

fennel mashed potatoes

Servings: Makes 6 servings.

Ingredients

- 2 tablespoons (1/4 stick) butter
- 1 fennel bulb, trimmed, quartered, cored, thinly sliced crosswise
- 1/2 teaspoon fennel seeds, crushed
- 2 1/2 pounds russet potatoes or Yukon Gold potatoes, peeled, cut into 2-inch pieces
- 1 cup (or more) half and half

Preparation

Melt butter in heavy large skillet over medium heat. Add sliced fennel bulb and crushed fennel seeds and stir to coat. Sprinkle with salt and pepper. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)

Place potatoes in large saucepan. Cover with cold water and bring to boil. Reduce heat to medium and boil until potatoes are tender, about 15 minutes. Drain. Return potatoes to pan; cook over medium heat until no liquid remains. Mash potatoes.

Add 1 cup half and half to fennel mixture and bring to simmer. Working in 2 batches, add fennel mixture to potatoes; stir to combine. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature. Rewarm over medium heat, adding more half and half as needed if dry.)

watercress, pear and pomegranate salad

Ingredients

- 1/4 cup olive oil
- 3 tablespoons pure pomegranate juice
- 3 tablespoons white wine vinegar
- 2 tablespoons walnut oil
- 1/2 teaspoon Dijon mustard
- 2 large bunches watercress, thick stems trimmed
- 1 head butter lettuce, torn into bite-size pieces
- 2 firm but ripe pears, halved, cored, each half cut into 6 wedges
- 1/2 cup crumbled ricotta salata cheese or feta cheese
- 1/2 cup fresh pomegranate kernels

Preparation

Whisk first 5 ingredients in small bowl. Season with salt and pepper.

Combine watercress and lettuce in bowl. Pour all but 2 tablespoons dressing over; toss to coat. Divide greens among 6 plates. Arrange 4 pear wedges in spoke pattern on each plate. Drizzle 2 tablespoons dressing over pears. Sprinkle with cheese and pomegranate kernels.

caramelized spiced carrots

Servings: Makes 16 servings.

Ingredients

- 1 cup pomegranate molasses*
- 1/4 cup olive oil
- 1/4 cup (1/2 stick) butter, melted
- 1/4 cup finely grated peeled fresh ginger
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon cayenne pepper
- 4 1/2 pounds medium carrots, peeled, stems trimmed to 1/2 inch
- 3/4 cup pomegranate seeds
- 3/4 cup pine nuts, toasted
- 1/4 cup thinly sliced fresh basil leaves
- 1/4 cup thinly sliced fresh mint leaves

Preparation

Preheat oven to 375°F. Whisk 1/4 cup water, pomegranate molasses, and next 7 ingredients in large bowl to blend. Add carrots to pomegranate mixture and toss to coat. Divide carrots between 2 large rimmed baking sheets. Roast until carrots are tender and liquids are reduced to glaze, stirring twice and mixing in water by tablespoonfuls if needed to prevent burning, about 55 minutes. Season with salt and pepper. (Can be made 4 hours ahead. Let stand at room temperature. Rewarm in 375°F oven 10 minutes before serving.)

Transfer carrots to platter. Sprinkle pomegranate seeds, pine nuts, basil, and mint over carrots and serve.

*A thick pomegranate syrup; available at some supermarkets and Middle Eastern markets, and by mail from Adriana's Caravan (adrianascaravan.com).

Market tip: Look for maroon, white, yellow, and red carrots at farmers' markets and include as many colors as you like. Or use regular carrots and thin parsnips.

braised bacon, pomegranate, and pine nut relish

We have a renewed appreciation for the beauty, taste, and health-giving properties of the pomegranate lately, and its molasses (made by cooking the juice down to a sweet-tart syrup) delivers just what we are looking for in an ingredient these days: bold, clear, complex flavor. Used in this go-with for the chops, it brings new meaning to "sweet-and-sour pork." Pomegranate molasses is available at some supermarkets and Middle Eastern markets and by mail from Adriana's Caravan (800-316-0820; adrianascaravan.com).

