

# A Taste *of* Fall

*from* AMERICA'S TEST KITCHEN



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## Farmhouse Vegetable and Barley Soup

**SERVES 6 TO 8**

We prefer an acidic, unoaked white wine such as Sauvignon Blanc for this recipe. We love the richness added by the Lemon-Thyme Butter (recipe follows), and the soup can also be garnished with crisp bacon, crumbled cheddar cheese, or Herbed Croutons (recipe follows). You will need at least a 6-quart Dutch oven for this recipe.

- ¼ ounce dried porcini mushrooms, rinsed**
- 8 sprigs fresh parsley plus 3 tablespoons minced**
- 4 sprigs fresh thyme**
- 1 bay leaf**
- 2 tablespoons unsalted butter**
- 1½ pounds leeks, white and light green parts only, halved lengthwise, sliced ½ inch thick, and washed thoroughly**
- 2 carrots, peeled and cut into ½-inch pieces**
- 2 celery ribs, cut into 1/4-inch pieces**
- ½ cup dry white wine**
- 2 teaspoons soy sauce**
- Salt and pepper**
- 6 cups water**
- 4 cups chicken broth or vegetable broth**
- ½ cup pearl barley**
- 1 garlic clove, peeled and smashed**
- 1½ pounds Yukon Gold potatoes, peeled and cut into ½-inch pieces**
- 1 turnip, peeled and cut into ¾-inch pieces**
- 1½ cups chopped green cabbage**
- 1 cup frozen peas**
- 1 teaspoon lemon juice**

**1.** Grind porcini with spice grinder until they resemble fine meal, 10 to 30 seconds. Measure out 2 teaspoons porcini powder; reserve remainder for another use. Using kitchen twine, tie together parsley sprigs, thyme sprigs, and bay leaf.

**2.** Melt butter in Dutch oven over medium heat. Add leeks, carrots, celery, wine, soy sauce, and 2 teaspoons salt. Cook, stirring occasionally, until liquid has evaporated and celery is softened, about 10 minutes.

**3.** Add water, broth, barley, garlic, porcini powder, and herb bundle; increase heat to high and bring to boil. Reduce heat to medium-low and simmer, partially covered, for 25 minutes.

**4.** Add potatoes, turnip, and cabbage; return to simmer and cook until barley, potatoes, turnip, and cabbage are tender, 18 to 20 minutes.

**5.** Remove pot from heat and remove herb bundle. Stir in peas, lemon juice, and minced parsley; season with salt and pepper to taste. Serve



## Modern Beef Stew

**SERVES 6 TO 8**

Use a good-quality, medium-bodied wine, such as a Côtes du Rhône or Pinot Noir, for this stew. Try to find beef that is well marbled with white veins of fat. Meat that is too lean will come out slightly dry. You can use 4 pounds of blade steaks, trimmed, instead of the chuck-eye roast. While the blade steak will yield slightly thinner pieces after trimming, it should still be cut into 1½-inch pieces. Look for salt pork that is roughly 75 percent lean.

- 2** garlic cloves, minced
- 4** anchovy fillets, rinsed and minced
- 1** tablespoon tomato paste
- 1** (4-pound) boneless beef chuck-eye roast, pulled apart at seams, trimmed, and cut into 1½-inch pieces
- 2** tablespoons vegetable oil
- 1** large onion, halved and sliced 1/8-inch thick
- 4** carrots, peeled and cut into 1-inch pieces
- ¼** cup all-purpose flour
- 2** cups red wine
- 2** cups chicken broth
- 4** ounces salt pork, rinsed
- 2** bay leaves
- 4** sprigs fresh thyme
- 1** pound Yukon Gold potatoes, cut into 1-inch pieces
- 1½** cups frozen pearl onions, thawed
- 2** teaspoons unflavored gelatin
- ½** cup water
- 1** cup frozen peas, thawed
- Salt and pepper**

**1.** Adjust oven rack to lower-middle position and heat oven to 300 degrees. Combine garlic and anchovies in small bowl; press with back of fork to form paste. Stir in tomato paste and set aside.

**2.** Pat beef dry with paper towels. Do not season. Heat 1 tablespoon oil in Dutch oven over high heat until just starting to smoke. Add half of beef and cook until well browned on all sides, about 8 minutes. Transfer beef to large plate. Repeat with remaining beef and remaining 1 tablespoon oil, leaving second batch of meat in pot after browning.

**3.** Reduce heat to medium and return first batch of beef to pot. Stir in onion and carrots and cook, scraping up any browned bits, until onion is softened, 1 to 2 minutes. Add garlic mixture and cook, stirring constantly, until fragrant, about 30 seconds. Add flour and cook, stirring constantly, until no dry flour remains, about 30 seconds.



## Tuscan White Bean and Pork Soup

### SERVES 8

You can substitute an equal amount of ham steak for the pork roast; remove the rind before chopping.

