

A

Almond Mishmishya, 439
Anisette Toasts, 437
Antipasto Platter, 56, 57
Apple(s):
 Apple-Cranberry Crisp, 391
 Apple-Oatmeal Cookies, 393
 Baked, with Caramel Sauce, 390
 Brown Betty, 390
 Chicken with Cider and, 154, 155
 Chutney, 26–27
 Strudel, Double Apple, 389
Apricot Drumettes, 52
Arroz con Pollo, 160
Artichokes, Herb-Stuffed, 318
Arugula, 117
 Crêpes, Creamy Ham and, 93
 Roast Beef Salad with, 100
Asian Beef Skewers, 196
Asian Sea Bass, 226
Asian Shrimp, Snow Peas, and Rice, 239
Asian Vinaigrette, 32
Asparagus:
 Roasted, and Red Peppers, 319
 Soup, Cream of, 136–137
Avgolemono Chicken Soup, 122

B

Baba Ghanouj, 40
Baked Apples with Caramel Sauce, 390
Baked Beans, 276
Baked Scrod with Ratatouille, 225
Baking powder, yeast vs., 80
Baking tips, 382, 418, 435
Balsamic-Glazed Veal Chops, 212
Banana:
 Bread, 80
 Cream Pie, 374, 375, 411
 Cupcakes, 385
Barbecue Pork with Mop Sauce, 205
Barley, Leek, and Rosemary Gratin, 349
Basic Beef Stock, 2
Basic Brown Sauce, 5
Basic Cheese Pizza, 301
Basic Chicken Stock, 3
Basic Crêpes, 92
Basic Croutons, 93
Basic Crumb Crust, 370
Basic Dry Rub, 20
Basic Marinade, 18
Basic Muffins, 85
Basic Pie Crust, 368
Basic Pizza Dough, 300
Basic Tart Crust, 368, 369
Basic Tomato Sauce, 5
Basic Vegetable Stock, 3

Basic Yogurt Biscuits, 89

Basil, 16

Beans:

 Baked, 276
 Black Bean Salad, Southwestern, 107
 Black Bean Salsa, Mango and, 24
 Black Bean Soup, 128
 Chinese Long, with Hot Chili Sauce, 324
 dried, cooking times for, 263
 Egyptian Fava Bean Salad, 106
 Italian-Style White, 262
 Navy Bean Soup, 127
 Pasta e Fagioli, 293
 Red Beans, Garlicky Pork and, 209
 Red Beans, Moroccan, Dip, 40
 Salad, Classic Four-Bean, 105
 Salad, Potato and, with Walnut Vinaigrette, 114
 Slow-Cook Tuscan Sausage-and-Bean Soup, 141
 White Beans, Tuna with Onions and, 103

Béchamel Sauce, 13

Beef, 201

 Asian Beef Skewers, 196
 Chili, Bean and, 198
 Chinese Pepper Steak Wraps, 193
 Filet Mignon, Grilled, & Chipotle Butter, 186
 Flank Steak, Marinated, 186
 grilling steaks, 187
 Hamburger, Classic, 197
 Kebabs, Middle Eastern, 192
 Korean Steak on a Stick, 55
 London Broil, 184
 marinating, 18
 Pot Roast, Classic, 189
 Roast Tenderloin, Peppered, 188
 Salad, Roast Beef with Arugula, 100
 Sirloin Teriyaki, Grilled, 188
 Soup, Classic Barley and, 120
 Steak with Two Peppers, 187
 Stew, 190, 191
 Stew, Slow-Cook, 191
 Stir-Fry, Spicy Broccoli and, 194, 195
 storing, 197
 T-Bone Steak, Grilled, 184, 185

Beets:

 Borscht, 145
 Oven-Roasted, Garlic and, 320
 Roasted, Asian Pear Salad and, 116

Behavior, weight loss and, x–xi

Berry Muffins, 85

Bibb lettuce, 117

Biscotti:

