

Add A Tuscan Twist To Your Next Barbecue!

Make A Creamy Basil New Potatoes Salad And Serve As A Crowd-Pleasing Side Dish

Want to host a fuss-free but delicious barbecue get-together without the stress or expense of a caterer? Simplify al fresco entertaining by preparing dishes in advance.

With a mouth-watering, high-quality pasta sauce like Bertolli in your pantry, you can easily create decadent, Italian-inspired meals for your next outdoor bash.

That's because the sauces are prepared in the Tuscan tradition established over 150 years ago by the founder and involve a few quality ingredients cooked lightly to lock in layers of flavour.

This recipe can be made up to a day in advance and is sure to impress guests. Made with fresh basil, toasted pine nuts and creamy Alfredo sauce, this potato salad is the perfect, crowd-pleasing side dish for any meal.

Creamy Basil New Potatoes Salad

Prep time: 30 minutes

Cook time: 25 minutes



Makes: 8 cups

Ingredients:

- 900 g (2 pounds) Yukon gold new potatoes, scrubbed, quartered
- 2 tablespoons kosher salt

- 225 g (½ pound) thin green beans, trimmed, cut into 1-inch pieces
- 1 jar (415 mL) Bertolli Creamy Alfredo Sauce
- 1 clove garlic, minced

- ½ teaspoon ground pepper
- 225 g (½ pound) grape tomatoes, halved
- ¼ cup (30 g) shredded Parmigiano-Reggiano cheese
- 1 small lemon, finely zested

- ¼ cup (30 g) chopped fresh basil
- ¼ cup (30 g) toasted pine nuts (optional)

Directions:

1. Place potatoes in a 6-quart (6 L) pot; add salt and enough water to cover. Bring to boil on medium-high heat. Simmer on medium heat for 15 to 20 minutes or until fork-tender, adding green beans during last 4 minutes of cooking. Drain; return to same pot.

2. Meanwhile, combine Alfredo sauce, garlic and pepper. Pour over hot potatoes and beans; toss to coat. Spread mixture in an even layer onto a rimmed baking sheet; cool 20 minutes or until room temperature.

Transfer potato mixture to large container. Add tomatoes, cheese and lemon zest; mix gently. Cover and refrigerate 4 hours or until chilled. Add basil and pine nuts as garnish just before serving. www.newscanada.com

Corn Spoonbread Is Rich, Creamy - Like A Pudding

By Sara Moulton

The Southern staple known as spoonbread _ a particular specialty of Kentucky and Virginia _ is a Native American dish adopted early on by America's earliest European settlers. George Washington happened to be a big fan and often served it up at Mount Vernon, Virginia. I love it because of its puddinglike richness, a creamy, airy cross between cornbread and a soufflé. Creating that airiness is a matter of separating the eggs and beating the whites, then folding them into the batter.

The recipe's key ingredient is corn, and since this is the height of the fresh corn season, I decided to amp up the traditional recipe with corn kernels. Half of them are pureed _ adding to the bread's creaminess _ while the remainder is folded in for crunch.

What should you look for when buying fresh corn? Start by confirming that each ear is full and thick, with kernels growing all the way to the tip. The easi-

est way to do so would be to strip away the husk and take a squint at the tip, but that manoeuvre makes the ear unsellable. Instead, use your fingers to feel if the ear is full at the top by pressing the tip through the husk. And if you discover a tiny bug on the ear after shucking it at home, just wash it away, secure in the knowledge that no pesticides were used in the corn's cultivation.

Some varieties of corn sold at the market will stay sweet for four or five days. I prefer regular corn because it tastes more like corn to me, but its sugar starts to turn to starch as soon as it's picked, which means it's best to cook the corn as soon as you can (keep it chilled until you do).

I call for fine cornmeal in this recipe for Fresh Corn Spoonbread with Sharp Cheddar and Chiles, but you're welcome to use the medium-ground variety if you want a bit of gritty crunch. The buttermilk provides some tangy contrast to the corn's sweetness, but if you're no fan of tang (or don't want to buy buttermilk),



substitute regular whole milk.

