

HEALTHY BITES

BAY SCALLOPS (in the linguine) are a nice way to get protein, and they're low in saturated fat and carbohydrates. The scallops

are a good source of calcium and magnesium, which help maintain healthy bones. /

CHERRY TOMATOES (in the linguine) are rich in fiber;

vitamin A, and vitamin C, which is known to support eye health. Tomatoes also contain lycopene, a compound believed to be a powerful antioxidant.

CHEDDAR, BACON, AND FRESH CHIVE BISCUITS

PREP 25 minutes TOTAL 55 minutes

MAKES 12 These are great for sandwiches. Just split them in half, slather with some Dijon, pile on thinly sliced ham, and add a lettuce leaf.

CALORIES 308 FAT 12 g FIBER 2 g

- 6 thick-cut bacon slices
- 3 1/4 cups bread flour
- 1 1/2 tablespoons baking powder
- 1 1/2 teaspoons baking soda
- 1 1/4 teaspoons salt
- 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes, plus melted butter for brushing
- 2 1/2 cups (packed) coarsely grated sharp cheddar cheese (about 12 ounces)
- 1/3 cup chopped fresh chives
- 1 1/4 cups chilled buttermilk
- Honey (optional)

Position rack just above center of oven and preheat to 425°F. Line heavy large baking

sheet with parchment paper. Cook bacon in heavy large skillet over medium heat until crisp and brown. Transfer bacon to paper towels to drain, then chop coarsely.

Combine flour, baking powder, baking soda, and salt in processor; blend 5 seconds. Add butter cubes. Blend until coarse meal forms, about 30 seconds. Transfer flour mixture to large bowl. Add cheddar cheese, fresh chives, and chopped bacon; toss to blend. Gradually add buttermilk, stirring to moisten evenly (batter will feel sticky).

Using lightly floured hands, drop generous 1/2 cup batter for each biscuit onto prepared baking sheet, spacing batter mounds about 2 inches apart.

Bake biscuits until golden and tester inserted into center comes out clean, 18 to 20 minutes. Brush biscuits lightly with melted butter. Let cool 10 minutes. Serve biscuits warm or at room temperature with honey, if desired.

FAST SEAFOOD DINNER

LINGUINE WITH BAY SCALLOPS, FENNEL, AND TOMATOES

PREP 30 minutes TOTAL 30 minutes

4 SERVINGS Light and fresh, this pasta dish is brightened with a squeeze of lemon juice. A V-slicer is the ideal tool for thinly slicing the fennel. For an even healthier option, try using whole wheat pasta.

CALORIES 457 FAT 13 g FIBER 6 g

- 8 ounces linguine
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium fennel bulb, halved, very thinly sliced, plus 1 tablespoon chopped fennel fronds
- 1 medium onion, halved, thinly sliced
- 1 pound bay scallops
- 1 6-ounce container cherry tomatoes, halved if large
- 1 tablespoon Pernod or other anise-flavored liqueur
- 4 tablespoons chopped fresh parsley, divided
- 1 lemon, cut into 4 wedges

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1/2 cup pasta cooking liquid.

Meanwhile, heat 2 tablespoons oil in heavy large skillet over medium-high heat. Add sliced fennel and onion; sprinkle with salt and pepper. Sauté until wilted but crisp-tender, about 6 minutes. Using slotted spoon, transfer to medium bowl.

Add remaining 1 tablespoon oil to skillet. Add scallops and sauté until just opaque in center, stirring occasionally, about 2 minutes. Using slotted spoon, transfer to bowl with fennel-onion mixture. Add tomatoes to skillet and sauté until heated through, about 2 minutes. Return fennel-onion mixture and scallops to skillet. Mix in Pernod.

Add drained pasta to skillet; toss to coat, adding reserved cooking liquid by 1/4 cupfuls if dry. Stir in 3 tablespoons chopped parsley and 1 tablespoon fennel fronds. Transfer to large shallow bowl, sprinkle with remaining 1 tablespoon chopped parsley, and serve with lemon wedges. ■

LINGUINE WITH BAY SCALLOPS, FENNEL, AND TOMATOES



fast easy fresh

RECIPES BY LENA CEDERHAM
BIRNBAUM, JANET TAYLOR
McCRACKEN, SELMA BROWN
MORROW, AND SARAH TENAGLIA

quick dishes
for every-
night cooking
from the
BON APPÉTIT
test kitchen



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.

