

Hearty 'undercover' one-pot dishes sure to please

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POT ROAST WITH RICH ROSE

VEGETABLE SAUCE

- 4 pound boneless beef round
- 1/2 cup oil
- 2 tablespoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 medium onion, coarsely chopped
- 4 medium ribs celery, cut into 1-inch pieces
- 3 medium carrots, cut into 1-inch pieces
- 1 teaspoon dried thyme leaves or 1 tablespoon fresh thyme
- 3 sprigs Italian parsley
- 2 bay leaves, broken in half
- 3 large cloves garlic, crushed
- 1 can (28 ounces) Italian-style tomatoes, drained, coarsely chopped
- 1 can (13 3/4 to 14 1/2 ounces) ready-to-serve beef broth
- 1 cup dry red wine

Heat oven to 350 degrees F. In 5-quart ovenproof Dutch oven, heat oil over medium-high heat until hot. Add beef roast; brown evenly. Remove roast; season with salt and pepper. Add onions, celery and carrots to same pan; cook and stir until onions are tender, about 5 minutes. Add thyme, parsley, bay leaves, garlic, tomatoes, beef

broth and wine; stir to blend. Return roast to pan; bring to a boil.

Cover tightly; transfer pan to oven. Cook in 350 degree F. oven 3 hours or until beef is tender, turning roast over halfway through cooking.

Remove roast; keep warm. Strain cooking liquid; reserve. Remove and discard bay leaves from vegetables. Puree vegetables in blender or food processor fitted with metal blade. Add 2 cups cooking liquid through feed tube with the motor running. (Sauce may be kept warm or reheated in a saucepan, over low heat.) Carve roast into thin slices; serve with sauce. Makes 6 to 8 servings.

Recipe from National Cattlemen's Beef Association.

CHICKEN AND VEGETABLE

RISOTTO

- 2 tablespoons extra-virgin olive oil, plus more as needed
- 1 garlic clove, crushed under a knife
- 1 small red bell pepper, seeded and cut into 1/2-inch squares
- 1/2 teaspoon dried rosemary
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1/2 cup canned crushed tomatoes
- 1 1/2 cups Arborio rice
- About 6 cups hot chicken

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- broth
- 1/2 cup thawed frozen peas
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 cups leftover cooked chicken cut into 1-inch pieces
- 2 tablespoons grated Parmesan cheese, plus more for serving

In a heavy-bottomed Dutch oven, heat the olive oil over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the bell pepper and cook, stirring often, until tender, about 10 minutes. Using a slotted spoon, transfer the pepper to a bowl, discarding the garlic.

If necessary, add a little more oil to the Dutch oven. Add the rosemary, onion, and carrot. Cook over medium heat, stirring often, until the vegetables soften, about 5 minutes. Add the tomatoes, reduce the heat to medium-low and simmer until slightly thickened, about 10 minutes.

Add the rice. Cook, stirring constantly, until it absorbs the cooking liquid, about 3 minutes. Add 1 cup of the broth and reduce the heat to medium-low. Simmer, stirring constantly, until the rice almost completely absorbs the broth, about 3 minutes. Continue adding the broth 1 cup at a time, stirring constantly, waiting until it is almost completely absorbed

before adding more. When 1 cup of the broth remains, stir in the bell pepper, peas, salt, and pepper. Place the chicken in the center of the rice. Pour the remaining broth over all and cover. Reduce the heat to very low and cook until the rice is tender and slightly creamy and the chicken is hot, about 5 minutes. Sprinkle with 2 tablespoons of the cheese. Serve immediately in warmed bowls, with a bowl of Parmesan cheese on the side.

Serves 4.

Recipe from "One-Pot Italian Classics" by Anna Theresa Callen, (HarperCollins Publishers, Jan. 15, 1997; \$17.50).

FLASH-IN-THE-PAN WINTER

STIR-FRY

- 3 skinless, boneless chicken breast halves (about 1 pound)
- 1 tablespoon peanut or vegetable oil
- 1/4 teaspoon coarse (kosher) salt
- 2 tablespoons grated fresh ginger
- 1 garlic clove, minced
- 2 pounds bok choy or Napa cabbage, cut into slices about 1/4-inch thick (about 6 cups)
- 1 medium onion, cut into wedges about 1/4-inch thick
- 6 scallions, cut diagonally into 1 1/2-inch lengths

3 tablespoons soy sauce

Rinse the chicken under cold running water and pat dry. Cut into 3/4-inch pieces.

In a wok or large skillet, heat the peanut oil and salt over medium-high heat. Add the ginger and stir-fry until fragrant, about 30 seconds. Add the chicken and cook, stirring frequently, until white throughout but still juicy, 3 to 4 minutes. Add the bok choy, onion, and scallions and stir-fry until crisp-tender, 2 to 3 minutes.