Servings: Makes 4 servings.

Ingredients

- 8 whole green cardamom pods
- 1 pound slab bacon, cut into 1/2-inch cubes
- 2 cups low-salt chicken broth
- 3 tablespoons pomegranate molasses
- 1/2 cup pine nuts, toasted
- 1/3 cup fresh pomegranate seeds

Preparation

Stir cardamom in small skillet over medium heat until pods are lightly browned, about 4 minutes. Cool slightly. Crack pods; remove seeds. Crush seeds in mortar with pestle or in spice mill; reserve.

Bring medium saucepan of water to boil. Add bacon and cook 30 seconds. Drain. Combine bacon and broth in same saucepan. Bring to boil; reduce heat to medium-low and simmer gently until almost all liquid is absorbed, about 35 minutes. Wipe away any grease from pan. Add pomegranate molasses, then pine nuts, pomegranate seeds, and crushed cardamom seeds to pan. Bring to simmer; cook until heated through, about 3 minutes. Season with pepper.

warm pumpkin salad with polenta and candied pumpkin seeds

Active time: 1 3/4 hr Start to finish: 5 hr

Servings: Makes 6 servings.

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Ingredients

- 1 1/2 cups yellow cornmeal (not coarse)
- 7 1/2 cups water
- 2 3/4 teaspoons salt
- 2 1/2 tablespoons unsalted butter
- 1 tablespoon sugar
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 1/2 cup raw green (hulled) pumpkin seeds (pepitas)
- 1 tablespoon fresh pomegranate juice (see cooks' note, below) or cranberry juice cocktail
- 2 teaspoons Sherry vinegar
- 1 tablespoon minced shallot
- 6 tablespoons extra-virgin olive oil
- 1 small cheese pumpkin or butternut squash (2 lb), peeled, quartered lengthwise, and seeded
- 1 (6-oz) piece Parmigiano-Reggiano
- 8 oz arugula, trimmed

Preparation

Prepare polenta:

Bring cornmeal, water, and 2 1/4 teaspoons salt to a boil in a 4-quart heavy saucepan, stirring constantly. Reduce heat and simmer, stirring frequently, until polenta is creamy and tender, about 50 minutes. Remove from heat, then stir in 1 1/2 tablespoons butter and cool slightly.

Spoon polenta onto center of a lightly buttered large baking sheet, then spread evenly into a 10- by 7-inch rectangle (about 1/2 inch thick). Cover with plastic wrap, then poke several holes in wrap with a small sharp knife and chill 2 hours.

Candy pumpkin seeds:

Melt remaining tablespoon butter in a heavy saucepan over moderate heat. Stir in sugar, cumin, cinnamon, paprika, cayenne, and 1/4 teaspoon salt, then cook, without stirring, until caramelized. Add pumpkin seeds and cook, stirring occasionally, until seeds are puffed and golden. Transfer to a plate to cool. When seeds have hardened, break up any clumps with your fingers.

Make vinaigrette:

Whisk together pomegranate juice, vinegar, and shallot and let stand 5 minutes. Whisk in 3 tablespoons oil, remaining 1/4 teaspoon salt, and pepper to taste.

Roast pumpkin:

Preheat oven to 450°F.

Cut pumpkin quarters crosswise into 1/2-inch-thick slices. Toss with 1 tablespoon oil and salt and pepper to taste in a shallow baking pan and arrange slices in 1 layer. Roast in middle of oven until just tender, about 20 minutes. Remove from oven, then cover with foil to keep warm.

Fry polenta while pumpkin roasts:

Trim polenta into a 9- by 6-inch rectangle. Cut polenta into 6 (3-inch) squares, then halve each square diagonally. Heat 1 tablespoon oil in a large nonstick skillet until hot but not smoking, then cook polenta in 2 batches, turning once, until golden brown, about 8 minutes (if necessary, use remaining tablespoon oil for second batch). Transfer as cooked to a plate and keep warm, covered.