 Chocolate Espresso, 429, 431
 Double Chocolate Hazelnut, 392

Biscuits, Basic Yogurt, 89

Bisque, 141

Black and White Strawberries, 396, 397

Black Bean(s):
 and Rice, 262
 Sauce, 8
 Soup, 128
 Blueberry Buttermilk Pancakes, 91
 Blueberry Sherbet, 398
 Blue Cheese Dressing, 34, 35
 Boiled Stuffed Lobster, 235
 Borscht, 145
 Boston lettuce, 117
 Bow Ties with Salmon and Asparagus, 292
 Braised Endive with Lemon, 327
 Braised Halibut and Tomatoes with Orzo, 230
 Bran Bread, 67
 Bread, *See* also Buns; also Rolls
 Banana, 80
 Basic Yogurt Biscuits, 89
 Bran, 67
 Caraway Rye, Bread-Machine, 72
 Carrot Tea, 81
 Challah, 68
 Cheese, 62
 Cheese Corn, 83
 Cinnamon Raisin, Bread-Machine, 73
 Corn, Classic, 83
 Focaccia, 70, 71–72
 Herb and Olive Ciabatta, 69
 Holiday Stollen, 422, 423
 Honey Wheat Bread, 66
 Irish Soda, 77
 Italian, 65
 Microwave-Baked English Muffin, 74
 Naan, 77
 Pan Bagnat, 274
 Panettone, 421
 Pumpkin-Apple, 82, 83
 Raisin, 62
 Roasted Vegetable Crostini, 42
 Sourdough White, 64
 Stuffed French Toast, 94
 Sweet Brown, 81
 Three Kings Day (Rosca de Reyes), 424
 White, Classic, 62, 63
 yeast bread tips, 67
 Zucchini, 84
 Bread machines:
 adjusting recipes for, 73
 Caraway Rye Bread, Bread-Machine, 72
 Cinnamon Raisin Bread, Bread-Machine, 73
 Broccoli:
 Cavatelli with, 294
 Cream of Broccoli Soup, 137
 with Garlic, 320
 Lemon-Butter Spears, 321
 Roasted, with Cumin-Chipotle Butter, 321
 Broccoli Rabe:
 Chicken and, with Polenta, 165
 Fettuccine with Chicken and, 282
 Orecchiette with, 298, 299
 Pan-Braised, 322
 and Sausage Risotto, 180–181
 Broiled Tuna with Corn Relish, 230–231
 Brown and Wild Rice with Walnuts and Cranberries, 344
 Brownies, 428
 Brussels Sprouts, Caramelized Pearl Onions, Fennel, and, 330
 Bûche de Noël, 426, 427
 Buffalo Burgers, Cheddar-Stuffed, 214, 215
 Buffalo Wings, 52
 Bulgur:
 cooking guidelines for, 347
 Pilaf, 346
 Tabbouleh, 346
 Buns:
 Classic Sticky Buns, 78, 79
 Hot Cross, 419
 Saint Lucia, 420
 Buttermilk Pancakes, 91
 Buttermilk Waffles, 91

 C
 Cabbage, 117
 Coleslaw with Caraway-Mint Dressing, 108
 Red, with Ginger, 322
 Slaw, Radicchio, Jicama, and, 113
 Caesar Salad, 108, 109
 Cajun Dry Rub, 21
 Cajun Red Snapper, 221
 Cake:
 baking tips for, 382
 Banana Cupcakes, 385
 Bûche de Noël, 426, 427
 Caramel, with Bourbon-Pear Sauce, 380
 Carrot, 381
 Cheesecake, 382
 Chocolate Layer, 378
 Citrus Passover, 414
 Cranberry Cheesecake, 417
 Cranberry-Orange Loaf, 416
 Dark Christmas Fruitcake, 418
 Flourless Chocolate, 425
 Honey, 412, 413
 Lemon Angel Food, with Berries, 384
 Pumpkin Spice, 415
 Rolled Orange Sponge, 383
 Sour Cream Coffee Cake, 84
 Vanilla Layer, with Chocolate-Ginger Frosting, 379
 California Seafood Salad, 104
 California Sushi Rolls, 58, 59
 Calzones, 312
 Mushroom Whole-Wheat, 313
 Cannellini Bean-Stuffed Peppers, 265
 Capellini with Fresh Tomato Sauce, 281