Add the soy sauce and cook, stirring one minute longer. Serves 4.

Recipe from "Chicken Dinners in One Pot," by Peggy Falon (HarperCollins Publishers, Jan. 15, 1997; \$17.50).

CAULIFLOWER BISQUE

- 2 tablespoons vegetable oil
- 2 large leeks, whites and tender greens, trimmed, well washed and chopped
- 1 plump shallot, chopped
- Pinch dried thyme
- 1 medium cauliflower, cleaned, cored and broken into florets
- 1 large russet potato, peeled and coarsely chopped
- 5 cups chicken stock
- 1 1/2 cups milk
- Kosher salt and freshly ground black pepper
- 1 tablespoon minced fresh chives

Return puree to pot and whisk in remaining 1 cup stock and milk. Cook over medium heat until soup is hot but not boiling. Season with salt and pepper. Ladle into heated soup bowls and sprinkle with chives. Serves 6.

Wine recommendation: Foxen Vinard Chardonnay (California: Santa Barbara County) or another full-bodied California Chardonnay, preferably from the Santa Barbara region.

Recipe from "Cooking Under Cover: One-Pot Wonders — A Treasury of Soups, Steves, Braises and Casseroles" by Linda and Fred Griffith, (Chapters Publishing, Ltd., 1996; \$29.95).

Oatmeal makes meat loaf moist

Savvy cooks have been making meat loaf with oats for generations and for several good reasons. Both quick and old-fashioned oats are economical and convenient to use. They also provide a desirable, moist texture without masking the flavor of the meat.

For a perfectly delicious meat loaf every time, Cindy Bishop, manager of the Quaker Oatmeal Kitchens, offers these tips:

■ Use fresh lean ground meat or turkey.

■ Choose either the quick or old-fashioned oats; both can be used to make meat loaf. To measure, lightly spoon oats into measuring cup and level even with the top of the cup.

■ Mix ingredients lightly but thoroughly. Meat loaf that has been overmixed will have a tough, compact texture.

■ For a meat loaf with a crustier exterior, hand-shape the meat mixture into a loaf and bake in a shallow baking pan. For a traditional loaf, the meat mixture can be pressed into a loaf pan and baked. Drain any liquid that accumulates in the

pan before slicing.

■ Check meat loaf for doneness with a meat thermometer. Meat loaves made with ground beef should be cooked to medium doneness (160 degrees F). Meat loaves made with ground turkey should be cooked to 170 degrees F. Overbaking can make meat loaf dry.

■ For easier slicing, let meat loaf stand 5 to 10 minutes after removing from oven.

■ Refrigerate leftover meat loaf promptly and use within two days.

Here are some recipes to try:

TEX-MEX MEAT LOAF

- 1 pound lean ground beef or lean ground turkey
- 1 cup oats (quick or old-fashioned, uncooked)
- One (16 ounce jar) picante sauce or salsa, divided
- One (15 1/4 ounce can) whole kernel corn, divided
- 1/2 cup chopped onion
- 1 egg lightly beaten
- 2 tablespoons finely chopped cilantro or parsley, divided
- 1 teaspoon chili powder

Heat oven to 350 degrees F. For

meat loaf, combine ground beef, oats, 3/4 cup picante sauce, 1/2 cup corn, onion, egg, 1 tablespoon cilantro and chili powder; mix lightly but thoroughly. In 8-inch square baking pan, shape meat loaf mixture into an 8 by 4-inch loaf. Bake 50 to 55 minutes until meat loaf is to medium doneness (160 degrees F.) If using ground turkey cook to (170 degrees F.).

For salsa, combine remaining picante sauce, corn and cilantro, mix well.

To serve, cut meat loaf into 8 slices and top with salsa. Serves 8.

MEDITERRANEAN MEAT LOAF

- Meat Loaf
- 1 1/2 pounds lean ground beef
- 3/4 cup oats (quick or old-fashioned, uncooked)
- 1/2 cup finely chopped onion
- 1/2 cup water
- 2 cloves garlic, crushed
- 1 teaspoon dried oregano leaves

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1 teaspoon salt

1/2 teaspoon pepper

Toppings:

One (14 1/2 ounce can) diced tomatoes, drained

1/4 cup sliced ripe olives

1/4 teaspoon dried oregano leaves

1 cup (4 ounces) crumbled feta cheese

Heat oven to 375 degrees F. In large bowl, combine all meat loaf ingredients, mixing lightly but thoroughly. On rack of broiler pan, shape meat loaf mixture into round loaf (9-inch diameter). Bake 30 minutes.

Remove meat loaf from oven. Arrange drained tomatoes and olives over top of meat loaf; sprinkle with oregano and cheese. Continue baking 8 to 10 minutes until meat loaf is to medium doneness (160 degrees F). To serve, cut meat loaf into 6 wedges. Serves 6.

Recipe and information from Quaker Oats.

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