

EAT SMART BE FIT LIVE WELL

Easy
ideas for
supper clubs
& company

Cooking Light

SEPT 2003

Great new
ways to
serve steak

page 118

A top chef's
pantry secret
for big flavor

page 120

Superfast dishes
for breakfast,
lunch, and dinner

pages 119 and 170

7 top
banana
breads

Coconut Banana Bread
with Lime Glaze
page 218

\$4.95 US \$6.00 CAN



099

0 74470 10403 2

Shrimp Salad with Buttermilk and Tarragon Vinaigrette

This shellfish dish calls for a more subdued vinegar like tarragon. White wine vinegar will also work.

SHRIMP:

- ¼ cup fat-free buttermilk
- 2 tablespoons minced Anaheim or other mild green chile
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 1½ pounds large shrimp, peeled and deveined

Cooking spray

SALAD:

- 12 romaine lettuce leaves
- 1 head Bibb lettuce, separated into leaves
- 2 tomatoes, cut into wedges

VINAIGRETTE:

- ½ cup fat-free buttermilk
- 2 tablespoons tarragon vinegar
- 4 teaspoons finely chopped shallots
- 1 teaspoon minced fresh tarragon
- 1 teaspoon Dijon mustard
- ¼ teaspoon sugar
- ½ teaspoon grated fresh lime rind

1. To prepare shrimp, combine first 8 ingredients in a zip-top plastic bag. Add shrimp, and seal the bag. Refrigerate 2 hours, turning the bag occasionally. Remove shrimp from bag; discard marinade. Pat shrimp dry.
2. Heat a grill pan coated with cooking spray over medium-high heat. Add half of shrimp to pan, and cook 2 minutes on each side or until done. Repeat procedure with remaining shrimp.
3. To prepare salad, arrange the lettuce leaves on a serving platter. Top with tomatoes and shrimp.
4. To prepare vinaigrette, combine ½ cup buttermilk and the remaining ingredients, stirring with a whisk. Drizzle vinaigrette over the salad. Yield: 4 servings (serving size: 5 ounces shrimp and about 2 cups salad).

CAORIES 347 (25% FIBER 14g FAT 4g SAT 0.6g, mono 0.6g, poly 1.6g) PROTEIN 26.2g CARB 14.6g FIBER 3.2g CHOL 200mg IRON 3.5mg SODIUM 402mg CALC 167mg



Vinegar-Braised Beef with Thyme, Carrots, and Onions

You can do much of the work for this dish a day ahead. Prepare the recipe up to straining the cooking liquid in Step 4. Return the strained liquid and beef to the pan, refrigerate for up to a day, skim the solidified fat from the surface, and continue with Step 5. Cabernet Sauvignon vinegar is a good choice to balance the fruity wine. Although ½ cup vinegar sounds like a lot, it's not overpowering; vinegar loses much of its pungency when heated.

- 1 tablespoon minced fresh thyme
- 1 large garlic clove, minced
- 1 (3½-pound) beef brisket, trimmed
- 2 teaspoons olive oil, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper
- 1½ cups chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 3 cups low-salt beef broth
- ¾ cup Merlot or other fruity red wine
- ½ cup red wine vinegar
- 1 bay leaf
- 1 pound baby carrots with tops
- 1 pound cipollini or pearl onions, peeled
- 2 tablespoons chopped fresh parsley
- 1 teaspoon chopped fresh thyme

1. Preheat oven to 350°.

2. Combine 1 tablespoon thyme and garlic. Make 12 small slits on outside of beef, and stuff each with about ¼ teaspoon garlic mixture. Rub beef with 1 teaspoon oil. Sprinkle beef with ¼ teaspoon salt and ¼ teaspoon pepper.

3. Heat a large ovenproof nonstick skillet over medium-high heat. Add beef; cook 2 minutes on all sides or until browned. Remove from pan. Add the chopped onion, chopped carrot, and celery to pan; sauté 6 minutes. Add ½

teaspoon salt, broth, wine, vinegar, and bay leaf, bring to a boil. Return beef to pan. Cover and place pan in oven. Bake at 350° for 1 hour. Reduce heat to 325°, turn beef. Cover and bake for an additional 90 minutes or until tender, turning beef twice. Remove beef from pan.

4. Drain cooking liquid through a sieve into a bowl, pressing down on vegetables to extract liquid. Discard solids. Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings into bag, let stand 10 minutes (fat will rise to the top). Seal bag, carefully snip off 1 bottom corner of bag. Drain drippings into a bowl, stopping before fat layer reaches opening; discard fat.

5. Trim all but 1 inch from green tops of baby carrots. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add cipollini onions; sauté 3 minutes or until browned. Add beef, cooking liquid, and baby carrots; bring to a boil. Cover and bake at 350° for 1 hour, turning once. Sprinkle with parsley and 1 teaspoon thyme. Serve the beef with vegetables and sauce. Yield: 8 servings (serving size: about 3 ounces beef, about 5 onions, about 4 carrots, and about 1½ tablespoons sauce).

CAORIES 227 (25% FIBER 14g FAT 0.3g, mono 0.4g, poly 0.6g) PROTEIN 41.1g CARB 16.4g FIBER 3.9g CHOL 132mg IRON 4.2mg SODIUM 275mg CALC 17mg