

Wild Rice Salad



Recipe courtesy of Ina Garten



Show: Barefoot Contessa: Modern Comfort Food

Episodes: Fruit All Ways and Cook Like a Pro: Only Oranges
From: Barefoot Contessa How Easy Is That?

Level: Easy

Yield: 4 to 6 servings

Total: 1 hr 50 min

Prep: 20 min

Inactive: 30 min

Cook: 1 hr

Ingredients:

- 1 cup long-grain wild rice (6 ounces)
- Kosher salt
- 2 navel oranges
- 2 tablespoons good olive oil
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons raspberry vinegar
- 1/2 cup seedless green grapes, cut in half
- 1/2 cup pecans, toasted
- 1/4 cup dried cranberries
- 2 tablespoons scallions, white and green parts, chopped
- 1/2 teaspoon freshly ground black pepper

Directions:

Place the wild rice in a medium pot with 4 cups of water and 2 teaspoons of salt and bring to a boil.

Simmer uncovered for 50 to 60 minutes, until the rice is very tender. Drain well and place the rice back in the pot. Cover and allow to steam for 10 minutes. While the rice is still warm, place it in a mixing bowl. Peel the oranges with a sharp knife, removing all the white pith. Cut between the membranes and add the orange sections to the bowl with the rice. Add the olive oil, orange juice, raspberry vinegar, grapes, pecans, cranberries, scallions, 1/2 teaspoon of salt, and the pepper. Allow to sit for 30 minutes for the flavors to blend. Taste for seasonings and serve at room temperature.



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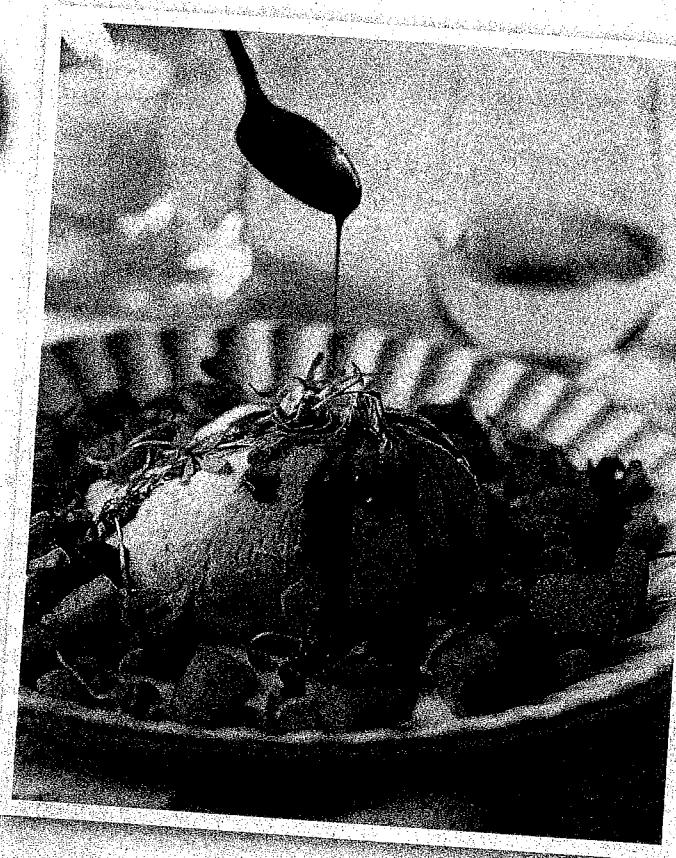
Burrata at Its Best

Ina Garten builds an irresistible dish with some of her favorite ingredients.

When I'm developing a recipe I like to start with something seasonal and go from there.

This time of year, butternut squash is my absolute favorite vegetable—but it's just one note, so I'll use other ingredients to add flavor and texture. The key is to layer each one in a way that enhances the butternut squash without overpowering it.

