

ORZO WITH ARTICHOKE HEARTS AND PINE NUTS

SERVES 4 (SIDE DISH)

ACTIVE TIME: 15 MIN START TO FINISH: 15 MIN

Canned artichoke hearts give this dish a Mediterranean flavor without the work involved in preparing fresh ones.

- 1½ cups orzo (10 oz)
- 3 tablespoons pine nuts
- 1 (14-oz) can whole artichoke hearts (not marinated)
- ¼ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ cup finely chopped fresh flat-leaf parsley
- 1 teaspoon finely grated fresh lemon zest (see Tips, page 233)

► Cook orzo in a 4- to 5-quart pot of boiling salted water (see Tips, page 233) until al dente. Drain in a colander. ► While orzo cooks, lightly toast pine nuts in a dry small skillet over moderate heat, stirring, until pale golden, about 2 minutes. Remove from heat and cool 1 minute, then coarsely chop. ► Drain artichoke hearts in a large sieve and rinse well. Pull off leaves from bases of hearts and quarter bases. Rinse leaves and bases well, then drain thoroughly. ► Stir together oil, vinegar, salt,

and pepper in a large bowl. Add orzo, pine nuts, artichokes (leaves and bases), parsley, and zest and toss to combine.

TRI-TIP ROAST WITH PARSLEY CHERRY-TOMATO SAUCE

SERVES 4 TO 6 (MAIN COURSE)

ACTIVE TIME: 15 MIN START TO FINISH: 55 MIN

This cut of meat yields a juicy roast with no fuss. And the spicy parsley sauce is tasty enough to keep some on hand for chicken, fish, or pasta. For more information about tri-tip roasts, see Kitchen Notebook, page 223.

FOR ROAST

- 1 (2- to 2½-lb) tri-tip beef roast (also called triangular roast; about 2 inches thick)
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil

FOR PARSLEY CHERRY-TOMATO SAUCE

- 1½ lb cherry tomatoes (5 cups)
- ½ teaspoon salt
- ¼ teaspoon dried hot red-pepper flakes
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 1 cup firmly packed fresh flat-leaf parsley leaves
- 1 garlic clove, sliced
- 1 tablespoon red-wine vinegar

SPECIAL EQUIPMENT: a well-seasoned 10-inch cast-iron skillet; an instant-read thermometer

MAKE ROAST: Put oven racks in upper and lower thirds of oven and preheat oven to 425°F. ► Pat roast dry and sprinkle with salt and pepper. Heat oil in skillet over moderately high heat until hot but not smoking, then sear roast until underside is browned, about 4 minutes. Turn meat over, then transfer skillet to upper rack of oven and roast until thermometer inserted 2 inches into center of meat registers 120°F, 20 to 25 minutes. Transfer to a cutting board and let stand 15 minutes. (Internal temperature of meat will rise to 130 to 135°F for medium-rare.)

MAKE SAUCE WHILE MEAT COOKS: Toss together tomatoes, salt, red-pepper flakes, and ¼ cup oil in a 13- by 9-inch glass baking dish. Roast on lower rack until tomatoes burst and release their juices, about 30 minutes. ► Meanwhile, pulse parsley and garlic with vinegar and remaining 2 tablespoons oil in a food processor until chopped, then transfer to a bowl. ► Stir tomatoes with their juices into parsley mixture. Slice roast across the grain and serve with sauce.

COOKS' NOTE: Leftover sauce keeps, covered and chilled, 5 days.

For more EVERY DAY recipes, see page 169.

Orzo, a delicious but sometimes neglected pasta, combines with artichokes and pine nuts for a mellow, satisfying side.



15 min