Caponata, 41
 Caramel Cake with Bourbon-Pear Sauce, 380
 Caramelized Garlic Spread on Toasts, 42
 Caramelized Onion, Fig, and Stilton Pizza, 308
 Caramelized Pearl Onions, Fennel, and Brussels Sprouts, 330
 Carrot(s):
 Cake, 381
 Dilled, 323
 Tea Bread, 81
 Cashew Brittle, Spicy, 438
 Catfish, "Fried," with Potato Sticks, 218
 Cauliflower with Tomato-Curry Sauce, 323
 Cavatelli with Broccoli, 294
 Challah, 68
 Chard, 117, *See also* Swiss Chard
 Cheddar-Stuffed Buffalo Burgers, 214, 215
 Cheese:
 Ball, 44
 Basic Cheese Pizza, 301
 Blue Cheese Dressing, 34, 35
 Bread, 62
 Cheddar-Stuffed Buffalo Burgers, 214, 215
 Corn Bread, 83
 Creamy Blue Cheese Polenta, 351
 Crisps, 45
 Feta Cheese Topping, 71
 Garlic and Herb Yogurt, 31
 Goat, Pissaladière Squares with Tomato Coulis and, 310
 Manicotti, Cheese-Stuffed, 291
 Quiche, Spinach and, 251
 Sauce, 13
 Scones, 90
 Soufflé, Classic, 253
 Stovetop Macaroni and, 296, 297
 Straws, 45
 Yogurt, 30
 Cheesecake, 382
 Cranberry, 417
 Cheese-Stuffed Manicotti, 291
 Cherry Pie, 406
 Cherry Soup, Sweet, 146
 Chicken:
 with Apples and Cider, 154, 155
 Apricot Drumettes, 52
 Arroz con Pollo, 160
 Breasts, Creole Poached, 153
 and Broccoli Rabe with Polenta, 165
 Buffalo Wings, 52
 Casserole, Zesty Chicken-Noodle, 156
 Chili, Chickpea and, 158, 159
 Fajitas, 164
 Fettuccine with Broccoli Rabe and, 282, 283
 Fried Rice, 166
 Garlic Roasted, with Gravy, 148, 149
 Greek Roast, 150
 Hash, 158
 marinating, 18
 Moo Shu, 168, 169
 with Olives and Dates, 163
 Orange, with Broccoli, 164
 Orange-Crumbed Baked, 162, 163
 Picadillo, 170
 poaching, 153
 Pot Stickers, 167
 Quesadillas, with Corn Salad, 170
 Rosemary, with Wild Rice, 155
 Salad, Chinese Chicken, 98, 99
 Salad, Classic, 99
 Salad, with Bell Pepper Dressing, 97
 with Sausage, and Capers, 152
 Sauté, Chicken-Escarole, 156
 Shepherd's Pie, 157
 Soup, Avgolemono, 122
 Soup, Slow-Cook, 140
 Soup, with Matzo Balls, 120
 Southern Oven "Fried," 151
 Stir-Fry, 152
 storing, 161
 Strips, Provençal, 161
 tips for buying/using, 160
 types of, 151
 Chickpea(s):
 Cakes, Hot-and-Spicy, 51
 Chili, Chicken and, 158
 and Pasta, 295
 Pasta and, 295
 Soup, 131
 Spicy Wheat Berry-Chickpea Medley, 263
 and Spinach Stew, Smoky, 336
 Chicory, 117
 with Mustard and Caper Dressing, 112, 113
 Chili:
 Beef and Bean, 198
 Chicken and Chickpea, 158, 159
 Hearty Meatless, 258
 Tempeh, Sweet Onion, & Mushroom, 259
 Chinese Chicken Salad, 98, 99
 Chinese Long Beans with Hot Chili Sauce, 324
 Chinese Pepper Steak Wraps, 193
 Chinese Vegetables, Stir-Fried, 326, 327
 Chives, 334
 Chocolate:
 Biscotti, Chocolate Espresso, 429, 431
 Fondue, 388
 Layer Cake, 378
 Mousse, Classic, 388
 Muffins, 85
 Sauce, 402, 403
 Chowder:
 Corn and Bacon, 123
 Creamy Clam, 127
 Manhattan Clam, Slow-Cook, 142