Assemble salad:

Shave 12 strips from cheese with a vegetable peeler.

Whisk vinaigrette, then toss arugula in a large bowl with enough vinaigrette to lightly coat. Place several pieces of pumpkin and 1 piece of polenta on each of 6 plates. Top with arugula, more pumpkin, and remaining polenta. Sprinkle with candied pumpkin seeds and top with parmesan shavings, then drizzle with remaining vinaigrette.

Cooks' notes:

- Polenta, spread on baking sheet and not yet fried, can be chilled up to 1 day.
- Candied pumpkin seeds can be prepared 3 days ahead and kept in an airtight container at room temperature.
- To juice a pomegranate, firmly roll it on a work surface until it feels softer, then cut a small hole in skin and squeeze.

salad of pomegranates, haricots verts, jicama and walnuts

Can be prepared in 45 minutes or less.

Servings: Serves 6.

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Ingredients

- 1 1/2 pomegranates
- a 1 1/2-pound piece jicama
- 3/4 pound haricot verts (thin French green beans)
- 1/4 cup walnuts
- 1 tablespoon chopped fresh flat-leafed parsley leaves
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice

Preparation

With a manual citrus juicer squeeze enough juice from pomegranate half, pressing sides against center of juicer and pressing on any whole seeds in juicer with thumbs, to measure 1/4 cup. Peel and cut jicama into 1/4-inch-thick slices. On a cutting board stack slices, 2 or 3 at a time, and cut into 1/4-inch-thick sticks. In a bowl toss jicama with pomegranate juice. Chill mixture, covered, tossing occasionally, 30 minutes to allow jicama to absorb some of juice.

Have ready a bowl of ice and cold water. Trim haricots verts and in a saucepan of boiling salted water blanch 3 minutes, or until crisp-tender. Transfer beans with a slotted spoon to ice water to stop cooking and drain in a colander. Cut remaining pomegranate in half and with hands gently break in two. Bend back rinds and dislodge seeds from membranes. Coarsely chop walnuts.

To jicama mixture add beans, pomegranate seeds, parsley, oil, lemon juice, and salt and pepper to taste and toss to combine.

Serve salad sprinkled with walnuts.

carrot soup with orange and tarragon

This creamy, low-fat soup is packed with vitamins A and C.

Prep: 20 minutes; Total: 35 minutes

Servings: Makes 4 servings.

Ingredients

1 tablespoon butter
1 1-pound bag classic-cut peeled carrots
3/4 cup chopped onion
3 cups low-salt chicken broth

1/2 cup orange juice

1 tablespoon brandy

2 teaspoons chopped fresh tarragon

Fresh tarragon sprigs

Preparation

Melt butter in heavy large pot over medium heat. Add carrots and onion; sauté until onion is soft, about 8 minutes. Add broth; cover and bring to boil. Reduce heat, uncover, and simmer until carrots are tender, about 10 minutes.

Working in batches, puree soup in blender until very smooth. Return soup to pot. Stir in orange juice, brandy, and chopped tarragon. Simmer 5 minutes for flavors to blend. Season to taste with salt and pepper. Garnish soup with tarragon sprigs and serve.

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quinoa with moroccan winter squash and carrot stew

A gorgeous, satisfying vegetarian main course that's easy to make. Quinoa requires no pre-soaking, so it's as simple to do as rice.

Servings: Makes 4 to 6 servings.