- 4 slices bacon, chopped fine**
- 1 pound Swiss chard, stems chopped, leaves sliced ½ inch thick**
- 3 carrots, peeled and cut into ½-inch pieces**
- 1 onion, chopped**
- 8 garlic cloves, minced**
- 2 teaspoons minced fresh rosemary**
- 6 cups chicken broth**
- 2 (15-ounce) cans cannellini beans, rinsed**
- 1 (14.5-ounce) can diced tomatoes**
- 4 cups chopped leftover pork roast**
- Salt and pepper**

**1.** Cook bacon in Dutch oven over medium heat until crispy, 6 to 8 minutes. Using slotted spoon, transfer bacon to paper towel-lined plate. Pour off all but 1 tablespoon fat from pot.

**2.** Add Swiss chard stems, carrots, and onion to now-empty pot and cook until softened, 6 to 8 minutes. Stir in garlic and rosemary and cook until fragrant, about 30 seconds. Add Swiss chard leaves and cook until wilted, 3 to 4 minutes.

**3.** Stir in broth, beans, and tomatoes and bring to boil. Reduce heat to medium and simmer until carrots are tender, about 15 minutes. Add pork and cook until heated through, about 1 minute. Season with salt and pepper to taste. Serve.



## Crown Roast

**SERVES 10 TO 12**

A crown roast is two bone-in pork loin roasts, with the rib bones frenched and the chine bones removed; the roasts have been tied into a crown shape. This can be difficult to do at home without the proper tools, so ask your butcher to make this roast for you. We wrap extra kitchen twine around the widest part of the roast to provide more support when we flip it. Use small red potatoes measuring 1 to 2 inches in diameter.

### **Kosher salt and pepper**

- 3 tablespoons minced fresh thyme**
- 2 tablespoons minced fresh rosemary**
- 5 garlic cloves, minced**
- 1 (8- to 10-pound) pork crown roast, trimmed**
- 2 pounds small red potatoes, unpeeled**
- 10 ounces shallots, peeled and halved**
- 2 Golden Delicious apples, peeled, cored, and halved**
- 8 tablespoons unsalted butter, melted**
- ½ cup apple cider**
- 1 cup chicken broth**

**1.** Combine 3 tablespoons salt, thyme, rosemary, garlic, and 1 tablespoon pepper in bowl; reserve 2 teaspoons salt-herb mixture for vegetables. Pat roast dry with paper towels and rub with remaining salt-herb mixture. Wrap kitchen twine twice around widest part of roast and tie tightly. Refrigerate roast, covered, for 6 to 24 hours.

**2.** Adjust oven rack to lower-middle position and heat oven to 475 degrees. Set V-rack in large roasting pan. Toss potatoes, shallots, apples, 4 tablespoons melted butter, and reserved salt-herb mixture in large bowl and transfer to pan. Arrange roast bone side down in V-rack and brush with remaining 4 tablespoons melted butter. Roast until meat is well browned and registers 110 degrees, about 1 hour.

**3.** Remove roast from oven and reduce oven temperature to 300 degrees. Using 2 large wads of paper towels, flip roast bone side up. Add apple cider to pan and return to oven, rotating pan. Roast until meat registers 140 degrees, 30 to 50 minutes. Transfer roast to carving board, tent loosely with aluminum foil, and let rest for 15 to 20 minutes.

**4.** Transfer apples to blender and potatoes and shallots to bowl. Pour pan juices into fat separator, let liquid settle for 5 minutes, then pour into blender. Add broth to blender with apples and pan juices and process until smooth, about 1 minute. Transfer sauce to medium saucepan and bring to simmer over medium heat. Season with salt and pepper to taste. Cover to keep warm. Remove twine from roast, slice roast between bones, and serve with vegetables and sauce.

### **KEY STEPS: CROWN ROAST OF PORK**

When roasted directly on a roasting pan, the perimeter of a crown roast overcooks by the time the interior ring is done. Here's how we solved that problem and produced evenly cooked pork.

**1. TIE ROAST** Using kitchen twine, make two loops around the widest part of the roast and tie securely to help the crown hold its shape when flipped.

**2. SET BONE SIDE DOWN** Place the pork bone side down on the V-rack and adjust the bones to steady the roast. Roast for about 1 hour, until meat is 110 degrees.

**3. FLIP BONE SIDE UP** Using paper towels to protect your hands, flip the hot roast bone side up and set it back on the V-rack to finish cooking in a gentle oven.





## Orange-Cranberry Rice Pilaf

**SERVES 4 TO 6**

Use a vegetable peeler to obtain the wide strips of orange zest. Although you may be inclined to substitute basmati for the long-grain rice, we advise against it; basmati did not work as well.

- 3 tablespoons unsalted butter**
- 1 small onion, chopped fine**
- Salt and pepper**
- 1½ cups long-grain rice**
- 1¾ cups chicken broth**
- 3 strips orange zest plus ½ cup juice**
- 1 bay leaf**
- ½ cup dried cranberries, chopped fine**
- 6 scallions, chopped fine**

**1.** Melt butter in large saucepan over medium heat. Add onion and ½ teaspoon salt and cook until softened, about 3 minutes. Stir in rice and cook, stirring occasionally, until fragrant and edges begin to turn translucent, about 3 minutes.