FRESH CORN SPOONBREAD WITH SHARP CHEDDAR AND CHILES

Servings: 6

Start to finish: 1 hour, 10 minutes (45 active)

- 2 cups fresh corn kernels
- 2 cups buttermilk
- 2/3 cup fine yellow cornmeal
- 1 tablespoon unsalted butter
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne, optional

- 4 ounces extra-sharp cheddar cheese, coarsely grated
- One 4.5 ounce can chopped green chilies, drained
- 4 large eggs, separated, at room temperature
- 1/4 teaspoon cream of tartar

In a blender, puree 1 cup of the corn with 1 cup of the buttermilk until smooth.

Preheat oven to 425 F. In a medium saucepan stir together the pureed corn with the remaining

buttermilk, cornmeal, butter, salt and cayenne, if using, and bring to a boil over medium-high heat, stirring frequently. Reduce the heat and simmer, whisking constantly, 3 minutes. Remove from the heat, stir in the cheese, chilies and the remaining 1 cup corn kernels; let cool while you beat the egg whites.

In a bowl with electric beaters beat the whites with a pinch of salt until they are frothy, add the cream of tartar and beat until they form soft peaks. Add the yolks to the cornmeal mixture, whisking constantly. Stir one-fourth of the whites into the cornmeal mixture and then fold in the remaining whites gently until they are just incorporated. Spread the mixture evenly in a buttered shallow 8-inch square baking dish and bake on a rack in the lower third of the oven until set, 20 to 25 minutes. Serve immediately.

This July 2018 photo shows fresh cornspoonbread in New York. This dish is from a recipe by Sara Moulton. (Sara Moulton via AP)

The Secret To Get Perfectly Grilled Chicken Wings



To take this barroom classic from the fryer to the grill we had to figure out how to handle the fat and connective tissue from the wings, which creates a problem as it drips into the fire.

To get crisp, well-rendered chicken wings with lightly charred skin, succulent, smoky meat and minimal flare-ups, we quick-brined the wings and tossed them in cornstarch and pepper.

These steps helped the meat retain moisture and kept the wings from sticking to the grill.

We then cooked them right over a gentle medium-low fire. The moderate temperature minimized flare-ups and the direct heat accelerated the cooking process. Also, though we normally cook white chicken meat to 160 F, wings are chock-full of collagen, which begins to break down upwards of 170 F. Cooking the wings to 180 F produced meltingly tender wings.

These few minor adjustments gave us crispy, juicy chicken that

made a great alternative to fried wings. We also developed several easy spice rubs to take the wings up a notch if you're looking for some new flavour options.

If you buy whole wings, cut them into two pieces before brining. Don't brine the wings for more than 30 minutes or they'll be too salty.

- 1/2 cup salt
 - 2 pounds chicken wings, wing-tips discarded, trimmed
 - 1 1/2 teaspoons cornstarch
 - 1 teaspoon pepper
- Dissolve salt in 2 quarts cold water in large container. Prick chicken wings all over with fork. Submerge chicken in brine, cover, and refrigerate for 30 minutes.

Combine cornstarch and pepper in bowl. Remove chicken from brine and pat dry with paper towels. Transfer wings to large bowl and sprinkle with cornstarch mixture, tossing until evenly coated.

_ For a charcoal grill: Open bottom vent completely. Light large chimney starter half filled with

charcoal briquettes (3 quarts). When top coals are partially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

_ For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Turn

all burners to medium-low.

Clean and oil cooking grate. Grill wings (covered if using gas), thicker skin side up, until browned on bottom, 12 to 15 minutes. Flip chicken and grill until skin is crisp and lightly charred and meat registers 180 F, about 10 minutes. Transfer chicken to platter, tent with aluminum

foil, and let rest for 5 to 10 minutes. Serve.

This undated photo provided by America's Test Kitchen in July 2018 shows grilled chicken wings in Brookline, Mass. This recipe appears in the cookbook 'Master Of The Grill.' (Keller + Keller/America's Test Kitchen via AP)

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