For this dish, I started by roasting the squash with brown sugar, butter and hot pepper flakes. This brings out the sweetness of the vegetable and adds just a little heat. When the squash was nicely caramelized, I paired it with tart dried cranberries; cold, creamy burrata; crunchy, salty Marcona almonds; and fresh, beautiful microgreens. Everything was delicious together, but it just needed a little edge—something acidic—to wake it up, so I added a drizzle of sweet and syrupy balsamic vinegar. Delicious! The finished plate is a study in contrasting flavors and textures, and each bite is different and exciting. I hope you love it as much as I do!



xxx / Ina

CARAMELIZED BUTTERNUT SQUASH WITH BURRATA ACTIVE: 15 min | TOTAL: 45 min | SERVES: 4

- 3 pounds butternut squash, ¾-inch diced
- Good olive oil
- ¼ cup light brown sugar, lightly packed
- 2 tablespoons (¼ stick) unsalted butter, diced
- ½ teaspoon crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- ¾ cup dried cranberries (3 ounces)
- ¾ cup dry Marsala wine
- 16 to 24 ounces burrata * filled mozzarella
- ½ cup roasted, salted Marcona almonds, coarsely chopped, for serving
- 2 ounces microgreens, for serving
- Aged balsamic vinegar, for serving

1. Roast for 30 to 35 minutes, tossing every 10 minutes, until tender and the edges of the squash start to caramelize.
2. Meanwhile, place the cranberries and Marsala in a small saucepan, bring to a simmer over medium heat and cook for 2 minutes. Cover and set aside.
3. Place a quarter of the burrata in the center of each of four dinner plates. Toss the cranberries and almonds with the butternut squash and spoon the mixture around the cheese. Sprinkle with some microgreens, drizzle with balsamic vinegar and extra olive oil and sprinkle with salt and black pepper. Serve while the squash is still warm.

1. Preheat the oven to 400°.
2. Place the butternut squash on a sheet pan with ¼ cup of olive oil, the brown sugar, butter, red pepper flakes, 1 tablespoon salt and 1½ teaspoons black pepper. Toss well and spread out in one layer.



For more great recipes, check out Ina's latest cookbook, *Go-To Dinners* (\$35, Clarkson Potter).

*Submitted by Marty
Oakley*

sun-dried tomato dip

MAKES 2 CUPS

Here is the most popular dip we make at Barefoot Contessa. Reminiscent of Russian dressing, it is updated with the intense flavors of sun-dried tomatoes and fresh scallions. This takes virtually a minute to make and can be served with crackers, chips, and fresh vegetables.

Room-temperature cream cheese ensures that the dip won't have lumps.

The white part of the scallion has the most flavor, but the green also has flavor and it adds color and texture to the dip.

- 1/4 CUP sun-dried tomatoes in oil,
drained and chopped (8 tomatoes)*
- 8 OUNCES cream cheese, room temperature*
- 1/2 CUP sour cream*
- 1/2 CUP good mayonnaise*
- 10 DASHES Tabasco sauce*
- 1 TEASPOON kosher salt*
- 3/4 TEASPOON freshly ground black pepper*
- 2 scallions, thinly sliced (white and green parts)*

Purée the tomatoes, cream cheese, sour cream, mayonnaise, Tabasco sauce, salt, and pepper in a food processor fitted with a metal blade. Add the scallions and pulse twice. Serve at room temperature.

Summer Vegetable Couscous

SERVES 6 TO 8

Another recipe inspired by Sarah Leah Chase, who writes several cookbooks. It has many Middle Eastern flavors and textures that complement each other: couscous with cinnamon and ginger plus dates, chickpeas, and toasted almonds. In summer, it's the perfect accompaniment to grilled chicken or fish.

3 cups good chicken stock, preferably homemade (page 62)

Good olive oil

2½ teaspoons ground turmeric

1½ teaspoons ground cinnamon

1½ teaspoons ground ginger

Kosher salt and freshly ground black pepper

2 cups couscous

¼ cup golden raisins

¼ cup diced dried pitted dates

1 medium zucchini, ¼-inch-diced

2 carrots, ¼-inch-diced

½ red onion, ¼-inch-diced

½ cup canned chickpeas, rinsed and drained

¼ cup freshly squeezed lemon juice (2 lemons)

½ cup blanched sliced almonds, toasted (see note)

Place the chicken stock, 2 tablespoons olive oil, the turmeric, cinnamon, ginger, 1 teaspoon salt, and ½ teaspoon pepper in a large saucepan and bring to a boil. Off the heat, stir in the couscous, raisins, and dates; cover, and set aside for 15 minutes.

In a large bowl, combine the zucchini, carrots, red onion, and chickpeas. Fluff the couscous with a fork and add it to the vegetables.

Whisk together the lemon juice and ¼ cup of olive oil and pour it over the couscous. Carefully fold in the toasted almonds, taste for seasonings, and serve at room temperature. The flavors will meld the longer it sits.