**2.** Stir in broth, orange zest and juice, and bay leaf and bring to boil over medium-high heat. Cover, reduce heat to low, and cook until liquid is absorbed and rice is tender, about 20 minutes. Quickly sprinkle cranberries and scallions over rice (do not stir), replace lid, and let rice stand off heat for 10 minutes. Discard bay leaf and orange zest and fluff rice with fork. Season with salt and pepper to taste. Serve.



## Crispy Garlic Bread

**MAKES 12 SLICES**

For the smoothest texture, we recommend grating the garlic cloves on a rasp-style grater. To keep the butter-garlic mixture from developing off tastes, it is best to freeze the prepared bread immediately after assembling it.

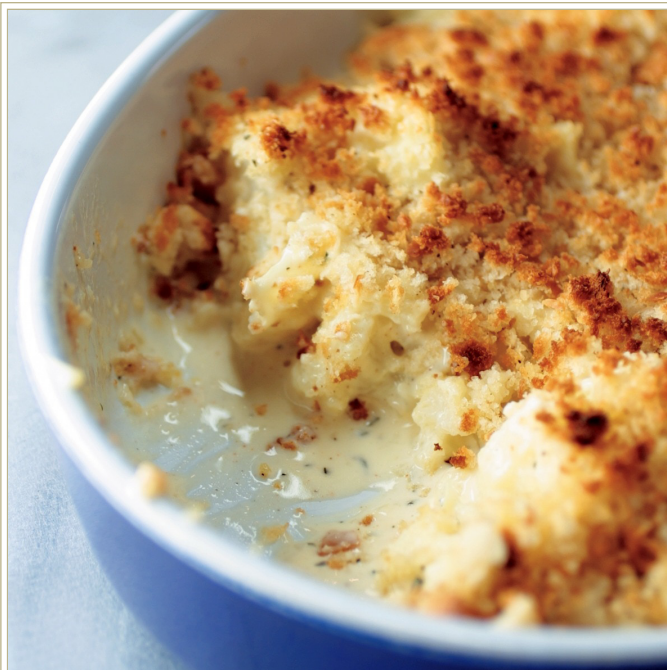
- 12 tablespoons unsalted butter, softened**
- 4 garlic cloves, grated or minced**
- ¼ teaspoon sugar**
- ¼ teaspoon salt**
- ¼ teaspoon pepper**
- 12 (1-inch-thick) slices Italian bread**

**1.** Using fork, beat butter, garlic, sugar, salt, and pepper in small bowl until combined. Spread butter mixture evenly over both sides of bread slices.

**2. TO STORE:** Transfer coated bread slices to large plate or small baking sheet and freeze until firm, about 15 minutes. Transfer bread to zipper-lock freezer bag and freeze for up to 1 month.

**3. TO SERVE:** Adjust oven rack to middle position, place rimmed baking sheet on rack, and heat oven to 425 degrees. Arrange frozen bread slices on preheated sheet and bake until golden brown on first side, 10 to 12 minutes. Flip and bake until golden brown on second side, 5 to 7 minutes. Serve.





## Cauliflower Gratin

### SERVES 6

Gruyère or cheddar can be used in place of the Parmesan.

### TOPPING

- 4 slices hearty white sandwich bread, torn into quarters**
- 2 tablespoons unsalted butter, softened**
- ¼ teaspoon salt**
- ⅓ teaspoon pepper**

### FILLING

- 1 large head cauliflower (3 pounds), cored and cut into ¾-inch florets**
- Salt and pepper**
- 2 tablespoons unsalted butter**
- 1 shallot, minced**
- 1 garlic clove, minced**
- 1 tablespoon all-purpose flour**
- 1½ cups heavy cream**
- 1 ounce Parmesan cheese, grated (½ cup), plus 2 tablespoons**
- 1 teaspoon minced fresh thyme**
- Pinch ground nutmeg**
- Pinch cayenne pepper**

**1. FOR THE TOPPING:** Pulse bread, butter, salt, and pepper in food processor until mixture resembles coarse crumbs, about 10 pulses; set aside.

**2. FOR THE FILLING:** Adjust oven rack to middle position and heat oven to 450 degrees. Bring 4 quarts water to boil in Dutch oven over high heat. Add cauliflower and 1 tablespoon salt and cook until just tender, 3 to 4 minutes. Drain cauliflower in colander and rinse under cold water until no longer hot. Leave cauliflower in colander to drain while preparing sauce.

**3.** Melt butter in 12-inch skillet over medium heat, add shallot, and cook until softened, about 2 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in flour until combined, about 1 minute. Whisk in cream and bring to boil. Stir in ½ cup Parmesan, thyme, nutmeg, cayenne, ¼ teaspoon salt, and ⅓ teaspoon pepper until incorporated. Off heat, gently stir in cauliflower until evenly combined. Transfer mixture to 11 by 7-inch (2-quart) gratin dish. Sprinkle remaining 2 tablespoons Parmesan evenly over surface, then sprinkle evenly with bread-crust topping. Bake until golden brown and sauce is bubbling around edges, 10 to 12 minutes. Serve immediately.

**TO MAKE AHEAD:** Topping and cauliflower can be prepared and stored at room temperature for up to 2 hours. Don't prepare sauce or bake gratin until just before serving.