stew vs., 141
 Turkey, Slow-Cook, 140
 Chutney:
 Apple, 26–27
 Mango, 26
 Pineapple, Pork Chops with, 206
 Cilantro, 16
 Cioppino, 126
 Citrus fruits, sectioning, 397
 Citrus Marinade, 20
 Citrus Passover Cake, 414
 Clams:
 Chowder, Creamy Clam, 127
 Chowder, Slow-Cook Manhattan, 142
 Linguine with Red Peppers and, 284
 Classic Apple Pie, 370
 Classic Beef and Barley Soup, 120
 Classic Cheese Soufflé, 253
 Classic Chicken Salad, 99
 Classic Chocolate Mousse, 388
 Classic Corn Bread, 83
 Classic Crêpes Suzette, 92
 Classic Deviled Eggs, 44
 Classic Four-Bean Salad, 105
 Classic Guacamole, 38
 Classic Hamburger, 197
 Classic Pot Roast, 189
 Classic Quiche, 250
 Classic Roasted Vegetables, 332, 333
 Classic Salad Niçoise, 101
 Classic Scones, 89
 Classic Spaghetti and Meatballs, 278, 279
 Classic Split Pea Soup, 131
 Classic Steamed Lobster, 237
 Classic Sticky Buns, 78, 79
 Classic Vinaigrette, 31
 Classic White Bread, 62, 63
 Coconut:
 Bread Pudding, with Chocolate Sauce, 387
 Cream Pie, 411
 Macaroons, 430, 431
 Cod:
 in Grape Leaves, 219
 Stew, with Potatoes, 218
 Coffee Cake, Sour Cream, 84
 Cognitive skills, x–xi, xi
 Colcannon, 361
 Cold Sesame Noodles, 286
 Coleslaw:
 with Caraway-Mint Dressing, 108
 Radicchio, Cabbage, and Jicama, 113
 Comfort Zone scale, x
 Confetti Corn Cakes, 355
 Cookies:
 Apple-Oatmeal, 393
 baking tips for, 382, 435
 Coconut Macaroons, 430, 431
 Gingerbread People, 436
 Lebkuchen, 433
 Lemon-Poppy Seed Crisps, 394
 Linzer Thumbprint Jewel, 430, 431
 Macadamia-Coconut Kisses, 394
 Mocha Meringues, 440
 Neapolitan, 434
 Nun's Sighs (Suspiros de Monja), 435
 Peanut Butter, 393
 Rugelach, 432
 Core Plan, ix, x, xii
 Corn:
 Cakes, Confetti, 355
 Chowder, Bacon and, 123
 on the Cob, Oven-Roasted, 324, 325
 Pudding, 354
 Relish, Tomato and, 25
 Spanish-Style Hominy, 348
 Cornbread, Apricot, and Cranberry Dressing, 356
 Cornish Hens with Apricot Sauce, 181
 Cornmeal Pizza Dough, 300
 Couscous with Lime-Scallion Sauce, 348
 Crab Cakes:
 Maryland, 236, 237
 Mini, 60
 Cranberry:
 Cheesecake, 417
 Crisp, Apple-Cranberry, 391
 Loaf Cake, Cranberry-Orange, 416
 Relish, Cranberry-Walnut, 25
 "Creamed" Spinach, 336
 Cream of Asparagus Soup, 136–137
 Cream of Broccoli Soup, 137
 Cream of Mushroom Soup, 138
 Creamy Blue Cheese Polenta, 351
 Creamy Clam Chowder, 127
 Creamy Ham and Arugula Crêpes, 93
 Creamy Polenta with Sautéed Vegetables, 271
 Creamy Potato Soup with Roasted Garlic, 134
 Creole Poached Chicken Breasts, 153
 Creole-Style Okra, 329
 Crêpes:
 Basic, 92
 Creamy Ham and Arugula, 93
 Suzette, 92
 Crostini, Roasted Vegetable, 42
 Croutons:
 Basic, 93
 Garlicky, Gazpacho with, 145
 Crunchy Lentil Salad, 106
 Cucumber and Yogurt Soup, Herbed, 146
 Currant Scones, 90
 Curried Basmati Rice, 341
 Curried Lentil Salad, 105
 Curry Sauce, 9