

THE COOKING SCHOOL ISSUE

bon appétit

STATEN ISLAND COLLEGE
THE FOODIST PICKS HIS
TOP TRENDS
OF 2014
P. 24

the new healthy

IT'S NOT A DIET
IT'S A WAY OF LIFE
...AND, WOW,
IS IT DELICIOUS

WHOLE GRAINS
Stir-Fried Farro
with Shrimp

BETTER MEAT
Good-for-You
Juicy Burgers

GLUTEN-FREE
Brown Butter
Polenta Cake

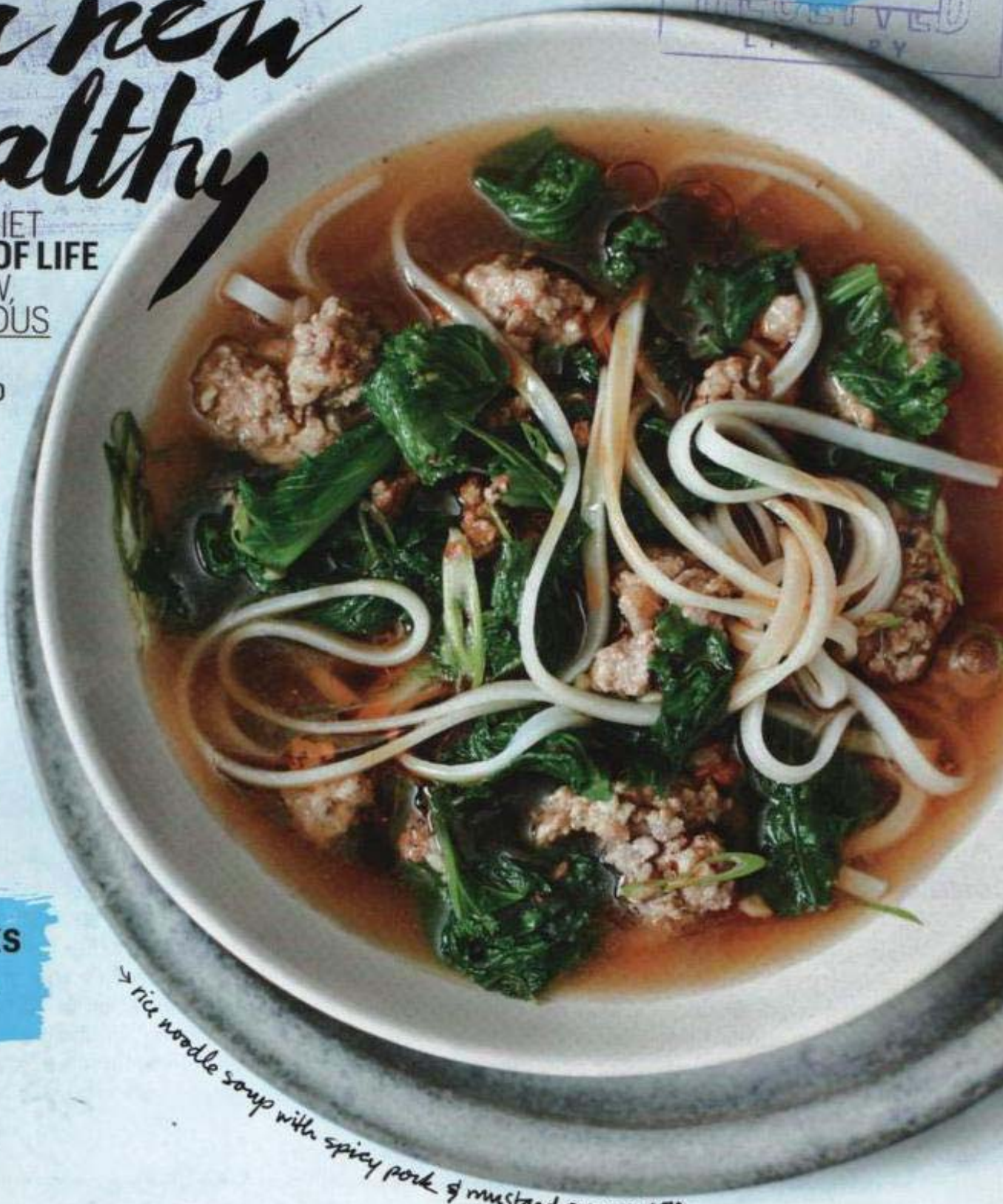
SUPERGREENS
Swiss Chard
Salsa Verde

FOOLPROOF FISH
Slow-Roasted
Citrus Salmon

**THE 10
COOKBOOKS
YOU NEED IN
YOUR KITCHEN
RIGHT NOW**

JANUARY 2014

\$4.99US \$5.99FOR
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08632
0 754934 8



> rice noodle soup with spicy pork & mustard greens p.70

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January

Turn your favorite nut into creamy, dreamy milk.

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HOW TO COOK IN 2014

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BRING ON THE GRAINS

Fresh ways to get whole grain goodness to your table.

BY JULIA KRAMER;
RECIPES BY
DAWN PERRY

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THE NEW CANON

Clear a shelf for these collectible cookbooks.

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SUPERGREENS

Delicious, vitamin-packed greens that will have you leaping tall buildings in a single bound (results may vary).

BY ALISON ROMAN

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FISH IS THE NEW CHICKEN

Beyond-easy (and tasty) fish dishes to brighten up your weeknights.

BY ALISON ROMAN

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EATING WELL WHILE EATING OUT

Four of our favorite chefs talk healthy eating—and cooking.

BY ANDREW KNOWLTON

80

EAT YOUR MEAT

Not all meat is created equal. Your guide to cooking grass-fed beef, heritage pork, and pasture-raised chicken.

BY AMIEL STANEK;
RECIPES BY
DAWN PERRY

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GO NUTS FOR NUT MILK

It's rich, it's creamy, it's...dairy-free? Get ready to get hooked on home-made nut milk.

BY DAWN PERRY

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GLUTEN-FREE TASTES GOOD

Utterly decadent desserts with no white flour in sight.

BY ALISON ROMAN

ON THE COVER

Spicy Pork and Mustard Green Soup (for recipe, see page 70). Photograph by Ditte Isager. Food styling by Rebecca Jurkevich. Prop styling by Kim Ficaró. Illustration by Claudia Wu.

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January



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BY CHRIS SCHONBERGER

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From sautés to salsa verde, no meal is complete without tasty, nutrient-packed greens.
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PHOTOGRAPH BY DITTE ISAGER. FOOD STYLING BY REBECCA JURKEVICH. PROP STYLING BY KIM FICARO. ILLUSTRATION BY CLAUDIA WIL.