

THE COOKING SCHOOL ISSUE

FOOD & WINE

MARCH 2015



**A MASTER
SOMMELIER'S
60-SECOND
WINE CLASS**
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the EXPLAINER

A Pastry Chef's Education

A Nashville baker tells why she decided to send herself to school in the kitchen.

BY LISA DONOVAN

CULINARY SCHOOL is exactly what some people need to be a strong cook, but it wasn't my path. Instead, I sent myself to school in my kitchen and at the Nashville Public Library. I pored over Pierre Hermé and Edna Lewis books, making notes about the differences between Southern pie dough and *pâte brisée*, and figuring out how to make the über-dough I needed for various ideas I had. I continued my education by loading bread into a wood oven with my first chef, Tandy Wilson, at Nashville's City House; watching a hog get butchered; building my first wedding cake. I took good notes and was ready for anything.

When I was the pastry chef at Husk Nashville, one of my best hires came to me with zero pastry experience. He'd been frying chicken and making bucketfuls of collard greens at the legendary Arnold's for the five years prior. "I want to learn, however hard that might be at this point in my life" and "I know nothing" were the interview comments that won me over. His urge to learn pastry, to get it right, was awe-inspiring. After working late into the night, he'd come back at 6 a.m. to practice his pie dough with me. He never felt like he had it, even when he did, and he persevered until he was convinced that I was happy. Read that again: until I was happy. He's on the path I'm on still. He sent himself to school in the kitchen and he'll never stop learning.

TRENDIPEDIA

Next-Generation Diners

Chefs love the no-frills nature of diners—Chicago star Paul Kahan confesses to eating BLTs at lunch counters all over the city. And now they are paying homage to these humble spots by opening their own upgraded versions.



GRAB A BOOTH

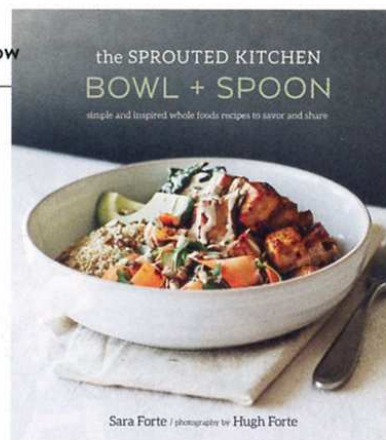
Dove's Luncheonette, Chicago
Southern-tinged Mexican by Paul Kahan. doveschicago.com.

Milktooth, Indianapolis
Brunch dishes only, both classic and quirky. milktoothindy.com.

Rosebud American Kitchen & Bar (left), Somerville, MA
Retro-cool historic dining car. rosebudkitchen.com.

Diner, Atlanta Colossal menu of tricked-out diner dishes. dineratlanta.com.

—MAREN ELLINGBOE



COOKBOOK of the MONTH

Lessons from The Sprouted Kitchen Bowl + Spoon

LESSON ONE

For the best winter fruit salad, use a few different kinds of citrus and pears, and toss in a tangy-spicy ginger syrup (see below).

LESSON TWO

Cooking rice pudding or oatmeal in black tea allows you to add spices for a chai flavor. As a bonus, it also delivers a little caffeine fix.

LESSON THREE

Adding equal parts bell peppers to spicy chiles when making hot sauce tames the heat without taking away from the chile flavor. —BEN MIMS

Winter Fruit Salad in Ginger-Lime Syrup

🕒 Total 35 min; Serves 6

A syrup of ginger and lime brightens this salad of gorgeous, multicolored citrus and pears. For maximum juiciness, choose citrus fruits that feel heavy for their size.

¼ cup pure maple syrup

1 Tbsp. water

One 3-inch piece of fresh ginger, peeled and thinly sliced

2 Tbsp. fresh lime juice

3 clementines or mandarins

2 blood oranges

1 grapefruit

1 Fuyu persimmon

1 Asian pear

1 red pear

1 cup pomegranate seeds

2 Tbsp. finely chopped mint

Hemp seeds, for garnish

1. In a small saucepan, bring the maple syrup and water to a simmer with the ginger over moderately high heat. Remove from the heat and let steep for 15 minutes. Pick out and discard the ginger. Stir the lime juice into the syrup; let cool completely.

2. Meanwhile, using a sharp knife, peel all of the citrus fruits and cut off all of the bitter white pith. Working over a serving bowl, cut in between the membranes to release the sections. Squeeze the membranes over the bowl to catch all of the juices; discard the membranes.

3. Core the persimmon and both pears and then cut them into thin slices. Arrange the slices in the bowl with the citrus and top with the pomegranate seeds. Drizzle the fruit salad with the ginger-lime syrup, sprinkle with the mint and hemp seeds and serve immediately.