze onto the cake, letting some drip down the sides. (The cake can be wrapped in plastic and kept at room temperature for up to 2 days before serving.)

### MAKE THE WHIPPED CREAM AND SERVE

In a stand mixer fitted with the whisk attachment or in a bowl using a hand mixer, whip the cream on medium speed until it starts to thicken, about 2 minutes. Add the sugar and zest, raise the speed to medium high, and continue to whip until medium soft peaks form, about 2 minutes more. Serve the cake with the whipped cream.

**TIP: Give whipped cream a boozy boost—and more orange flavor—by adding 1 Tbs. Grand Marnier or similar liqueur while whipping.**





