

THE PERFECT PICNIC SANDWICH

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bon appétit

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AUGUST 2013

70 NEW SUMMER RECIPES

FILLET MIGNON with
TOMATO RELISH

SWEET & TANGY
COLESLAW

MUSTARD-GRILLED
CHICKEN with
FRESH CORN POLENTA

HALIBUT with
ZUCCHINI SALSA

TOMATO TARTE TATIN

15-MINUTE SHRIMP & AVOCADO SALAD

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COOL + CREAMY
SUNDBERG
LEMON and
GINGERBREAD
CHEESECAKE
PUDDING
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GREAT GRILL PARTIES

SAUSAGES,
KEBABS,
PIZZAS, and
MORE

CORN TOMATOES ZUCCHINI

12 THINGS
YOU'LL MAKE
ALL SUMMER

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HOW SAFE IS YOUR KITCHEN?

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EASY SWEETS

FROZEN MOCHA
LATTES

PEACH
ICE CREAM PIE

30-MINUTE
BLUEBERRY
COBBLER

D.I.Y. ICE CREAM
SANDWICHES

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kitchen tip

HOW TO KEEP HEALTHY HERBS HAPPY

With aromatic herbs always on hand, you can use less cream, oil, and salt in marinades and sauces. Here's how to keep these natural flavor boosters at the ready.

ELISA HUANG

Treat fresh herbs just like fresh flowers.

Trim the stems at a 45-degree angle, and place in a glass with two inches of water. Refrigerate for up to two weeks (cover the leaves with an unsealed plastic bag to minimize odor absorption), replacing the water if it gets cloudy.

Dry hardy-leaf herbs like thyme, oregano, rosemary, and bay leaves.

Working with one herb variety at a time, wash thoroughly, blot dry, and spread the leaves in a single layer on a paper towel. Microwave

in 30-second intervals, turning leaves over for even drying, until crisp and brittle. Microwave times will vary, but the whole process should take no more than two to three minutes total.

Freeze soft-leaf herbs like dill, mint, parsley, basil, and chives.

Place whole sprigs, chopped leaves, or whole leaves in a tightly sealed plastic bag for up to six months. When cooking, defrosting is unnecessary—just break off leaves and add them to the skillet.



reality check

KITCHEN SAFETY QUIZ

Test your kitchen I.Q. by guessing whether these statements are true or false.

You can sanitize cutting boards naturally using lemon juice or vinegar.

FALSE. Neither will eliminate bacteria. To sanitize safely, wash cutting boards and food surfaces with hot soapy water, then scrub with a solution of one tablespoon plain liquid bleach diluted in a gallon of water. Let the solution stand on surfaces for a few minutes, then rinse thoroughly with water.

Never put hot food in the refrigerator immediately after cooking.

FALSE. You can chill hot food, and, in fact, you should refrigerate any food within two hours of cooking, no matter what temperature it is. When transferring hot food to the refrigerator, divide large portions among shallow containers so that it cools more evenly.

You don't have to rinse raw chicken before cooking.

TRUE. Rinsing does not kill bacteria and can cross-contaminate sink surface areas. "You're better off taking time to ensure chicken is cooked thoroughly," says Shelley Feist, executive director at the Partnership for Food Safety Education. "Cooking chicken to 165°F is the real 'kill step' for bacteria, not rinsing with water." E.H.

ILLUSTRATION BY ALWAY