Ingredients

- **Stew**
- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 garlic cloves, chopped
- 2 teaspoons Hungarian sweet paprika
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- Pinch of saffron
- 1 cup water
- 1 14 1/2-ounce can diced tomatoes, drained
- 2 tablespoons fresh lemon juice
- 3 cups 1-inch cubes peeled butternut squash (from 1 1/2-pound squash)
- 2 cups 3/4-inch cubes peeled carrots
- **Quinoa**
- 1 cup quinoa*
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped peeled carrot
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric
- 2 cups water
- 1/2 cup chopped fresh cilantro, divided
- 2 teaspoons chopped fresh mint, divided

Preparation

For stew:

Heat oil in large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients. Add 1 cup water, tomatoes, and lemon

juice. Bring to boil. Add squash and carrots. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)

For quinoa:

Rinse quinoa; drain. Melt butter with oil in large saucepan over medium heat. Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes. Add garlic, salt, and turmeric; sauté 1 minute. Add quinoa; stir 1 minute. Add 2 cups water. Bring to boil; reduce heat to medium-low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Rewarm stew. Stir in half of cilantro and half of mint. Spoon quinoa onto platter, forming well in center. Spoon stew into well. Sprinkle remaining herbs over.

*A grain with a delicate flavor and a texture similar to couscous; available at natural foods stores.

parsnip soup

[Gourmet](#) | *February 1990*

Can be prepared in 45 minutes or less.

Servings: Makes about 3 cups, serving 2.

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Ingredients

- 1/2 cup finely chopped onion
- 1 garlic clove, minced
- 1 teaspoon minced peeled gingerroot
- 1/2 cup thinly sliced carrot
- 1/2 cup thinly sliced celery
- 1/8 teaspoon dried thyme, crumbled
- 2 tablespoons unsalted butter
- 3/4 pound parsnips (about 3), peeled and cut into 1/8- inch slices (about 2 cups)
- 2 cups chicken broth
- freshly grated nutmeg to taste

Preparation

In a heavy saucepan cook the onion, the garlic, the gingerroot, the carrot, the celery, and the thyme in the butter over moderately low heat, stirring, until the onion is softened. Add the parsnips and the broth, bring the liquid to a boil, and simmer the mixture, covered, for 15 minutes, or until the vegetables are very tender. Purée the soup in a blender and return to the pan. Stir in the nutmeg, enough water to thin the soup to the desired consistency if necessary, and salt and pepper to taste.

sake-steamed halibut with dilled carrots

Servings: Makes 4 servings.

Ingredients

Nonstick vegetable oil spray
2 10- to 12-ounce halibut fillets (each about 1 1/2 inches thick)
4 teaspoons chopped fresh dill
1 750-ml bottle sake
3 1/2-inch-thick onion slices
2 cups thinly sliced peeled carrots
2 garlic cloves, peeled, halved
1 teaspoon butter

Preparation

Spray steamer rack with nonstick spray. Sprinkle both sides of halibut with salt and pepper, then sprinkle top of fillets with 2 teaspoons dill; place fish on prepared steamer rack.

Combine sake and onion in large pot; bring to boil. Continue to boil 2 minutes. Add carrots and garlic to pot; return to boil. Place steamer rack with fish over liquid in pot. Cover pot tightly and steam fish until just opaque in center, about 8 minutes. Transfer fish to platter. Cut each fillet crosswise in half; cover with foil. Discard onion. Using slotted spoon, transfer carrots and garlic to small bowl; mix in butter and remaining 2 teaspoons dill. Season with salt and pepper. Spoon carrots alongside fish on platter. Boil liquid in pot until reduced to 6 tablespoons, about 3 minutes. Pour over fish and carrots.

carrot salad with lime and cilantro

This recipe can be prepared in 45 minutes or less.

Servings: Serves 4.

Ingredients

4 medium carrots
1 tablespoon fresh lime juice
1/8 teaspoon finely grated fresh lime zest
2 tablespoons finely chopped fresh cilantro leaves
1 teaspoon vegetable oil

Garnish: fresh cilantro sprigs

Preparation

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste.
Serve salad garnished with cilantro.