To toast almonds, place them in a small sauté pan over low heat and cook for 5 to 7 minutes, tossing frequently, until lightly browned.

MAKE IT AHEAD: Prepare the couscous completely, cover, and refrigerate for up to 2 days. Serve at room temperature.

Lemon Chicken Breasts



Recipe courtesy of Ina Garten



Show: Barefoot Contessa: Modern Comfort Food

Episode: Cook Like a Pro

From: Barefoot Contessa How Easy Is That?

Level: Easy

Yield: 4 servings

Total: 1 hr

Prep: 15 min

Inactive: 10 min

Cook: 35 min

Ingredients:

- 1/4 cup good olive oil
- 3 tablespoons minced garlic (9 cloves)
- 1/3 cup dry white wine
- 1 tablespoon grated lemon zest (2 lemons)
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 teaspoons dried oregano
- 1 teaspoon minced fresh thyme leaves
- Kosher salt and freshly ground black pepper
- 4 boneless chicken breasts, skin on (6 to 8 ounces each)
- 1 lemon

✓ Cook Mode (Keep screen awake)

NEW: You can now switch to **Cook Mode** ✕ to keep your screen awake.

- 1** Preheat the oven to 400 degrees F.
- 2** Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.
- 3** Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
- 4** Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.



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Made by Sharla Cook

Prepared by Chris Scarlett

herb-roasted onions

SERVES 6

Serving onions as a vegetable is a little unusual. Fried onion rings or creamed onions maybe, but roasted onions? You bet! They're surprisingly delicious and a very inexpensive side dish.

- 4 red onions
- 3 yellow onions
- ¼ cup freshly squeezed lemon juice (2 lemons)
- 2 teaspoons Dijon mustard
- 2 teaspoons minced garlic (2 cloves)
- 1 tablespoon minced fresh thyme leaves
- 1½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup good olive oil
- 1 tablespoon minced fresh flat-leaf parsley

Preheat the oven to 400 degrees.

Remove the stem end of each onion and carefully slice off the brown part of the root end, leaving the root intact. Peel the onions. Stand each onion root end up on a cutting board and cut the onions in wedges through the root. Place the wedges in a large bowl.

Combine the lemon juice, mustard, garlic, thyme, salt, and pepper in a small bowl. Slowly whisk in the olive oil. Pour the dressing over the onions and toss well.

With a slotted spoon, transfer the onions to a sheet pan, reserving the vinaigrette that remains in the bowl. Bake the onions for 30 to 45 minutes, until tender and browned. Toss the onions once during cooking. Remove from the oven and drizzle with the reserved dressing. Sprinkle with parsley, season to taste, and serve warm or at room temperature.

Chocolate Chunk Blondies

Becky Kuhr



Recipe courtesy of Ina Garten

Show: Barefoot Contessa: Modern Comfort Food Episode: How The Cookie Crumbles From: Barefoot Contessa Foolproof

Level: Easy

Total: 45 min

Prep: 15 min

Cook: 30 min

Yield: 12 blondies

Ingredients:

1/2 pound (2 sticks) unsalted butter, at room temperature

1 cup light brown sugar, lightly packed

1/2 cup granulated sugar

2 teaspoons pure vanilla extract

2 extra-large eggs, at room temperature

2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon kosher salt

1 1/2 cups chopped walnuts

1 1/4 pounds semisweet chocolate chunks, such as Nestle's

Directions:

1 Preheat the oven to 350 degrees. Grease and flour an 8 x 12 x 2 inch baking pan.

2 In the bowl of an electric mixer fitted with the paddle attachment, cream the butter, brown sugar, and granulated sugar on high speed for 3 minutes, until light and fluffy. With the mixer on low, add the vanilla, then the eggs, one at a time, and mix well, scraping down the bowl. In a small bowl, sift together the flour, baking soda and salt and with the mixer still on low, slowly add flour mixture to the butter mixture. Fold the walnuts and chocolate chunks in with a rubber spatula.

3 Spread the batter into the prepared pan and smooth the top. Bake for 30 minutes exactly. Don't overbake! A toothpick may not come out clean. Cool completely in the pan and cut into bars.