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.



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.

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.

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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. ■

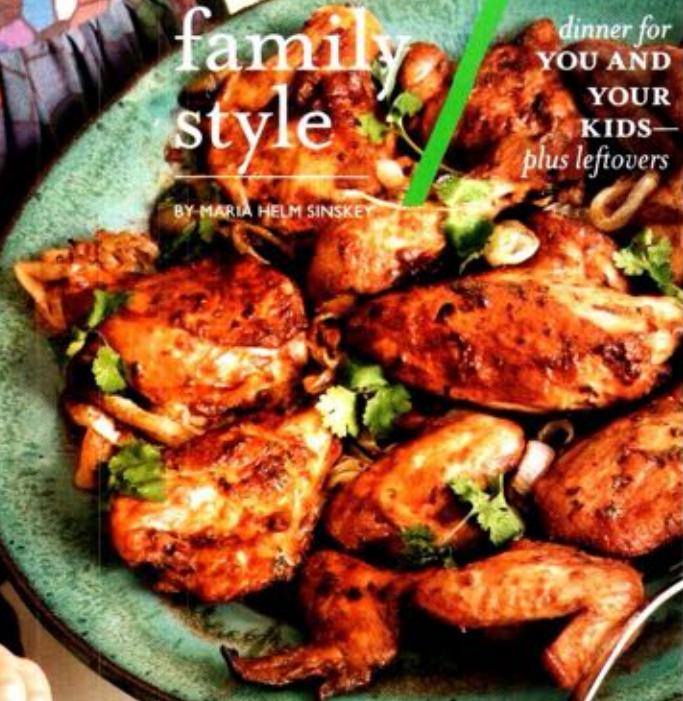
Maria Helm Sinskey is the author of Williams-Sonoma Family Meals and the mother of two.



family style

dinner for
YOU AND
YOUR
KIDS—
plus leftovers

BY MARIA HELM SINSKEY



RECIPES ON
P. 54

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.

a love letter to celery root

A humble, homely (and delicious) veggie gets its turn in the spotlight
BY MOLLY WIZENBERG



Celery Root and
Apple Salad
with Hazelnut
Vinaigrette

FROM THE OUTSIDE, WORKING IN THE RESTAURANT BUSINESS CAN look like a pretty sweet deal. You spend a lot of time in the presence of good food, and therefore, it seems, you eat very well. It's not that this isn't true, because it sometimes is, especially in restaurants where the staff sits down to a "family dinner" before service. But it doesn't always wind up that way. When you work in a restaurant, you can find yourself eating some very wonky meals.

My husband, Brandon, and I opened a restaurant called Delancey last August, and believe me, I had grand visions for family dinner. But our daily schedule at Delancey is such that a pre-service sit-down meal isn't possible—or not easy, anyway. Our staff is small, and in the hours before we open our doors, the to-do list is long. I hope it won't always be this way, but for now, we make do—sometimes better, and sometimes worse. Often, during a lull in the evening, someone will make a few plates to share, and we'll meet up in the kitchen—the servers, the host, the dishwasher, Brandon, his sous-chef, and me—and gather around the chest

freezer, our makeshift dining table. But other times, I get home at midnight with hunger pangs and realize that over the course of the previous eight hours, I have consumed the weirdest, least satisfying meal known to man: one small spoonful of vinaigrette, to check its flavor; a dozen leaves of lettuce, to check the salads; a slice of *coppa* that wasn't pretty enough to serve; a ginger ale; the few errant bits in an otherwise empty pan of fruit crumble; and one slice from a pizza deemed unfit for paying customers. The problem can often be solved with a late-night bowl »

of cereal, but when we run low on milk, I've been known to open up a box of Trader Joe's Joe-Joe's cookies (the kind with chocolate filling, ideally) and wash the cookies down with a DVD of *Battlestar Galactica*. It doesn't make up for the lack of a real dinner, but the music with the opening credits does lull me right to sleep.

Still, I have never wanted so much to sit down in a chair, at a table, at a proper hour for dinner, and eat something sensible. Like vegetables, or vegetable soup, or a salad, something that when you chew it, makes a sound not unlike *health! health! health!* in your inner ear. I work the cold station at Delancey, which means that I make salads every day, but somehow, I never get to eat much of them. I hand them to the servers, and then I start over again. I know that salads aren't exactly the kind of thing that most sane people crave in the middle of winter, but maybe, with all the chili and bread pudding and Valentine's candy going around, you'll understand what I mean. I need a good salad.