Nutritional Information

Each serving about 42 calories and 1 gram fat.

carrot salad with lime and cilantro

[Gourmet](#) | *April 1999*

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Preparation

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Serve salad garnished with cilantro.

Nutritional Information

Each serving about 42 calories and 1 gram fat.

spiced carrots

[Gourmet](#) | *July 2003*

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[recipe](#)

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- [my notes](#)

Active time: 15 min Start to finish: 20 min

Servings: Makes 6 servings.

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Ingredients

1/4 teaspoon ground cumin
1/4 teaspoon paprika
Pinch of cayenne
1 teaspoon olive oil
2 teaspoons honey
1/4 teaspoon salt
1 1/4 lb carrots, cut into 1/4-inch-thick matchsticks
1 1/2 teaspoons fresh lemon juice
1 1/2 tablespoons coarsely chopped fresh flat-leaf parsley

Preparation

Cook spices in oil in a small nonstick skillet over low heat, stirring, until fragrant, about 2 minutes. Remove from heat and cool slightly, then stir in honey and salt.

Cook carrots in a 4-quart saucepan of [boiling salted water](#) until tender, 4 to 5 minutes, then drain in a colander.

Toss warm carrots in a bowl with spiced oil and lemon juice. Just before serving, toss with parsley and salt to taste. Serve warm or at room temperature.

Nutritional Information

Each serving contains about 51 calories and 1 gram fat.

italian coleslaw with fennel and capers

Wonderful as a side dish with grilled sea bass, halibut, or marinated, skewered shrimp.

Servings: Makes 4 servings.

Ingredients

- 4 cups chopped red cabbage (from about 1/2 large head)
- 1 medium fennel bulb, trimmed, chopped
- 1/2 cup chopped fresh Italian parsley
- 3 tablespoons drained capers
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced

Preparation

Combine cabbage, fennel, parsley, and capers in large bowl; toss to blend. Mix in lemon juice, oil, and garlic. Season to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Toss before serving.)

Nutritional Information

Per serving: calories, 87; total fat, 5 g; saturated fat, 1 g; cholesterol, 0

asian-flavored coleslaw with rice vinegar and ginger

[Bon Appétit](#) | *July 2002*

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[recipe](#)

- [reviews \(25\)](#)
- [my notes](#)

These exciting flavors complement seared or grilled scallops, fish fillets, or chicken.

Servings: Makes 4 servings.

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Ingredients

- 1 tablespoon sesame seeds
- 4 cups thinly sliced Napa cabbage (from about 1/2 large head)
- 1/2 cup thinly sliced green onions
- 3 tablespoons rice vinegar
- 2 tablespoons peanut oil
- 1 tablespoon minced peeled fresh ginger
- 1 teaspoon oriental sesame oil
- 1 teaspoon sugar

Preparation

Stir sesame seeds in small dry skillet over medium heat until light golden, about 3 minutes. Set aside.

Combine cabbage and green onions in large bowl. Add vinegar, peanut oil, ginger, sesame oil, and sugar and toss to blend. Season to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Toss before continuing.) Sprinkle with sesame seeds and serve.

bulgur with leeks, cranberries, and almonds

[Bon Appétit](#) | *December 1995*

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[recipe](#)

- [reviews \(5\)](#)
- [my notes](#)

Servings: Serves 6.

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Ingredients

- 6 tablespoons (3/4 stick) butter
- 3 cups chopped leeks (white and pale green parts only)
- 5 cups canned low-salt chicken broth
- 3 cups bulgur
- 2/3 cup dried cranberries
- 2/3 cup sliced almonds, toasted

Preparation

Melt butter in heavy large saucepan over medium-high heat. Add chopped leeks and sauté until very tender, about 12 minutes. Add chicken broth and bring to boil. Stir in bulgur and boil 5 minutes. Add dried cranberries. Remove from heat, cover and let stand 15 minutes. Fluff with fork. Mix in sliced almonds. Season to taste with salt and pepper.