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Mustard and Gruyere Batons *Lauren Kunr*



Recipe courtesy of Ina Garten

Show: Barefoot Contessa: Modern Comfort Food Episode: Cook Like a Pro: Make-Ahead Entertaining

From: Barefoot Contessa Foolproof

Level: Easy

Total: 1 hr 5 min (includes chilling and cooling times)

Active: 15 min

Yield: 10 to 12 batons

Ingredients:

Flour for dusting the board

1 sheet of frozen puff pastry, thawed and very cold

3 tablespoons Dijon mustard

1 egg beaten with 1 teaspoon water, for egg wash

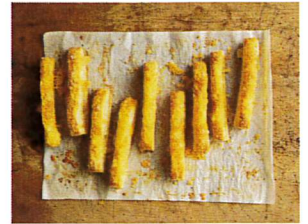
3 ounces Gruyere cheese, grated

2 tablespoons freshly grated Parmesan cheese

Flaked sea salt, such as Maldon, for sprinkling

Directions:

- 1 Unfold the sheet of puff pastry on a well-floured board, and roll it to an 11-by-13-inch rectangle with a floured rolling pin. (Diagonal strokes keep the pastry rectangular.) With a shorter end closest to you, brush the lower half of the pastry evenly with the mustard, leaving a 1/2-inch border around the edges. Brush the border of the pastry with the egg wash and fold the top half over the bottom half, lining up the edges. Place the pastry on a sheet pan lined with parchment paper and chill for 15 minutes.
- 2 Place the pastry on a board and trim the three irregular edges with a sharp knife. With the folded edge away from you, cut the pastry in 1-by-6-inch strips. You will have 10 to 12 batons. Spread the batons out on the sheet pan so they're not touching. Brush the tops lightly with the egg wash (don't allow the egg wash to drip down the sides) and sprinkle evenly with the Gruyere, Parmesan, and 1 1/2 teaspoons sea salt. Chill for at least 15 minutes.
- 3 When ready to bake, preheat the oven to 400 degrees F.
- 4 Bake the batons for 15 to 18 minutes, until golden brown and puffed. Allow to cool on the pan for 3 minutes and serve warm.



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French Lentil and Vegetable Soup

One of Bobbi Brown's winter staples – this hearty lentil soup from the *Barefoot Contessa Cookbook* – gets its robust flavor from small, green French lentils. Also called Le Puy lentils, they're less starchy than common brown lentils. Look for French lentils at specialty shops.

By **Ina Garten** | Updated on January 27, 2017

Active Time: 45 mins

Total Time: 1 hr 45 mins

Yield: 8 to 10 servings

Ingredients

- 1 pound French green lentils, picked over and rinsed
- Boiling water
- 1/4 cup extra-virgin olive oil, plus more for serving
- 3 large onions, chopped
- 3 medium garlic cloves, minced
- 2 large leeks, white and tender green parts only, chopped
- 1 tablespoon kosher salt, plus more for seasoning
- 1 1/2 teaspoons freshly ground black pepper, plus more for seasoning
- 1 tablespoon chopped fresh thyme
- 1 teaspoon ground cumin
- 8 celery ribs, cut into 1/2-inch dice
- 6 medium carrots, cut into 1/2-inch dice
- 3 quarts chicken stock or low-sodium broth
- 1/4 cup tomato paste
- 2 tablespoons dry red wine or red wine vinegar
- Freshly grated Parmesan cheese, for serving

Directions

Step 1

In a large heatproof bowl, cover the lentils with boiling water and let stand for 15 minutes. Drain and set aside.

Step 2

Meanwhile, heat the olive oil in a large pot. Add the onions, garlic, leeks, 1 tablespoon of salt, 1 1/2 teaspoons of pepper, thyme, and cumin and cook over moderate heat, stirring occasionally, until the vegetables are very tender, about 20 minutes.

Step 3

Add the celery and carrots and cook until they begin to soften, about 10 minutes. Add the chicken stock, tomato paste, and lentils to the pot. Increase the heat to high, cover, and bring to a boil. Uncover, reduce the heat to moderate, and simmer, stirring occasionally, until the lentils are tender, about 1 hour. Stir in the red wine and season with salt and pepper to taste. Serve hot with a drizzle of olive oil and a sprinkling of Parmesan.

Make Ahead

The soup can be refrigerated for up to 2 days. Let return to room temperature and reheat gently, adding more stock to adjust the consistency if necessary.

Suggested Pairing

This earthy soup needs a forthright, gutsy red with an earthiness of its own, like a Malbec from Argentina.

Originally appeared: January 2005