Of course, that's not so easy. Most lettuces don't thrive in cold weather, and though I love hearty greens like kale and chard, I want them cooked, not raw. Carrots are good in any season, grated and tossed with lemon and olive oil, and the same treatment works well on roasted beets. But without some other flavors in the mix, I tend to get bored with them quickly. No winter could be long enough, however, for me to get tired of celery root.

It's not the popularity queen of the produce section, but I am a great fan of celery root. There were a lot of mean girls in my junior high school, so I can relate to its struggle. Celery root is not pretty. It's pale and round and bumpy, with gnarly hair-like roots around its base. Picture a turnip with untreated skin disease, and you're on the right track. Basically, if you came across a celery root in a dark alley, you would probably turn around and walk quickly in the other direction. But underneath all of that, if you're willing to go there, lies something surprising and beautiful: a smooth, white, crunchy interior and, to complement it, a soft, nutty, celery-like flavor. As far as I know, no one has ever sent a love letter to celery root, but it deserves one, and I'm in the process of writing it right now.

Contrary to what its name implies, celery root is not the root of stalk celery, the one sold in bunches in the grocery store. It's more like a cousin, a similar vegetable cultivated specifically for its root. Also called celeriac, it has a thick outer skin that must be peeled away before it can

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be eaten. Its flesh has a bewitching fragrance, very cool and clean, and can be served both raw and cooked. Sometimes I puree it into a soup, sometimes I roast it with olive oil and salt, and sometimes I bake it into a gratin. But as far as I'm concerned, there's really no need to go that far, because it's at its best, flavor- and texture-wise, in salad.

The French have known this for a while. They grate celery root or julienne it, toss it with a mustard-and-mayonnaise dressing, and call it *céleri rémoulade*. It's a common first course in old-school bistros, and grocery stores even sell it ready-made, in single-serving plastic containers. For a long time, I avoided it, thinking it would be too gloppy and gluey, but last winter, I gave in and tried making some. Turns out, it's wonderful, the way the fresh crunch of the root plays against the richness of its sauce. But my favorite way to make a celery root salad is even fresher-tasting, and isn't that what we're after in salads, anyway?

Like *céleri rémoulade*, my salad starts with celery root, cut into small batons. (It's not as tedious as it seems: You just peel the root with a vegetable peeler or sharp knife, and you slice it thinly. From there, you stack the slices, a few at a time, and cut them into matchsticks.) Then, for a little sweetness and acidity, I toss in some apple, sliced the same way. Celery root and apples love each other. After that, I add some thinly sliced fennel, for even more brightness and crunch. You could dress that trio with almost any vinaigrette and not go wrong, but I like to use one with hazelnut oil, to help tease out the nutty qualities of the celery root. A good kick of mustard doesn't hurt, either. Nor does some Parmesan shaved over the finished plate, but now I'm just getting pushy.

Of course, since I've gone this far, I should also tell you that it makes an impressive first course for a winter dinner party. It's also fantastic with a pork chop, or with roast chicken. Personally, I like it best around midnight, with a plate of scrambled eggs. It's even better than a box of cookies. ■

*Molly Wizenberg is the voice behind the award-winning blog *Orangette* and the author of *A Homemade Life*.*

CELERY ROOT AND APPLE SALAD WITH HAZELNUT VINAIGRETTE

4 TO 6 SERVINGS

VINAIGRETTE

- 2 tablespoons Dijon mustard
- 2 tablespoons white wine vinegar
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- ½ small garlic clove, pressed
- ¼ cup hazelnut oil plus additional for drizzling (optional)
- 2 tablespoons olive oil

SALAD

- 1 medium celery root, peeled, cut into matchstick-size strips
- 1 medium fennel bulb, halved lengthwise, thinly sliced
- 1 unpeeled Gala apple, cut into strips
- Parmesan cheese shavings

VINAIGRETTE Whisk first 5 ingredients in small bowl. Whisk in ¼ cup hazelnut oil and olive oil.

SALAD Combine celery root, fennel, and apple in large bowl. Toss with vinaigrette. Top with Parmesan. Drizzle with additional hazelnut oil, if desired.