


# FOOD & WINE

FEBRUARY 2011

## *best of the basics*

RECIPES EVERY COOK NEEDS  
EASY-TO-FIND WINES  
HEALTHY MAKE-AHEAD DISHES  
ESSENTIAL KITCHEN TOOLS

a star chef's *perfect*  
winter menu



Fast, inexpensive &  
wine-friendly: crisp chicken  
thighs with a  
squash-raisin compote

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### The Purist Salad

A simple and delicious new way to eat winter vegetables.

#### Roasted Brussels Sprouts with Cabbage and Pine Nuts

ACTIVE: 25 MIN; TOTAL: 40 MIN

4 SERVINGS

If you're worried about pesticides on your produce, simplify your choices by eating more cabbage and brussels sprouts, which have very little pesticide residue (even when not organic). Nicolas Jammet of the Sweetgreen chain in Washington, DC, unites them in this fantastic fruit-and-nut-studded salad.

½ cup pine nuts

1 pound brussels sprouts, quartered

6 tablespoons extra-virgin olive oil

Salt and freshly ground black pepper

3 tablespoons fresh lemon juice

2 tablespoons honey

2 teaspoons Dijon mustard

⅛ teaspoon cayenne pepper

½ teaspoon pure chile powder, such as ancho

1½ pounds red cabbage, very thinly sliced on a mandoline (6 cups)

½ cup dried cranberries

4 garlic cloves, thinly sliced

1 ounce Parmigiano-Reggiano cheese, thinly shaved

1. Preheat the oven to 450°. Spread the pine nuts in a pie plate and toast for about 3 minutes, until golden brown. On a large rimmed baking sheet, toss the brussels sprouts with 1 tablespoon of the olive oil and season with salt and black pepper. Roast for about 15 minutes, until the brussels sprouts are lightly caramelized and tender.

2. Meanwhile, in a small bowl, whisk the lemon juice with the honey, mustard, cayenne and chile powder. Slowly whisk in ¼ cup of the olive oil and season with salt and pepper.

3. In a large bowl, toss the cabbage with the toasted pine nuts and cranberries. In a small skillet, heat the remaining olive oil. Add the garlic and cook over moderate heat until golden, about 1 minute. Scrape the garlic and hot oil over the cabbage. Add the brussels sprouts and toss, then add the dressing and toss again. Scatter the cheese shavings over the top and serve right away.



**WINE MATCH**  
Austrian Grüner Veltliner's snappy acidity makes it a great go-to wine for all kinds of salads. Try the citrusy 2009 Etz Grüner (\$14 per liter bottle).



## TRAVEL HELPERS

These tiny travel companies do all the planning to create excellent food-focused trips.



### TRAVEL BY DESIGN

Tammy Zacks organizes sporty trips that could include yoga in Patagonia (above), as well as tours led by chefs.

This spring, *Top Chef* contestant Kevin Gillespie will guide people through his favorite places in Austria. [travelbydesigninc.com](http://travelbydesigninc.com).

### EXTRAORDINARY JOURNEYS

A mother-and-daughter team coordinates bespoke trips in Africa, focusing on intimate experiences—foraging through Botswana's Kalahari Desert with local Bushmen, say, then sleeping in a luxe tent under acacia trees. [extraordinaryjourneys.net](http://extraordinaryjourneys.net).

### TRUFFLEPIG

Whether you want to take a cooking class in Vietnam's Hoi An or eat at a seaside restaurant in Zaton Mali, Croatia, this Toronto-based planner organizes custom trips around the world and coordinates all the minutiae. [trufflepig.com](http://trufflepig.com).